NAMI GAINESVILLE ANNUAL REPORT - 2014

January-March, 2014

**I. Education Programs**:

A. Peer-to-Peer: Four peers were trained as Peer Mentors 2/14-16. Family-to-Family Class started on 3/4.

B. Support Groups:

Connection Weekly Peer Support Group, Tuesdays from 7:00-8:30 pm

Family Support Group: February 10, 2014

Care Team: Met with two individuals, one in Jan. and one in Feb., who were in crisis to offer support and problem solve.

C. Gainesville Information Seminars:

**Affordable Care Act and How It Relates to Individuals with Mental Illnesses**, January 13, 2014

**SMART-911 and How It Can Help Someone with a Mental Illness**, March 10, 2014

**II. CIT Trainings**: Mental Illness and the Family. Susan Cary, Presenter . Effects of Mental Illness on the Brain, Bruce Stevens, Presenter Two Presentations in Feb & Mar.

**III. Helpline**: 60 calls

**IV. Community**

A. NAMI Gainesville website improvements were made to make it more user friendly.

B. NAMI Gainesville Facebook Page was updated weekly.

C. Gainesville Mental Health Consortium: Represented NAMI Gainesville on the Executive Board.

D. Tour of the Alachua County Jail in Mar. Four NAMI Board Members had a tour of the jail and met with Director Lee and Captain Cloutier to discuss mentally ill inmates.

**V. Community Presentations:**

**A. Sunshine Health Case Managers**. 1/13/14 – 4 hours. 50 attendees in Ocala, FL: NAMI Gainesville Support and Services/ Major Mental Illnesses.

**B. Senior Center/Gainesville Prime Time Institute**, 2/6/14 – 1 hr. 32 attendees: Understanding Mental Illness and Resources in Alachua County

**C. University of Florida. College of Public Health. Clinical Psychologists Monthly Seminar**, 2/7/14, 25 attendees. Mental Health Resources, Family and Mental Illness, NAMI Evidence-based programs

**D. Eastside High School AP Psychology Classes**, 2/7/14 , 3 classes – 60 students. Early Warning Signs of Major Mental Illnesses, NAMI Support and Services

**E. University of Florida Occupational Therapy Students** , 3/12/14, 2 hrs. 44 students. NAMI Gainesville Support and Services

**F. STOP THE STIGMA Children’s Mental Health Fair**, 3/15/14

**G. University of Florida. Dept. of Children, Youth and Family. Public Service Class**, 3/19/14 – 1 hr. 50 students. NAMI Gainesville Support and Services, Major Mental Illnesses and the Family,

**H. The Sequential Intercept Model: Understanding and Maximizing Jail Diversion Programs in Alachua County**. Workshop presented on 3/28/14 by Leah Vail. Attended by Susan Boulet.

**April – June , 2014**

**I. Community Events**

A. **5th Avenue Spring Arts Festival** (5/26-27) We added 30 people to our email list. We were invited by a participant to have a booth at **Unity Day** on 7/19 at the Bo Diddley Plaza. July is National Minority Mental Health Month.

B. **VA Mental Health Summit** at the Alachua County Health Department. Terrie Mullin participated in a panel discussion with the Director of the VA and the heads of mental health services 4/.

C. **Community Integration Taskforce** @ Helping Hands 4/8, 4/22. This is a joint effort of the VA and the Community. NAMI cosponsored the **Leadership Academy** on 4/25-26 at Selle Hall, Helping Hands Clinic. NAMI Peers attended. As a result a Community Council has formed to address issues of concern. They are meeting monthly.

D. **CIT**: 5/6/14 Bruce Stevens “Brain Physiology” and Susan Cary Mental Illness and the Family

E. **“Illness to Wellness: A Community Forum on Mental Health**” was held on 5/28/14. This Gainesville Sun Community Forum was co-sponsored by NAMI-Gainesville, the City of Gainesville and Alachua County. Terrie Mullin participated in a panel discussion that included Dr. Dawn Bruijzneel, UF Dept. of Psychiatry, Judge Denise Ferrero, Head of the Alachua County Mental Health Court and Rev Richard Reedy, PhD, President of the Board of the Florida Peer Coalition. Nathan Crabbe, Opinions Editor at the Gainesville Sun was the Moderator.

F. **CRAZY: A Community Read** (See Summary). Over 30 book discussion groups were held throughout Gainesville during April on the book: CRAZY: A Father’s Search Through America’s Mental Health Madness by Pete Earley. A Skype Discussion took place on 5/28 with the Inquiry Committee on Community Mental Health of the Jacksonville Community Council, Inc. (See attached Summary).

G. **CALL ME CRAZY: A Five Film**. Cosponsored by the Mental Health Coalition of North Central Florida and NAMI Gainesville at the Hippodrome State Theatre on 6/2

**II.** **NAMI Programs**

A. **Family Support Groups** at the United Church of Gainesville (Space donated)

4/14 and 6/10 Family. We usually have an attendance of 15 people.

B. **Seminar: Suicide: How the Crisis Center can help peers and their families.**

Presentation by Dr. Marshall Knudson Director of the Alachua County Crisis Center. 5/12

C. **Connection Support Group**, weekly on Tuesdays from 7-8:30 at the UF Psychiatric Hospital Conference Room. Average of 12 attend.

D. **Classes**

Peer-to-Peer Class completed 5/19/14 6 graduated

Family-to-Family Class completed 5/13/14 10 graduated

Next P2P Class starts 8/16 at the GRACE Marketplace

Next F2F Class starts 9/2 at the United Way of North Central Florida

E. **Training**

2 FSG Train-the-Trainer trained 6/6-9/14 Trained to be held in 9/14. We will train four more FSG Facilitators to offer monthly support groups.

2 Family-to-Family Teachers trained. Next F2F Class scheduled for 9/2 at the United Way of North Central Florida

2 Connection Facilitators trained 6/27-29 in Tallahassee. Plans are underway to start a 2nd Connection Support Group at the GRACE Marketplace. Day and time TBA.

**July – September, 2014**

**I. Community Events**

A. **Unity Day on the Bo Didley Plaza.** During Minority Mental Health Month on 7/19 we had a table at this event.

B.  **Mental Illness Awareness Week Proclamation.** The Alachua County Board of Commissioners declared Oct. 5-11, 2014 as Mental Illness Awareness Week. Accepting the Proclamation at the 9/23 Commision Meeting was Terrie Mullin, Board President and Carrie Webb a Peer member.

C. **Mental Illness Workshop at the Martin Luther King Center.** We had a table at the 9/24 Workshop and provided refreshments. Terrie Mullin served on the Panel and also contributing to the intial planning of the event.

D. **NAMI Annual Walk for Mental Illness Awareness.** We held our Annual Walk at Westside Park on 9/27. 12 Providers had information tables, including the Alachua County Crisis Center. Sheriff Sadie Darnell, Dr. Dawn Burijnzeel and Carrie Webb spoke.

**II.** **NAMI Programs**

A. **Family Support Groups** at the United Church of Gainesville (Space donated)

7/14 and 8/11 Family. Average attendance - 15 people.

B. **Seminar:** TED Talk video on "Depression: The Secret We Share" by Andrew Solomon, who won the National Book Award and was a Pulitzer finalist for his books

Following the 30 minute TED talk there was a discussion led by Manny Lopez from the Alachua County Crisis Center. Manny covered suicide signs and prevention, as well as basic crisis intervention techniques.

C. **Connection Support Group**, weekly on Tuesdays from 7-8:30 at the UF Psychiatric Hospital Conference Room. Average of 12 attend.

D. **Classes:** Peer-to-Peer Class began 8/16/14

Family-to-Family Class began 9/2/14 10 graduated

**III. Advocacy**

1. Terrie attended the NAMI Convention in Washington, DC. 9/3-6. While there she met with Senator Rubio’s Legislative Aide**,** Emily Bouckalong with a NAMIFlorida Delegation. She also met with Representative Yoho’s Legislative Aide, James Walsh.
2. Terrie’s article, “Celebrating the Fight to Get Better,” appeared in the Gainesville Sun on 9/22.

C.  **Helpline**: NAMI Gainesville volunteers responded to 57 calls. Many of the calls average 45 minutes or more.

**October-December, 2014**

**I. Education Programs:**

A. Peer-to-Peer Class: the first half of the class was held at GRACE Marketplace and the second half was held at Sele Hall (Helping Hands Clinic). 7 Peers graduated in Nov. 2014.

B. Family-to-Family Class was held at the United Way of North Central Florida. 21 family members graduated in Nov. 2014.

**II. Support Groups**:

A. Family-Support Groups: October, 2014

B. Connection Peer Support Group, Tuesdays from 7:00-8:30 pm

**III. Community Programs:**

A. ***Self-Care for the Holidays.***  *A Program presented by Ann Gill, LCSW, LMT on Nov. 14, 2014*.

B. ***Creative Recovery: Using Art for Mental Health Wellness.*** An interactional Program presented by Genevieve Camp, MA, ATR-BC on December8.

**IV. CIT Trainings**:

Mental Illness and the Family. Susan Cary. Effects of Mental Illness on the Brain, Bruce Stevens. Oct. and Nov.

**V. Helpline:**

Provided support to 50 callers.

**VI. Community Events:**

Downtown Arts Festival, Nov. 8-9, 2014. NAMI Gainesville had a table at the event.

**VII. Conferences and Training:**

NAMI Florida Conference. Terrie Mullin, Pam Shamel and Jen Hoover (new Board members) attended the Conference on 12/5-6in Orlando, FL.

Mental Health First Aid. Terrie Mullin and Robert Hutchinson completed the course taught by Meridian on Dec. 12.

Mental Health Life Saving Course. This 8-hr. course held during November, 2014. It was taught by staff from the Crisis Center. Judy Broward and Joan Stevens, Board members and Sharon Koons, a F2F Teacher in training completed the course.

**VIII. Outreach:**

Terrie Mullin met with Dr. Regina Bussing, Interim Chair of the UF Dept. of Psychiatry to give input to the State of the Department Study on Dec. 8. She attended the SOAR Consortium led by Michael Blessing with Lutheran Services. She plans to take the online training in order to offer help with SSI and SSDI Applications. She also attended the Mental Health Coalition during this Quarter representing NAMI Gainesville on the Board.