**NAMI GAINESVILLE ANNUAL REPORT**

**January-December, 2017**

**January – March, 2017**

**NAMI Gainesville held their Annual Meeting and Election of Officers on Jan. 9:**

**New Officers:**

**Judy Broward, President**

**Zune Huynh, Vice-President**

**Cathy Anderson, Secretary**

**Hutch Hutchinson, Treasurer**

**Education Programs:**

Peer-to-Peer Class: The current class began on 3/20.

Family-to-Family Class: The current class began on 2/20.

**Support Groups**:

Family Support Group – Gainesville: 2/13 & 3/13.

Family Support Group – High Springs: 1/17, 2/21 & 3/21.

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

**Community Program:**

*Mental Health Court: A Panel Discussion* with Judge Bullard, Mental Health Court, Judge Ferrero with the Forensic Mental Health Court and Judge Pena with the Veterans Mental Health and Drug Court, Ms. Paula Ambroso, MSW with the Veterans Mental Health and Drug Court and Ms. Leah Vail, Director of the Forensic Program at Meridian on 1/9.

Pam Shamel gave a Presentation on NAMI Gainesville to UF Occupational Therapy students on 2/1.
Jim Reiser gave a Presentation on NAMI Gainesville to UF Susan Smith’s Class 2/15.

Ending the Silence Presentations at Eastside High School, 3 classes on 2/14, at Teen Court on 2/27 and at Gainesville High School, 4 classes on 3/29.

PeaceLove Workshop for peers and family members 3/19.

Carol Lewis held a 4 week “Tools for Resilience Series,” 2/2, 2/9, 2/16 & 3/2 that we sponsored for peers. It was held at the Gainesville Opportunity Center.

Julia Sullivan and Richard Reedy, NAMI Gainesville Peers spoke at the County Transportation Meeting on 3/6.

Terrie Mullin attended the Central Receiving Planning Meeting at Meridian on 3/13.

**CIT Trainings**:

Susan Cary taught the Family Class on 2/8, and Bruce Stevens taught the Class on the Brain on 2/9 for the Alachua County CIT Training. Judy Broward attended the Graduation on 2/10.

 Florida Sheriff’s Association at the Gilchrist County Sheriff’s Office: Mental Illness and the Family, Terrie Mullin and Mental Illness from a Peer’s Perspective, Julia Sullivan on 2/21.

**Trainings:**

Judy Broward and Jim Reiser attended a NAMI Tallahassee sponsored “Loss from Suicide” Workshop on 1/27.

Judy Broward attended a Workshop on “Nonprofit Training,” at the Community Foundation of North Central Florida.

**Helpline:**

Provided support to 122 callers. Received and responded to more than 60 emails.

**Community Events:**

STEPPING UP ALACHUA:

In order to continue the momentum that was begun by the Alachua County delegation that participated in the Stepping Up Summit, Judy Broward, NAMI Gainesville President-Elect, organized community events that took place on 3/14&3/15. The events were cosponsored by the Bob Graham Center, ACSO, GPD, SOO, PDO, Court Services, Meridian and More information about the events can be found at www.StepUpAlachua.com.

Amazing Give (North Central Florida Community Foundation Annual Fundraiser for Nonprofits) 3/29&3/30

 **Advocacy/Outreach:**

Judy Broward, Jim Reiser and Terrie Mullin spoke to the Alachua County Legilative Delegation on 2/1.

Jim Reiser spoke at the Alachua County Commission Meeting on 1/24 concerning Florida Assertive Community Treatment (FACT). He has been the NAMI Gainesville representative for Alachua County FACT for several years. He also met with each of the County Commissioners separately to go into more depth about FACT, and answer their questions.

Terrie Mullin, Alexis Henderson and Jim Reiser met with Rep. Clemmons to provide him information about Senate Bill (SB) 12, including Central Receiving Facilities (CRF) and results of the Pilot Study completed by Alachua County.

Terrie Mullin and Sandy Levy met with Sen. Perry to discuss SB 12, the CRF and the results of the Pilot Study.

**April-June, 2017**

**Education Programs:**

Peer-to-Peer Class: The current class ended on 5/22.

Family-to-Family Class: The current class ended on 5/2.

Ending the Silence: Presentations were made at Gainesville High School on 3/15 (3 classes); Buchholz High School on 4/14 & 4/17 (6, double classes both days); Eastside High School on 5/15 (125, 9th grade, Pre-IB); CDS Interface Youth Shelter on 6/29.

**Support Groups**:

Family Support Group: 4/10, 5/8 & 6/12.

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

**Community Program:**

**Peace-Love Art Workshop** on 4/23 & 5/21for peers and family members.

**Community Resiliency Model** presented by Carol Lewis and Teresa Drake on 6/23/17.
The Community Resiliency Model © (CRM) is a set of simple skills, based in biology, that help individuals “re-set” the natural balance of the nervous system when stress mounts. CRM trains community members to both help themselves and help others within their wider social network.

**Peace and Love Art Workshop** for peers and family members - Mandala Poetry with Teresa Foster on 6/18.

**Piizza party at Peer Respite House** on 6/23. Judy Broward and NAMI Gainesvilled hosted this event.

**CIT Trainings**:

Susan Boulet taught the Family Class on 6/29, and Bruce Stevens taught the Class on the Brain on 6/28 for the Alachua County CIT Training

**Trainings:**

**NAMI Basics**. Radha Sylvester, Jacob DeVries, Art Stockwell and Terrie Mullin completed the two-day training, 6/24 & 25. NAMI Basics is a 6-week/2hr. per class for parents of youth who have a serious mental illness. Plans are underway to offer this course starting at the end of July.

**NAMI Convention**: Judy Broward and Terrie Mullin attended the Annual Convention in Washington, DC from 6/25-7/1. On 6/29 they met with Senator Nelson’s Aide and Rep. Yoho and his Aide to share their stories and advocate for mental health services. Over 1000 NAMI members from across the country met with their Legislators that day.

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**Helpline:**

Provided support to 41 callers. Received and responded to more than 60 emails.

**Community Events:**

**Spring Arts Festival** table, 4/1 & 4/2. Judy Broward had a table.

UF Dept. of Psychiatry Breakfast, Tour of Grace Marketplace and **Grand Rounds with Dr. Sheryl Fleisch**. She created an inpatient and outpatient model program to assist the homeless who have mental illnesses. Judy Broward, Terrie Mullin and Hutch Hutchinson attended these events.

Events to highlight **Mental Health Awareness Month**: we placed green ribbons in the City (with the Commissioners permission). Judy Broward had a table at the United Church on 5/14, 5/21 & 5/28.

**East Gainesville Relay for Life**, 5/5. Judy Broward had a table.

**Mastering the Mind: Understanding Factors, Triggers and the Stigma Associated with Mental Illness***.* Terrie Mullin participated in a panel discussion aimed at the African-American Community held at Reichert House on 4/22/17.

**Gainesville Night of Understanding in honor of Mental Health Month** sponsored by Mental Health Coalition of North Central Florida. 5/11/17. Terrie Mullin had a table.

**Teen Depression and Bullying Resource Forum** at Alachua County Headquarters Library. We were a sponsor, had a table and provided refreshments. Terrie Mullin had a table, and assisted with getting speakers from UF Dept. of Psychiatry to be on the panel.

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**Mental Health Awareness Forum** at Eastside HS on 6/24/17. Judy Broward participated on the panel.

**Abiding Faith Church**. Judy Broward spoke about NAMI and Julia Sullivan shared her story of recovery to members of the Congregation.

**Meeting with Judge Leifman** and his staff, attend Diversion Court with a delegation from the County. 5/15 & 5/16

**Gethsemane Lutheran Church.** Judy Broward was on a panel to discuss teen depression and suicide on 5/22.

 **Advocacy/Outreach:**

Bruce Stevens maintained the **NAMI Gainesville website**, updating it regularly. He sent out **the monthly E-Newsletters** which included events that we would be offering that month.

Judy Broward, Terrie Mullin and Hutch Hutchinson posted on our Facebook Page both events and links of interest to our friends.

***Day at the Capito****l*, 4/6 to inform Legislators and the public about mental illness. 40 people, including peers, UF Psychiatrists and students attended.

**Committees:**

Systems of Care. Terrie Mullin attended the monthly meetings on 4/3 & 5/1.

Mental Health Coalition of North Central Florida Board, 4/20. Terrie Mullin attended.

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Central Receiving Facility Planning, 5/17. Terrie Mullin attended.

SB 12 Transportation on 4/17. Judy Broward and Julia Sullivan represented NAMI Gainesville.

**AnArtists:** This art collective that was started by peers is open to all and meets monthly at Helping Hands. They also participate in events in the community. NAMI Gainesville supports them by purchasing supplies for them.

AnArtists painted **the 34th St. Wall** in honor of Mental Health Awareness Month on 5/7.

**Gainesville Night of Understanding in honor of Mental Health Month** sponsored by Mental Health Coalition of North Central Florida. 5/11/17. AnArtists had a table.

**Survivors Art Exhibit**. On 5/11 members of AnArtists displayed their work at this exhibit.

**Alligator Article**: AnArtist members, Dr. Sandy Levy and Carissa Cayson, were interviewed for an article in the UF Alligator about the 34th St. Wall and Mental Health Awareness on 5/23.

**July-September, 2017**

**Education Programs:**

Peer-to-Peer Class: The current class started on 9/4.

Family-to-Family Class: The current class started on 9/5.

Basics: The Class was held on 7/29, 8/5 & 8/12. Two classes were offered each week. 10 parents of youth completed the course.

**Support Groups**:

Family Support Group: 7/10, 8/14 & 9/11.

Connection Peer Support Group, Wednesdays from 7:00-8:30 pm. at Gainesville Peer Respite.

**Community Program:**

*Peace-Love Art Workshops: “Mandala for Resilience,”*on 7/23, 8/19 & 9/22for peers and family members.

*Sharing Hope: Understanding Mental Health*: 7/13. In honor of Minority Mental Illness Month, African American individuals who have lived experience and wisdom shared their stories to help others to better understand and support minorities with mental illnesses. The panel included: Dr. Patricia Hilliard-Nunn, Associate Professor, African American Studies Program, University of Florida, Doris Strong, dedicated member and volunteer with NAMI Tallahassee, and a Mentor at Wakulla Correctional Institution, Debra Horton, a member of the Leon County Mental Health Panel. The event was attended by over 40 people.

*The Secret She Kept:* 7/20. NAMI Gainesville also showed this film to raise awareness during Minority Mental Illness Month. It is about an African American family dealing with mental illness. Approximately 15 people attended the film.

**Trainings:**

**NAMI Connection:** NAMI Gainesville hosted a 2-day Connection Support Group Facilitator Training on 7/8 & 7/9. Six peers from Gainesville were trained. This ensures that the Group can meet weekly.

**NAMI Family Support Group:** NAMI Gainesville hosted a 2-day Family Support Group Facilitator Training on 8/19 & 8/20. One family member from Gainesville was trained. This ensures that the Group can meet monthly.

**Helpline:**

Provided support to 61 callers. Received and responded to more than 60 emails.

**Community Events:**

Santa Fe College Volunteer Fair: 9/6. Joan Stevens and Terrie Mullin had a table at this Fair.

United Church of Gainesville Mental Health Fair: 9/24. Joan Stevens had a table at this Fair.

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 **Advocacy/Outreach:**

Bruce Stevens maintained the **NAMI Gainesville website**, updating it regularly. He sent out **the monthly E-Newsletters** which included events that we would be offering that month.

Judy Broward, Terrie Mullin and Hutch Hutchinson posted on our Facebook Page both events and links of interest to our friends.

Judy Broward and Terrie Mullin used Twitter to educate and inform our Followers about NAMI Gainesville.

Jim Reiser attended the national NAMI annual convention in DC on 7/1.

H met with Dr. Lisa Dixon, co author of the landmark PORT study of evidenced based interventions for relapse prevention. With her encouragement he developed a "Relapse Prevention" brochure for future advocacy work. He sent the brochure and supporting materials to NAMI CEO, Mary Giliberti. He received encouragement from Hannah Wesolowski, NAMI Director of Advocacy.

**Conferences:**

NAMI Florida Conference: 9/22 & 9/23. Judy Broward attended the Annual Conference in Orlando, FL.

**October-December, 2017**

Education Programs**:**

Peer-to-Peer Class: The fall class ended on \_11/15/17.

Family-to-Family Class: The fall class ended on \_11/21/17.

Ending The Silence\_4 classes 10/25 Eastside High, 4 classes 10/27 GHS

**Support Groups**:

Family Support Group Meets monthly, second Monday of the month from 7-9pm at United Church of Gainesville.

Connection Peer Support Group - meets weekly, Wednesdays from 7:00-8:30 pm. at Gainesville Peer Respite.

**Community Program:**

*Peace-Love Art Workshops: “Transformation Collages: Intention Setting for 2018,”*December 17, “Mandalas for Gratitude” November 19 and “Story Shoes” on October 15for peers and family members.

AnArtists is a community group of artists using art as healing. NAMI Gainesville supports this group purchase art supplies. Their workshops are open to all, including NAMI members.

AnArtists painting workshop October 31.

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**AnArtists holiday peace crafts and ornament making**

**NAMI Gainesville has provided funds and volunteers for the weekly pizza parties at Gainesville Peer Respite Center.**

**Trainings:**

**NAMI Connection:** NAMI Gainesville hosted a 2-day Connection Support Group Facilitator Training on 7/8 & 7/9. Six peers from Gainesville were trained. This ensures that the Group can meet weekly.

**NAMI Family Support Group:** NAMI Gainesville hosted a 2-day Family Support Group Facilitator Training on 8/19 & 8/20. One family member from Gainesville was trained. This ensures that the Group can meet monthly.

**Helpline:**

Provided support to 35 callers.

Received and responded to more than 52 emails.

**Community Events:**

Judy Broward presented a short talk and had NAMI materials for a Jack and Jill and Jill of America local group (organization of mothers with children aged 2-19 dedicated to nurturing future African American leaders on October 21.

NAMI Education meeting October 24.

The Growing Epidemic of Youth Suicide Age 8—24 A National Crisis with Local Solutions
Dr. Rajiv Tandon, MD and a panel of local leaders offering community resources from Alachua County Schools, University of Florida, Santa Fe College, Alachua County Crisis Center

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Accepted City of Gainesville proclamation on Oct 5 and Alachua County proclamation on Oct 10 for the On The Move for Mental Illness Walk.

Over 140 people attended the On The Move for Mental Illness Walk for Mental Illness on October 14.

Tabled at UF student group HEAL 5K run on October 21.

Tabled at Meridian Wellness Fair on October 26.

Tabled at Happyween, Depot Park on October 28.

Tabled at Lake City VA hospital event on November 2..

Tabled at annual Fall Arts Festival November 11th and 12th.

Tabled at Cracked Not Broken: Shattering the Stigma featuring Kevin Hines December 13.