

NEWSLINE

The Official Newsletter of NAMI Hillsborough

Volume: I

FALL 2008

Inside this issue:

Who We Are	1
National Convention	1
NAMI Walks	2
About NAMI FaithNet	3
Support Groups	3
Community Outreach	3
Classes/Services	4
News from the Board	4
Consumer Corner	5
Membership	6

Calendar:

- Mental Illness Awareness Week
October 11-15
- Bipolar Disorder Awareness Day
October 9
- NAMI Walk
November 8

CONTACT US!

NAMI Hillsborough, Inc.
P. O. Box 4352
Brandon, FL 33509-4352
Tel: 813 989-2410
E-Mail:
fmoon@namihillsborough.org

Newsletter Editor:
Frances Moon
fmoon@namihillsborough.org

Who We Are

Our organization, NAMI Hillsborough www.namihillsborough.org is the local affiliate of The National Alliance on Mental Illness (NAMI) www.nami.org in the State of Florida www.namifl.org. NAMI is the nation's largest grassroots mental health organization dedicated to improving the lives of persons living with serious mental illness and their families. This includes efforts to raise awareness and fight the stigma related to mental illness.

Members of NAMI are families, friends, and people living with mental illnesses who join together to meet the NAMI mission through advocacy, research, support, and by providing critical education to help consumers and family members gain knowledge and skills for living successfully with mental illness. Some of the NAMI Educational Programs are Family-to-Family, Peer-to-

Peer, NAMI Connection, Hearts and Minds, and more. Support Groups offer invaluable connections with peers who understand the challenges and joys of living with mental illness.

NAMI Hillsborough is in the process of growing the organization to reach everyone in our area. We currently have a small group of dedicated individuals who are working diligently to increase our membership in order to fulfill this mission. As volunteers, we are happy to do all we can to provide information and guidance to serve your needs.

If you are a current member and think that you might be interested in helping us grow, please contact us. And, if you are not a current member, we urge you to join us so that you can be a part of the NAMI mission here in Hillsborough County.

NAMI 2008 National Convention

This year's National Convention was held in Orlando June 13-16. The theme of the Convention, *Tomorrowland Today: Making Recovery Real*, reflects the goal of all NAMI members. Several of our NAMI Hillsborough members were able to attend and bring their experiences and acquired knowledge to renew and refresh their commitment in our community.

Alfred Jefferson and David S. Harkins volunteered at the NAMI Florida Consumer Council Cook Book booth. Kathy Troy contributed her time at the registration desk and attended as many sessions as time allowed. Frances Moon attended several other sessions including the Leadership Workshops. They will present updates to, and share new ideas with the newly-elected Board of Directors.

Susan Lang, NAMI Hillsborough 1st Vice President, attended the National Consumer Council meetings as the Chair of the NAMI Florida Consumer Council. Thank you all for your time and efforts.

*Pictures from
NAMI National
Convention in Orlando
June 13-16*



*Judi Evans, Susan Lang
and Frances Moon*



*Don Turnbaugh and
Frances Moon*



Dick and Frances Moon

*I invite you to join us
in our effort to put a
human face on serious
mental illness. Help us
show that recovery
means a healthier
community for all of
America.*

Mike Fitzpatrick
NAMI Executive Director

NAMI Walks

NAMI WALKS for the Minds of America is a nationwide fundraising and mental health awareness program that is being held in more than 70 communities around the country in 2008, including Jacksonville, Florida. All funds collected by walkers will be used to fund NAMI's programs here in Florida such as support, education, research and advocacy involving schizophrenia, bipolar disorder, major depression, obsessive-compulsive disorder and severe anxiety disorders. We believe that persons with severe and persistent mental illness can recover and lead productive and meaningful lives within their community.

We have the following teams from our area participating:

Plant City Pacers

Team Captain: Frances Moon
Walkers needed.

[Website](#)

Mind Fitness

Team Captain: Rita Mockett
Walker: Rita Mockett

[Website](#)

Hillsborough County Ambassadors

Team Captain: Alfred Jefferson

All participants are encouraged to collect donations from family members, friends, co-workers and business associates. You can even participate on line and be a "virtual walker".

Educational Programs

A new schedule is being developed for the monthly Education meeting.

Check our website for periodic updates, schedules, etc. www.namihillsborough.org

If you would like to join our efforts, please donate today. Donations can be made using a credit card on the NAMI Walk website or by mailing a check to NAMI Florida. All donations are tax deductible.

Location: Friendship Fountain Park,
Jacksonville, FL

Date: November 8, 2008

Distance: 5 K

Check-In: 8:00 a.m.

Start Time: 9:00 a.m.

Website: www.namifl.org

For more information about this event, please contact:

Judi Evans

jevans9062@aol.com

Phone: (850) 671-4445

Fax: (850) 671-5272

or click the picture below.



Fundraising goal: \$6,000.00

To date, we have raised: \$2,420.00

*Mental Health
Awareness Month
NAMI Hillsborough
Celebration
May 29, 2008*

The event was held at The Edge Apartments Fontana Hall, 42nd Street and E. Fletcher Avenue in Tampa. A free dinner was served. We were entertained – games were played, raffles were held, and prizes won. Information regarding what NAMI Hillsborough offers – legislation advocacy, community resources, local programs, and membership benefits -- was presented. But most of all, there were Stories of Recovery...and that's what NAMI is all about!

Special thanks to Rita Mockett, David S. Harkins, and George Thomas for making this event a success as well as Fontana Hall for the use of the facilities. We hope to see you all next year to Celebrate Recovery!



*Susan Lang, Rita Mockett
and George Thomas*

*Members Enjoying the
Celebration*



About NAMI FaithNet by Wanda Dobrogowski

I recently read a story about a “Polish Angel,” Irena Sendlerowa (Sendler). She saved the lives of an estimated 2,500 Jewish children during Poland’s Nazi occupation. Her father, a kind and non-discriminatory physician, played an enormous and influential role in what became for her a focal point and mission during WWII. He had taught her “two guiding principles: People are good or bad.” “Religion, race and nationality are immaterial.” And finally, to “Remember; when someone is drowning, extend a helping hand.” (August 2008 issue of the St. Anthony Messenger, p. 31.)

When my mental illness manifested itself, I learned in time to lean closely upon my faith life for guidance, courage and will to live despite times of true suffering. Like Irena, we must all possess both a vision and a mission to live by; otherwise, we are like a ship at sea without a rudder to steer our way to shore.

It is approximated that every one in five persons are touched in some way by mental illness, whether that be one who has such an illness or their family members, friends and others. NAMI recognizes and validates those persons who relate how their faith has helped them along their journeys, which include struggles of life challenged in some fashion by mental illness. This holds true, as Sendler’s father taught her, regardless of religion, race or nationality.

If this brief article rings true for you, check out the National Alliance on Mental Illnesses’ Faith-related website, www.faithnet.nami.org, or call 1-800-950-NAMI for further information. Faith can and does play an important role in many persons’ lives with challenges we face.

Support Groups

NAMI Hillsborough’s on-going programs provide free support, education, and advocacy for persons with mental illness and their families. Please call (813) 989-2410 to confirm times and locations.

1st and 3rd WEDNESDAY 6:30 p.m.
USF Florida Mental Health Institute
13301 Bruce B. Downs Westside
Conference Room D
Tampa

EVERY FRIDAY 7:30 p.m.
St. Joseph’s Hospital,
3001 W. Martin Luther King,
Medical Arts Building Auditorium, Room 1,
Tampa.

4th THURSDAY 7:00 p.m.
Family Support Group
1402 Jontilly Place, Brandon, FL
(Route 60, south on Hilltop)

EVERY FRIDAY 1:00 p.m.
Project Return
304 W. Waters Avenue
Tampa (consumers)
For information about other groups, call (813) 878-2906 (Depression and Bipolar Disorders).

Community Outreach

NAMI Hillsborough received an invitation to speak at The Plant City Rotary Club. Victor Kohlmeier recently joined our affiliate and is a member of the Rotary Club. He wants the word to get out to our community that mental illness exists right here in our county and to let them know that NAMI is here to help. On Monday, August 18th. David S. Harkins, one of our speakers and Board Member, presented an introduction to NAMI, NAMI Florida, and NAMI Hillsborough. See pictures in the next page.

Thank you, Victor, for your interest and efforts on behalf of NAMI.

If you would like someone from NAMI to speak in your community, please contact us at (813) 989-2410.

Presentation to the Plant City Rotary Club August 18, 2008



NAMI members David S. Harkins, Ann Cole, and Victor Kohlmeier.



Bill Davis, President and Chairman of the Plant City Rotary Club with David S. Harkins, Victor Kohlmeier, NAMI and PC Rotarian; and Frances Moon, Secretary NAMI Hillsborough and Plant City resident.



David S. Harkins, Ann Cole, and Victor Kohlmer

Classes

Family to Family, NAMI's 12-week course for families of persons with mental illness. Next class will start on October 3rd in the Brandon area. For more information contact Debra Aalberg at (727) 534-7978 or Barbara Powell at (813) 907-3014.

Peer to Peer, NAMI's 9-week class for persons with mental illness.

These are offered free of charge.

For more information on these programs, go to www.namihillsborough.org or call (813) 989-2410.

Other Services

Speakers Program for people with mental illness who want to share their experiences at service organizations and community meetings.

News from the Board

The 2008 Annual Meeting of NAMI Hillsborough Members was held on June 25, 2008. The following NAMI Hillsborough members were elected to serve their respective terms on the 2008-2009 Board of Director.

Three-year term: Alfred Jefferson, Frances Moon, Susan Pierce, Nicole Shiber, George Thomas.

Two-year term: George Alexander, Carol Eloian, Ursula Smith-Perry, Garry Stall, Kathy Troy.

One-year term: David S. Harkins, Celia Hersey, Walter Hersey, Susan Lang, Wanda Dobrogowski.

The 2008 Annual Meeting of the Board of Directors met on July 8, 2008, and elected the following officers to serve a one-year term.

President:	George Thomas
1 st Vice President:	Susan Lang
2 nd Vice President:	David S. Harkins
Treasurer:	Walter Hersey
Secretary:	Frances Moon

Congratulations to all! We are here to serve you, let us know your concerns and your ideas on what and how we can all contribute to the growth of our NAMI affiliate.

Consumer's Corner by Garry Stall

Winston Churchill once said, "Never give up, never give up, never ever give up." What he was saying was -- as long as you don't give up you have hope -- and as long as you have hope, you can get through anything that you may face in life. This is especially true when you are dealing with mental illness. I know this for a fact because I deal with depression/voices on a daily basis. Let me explain by breaking down hope as it relates to mental illness.

The "H" in hope stands in my mind for *health*. Every psychiatrist, counselor or caseworker that I have ever talked with have all said the same thing -- that personal health goes along with maintaining mental health. It is essential that you keep yourself in as good physical health as possible because health directly affects what you think of yourself (self esteem), i.e., how your body and medications work together -- either in a positive or negative manner. If you eat right, get the proper sleep, and exercise on a regular basis, the effects of mental illness and the chances that you will end up in the hospital are greatly reduced. I know this for a fact because I haven't been in the hospital since May 2000.

The "O" in hope stands for *opportunity*. Basically, opportunities are things that happen in your life. If taken advantage of, will greatly improve body and mind functions, which again goes along with self esteem. Thus, it also reduces the effects of mental illness and improves the quality of life as a whole. A job, new education, volunteering at a YMCA, etc. are all opportunities which in the passage of time will help you to grow as a person.

The "P" in hope stands for *prosperity*. Prosperity comes in many forms such as financial security, spirituality, living conditions, etc. -- all of which reflect self esteem, which then lessens the effects of mental illness on a person. If you do the correct and proper things in your life, good things will follow close behind. As time goes on you will be stronger and be able to overcome the effects of mental illness on yourself.

The "E" in hope stands for *excellence*, which means to strive to be the best that you can be at whatever you do in life. By being the best that you can be, you will improve self esteem, grow by leaps and bounds, and do things that you never thought you would be able to do in your lifetime. You will be better for it. I know because I've been there and done it myself.

So now you see why I say **HOPE** is the magic word. As long as you have hope, you have everything. Never give up. Never give up. Never ever give up!

ARTICLES WANTED

Attention NAMI Members!

If you would like to submit an article or a recommendation for an article, or have other information to appear in the next newsletter send to: Frances Moon at fmoon@namihillsborough.org

NAMI HILLSBOROUGH CALENDAR

OCTOBER

1
Consumer/Family Support Group NAMI -Hillsborough @USF

3
Consumer/Family Support Group @St. Joseph Hospital
Opportunities - Support/Educational Group @Project Return
Family to Family Class

5-11
Mental Illness Awareness Week

10
Consumer/Family Support Group @St. Joseph Hospital
Opportunities - Support/Educational Group @Project Return
Family to Family Class

15
Consumer/Family Support Group NAMI -Hillsborough @USF

17
Consumer/Family Support Group @St. Joseph Hospital
Opportunities - Support/Educational Group @Project Return
Family to Family Class

23
East Hillsborough Family Support Group@Brandon

24
Consumer/Family Support Group @St. Joseph Hospital
Opportunities - Support/Educational Group @Project Return
Family to Family Class

31
Consumer/Family Support Group @St. Joseph Hospital
Opportunities - Support/Educational Group @Project Return
Family to Family Class

NOVEMBER

5
Consumer/Family Support Group NAMI -Hillsborough @USF

7
Consumer/Family Support Group @St. Joseph Hospital
Opportunities - Support/Educational Group @Project Return
Family to Family Class

8
NAMI Walk @ Jacksonville

14
Consumer/Family Support Group @St. Joseph Hospital
Opportunities - Support/Educational Group @Project Return
Family to Family Class

19
Consumer/Family Support Group NAMI -Hillsborough @USF

20
East Hillsborough Family Support Group@Brandon

21
Consumer/Family Support Group @St. Joseph Hospital
Opportunities - Support/Educational Group @Project Return
Family to Family Class

27
THANKSGIVING

DECEMBER

3
Consumer/Family Support Group NAMI -Hillsborough @USF

5
Consumer/Family Support Group @St. Joseph Hospital
Opportunities - Support/Educational Group @Project Return
Family to Family Class

12
Consumer/Family Support Group @St. Joseph Hospital
Opportunities - Support/Educational Group @Project Return
Family to Family Class

17
Consumer/Family Support Group NAMI -Hillsborough @USF

18
East Hillsborough Family Support Group@Brandon

19
Consumer/Family Support Group @St. Joseph Hospital
Opportunities - Support/Educational Group @Project Return
Family to Family Class

25
CHRISTMAS

FOR FURTHER INFORMATION , MEETING TIMES, LOCATIONS CONTACT:

NAMI –Hillsborough (813) 989-2410
Project Return (813) 933-9020
St. Joseph Hospital (813) 989-2410

East Hillsborough Support Group (813) 571-9811
Family to Family Class Debra Aalberg (727) 534-7978

Newsletter Sponsors

 <p>Tactile Signage, Inc. Walter M. Hersey Executive Vice President www.tactilesignage.com email: sales@tactilesignage.com 2702 Centerview Place Tel: (813) 571-9909 Brandon, FL 33511 Fax: (813) 571-9907</p>	SPACE AVAILABLE	SPACE AVAILABLE
SPACE AVAILABLE	We Support Your Recovery JOHN DOE From Friends and Family	We Love You MARY From Friends and Family
SPACE AVAILABLE	SPACE AVAILABLE	Advertise Your Business Or Message Become A Sponsor \$25 Per 4 Issues Business Card Size

NAMI Hillsborough, Inc.
 P.O. Box 4352
 Brandon, FL 33509-4352

Postage

Name of Recipient
 Address 1
 Address 2
 City, State, Zip