

## NEWSLINE

*The Official Newsletter of NAMI Hillsborough, Inc.*

Volume I No. 3

Spring 2009

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### NAMI Hillsborough Board of Directors

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We would like to thank Susan Pierce and the volunteer students in her Psychology classes for organizing a two-day yard sale to raise awareness about mental illness and recovery. The event was held on March 31-April 1 on the Hillsborough Community College Dale Mabry Campus to benefit The National Alliance on Mental Illness (NAMI) Hillsborough. The students raised over \$500. Susan Pierce is a member of NAMI Hillsborough's Board of Directors. We are also grateful to Alfred Jefferson and Susan Lang for being there to answer any questions about NAMI Hillsborough.

**Way to go!**

## *Attention Members*

### Annual Membership Meeting

#### When

**June 16, 2009 @ 6:30 p.m.**

#### Where

Florida Mental Health Institute  
Westside Conference Room B/C  
13301 Bruce B. Downs  
Tampa, FL 33612

#### For more information

Phone (813)989-2410.

Please check our website for  
Further information

### Agenda

- Presentations on NAMI's Peer-to-Peer and Family-to-Family Educational Classes.
- Vote on amended Bylaws.
- Vote for 2009-2010 Board of Directors

We need you.  
We need your vote.

Thank you for your support.

If you don't know if  
your membership is current, contact us or  
you can pay at the meeting.

**MEET THE BOARD** by Garry Stall

In the second of our series of articles, we introduce Susan Lang, our 1<sup>st</sup> Vice President. She has been a member of NAMI for 11 years and is the former Director of the NAMI Consumer Council on the NAMI Florida Board of Directors. Susan has numerous degrees among which are: B.S. in Occupational Therapy from Florida International University and a Master of Public Health in Health Policy and Administration from the University of North Carolina at Chapel Hill. She has worked in the mental health and physical rehabilitation fields for over 20 years. She currently works for the Central Florida Behavioral Health Network (CFBHN) as the Consumer Affairs Director. Susan recently received an Iris Award for her significant contributions in the community to further the goals of the National Alliance on Mental Illness (NAMI). She would like to see NAMI Hillsborough have more Educational Programs and more support groups for families and consumers, plus be more active in the area of advocacy. Her hobbies and interests include reading, going to movies, spending time with family, enjoying her pet cockapoo and being very active in her church, the First United Methodist Church of Brandon.

**RECOVERY:** by George Thomas, President

Recovery from serious **mental illness is a vision that is slowly being translated into action. There are many elegant definitions of recovery. In 1993, William Anthony** defined recovery as...

" a deeply personal, unique process of changing one's attitudes, values, feelings, goals, skills and/or roles. It is a way of living a satisfying, hopeful, and contributing life even with limitations caused by the illness. Recovery **involves the development** of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness."

Recovery means making the mental illness a smaller and smaller portion of the person's life by minimizing symptoms and/or strengthening other areas of the person's life. Consumers (persons with mental illness) and their families should embrace this vision in thought, word, and action and demand that mental health providers do the same.

The single most important principle of recovery-oriented services is respect: seeing consumers as people who are more than their illness and have the same rights, needs, hopes, dreams, strengths, and weaknesses as everyone else. Here are just some of the many ways of showing respect. Use language that is encouraging and hopeful.

- In a low-key, non-coercive way continuously encourage consumers to rewrite their treatment or service plans to more fully reflect their dreams, values, and goals. Examples of this include: providing self-assessments to help people explore their goals; providing opportunities to see how other consumers participate in their treatment planning; and providing a peer specialist to help consumers write treatment plans or present their concerns to the treatment team.
- Explore what the consumer thinks about different types of treatments (e.g., medication, talk therapy).
- Pay at least as much attention to strengths as to weaknesses.
- Describe the person's symptoms in the context of their goals.
- Explicitly acknowledge the expertise that consumers have, e.g. knowing their own bodies, knowing what has worked for them in the past. This includes, but is not limited to, asking consumers how they manage their illness and general wellness.
- Use feedback from consumers to help staff recognize more subtle forms of disrespect. Understand what is perceived as disrespectful and cope respectfully with difficult situations.
- Work with consumers to help them view experiences that might undermine their self-respect in a different way.
- Make it clear that consumers are expected to review their records and that this is not seen as an adversarial process.
- Work with consumers and families to define respect in ways that promote the dignity of consumers, families, and providers while acknowledging their limitations and allowing consumers and staff to be irritated with each other.

A particularly important part of showing respect is making the strongest possible effort to reduce the use of involuntary treatment without endangering the person or the community. This includes, but is not limited to, helping people develop relapse prevention plans and advance directives. An advance directive is a document in which the person describes how people can tell if the person's illness is becoming acute and what they want people to do; e.g., contact this person, use this mental health facility, use this technique to help the person calm down, use this medication, avoid this medication, etc.

\*Anthony, W. A. (1993). Recovery from mental illness: The guiding vision of the mental health service system in the 1990's. *Psychosocial Rehabilitation Journal*, 16(4), 11-23.

## Health Insurance Portability and Accountability Act (HIPAA): Myths, Facts, and Cross-System Collaboration

There are millions of people with mental illnesses who become involved with the criminal justice system each year. It is critical that there be cross-system collaboration between justice and treatment professionals to provide better outcomes from these interactions. Yet concerns about adhering to legal mandates regarding information sharing can create significant roadblocks to meaningful collaboration. Misinformation about HIPAA has heightened these concerns. While confidentiality is an important legal and ethical issue, it is possible to share information while complying with federal and state legal principles. For more information go to: Council of State Governments Justice Center's website at: [www.justicecenter.csg.org](http://www.justicecenter.csg.org)

### Message from NAMI Florida: Florida Mental Health Parity Bill

[www.namifl.org](http://www.namifl.org)

**Mental illnesses affect nearly 25% of Americans.**

Over 50 million adults -- at least 22 percent of the U.S. adult population -- suffer from mental disorders or substance abuse disorders on an annual basis.

**Individuals with mental illnesses face blatant health insurance discrimination.**

Nearly 98% of private sector health insurance plans impose some form of unfair, discriminatory limits on mental illness treatment, such as higher copayments, fewer allowable outpatient visits and inpatient days, and lower annual and lifetime benefits caps than are provided for other medical illnesses.

**The high costs to society of untreated and undertreated mental illnesses are well-documented.** A National Institute of Mental Health sponsored-study revealed that mental and addictive disorders cost over \$300 billion annually. This includes productivity losses of \$150 billion, health care costs of \$70 billion and other costs (e.g., criminal justice) of \$80 billion.

**Advances in medical science have yielded successful and cost-effective treatments for mental disorders in the last two decades.**

**Florida is one of only a few states that does not require insurance parity for mental health and substance abuse services.**

**Parity is fair and can save tax dollars by decreasing overall medical costs and reducing the number of people forced to seek publicly-funded treatment.**

**Adequate mental health and substance abuse benefit coverage has been shown to improve a person's health, provides people with greater financial protection against unforeseen costs and reduces workplace absences and employee disabilities.**

### SUPPORT THE PASSAGE OF HB 19 – THE FLORIDA MENTAL HEALTH PARITY ACT

**Contact your legislative representatives and ask them to please support the Florida Mental Health Parity Bill, HB 19, specifically Senator Richter and Senator Baker.**

Senator Baker  
316 Senate Office Building  
404 South Monroe Street  
Tallahassee, FL 32399-1100  
(850) 487-5014  
Senate V OIP: 5014  
Email: [baker.carey.web@flsenate.gov](mailto:baker.carey.web@flsenate.gov)

Senator Richter Tallahassee Office  
316 Senate Office Building  
404 South Monroe Street  
Tallahassee, FL 32399-1100  
(850) 487-5124  
Senate V OIP: 5124  
Email: [ritcher.garrett.web@flsenate.gov](mailto:ritcher.garrett.web@flsenate.gov)

**CONSUMERS' CORNER****The Enemy of Mental Illness: Fear***By Garry Stall*

Franklin Roosevelt once said "All we have to fear is fear itself". For those of us who live with mental illness fear can be an overwhelming, consuming and devastating enemy. It doesn't have to be that way. Let me explain. Fear can come in many shapes and forms. For me, fear comes in two forms: Fear of the Past and Fear of the Unknown.

First the fear of the past rears its ugly head from time to time when either certain things happen during the day or people innocently say things that trigger thoughts of the past. Let me say here and now that if a person lets the past rule them, it will destroy them! I've been there and done that and it is not a pleasant feeling. What I have found over the years is that if, when this happens, I step back and take a few deep breaths.

I begin to realize that there are much better things in my life besides fear. I begin to focus on those other things in my life and move forward towards them. The ability to do this gets easier and easier over time. Effort is required. The hard part is making the decision to take the first step and then doing it. After a time, it becomes second nature.

For me the fear of the unknown has played out in my life numerous times. Let me give you an example. The last time that I was in the hospital, May 2000, I was in really bad shape. I can remember all kinds of negative and scary thoughts racing through my mind. What is going to happen to me? Where am I going to be in five years? I began to cry and pray. All of a sudden I had feelings of worth and protection come over me. A little soft and gentle voice spoke to me and said, "It's going to be OK. Have faith and begin to move forward". From that point on I began to take one step at a time up to this very day. Did I have any idea back then what I would accomplish? No. Was it easy? No. Now I look back in wonderment. The important thing to remember is that I decided to take the first step and move forward. If you do this you will overcome mental illness and be the person that you were intended to be: a flower in bloom for all to see and admire.

**NAMI Friends by Wanda Dobrogowski**

Last night my family hosted a lively and deeply celebrative surprise birthday party for my brother who soon turns fifty. Just to be able to participate was a miracle for me. I had the good fortune to spend quality moments with a number of persons present. Almost without exception, all had at least one thing to say or do that revealed a beautiful revelation of who they were and what they were about. Often, they spoke of some challenge they faced; yet here we were, at a great birthday party full of life and happiness.

As I see it, everyone has at least one mountain they are facing, however they are best able to. This is how it is for those of us who face mental illness. We try the best we can. Sometimes we fall. But with the help of those who care for us, we can get up and start moving again.

This is why we have NAMI. It is for this reason NAMI exists and continues to thrive and to grow. So far as I can tell, alone, most of us cannot "make it." Yet, in a spirit of Self-and-Other positive regard, together we CAN make it happen. With such faith, may all your holidays and holy days hold at least one reason to celebrate.

**CRISIS INTERVENTION TEAM (CIT) in Hillsborough County Part 2***Editor's note: Members of the HCSO CIT training team and NAMI Hillsborough contributed to this article.*

The criminalization of people with mental illness is a systemic problem. There are no easy solutions, but it seems apparent the only way to fix the problem is to bring all the parts of the troubled system together to find a solution. The underlying problem is that too many people with serious mental illnesses do not have adequate access to mental health services. These people can become critically ill and may not be able to get adequate crisis services. When a consumer without a community support system goes into crisis, the first line of response generally comes in the form of law enforcement. The fact that too many people with serious mental illnesses are encountering law enforcement is a symptom of this problem. This problem cannot be solved simply, but offering CIT training to officers allows them to respond more effectively.

The CIT course is specialized training which is conducted solely for law enforcement officers and related law enforcement personnel. The training is not designed to be attended by members of the community, including consumers and family members. The CIT course is the result of a community partnership of law enforcement, service providers, mental health advocacy groups, consumers and family members, as well as other interested parties at the local and state levels. The training goes beyond basic classroom instruction and includes presentations by consumers and family members, as well as on-site visitations to service providers which provide direct interaction with consumers. The goal is to create a better understanding of people who have mental illnesses and to insure a safer interaction between the first responders and consumers. The Memphis CIT model includes specialized training for law enforcement agencies and is based on community partnerships between law enforcement, service providers, consumer groups, and many other interested parties at the local and state levels. The training goes beyond basic classroom instruction, and includes consumers and family perspectives. The goal is to create more understanding and a safer interaction between first responders and consumers.

Ideally, CIT should start before a tragedy strikes. However, in many communities tragedies have been the catalyst for starting CIT programs. Several years ago, an unfortunate incident in the City of Tampa resulted in the death of a young person experiencing a mental health crisis. The aftereffects of this incident rippled through the entire community. Because of the perseverance of a heart-broken family, the dedication of local law enforcement agencies, and the willingness of local mental health care stakeholders, a Crisis Intervention Team model was instituted in the community. Through much hard work and countless hours, this model was built into a viable program that is working in our area. (Continues page 5)

**CIT in Hillsborough County (cont'd)**

As mentioned in the first part of this series, the original grant's funding has not been renewed. Presently, the only current CIT program in our area is the result of the perseverance and dedication of the Hillsborough County Sheriff's Office (HCSO) led by Sheriff David Gee and Colonel Greg Brown, the CIT coordinator. Members of his training team include Deputies Stephanie Krager, David Hoffman, Benjamin Kenney and Sharon Saunders.

The CIT program emphasizes a partnership between law enforcement, the mental health and substance abuse treatment system, mental health advocacy groups, and consumers of mental health services and their families. Volunteer members of these community groups are chosen to facilitate the class as instructors and for on-site visitations. Sheriff Gee is a true believer in the effectiveness of the CIT program. He understands the necessity of the program and the 40-hour courses offered in 2009 are entirely funded from the Hillsborough County Sheriff's budget.

The program has a wide support base within the community. Instructors and subject matter experts provide their services free of charge in an effort to continue this important training. Sheriff Gee has promoted the CIT program from the top, because he understands the benefits the program offers to the community and to his deputies. Forty more people graduated from the CIT training in January including Patrol, Detention Deputies, and Dispatchers.

In an effort to provide this higher level of service to all the citizens of Hillsborough County, Sheriff Gee is opening the class to other local law enforcement agencies. Space is available in the class beginning April 13th. In an effort to expand this critical service in our community, the CIT training team would like to provide three to four classes per year, each with 30-40 officers or civilian employees.

According to Deputy Krager, of the total number of current HCSO deputies there are over 300 CIT-trained officers representing approximately 25% of their law enforcement force. Currently there are

105 trained officers on the street broken down as follows: District 1 - 27; District 2 - 26; District 3 - 23; District 4 - 29. (These percentages do not reflect other law enforcement agencies such as the Tampa, Plant City, or Temple Terrace Police Departments.) The long-term goal is to have law enforcement officers with CIT skills available to all consumers who are in crisis. Hopefully, future classes will also include probation officers.

People may wonder how the practical application of the CIT training is implemented at the street level. When a CIT-trained patrol officer goes on duty he will log in as a "CIT officer on duty". When a call for service related to mental health or substance abuse is received, the Sheriff's Office Dispatcher will contact and dispatch a CIT-trained officer to the call. Call Takers and Dispatchers also go through CIT training and have a better understanding of what is involved with a person dealing with a mental illness.



**HCSO CIT Team Members: Deputies Benjamin Kenney and Stephanie Krager**

We are lucky that Sheriff Gee is committed to not only protecting his officers, but ensuring that they have the proper tools to deescalate a crisis situation. He and his staff believe that with compassion and understanding, everyone's lives will be improved. If families and friends of people with mental illness are informed about what is involved in CIT training, and are lucky enough to have a CIT-trained officer respond to their 911 calls, tragedies can be averted. We need all our law enforcement agencies to come on board. By working as community collaborators--cooperating to ensure a best-scenario outcome--all of our lives will be improved. Recovery will happen. We all have a stake in preventing future tragedies. We want to advocate for officer and citizen safety. Supporting a proven jail diversion program should be a first priority for everyone in our community, especially our elected officials. Do your part. Be informed and involved. Volunteer. Join NAMI Hillsborough. Be an advocate. For more information go to [www.namihillsborough.org](http://www.namihillsborough.org) or [www.nami.org](http://www.nami.org)

**It costs from \$12,000 to \$18,000 a year to treat someone with serious mental illness in the community, compared to \$125,000 to \$130,000 annually in a state forensic treatment facility.**

*Source: Florida Department of Children & Families*

**What is Peer to Peer Program?**

Peer-to-Peer is a unique, experiential learning program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery.

The course provides participants with comprehensive information on mental illness. It also teaches strategies for personal and interpersonal awareness, coping skills, and self-care strategies. Classes are taught by trained mentors who are successfully managing their own conditions.

**What does the course include?**

- Peer-to-Peer consists of nine two-hour units and is taught by a team of three trained "Mentors" who are personally experienced at living well with mental illness.
- Participants come away from the course with a binder of hand-out materials, as well as many other tangible resources: an advance directive; a "relapse prevention plan" to help identify tell-tale feelings, thoughts, behavior, or events that may warn of impending relapse and to organize for intervention; mindfulness exercises to help focus and calm thinking; and survival skills for working with providers and the general public.

"The Course presented a very powerful message. I am impressed with the entire curriculum. It included a lot of different tools for recovery while allowing for choice, which is important to me."

**Peer-to-Peer participant, Iowa**

## Committee Members Wanted

Join us in our journey. Share your talents. Do you like to talk to people on the phone? Are you good on the computer? Do you know how to use a spreadsheet, templates, word document, send e-mails? We guarantee that we will make full use of your skills and you will have a genuine feeling of belonging to the NAMI Hillsborough family. Are you good at fundraising? Do you know anyone who is? We could use your enthusiasm, time, talents and energy. Call us. E-mail us. You can even send us snail mail. We welcome all forms of communication. Better yet! Come and meet us in person at one of our scheduled activities. I think you'll like us. And we sure will appreciate you.

The Nominating Committee is working on the 2009-2010 slate for the 15-member Board of Directors. They will present the nominees to our members at the Annual Meeting in June during which the election will take place. Presently there are openings for two positions on the board. The committee is looking for someone who can help in our fundraising activities.

Other committees looking for a few good men and women are: Membership, Advocacy, and Fundraising. If you are interested or would like to nominate someone, please contact Garry Stall at [gstallsouth@hotmail.com](mailto:gstallsouth@hotmail.com).

## NAMI Convention, July 5-9 Get Ready for Movies & Music!

Don't miss these special events at NAMI's national convention, July 5-9, 2009 in San Francisco.

Help kick-off NAMI's 30th anniversary with an advance screening of the PBS documentary, *When Medicine Got It Wrong*, about NAMI's dramatic grassroots origins and founding as a national organization.

Special screening of [The Soloist](#), starring Robert Downey, Jr. and Jamie Foxx, the true story of Nathaniel Ayers, a homeless man with mental illness who is a music virtuoso. The movie is an Academy Award contender for 2010.

Go to [www.nami.org](http://www.nami.org) for more information.

## MAY IS MENTAL HEALTH AWARENESS MONTH

The magnitude of mental illness in this country is staggering. According to the Surgeon General, one in every five Americans experiences a mental disorder in any given year and half of all Americans have such disorders at some time in their lives. These illnesses of the brain affect all of us, regardless of age, gender, economic status or ethnicity.

Mental Health Month was created more than 50 years ago to raise awareness about mental health conditions and the importance of mental wellness for all. This year's theme is focused on an essential component of maintaining and protecting mental health and wellness: **social connectedness**. The tagline for this year's observance is "Get Connected."

- **Get connected to family and friends** to feel close and supported.
- **Get connected to your community** to feel a sense of belonging and purpose.
- **Get connected to professional help** to feel better when you're stressed and having trouble coping.

Community events will highlight mental health issues affecting children, adolescents, adults and older adults. Watch for events in your community and use these national sites to find information about specific illnesses such as depression and anxiety disorder.

- Depression and Bipolar Support Alliance (DBSA) [www.DBSAAlliance.org](http://www.DBSAAlliance.org)
- National Alliance for Mental Illness (NAMI) [www.NAMI.org](http://www.NAMI.org)
- Mental Health America [www.nmha.org](http://www.nmha.org)
- SAMHSA [www.stopstigma.samhsa.gov](http://www.stopstigma.samhsa.gov)

*The National Federation of Families for Children's Mental Health declares the first full week in May as National Children's Mental Health Awareness Week to increase the public awareness of wellbeing and human development of our nation's children and youth.*

**NAMI HILLSBOROUGH CALENDAR**

**APRIL**

**Wednesdays 1, 8, 15, 22, 29**

6:30 p.m. Consumer/Family Support Group  
@ USF

**Thursday 23**

7:00 p.m. East Hillsborough Family Support  
@ Brandon

**Fridays 3, 10, 17, 24**

1:00 p.m. Consumers @ Project Return, Tampa  
7:30 p.m. Consumer/Family Support Group  
@ St. Joseph's Hospital, Tampa

**MAY**

**Wednesdays 6, 13, 20, 27**

6:30 p.m. Consumer/Family Support Group  
@ USF

**Thursday 26**

7:00 p.m. East Hillsborough Family Support  
@ Brandon

**Fridays 1, 8, 15, 22, 29**

1:00 p.m. Consumers @ Project Return, Tampa  
7:30 p.m. Consumer/Family Support Group  
@ St. Joseph's Hospital, Tampa

**JUNE**

**Wednesdays 4, 18**

6:30 p.m. Consumer/Family Support Group  
@ USF

**Thursday 25**

7:00 p.m. East Hillsborough Family Support  
@ Brandon

**Fridays 5, 12, 19, 26**

1:00 p.m. Consumers @ Project Return, Tampa  
7:30 p.m. Consumer/Family Support Group,  
@ St. Joseph's Hospital, Tampa

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USF Florida Mental Health Institute  
13301 Bruce B. Downs, Room 1503, Tampa

St. Joseph's Hospital  
Medical Arts *Building Auditorium*, Room 1  
3301 W. Martin Luther King Drive, Tampa

Project Return  
304 W. Waters Avenue, Tampa

Brandon Location:  
1402 Jointly Place, Brandon

**FOR FURTHER INFORMATION:**

Tampa Locations: (813) 989-2410  
Brandon Location: (813) 571-9811

**Membership Form**

NAMI Hillsborough, Inc. is a non-profit, 501(c)(3) charitable organization and all contributions are tax-deductible. Annual dues include membership in NAMI Hillsborough County, NAMI Florida, and NAMI National, with subscriptions to each of their newsletters.

- Individual/Family \$ 45.00
- Open Door \$ 8.00
- Supporter \$ 50.00
- Patron \$100.00
- Corporate/Business \$250.00
- Donation \$ \_\_\_\_\_
- In memory/honor of  
\_\_\_\_\_ \$ \_\_\_\_\_

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Phone \_\_\_\_\_  
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Note: Membership Valid for One Year

**Please remit payment to:**

NAMI Hillsborough, Inc.  
P. O. Box 4352  
Brandon, FL 33509-4352  
(813) 989-2410



Saturday, October 3, 2009

Location: Tallahassee, FL

Now is the time to begin thinking about your teams.

What will be your team name for 2009?

Who will you recruit for your team?

What will be your walker goal?

What will be your \$\$\$ goal?

## Newsletter Sponsors



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**From Frances**



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