



# Pensacola

**National Alliance on Mental Ill-**

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## **Mental Illness Awareness Week is October 2-8 ~ Dr. David Josephs to Speak**

In support of the goals of NAMI Pensacola, Mayor Ashton J. Hayward, III has proclaimed October 2-8, 2016 **Mental Illness Awareness Week** in the City of Pensacola. Our city government urges citizens to have a better understanding of the mentally ill and to support and advocate for those living with brain disorders.

On Wednesday, October 5, 2016 at 7pm **Dr. David Josephs**, Clinical Director of **Lakeview Center**, will speak on **Overcoming Depression** at The Morris L. Eaddy Activity Center, 1110 W. Lakeview Avenue. Dr. Josephs brings 25 years experience in behavioral health to his presentation. In addition, a depression screening will be available at the talk. As with all NAMI Pensacola programs, the lecture and screening are free to the public.

Mental Illness Awareness Week was established in 1990 by the U.S. Congress in recognition of efforts by the **National Alliance on Mental Illness** to educate and increase awareness about mental illness. An estimated 26.2 percent of Americans ages 18 and older - about one in four adults - suffer from a diagnosable mental illness in any given year. However, stigma surrounding mental illness is a major barrier that prevents people from seeking the mental health treatment that they need. NAMI Pensacola seeks to bring about these changes in our own community.

This is the time to speak to family and friends and encourage them to learn about this issue - so many people need help with this. A depression screening can reveal a problem which has long gone undiagnosed.

## **Perinatal Mental Health is the Topic of the October 27 Educational Meeting**

Perinatal mental health is a specialty most of us have never heard of. It addresses women's mental health issues occurring at any point during pregnancy up to a year of the new child's life.



Eileen Wolfe, Licensed Mental Health Counselor and owner of Pensacola Therapy Services, is the only licensed clinician in Escambia County who has earned a Maternal Mental Health Certificate through Postpartum Support International. Postpartum Florida sponsored her training through their HELPP Scholarship, as there was no one with this training in Escambia County. There are two others in Santa Rosa County.

"Women's health and their mental health in general are not given enough attention," Eileen said. "New moms are often overlooked." Asked why she became interested in this specialty, she said, "Mostly from my personal experience as a mother!" Her interest grew from working with pregnant women and new moms in a variety of

***Eileen Wolfe, LMHC, of Pensacola Therapy Services, certified in Maternal Mental Health***

clinical settings. She still feels it is an underserved need in this community.

Eileen stated that about 80% of women will experience baby blues. "It should go away after a week or two, when hormones stabilize," she said. "But one in seven women, or 14%, will deal with postpartum mental health issues such as postpartum depression or anxiety, even bipolar illness." The onset of symptoms can be up to four weeks after birth, or even later.

Eileen utilizes cognitive behavioral therapy, a form of therapy which involves individuals being in control of their cognition (or perceptions) and behaviors. She explores triggers with her clients, identifying what thoughts seem to bring on mood changes. When needed, she coordinates with the client's psychiatrist or, more commonly, their general practitioner.

She also offers in-home therapy services for her clients, after an initial office visit. This alleviates the stress of more doctors' appointments, when the mother may have to arrange for child care.

Postpartum Support International has a "warm line" that anybody can call, using a group of trained volunteers. That number is 800 944-4773. In addition, once a month, on the first Wednesday, moms can chat with a licensed clinician and on the first Monday of the month partners can call.

Area hospitals are starting to address neonatal mental health issues as well. At West Florida Hospital, Jeannie Connolly, over the labor and delivery unit, is starting a postpartum depression program and all new mothers will be screened. Sacred Heart Hospital is starting a bereavement group for moms experiencing neonatal loss and a Bereavement Coordinator has been designated.

Most people are not aware of the fact that one in four women loses a child through miscarriage. The grief and loss experienced by these women has not been adequately addressed up until now.

"I attribute this new focus to the growing need to provide specialized services for women who experience neonatal loss," said Eileen. "According to the Healthy Start Coalition of Escambia County, our county has one of the highest infant mortality rates in the state: our rate is 7.7% compared to the state rate of 6.1%."

All of these issues will be discussed by Eileen Wolfe in her presentation at NAMI Pensacola's Fourth Thursday Educational Meeting scheduled for Thursday, October 27, 2016 at 6pm at The Pavilion at West Florida Hospital, 2191 Johnson Avenue (corner of Johnson and North Davis Hwy). The public is invited to attend.

## Talk to an LMHC at the Monthly Support Meeting

NAMI Pensacola holds two meetings per month, for the membership and the public: a support meeting on the second Thursday and an educational meeting on the fourth Thursday. At the Thursday, September 13 support meeting, a **Licensed Mental Health Counselor** will be present to answer questions or provide direction for those who need help with their mentally ill family member or friend. Or even for themselves at a very difficult time for them.

**Tasa Isaak, MS., CMHP, Director of Adult Case Management Systems** at Lakeview Center will also be available to take phone calls at **Lakeview Center** on her direct line (850) 469-3565, or at the **Case Management Office (Sarah)** at (850) 469-3805, if she is away from desk. **Dennis Goodspeed** of Lakeview Center said, "I think that greater access for information would be to give you a person that members can call at any time of day to get the information they may request."

The Support Meeting will be held **Thursday, September 8, 7:00-8:30pm** at Lakeview Center, Building I, 1201 N H Street (between Hernandez & Lakeview).

For more information on NAMI Pensacola programs, email [namipensacola@gmail.com](mailto:namipensacola@gmail.com) or call **208-1609**.