



NAMI

Pensacola

National Alliance on Mental Illness

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Monthly Support Meeting Offers Professional Advice

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. As of this month, a **Licensed Mental Health Counselor** will be present at the Support Meeting 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. **Lakeview Center** will provide this professional assistance.

Tasa Isaak, MS., CMHP, Director of Adult Case Management Systems at Lakeview Center, will be present **Thursday, September 8**, to kick off this new program. Tasa (pronounced Tasha) brings years of experience to the table. Many times NAMI Pensacola receives questions that frequently go beyond the ability of regular volunteers to answer, both at meetings and via phone or email. For the first time, we will have the assistance of a professional, in order to better serve the needs of those in our community who need help

Tasa 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."

NAMI Pensacola could not do the work we do without the support we are getting from **Lakeview Center**, as well as **The Pavilion at West Florida Hospital** and all of the other small mental health facilities in this area.

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). ***Don't pass up this tremendous opportunity!***

We Need Your Help to get HR 2646 (Helping Families in Mental Health Crisis Act) Passed!

HR 2646, The Helping Families in Mental Health Crisis Act, is an important bill that all NAMI members are encouraged to support. It has passed the House and is now in the Senate, but the scheduling of this bill is in the hands of the Republicans, who control the Senate. The US Senate will be back in session September 6, and their target pre-election adjournment date is set for October 7.

This bill accommodates different perspectives on complex issues while taking important steps to improve mental health care. The bill will enhance crisis response services, provide



grants to track inpatient and residential beds, promote early intervention and support early integration of mental health, substance use and primary care. Part D (Voluntary Prescription Drug Benefit Program) of title XVIII (Medicare) of the SS Act is amended to require coverage of antidepressants and antipsychotics. The protected health information of an individual with a serious mental illness may be disclosed to a caregiver under certain conditions.

NAMI Pensacola encourages all members, friends, families and patients to contact your elected officials and urge them to cosponsor H.R. 2646. Your participation will go a long way in helping make these critical legislative changes a reality.

To take action, you may contact your Florida senators by email, postal mail, or by telephone. When sending an email, list yourself as an individual with your Florida address. Copy and paste the "contact" below into your Internet browser and fill out the form.

Senator Bill Nelson (D-FL)
716 Hart Senate Office Building Washington DC 20510
(202) 224-5274
Contact: www.billnelson.senate.gov/contact-bill

Senator Marco Rubio (R- FL)
284 Russell Senate Office Building Washington DC 20510
(202) 224-3041
Contact: www.rubio.senate.gov/public/index.cfm/contact

More information about H.R. 2646 can be found at <https://www.congress.gov/bill/114th-congress/house-bill/2646>.

Mental Illness Awareness Week & World Mental Health Day

NAMI Pensacola will be joining with others around the world to raise community awareness about mental health issues. **Mental Illness Awareness Week**, the first full week of October, will be held October 2-8, 2016 and is scheduled each year to coincide with **World Mental Health Day** on **October 10th**.

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. It takes place every year during the first full week of October. During this week, mental health advocates and organizations across the U.S. join together to sponsor a variety of events to promote community outreach and public education concerning mental illnesses such as major depressive disorder, bipolar disorder and schizophrenia. Examples of activities held during the week include art/music events, educational sessions provided by healthcare professionals, advertising campaigns, health fairs, movie nights, candlelight vigils and benefit runs.



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. Programs during Mental Illness Awareness Week are designed to

create community awareness and discussion in an effort to put an end to stigma and advocate for treatment and recovery. NAMI Pensacola seeks to bring about these changes in our own community. Watch for more on this in the October newsletter!

Active Minds at PSC Will Discuss Suicide Awareness at the Fourth Thursday Educational Meeting

How many people have wished that they had been aware of an actual threat of suicide? It's hard to imagine.

Active Minds at Pensacola State College is a national not-for-profit organization that promotes advocacy and awareness of mental health issues and suicide prevention. President **Krystin Lehtola** is also Student Assistant to **PSC C.A.R.E.S. (Crisis Action Referral Effort for Students)**.

These young people are encouraging others to change the conversation surrounding mental health issues by directly interacting with students on campus, both through multiple events and tabling activities. Some of these include the upcoming **National Suicide Prevention Week, National Day without Stigma, Body Image Awareness Week** and the biggest event each semester, **Stress Less Week**. They will be joining UWF for their **Seeds of Hope Walk** with proceeds going to loss survivors. They have also helped increase other students' awareness of the importance of mental health and how to get help if needed, as well as provide a safe place to discuss mental health topics at each meeting.

Suicide prevention is a big focus. While they provide resources and engage in regular conversation with students at events, they also recruit students, faculty and staff to attend **Gatekeeper Trainings**. This is a suicide prevention specific training that educates and informs those on campus what symptoms to be aware of, how to ask somebody if they are suicidal, and how to immediately get help and determine whether it's an immediate threat or a crisis. This is all through their advising program, PSC C.A.R.E.S.



Don't miss this opportunity to get information that may stand you in good stead someday. The Educational Meeting will be held **Thursday, September 22, 6:00-7:30 pm** at **The Pavilion at West Florida Hospital, 2191 E Johnson Avenue** (corner of Johnson & N Davis Hwy). For more information, call **NAMI Pensacola, 208-1609**.

Meetings for This Month: The second Thursday support meeting will be held Thursday, September 8, 7 - 8:30pm at Lakeview Center, Building I, 1201 N H Street, between Hernandez & Lakeview. At the support meeting, you can talk informally with NAMI members who have been coping with a mentally ill family member or friend for years, and bring your concerns to a professional as well. The fourth Thursday educational meeting is scheduled for Thursday, September 22, 6:00-7:30 pm at the Pavilion at West Florida Hospital, 2191 E Johnson Avenue (corner of Johnson & N Davis Hwy). The meeting will feature "suicide prevention" with Active Minds.

Meetings for October: will be Thursday, October 13th, 7:00-8:30pm at Lakeview Center and Thursday, October 27th, 6:00-7:30pm at The Pavilion. For more information, email namipensacola@gmail.com or call **208-1609**.