



NAMI

Pensacola

National Alliance on Mental Illness

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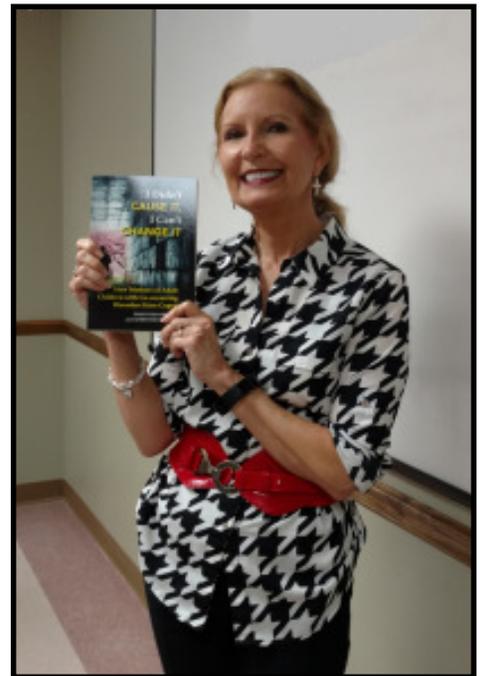
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“I Didn’t Cause It, I Can’t Change It” • July Educational Meeting Features Book Panel with Jenny Baars

For our July 27th Educational Meeting, NAMI Pensacola is hosting a book panel for “**I Didn’t Cause It, I Can’t Change It**,” written from interviews of 14 mothers of adult children with co-occurring disorders, mental illness and substance abuse. **Jenny Baars**, a mother from Pensacola, and two other moms featured in the book will be on the panel along with the two authors. While the experiences of all of the mothers were varied, there were many common threads: isolation, stigma, shame and secrecy.

“My son might not be alive today if we had not found a real dual diagnosis facility like WestBridge,” Jenny said. Her son was 18 at the time of his court ordered treatment, when he was sent to Lakeview. “We were blessed to have found great health care professionals like **Dr. David Josephs** right here in Pensacola. From there we went from facility to facility until we found WestBridge in Manchester, New Hampshire.”

“Most programs claim to be dual diagnosis, but few really are,” said Jenny. “They usually do one thing or the other. WestBridge was truly for co-occurring disorders, and offers integrated dual diagnosis treatment. They also treat the whole family. It’s a modern-day miracle. I see God in so much: how he got to that area of the country, and how we found WestBridge.”



Jenny Baars

Her son has now been sober for nine years, and is the first WestBridge participant to become a full-time employee. He is now a case manager, has a case load, and helps to mentor out-patient participants and sometimes in-patient as well. He has been on scholarship at WestBridge for years, as Jenny and her family have spent a tremendous amount of money getting treatment for their son over all the years since he was diagnosed. Proceeds from this book will go to scholarships for participants at WestBridge, a non-profit organization.

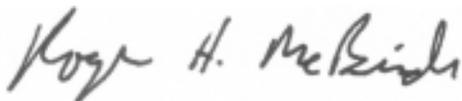
Why did it work at WestBridge? Jenny’s son said, “I knew that if I screwed up, you guys would just put me at another treatment place.” She said herself, “I think part of it is just not giving up as a family. I think that’s one of our best qualities: Just Not Giving Up.”

Don’t miss this special NAMI Pensacola Educational Meeting! There’s a message here for all of the families of those who suffer from persistent mental illness, those who have sought treatment options for years without finding one that will be effective.

The event will be held from 5:45 to 8:00 pm in the 7th Floor Auditorium in the south tower of **West Florida Hospital**, 8383 N Davis Hwy. Heavy hors d'oeuvres, catered by The Fish House, will be provided in the lobby of the auditorium from 5:45 to 6:30, and the book panel will follow. The Educational Meeting is free but be sure to make a reservation, as space is limited: go to <https://pensacola-launch.eventbrite.com>.

Letter From the President June 2017

I regret to inform you all that I will need to resign my role as President of NAMI Pensacola. I have accepted a position with Hospital Corporation of America that requires extensive travel and will not be able to fulfill the role of President. I have enjoyed working with all of you and I am very proud of all we have accomplished in the past couple of years. I will transition to my new position over the next two weeks and will tie up all loose ends related to NAMI Pensacola during that time. You are all great people and I appreciate the opportunity you have given me to advocate for people with mental illness and their families and to serve our community. Thanks again for all you do.



Roger H. McBride

Linda Finkelstein Elected President of NAMI Pensacola

The Board of Directors of NAMI Pensacola has elected Linda Finkelstein President to fill the vacancy left by Roger McBride as of July 1, 2017. Linda is well-known to many of you as Teacher of the Family to Family class; she has served in that role for six years, teaching two 12-week classes per year. She wants to expand the impact of NAMI Pensacola in the local community, and currently is active in legislative advocacy. She wants to be in touch with the members and supporters to find out what issues are important to you, and what you want to do in support of those goals. A membership meeting is in the planning stages for the near future.

Connection Recovery Support Group

This peer-led support group is for all adults who are concerned about their mental health, led by NAMI trained facilitators. Attendees gain insight from hearing about the challenges and successes of others, in a safe and confidential setting. After a brief hiatus, the group will resume **Tuesday, August 15, 2017** and will meet thereafter on the first and third Tuesdays of the month at 6-7:30 pm, at **Lakeview Center**, Building I, 1995 N H Street (between Hernandez & Lakeview). Call 850 972-9108 for more information.

Family Support Meeting Offers Solace and Information

At the 2nd Thursday Family Support Meeting a mental health professional from **Lakeview Center** 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. This is a wonderful opportunity to bring your issues and concerns to a professional in a relaxed setting. This meeting does not take the place of mental health counseling.

This month **Cathy Dean**, an experienced Lakeview employee, will attend the meeting to provide this service. In addition, **Tasa Isaak, MS., CMHP, Director of Adult Case Management Systems** at Lakeview Center, will still be available to take phone calls on her direct line during working hours, (850) 469-3565, or at the **Case Management Office (Sarah)** at (850) 469-3805, if she is away from desk.

The Family Support Meeting will be held **Thursday, July 13, 6:00-7:30pm** at Lakeview Center, Building I, 1995 N H Street (between Hernandez & Lakeview). For more information, email namipensacola@gmail.com or call 208-1609.