

Newsletter - March 1, 2022



Check Out NAMI's New Website!

NAMI Jacksonville is pleased to announce our new website www.namijax.org

Visit Our New Website!

Join us in our Mission!

We have three annual membership rates. Choose your level:

- Household - \$60
- Individual - \$40
- Open Door - \$5

Join NAMI Jacksonville!

Alert!

Please check your spam folder to make sure you are receiving all NAMI Jax correspondence.

Volunteers Needed

If you would like to

WE'RE OPEN!

NAMI Jacksonville recently secured our first official office space in downtown Jacksonville at the beautiful Jessie Ball duPont Center.



Office Hours:

Tuesday – Thursday from 9:00am – 2:00pm

40 E. Adams St., Ste. LL05 (Lower Level)
Jacksonville, FL 32202

Come visit us!

NEW CLASSES FORMING NOW!

volunteer with NAMI Jacksonville, please click the link below to learn more about the opportunities.

[HOW CAN I HELP?](#)

Training New Program Leaders

NAMI Jacksonville hosts training for those interested in becoming a program instructor or facilitator. If you'd like to train in one of NAMI's signature programs, please contact us to see how you can volunteer to help break down the stigma of mental illness!

[Click Here To Learn About Volunteer and Program Training Opportunities](#)

FAMILY TO FAMILY CLASS



Free 8 Week Class!

Mar 27 - May 22
Sundays 3:00-5:30
Orange Park

Educational program for family, significant others and friends of people living with mental illness

- Taught by NAMI-trained volunteers who are family members with lived experience and who can provide compassion and support
- Includes research related to the biology of brain disorders; gaining empathy, listening, and communication techniques; strategies for handling crises; care for the caregiver; support and services within the community

We ask that you commit to the entire 8 week session to receive the full benefit of the course.



SCAN TO REGISTER

Please register and you will be contacted to confirm your spot in the class.

LEARN MORE
namijax.org/family-to-family-class/

PEER TO PEER CLASS



Free 8 Week Class!
Registration Required

Mar 21 – May 11
Mondays 6:00–8:30

Virtual Class
on Zoom

Experience provides the opportunity for mutual support and positive impact.

- Taught by NAMI-trained volunteers who are peers with lived experience with mental illness
- Experience compassion and reinforcement from people who relate to your experiences

NAMI Peer to Peer helps you:

- Create a personalized relapse prevention plan
- Learn how to interact with health care providers
- Develop confidence for making decisions and reducing stress
- Stay up to date on mental health research
- Understand the impact of symptoms on your life

We ask that you commit to the entire 8 week session to receive the full benefit of the course.



SCAN TO
REGISTER

Please register and you will be contacted to confirm your spot in the class.

LEARN MORE

namijax.org/peer-to-peer-class/

NAMI Family Support Group

A support group open to family members, caregivers, and loved ones of individuals living with mental health conditions.

FREE TO ATTEND, FREE PARKING

**Baptist Health
1650 Prudential Drive, Suite 210
Jacksonville, FL 32207**

**Wolfson Children's Center for Behavioral Health at Baptist Health
Southbank Plaza, 2nd Floor**

**2nd and 4th Tuesdays of each month
6:00-7:30 pm**



"The most beneficial thing for me was knowing that I am not alone. I found NAMI Family Support Group at the time I really needed it."



Learn more about our Support Groups

ANNUAL MEETING RECAP

Our Year in Review:

NAMIWalks Jacksonville Report

Raised \$76K

- 22 Sponsors, Donating \$39,600
- 301 Registered Participants
- 44 Teams
- 115 Walkers

\$5K Gold Sponsors

- Vestcor
- Riverpoint



Top Teams/Fundraisers

- Team Chark Attack – DJ Chark
- FL Blue Stigma Stompers – Florida Blue
- Colleen Bell & Craig Cherrin
- Charge Ahead for Mental Health – Eliana Mailoux
- You Are Enough – Leigha Tipley
- Jenn's HELPers – Vance Meyer

Program Report

2021 YEAR IN REVIEW

FAMILY SUPPORT GROUP

- 16 Weeks of In-Person Family Support Groups meetings served 130 families
- 48 Weeks of Virtual Family Support Groups served 550 families

CONNECTION RECOVERY SUPPORT GROUP

- 49 Peer Support Groups meetings served 280 individuals
- 51 Weeks of Virtual Peer Support Groups served 630 individuals

ENDING THE SILENCE PRESENTATION

- 66 Ending the Silence presentations to 7638 students to 15 DCPS schools.

IN OUR OWN VOICE PRESENTATION

- 31 In Our Own Voice presentations served 335 individuals.

PEER TO PEER EDUCATION COURSE

- 3 eight-week Peer to Peer courses were held (3 virtual) serving adults with mental illness who are looking to better understand their condition and journey towards recovery

FAMILY TO FAMILY EDUCATION COURSE

- 2 eight-week Family to Family classes (in-person) were held serving families with a loved one with mental illness to better understand their condition and how to support them.

HELPLINE

- Received 407 total calls and emails for assistance on our Helpline, 251 Emails and 156 calls

TRAININGS AND PRESENTATIONS

Trained 22 New Program Leaders:

- 4 Educators, Peer to Peer
- 3 Educators, Family to Family
- 5 Facilitators, Connections Recovery Support Group
- 2 Presenters, In Our Own Voice
- 1 Educator, Homefront
- 7 Young Adult Presenters, Ending the Silence

Presentations serving over 3,600 people:

- DCPS Annual Mental Health Conference
- Northeast Florida Council on Alcoholism & Substance Abuse
- Resilience and Strength Series: Supporting the Mental Well-Being of The Black Community Baptist Health
- NAMI Florida Conference, Ending the Silence
- Girl Scouts Conference – Mental Wellness
- CIT Training Nassau County
- Catholic Charities – Mental Health in the Workplace

Did You Know...
Through our outreach, support, and educational programs, NAMI Jacksonville reached an estimated 14,000 individuals in 2021!

VOLUNTEER HALL OF FAME

During our Annual Membership Meeting on December 13th, 2021, the following volunteers were inducted into the NAMI Jacksonville Volunteer Hall of Fame for their tireless efforts in upholding NAMI Jacksonville's mission: to support and improve the quality of life for family members and those living with mental illnesses and cooccurring substance abuse through compassion, education, and advocacy.



Volunteer of the Year

Awarded to **Mindy Obi** and **Jim Clendaniel** for their dedication and reliability as program leaders, exhibiting exemplary service to our community and embodying NAMI Jacksonville's mission.

Silver Award

Awarded to Michelle Poitier and Casey Gilbert, each for their more than thirty-five In Our Own Voice presentations, reaching hundreds of people in the community.



Bronze Award

Awarded to: Tracey Lukkarila for her more than two years of volunteer service with the Helpline and with Peer to Peer Class, Earl Miller for his more than two years of outreach through Information Tables, Sherrie Szufel and Sarah Grant, each for their more than two years of volunteer service with Connections Recovery Support Group, and Jill Hill for her more than fifteen In Our Own Voice presentations.



Lifetime Achievement Award

Awarded to the Kirbo Charitable Foundation as a NAMI Jacksonville top donor of \$10,000 or more for three or more years.



THANK YOU FOR YOUR DEDICATION AND COMMITMENT!



Hayes Basford Retirement

During our Annual Meeting, we announced the retirement of our long-serving Board Member, Hayes Basford. Hayes has been an invaluable member of the NAMI Jacksonville family as a three-term Board President from 2013 - 2018 and returned for 2020 - 2021. He was past president from 2013-2015 serving alongside his wife, Norma Basford, who was also a three Term Board President and the Program Director until 2018.

Hayes served as the Fundraising Chair and on the Fundraising Committee for the many years he served on the Board, and also on the NAMIWalks Sponsor Committee during his final term as Board Member.

Hayes and Norma started with one Family Support Group at Ortega Methodist Church and built up

programs that included Connections Recovery Support Group, Family Support Group, Family to Family, Peer to Peer, Ending the Silence, and Lunch & Learns. He and Norma, along with Linda Gregory, were integral in the growth of NAMI Jacksonville. They were always available to provide advice to others navigating the system and were strong advocates for individuals and families affected by mental illness.

They are beloved by many.



UPCOMING EVENTS

May is Mental Health Awareness Month

Mental Health is a very important component of overall health. During May, NAMI Jacksonville joins the national movement to raise awareness about mental health. Keep an eye out for emails detailing Mental Health Month events and join us as we fight to improve the lives of those facing the reality of living with mental illness.

NAMICON 2022: TOGETHER FOR MENTAL HEALTH

REGISTRATION IS OPEN FOR OUR ANNUAL CONVENTION

TAKING PLACE VIRTUALLY FROM JUNE 14 - 16

[CLICK TO REGISTER](#)

What is 988?

In July 2022, 988 will become the national three-digit dialing code for the National Suicide Prevention Lifeline, replacing the current phone number of 1-800-283-TALK (8255).

A national three-digit phone number can improve access to vital crisis services, improve the efficacy of suicide prevention efforts, and reduce the stigma around mental health and getting help.

In 2020, Congress passed a new law to make 988 the nationwide three-digit number for mental health crisis and suicide prevention, operating through the existing National Suicide Prevention Lifeline. By July 2022, all telecommunications companies will be required to route 988 calls to the Lifeline, which has a nationwide network of call centers. Now, states need to work quickly to build their 988 crisis response systems to be able to effectively respond to mental health crisis calls.

Traumas and Tragedies

In too many communities, people in crisis don't get the right services at the right time.



To prevent these tragedies, we need a crisis system that provides a mental health response to mental health crises – and reduces the inequities experienced by communities of color.

New Hope

A 988 crisis response system can change how we respond to people experiencing mental health crises. There are three key elements in an ideal crisis response system:

- **24/7 crisis call center "hubs":** When someone calls 988, they should be connected to well-qualified people – 24 hours a day, 7 days a week – who are trained to effectively handle mental health, substance use and suicidal crises, including by text and chat.

Call centers should operate as coordinating "hubs," giving counselors the ability to communicate with mental health providers, book same day or next day outpatient appointments, dispatch mobile crisis teams, see real-time availability of inpatient care – and follow-up with callers within 24 hours to see how they are doing and if they're getting the support they need.

- **Mobile crisis teams:** When an on-site response to a crisis is needed, mobile crisis teams should be deployed by crisis call centers, using geolocation where possible. Mobile crisis teams should be able to de-escalate situations, arrange transportation to crisis stabilization, or connect people to other services and supports.

More Than A Number

How a 988 Crisis Response System Will Change
How We Help People Experiencing Mental Health Crises



In too many communities, law enforcement is typically the first response to people experiencing a psychiatric crisis, often with tragic results. Nearly 1 in 4 people shot and killed by police have a mental illness. People with mental health conditions are also incarcerated disproportionately – about 2 million times each year, people with serious mental illness are booked into jails – and experience high rates of emergency department visits and readmissions into hospitals.

A coordinated effort to build a crisis response system around 988 can significantly change how we respond to people experiencing mental health crises and reduce the inequities experienced by communities of color.

Problem

Solution



A 10-digit number focused only on suicide prevention, which can be difficult to remember while experiencing a crisis

An easy-to-remember 3-digit number for mental health, substance use and suicidal crises, operational nationwide by July 2022



Patchwork system that makes it difficult for crisis counselors to coordinate care for callers, dispatch help in a crisis, or follow-up afterwards

Create 24/7 crisis call center hubs with the ability to respond effectively to callers, dispatch mobile crisis teams, connect to crisis stabilization programs, and follow-up after the call



Law enforcement is typically the first response to people experiencing a psychiatric crisis, often with tragic results

Promote behavioral health mobile crisis teams that include police as co-responders only as needed in high-risk situations – reducing law enforcement involvement in mental health crises



Insufficient funding for crisis centers to meet the CURRENT level of calls, let alone increased demand from consolidating mental health, substance use and suicidal crises in one number

Implement monthly fees on phone bills to fund 988 call center operations and associated crisis response services



People experiencing crises often don't get connected to intensive services until too late, if at all

Establish crisis stabilization programs in a home-like environment that provides short-term (under 24 hours) acute services and warm hand-offs to follow-up care

DONATE TO NAMI JACKSONVILLE

YOUR CONTRIBUTION ALLOWS US TO CONTINUE THE LIFE-CHANGING EDUCATIONAL AND SUPPORT PROGRAMS THAT WE PROVIDE FREE OF CHARGE TO OUR COMMUNITY.

YOUR DONATION IS TAX-DEDUCTIBLE, MAKES OUR WORK POSSIBLE, AND IS GREATLY APPRECIATED!

A Special Thank You

To Our Donors who continually support the mission and programs of NAMI Jacksonville.
We would not be able to serve without your generosity.

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[Visit our website](#)

NAMI Jacksonville
www.namijax.org

