

Quarterly Newsletter - June 7, 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!

Volunteers Needed

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

How Can I Help?

IN CASE YOU MISSED IT...

Our 2022 NAMIWalks Your Way Jacksonville walk season has officially opened!



We are walking with open hearts to share our stories and celebrate our strengths, opening up new doors in mental health at a time we need it most.



Register to walk or create a team. There is no fee to register or walk with us. Let's come together for mental health!

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](#)

Alert!

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



More minds are opening to believe in Mental Health for All. Your business or organization can sponsor NAMI Walks Jacksonville and join the movement!



100% of your donation is tax deductible and stays right here locally.

Join Us!

namiwalks.org/jacksonville

#Together4MH

#NAMIJax

NEW CONNECTION RECOVERY SUPPORT GROUPS MEETING SOON!

NEW

Connection Recovery Support Groups

MEETING SOON!

a free, peer led support group for individuals experiencing a mental health condition

ORANGE PARK HOSPITAL
CLASSROOM C

2ND + 4TH WEDNESDAY
EACH MONTH
6:00 - 7:30 PM

WINSTON FAMILY YMCA
HEALTHY LIVING CENTER

2ND + 4TH THURSDAY
EACH MONTH
6:00 - 7:30 PM

experience provides the opportunity for mutual support and positive impact. nami connection recovery support group will help you:

- see the individual, not the illness
- aim for better coping skills
- find strength in sharing experiences
- reject stigma and not tolerate discrimination
- forgive ourselves and reject guilt
- embrace humor as healthy
- accept that we cannot solve every problem
- work for a better future in a realistic way

LEARN MORE - WWW.NAMIJAX.ORG/PEER-SUPPORT/

Drop-ins are welcome at our in-person support groups.

FREE PARKING!

Open to all individuals living with a mental health condition, ages 18 and over.

Learn more about Connection Recovery Support Group

NEW FAMILY SUPPORT GROUP MEETING SOON!



NAMI

Family Support Groups

A FREE, PEER LED SUPPORT GROUP FOR FAMILIES OF A LOVED ONE LIVING WITH MENTAL ILLNESS

NEW
meeting soon!

ORANGE PARK HOSPITAL

CLASSROOM A 2ND + 4TH WEDNESDAY
EACH MONTH
6:00 - 7:30 PM

BAPTIST HEALTH

WOLFSON CHILDREN'S CENTER FOR BEHAVIORAL HEALTH AT BAPTIST HEALTH
2ND + 4TH TUESDAY SOUTHBANK PLAZA, 2ND FLOOR
EACH MONTH
6:00 - 7:30 PM

Gain insight from the challenges and successes of others facing similar circumstances

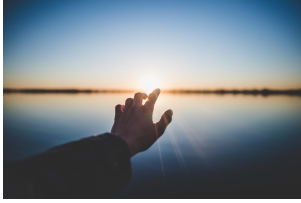
LEARN MORE - www.namijax.org/family-support



Drop-ins are welcome at our in-person support groups.

FREE PARKING!

Open to family members and caregivers of a loved one living with mental illness.



"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."

- NAMI Family Support Group Participant

Learn more about our Family Support Groups

NEW CLASSES FORMING NOW!



NEW

Peer to Peer Class

JUNE 9 - JULY 28

THURSDAYS 6:00 - 8:30 PM

VIRTUAL CLASS ON ZOOM

Taught by NAMI-trained volunteers who are peers with lived experience with mental illness. 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

Experience compassion and reinforcement from people who relate to your experience.

FREE 8 WEEK CLASS - REGISTRATION REQUIRED

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

LEARN MORE

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

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

[Click Here to Register](#)

UPCOMING EVENTS

Shop for a Cause!

Join us at Lilly Pulitzer (located at the St. Johns Town Center)
on June 10th from 12:00 - 5:00pm
10% of sales benefit NAMI Jacksonville



You're Invited - Register today for Virtual NAMIcon 2022

nami.org/convention

TOGETHER for Mental Health

Virtual

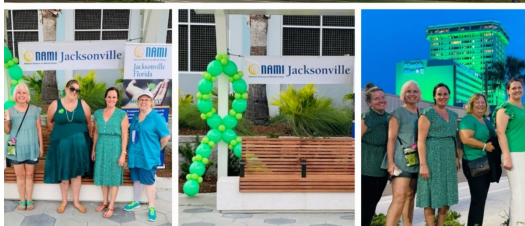
June 14–16

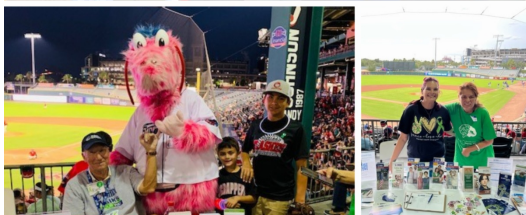
NAMICon 2022

May is Mental Health Awareness Month A Month in Review

Our community came together in a big way this May!

We would like to thank Mayor Lenny Curry, the City of Jacksonville Councilmembers, Florida Blue, HCA Orange Park and HCA Memorial Hospital, Kendra Scott, Downtown Vision, Cycle Bar of Gateway Village, Ink Factory Brewery, Riverpoint Behavioral Health, the Jacksonville Jumbo Shrimp, and all of our incredibly passionate Board Members, Volunteers, and Staff for coming together to help NAMI Jacksonville raise awareness for the importance of mental health this May 2022.





Staff Spotlight



Leilani Dullas has just started her role as Youth Program Coordinator with NAMI Jacksonville. Leilani is a recent college graduate, receiving her Bachelor of Science in Human Services this past spring. She completed her internship with NAMI Jacksonville and was offered a position upon completion. As someone who has struggled with mental illness throughout her teenage years, Leilani is very dedicated to helping empower and support those around her. She especially enjoys engaging in outreach programs on behalf of the NAMI Jacksonville team. She advocates for individuals, more specifically younger people, who may be struggling to find resources and other available mental health services. Leilani is using her creativity and voice to provide a new perspective to the NAMI Jacksonville organization.

Beata Hunter has been the NAMI Jacksonville Affiliate Administrator since Summer 2021. Beata is a seasoned military spouse and proud parent of two. An immigrant herself, she is concerned with the stigma and challenges that keep those in immigrant communities from seeking mental health services. She enjoys providing support to the NAMI Jacksonville team and brings back to her community much of what she learns about mental health. She advocates for individuals who reach out for help with resources and mental health services. Beata plays an integral role to the NAMI Jacksonville organization.



NOW HIRING - FAMILY NAVIGATOR

NAMI Jacksonville is seeking a skilled Family Navigator for a full-time position in a non-clinical mental health setting. Click below to learn more and to apply.

WE ARE HIRING

FAMILY NAVIGATOR

Description

- Full-time position (40 hours/week) in a non-clinical mental health setting
- Provide peer support, build and strengthen family involvement, and provide tools to understand mental health services.

More about NAMI Jacksonville

www.namijax.org



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.

More Than A Number Building Your Community's 988 Crisis Response System



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.

stigmafree

Visit namijax.org



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