

Newsletter - September 3, 2021



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 yearly
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
volunteer with NAMI

DID YOU SEE IT?



Jacksonville Jaguars Wide Receiver DJ Chark!

Our official 2021
NAMIWalks Jacksonville
video was recently
released to kick-off our
efforts for the October
9th event, featuring #17,

We are honored to have DJ join us to help raise
awareness for mental health and the free and life-
changing programs NAMI Jacksonville offers to our
community.



#MentalHealthForAll

#NotAlone

#NAMIJacksonville



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

NAMIWalks Jacksonville will bring together thousands of people in-person and virtually on Saturday, Oct. 9th to walk in awareness of mental illness, raise funds for NAMI Jacksonville, and build community so people know they are not alone.

100% of funds stay right here locally.

To learn more and get involved, click [here](#).



Register

[Register Here](#) to Walk or Create a Team and invite your friends and family to walk with you! There is no fee to register or walk with us!



Donate

You can participate in a National Day of Hope by [Donating Here](#) to NAMIWalks Jacksonville!



Volunteer

Help NAMIWalks Jacksonville be a successful event. Email progams@namijax.org if your are interested!

A rectangular banner with a white border and a green background. The text "HELPLINE VOLUNTEERS NEEDED!" is written in white, all-caps, serif font. The background features a pattern of faint, light green floral outlines.

The NAMI Helpline is a free service that provides local information, referrals and support to people living with a mental health condition, family members and caregivers, mental health providers and the public.

We are looking for dedicated, empathetic, and understanding volunteers who would be willing to be trained to take calls for our helpline.

Please email programs@namijax.org for more information.

SAVE THE DATE

Join us for NAMI Jacksonville's
Quarterly Volunteer Meeting
Thursday, September 23rd from 5:00 pm - 7:00 pm

Open to all current and interested volunteers!

This will be a hybrid meeting and you may join us in-person or virtually.

The in-person meeting will be held at the Jessie Ball duPont Center
40 E. Adams St.
Jacksonville, FL 32202, Meeting Room 219

If you prefer to join us virtually, please send an email to admin@namijax.org for the Microsoft Teams link.

Please join us for more information on how you can get involved!



Join our Virtual and In-Person Support Groups

Family and Connections (peer) Support Groups are still meeting weekly on Zoom!

Register on our [website](#) for our Zoom support group meetings

Connections Recovery Support Group is also meeting in-person at

Grace Episcopal Church Offices
245 Kingsley Ave, Orange Park, FL 32073
Fridays 6:00 pm - 7:30 pm

Family Support Group is also meeting in-person at

Baptist Health - Wolfson Children's Center for Behavioral Health at Baptist Health Southbank Plaza

For the safety of our facilitators and all participants, In-person Support Groups will be limited to 15 to ensure safe social distancing and masks will be required during all meetings.

Drop-ins are welcome at our in-person support groups. No registration required.

As always, our groups are free to attend.

Learn More about our Support Groups

Family-To-Family and Peer-To-Peer Classes Starting Soon

All classes are free and registration is required.

For more information about NAMI Jacksonville's upcoming Family-To-Family class and to be added to the Waitlist, [click here](#).

For more information about NAMI Jacksonville's upcoming Peer-To-Peer class and to be added to the Waitlist, [click here](#).

Volunteer Spotlight

We would like to recognize **Caitlin Regan** in this issue of our Volunteer Spotlight. Caitlin is new to NAMI Jacksonville having trained this summer for two of NAMI's programs, NAMI's Peer to Peer and Family to Family classes. She quickly jumped in to teach Family to Family for NAMI Jacksonville for the class that is currently being held at Ortega United Methodist Church. Professionally, Caitlin has been a marketing compliance specialist at both CBS and American Express since 2001. She is mother to two very energetic girls, ages 7 and 9, and enjoys hiking, roller coasters, writing and photography. She is grateful to have the opportunity to help families and peers navigate the world of mental health, the same way NAMI has helped her over the years.



Thank You Caitlin!

Upcoming Events

**NAMI Florida 2021: A Year of
Resilience and Recovery
Virtual Conference**



The goal of the virtual conference is to offer attendees a greater understanding of mental health issues and services available in our state. New services such as mobile crisis units and the pending 988 call number will be discussed.



NAMI Jacksonville's Board Member, Leigha Tippley, will be speaking as a Young Adult for Ending the Silence.

Leigha is a certified NAMI Ending the Silence presenter, where she has been able to reach many of our local youth with her message of recovery.

Leigha holds a BS in Business Administration from Westminster College (PA), where she played softball, and moved to Jacksonville post-graduation in 2011. She earned her MBA from Jacksonville University in 2017.

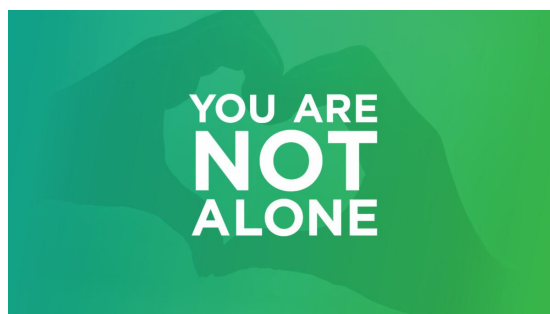
[Register here](#) for the 2021: A Year of Resilience and Recovery conference.

September is National Suicide Prevention Month

Suicide ranks as the tenth leading cause of death in the United States, and results in a death of an American around every 11 minutes.

If you are in crisis, please call:

- The National Suicide Prevention Lifeline at 1-800-273-TALK
- 911 and ask for a Crisis Intervention Trained officer
- or go to a hospital emergency room.



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

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(703) 524-7600 • NAMI Helpline 1 (800) 950-NAMI • www.nami.org

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 our website

NAMI Jacksonville
www.namijax.org



NAMI Jacksonville FL | 40 East Adams Street, Suite LL05, Jacksonville, FL 32202

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