

Quarterly Newsletter - September 1, 2022



NAMIWalks Jacksonville 2022



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.

Kick-Off Recap



We invite participants to share their stories, build community, and walk together to achieve mental health for all! Registration is fast, simple, and best of all - FREE!

REGISTER TODAY!



If you're looking for a rewarding and fun way to support the mission and work of NAMI Jacksonville, volunteering for NAMIWalks is a perfect way to make an impact! Your help makes it possible for us to expand our outreach in the community.

VOLUNTEER TODAY!



NAMI Walks Kick-Off YOUR WAY Jacksonville



We were excited to hold our first official NAMI Walks Jacksonville Kick-Off event on August 18th, after being cancelled due to COVID-19 in 2021.

Thank you to our volunteers, attendees, and vendors for making this event a success!



100% of your donation is tax deductible and stays right here locally to uphold NAMI Jacksonville's mission to provide education, advocacy, support, and public awareness to the local community.

DONATE TODAY!

Join Us!

namiwalks.org/jacksonville

le

#Together4MH

#NAMIJax

Welcome our New Family Navigator

Welcome!

Deanna Brown



Deanna Brown has recently accepted the Family Navigator position with NAMI Jacksonville. She is a mother of three active boys and a wife to a supportive and loving husband. Accompanied by several years of professional and personal experience with mental health conditions, Deanna is an influential leader within her community. Making a large impact on local non-profit youth sports organizations, her passion for mental health advocacy has led her to recently earning a Bachelor's in Science in Human Services with a concentration in Mental Health. She understands the importance of mental health advocacy, and the need for services and resources not only for individuals living with mental health conditions but for their families, as well. In this role, she plans to work with individuals and their families to provide additional information about NAMI Jacksonville's Family and Peer Programs. Deanna will strive to end the stigma surrounding mental health and advocate for knowledge expansion of mental health programs and services available to the local community, including the surrounding rural areas.

Our New Website

OUR NEW WEBSITE HAS LAUNCHED!

NAMI Jacksonville now has a new and improved website that was thoughtfully designed through the leadership of Tyler Burt and his colleagues from the University of North Florida's Graphic Design program. The site has been modified to be easier to navigate for anyone who may come across NAMI Jacksonville. With the subtle changes in fonts and features that highlight the importance of acknowledging thoughts and feelings, Tyler wanted to ensure that the site is able convey a sense of acceptance and care for anyone who may need support. New sections on the site provide education and support for individuals and families, including youth, for prevention and outreach in our community.



We would like to sincerely thank the UNF graphic design team for all their innovative ideas. Tyler truly went above and beyond in making our vision come true through his incredible attention to detail and we are grateful for all his additional time and energy that he dedicated in order to help make the site go live.

Pictured above: Tyler Burt and NAMI Youth Coordinator, Leilani Dullas

CONNECTION RECOVERY SUPPORT GROUPS

CONNECTION RECOVERY SUPPORT GROUP



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 - 7:30pm

DROP-INS WELCOME - FREE PARKING

WINSTON FAMILY YMCA

HEALTHY LIVING CENTER

2nd + 4th THURSDAY EACH MONTH

6:00 - 7:30pm

DROP-INS WELCOME - FREE PARKING

VIRTUAL GROUP ON ZOOM

EVERY TUESDAY

6:15 - 7:30pm

ONE-TIME REGISTRATION REQUIRED

experience provides the opportunity for mutual support and positive impact

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](#)

FAMILY SUPPORT GROUPS

FAMILY SUPPORT GROUP

a free peer led support group for families of an individual living with a mental illness

BAPTIST HEALTH

SOUTHBANK PLAZA - STE 210 (2nd FLOOR)

2nd + 4th TUESDAY EACH MONTH

6:00 - 7:30pm

DROP-INS WELCOME - FREE PARKING

ORANGE PARK HOSPITAL

CLASSROOM A

2nd + 4th WEDNESDAY EACH MONTH

6:00 - 7:30pm

DROP-INS WELCOME - FREE PARKING

VIRTUAL GROUP ON ZOOM

EVERY MONDAY

6:15 - 7:45pm

ONE-TIME REGISTRATION REQUIRED

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

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.

[Learn more about our Family Support Groups](#)

988

988 is the national three-digit dialing code for the National Suicide Prevention Lifeline, replacing the phone number of 1-800-283-TALK (8255).

988 will improve access to vital crisis services, improve the efficacy of suicide prevention efforts, and reduce the stigma around mental health and getting help.

988 IS NOW LIVE!

*What does this
Mean for you?*

Beginning in July, people across the country can now call or text 988, the new three-digit number for mental health, substance use, and suicidal crises, to connect directly to mental health support during a crisis. This new, shorter dialing code will help people more easily connect to the National Suicide Prevention Lifeline network — over 200 local crisis call centers — for support during a crisis.



*Only the
Beginning*

Efforts to build the system's local capacity in our State will continue in the weeks, months, and years to come so that we can help everyone in crisis. Here in Northeast Florida, many behavioral health community providers have been hard at work collaborating to understand and build a behavioral response system that suits Northeast Florida's community using existing behavioral health resources. We are continuing to leverage the great work and services that our community partners are currently providing to provide appropriate responses to behavioral health crisis calls coming into 988 in Northeast Florida

988 is now
available nationwide!

But the work to provide crisis
services is only beginning.

REIMAGINE
Crisis Response

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

4301 Wilson Boulevard, Suite 300 • Arlington VA 22203
(703) 524-7600 • NAMI Helpline 1 (800) 950-NAMI • www.nami.org

[Learn More About 988](#)

Meet our New Board Members

Meet...

MANDI STEWART



Mandi is the Director of Business Development at River Point Behavioral Health and is passionate about raising awareness regarding the importance of mental health while advocating to correct the stigma too often associated with mental health challenges. Mandi has over 20 years of community relations and business development experience with over 8 years in the mental health field. Mandi graduated from the University of Notre Dame with a bachelor's degree in sociology and Regis University with an MBA in management.

Meet...



MICHELLE PARGMAN

Michelle, an active member of her community, received her Masters and Specialist degrees from the University of Florida in Counselor Education.

Since 2012, she has been serving as the New Directions EAP & Wellness Clinician, dedicated to Florida Blue employees and their household members. As a Licensed Mental Health Counselor, Michelle recognizes that mental health support and treatment is not a one size fits all and that there are many different pathways and entry points to assist in each individual's personal journey. From the time she learned about NAMI,

Michelle has amplified NAMI's programs in professional and personal settings as an important support option that can change lives for the better and help people recognize that they are not alone and there is hope.

You're Invited!

**2022 NAMI Florida Annual Conference
September 15 - 17, 2022**



Register Here

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!

Training New Program Leaders

NAMI Jacksonville hosts

Membership

We have three annual membership rates:

Volunteers Needed

If you are looking for a rewarding and fun way to

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!

Learn More

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

Membership includes the NAMI Advocate magazine, online access to member-only content, and a discounted rate to attend NAMICON.

Become a Member

support the mission and work of NAMI Jacksonville, we invite you to volunteer with us!

Please click the link below to learn more about the opportunities.

How Can I Help?

Check Out NAMI's New Website!

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

Visit Our New Website!

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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