



nami
National Alliance on Mental Illness

Jacksonville Florida

Quarterly Newsletter – March 1, 2023



OUR MISSION

To support and improve the quality of life for family members and those living with mental illnesses and co-occurring substance abuse through compassion, education, and advocacy.

WHAT'S NEW?

BREAKING NEWS



We are Updating our Phone System!

Will take effect on March 1st.

NAMI Jacksonville Helpline:

904-323-4723

NAMI Jacksonville Main Office:

904-724-7782

ADVOCACY

**Call to Action:
Now Seeking Participants for
Mental Health Advocacy**

Behavioral Health Day

Group



NAMI Jacksonville Florida
National Alliance on Mental Illness

Advocates Needed

- Gain a deeper knowledge from coalition members and lobbyists on mental health policy and legislation
- Participate in meetings with other advocacy group members, leaders, and lobbyists
- Determine which of the mental health needs in NE FL are most urgent and develop non-partisan expertise in the issues associated with those needs
- Collaborate with members, leaders, and organizations from around the State to determine legislative priorities, study bills, and issues, and recommend best practices
- Receive legislative alerts and advocacy tips and materials

NAMI Jacksonville invites you to join a local advocacy group that focuses on promoting mental health through community action.

Email for More Information

FEBRUARY 8, 2023 | TALLAHASSEE

Behavioral Health Day



NAMI Jacksonville Florida
National Alliance on Mental Illness


Almost 200 leaders, clinicians and families from across the state came to the Florida Capitol this week for Behavioral Health Day, an annual awareness campaign on mental health and substance use disorder services in Florida.

NAMI Jacksonville was honored to participate and talk with our area lawmakers on the importance of #MentalHealthForAll and all the great work our organization does.



CLASSES FORMING NOW

Family-to-Family Class




FAMILY TO FAMILY CLASS

Free 8 Week Class! Virtual Class on Zoom
Registration Required! April 6th- May 25th, 2023
Thursdays 6-8:30pm

Educational program for family, significant others and friends of people living with **Mental Health Conditions**

- 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



PEER TO PEER CLASS


Free 4 Week Class!

Starting April 5th- April 27th 2023
Wednesdays and Thursdays
9:30 am to 12 pm

Location:
Sulzbacher Center
611 E Adams St
Jacksonville, FL 32202
2nd Floor Clinical Bldg
Board Room

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



SCAN TO REGISTER

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

Please register on our waitlist and you will be contacted with details about the class.

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

We ask that you commit to the entire 4 week session to receive the full benefit of the course.

Registration Required - Space is Limited
Reserve Your Spot Today!

[Learn More or Register](#)

Registration Required - Space is Limited
Reserve Your Spot Today!

[Learn More or Register](#)

SUPPORT GROUPS

Connection Recovery Support Group



CONNECTION RECOVERY SUPPORT GROUP

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

ORANGE PARK HOSPITAL
CLASSROOM C
Every Week on WEDNESDAY
6:15 - 7:30pm
DROP-INS WELCOME - FREE PARKING

WINSTON FAMILY YMCA
HEALTHY LIVING CENTER
2nd + 4th THURSDAY EACH MONTH
6:15 - 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

A FREE peer-led support group for individuals experiencing a mental health condition.

[Learn More](#)

Family Support Group



FAMILY SUPPORT GROUP

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

BAPTIST JACKSONVILLE MAIN CAMPUS
1st Floor Borowy Tower Conference Room 1A
1st & 3rd 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


A FREE peer-led support group for family members and caregivers of an individual living with mental illness.

[Learn More](#)

YOU ARE NOT ALONE

988

Helpline Corner




988

SUICIDE
& CRISIS
LIFELINE

If you or someone you know
needs support now,
call or text 988
or
chat 988lifeline.org

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

NAMI is committed to advancing efforts to reimagine crisis response in our country. We believe that every person in crisis, and their families, should receive a humane response that treats them with dignity and connects them to appropriate and timely care.



988

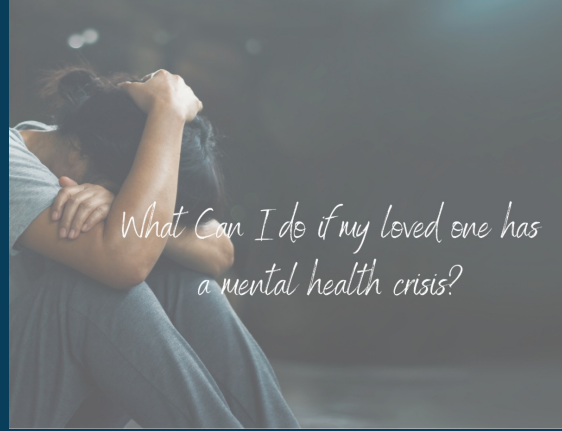
SUICIDE
& CRISIS
LIFELINE

Talk with us.



There is hope

[Visit our Website](#)



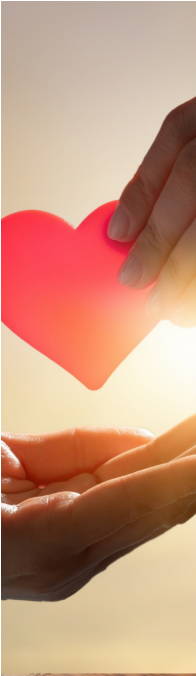
Seeing someone you care about experiencing a mental health-related crisis can be distressing. Being prepared for a crisis by learning about resources and support services allows you to act fast and make good decisions.

[Read More](#)

**NAMI Jacksonville Helpline:
904-323-4723**

VOLUNTEER OPPORTUNITIES AVAILABLE

NAMI Helpline



NAMI Jacksonville Helpline

HELP US MAKE A DIFFERENCE!

About NAMI Jacksonville's Helpline:

NAMI Jacksonville's Helpline helps to guide individuals and families in need of mental health resources. We offer guidance and compassion to those experiencing mental health issues. Using trained volunteers, we provide assistance in navigating local resources, leaning information about mental illness, or connecting to others who have lived experience. The NAMI Jacksonville helpline is not a manned crisis hotline and volunteers return calls and messages in 24 hours.

Responsibilities:

Respond to help seekers within 24 hours.
Provide a safe and respectful environment for help seekers.
Listen with a compassionate ear.
Respect the privacy of help seekers by creating an environment of confidentiality.

Qualification:

An adult (18+) in recovery with a mental health condition or a family member, caregiver, or friend of a loved one with a mental health condition.
Available to serve on the helpline for at least 6 months.
Available for a 2 hour (free) training.
Familiar with technology to efficiently check phone messaging systems and email.
Active Membership with NAMI Jacksonville
Bilingual is a plus!

Family-to-Family Educators

NAMI Jacksonville Family-To-Family Educators

HELP US MAKE A DIFFERENCE!

About the Family-To-Family Program:

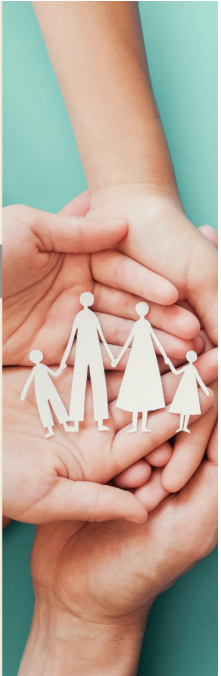
The NAMI Family-to-Family program is a free, 8-session educational program for families, significant others, and friends of people with mental health conditions. It is a designated evidenced-based program. This means that research shows that the program significantly improves the coping and problem-solving abilities of the people closest to a person with a mental health condition.

Responsibilities:

- Co-facilitate an 8-session program using the structured NAMI support group model.
- Provide a safe and respectful environment for support group participants.
- Respect the privacy of help seekers by creating an environment of confidentiality.

Qualification:

- An adult (18+) family member (e.g., parents, siblings, adult children, spouses, partners, etc.) of an individual living with a mental health condition.
- Available to co-facilitate at least twice per year.
- Available for a 2 to 3-day (free) training.
- Familiar with the Zoom platform.
- Active Membership with NAMI Jacksonville
- Bilingual is a plus!



Sign Up

Sign Up

Peer-to-Peer Educators

NAMI Jacksonville Peer-To-Peer Educators

HELP US MAKE A DIFFERENCE!

About the Peer-To-Peer Program:

The NAMI Peer-to-Peer program is a free, eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery. The program is taught by trained leaders with lived experience, this program includes activities, discussions, and informative videos.

Responsibilities:

- Co-facilitate an 8-session program using the structured NAMI support group model.
- Provide a safe and respectful environment for support group participants.
- Respect the privacy of help seekers by creating an environment of confidentiality.

Qualification:

- An adult (18+) in recovery with a mental health condition.
- Available to co-facilitate at least twice per year.
- Available for a 2 to 3-day [free] training.
- Familiar with the Zoom platform.
- Active Membership with NAMI Jacksonville
- Bilingual is a plus!



Sign Up

In Our Own Voice Presenters

In Our Own Voice Presenters

Have your personal recovery story make an impact in the community. Follow a structured model of storytelling to reach members of our community and break the stigma.



Responsibilities:

- Be living well in recovery
- Comfortable with public speaking and sharing your recovery story
- Reliable transportation and technology
- Comfortable with Zoom and PowerPoint applications

Qualifications:

- 18+ adult living with a mental illness or family member
- High School Diploma or GED
- Comfortable with public speaking
- Competency with technology
- Active membership with NAMI Jacksonville
- Available for 3 hour online training

We need your help to change norms and break down stigma in the community.

For more information, contact programs@namijax.org

Sign Up

EVENT RECAP

Annual Meeting

Volunteer Appreciation

Annual Meeting RECAP

Through our outreach, support, and educational programs, NAMI Jacksonville reached over 10,000 individuals in 2022!

Thank you to our retired Board Members for your service to NAMI Jacksonville!

- Ebony Benjamin
- John Metcalf
- JD Moorehead
- Zachary Rossley

In May 2022, we held our largest Mental Health Awareness Month campaign to date!

Thank you to Mayor Lenny Curry, Ron Salem, and the Councilmen and Women who sponsored and supported the citywide recognition of May as Mental Health Awareness Month.

Thank you to Florida Blue and HCA Hospital for lighting up in green to support mental health.

Our 2022 NAMIWalks Jacksonville event was held at the Winston Family YMCA on October 8th, 2022.

We hosted over 400 participants, 58 Teams, 19 Sponsors, 15 Vendors, and raised over \$75,000!

Thank you to everyone who helped to make our event an outstanding success!

Thank you for attending our ANNUAL GENERAL MEMBERSHIP AND VOLUNTEER APPRECIATION MEETING ON DECEMBER 12, 2022.

Thank you to all who helped make 2022 a great success!

NAMI is you and your efforts. No matter what role you play, we cannot do what we do without you.



Volunteer Appreciation RECAP

During our Annual Meeting, the following volunteers were recognized and inducted into the NAMI Jacksonville Volunteer Hall of Fame for their dedication and tireless efforts in upholding our mission.

Lifetime Achievement

- **Ebony Benjamin** - 3 Term Board Member, 7 Years, Ex Officio
- **Mindy Obi** - Retiring, Connection Recovery Support Group, 9 Years
- **Carol Folsom** - Retiring, Family-to-Family, 8 Years
- **The Chartrand Charitable Foundation** - 4 Years of Charitable Giving



Gold Award

- **Lisa Pressley** - 12+ Years - Peer to Peer - 12 Classes



Silver Award

- **Sarah Grant** - 36 In Our Own Voice Presentations
- **Kandee Townsend** - Family Support Group - 5 Years



Bronze Award

- **Cynthia Latham** - Family-to-Family - 3 Classes
- **Thelmecea Cason** - Advocate - 2 Years
- **Sally Hutchinson** - Family Support Group - 2 Years
- **Michelle LaChapelle** - Connection Recovery Support Group - 2 Years
- **Linda Ingram** - Connection Recovery Support Group - 2 Years
- **Dawn Smith** - Family Support Group - 2 Years



Volunteer of the Year

Awarded to **Kandee Townsend** for her dedication as a group facilitator, serving family members in our community.

Thank you to all of our amazing volunteers and supporters!!



NAMI JACKSONVILLE IN THE COMMUNITY

NAMI Jacksonville becomes a Veteran Safe Space

Ending the Silence at the Jacksonville Homeschool Community



On December 3rd, NAMI Jacksonville led NAMI Ending the Silence presentations to the students and families of the Jacksonville Homeschool Community.



We are so appreciative for the opportunity to share our resources and perspectives with these dedicated students and families. Thank you so much for having us.

For more information on our NAMI Ending the Silence Program please visit our website www.namijax.org



The Fire Watch was created to end veteran suicide at the community level by implementing the Watch Stander Program and building a life-saving network of businesses and organizations trained to identify the warning signs of veterans in crisis and to direct those veterans to the help they need.



NAMI Jacksonville is proud to have become certified as a Watch Stander and join the network of 10,000+ community members who care deeply about our veterans and their families.



Learn More

Ending the Silence is a presentation geared toward students, families, teachers, and faculty that opens up a dialogue about mental health and mental illness.

Learn More

GET INVOLVED TODAY!

Training New Program Leaders

Open to Peers and Family Members!

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 help break down the stigma of mental illness!

Become a Program Leader

NAMI Membership

We offer three annual membership rates:

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.

Stay connected and get all the latest updates!

Become a Member

Volunteers Needed

Why Volunteer?

A recent NAMI article found that volunteer service reduces stress, increases happiness, develops confidence, and helps you find a purpose.

If you are looking for a rewarding and fun way to support the mission and work of NAMI Jacksonville, we invite you to volunteer with us!

Become a Volunteer

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.

DONATE TO NAMI JACKSONVILLE

DONATE TO NAMI JACKSONVILLE

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

YOUR DONATION IS 100% TAX-DEDUCATIBLE, MAKES OUR WORK POSSIBLE, AND IS GREATLY APPRECIATED!



Donate Today!

stigmafree

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