



nami

National Alliance on Mental Illness

NORTH CENTRAL FLORIDA

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Serving Alachua, Bradford, Columbia, Dixie, Gilchrist, Levy & Union Counties

Hot Days and Psychiatric Meds

During hot days, there is a heightened risk for heat exhaustion, heat stroke, and sunburn for people with mental illnesses who take psychiatric medications. Psychiatric medications—particularly antipsychotics, lithium and topiramate—reduce the body’s ability to stay cool by causing a decrease in sweating, promoting fluid loss and dehydration, or changing how people experience heat. They may not even feel heat, and may faint or suffer the consequences of dehydration. There is also a high risk of severe sunburn caused by photosensitivity to psychiatric medications. Point out this helpful list to your loved one who is taking psych meds:

- Drink plenty of water; don’t wait until you are thirsty
- Avoid alcohol, sugar-sweetened, or caffeinated drinks, which worsen dehydration
- Eat cold food rich in water, such as fruit and salad
- Stay out of the sun or use sunblock
- Rest frequently in shaded areas
- Limit physical exertion
- Dress lightly in light-colored, loose-fitting clothes
- Take cool showers or baths
- Go to air-conditioned places if possible; don’t depend on electric fans when temperatures hit the high 90s.
- Don’t stay in parked vehicles

Be on the alert if you experience these and call your medical professional:

- changes in level of consciousness
- red, hot skin that can be either dry or moist
- cool, moist, pale, flushed or ashen/gray skin
- headache, nausea, dizziness, confusion
- rapid or shallow breathing
- weakness, exhaustion
- high body temperature above 102 degrees

AUGUST MEETING

Our Monday, August 14th meeting will be a PROP meeting, “People Reaching Out to People” - our family support group. This meeting is intended for family members or close friends of people who have a serious mental illness.

We will meet at Trinity United Methodist Church, 4000 NW 53rd Avenue, at 7:15 p.m. Enter through the Educational Building door, under the drive-up portico, and take the elevator or stairs on your right to Room 224 on the second floor. Go down the hall straight ahead and the room is on the right. You might want to bring a small item for our Home Van basket.

SEPTEMBER MEETING

Looking ahead to the September 11th NAMI Informational Meeting, our topic will be “Mental Illness Jail Diversion Initiatives in Alachua County” presented by Sadie Darnell, Community Relations Coordinator of Gainesville Police Dept, and Law Enforcement Officer of the Year (Florida, 2000).



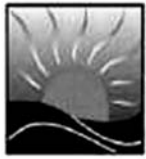
Sadie is a member of NAMI North Central Florida. In her career with law enforcement, she has become dedicated to and knowledgeable about issues surrounding mental illnesses, jail diversion, and mental health court.



NAMI -C.A.R.E.

CARE meets the first and third Mondays of each month at Vista from 7:30-9:00 P.M. Anyone with a mental illness is welcome, regardless of diagnosis or severity.

Urge legislators to support suicide prevention in FY 2007



FLORIDA
Suicide
PREVENTION
COALITION

On September 8th, as part of SPAN USA's 11th National Awareness

Event, individuals from across the nation will visit Capitol Hill to advocate for suicide prevention. Along with these advocates will be NAMI NCF member, **Judy Bousquet**, who will deliver signatures from Florida to our legislators to advance suicide prevention efforts. These signatures will show our legislators that their constituents care about suicide prevention. Please help make the case for suicide prevention by signing on to this petition and urging others to do the same.

Please sign this petition today:

<http://capwiz.com/spanusa/go/FY07>

In 2004, President Bush signed the Garrett Lee Smith Memorial Act (PL 108-355), the first federal authorization for youth suicide early intervention and prevention. Congress has supported appropriations in both FY 2005 and FY 2006 for this important initiative. In spite of this progress, much work remains to be done. Every year in our nation, suicide claims over 30,000 lives, consistently outnumbering homicides. For young people,

suicide remains the third-leading cause of death, taking the lives of over 4,000 children and young adults annually. It is important for our federal legislators to be aware of and support the next steps necessary to advance suicide prevention. SPAN USA has five public policy priorities for FY 2007 that require legislative attention. Please take a moment to ask your federal legislators to support:

- Full FY 2007 appropriation of \$40 million for the Garrett Lee Smith Memorial Act (PL 10355);
- Passage of mental health parity legislation;
- Appropriation of \$1.5 million for CDC to expand the National Violent Death Reporting System;
- Development of legislation targeting senior suicide early intervention and prevention; and
- Establishment of the Action Alliance for Suicide Prevention, a public/private partnership to advance the National Strategy for Suicide Prevention.

We strongly encourage you to personalize this letter by adding your story and including statistics from your state and/or county. We urge you to tell others about this and to ask them to sign the petition.

Crazy: A Father's Search Through America's Mental Health Madness

by Pete Early Publisher: Putnam Adult, April 2006

"Suffering delusions from bipolar disorder, Mike Earley broke into a stranger's home to take a bubble bath and significantly damaged the premises. That Mike's act was viewed as a crime rather than a psychotic episode spurred his father, veteran journalist Pete Earley (*Family of Spies*), to investigate the "criminalization of the mentally ill." Earley gains access to the Miami-Dade County jail where guards admit that they routinely beat prisoners. He learns that Deidra Sanbourne, whose 1988 deinstitutionalization was a landmark civil rights case, died after being neglected in a boarding house. A public defender describes how he—not always happily—helps mentally ill clients avoid



hospitalization. Throughout this grim work, Earley uneasily straddles the line between father and journalist. He compromises his objectivity when for most of his son's ordeal—Mike gets probation—he refuses to entertain the possibility that the terrified woman whose home Mike trashed also is a victim. And when, torn between opposing obligations, he decides not to reveal to a source's mother that her daughter has gone off her medications, he endangers the daughter's life and betrays her mother. Although this is mostly a sprawling retread of more significant work by psychologist Fuller Torrey and others, parents of the mentally ill should find solace and food for thought in its pages."

Review from Publishers Weekly

!!!Please Note Voice Mail Change!!!

We no longer have our voice mail number. Until we have a new number, please call 352-378-0886 for information concerning NAMI.

WIRED resources!

www.NamiNorthCentralFlorida.org

or
www.NAMIGainesville.org

Estate Planning and Wills for Parents of Children with a Mental Illness...

For several informative meetings in the recent past, our local NAMI Gainesville group has had an outside speaker give a seminar on special needs estate planning and wills for parents of children with a serious mental illness. NAMI National now has included this topic on their webpage. To learn more about the NAMI Special Needs Estate Planning Guidance System, visit the NAMI National website, www.nami.org.

NAMI MEMBERSHIP

Membership fees are \$35 and are due during the first quarter of the year; however, you can join anytime! Checks should be made payable to NAMI North Central Florida. Mail your name, address, phone number, and email address to our treasurer:

Pat Warnock
5424 SW 91st Terrace
Gainesville, FL 32608.

Family to Family Class Beginning

The next Family to Family classes will begin Wednesday, August 16. This is a 12-week course for families of individuals with severe brain disorders (mental illnesses). The course discusses the clinical treatment of mental illnesses and teaches the knowledge and skills that family members need to cope more effectively.

The course is taught by trained family members. All course materials are furnished at no cost to participants. It will be held at the Civitan Regional Blood Center at 1221 NW 13th Street in Gainesville, Florida.

We are now adding names to the waiting list. For information call :

Michelle 352-332-9881
Dianne 352-378-1798
Joan 352-378-0886

People with a Mental Illness Enrich our Lives...

This is one of a series of informational bits about people throughout history who have had or whose family members have had a serious mental illness.

Vivien Leigh, actress made famous by her leading role in "Gone With the Wind" and her creative genius for stage and screen, suffered from serious bouts of manic depression, tuberculosis, and poor health her entire life. It was, in fact, because of her illness, that she was frequently cast into roles that required a personal experience of the torment that comes from the experience of this disease. Vivien was once able to make a full recovery after shock treatments, only to succumb some years later. A nervous breakdown associated with a miscarriage proved to be the unraveling of her marriage with actor Lawrence Olivier who continued to be a devoted friend.

She was finally diagnosed with cyclical manic-depression with hallucinations and had to be confined to a nursing home only to recover and return to the screen for her last movie. Leigh finally succumbed to the tuberculosis at the young age of 53 while filming "The Ship of Fools". She became known and admired for her ability to fulfill her passionate dream for stardom despite her TB and debilitating manic depression.



Vivien Leigh

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<http://www.naminorthcentralflorida.org>

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Family-to-Family Trainers

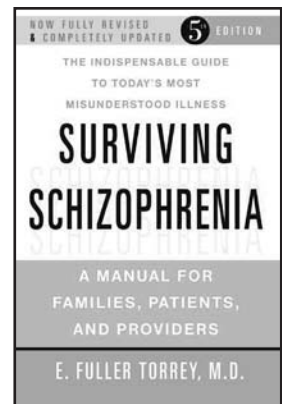
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Fuller Torrey's 5th Edition

E. Fuller Torrey, MD, has fully revised and completely updated his classic book, *Surviving Schizophrenia: A Manual for Families, Patients, and Providers*. This indispensable guide, first published in 1983, examines the nature, causes, symptoms, and history of schizophrenia.



The fifth edition of this definitive work includes the latest research findings on schizophrenia as well as the newest treatments available. New sections added in this edition include, "The Recovery Model," "Herbal Treatments," and "The Influence of the Pharmaceutical Industry on Prescribing Patterns".