



nami
National Alliance on Mental Illness

Jacksonville Florida

Quarterly Newsletter – December 1, 2022



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.

YOU'RE INVITED

Annual General Membership & Volunteer Appreciation Meeting

You're invited!
NAMI Jacksonville
Annual Meeting & Volunteer Appreciation

All are Welcome to Attend

Monday | December
12 | **5:30-7pm**

The Jessie Ball duPont Center
 40 E. Adams Street
 Jacksonville, Florida 32202
 Second Floor, Room 208

Holiday Refreshments will be Provided

Show Your Holiday Cheer:
 Wear Your Ugly Holiday Sweater!
Ugly Sweater Raffle:
WIN a \$50 Amazon card

RSVP by 12/5/22
 To Reserve Your Spot
 &
 Earn a EXTRA Ticket
 into the Ugly Sweater Raffle

Join us for this year's Annual Meeting and Volunteer Appreciation.
 Wear your ugly sweater for a chance to win a \$50 Amazon Gift Card!

RSVP

ADVOCACY

Call to Action:

Our ED in DC!

Now Seeking Participants for Mental Health Advocacy Group

NAMI JACKSONVILLE MENTAL HEALTH ADVOCACY MEETING

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

<p>FIRST MEETING (VIRTUAL) Thursday, Jan. 5 at 4 p.m.</p>	 <p>CALL TO ACTION Join the Northeast Florida Mental Health Advocacy Coalition to keep abreast of State legislative efforts and advocate for policy change. Participation will include the opportunity to participate in NAMI's Smarts for Advocacy training.</p> <p>NAMI Smarts for Advocacy helps develop personal advocacy stories and speeches and provides ideas and advice on speaking and influencing policy at state, local, and national levels.</p>
<p>NAMI SMARTS TRAINING (VIRTUAL) Thursday, Jan. 26 at 4:00 pm</p>	
<p>BEHAVIORAL HEALTH DAY (AT THE CAPITAL IN TALLAHASSEE) Wednesday, Feb. 8</p>	

FOR MORE INFORMATION PLEASE CONTACT:
Email: Admin@namijax.org

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

Email for More Information



Suzanne Mailloux, NAMI Jacksonville's Executive Director, travelled to Washington, D.C. along with other executive director's across the country, for Hill Day at our Nation's Capital. Visiting with Florida Senator's Rick Scott and Marco Rubio and Congressman John Rutherford to advocate for mental health public policy and federal funding. NAMI initiatives include support for 988 resources and crises response services in Florida, and expanding workforce and telehealth for behavioral health providers.

Suzanne Mailloux, NAMI Jacksonville's Executive Director, travelled to Washington, D.C., along with other NAMI Executive Directors across the country, for Hill Day at our Nation's Capital.

CLASSES FORMING NOW

Family-to-Family Class

Peer-to-Peer Class

FAMILY TO FAMILY CLASS



January 22nd- March 12th, 2023
Sundays 3:00-5:30 pm

Free 8 Week Class!

HCA Florida Hospital
Classroom 7
2001 Kingsley Ave.
Orange Park, FL 32073

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/

Registration Required - Space is Limited
Reserve Your Spot Today!

Learn More or Register

PEER TO PEER CLASS



Free 8 Week Class!

Registration Required.

Virtual Class on Zoom
January 23- March 13th, 2023
Mondays 6:30pm-9:00pm

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

LEARN MORE

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

namijax.org/peer-to-peer-class

Registration Required - Space is Limited
Reserve Your Spot Today!

Learn More or Register

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

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

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

A FREE peer-led support group for family members and caregivers of an

condition.

Learn More

individual living with mental illness.

Learn More

988

The holidays can be a joy-filled season, but they can also be stressful and especially challenging for those impacted by mental illness.

988 SUICIDE & CRISIS LIFELINE

There is hope

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

988 SUICIDE & CRISIS LIFELINE

988lifeline.org

A NAMI study showed that 64% of people with mental illness report holidays make their conditions worse.

Be a Lifeline Do you know someone in crisis? You can be a lifeline & help support them!

Here are five steps you can take that are known to help:

- 1. ASK:** Are you thinking about suicide? How do you hurt? How can I help?
- 2. BE THERE:** In person or on the phone. Show support. Listen. Keep promises to connect.
- 3. HELP KEEP THEM SAFE:** If the person in crisis is suicidal, details matter: Do they have a plan, or ideas about timing or method? You can call 988 to support their crisis care.
- 4. HELP THEM CONNECT:** When someone is in crisis, connecting them with ongoing supports can help establish a safety net. Remind them they can call, text or chat 988 to connect with a trained crisis counselor 24/7.
- 5. FOLLOW UP:** After the immediate crisis is over, check in. That text or call afterwards makes a real difference.

988 SUICIDE & CRISIS LIFELINE

FOR SUGGESTIONS ON HOW YOU CAN REDUCE STRESS AND MAINTAIN GOOD MENTAL HEALTH DURING THE HOLIDAY SEASON VISIT [HTTPS://NAMI.ORG/BLOGS/NAMI-BLOG/DECEMBER-2017/MANAGING-YOUR-MENTAL-HEALTH-DURING-THE-HOLIDAYS](https://nami.org/Blogs/NAMI-Blog/DECEMBER-2017/MANAGING-YOUR-MENTAL-HEALTH-DURING-THE-HOLIDAYS)

NEED HELP OR SUPPORT? CONTACT NAMI JAX HELPLINE: 904-724-7782
FOR INFORMATION ON NAMI JACKSONVILLE SUPPORT GROUPS PLEASE VISIT OUR WEBSITE AT WWW.NAMIJAX.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.

Visit our Website

VOLUNTEER OPPORTUNITIES AVAILABLE

NAMI Helpline

Family-to-Family Educators

Peer-to-Peer Educators

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 recognizing local resources, hearing information about mental illness, or connecting to others who have lived experience. The NAMI Jacksonville helpline is a reserved crisis helpline and volunteers return calls and messages in 24 hours.

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

Qualifications:
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 answer on the helpline for at least 6 months.
Available for 2-hour (live) training.
Familiar with technology to efficiently check phone messaging systems and email.
Active Membership with NAMI Jacksonville.
Bilingual is a plus.



Learn More

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-week educational program for families, significant others, and friends of people with mental health conditions. It is designed to help you understand the illness, improve 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.

Qualifications:

- 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 (live) training.
- Familiar with the Zoom platform.
- Active Membership with NAMI Jacksonville.
- Bilingual is a plus.



Learn More

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.

Qualifications:

- 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 (live) training.
- Familiar with the Zoom platform.
- Active Membership with NAMI Jacksonville.
- Bilingual is a plus.



Learn More

NAMI JACKSONVILLE IN THE COMMUNITY

NAMIWalks Jacksonville 2022



Our 3rd annual NAMIWalks Jacksonville was a roaring success, thanks to our many sponsors, volunteers, participants, local students, and special guests! We could not have done it without you!

Jacksonville Icemen Game



THANK YOU TO RIVERPOINT BEHAVIORAL HEALTH AND THE JACKSONVILLE ICEMEN FOR HOSTING NAMI JACKSONVILLE ON NOVEMBER 11TH FOR MENTAL HEALTH NIGHT!



Thank you to Riverpoint Behavioral Health and the Jacksonville Icemen for hosting NAMI Jacksonville on November 11th for Mental Health Night!

AROUND FLORIDA

Family to Family Class in St. Augustine - Offered by NAMI Volusia/Flagler/St. Johns

NAMI Florida Conference



NAMI Family-to-Family is a free, 8-session education program for family, friends and significant others of adults with mental health conditions. NAMI Family-to-Family provides information about anxiety, depressive disorders, schizophrenia, bipolar disorder and other mental health conditions. Other topics covered include communication, problem solving, treatment and recovery.

The course is designed to increase understanding and advocacy skills while helping participants maintain their own well-being. The program is taught by trained family members who have a loved one with a mental health condition. NAMI Family-to-Family is an evidence-based program (EB). For information on the research base for the program, visit nami.org/research.

NAMI offers the NAMI Family-to-Family Education Program free of charge to participants. To be held Saturdays from January 21 – February 11, 2023 in St. Augustine. For more information and to register, please contact the instructors at 352-246-9519 or cabrabjr@att.net.



Participant Perspectives

"This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers...it has helped me to understand better and communicate more effectively with my brother."

"The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this."

Contact us to register for a NAMI Family-to-Family class!



NAMI Volusia/Flagler/St. Johns
 PO Box 3374
 St. Augustine, FL 32085
 904-827-7404
support@namivfsj.org
<http://www.namivfsj.org>

About NAMI
 NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Volusia/Flagler/St. Johns is an affiliate of NAMI Florida. NAMI Volusia/Flagler/St. Johns and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community with mental health conditions and their loved ones.

Anyone interested should contact cabrabjr@att.net or 352-246-9519.

Email for More Info

NAMI Florida Annual Conference

In September, NAMI Florida hosted their first in-person annual conference since 2019. We were excited to attend the event, meet and collaborate with other local affiliates, and attend workshops to learn new perspectives.



In September, NAMI Florida hosted their first in-person annual conference since 2019.

We were excited to attend the event, meet and collaborate with other local affiliates, and attend workshops to learn new perspectives.

HOW CAN I GET INVOLVED?

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!

Learn More

NAMI Membership

We have 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.

Become a Member

Volunteers Needed

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!

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

How Can I Help?

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

www.namijax.org

[Unsubscribe namieventsjax@gmail.com](#)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by admin@namijax.org powered by



Try email marketing for free today!