

Newsletter - June 2, 2020



## NAMIWalks Jacksonville: Postponed!

In case you haven't seen, NAMIWalks Jacksonville has been postponed due to the impact of COVID-19. We hope that we are able to walk together in solidarity for mental health in October. We will continue to monitor the landscape and work toward an event that considers the safety and well being of our community. Stay tuned!

[Visit Our NAMIWalks Website](#)

## Join us in our Mission!

We have three yearly member- ship rates. Choose your level:

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

Join online at  
[www.namijacksonvillefl.org](http://www.namijacksonvillefl.org)

or mail a check to:  
Nami Jacksonville Florida  
PO Box 600857



## Mental Health Awareness Month Recap

NAMI Jacksonville launched the Get Your Green On! campaign along with NAMI Palm Beach County, for Mental Health Awareness Month in May that culminated in a National Day of Hope on May 30. On May 20, individuals all over Duval and Clay counties wore green, the color of mental health awareness, to show their support for mental health awareness and ending the stigma of mental illness. During this campaign, the City of Jacksonville approved a proclamation for May to be recognized as Mental Health Awareness and Trauma Informed Care Month in Duval County! We would like to thank Mayor Lenny Curry for signing the City Council's proclamation, sponsored by Councilman Rory Diamond. We applaud the councilmen and women's quick work and unanimous recognition of the need now more than ever to raise awareness of mental health to pave the

Jacksonville, Florida 32260

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[smile.amazon.com](https://smile.amazon.com)

Please designate NAMI Jacksonville when you shop at smile.amazon.com

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### **Alert!**

Please check your spam folder to make sure you are receiving all NAMI Jax correspondence.

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### **Volunteers Needed**

If you would like to be trained to present one of NAMI's signature programs please click the link below.

[Click Here To Contact Us About Volunteer Opportunities](#)

way for access to treatment for all. Here at NAMI Jacksonville, we will continue our campaign in May for years to come to Get Your Green On! and build on the city's proclamation to continue to reduce the stigma of mental illness, educate and support those who are living with mental health conditions, and advocate for better treatment

[Read The Proclamation](#)

[See Mayor Curry Signing The Proclamation](#)

[Thank You Councilman Diamond For Sponsoring The Proclamation!](#)

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### **Thank You to our First Responders!**

As part of our efforts during Mental Health Awareness Month, NAMI Jacksonville wanted to thank the first responders at behavioral health centers who have worked so hard during the pandemic to provide care and treatment to individuals suffering with mental health conditions. Doctors, nurses, social workers, and coordination of care personnel from Baptist Health, Memorial Hospital, and Clay Behavioral Health Center, who are often overlooked and go thankless for their work, received lunch from NAMI Jacksonville to say THANK YOU for all you do for mental wellness. There are many more behavioral health centers that we could not reach this time, but we truly appreciate the work of all of our community partners to provide better treatment and care to individuals with mental health conditions.

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A NATIONAL DAY OF HOPE  
SATURDAY, MAY 30, 2020

## National Day of Hope

On May 30, NAMI Jacksonville participated in a National Day of Hope to celebrate NAMI Walks Your Way, where over 30 local NAMI affiliates held their virtual mental health awareness walk. We joined thousands of individuals across the country to raise funds and awareness for mental health. With our inaugural year of NAMI Walks Jacksonville being interrupted, for the time being, we wanted to celebrate our sponsors and encourage walkers to kick off participation in Teams, with a look forward to holding our first NAMI Walks in the Fall! NAMI Jacksonville relies on your support to provide no cost services that provides hope, education, and support to individuals and families right here in our local community and we would love for you to join us for NAMI Walks Jacksonville in October, no matter how we walk for mental health!



## COVID Testing for the Homeless

Jacksonville was one of two cities nationally to be awarded tests for COVID 19 by Community Solutions, a national nonprofit, and Quest Diagnostics. Of all 679 participants tested, all were amazingly negative for COVID 19! Testing teams from UF Health Jacksonville and Sulzbacher went to Salvation Army, Clara White Mission, Hubbard House, Trinity Rescue Mission, both MHRC Urban Rest Stop locations, and both City Rescue Mission locations. NAMI Jacksonville Board members were proud to be a part of this city wide collaboration to provide this much needed testing to some of our most vulnerable and at times overlooked residents. Laura Lane, from Changing Homelessness, and Dr. Colleen Bell, Medical Director at Sulzbacher and NAMI Jacksonville Board Chair, participated in the testing and data collection. Psychiatry residents from Orange Park Medical Center also took part in the process. It was an incredible experience with stunning results.

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## Volunteer Spotlight

We would like to spotlight **Jim Clendaniel** who has been integral in getting NAMI Jacksonville's Family Support Group meeting online and meeting on a weekly basis. We understand how stressful COVID-19 has been on the families and the individuals we serve and we are grateful

to our volunteer Program Leaders who have made efforts to continue our programming and support our community. Jim, who is also a Facilitator at NAMI Jacksonville's Family Support Group at Memorial Hospital, has focused his attention to our online Zoom meetings while the in-person support groups are temporarily cancelled during the pandemic. Jim came to us with great enthusiasm and attention to ensure that the online Support Groups are maintaining the same quality and compassion that they have in person. We are lucky to have Jim and our other volunteers who have shared experiences as family members of a loved one with mental health conditions and who focus on supporting the needs of other families in mental health crises in a caring and compassionate way. On behalf of NAMI Jacksonville and all the families that you have touched with your knowledge, support and understanding, Thank You Jim!

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## Online Support Groups

To best serve families and individuals during the pandemic, NAMI Jacksonville's support groups have moved online.

We hope that you'll feel comfortable and find solace being among your peers or other families walking in your shoes with our regular support group facilitators. NAMI Jacksonville has continued its quality programs by putting in place measures to protect the fidelity and confidentiality of our support groups in the online format.



### Family Support Group

Please join us for NAMI Jacksonville's Family Support Group Through Zoom, the popular and user-friendly online meeting software.

Mondays 6:15 pm – 7:30 pm. **Pre-registration is required.** Registration links are posed on NAMI Jacksonville's Facebook page on a weekly basis or you may email SuzanneNAMIJax@gmail.com for the registration link.

This virtual Family Support Group is open to any family member with a loved one with mental illness. They will occur weekly on Monday evenings to support families through these difficult times.

### **Connections Recovery Support Group**

Please join us for NAMI Jacksonville's Connections Recovery Support Group Through Zoom, the popular and user-friendly online meeting software.

Tuesdays 6:15 pm – 7:30 pm. **Pre-registration is required.** Registration links are posed on NAMI Jacksonville's Facebook page on a weekly basis or you may email SuzanneNAMIJax@gmail.com for the registration link.

This virtual Connections Recovery Support Group is open to any individual living with mental illness. They will occur weekly on Tuesday evenings so we can continue to support individuals through these difficult times.

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### **Making it Easy to Give to NAMI**

**stigmafree**

We try to make giving as simple as possible, but we know that "simple" can have different definitions

depending on your experiences!

Of course, you can always mail a check to:

**NAMI Jacksonville, Inc., PO Box 600857, Jacksonville, Florida 32260.**

Donate online at [namijacksonvillefl.org](https://namijacksonvillefl.org) with a credit or debit card.

It is safe and secure, and you get instant feedback with the receipt for tax purposes.

Set up a recurring monthly donation to the above address on Paypal, Venmo, Zelle or your bank's bill pay system. For those who like to set and stick to a monthly budget, this can help spread your donations into a manageable payment plan.

If you are over 70 1/2 years old, you can donate to NAMI directly from your IRA without incurring federal income taxes on the withdrawal, which can count toward your required minimum distribution. We have several board members take advantage of this process.

Add a bequest to your will or living trust. You won't miss it a bit and your legacy will help others.

Please feel free to contact us if you have questions on any of these methods!

[Visit our website](https://namijacksonvillefl.org)

NAMI Jacksonville |  
<https://namijacksonvillefl.org>

