



**nami**

National Alliance on Mental Illness

# Jacksonville Florida

Newsletter - September 1, 2020



## NAMIWalks Jacksonville: Going Virtual!

Due to the impact of COVID-19 NAMIWalks Jacksonville 2020 will be going virtual! We will be walking together in solidarity for mental health on October 10th, World Mental Health Day, how befitting! We look forward to seeing you all as we come together to advocate for and celebrate Mental Health!

[Visit Our NAMIWalks Website](#)

## Join us in our Mission!

We have three yearly membership 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 Jacksonville, Florida  
32260

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

## Special Presentation

Like many of you in your daily lives, NAMI Jacksonville has adjusted to offering online programs to ensure that we continue to educate, support, and advocate for individuals and family members living with mental health conditions. Our most recent accomplishment was presenting In Our Own Voice through Facebook Live, which to date boasts over 1.2K views! Thank you to Casey Gilbert and Michelle Poitier for this incredible presentation of In Our Own Voice. If you haven't already, please watch the video for inspiring messages and hope for recovery. Living with mental illness does not have to mean defeat. This presentation puts a face to what mental illness looks like in a supportive community. We will continue to forge ahead through the pandemic to support 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.

[Watch The Video Here!](#)

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

## Alert!

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

## 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](#)



## Volunteer Spotlight

This Volunteer Spotlight is focused on the incredible efforts of one volunteer who continues to help NAMI Jacksonville during this time of uncertainty to maintain a much needed service in our community – our Helpline – which exists to answer inquiries through telephone and email, and to support community members who are

navigating the difficult challenges of mental illness for themselves or a loved one. Tracey Lukkarila has been an extraordinary asset to our helpline by volunteering her time to support others, but also diving in to improve the helpline processes for our community and for our volunteers who answer these inquiries. Tracey has come with incredible foresight, organization, and impeccable attention to detail to create schedules, policies, online manuals, and mechanisms for quality and compassionate advice that we provide to our community. She lends an ear to those whom need it most; she values the need for quality and consistent referrals; and she works tirelessly to help out NAMI Jacksonville as a whole. Tracey is also a trained Peer to Peer teacher and is training to present In Our Own Voice. We are so thankful to have Tracey as part of our NAMI Jax family as we rely on her often! On behalf of NAMI Jacksonville and all the families that you have touched with your knowledge, support and understanding, Thank You Tracey!

NAMI Jacksonville needs some more helpline volunteers! If you're proficient on the phone and email, we need you to help answer inquiries a couple of hours a week once per month, and it's all work from home! This is a great opportunity for Certified Peer Specialists, social workers, therapists, students, clinical workers in behavioral health, or peers or family members who have navigated the challenges of mental illness. Please contact us if you are interested!



### Behavioral Health First Responders

Thanks to an incredible anonymous donor, NAMI Jacksonville is continuing its rounds to bring lunches to our area Behavioral Health First Responders! We are so thankful for the work they do in our community to assist people experiencing mental health issues during the stresses caused by COVID-19. On August 19, NAMI Jacksonville delivered lunch to the **FACT** teams of MHRC (Mental Health Resource Center) North and South Comprehensive Services Center to thank them for their tireless service. The Florida Assertive Community Treatment program serves adults with severe and persistent mental illness, who may also have a co-occurring substance abuse disorder. The program's multidisciplinary staff obtain or directly provide all mental health services to persons served, primarily in their homes or the community, including: psychiatric care; medical referral and follow-up; individual supportive therapy; crisis assessment and intervention; substance abuse services; work-related vocational services; support in activities of daily living; social, interpersonal relationship and leisure time training; case management services; and supportive services. Thank you FACT teams for all efforts to support those who need it most by meeting them where they are. We know you aren't thanked enough!

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## Dial 988 - National Suicide Prevention Hotline

By Tara Wildes - NAMI Board Member and Ex-Officio

In July of 2020, the Federal Communications Commission adopted rules to designate 988 as a nationwide hotline for people to be connected with suicide prevention and mental health crisis managers. The rules require all phone service providers to direct all 988 calls to the existing National Suicide Prevention Lifeline by July, 2022.

**Until everyone is tied in, people in crisis can continue to call 1-800-273-TALK (8255).**

Suicide ranks as the tenth leading cause of death in the United States, and results in a death of an American around every 11 minutes. 988 is an easy to remember and quick to access number – like 911 – that will connect people to appropriate services and treatment. To fully implement this change, the US House of Representatives still needs to pass the **National Suicide Hotline Act of 2020**. You can help by joining in the **NAMI national advocacy campaign** to encourage your representative to pass this bill!

[Click Here to Join the NAMI National Advocacy Campaign](#)

[Click Here to Learn More About the National Suicide Hotline Act of 2020](#)

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## Online Support Groups

Support Groups have gone virtual! Don't forget that NAMI Jacksonville's Family Support Group and Connections Recovery Support Group have moved to Zoom, a digital platform! FSG meets Monday nights at 6:00 pm. and Connections meets Tuesday nights at 6:00 pm. Please send an email to our helpline for the weekly registration link – [namijacksovnnvilleflorida@gmail.com](mailto:namijacksovnnvilleflorida@gmail.com).



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## Training

While the pandemic continues in our communities, we at NAMI Jacksonville continues to stay strong and find ways to get our programs out! On August 7, 8, and 9, we hosted a

Connections Recovery Support Group training through Zoom using a certified State Trainer from NAMI Hernando, Shelley Westrader, and Sarah Grant from NAMI Jacksonville, as the Zoom producer. We trained 4 new Connections Recovery Support Group Facilitators to help out during our very popular Zoom Connections meetings and to start a new Connections meeting group at Baptist Hospital once the serious risks of COVID-19 is behind us. We look forward to seeing all of you in person again soon!

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!

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### Coin Up - A New Way To Donate!

Did you know that your spare change could be used to create real change in your community? It can! NAMI Jacksonville is proud to announce our collaboration with **Coin Up** to help NAMI programs continue to serve Jacksonville and the surrounding communities. Coin Up turns your everyday shopping and spending into contributions to the charity of your choice! It's as simple as:

**Download the Coin Up app.**

**Select the charity or project you are passionate about.**

**Choose your donation type.**

**Link your card.**

**Spend as Usual!**

[Learn More at Coinupapp.com!](https://coinupapp.com)

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## FLORIDA MENTAL HEALTH ADVOCACY COALITION

### Advocacy

NAMI Jacksonville is one of 16 NAMI or MHA affiliates in Florida that comprise the Florida Mental Health Advocacy Coalition. FMHAC is growing to connect and strengthen our advocacy work throughout the state.

FMHAC meets online twice a month to discuss mental health legislation that would improve the lives of those with mental illness and their families. Representatives bring issues from their local NAMI or MHA affiliates, thus creating a truly grassroots advocacy movement that is supported by our lobbyist in Tallahassee.

Our priority issues, determined by our combined local affiliates, echo those of NAMI National:

#### 1. Intervene Early!

## 2. Improve Care! (including Supportive Housing)

### 3. Divert from Justice Involvement

To Intervene Early, FMHAC supports the expansion of evidence-based First Episode Psychosis Programs (within “Coordinated Specialty Care”). We support Mobile Response Teams and state-of-the-art Crisis & Access Call Centers to quickly assess mental illnesses and substance use disorders to get people the help they need early and quickly, and avoid hospitalizations and the use of emergency rooms. We encourage Public Service Announcements or other ways to disseminate call numbers and other critical information.

To Improve Care, we support complete funding of the Affordable Housing Trust Fund and the creation of County Behavioral Health Task Forces statewide to create and improve access to supportive housing and to identify and fill any gaps in the system of care. We also recommend the use of Certified Peer Specialists for someone discharged from a Baker-Act facility, to help that person connect to behavioral health services and provide support and advocacy. In addition, we are pursuing a bill that would improve health insurance parity, so that people with mental illnesses including substance use disorders are not discriminated against and receive behavioral health treatment on par with other medical care.

To Divert from Justice Involvement, we again support County Behavioral Health Task Forces to propel collaboration between BH and Criminal Justice entities to improve or establish diversion programs and allow more people to qualify for them, and to find ways to avoid jail entirely through the use of BH Call Centers, mobile response teams, early treatment programs, etc. We support the national Stepping Up Initiative ([stepuptogether.org](http://stepuptogether.org)), which NAMI Broward is promoting right now in our county to decrease the number of people with mental illnesses in our jails and the amount of time they stay there.

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### Making it Easy to Give to NAMI

~~stigma~~free

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](http://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 ½ 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

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



