A Message From The Executive Director:

By Liz Downey

TAKING THE TIME

I’m not sure if it’s because I’ve gotten older, or if it’s just a different perspective you get with life experiences, but I feel that time is flying by.

Recently, I’ve taken some moments to reflect on what is important in my life. What was important 40 years ago, the material things, has been replaced with a more heightened awareness of what I have in my life at this very moment — the people around me.

I try not to watch the “breaking” newscasts on the TV or read the newspaper articles that focus purely on the latest tragedy. Both of which rarely have any factual basis, but are based more on innuendo and speculation. The more shocking the better it seems.

It has been mentioned by a few that I may work too much. Although I’ve been told they don’t believe me, I am going to try to make more time for family and friends. Recently, my husband and I went kayaking for a few hours with some of our friends, some NAMI friends and some outside of NAMI. It was a beautiful day, we all laughed a lot and even though we had “things to do,” we were glad we took the time.

So often, and I can only speak for myself, I come up with excuses why I can’t go for a walk, swim in the ocean, see a movie, just walk next door and visit with a neighbor, or call up a friend to have a cup of coffee. Recently I attended the NAMI Car Wash and the Lake Worth Playhouse both hosted by the NAMI Peer Council. I thoroughly enjoy myself when I’m with our wonderful “Framily” as Peter puts it. That’s what memories are made of.

I hope all of you will consider joining us the next time NAMI PBC has an activity, an event or an educational program to meet new friends, hang with old friends, and Take The Time.

Margaret Donnelley Honored with Mother Teresa Humanitarian Award

On April 17, Margaret Donnelley was honored by the Interfaith Health & Wellness Program of Catholic Charities for her selfless devotion to helping those in need. Margaret has been an active volunteer in Palm Beach County and has contributed to numerous non-profit organizations for almost 50 years!

We were honored to be invited to celebrate her big day!

[Photo from left: Liz Downey, Lynsey Poole, Cheryl Checkers, Olivia Greer]

In March, NAMI/PBC served 548 individuals

We answered 222 phone calls
16 took part in NAMI Peer-to-Peer Education
7 took part in NAMI Provider Ed
41 participated in NAMI Peer Council activities
27 attended NAMI/PBC Family Support Groups
146 attended NAMI Connection Groups
Our staff and volunteers presented to 54 members of our community
25 attended the NAMI/PBC Young Adults Group
10 attended the NAMI/PBC Adolescent Support Groups
WHAT’S COMING UP

Peer Council Activities

May Peer Council Meeting
Friday, May 29th at 4:30 pm
NAMI/PBC, 1520 10th Avenue North, Suite D, Lake Worth—Pizza and refreshments will be served

“Gather Your Goods” Garage Sale
Saturday, May 16th, 8:00 am—1:00 pm
1520 10th Avenue, North, Suite D, Lake Worth
Call Michael at 561-588-3477 for more info

Arts and Crafts Workshop
Contact the office for more information!
Join us for a crafts workshops. Call Michael at 561-588-3477 for date, time and location.

The National Alliance on Mental Illness of Palm Beach County is thrilled to participate in the GREAT GIVE PBC, a 24-hour online giving event. Led by the Community Foundation for Palm Beach and Martin Counties and United Way of Palm Beach County, the GREAT GIVE is designed to raise as much money as possible for local nonprofits in a single day.

Every donation NAMI Palm Beach County receives from 5:00 pm May 5 – 5:00 pm May 6 will be multiplied with bonus dollars from a local pool raised by the Community Foundation and a national pool raised by Give Local America.

IT’S SO SIMPLE: Even the minimum donation of $10 will make a difference!

GIVE IN ADVANCE: Fill this card out now, or return it to NAMI Palm Beach County, 5205 Greenwood Avenue, Suite 110, West Palm Beach, FL 33407 or fax it to us, 561-588-3499, prior to May 5.

GIVE ON MAY 5-6 FOUR WAYS:

1. DONATE ONLINE: Go to https://greatgiveflorida.org/#npo/national-alliance-on-mental-illness-of-palm-beach-county

2. VISIT US May 5, 5:00pm-9:00pm at either of our two office locations: 5205 Greenwood Avenue, Suite 110, West Palm Beach, 33407 or 1520 10th Ave., Suite D, Lake Worth 33460. and we’ll help you make the online donation.

3. JOIN US May 6, 7:00am-5:00pm for a free cup of coffee at Common Grounds Coffee Bar, 12 S J Street, Lake Worth, FL 33460

or come by the NAMI office 9:00am-5:00pm at 5205 Greenwood Avenue, Suite 110, West Palm Beach, 33407.

4. PHONE IN ON May 5-6: 1-844-GIVE-DAY or 1-844-448-3329

I SUPPORT NAMI PALM BEACH COUNTY!

Name:_________________________________________
Email:_________________________________________
Address:_______________________________________
City/State/Zip: __________________________________

On May 6, please charge my credit card
$______________

Security Code: _________ Exp. Date: __________

Phone No. _____________________

Signature: _________________________________
Date ________________________
What to Expect From Therapy
Dr. Kelly Everson, Director

**Before meeting with a clinician:**
Consider carefully what you (and/or your child) want and need. Think through these questions:

- What are the problems or concerns in which you want support?
- Are you looking for individual and/or family therapy?
- What style of interaction will you find most helpful?
  - Will you work better with someone who offers advice and direction in a structured way? Or someone who listens, solicits your thoughts and solutions, and offers guidance in an unstructured way? Or a combination?

**During the first meeting with your clinician:**
Be honest and voice your concerns and questions directly. Observe how you (and/or your child) and other family members respond during the meeting with the clinician.

Expect your clinician to ask questions about:

- Your main concerns and how they are affecting functioning across domains
- What you have tried to so far to improve the situation
- Relevant medical, developmental, social, and academic history

Ask these questions to your clinician:

- What areas she/he identifies as crucial for you (and/or your child)?
- How often will you meet and for how long?
- How will the proposed intervention address the issues or concerns?
- How will progress be evaluated?
- How is confidentiality or issues of safety be handled?

**After the first meeting with your clinician,** think through these questions:

- Did you (and/or your child) feel as if you had been listened to?
- Were your feelings (and those of your child) respected?
- Was there a sense of safety, support or understanding?
- Listen to your instincts. While all clinicians should be highly trained and experienced professionals, treatment with you (and/or your child) will not be effective if you are not able to establish a partnership with your clinician.

**Future sessions should focus on the main areas of concern identified in the initial and subsequent sessions.**
Make sure your clinician works closely with you at each session to ensure ongoing concerns are being addressed collaboratively.

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**MEET OUR NEW STAFF MEMBER: OLIVIA GREER**

- By Cheryl Checkers

Meet NAMI/PBC’s newest staff member, Olivia Greer, Office Assistant/Receptionist. Olivia joined NAMI PBC in January and holds a Bachelor’s degree in Social Work. She has a multitude of talents and interests which include being a dancer, volunteering her time as a diabetes/nutrition aide, and being a “Silver Sneakers” dance instructor. Formerly, Olivia owned her own dance studio in Miami called “Daughters of Zion”.

Olivia’s diverse experience in different venues has taught her the importance of seeing the good in others and finding ways to help them succeed. We are so happy to welcome Olivia into the NAMI PBC Framily.
Chairmen Margaret Donnelley, Geri and Frank Morrow, and the Committee want to express our sincere gratitude to Deborah Silver and the Sterling Silver Orchestra, The Royal Room and all of our friends for making our two Cabarets this year such a huge success!

CRISIS INTERVENTION TEAM
By Dorothy Kelleher

If you have a loved one in crisis and need the services of a CIT officer, you should call 911 and give the necessary information to the dispatcher, making sure the dispatcher understands that you do need a CIT officer sent to the scene. NAMI and CIT work closely together in providing this service.

2015 NAMIWalks Palm Beach County
WALKING FOR MENTAL HEALTH
Attention Members -

NAMIWALKS.ORG/PALMBEACHCOUNTY

The website for our Second Annual NAMIWalks is up and running!! Visit the website today to register, make a donation, invite friends, become a sponsor, or to get additional details. The first event of the Walk Season will be the Walk Information Meeting, on Saturday, May 9th at the Courtyard Marriott in Boynton Beach. There will be a full hot breakfast and all the information you need to help start the Sponsorship Campaign and Team Building. There is no fee to attend but please RSVP by 5/6/15.

Also, we are in need of people to help in every capacity for the Walk planning! Call the office or send an email if you have an interest in helping. There’s a job for everyone. Remember, many hands make light work!
Last month, Florida’s Agency for Health Care Administration received word from the Center for Medicare and Medicaid Services (CMS) official Vikki Wachino that “the state’s expansion status is an important consideration in our approach regarding extending the (low income pool) LIP beyond June.” The letter clearly tied LIP funding and Medicaid expansion together, an argument repeatedly made by the Senate. “We believe that the future of the LIP, sufficient provider rates, and Medicaid expansion are linked in considering a solution for Florida’s low income citizens, safety net providers and taxpayers,” Wachino wrote. The determination by CMS caused a chain reaction, including statements by Governor Rick Scott to reporters of his intention to sue the federal government, citing the U.S. Supreme Court decision that allows states to make the determination of whether to expand Medicaid.

House and Senate leaders must reach an agreement on Medicaid expansion. The opposition from the Governor and the House makes the House the stronger side. The Legislature will also have to address uncompensated care at Florida’s hospitals ($2.8 billion). There are several options, some of which include: funding with existing state reserves; choosing not to pass a tax cut package (the House proposal totals $690 million); or restructuring the current LIP program so that the state may continue negotiations with CMS. The Senate opened the door a crack with [sic] Appropriations Chair Tom Lee (R-Brandon) told reporters the Senate was open to negotiations, but was clear of their intent to provide some type of health care coverage to Florida’s uninsured.

An impasse between the two chambers on budget negotiations, will pave the way for a special session in late in May or early June. (Excerpt from Florida Partners In Crisis, Capital Update, April 20, 2015.)

MONTHLY MEMBER TO MENTION: MITZI GELEA WATSON

- by Michael Garden

When someone you work with gets so close to you and is so efficiently helpful, you have to keep in mind such value and recognize the volunteer work that Mitzi has brought to NAMI/PBC.

Whether she is making calls for the NAMI Peer Council Meeting, picking up, dropping off or collaborating activity arrangements, Mitzi plays a part in successfully bringing the events to fruition. She also finds thoughtful ways to honor people through her creative cards, emails and reassuring messages, which she is known for with the peer members.

Mitzi has completed the NAMI Peer-to-Peer Education and become certified to co-facilitate the NAMI Connection Recovery Support Group, which she mentored for over a year in Lake Worth.

Recently, Mitzi completed the 40-hr. Florida State Peer Recovery Specialist training and is working to complete her certification hours. She also serves on the NAMI Public Affairs Committee, advocating on behalf of other peer members by speaking publicly with legislators and county commissioners. Most recently, Mitzi presented before the Florida House Subcommittee on Mental Health and Substance Abuse in Tallahassee. She also serves on the NAMI Speakers Bureau presenting to university students and community leaders.

Mitzi is a team player and gives valued input and suggestions. Mitzi often says what NAMI has done for her. She has personally offered her hand to me, and it is my pleasure to acknowledge what Mitzi does for us.
There is increasing awareness and concern that the pharmaceutical industry (hereafter referred to as pharma) may be able to influence psychiatrists' prescription practices by paying them. “The global pharmaceuticals market is worth US $300 billion a year... [The] largest drugs companies [have]... sales of more than US$10 billion a year and profit margins of about 30%... Companies currently spend one-third of all sales revenue on marketing their products - roughly twice what they spend on research and development. As a result of this pressure to maintain sales, there is now, in WHO's words, ‘an inherent conflict of interest between the legitimate business goals of manufacturers and the social, medical and economic needs of providers and the public to select and use drugs in the most rational way.’” World Health Organization or WHO (www.who.int, search “pharmaceutical industry”). The U.S. congressional Grassley commission investigated pharma-physician payments, and found examples of undue influence (www.nytimes.com, search “grassley psychiatry”). Ultimately, the findings of this commission resulted in the Physician Payment Sunshine Act passing into law in 2013, which for the first time instituted mandatory reporting requirements for pharma-physician payments. This data is accessible at www.pharmashine.com.

When pharma-physician payment data became available from approximately 1/2 of US pharma in 2013, it was found that more than one million payments were made to US physicians totaling nearly $1.4 billion that year. There are approximately 800,000 to 900,000 practicing physicians in the U.S. When pharma-physician payment data is reviewed, the following narratives become evident: (1) The majority of physicians accept pharma-payment. (2) The majority of these payments are small, occur in the context of free meals, and account for a minority of pharma-physician payment dollars. (3) The minority of these payments are large, occur in the context of speaker or consultant fees, and account for the majority of pharma-physician payment dollars. (4) It is in the context of these larger speaker/consultant fees that the Grassley Commission found examples of undue influence of pharma-payments on physician practices. These findings are presented in a story co-published by ProPublica and the NY Times at www.propublica.org using the search term, “What We’ve Learned From Four Years of Diving Into Dollars for Docs.”

To provide a broader perspective regarding the implications of pharma’s marketing of psychiatric drugs, it is useful to examine the efficacy of brand-name versus generic drugs. The Cochrane Collaborative is a non-profit affiliated with the WHO that provides open source, systematic reviews on the effects of health care (www.cochrane.org). Federal (not pharma-funded) studies by the National Institute of Health, or NIH, have comparatively studied various psychiatric medications' efficacy in schizophrenia (CATIE study), bipolar (STEP-BD study), and depression (STAR*D study). A general conclusion of these studies is that brand name medications' efficacy is no better than generic medications. This actually is not surprising, given the difficulty in finding new target mechanisms of action. Consequently “new” psychiatric medications largely recycle the same target mechanisms of action used by “old” psychiatric medications.

In summary, there are troubling questions as to the ethics of psychiatrist-payment, pharma marketing. Could a pharma payment influence a doctors’ decision-making cycle regarding a medication choice for a patient, leading to selecting an expensive brand name drug when an equally effective generic drug exists? Brand name medications, however, are not necessarily the best choice for patients in terms of their efficacy or cost-effectiveness. If the cost of psychiatric medication is causing you or your loved one financial hardship, consider reviewing if any are brand name, and if so, consider discussing with your physician if any can be changed to a generic preparation.

Please note that the contents of this blog were not reviewed by other members of NAMI PBC and reflect the opinion of the author Chris K alone. Gratitude for substantial editorial support by Cecelia Kye of Jones-Day Brussels.

JUST AN IDEA — Consider donating your membership during the GREAT GIVE May 5, 5:00pm-May 6, 5:00pm and get more bang for your buck. Even if your membership is not due until later in the year, we will extend your membership one year from the next due date. See page 2.
Peer and Family Support Groups

NAMI/PBC Connection Recovery Support Groups

Lake Worth (NAMI Office)
1520 10th Avenue N, Suite D, Lake Worth, FL 33460
First 3 Fridays of the month 6:00-7:30pm

Delray Beach (Toole Building So. County Mental Health Center)
16158 S Military Trail, Delray Beach, FL 33484
Mondays 1:45-2:45pm & Wednesdays 10:15-11:30am

Jupiter (Southeast Behavioral Health Network)
140 Intracoastal Pointe Dr., Suite 208, Jupiter, FL 33477
Wednesdays 5:30-7:00pm

Hypoluxo (Amigos Group — Jeff Industries)
111 E Coast Avenue, Hypoluxo, FL 33462
Tuesdays 6:30-8:00pm

NAMI/PBC Family Support Groups

West Palm Beach (NAMI Office)
5205 Greenwood Ave, Ste 110, West Palm Bch, FL 33407
Grades 7-8: Fridays 5:30-6:30pm
Grades 9-12: Fridays 6:30-7:30pm

Lake Worth—ON HOLD
6801 Lake Worth Road, Suite 101, Lake Worth, FL 33467
Grades 7-8: Thursdays 5:30-6:30pm
Grades 9-12: Thursdays 6:30-7:30pm

NAMI/PBC Young Adults Group 18-35 Year Olds

Lake Worth (NAMI Office)
1520 10th Avenue N, Suite D, Lake Worth, FL 33460
First 3 Fridays of the month 6:00-7:30pm

NAMI/PBC Adolescent Support Groups*

West Palm Beach (NAMI Office)
5205 Greenwood Ave, Ste 110, West Palm Bch, FL 33407
Grades 7-8: Tuesdays 5:30-6:30pm
Grades 9-12: Tuesdays 6:30-7:30pm

Lake Worth—ON HOLD
6801 Lake Worth Road, Suite 101, Lake Worth, FL 33467
Grades 7-8: Thursdays 5:30-6:30pm
Grades 9-12: Thursdays 6:30-7:30pm

Jupiter
50 South US Highway 1, Suite 309, Jupiter, FL 33477
Grades 7-8: Mondays 5:30-6:30pm
Grades 9-12: Mondays 6:30-7:30pm

Boca Raton *NEW
800 Meadows Road, Boca Raton, FL 33486
Grades 7-8: Tuesdays 5:30-6:30pm
Grades 9-12: Tuesday 6:30-7:30pm

NAMI/PBC Family Support Groups

West Boca Raton Library
18685 State Road 7, Boca Raton, FL 33498
1st Tuesday 6:30-8:00pm

Boynton Beach/ Delray Beach (Hagen Ranch Library)
14350 Hagen Ranch Road, Delray Beach, FL 33446
2nd Tuesday 6:30-8:00pm

Jupiter (Southeast Behavioral Health)
140 Intracoastal Pointe Dr, Ste 208, Jupiter, FL 33477
3rd Thursday 6:30-8:00pm

Wellington (Wellington Library)
1951 Royal Fern Dr, Wellington, FL 33414
2nd Monday 6:30-8:30pm

Other Local Support Groups for Peers

South County Mental Health Center
Depression Bipolar Support Alliance
16158 S Military Trail, Delray Beach, FL 33484
1-877-858-7474 for directions
ALL DISORDERS (Building E. — Toole Building)
Wednesdays 7:00-9:00pm

Peer Place Support Center
2100 45th Street, Suite B12, West Palm Beach, FL 33407
561-712-0584 for directions and information
DRA (Living in the Now) (12 Step Co-occurring) Sat. 10am
Here & Now (12 Step) Saturday 11:00am-12:00pm
Peer Support Mon-Fri 9:00am-4:00pm; Sat 9am-1pm

Fair Oaks Pavilion (Behind Delray Community Hospital)
5440 Linton Blvd, Ste 1010, Delray Beach, FL 33484
For directions and info: rossdolphins@bellsouth.net

Jupiter Fire Station No. 19
322 N. Central Boulevard, Jupiter, FL 33401
561-427-0840 or 561-575-9787 for information
Depression/Bipolar Thursdays 7:00-8:30pm

Holy Trinity Church
211 Trinity Place, West Palm Beach, FL 33401
Nancy Drevich 561-787-0840 or 561-787-0840; 561-574-7874 for information
Depression/Bipolar Thursdays 7:00-8:30pm

West Boca Medical Education Center
21644 State Road 7, Boca Raton, FL 33428
For directions and info: Jason Spielman 954-217-1757
OCD 1st Thursday 7:30-9:00pm

Living Grace Group 1st Presbyterian Church Youth Bldg.
717 Prosperity Farms Rd, North Palm Beach, FL 33408
1st Tuesday 6:30pm, Contact Ken 561-379-5675,
South County Mental Health Center

Family Grace Group
First Presbyterian Church Youth Building
717 Prosperity Farms Rd, North Palm Beach, FL 33408
1st Monday 6:30pm Jeni Ayers 561-309-5675
ayersjeni@gmail.com for more information

Alliance for Eating Disorders Awareness Office
1649 Forum Place #2, West Palm Beach, FL 33401
Thursdays 6:30-8:00pm *18+ females, please

Support for Eating Disorders and Dual Diagnosis
Alliance for Eating Disorder Awareness Office
1649 Forum Place #2, West Palm Beach, FL 33401
Thursdays 6:30-8:00pm *18+ females, please
Members are NAMI/PBC’s lifeblood; your membership helps us continue to provide free outreach, support & education. In bringing mental health issues to wider attention, we advocate for better treatment. As our membership base grows, our voice becomes stronger.

Respect, Compassion & Hope … NAMI Works!

I’d like to support NAMI PBC with a donation of: __ $25    __ $50    __ $100 
other: $____

☐ I’d like to volunteer for NAMI/PBC’s 2015 Walk.

☐ I wish to receive NAMI National’s solicitations.

Check here for renewal: ☐    Date:_______

Name:____________________________________

Address:__________________________________

City/St:__________________________________

Zip:_______    Phone:_____________________

Email:_________________________________

MEMBERSHIP: ☐ Regular $35    ☐ Open Door $3

SPONSORSHIP: ☐ Family $55    ☐ Professional $65    ☐ Corporate $250

Pay online through our secure PayPal at: namipbc.org

NAMI Membership exists at 3 levels: Affiliate, State & National. NAMI is a 501(c)(3) non-profit, charitable organization—contributions are tax-deductible to the fullest extent allowed by law. Together, we can continue to fight for all those affected by mental illness. PLEASE NOTE: In order for NAMI/PBC to receive your full donation, please send your donation to the NAMI/PBC office. Thank you!

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