



Manatee County "news"

Local Voice on Mental Illness

SEPTEMBER/
OCTOBER 2016

IN THIS ISSUE

FAMILY TO FAMILY

WALK FOR LIFE

PEER TO PEER

GUEST SPEAKERS

President: Tim Moran
Vice President: Linda Davis
Treasurer: George Manson
Secretary: Darlene Gorman
Webmaster: Rod Atkins

MEETINGS

(UNLESS ADVISED OTHERWISE)

ALL MEETINGS ARE HELD AT:

Trinity United
Methodist Church
3200 Manatee Ave. West,
BRADENTON

BI MONTHLY
MEETINGS:

Family Support -
2nd Monday
Education/General
4th Monday

INFO/HELP
JOIN/DONATE
941 778 2095

FAMILY-TO-FAMILY



We are pleased to announce that the next **FREE nami Family - to - Family Education Course will commence on January 11th 2017**

This extremely successful **nami** 12 week, **free** course is structured to help us understand and support loved ones with mental illness while maintaining our own well-being.

The course is being taught by Dick and Holly Grafton who are trained **nami** Family members of someone living with mental illness.

Being close to a person with mental illness, we face unique challenges, social stereotyping, stigmas, complex family dynamics and changing medical developments. It can be overwhelming. However - you are not alone.

The course deals with illnesses including Major depression | Bipolar [Manic depression] | Schizophrenia and Schizoaffective Disorder | Borderline Personality Disorder | Panic Disorder and Obsessive-Compulsive Disorder | Post Traumatic Stress Disorder and Co-Occurring Brain and Addictive disorders.

It teaches practical, up to date information about mental health conditions, the latest treatment options including medications, and problem solving techniques, coping strategies and communication skills.

Also how to advocate for your family member through the mental health system, and finding community support.

The course will be in a confidential setting within Bradenton/Lakewood Ranch.

Venue/location to be advised. **CALL Call 941 807 1454**

More information at www.namimanateeconomy.org/fam2famFly17 and www.namimanateeconomy.org www.namimanateeconomy.org/famtofam12.php and www.nami.org/Find-Support/NAMI-Programs/NAMI-Family-to-Family/Find-Support/NAMI-Programs/NAMI-Family-to-Family

CENTERSTONE WALK FOR LIFE



14th Annual Walk For Life

Centerstone in partnership with Florida Department of Health - Manatee, present the 14th ANNUAL **WALK FOR LIFE**

Saturday, September 24, 2016, Sutton Park in Palmetto, Florida.

Keep Fit and help raise \$50,000 for depression awareness and suicide prevention!

Full Details at : <https://centerstonefl.akaraisin.com/Common/Event/Home.aspx?seid=12512&mid=8>

NAMI PEER to PEER

Currently, NAMI Manatee County is not offering a Peer to Peer class, we are however pleased to direct you to NAMI Sarasota where Wade Crawford is actively running (1st and 3rd Tuesdays of each month 6:00-7:30 p.m.) courses for those in recovery. Full details about the course can be found on these websites:

<http://www.nami.org/Find-Support/NAMI-Programs/NAMI-Peer-to-Peer>

AND <http://namisarasotacounty.org/event-registration/?ee=385>

Call Wade: 941 376 9361

GENERAL/EDUCATION/MEETINGS GUESTS

Our guest speaker on Monday September 26th at 7pm will be:



Rebecca Carter, MSW, CTTS
Tobacco Program Specialist
Department of Behavioral Sciences and Social Medicine
Florida State University College of Medicine

Ms. Carter received a BS in Psychology and a Masters in Social Work from the Florida State University and is a Certified Tobacco Treatment Specialist. Ms. Carter's passion is working with people experiencing severe and persistent mental illness and Ms. Carter worked at one of Tallahassee's local psychiatric hospitals where she was able to implement tobacco cessation groups for consumers before joining FSU's AHEC team. *This is an important subject. Friends Welcome.*

Our guest speaker on Monday October 24th at 7pm will be:



Craig Segrest
Director of Business Development
SUNCOAST Behavioral Health Center



Suncoast Behavioral Health Center is a 60 bed ACUTE CARE, BAKER ACT, PRIVATE receiving behavioral hospital that opened in Bradenton in 2014.

They have 20 Child and adolescent beds and will treat ages 5-17 for all types of psychiatric issues, and a 40 bed Adult unit that treats patients from ages 18 to geriatrics. Following evaluation the center treats all psychiatric issues including , PTSD, and dual diagnosis (chemical addictions with psychiatric issue).

Suncoast also has a Partial hospital plan for patients stepping down from inpatient or those patients who may not need inpatient but need a more intensive outpatient program.

This hospital is a local alternative to Centerstone, and Manatee Memorial that has ceased psychiatric services and could be exactly what you are looking for in treating your significant others.

Craig will be heralding the center's attributes - BRING YOUR QUESTIONS
<http://www.suncoastbhc.com> and <http://namimanateecounty.org/treatment12.php#SUNCOAST>

Please come early for cookies and coffee!!

Visit NAMImanateecounty.org

SUPPORT | EDUCATE | ADVOCATE: In addition to acquainting you about our activities and aims, our website has pages of information on Mental Health including the local services available. Also Local and National news from our industrious advocates who work relentlessly to help the Mentally Ill.