

October 2022



Brevard County

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Don't Forget: New Family Support Meeting:
New Life Church
6755 S Washington Ave
Titusville FL 6-7:30 pm



NAMI Family Support Groups are for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences. Free of cost to participants

- Designed for adult loved ones of people with mental health conditions
- Led by family members of people with mental health conditions
- 90 minutes long and currently meeting in person three times a month in Brevard County (see below)
- No specific medical therapy or treatment is endorsed
- Confidential

Date	Location	Address	Time
2nd Tuesday	Circles of Care ALC Follow signs from parking lot	2000 Commerce Drive Melbourne, FL	6 - 7:30 pm
3rd Tuesday	Central Brevard Library	308 Forrest Avenue Cocoa, FL	6 - 7:30 pm
4th Monday	New Life Church	6755 S. Washington Ave Titusville, FL	6 - 7:30 pm



NAMI Connections is a recovery Support group program that offers respect, understanding, encouragement, and hope. NAMI Connection groups are for Peers with Mental Illness.

Peer Support Group Meets every Tuesday at 6– 7:30 pm
via Zoom ID 464 710 7237 Passcode 456654

For more Information about NAMI
Phone: 321-345-6365 Website: www.namibrevard.org
Email: namibrevard@gmail.com



Seasonal Affective Disorder

Overview

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons — SAD begins and ends at about the same times every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. These symptoms often resolve during the spring and summer months. Less often, SAD causes depression in the spring or early summer and resolves during the fall or winter months.

Treatment for SAD may include light therapy (phototherapy), psychotherapy and medications.

Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year.

Symptoms

In most cases, seasonal affective disorder symptoms appear during late fall or early winter and go away during the sunnier days of spring and summer. Less commonly, people with the opposite pattern have symptoms that begin in spring or summer. In either case, symptoms may start out mild and become more severe as the season progresses.

Signs and symptoms of SAD may include:

Feeling listless, sad or down most of the day, nearly every day

Losing interest in activities you once enjoyed

Having low energy and feeling sluggish

Having problems with sleeping too much

Experiencing carbohydrate cravings, overeating and weight gain

Having difficulty concentrating

Feeling hopeless, worthless or guilty

Having thoughts of not wanting to live

Fall and winter SAD

Symptoms specific to winter-onset SAD, sometimes called winter depression, may include:

Oversleeping

Appetite changes, especially a craving for foods high in carbohydrates

Weight gain

Tiredness or low energy

Spring and summer SAD

Symptoms specific to summer-onset seasonal affective disorder, sometimes called summer depression, may include:

Trouble sleeping (insomnia)

Poor appetite

Weight loss

Agitation or anxiety

Increased irritability

Seasonal changes and bipolar disorder

People who have bipolar disorder are at increased risk of seasonal affective disorder. In some people with bipolar disorder, episodes of mania may be linked to a specific season. For example, spring and summer can bring on symptoms of mania or a less intense form of (hypomania), anxiety, agitation and irritability. They may also experience depression during the fall and winter months.

When to see a doctor

It's normal to have some days when you feel down. But if you feel down for days at a time and you can't get motivated to do activities you normally enjoy, see your health care provider. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol for comfort or relaxation, or you feel hopeless or think about suicide.





Having fun with friends at the award ceremony

Congratulations!

**NAMI Brevard County
Affiliate of the Year 2022
All Volunteer Staff**



Mary G holding award as a representative for all those who have tirelessly helped NAMI Brevard grow into an educational and supportive organization.

My Depression In My Life : Anonymous

Depression is something that shows itself differently for everyone. There is no one person, or one story, or one experience that can make someone universally understand truly how depression alters the lives of those of us who suffer from it. I can't make anyone understand how it is for everyone, but I can tell you how it alters my life, and maybe that will help people understand how all-encompassing it really is.

For me there are two main ways that my depression manifests itself when it breaks through the barriers I have set with the help of years of therapy and medication. There is the gut wrenching loneliness and near constant anxiety and then there is the checking out, the feeling nothing at all, the numbness. Sometimes I don't know which is worse, but I will try to explain both.

The Loneliness and Anxiety:

In some ways I consider this step one of when my depression spikes because it always seems to come first. But I don't consider it step one in levels of horribleness. Like I said above I really think that both ways my depression hits me are pretty awful and I couldn't say which is worse.

You know that feeling you have in your gut when you are about to and/or really need to cry. While that is what it is like. All the time. I could be laughing and having a great time with my friends, which I often am because my friends are great, and yet in the back of my mind I feel more alone than ever and I just want to curl up into fetal position and cry. But I never can. I can't go home and cry and then feel better, because it's not like there is something to cry about, or really anything to be sad about. And it isn't really sadness. It is complete solitude. It's when my brain tells me that I am alone, that I can't be loved, that no one really wants me around, and worst of all that no one will understand me.

That is worst of all because at the place I am in my life, no matter what I have been through in the past, or what my depression tries to make me believe I know that I can be loved, that I'm not alone and that I am wanted. And I know that because of the hard work I have done to get to that place in my life, and because of some of the amazing people in my life who make sure that I know that they are there for me, that they love me, and that they want to spend time with me.

But the idea that no one will ever truly understand who I am, or any of that. That is a little harder to dissuade myself from believing. Because as much as I can tell people what I went, and still go through and what goes through my mind, who can really understand me other than me. And that isn't necessarily a bad thing, but the way my depression tells me it, it is a bad thing.

So there I am surrounded by people, very possibly having some of the best experiences of my life, feeling like I need to bawl, completely unable to, and nearly having an anxiety attack because I just want it to end.

And it is here where two things happen. It is here where I wish for and welcome the numbness because I don't want to feel the all-encompassing loneliness and anxiety. It is also where I think about cutting.

I have not cut myself in three and a half years. And I know that it doesn't solve my problems. I know that I shouldn't and I don't want to. Even when I want to I don't want to.

But here, when I am feeling the all-encompassing loneliness which is the very last thing that I want to feel, I think about cutting because it lets me feel something else.

The physical act of cutting gives me something to think about and focus on, something other than that loneliness. And when I am not physically cutting, instead of thinking about how lonely I am and how that feeling will never end I think about the next time I can cut, or the most recent time I did.

And Then The Numbness:

I don't really know how to explain this numbness. It is simply a period of time where I feel literally nothing. I fake happiness/normal emotion around friends, not always very well, and when I am alone I just don't care about anything.

This is when my grades often fall because I don't care about anything, including school, and therefore school work.

And then, sometimes I just want to feel something, anything, and so that is when I think about cutting. I think about cutting because it gives me something to feel, something I can control, but still feel.

The numbness comes because I can't handle what I'm thinking and feeling, because it is too much for me to deal with, so I shut everything off so I don't have to feel it.

In some ways, cutting transitions me back into feeling. But again, cutting, NOT A SOLUTION, NOT HEALTHY.

And something that I no longer do.

Now, for the past three and a half years, whenever I think of cutting, which I still do. It is still my first thought in either of these situations, I instead do one of the many things that I have come to know to help me cope.

For example, I force myself to spend more time with my friends, because I know that the loneliness will pass and I can talk myself out of feeling lonely when I am not physically alone.

I read/watch anything romantic. I pretend that I am one of the characters, and then I feel what they feel instead of what I am feeling (or preventing myself from feeling).

I belt along to old school Taylor Swift. Because what is more beautiful than a summer romance in a small country town with Chevy trucks and Tim McGraw?

And though my schoolwork does still sometimes fall through the cracks, I always make myself do some work.

Basically I force myself to live my life, because well, it is my life, and I refuse to live it feeling alone when I'm not, and numb when I could be great.

So even though I do feel those things far more often than I would like it is something that I live with, because I have depression.

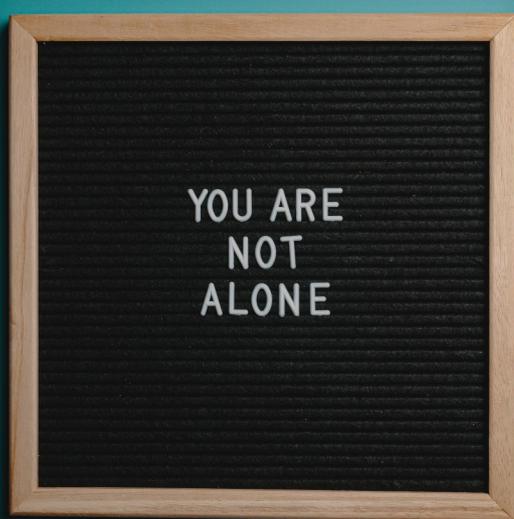
Because depression is a disease, and I will always have it.

Because my depression is a part of who I am.

And most of all, because I only have one life, and I want to live it. Because even though when my depression spikes it makes me want to not live sometimes, I refuse.

Because I am the author of my own life and I choose to put a semicolon instead of a period at every point that my depression tells me otherwise.

So that is how my depression affects my life. That is how I deal with it. Like it or not I always will.



9-8-8

Crisis Hotline



Fun time at Recovery Fest on September 24th, 2022. Louis and Mary handing out swag and literature. Lots of people stopped by the tent, said hi and were interested in our programs

Membership

You can Join NAMI by going online to www.nami.org and click on JOIN. You can also write a check or money order made out to NAMI Brevard County and send to:: NAMI Brevard PO Box 840 Cape Canaveral, FL 32920

One Year Membership includes NAMI Brevard, NAMI Florida, and NAMI National, as well as NAMI Brevard voting privileges. You will also receive the magazine, NAMI Advocate and as a member attend our special events designated for members.

Memberships:

Household \$60

Regular \$40

Open Door \$5 (Limited resources)



Notice: Link PayPal with this address

https://www.paypal.com/donate/?hosted_button_id=STBEU2UJX5YUG

Donations are Welcome

Memorial /Honorary Gifts/ Employee Matching

Save the Date for Mental Health Fair

**Dare
to
C.A.R.E**

**A Mental
Health
Fair**

ATTENTION!!!!

When: November 12, 2022

Where: Suntree United Methodist Church
7400 N. Wickham Rd., Melbourne FL

Time: 9:00 a.m – 1:00 p.m.

REGISTER: Church office 321-242-2585 ask
for “Congregational Care” or SUMC website

C. A. R. E.
**Community Awareness & Response
for Everyone**

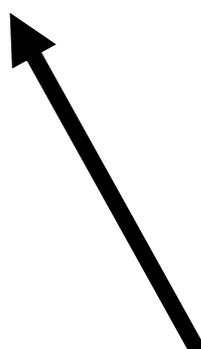
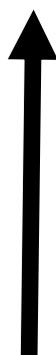
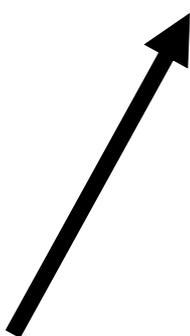
Breakout Sessions

- A. “Understanding and Managing a Mental Health Crisis” – Staci Faenza-Seward MS
- B. “Mental Health Challenges During the Senior Years” – Lisa Conway R.N, LHRM
- C. “Where Can I Go to Get Mental Health Help for my Loved One?” Ashley Grimes CRPS
- D. “Trauma: The Hurt that Keeps on Hurting, A Guide to Healing” Rayna M. Bravo LMHC
- E. “Dare to Care for Suicide Survivors – A Guide” Abigail Brown Jones MFT and Bobby Norton
- F. “Parenting Strategies for Mental Health Wellness” Dr. Melissa B. Allen
- G. “Biblical Wisdom for Mental Health Wellness” Rev. Dr. John Baggett and Rev. Annette Stiles Pendergrass, Suntree United Methodist Church



Keynote Address: “ *Better Together: Bridging the Gap*”
Dawn Brown

Director of Cross Cultural Innovation & Engagement,
The National Alliance on Mental Illness (NAMI)



NEARLY 50 M
OR 19.86% OF AMERICAN
ADULTS EXPERIENCED A
MENTAL ILLNESS IN 2019.

4.58% OF ADULTS REPORT HAVING
SERIOUS THOUGHTS OF SUICIDE.
THIS HAS INCREASED EVERY YEAR
SINCE 2011-2012.

24.7%
OF ADULTS WITH A MENTAL
ILLNESS REPORT AN UNMET
NEED FOR TREATMENT. THIS
NUMBER HAS NOT DECLINED
SINCE 2011.

15.08% OF YOUTH EXPERIENCED A
MAJOR DEPRESSIVE EPISODE
IN THE PAST YEAR.

**MORE THAN
HALF**
OF ADULTS WITH A
MENTAL ILLNESS DO NOT
RECEIVE TREATMENT,
TOTALING OVER 27
MILLION U.S. ADULTS.

OVER 60% OF YOUTH WITH MAJOR
DEPRESSION DO NOT
RECEIVE ANY MENTAL
HEALTH TREATMENT.
EVEN IN
STATES WITH
THE GREATEST
ACCESS, **NEARLY 1 IN 3** ARE
GOING
WITHOUT
TREATMENT.

11.1%
OF AMERICANS WITH A
MENTAL ILLNESS ARE
UNINSURED, THE SECOND
YEAR IN A ROW THAT THIS
INDICATOR INCREASED
SINCE THE PASSAGE OF
THE AFFORDABLE CARE
ACT (ACA).

10.6%
OR OVER 2.5 MILLION YOUTH
IN THE U.S. HAVE SEVERE
MAJOR DEPRESSION.
THIS RATE WAS HIGHEST
AMONG YOUTH WHO IDENTIFY
AS MORE THAN ONE RACE, AT

EVEN AMONG YOUTH
WITH SEVERE
DEPRESSION WHO
RECEIVE SOME TREATMENT,
ONLY 27%
RECEIVE CONSISTENT CARE.
IN STATES WITH THE LEAST
ACCESS, ONLY

14.5%

12%
RECEIVE CONSISTENT CARE.

8.1% OF CHILDREN HAD PRIVATE
INSURANCE THAT DID NOT COVER
MENTAL HEALTH SERVICES,
TOTALING 950,000 YOUTH.



Annual Supportive Housing Summit

October 26 & 27, 2022

Hilton St. Petersburg Bayfront

Contact Your Legislative Representatives

Link with these addresses:

<https://flsenate.gov/>

<https://myfloridahouse.gov/>

Keep the lines of communication open with your state Senators and Representatives.

SENATOR Debbie Mayfield (District 17)
900 E. Strawbridge Ave.
Melbourne, FL 32901
(321) 409-2025

SENATOR Tom A. Wright (District 14)
1311 N US 1
Titusville, FL 32796
(386) 304-7630

REPRESENTATIVE Randy Fine (District 53)
2539 Palm Bay Road NE, Suite 5
Palm Bay, FL 32905
(321) 409-2017

REPRESENTATIVE Renee Plasencia (District 50)
Suite 1C Brevard County
Government Center North 400 South Street
Titusville, FL 32780
(321) 383-5151

REPRESENTATIVE Tyler I. Sirois (District 51)
260 North Tropical Trail
Merritt Island, FL 32953
(321) 449-5711

REPRESENTATIVE Thad Altman (District 52)
1895 South Patrick Drive
Indian Harbor Beach, FL 32937
(321) 425-6179

