

Recovery FORUM

Member Newsletter



www.floridahealthpartners.com
www.nfbhp.com

Volume 16—Summer 2011



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Use Humor to Enhance Your Relationships

ORIGINALLY POSTED APR 3, 2009

SUMMARY

- Humor can be a gauge to the health of a relationship.
- The ability to enjoy teasing humor shows a strong bond.
- Hostile humor means that underlying issues need to be addressed.

"Why did the chicken cross the road?"

You may groan upon hearing this—one of the oldest jokes in the world. Not *another* chicken joke! But bear with the joke teller, because he is simply trying to connect by getting you to laugh or smile.

Humor is an effective tool to bring people together. When your primary relationships include healthy humor, it shows that you have a healthy relationship. Being able to laugh together instills the sense of "team," something that you need when times are not so funny.

For better or worse

Yet it's not as simple as it seems. "Humor can work for better or worse," says Robert Pierce, PhD, a spokesperson for the American Psychological Association. "It can be a bonding experience, but if used in the wrong context, it can produce feelings of hurt or anger."

Such humor, in fact, is what can be called "hostile" humor. This type of humor, says Steve Sultanoff, PhD, a spokesperson for the Association for Applied and Therapeutic Humor, is used as a put-down, is often sarcastic and may be delivered in the spirit of "teaching someone a lesson."

Sultanoff says that use of *empathic* humor is the key to building bridges. "Playful, teasing humor is very much sought by couples," he says. "In fact, in surveys, a sense of humor is ranked among the top 10 of desired qualities in a mate."

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ACHIEVE SOLUTIONS®

ValueOptions® Adapts Award-Winning Mental Health and Wellness Website for FHP and NFBHP

“This is a safe and secure mental health and wellness website focused on you. It includes thousands of content pieces in many topic areas. That makes it easy to find the help you need.”

A VARIETY OF CONTENT

There are many content types to help you learn more about what may be troubling you or a loved one.

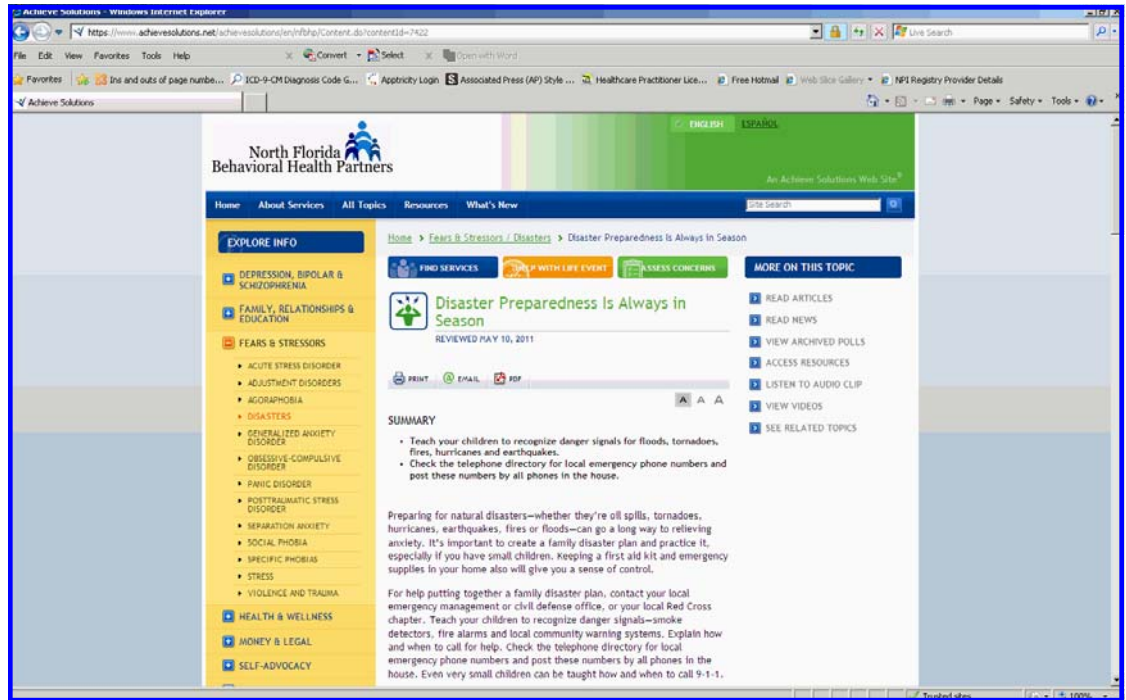
Info can be found in the form of articles or video and audio clips. There are also quizzes and external links. Other ways to search:

- **“FIND SERVICES” TAB:** This is where you can find local mental health doctors and other local services
- **“HELP WITH LIFE EVENT” TAB:** Find more help on events like divorce, job loss or workplace changes. Each event has several resources to help you.
- **“ASSESS CONCERNS” TAB:** This 30-question quiz helps you see areas of your life that may need aid. These areas can include your mood, work, marriage, stress and drug abuse.

FOCUSED ON YOU

It’s easy to find what you are looking for on Achieve Solutions. In addition to choosing the “Topics” tab at the top, here are some of the ways to search for information:

- **“EXPLORE INFO” SECTION:** The titles on the left side help you easily find topics. For example, if you have more stress than normal for you, click on the “Fears & Stressors” section and find the “Stress” area.



ValueOptions’ Achieve Solutions Web site was honored with an eHealthcare Leadership Award at the Eighth Annual Healthcare Internet Conference on November 9, 2004. The site was awarded the Gold Award for Best Health/Healthcare Content.

- **“SPOTLIGHT” SECTION:** This area is on the upper right side. It features three pieces of info that change weekly. There is also a monthly topic and poll underneath.
- **“RESOURCES” SECTION:** Located on the top of the home page. This is where you can find suggested links and tip sheets. You can also find quizzes, audio clips and videos here.

TRY ACHIEVE SOLUTIONS YOURSELF!

By visiting:

www.achievesolutions.net/fhp

-or-

www.achievesolutions.net/nfbhp

-or-

you can reach it through a link on the FHP or NFBHP websites.

VO Consumer Affairs Coordinator Offering Peer to Peer Class

Sandi Kaiser is Consumer Affairs Coordinator with ValueOptions® in Area 8, and a NAMI Certified Mentor. She is currently facilitating a 10 week Peer to Peer Class at Beacon House in Venice, Florida. Beacon House members who have signed up for this program are prepared to develop a deeper understanding of how mental illness can impact multiple areas of their life. Members will:

- Create a plan for relapse prevention
- Become more effective self-advocates
- Improve communication skills
- Learn mindfulness techniques

This program will help participants maintain their wellness and recovery.

Beacon House is a program of the nonprofit Mental Health Community Centers, Inc.(MHCC), a United Way agency. MHCC's mission is to provide support services to adults with mental illness and disabling emotional problems. MHCC offers daily programs and activities at four campuses: Sarasota, Venice, Arcadia and Northport.



Humor/Relationships *(Continued from Page 1)*

The why of humor

The reason people want humor in their lives? "It makes us feel good," says Sultanoff. Laughter—one common response to humor—changes us physically. Humor changes us mentally as well. It promotes a more upbeat outlook, and although studies are few, reports show that humor can help to reduce stress.

Another important aspect of humor is that it serves as "an invitation to change perspective," says Pierce. By getting us to view a situation from a different—even funny—angle, it helps us to put life's problems in balance.

The when of humor

In many relationships, it's common to share playful banter. If your humor tends to be more on the hostile side, consider this: It likely won't change unless the underlying, unspoken issues are addressed. Take note of hostile humor and face the situation that's being avoided.

As a way to offer support to your spouse or partner, know that humor can be useful to someone who is experiencing anxiety or stress. Be sure that you know your partner and the situation well enough, though, to gauge whether she is ready to lighten up.

Learning humor

You may have been the class clown, or the one who

laughs at everyone else's jokes. But if you feel you have no sense of humor at all, it's not too late. While it may be hard to learn to be a comedian, there's more to lightening up than telling jokes.

Try these tips to start learning how to see humor in everyday life:

- Sign up for joke lists on the Internet, such as a "joke a day" cartoon.
- Watch a sitcom or funny movie.
- Look to the world around you and see something different.
- Learn one or two good jokes, even one-liners. Even a "chicken crossing the road joke," which you could learn quickly! Practice it, and keep it in your pocket. Then invite someone to share a laugh with you.

Resources

A Joke a Day

www.ajokeaday.com

Association for Applied and Therapeutic Humor

www.aath.org

Humor Matters

www.humormatters.com

By Judy Galliher

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Source: *The American Psychological Association, The Association for Applied and Therapeutic Humor*

MEMBER FORUM



Dear Daddy,

I love and miss you a lot. I did it. I have my high school diploma. I did it for you and me.

Grandma and Grandpa help me into social rehab and made me more friends and a boyfriend. I care about myself more than after you passed away.

Love your little girl,
Linda L.

I have been at social rehab program 15 years.

I have been learning a lot each day.

I have improved my reading, writing, social skills, and how to do things for myself.

I have learned how focus helps me to improve.

I thank my treatment team: there is no "I" in "TEAM".

Robert P.
MHC Violet St.



New Provider Locations Opening Soon in Pasco County!

Two FHP providers will soon be opening outpatient service locations in Pasco County. **Directions for Mental Health, Inc.** will open a location in New Port Richey. **Mental Health Care, Inc.** will be opening in Wesley Chapel. Both new locations will be available August 1, 2011. If you have any questions, or for access to care, please contact the providers at the numbers below, or contact FHP at 888-563-9022:

Directions for Mental Health, Inc.
5642 Meadowland Street
New Port Richey, FL 34652
(727) 524-4464

Mental Health Care, Inc.
2740 Windguard Circle, Suite 101
Wesley Chapel, FL 33544
(813)239-8526

By Peggy B.

From Access House

Something of Value doesn't always mean material things! The greatest thing we have of value is what we think of ourselves.



If we have something material and can't take care of it, maybe its best if we never have it at all.



We can be wealthy by being given everything we desire, but if we feel we didn't work for it, we may not appreciate any of it.

Would you like to have your story, poem or drawing placed in our next newsletter? If yes, please call our Consumer Affairs Coordinator at 800-808-0833 extension 327219,

or mail it to:

**ValueOptions®
Member Newsletter
8906 Brittany Way
Tampa, FL 33619**



Advocacy Basics

“The act or process of supporting a cause or proposal” is Webster’s Definition of advocacy. As a person with Bipolar Disorder, this process began by learning all I could about myself and researching options for treatment and other tools of recovery; then I sought what I needed. Sounds simple right? Yes...and No...Advocacy is ongoing and can be done in a variety of ways. Acts of advocacy can be as simple as reading an article or (see, you’re already doing it!), going to a lecture, or watching a program about mental illness/recovery. You may decide to tell your story to trusted others who understand; then you can also expand this to others who have not lived with a mental illness and may not understand. Whether this is primarily for self-preservation, self esteem or the welfare of others, when speaking up it is important to remember that there is no right or wrong way to do it and only YOU can decide when/where and how you want to share.

Other levels of advocacy can range from speaking, or writing about your story to staying up to date on legislation and public policy and passing it on to others. More specifically, your story can be featured in this newsletter or you can submit a scrapbook page for the “My Story Matters” project.

Whatever form advocacy takes, persistence and assertiveness skills go a long way to help in the efforts. For example, if you are in a situation where your unique perspective isn’t coming across or being respected. Symptoms and difficulties related to mental illness plus the experience of stigma can make it more difficult to be assertive and all the more heroic when we do. However, if we truly believe that stigma is an opportunity for advocacy and raising awareness it is like a salve against the sting of stigma and the pain of suffering in silence.

Respectfully submitted, Sandra Kaiser, Consumer Affairs Advocate, Area 8

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More Information on Advocacy

www.achievesolutions.net recommends the following 6 guidelines for assertive communication. The following are some talking points for each:

1. Staying in the present moment.

Instead of saying: *"You always treat me like I am an idiot when I have an episode"*

Try saying : *"I don't feel comfortable with you joking about my illness"*

2. Stay with the facts:

Instead of saying: *"People have told me that you do this all the time"*

Try: *"Your jokes don't demonstrate that you have an understanding of what my challenges are"*

3. State your feeling and how it affected you:

Instead of: *"You seem angry about this conversation..."*

Try: *"I feel discouraged and hurt that you made a joke at my expense"*

4. Say what you want from the other person/people. Get to the point:

Instead of saying: *"Maybe I'm being too sensitive when you are just joking. I can try not to take it so seriously..."*

Try: *"I want you to stop making jokes about me and take my symptoms/difficulties seriously"*

5. Don't get hung up on the outcome:

Realize that standing up for yourself IS the desired outcome--not how the other person reacts to you. Even if the other person doesn't change their behavior, it is empowering for us to change our behavior and become our best self-advocates.

www.disabilityrightsflorida.org is an organization that is able to provide individual and group support, education, resources and advocacy. They have identified 10 Steps to Effective Self-Advocacy which are summarized below. Be sure to go to their website for details about each one.

- Believe in yourself
- Learn your rights
- Discuss your questions and concerns
- Be effective on the phone
- Put it in Writing
- Get information and decisions in writing
- Use the chain of command
- Know your appeal rights and responsibilities
- Follow up and say thank you
- Ask for help.





Ask Daina

Daina Gold is a Certified Recovery Peer Specialist. She works for ValueOptions® as a Consumer Affairs Coordinator in Area 7. Daina concentrates on assisting parents whose adult children struggle with bipolar disorder.

Question: Our daughter, 35, has bipolar disorder. She has moved in with us because she cannot work. Her behavior, while improved with prescribed medications, is still erratic. She is difficult to live with. We ask her to do small chores. She says she will, but does not. She has a debit card and often spends all her money before her next government check arrives, and so she asks for loans from us. We make it a priority to ensure her comfort. We are feeling overwhelmed, and also a bit angry. What can we do to have a happy home again?

Suggestion: You are not alone. Many parents feel overwhelmed and without direction when taking on the welfare of an adult child diagnosed with bipolar disorder. It seems only common sense to

put air masks on our faces before children if the airplane suffers turbulence. However, when it comes to placing the quality of your life over that of your adult child, most parents feel at fault. To determine if your daughter is experiencing symptoms, or if she is being insolent, ask yourself if she *can't* or *won't* do the task at hand. If she can't, she may need a change in medical treatment, but if she won't it may be time to re-establish the agreements you made when she moved in .

A powerful approach would be to realize with each other that you have participated in creating this chaos. Not knowing what to do, you may have allowed careless behavior, in hopes that she would improve. Because you have let her trespass over your boundaries, she now understands that she is not accountable.

Have a family meeting. Open it by saying that up until today you have allowed certain behaviors, and as of this minute new house rules are in effect. Now describe what you expect from her in each area of home life. Discuss in a loving way. But ask her to be an adult; an adult with a disorder, but an adult never-the-less.

This is not the time for ultimatums. Now is a time for everyone in the family to be on the alert to practice behaviors that add to harmony.

*Send questions to Daina Gold:
daina.gold@valueoptions.com*

Common Myths about Mental Illness (and the facts)

MYTH

Children don't experience mental illnesses. Their actions are just products of bad parenting.

FACT

A report from the President's New Freedom Commission on Mental Health showed that in any given year five to nine percent of children experience serious emotional disturbances. Just like adult mental illnesses, these are clinically diagnosable health conditions that are a product of the interaction of biological, psychological, and social factors.

Information provided by SAMHSA (<http://www.whatadifference.samhsa.gov/index.html>)



Emergency & Outpatient Contacts

Area 3 Emergency & Outpatient Contacts NFBHP Service Center: 1-866-570-0895	Area 3 Contacts <i>(Continued)</i>
<p style="text-align: center;"><i>Citrus & Marion Counties</i></p> <p><u>The Centers</u> (www.thecenters.us)</p> <ul style="list-style-type: none"> • Access to Care– Citrus 352-628-5020 • Access to Care– Marion (60th Ave) 352-291-5510 • Access to Care– Marion (MLK Ave.) 352-351-6900 <p>Adult and Child Crisis Stabilization Unit and Emergency Intake</p> <ul style="list-style-type: none"> • Emergency Services– Marion 352-291-5522 • 24-hour Crisis Line– Marion 352-629-9595 • 24-hour Crisis Line– Citrus 352-726-7155 <p><u>Camelot Community Care</u> (www.camelotcommunitycare.org)</p> <ul style="list-style-type: none"> • Access to Care– Citrus & Marion 352-671-7884 <p style="text-align: center;"><i>Columbia County</i></p> <p><u>Umesh Mhatre, MD</u></p> <ul style="list-style-type: none"> • Access to Care 386-754-8000 <p><u>Rajani Ravindra, MD</u></p> <ul style="list-style-type: none"> • Access to Care 386-755-3000 <p style="text-align: center;"><i>Hernando County</i></p> <p><u>BayCare Behavioral Health Care</u> (www.baycare.org)</p> <ul style="list-style-type: none"> • Children’s Crisis Stabilization Unit/Emergency Intake for Adults and Children 352-540-9335 • Hernando Receiving Facility 352-544-9335 • Access to Care 1-866-762-1743 <p style="text-align: center;"><i>Lake & Sumter Counties</i></p> <p><u>LifeStream Behavioral Center</u> (www.lsbcc.net)</p> <ul style="list-style-type: none"> • Adult and Child CSU/Emergency Intake 352-315-7838 or 1-866-355-9394 • Access to Care 352-315-7800 or 1-866-355-9394 • Case Management Access to Care 352-315-7420 	<p style="text-align: center;"><i>Alachua, Bradford, Columbia, Dixie, Gilchrist, Hamilton, Levy, Lafayette, Suwannee & Union Counties</i></p> <p><u>Meridian Behavioral Healthcare</u> (www.mbhci.org)</p> <ul style="list-style-type: none"> • Adult & Child CSU/Emergency Intake 352-374-5600 or 1-800-330-5615 • Access to Care 352-374-5600 <p style="text-align: center;"><i>Levy County</i></p> <p><u>Penny Phares, ARNP</u> (www.childsplayfoundation.org)</p> <ul style="list-style-type: none"> • Access to Care 352-447-1775 <p style="text-align: center;"><i>Marion County</i></p> <p><u>Florida Mentor</u></p> <ul style="list-style-type: none"> • Access to Care 352-624-2137 <p style="text-align: center;"><i>Putnam County</i></p> <p><u>Putnam Behavioral Healthcare</u></p> <ul style="list-style-type: none"> • Access to Care 386-329-3780
Area 5 Emergency & Outpatient Contacts FHP Service Center: 1-888-563-9022	
	<p style="text-align: center;"><i>Pasco County</i></p> <p><u>Directions for Mental Health</u> (www.directionsmh.org)</p> <ul style="list-style-type: none"> • Access to Care (opening 8/1/11) 727-524-4464 <p><u>Mental Health Care</u> (www.mhcinc.org)</p> <ul style="list-style-type: none"> • Access to Care (opening 8/1/11) 813-239-8526 <p style="text-align: center;"><i>Pinellas County</i></p> <p><u>Boley Centers, Inc.</u> (www.boleycenters.org)</p> <ul style="list-style-type: none"> • Access to Care 727-499-2352 <p><u>Camelot Community Care</u> (www.camelotcommunitycare.org)</p> <ul style="list-style-type: none"> • Access to Care 727-593-0003

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<p align="center">Area 5 Contacts <i>(Continued)</i></p>	<p align="center">Area 6 Emergency & Outpatient Contacts FHP Service Center: 1-800-808-8033</p>
<p><u>ConsultCare, Inc.</u> (www.consultcareinc.com)</p> <ul style="list-style-type: none"> • Access to Care 813-657-3200 <p><u>Directions for Mental Health</u> (www.directionsmh.org)</p> <ul style="list-style-type: none"> • Access to Care 727-524-4464 • Clearwater Center 727-524-4464 • Largo Center 727-547-4566 • Child Safety/Family Preservation 727-456-0600 or 727-456-0640 <p><u>Gulf Coast Jewish Family Services, Inc.</u> (www.gcjfs.org)</p> <ul style="list-style-type: none"> • Access to Care 727-479-1811 <p><u>Personal Enrichment Through Mental Health</u> (www.pemhs.org)</p> <ul style="list-style-type: none"> • 24-hour Suicide Hotline 727-791-3131 • 24-hour Mental Health Assistance 727-541-4628 • CSU 24-hr Emergency/Inpatient Care (Pinellas Pk) 727-545-6477 • CSU (St. Petersburg) 727-550-4231 • Family Emergency Treatment Ctr. <ul style="list-style-type: none"> ▫ Urgent Care Walk-In Clinic 727-552-1053 <p><u>Suncoast Center, Inc.</u> (www.sccmh.org)</p> <ul style="list-style-type: none"> • Access to Care 727-327-7656 ext. 4960 	<p align="center"><i>Manatee County</i></p> <p><u>Manatee Glens</u> (www.manateeglens.org)</p> <ul style="list-style-type: none"> • 24-hour Emergency Svcs/Inpatient 941-782-4617 • Outpatient Services 941-782-4150 <p align="center"><i>Hillsborough County</i></p> <p><u>Northside Mental Health Center</u> (www.northsidemhc.org)</p> <ul style="list-style-type: none"> • Emergency Services 813-977-8700 • Outpatient Services– Bruce B Downs 813-977-8700 • Outpatient Services– E 139th Ave 813-972-2289 <p><u>Camelot Community Care</u> (www.camelotcommunitycare.org)</p> <ul style="list-style-type: none"> • Access to Care 813-635-9765 <p><u>ConsultCare, Inc.</u> (www.consultcareinc.com)</p> <ul style="list-style-type: none"> • Access to Care 813-657-3200 <p><u>Mental Health Care, Inc</u> (www.mhcinc.org)</p> <ul style="list-style-type: none"> • 24-hour Central Access Line 813-744-8880 • 24-hour Central Intake/Emergency <ul style="list-style-type: none"> ▫ Adults 813-272-2882 ▫ Youth 813-272-2882 • Access to Care 813-744-8880 <ul style="list-style-type: none"> ▫ Family Resource Ctr. (Tampa) 813-272-2244 ▫ Panos Center (Plant City) 813-707-7044 ▫ Violet St. Medication Clinic 813-673-4622 ▫ Palmer St. Medication Clinic 813-707-7077 <p><u>Crisis Center of Tampa Bay</u> (www.crisiscenter.com)</p> <ul style="list-style-type: none"> • Access to Care 813-264-9955 <p><u>The Children’s Home, Inc.</u> (www.childrenshome.org)</p> <ul style="list-style-type: none"> • Outpatient Svcs-children/families 813-864-1421 <p align="center"><i>Polk County</i></p> <p><u>Peace River Center</u> (www.peacrivercenter.org)</p> <ul style="list-style-type: none"> • 24-hour Emergency Svcs. 863-519-3744 or 1-800-627-5906 • Crisis Stabilization Unit 863-519-3747 • Access to Care (Lakeland) 863-248-3311 • Access to Care (Bartow) 863-519-0575



Area 6 Contacts <i>(Continued)</i>	Area 7 Emergency & Outpatient Contacts <i>(Continued)</i>
<p><u>Winter Haven Hospital, Center for Behavioral Health</u> (www.winterhavenhospital.org)</p> <ul style="list-style-type: none"> • 24-hour Emergency/Inpatient Care 863-294-7056 • Children's Access to Care 863-294-7062 • Adult Access to Care 863-297-1702 <p style="text-align: center;"><i>Hardee County</i></p> <p><u>Peace River Center</u> (www.peacrivercenter.org)</p> <ul style="list-style-type: none"> • 24-hour Emergency Services 863-519-3744 Or 1-800-627-5906 • Crisis Stabilization Unit 863-519-3747 • Access to Care (Wauchula) 863-248-3311 <p style="text-align: center;"><i>Highlands County</i></p> <p><u>The Paradigm Group</u> (se habla español)</p> <ul style="list-style-type: none"> • Access to Care 863-452-0710 <p><u>Tri-County Human Services, Inc.</u> (www.tchsonline.com)</p> <ul style="list-style-type: none"> • Access to Care 863-452-0106 	<p><u>Kinder Konsulting</u> (by referral only)</p> <ul style="list-style-type: none"> • Access to Care 407-657-6692 <p><u>Intervention Services, Inc.</u> (www.isifl.org)</p> <ul style="list-style-type: none"> • Access to Care 407-931-2911 <p><u>Park Place Behavioral Health Care</u> (www.ppbh.org)</p> <ul style="list-style-type: none"> • Access to Care 407-846-0023 ext. 3110 • Crisis Stabilization Unit– Adults 407-846-0023 • Crisis Stabilization Unit– Children 407-846-0023 <p style="text-align: center;"><i>Seminole County</i></p> <p><u>Behavioral Support Services</u> (www.bssorlando.com)</p> <ul style="list-style-type: none"> • Outpatient Svcs. Children/Families 407-830-6412 <p><u>Intervention Services, Inc.</u> (www.isifl.org)</p> <ul style="list-style-type: none"> • Access to Care 407-331-8002 <p><u>Kinder Konsulting</u> (by referral only)</p> <ul style="list-style-type: none"> • Access to Care 407-657-6692 <p><u>Seminole Behavioral Healthcare</u> (www.seminolecares.org)</p> <ul style="list-style-type: none"> • Access to Care (Fern Park) 407-831-2411 • Access to Care (Sanford) 407-323-2036 • CSU– Adults (24/7 Hotline) 407-321-4357 <p style="text-align: center;"><i>Brevard County</i></p> <p><u>Circles of Care</u> (www.circlesofcare.org)</p> <ul style="list-style-type: none"> • Central Access Line (Outpatient-1st appts): 321-890-1550 • Outpatient– Child/Family (Melbourne) 321-952-6000 • Outpatient (Rockledge) 321-890-1500 • Outpatient (Titusville) 321-269-4590 • Hospital & CSU– Adult 321-914-0640 • CSU– Children 321-676-6648 <p><u>Intervention Services, Inc.</u> (www.isifl.org)</p> <ul style="list-style-type: none"> • Access to Care 321-639-1224 <p><u>Kinder Konsulting</u> (by referral only)</p> <ul style="list-style-type: none"> • Access to Care 407-657-6692
Area 7 Emergency & Outpatient Contacts FHP Service Center: 1-866-717-3816	
<p style="text-align: center;"><i>Orange County</i></p> <p><u>Behavioral Support Services</u> (www.bssorlando.com)</p> <ul style="list-style-type: none"> • Access to Care 407-830-6412 <p><u>Intervention Services, Inc.</u> (www.isifl.org)</p> <ul style="list-style-type: none"> • Access to Care 407-331-8002 <p><u>Lakeside Behavioral Healthcare</u> (www.lakesidecares.org)</p> <ul style="list-style-type: none"> • Access to Care 407-875-3700 • Hospital 407-875-3700 • CSU– Adults 407-822-5052 • CSU– Children 407-822-5052 <p style="text-align: center;"><i>Osceola County</i></p> <p><u>Behavioral Support Services</u> (www.bssorlando.com)</p> <ul style="list-style-type: none"> • Outpatient Services 407-830-6412 	

Area 8 Emergency & Outpatient Contacts
FHP Service Center: 1-866-218-6069

Charlotte County

Charlotte Behavioral Health Care (www.cbhcfi.org)

- Access to Care 941-639-8300
- Crisis Stabilization Unit 941-575-0222

Collier County

David Lawrence Center (www.davidlawrencecenter.org)

- Access to Care (Naples) 239-455-8500
- Access to Care (Immokalee) 239-657-4434
- CSU 239-455-8500

Family Preservation Services

- Access to Care 941-359-1927

Hendry and Glades Counties

Hendry Glades Behavioral Health Center

- Access to Care (Clewiston) 863-983-1423
- Access to Care (LaBelle) 863-674-4050

Therapy Counseling Services (Alicia Perez, PhD)

(www.therapycounselingservices.com)

- Access to Care (Clewiston) 863-677-4358

Lee County

Lee Mental Health Center (www.leementalhealth.org)

- Access Center 239-275-3222
- CSU (VISTA Campus) 239-275-3222
- 24-hour Emergency Svcs. 239-275-4242

Family Preservation Services (www.provcorp.com)

- Access to Care 239-332-8009

Children's Advocacy Center (www.cac-swfl.org)

- Outpatient services for children who are victims of abuse or domestic violence and their families
239-939-2808

JBH Behavioral Health Systems, LLC (www.jbhllc.com)

- Access to Care 239-936-1114

Sarasota and Desoto Counties

Coastal Behavioral Healthcare (www.coastalbh.org)

- Access to Care (Adults) 941-552-1950
- Outpatient (Sarasota) 941-953-0000

Area 8 Emergency & Outpatient Contacts
(Continued)

- Outpatient (Venice) 941-492-4300
- Outpatient (Arcadia) 863-993-2911
- CSU 941-364-9355
- Family Emergency Treatment Center 941-552-1950

Family Preservation Services (www.provcorp.com)

- In-Home Counseling & Outpatient Services
941-359-1927





Area Support Groups



Bipolar Support Groups/DBSA Chapters

Florida <u>DBSA State Organization</u>	813-878-2906
Brandon <u>DBSA Tampa Bay</u>	813-878-2906
Clearwater <u>DBSA N. Pinellas</u>	727-420-1969
Fort Myers <u>Fort Myers DBSA</u>	239-277-0778
Lakeland <u>Lakeland DBSA</u>	863-413-2788
Merritt Island <u>Island Bipolar Support</u>	321-639-9347
Naples <u>Collier County DBSA</u>	239-649-6241
Orlando <u>Greater Orlando DBSA</u>	407-294-1193
Pasadena <u>DBSA Tampa Bay</u>	813-878-2906
Rockledge <u>Rockledge DBSA</u>	321-409-1272
Rockledge <u>DBSA Space Coast</u> <small>(Consumers only)</small>	321-749-4501
Sarasota	941-922-2724
St. Petersburg <u>DBSA Suncoast Center</u>	727-327-7656
St. Petersburg <u>St. Petersburg DBSA</u>	727-510-3755
St. Pete East <u>DBSA Tampa Bay</u>	813-878-2906
St. Pete West <u>DBSA Tampa Bay</u>	813-878-2906
Tampa <u>DBSA Tampa Bay</u>	813-878-2906
Tampa (East) <u>DBSA Tampa Bay</u>	813-878-2906
Tampa (North) <u>DBSA Tampa Bay</u>	813-878-2906
Tampa (South) <u>DBSA Tampa Bay</u>	813-878-2906
Tampa (West) <u>DBSA Tampa Bay</u>	813-878-2906
Titusville <u>DBSA Space Coast</u>	321-482-8766
Zephyrhills <u>Tampa Bay DBSA</u>	813-878-2906

National Alliance for the Mentally Ill (NAMI)

Bartow <u>NAMI Polk County</u>	863-533-4411
Fort Myers <u>NAMI Lee County</u>	239-931-9301 or 239-693-9304 ext. 215
Elfers <u>NAMI Pasco County</u>	727-992-9653
Gainesville <u>NAMI of N. Central FL</u>	800-330-5615 x8322
Holmes Beach <u>NAMI Of Manatee County</u>	941-778-2095
Homosassa <u>NAMI of Citrus Co.</u>	352-341-3273
Kissimmee <u>NAMI Osceola</u>	407-412-8989
Lake Placid <u>NAMI Highlands</u>	941-465-1961
Leesburg <u>NAMI Lake-Sumter Co.</u>	352-406-8695
Melbourne <u>NAMI of South Brevard</u>	321-727-2251
Naples <u>NAMI Collier County</u>	239-434-6726
Ocala <u>NAMI Marion County</u>	352-368-2405
Orlando <u>NAMI Greater Orlando</u>	407-253-1900
Orlando <u>NAMI Path</u>	407-657-6264
Port Charlotte <u>NAMI Charlotte County</u>	941-268-8033
Rockledge <u>NAMI Space Coast</u>	321-453-0163 or 321-453-4462
Sarasota <u>NAMI of Sarasota Co.</u>	941-957-3626
Sebring <u>NAMI of Highlands Co.</u>	877-626-4352
Spring Hill <u>NAMI of Hernando Co.</u>	352-544-0352
St. Petersburg <u>NAMI Pinellas County</u>	727-791-3434 or 727-709-2611
Tampa <u>NAMI Hillsborough</u>	813-273-8104
Tampa - Town and Country Hospital	813-925-8302
Winter Haven	863-293-6589

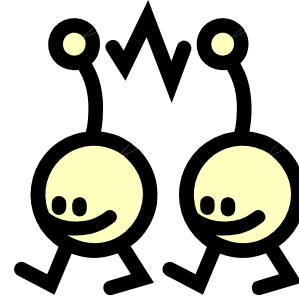


Summer Fun Page

DOUBLE TROUBLE

Feed, good and kiss are 3 examples of words with double letters. Use the clues and fill in the blanks to find words with consecutive double letters. Remember, these words have at least 2 sets of double letters in a row! Then read below to for explanations and interesting facts related to the answer words.

- | | |
|---|---------------|
| 1. It's a bird! It's a plane! No, it's a... | B _ _ _ _ N |
| 2. Body modification. | T _ _ _ O |
| 3. A group of people formed for a purpose. | C _ _ _ _ _ E |
| 4. Acuteness or acumen.
-Experts Only- | K _ _ _ _ _ S |
| 5. Here Kangaroo! Here Dingo! | C _ _ _ E! |

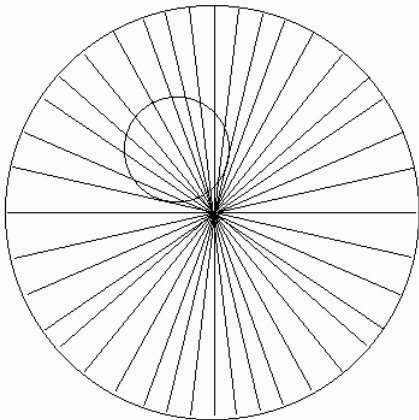


1. Clue: It's a bird! It's a plane! It's a... **BALLOON**. The first balloon was invented in 1709. Now, balloons are used as an atrship design, in celebrations, and even in medicine! Military use of the balloon first occurred in the American Civil War in map-making and in signaling armies.
2. Clue: Body modification... **TATTOO**. Tattooing is a form of body modification. Many cultures all over the world practice tattooing. The first tattoos were found on ancient Egyptian mummies and on "Otzi the Iceman," who was found frozen in the Italian Alps!
3. Clue: A group of people formed for a purpose... **COMMITTEE**. Committees are often formed when a group of people need to make a decision. They can range in size from just a few people to a very large group of people. The most well-known examples of committees are in government where committees are delegated to decide on legislation.
4. Clue: Acuteness or acumen. **KEENNESS**. Keeness is a synonym for perceptive, fine, acute, sensitive, sharp, quick. The word "keen" comes from an Old English word that means "brave."
5. Clue: Kangaroos, dingoes and kookaburras! **COOEE**. Cooee is a chant used in the Australian Outback. It is usually shouted to attract attention, indicate one's location, or find missing people.

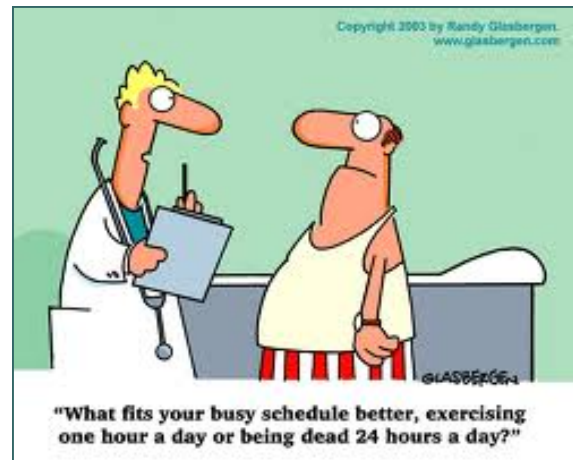
Answers:

Brain Mysteries

When is a circle NOT a circle?



When the extra information surrounding it tricks your brain into seeing a distorted image. Try covering the lines with a piece of card to remove some of the interfering information. Both are perfect circles!



Joke of the Day...

Did you hear about the restaurant
on the Moon?
Great food, but no atmosphere!

