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NAMI of MIAMI on the web - <http://www.namiofmiami.org>

**GENERAL MEETING
MONDAY APRIL 18, 2011 7:00 P.M.
COCONUT GROVE SAILING CLUB - 2ND FLOOR
2990 SOUTH BAYSHORE DRIVE
MIAMI**

NAMI OF MIAMI ELECTIONS

Elections for the NAMI of Miami Board of Directors 2011- 2013 term will take place at the April 18, 2011 general meeting.

The nominating committee presents the following candidates for election to the two year term January 2011 through January 2013:

- Darlene Adams, R.N.
- Jorge Arenas
- Luis Bencomo, M.D.
- Donna Flynn, Ph. D
- Eleanor Goldman, M. Ed.
- Jesus Suarez
- Judith Robinson
- Mark Zimmer
- Armando Rodriguez, M.D.

The following individuals will continue on the board for the second year of their two-year term ending January 2012:

- James Bayonne
- Duane O'Hara
- Elizabeth Torres
- Ted Franklin
- Manuel Ramirez, M.D.
- Bickley Simpson, Ed.D.

Further nominations may be submitted in writing to the nominating committee or a board member. Call 305-665-2540 or email namiofmiami@aol.com.

APRIL GENERAL MEETING

The Guest Speaker at the April meeting will be Rhonda Bohs, Ph.D., Vice President Research & Program Development at Spectrum Programs/Miami Behavioral Health Center.

Spectrum Programs, Inc (SPI)/Miami Behavioral Health Center (MBHC) are comprehensive behavioral healthcare providers that offer a wide-array of services in South Florida communities.

Community mental health, substance abuse treatment, and prevention services are provided by SPI/MBHC throughout Miami-Dade and Broward Counties

Socializing and refreshments will begin at 7:00 P.M. and the program will begin at 7:30, followed by a question and answer session.

PEER TO PEER AND FAMILY TO FAMILY TRAINING

The Family to Family (F2F) training program has been postponed indefinitely.

Peer to Peer (P2P) training is scheduled to begin March 26, the last Saturday of the month. P2P is a learning program for persons with any serious mental illness who are interested in establishing and maintaining their wellness and recovery.

Contact Jorge 305-638-3022.. email bogota62_2001@yahoo.com or Crystal 305-378-2532 if interested.

NARSAD-Funded Researchers Using Fiber-Optic Technology ('Optogenetics') Discover Novel Circuit in the Brain to Reduce Anxiety

NARSAD Scientific Council Member Karl Deisseroth, M.D., Ph.D., and NARSAD Young Investigator Kimberly Thompson, Ph.D., and colleagues at Stanford University employed a mouse model to show that stimulating activity in a specific brain circuit enhances the animal's willingness to take risks, while inhibiting its activity renders them more risk-averse. This discovery could lead to new treatments for anxiety disorders, Dr. Deisseroth said. This discovery utilized optogenetics, a state-of-the-art technology pioneered by Dr. Deisseroth and supported by a NARSAD grant. *[from NARSAD website www.narsad.org]*

SYMPTOMS OF SCHIZOPHRENIA

(Many of our readers are familiar with the symptoms of schizophrenia. The following is presented for those who may be new to dealing with a family member exhibiting unusual behavior.)

Schizophrenia is a chronic, severe and disabling brain disease.

The first signs of schizophrenia often appear as confusing, or even shocking, changes in behavior. Coping with the symptoms of schizophrenia can be especially difficult for family members who remember how involved or vivacious a

person was before they became ill. The sudden onset of severe psychotic symptoms is referred to as an "acute" phase of schizophrenia. "Psychosis," a common condition in schizophrenia, is a state of mental impairment marked by hallucinations, which are disturbances of sensory perception, and/or delusions, which are false yet strongly held personal beliefs that result from an inability to separate real from unreal experiences. Less obvious symptoms, such as social isolation or withdrawal, or unusual speech, thinking, or behavior, may precede, be seen along with, or follow the psychotic symptoms.

CONSUMER CORNER

From time to time NAMI NEWS *prints writings from primary consumers of mental health services. The following essay is submitted by* *Lucrecia Berzanski.*

The Hidden Mysteries of the power of Love

Nobody can stop you from letting somebody in the grocery line; Nobody can stop you from letting somebody in the traffic line; Actually, they love it and they don't even know you are the one coming out with a good feeling.

'Cause it's about love and kindness, isn't it? Let somebody in your busy schedule today and see what you get out of it. SMILE. This is a real cheap thrill.

Jesus says, "Love your neighbor", and he's right. It's the evolved human condition we are in so much of. Who has love today?

Don't delay love. Answer the call. Don't stop loving. Love grows. Stop being selfish and you'll see how quickly it becomes scarce.

Give it away and it comes back to you. Keep all my commandments Jesus said but love is the greatest of all.

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