

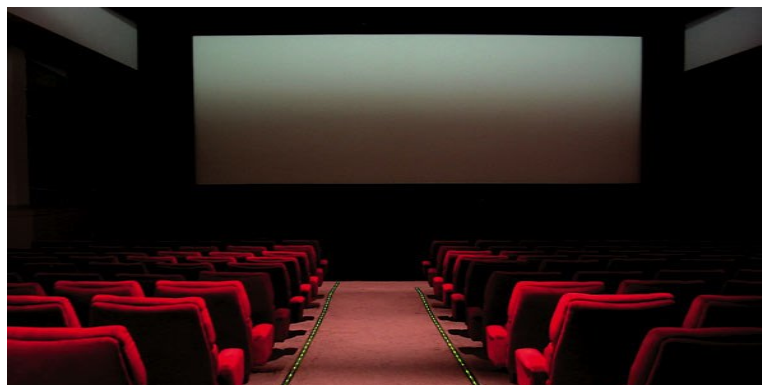
OCTOBER 2015 VOLUME 7, ISSUE 4

# GOC GAZETTE



Rebuilding lives  
Removing stigma  
Restoring dignity  
Resource  
for mental health recovery

## Paths to Recovery: GOC hosts a Night of Enlightenment



Date: October 7  
Times: 6:00p-Greeting  
6:30p-Movie  
7:30p-Panel  
Place: Straughn Center  
2142 Shealy Drive  
RSVP: (352) 224-5523  
[pam@goclubhouse.org](mailto:pam@goclubhouse.org)

The Stigma of mental illness is a major obstacle in mental health recovery. For that reason, the Gainesville Opportunity Center will be hosting a documentary and panel discussion aimed at dispelling myths about mental illness and enlightening people on realistic recovery paths. People living with mental illness can and do live full and meaningful lives. Our event is aimed at showing medical professionals, families, and individuals some paths others have used in recovery and how the Gainesville Opportunity Center can be utilized in that process.

The event will take place Wednesday, October 7 at the Straughn Center from 6 – 9pm . From 6-6:30, we'll be hosting a meet and greet with our panel members, along with GOC members and staff. At 6:30 the movie starts, and at 7:30 the panel discussion starts. The movie is a documentary entitled "Voices of Hope and Recovery," chronicling several people along their paths of healing. Then we are fortunate to have Dr. Rajiv Tandon joining us. Dr. Tandon is known nationally for both his psychiatric research and patient care. He has authored more than 250 scientific publications, and given over 600 national and international scientific presentations. GOC member Ryan J. will also talk about his path to recovery. Ryan is and has been a very active member for several years during his recovery. He is now working full time and demonstrating there is hope. Wesley Evans will also be speaking. Wesley has also been in recovery from mental illness. Though at one time living on Social Security Disability, he is now serving as Ombudsman for Lutheran Services Florida, a funding agency of the GOC and many other mental health recovery efforts in North Central Florida. A family member of someone living in recovery will also speak. Admission is free for this enlightening event, though an RSVP is recommended. (Please call 352-224-5523 or email [Pam@goclubhouse.org](mailto:Pam@goclubhouse.org).)

## GOC Supports NAMI Walk

Each and every year the Gainesville Opportunity Center supports the National Alliance on Mental Illness annual walk at Westside Park to bring awareness to the cause. This year is no different. Saturday October 3, GOC Staff and members will set up a tent and host people who wish to come by and learn about our services. Registration for the walk starts at 9:00am. The walk is at 10:00am. If you wish to help with tent setup, please arrive at 7:30am. If you wish to help with tent and table breakdown that will begin at 11:00am.

Location: Westside Park  
1001 NW 34th St  
Date: October 3  
Register: 9:00am  
Walk: 10:00am

This event kicks off mental health awareness week. It is designed to educate the community about mental illness... what it is and isn't. This year's theme is "I am Stigma Free." There is hope!

## MIAW Events in Gainesville

The following table provides details on Mental Illness Awareness Week events occurring around town. Regardless of your ability to attend any of the events, remember to take opportunities to engage others in a meaningful conversation about mental illness. Seek to increase understanding and a sense of connection.



Date and Time	Organization	Location	Description of Event
Saturday, October 3 <sup>rd</sup> 10am	NAMI Gainesville	Westside Park 1001 NW 34 <sup>th</sup> St. Gainesville, FL 32605	Join us for a 1 mile walk. Registration begins at 9am, with the walk starting at 10am. Donations are appreciated.
Sunday, October 4 <sup>th</sup> 5 –7 pm	Mental Health Coalition of North Central Florida	34th Street Wall	We will paint a mental illness awareness mural
Monday, October 5 <sup>th</sup> 6 – 7:30pm	Alachua County Crisis Center	Alachua County Community Support Services 218 SE 24 <sup>th</sup> Street Gainesville, FL 32641	“An Introduction to Suicide Prevention and the Alachua County Crisis Center” presented by Laurel Nesbit, Project Coordinator
Wednesday, October 7 <sup>th</sup> 6 - 9pm	Gainesville Opportunity Center	Straughn Center 2142 Shealy Drive Gainesville, FL 32608	Documentary screening of “Voices of Hope and Recovery,” plus Q & A panel discussion. Admission is free but RSVP is recommended; please call (352) 224-5523.
Thursday, October 8 <sup>th</sup> 9 - 11am	Veteran’s Affairs	VA Auditorium 1601 SW Archer Road Gainesville, FL 32608	VA Mental Health Fair
Thursday, October 8 <sup>th</sup> 6 – 9pm	UF Health Psychiatry	Hippodrome Theatre 25 SE 2 <sup>nd</sup> Place Gainesville, FL 32601	Free documentary screening of “The Misunderstood Epidemic: Depression” and art showcase
Friday, October 9 <sup>th</sup> 2 – 5pm	Saint Leo University Gainesville	Saint Leo University Gainesville Center 4650 NW 39 <sup>th</sup> Place, Suite B Gainesville, FL 32606	Two presentations on the topic of mental health and education
Saturday, October 10 <sup>th</sup> All day	Friends of the Crisis Center	Cofrin Nature Park 4810 NW 8 <sup>th</sup> Avenue Gainesville, FL 32605	Visit the Survivors of Suicide Memory Garden

## GOC at Health Street

OCTOBER 2015

In the month of September, the GOC participated in the recovery month mental health fair. The event was held at Health Street and was to encourage those with a mental illness to find an appropriate program to help them. Other groups participating included UF Counseling and Wellness Center, UF Department of Psychiatry, National Alliance on Mental Illness, UF College of Law Intimate Partner Violence Clinic, and Alachua County Health Department.



Pictured: GOC Program Director Brett Buell, GOC Members Troy F., Burt W.

## Job Seekers: Disclosing the Disability

One of the most common questions I get when helping people applying for a job is whether to disclose a disability on a resume. The answer is pretty simple: NO. Your resume is a marketing document that is designed to emphasize your strengths and get you into the job interview. You don't want to put things on there that will cause employers to set your resume aside. While labor laws prevent employers from discriminating against people with disabilities, you still don't want to advertise it at this initial stage of the employment process.

The first thing you need to ask yourself when applying for a job is "Can I do it?" If the answer is yes, then the disability is irrelevant and you shouldn't mention it on your resume.

Are there any situations that you would disclose your disability? Only those where the job is advertised to people with that particular situation. If they are specifically looking for people recovering from depression or PTSD, and that describes you, then you should put it on your resume.

## Seasonal Employees: Now is the Time



For those looking for a career in retail or for a little extra cash in your pocket, retail businesses are starting to hire for the holiday rush.

Many retail jobs require little or no experience and if you have had gaps in your work history, they can be a good way to get some recent experience under your belt. As always, the GOC can help with job counseling and resumes. Contact Brett at 224-5523 or email him at [Brett@Goclubhouse.org](mailto:Brett@Goclubhouse.org).

charity **belk**  
**SALE**  
 SAVE UP TO **70%** AT BELK  
 support the  
 Gainesville  
 Opportunity  
 Center

For those who shop at Belk, a \$5 ticket purchase is a great way to benefit the GOC. 100% of your ticket sales goes to benefit us and is applied to your purchase during the four hour sale on November 7.



Pay \$5 for a ticket to attend this special event  
 all ticket sales proceeds go directly to support charities  
 Get your \$5 back on your first purchase!

*sale includes special savings on rarely discounted brands!*

4 HOURS – 1 DAY ONLY  
 Saturday, November 7 • 6-10am

Call us at 352-224-5523  
 Tickets MUST be purchased in advance!



Please call Pam Demers or stop by the GOC to purchase tickets!

Tax Deductible Donations:  
<http://goclubhouse.org/donate/>

