

# NAMI Tarrant County

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## *Tarrant County's Voice On Mental Illness*

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**3136 W. 4th St, Fort Worth, TX 76107-2113 (817) 332-6677**  
**Email: [namitc.adams@gmail.com](mailto:namitc.adams@gmail.com)**  
**Website: [www.nami.org/sites/namitarrantcounty](http://www.nami.org/sites/namitarrantcounty)**

Volume 4 \_\_\_\_\_ Newsletter \_\_\_\_\_ April 2012

**Location: University Christian Church, 2720 S. University Dr, Room 211, Fort Worth**  
**Support Groups 6:00 pm; Light Meal 7:30 pm; Program: 7:45-8:30 pm**  
**Bring a friend. If you need directions, call or email the office.**

**Please note that the doors on the west and north side of University Christian Church are locked due to security issues. You will need to enter the building under the portico to the east (University Dr). Parking is available on the north and east side of the church.**

**April 19, 2012**

**Speaker: Warren Jackson, PhD, ABPP**

**Topic: Care for the Care Provider**

### **People with Mental Illness Enrich Our Lives: Alan Alda's mother**

Alan Alda, a star of *M\*A\*S\*H\** for eleven years, shares the story of his life in *Never Have Your Dog Stuffed*. He tells of spending his early life backstage in the comic world of burlesque and a decades-long effort to find compassion for the mother he lived with but never knew. He tells of learning the hard way that change, uncertainty, and transformation are what life is made of and true happiness is found in embracing them.

### **NAMIWalks Fort Worth Volunteer Information Meeting**

At the April 5 Board of Directors meeting, NAMI TC extended a job offer to Dana Beard who has accepted the position of NAMIWalk Manager. We welcome her aboard and hope that all of our members will want to get behind her as she oversees the coordination of all aspects of the NAMIWalks Fort Worth event. Dana will quickly be learning the ropes and planning the first event – the Volunteer Information Meeting. This event will take place later this month, but the time and place have yet to be determined. We will be sending out email blasts and watch the website for further information. She invites all of you to come out and help so “many hands will make light work.” There are many jobs to be done before **October 6**, and you will want to help NAMI TC fulfill this undertaking.

*Carolyn Apodaca*

### **NAMI TC Records**

An effort is being made to organize NAMI-TC records over the past several years. If you have copies of any general corporate records (such as meeting minutes, or membership applications), accounting, finance and tax records (such as bank statements, budgets, annual reports, or audit reports), or insurance records, please let us know what you might have by leaving a message at the office. We are also interested in hearing from consumers who would be interested in sorting, organizing, and scanning these documents.

*Martha Meyer and Frances Allen*

## **Family Education Opportunities**

Are you or someone you know interested in attending either a Family to Family, Visions for Tomorrow or Great Minds Think Alike class? The FTF class is a 12-week course for family caregivers of adults with severe mental illness, while the VFT class is for parents or caretakers of a child with a brain disorder who is college age or under. Great Minds Think Alike is an educational program for adolescents aged 12 to 17 with a brain disorder. The Peer to Peer class is taught over a 10-week course and is designed for consumers to take the focus off the illness and learn to balance it with the rest of their life. These *free* classes are taught by NAMI-certified instructors and provide education on mental illnesses and resources to assist and support consumers and family members. Pre-registration is required. Additionally, the Provider education program offers 30 hours of in service training to line staff at public mental health agencies. It is taught by a trained five-member team of family members, individuals living with mental illness and a mental health professional who is either a family member or individual living with mental illness.

### **FTF Classes**

#### **Fort Worth**

NAMI TC has recently finished a Family to Family class and is planning De Familia a Familia (Spanish version) class in the near future. If you are interested in attending a class (in English or Spanish) later this year, please call 817-332-6600 or 817-332-6677 to enroll/register for the class.

#### **Burleson**

NAMI Johnson County will teach a Family to Family class sometime in the future. The information about time and location will be provided later. Please call 817-295-8082 to enroll/register for the class.

### **Peer to Peer Classes**

NAMI TC will offer a PTP class sometime in the future. If you are interested in joining another future class, please call 817-332-6600 or 817-332-6677 to enroll/register for an upcoming class.

### **VFT Classes**

NAMI TC will be offering VFT class sometime in the future. If you are interested in attending a future VFT class, please call 817-332-6600 or 817-332-6677 and leave a message.

### **GMTA Classes**

NAMI TC will offer a Great Minds Think Alike class upon request. Please let us know if you know of someone interested in attending this class by calling 817-332-6600 or 817-332-6677 and leaving a message.

### **Provider Education Program**

NAMI TC will be offering a Provider education class sometime in the future. If you are interested in scheduling a class, please call 817-332-6600 or 817-332-6677 and leave a message.

*Martha Meyer*

## **Support Groups**

Support groups provide assistance to both consumers and families, provide insight into mental illness and how to more effectively cope with its impact on the family and reduce the stigma of mental illness within the family. A support group seeks to provide a place to confront fears; a place for validation; a place to learn and practice skills related to dealing with real-life issues which impact both consumers and families; a place to exchange information about mental illness and a place to network with other consumers/families about how they have solved problems and find help from the community that may

be available.

**Fort Worth**

**April 9, 2012**

Family caregivers are invited to a support group meeting the second Monday of every month from **7:00 to 8:30 pm** at MHA TC located at **3136 W 4th St.**

**Fort Worth**

**April 10, 2012**

Family caregivers of children/adolescents are invited to a support group meeting the second Tuesday of every month, 5:30 to 7:30 pm at MHMR FAIR West Children's Clinic located at **1527 Hemphill.**

**Joshua**

**April 12, 2012**

Family caregivers and consumers are invited to support group meetings the second Thursday of every month, 7:00 to 8:30 pm at **Joshua City Library** located on the High School Campus in Joshua. The address is Highway 174.

**Fort Worth**

**April 19, 2012**

Family caregivers and adult consumers are invited to separate support group meetings the third Thursday of every month, 6:00 to 7:30 pm at University Christian Church located at 2720 S. University Dr, **Rooms 201 (consumers); 226 & 227 (caregivers)**. One is advised to park on the north or east side of the church as entry is on the east side. The support groups are held prior to the monthly NAMI TC informative meetings.

**Arlington**

**NEW ROOM**

**April 26, 2012**

Family caregivers are invited to a support group meeting the last Thursday of every month, 7:00 to 8:30 pm across the street from Trinity United Methodist Church in Arlington. The meeting is held in the Wesley House, **3216 W. Park Row, Room 306.**

**Southlake**

**May 7, 2012**

Family caregivers are invited to a support group meeting the **first Monday of every month**, 7:00 to 8:30 pm at Whites Chapel United Methodist Church in Southlake. The meeting is held in the Resource Building, **185 S. Whites Chapel Blvd.** Enter the driveway off of 1709 Southlake Blvd. Resource Building is the first small building on the right. Enter through the small door to the right of the main entrance. Parking is behind the church.

At the monthly meetings, lists for additional support groups for consumers and caregivers are also available at the information tables.

*Martha Meyer*

**NAMI TC Board Meeting**

The NAMI TC Board of Directors met on April 6. The Budget/Finance Committee incorporated several new standards into the financial policies and procedures based on the NAMI Texas Standards of Excellence. Carolyn announced that NAMI-TC is one of only seven affiliates in Texas that has taken the initial step to adopt these standards. For information regarding committee work, please see the approved Board Minutes posted on the NAMI TC web site.

The NAMI TC Board normally holds their monthly meetings on the first Thursday of the month at **6:00 pm** at MHATC, located at **3136 W 4th St in Fort Worth.** The next meeting is **May 3, 2012.** All NAMI TC members are always welcome to attend and hear the discussions and learn the "behind the scenes planning.

*Carolyn Apodaca*

**Upcoming Training for NAMI Programs**

NAMI TC has the opportunity to send two individuals to receive free training so they can help NAMI TC provide educational and support opportunities for others. This is a great way to "pay it forward." Small acts of kindness can have a huge effect. You will not be alone but will work with team members. There is no cost for this training since it is a service provided by NAMI Texas through a

grant Via Hope. Please give thoughtful consideration to joining NAMI TC's trained educational and support teams. Call the NAMI TC office if you are interested.

*Family Support Group Facilitator Training **June 1-3, 2012, Dallas***

The Family Support Groups meet on a weekly, bi-weekly or monthly basis and are led by NAMI trained family members. Family members and friends receive support from each other by sharing their experience, strength and hope while caring for a loved one who has a mental illness.

*Basics Teacher Training **July 27 - 29, 2012, Location TBA***

NAMI *Basics* is a free 6-week educational program taught by trained teachers who are the parent or caregiver of individuals who developed the symptoms of mental illness prior to the age of 13 years. This course is specifically for parents and other caregivers of children and adolescents who have either been diagnosed with a serious mental illness/serious emotional disturbance, or who are experiencing symptoms but have not yet been diagnosed.

*Sue Adams*

**Fort Worth Police Department South Division 17<sup>th</sup> Annual Family Day**

NAMI TC will be sponsoring an informational table on mental health awareness at the Fort Worth Police Department South Division Family Day to be held **April 28 from 10 am to 2 pm**. This event will take place at the ALDI/ Dollar Tree Shopping Center located at **7440 McCart in Fort Worth**. Children's activities and information on health, safety, and crime prevention will be available. Sue Adams and Frances Allen have volunteered to handle the table in 2 hour shifts (10 am-12 pm or 12-2pm) but they each need others to come out and have some fun with them. So what are you doing on April 28? Won't you come out and visit with others?

*Sue Adams and Frances Allen*

**Transition Expo**

NAMI TC will be sponsoring an information table on its services for people with mental illness and their families on **Saturday, May 5 from 10 am to 2 pm at the Resource Connection located at 2300 Circle Drive in Fort Worth**. Other social service providers, agencies, community organizations, support groups, and self-advocates will be at this transition expo to share information about resources for individuals of all ages to promote self-determination and an enhanced quality of life in Tarrant County. The NAMI TC Board is seeking volunteers to assist at the table in 2 hour shifts (10am-12 pm or 12 -2 pm) and would like you to help them.

*Jason Edge*

**NAMI National Convention**

The 2012 NAMI National Convention will be held **June 27-30** at the **Seattle Sheraton Hotel** located in the heart of Seattle. The theme for the convention is *Think, Learn and Live: Wellness, Resiliency and Recovery*, and highlights this year's focus on developing effective programs and resources to increase resiliency and advance recovery. If you are interested in attending, you can register at [nami.org](http://nami.org). You will find the sessions at this meeting very informative.

*www.nami.org*

**Suggestions for General Meeting Programs Welcomed**

The NAMI TC Program Committee is interested in soliciting program suggestions for the NAMI TC general meetings for the year of 2012. Please email any suggestions to [namitc.adams@gmail.com](mailto:namitc.adams@gmail.com) so your ideas for programs can be considered.

*Betty Edge (chair), David Carroll*

**2012 NAMI TC Committees**

The NAMI Board members have selected a few areas of work focus for this year and are seeking your help in volunteering to serve on these Committees. These Committees need YOU helping them plan the activities for the year. Won't you please find something of interest and get involved? Please call the office, say "yes" when you are approached, or let us know of your interest in joining them as each group gets underway to accomplish some great things this year. Thank you to Robin Mayne, Daniel Kovich and Martha Meyer for stepping forward last month to work on the Contracts Committee. This month we are focusing on the **Record Retention Committee**. We need persons willing to oversee and help NAMI TC gather whatever historical and missing retention records are needed, scan and save these records on compact discs. So please step forward if this sounds interesting since we would love to hear from you. NAMI TC really needs your help. Thanks for stepping forward.

*Carolyn Apodaca*

### **My Home Project**

The My Home Project has been providing household items to consumers referred to NAMI TC through MHMRTC case workers once again. The consumers who have been helped appreciate your assistance in providing them with a means to get re-established in our community. Donations of money and supplies are most appreciated. New or "gently used" items in greatest need at the moment include the following: items: bath towels, sheets (all sizes), blankets, pillows, sauce pans, skillets, cooking utensils, hot pads, and serving/mixing bowls, and lamps. Gently-used items are very welcome, and they don't have to match. Some of the new items that are currently in demand include large heavy duty black trash bags to pack soft things. Donations are accepted at the monthly meetings and at the NAMI TC office, 3136 W 4th St. Contact for the office is namitc.adams@gmail.com or 817-332-6677.

*Frances Allen (chair)*

### **Alternative Housing Choices**

Representatives from Westchester Plaza Assisted Living located at 554 S Summit Ave in Fort Worth spoke on March 15 at the general membership meeting. This facility provides residential housing for ages 20 to 100+ and supports an independent lifestyle with both planned and unplanned basic activities. Assistance is provided with medication, transportation needs, and every day help with personal care and health care. The bed capacity of the facility is about 330.

*Martha Meyer*

### **2012 NAMI Membership Renewals**

NAMI TC appreciates the renewal of your annual memberships. As part of the Standards of Excellence, NAMI TC has recently revised their membership fees match with NAMI. Effective immediately, regular membership for NAMI TC is \$35 which includes one voting membership. A membership includes one individual in a family, so if both a husband and wife wish to be members of NAMI, each would need a separate regular membership. An open door (low income) membership is \$3 for one individual. In an effort to facilitate consumers interested in joining or maintaining their NAMI TC membership, consumer membership fees may be waived for any consumer with financial need requesting to become a member (Please see the Treasurer). Since a portion of your membership fees also supports the state and national level, membership at the affiliate level (NAMI TC) also makes you a member in NAMI Texas and NAMI. You will receive three newsletters from each of the different levels of NAMI. If you have any questions about when your membership expires, please leave a message at the NAMI TC office at 817- 332-6677 and assistance will be provided.

*David Carroll*

### **Social Outings Committee**

The next social outing for NAMI TC consumers and friends will the **3:20 pm** showing of *To the*

**Arctic** on **Saturday April 21** at the **Omni IMAX Theater** located at **1600 Gendy Street in Fort Worth**. We will watch a film and have a chance to talk afterwards. **A nominal fee of \$3 for consumers or \$7 for friends** is requested to hold your ticket. **Parking is \$2 at Western Heritage Parking Garage north of Museum** (entrance off Gendy or Lansford Ln) for 90 minutes or less **when parking ticket is validated at guest services** in the museum ticket office. Any time over 90 minutes, parking at Western Heritage Parking Garage is \$5. An alternative parking area is available for \$3 cash at Harley & Montgomery (near National Cowgirl Museum) (entrance from Harley). This event is made possible through a generous donation by the Kovich family. Please call the office (817- 332-6677) to leave a message that you will be coming and if you need transportation assistance or let us know at the next general meeting (April 19). **We will be meeting at 3 pm in the lobby of the Omni IMAX Theater.**

Many more outings are planned this year. In June, a baseball game with the Fort Worth Cats is planned. In July, we will have to find something cool to do; we will see if anyone is interested in a pool party with hot dogs and hamburgers. This Committee is always in need of more friends to join us either on the Committee or at the events or to provide transportation needs as many of the consumers do not drive. If you are interested in coming out to join us or just help in planning these events, please leave a message at the office. The Committee especially welcomes any new members to NAMI TC. It's a great way to meet some new friends.

*William Meyer (chair), Sean Gorg*

**NAMI TC Library**

Did you know that NAMI TC has a library? It is quite small and is even portable to Family to Family classes. But NAMI TC would like for its library to grow and has budgeted \$300 for new material. We are soliciting ideas for purchase and seeking donations of various media (books, videos, pamphlets, etc) from NAMI TC members who may wish to donate. Have you seen a great book but have not had the resources to purchase? Let us know so that we can build a wish list for material and purchase in the future. Would you like to help with library? Please let the NAMI TC office know. Special thanks to Vida Bryant for her generous donation of four books to our library. Some of the titles available in our library include *Get Me Out of Here: My Recovery from Borderline Personality Disorder* by R. Reiland; *Depression: The Mood Disease* by F. M. Mondimore; *How to Cope with Mental Illness in Your Family: A Self-Care Guide for Siblings, Offspring, and Parents* by D.T. Marsh and R. M. Dickens; *The Myth of Repressed Memory: False Memories and Allegations of Sexual Abuse* by E. Loftus and K. Ketcham. A more complete list will be made available as time permits.

*William Meyer*

**Upcoming MHATC Events**

MHATC Peer Support program hosts classes, support groups and fun social activities like parties, crafts, and movies. Please let us know if you will be attending the Peer Support events by e-mailing or telephoning [sfairchild@mhatc.org](mailto:sfairchild@mhatc.org) (817-546-7801) or [cjohnston@mhatc.org](mailto:cjohnston@mhatc.org) (817-546-7802) to get a calendar of events by mail or for more information. Calendars are sent out every two months.

Upcoming events include the following and will be **held at MHATC located at 3136 W 4th St in Fort Worth.**

**Wellness Recovery Action Plan (WRAP) Classes** – an 8-part educational course, open to anyone trying to get their life back in order through building support, relapse prevention, and learning empowerment techniques. Call for information.

**Monday-Friday 2-6pm: The Warm Line** (817-546-7826). We are here to listen. All calls confidential.

**Thursday 12-12:30 pm:** - Walking Group

**April 10-12, 17-19, and 24-26 (Tues/Wed/Thurs) 1-4 pm:** WRAP classes

**April 14 (Sat) 1-3 pm:** Planting Party  
**April 27 (Fri) 6-8 pm:** Game Night

*www.mhatc.org*

### **Living Connections**

The Excel Center Fort Worth in conjunction with Advocates for Children of Trauma host a parent support group, called Living Connections, which is focused on supporting parents raising children/adolescents exposed to early trauma abuse and/or neglect. The group normally meets **from 6-8 pm** the first Monday of every month (excluding holidays) at The Excel Center, **1220 West Presidio St, Fort Worth**. Free child care and a light meal are provided. The next meetings will be held on **May 7, 2012**. This will be a meet and greet combined with strategies focused on finding and understanding resources, preliminary needs for efficient records organization and individual solutions. Please address any questions to [ACT\\_founder@sbcglobal.net](mailto:ACT_founder@sbcglobal.net) /817-219-5459 or [conchita.andrijeski@psysolutions.com](mailto:conchita.andrijeski@psysolutions.com) /817-335-6429.

*Advocates for Children of Trauma*

### **Body Clocks May Hold Key for Bipolar Disorder Treatment**

Researchers may have discovered why lithium salts are effective in treating bipolar disorder, which may allow them to develop more specific therapies that could have fewer side effects. Lithium salts have been the primary source of treatment for bipolar disorder for the last 60 years; however, there has been little research done to investigate how lithium affects the brain and peripheral body clockwork. A recent study has shown a new and potent effect of lithium in increasing the amplitude, or strength, of the clock rhythms, revealing a novel link between the classic mood-stabilizer, bipolar disorder and body clocks. By tracking the dynamics of a key clock protein, lithium was found to increase the strength of the clockwork in cells up to three-fold by blocking the actions of an enzyme called glycogen synthase kinase or GSK3. Findings are significant because they explain how lithium is able to stabilize moods in bipolar disorder patients. It will also allow researchers to develop new treatments that mimic the effects of lithium medications, but without the side effects.

*www.sciencedaily.com*

### **Acne Medication Could Also Be Used to Treat Schizophrenia**

Research recently completed by the National Institute of Health Research (NIHR) has determined that the commonly used acne medication, minocycline, may also be used for the treatment of schizophrenia. After the initial study, NIHR will put an additional \$1.9 million into further researching this theory. The acne medication was originally discovered as a potential treatment for schizophrenia after the drug was prescribed to patients in Japan. These patients saw significant improvements in the symptoms of their illness after taking the medication, and the medication was also cost effective. Further studies still need to be done to see if minocycline is another potential treatment for schizophrenia.

*www.healthcareglobal.com*

### **The Healing Power of a Massage**

Never underestimate the power of a massage. Not just because it feels amazing, but because studies have shown that massages also have many health benefits. A 2010 study conducted by the Cedars-Sinai Medical Center in Los Angeles, California, found that massage participants experienced lower levels of blood cortisol and neuro-hormone arginine vasopressin. Deep tissue massage has also shown to increase white blood cells, which fight off diseases in the body. Other studies have also shown reduced levels of stress and anxiety from receiving a massage. The use of essential oils as part of the massage may also boost healing properties.

*The New York Times*

**The Effects of Vitamin D on Depression**

A new study published in the Mayo Clinic Proceedings suggests depression is linked to low levels of vitamin D. There were 12,600 participants in the study, ranging in age from 20 to 90. The amount of vitamin D in the blood of each participant was measured by researchers, who also assessed the participants for depression symptoms.

The researchers found that those with lower vitamin D levels were more likely to show symptoms of depression in comparison to those participants who had higher vitamin D levels. This relationship was even stronger in participants who had a history of depression. It is not understood completely how vitamin D is linked to depression; researchers are not certain if depression is result of low vitamin D, or if low vitamin D levels is caused by depression. Further research will be necessary.

*www.mentalwellnesstoday.com*

**NAMI TC Board Officers:**

- Carolyn Apodaca, President*
- Daniel Kovich, Vice President*
- Robin Mayne, Secretary*
- Martha Meyer, Treasurer*
- Frances Allen*
- David Carroll*
- Gene Cates*
- Betty Edge*
- Jason Edge*
- Dennis Gibbons*
- William Meyer*

**MEMBERSHIP ENROLLMENT FORM  
IN ADDITION TO DUES, NAMI TC APPRECIATES ANY DONATIONS.**

	<u>Membership</u>	<u>Total</u>
NAME _____	Open Door	<b><u>\$ 3.00</u></b>
ADDRESS _____	Regular	<b><u>\$35.00</u></b>
CITY _____ STATE _____		
ZIP _____ PHONE _____		
Email _____	OTHER CONTRIBUTION	\$ _____

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