



Tarrant County

Tarrant County's Voice On Mental Illness

3136 W. 4th St, Fort Worth, TX 76107-2113 (817) 332-6677 or (817) 332-6600

Email: namitc.adams@gmail.com

Website: www.nami.org/sites/namitarrantcounty

Volume 8 _____ Newsletter _____ August 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.

August 16, 2012

Speakers: Dave Carroll and Jason Edge, NAMI TC Members

Topic: In Our Own Voice (IOOV) Presentation

People with Mental Illness Enrich Our Lives: Scott Donie

Scott Donie, a silver medalist in diving, experienced clinical depression following the 1992 Olympics when he could not face the reality that his silver had brought him no fame or fortune. He realized that his heart and head were no longer in the game. He had lost his focus and motivation and could not handle the celebrity status that goes with being an Olympic medalist. Four years later he was back winning on the springboard.

NAMIWalks Fort Worth

The **Kick-Off Luncheon for the NAMIWalks Fort Worth** was held **August 1 at the Garden Room of Goodwill Industries located at 4005 Campus Dr in Fort Worth**. Approximately 50 guests who were captains past and current, top walker fund raisers from last year, sponsors for 2012, mental health professionals from local public and private facilities and government agencies attended. Tyler Brown of Fusion under Glass provided a delicious lunch. Team captains received their packets loaded with new and innovative ways to raise awareness and grow their teams which will result in unbelievable success! Numerous door prizes were awarded the attendees, including a Kindle from Caring Transitions and a dinner for two at home prepared by chef, Tyler Brown.

Two new prize incentives were announced at the Kick Off Luncheon. The first was a *7-day/6-night cruise AND a vacation getaway package for 3 days/2 nights for two adults*. To qualify for this prize incentive, one must raise **\$50 or more online by October 5** to be entered into a drawing to win the package. For every additional \$50 raised online, you will be given another chance to win. The second prize incentives are *two Dallas Stars vouchers to a game of your choice*. Two winners will be drawn, and each voucher is good for two tickets. To qualify for this prize, one must raise **\$50 or more online by September 30** to be entered into a drawing to win the package. For every additional \$50 raised online, you will be given another chance to win. Every team member who raises \$100 in donations will also receive a commemorative T-shirt on walk day.

MHMR TC and JPS Health Network have already formed Super Teams, and we are hoping other organizations will also take the challenge. NAMIWalks sponsorships total \$39,250 to date and

include the following: MHMR TC (\$10,000), Cook Children's Hospital (\$5,000), Ellis Management Company (\$5,000), Green Collar Workers (\$2,500), Beard's Napa Automotive Parts and Supply (\$2,500), JPS Health Network (\$2,500), SPE Rigco (\$2,500), Eli Lilly (\$1,500), Millwood Hospital (\$1,500), Advanced Institute of Psychiatry (\$1,500), Amerigroup (\$1,000), J. Fraley Company (\$1,000), Trinity United Methodist Church (\$1,000), XTO Energy (\$1,000), Teague Lumber (\$500), and Project People (\$250) in addition to numerous in kind sponsors. A huge thank you to all these sponsors and for all the in-kind donations.

Does anyone need help joining online or forming a team? Each week in August between **4:30 and 6:30 pm**, I will be available at the following locations to help:

August 3: Fuzzy's Taco, 2030 Glade Road, Grapevine

August 10: Little O's Patio Grill, 4650 Little Road, Arlington

August 17: Beef O'Brady's Family Sports Pub, 8245 Precinct Line Rd #230, NRH

August 24: Boomerjack's Grill and Bar, 2600 W 7th St, Fort Worth

August 29: Buffalo Wild Wings Grill and Bar, 2017 S Main St, Keller

Everyone is invited to walk with over 600 other dedicated individuals in the beautiful **Fort Worth Botanic Gardens on Saturday October 6, 2012**. We are working on "Changing Minds One Step at a Time" for a mental health diagnosis. Start "Talking the Talk" to help us grow our walk against mental health stigma and in support of mental health recovery.

Dana Beard

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 provider 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.

GMAT 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.

Southlake August and September Cancelled Due to Family Emergency and Holiday

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 main room of the Re-Source Building, **185 S. Whites Chapel Blvd.** Due to construction at the church, the entrance has to be the south side of the church, off of Whites Chapel and not the driveway off of 1709 Southlake Blvd (driveway is closed). Parking is behind the church, and the entrance to the Re-Source Building is behind the building through the garden.

Joshua

August 9, 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

August 13, 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

August 14, 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.**

Fort Worth

August 16, 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 Drive, **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

August 30, 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.**

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 August 2. Dana Beard presented an update on the upcoming NAMIWalks. The Advocacy Committee reported on their attendance at the CIT Appreciation Dinner with NAMI Dallas. It was mentioned that only 33% of the Fort Worth Police Department have received CIT training in the last 2 years. The nominations for NAMI Texas Annual Awards are due soon, and Carolyn would like to receive nominations before the next Board meeting for consideration. NAMI TC is currently on target for achieving NAMI Standards of Excellence. The Mission Statement Committee presented a draft for consideration. The Program Committee discussed upcoming speakers and meeting changes for September. The By-Laws Committee will consider reviewing other NAMI By-Laws instead of waiting for guidelines from NAMI. The Social Outing Committee reported a good turnout for the Omni IMAX showing of Dark Knight Rises and the upcoming bowling trip. The Newsletter Committee mentioned the interest of having someone prepare electronically preformatted newsletter in a timely manner which is adaptable to both online and paper copy distribution. Dana Beard offered to give it a trial run. The Education Committee reported that FTF teacher training will be held August 24 in Dallas.

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 scheduled for **September 6, 2012**. All NAMI TC members are always welcome to attend and hear the discussions and learn the “behind the scenes planning.”

Carolyn Apodaca

Advocacy and Leadership Training

There will be a 2-day training session November 1-2 at the Sheraton Austin Hotel that will prepare NAMI members for advocacy leadership. **Applications are due August 10**. If you are interested, please see Carolyn Apodaca as soon as possible.

Martha Meyer

Fort Worth Police Department West Division Community Resource Fair

NAMI TC will be sponsoring an informational table on mental health awareness at the Fort Worth Police Department West Division Community Resource Fair to be held **August 18 from 1 to 4 pm**. This event will take place at the **Ridgmar Mall located at 1888 Green Oaks Rd in Fort Worth**. NAMI TC volunteers are needed to handle the table in 1-2 hour shifts. So come out and have some fun with other folks.

Sue Adams

Bowling at Cityview Lanes

The next social outing for NAMI TC consumers and friends will be bowling on **August 25 at the Cityview Lanes located at 6601 Oakmont Blvd in Fort Worth**. We will be starting at **3:00 pm** and will have a chance to talk while we play. A **nominal fee of \$3 for NAMI TC consumers** is requested to hold your place. You are welcome to bring your friends and family to join us for \$10 per person. If you are planning on coming and could help with carpooling some of the consumers who do not drive, please let us know and we will pay for your parking! 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 (August 16).

Many more outings are planned this year. In August, Dark Knight Rises at the Omni IMAX Theater

in Fort Worth was enjoyed by 10 attendees. We are **looking for ideas for our September outing**, so let us hear from you if there is something you would like to do! In October, we hope to attend a TCU football game; these tickets will need to be purchased in advance so be sure to check back for more information. 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

Come Out and Support NAMI TC

Invite all your friends, co-workers, and family to come out and support NAMI TC by dining on **Wednesday, August 29 at Buffalo Wild Wings Grill and Bar, located at 2017 S Main St in Keller.** NAMI TC will receive 15% of the sales proceeds (specials and "spirits" excluded) when the patron mentions NAMI TC and/or turns in a coupon. Dana Beard will be at this location between 4:30 and 6:30 pm to assist team captains and others in signing up for the NAMIWalks Fort Worth, but the NAMI night will run **until closing time.**

Martha Meyer

Run for Life!

The Annual Run for Life, sponsored by Mental Health of America, will benefit the Suicide Prevention Coalition of Tarrant County. **The run will take place on September 8 at Trinity Park Arts Pavilion, 2401 University Dr** in Fort Worth with the 1K Fun Run at **8:00 am** and the 5K Run at **8:30 am**. The Suicide Prevention Coalition of Tarrant County is committed to leading the community in suicide outreach, education, and prevention. Dennis Gibbons is forming a team who will volunteer at the event, so be sure to tell Dennis you will help too.

Martha Meyer

2012 Suicide Awareness Fair

The Fort Worth VA and Community Partner are participating in the 2012 Suicide Awareness Fair which will take place **on September 12 from 9 am - 3 pm**. For more information, please contact: Joyce Sanders-King at 817-730-0114 or joyce.king@va.gov.

Martha Meyer

2012 NAMI Texas Conference

The 2012 NAMI Texas Conference will be held **November 1-3** at the **Sheraton Austin Hotel** located at the Capitol. The theme for the convention is ***Partnering for Change, Building the Future***, which highlights this year's focus on partnering for effective changes and resources to build the future and advance recovery. Preliminary information on the program schedule can be viewed at www.namitexas.org/resources/NL2012summer.pdf. NAMI TC will be selecting several individuals to attend the convention on scholarships this year. **Applications for scholarships to the NAMI Texas Conference will be due September 30.** Save the dates, and ask Sue Adams for an application for a limited number of scholarships.

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 so your ideas for programs can be considered.

Betty Edge (chair), David Carroll

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 items/supplies are most appreciated.** Gently-used items are very welcome, and they don't have to match. When you drive past a garage sale in your neighborhood, stop by and see if there is not something for My Home Project. New or "gently used" items in greatest need at the moment include the following: items: bath towels, sheets (all sizes), blankets, pillows, sauce pans, skillet, cooking utensils, hot pads, serving/mixing bowls, and lamps. 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)

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

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 financial review report), 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 NAMI TC consumers who would be interested in sorting, organizing, and scanning these documents as paid independent contractors.**

Martha Meyer and Frances Allen

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@mhac.org (817-546-7801) or cjohnston@mhac.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 – a 9-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 1-5 pm: The Warm Line (817-546-7826). We are here to listen. All calls confidential.

August 1, 6, 8, 13 (Mon/Wed) 12:30-4 pm: WRAP classes continued (lunch served)

August 2, 9, 16, 23, 30 (Thurs) 10:30 am: HUGS (New peer support group)
August 7, 14, 21 (Tues) 10-11 am: Boundaries: When to Say Yes, How to Say No
August 10 (Fri) 6-8 pm: Movie Night
August 25 (Sat) 1-3 pm: Cake Decorating

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 **August 6 and September 3, 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 /817-219-5459 or conchita.andrijeski@psysolutions.com 817-335-6429.

Advocates for Children of Trauma

2012 NAMI Convention Report: Part One

NAMI TC granted scholarships to four of our members for the opportunity to attend the 2012 NAMI Convention in Seattle, June 27-30. One other member paid her own way to attend. A presentation of our experience was shared at our July monthly meeting. During those four days of meetings, we collectively attended 60 sessions, workshops and trainings; and visited the many vendor booths to see what was new out there for us. That left little time to view Seattle, but we did walk to meals outside the hotel. The weather was beautiful! A few notable messages heard at the convention are included below. Additional reports will be coming in following newsletters.

WHAT THE BRAIN NEEDS TO RECOVER

Jill Bolte Taylor, author of *Stroke of Insight*, gave us 10 top things she needed most in her recovery: 1) Sleep –honor the healing power of sleep, 2) Treat me like I will recover completely; 3) Challenge my brain systems balanced with sleep; 4) Love me for who I am now; 5) Help me define my priorities for everything; 6) Focus on my ability; 7) Give my brain years to recover; 8) Divide every task into smaller action steps; 9) I am NOT stupid. I am wounded. Repeat for me; 10) Come close; do not be afraid of me.

STOPPING THE REVOLVING DOOR – TREATMENT ADVOCACY CENTER –Doris Fuller

Anosognosia = the inability to recognize the presence of an illness you have. People with mental illness need treatment before they hit bottom. Bottom is too far. When someone is psychotic, you want to take care of them; but they don't want help. We need a guide to implementing the mental health system for our loved ones with symptoms of mental illness. Assisted outpatient treatment: (AOT) is only possible if the patient wants it. Rules for AOT should include the following: 1) Be honest about everything / Be who you are; 2) Make appointments and be there; 3) Take medications exactly how and when prescribed.

VOLUNTEERS

Volunteers are the heartbeat of any NAMI affiliate. They grow through education classes: we should add an educational class each year (NAMI TC needs more teachers/mentors for these classes.) We need to get organized: Have a state trainer for each program. (NAMI TC currently has no state trainers.)

Remember... These are volunteers: 1) Know when a volunteer needs a lifeline; 2) Beware of Burnout! Recognize emotional signs, sense of failure, self-doubt; 3) Prevention: Actively address problems! Clarify job description, point out what's not your job; ask the experts; take care of yourself.

MEMORABLE QUOTES:

Jill Bolte Taylor told us that “the left brain would rather be right than happy; and the right brain would rather be happy than right!” She said to be sure to balance your left brain/right brain during this conference! We tried.

Dr. Duckworth, NAMI’s medical director, let us know that adolescence is hard work and some people may develop a fear of adulthood.

NUTRITION NOTES FROM VARIOUS SESSIONS:

Anxiety is caused by not eating and excess caffeine.

Fish oil is very important to brain health. Daily needs: 2 Omega 3s, 1 Omega 6, 5 Omega 9s.

B vitamins are very important to health and vitality.

Sue Adams

Holistic Therapy

Holistic therapy focuses on the connection between the physical, nutritional, emotional, environmental and spiritual components of a person’s life. When used in addition to traditional antipsychotic medications, holistic therapies are thought to increase well-being, aid relaxation, and promote good mental health for people with schizophrenia. This can play an important role in improving the negative symptoms, such as lack of motivation, no emotion, and difficulty socializing which do not respond to medications. “A lot of the essential nutrients involved in healthy brain functioning come from what we eat, such as amino acids which are chemicals that make neurotransmitters,” says Chris Summerville, the CEO of the Schizophrenia Society of Canada.

Exercise is another key component for keeping the mind and body healthy. Yoga can nourish the mind, body and spirit. Massage is also helpful in relieving stress and anxiety through its calming effect on the body and the stimulation of the release of chemicals like dopamine and serotonin which have mood-enhancing properties. Meditation, therapeutic acupuncture, and Reiki (an ancient Japanese technique) are other ways in which to seek to change negative energy. Lastly, spirituality is another important aspect of mental health; spirituality helps with our identity formation and helps one find purpose and meaning in one’s life.

Schizophrenia Magazine

Clozapine: When All Else Fails

Robert Lieberman, a Distinguished Professor of Psychiatry at the UCLA School of Medicine and author of *Recovery from Disability: Manual of Psychiatric Rehabilitation*, recently commented on the use of clozapine for the treatment of schizophrenia. First, he assured the readers that the serious allergic reaction to clozapine, inhibition of the production of white blood cells by the bone marrow, was extremely rare, affecting less than 1 percent of the population. In Europe, he noted that clozapine is used as a first-line antipsychotic drug because of its marked efficacy. Clozapine has been shown to be more effective than other drugs although it is often combined with other antipsychotics to increase its effectiveness. Therapeutic blood levels range from 350 to 950 ng/mL and dosage may need to be adjusted to attain these levels. Additionally, the effectiveness of clozapine is improved when patients are engaged in high quality psychosocial rehabilitation programs. If you would like a copy of this short article, please let Martha Meyer know as she has one available.

Schizophrenia Magazine

NAMI TC Board Officers:

Carolyn Apodaca, President
Daniel Kovich, Vice President
Robin Mayne, Secretary
Martha Meyer, Treasurer

Cheryl Abrams
Frances Allen
David Carroll
Gene Cates

Kelly Doyle
Betty Edge
Dennis Gibbons
William Meyer

MEMBERSHIP ENROLLMENT FORM

IN ADDITION TO DUES, NAMI TC APPRECIATES ANY DONATIONS.

	<u>Membership</u>	<u>Total</u>
NAME _____	Regular	\$ <u>35.00</u>
ADDRESS _____	Open Door	\$ <u>3.00</u>
CITY _____ STATE _____	Other Contribution/Donation	\$ _____
ZIP _____ PHONE _____		
Email _____	TOTAL	\$ _____

MAIL TO: NAMI Tarrant County
3136 West 4th Street
FORT WORTH, TX 76107-2113