

Tarrant County's Voice on Mental Illness

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Volume 12 _____ Newsletter _____ December 2012



Holiday Dinner & Gift Exchange



Thursday, December 13, 2012 6:00-8:00 pm

**Location: University Christian Church, 2720 S. University Dr, Room 211, Fort Worth
No Support Groups on December 13**

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.

People with Mental Illness Enrich Our Lives: Irving Berlin

Irving Berlin, widely considered one of the greatest songwriters in American history, wrote hundreds of songs, many becoming major hits, which made him "a legend" before he turned thirty. One of my favorite songs is *White Christmas*. Despite a rewarding family life and decades of professional triumph, Berlin was plagued by self-doubt, chronic insomnia and episodes of clinical depression.

Holiday Celebration & Gift Exchange NOTE A WEEK EARLY!!

Come one, come all, and gather together to enjoy each other's company for NAMI TC's December Holiday Celebration, **December 13 from 6 to 8 PM to be held in the East Bay of the Fellowship Hall on the first floor.** There will be no support groups this month, but a marvelous, catered event is planned. There will be barbeque (brisket and chicken) with accompanying sides, drinks and desserts. We will entertain ourselves with a lively Chinese gift exchange. Please bring a wrapped/bagged present of modest value (suggested \$10 or under) - either new or re-gifted- to participate. There will be ample opportunity for surprises and lots of fun. See you there!

Betty Edge

Family to Family Class

The NAMI Family-to-Family Education Program is a *free*, 12-week course for family caregivers of individuals with severe mental illnesses. It includes current information about schizophrenia, major depression, bipolar disorder (manic depression), panic disorder, obsessive-compulsive disorder, borderline personality disorder, and co-occurring brain disorders and addictive disorders. Up-to-date information about medications, side effects, and strategies for medication adherence are discussed.

Current research related to the biology of brain disorders and the evidence-based, most effective treatments to promote recovery is covered. You will gain empathy by understanding the subjective, lived experience of a person with mental illness and you will learn problem solving, listening, and communication techniques in special workshops during the course. Strategies for handling crises and relapse will be acquired, and care for the caregiver, focusing on coping with worry, stress, and emotional overload are covered. Guidance on locating appropriate supports and services within the community is provided and information on advocacy initiatives designed to improve and expand services will also be useful.

A Family to Family class will begin on Monday nights **January 7** at the Mental Health Association in Fort Worth. Please call the NAMI TC office at 817-332-6677 or email namitc.adams@gmail.com to request more information or preregister.

Sue Adams

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 is planning a **Family to Family class starting on Monday January 7 in Fort Worth**. If you are interested in attending a class (in English or Spanish), 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 offer VFT class upon request. 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 offer a Provider education class upon request. 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 **Dec 10**
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 **Dec 11 & Jan 8**
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 **Dec 13 & Jan 10**
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.

Southlake **Jan 7**
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.

Fort Worth **CANCELLED IN DECEMBER** **NEXT MTG... Jan 17**
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 **CANCELLED IN DECEMBER** **NEXT MTG... Jan 31**
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

Partnership Book Discussion

NAMI TC will also be offering a 4-week presentation from the Partnership self-help book beginning next year. The manual contains valuable information to help you understand, empathize and cope

with the complexities of mental illness. If enough people are interested, classes may be held in both Fort Worth and Arlington. Please contact the office for further information.

Sue Adams

NAMI TC Board Meeting

The NAMI TC Board of Directors met on December 6. A report on the NAMIWalk was received by the Board. The Walk Manager and Treasurer are still in the process of reconciling walker donations, but approximately \$84,500 was raised as the 2012 NAMIWalks Fort Worth total. Results of the budget priorities for 2013 from the general membership were discussed, and the Budget/Finance Committee will use this document to provide a draft of the 2013 Budget at the BOD meeting in January.

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 **January 10, 2013** (a week later than usual). All NAMI TC members are always welcome to attend and hear the discussions and learn the “behind the scenes planning.”

Carolyn Apodaca

Annual Meeting Board of Directors Election Results

At the November Annual meeting, NAMI TC members in good standing who are present voted for candidates in the election of officers and at-large members of the Board of Directors. Sherry Fairchild was elected Vice President, and Frances Allen was elected Secretary. Mark Berkheimer, David Carroll, and Elle Valderas were elected as at large Board members. All the new Board members will begin serving their new 2-year terms in January, 2013. We look forward to the different talents that each brings to the Board and thank them for their willingness to serve.

Martha Meyer

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 2013. Please email any suggestions to namitc.adams@gmail.com so your ideas for programs can be considered.

Betty Edge

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. **This month we are asking your help with restocking PAPER ITEMS (toilet paper, paper towels, etc)**. 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, 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

2013 NAMI Membership Renewals

NAMI TC appreciates the renewal of your annual memberships. 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

Consumer Stipends Available

NAMI TC consumers who are interested in receiving stipends for helping out as meeting helpers, consumer outreach support, record retention helpers, or pamphlet distributors are requested to apply for these opportunities. Please leave your name and contact information with the Office Manager.

Cheryl Abrams

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@mhafc.org (817-546-7801) or cjohnston@mhafc.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.

Thursday December 6, 13 & 20 3-4:30 pm ACT Today for a Healthier You Class Starting Monday December 17 10:45 am Project Angel Tree Salvation Army (Pay-It-Forward Peers Community Service)

MHATC

ACT Today for a Healthier You!

ACT Today for a Healthier You is an acceptance-based group approach to living with depression. It is open to adults (age 35 and over) who are dealing with depression and desiring healthy coping skills and strategies. The new series will start soon after the first of the next year. Group spaces are limited. Please call Sherry Fairchild at 817-546-7801 or Teresa Linn at 817-546-7830 for more detailed information, registration and pre-group screening.

MHATC

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 **January 7, 2013**. 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

2013 Mental Health Grace Alliance Seminar

On **January 19, 2013**, the **Irving Bible Church**, located near I-635 and Belt Line Road at the corner of **Kinwest Parkway and Regent Boulevard**, is hosting the 2013 Mental Health Grace Alliance (MHGA) Seminar. The seminar will begin in The Commons promptly **at 9:00 am**, and will end at 4:00pm. We will break for lunch, and boxed lunches will be provided. Topics will be based off of statistical research with mental illness and the church and proven recovery methods.

Jerri Escobedo

Accommodations at Work: What You Need to Know

At the 2012 NAMI National Convention in Seattle this past June, Jenny Haykin, discussed what persons living with mental illnesses need to know about accommodations at work. In her informational session, Haykin explained different ways to go about asking for accommodations and whether accommodations are beneficial for individual work problems.

The workplace, where adults spend most of their time has many triggers that can unnerve workers and decrease productivity. Haykin explained that triggers “are stimuli that set individuals into a place where they are not happy.” Triggers for most people include change in the workplace, feeling out of control, conflict of values and rejection. She provided many factual examples of when asking for accommodations was successful, and times when they were denied. Accommodations can sometimes address triggers, but they are not always the answer. The first thing to take into account is whether your job fits your personality. “Individuals have to make the right choice in their choice of job,” noted Haykin. If an individual chooses a job where they have to make presentations but they have a fear of public speaking, an accommodation would not solve the problem; the job simply is not a good fit for the individual.

The Americans with Disabilities Act, initially enacted in 1990 and amended in 2008, requires employers to provide reasonable accommodations to qualified individuals with disabilities unless doing so would cause undue hardship. Haykin explained that if you as a worker are qualified for the position you hold and can do essential functions effectively, you can ask for an accommodation at work. An accommodation is anything that makes it easier for a worker to complete essential job functions. Some examples of accommodations include regulated breaks, interruption management, tailored communication methods and eliminating marginal functions.

If an individual wants to ask for an accommodation, Haykin suggested kindly letting the employer know you are asking for an accommodation. “Your supervisor is the person who works with you to provide these accommodations, so make these interactions collaborative instead of putting your supervisor on the defensive,” she added. Haykin also suggested coming to your supervisor with ideas. She advises individuals to bring an open mind concerning suggested ideas and do not demand things from your supervisor. They ultimately decide what will be implemented.

If accommodations are not working, and you need time off from your position, Haykin recommended qualified individuals take advantage of the Family Medical Leave Act_ which may qualify an individual for 12 weeks or 480 hours off from their position. She concludes with the message that your job is not over if you cannot get an accommodation, as job reassignment is another possibility if you cannot complete your essential job functions. If there is an open position in your company that you qualify for, the employer is obligated to consider you for that position. Understanding an individual’s rights to accommodations and medical leave is crucial for those living with mental illnesses. Federal laws are there to assist workers with disabilities. Accommodations are a beneficial tool that can help reduce workplace triggers that can cause unproductivity. Understanding what can be done to assist you in your job can only benefit the longevity of your career. For more information about

accommodations, the free services of the job accommodation network at <https://askjan.org> are recommended.

www.nami.org

Can Eye Movements Indicate Schizophrenia?

Scientists have developed simple eye movement tests that could separate those with schizophrenia from those without illness with a 98.3 per cent accuracy rate. Philip Benson and David St. Clair, the lead authors of the research, agree the findings are remarkable. "It has been known for over 100 years that individuals with psychotic illnesses have a variety of eye movement abnormalities, but until our study using a novel battery of tests, no one thought the abnormalities were sensitive enough to be used as potential clinical diagnostic biomarkers."

Three eye tests were used in the study: smooth pursuit, free-viewing, and gaze fixation. It was documented that those who have schizophrenia have difficulty following slow-moving objects smoothly, and their eyes rapidly jumped ahead to catch up. In the free-viewing test, those with schizophrenia followed an abnormal pattern when they looked at pictures. In the fixation task, those with schizophrenia were challenged to focus and keep a steady gaze on an unmoving target. John Krystal, the editor of *Biological Psychiatry* says, "It will be interesting to see the extent to which this approach enables clinical investigators to distinguish people with schizophrenia from individuals with other psychiatric disorders."

MedicalXpress

New Drug Target for Schizophrenia Identified

Researchers at Mount Sinai School of Medicine may have discovered why certain drugs to treat schizophrenia are ineffective in some patients. They discovered that, over time, an enzyme in the brains of schizophrenic patients analyzed at autopsy begins to compensate for the prolonged chemical changes caused by antipsychotics, resulting in reduced efficacy of the drugs. These results are groundbreaking because they show that drug resistance may be caused by the very medications prescribed to treat schizophrenia, when administered chronically," said Javier Gonzalez-Maeso, Ph.D., Assistant Professor of Psychiatry and Neurology at Mount Sinai School of Medicine and lead investigator on the study. The atypical antipsychotic drugs trigger an increase of HDAC2 in frontal cortex of individuals with schizophrenia, which then reduces the presence of mGlu2, and thereby limits the efficacy of these drugs. Dr Maeso's team is presently developing compounds that specifically inhibit HDAC2 as adjunctive treatments to antipsychotics under a study funded by the National Institutes of Health.

Nature Neuroscience

Families Embrace Genetic Counseling

Researchers say genetic counselling for the family members of patients with schizophrenia can not only provide lasting benefits but is generally welcomed by families. Researchers found there was an increase in knowledge about the illness through genetic counselling, as well as a decrease in stigma and a lower level of concern about familial recurrence. "To our knowledge, this is the first study that formally demonstrates the feasibility and worth of genetic counselling for schizophrenia in community mental health practice," Anne Bassett, from the Centre for Addiction and Mental Health in Toronto, Canada. The team found that after counselling, there was a decrease in the number of people who overestimated their personal and familial risk for developing schizophrenia and participants also displayed lower levels of stigma after counselling. "The results support the integration of contemporary genetic counselling for families into the general management of schizophrenia," said Bassett et al. "Such informed discussions may ultimately help in priming individuals, families, and clinicians for further advances anticipated in the emerging molecular age in psychiatry and the potential for return of individually relevant molecular genetic findings in the future."

Depression Onset Happens Faster in Bipolar Patients

German researchers have found that the onset of depressive episodes in bipolar disorder patients lasts about one week, which is much shorter than in patients with unipolar depression, where onset lasts closer to one month. “Clinicians should consider the possibility of a hidden bipolarity in patients who develop a depressive episode within a few days,” Maria Strauss and colleagues from the University of Leipzig in Germany advised.

The Onset of Depression Inventory (ODI) was used to study the speed of depressive episode onset. Episode onset is the amount of time from the first signs of depression symptoms until a full-blown depressive syndrome. The study showed that patients with bipolar disorder had significantly shorter depressive episode onset times than patients with unipolar depression, where median onset times were 8.5 days and 28 days, respectively.

“The findings of this study confirm that the speed of onset of depressive episodes differs between bipolar disorder and unipolar depression,” said Strauss et al. “It should be noted that the speed of depression onset is an intra-individually quite stable clinical characteristic symptom that can be used to detect bipolarity.”

Strauss and her team added that “future studies should address the question of whether the speed of onset assessed with the ODI is helpful to delineate subgroups of patients with affective disorders which are more homogeneous concerning their pathophysiological mechanisms, their phenotypes, genotypes and therapeutic response.”

Medwire News

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*
- Betty Edge*
- 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

\$ _____

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