

NAMI Tarrant County

Tarrant County's Voice On Mental Illness

PO Box 1504, Fort Worth, TX 76101-1504 (817) 332-6600
3136 W. 4th St, Fort Worth, TX 76107-2113 (817) 332-6677
Email: namitc.adams@gmail.com
Website: www.nami.org/sites/namitarrantcounty

Volume 2 _____ Newsletter _____ February 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.

February 16, 2012 **General Membership Vote on 2012 Budget**

Speaker: Herb Cotner, Dallas Police Department
Topic: Crisis Intervention Training (CIT)

People with Mental Illness Enrich Our Lives: Rodney Dangerfield

Rodney Dangerfield, a one-liner comedian of the old school and an actor, performed his best before live audiences. He took the stage as a hapless, self-deprecating Everyman slapped around by life and searching in vain for acceptance. His sad-sack catch phrase "I don't get no respect" brought him cult status and eventually wider fame. He suffered from clinical depression which required regular visits to psychiatrists throughout his life.

Budget Committee Report on 2012 NAMI TC Budget

All NAMI TC members should be receiving the 2012 NAMI TC Budget this week. The 2012 NAMI TC Budget was approved by the Board on February 2. There will be a question and answer meeting for general membership discussion on the 2012 Budget held on **February 13 at 7:00 pm at MHA, located at 3136 W 4th St in Fort Worth**. Everyone is invited to come, or you can also contact the Budget Chairman, Martha Meyer, by leaving a message at the NAMI TC office. The general membership is scheduled to vote on the 2012 Budget **February 16** at the general meeting. There are many changes in the budget this year so hopefully everyone will take the time to review it. The Office Manager will move from an independent contractor into an employee relationship with NAMI TC, approximately 13% of the budget will be directly spent on consumer stipends and services, advocacy projects are focused on 2011 visioning, and the Executive Director position is eliminated.

Martha Meyer (chair), Gene & Joyce Cates, Dick Edge, Dennis Gibbons, Daniel Kovich

NAMI National Convention Scholarship Application Deadline

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. The NAMI TC Board has decided to take advantage of early registration discounts and would like anyone interested in applying for a scholarship to pick up an application from the NAMI TC Office and return it no later than **February 29**.

www.nami.org

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 currently has an ongoing Family to Family class meeting through **April 3 from 6:30-8:30 pm at MHA TC**. This class is closed for registration, but if you are interested in attending a class 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

NEW

NAMI TC has an ongoing Peer to Peer class meeting through **April 3 from 6:30-8:30 pm at MHA TC**. Board members have volunteered to provide food for each meeting. If you are interested in joining this class, please call 817-332-6600 or 817-332-6677 to enroll/register for the 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

NEW

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

Committee, and this budget will next be voted on by the general membership on **February 16**. A question and answer session on the 2012 Budget will be held **February 13 at 7 PM at the MHA located at 3136 W. 4th St in Fort Worth** for the general membership. Everyone is invited to come, or you can also contact the Budget Chairman, Martha Meyer, by leaving a message at the NAMI TC office. The Program Committee presented the Board with some of the upcoming program ideas, and the Social Outing Committee presented some ideas for upcoming events which are open to all NAMI TC friends and family. The Education Committee reported that 20 members are currently attending the Family to Family class, and five members are attending the Peer to Peer class. These classes will continue through April 3. Sue Adams attended the 2012 NAMIWalks Training Session held in January in Chicago. Carolyn Apodaca presented some ideas on follow-up measures for new members and visitors to NAMI TC. The Board members are excited to be involved with NAMI TC and are always interested in hearing from you, the members, about programs and activities that NAMI TC might undertake. The Audit Committee, chaired by Gene Cates, was unable to complete the 2010 fiscal year audit in January, but a new goal of **February 29** has been set, and the financial audit for 2011 will be conducted before **March 31, 2012**.

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 **March 1, 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 to Family Teacher Training **March 27 - 29, 2012, Location TBA***

NAMI *Family-to-Family* (FTF) is a free 12-week educational program led by two teachers and a support person for families, partners and friends of individuals with severe mental illnesses. This series of weekly classes is structured to help caregivers understand and support individuals with serious mental illnesses while maintaining their own well-being. The course is taught by trained family members who know what it is like to have a loved one struggling with one of these brain disorders.

*Family Support Group Facilitator Training **May 25 - 27, 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

Navigating through Adult Treatment

Millwood Hospital is presenting a forum on Navigating through Adult Treatment to be held **February 17 from 8:30 am-12:30 pm at 1011 N. Cooper St in Arlington**. Dr. Gary Malone will speak on the treatment of co-occurring disorders: Dual Diagnosis. He will cover the incidence and prevalence, drugs of abuse, theoretical approaches and treatment, common co-occurring disorders, and an integrated approach. Dr. Sejal Mehta will address understanding the difference between normal aging versus dementia. He will include a discussion on medical problems and medications adding to complications, an understanding the disease process, appropriate placement and information on the Generations Program for maturing adults at Millwood Hospital. Seating is limited so registration is suggested. Registration is available online at www.millwoodhospital.com or email at jennifer.mige@ubsinc.com. This event is open to the public and 3 hours of free CEU credits are available.

Millwood Hospital

Fort Worth Police Department South Division 17th 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

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

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. This month we are focusing on the **Membership Committee**. We need someone to call or email our members to remind them quarterly of their membership expirations. So if you like to talk on the phone or could send off 10 to 15 emails every 3 months, this job is perfect for YOU. NAMI TC really needs your help. Thanks for stepping forward.

Carolyn Apodaca

2011 NAMIWalks Awards Reception

The NAMIWalks celebration was held in January at the Lucky Strike Lanes in Fort Worth. Thirty-five people attended the fun evening and enjoyed appetizers, drinks, and bowling. Prizes from the 2011 NAMIWalks Fort Worth were awarded. Basnot Phillips-Williams won the Kindle Reader Raffle, and Sonja Gaines won the I-Pad-2 communicator Raffle. NAMIWalks Sponsors were honored with engraved pens. Sarah Davenport won a gift certificate to Mac's Restaurant.

Sue Adams

Deferred Adjudication

The Honorable Brent Carr, spoke to the NAMI TC general membership meeting on January 19, 2012. He spoke about the Mental Health Court Diversion Program which is a pre-trial post-booking diversion program for mentally impaired offenders. The program offers eligible offenders a treatment option that is judicially supervised. It is designed to divert mentally impaired offenders out of the traditional criminal justice process and into appropriate rehabilitative alternatives. Once the offender has been screened and approved for participation in the program, he/she will promptly begin a treatment regimen that is specific to his/hers needs. The mission of the Mental Health Court Diversion Program is to identify mentally impaired offenders, to expedite them through the criminal justice system and to help them achieve mental stability and non-criminal behavior. The Mental Health Diversion Program office can be reached at 817-884-1774. Judge Carr also spoke of good results with the Mental Health Court Diversion Program which has an 80% success rate over a 10-year period. He acknowledged that this program is not always 100% successful; not everyone wants to help themselves. A Mental Health Diversion Program Brochure is available at <http://www.tarrantcounty.com/eccc9/lib/eccc9/MentalHealthDiversionProgramBrochure.pdf>

Judge Brent Carr also spoke about two other diversion programs. One program is designed to divert veterans who are currently facing prosecution for one or more criminal cases out of the traditional criminal justice process and into appropriate rehabilitative alternatives. The Veterans Diversion Program office can be reached at (817) 884-3225. The other program is designed to divert prostitutes into a program focused on health and life skills, along with a drug treatment program if necessary. Both of these programs offer offenders a treatment option that is judicially supervised.

Martha Meyer

2012 NAMI Membership Renewals

NAMI TC appreciates the renewal of your annual memberships. A regular membership for NAMI TC is \$40 which includes one voting membership. An open door (low income) membership is \$7 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 National. You will receive three newsletters from each of the different levels of NAMI. If you have any questions about when your membership expires or if anyone needs tax deductible receipts for 2011 donations that they have made to NAMI TC, please leave a message for the Treasurer at the NAMI TC office at 817- 332-6677 and assistance will be provided.

Martha Meyer

Social Outings Committee

The support group for individuals living with mental illness at a recent meeting brainstormed about ideas to get out and enjoy life. The most popular ideas included a trip to the Fort Worth Zoo, a bowling afternoon, and a TCU football game in the fall. Other ideas discussed included trips to see the Texas Brahmas play, Fort Worth Cats, Mavericks basketball, movies, art museums, Fort Worth Botanic and Japanese Gardens, and miniature golf. Partial or full cost of these social outings for NAMI TC consumers will be underwritten when the 2012 Budget is approved. Transportation needs will be addressed. For example, if a Fort Worth bus does not come close to an event, car shuttles can be set up to facilitate attendance. Other friends and family are welcome to join these activities for a fee (often reduced group rates), so please make suggestions, offer to come along or perhaps provide some transportation needs so fun can be had by all. Our first outing will be **Feb 26 from 2-5 pm at Main Event Entertainment, located at 4801 Citylake Blvd E in Fort Worth**. For a discounted all-day fee of \$5, an individual can play **ONE ACTIVITY (billiards, laser tag, or bowling)**. This \$5 fee will be covered for NAMI TC consumers; friends and family are welcome also for a \$5 fee. If you

decide to bowl, there is an additional \$3.50 + tax fee for shoes (extra for socks). Please call the office to leave a message that you will be coming and if you need transportation assistance or let us know at the next general meeting (Feb 16). We will keep you posted on future scheduled events and hope you will come out and join us and help plan the events.

William Meyer (chair), Jason Edge, 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.

William Meyer

Recovery Dialog Group at the Community Center News

A Recovery Dialog Group is meeting at **9:30 am every other Wednesday (Feb 1, 15, 29)** at the **Community Center located at 505 S Jennings Ave in Fort Worth at 11:00 am**. Each session is led by a certified peer specialist and is based on a different recovery dialog topic which promotes self-esteem, self-worth, and helping to begin a journey of recovery. Fifty people on an average visit this center every day.

Sue Adams

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 smarple@mhac.org or you can call 817-546-7814 to get a calendar of events by U.S. 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 4:30-5:30 pm: Yoga

February 7-9, 14-16, and 21-23 (Tues/Wed/Thurs) 1-4 pm: WRAP classes

February 11 1-3 pm: Valentine Day's Party

February 20: Office Closed (President's Day)

February 24 6-8pm: Bingo Night

www.mhac.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 **February 6 & March 5, 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.

Open Your Heart Gala

Open Your Heart Gala will be held **February 11, 2012 at 6:00 pm** at the **Sheraton Dallas Hotel**, located at **400 North Olive Street** in Dallas. The gala will include dinner, a conversation with special guests Charles Haley and Scott Murray, and a spectacular silent auction, all of which will benefit Planned Living Assistance Networks (PLAN) of North Texas. Charles Haley, a former Dallas Cowboy All Pro and 5-time Super Bowl Champion, is the recipient of the PLAN of North Texas Pathfinder Award for his efforts to raise awareness, reduce stigma and exemplify a positive role model for adults living with mental illness. Scott Murray, a multi Emmy Award winning television sports anchor and broadcast journalist at NBS 5 for almost a quarter of a century, will also speak. Support of this gala makes it possible for PLAN to improve the lives of those living with mental illness with its programs of psychotherapy, care management, education, socialization and permanent housing.

Planned Living Assistance Networks (PLAN) of North Texas is a membership organization for families who have an adult member living with serious and persistent mental illness, such as schizophrenia, bipolar disorder, or major depression. It provides comprehensive support to help people living with a mental illness achieve recovery. This includes individual attention from licensed clinical therapists who help clients set achievable personal goals, manage medication, plan finances, and maintain overall health and wellness. For information about ticket purchases, call the PLAN office at 972-690-7526 or visit their website.

www.planofntx.com

Mental Health Grace Alliance

Mental Health Grace Alliance (MHGA) is a faith-based, non-profit organization created to promote understanding in churches and provide assistance and support to individuals living with mental illness and their families. It provides assistance and guidance, support groups, training opportunities, and resources. MHGA serves individuals both inside and outside the church by equipping them to better serve the needs of those living with mental illness and their families. The guiding principles of MHGA include Christian faith, love and grace, accountability, spiritual coverage and a responsibility to educate, train and advocate for the needs of those living with mental illness. There are support groups to help families learn practical skills to better navigate the everyday challenges of mental illness and support groups to encourage those living with a mental illness. MHGA also seeks to build partnerships with other mental health agencies to better meet the mental health needs of our communities. The Dallas area has several support groups listed on the website.

www.mentalhealthgracealliance.org

Medicaid Bus Service

Transportation to a doctor, dentist or drug store may be available to those with a Texas Medicaid card. Additionally, Medicaid will reimburse someone else to drive you to your doctor's visit or drug store if prior approval of the licensed driver for each trip is obtained and a Driver Registration Form (Form 3101) is filled out. To learn more about medical trip transportation as a Medicaid benefit, please call 1-877-633-8747 between Monday and Friday from 8 am to 5 pm or visit their website.

www.hhsc.state.tx.us/quickanswers/GetRide_FAQs.shtml

Helpful Books Recommended by NAMI TC Members

NAMI TC members have recently mentioned these helpful books in some of the family support groups. This first book is [The Bipolar Child](#) by Demetri Papolos, M.D. and Janice Papolos which contains cutting-edge information that comprehensively details the diagnosis, explains how to find good treatment and medications, and advises parents about ways to advocate effectively for their children in school. An extensive education chapter describes all the changes in educational law due to

the reauthorization of Individuals with Disabilities Education Act (IDEA) 2004 and offers a multitude of ideas for parents and educators to help the children feel more comfortable in the academic environment. A second book is entitled Mood Swings: Show 'Em How You're Feeling! by Jim Borgman that provides an opener or a warning, especially for those who have a hard time expressing themselves or have difficulty identifying how they feel. This book works well when trying to teach younger children their basic emotions and how to properly express them.

William Meyer

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*
- Dennis Gibbons*
- Moirra McCarthy*
- William Meyer*

MEMBERSHIP ENROLLMENT FORM

IN ADDITION TO DUES, NAMI TC ASKS EACH MEMBER TO GIVE A SMALL DONATION TOWARD NEWSLETTER EXPENSES. WE APPRECIATE ANY DONATION.

*** SUGGESTED DONATION (PLEASE CIRCLE TYPE OF MEMBERSHIP)**

	<u>Membership</u>	<u>Dues</u>	<u>*</u>	<u>Total</u>
NAME _____	Open Door	5.00	2.00	<u>\$ 7.00</u>
ADDRESS _____	Regular	35.00	5.00	<u>\$40.00</u>
CITY _____ STATE _____				
ZIP _____ PHONE _____				
Email _____	OTHER CONTRIBUTION			\$ _____

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