

NAMI Tarrant County

Tarrant County's Voice On Mental Illness

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Volume 1 _____ Newsletter _____ January 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.

January 19, 2012

Speaker: Judge Brent Carr
Topic: Deferred Adjudication

People with Mental Illness Enrich Our Lives: Irving Berlin

Irving Berlin produced sheet music, Broadway shows, recordings, and scores played on radio, in films, and on television over a six-decade career. He wrote songs like *Blue Skies* and *Puttin' on the Ritz*, and holiday anthems, such as *White Christmas*. In 1938, Berlin wrote *God Bless America* but put it aside since it did not fit the show he had in mind; Kate Smith first sang this song on her radio show for Armistice Day the next year. Berlin is reported to have suffered from clinical depression.

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 Tuesday nights **January 17** 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

Peer to Peer Class

The NAMI Peer to Peer Education Program is a *free*, 10-week course for individuals with severe mental illnesses who are interested in establishing and maintaining their wellness and recovery. 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. Participants come away from the course with a binder of hand-out materials, as well as many other tangible resources: an advance directive; a relapse prevention plan to help identify tell-tale feelings, thoughts, behavior, or events that may warn of impending relapse and to organize for intervention; mindfulness exercises to help focus and calm thinking; and “real world” coping strategies and survival skills for working with providers and the general public.

A Peer to Peer class will begin on Tuesday nights **January 17** 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

NEW

NAMI TC has an upcoming Family to Family class scheduled for **Tuesday evenings** starting **January 17 through April 3 from 6:30-8:30 pm at MHA TC**. If you are interested in attending, 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 upcoming Peer to Peer class scheduled for **Tuesday evenings** starting **January 17 through April 3 from 6:30-8:30 pm at MHA TC**. If you are interested in attending, 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 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 Connections Group (For Consumers) January 5, 12, 19, 26, 2012

The Connections Group is designed as a weekly support group for consumers (those living with a mental illness) where people can help understand and help each other. NAMI TC will be offering a Connections Group **every Thursday at 11 am** at the **Community Center located at 505 S. Jennings Ave.**

Fort Worth January 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.**

Joshua January 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 January 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 & 202 (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 January 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 312.**

Fort Worth February 3, 2012

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

Arlington February 5, 2012

Family caregivers of children/adolescents are invited to a support group meeting the first Thursday of every month 11:00 am to 1:00 pm at MHMR FAIR East Children's Clinic located at **410 W. Sanford St.**

Southlake NEW SCHEDULE February 6, 2012

Family caregivers are invited to a support group meeting the **first Monday of every month**, 7:00 to 8:30 pm at White's Chapel United Methodist Church in Southlake. The meeting is held in the Re-Source Building, **185 S. White's Chapel Blvd.** Enter the driveway off of 1709 Southlake Blvd. Parking is behind the church. Re-Source Building is the first one on the right. Enter through the small

door to the right of the main entrance.

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 has just convened for their first meeting in 2012. Newly elected members for the 2012 Board are: Carolyn Apodaca (President), Gene Cates, Betty Edge, Dennis Gibbons, Martha Meyer (Treasurer), and William Meyer. Returning Board members are: Frances Allen, David Carroll, John Clark, Daniel Kovich (Vice President), Robin Mayne (Secretary), and Moira McCarthy. Please take a little time at the next monthly meeting to get to know these new volunteers. They 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 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 **February 2, 2012**. All NAMI TC members are always welcome to attend and hear the discussions and learn the “behind the scenes planning.” Sue Adams will be attending the 2012 NAMI Walks Training Session to be held **January 13-15** in Chicago. The Audit Committee will be conducting financial audits for the 2010 fiscal year in **January**, and the financial audit for 2011 will be conducted before **March 29, 2012**. The 2012 NAMI TC Budget is still being developed at this time and is scheduled to be voted at the **February 2** Board meeting. There will be a question and answer meeting on the 2012 Budget held on **February 13** for general membership discussion, and the general membership is scheduled to vote on the 2012 Budget on **February 16**.

Carolyn Apodaca

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)

2012 NAMI TC Committees/Task Forces

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/ Task Forces. This is a preliminary list of just some of the possible work areas. Please call the office or let these Chairmen know of your interest in joining them as each group gets underway to accomplish some great things this year.

Advocacy Committee (Dan Kovich)
Audit Committee (Gene Cates)
Bylaws Committee (Robin Mayne)
Executive Committee (Carolyn Apodaca)
Finance Committee (Martha Meyer)
Program Committee (Betty Edge assisted by David Carroll)
Library Task Force (William Meyer)
Monthly Meeting Place Task Force (Dennis Gibbons)
My Home Project Task Force (Gene and Joyce Cates)
Newsletter Task Force (Martha Meyer)
Website Improvement Task Force (Martha Meyer)

Carolyn Apodaca

2011 NAMIWalks Awards Reception

The NAMIWalks celebration will be held in **January 10 from 6-8 pm** at the Lucky Strike Lanes located at 2845 W 7th St in Fort Worth. Every team who raised \$1,000 online is entered to win a pizza party for the whole team, and every individual who raised \$500 online is entered into the Ipad-2 communicator raffle with each additional \$500 raised online also qualifying you for another chance in the raffle. Each \$100 raised online (up to \$400) by an individual generates a ticket in the Kindle Reader Raffle. Winners of awards and the raffle results will be announced and presented at the time of the Awards Reception.

Melissa Gibbons

2012 NAMI TC Budget

The Finance Committee has been preparing a proposed budget for fiscal year 2012. This budget was discussed at the Board meeting in January. After approval by the Board, the Finance Committee will hold an open forum where questions regarding the 2012 budget will be addressed with the general membership. This meeting will take place **February 13 at 7:00 pm at the MHA, located at 3136 W 4th St in Fort Worth.**

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

Advocacy Alert! We Need Your Voice to be Heard!

As a result of legislation, the Department of State Health Services (DSHS) and the Health and Human Services Commission (HHSC) are undertaking a comprehensive analysis of the public behavioral health system. There will be six stakeholder meetings throughout Texas to gather input, and you are strongly encouraged to attend and express your opinion. The closest hearing for Tarrant County will be held on **January 13 from 10 am to 1 pm at the Center for Community Cooperation, 2900 Live Oak St in Dallas.** Stakeholders are encouraged to provide feedback on topics including, but not limited to, access to services, service delivery models, current service array, and funding for services. Attendees will also have the opportunity to provide input on general strengths and weaknesses of the current behavioral health system and thoughts on the future direction of the behavioral health services in Texas. This is a wonderful opportunity for grassroots advocacy. Updated information is available at <http://www.dshs.state.tx.us/mhsa/mhsa-analysis.aspx>, and you can subscribe and receive updates automatically. PLEASE take the time to participate in these very important hearings. If you are unable to attend, you can submit input via email to txbhstudy@pcgus.com.

NAMI Texas

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 support 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

Recovery Dialog Group at the Community Center News

A Recovery Dialog Group is meeting at **9:30 am every other Wednesday (Jan 4 & 18)** 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@mhatc.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

Jan 10-26 (Tues/Wed/Thurs) 1-4 pm WRAP classes

Jan 14 1-3 pm: Art Class

Jan 16 Office Closed

Jan 27 6-8pm: Movie Night

www.mhatc.org

Lilly Reintegration Scholarships

Reintegration is an achievable goal, and dreams are possible for those who have been touched by mental illness. Eli Lilly and Company sponsors the Reintegration Scholarships for those in active recovery. The scholarship program is designed to offer financial assistance for a wide range of educational opportunities in which students work to attain a certificate or degree. Eligible programs include the following: high school equivalency programs, trade or vocational school programs associate degrees; bachelor degrees, and graduate degrees. In order to be eligible for consideration for the Lilly Reintegration Scholarship, applicants must be diagnosed with bipolar, schizophrenia, schizophreniform or schizoaffective disorder; be currently receiving medical treatment for the disease, including medications and psychiatric follow-up; be actively involved in rehabilitative or reintegrative efforts, such as clubhouse membership, part-time work, volunteer efforts or school enrollment ; and complete an application package that includes an application form, essay, transcripts (if applicable), recommendation forms from three references and school financial requirements. Application deadline is **January 31, 2012**, and eligible applicants are invited to apply. Further information is available from Robin Mayne or at http://reintegration.com/userimages/reintegration_application_2012-2013.pdf.

Robin Mayne

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, 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

Choices in Recovery

Janssen Pharmaceuticals has an informative website for support and information about schizophrenia, schizoaffective disorder and bipolar disorder. Its intent is to empower visitors with the tools needed to create an effective mental health recovery plan and to become more engaged with their recovery team. A recovery plan can help people with a mental health condition meet personal goals. Everyone's mental health recovery process is his or her own. The vision for this website is to provide useful information that inspires people to take ownership of their unique and personal recovery experiences.

www.choicesinrecovery.com

Non-Adherence Common in Schizophrenia Patients

A recent study on medication compliance shows that 40 percent of schizophrenia patients do not take their medication as prescribed. The study also showed that the severity of the illness and the patient's attitude towards medication significantly affected their non-adherence. "Lack of adherence to medication regimens is a critical issue in the treatment of schizophrenia and has serious impacts on the course of the illness, including worsening of symptoms, relapse, suicidal attempts, repeated emergency room visits or re-hospitalization, and poor functional outcomes," says Seung-Hyun Kim, of the Korea University Research Institute of Mental Health in Seoul, Korea, and team. "The most common methods of assessing adherence are self-reports and physician reports. However, adherence to medication regimens in patients with schizophrenia may be overestimated by both patients and clinicians."

An assessment on 51 schizophrenia patients was completed over an eight-week period on medication adherence. The investigation used four different methods of assessment, including pill counts, a self-reporting system, a clinical rating scale, and a Medication Event Monitoring System (MEMS), in which a microprocessor on medication bottles records the number of times the bottle is opened. Researchers analyzed the relationship between patients' medication adherence and their scores on the Positive and Negative Syndrome scale (PANSS), the Drug Attitude Inventory (DAI), as well as the Clinical Global Impression of Severity (CGIS) scale. The MEMS identified that over the study period, 58.8 percent of patients were adherent to their medication routines. This was determined by medication containers being opened within three hours of each scheduled dose.

The MEMS method of assessing adherence rates was significantly lower than the other three methods of assessment, including the self-reporting questionnaire which presented a 74.5 percent adherence rate, as well as the clinical rating scale and pill counts, which both reported a 92.2 percent adherence rate. It was also discovered that patients who were considered non-adherent by the MEMS had much higher PANSS scores than adherent patients in terms of poor impulse control, excitement, and preoccupation symptoms.

Adherent patients also appeared to have a more positive attitude towards medication, represented by their higher DAI score, 4.30 compared to 2.38 in non-adherent patients. "The results of this study agree with those of previous studies showing that non-adherence to antipsychotic medication in schizophrenia is common in outpatient practice settings," Kim and his colleagues concluded. "Factors associated with non-adherence in the present study were higher symptom scores and attitude toward medication. These may represent modifiable risks that, if addressed, could lead to improved adherence and improved patient outcomes."

www.medwirenews.com

Mexia State Supported Living Center

The Texas Department of Aging and Disability Services (DADS) operates state-supported living centers. The state supported living centers provide campus-based direct services and supports to

people with intellectual and developmental disabilities at 13 locations throughout Texas. The state supported living centers serve people with intellectual and developmental disabilities who are medically fragile or who have behavioral problems. Mexia State Supported Living Center serves a 12-county area: Bell, Bosque, Coryell, Falls, Freestone, Hamilton, Hill, Lampasas, Limestone, McLennan, Milam and Tarrant. The 215-acre state-supported living center is home to approximately 390 people.

State supported living centers provide 24-hour residential services, comprehensive behavioral treatment services and health care services, including physician services, nursing services and dental services. Other services include skills training; occupational, physical and speech therapies; vocational programs; and services to maintain connections between residents and their families and natural support systems.

The first step in the admission process is to contact DADS Tarrant County at 1-888-337-6377. The local authority will explain both community and residential services, and they also will decide whether someone meets criteria for admission or commitment to a state-supported living center. If the person is determined eligible, and the person or his or her legally authorized representative chooses to pursue admission, the local authority will submit an application packet to the state supported living center that serves the person's county of residence. If an appropriate vacancy does not exist at the local state-supported living center, DADS staff will help find an appropriate vacancy at another state-supported living center.

Various levels of care are available, including respite, emergency and regular. Respite is temporary care to provide help or relief to a person with a developmental disability or his or her family. Respite can be provided for up to 30 days with one 30-day extension. An emergency admission is temporary care for someone who has an urgent need for services. This can last for up to 12 months. Both respite admission and an emergency admission are considered voluntary and require the consent of the proposed resident, if he or she is capable of giving legally adequate consent; the guardian of an adult who cannot give consent; or the parent of a minor. Regular admission is the long-term placement of someone who requires habilitative services, care, training and treatment. Regular admission requires the consent of the proposed resident, if he or she is capable of giving legally adequate consent, or the guardian of an adult who cannot give consent. State-supported living centers will not permit the regular voluntary admission of a minor.

www.dads.state.tx.us

NAMI TC Board Officers:

Carolyn Apodaca, President
Daniel Kovich, Vice President
Robin Mayne, Secretary
Martha Meyer, Treasurer
Frances Allen
David Carroll
Gene Cates
John Clark
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
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