



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 7 _____ Newsletter _____ July 2012

Location: University Christian Church, 2720 S. University Dr, Room 211, Fort Worth
Support Groups 6:00 p.m.; Light Meal 7:30 p.m.; Program: 7:45-8:30 p.m.
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.
The intersection at West Berry and South University may require detours.

July 19, 2012

Speakers: Sue Adams, Carolyn Apodaca, Cynthia Hicks-Brown,
David Carroll, Betty Edge

Topic: Highlights of NAMI National Convention, June 27-30, 2012

People with Mental Illness Enrich Our Lives: Hart Crane

Hart Crane, an American poet who used vocabulary drawn from the sixteenth and seventeenth centuries, showed poetry was still applicable in his present times. Crane's greatest achievement, *The Bridge*, is an epic poem written in the grand and mythological style of Homer, takes the Brooklyn Bridge as its subject in order to show the reader that, even in the heart of industrial New York, the poetic spirit endures. He was strongly affected by his parents' divorce, falling into a deep depression, which he medicated by drinking heavily.

NAMIWalks Fort Worth

The **Kick-Off Luncheon for the NAMIWalks Fort Worth** will be held **August 1 at the Garden Room of Goodwill Industries located at 4005 Campus Dr in Fort Worth.** All team captains past and current, top walker fund raisers from last year, sponsors for 2012, mental health facilities, government agencies and schools within Tarrant County will be invited to attend. Tyler Brown of Fusion under Glass will be the chef. Be sure to **RSVP by July 25** so we will know you are coming.

We need all attendees at the Kick Off Luncheon who are team captains to be registered by that date! I am thinking umbrella drinks and sand between your toes..... more details to follow!

Super Teams.....We are Raising the Bar with some Fun-Friendly Competition!! What are Super Teams? A "Super Team" is a collection of regular teams at a NAMIWalk that are all affiliated with one company or organization. Are you interested in some Fun Friendly Competition? Then submit your enrollment form, and we can get you set up in minutes!! MHMR TC has already formed a Super Team, and we are hoping other organizations will also take the challenge. We need ALL Team Captains registered prior to our Kick Off Luncheon. This will be a working session that will provide new and innovative ways to raise awareness and grow your team which will result in unbelievable success! Every team member who raises \$100 in donations will receive a

commemorative T-shirt on walk day.

NAMIWalks sponsorships total \$36,000 to date include the following: MHMR TC (\$10,000), Cook Children's Hospital (\$5,000), Mental Health America (\$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), 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.

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 F2F 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.

Family-to-Family 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 P2P class sometime in the future. If you are interested in joining another future class, please call 817-332-6600 or 817-332-6677 to enroll/register for an upcoming class.

VFT Classes

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

GMTA Classes

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

Provider Education Program

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

Martha Meyer

Support Groups

Support groups provide assistance to both consumers and families, provide insight into

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

Fort Worth **July 9 & August 13, 2012**
Family caregivers are invited to a support group meeting the **second Monday of every month** from **7:00 to 8:30 p.m.** at MHA TC located at **3136 W 4th St.**

Fort Worth **July 10, 2012**
Family caregivers of children/adolescents are invited to a support group meeting the **second Tuesday of every month**, 5:30 to 7:30 p.m. at MHMR FAIR West Children's Clinic located at **1527 Hemphill.**

Joshua **July 12, 2012**
Family caregivers and consumers are invited to support group meetings the **second Thursday of every month**, 7:00 to 8:30 p.m. at **Joshua City Library** located on the High School Campus in Joshua. The address is Highway 174.

Fort Worth **July 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 p.m. 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 **July 26, 2012**
Family caregivers are invited to a support group meeting the **last Thursday of every month**, 7:00 to 8:30 p.m. across the street from Trinity United Methodist Church in Arlington. The meeting is held in the Wesley House, **3216 W. Park Row, Room 306.**

Southlake **August 6, 2012**
Family caregivers are invited to a support group meeting the **first Monday of every month**, 7:00 to 8:30 p.m. at Whites Chapel United Methodist Church in Southlake. The meeting is held in the Re-Source Building, **185 S. Whites Chapel Blvd.** Entrance to Re-Source Bldg. is driveway off 1709 Southlake Blvd. Parking is behind the church. Meeting is in the main room due to construction.

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 did not meet in July due to the holiday. The NAMI TC Board normally holds their monthly meetings on the first Thursday of the month at **6:00 p.m.** at MHATC, located at **3136 W 4th St in Fort Worth.** The next meeting is scheduled for **August 2, 2012.** All NAMI TC members are always welcome to attend and hear the discussions and learn the "behind the scenes planning."
Carolyn Apodaca

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. Save the dates and be thinking about applying 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, 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 (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 Member Serves as Region 2 Director on NAMI Texas Board

Cynthia Hicks Brown, a NAMI TC member who has been a speech language pathologist for 40 years in the Dallas-Fort Worth area, is now serving as Region 2 Director on the NAMI Texas Board. She is the proud mother of two adult sons, Chad and Bradley Brown, who are challenged with living with schizophrenia. She received her Bachelor's and Master's degrees at what is now the University of North Texas, with Post Graduate work at Columbia University Teachers College. Cynthia leads a life filled with active participation in various church, civic, social and professional organizations. Singing, reading and traveling internationally are her lifelong passions. She recently completed the training to teach Family-to-Family classes, which has been a highlight for her this year; she looks forward to teaching it in the near future and "paying it forward."

NAMI Texas

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

Batman at the Omni IMAX Theater

The next social outing for NAMI TC consumers and friends will be the **4:00 p.m.** showing of **Dark Knight Rises** on **Saturday July 28** at the **Omni IMAX Theater** located at **1600 Gendy Street**

in Fort Worth. We will be meeting at 3:30 p.m. in the lobby of the Omni IMAX Theater and will have a chance to talk afterwards. **A nominal fee of \$3 for consumers** is requested to hold your ticket. You are welcome to bring your friends and family to join us for \$13 each. 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! **Parking is \$5 at Western Heritage Parking Garage north of Museum** (entrance off Gendy or Lansford Ln). An alternative parking area is available for \$3 cash at Harley & Montgomery (near National Cowgirl Museum) (entrance from Harley). 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 (July 19).

Many more outings are planned this year. In June, a baseball game with the Fort Worth Cats was enjoyed but attendance was low. In **August**, we will stay cool and go bowling in Fort Worth for a few hours in the afternoon. 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

Upcoming MHATC Events

MHATC Peer Support program hosts classes, support groups and fun social activities like parties, crafts, and movies. Please let us know if you will be attending the Peer Support events by e-mailing or telephoning sfairchild@mhatc.org (817-546-7801) or cjohnston@mhatc.org (817-546-7802) to get a calendar of events by mail or for more information. Calendars are sent out every two months. Upcoming events include the following and will be **held at MHATC located at 3136 W 4th St in Fort Worth.**

Wellness Recovery Action Plan (WRAP) Classes – 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 p.m.: The Warm Line (817-546-7826). We are here to listen. All calls confidential.

July 10, 17, 24 (Tues) 10-11 a.m.: You and Self-Esteem

July 12, 19, 26 (Thurs) 10:30 a.m.: HUGS (New peer support group)

July 13 (Fri) 6 p.m.: CATS Baseball Game (Call by **July 11** to reserve limited number of free tickets)

July 16, 18, 23, 25, 30 (Mon/Wed) 12:30-4 p.m.: WRAP classes (lunch served)

July 28 (Sat) 1-3 p.m.: Collage Collaboration Art Project

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

August 2, 9, 16, 23, 30 (Thurs) 10:30 a.m.: HUGS (New peer support group)

August 7, 14, 21 (Tues) 10-11 a.m.: Boundaries: When to Say Yes, How to Say No

August 10 (Fri) 6-8 p.m.: Movie Night

August 25 (Sat) 1-3 p.m.: 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 p.m.** the first Monday of every month (excluding holidays) at The Excel Center, **1220 West Presido 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

Survey Focused on Documenting Difficulties and Finding Solutions for Those Living with Mental Illness

Do you live with or care for someone with mental illness? If so, your help is sought in helping those without a voice and those without adequate treatment, services and/or housing. This survey wants to know about your experiences when seeking and getting help. It is easy to complete, and your answers are confidential. The responses collected from this survey will be utilized to assist in understanding diverse experiences with mental illness issues and help assess housing needs for people living with mental illness. The results will be shared with organizations serving those with mental illness and service providers who may initiate services. The results of the survey will be presented during a one-day conference titled "National Mental Illness Housing Forum" to be held September 27-28 at the Carter Center in Atlanta, Georgia. Excerpts from the survey will also be available in the fall issue of SZ Magazine. To access the survey, follow this link: <http://www.promatura.net/Survey/mental-illness.htm>.

Mental Wellness Today

Mental Health and Substance Abuse: Special Issues for People with Disabilities and Other Adults

On August 21 from 8:45 a.m. - 12:00 p.m., a presentation on mental health and substance abuse will be discussing special issues for people with disabilities and other adults. Training will be held at Tarrant County Public Health Education Center located at 1101 S. Main St in Fort Worth. The cost will be \$25 for 3 hours of CEUs for social workers and LPCs. *North Central Texas Aging & Disability Resource Center*

Western Medicine Finally Recognizes Meditation as Treatment for Mental Illness
After thousands of years, Western medicine is finally recognizing the benefits of meditation to treat diseases, including mental illness. Under

the disguise of Mindfulness Based-Cognitive Therapy (MBCT), meditation is being accepted as a way to treat various conditions in the field of mental illnesses. Meditation has long been used in Eastern philosophy, and those who practice it report feeling calmer and happier. Now modern scanning technology has started to reveal why. Meditation helps to reduce activity in the amygdala region of the brain which is responsible for governing feelings of stress. It is also involved in the insula, the part of the brain that allows us to feel deep emotions, which is why those who meditate are more likely to be less aggressive. This part of the brain also regulates how we view arguments with loved ones and gives us our sense of regret when we emotionally harm someone, triggering an emotional need to put things right.

www.naturalnews.com

Autism, Schizophrenia and Bipolar Disorder May Share Common Underlying Factors

New research led by Dr. Patrick F. Sullivan, a medical geneticist at the University of North Carolina School of Medicine, points to an increased risk of autism spectrum disorders (ASDs) among individuals whose parents or siblings have been diagnosed with schizophrenia or bipolar disorder. The findings were based on a case-control study using population registers in Sweden and Israel, and the degree to which these three disorders share a basis in causation has important implications for clinicians, researchers and those affected by the disorders.

Sullivan and colleagues found that the presence of schizophrenia in parents was associated with an almost three times increased risk for ASD in groups from both Stockholm and all of Sweden. Schizophrenia in a sibling also was associated with roughly two and a half times the risk for autism in the Swedish national group and a 12 times greater risk in a sample of Israeli military conscripts. The authors speculate that the latter finding from Israel resulted from individuals with earlier onset schizophrenia, which has a higher sibling recurrence. The study also indicated that bipolar disorder showed a similar pattern of association but of a lesser magnitude.

Archives of General Psychiatry.

Supreme Court Decision on Health Care Law
NAMI Executive Director Michael J. Fitzpatrick has released the following statement. "The Supreme Court's decision means that the American people can continue to move forward to build a health care system that covers everyone. No system is perfect, but it has been clear for some time that many Americans support specific provisions of the law, such as that requiring insurance coverage of pre-existing medical conditions. The decision protects that provision, along with others that are important to people living with mental illness. The law is a foundation. Let's keep building on it."

www.nami.org

Loving a Sibling with a Chronic Illness

As a sibling of a person living with serious mental illness, Trudelle Thomas faced her own set of challenges. She wanted to keep her close bond with her brother who suffered from schizophrenia but wrestled with feelings of grief, worry, frustration and guilt. Even though she knew better, she felt guilty for not protecting him. She worried terribly that he would end up sleeping under a bridge. For a long time, the way she expressed her caring was by giving him advice: "Go back to school!", "Don't eat those Cheetos!" and "Stand up straight!" She also became an overachiever, trying to compensate for her family's heartache. Years passed before she encountered the concept of "unconditional positive regard" - the idea that *all people* need and deserve unconditional acceptance. When she first heard this phrase, it was as if a light bulb lit up. She realized that she had been treating her brother as a problem or a patient rather than a person deserving unconditional acceptance.

Family patterns are hard to change, but she made up my mind to change the way she interacted with her brother. She stopped acting like his second mother and started to become his friend. Unless asked, she gave no advice. She stopped focusing on his illness and instead made a conscious effort to talk about my

own life, my own joys and sorrows, even asking his advice from time to time.

NAMI Voice

Purple Hearts for PTSD: Report Calls for Change in Military Culture; Outlines Mental Health Needs of Veterans

NAMI recently released a special report entitled *Parity for Patriots: The Mental Health Needs of Military Personnel, Veterans and their Families*. The report calls for Purple Heart medals to be awarded for psychological wounds like posttraumatic stress disorder (PTSD) and for military commanders at all levels to be accountable for suicide prevention and elimination of stigma.

"NAMI is drawing a line in the sand with the Department of Defense," said NAMI Executive Director Michael J. Fitzpatrick. "Troops with invisible wounds are heroes. It is time to honor them. It will also strike a tremendous blow against the stigma that often discourages individuals from seeking help when they need it." The full report is available online at www.nami.org/veteransreport. It includes statistics, tables and charts including:

- One in five active duty military personnel have experienced symptoms of PTSD, depression or other mental health conditions
- One active duty soldier dies by suicide every 36 hour and one veteran every 80 minutes
- Suicides have increased within National Guard and Reserve forces, even among those who have never been activated and are not eligible for care through the Department of Veterans Affairs (VA)
- More than one third of military spouses live with at least one mental disorder
- One third of children with at least one deployed parent have had psychological problems, such as depression, anxiety and acute stress reaction

www.nami.org

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

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