

*Tarrant County's Voice On Mental Illness*

**PO Box 1504, Fort Worth, TX 76101-1504 (817) 332-6600**  
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Email: [namitc.adams@gmail.com](mailto:namitc.adams@gmail.com)  
Website: [www.nami.org/sites/namitarrantcounty](http://www.nami.org/sites/namitarrantcounty)

Volume 6 \_\_\_\_\_ Newsletter \_\_\_\_\_ June 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.**  
**The intersection at West Berry and South University may require detours.**

**June 21, 2012**

**Speaker: Sherry Fairchild, Peer Support Coordinator**  
**Topic: Mental Health America (MHA) of Greater Tarrant County**

**People with Mental Illness Enrich Our Lives: Robert Boorstin**

Robert Boorstin, a special assistant to former U.S. President Bill Clinton, revealed in a presentation entitled *Smooth Sailing* to the Depression and Related Affective Disorders Association that he was diagnosed with bipolar disorder (manic depression) following a long struggle with depression. He is an accomplished writer and has served on four presidential campaigns, the President's national security speechwriter for the Clinton Administration, as an advisor to former Treasury Secretary Robert Rubin regarding communications and foreign policy, and as an adviser to former Secretary of State Warren Christopher regarding the developing world.

**NAMIWalks Fort Worth**

NAMI TC will host a **Walk Information Meeting at the MHA office located at 3136 W. 4<sup>th</sup> Street, Fort Worth, from 4 to 6 pm on June 14.** This meeting is **strictly for volunteers** and information pertaining to the various coverage areas that need to be considered. The agenda will include discussions on the success of the 2011 NAMIWalks and what changes should be considered, discussions on the 2012 NAMIWalks in regard to the Botanic Gardens and the construction and volunteer shirts, identification of volunteer positions imperative to a successful event, individuals or group(s) commitment and sign-up to be a volunteer for the 2012 Walk, and identification of a

Volunteer Captain and Co-Captain, if needed.

At this year's walk, there will be a check in spot for volunteers to sign in to ensure all bases are sufficiently covered. If positions have been held in the past, we will do our best to honor those but much of this depends upon the growth of the walk, which we hope is a lot! And remember, even if you have decided to be a volunteer, you can still be a captain for a team of walkers and raise money! Light sandwiches and salad will be provided by Ceasons Holdings, LLC. Please call the office or send Sue Adams an email to let us know you are coming.

*Dana Beard*

### **Family Education Opportunities**

Are you or someone you know interested in attending either a Family to Family, Visions for Tomorrow or Great Minds Think Alike class? The FTF class is a 12-week course for family caregivers of adults with severe mental illness, while the VFT class is for parents or caretakers of a child with a brain disorder who is college age or under. Great Minds Think Alike is an educational program for adolescents aged 12 to 17 with a brain disorder. The Peer to Peer class is taught over a 10-week course and is designed for consumers to take the focus off the illness and learn to balance it with the rest of their life. These *free* classes are taught by NAMI-certified instructors and provide education on mental illnesses and resources to assist and support consumers and family members. Pre-registration is required. Additionally, the Provider education program offers 30 hours of in service training to line staff at public mental health agencies. It is taught by a trained five-member team of family members, individuals living with mental illness and a mental health provider who is either a family member or individual living with mental illness.

#### **FTF Classes**

##### **Fort Worth**

NAMI TC has recently finished a Family to Family class and is planning De Familia a Familia (Spanish version) class in the near future. If you are interested in attending a class (in English or Spanish) later this year, please call 817-332-6600 or 817-332-6677 to enroll/register for the class.

##### **Burleson**

NAMI Johnson County will teach a Family to Family class sometime in the future. The information about time and location will be provided later. Please call 817-295-8082 to enroll/register for the class.

#### **Peer to Peer Classes**

NAMI TC will offer a PTP class sometime in the future. If you are interested in joining another future class, please call 817-332-6600 or 817-332-6677 to enroll/register for an upcoming class.

### **VFT Classes**

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

### **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.

#### **Southlake**

**June 4 & July 2, 2012**

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 Re-Source Building, **185 S. Whites Chapel Blvd.** Enter the driveway off of 1709 Southlake Blvd. Re-Source Building is the first small building on the right. Enter through the small door to the right of the main entrance. Parking is behind the church.

#### **Fort Worth**

**June 11 & July 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.**

**Fort Worth**                      **June 12 & 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 pm at MHMR FAIR West Children's Clinic located at **1527 Hemphill**.

**Joshua**                                      **June 14, 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**                                      **June 21, 2012**  
Family caregivers and adult consumers are invited to separate support group meetings the **third Thursday of every month**, 6:00 to 7:30 pm at University Christian Church located at 2720 S. University Drive, **Rooms 201 (consumers); 226 & 227 (caregivers)**. One is advised to park on the north or east side of the church as entry is on the east side. The support groups are held prior to the monthly NAMI TC informative meetings.

**Arlington**                                      **June 28, 2012**  
Family caregivers are invited to a support group meeting the **last Thursday of every month**, 7:00 to 8:30 pm across the street from Trinity United Methodist Church in Arlington. The meeting is held in the Wesley House, **3216 W. Park Row, Room 306**.

At the monthly meetings, lists for additional support groups for consumers and caregivers are also available at the information tables.

*Martha Meyer*

#### **NAMI TC Board Meeting**

The NAMI TC Board of Directors met on June 7. Welcome aboard to two members who have recently joined the NAMI TC Board: Cheryl Abrams and Kelly Doyle. The Budget/Finance Committee presented the current ledger sheets and account holdings; these documents are available to the general membership at any time. The Audit Committee completed the 2012 NAMI TC Financial Review and provided the President with the report. The MyHome Project expressed their gratitude for all the recent donations. The Social Outing

Committee reported good participation at its outings and presented information on the next upcoming event for all NAMI TC friends and family. The Advocacy Committee is actively participating in liaison groups. The Record Retention Committee has been working on inventory of 2011 NAMI TC records and hopes to schedule consumers to work as independent contractors in sorting and scanning documents and preparing compact discs for storage of this important information for NAMI TC as an affiliate. Stacy Hollingsworth from NAMI Texas presented a Standards of Excellence presentation and the Board passed a resolution of intent to pursue an affiliation agreement with NAMI. These standards outline a set of operational expectations that NAMI TC leaders need to follow. They were established with the purpose of strengthening the organization, protecting affiliates, preserving the NAMI brand, and making "NAMI" a household name. The process entails a close review of organizational items, such as formative documents, policies, and communications, in order to ensure they are in accordance with the new standards. NAMI Texas has officially completed its chartering, making it one of only six state affiliates in the nation to be chartered thus far. NAMI TC will be working to complete the process by the end of 2013.

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**. There will not be a NAMI TC Board meeting in July, and 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*

#### **NAMIWalks Fort Worth Update**

On **May 23**, a community awareness luncheon at the City Club of Fort Worth was held to inform approximately 25 CEOs, community business leaders and mental health professionals about NAMI TC and to invite their participation in the NAMIWalks Fort Worth. A huge thank you goes out to Green Collar Workers, a landscaping company in Colleyville, who funded this event.

On **June 8**, Dana Beard spoke to the Keller Chamber of Commerce about NAMI TC, and Mark Berkheimer and Kathy Gorg presented information about NAMI TC to the North Texas Mental Health Professionals Meeting. All professionals and organizations were invited to become a sponsor of the NAMIWalks Fort Worth. Additionally, Walgreens hosted a community event in North Richland Hills on **June 9**, and Mark Berkheimer and Kathy Gorg presented material about NAMI TC and the NAMIWalks at an information table.

NAMIWalks Fort Worth will benefit from two nights of Defense by Design, an education and empowerment program, presented by Jeff McKissack. **At Flip's Patio Grill in Grapevine on June 28 and on July 10 from 7-9pm** (dinner served at 6:30pm), young women and their parents (limited to one per girl due to space limitations) will learn about prevention of violent crime and receive a copy of *Power Proverbs for Personal Defense*. NAMI TC will receive 50% of the tickets proceeds for these two nights. For details on what the evening will cover as well as the specifics of online registration, here are the two links based upon your evening of choice:

June 28

<http://safetystrategies4youngwomenjune28.eventbrite.com>

July 10

<http://safetystrategies4youngwomenjuly10.eventbrite.com>

**August 1** is the date set for the Kick-Off Luncheon which will be held at the Garden Room of Goodwill Industries in Fort Worth. Tyler Brown of Fusion under Glass will be the chef. All sponsors and team captains will be invited to attend.

NAMIWalks sponsors to date include the following: MHMR TC (\$10,000), Green Collar Workers (\$2,500), Beard's Napa Automotive Parts and Supply (\$2,500), JPH Health Network (\$2,500), Amerigroup (\$1,000), and J. Fraley Company (\$1,000). Numerous in-kind donations have been received from the following: Dallas Stars, various tanning and massage salons, Studio Photography, Nothing

Bundt Cakes. A huge thank you to all these sponsors and for all the in-kind donations.

*Dana Beard*

### **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.

#### *Basics Teacher Training*      **July 27 - 29, 2012**

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.

#### *Peer-to-Peer Mentor Training*

**July 27 - 29, 2012, San Antonio**

Peer-to-Peer is a free 10-week, peer-led, recovery education program taught by trained mentors who are in recovery and which to give back to others suffering from mental illness. This course is specifically for any person with a serious mental illness who wishes to live well in their recovery. It offers a comprehensive understanding of serious mental illness with topics ranging from stigma to relapse prevention to advocacy and much more.

#### *Parents and Teachers as Allies*

**July 27 - 28, 2012, San Antonio**

Parents and Teachers as Allies is a 2-hour in service mental health education program for school professionals taught by trained family members, consumers, and an active (or retired) school teacher or education professional who has a family member with a mental illness

diagnosis. The course focuses on helping school professionals and families within the school community better understand the early warning signs of mental illnesses in children and adolescents and how best to intervene so that youth with mental health treatment needs are linked with services. It also covers the lived experience of mental illnesses and how schools can best communicate with families about mental health related concerns.

#### *Sharing Hope Outreach*

**July 27 - 28, 2012, San Antonio**

The Sharing Hope Outreach program is taught by trained family members, consumers or faith leaders interested in narrowing the dichotomy between faith and mental health recovery. This model was derived to address health disparities among specific ethnic populations was used originally to target the African American communities and is now translated to reach Latino communities.

*Sue Adams*

#### **NAMI National Convention**

The 2012 NAMI National Convention will be held **June 27-30** at the **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. Carolyn Apodaca, Betty Edge, Sue Adams and David Carroll have been selected by the NAMI TC Board to attend the convention on scholarships this year. If anyone would like to review the scheduled presentations and request someone to attend a special session and report back on it, please let them know. They will be presenting a program in July on the highlights of the workshops they attended so all the general membership can benefit from this experience. There is still time for others to register and attend as you will find the sessions at this meeting very informative. [www.nami.org](http://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](mailto:namitc.adams@gmail.com) so your ideas for programs can be considered.

*Betty Edge (chair), David Carroll*

#### **MyHome Project**

The MyHome 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 MyHome 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](mailto: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 National. 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 and NAMI Texas. You will receive three newsletters from each of the different levels of NAMI. If you have any questions about when your membership expires, please leave a message at the NAMI TC office at 817- 332-6677 and assistance will be provided.

*David Carroll*

### **NAMI TC Records**

An effort is being made to organize NAMI-TC records over the past several years. If you have copies of any general corporate records (such as meeting minutes, or membership applications), accounting, finance and tax records (such as bank statements, budgets, annual reports, or financial review report), or insurance records, please let us know what you might have by leaving a message at the office. We are also interested in hearing from NAMI TC consumers who would be interested in sorting, organizing, and scanning these documents as paid independent contractors.

*Martha Meyer and Frances Allen*

### **Let's Go to the CAT's Baseball Game!**

Our next outing will be a baseball game with the Fort Worth Cats playing the Abilene Prairie Dogs on **Sunday June 17 at 6:05 pm**. The game will be held at **LaGrave Field located at 301 NE 6th St**. The cost for consumers who are members of NAMI TC will be free, and reservations for transportation may be made possible through carpooling. **We will be meeting outside the stadium near the box office between 5:15 and 5:30 pm to purchase tickets together right behind home plate.** If you arrive after this time, you will need to purchase your own ticket for \$5, and we will reimburse you if you are a current open-door member of NAMI TC. You are welcome to bring your friends and family to join us for \$5 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! 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](mailto:sfairchild@mhatc.org) (817-546-7801) or [cjohnston@mhatc.org](mailto: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** – 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.

**June 5, 7, 12 (Tues/Thurs) 1-4 pm:** WRAP classes

**June 8 (Fri) 2-4 pm:** Part 1 - Create a Face Art Therapy

**June 12 (Tues) 10-11 am:** Disability Rights: Mental Health Conditions

**June 22 (Fri) 2-4 pm:** Part 2 - Create a Face Art Therapy

**June 23(Sat) 1 pm:** WRAP Reunion Lunch (Please confirm registration)

*www.mhatc.org*

### **Living Connections**

The Excel Center Fort Worth in conjunction with Advocates for Children of Trauma host a parent support group, called Living Connections, which is focused on supporting parents raising children/adolescents exposed to early trauma abuse and/or neglect. The group normally meets **from 6-8 pm** the first Monday of every month (excluding holidays) at The Excel Center, **1220 West Presido St, Fort Worth**. Free child care and a light meal are provided. The next meetings will be held on **June 4 and July 2, 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](mailto:ACT_founder@sbcglobal.net) /817-219-5459 or [conchita.andrijeski@psysolutions.com](mailto:conchita.andrijeski@psysolutions.com) 817-335-6429. *Advocates for Children of Trauma*

**Beyond Benevolence: Friendship, Help & the Politics of Support**  
**On June 18 from 9:30-11:30 am at the North Richland Hills Library**, the Learning Together Workshop Series presents Norman Kunc, who will speak on benevolence in its various forms and offer some ideas on how to provide dignified assistance and foster genuine connections in the community. Individuals who live life with a disability need respectful support and authentic relationships if they are to become valued members of our classrooms and communities. Unfortunately, well-intended but misguided benevolence often contaminates support and friendship with paternalism and patronization. He will also share invaluable life lessons that individuals who have a disability have known for years: the usual way of doing things invariably can often be the most expensive and least effective; unsolicited help is rarely relevant and frequently less appreciated; the quickest way to make oneself feel inadequate is to compare oneself to other people. Registration is free but space is limited.

<http://ltwnormankunc.eventbrite.com/>

#### **Job Accommodation Network**

The Job Accommodation Network (JAN) is the leading source of free, expert, and confidential guidance on workplace accommodations and disability employment issues. Workplace accommodations are evaluated on a case-by-case basis. Individuals with mental illness may need assistance with maintaining consistent attendance, experience difficulties adjusting to changes in the workplace or interacting with others, have deficits with memory, managing

time and organizing information. JAN provides accommodation ideas for both the employee and employer. <http://askjan.org/index.html>

#### **Bipolar Symptoms May Begin in Teen Years**

The number of teenagers who have experienced mania, a hallmark of bipolar disorder, is close to the number of adults estimated to have the mood disorder, suggesting that for many the condition begins during adolescence, according to a new study. The traditional wisdom has been that mania begins in your 20s and 30s; however, the important thing is for people to recognize that mania does occur in adolescents. The study included more than 10,000 teenagers who went through extensive interviews about their moods and behavior. The research team found that 2.5 percent met the criteria for having had mania and depression, and 2.2 percent of teens had experienced it within the last 12 months. This data suggest that bipolar disorder is more common in adolescents than previous studies had shown. The rates of mood disorders the researchers found among teenagers are close to what is seen in adults. According to the National Institute of Mental Health, 2.6 percent of adults have had bipolar disorder in the last 12 months. This study confirms the impression that onset in adolescents is part of the picture for this disorder for many patients.

The study results do not necessarily suggest that the rates of bipolar symptoms in teens are rising, but increasing numbers of teens who seek treatment for a psychiatric problem are being diagnosed with bipolar disorder. In this study, only about half of the adolescents with mania and depression had been treated for the disorder. Adolescence is when bipolar disorders really begin, and a shift in the focus of prevention and intervention should begin earlier in the lifespan.

*Archives of General Psychiatry*

#### **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 _____	Open Door	<u>\$ 3.00</u>
ADDRESS _____	Regular	<u>\$35.00</u>
CITY _____ STATE _____		
ZIP _____ PHONE _____		
Email _____	OTHER CONTRIBUTION	\$ _____

MAIL TO: NAMI Tarrant County  
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FORT WORTH, TX 76107-2113

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