

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 3 _____ Newsletter _____ March 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.

March 15, 2012

Speaker: Nelda Davis, Executive Director; Christina Starling, House Supervisor;
Brandy Ingram, Activities Director, Westchester Plaza, Assisted Living
Topic: Adult Housing Alternatives

People with Mental Illness Enrich Our Lives: Charles Faust

Charles Faust, a daydream believer, was told in 1911 by a fortuneteller in Wichita that he would win the pennant for the New York Giants. In a weird way, he did. He left Kansas for New York and was hired as the mascot for the Giants. Magically, mysteriously, the Giants began winning, and winning, and winning. His goofy presence relaxed the Giants, as he entertained fans and ballplayers with a spasmodic pregame game of pitching, fielding, running the bases and leading brass bands that played at the baseball game. From July 29 until they clinched the National League pennant in late September, the Giant's record with Faust on the bench was 37 victories and 2 defeats. Glory arrived Oct. 7, 1911. With the pennant secured, Faust went to the bullpen to warm up and then was summoned to face the Boston Braves. Fewer than 1,000 at the Polo Grounds saw Faust pitch the ninth inning, allowing one run.

My Home Project

The My Home Project is restarting its mission of providing household items to consumers referred to NAMI TC through MHMRTC case workers. 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 supplies are most appreciated. 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, waste baskets, and dust pans. Gently-used items are very welcome, and they don't

have to match. Some of the new items that are currently in demand include toothbrushes and paste, deodorants, shaving cream and disposable razors, Kleenex, toilet tissue, paper towels, bowl brushes, cleaning supplies (glass cleaner, Comet, Pinesol, Spic n Span), dish soap (not dishwasher soap), sturdy boxes approximately 1 or 2 cubic feet to pack dishes in, and 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)

Thank You

Thank you to Melissa Gibbons for her years of tireless service to NAMI TC both as an Executive Director and Walk Manager. She has recently resigned, and the Board appreciates her influence in the mental health community and especially with NAMI TC.

Carolyn Apodaca

Event Coordinator Search

NAMI TC is actively seeking a part-time event coordinator for NAMIWalks Fort Worth, a 3K walk which is the annual fund raiser for NAMI Tarrant County. The event is held in October and has a history of attracting about 600 attendees and generating about \$80,000. This year's event is aiming at raising \$100,000 or more this year. The funds raised are used locally to provide education, support and advocacy services to individuals living with a mental illness and their families. All NAMI services are provided free to any community member needing them. For further information, please see www.nami.org/namiwalks or leave a message for Carolyn Apodaca at 817- 332-6677.

Carolyn Apodaca

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

NAMI TC has cancelled the Peer to Peer class meeting due to national program standards for a minimum size class. 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

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.

Joshua March 8, 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 March 12, 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 March 15, 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 (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 NEW ROOM March 29, 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.**

Southlake April 2, 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 met on March 8 this month due to a conflict in scheduling at the regular time. The Budget/Finance Committee reported that the 2012 NAMI TC Budget was approved at the general meeting held February 16 and numerous tax forms have been filed this year. Membership fees, record retention, contracts and other financial items were discussed. The Program Committee presented the Board with some of the upcoming program ideas, and the Social Outing Committee reported on good participation at its first outing and 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 the Peer to Peer class was cancelled due to a small class size. Additionally, there are upcoming training opportunities for both consumers and caregivers that are available to interested individuals. The By-Laws Committee reported on its mission statement and upcoming plans. The Advocacy Committee reported on a developmental idea about dissemination of information about Tarrant County mental Health services. 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 performed the 2010 audit and is in the process of writing a report; the 2011 audit will be performed as soon as the financial reports for 2011 are finished around

March 31, 2012. It was announced that NAMI TC Cynthia Brown now represents NAMI TC on the Regional 2 NAMI Texas Board.

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 **April 5, 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 April 20-22, 2012, Fort Worth

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.

Train the Trainers April 26-29, 2012 St Louis, Missouri

The Train the Trainer trainings are for those who already NAMI-trained facilitators or teachers and willing to become state trainers. There are limited scholarships available and the deadline for all applications and fees is

March 16. Please call the office for further information.

Family Support Group Facilitator Training June 1-3, 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

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

Transition Expo

NAMI TC will be sponsoring an information table on its services for people with mental illness and their families on **Saturday, May 5 from 10 am to 2 pm at the Resource Connection located at 2300 Circle Drive in Fort Worth**. Other social service providers,

agencies, community organizations, support groups, and self-advocates will be at this transition expo to share information about resources for individuals of all ages to promote self-determination and an enhanced quality of life in Tarrant County. The NAMI TC Board is seeking volunteers to assist at the table in 2 hour shifts (10am-12 pm or 12 -2 pm) and would like you to help them.

<http://familysupportctc.org/transition-expo>

NAMI National Convention

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. Sue Adams, Carolyn Apodaca, David Carroll, and Betty Edge have been selected by the NAMI TC Board to attend the convention on scholarships this year. 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.

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

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. Thank you to David

Carroll for stepping forward last month to work on the Membership Committee. This month we are focusing on the **Contract Services Committee**. We need persons willing to discuss the best means of finding, interviewing, hiring, and fairly allocating stipends for consumers, NAMIWalk manager, and advocacy program developments now that these positions are appropriated in the 2012 Budget. The Committees findings would be shared with the Board, and they would help formulate new contracts for all independent contractors. So please step forward if this sounds interesting since we would love to hear from you. NAMI TC really needs your help. Thanks for stepping forward.

Carolyn Apodaca

Community Connection Fair

NAMI TC was invited to a Community Connection with the Arlington church members on February 27 at First United Methodist Church in Arlington. Betty Edge and Martha Meyer had an opportunity to speak with several pastors from local area churches and answered questions and handed out brochures about NAMI TC. The representatives from the churches had several questions addressing what to do when someone with a mental illness or crisis appears on their doorsteps. The MCOT crisis number (817- 335-3022 or 800- 866-2465) and a call to 911 for police officers trained in crisis intervention or for an assessment of a mental health warrant were offered as assistance.

Betty Edge

Crisis Intervention Training

Sr Cpl Herb Cotner, Lead Crisis Intervention Training (CIT) Instructor with the Dallas Police Department (DPD), spoke on February 16 at the general membership meeting. NAMI TC also welcomed representatives from other area police departments in Arlington, Azle and Fort Worth. The DPD has become an active member of their community as they work together as resources for one another with Mental Health America, National Alliance on Mental Illness, area mental health systems, and anyone else dealing with the mental health population.

The Dallas CIT Training Program trains officers on effective techniques to deal with a consumer in a psychiatric crisis in ways that reduce the risk of harm to the officer and the citizen. It is designed from the Memphis model CIT and is a 40 hour class taught to police officers. It is an active listening model, such as used for negotiations and based on de-escalation skills. "One of the most frightening situations that an individual, family member, and/or a first responder may be forced to face is a critical incident involving an individual with a severe mental illness in crisis," states Herb Cotner. He stated it is best for family members of loved ones with mental illness to tell them everything before they enter a home situation encountering those with mental illness. The police officers are trained to protect themselves, the caregivers and mentally ill consumer, in that order if faced with a threatening situation. Herb Cotner can be reached at herbert.cortner@dpd.ci.dallas.tx.us or 214-681-1795. *Martha Meyer*

2012 NAMI Membership Renewals

NAMI TC appreciates the renewal of your annual memberships. At the most recent Board meeting, NAMI TC voted to make 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 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 first two social outings for NAMI TC consumers and friends were to Main Event Entertainment in Fort Worth on February 26 where twelve individuals had a great time bowling and playing billiards and laser tag. It was a great venue for interactions among friends. Then it was off to a Brahmas hockey game in North Richland Hills on March 10 where eighteen individuals cheered on the home team against Laredo Bucks. The next social outing will be held in the afternoon on **Saturday April 21** at the Omni IMAX Theater located at 1600 Gendy Street in Fort Worth. We will watch a film and have a chance to talk afterwards with a few snacks. This event will be free to NAMI TC consumers due to a generous donation by the Kovich family and will cost \$7 for a friend. 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 (March 15). Many more outings are planned this year. In May, a trip to the Fort Worth Zoo is in the planning and perhaps a baseball game with the Fort Worth Cats in June. In July we will have to find something cool to do; we will see if anyone is interested in a pool party with hot dogs and hamburgers. We will keep you posted on future scheduled events and hope you will come out and join us and help plan the events.

This Committee is 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 Tarrant County. It's a great way to meet some new friends.

William Meyer (chair), 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

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@mhac.org (817-546-7801) or cjohnston@mhac.org (817-546-7802) 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
March 6-8, 13-15, and 20-22 (Tues/Wed/Thurs) 1-4 pm: WRAP classes -call to register-
March 6, 13, 20, 27 (Tues) 11:30 am-12:45 pm: Finance Class
March 17(Sat) 1-3 pm: Cook-Out

www.mhac.org

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

Jason Edge
Dennis Gibbons
Moira McCarthy
William Meyer

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 **& March 5 & April 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 /817-219-5459 or conchita.andrijeski@psysolutions.com /817-335-6429.

Advocates for Children of Trauma

Violence against Adults with Disabilities

In a recent study assessing the prevalence of violence against adults (aged mainly ≥ 18 years) with non-specific disabilities was compared with non-disabled adults. Adults with disabilities were found to be at a higher risk of violence than are non-disabled adults, and those with mental illnesses were found to be four times more vulnerable. The study calls attention to the plight of many disabled adults who become targets for a variety of reasons. In other studies, the U.S. Department of Justice found that disabled adults were victims of twice as many violent crimes as adults who are not disabled, and about 15 percent of these victims believe they were targeted as a result of their impairments. Many people with disabilities are also often dependent on others, making them vulnerable to people who may feel the desire to exert power over them.

Experts have different opinions on the best ways to address the problem, but they do agree that a solution will not be easy to come by. While the study identifies a trend of abuse against people with disabilities, more research is needed to determine the cause-and-effect relationship.

The Lancet

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 _____	Other Contribution	\$ _____
ZIP _____ PHONE _____		
Email _____	TOTAL CONTRIBUTIONS	\$ _____

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