

NAMI Tarrant County

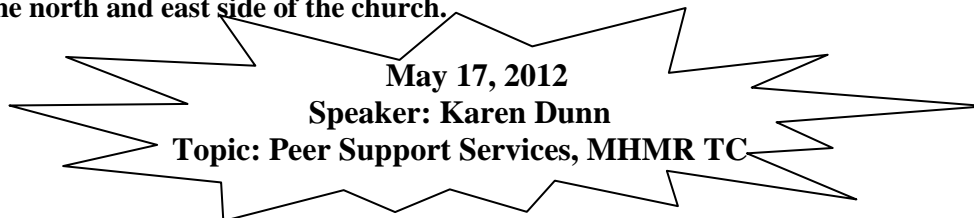
Tarrant County's Voice On Mental Illness

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Volume 5 _____ Newsletter _____ May 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.



People with Mental Illness Enrich Our Lives: Ray Charles

Ray Charles, a legendary musician, has been linked with a habitual use of alcohol and drug addiction. Portrayals of his life, including the movie *Ray*, point to depression and struggles like poverty and family tragedy as precursors to his long-time drug addiction, which many say may have caused the star much more hardship than the loss of his sight. As demonstrated by Ray Charles' story, drug addiction is extremely difficult to end, sometimes requiring several attempts to quit, but recovery can and does happen.

MAY IS MENTAL HEALTH MONTH

It's easy to allow fear to take over our lives. It is especially true in these difficult times. Many people think it is normal or try to "tough it out," but help is out there, if you ask for it. Anxiety and depression are the most common mental illnesses affecting more than 35 million Americans each year. When diagnosed, they can usually be quickly and effectively treated. You can conquer fear, and all the symptoms that accompany it. The first step is to go for a simple, confidential, screening offered by JPS Health Network. This free screening will be offered **Wednesday, May 9, at St. Christopher Episcopal Church, 3550 Southwest Loop 820, in Fort Worth from 9:00 am to 4:00 pm.** If you or a loved-one need this confidential screening, please take advantage of it. *Sue Adams*

NAMIWalks Fort Worth

At the May 3 Board of Directors meeting, Dana Beard updated everyone on what she has

accomplished for the NAMIWalks Fort Worth in her first month. She has met with Blair Young, the National NAMI Walk Manager, and is presently learning the ropes from Melissa Gibbons, NAMI TC's past Walk Manager. Dana has been busy out in the community raising awareness of NAMI TC and has already established several sponsorships, auction items and in kind donations and is working on meeting more civic and corporate leaders in the area as she gets organized. We welcome her aboard and hope that all of our members will want to get behind her as she oversees the coordination of all aspects of the NAMIWalks Fort Worth event. She invites everyone to come out and help so "many hands will make light work." There are many jobs to be done before **October 6**, and you will want to help NAMI TC fulfill this undertaking.

Carolyn Apodaca

Special NAMI TC Recognition

Melissa Gibbons received a gift honoring her as

President, Executive Director and Walk Manager for the first three formative years of the NAMIWalks Fort Worth.

Cynthia Brown was recognized as the NAMI Texas, Region 2 Representative for NAMI TC and new soon-to-be –trained FTF teacher. David Carroll recently completed training as a Certified Peer Specialist and WRAP facilitator.

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

May 7 & June 4, 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

May 8, 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 **May 10, 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 **May 14, 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 **May 17, 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 **May 31, 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. Special thanks to Kathy Gorg and William Meyer for updating this support group list recently.

Martha Meyer

NAMI TC Board Meeting

The NAMI TC Board of Directors met on May 3. The Budget/Finance Committee presented the 2011 Annual Report for NAMI TC and the 2012 First Quarter Financial Statement for NAMI TC; copies of both of these reports will be available at the next general meeting. 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 **June 7, 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 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

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. Four members from NAMI TC 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. There is still time for others to register and attend as you will find the sessions at this meeting very informative.

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 Frances Allen and Martha Meyer for stepping forward last month to work on the Record Retention Committee. This month we are focusing on the newly established **Standards of Excellence Committee**. We need persons who are willing to help NAMI TC become a better affiliate. So please step forward if this sounds interesting since we would love to hear from you. NAMI TC really needs your help.

Carolyn Apodaca

My Home Project

The My Home Project has been providing household items to consumers referred to NAMI TC through MHMRTC case workers once again. We have already received and fulfilled 20 requests, including the contribution of 30 dish detergents for participants at the Slate Street Project. 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, skillet, 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)

Care for the Caregivers and the Consumers

Dr. Warren Jackson, a local psychologist, gave a wonderful presentation on things that we can do for ourselves to help all of us cope with life in general. As he mentioned, we all know what we need to do but often do not have the time to do it. It is not only the major life stressors but also the daily stressors that cause us to subsequently experience an ill effect in our health. He pointed out four coping skills: *work to optimize your treatment; utilize your community support; engage in stress management/wellness behavior for yourself, and compose your own happiness.* To optimize your treatment, he suggested to find someone who knows what the next move is, be methodical and move forward with your treatment team, pace yourself and work on one small problem at a time. For utilizing community support, he mentioned the importance of asking for what you need every week! Identify what you need, be specific, time-limited and clear in what you request, and ask someone to just think about it and get back to you. For wellness/stress management, realize that our culture creates stress, and that you need to set boundaries. If you learn how to nurture yourself, you will find that doing something small every day can make a significant difference. Lastly, schedule something fun for yourself every day. Meditation and prayer are helpful to some, while making others happy may be the key for others. Only you will know where to find that happiness for yourself.

Martha Meyer

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 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, 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 audit reports), 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!

Five consumers and four family members had a wonderful outing to see *To the Arctic* on Saturday April 21 at the Omni IMAX Theater. Because the Museum was celebrating Earth Day, we even had a chilly treat and got to step inside a blowup astronomy tent for a short 15-minute presentation. This outing was made possible through a generous donation by the Kovich family. 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 (chair), Sean Gorg

NAMI TC Library

NAMI TC will soon add a new book to its library collection. *Partnerships* is a new book available through NAMI Texas. It is a self-help manual that can be used in a variety of ways. It can be read individually as a self-help resource or used as part of a discussion group or a workshop. Lots of great educational information about mental illnesses and how to cope with their impact.

Some additional titles from last month that are available in our library include *What Happened to Mommy?* by R. Fran, *Mental Health: A Guide for Latinos and Their Families (Salud Mental: Una Guia para Latinos y sus Familias)* by American Psychiatric Association, and *Minds on the Edge: Facing Mental Illness* (DVD). A more complete list will be made available as time permits.

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. sfairchild@mhatc.org (817-546-7801)

Monday-Friday 2-6pm: The Warm Line (817-546-7826). We are here to listen. All calls confidential.

Thursdays 12-12:30 pm: - Walking Group

May 8, 22, 29 & June 5 (Tues) 10-11 am:
Anger: Healthy Ways to Deflate It

May 12 (Sat) 1:30-3:00pm: Make a Gift
Jewelry – REMEMBER MOTHER’S DAY

**May 15, 17, 22, 24, 29, 31, June 5, 7, 12
(Tues/Thurs) 1-4 pm:** WRAP classes (Please
confirm registration)

May 25 (Fri) 6-8 pm: Health Rhythms:
Recreation Drumming and Dessert Party

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

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

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

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 Presidio St, Fort Worth**. Free child care and a light meal are provided. The next meetings will be held on **May 7 and June 4, 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*

Easter Seals

Easter Seals provides services for children and adults with disabilities and other special needs. These services include support for adult and senior services caregivers and for younger adults, such as in-home care, medical support, and community transportation solutions. Families utilizing Easter Seals’ Respite Care Services have loved ones who are living with a wide array of disabilities, including cerebral palsy, mental retardation,

Alzheimer’s, stroke and other disabling conditions.

Easter Seals of North Texas is located at 1424 Hemphill in Fort Worth, and the phone number is 817-332-7171. Email address is info@ntx.easterseals.com. Easter Seals of North Texas offers workforce development services and community living resources, such as social services, CLASS case management, homemaker services, personal assistant services, and respite care services. Under social services, individuals with disabilities and their families receive education and information, guided referrals, peer and professional support, advocacy and case management. CLASS case management is for children and adults who qualify for this Medicaid waiver program are assigned case managers who help them develop their service plans, advocate for them, and manage their plans to maximize each individual’s ability to live successfully in the community. Homemaker services provide clients with light housekeeping and laundry assistance to ensure a safe and healthy living environment for people with disabilities or other special needs. Through personal assistance services, intensive personal services, including bathing, grooming, dressing, and mobility assistance are provided for children and adults with disabilities, enabling them to live in the community, rather than an institution. Respite care services provide periodic, temporary breaks for individuals who are caring for a loved one with a disability at home.

www.ntx.easterseals.com

Caregiver Support Study

Orcas, a public health research organization, is in the process of designing and developing an interactive multimedia program to support caregivers. They are seeking individuals 18 and older caregiving for loved ones with dementia or those who have significant memory problems. Participants also need to be able to speak English and have an email address and access to high speed internet. Applicants will be asked to take a short online screening survey to determine eligibility. Contributors will be compensated up to \$225 for their time (\$75 each for three completed online surveys) and have access to an interactive program that provides education and cognitive behavioral skills for managing their mood and keep them from becoming depressed while caring for their loved one. For further information, please phone 1-866-822-0226 ext 1 or email caregiversupport@orcasinc.com.

The online survey link is the following:
<https://CaringSkills.surveyconsole.com>

NAMI Standards of Excellence

For the past year, NAMI has worked to establish national standards of excellence for all state and local affiliates due to increasing regulations and an ever-changing environment for nonprofits. 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 in March, 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.

NAMI TC is in the process of learning to become a stronger affiliate and we really need your expertise. We are a primarily a volunteer organization with only one part time office manager and one contractor for the NAMIWalk. We know each of our members has special attributes and skills and are asking each of you to let us know where you would like to serve.

Blood Tests for Mental Illness

Levels of particular proteins could offer a new way to diagnose schizophrenia and depression. Researchers have spent years probing the blood and brains of patients with schizophrenia and bipolar disorder searching for proteins that signal a person’s likelihood of developing these conditions.

Although biomarkers have improved diagnostic methods for many illnesses, such as diabetes and

heart disease, they have not so far proved as helpful for psychiatric diseases. Still some neuroscientists are convinced that biomarkers will soon become an indispensable component of psychiatry’s tool set. In recent investigations, an 80 percent accuracy of distinguishing schizophrenic patients from healthy persons was observed by examining 51 proteins in the blood.

Two blood tests are already currently available but have not received approval by the US FDA. One uses a group of 51 markers that includes the stress hormone cortisol and a protein known as brain-derived neurotropic factor (BDNF) that encourages the growth of new neurons, as well as the establishment of new connections between existing neurons. Austin-based Myriad RBM laboratory has developed a \$2,500 blood test for schizophrenia called VeriPsych which measures the amounts of various proteins. Similarly, San Diego-based Ridge Diagnostics has developed a biomarker test for depression that the company provides through a North Carolina lab for \$745. It is called MDDScore (MDD is major depressive disorder) which searches the blood for 10 biomarkers, including BDNF and cortisol.

Scientific American

Thank You

A special thank you goes out to the Congregation Beth Israel Sisterhood for the general donation in memory of Jordan Elizabeth Harris, Gene and Joyce Cates who have donated for the purchase of Spanish and English language FTF brochures and for library materials, and Joanne Girouard for her general donation. We truly appreciate each of you for remembering NAMI TC in your charitable gift giving, and any funds designated for specific budget items are considered “restricted funds” for your stated specific purpose.

Martha Meyer

NAMI TC Board Officers:

Carolyn Apodaca, President
Daniel Kovich, Vice President
Robin Mayne, Secretary
Martha Meyer, Treasurer

Frances Allen
David Carroll
Gene Cates
Betty Edge

Jason 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 Membership	\$ <u>3.00</u>
ADDRESS _____	Regular Membership	\$<u>35.00</u>
CITY _____ STATE _____	CONTRIBUTIONS	\$ _____
ZIP _____ PHONE _____		
Email _____	Total Submitted	\$ _____

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