



Tarrant County

Tarrant County's Voice on Mental Illness

3136 W. 4th St, Fort Worth, TX 76107-2113 (817) 332-6677 or (817) 332-6600
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Volume 11 _____ Newsletter _____ November 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.

November 15, 2012

Speakers: Sue Adams, Carolyn Apodaca, Dana Beard, Shira Lowry,
Daniel and William Kovich, Elle Valderas, and Eric Vanderwerken

Topic: 2012 NAMI Texas Conference and Advocacy Leadership Training

People with Mental Illness Enrich Our Lives: Dwight Gooden

Dwight Gooden, a former star major league pitcher for both the New York Mets and Yankees, was one of only a few major league ballplayers who played in both a Little League World Series and a Major League World Series during his career. He suffered from co-occurring substance abuse and clinical depression.

Advocates Needed

Never thought of yourself as an advocate? Want to make a positive change in mental health services? Grassroots advocacy is simple; you don't have to know about policies and politics. It's all about using your voice to influence policy makers and make a difference. Turn your passion and your lived experience into a positive voice for mental health with the *NAMI Smarts for Advocacy* training.

Make *your* voice heard. *NAMI Smarts for Advocacy* will enhance your advocacy skills and help you shape a powerful and personal story that will move policy makers.

NAMI Smarts for Advocacy engages you in hands-on learning to build and strengthen skills. Whether you are new to advocacy or have years of experience, you will leave the training with messages, step-by-step tools, and the practice you need to feel informed, confident, and ready to make a difference.

NAMI Smarts for Advocacy is taught in a series of three skill-building modules

1. Telling Your Story - writing and delivering a concise and compelling version of your story, a springboard for advocacy.
2. Emails and Phone Calls - writing emails that get attention and making phone calls that policy

makers remember.

3. Meeting Your Legislator - how to orchestrate a successful dialog with elected officials.

If you are interested in attending a day-long training session (lunch provided) on an upcoming Saturday in the next four weeks, then please contact the office and leave your name and contact information.

Daniel Kovich

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 is planning a Family to Family class in January. If you are interested in attending a class (in English or Spanish), 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.

Joshua

Nov 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

Nov 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

Nov 13, 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.**

Fort Worth

Nov 15, 2012

Family caregivers and adult consumers are invited to separate support group meetings the **third Thursday of every month**, 6:10 to 7:10 pm at University Christian Church located at 2720 S. University Drive, **Fellowship Hall**. 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

CANCELLED DUE TO HOLIDAY

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

Dec 3, 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 main room of the Re-Source Building, **185 S. Whites Chapel Blvd.** Due to construction at the church, the entrance has to be the south side of the church, off of Whites Chapel and not the driveway off of 1709 Southlake Blvd (driveway is closed). Parking is behind the church, and the entrance to the Re-Source Building is behind the building through the garden.

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

Martha Meyer

Family to Family Class

The NAMI Family-to-Family Education Program is a *free*, 12-week course for family caregivers of individuals with severe mental illnesses. It includes current information about schizophrenia, major depression, bipolar disorder (manic depression), panic disorder, obsessive-compulsive disorder, borderline personality disorder, and co-occurring brain disorders and addictive disorders. Up-to-date

information about medications, side effects, and strategies for medication adherence are discussed. Current research related to the biology of brain disorders and the evidence-based, most effective treatments to promote recovery is covered. You will gain empathy by understanding the subjective, lived experience of a person with mental illness and you will learn problem solving, listening, and communication techniques in special workshops during the course. Strategies for handling crises and relapse will be acquired, and care for the caregiver, focusing on coping with worry, stress, and emotional overload are covered. Guidance on locating appropriate supports and services within the community is provided and information on advocacy initiatives designed to improve and expand services will also be useful.

A Family to Family class will begin on Monday nights **January 7** at the Mental Health Association in Fort Worth. Please call the NAMI TC office at 817-332-6677 or email namitc.adams@gmail.com to request more information or preregister.

Sue Adams

Partnership Book Discussion

NAMI TC will also be offering a 4-week presentation from the Partnership book beginning next year. If enough people are interested, classes may be held in both Fort Worth and Arlington. Please contact the office for further information.

Sue Adams

NAMI TC Board Meeting

The NAMI TC Board of Directors met on November 6. A report on the NAMIWalk was received by the Board. The Walk Manager and Treasurer are still in the process of reconciling walker donations, but approximately \$84,500 was raised as the 2012 NAMIWalks Fort Worth total. All members who attended the NAMI Texas Conference or Advocacy Training expressed empowerment, better insight and knowledge from their attendance. The second and third quarter financial reports will be distributed to the general membership at the November meeting. The Board approved an organizational and operations manual which will be of great assistance for current and future Board members. A rule to the By-Laws regarding notices of intent to serve on the Board was approved. Various committees gave updates on the projects, including Daniel Kovich who shared further details on an upcoming advocacy plan to meet local and state legislators. The Social Outings Committee reported that there would be no events for November and December. 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 scheduled for **December 6, 2012**. All NAMI TC members are always welcome to attend and hear the discussions and learn the “behind the scenes planning.”

Carolyn Apodaca

Candidates for November Election

At the November Annual meeting, NAMI TC members in good standing who are present will be allowed to vote for candidates in the election of officers and At-Large members of the Board of Directors. All candidates are NAMI TC members in good standing and have submitted written consent to run for office. Each individually paid membership is entitled to one vote on all voting matters considered at membership meetings. Persons interested in being considered for a position and are not on the slate may nominate themselves or have someone else nominate them from the floor; these persons will be write-in candidates. Nominees from the floor must give written consent to the nomination, and blank consent forms will be available for this purpose. All the candidates bring different talents to the Board and want to work with the President, Carolyn Apodaca, to help NAMI TC to continue to grow. We thank them for their willingness to serve.

NAMI-TC Slate of Officers and At-Large Board Members for 2-Year Terms (2013-2014)

Vice President: Requirements include: Has been active in NAMI and is aware of NAMI's mission and goals and is prepared to work closely with the current president.

Sherry Fairchild was previously active in NAMI Waco for about two years before moving due to a job change and served as an At-Large Board Member of the Waco affiliate for one year. She has extensive training in psychosocial rehabilitation/psychiatric disabilities and recovery. She currently teaches WRAP Classes at MHA and serves there as their Consumer Support Coordinator. She has been a family caregiver for a loved one with a mental health diagnosis. Additionally she has extensive community, state and national experience in presentations on mental health issues. She wants to serve on the Board as a team player to build consensus for program development to serve consumers and their networks of support.

Daniel Kovich currently serves as Vice President of NAMI TC and has been active for four years. He is a family caregiver for several loved ones with brain disorders and special education needs and brings valuable experience to the Board. He has a personal interest in providing a local group home for those with mental illness and hopes to find an agency to embrace cognitive enhancement therapy and offer it to residents of Tarrant County. He chairs the Advocacy Committee and serves on the Budget/Finance Committee. He has been instrumental over the past year in sorting out financial matters, drafting contracts for independent contractors, proposing consumer stipend ideas, and contributing to the affiliate with innovative ideas, such as the mission statement. He strongly supports spending on direct family and consumer needs and the fullest possible CIT (Crisis Intervention Training) by the police department. He recently attended the NAMI Texas Advocacy Training to learn how to advocate for legislative causes more effectively and is in the process of training local advocates, reviewing the legislative issues at hand, and organizing a working session with legislative representatives where these issues can be discussed.

Secretary: Requirements include: Has been active in NAMI and is aware of NAMI's mission and goals. Is prepared to produce minutes of the monthly Board meetings and will send thank you notes to major contributors who donate directly to NAMI TC.

Frances Allen has previous extensive experience working with NAMI TC. She is currently an At-Large Board member and has been coordinating the My Home Project for the NAMI TC affiliate. As a board member, she has shown she is motivated to help accomplish many projects. She also worked on the NAMIWalks planning committee for three years. She has been active in the affiliate as a member for many years.

At-Large Board Member (Four): Requirements include: Has been active in NAMI and/or recently joined and would like to become more active in the affiliate leadership. The qualifications of these candidates include experience working with NAMI TC and/or other nonprofit groups.

Mark Berkheimer is new to the NAMI TC affiliate as a member but has been on the scene here for the last six months assisting Dana Beard with all aspects of the NAMIWalks Fort Worth 2012 event. Through this connection, Mark became aware that NAMI TC was seeking proactive Board members to help it continue to grow. Mark has extensive experience working with nonprofit organizations with budgets from small to quite large. He also has an IT background. He is anxious to put his experience to work for NAMI TC as a part of a proactive team helping the leadership craft the agenda.

David Carroll has been active in NAMI TC for two years and has been a volunteer in the consumer community for many years. He has completed WRAP Training and has trained to be a WRAP facilitator. He is an In Our Own Voice presenter for NAMI TC. He has completed several other trainings including

Certified Peer Specialist (CPS) to help consumers deal with crisis and move back into recovery.

Elle Valderas has been active in NAMI TC for the past year and currently works as a bilingual teacher with FWISD. She has program, event and fundraising coordination as well as media relations experience from previous employment with an international non-profit organization. She is currently involved in community drug and alcohol recovery peer support and has been advocating locally on issues that criminalize those with organic neurological disorder. She attends the MHMR TC Criminal Justice Coalition and participates on the Legislative Sub Committee. She is preparing for enrollment at UTA to the Public Policy Doctoral program. She is a family caregiver for a loved one and has valuable experience in dealing with the criminal justice system and state hospitals and a broad understanding of mental illness and co-occurring substance abuse. She recently completed the NAMI Texas Advocacy Training and is serving on the Advocacy Committee for NAMI TC.

Martha Meyer

Melissa Gibbons: NAMI Texas Volunteer of the Year

Melissa Gibbons received the NAMI Texas volunteer of the year award for her outstanding contributions at the NAMI Texas Conference held in Austin earlier this month. NAMI TC congratulates Melissa on this exceptional honor.

Carolyn Apodaca

NAMI TC Mission Statement

The NAMI TC Board of Directors has approved a mission statement as an improvement to its Standards of Excellence. The NAMI TC mission statement is the following: To improve the quality of life for all affected by mental illness, to support their recovery, and to eradicate the stigma and misconception of mental illness.

Robin Mayne, Frances Allen

Webinar on Texas Legislature Online

In December, NAMI Texas will be hosting a webinar on how-to-use the Texas Legislature Online (TLO). This free service provides critical tools for helping advocates work toward their goals during the upcoming legislative session. The webinar will be presented the week of December 10-14.

NAMI Texas

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 2013. Please email any suggestions to namitc.adams@gmail.com so your ideas for programs can be considered.

Betty Edge

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. **This month we are asking your help with restocking PAPER ITEMS (toilet paper, paper towels, etc).** 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

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

Consumer Stipends Available

NAMI TC consumers who are interested in receiving stipends for helping out as meeting helpers, consumer outreach support, record retention helpers, or pamphlet distributors are requested to apply for these opportunities. Please leave your name and contact information with the Office Manager.

Cheryl Abrams

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. Registration deadline for next class: **November 7. Monday-Friday 1-5 pm: The Warm Line** (817-546-7826). We are here to listen. All calls confidential.

Thursday November 1 10-11 am Empowerment Class on Finances (Borrowing Basics)

Thursday November 8 10-11 am Empowerment: You, Me and Recovery

Thursday November 8, 15 & 29 3-4:30 pm ACT Today for a Healthier You Class Starting

Friday November 9 6-8 pm Movie Night (Popcorn provided, bring snacks)

Thursday November 15 11-12pm In Our Own Voice

Saturday November 17 12-2 pm Thanksgiving Luncheon (RSVP by Nov 15 & bring side dish)

Thursday December 6 10-11 am Empowerment Class (Reshaping Holidays)

Thursday December 6, 13 & 20 3-4:30 pm ACT Today for a Healthier You Class Starting

Friday December 7 6-8 pm Holiday Party (Bring \$5 wrapped gift exchange item & snacks)

Monday December 17 10:45 am Pay-It-Forward Peers Community Service

MHATC

ACT Today for a Healthier You!

ACT Today for a Healthier You is an acceptance-based group approach to living with depression. It is open to adults (age 35 and over) who are dealing with depression and desiring healthy coping skills and strategies. The new series will start soon after the first of the next year. Group spaces are limited. Please call Sherry Fairchild at 817-546-7801 or Teresa Linn at 817-546-7830 for more detailed information, registration and pre-group screening.

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 **Dec 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

Sustained Attention Compromised in those with Bipolar

A new study has shown that those with euthymic bipolar I disorder, as well as their first-degree relatives, have difficulty sustaining focus. The results, which were found using a continuous performance test (CPT), showed altered activity in many different areas of the brain related to sustained attention.

Mental Wellness Today

Antipsychotic Drugs Improve Life Expectancy in Individuals with Schizophrenia

Results of a Johns Hopkins study suggest that individuals with schizophrenia are significantly more likely to live longer if they take their antipsychotic drugs on schedule, avoid extremely high doses and also regularly see a mental health professional. Psychiatrists have long known that people with schizophrenia who stick to a drug regimen have fewer of the debilitating delusions and hallucinations that are hallmarks of this illness. But there have been concerns about whether some of the known side effects of the medications - increased risk of cardiovascular disease and diabetes, for example - carry higher mortality risks.

The study clearly lays out the value of mental health providers to individuals with schizophrenia. Those who saw therapists or psychiatrists were more likely to survive, regardless of whether the individual also took his or her antipsychotic medication on a regular basis. This finding is crucial given that some state Medicaid officials are considering capping the number of mental health visits allowed each year, something the data now suggest is potentially detrimental to survival. Adherence to a medication regimen and moderate first-generation antipsychotic dosing are both part of the 2009 PORT recommendations designed to guide treatment.

Schizophrenia Bulletin

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
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
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