



National Alliance on Mental Illness

nami | 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 10 _____ Newsletter _____ October 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.

October 18, 2012

Speaker: Linda Thomson, Amicus Legal Aid

Topic: People with Disabilities and Working

Mental Illness Awareness Week is October 7-13, 2012

Changing Attitudes Changing Lives

People with Mental Illness Enrich Our Lives: Jane Kenyon

Jane Kenyon, a best-selling American poet and translator, was a calm articulate person who dealt with her lifelong struggle with bipolar disorder. Her marriage to fellow poet, Donald Hall, was the subject of Bill Moyers' Emmy Award-winning PBS documentary, "A Life Together," depicting the couple's domesticity at Eagle Pond, Hall's century-old rural New Hampshire farmhouse.

Proclamation Presented to NAMI TC

David, Kelly, Mayor of Colleyville, Texas, presented NAMI TC with a proclamation in regards to hosting the 4th Annual NAMIWalks Fort Worth on October 6. A magnificent crowd gathered in the Fort Worth Botanic Garden on a crisp Saturday morning to walk against mental health stigma and in support of mental health recovery. NAMI TC wants to thank everyone who participated in the success of our annual fundraiser so we can continue to help families survive and thrive through this illness. We are currently at \$80,300, but there is still time to turn in any donations. Many interesting raffle prizes were awarded at the NAMIWalk, but there is still more to come. The *winner of the 7-day/6-night cruise AND a vacation getaway package for 3 days/2 nights for two adults* will be announced soon! And we look forward to seeing you at the Awards Ceremony to be held before the end of the year.

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

Partnership Class

Since NAMI TC will be unable to offer a 12-week Family to Family class this fall, a 4-week presentation from the Partnership book will be offered this fall. If enough people are interested, classes may be held in both Fort Worth and Arlington. Please contact the office for further information.

Sue Adams

Support Groups

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

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

Fort Worth **Oct 8, 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 **Oct 9, 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 **Oct 11, 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 **Oct 18, 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, **2nd Floor**. 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 **Oct 25, 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 **Nov 5, 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

NAMI TC Board Meeting

The NAMI TC Board of Directors met on October 4. Dana reviewed the last minute NAMIWalk finalization plans. All reservations for the attendees to the NAMI Texas Conference have been made, and the BOD also included some scholarship funding for expenses for Daniel and William Kovich and Melissa Gibbons. Various committees gave updates on the projects, and Daniel Kovich shared that he was working on an advocacy plan to meet local and state legislators. Due to the NAMI Texas Conference scheduled for November 1-3 in Austin, the NAMI TC Board has moved their next monthly meeting to the first Tuesday of the month (**November 6**) at **6:00 pm** at MHATC, located at **3136 W 4th St in Fort Worth**. All NAMI TC members are always welcome to attend and hear the discussions and learn the "behind the scenes planning."

Carolyn Apodaca

NAMI TC Nominating Committee

The NAMI TC Nominating Committee members would like to encourage each of you to think about joining the leadership of our organization as a member of our Board of Directors. We want to encourage any member who would like to serve to submit a willingness to serve form or email the office. The Committee will get in touch with the people who let us know they are willing to serve and from the identified persons we will create a slate. We will be publishing the slate in the November newsletter so we would need an email or written notice by **October 18**. This is also the date of our monthly meeting and we will have consent forms available there as well. We need people who value this organization and are willing to find time to help guide the affiliate as we grow.

Melissa Gibbons (Chairman), Jerri Escobedo, and Robin Mayne

Come to the Texas State Fair!

The next social outing for NAMI TC consumers and friends will be a visit to the Texas State Fair on **October 20**. We will either ride Trinity Rail Express (TRE) and DART Rail Green Line South to Fair Park Station or carpool to Dallas. We will enter at the **front gate of the fairgrounds** where tickets will be purchased **at 12:00 PM**. A nominal **ticket fee of \$3 and transportation cost (\$5-\$10)** is requested for NAMI TC consumers. If we ride the Trinity Rail Express to Fort Worth, everyone will need to buy a regional pass (\$10) and be on the train that leaves T&P in Fort Worth at 10:20 am. You could also hop on at other stations along the way, such as Richland Hills at 10:34 am. We will transfer at Victory Station at 11:12 am to the DART Rail Green Line South and hop off at the Fair Park Station. You are welcome to bring your friends and family to join us for \$13 per person (plus transportation cost \$0-\$15). 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 (\$15)! Please call the office (817-332-6677) to leave a message that you will be coming and if you need transportation assistance or let us know at the next general meeting (October 18).

A few more outings are planned this year. In September, we enjoyed a lovely day at the Fort Worth Zoo. We are **always looking for ideas for our next outing**, so let us hear from you if there is something you would like to do! This Committee is always in need of more friends to join us either on the Committee or at the events or to provide transportation needs as many of the consumers do not drive. If you are interested in coming out to join us or just help in planning these events, please leave a message at the office. The Committee especially welcomes any new members to NAMI TC. It's a great way to meet some new friends.

William Meyer

2012 NAMI Texas Conference and Advocacy Leadership Training

The 2012 NAMI Texas Conference will be held **November 1-3** at the **Sheraton Austin Hotel** located at the Capitol. The theme for the convention is **Partnering for Change, Building the Future**, which highlights this year's focus on partnering for effective changes and resources to build the future and advance recovery. Preliminary information on the program schedule can be viewed at www.namitexas.org/resources/NL2012summer.pdf. Sue Adams, Carolyn Apodaca, Dana Beard, Shira Lowry and Eric Vanderwerken will be representing NAMI TC at the conference this year. Others are also welcome to join them. At the November general meeting, we will hear from those attendees who will share some of the information that they thought was noteworthy. Daniel and William Kovich and Elle Valderas will be attending the Advocacy Leadership Training being held at the same time.

www.nami.org

New Advocacy Committee Forming

In early November, NAMI Texas is training three people from NAMI TC in advocacy and leadership

skills. The object is to help these people train others who are interested in influencing the law concerning persons suffering with mental illness. The Advocacy Committee is seeking others interested in working in advocacy or wanting to take a more active leadership role in society. These people do not have to be members of NAMI. We will be contacting people in the coming month in order to schedule training sessions. If you are interested, please call the office and leave your name.

Daniel Kovich

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

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

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.**

Cheryl Abrams

Courage to Fight

At the September general meeting, the mental health community of Tarrant County was given the opportunity to hear William Prescott, strength and conditioning coach and author of *Courage to Fight*. He suffered from anxiety (panic attacks) which also lead to depression. He spoke of always being sensitive and insecure and experiencing catastrophic thoughts of overwhelming anxiety which was especially hard with separation from his family. It took medication, time, love and support for him to work through 3 years of recovery. He addressed the caregivers and advised to keep loving and supporting your loved who is struggling. Some of his self-prescribed therapy was reading about coaches and all their struggles. He realized that each one had to answer, "What are you going to do about it?" His book, *Courage to Fight*, recounts those stories. He stated, "You feel so alone and no one understands you." He received lots of hope from these stories, and stated, "It's a battle, but you can win. The battle may come back, but you want them to stay away."

He shared some thoughts on how to help oneself along the road to recovery.

- Have goals. You need a reason to wake up every morning, and you need something (big and little goals) you are fighting. Pursue what is in your heart. Be careful what you measure your standards to. There may be disappointments along the way in not achieving your goals, but the journey and process to the goal are what is important.
- Find a way to leave your comfort zone. It is very hard and scary. Learn how you break it down into little steps. Medication as an emergency aid may be useful. You have to find a way to do it. We can accept failure but not without trying.
- Be persistent. This is a fight. Stay persistent. Just keep trying. Use medications and support groups. Over time, you see a big effect. More things may fail than work for you. Don't ever give up. Something always comes along.
- Your struggles or demons are your platform -our way to helping other people. We are the ones who are going to make a difference. We have more empathy for those struggling. True satisfaction comes from helping others and is a 100% remedy for depression!

His wife, Katie Ann, also shared a few thoughts on being a caregiver. She said, "There is no perfect magic word to say to someone suffering. Communication is the key, and being receptive to doing what is needed and to provide encouragement."

William's website is <http://couragetofight.com> where one will find links to resources and information on how to order his book.

Martha Meyer

Upcoming MHATC Events

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

Upcoming events include the following and will be **held at MHATC located at 3136 W 4th St in Fort Worth.**

Wellness Recovery Action Plan (WRAP) Classes – a 9-part educational course, open to anyone trying to get their life back in order through building support, relapse prevention, and learning empowerment techniques. Call for information.

Monday-Friday 1-5 pm: The Warm Line (817-546-7826). We are here to listen. All calls confidential.

Thursday October 4, 11, 18 & 25 10-11 am Empowerment Classes on Finances

Thursday October 18 3-4:30 pm ACT Today for a Healthier You Class Starting

Friday October 12 6-8 pm Prime Time Peers Movie Night

Saturday October 27 1-3 pm Halloween Party and 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 second series will start on **Thursday October 16 from 3:00-4:30 pm**. This is an 8-week group session held at MHATC, located at **3136 West 4th Street in Fort Worth**. 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.

MHATC

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 **November 5, 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

Peppers and Piñatas Party on the Patio

The 5th Annual Party on the Patio with great food, beverages, entertainment, prizes, and silent auction will be on **October 16 beginning at 6 pm at Joe T. Garcia's Restaurant and Fiesta Gardens, 2201 N. Commerce in Fort Worth**. Attire for the party is patio casual, so come on out and support a good cause. Single tickets start at \$100, and if you are unable to attend, please consider making a donation in your place. The focus of this year's Peppers and Piñatas Party is to broaden support of the Warrior Support Program designed for military, police, fire, paramedics, and their families in need of mental health services. If you are interested in volunteering with registration tables, set up or clean up, please contact volunteering@mhatc.org.

MHATC

Caring Friends Mental Health Support Group

Caring Friends Mental Health Support Group is a peer support group for both caregivers and those living with mental illness. Their mission is to provide hope, help and support through peer-based, recovery-oriented, empowering services and resources to improve the lives of people living with mental illness and the friends and family in their lives. They meet **every Tuesday evening from 6:00-8:00 pm at First United Methodist Church, Akard Hall, 301 S. Main in Weatherford, TX 76086**. The first Tuesday of each month is a social night when everyone brings food and shares games and conversation. Please be advised to enter the door at the back of the building at the corner of Columbia and College Avenue. Contact information is Donna or Freda at 817-901-5738, email info@caringfriends.net, or visit www.caringfriends.net.

Martha Meyer

Free Depression Screening

Common mental health concerns cannot be seen on an X-ray, but they are just as painful as any physical illness. Anxiety and depression are the most common mental illnesses affecting more than 35 million Americans each year. However, when diagnosed they can usually be quickly and effectively

treated. You can conquer fear, and all the symptoms that accompany it. Take the first step and come in for a simple, confidential, free screening offered by JPS Health Network. This *free* screening will be offered Thursday **October 11, 2012, at St. Christopher Episcopal Church, 3550 Southwest Loop 820, Fort Worth, TX 76133 from 9:00 a.m. to 4:00 p.m.** If you or a loved-one needs this confidential screening, please take advantage of this opportunity.

JPS Health Network

Better Sleep May Help Improve Schizophrenia

According to a recent study published in the *British Journal of Psychiatry* that monitored and analysed sleep patterns and circadian rhythms in people with schizophrenia, sleep issues more often plague those with schizophrenia than those without the condition. Russell Foster, a visual neuroscientist at the University of Oxford who was among those involved in the study, said those results suggest that schizophrenia and sleep are more closely connected than previously realized. The study gives hope that by overcoming insomnia, patients may experience improvements to their schizophrenia symptoms.

About 80 percent of schizophrenia patients also experience problems sleeping, Foster said, but this is usually considered to be a side effect of medication rather than a symptom of the illness itself. Foster and his colleagues realized that people with other mental illnesses, including bipolar disorder and depression, also experience trouble sleeping. Circadian rhythm is the biological and neural system that keeps our sleep-wake cycles in tune with darkness and light. Interestingly, the genes linked to circadian rhythm may also be a factor for some of these disorders. For example, a gene called SNAP25 is important in the circadian system, and it is also known to have abnormalities in people who have schizophrenia.

The study completed by Foster and his team involved 20 people with schizophrenia. All were unemployed and had been stable on medication to control their symptoms for at least three months. Each person was required to wear a movement-detecting wrist watch for a period of six weeks, allowing researchers to analyse when participants were asleep or awake, depending on the amount of motion detected.

Participants were also instructed to keep diaries of their sleep activities and to fill out questionnaires. They were also required to give urine samples to test for the sleep regulating hormone melatonin. To compare the results, researchers had 21 mentally healthy controls wear the same watches and keep the same diaries. The healthy controls were also unemployed. The study revealed that those without schizophrenia kept relatively regular sleeping patterns, while those with schizophrenia had much more difficulty sleeping - and these disruptions had no common pattern. Some would stay up late and sleep in late, while others would get up later and later each day. And the ones who were affected the most had absolutely no sleep-wake pattern at all. Foster pointed out that the results were not due to being unemployed, since the individuals in the control group did not experience the same sleep issues.

Schizophrenia Newsletter

Faith Can Help Mental Health Outcomes

Is there a relationship between mental health and spirituality? Researchers at the University of Missouri say that spirituality can enhance health, regardless of a person's faith, and that health care providers can take advantage of this relationship and tailor treatments to include a person's spiritual beliefs. Results from three surveys were analysed to see the relationship that existed between participants and their self-assessed physical and mental health, personality factors, and spirituality. The participants were of different faiths and included Buddhists, Muslims, Jews, Catholics, and Protestants. With all five religions, there appeared to be better mental health among those with a greater degree of spirituality. Researchers believe that mental health is improved by spirituality,

which reduces a person's self-centeredness and enhances their sense of belonging. Different faiths encourage spirituality, even if they call or refer to it in different ways.

Schizophrenia Newsletter

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	\$ _____

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