



**nami**

National Alliance on Mental Illness

# Tarrant County

**Tarrant County's Voice on Mental Illness**

Volume: 8

August 2013

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**nami** **Walks**

National Alliance on Mental Illness



## 5th annual NAMIWalk for Tarrant County

Every journey begins with that first step. As NAMIWalks celebrates its 11<sup>th</sup> anniversary in 2013, we are proud to be part of the largest and most successful mental health awareness and fundraising event in America. Through NAMIWalks' public, active display of support for people affected by mental illness, we are changing how Americans view persons with a mental illness. This is leading to ensuring that help and hope are available for those in need. Please join us as we improve lives and our communities, one step at a time.

Tarrant County's 5th annual NAMIWalk "Bootin' Out Stigma" is Saturday, October 5, 2013 at Trinity Park, Pavilion #3, Fort Worth. This Community Walk for Mental Health Awareness is a great opportunity for our community to demonstrate that we REALLY care about Mental Health and want to support individuals and their families living with mental illness.

Register now to Walk and join over 1000 people from the Tarrant County Community to support mental health and walk to Help Stigma Disappear, [www.namiwalks.org/tarrantcounty](http://www.namiwalks.org/tarrantcounty).

If you are interested in being a Team Captain, we invite you to join us for our "Bootin' Out Stigma" Team Captain Kick-off Lunch:

Wednesday, August 14, 2013  
11:30 am to 1:00 pm  
Colonial Country Club, Ft. Worth

FUN- FOOD-TRAINING and PRIZES for Team Captains and those interested in learning more about being a team captain. Contact Dana at [dana@namitarrant.org](mailto:dana@namitarrant.org) to add your name to our invitation list.

Sunglasses Promotion, Classy and Sassy shades, follow these easy 4 steps:

1. Register as a Team Captain, [www.namiwalks.org/tarrantcounty](http://www.namiwalks.org/tarrantcounty)
2. Make a donation to your team, Minimum of \$30.00 to qualify.
3. RSVP for the Kick Off by August 12, 2013!
4. Attend the Kick Off on August 14, 2013 so you can receive some pretty cool shades at the door!

We still need sponsors! If you are interested in being a 2013 sponsor, contact Dana Beard at [dana@namitarrant.org](mailto:dana@namitarrant.org).

A great thanks to our sponsors to date: MHMR Tarrant County, Ellis Management Company, Millwood Hospital, JPS Foundation, SPE Rigco, Inc., J. Fraley Company, Mesa Springs, Lilly, Trinity United Methodist Church, Sundance Behavioral Healthcare, Teague Lumber Company, Janssen Pharmaceutical Companies, Baylor All Saints Medical Center at Fort Worth, The Sundance Pavilion

**Calendar:**

August 14 — Kick Off Luncheon  
Aug. 23-24 – Connection Facilitator Training  
October 5 – NAMIWalks

<http://namiwalks.org/tarrantcounty>

**CONTACT US!**

NAMI Tarrant County  
3136 W. 4th Street  
Ft. Worth, TX 76107  
Ph. 817-332-6677 or 817-332-6600 (msg only)  
[info@namitarrant.org](mailto:info@namitarrant.org)  
[www.namitarrant.org](http://www.namitarrant.org)  
Sue Adams, Office Mgr.

## Support Groups

Assistance is provided to both consumers and families...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.

### NAMI TC, Ft. Worth

Aug. 15 / Sept 19

6:00 to 7:30 pm

Family caregivers and adult consumers are invited to separate support group meetings the **third Thursday of every month**. **Location: University Christian Church** located at **2720 S. University Drive, Rooms 201 (consumers); 226 & 227 (caregivers)**. 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](#).

### NAMI TC, Arlington

Aug. 29 / Sept 26

7:00 to 8:30 pm

Family caregivers are invited to a support group meeting the **last Thursday of every month**. **Location: Trinity UMC, 1200 West Green Oaks Blvd.** Enter at north door. Room S111 on 1st floor (NW corner).

### NAMI TC, Southlake

August 5 / No Sept mtg.

7:00 to 8:30 pm

Family caregivers are invited to a support group meeting the **first Monday of every month**. **NEW Location: Whites Chapel United Methodist Church, 185 S. White's Chapel Blvd, Southlake.** Park in lot behind church on north end. Follow walkway between church and courtyard classrooms for entrance to the building. (NAMI sign will be posted outside.) After entrance to the bldg, go down the hall to the right and the meeting room 2120 is on the right side of the hallway (across from Wesley Hall).

### NAMI TC, Ft. Worth

Aug. 12 / Sept 9

7:00 to 8:30 pm

Family caregivers are invited to a support group meeting the **second Monday of every month**. **Location: MHA TC / NAMI office, 3136 W 4th St.**

### MHMR, Ft. Worth

Aug. 13 / Sept 10

5:30 to 7:30 pm

Family caregivers of children/adolescents are invited to a support group meeting the **second Tuesday of every month**. **Location: Fair West Children's Clinic, 1527 Hemphill**

### NAMI Johnson County

Aug. 8 / Sept 12

7:00 to 8:30 pm

Family caregivers and consumers are invited to support group meetings the **second Thursday of every month**. **Location: Joshua City Library** located on the High School Campus in Joshua. The address is Highway 174.



*One in four adults—approximately 57.7 million Americans—experience a mental health disorder in a given year.*

*One in 17 lives with a serious mental illness such as schizophrenia, major depression or bipolar disorder<sup>1</sup> and about one in 10 children live with a serious mental or emotional disorder.*

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

NAMI's programs and services for people whose lives have been affected by serious mental illness.

NAMI Basics, Family-to-Family, In Our Own Voice, Peer-to-Peer, NAMI Connection, Hearts & Minds, Parents and Teachers as Allies, Provider Education

*FTF classes are being scheduled. Contact Sue Adams for more information on our programs and services!  
sue@namitarrant.org*

**Meet the...  
NAMI Tarrant County  
Board of Directors**

*Carolyn Apodaca -  
President*

*Sherry Fairchild -  
Vice President*

*Frances Allen -  
Secretary*

*Martha Meyer -  
Treasurer*

*David Carroll  
Betty Edge  
Elizabeth Valderas  
Otila Boddy  
Lynda Bryant  
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**FREE Education Courses - Sign Up Today!**



**Family-to-Family**

**NAMI De Familia a Familia**

**For families trying to navigate the rough terrain around mental illness, help is available!** Family to Family Education is a FREE, 12-week course for persons who have a close family member with a serious mental illness. The course is sponsored by NAMI (National Alliance on Mental Illness), and is facilitated by a team of trained family members who know what it's like to have a loved one with a serious mental illness.

We are trying to hold a De Familia a Familia class soon if we get enough participants

**New website on Schizophrenia available**

I would like to inform you of a new source of information, tools and support for both caregivers and patients. Janssen Canada has launched a website called [www.schizophrenia24x7.ca](http://www.schizophrenia24x7.ca).

We all love to watch videos, and this website allows you to watch a video which takes you through a day in the life of a patient. The website also has many useful tools such as a Digital Diary, which allows patients and caregivers to adhere to medications with reminders, symptom trackers and special tools to help you when you are speaking with your doctor. There is also a short questionnaire to assess how your treatment may be working for you. If you are into social media, there is also a Facebook page for the caregiver community. Through market research it was determined that there was a lack of support and education for those caring for patients with schizophrenia, so the Facebook page was set up where an all-new schizophrenia caregiver community can share stories, get helpful tips and download tools for patients and caregivers. For example, you can share art through the online patient art gallery, which I think is fantastic.

As publisher of SZ Magazine and someone who lives with schizophrenia, I wholeheartedly support this new website, and I know the Schizophrenia Society of Canada supports it as well. In fact, if you 'like' the Facebook page before July 31, Janssen Canada will donate a dollar to the Schizophrenia Society of Canada.

So check out the site. You'll be glad you did.

Sincerely,

Bill MacPhee  
CEO, Magpie Media Inc.

*"\*Funding for this communication provided by Janssen Inc."*

**JOIN US...Monthly Meeting, Thursday, August 15**

Location: University Christian Church, 2720 S. University Dr,  
Second Floor Registration

Support Groups: 6:00 pm, Pot Luck 7:30 pm. Program 7:40-8:30 pm

TOPIC: NAMI Walk Tarrant County—Up Close and Personal with Dana Beard



# NAMI Tarrant County

**Membership** will keep you in the know of what's happening in NAMI Tarrant County and around the country. Please update your status if your membership has lapsed. If you have any questions on your membership status, call the local office at (817) 332-6677.

Mental illness is a serious medical condition that affects an estimated one in four Americans and can have a profound effect on the individual, their family and the community often disrupting thinking, feeling, relating to others and daily functioning. We are here to support you and the community - contact our office about joining or renewing today!

**We NEED your support!** Sign up for our FREE education courses, become a member of NAMI Tarrant County!

**MEMBERSHIP ENROLLMENT FORM**  
**IN ADDITION TO DUES, NAMI TC APPRECIATES ANY DONATIONS.**

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 PHONE \_\_\_\_\_ Email \_\_\_\_\_

**MEMBERSHIP: Open Door - \$3.00 / Regular - \$35.00 /**  
**Other \$ \_\_\_\_\_ TOTAL CONTRIBUTIONS \$ \_\_\_\_\_**

**MAIL TO: NAMI Tarrant County, 3136 West 4th Street,  
 Ft. Worth, TX 76107-2113**  
**Include your email address to receive our newsletter,  
 support group information and other community news!**

## Transportation Needed

You probably don't know but there are several individuals who would be active in NAMI Tarrant County if only they had a way to get home from the monthly meetings. The bus service to the University Christian Church works OK but the service stops around 7:20 p.m. Most people can arrive by bus but when it is time to go home, there is no public transportation provision for them. What I am asking is, "Can **YOU** take someone home after our meetings on the third Thursday of the month?" Please contact me at the office to let me know and I can give you more information.  
 -Sue Adams, Office Manager (817) 332-6677 and sue@namitarrant.org.

## Coming Soon!

- List of CDs from NAMI Convention available for check out.
- Ways you can help people who are setting up new apartment homes.
- Remember how it feels when you felt all alone? How great it was when someone reached out and gave you a word of encouragement? You will have a chance to this this. Read next month's newsletter to find out how.

**We want your feedback! Comments or suggestions regarding the newsletter, email to [info@namitarrant.org](mailto:info@namitarrant.org)!**