



National Alliance on Mental Illness

nAMI Tarrant County

Tarrant County's Voice on Mental Illness

Volume : 1

February 2013

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Calendar:

- February 21—
Monthly Mtg
- February 28—
Capitol Day in Austin
- May 16 -
1st Annual Golf Tournament
- October 5 -
NAMI Walks

www.namitarrant.org

CONTACT US!

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 Sue Adams, Office Mgr

Mental Health Capitol Day, February 28th—JOIN US!

Please JOIN the Coalition for a day of Advocacy for Mental Health at the Texas Capitol. Activities include Advocacy Workshop, Box Lunch, Rally on the South steps of the Capitol, visit with Legislature with a Reception following. |

For additional information, contact Elle Valderas, elizabethvalderas@sbcglobal.net. Elle will be at this week's monthly meeting, Thursday, February 21, if you have additional questions are interested in the few remaining spots we have open!



Speak Up—Advocacy Training, February 23rd

Training for advocacy for those attending Capitol Day as well as anyone else who is interested in supporting NAMI Tarrant County. This training will be in Lone Star Room of MHA on Saturday, February 23 from 9:00 AM—3:00 PM

JOIN US...Monthly Meeting, Thursday, February 21

Location: University Christian Church, 2720 S. University Dr, Room 211, 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.

Topic: Budget approval. Join us in welcoming Mark Ware, Director of Crisis Services for MHMR, with a BA in counseling will be joined by Jordan Lyons, LPC-I and LMFT-A, MHMR Crisis Services, as our guest speakers.

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

Feb 21st

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

Feb 28th

7:00 to 8:30 pm

Family caregivers are invited to a support group meeting the **last Thursday of every month**. At the monthly meetings, lists for additional support groups for consumers and caregivers are also available at the information tables. **Location:** Across the street from Trinity United Methodist Church in Arlington. The meeting is held in the **Wesley House, 3216 W. Park Row, Room 310**.

NAMI TC, Southlake

March 4th

7:00 to 8:30 pm

Family caregivers are invited to a support group meeting the **first Monday of every month**. **Location: Whites Chapel United Methodist Church in Southlake**. Room AE 3202 is in the adult education building (located on northwest corner of the campus). Parking is in front of that building or behind the church. This change is only for 2/4 and 3/4. NAMI sign will be @ the outside door entrance.

MHA TC, Ft. Worth

POSTPONED 'TIL APRIL

7:00 to 8:30 pm

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

MHMR, Ft. Worth

March 12th

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

March 14th

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.

YOU ARE
NOT
ALONE
IN THIS
FIGHT

www.nami.org/notalone

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 disorder¹ and about one in 10 children live with a serious mental or emotional disorder.

[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 already underway! 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
Mark Berkheimer*


FREE Education Courses - Sign Up Today!

NAMI Family-to-Family National Alliance on Mental Illness

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.

NAMI Peer-to-Peer National Alliance on Mental Illness

For individuals living with a mental illness, help is available! P2P is a unique, experiential learning program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery. Education is a FREE, 10-week course taught by a team of two trained "Mentors" and a volunteer support person who are personally experienced at living well with mental illness.

 **NAMI Basics** is the new signature education program for parents and other caregivers of children and adolescents living with mental illnesses. The NAMI Basics course is taught by trained teachers who are the parent or other caregivers of individuals who developed the symptoms of mental illness prior to the age of 13 years. FREE 6-week or 3-week course.



at the 2013 NAMI National Convention in San Antonio, June 27-30.

Our 2013 convention theme is **"Together We Can Make a Difference."** We are excited by the theme and the focus on being inclusive to people of all ages and all cultures.

REGISTRATION IS NOW OPEN—Make Your Hotel Reservations Early!

The Grand Hyatt is located directly on the San Antonio River Walk, a wonderful area rich with restaurants and shopping. Hotel rates at the Grand Hyatt are \$144 per night (plus tax) for a double or single room.

www.nami.org/convention



National Alliance on Mental Illness

NAMI | Tarrant County

Let's work together and increase our membership during our...

MEMBERSHIP DRIVE, Jan 15—Feb 28!

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!

Open Arms (FREE) Health Clinic

Open Arms (Free) Health Clinic
3921 W Green Oaks Blvd Suite D Arlington TX 76016
[817-496-1919](tel:817-496-1919)
openarmshealthclinic@gmail.com
www.openarmshealthclinic.org

Open Arms Health Clinic is a non-profit organization that offers free, quality, compassionate healthcare to North Texas individuals and families with limited access to care by promoting wellness and providing physical, emotional, and spiritual care in a loving nurturing environment.

Who can receive care? All ages (no questions asked). If you are sick and need care, come see us. Walk-ins welcome. Well checks (physicals) Chronic disease management (hypertension, diabetes - will offer prescriptions from pharmacies for \$4 medications) Acute non-emergency problems (sore throat, ear aches).

Open to anyone who is un-insured, under-insured. or below 200% of the federal poverty level

Office Hours: Friday 10am - 4pm Tuesday 5pm - 9pm

We want your feedback! Comments or suggestions regarding the newsletter, email info@namitarrant.org!