



nami

National Alliance on Mental Illness

Tarrant County

Tarrant County's Voice on Mental Illness

Volume : 1

January 2013

Inside this issue:

Goals	1
NAMITC Mtg	1
Support Groups	2
National Convention	3
MHGA	3
Capitol Day	3
Membership	4
BPD	4

Calendar:

January 17–
Monthly Mtg
January 19 -
MHGA Seminar
February 28-
Capitol Day in
Austin
May 16 -
1st Annual Golf
Tournament
October 5 -
NAMIWalks
www.namitarrant.org

CONTACT US!

NAMI Tarrant County
3136 W. 4th Street
Ft. Worth, TX 76107
Ph. 817-332-6677 or
817-332-6600
info@namitarrant.org
www.namitarrant.org
Sue Adams, Office Mgr

2013—A Year of Great Things!

We are off and running in the New Year and hope you are as well! One of many of our initiatives in 2013 is that it must be a year focused on building a community based on values of mutual respect, reconciliation, social justice and providing opportunities for everyone—those clinically diagnosed with a mental illness as well as the caregiver. ***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— Our Mission Statement!***

A couple of our goals for the new year are already underway:

- Our web page gets a new look along with an interactive calendar to keep everyone informed of events, meetings and much more — www.namitarrant.org. We are thrilled with the new look and believe you will be as well!
- While at the NAMI Texas Conference, Red Flags in Children's Behavior, was introduced. The Red Flags program was created as a school-based depression awareness and intervention program by MHA of Summit County, Ohio. Red Flags helps youth, parents and building staff recognize and respond to signs of depression and related mental health issues. The three-component program includes materials for school personnel, a 1-5 day curriculum for the students, and resources for parents and the community. In light of the recent tragic event in Connecticut and throughout the US, we are committed to making a difference in the lives throughout Tarrant County. This program targets middle age students in the 6th, 7th and 8th grade and look forward as we begin our initiatives speaking to our local school boards and PTA organizations for the 2013-2014 school year!

JOIN US...Monthly Meeting, Thursday, January 17

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: Exciting news/updates regarding 2013 and how YOU can participate! Additional information regarding our support group and parking is on Page 2, Support Groups!

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 **Jan 17th** **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 **Jan 31st** **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 306**.

NAMI TC, Southlake **Feb 4th** **6:00 to 7:30 pm**

Family caregivers are invited to a support group meeting the **first Monday of every month**. **Location: Whites Chapel United Methodist Church in Southlake**. 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.

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 **Feb 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 Hospital, 1527 Hemphill**

NAMI, Joshua **Feb 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*



**TOGETHER
WE CAN MAKE A
DIFFERENCE**
2013 NAMI National Convention • June 27-30 • San Antonio



Together We Can Make a Difference
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.

Call Grand Hyatt Reservations at (888) 421-1442 or book online at Grand Hyatt/NAMI 2013 Hotel Reservation.

Visit www.nami.org/convention
for more details.

Mental Health Grace Alliance Seminar, January 19th



the grace alliance.

The founders and directors of *Mental Health Grace Alliance*, Joe Padila and Matt Stanford, Ph.D, present a biblical and clinical understanding of mental illness...providing hope and direction towards Recovery! Mental Illness? Where is God in All of This? Make plans this Saturday to gain an understanding, 9am-4pm, to join at Irving Bible Church, 2435 Kinwest Parkway, Irving, TX. Cost is \$15.00 dollars / includes box lunch. For more information contact eumore@yahoo.com or via phone, 972-251-3573.

Capitol Day, February 28th

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. If you are interested in participating and making a difference, you can complete the form provided at the monthly meeting or you can register online at www.namitexas.org.

For additional information, contact Elle Valderas. Elle will be at this weeks monthly meeting, Thursday, January 17th—details on Page 1.



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!

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!**

BPD (Borderline Personality Disorder)

BPD (Borderline Personality Disorder) is a serious mental illness characterized by intense and stormy relationships, low self-esteem, self-sabotaging acts and self-injury, rapid mood fluctuations and impulsivity. The hallmark of BPD is extreme difficulty managing emotions under stress. There is help. If you are the family member of someone with BPD you can get training to be a leader of a Family Connections course.

BPD family members who have graduated from NEA BPD's Family Connections or Tele-Connections class, graduates of NAMI Family-to-Family w/BPD loved one, and licensed mental health professionals with the commitment to co-lead at least two classes during the next 3 years may attend the Family Connections/Tele-Connections Leader Training in Houston this February.

This course will be taught by the course developers, Drs. Alan Fruzzetti and Perry Hoffman. The fee is \$125/person and training is on Saturday and Sunday, February 9-10.

Applicants please contact Jim Hall, NEA.BPD at jahall2@hotmail.com.

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