



# Tarrant County

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

Volume: 6

June 2013

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**COVERAGE FOR CARE: WHAT'S AT STAKE?**

We need your help. Today American mental health services are funded through a patchwork of government and private insurance – and increasingly from our pockets. Yet, the health care environment is changing dramatically with enrollment for new health insurance options coming in October, 2013. The new health insurance marketplace plans and Medicaid expansion are the best opportunity states have to deliver mental health care to millions of uninsured and under-insured people with mental health conditions.

Most Americans have no idea what this means for them. One of the many challenges is that nearly half of the public, including people taking the NAMI Family-to-Family classes, don't realize what the Affordable Care Act means for them. Most don't realize that healthcare reform makes the mental health parity that we fought so hard to achieve much stronger. Many also don't realize that their families will now qualify for good health insurance at little or no cost.

Roll up your sleeves and get the word out. To make sure people with mental illness and their families are not left behind, NAMI has prepared *Coverage for Care: What's at Stake?* a toolkit with slides, user-friendly handouts and a script, to educate people attending your classes or even at your NAMI Affiliate meetings on mental health coverage in general and to make sure they have correct, up-to-date information on new coverage opportunities. We want to share this toolkit with you and talk with you about ways in which you can use the materials to help NAMI spread the word with facts about the Affordable Care Act and what it means for us.

**Calendar:**

June 20–  
Monthly Meeting  
June 27-30 – NAMI  
Convention  
October 5 –  
NAMIWalks  
[http://namiwalks.org/  
tarrantcounty](http://namiwalks.org/tarrantcounty)

**Speaker:** Sita Diehl, NAMI Director of State Policy and Advocacy

Two opportunities – same information

**Monday, June 10** 2 p.m. CDT

To join the **web** portion:

Attendee URL: <https://www.livemeeting.com/cc/nami/join?id=4S4MP7&role=attend&pw=NAMI+Education>

Meeting ID: 4S4MP7

Entry Code: NAMI Education

To join the **audio** portion via phone:

Call-in Number: [1 \(888\) 858-6021](tel:18888586021)

Passcode: 4922023620

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**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.

**JOIN US...Monthly Meeting, Thursday, June 20**

Location: University Christian Church, 2720 S. University Dr, Room 211,  
Support Groups: 6:00 pm; Pot Luck: 7:30 pm; Program: 7:45-8:30 pm  
Bring a friend. If you need directions, call or email the office.

**TOPIC: Resiliency Training.** Join us in welcoming **Wayne Gregory, PhD** and board member of NAMI Waco.

## 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

June 20th / July 18

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

June 27

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

June 3 / July 1

7:00 to 8:30 pm

Family caregivers are invited to a support group meeting the **first Monday of every month**. **Location:** ReSource Center (Room 5104), Whites Chapel United Methodist Church, 185 S. White's Chapel Blvd, Southlake. ReSource Center Building is located on the northeast side of the church complex off FM 1709.

### NAMI TC, Ft. Worth

June 10 / July 8

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

June 11 / July 9

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

June 13 / July 11

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.

**NAMI Partnerships class** will be held at the Family Support Group in Arlington on the last Thursday of each month through July 25, 2013. Come join us for this experience.



*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.*

[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

## FREE Education Courses - Sign Up Today!



**NAMI** 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

### Peer to Peer mentor training in Dallas – August 16-18

**WHAT:** Peer to Peer Mentor Training  
**WHEN:** Friday, August 16<sup>th</sup>, Saturday, August 17<sup>th</sup>, and Sunday, August 18<sup>th</sup> (9:00am - 7:00pm all three days)  
**WHERE:** Dallas, Texas  
**WHO:** Peer leaders with a mental illness, in recovery, who will be teaching the Peer-to-Peer course in their communities

#### Peer-to-Peer

The *Peer-to-Peer* Curriculum is a ten week, 2 hours per week, experiential education course for those who wish to live well in their recovery from a serious mental illness. The course offers a comprehensive understanding of serious mental illness with topics ranging from stigma to relapse prevention to advocacy and much more.

To view a short program video go to the NAMI website: [nami.org/peertopeer](http://nami.org/peertopeer)

Peer-to-Peer Mentors

P2P Mentors must be individuals with a mental illness.

Prospective P2P Mentors may include individuals who have not taken the course, as well as course graduates who elect to do so.

P2P Mentors must agree to teach a minimum of **two** 10-week Peer-to-Peer classes with in a two year period.

If you are interested in being a Peer-to-Peer mentor (teaching the course to others), please contact either Carolyn Apodaca, NAMI TC President at (469) 964-6837 or Sue Adams, Education Coordinator/Office Manager at (817) 332-6677.

*You are never too old to set another goal or to dream a new dream.*  
-C. S. Lewis



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



*Several members of NAMI Tarrant County will be attending the 2013 NAMI National Convention in San Antonio, June 27-30.*  
Come hear their experiences at our monthly meeting on July 18.



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!**

**COVERAGE FOR CARE: WHAT'S AT STAKE?**

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**Wednesday, June 12** 10 a.m. CDT

To join the web portion:

Attendee URL:

<https://www.livemeeting.com/cc/nami/join?id=2DP6P4&role=attend&pw=NAMI+Education>

Meeting ID: 2DP6P4

Entry Code: NAMI Education

To join the audio portion via phone:

Call-in Number: [1 \(888\) 858-6021](tel:18888586021)

Passcode: 4922023620

Once you connect to the call, please press \*6 on your telephone keypad to mute your line. At any time you may press \*6 to unmute your line.

**Food, Food, and more food!**

We appreciate everyone bringing food for our monthly meetings. Just remember, if everyone brings something, everyone will have something. We are looking for casseroles, salads, chicken, rolls, pizza, cake, cookies, chips, and drinks.

***What would you like to eat? Bring some and share it with others.***

Insults should be written in the sand, and praises carved in stone.  
-Arab Proverb

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