



NAMI  
National Alliance on Mental Illness

# Tarrant County

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

Volume : 3

March 2013

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## Calendar:

March 21 –  
Monthly Mtg

April 27 –  
FWPD South Div  
Family Day 2013 @  
McCart Center

May 16 -  
1st Annual Golf Tour-  
nament

October 5 –  
NAMIWalks

[www.namitarrant.org](http://www.namitarrant.org)

## CONTACT US!

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Sue Adams, Office Mgr

## Fort Worth Police SW Division Family Day



### *FAMILY DAY 2013*

NAMI Tarrant County will have an information booth at the Family Day, April 27th, sponsored by Fort Worth Police Department, South Division Crime Prevention. We will have representatives there from 10:00 a.m. to 2:00 p.m. and if you would like to come join us, please call the office and let Sue know when you can be there. If you

are in the neighborhood, please stop by. There will be many interesting exhibits and activities there .

It is held at the Aldi / Dollar Tree Shopping Center at 7440 McCart. Tell your friends and show up yourself!



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

Please help us bring food for our monthly meetings. 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.

## **JOIN US...Monthly Meeting, Thursday, March 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 Dana Beard, Director of Public Relations for NAMI Tarrant County, who will be joined by Power of Inspiration co-authors, Maryellen Dabal, MA, LMFT, Nancy Downer and Bryan Downer, project coordinator, 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

March 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

March 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

April 1st

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

April 8th

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/April 9th

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 / April 11th

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.*

[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.



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



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](http://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!**



Join us as we hit the greens on Thursday, May 16, 2013 at Iron Horse Golf Club in North Richland Hills for a fun afternoon of golf, food, and friends as we celebrate our first annual golf tournament. Dinner will be provided for each golfer and we will have some fantastic raffle items. The format will be a four-man scramble with a shotgun start at 2:00 pm.

Individual - \$125 / Team - \$400

Entry fee includes green fee, cart, dinner, Free GPS Welcome Screen and Live on Cart Scoring and Team Souvenir Photo!

**Sponsorship opportunities are available for all budgets. Contact Dana Beard, [dana@namitarrant.org](mailto:dana@namitarrant.org) or 817-368-3603.**

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