



nami

National Alliance on Mental Illness

Tarrant County

Tarrant County's Voice on Mental Illness

Volume: 5

May 2013

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Calendar:

May 16–
Monthly Meeting
May 31 –
1st Annual Golf Tournament
June 27-30 – NAMI Convention
October 5 –
NAMIWalks

www.namitarrant.org

CONTACT US!

NAMI Tarrant County
3136 W. 4th Street
Ft. Worth, TX 76107
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Sue Adams, Office Mgr

Adult Mental Health Awareness Poetry

In observance of Mental Health Awareness Month this May, the Texas Department of State Health Services Mental Health and Substance Abuse Division and the National Alliance on Mental Illness (NAMI) - Texas are holding a statewide poetry contest open to adults with or in recovery from mental illness and their adult family members.

Guidelines

- Poems should express the experience of living with mental illness or living with a family member with mental illness.
- Entries must be 200 words or fewer
- Entries must be typed or legibly hand written
- Entrants must be **Texas residents** who are 18 or older as of May 1, 2013
- **The submission deadline is May 10, 2013.** All entries must be received on, or postmarked by, May 10, 2013.

Submissions... Each entry must include the following:

- Name, address, phone number, and email address (if available). We will only contact you if your poem is chosen to ask for your permission to post it online. All entries will be reviewed with respect to privacy and winning entrants may ask that their work be posted anonymously.
- Please submit your poem by email, with your contact information, to: Jennifer.swinton@dshs.state.tx.us, or send by postal mail to:
Mental Health and Substance Abuse
Texas Department of State Health Services
RE: Mental Health Month Poetry Contest
Mail Code 2083
909 W. 45th Street
Austin, TX 78751

JOIN US...Monthly Meeting, Thursday, May 16

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: Addictions: Join us in welcoming Robert McGowen, MHMR-TC, Director of Smoking Cessation.

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 **May 16th / June 20th** **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 **May 30th** **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 **May 6th / June 3rd** **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**. Re-Source Center Building is located on the northeast side of the church complex off FM 1709.

NAMI TC, Ft. Worth **May 13th / June 10th** **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 **May 14th / June 11th** **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 **May 9th / June 13th** **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 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 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
Mark Berkheimer
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 signed up. Please let us know if you are interested in this class in Spanish.

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.

MHMR Adult Community Advisory Committee

Do you have an interest in working with our local MHMR to improve their work with clients with mental illness? They have an active community action committee that meets every other month to work on ways to improve their service to their clients. If you are interested in becoming a part of this committee, please call Sue at the office (817) 332-66677 or send an email to sue@namitarrant.org. She will help you take the next step.

NAMI Texas Nominations

Our Board of Directors has sent nominations to NAMI Texas for several awards that are to be given at the NAMI Conference the end of June. Award titles and those nominated are: Charley H. Shannon Advocate for Justice Award: Judge Brent A. Carr; Betty Fullenwider Media Award: Dana Beard; Mental Health Professional of the Year Award: Jim McDermott; Volunteer of the Year Award: Sue Adams; Mark Korenek Consumer Quality of Life Award: David Carroll; Jackie Shannon Enduring Volunteer Award: Robin Mayne; Above and Beyond Award: Gene Cates.



**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 STILL OPEN—Register at www.nami.org/convention
Make Your Hotel Reservations soon, too!



Tarrant County

Membership must be currently active by **April 20** to be called a member at the NAMI Convention in June. 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 _____

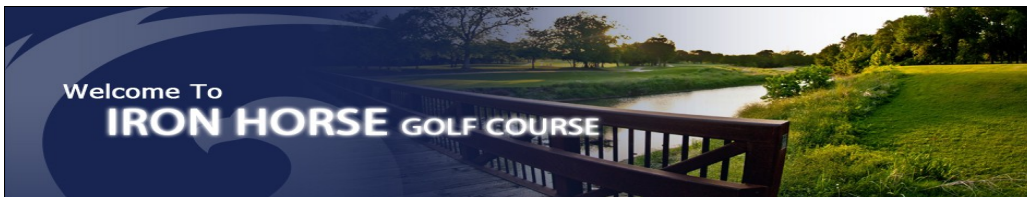
PHONE _____ Email _____

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!**



Join us as we hit the greens on Friday, May 31, 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 or 817-368-3603.

Obituary Notice..

We are saddened to report that our longtime member, Nicole DeForge, passed on Wednesday, May 1, 2013. Services will be on Thursday, May 9 at 3:30 p.m. at the Convergence Church, 5745 James Avenue, Fort Worth, TX 76134.

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