



NAMI

Tarrant County

National Alliance on Mental Illness

Tarrant County's Voice on Mental Illness

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NAMI Walks



National Alliance on Mental Illness

Thank you... WALK Manager Dana Beard, NAMI Tarrant County Board of Directors and all the local mental health agencies (MHMR of Tarrant County, JPS Foundation, Millwood Hospital, Mesa Springs Hospital, Sundance Behavioral Healthcare, and Baylor All Saints Hospital of Fort Worth) and many others who made this year's WALK a reality for us.

Our fifth annual NAMIWalks took off with beautiful weather and continued to cool down as the hours went by. We had a rain-free event but it ushered in good rain throughout the area the rest of the day.

We want to give a great thank you to all who participated in the WALK by being there as well as helping raise funds to help support all we do in providing support groups and educational programs and advocate for those with mental illness and their families and friends.

We will be posting our final outcome soon but in the meantime, we are still receiving donations on our WALK site www.namiwalks.org/tarrantcounty.

Calendar:

- October 6-12—MIAW (Mental Illness Awareness Week)
 - October 17— monthly mtg
 - November 23— International Survivors of Suicide Day
- <http://namiwalks.org/tarrantcounty>

CONTACT US!

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 Ft. Worth, TX 76107
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info@namitarrant.org
www.namitarrant.org
 Sue Adams, Office Mgr.



Please continue to solicit donations to NAMI-Walks Tarrant County. We are not through yet. We have sixty days following the event to continue to raise money. We have reached 68% of our goal so we are still actively working at raising this number.



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's MyHome Project provides a list of basic home supplies such as soap, toilet paper, dishes and linens to MHMR caseworkers from which they may request items for their clients moving into their first apartment.

Now the MyHome Project list is currently open to all NAMI TC individuals with mental illness who move into their own home for the first time. For further information and to apply, please contact Frances Allen at flaallen48@gmail.com.

- | | | |
|---|----------------------------------|------------------------|
| NAMI TC, Ft. Worth | Oct 17 / Nov 21 | 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 <u>monthly NAMI TC informative meetings</u> . | | |
| NAMI TC, Arlington | Oct 31 / (Nov 28 -no mtg) | 7:00 to 8:30 pm |
| Family caregivers are invited to a support group meeting the last Thursday of every month . Location: Trinity UMC, 1200 West Green Oaks Blvd. Enter at north door. Room S111 on 1st floor (NW corner). | | |
| NAMI TC, Southlake | Oct 7 / Nov 4 | 7:00 to 8:30 pm |
| Family caregivers are invited to a support group meeting the first Monday of every month . NEW Location: Whites Chapel United Methodist Church, 185 S. White's Chapel Blvd, Southlake . Park in lot behind church on north end. <u>Follow walkway between church and courtyard classrooms for entrance to the building</u> . (NAMI sign will be posted outside.) After entrance to the bldg, go down the hall to the right and the meeting room 2120 is on the right side of the hallway (across from Wesley Hall). | | |
| NAMI TC, Ft. Worth | Oct 14 / Nov 11 | 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 | Oct 8 / Nov 12 | 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 TC, Johnson County | Oct 10 / Nov 14 | 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. | | |

At the monthly meetings, lists for additional support groups for consumers and caregivers are also available at the information tables.

[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*

*Otila Boddy
Lynda Bryant
David Carroll
Betty Edge
Jennifer Nunley
Daniel Segura
Elizabeth Valderas*

FREE Education Courses - Sign Up Today!

For families trying to navigate the rough terrain around mental illness, help is available!



The NAMI Family-to-Family (FTF) Education Program is a free, 12-week course for family caregivers of individuals with severe mental illnesses. NAMI Family-to-Family Education was added to National Registry of Evidence-Based Mental Health Programs in May of this year.

FTF class is very helpful for families/caregivers who have loved ones known or thought to be struggling with mental illness and to help families learn how to relate better to their loved ones and the associated issues that arise. It helps empower families/caregivers with knowledge of what can be done, the reason why loved ones struggle, how to help them find stability during the struggles, offer hope and support. This feeling of empowerment will also give more hope to the participant's family.

This class also provides participants a venue to connect with others who are going through the same things they are, and know that they are not alone in the world going through their experiences with mental illness.

OUR CURRENT FAMILY-TO-FAMILY CLASS STARTED ON MONDAY, OCTOBER 7-DECEMBER 16. PLEASE CALL THE OFFICE (817) 332-6677 THIS WEEK TO GET INFORMATION ON THE NEXT FAMILY-TO-FAMILY CLASS.

Let it Rain

Today it is raining and has been for several days. Some people might think it's depressing. I don't. To me it is like a cozy blanket wrapped around me. It's refreshing to me and I like it. It is a delightful change. Sure I wouldn't want it like this all the time but a change is nice. I understand that things can be dreary at times, but please don't automatically assume that when it rains it is "bad weather." Who says it's "bad."

I love sunlight and need it, a lot of it. There is still something peaceful about a day or two of enjoying the sounds of the rain and/or the thunder. It is awesome, to me, to observe nature. My lawn and plants are thriving with this merciful rain. (Remember, this is Texas and we don't always get what we need in rainfall.) We also have been in a drought for several years. So, rejoice in the rain. It is a blessing for us. Enjoy it!

-Sue Ireland

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

Location: University Christian Church, 2720 S. University Dr,
Second Floor Registration

Support Groups: 6:00 pm, Pot Luck 7:30 pm. Program 7:40-8:30 pm

Speaker: Paul Warren, PhD and Jan Hughes, LCSW

TOPIC: Drumming Circle: Express Yourself



NAMI Tarrant County

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.

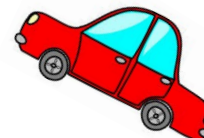
NAME _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____
 PHONE _____ Email _____

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!**

Transportation Needed

Another way you can be a NAMI volunteer is to give an individual a ride to or from a NAMI meeting. There are many NAMI members that do not have transportation. Help an individual to attend the meeting. Bus transportation to our meeting place stops around 7:00 p.m. Some individuals would attend if they had a ride home. Volunteers are needed from all areas in Tarrant County. Please call Sue Adams 817-332-6677 or email her at sue@namitarrant.org and let us know if you are interested in being a volunteer.



NAMI Convention CDs available!

You will be able to experience the Convention yourself when you listen on your way to work to the CD on **Improving Treatment and Care at all Stages of Life**. Or you may be more interested in **Strengthening Emotional Regulation Skills through Validation**. Both of these CDs as well as several others are available at the NAMI office for you to check out. Call the office for a list to be sent to you, or stop by to check one out.

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