



NAMI

Tarrant County

National Alliance on Mental Illness

Tarrant County's Voice on Mental Illness

Volume: 4

April 2014

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NAMI Walks



National Alliance on Mental Illness

We want to introduce our new 2014 NAMIWalks Manager for NAMI Tarrant County. She is Julia Webb and comes to us from numerous functions in and around Tarrant County. She has also been with us in one way or another for at least three of our NAMIWalks events so this is not a totally new venue for her.

You will soon be hearing from her and seeing her. She is ready to get started on our new goal of raising \$100,000 for this year's NAMIWalks. Please show her your support in joining us in as many ways as you can. Volunteers are always welcome.

2014 NAMIWalks site is now open. Let us know if you would like to be a Sponsor or would like help signing up and registering your Team. Also let us know if you have suggestions for new Sponsors. Contact the office at (817) 332-6677 or info@namitarrant.org

Calendar:

April 17—General Meeting
April 26—FWPD Family Day @ McCart Center
June 6-8—Basics Training
Sept 20—NAMIWalk

CONTACT US!

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

JOIN US...

Monthly Meeting, Thursday, April 17

Location: University Christian Church, 2720 S. University Dr, FW 76109
Second Floor

Support Groups: 6:00-7:15 Pot Luck and Program 7:20-8:30 pm

Topic: "Working together to Make a Difference : Advocacy in the Criminal Justice System"

Guest of Honor: Sharen Wilson

Speakers: NAMI and Community Advocates

We will present on behalf of our consumers, to Sharen Wilson, candidate for Tarrant County District Attorney, our suggestions and successful strategies for diverting those with mental illness from jail and prisons into treatment services. If you would like to speak or share your ideas, please contact Elle Valderas, NAMI TC Advocacy Chair, by Monday, April 14 at (817) 739-6194 or elizabeth@namitarrant.org.

Bring a friend. If you need directions, call or email the office.

*Interested in
leading a
Support Group?
Please call the
office and let us
know.*

*NAMI TC office
(817) 332-6677*



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

The MyHome Project is in need of more items as needs increase with the MHMR clients. It is also currently open to NAMI TC individuals with mental illness who move into their own home for the first time. Cash donations are also very appreciated. For further information and to apply, please contact Frances Allen at flaallen48@gmail.com.

Support Groups

Support 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 individuals/families about how they have solved problems and find help from the community that may be available.

NAMI TC, Southlake **Apr 7 / May 5** **7:00 to 8:30 pm**

Family caregivers are invited to a support group meeting the **first Monday of every month**. **Location: White's Chapel United Methodist Church**, 185 S. White's Chapel Blvd. Park south or west of church. (NAMI sign will be posted outside the entrance.) After entering the bldg, go down the hall to the left of the welcome desk and the meeting room 2120 is on the right side of the hallway (across from Wesley Hall).

NAMI TC, Ft. Worth **Apr 14 / May 12** **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.

NAMI TC, Johnson County **Apr 10 / May 8** **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 TC, Ft. Worth **Apr 17 / May 15** **6:00 to 8:30 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, 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 **Apr 24 / May 29** **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).

Caring Friends, Weatherford **Every Tuesday** **6:00 to 8:00 pm**

Family caregivers and individuals with mental illness are invited to a support group meeting the **every Tuesday**. **Location: First United Methodist Church Weatherford** (Akard Hall), 301 S. Main. Enter door at corner of Columbia and College Ave.

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](#),
[Peer-to-Peer](#),
[In Our Own Voice](#),
[NAMI Connection](#),
[Hearts & Minds](#),
[Provider Education](#)

*FTF classes are being scheduled. Contact Sue Adams for more information on our programs and services!
sue@namitarrant.org*

NAMI Tarrant County Board of Directors

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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 2013.

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.

The next class will be announced later. For more information or to pre-register for this class, call/email the office. (817) 332-6677 – info@namitarrant.org

National Education Alliance on Borderline Personality Disorder

Borderline Personality Disorder is a recognized mental illness which is often described as an emotional dysregulation disorder.

If your loved-one has been diagnosed with BPD, you can get much needed help and support from attending the NEA-BPD Family Connection class. In this 12-week class you will learn new communication and coping skills that will help your family move through the effects of this illness with much more peace and hope. Please check out more information at www.borderlinepersonalitydisorder.com.

Classes will be taught by nationally trained family members in the NAMI Dallas office, 2812 Swiss Ave, Dallas, Texas 75204. Please take advantage of this and help your family.

Register for this class at:

<http://www.borderlinepersonalitydisorder.com/family-connections/>

Information in the Community...

AGENCIES & HOSPITALS

Mental Health America:
(817) 335-5405

MHMR Community
Center: (817) 569-4742

I-Care Call Center:
(817) 335-3022

JPS Hospital
PEC (10th Floor)
(817) 927-1008

JPS Hospital
Trinity Springs Pavilion
(817) 927-3636

Mesa Springs Hospital
(817) 292-4600

Springwood Hospital
(817) 355-7700

Sundance Hospital
(817) 583-8080

Millwood Hospital
(817) 261-3121

NAMI Websites...

www.nami.org

www.namitexas.org

www.namitarrant.org

www.namiwalks.org/TarrantCounty

www.nami.org/namioncampus

www.strengthofus.org



NAMI Education and Support Programs

We would like to offer more educational classes and support groups for both individuals with mental issues as well as the family members. If you have appreciated the classes and the support you receive by participating in a NAMI program and are interested in sharing this opportunity with others as a Family-to-Family teacher or Peer-to-Peer mentor or a support group facilitator, please let Sue Adams or a member of the NAMI Tarrant County Board of Directors know of your interest. We will let you know about the trainings which can be provided at no cost to you.



NAMI Basics is a free six week education course for parents and other family caregivers of children and adolescents living with mental illness. This course is taught by trained teachers who are also parents/caregivers of individuals who developed the symptoms of mental illness prior to the age of 13 years.

We would like to begin offering the Basics class. We need caring parents who have a child who began their journey in mental illness during their youth to teach this class. We will have a training at the MHA offices in June and hope to have several interested persons committed to teaching this program.

Please contact Sue Adams at the NAMI Tarrant County office (817) 332-6677 if you are interested. After we have people trained as teachers of this course, we will be able to offer NAMI Basics to those in Tarrant County who support their adolescent with mental illness.



If you are interested in becoming a Family-to-Family teacher or are a current teacher and interested in becoming a state trainer, please let Sue Adams at the NAMI Tarrant County office know. There will be training available this year and we would like to know who is interested in taking advantage of this for the support of NAMI Tarrant County.

Consumer Reports...

Consumer Reports...

This page is reserved for our Consumer Peers to provide prose and poetry or thoughts on encouraging others in their daily life.

Please read with appreciation of how others may view life within the scope of a mental illness.

If you have material you would like to submit, send it to info@namitarrant.org

You are important... by R.M.L.

You are important.

You might not believe it. You might not see it, but you have made an impression.

At some point you influenced me.

You were a friend.

You were an enemy.

You were a passing kind word.

You were a thoughtless act.

You were a belly filling laugh.

You were a hateful statement.

You were a helping hand.

You were a pointing finger.

You were a passing wave.

You were tears inducing.

You were a healing shoulder.

You were there, at the right time, and at the right place.

We go through our day, doing our thing and we don't even notice how we touch each other.

When you interacted with me for that brief moment you influenced me. Your words, your actions impacted me.

Now I see as I look back that your impression was made on me. It doesn't matter now what you did or said. That was then.

Now I see. Now I know. Now I can pick up the pieces. Now I can put the puzzle together. Now I know there is a future. Now I know I can make an impact.

You have added something electric to my persona. It is my duty to pass it on.

Open House for Pathway Adult Living

Pathways Adult Living (PAL) has been serving the needs of individuals with mental health challenges since 2007. The HEART of PAL is our residents, who are provided supportive housing with caring and nurturing rehabilitative assistance. PAL helps each resident learn to live healthy, stable, full, productive and independent lives, while offering them a safe and supportive living environment free from stigma and judgment.

Please join us for the celebration...

WHERE: 921 West Cannon St., Fort Worth, TX 76104

WHEN: Thursday, April 24, 2014

TIME: 11:00 a.m.—2:00 p.m.

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

Local Support for Mental Health Programs...

Depression Connection
Recovery Team
(817) 810-9599
www.depressionconnection.org

Depression Bipolar
Support Alliance (DBSA)
(817) 654-7100
www.freewebs.com/dbsafortworth

Mental Health America
(MHA)
(817) 335-5405
www.mhatc.org

Mental Health Mental
Retardation (MHMR)
(817)
www.mhmrtc.org

Hope Concept
(817) 263-4673
www.thehopeconcept.com

The Art Station
(817) 921-2401
www.theartstation.org

Not Quite What I Was Planning: Six Word Memoirs...

In November 2006, SMITH Magazine launched a challenge: "Can you tell your life story in six words?". People took up the charge in droves and soon six-word stories were circulating everywhere. In 2008, the book, **Not Quite What I was Planning: Six Word Memoirs from Writers Famous and Obscure**, appeared and immediately went to the bestseller list.

I thought it might be interesting for NAMI members to think about their own lives, many of which have involved interruptions and new directions, and see how they would sum up their lives. I've provided a few examples below but this is an invitation to you to contribute your own creations and we can print them in upcoming NAMI Newsletters. Please send them to RobinMayne@charter.net.

"How we live measures our nature." – Philip Larkin

Give without remembering; receive without forgetting. – Spanish proverb

If you woke up breathing, congratulations! – (Graffito) Abbey Church, Galway

Be yourself; everyone else is taken – Oscar Wilde

"How can I keep from singing?" – Bruce Springsteen

Google knows me, therefore I am - Chris Mustazza

What I didn't expect changed me. – Kathy Lou Schultz

The experience was worth the risk. – Arielle Brousse

There's always something to laugh about. – Kirsten Thorpe

Felled by dreams, saved by friends. – Sylvie Beauvais

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What's your response? How would you respond to Six Word Memoirs. We want to hear from you and publish your thoughts in next month's newsletter.



