



NAMI

Tarrant County

National Alliance on Mental Illness

Tarrant County's Voice on Mental Illness

Volume: 2

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Consumer: New Language

Whether you are a "consumer" or a "family member," the term CONSUMER has been troublesome for many years. I believe it was an attempt to use a neutral term to refer to a person with a mental illness. But at times, it may have made folks feel as though they are "taking" (services, resources, etc.) rather than "giving" (support, encouragement, etc.). It did not really offer a helpful way to describe someone who has experienced a mental health crisis and who is reaching towards recovery.

There is a growing desire to designate a new term to refer to one who has a mental illness. We would like you to weigh in on this discussion. Please give this some serious thought and help NAMI develop a new term which focuses on people with a mental illness who are more than a set of symptoms, people who are actively working to achieve recovery so that their lives can once again move forward.

Some alternatives from the past were: Patient, Client, Customer.

What new title can your think of? MI Peer ? ? Recouperator?

Think outside the box! It can be a made-up word or a hyphenated word that embraces some of the struggle but mostly the heroic efforts that our consumers have faced to overcome their illness and recover their personality and life force.

If you have any ideas, please email me at RobinMayne@charter.net and I will report back through the newsletter what your suggestions are.

So put your thinking caps on and get busy! We need your help in this important effort to go forward with new energy and a new vision. Thank you!

-Robin Mayne

Calendar:

Feb 20—Monthly Meeting
Mar 14-16—Basics Training

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, Feb. 20

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: Supportive Housing Services in Tarrant County

Speaker: Walter Taylor, MHMR Director of Housing

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. For further information and to apply, please contact Frances Allen at flaallen48@gmail.com.

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

NAMI TC, Southlake Feb 3 / Mar 3 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. Follow walkway between church and courtyard classrooms for entrance to the building. (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 Feb 10 / Mar 10 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 Feb 13 / Mar 13 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 Feb 20 / Mar 20 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 Feb 27 / Mar 27 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](#),
[In Our Own Voice](#),
[Peer-to-Peer](#),
[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*

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 begins in March. For more information or to pre-register for this class, call/email the office. (817) 332-6677 – info@namitarrant.org

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What's in a Name?

What is a PEER?

What is a CONSUMER?

What is a CLIENT?

What is a CUSTOMER?

A **Peer** is anyone who shares a similar status or designation as you do. Examples: Your peer group at school are those in your class. Your peer group at home may be siblings or it may be other parents. Your peer group in politics may be Democrat, Republican, Independent. There are many ways to be a peer with others.

A **Consumer** is one who uses a product or services.

A **Client** is one who is served by a Provider.

A **Customer** is one who buys from a Seller.

So, what are we to call those who have a mental illness diagnosis? That has been the question for some time now. Will you please give your input. We would like to use an agreeable word to describe you/us.

Information in the Community...

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
(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



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 to you 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 on March 14-16 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.



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 /
 Contribution: \$ _____ TOTAL: \$ _____

**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.



Fellow NAMI members, we would like to know if you read the newsletter. If so, can you let us know that you do?

We want to hear from you. And if there is anything you would like to see in the newsletter, please let us know. You can email your response to info@namitarrant.org. Many thanks to you faithful readers.

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