



Tarrant County

Tarrant County's Voice on Mental Illness

Volume: 1

January 2014

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Happy New Year!

A New Year's Wish

Author Unknown

At the sound of the toiling midnight bell
 a brand new year will begin.
 Let's raise our hopes in a confident toast,
 to the promise it ushers in.

May your battles be few, your pleasures many,
 your wishes and dreams fulfilled.
 May your confidence stand in the face of loss
 and give you the strength to rebuild.

May peace of heart fill all your days.
 May serenity grace your soul.
 May tranquil moments bless your life
 and keep your spirit whole.

Calendar:

Jan 9 -Board Meeting
Jan 16 -NAMI Meeting

Feb 5 -Veterans Recovery
Seminar @ TCU
Feb 20 -NAMI Meeting
Feb 21-22 Basics Teacher
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, Jan. 16

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: **Getting to Know your NAMI Tarrant County**





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.

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 **Jan 16 / Feb 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, 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 **Jan 30 / Feb 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).

NAMI TC, Southlake **Jan 6 / Feb 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 **Jan 13 / Feb10** **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 **Jan 14 / Feb 11** **5:30 to 7:30 pm**

Family caregivers of children/adolescents are invited to a NAMI family support group meeting the **second Tuesday of every month**. **Location:** MHA building, 3136 W. 4th Street

NAMI TC, Johnson County **Jan 9 / Feb 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.

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



Meet the... NAMI Tarrant County Board of Directors

*Dr. Sherry Fairchild -
President*

*Daniel Kovich -
Treasurer*

*Otila Boddy
Lynda Bryant
David Carroll
Scott Collins
Jeri Escobedo
Ed Guthrie
Jennifer Nunley
Daniel Segura
Elizabeth Valderas*

Recovery from Moral Injury after War: Veterans and Soul Repair

While U.S. veterans have suicide rates triple the general population, those who have killed in war commit suicide at triple the veteran rates. VA clinicians now suspect that moral injury is a major reason for these rates, and because it has been confused with PTSD, it remains unaddressed. This lecture will explain moral injury, discuss what civilians, especially at TCU, can do to support recovery in veterans, and describe the work of the Soul Repair Center at Brite. In addition, we will look at how moral injury impacts other professions, such as law enforcement, medical care givers, prison guards, formerly incarcerated people, and veterans.

14SFFLS09 2/5/14 – 2/5/14

Wednesday from 6:30 PM to 8:00 PM

Session(s): 1

Instructor: Rita Brock

Fee: **FREE**

To register online, go to the TCU Extended Education home page at www.lifelong.tcu.edu. Under the **TCU Faculty Favorite Lecture Series**, click the **purple Learn More!** Button. Or call [\(817\) 257-7132](tel:(817)257-7132) to register by phone.

Information in the
Community...

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



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.



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 February 21-22 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.



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 our 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: Regular: \$35.00 / Open Door: \$3.00

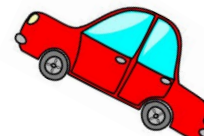
Contribution: \$ _____ TOTAL: \$ _____

**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 transportation 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!**