

April 16 – Monthly General Meeting

Topic: Positive Psychology—Enhancing Our Own Wellness Potential

Speaker: Dr. Paul Warren

Support Groups 6:00 / **General Meeting** 7:30-8:45

University Christian Church
2720 South University Drive
Fort Worth, Texas 76109

Special points of interest:

- Monthly Meeting
April 16
- Fine Line Exhibit
Apr 17-May 31
- WALK
Information Event
April 21
- Vivian Siao Benefit
Recital—May 3
- NAMIWalk
Kick-Off
Luncheon

FINE LINE: PHOTOGRAPHS BY MICHAEL NYE

Through exquisite imagery and the subjects’ own voices, photographer Michael Nye gives us an exhibit that defies traditional labels and our own preconceptions. He allows us to overcome our fears and biases by meeting people with mental illness. These are your neighbors, your friends, our co-workers, your family or even you.

You can help our community move past the stigma. Join us at the Fort Worth Museum of Science and History for this free special exhibit and join the conversation.

Admission to Fine Line is Free

Open Daily April 17-
May 31, 2015

Mon-Sat: 10-5
Sun: noon-5:00

1600 Gendy Street

Fort Worth, Texas 76107

Painting is just another way of keeping a diary.

~Pablo Picasso

“Fine Line: Mental Health/Mental Illness” an exhibition made possible through a partnership among Mental Health Connection of Tarrant County, JPS Health Network and the Fort Worth Museum of Science and History.

www.finefortworth.org

FDA Basics

What is the approval process for a new prescription drug?

Drug companies seeking FDA approval to sell a new prescription drug in the United States must test it in various ways. First are laboratory and animal tests. Next are tests in humans to see if the drug is safe and effective when used to treat or diagnose a disease. After testing the drug, the company then sends FDA an application called a New Drug Application (NDA). Some drugs are made out of biologic materials. Instead of an NDA, new biologic drugs are approved using a Biologics License Application (BLA). Whether an NDA or a BLA, the application

includes

- the drug's test results
- manufacturing information to demonstrate the company can properly manufacture the drug
- the company's proposed label for the drug. The label provides necessary information about the drug, including uses for which it has been shown to be effective, possible risks, and how to use it.

If a review by FDA physicians and scientists shows the drug's benefits outweigh its known risks and the drug can be manufactured in a way that

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How strange to use "You only live once" as an excuse to throw it away.

~Bill Copeland

FDA Basics (continued)

ensures a quality product, the drug is approved and can be marketed in the United States.

What are generic drugs and how are they approved?

Generic drugs are chemical equivalents of approved brand name drugs. Since the safety and effectiveness of the brand name drugs have already been shown, generic drugs do not have to be tested for safety and effectiveness, as long as the generic drug is shown to be the same as an already approved drug. Generic drugs are approved under abbreviated new drug applications (ANDAs).

Are generic drugs the same as brand name drugs?

Federal law requires that companies seeking approval for generic versions of approved drugs must demonstrate that their products are the same as the original brand name drug in terms of

- active ingredients
- strength

- dosage form
- route of administration
- Label

In addition, the company must demonstrate that the generic form is absorbed and distributed to the part of the body at which it has its effect at acceptably similar levels to the brand name drug. And all drugs—new or generic, in clinical trials or approved, prescription or over-the-counter must be manufactured under controlled conditions that assure product quality.

FDA firmly believes that generic drug products that have gone through the approval process can be used with the full expectation that consumers will receive the same benefits from generics as they do from brand name equivalents.

The original articles can be viewed on the FDA website at the links below. Other useful information can be accessed from the page.

<http://www.fda.gov/AboutFDA/Transparency/Basics/ucm194949.htm>

<http://www.fda.gov/AboutFDA/Transparency/Basics/ucm194952.htm>

<http://www.fda.gov/AboutFDA/Transparency/Basics/ucm194953.htm>

“It is *far more important* to know what *person* the disease *has* than what disease the person has.”

–Hippocrates

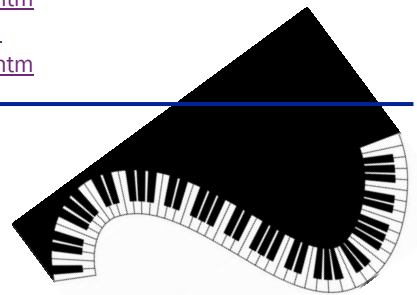
Vivian Siao Recital benefiting NAMI Tarrant County

It is with pleasure that we announce

Benefit Piano Recital by Vivian Siao on

Sunday, **May 3, 2015** at 4:00 p.m.

Trinity United Methodist Church
1200 West Green Oaks Blvd
Arlington, TX 76013



FREE ADMISSION

Free-will donation to be received benefitting:

NAMI Tarrant County and Children’s Choirs at Trinity UMC.

Sponsored by Music & Fine Arts Ministry, Trinity UMC.



“Through my own struggles with depression, I discovered that knowledge, therapy, medication and education can provide the strength to get through it in one piece.”

–Susan Polis Schutz

Step up to the plate — with easy tools to help you eat better

Any time is the right time to start eating healthier. But did you know it's National Nutrition Month? Let it be your inspiration to take some simple steps toward a better diet. Consider a couple of these small changes:

1. Plan some meatless meals: Less meat also means less fat. And that may help protect your heart health. To get enough protein, try recipes featuring beans and lentils. Become a “flexitarian”!
2. Go with the grain: Whole grains are a great source of fiber. And fiber may reduce the risk of certain health conditions, such as diabetes and some types of cancer.
3. Eat a rainbow: Filling half your plate with a variety of colorful fruits and veggies helps you get plenty of vitamins, minerals and fiber. Plus, they're packed with phytochemicals — compounds that may help protect against certain diseases.
4. Skim the fat: Want the calcium and other nutrients of whole milk — with less fat and fewer calories? Switch to low-fat or fat-free options — and give low-fat cheeses and yogurts a try. Not a dairy lover? Calcium-fortified soy products may be a tasty alternative.
5. Fresh finds: When are your favorite fruits and veggies in season? Post these reminders on your fridge to see at a glance when some popular foods tend to be at their best.

- See more at: http://uhcprod-elr.uhc.com/live/uhc_com/Assets/Documents/BA0315recipes.html#sthash.Wf7PHF9m.dpuf

Support Groups

You will find insight and more effective coping skills, and learn to reduce the unreasonable stigma around mental illness. Additionally, support groups provide a place to network with other persons about how they have solved problems and found help.

Support Groups are led by NAMI-certified individuals with a lived experience in recovery as a family member or individual with lived experience of mental illness

NAMI TC, Southlake-76092 <i>Family Support Group</i>	Apr 6 / May 4 <i>First Monday of every month</i>	7:00 to 8:30 pm <i>White's Chapel United Methodist Church</i>
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185 South White's Chapel Blvd. Park on the East side of the buildings and go to the entrance north of the sanctuary. Our meeting is in room 2130 in Evans Hall.

NAMI TC, Ft. Worth-76107 <i>Family Support Group</i>	Apr 13 / May 11 <i>Second Monday of every month</i>	7:00 to 8:30 pm <i>MHA-TC / NAMI office, 3136 W 4th St.</i>
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NAMI TC, Johnson County <i>Family Support Group</i>	Apr 9 / May 8 <i>Second Thursday of every month</i>	7:00 to 8:30 pm <i>Joshua City Library</i>
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located on the High School Campus in Joshua. The address is Highway 174.

NAMI TC, Ft. Worth-76109 <i>Family & Peer Support</i>	Apr 16 / May 21 <i>Third Thursday of every month</i>	6:00 to 8:30 pm <i>University Christian Church @ TCU</i>
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Please join us for our monthly meeting and pot luck. Support groups for caregivers and adult consumers are held before the general meeting. 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. Registration is on second floor.

NAMI TC, Arlington <i>Family Support Group</i>	Apr 23 / May 28 <i>Last Thursday of every month (except April)</i>	7:00 to 8:30 pm <i>Trinity UMC,</i>
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1200 West Green Oaks Blvd. Enter at south door. Room C-210 on the 2nd floor

H.O.M.E., NRH* <i>Peer and Family Support</i>	Apr 12 & 26 / May 10&24 <i>Second and fourth Sundays</i>	5:15 to 6:45 pm <i>The Hills Church of Christ, North Richland Hills</i>
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Room 207. Individuals with mood disorders and their loved ones are invited to this support group meeting

Caring Friends, Weatherford* <i>Peer and Family Support</i>	Every Tuesday <i>First United Methodist Church Weatherford</i>	6:00 to 8:00 pm
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301 S. Main. In Akard Hall. Enter door at corner of Columbia and College Ave.

*Not a NAMI-certified group

You will find a group of people with similar life experiences that you will listen to and learn from; so you can apply and relate to your own life. Together we explore topics related to a healthy lifestyle and changes one can make.

Monthly Meeting—April 16

Topic: **Positive Psychology – Enhancing Our Own Wellness Potential**

Speaker: **Dr. Paul Warren**

Dr. Paul Warren, clinical psychologist will be presenting on Thursday, April 16th, the rapidly developing field of "Positive Psychology." Positive psychology is the scientific study of what makes life most worth living. Rather than to focus on disease or psychopathology, positive psychology pursues studies in such areas as happiness, resiliency, gratitude, faith, and the importance of meaning and purpose in our lives. Come and join Dr. Warren, as we focus on "accentuating the positive!"

Join us for support groups, a pot luck dinner and our guest speaker, Dr. Paul Warren.

Starts at 6 p.m.

“Let us focus at the inner drum, where the rhythm aligns with that of our heart.”

— Grigoris Deoudis

Monthly Meeting—May 21

Topic: **Importance of Nutrition and Weight Management related to Psych Medications**

Speaker: **Rachael McBride, MCN, RD/LD, LCDC**

NAMIWalks Information Event 2015

Join us to learn about the educational programs that NAMIWalks funds for our community annually.

Our national signature event will bring together thousands of individuals and supporters to celebrate hope for recovery.

Event: NAMIWalks Information

Location: Mental Health America
3136 W. 4th Street
Fort Worth, Texas 76107

When: Tuesday, April 21, 2015
5:45 pm – 7:00 pm

It will be a fun evening for everyone! Refreshment provided, too.

We're gearing up for Fall season walk. It's going to be **"Awesome"**!

Our Team Registration website is NOW open!
Check it out at www.namiwalks.org/tarrantcounty.

Thank you for being a part of positive change by investing and supporting our member-focused educational programs. We greatly appreciate your relationship with us.

Mental Health America, MHMR, Ellis Management Co., Sundance Hospital, JPS Health, Millwood Hospital, Cigna HealthSprings, J. Fraley Co., Trinity United Methodist Church, Mesa Springs, Pathway Adult Living, Colonel's Bicycle Race Team, Amerigroup, Ally and Baylor All Saints Medical Center.

Any questions:
Please call Julia Webb (817) 475-5088
email: julia@namitarrant.org

There's something about the rhythm of walking, how, after about an hour and a half, the mind and body can't help getting in sync.

–Bjork

Meet Your Board–Vivian Siao

NAMI Tarrant County Board of Directors

President -

Sherry Fairchild

Vice President -

Ed Guthrie

Secretary -

Ruth Collins

Treasurer -

Brandon Alexander

Lynda Bryant

Scott Collins

Jerri Escobedo

Rachel Lubke

Jennifer Nunley

Vivian Siao

Elizabeth Valderas

Vivian Siao has performed many recitals and concerts in the U. S. and in different countries in Asia. She has taught piano at several universities in Texas, including Hardin-Simmons University, Southwestern Baptist Theological Seminary School of Church Music, Texas Wesleyan University, and Tarrant County College. In 2005-2009 she was Visiting Professor of

Piano at the China Conservatory of Music in Beijing. She holds a Doctor of Musical Arts degree from the University of Washington, a Master of Music from the University of Texas at Austin, and a Bachelor of Music from Hardin-Simmons University. At present she lives and teaches in Arlington and enjoys reading, traveling and walking.



Changing Minds One Step at a Time

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