

MEET YOUR BOARD: DONNA CORREA

Special points of interest:

- **Holiday Dinner
December 17
RSVP
by Dec 11**

My name is Donna Correa and my story begins 36 years ago in Commerce, Texas where I met my husband Richard. I was going to school to become a social worker and had almost completed 4 years of college when I decided to take a break from school. We got married in January 1979 and had four children in the next 6 years. I knew my husband was different from most people I had known but I had no idea that he suffered from a mental illness and neither did he.

The first few years of marriage are difficult at best and can be very challenging when you are dealing with a person with horrible mood swings. The first 6 years were a series of constant job changes for my husband. I could not understand why he could charm any employer into giving him a job but he just could not keep it.

We moved to Tyler, Tx and went to school at the University of Texas at Tyler. I changed my major to Elementary Education and graduated 2 years later with lots of help from family, friends, the State of Texas, and the U.S. government. (Still paying off those loans.) There are not a lot of jobs for teachers in December so I took a job as a Social Worker for the Texas Department of Human Services in Tyler. I certified people for AFDC, Food Stamps, and Medicaid. My husband started college at the Junior College and earned an Associate of Arts in Drafting.

I worked for TDHS for 6 years then we decided to make a major change in our lives and we moved to Weatherford. I was hired by Headstart for 3 years then began teaching for Weatherford ISD in 1994. Our son began showing symptoms of major depression when he was 17 and he had to quit high school in 1999. My husband also went through another major depressive episode around the same time and they were both diagnosed with Bipolar Disorder. We began the rounds of hospitals and psychiatrists and medications. We joined a support group called Caring Friends in 2008 in Weatherford.

**If you think education
is expensive,
try ignorance.**

~ *Unknown*

**There is no exercise
better for the heart
than reaching down
and lifting people up.**

~ *John Holms*

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Monthly General Meeting, December 17

Topic: 2015 Holiday Party

Special Guest: The Common Folk

Party Starts at 6pm!

RSVP BY Dec. 11

**University Christian Church
2720 South University Dr.
Fort Worth, Texas 76109**

From the outside looking in, it's hard to understand. From the inside looking out, it's hard to explain.

~unknown

What's broken can be mended. What hurts can be healed. And no matter how dark it gets, the sun is going to rise again.

~unknown

Love is an unconditional commitment to an imperfect person.

~Selwn Hughes

Why you should care about mental health

By: *RADM Boris D. Lushniak, M.D., M.P.H., Acting U.S. Surgeon General*

Most people don't realize how common mental health and substance abuse problems are in the United States. Just as there are many types of physical illness, mental illness is varied and can affect people at all stages of life. In fact, at some time in their lives, nearly all Americans will be affected by a mental health or substance use disorder in themselves or their families. These are the hard facts:

Depression is a common but serious illness. Each year almost 7 percent of U.S. adults experience a major depressive disorder. Depression also affects our youth--3 percent of 13- to 18-year-olds have experienced a seriously debilitating depressive disorder.

One in 10 adolescents aged 16 to 17 had a major depressive episode in the past year. One in five young adults aged 18 to 25 (18.7 percent) have

experienced some form of mental illness in the past year.

An estimated 23.1 million Americans (8.9 percent) needed treatment for a problem related to drugs or alcohol.

People with depression, other mental disorders, or a substance abuse disorder are at risk for suicide. Suicide is the tenth leading cause of death in the U.S. and for every death by suicide, there are 25 attempts.

Unfortunately, up to half of all people with mental illnesses and 90 percent of people who have a substance use disorder do not get the treatment they need. There are steps we can take to make a difference. Mental illness is treatable and the vast majority of Americans who have experienced mental illness recover and live happy, productive lives. They are our friends, neighbors, and families. We can strive to provide the best prevention, treatment, and recovery support services based on scientific evidence and the rich

MEET YOUR BOARD: DONNA CORREA (CONTINUED)

The group almost folded in 2009 and I was asked to keep the group going. We facilitated the group and met NAMI 3 years ago through one of our members. The support group and NAMI saved my marriage and has changed our lives forever. My son married 6 months ago and he and his wife, who also deals with Bipolar disorder, and 4 year old son live with us. We now have 9 grandchildren and counting. Our lives are a daily challenge

but we now have the tools to deal with this mental illness. Our lives are changing for the better and we hope to share those changes with the people who live in Parker county and the counties around us by becoming Peer-to-Peer, Family-to-Family, and Basics teachers. We want to spread all the great things that NAMI has given us with everyone who deals with a mental disorder and their families.

Why you should care about mental health (CONTINUED)

experiences of our diverse communities. We can involve individuals, families, schools, businesses and others to ensure that all Americans receive the support they need to achieve optimum behavioral health.

Long gone are the days in which we thought of physical health and mental health as separate and distinct. One is not possible without the other. I challenge you to join me in making a difference and together we can improve the health of the nation.

For Parents and Caregivers

As a parent or caregiver, you want the best for your children or other dependents. Last month's article discussed behaviors they exhibit and how to ensure they get help. This month's article discusses starting the conversation.

How to Talk About Mental Health

Do you need help starting a conversation with your child about mental health? Try leading with these questions. Make sure you actively listen to your child's response.

- Can you tell me more about what is happening? How you are feeling?
 - Have you had feelings like this in the past?
 - Sometimes you need to talk to an adult about your feelings. I'm here to listen. How can I help you feel better?
 - Do you feel like you want to talk to someone else about your problem?
- I'm worried about your safety. Can you tell me if you have thoughts about harming yourself or others?

When talking about mental health problems with your child you should:

- Communicate in a straightforward manner
- Speak at a level that is appropriate to a child or adolescent's age and development level (preschool children need fewer details than teenagers)
- Discuss the topic when your child feels safe and comfortable
- Watch for reactions during the discussion and slow down or back up if your child becomes confused or looks upset
- Listen openly and let your child tell you about his or her feelings and worries

Act as if what you do makes a difference.

It does.

~William James

I remind myself every morning: Nothing I say this day will teach me anything. So if I'm going to learn, I must do it by listening.

~Larry King

The difference between the right word and the almost right word is the difference between lightning and a lightning bug.

~Mark Twain

Do you have something to share with your NAMI family? Good news? Honors? Announcements? Art? Poetry?

Please submit it to Rachel@namitarrant.org by the 25th.

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>	December 7/ January 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 building and go to the entrance north of the sanctuary. Room 2130 in Evans Hall.

NAMI TC, Ft. Worth-76107 <i>Family Support Group</i>	December 14/ January 11 <i>Second Monday of every month</i>	7:00 to 8:30 pm <i>MHA-TC/NAMI Office</i>
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3136 West 4th Street

NAMI TC, Johnson County 76058 <i>Family Support Group</i>	Dec 10/ Jan 14 <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>	December 17/ January 21 <i>Third Thursday of every month</i>	6:00 to 8:30 pm <i>University Christian Church by TCU</i>
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2720 S. University Drive. Please join us for our monthly meeting and pot luck. Support groups for caregivers and adult consumers are held before the general meeting. 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 76013 <i>Family Support Group</i>	no meeting in December <i>Last Thursday of every month</i>	7:00 to 8:30 pm <i>Trinity UMC, Arlington</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 76180 <i>Peer and Family Support</i>	Dec. 13 & 27/ Jan. 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 76086 <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—DECEMBER 17

**Invites you
to celebrate
a family holiday feast**

Thursday, December 17 at 6pm

Special Music Guest:
The Common Folk

Fellowship Hall
University Christian Church
2720 S University Drive, Fort Worth

**RSVP Required
by Friday the 11th**
sue@namitarrant.org
817-332-6677



This is my wish for
you: peace of mind,
prosperity through the
year, happiness that
multiplies, health for
you and yours, fun
around every corner,
energy to chase your
dreams, joy to fill your
holidays!

~D.M. Dellinger

What to look for

People can experience different types of mental health problems. These problems can affect your thinking, mood, and behavior. This set of articles from MentalHealth.gov will cover some of the common warning signs that someone you know may have a problem.

Anxiety Disorders

People with anxiety disorders respond to certain objects or situations with fear and dread. They have physical reactions to those objects, such as a rapid heartbeat and sweating. An anxiety disorder is diagnosed if a person:

- Has an inappropriate response to a situation
- Cannot control the response
- Has an altered way of life due to the anxiety

**It is tenderness for
the past, courage for
the present, hope for
the future. It is a
fervent wish that
every cup may
overflow with
blessings rich and
eternal, and that
every path may lead
to peace.**

~Agnes M. Pharo

A pearl is a beautiful thing that is produced by an injured life. It is the tear [that results] from the injury of the oyster. The treasure of our being in this world is also produced by an injured life. If we had not been wounded, if we had not been injured, then we will not produce the pearl.

~Stephen Hoeller

Running from who we are is a chase that never ends and a race we can never win. Our legs will get tired, we will run out of fuel, and who we are will over-take us and we will regret all the miles we ran in the opposite direction

~Sam Davidson

Recovery is Possible

Most people with mental health problems can get better. Treatment and recovery are ongoing processes that happen over time. The first step is getting help.

What is Recovery?

Recovery from mental disorders and/or substance abuse disorders is a process of change through which individuals:

- Improve their health and wellness
- Live a self-directed life
- Strive to achieve their full potential

Four Dimensions of Recovery

Four major dimensions support a life in recovery:

- **Health:** Make informed, healthy choices that support physical and emotional wellbeing.
- **Home:** Have a stable and safe place to live.
- **Purpose:** Engage in meaningful daily activities, such as a job or school, volunteering, caring for your family, or

being creative. Work for independence, income, and resources to participate in society.

- **Community:** Build relationships and social networks that provide support.

Develop a Recovery Plan

If you are struggling with a mental health problem, you may want to develop a written recovery plan.

Recovery plans:

- Enable you to identify goals for achieving wellness
- Specify what you can do to reach those goals
- Include daily activities as well as longer term goals
- Track any changes in your mental health problem
- Identify triggers or other stressful events that can make you feel worse, and help you learn how to manage them

Bouncing back: being more resilient

When life dishes out challenges, how well do you bounce back? It's an ability you can nurture and grow. Consider the following strategies for developing resilience:

Build relationships that lift you up. Be brave — and ask for help when you need it. Family, friends, support groups, counselors and therapists are all good resources.

Be confident in your decisions. Focus on your abilities — and trust your instincts.

Set goals. Start with small, attainable steps. Instead of feeling overwhelmed by what you cannot control, focus on what you can do.

Focus on the here and now. Often, our everyday worries are about what could happen rather than what we're actually facing. Aim to stay present in the current situation.

Discover the upside. Think of a stressful or difficult time. Did it help you grow stronger? Did you flourish in spite of it? Even challenges can bring rewards if you change how

Myth and facts

Myth: Therapy and self-help are a waste of time. Why bother when you can just take a pill?

Fact: Treatment for mental health problems varies depending on the individual and could include medication, therapy, or both. Many individuals work with a support system during the healing and recovery process.

Courage doesn't happen when you have all the answers. It happens when you are ready to face the questions you have been avoiding your whole life.

~ Shannon L. Alder

Bouncing back: being more resilient (continued)

you look at it.

Help others. Giving your time and talent to people in need can help you find hope in your own stressful times.

Take care of yourself. Keeping your body and mind healthy can help you stay strong. Proper rest, nutrition, exercise and relaxation can do wonders.

Laugh. Experts have found that a sense of humor helps people cope through difficult times. Laughter can even ease physical and emotional pain.

Start today

Finally, remember this: No matter how resilient we are, we're all only human. We may struggle on bad days and in trying times. But we can train ourselves to bounce back better.

What to look for (continued)

Anxiety disorders include:

- Obsessive-Compulsive Disorder
- Panic Disorder
- Phobias
- Post-Traumatic Stress Disorder (PTSD)

Behavioral Disorders

Behavioral disorders involve a pattern of disruptive behaviors in children that last for at least 6 months and cause problems in school, at home and in social situations. Nearly everyone shows some of these behaviors at times, but behavior disorders are

more serious.

Behavioral disorders may involve:

- Inattention
- Hyperactivity
- Impulsivity
- Defiant behavior
- drug use
- criminal activity

Behavioral Disorders include:

- Attention Deficit Hyperactivity Disorder (ADHD)

In my early professional years I was asking the question: How can I treat, or cure, or change this person? Now I would phrase the question in this way: How can I provide a relationship which this person may use for his own personal growth?

~ Carl R. Rogers

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December is national Root Vegetables Month

It's getting colder out, and what is more comforting than a nice thick soup. This one uses the natural starch in the vegetables to thicken itself rather than a roux or cream.

Roasted Winter Vegetable Soup

Prep Time: 30 m
Cook Time: 45 m
Ready In: 2 h 15 m

Yields: 8 servings

Ingredients

2 sprigs fresh rosemary, chopped
1 pinch kosher salt
2 tablespoons extra virgin olive oil
cooking spray
1 small butternut squash - peeled, seeded, and cut into large chunks
3 rutabagas, peeled and cubed
4 parsnips, peeled and thickly sliced
4 new potatoes, peeled and halved
10 cups chicken stock
salt to taste
freshly ground black pepper to taste
2 teaspoons aged balsamic vinegar
2 teaspoons white truffle oil (optional)

With a mortar and pestle, grind together rosemary and kosher salt. Pour in olive oil and continue to mash until the oil starts to turn a darker green. Set aside for about an hour.

Preheat oven to 425 degrees F (220 degrees C). Coat a shallow roasting pan with cooking spray.

Place the squash, rutabagas, parsnips and potatoes in a large bowl. Pour the olive oil mixture through a fine-mesh strainer into the bowl. Toss vegetables with oil to coat.

Evenly spread vegetables on the prepared pan. Roast 30 minutes in the preheated oven, until nicely browned and cooked through. You may need to remove some of the smaller pieces from the oven before all of the vegetables are cooked to avoid burning them.

While the vegetables are roasting, simmer chicken stock in a large pot over medium low heat. When the vegetables are done add them to the simmering chicken stock and simmer together for about 10 minutes.

Use an immersion blender to puree the soup in the pot, or puree in batches in a blender or food processor. Add extra broth or water if the soup is too thick. Season with salt and pepper to taste. Serve in warmed bowls, garnishing each serving by drizzling a quarter teaspoon of balsamic vinegar and a quarter teaspoon of white truffle oil over the soup.

Calories: 252, Fat: 6 g, Carbs: 48.6g, Protein: 5.5 g, Cholesterol: < 1 mg



Changing Minds One Step at a Time

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