

**March 19 – Monthly General Meeting**

**Topic:** The Recovery Movement in Mental Health:  
Past, Present and Future

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

**Speaker:** Mike Leffingwell

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

**Special points of interest:**

- Peer to Peer Classes Start March 16! Sign up Now
- Monthly Meeting March 19
- NAMIWalk Information Event March 26
- Capital Day was a success!

**What I learned in Austin**

On February 19, 2015 the mental health community of Texas met in Austin to speak to our state representatives and senators. This being my second time to the event I felt prepared and ready to state our case to what is needed in Tarrant County. What I was not prepared for was the sense of pride that not only I felt, but I sensed from each one of my companions.

I believe that the only way to make a change regarding stigma is to speak up and tell our story. To speak openly about a disease that is misunderstood.

What I truly did not understand till I was actually in front of a representative is that we are advocating change in not just way the people think, but in the way people respond and ultimately the way the law responds.

The only way to make a change is to speak up and to speak out. We can make a change locally, We can make a change at the state level and if enough of us speak up a change WILL be made at a national level.

RML

Shari Arison



**Capital Day**

*"It's important to think good, speak good, and do good. If we want to see positive change in the world, then we need to connect to goodness. I try in everything I do, both in business and philanthropy, to make a positive change and do that by doing good."*

**Experts say shortchanging nightly snooze affects hormone that controls blood sugar levels.**



THURSDAY, Feb. 19, 2015 (HealthDay News) -- A new study helps explain why getting too little sleep might boost diabetes risk.

Researchers say lack of sleep can lead to increased levels of substances called free fatty

acids in the blood. These substances interfere with the ability of the hormone insulin to regulate blood sugar levels.

The researchers said these findings suggest that high rates of obesity and diabetes could be reduced by something as simple as having people get more sleep.

"At the population level, multiple studies have reported connections between restricted sleep, weight gain and type 2 diabetes," said study senior author Dr. Esra Tasali in a

**Inside this issue:**

Capitol Day Rally Report	1
Shortchanging Snooze	1,2
Peer to Peer	2,5
What is that Stuff	3
Support Groups	4
Monthly Meeting	5
NAMIWalk Information Event	5
Meet Your Board	6

**“A well-spent day brings happy sleep.”**

[Leonardo da Vinci](#)

## Shortchanging Nightly Snooze (continued)

University of Chicago news release. She is an assistant professor of medicine at the university.

The study included 19 healthy men. They were between the ages of 18 and 30. The volunteers participated in two sleep scenarios. In one, they got a full night's sleep – about eight hours a night – for four nights. In the other, they only got slightly more than four hours of sleep a night, according to the researchers.

After a few consecutive nights of getting too little sleep, the men's blood levels of fatty acids increased and stayed high for about five hours in the early morning hours. These levels usually peak and then drop overnight.

As long as fatty acid levels remained high, the ability of insulin to regulate blood sugar levels was impaired, according to the study.

Study lead author Josiane Broussard

explained in the release, "The result was a significant loss of the benefits of insulin. This crucial hormone was less able to do its job. Insulin action in these healthy young men resembled what we typically see in early stages of diabetes." Broussard is a former graduate student at the University of Chicago, and is now a postdoctoral research scientist at Cedars-Sinai Medical Center's Diabetes and Obesity Research Institute in Los Angeles.

The study was published online Feb. 19 in the journal *Diabetologia*.

The findings add to growing evidence that lack of sleep may disrupt fat metabolism, and suggest that increasing people's amount of sleep may reduce rates of obesity and diabetes, the researchers said.

### More information

The U.S. Centers for Disease Control and Prevention has more about sleep.

“I'm touched by the idea that when we do things that are useful and helpful - collecting these shards of spirituality - that we may be helping to bring about a healing.”

[Leonard Nimoy](#)

## Peer to Peer Classes-Classes Starts March 16!

### Sign up Now

NAMI Peer-to-Peer is a free, 10-session educational program for adults with mental illness who are looking to better understand their condition and journey toward recovery.

Taught by a trained team of people who've been there, the program includes presentations, discussion and interactive exercises. Everything is confidential, and NAMI never recommends a specific medical therapy or treatment approach.

### What You'll Gain

This in-person group experience provides the opportunity for mutual support and positive impact. You can experience compassion and reinforcement from people who relate to your

experiences. Through your participation, you have the opportunity to help others grow. This is a confidential place to learn from shared experiences in an environment of sincere, uncritical acceptance. Recovery is a journey, and there is hope for all people living with mental illness.

NAMI Peer-to-Peer helps you:

- Create a personalized relapse prevention plan
- Learn how to interact with health care providers
- Develop confidence for making decisions and reducing stress
- Stay up-to-date on mental health research
- Understand the impact of symptoms on your life

## What is that Stuff?!?

Have you ever left the pharmacy with more reading material than the local library? What is all that stuff? And why are you getting it? Basically, the government says they have to give it to you. Generally, reading material falls into four categories – Prescribing Information (PI, package insert), Medication Guides (Med Guide), Patient Package Insert (PPI), and Consumer Medication Information (CMI).

The most common type you will receive is the CMI which is broad information to help you take the drug most effectively. These are generated by the pharmacy or pharmacy corporate headquarters. This information is NOT reviewed by the FDA, but is to be based on FDA-approved Prescribing Information.

The CMI is the most common type of information provided to you. By law, the CMI needs to contain:

- Drug name (brand and generic)
- Indications (the illness or conditions the drug is approved to treat)
- Contraindication (reasons why you should NOT take this drug) – if ANY of these conditions apply to you, talk to your healthcare provider as soon as possible.
- Storage of the medicine
- Dosing instructions (with or without food, no dairy product, etc)

What to do if you take too much (overdose) or miss a dose

Warnings and precautions (for example: sun sensitivity)

Symptoms of serious or frequent side effects (adverse events) and what to do if you get one

General information (when to talk with your health care provider)

The information needs to be scientifically accurate and written in a non-biased tone, and it needs to be written in language you can understand. If you are having a sleepless night and would like to read more about the topic, the Agency has provided guidance for organizations responsible to produce the CMI.

Your good health is the single best asset you can have. Keep yourself informed and be an active participant.

[Consumer Medication Information \(CMI\): Expert and Consumer Evaluation of Consumer Medication Information – 2008: Questions and Answers](http://www.fda.gov/AboutFDA/CentersOffices/OfficeofMedicalProductsandTobacco/CDER/ReportsBudgets/ucm163786.htm), Food and Drug Administration, Last Updated: 05/24/2010, <http://www.fda.gov/AboutFDA/CentersOffices/OfficeofMedicalProductsandTobacco/CDER/ReportsBudgets/ucm163786.htm>

[Guidance: Useful Written Consumer Medication Information \(CMI\)](http://www.fda.gov/downloads/Drugs/GuidanceComplianceRegulatoryInformation/Guidances/UCM080602.pdf), Office of Communication, Training and Manufacturers Assistance, Food and Drug Administration, July 2006, <http://www.fda.gov/downloads/Drugs/GuidanceComplianceRegulatoryInformation/Guidances/UCM080602.pdf>

“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](#)

“Medication can help us live a happier life.”

Carnie Wilson

## 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

---

<b>NAMI TC, Southlake-76092</b> <i>Family Support Group</i>	<b>Mar 2 / Apr 6</b> <i>First Monday of every month</i>	<b>7:00 to 8:30 pm</b> <i>White's Chapel United Methodist Church,</i>
--	--	--

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.

---

<b>NAMI TC, Ft. Worth-76107</b> <i>Family Support Group</i>	<b>Mar 9 / Apr 13</b> <i>Second Monday of every month</i>	<b>7:00 to 8:30 pm</b> <i>MHA-TC / NAMI office, 3136 W 4th St.</i>
--	--	---

---

<b>NAMI TC, Johnson County</b> <i>Family Support Group</i>	<b>Mar 12 / Apr 9</b> <i>Second Thursday of every month</i>	<b>7:00 to 8:30 pm</b> <i>Joshua City Library</i>
---	--	--

located on the High School Campus in Joshua. The address is Highway 174.

---

<b>NAMI TC, Ft. Worth-76109</b> <i>Family &amp; Peer Support</i>	<b>Mar 19 / Apr 16</b> <i>Third Thursday of every month</i>	<b>6:00 to 8:30 pm</b> <i>University Christian Church @ TCU</i>
---	--	--

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.

---

<b>NAMI TC, Arlington</b> <i>Family Support Group</i>	<b>Mar 26 / Apr 30</b> <i>Last Thursday of every month</i>	<b>7:00 to 8:30 pm</b> <i>Trinity UMC,</i>
--	---	---

1200 West Green Oaks Blvd. Enter at south door. Room C-210 on the 2nd floor

---

<b>H.O.M.E., North Richland Hills*</b> <i>Peer and Family Support</i>	<b>Mar 8 &amp; 22 / Apr 12 &amp; 26</b> <i>Second and fourth Sundays</i>	<b>5:15 to 6:45 pm</b> <i>The Hills Church of Christ, North Richland Hills</i>
--	---	---

Room 207. Individuals with mood disorders and their loved ones are invited to this support group meeting

---

<b>Caring Friends, Weatherford*</b> <i>Peer and Family Support</i>	<b>Every Tuesday</b> <i>First United Methodist Church Weatherford</i>	<b>6:00 to 8:00 pm</b>
---	--	------------------------

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—March 19

### The Recovery Movement in Mental Health: Past, Present and Future

Speaker: Mike Leffingwell

Mike Leffingwell is an Assistant Professor of Psychology at Tarrant County College in Hurst, Texas, teaching General Psychology and Child Psychology courses both in on-campus and distance learning modalities. He is also a Licensed Professional Counselor (LPC) in private practice in Bedford and Dallas, Texas. His practice concentrations include complex trauma, childhood issues including learning disabilities, and psychosis.

Join us for support groups, a pot luck dinner and our guest speaker, Mike Leffingwell.

Starts at 6 p.m.

## Peer to Peer

Access practical resources on how to maintain your journey toward recovery

### What People are Saying

"NAMI Peer-to-Peer has allowed me to take the focus off my illness and learn to balance it with the rest of my life. By engaging in recovery I am able to be more relaxed and productive both at work and home."

"It made me feel I was not alone in coping with mental illness. It gave me hope that I could recover and that my life would not always be filled with chaos, and it gave me positive role models to inspire me to strive for recuperation and success in life."

- Contact Sue Adams—sue@namitarant.org to sign up for classes starting March 16

## NAMIWalks Information Event – March 26

### NAMIWalks Full Circle

Walk Information Event opens the NAMIWalk season and officially announces the 2015 Walk Date – Saturday, October 3<sup>rd</sup> 2015

We will discuss how funds from the previous NAMIWalk benefited NAMI Tarrant County, the goals for NAMIWalks and plans to make the 2015 NAMIWalk exciting.

Attendees can register to become volunteers and receive information about sponsorship. Please invite and bring a friend with you to the Walk Information Meeting on March 26. We will welcome previous sponsors, team captains, volunteers and all members of the community.

This is an opportunity to get more involved with NAMIWalks! With your support, we will raise funds needed to continue offering crucial educational programs and support services to individuals impacted by mental illness.

“Our People.....Our Passion.....Our Process”

See you on Thursday, March 26<sup>th</sup> 2015

Time: 5:45-7:00pm

Location: Mental Health America  
3136 4<sup>th</sup> St.  
Fort Worth, Texas 76107

Refreshments will be served and there will be Door Prizes!

## Changing Minds One Step at a Time

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*

---

## Meet Your Board– Ed Guthrie

I live with the bipolar disease. I was diagnosed in my late 30s. My disease first manifested itself when I was President of an office equipment company with \$15 million in sales. I knew something was wrong but I didn't know what. I started drinking heavily. Finally, I went to see a psychiatrist. He diagnosed me as being depressed. It didn't work and it took 8 years and 4 visits to mental hospitals to get the right diagnosis and proper treatment.

Because of my bipolar disorder I lost my job. I couldn't keep a job, I had to file for bankruptcy, I owed the IRS \$180,000 and eventually after 30 years of marriage my wife left me. I considered suicide.

After getting the right mix of meds, I taught special education for 17 years with only one stay in the hospital, and today I am retired, substitute teach, volunteer at church, take

college courses, seek spiritual inspiration, work out 3 to 5 times a week, get plenty of rest, regularly see my psychiatrist and psychologist, and always, always, always take my prescribed medications. I am also the Vice President of the board of NAMI Tarrant County, and I am trained to teach Peer to Peer classes, and make In Our Own Voice and End The Silence presentations.

Most importantly, I want to tell you that there is hope. If you work at it and do some, if not all, of the things I have done you can successfully and productively live with a mental illness. One final comment...

If it's not working for you, change it!!! – Change doctors, change meds, change what you're doing.

Ed Guthrie