

MEET OUR BOARD: SCOTT FRANKLIN COLLINS

Special points of interest:

- **Monthly Meeting**
May 21
- **Fine Line Exhibit**
Apr 17-May 31
- **Vivian Siao Benefit Concert**
May 3
- **NAMIWalk**
Website is now OPEN
- **NAMI Texas Conference**
October 23 & 24

I have a younger brother named Daniel who suffers from Schizo-affective disorder. He first manifested the symptoms in his early 20's but did not receive his diagnosis until his early 30's. Daniel was most the charismatic member of our family, handsome and lovable, a graduate of Liberty University in Lynchburg Virginia, and he had the prospect of a great career in sales or politics.

Yet, by his early to mid 20's he started to manifest bizarre behaviors and was in trouble much of the time with the law and he robbed from my parents and from me. Unfortunately, my father Dr. Galen F. Collins who shouldered the burden of caring for Daniel died of a brain tumor late in April, 1994. Around 2001 Daniel was incarcerated after violently threatening my mother in her own home. He was then placed in a state mental institution where he finally received his diagnosis. After much effort from my older brother Galen, he was awarded SSI Disability income support and placed in a group home in Dublin Virginia. Today, Daniel is a ward of the state of Virginia.

I was a minister in the United Church of Christ from 1995 to 2003. My career abruptly ended after I divorced my first wife. I then redirected my life to helping the special needs and advocating for the mentally ill. I substitute taught in the Broward County, Florida Schools, mainly in special needs classrooms for a year. I then was hired as a vocational instructor of special needs adults for the Broward County Schools. I served in that position for 4 ½ years.

I also served for 4 years as a board member of Family Voices for Family Choices which operated under the umbrella of the Broward County Mental Health Association. I was also employed as an after school tutor for special needs children and Teenagers for the United Cerebral Palsy (UCP) organization of Broward County for two years. I served 3 years volunteering as a Laubach reading tutor for the Each One Teach One program affiliated with the Broward County Library Association.

I remarried in 2008 to Miss Ruth Schwarten of Burlington, Wisconsin. I have supported her career in the Pharmaceutical industry and she has supported my volunteer efforts and advocacy. I first became involved with NAMI in Bergen County, New Jersey for 2 years where I advocated on college campuses, promoted CIT at Police precincts, became a board member and served as Vice-President and briefly as President.

Ruth and I are enjoying Texas, and serving jointly as NAMI Tarrant County Board Members. I am also involved with the Artisan Theater in Hurst, and taking classes in counseling and psychology at Tarrant County College.

I have learned that God has the power to take any tragedy in our lives and transform it into a blessing for us and others. Just when we reach the end of our own dreams, we can discover that God's dream for us; is much greater than the dreams we had for ourselves. No matter where you are in your journey with mental illness; allow God to take your tears of sadness and turn them into tears of joy.

We should be taught not to wait for inspiration to start a thing. Action always generates inspiration. Inspiration seldom generates action.

~Frank Tibolt

I have always thought the actions of men the best interpreters of their thoughts.

~John Locke

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Monthly General Meeting, May 21

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

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

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

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

**Your beliefs
become your
thoughts,
Your thoughts
become your words,
Your words
become your actions,
Your actions
become your habits,
Your habits
become your values,
Your values
become your destiny.**

~Mahatma Gandhi

CHANGE A HABIT: BY SETTING GOALS

Dr. Paul Warren discussed the principles of Positive Psychology at our April 16 meeting. Part of the discussion revolved around changing our habits to positive habits. The points below can help you get started with living more positively.

1. Have your own reason

Your reason for wanting to change a habit is really important. Maybe you want to quit smoking so that you can avoid future health problems. Or maybe you want to eat a healthier diet so you can lose weight. If you have high blood pressure, your reason may be clear: to lower your blood pressure.

2. Set goals you can reach

Focus on small goals to reach big goals.

With smaller goals, you'll have success more often, which will help you stay with it.

Write down your goals and post them where you will see them. This will help you remember, and you'll have a clearer idea of what you want to achieve.

Make your goals specific. Specific goals help you measure your progress. For example, setting a goal to eat 5 helpings of fruits and vegetables 5 days a week is better than a general goal to "eat more vegetables."

Focus on one goal at a time. You're less likely to feel overwhelmed and then give up.

When you reach a goal, reward yourself. Celebrate your new behavior and success for several days. Then think about setting your next goal.

3. Prepare for slip-ups

It's perfectly normal to try to change a habit, go along fine for a while, and then have a setback. There will be times when you slip up and don't make your goal for the week. When that happens, don't get

mad at yourself. Learn from the experience. If you have tried to change a habit before, think about what helped you and what got in your way. By thinking about these barriers now, you can plan ahead for how to deal with them if they happen.

4. Get support

Try these tips for getting support:

Get a partner. It's motivating to know that someone is trying to make the same lifestyle change that you're making, and you have someone who is counting on you for their success!

Get friends and family involved. Don't be afraid to tell family and friends that their encouragement makes a big difference to you.

Join a class or support group. People in these groups often have some of the same barriers you have. They can give you support when you don't feel like staying with your plan, and boost your morale when you need a lift.

Give yourself positive reinforcement. When you feel like giving up, don't waste energy feeling bad about yourself. Remember your reason for wanting to change, think about the progress you've made, and give yourself a pep talk and a pat on the back.

Get professional help. Enlist the help of a registered dietitian, physical therapist, psychiatrist, social worker or doctor to help you reach your goals.

CALM AND FOCUSED—THAT'S YOUR BRAIN ON EXERCISE

Better brain health may be just a hop, skip and a jump away. Or perhaps a hike, swim or a jog, if that's more your style.

However you choose to be active, exercise is likely to give your brain and outlook a lift.

How it works

Your brain contains billions of nerve cells that pass information back and forth. Exercise naturally boosts chemicals and hormones that can strengthen the connections between those cells.

It may even help you form new links — or slow down the loss of brain cells over time.

Plus, when you get your heart pumping, that leads to improved blood flow to your brain. It's like giving your mind a power surge of oxygen and fuel. Your body also releases endorphins during exercise. These feel-good hormones can increase your sense of well-being.

For people who exercise regularly, these physical changes in the brain can mean:

**Enthusiasm is the
electricity of life.
How do you get it?
You act enthusiastic
until you make
it a habit.**

~Gordon Parks

- ✦ Increased focus and mental sharpness
- including the ability to plan and organize tasks
- ✦ Reduced stress — and greater calm
- ✦ Improved memory
- ✦ Better sleep

And the benefits may be even more important as we age. Over time, an active life can mean a lower risk of Alzheimer's disease and dementia.

Make it a habit

You don't have to be a super athlete to enjoy the mental boost that being active can bring. But you do need to get aerobic activity on a regular basis. It's this heart-pumping exercise that's been most linked to benefits for the brain. Most healthy people should aim for at least 2.5 hours

of moderate-intensity activity a week. * But that doesn't mean you have to do long workouts. If it's easier for you, break it up. Do heart-pumping sessions of at least 10 minutes — such as a brisk walk — and squeeze them in when you can.

While you're at it, don't forget to nurture your brainpower in other ways. You can feed it by eating a variety of healthy foods. And research shows that time spent with friends and loved ones is good for your brain too. See "Put your mind to it."

*A balanced exercise routine should include aerobic and strength-building activities. For safety's sake, talk with your doctor before significantly increasing your activity level.

FAST FACT

Head of Class

Studies show that active kids tend to score higher on standardized tests and get better grades than their less-fit peers.

Source: American Council on Exercise

PUT YOUR MIND TO IT

Making your brain think and interact may help you stay sharp too. So make it a habit to enjoy stimulating activities such as:

- Working on crossword puzzles or brain teasers
- Playing chess, bridge or other games
- Reading books and magazines
- Writing letters
- Learning a new language or skill
- Volunteering and spending time with other
- Visiting museums and attending lectures

EGG AND ASPARAGUS SKILLET RECIPE

May is National Egg and Asparagus Month!

The Skillet-Baked Eggs and Asparagus recipe below highlights both of these tasty ingredients.

Ingredients

3 tablespoons olive oil, more for drizzling
 ¾ pounds asparagus, trimmed and cut into small 1/2-inch pieces
 2 scallions, white and light green parts, thinly sliced
 8 large eggs
 6 tablespoons roughly chopped soft herbs like basil, cilantro, chives or parsley (use at least 2 herbs)
 ½ cup heavy cream
 2 tablespoons grated Parmesan
 Salt and Black pepper, to taste
 Lemon wedges, for serving
 Flaky sea salt for sprinkling

Preparation

1. Heat the oven to 300 degrees. In a large skillet

- over medium heat, warm the olive oil until shimmering. Add the asparagus and the scallions and cook for 5 minutes, stirring occasionally, until asparagus is browned and tender.
2. Whisk together the eggs, 4 tablespoons of the herbs, and cream. Whisk in Parmesan, salt and pepper. Pour the egg mixture over asparagus and place the skillet in the oven.
 3. Bake for about 20 minutes, until set, but still slightly jiggly in the center. Cool in the pan for about 10 minutes before serving. It is best warm, not hot.
 4. Squeeze one or two lemon wedges over it, drizzle with olive oil, and sprinkle with flaky sea salt and remaining herbs. Cut into wedges.

The secret of getting ahead is getting started.

~Agatha Christie

I've missed more than 9,000 shots in my career. I've lost almost 300 games. Twenty-six times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.

~Michael Jordan

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>	May 4/June 1 <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>	May 11/June 8 <i>Second Monday of every month</i>	7:00 to 8:30 pm <i>MHA-TC/NAMI Office 3139 West 4th Street</i>
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NAMI TC, Johnson County <i>Family Support Group</i>	May 14/June 11 <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>	May 21/June 18 <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>	May 28/June 25 <i>Last Thursday of every month</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>	May 10 & 31/June 14 & 28 <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—MAY 21

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

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

Rachael is a Registered Dietitian that works with individuals with eating disorders, people struggling with their weight, and athletes. She believes that "all foods fit" and that there is no one best way to eat. Prior to becoming an RD, Rachael worked as a Licensed Chemical Dependency Counselor for over a decade.

Join us for support groups, a pot luck dinner and our guest speaker, Rachael McBride.

Starts at 6 p.m.

**Enjoy losing weight.
Enjoy eating healthy,
delicious food.
Do not wait until
you reach
your destination
to feel good.
Take as much
happiness and joy
as you can from
your weight
loss journey.**

~Harry Papas

NAMIWALKS INFORMATION EVENT-WE ARE OFF AND RUNNING!!

Everything is awesome when you're part of a Team!

We recently held our Walk Information Event to inform our membership, supporters and the community of our upcoming fundraising event for the 7th year. We discussed how our 5k is a great way to involve the community by coming together and familiarize with our services and remain involved. NAMIWalks monies is kept 100% locally.

Thank you to every single member of our great community who joined us for the start of the NAMIWalks Season.

Every Penny Counts

Our upcoming NAMIWalk is in 5 months! What will be your Team name this year? Register your team now go to www.namiwalks.org/tarrantcounty.

Everyone will enjoy the great outdoors while boosting brain power walking at Trinity Park. It's a win-win event.

What business/corporate sponsor do you personally know willing to support NAMI Tarrant and the mission statement? Our goal for 2015 is to reach \$100,000, we can do it!

**Creating a better
world requires
teamwork,
partnerships, and
collaboration, as we
need an entire army
of companies to work
together to build a
better world within
the next few decades.**

**This means
corporations must
embrace the benefits
of cooperating with
one another.**

~Simon Mainwaring



**The 2015 NAMI
Texas Conference
will be held
in Dallas,
October
23rd & 24th.**

**Learn from yesterday,
live for today,
hope for tomorrow.
The important thing
is to not stop
questioning.**

~Albert Einstein

**Just imagine,
how much easier
our lives would be
if we were born with
a 'user guide or
owner's manual'
which could tell
us what to eat
and how to live
healthy**

*~Erika M. Szabo,
Keep Your Body Healthy*

FDA BASICS: WHAT IS THE DIFFERENCE BETWEEN OTC DRUGS AND DIETARY SUPPLEMENTS?

What are over-the-counter (OTC) drugs and how are they approved?

OTC drugs are drugs that have been found to be safe and appropriate for use without the supervision of a health care professional such as a physician, and they can be purchased by consumers without a prescription. These drugs are sometimes approved under applications like new prescription drugs, but more often they are legally marketed without an application by following a regulation called an OTC drug monograph.

An OTC drug monograph tells what kind of ingredients may be used to treat certain diseases or conditions without a prescription, and the appropriate dose and instructions for use. OTC products that meet a monograph's requirements may be marketed without FDA review. OTC products that do not fit under an existing monograph must be approved under an application like the applications for prescription products.

What is the difference between a dietary supplement and a conventional food?

Conventional foods are foods that are not dietary supplements. A dietary supplement is a product taken by mouth that is intended to supplement the diet and that contains one or more "dietary ingredients." The "dietary ingredients" in these products may include

- ✦ vitamins\
- ✦ minerals
- ✦ herbs or other botanicals
- ✦ amino acids
- ✦ other substances found in the human diet, such as enzymes

Dietary supplements must be labeled as such and must not be represented for use as a conventional food or as the sole item of a meal or the diet. One way to distinguish dietary supplements from conventional foods is by looking at the nutrition information on the label of the product. Conventional foods must have a "Nutrition Facts" panel on their labels, but dietary supplements must have a "Supplement Facts" panel.

What is a dietary supplement?

A dietary supplement is a product intended for ingestion that contains a "dietary ingredient" intended to add further nutritional value to (supplement) the diet. A "dietary ingredient" may be one, or any combination, of the following substances:

- a vitamin
- a mineral
- an herb or other botanical
- an amino acid
- a dietary substance for use by people to supplement the diet by increasing the total dietary intake
- a concentrate, metabolite, constituent, or extract

Dietary supplements may be found in many forms such as tablets, capsules, soft gels, gel caps, liquids, or powders. Some dietary supplements can help ensure that you get an adequate dietary intake of essential nutrients; others may help you reduce your risk of disease.

Are dietary supplements approved by FDA?

No. Dietary supplement manufacturers and distributors are not required to obtain approval from FDA before marketing dietary supplements. Before a firm markets a dietary supplement, the firm is responsible for ensuring that

- ✦ the products it manufactures or distributes are safe
- ✦ any claims made about the products are not false or misleading
- ✦ the products comply with the Federal Food, Drug, and Cosmetic Act and FDA regulations in all other respects.

The original articles can be accessed at the links below. Other resources will be available from the web pages as well.

<http://www.fda.gov/AboutFDA/Transparency/Basics/ucm194951.htm>

<http://www.fda.gov/AboutFDA/Transparency/Basics/ucm195635.htm>

<http://www.fda.gov/AboutFDA/Transparency/Basics/ucm194344.htm>

<http://www.fda.gov/AboutFDA/Transparency/Basics/ucm194357.htm>

NAMI Report Finds There's A Long Road To Go On Mental Health Parity

So, you have health insurance. What mental health and substance use care can you get? From which providers? At what cost? Do your benefits compare to coverage for other types of medical conditions? To answer these questions NAMI surveyed over 2,700 people nationwide given new protections under the Mental Health Parity and Addiction Equity Act and the Affordable Care Act.

Read all about it in NAMI's new report: [*A Long Road Ahead: Achieving True Parity in Mental Health and Substance Use Care.*](#) Our survey found that people with mental illness and substance use disorders have trouble getting mental health care even when they have health insurance coverage. Specific problems found include:

- Significant difficulties in finding mental health providers in health plan networks;
- Denials for mental health care at rates far higher than for other types of medical care;
- Inadequate coverage of psychiatric medications in health insurance plans;
- High out of pocket costs in health insurance plans that sometimes cause people with mental illness or substance use disorders to forego needed care;
- Lack of transparency and information about health insurance plans that make it very difficult for consumers and families to make informed decisions about the plans that are best for them.

NY Attorney General Scores Fifth

Mental Health Parity Victory

In a mental health parity victory in New York, Attorney General Eric Schneiderman reached a settlement agreement with Excellus Health Plans in March. The investigation found that Excellus denied mental health claims at almost twice the rate of other medical-surgical claims. This settlement is the fifth settlement by the Attorney General's office since last year. Other settlement agreements have involved: Cigna Corp., MVP Health Care, Emblem Health and Beacon Health Options, formerly known as ValueOptions.

Learn More About Mental Health Parity!

After years of NAMI advocacy letters, making phone calls and visits to members of Congress mental health parity is finally the law of the land. Now it's time to make sure that the law works to give people the treatment and supports they are entitled to.

To help you understand and advocate, NAMI developed an infographic showing the basics of what mental health parity, how to tell whether a given health plan has to follow this law, how plans are required to comply and what to do if the plan is not performing as required.

May is Mental Health Awareness Month

During the month of May I do two things as a person with a lived experience with Mental Illness, and I strongly suggest you take the opportunity to do these two things (and more.)

When mental illness first came to take roost in my life I felt very much alone. My family and I did not know of anyone else who had gone through the type of issues that were plaguing us on a daily basis. This has changed since joining NAMI, but I find the thirst for knowledge of how others cope to be never quenched. The great thing about May is mental health organizations and news outlets will be talking about mental health and sharing some amazing stories. Check out <http://www.elkhardttruth.com/state-of-mind> and nami.org to read 31 stories in 31 days. Read the news; tweet, facebook and repost what you see and hear.

This brings me to the second thing that I do all year long, but make a special point to do so in May... END THE SILENCE! The only way those not affected directly by a mental health problem will understand what is going on with us and our families is if we talk about it. When we talk about our personal paths we need to remain upbeat and positive, rely on statistics and remember we are discussing biological disorders and diseases of the brain.

Be well, Take Care, and End the Silence

R. Lubke

**Your thoughts
have the power
to control;
our being,
our emotions,
and the way
we view the world
that surrounds us.
If you don't
constantly re-think
what you think
of on a daily basis,
how do you ever
expect to evolve
into a being of;
wisdom, truth,
understanding, love,
and above all,
to be there for
others?**

~Martin R. Lemieux

**All great people
had experienced
dark times
and moments of doubt
but they find inner
strength to overcome
these difficulties.**

**Persistent
determination
and enthusiasm fuel
the hope within
their spirit
to press forward
for the ultimate aim
of achieving the goals
they have set
for themselves.**

~Lailah Gifty Akita,
[*Beautiful Quotes*](#)

NAMI Tarrant County
Board of Directors

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Sherry Fairchild

Vice President -

Ed Guthrie

Secretary -

Ruth Collins

Treasurer -

Brandon Alexander

Lynda Bryant

Scott Collins

Jerri Escobedo

Rachel Lubke

Jennifer Nunley

Vivian Siao

Kinship Place

Housing for People that live with a Mental Illness

Kinship Place is a program where people with a Mental Illness can live in a community setting in a home.

Mr. Stacey Atkinson manages four (4) houses alongside his brother Tracey Atkinson and his wife Keary Atkinson.

Kinship Place offers all the comforts of home with added services like medication reminders and assistance with transportation to doctor's appointments. They work closely with MHMR staff to assure that the residents are successful.

Their goal is for each resident to fulfill their maximum level of independence. They pride themselves in always being available 24/7 to the residents and referral sources.

You can reach Mr. Stacey Atkinson at (817) 205-3559 or view the website at www.kinshipplace.com.

-Jennifer Nunley



Changing Minds One Step at a Time

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