

MEET YOUR BOARD: WALTER TAYLOR

Walter Taylor, MPA, M.A., is the Director of Housing and Special Projects for MHMR of Tarrant County. In his current role, he administers several housing programs and works on strategic planning initiatives. He holds a master's of arts in history and theology from Abilene Christian University and a master's of public administration from the University of Texas at Arlington. Currently Mr. Taylor is working on a Ph.D. in public and urban administration with an emphasis in community and economic development at the University of Texas at Arlington. An advocate of community resources, he recently completed the Leadership Fort Worth professional development course. Additionally, he serves as a board member on the Tarrant County Continuum of Care.

Walter's mother, who passed away in 2009, was his biggest champion and most important teacher. She taught him to believe in himself and to love and serve while yet, she herself, struggled with depression most of her life. Serving on NAMI's board is Walter's way of further allying himself with those who live with mental illness, but who also strive to live whole lives.

HONORS

Scott Collins, a current NAMI Tarrant County Board member, will be inducted into the Phi Theta Kappa Honor Society on Wednesday, November 11, joined by his wife Ruth and son Christopher, and he will be inducted into the Psi Beta Psychology Honor Society on Friday, November 13. He was invited this year to be a member of the National Society of Leadership and Success (NSLS). He will be formally inducted this coming spring. He also serves as Secretary on the Executive Board of Student Government Association at the Hurst Campus of Tarrant County College.

*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.*

From now on, any definition of a successful life must include serving others

~ George Bush

Special points of interest:

- **NAMIWalks Website is OPEN till Dec 3 for all donations**
www.namiwalks.org/tarrantcounty
- **NAMIWalks Volunteer Appreciation November 5**
- **Monthly General Meeting – November 19**
- **Holiday Dinner December 17**

Inside this issue:

Meet Your Board	1
Honors	1
Recovery is Possible	2
Mental Health Myth and Facts	2,3a
For Parents/Caregivers	3,5
Support Groups	4
Monthly Meeting	5
FDA Basics	6
Saying it, Not Just Thinking It	6,7
Raw Produce	7
Recipe	8

Monthly General Meeting, November 19

Topic: 2015 NAMI Texas Conference Report

Speaker: Those who attended

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

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

If you do what you've
always done,
you'll get what you
always got.

~Mark Twain

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

Recovery begins from
the darkest moment.

~John Major

Mental Health Myths and Facts

Can you tell the difference between a mental health myth and fact? Learn the truth about the most common mental health myths in Part 2 of 3 from MentalHealth.gov.

Myth: People with mental health needs, even those who are managing their mental illness, cannot tolerate the stress of holding down a job.

Fact: People with mental health problems are just as productive as other employees. Employers who hire people with mental health problems report good attend-

ance and punctuality as well as motivation, good work, and job tenure on par with or greater than other employees.

When employees with mental health problems receive effective treatment, it can result in:

- Lower total medical costs
- Increased productivity
- Lower absenteeism

When "I" is replaced
by "We" even illness
becomes wellness.

~unknown

Mental Health Myths and Facts (CONTINUED)

Decreased disability costs

Myth: Personality weakness or character flaws cause mental health problems. People with mental health problems can snap out of it if they try hard enough.

Fact: Mental health problems have nothing to do with being lazy or weak and many people need help to get better. Many factors contribute to mental health problems, including:

- Biological factors, such as genes, physical illness, injury, or brain chemistry
- Life experiences, such as trauma or a history of abuse
- Family history of mental health problems

People with mental health problems can get better and many recover completely.

Myth: There is no hope for people with mental health problems. Once a friend or family member develops mental health problems, he or she will never recover.

Fact: Studies show that people with mental health problems get better and many recover completely. Recovery refers to the process in which people are able to live, work,

*It's never overreacting
to ask for what you
want and need*

~Amy Poehler

For Parents and Caregivers

As a parent or caregiver, you want the best for your children or other dependents. You may be concerned or have questions about certain behaviors they exhibit and how to ensure they get help. This two part series from MentalHealth.gov looks at cues to look for and steps to take.

What to Look For

It is important to be aware of warning signs that your child may be struggling. You can play a critical role in knowing when your child may need help.

Consult with a school counselor, school nurse, mental health provider, or another health care professional if your child shows one or more of the following behaviors:

- Feeling very sad or withdrawn for more than two weeks

- Seriously trying to harm or kill himself or herself, or making plans to do so
- Experiencing sudden overwhelming fear for no reason, sometimes with a racing heart or fast breathing
- Getting in many fights or wanting to hurt others
- Showing severe out-of-control behavior that can hurt oneself or others
- Not eating, throwing up, or using laxatives to make himself or herself lose weight
- Having intense worries or fears that get in the way of daily activities
- Experiencing extreme difficulty controlling behavior, putting himself or herself in physical danger or

*A baby is born with a
need to be loved - and
never outgrows it.*

~Frank C. Clark

*It is easier to build
strong children than
to repair broken men.*

~Fredrick Douglas

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>	November 2 / December 7 <i>First Monday of every month</i>	7:00 to 8:30 pm <i>White's Chapel United Methodist Church</i>
--	--	---

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>	November 9 / December 14 <i>Second Monday of every month</i>	7:00 to 8:30 pm <i>MHA-TC/NAMI Office</i>
--	--	---

3136 West 4th Street

NAMI TC, Johnson County 76058 <i>Family Support Group</i>	Nov 12 / Dec 10 <i>Second Thursday of every month</i>	7:00 to 8:30 pm <i>Joshua City Library</i>
---	---	--

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

NAMI TC, Ft. Worth-76109 <i>Family & Peer Support</i>	November 19 / December 17 <i>Third Thursday of every month</i>	6:00 to 8:30 pm <i>University Christian Church by 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.

NAMI TC, Arlington 76013 <i>Family Support Group</i>	no meeting in November or December <i>Last Thursday of every month</i>	7:00 to 8:30 pm <i>Trinity UMC, Arlington</i>
--	--	---

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>	November 8 & 22 / Dec. 13 & 27 <i>Second and fourth Sundays</i>	5:15 to 6:45 pm <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

*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
---	--	------------------------

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—NOVEMBER 19

Topic: 2015 NAMI Texas Conference Report

Speakers: Those who attended

Starts at 6 p.m.

For Parents and Caregivers (continued)

causing problems in school

- Using drugs or alcohol repeatedly
- Having severe mood swings that cause problems in relationships
- Showing drastic changes in behavior or personality

Because children often can't understand difficult situations on their own, you should pay particular attention if they experience:

- Loss of a loved one
- Divorce or separation of their parents
- Any major transition – new home, new school, etc.
- Traumatic life experiences, like living through a natural disaster
- Teasing or bullying
- Difficulties in school or with classmates

What to Do

If you are concerned your child's behaviors, it is important to get appropriate care. You should:

- Talk to your child's doctor, school nurse, or another health care provider and seek further information about the behaviors or symptoms that worry you
- Ask your child's primary care physician if your child needs further evaluation by a specialist with experience in child behavioral problems
- Ask if your child's specialist is experienced in treating the problems you are observing
- Talk to your medical provider about any medication and treatment plans

Be careful how you
interpret the world: it
is like that

~Erich Heller

Success: To laugh often and much, to win the respect of intelligent people and the affection of children, to earn the appreciation of honest critics and endure the betrayal of false friends, to appreciate beauty, to find the best in others, to leave the world a bit better, whether by a healthy child, a garden patch, or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded!

~Ralph Waldo Emerson

Our wounds are
often the openings
into the best and
most beautiful part
of us.

~David Richo

FDA Basics

What is the meaning of 'natural' on the label of food?

From a food science perspective, it is difficult to define a food product that is 'natural' because the food has probably been processed and is no longer the product of the earth. That said, FDA has not developed a definition for use of the term natural or its derivatives. However, the agency has not objected to the use of the term if the food does not contain added color, artificial flavors, or synthetic substances

<http://www.fda.gov/AboutFDA/Transparency/Basics/ucm214868.htm>

Does FDA have a definition for the term "organic" on food labels?

No. The term "organic" is not defined by law or regulations FDA enforces

<http://www.fda.gov/AboutFDA/Transparency/Basics/ucm214869.htm>

How is the term "organic" regulated?

The Agricultural Marketing Service of the U.S. Department of Agriculture (USDA) oversees the [National Organic Program](#)¹ (NOP). The [NOP regulations](#)² include a definition of "organic" and provide for certification that agricultural ingredients have been produced under conditions that would meet the definition. They also include labeling standards based on the percentage of organic ingredients in food

Saying It, Not Just Thinking It...

Written by [Diane Mottl, MSW](#) July 6, 2014

When I was sixteen, a good friend of mine died while on an overseas school trip (peanut allergy). I have thought of her often over the years.

In my early twenties, when I was struggling and did not know if I believed in a God, I reached out to her instead. I imagined her looking down, hearing my words and giving me comfort....When I dig through my box of memorabilia and come across pages ripped from my high school notebook, I think of her. I see the squiggles of her writing in the margins and am reminded of us writing notes back and forth during social studies class.

Yes, I have thought of her often in the thirty-two years since her death.

Yet in all that time, I have never told her parents how much she has been in my thoughts. In the days immediately after her death, I went to her house, saw her parents and stumbled over my words of grief. I did it again at the funeral. But after that, nothing.

At my ten year high school reunion, I thought of putting my thoughts into words and sharing them with her parents. But I did not....

This year marks the 30th anniversary of my high school reunion....I flipped through my albums and found a picture of Cara (taken shortly before her death). I drew until the words I wanted to say to her parents started to come. I wrote so they would know that their daughter — my friend — has been in my heart all these years. And when I sealed the hand drawn card and words in an envelope, I could almost feel Cara looking down on me, smiling and saying, “-bout time!”

So why did it take me so long? Why is it so easy to overlook saying what is really important to those around us? ...Our hearts can be filled with warm thoughts about someone — admiration, respect, love, pride — yet how often do we share those thoughts aloud? Do we assume the other person already knows? Think they should not need to hear them? Do we stop ourselves from saying them, worrying that we might embarrass ourselves by saying it “wrong”? Or do we feel too vulnerable saying them aloud when we are not sure how the other will respond?

Time is an equal
opportunity employer.
Each human being
has exactly the same
number of hours and
minutes every day.
Rich people can't buy
more hours.
Scientists can't invent
new minutes. And you
can't save time to
spend it on another
day. Even so, time is
amazingly fair and
forgiving. No matter
how much time you've
wasted in the past,
you still have an
entire tomorrow.

~Denis Waitley

Raw Produce

Raw Produce: Selecting and Serving it Safely

This is the third in a series of articles from the FDA on raw produce.

What is "organic produce"?

Organic produce is grown without using most conventional pesticides; fertilizers made with synthetic ingredients or sewage sludge; bioengineering; or ionizing radiation.

Before a product can be labeled "organic," a government-approved certifier inspects the farm where the food is grown to make sure the farmer meets the U.S. Department of Agriculture's organic standards. Companies that handle or process organic food before it reaches the supermarket or restaurant must be certified, too.

What is ethylene gas - and how does it affect produce?

Some fruits and vegetables - like bananas - naturally produce ethylene gas when they ripen. Oftentimes, such fruits and vegetables are harvested in the unripened state to preserve firmness and for long shelf life; they are later exposed to ethylene gas to induce ripening.

What does the "use-by" date mean on a package of fresh produce?

"Best-If-Used-By- (or Before)" date is the last date recommended for peak quality as determined by the manufacturer of the product.

Why are wax coatings used on fruits and vegetables?

Many vegetables and fruits make their own natural waxy coating. After harvest, fresh produce may be washed to clean off dirt and soil - but such washing also removes the natural wax. Therefore, waxes are applied to some produce to replace the natural waxes that are lost.

Wax coatings help retain moisture to maintain quality from farm to table including:

- when produce is shipped from farm to market
- while it is in the stores and restaurants
- once it is in the home

Waxes also help inhibit mold growth, protect produce from bruising, prevent other physical damage and disease, and enhance appearance.

How are waxes applied?

Waxes are used only in tiny amounts to provide a microscopic coating surrounding the entire product. Each piece of waxed produce has only a drop or two of wax.

Coatings used on fruits and vegetables must meet FDA food additive regulations for safety. Produce shippers and supermarkets in the United States are required by federal law to label fresh fruits and vegetables that have been waxed so you will know whether the produce you buy is coated. Watch for signs that say: "Coated with food-grade vegetable-, petroleum-, beeswax-, or shellac- based wax or resin, to maintain freshness."

Saying It, Not Just Thinking It... (continued)

But isn't there so much more to be gained by sharing those warm thoughts, rather than holding them in? Doesn't it feel good to say them? Write them? Know that you put something positive out into the world with no strings attached? And whether you are the giver or the receiver, don't those kind words warm your insides just a bit?

...Find that long-ago special someone and tell them that they made a positive difference in your life. Or reach out to someone who is carrying a shadow of grief for a lost loved one and let them know that you, too, remember.

Rather than just thinking it, let's start saying it.

**If you can't pronounce
it, don't eat it .**

~ Unknown

**Mental illness leaves
a huge legacy, not
just for the person
suffering it but for
those around them.**

~ Lysette Anthony

NAMI
Tarrant County
Board of Directors

President -
Sherry Fairchild
Vice President -
Ed Guthrie
Secretary -
Ruth Collins
Treasurer -
Brandon Alexander

Scott Collins
Donna Correa
Jerri Escobedo
Rachel Lubke
Jennifer Nunley
Vivian Siao
Walter Taylor
Elizabeth Valderas

November is national squash month...the recipe below is one I have made for my family. Very tasty.

Butternut Squash and Turkey Chili

Total Time: 1 hr 25 min

Prep: 25 min; Cook: 1 hr

Yield: 6 servings

Ingredients

- 3 teaspoons olive oil
- 1 pound 99 percent fat-free ground turkey
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1/4 cup chili powder
- 1 tablespoon ground cumin
- 2 teaspoons ground coriander
- 3 tablespoons tomato paste
- Kosher salt
- 1 small butternut squash, peeled, seeded and cut into 1/2inch cubes (about 3 1/2 cups)
- 4 ripe plum tomatoes, chopped
- Two 14-ounce cans black beans, drained and rinsed

- Freshly ground black pepper
- 1 to 2 tablespoons apple cider vinegar
- 1/4 cup fresh cilantro leaves, chopped
- 1/4 cup reduced-fat sour cream

Directions

Heat 1 1/2 teaspoons of the oil over medium-high heat in a large Dutch oven. Add the turkey and cook, breaking up chunks with the side of a wooden spoon, until browned, about 5 minutes. Push the turkey to the edges of the pan, leaving the middle empty. Reduce the heat to medium and add the remaining 1 1/2 teaspoons oil, then the onion and garlic to the center of the pan. Cook, stirring occasionally, until the vegetables start to soften, about 3 minutes. Add the chili powder, cumin and coriander and stir about 30 seconds. Add the tomato paste and 1 teaspoon salt and stir until the paste begins to darken in color, about 30 seconds. Then add the squash, tomatoes and 4 cups water, scraping the bottom of the pan to release any stuck bits. Bring to a simmer, adjust the heat and simmer, uncovered, until the chili has thickened and the squash is tender, 35 to 40 minutes.

Stir the beans into the chili and heat through, about 5 minutes. Season with an additional 1/2 teaspoon salt and a few grinds of pepper, then taste the chili and stir in up to 2 tablespoons of vinegar. Spoon the chili into bowls and garnish with cilantro and sour cream.



Changing Minds One Step at a Time

3136 West 4th Street
Fort Worth, TX 76107-2113
Phone: 817.332.6677
E-mail: info@namitarrant.org