

MEET YOUR BOARD: RACHEL M. LUBKE

Special points of interest:

- **Monthly Meeting**
October 15
- **NAMI Texas Conference**
October 23 & 24
- **NAMIWalk Website is OPEN till Dec 3 for all donations**
www.namiwalks.org/tarrantcounty
- **NAMIWalk Volunteer Appreciation**
November 5

I am an artist, a friend, a wife, and a community advocate and many other adjectives. One of the things that makes up a part of who I am is a diagnosis of a mental health condition. This diagnosis is not all of me, it is only a portion of who I am.

I was introduced to NAMI during a period of time when I believed that the diagnosis was my identity. NAMI with the support of my family and friends helped me realize that I am more than a diagnosis. Through educational classes, support groups and a new found group of friends I began to realize that mental illness is not the end but a beginning with new doors opening every day.

After achieving a state of remission from my various diagnoses I decided I wanted to give back. I found instead of focusing on the internal struggles that had held me prisoner for so long, I needed to focus on the outside world; the external. My first step in focusing on the external was to give back. NAMI was my first choice to begin my volunteering adventure. After volunteering in various projects I joined the board, I became a facilitator for the *Connections Support Group* and the *Peer to Peer* program. I also believe that my story and other stories like mine need to be heard and shared so I joined the *In Our Own Voice* and the *Ending the Silence* outreach programs. My work with NAMI has given me the power to believe in myself and has shown me there is much to live for no matter what circumstance you are given.

As I mentioned, I am an artist. I use my art to find a peaceful place when things are hectic. While I was working towards remission I created a technique; Meditative Line Drawing. I have used this technique during manic phases, depressed phases and sometimes when I need to clear my mind. I hope you enjoy viewing them as much as I love creating them.

There is more to my story, 38 years of living with several mental health diagnoses leaves much to tell. If you want to know more please feel free to contact me through the NAMI office.



Great works are performed, not by strength, but by perseverance.

~ Samuel Johnson

Inside this issue:

Meet Your Board	1,3
Mental Health Myths and Facts	2
What is Mental Health?	2,3
Support Groups	4
Monthly Meeting	5
Donation Request	5
What your Board is up to?	5
FDA Basics	6
NAMIWalk 2015	6
Around the Web	6
Raw Produce	7
Mental Wellness Facts	7
Recipe	8

Monthly General Meeting, October 15

Topic: Autism

Speaker: Julie Sadowski, Hope Center for Autism

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

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

From every wound
there is a scar, and
every scar tells a story.
A story that says "I
have survived:."

~unknown

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

~unknown

We don't see things
as they are, we see
them as we are.

~Anaïs Nin

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 1 of 3 from MentalHealth.gov.

Myth: Mental health problems don't affect me.

Fact: Mental health problems are actually very common. In 2011, about:

- One in five American adults experienced a mental health issue
- One in 10 young people experienced a period of major depression
- One in 20 Americans lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression
- Suicide is the 10th leading cause of death in the United States. It accounts for the loss of more than 38,000 American lives each year, more than double the number of lives lost to homicide.

Myth: Children don't experience mental health problems.

Fact: Even very young children may show early warning signs of mental health concerns. These mental health problems are often clinically diagnosable, and can be a

product of the interaction of biological, psychological, and social factors. Half of all mental health disorders show first signs before a person turns 14 years old, and three quarters of mental health disorders begin before age 24.

Unfortunately, less than 20% of children and adolescents with diagnosable mental health problems receive the treatment they need. Early mental health support can help a child before problems interfere with other developmental needs.

Myth: People with mental health problems are violent and unpredictable.

Fact: The vast majority of people with mental health problems are no more likely to be violent than anyone else. Most people with mental illness are not violent and only 3%-5% of violent acts can be attributed to individuals living with a serious mental illness. In fact, people with severe mental illnesses are over 10 times more likely to be victims of violent crime than the general population. You probably know someone with a mental health problem and don't even realize it, because many people with mental health problems are highly active and productive members of our communities.

WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

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

Mental health problems are common but help is available. People with mental health problems can get better and many recover completely.

Early Warning Signs

Not sure if you or someone you know is living with

mental health problems? Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships

WHAT IS MENTAL HEALTH (CONTINUED)

- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school

Mental Health and Wellness

Positive mental health allows people to:

- Realize their full potential
- Cope with the stresses of life
- Work productively
- Make meaningful contributions to their communities

Ways to maintain positive mental health include:

- Getting professional help if you need it
- Connecting with others
- Staying positive
- Getting physically active
- Helping others
- Getting enough sleep
- Developing coping skills

<http://www.mentalhealth.gov/basics/what-is-mental-health/index.html>

MEET YOUR BOARD: RACHEL M. LUBKE (CONTINUED)



Art is one of the many coping skills I use to find balance in life.



Everyone pretends to understand, as if it were necessary to understand, when it is simply necessary to love.

- Claude Monet

If you're having difficulty coming up with new ideas, then slow down. For me, slowing down has been a tremendous source of creativity. It has allowed me to open up — to know that there's life under the earth and that I have to let it come through me in a new way. Creativity exists in the present moment. You can't find it anywhere else.

- Natalie Goldberg

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>	October 5/November 2 <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>	October 12/November 9 <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>	October 8/November 12 <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>	October 15/November 19 <i>Third Thursday of every month</i>	6:00 to 8:30 pm <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.

NAMI TC, Arlington 76013 <i>Family Support Group</i>	October 29/no meeting <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>	October 11 & 25/November 8 & 22 <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—OCTOBER 15

Topic: **Autism**

Speaker: **Julie Sadowski, Hope Center for Autism**

Starts at 6 p.m.

If the only tool you
have is a hammer,
you tend to see
every problem as a
nail.

~Abraham Maslow

NAMI TARRANT NEEDS YOU!



To bring the educational and advocacy programs to our community takes a large amount of effort, supplies and vendors. We will be raising funds till December 3, 2015 for the Walk.

Are you or do you know someone willing to:

- Donate items for an auction?
 - Donate office supplies and electronics? ...ie...paper, binders, ink, nametags, pens, paper-clips, tape, staples, computers, printers, shredders, projectors, etc..
-

WHAT YOUR NAMI TC BOARD IS UP TO!

Your NAMI TC Board members have been actively preparing for the NAMIWalk, the one big fund raiser for next year's budget. This helps keep the doors open to help families living with mental illness.

With your help the board (All Team Captains) are striving to make the 100,000 goal. The Kick-Off Luncheon was held in August and was attended by team captains, board members and sponsors, Everyone was informed about the walk, enjoyed a wonderful lunch and thanked so much for their continued support!

The board members sold Raffle tickets to add to the total for the NAMIWalks successful goal of \$100,000. The raffle was drawn at the NAMI Walk, at Trinity Park, on Oct. 3rd.

Board members have been attending a few community events with our passionate walk Manager Julia Webb raising awareness about NAMI and who we are and what we stand for involving those living with mental illness. Several board members have gone with Julia to secure sponsorships from new and past donors! This walk brings families and the community together, helps new persons, and changes futures!

The board members will continue to attend opportunities getting understanding in the community and help new persons. We help assist with the education needed, through support and NAMI free education classes!

A free 12-week Family-to-Family class and a free 10-week Peer-to-Peer class have just started. A new free 5-week peer-to-peer class is about to begin in Weatherford. The board members voted and sent two persons for training as Peer-to-Peer teachers and two other people as Connection Recovery Support Group facilitators.

We have been busy and can't wait for new members to join the board!

Act as if what you do
makes a difference.
It does.

~William James

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

~David Richo

FDA Basics: Caffeine

Why isn't the amount of caffeine a product contains required on a food label?

The Nutrition Facts Panel on food labels is required to include recommended dietary information for nutrients. Caffeine is not a nutrient. It is a natural chemical found in such items as tea leaves, coffee beans, and cacao (used to make chocolate). If caffeine is added to a food, it must be included in the listing of ingredients required on food product labels. Caffeine is generally recognized as safe when used in cola-type beverages up to a level of 0.02 percent or 200 parts per million.

The agency has notified nearly 30 manufacturers of certain alcoholic beverages containing added caffeine that it intends to look into the safety and legality of their products.

<http://www.fda.gov/AboutFDA/Transparency/Basics/ucm194317.htm>

Note from contributor: On September 1, 2015 the Agency issued consumer advice

on pure powdered caffeine. Parts of the warning are as follows:

“In particular, FDA is concerned about pure powdered caffeine sold in bulk bags over the internet. The FDA is aware of at least two deaths of young men who used these products. These products are essentially 100 percent caffeine. A single teaspoon of pure caffeine is roughly equivalent to the amount in 25 cups of coffee. Pure caffeine is a powerful stimulant and very small amounts may cause accidental overdose. Parents should be aware that these products may be attractive to young people.... Pure powdered caffeine products are potentially dangerous, and serious adverse events can result, including death. People with pre-existing heart conditions should not use them”

The entire advice article can be found at <http://www.fda.gov/Food/RecallsOutbreaksEmergencies/SafetyAlertsAdvisories/ucm405787.htm>

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

NAMIWalk 2015

Everything is Awesome when you are part of a team! This was very true on Saturday October 3, 2015. From the weather to the attitudes of the volunteers all the way to the spirit of the walkers; everything was awesome. We started the day around 6 a.m., it was a bit too cool for some of us that early in the morning; however, it was perfect walking weather by the time of 9 a.m. when the walkers took off.

For the past three years, I have been in charge of giving out the national NAMI t-shirts to all the walkers that raised at least

\$100. I really enjoy this position because I get to personally thank all the people who worked hard to raise funds for NAMI's cause of reducing stigma around Mental Illness.

Just in case you raised a hundred dollars or more and I did not get to thank you personally on Saturday, please accept my appreciation from the bottom of my heart. I am amazed at everyone's hard work to help further the work of NAMI Tarrant County.

Jennifer Nunley

Around the Web

Check Out:

<http://www.nami.org>

<http://themighty.com/2015/09/10-things-i-wish-my-loved-ones-knew-about-living-with-bipolar-disorder/>

<http://www.upworthy.com/a-comic-that-accurately-sums-up-depression-and-anxiety-and-the-uphill-battle-of-living-with-them>

<http://www.projectsemicolon.org/>

Raw Produce

Raw Produce: Selecting and Serving it Safely

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

What About Pre-Washed Produce?

Many pre-cut, bagged, or packaged produce items like lettuce are pre-washed and ready-to-eat. If so, it will be stated on the packaging. If the package indicates that the contents are pre-washed and ready-to-eat, you can use the produce without further washing.

If you do choose to wash a product marked “pre-washed” or “ready-to-eat,” be sure to use safe handling practices (from last month’s newsletter) to avoid any cross contamination.

Sprouts: What You Should Know

Like any fresh produce that is consumed raw or lightly cooked, sprouts that are served on salads, wraps, sandwiches, and Asian food may contain bacteria that can cause foodborne illness. Unlike other fresh produce, seeds and beans need warm and humid conditions to sprout and grow, and these conditions are also ideal for the growth of bacteria, including *Salmonella*, *Listeria*, and *E. coli*.

Rinsing sprouts first will not remove bacteria. Home-grown sprouts also present a health risk if they are eaten raw or lightly cooked.

What can consumers do to reduce the risk of illness?

- Children, the elderly, pregnant women, and persons with weakened immune systems should avoid eating raw or lightly cooked sprouts of any kind (including onion, alfalfa, clover, radish, and mung bean sprouts).
- Cook sprouts thoroughly to reduce the risk of illness. Cooking kills the harmful bacteria.

When you’re eating out, ask that raw sprouts not be added to your food. If you buy a ready-made sandwich, salad, or Asian food, check to make sure raw sprouts have not been added.

When you are mad,
mad like this, you
don't know it. Reality
is what you see.
When what you see
shifts, departing
from anyone else's
reality, it's still reality
to you.

~ Marya Hornbacher,
Madness: A Bipolar Life

Mental Wellness Facts

- One in four adults; approximately 61.5 million Americans experience mental illness in a given year. One in 17; about 13.6 million live with a serious mental illness such as schizophrenia, major depression or bipolar disorder.
- Approximately 20 percent of youth ages 13 to 18 experience severe mental disorders in a given year. For ages 8 to 15, the estimate is 13 percent.
- Approximately 1.1 percent of American adults; about 2.6 million people live with schizophrenia.
- Approximately 2.6 percent of American adults 6.1 million people live with bipolar disorder.
- Approximately 6.7 percent of American adults; about 14.8 million people live with major depression.
- Approximately 18.1 percent of American adults; about 42 million people live with anxiety disorders, such as panic disorder, obsessive-compulsive disorder (OCD), posttraumatic stress disorder (PTSD), generalized anxiety disorder and phobias.
- About 9.2 million adults have co-occurring mental health and addiction disorders.

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

October is National Pasta Month, National Spinach Month, and National Pork Month.

Penne Pasta with Spinach and Bacon

Prep time 10 minutes; cook time 15 minutes

Ingredients

1 (12 ounce) package penne pasta
2 tablespoons olive oil, divided
6 slices bacon, chopped
2 tablespoons minced garlic
1 (14.5 ounce) can diced tomatoes
1 bunch fresh spinach, rinsed and torn into bite-size pieces

Directions

Bring a large pot of lightly salted water to a boil. Add the penne pasta, and cook until tender, 8 to 10 minutes.
Meanwhile, heat 1 tablespoon of olive oil in a skillet over medium heat. Place bacon in the skillet, and cook until browned and crisp. Add garlic, and cook for about 1 minute. Stir in the tomatoes, and cook until heated through.
Place the spinach into a colander, and drain the hot pasta over it so it is wilted. Transfer to a large serving bowl, and toss with the remaining olive oil, and the bacon and tomato mixture.

Makes 4 servings at 517 calories each



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