

## Special points of interest:

- **NAMI Walks Information Meeting—April 12**
- **Bipolar Disorder Conference—April 21**
- **NAMI Convention July 6-9 in Denver**
- **NAMI Texas Conference October 28-29**
- **NAMI Walk 2016 October 1 Trinity Park**

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## Meet your board: Kim

Hi my name is Kim and I felt it was important to become a NAMI board member last year to help bring awareness of mental health issues, identify the struggles our families and the mental health community encounter and actively participate in solutions for change. My contributions to the organization are both my career skill set as a project manager and my personal drive resulting from my own experiences.

As a project manager my responsibilities were to identify and document tasks, assign them, establish a target completion date and track tasks to completion. I feel that I will be able to help keep committee action items moving forward so by the end of the board year we will have efficiently and effectively completed our assigned tasks towards implementing change.

In addition to the legislative and improvement of services agenda, I would love to see the community build a *Wellness Center* similar to a “Boys and Girls Club” where mental health members participate in daily peer to peer groups, job training, computer skills, volunteer work, weekly social outings, community college courses, AA or NA meetings and art or exercise classes. I recently read an article and when asked “What factor helped you seek treatment and become medicine compliant?” the reoccurring response was “loving human contact.” We must strive to bring mental health into the open and embrace not isolate.

My Story – My first exposure to mental health was 1960. I was 3 yrs. old when my mother had her first “nervous breakdown.” As a child my role was much different than it is today. I was my Mom’s Teddy Bear, the one she grabbed and held tightly in bed crying uncontrollably into my neck. The warm wetness of her tears saturating my hair and the repetitive sobs of “I want to die” scaring me to stillness. We learned to read our mother’s moods and enjoy her when she was happy and be cautious or

**Loyalty and devotion lead to bravery. Bravery leads to the spirit of self-sacrifice. The spirit of self-sacrifice creates trust in the power of love.**

~ Morihei Ueshiba

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## Monthly General Meeting, April 21

**Topic: TBA**

**Support Groups: 6:00 p.m.**

**General Meeting: 7:30 p.m. and Pot Luck Dinner**

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

**If mental illness could  
be seen on a sufferer  
maybe society  
wouldn't say "just get  
over it."**

*~Lonely Lotus*

**When we deny our  
stories, they define  
us. When we own our  
stories, we get to  
write a brave new  
ending.**

*~Brene Brown*

**I am the same person  
I was before you  
found out I have a  
mental disorder.**

*~Unknown*

## Meet your board: Kim

comforting when she was down. This was childhood as I knew it. At a very young age we kids learned to take care of ourselves and each other. Our father was busy with his career and taking care of mom. When she was in the hospital there were no neighbors coming over with a casserole or asking if they could help. To the contrary. Our friends were told by their parents not to see us anymore. The stigma of our mother's illness had expanded to the life of her children. Her isolation soon became ours. Although life was tough, we knew she loved us. The most important thing I learned from my mother was to read her moods. I was able to recognize when depression was coming and learned to navigate through her mood swings. Little did I know how important that lesson would become as a mother 50 years later.

Then 50 years later, February 2011, my son began exhibiting bizarre behaviors. Suddenly I was not planning to attend high school graduation but desperately trying to figure out what happened to my beautiful AP Honor Student. He played water polo, was on the swim team and looking forward to college to become an engineer. He did everything right. Suddenly life took a wrong turn. My son developed mental illness.

It took three years and several hospitalizations before we had a diagnosis. During that window I was desperate to keep my son safe from himself, safe from the world and his police record clean.

As a parent I experienced the challenges of getting mental health services for my son. HIPAA was a huge obstacle. It is difficult to get your loved one to put you on a medical waiver when they can't even trust their own thoughts. It was hard finding doctors accepting new patients or that accepted our private insurance. We often had to pay cash for appointments and medicine. There was no "one" medication that worked. Here try this for \$300. Next week try this for \$600. Extended hospital stays if needed, forget that. They sent him home when they felt he was stable. On one occasion it nearly cost him his life.

Mother's Day 2014, I visited my son behind a dirty, scratched up Plexiglas window of the county jail. He pleaded with me to get him out and he would disappear forever. We would never see him again. I knew this was it. I was desperate for help. My lawyer this time directed me to a mental health lawyer who might be able to get my son into a deferment court. It took some convincing but my son accepted the court program and his recovery began. The program consists of biweekly court appearances, twice weekly probation appointment with drug testing, 1/week psychologist, 1/month psychiatrist, medication compliance (monthly shot), curfew 10 p.m., and four AA or NA meetings per week. Noncompliance for any of the above requirements results in an overnight stay at the county jail. He has been on the program for 18 months and is medicine compliant, attends two community college classes a semester, is trying to re-evaluate his career choice and focused on recovery. This program saved my son's life. I am forever grateful!

Why am I a member of NAMI? Because programs like mental health courts and *Wellness Centers* work. They need to be developed and available to all families and people with mental health conditions throughout the states. Programs like these make it possible for someone to improve their health, reclaim their life and reenter the social and workforce community.

## Meet your board: Kim

As an advocate for mental health I share my story daily with hopes of educating the public and changing stigma. I believe with the right legislation, improved processes, HIPPA reform, deferment courts and social acceptance we can make a difference in people's lives. Remember 1 in 5 adults experience mental illness in a given year. Mental illness strikes all economic and

educational levels, gender, race, age and religion. Someone you know, family, friend, neighbor or coworker will develop a mental illness in your lifetime. Please be prepared to listen and help. Log on to [www.NAMI.org](http://www.NAMI.org) for further information as to how you can improve someone's life. Become a NAMI member and advocate today. Thank you!

**1 in 4 people, like me, have a mental health problem. Many more people have a problem with that.**

*~Stephen Fry*

## Bipolar Disorder Conference April 21

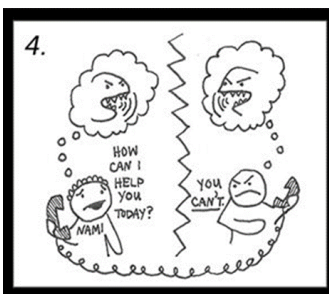
The second annual Altshuler Center for Education & Research (ACER) Conference on Bipolar Disorder will be held from 9 a.m.-1 p.m. April 21 at the Communities Foundation of Texas, Mabel Peters Caruth Community Room. The conference is open to families, individuals, and service providers. Learn more about bipolar disorder from community experts, share your own experiences, and get answers to questions. Speakers include John Burruss, M.D., Carol

North, M.D., and Ardashes Mirzatury, M.D. from Metrocare Services, and Madhukar Trivedi, M.D., Marisa Troups, M.D., Sruthi Chunduri, M.D., and Matan White, M.D. from UT Southwestern. General admission is \$20 in advance and \$25 the day of the event. Three hours of continuing education credit is available for LPCs, LMFTs, and LMSWs for an additional \$20 fee. Lunch is provided.

**You are not your illness. You have an individual story to tell. You have a name, a history, a personality. Staying yourself is part of the battle.**

*~Julian Seifte*

## Showing Empathy and Understanding to Those Who Need Help



**Often times, it's tough to take that first step and reach out for help. It may also be difficult to remain help-**

**ful and present when someone needs our support. To succeed, we need to give each other the chance to work together, which doesn't always come naturally. It's easy to be combative, especially when we're in fight mode. Our instinct is to defend ourselves when dealing with uncomfortable situations.**

It's important to remember why we're having this conversation in the first place:

to help, to learn and to connect. When we view each other as a potential threat, we have already decided to enter flight mode—we're running away from true understanding. It can feel vulnerable to follow the pathways that lead to insight, but if we walk together, we can face them with resilience. When you're ready to share your story, submit to our blogs OK2Talk and You Are Not Alone. There, you can lead the way for those who are gathering the courage to open up, or find help from those who already know which ways to go. If you need help getting started, view our information on disclosing to others or supporting recovery.

**If you are not weird, don't expect me to understand you.**

*~Unknown*

- See more at: <http://www.nami.org/Blogs/NAMI-Blog/December-2015/Showing-Empathy-and-Understanding-to-Those-Who-Need#sthash.3AADOlbr.dpuf>

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## 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

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<b>NAMI TC, Southlake-76092</b> <i>Family Support Group</i>	<b>April 4 / May 2</b> <i>First Monday of every month</i>	<b>7:00 to 8:30 pm</b> <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.

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<b>NAMI TC, Ft. Worth-76107</b> <i>Family Support Group</i>	<b>April 11 / May 9</b> <i>Second Monday of every month</i>	<b>7:00 to 8:30 pm</b> <i>MHA-TC/NAMI Office</i>
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3136 West 4th Street

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<b>NAMI TC, Johnson County 76058</b> <i>Family Support Group</i>	<b>April 14 / May 12</b> <i>Second Thursday of every month</i>	<b>7:00 to 8:30 pm</b> <i>Joshua City Library</i>
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Located on the High School Campus in Joshua, on Highway 174

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<b>NAMI TC, Ft. Worth-76109</b> <i>Family &amp; Peer Support</i>	<b>April 21/ May 19</b> <i>Third Thursday of every month</i>	<b>6:00 to 8:30 pm</b> <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.**

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<b>NAMI TC, Arlington 76013</b> <i>Family Support Group</i>	<b>April 28 / May 26</b> <i>Last Thursday of every month</i>	<b>7:00 to 8:30 pm</b> <i>Trinity UMC, Arlington</i>
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Trinity UMC, 1200 West Green Oaks Blvd. Enter at south door. Room C-208on the 2nd floor

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<b>*H.O.M.E., NRH 76180</b> <i>Peer and Family Support</i>	<b>April 10 &amp; 24/ May 8 &amp; 22</b> <i>Second and fourth Sundays</i>	<b>5:00 to 7:00 pm</b> <i>The Hills Church of Christ, North Richland Hills</i>
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6300 NE Loop 820, NRH , Room 207

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

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<b>*Caring Friends, Weatherford 76086</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>
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301 S. Main. In Akard Hall. Enter door at corner of Columbia and College Ave.

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**\*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—APRIL 21

Topic: TBA

Thursday, April 21

Support Groups at 6:00 pm

General Meeting and Pot Luck Dinner at 7:30 pm

### 8 satisfying secrets of happy people

Some people always seem to be cheerful and upbeat. So what's their secret? Turns out, it isn't having loads of money or a perfect body, home or job. Instead, happy people tend to make time for healthy, fulfilling and feel-good activities. Here are eight simple but powerful ways to follow their lead — and cultivate more happiness in your life:

1. **Nurture social ties** – Satisfying relationships help us feel fulfilled. But sometimes, time with others takes a backseat to the daily grind. A tip if you struggle with this: Make a point to connect with at least one friend or loved one each day. Do you rely on texts, social media and email to stay in touch? That can be good. But don't let technology entirely replace face-to-face time.
2. **Give thanks** — Noticing and appreciating what's good in your life can give you a happiness boost — even in rough times. So take moments to be grateful for a helpful co-worker, a cuddle from your pet or even just a really good hair day. Even better: Make it a practice. Writing in a gratitude journal gives you a place to record and reminisce about all that's right with your world.
3. **Lend a hand** – People who help others tend to feel happier. Consider volunteering regularly for a cause that's important to you. And look for little ways every day to help out friends, family, colleagues or strangers — even if it's just a kind word or caring ear.
4. **Talk nicer to yourself** – Do you tend to get down on yourself? Enjoy more happiness by questioning and countering your own negative thoughts. Research shows that by making positive shifts in thinking, over time, you can actually change your brain.
5. **Find joy in moving** – Exercise floods your brain with feel-good hormones. It can also help ease stress and anxiety. Find activities you enjoy — that keep you coming back for more. Here's a happy little secret: Give yourself a quick mood booster with mini bursts of activity. Even a 10-minute walk or kitchen dance party can perk you up.
6. **Create and play** – Pursuing creative and playful activities can make you feel good. Whether it's playing board games or air guitar, doodling or double Dutch, encouraging your silly side can bring you joy.
7. **Get your pillow time** – It's no surprise we're happier when we're well-rested. In fact, getting quality sleep may help reduce the risk for anxiety and depression. Aim for a good seven to nine hours of slumber — for better health and happiness.
8. **Look on the brighter side** – The next time you're faced with a negative situation, look for the silver lining. Did you manage it OK or learn something new? Nobody's life is perfect. But focusing on the good instead of the bad can help tough times seem more manageable. Remember, you have choices. You may find your bliss by choosing those that add more meaning to your life. And that's certainly something to be happy about.

Thousands of candles can  
be lighted from a single  
candle, and the life of the  
candle will not be  
shortened. Happiness  
never decreases by being  
shared.

~Buddha

To be happy, we must not  
be too concerned with  
others.

~Albert Camus

*Don't underestimate the  
value of Doing Nothing, of  
just going along, listening  
to all the things you can't  
hear, and not bothering.*

~Winnie the Pooh

*It's a helluva start, being  
able to recognize what  
makes you happy.*

~Lucille Ball

**Ask yourself this question: 'Will this matter a year from now?'**

*~Richard Carlson*

**The two most powerful words when we're in struggle "me too."**

*~Brene Brown*

**It does not matter how slowly you go so long as you do not stop.**

*~Confucius*

**Your illness doesn't define you. Your strength and courage does.**

*~Unknown*

**It always seems impossible until it's done.**

*~Nelson Mandela*

## Risks of Suicide

If you or someone you know is in an emergency, call The National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or call 911 immediately.

According to the CDC, each year more than 41,000 individuals take their own life, leaving behind thousands of friends and family members to navigate the tragedy of their loss. Suicide is the 10<sup>th</sup> leading cause of death among adults in the U.S. and the 3<sup>rd</sup> leading cause of death among people aged 10-24.

Suicidal thoughts or behaviors are both damaging and dangerous and are therefore considered a psychiatric emergency. Someone experiencing these thoughts should seek immediate assistance from a health or mental health care provider. Having suicidal thoughts does not mean someone is weak or flawed.

### Know the Warning Signs

- Threats or comments about killing themselves, also known as suicidal ideation, can begin with seemingly harmless thoughts like "I wish I wasn't here" but can become more overt and dangerous
- Increased alcohol and drug use
- Aggressive behavior
- Social withdrawal from friends, family and the community
- Dramatic mood swings
- Talking, writing or thinking about death
- Impulsive or reckless behavior

### Is There Imminent Danger?

Any person exhibiting these behaviors should get care immediately:

- Putting their affairs in order and giving away their possessions
- Saying goodbye to friends and family
- Mood shifts from despair to calm
- Planning, possibly by looking around to buy, steal or borrow the tools they need to commit suicide, such as a firearm or prescription medication

If you are unsure, a licensed mental health professional can help assess risk.

### Risk Factors for Suicide

Research has found that about 90% of individuals who die by suicide experience mental illness. A number of other things may put a person at risk of suicide, including:

- **A family history of suicide.**
- **Substance abuse.** Drugs and alcohol can result in mental highs and lows that exacerbate suicidal thoughts.
- **Intoxication.** More than one in three people who die from suicide are found to be currently under the influence.
- **Access to firearms.**
- **A serious or chronic medical illness.**
- **Gender.** Although more women than men attempt suicide, men are four times more likely to die by suicide.
- **A history of trauma or abuse.**
- **Prolonged stress.**
- **Isolation.**
- **Age.** People under age 24 or above age 65 are at a higher risk for suicide.

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## Risks of Suicide

- A recent tragedy or loss.
- Agitation and sleep deprivation.

### Can Thoughts of Suicide Be Prevented?

Mental health professionals are trained to help a person understand their feelings and can improve mental wellness and resiliency. Depending on their training they can provide effective ways to help.

Psychotherapy such as cognitive behavioral therapy and dialectical behavior therapy, can help a person with thoughts of suicide recognize unhealthy patterns of thinking and behavior, validate troubling feelings, and learn coping skills.

Medication can be used if necessary to treat underlying depression and anxiety and can lower a person's risk of hurting themselves. Depending on the person's mental health diagnosis, other medications can be used to alleviate symptoms

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## Maybe

Maybe someday I will realize that I am beautiful inside and out

Maybe someday I will realize that I have a beautiful complexion

Maybe someday I will realize I am worthy of love

Maybe someday I will realize I deserve to have a healthy, loving relationship

Maybe someday I will realize that I deserve to be respected for what I have accomplished in life

Maybe someday I will be able to open myself up to the kind of love I deserve

Maybe someday I will feel loved enough to break down the fence around my heart

Maybe someday I will tell my mother's family what I really think of them

Maybe someday I will realize that I am the best mother that I can be

Maybe someday my children will accept me for the mother that I am able to be

Maybe someday I will be able to apologize for not being the mother I should have been

Maybe someday I will realize that sometimes I fall short of my expectations

Maybe someday I will realize that it is okay to fall short and still be loved

Maybe someday I will accept my shortcomings and be satisfied with where I am in life

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*Do you have something to share with your NAMI family? Good news? Honors? Announcements? Art? Poetry? Please submit it to [Rachel@namitarrant.org](mailto:Rachel@namitarrant.org) by the 25th.*

**Do not apologize for crying. Without this emotion, we are only robots.**

*~ Elizabeth Gilbert*

**You would never say,  
"It's just cancer,  
get over it."  
So why do some say  
that about  
depression?**

*~ Unknown*

**The best antidote I know for worry is work. The best cure for weariness is the challenge of helping someone who is even more tired. One of the great ironies of life is this: He or she who serves almost always benefits more than he or she who is served.**

*~ George B. Hinckley*

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## Grilled Cheese

April is National Grilled Cheese Month. Here is the official way to make a grilled cheese sandwich as well as some variations provided by the Food Network

### How to make grilled cheese:

1. Heat 1 tablespoon salted butter in a cast-iron or nonstick skillet over medium-low heat.
2. Press the sandwich slightly and place it in the skillet. Cook until golden on the bottom, 3 to 5 minutes.
3. Flip, adding more butter to the pan if needed, and cook until the other side is golden and the cheese melts, 3 to 5 more minutes.

1. **Classic Sandwich:** 2 slices cheddar, monterey jack or Swiss cheese between 2 slices country white bread; cook, flipping once, until golden.

2. **Bacon and Tomato:** Make Classic Grilled Cheese (No. 1), adding 3 slices

crisp bacon and 1 slice tomato between the cheese.

3. **Triple Cheese:** Make Classic Grilled Cheese (No. 1), using 1 slice each cheddar, muenster and Swiss cheese.

4. **Spicy Nacho Sandwich:** 2 slices white bread with 1 slice monterey jack or American cheese, some pickled jalapeño slices and 1 slice cheddar. Cook, flipping once, until golden.

5. **Crunchy Nacho:** Make Spicy Nacho Grilled Cheese (No. 4), adding 1 tablespoon crushed corn chips with the jalapenos.



**Changing Minds One Step at a Time**

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