

Special points of interest:

- **NAMIWalk 2016**
October 1
Trinity Park
- **NAMI Texas**
Conference
October 28-29

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**www.namiwalks.org/
tarrantcounty**

Walk Season has Started

Our NAMIWalks season has begun! The 8th Annual Kick Off Luncheon was held Tuesday, August 2, at the Colonial Country Club. Every year NAMI Tarrant County holds a kick-off event to thank our sponsors and pump up our team captains so that we can have a great fundraising season.

Our guests experienced inspiring words all with the prevailing theme of HOPE. Ed Guthrie, NAMI Tarrant Board President, started the luncheon with a warm welcome and included information on the many wonderful programs that we offer you, the community. Family to Family support groups and Peer to Peer support groups are a major component of our monthly educational programs offered. We are eager to grow and expand our programs throughout the metroplex and rural areas. It is our hope that NAMIWalks brings a strong awareness of mental health resources to our community. Julia Webb, NAMIWalks Manager, shared about the grassroots fundraising efforts and the impact the Walk has on resources and services provided from our fall Walk for 2016. We rely on our dedicated volunteers and sponsors to make a difference by increasing mental health awareness and join the movement nationwide. Mary Louise Garcia, NAMIWalks Honorary Chair and Tarrant County Clerk, spoke about the relationship of what her job entails and how it lines up with the goals of NAMI Tarrant County. Chris Janvier personally thanked several of our sponsors. His message of the importance of building better lives for millions of Americans affected by mental illness and his role as the NAMIWalks Board Chair. A member of our community, Charles Valenzuela, shared his personal story of hope and how he has created a book to help educated the younger generation about mental illness. Our keynote speaker, Estrus Tucker, continued the theme of hope and challenged the audience to “Brighten Your Path” by accepting each other with

*Hope is like the sun,
which, as we journey
toward it, casts the
shadow of our burden
behind us.*

— Samuel Smiles

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Monthly General Meeting, August 18

Topic: Ruth Collins

Support Groups: 6:00 p.m.

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

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

Happy Birthday

July

- 7/19
Shantelle Collins
- 7/24
Jerry Ross

August

- 8/9
Dr. Davion Wallace
- 8/14
Jennifer Jayden Heart
- 8/14
Carol L. Williams
- 8/19
Stacey L. Catron
- 8/20
Jana Patton
- 8/21
Mary Seale

If you would like to be added to the birthday list please email newsletter@namitarrant.org

*From what we get,
we can make a living;
what we give,
however, makes a life.*

— Arthur Ashe

Walk Season has Started (Continued from Page 1)

love and compassion. Tammy Baxter, a NAMI Board member and the President of the local chapter of Alpha Kappa Alpha (Beta Mu Omega), spoke of the goals of the partnership between NAMI and AKA on both the national and local level. The event

ended with a video showing how to sign up for the Walk and what being a team captain entails.

We are very excited for the Walk on October 1. Please sign up at <http://www.namiwalks.org>.

NAMI Tarrant County & The AmazonSmile Foundation Form Partnership

Starting immediately, The AmazonSmile Foundation will donate .5% of the purchase price from your eligible AmazonSmile purchases.

The AmazonSmile Foundation (smile.amazon.com) is a website operated by Amazon that lets customers enjoy the same wide selection of products, low prices, and convenient shopping features as on Amazon.com. The difference is that when customers shop at smile.amazon.com, the Amazon Smile Foundation donates 0.5% of the regular price of eligible items to the charitable organization selected by customers.

Below are instructions to sign up NAMI Tarrant County as the financial recipient for your purchases on smile.amazon.com.

1. Use the link below to go to the homepage of the AmazonSmile program. <https://smile.amazon.com/ch/75-2011436>
2. Select "NAMI Tarrant County Inc" or search by EIN "75-2011436." Once you select NAMI Tarrant County, .5% of Amazon purchases are donated to our bank account.
3. Market the NAMI Tarrant County AmazonSmile brand to our friends & family. Below is a link to to easily share via email, Facebook, Twitter. https://org.amazon.com/npo/portal/marketing-tools/ref=org_prt_gwmtlft_btnmt
4. Sign up other charitable organizations that you support for the AmazonSmile Program.

The greater we grow this resource, the more we all benefit. Organizations that work to serve a purpose are all in this together.

***Bookmark smile.amazon.com to return and start your shopping at AmazonSmile.**

Participants Sought for Bipolar Disorder Study

The Department of Psychiatry is recruiting individuals who have been diagnosed with bipolar disorder, or are having problems with alcohol, mood swings, difficulty sleeping and racing thoughts, for a research study regarding bipolar disorder that could help improve mood and reduce alcohol use. The following may be provided at no cost to each

participant: evaluation, doctor visits, financial compensation, and transportation assistance (bus passes).

To learn more about the study, call [214-645-6954](tel:214-645-6954), email Collette.Bice@utsouthwestern.edu, or visit the [study website](#).

UT Southwestern

Seeking Roommate to assist in returning to Independent living

We received a letter from one of our long-time active NAMI members regarding her son-in-law's housing needs.

Kevin Cates, is looking for a roommate to share an apartment with. You may know/remember that he lost his wife, Nicole, about a year ago. He's done amazing well, all things considered. But the housing part has been difficult.

Nicole was the head-of-household on a Shelter-Plus subsidy and they took it away from him when she died. He, in fact, had qualified for section 8 but had to give it up when they married.

Kevin has no housing subsidy but does have SSI and SSDI. He just really doesn't want to live alone. He's tried several group homes but there always seem to be disruptive residents who ruin a good thing.

He has alternately stayed with parents but wants to be independent again. If there were someone compatible who is financially responsible, they could even share a one-bedroom and try it out for a few months (if they can find a short lease). He doesn't smoke so it would be best to find a non-smoker. Kevin would definitely want to get to know this person before committing (I'm sure the other person would want that, too).

Do you know of anyone who might be interested? It could be someone just moving out of a parents' home and just getting their "sea legs." Kevin lived at The Springs, just adjacent to MHA so he has a good record there and could probably get back in the complex.

Let the office know if you think of anyone.

The beginning is always today.

— Mary Wollstoncraft

The secret of many a man's success in the world resides in his insight into the moods of men and his tact in dealing with them.

— J. G. Holland

Stigma and Living Openly With Mental Illness

Posted on May 27, 2016 by Becky Oberg

There is a lot of stigma when it comes to living openly with mental illness. When I was a child, HIV/AIDS was the bogeyman. The stigma, driven by fear, was strong, which kept people from talking about it and contributed to the spread of the disease. People were afraid you could get the virus from a toilet seat, and the thought of touching, let alone kissing, someone with the disease was unthinkable. It was worse than a death sentence; it meant that you died a leper. Mental illness is where HIV/AIDS was 30 years ago. Living openly with mental illness equals feeling stigma.

Feeling the Stigma of Living with a Mental Illness Openly

So how was the stigma conquered? Brave men and women came forward to share their diagnoses. Educational programs in schools became mandatory. People talked about their fears and those fears were dispelled.

We, as mental health consumers, need to do the same. But this decision is not for everyone, and it's not without its risks and benefits.

There is nothing to be ashamed of if one has a mental illness. The brain, like any other

I'm not my diagnosis. I have good days and bad days, but I'm not contagious. I'm just human.

— Unknown

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>	August 1 / No Sept Meeting <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, Saginaw-76179 <i>Family Support Group</i>	August 8 / Sept. 12 <i>Second Monday of every month</i>	6:30 to 8:00 pm <i>First Baptist Church</i>
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300 Old Decatur Road, Saginaw. Park on the East., enter East door. Follow signs inside church.

NAMI TC, Johnson County 76058 <i>Family Support Group</i>	August 11 / Sept 8 <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, on Highway 174

NAMI TC, Ft. Worth-76109 <i>Family & Peer Support</i>	August 18 / Sept15 <i>Third Thursday of every month</i>	6:00 to 8:30 pm <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.

NAMI TC, Arlington 76013 <i>Family Support Group</i>	August 25 / Sept 29 <i>Last Thursday of every month</i>	7:00 to 8:30 pm <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

*H.O.M.E., NRH 76180 <i>Peer and Family Support</i>	August 14 & 28 / Sept 11 & 25 <i>Second and fourth Sundays</i>	5:00 to 7:00 pm <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

*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
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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—AUGUST 18

Topic: Ruth Collins
Thursday, August 18
Support Groups at 6:00 p.m.
General Meeting and Pot Luck Supper at 7:30 p.m.

When someone is going through a storm, your silent presence is more powerful than a million empty words.

— Unknown

Stigma and Living Openly With Mental Illness (Continued from Page 3)

organ in the body, sometimes gets sick. When that happens, medication can help it recover. Living openly with mental illness is no different, in theory, than

living openly as a homosexual—those who perpetuate mental illness stigma are uneducated and need to actually meet the people they fear.

A diagnosis is burden enough without being burdened by secrecy and shame.

— Unknown

Study on new blood test points to personalized depression treatment

Reuters - LONDON | By [Kate Kelland](#)

Scientists have developed a blood test that can predict whether people with depression will respond to common antidepressants, a discovery that could bring in a new era of personalized treatment for people with the debilitating mental illness.

Guided by this test, the researchers said, doctors should in future be able to direct depressed patients with a certain level of inflammation in their blood towards earlier treatment with a more potent course of antidepressants, possibly including combining two medications, before they get worse.

"This study moves us a step closer to providing personalized antidepressant treatment at the earliest signs of depression," said Annamaria Cattaneo, who led the work at King's College London's Institute of Psychiatry, Psychology & Neuroscience (IoPPN)

Depression is one of the most common forms of mental illness, affecting more than 350 million people worldwide. It is ranked by the World Health Organization as the leading cause of disability globally.

Treatment usually involves either medication, some form of psychotherapy, or a combination of both. But around half of all people treated for depression fail to get better with first-line antidepressants, and around a third of patients are resistant to all available medications designed to help.

Until now, doctors have not been able to establish whether someone will respond to an antidepressant, or whether they might need a more aggressive treatment plan from the start.

As a result, patients are often treated with a trial-and-error approach, trying one drug after

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

— Unknown

Just because I'm having a bad day doesn't mean I didn't take my medicine .

– Unknown

Calling it lunacy makes it easier to explain away the things we don't understand.

– Megan Chance

Anxiety is the monster that resides within.

– Karen Wadell

You can't be beaten by something you laugh at.

– Jonathan Harsch

Study on new blood test points to personalized depression treatment (Continued from Page 5)

another for months on end and often seeing no improvement in their symptoms.

Marjorie Wallace, chief executive of the mental health charity SANE, said in a statement that being able to target those people with depression who don't respond to medication would be "one of the most exciting steps forward in the treatment of mental illness for decades".

"A simple blood test that could select this group... and offer them more tailored treatment, including more intensive talking therapies, could prevent months, even years, of frustration and suffering," she said, and lead to a future where medication matched to a patient's biochemistry becomes the norm.

In their study, published on Tuesday in the International Journal of Neuropsychopharmacology, Cattaneo's team focused on two biomarkers that measure blood inflammation.

Previous studies have already linked raised levels of inflammation with a poor response to antidepressants.

The researchers measured the two markers, called Macrophage Migration Inhibitory Factor (MIF) and interleukin (IL)-1 β , in two groups of depressed patients before or after they took a range of commonly prescribed antidepressants.

They found that blood readings above a certain threshold could reliably predict the probability of a patient responding.

Patients with MIF and IL-1 β levels above the thresholds had a 100 percent chance of not responding to conventional, commonly prescribed antidepressants, the researchers found, while those with lower levels did show a positive treatment response.

Carmine Pariante, a IoPPN professor who worked on the team, said the results point to a "clinically-suitable approach for personalizing antidepressant therapy".

Brain Basics

(Educational program from the National Institutes of Mental Health)

Welcome. Brain Basics provides information on how the brain works, how mental illnesses are disorders of the brain, and ongoing research that helps us better understand and treat disorders.

Mental disorders are common. You may have a friend, colleague, or relative with a mental disorder, or perhaps you have experienced one yourself at some point. Such disorders include depression, anxiety disorders, bipolar disorder, attention deficit hyperactivity disorder (ADHD), and many others.

Brain Basics (Continued from Page 6)

Some people who develop a mental illness may recover completely; others may have repeated episodes of illness with relatively stable periods in between. Still others live with symptoms of mental illness every day. They can be moderate, or serious and cause severe disability.

Through research, we know that mental disorders are brain disorders. Evidence shows that they can be related to changes in the anatomy, physiology, and chemistry of the nervous system. When the brain cannot effectively coordinate the billions of cells in the body, the results can affect many aspects of life.

Scientists are continually learning more about how the brain grows and works in healthy people, and how normal brain

development and function can go awry, leading to mental illnesses.

Brain Basics will introduce you to some of this science, such as:

- How the brain develops
- How genes and the environment affect the brain
- The basic structure of the brain
- How different parts of the brain communicate and work with each other

How changes in the brain can lead to mental disorders, such as depression.

Next month: The Growing Brain – Inside the Brain: Neurons & Neural Circuits.

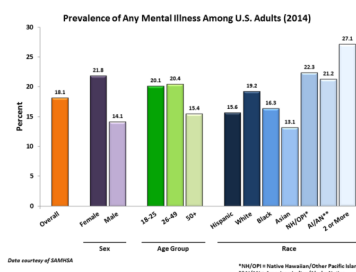
It's my experience that people are a lot more sympathetic if they can see you hurting, and for the millionth time in my life I wish for measles or smallpox or some other easily understood disease just to make it easier on me and also on them.

— Jennifer Niven

Any Mental Illness Among US Adults

- Mental illnesses are common in the United States.
- The data presented here are from the National Survey on Drug Use and Health (NSDUH), which defines any mental illness (AMI) as:
 - A mental, behavioral, or emotional disorder (excluding developmental and substance use disorders);
 - Diagnosable currently or within the past year; and,
 - Of sufficient duration to meet diagnostic criteria specified within the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV).
- AMI can range in impact from no or mild impairment to significantly disabling impairment, such as in individuals with serious mental illness (SMI), defined as individuals with a mental disorder with serious functional impairment which substantially interferes with or limits one or more major life activities.

In 2014, there were an estimated 43.6 million adults aged 18 or older in the United States with AMI in the past year. This number represented 18.1% of all U.S. adults.



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 Hornacher

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Flower of the Month: Gladiolus

Gladioli are available in many colors. They are a perennial cormous (bulbotuber underground storage organ) flowering plants in the Iris family. Sometimes they are called the 'sword lily' because of the tall, sharp leaves the surround the flowering part of the plant. These flowering plants most typically occur naturally in the Asia, Mediterranean Europe, South Africa and tropical Africa areas of the planet.

The unmodified wild species vary from very small to perhaps an inch and a half across. When you see a giant flower in the Gladiolus species it is the result of centuries of hybridization, selection, and perhaps more drastic manipulation. Gladioli are half-hardy in temperate climates. They grow from rounded, symmetrical corms, that are enveloped in several layers of brownish,

fibrous tunics. Their stems are generally unbranched, producing 1 to 9 narrow, sword-shaped, vertical grooved leaves, enclosed in a sheath. The flower spikes are large and one-sided, bisexual flowers. These flowers are variously colored, pink to reddish or light purple with white, contrasting markings, or white to cream or orange to red.

The Gladioli is the official flower of Elmira Ontario in Canada adopted by the council on March 15, 1926. Gladioli have been extensively hybridized and a wide range of ornamental flower colors are available from the many varieties. The main hybrid groups have been obtained by crossing between four or five species, followed by selection: Grandiflorus, Primulines and Nanus. They make very good cut flowers.



Brighten Your Path

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