

Special points of interest:

- **Family-to-Family class beginning Feb 17 in Grapevine. Contact the office**
- **NAMIWalk 2016 October 1 Trinity Park**

NAMI Tarrant County Contact INFO

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LETTER FROM THE PRESIDENT: ED GUTHRIE

I am proud to have been chosen as president of NAMI Tarrant County. It is an honor and a privilege. As you may know our mission is to “to improve the quality of life for all affected by mental illness, to support their recovery and to eradicate the stigma and misconceptions of mental illness.” The members of our new board and I intend to continue to grow and fulfill this mission.

For those of you who don’t know me, let me tell you about myself.

First my message to you is that anyone regardless of race, sex, economic status etc. can be affected by mental illness at any time. For the first 30 years of my life I was relatively successful. I earned my MBA from the University of Oklahoma, was a Captain in the Army during the Vietnam War, was in effect the President of a company with \$15 million in sales and I owned my own business. Then things went terribly wrong because my bipolar disorder manifested itself. Over the course of the next eight years I was in and out of the hospital, I saw a number of psychiatrist and psychologist, I could get jobs but I couldn’t keep them, I lost my home, my cars were repossessed, I had to file for bankruptcy and eventually my wife left me.

My second message to you is that there is hope you can live quite successfully and productively with a mental illness.

I finally got the right diagnosis, found the right doctors who prescribed the right mix of medicines (which is no small accomplishment) and now I exercise 3 to 5 times a week, get plenty of rest, eat right, stay busy, seek spiritual inspiration, I see my doctors regularly and I always, always, always take my prescribed medicines. I haven’t had a major problem with mood swings nor been in the hospital for 20 years now.

Running NAMI is no small task. Through the money we raise

Monthly General Meeting, February 18

Topic: “Clinical Trials”

Guest: Brian Maynard, Ph.D.

Support Groups: 6:00 p.m. General Meeting: 7:30 p.m.

Special Dinner: Chinese Feast!

Pot Luck Request: Drinks and Desserts

**Hope...
Sometimes that’s
all you have when you
have nothing else.
If you have it,
you have everything.**

~ Unknown

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

Letter from the President: Ed Guthrie (continued)

**The purpose of life
is not to be happy.
It is to be useful,
to be honorable,
to be compassionate,
to have it make some
difference that
you have lived
and lived well.**

~Ralph Waldo Emerson

in our Walk and from other donations we provide many free services, programs, classes and support groups and we advocate for all those affected by mental illness.

Just a few of the goals we have for NAMI TC are: 1) increase membership and attendance at our monthly meetings; 2) increase the number of our 10-week Peer-to-Peer and 12week Family-to-Family classes; 3) increase the number of support group meetings we hold from one per month to once every two weeks or once every week, if we can; 4) to provide more services to help those members who just got out of the hos-

pital and/or who are down on their luck; 5) expand to other cities outside of Fort Worth in Tarrant County; 6) to provide services to various campuses like TCU, UTA, TCC etc.; 7) as you probably know 1 in 4 or 60 million people in the US live with a mental illness and, so far, we have not reached the African-American and Hispanic communities as much as we would like so we would like to accomplish this more fully; 8) to raise more money to fund all of these goals and objectives.

I look forward to serving you throughout my tenure as your president.

Anosognosia

When someone rejects a diagnosis of mental illness, it's tempting to say that he's "in denial." But someone with acute mental illness may not be thinking clearly enough to consciously choose denial. They may instead be experiencing "lack of insight" or "lack of awareness." The formal medical term for this medical condition is anosognosia, from the Greek meaning "to not know a disease."

When we talk about anosognosia in mental illness, we mean that someone is unaware of their own mental health condition or that they can't perceive their condition accurately. Anosognosia is a common symptom of certain mental illnesses, perhaps the most difficult to understand for those who have never experienced it.

Anosognosia is relative. Self-awareness can vary over time, allowing a person to acknowledge their illness at times and making such knowledge impossible at other times. When insight shifts back and forth over time, we might think people are denying their condition out of fear or stub-

bornness, but variations in awareness are typical of anosognosia.

What Causes Anosognosia?

We constantly update our mental image of ourselves. When we get a sunburn, we adjust our self-image and expect to look different in the mirror. When we learn a new skill, we add it to our self-image and feel more competent. But this updating process is complicated. It requires the brain's frontal lobe to organize new information, develop a revised narrative and remember the new self-image.

Brain imaging studies have shown that this crucial area of the brain can be damaged by schizophrenia and bipolar disorder as well as by diseases like dementia. When the frontal lobe isn't operating at 100%, a person may lose—or partially lose—the ability to update his or her self-image.

Without an update, we're stuck with our old self-image from before the illness started. Since our perceptions feel accu-

**Imagery is not past
but present. It rests
with what we call our
mental processes to
place these images in
a temporal order.**

~George Herbert Mead

Anosognosia (continued)

rate, we conclude that our loved ones are lying or making a mistake. If family and friends insist they're right, the person with an illness may get frustrated or angry, or begin to avoid them.

Anosognosia affects 50% of people with schizophrenia, and 40% of people with bipolar disorder. It can also accompany illnesses such as major depression with psychotic features. Treating these mental health conditions is much more complicated if lack of insight is one of the symptoms. People with anosognosia are placed at increased risk of homelessness or arrest. Learning to understand anosognosia and its risks can improve the odds of helping people with this difficult symptom.

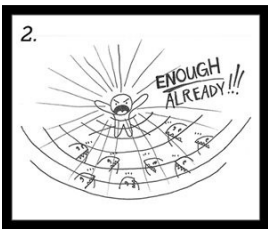
Why Is Insight Important?

For a person with anosognosia, this inaccurate insight feels as real and convincing as other people's ability to perceive themselves. But these misperceptions cause conflicts with others and increased anxiety. Lack of insight also typically causes a person to avoid treatment. This makes it the most common reason for people to stop taking their medications. And, as it is often combined with psychosis or mania, lack of insight can cause reckless or undesirable behavior.

- See more at: <http://www.nami.org/Learn-More/Mental-Health-Conditions/Related-Conditions/Anosognosia#sthash.bsEbYBE8.dpuf>

Showing Empathy and Understanding to Those Who Need Help

By Emily Brooks | Dec. 16, 2015



When confronted with so many demands, it's natural to buckle under the pressure. Our brain's inherent response to threatening levels of stress is to enter "fight or flight" mode. Although flight guarantees our safety by removing us from the source of fear, it is ultimately a short-term solution. When we fight, we make a choice to face these challenges head-on and triumph by advocating for ourselves. Choosing to fight shows we have hope; we're willing to take risks and stand up for the recovery we know we deserve, no matter what stands in our way.

Although we may feel apprehensive when we decide to take charge, this is an empowering choice. You are not alone in this fight! Taking the NAMI StigmaFree pledge is a simple way to declare your resolve, spread mental health awareness and use education to further acceptance. If you'd like to take your advocacy to the next level, see what mental health policy issues currently need your support. To determine solutions for your own fight, you can always call the NAMI HelpLine to identify what tools and resources are available to you.

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

Laughter and tears are both responses to frustration and exhaustion. I myself prefer to laugh, since there is less cleaning up to do afterward.

~ Kurt Vonnegut

No one cares how much you know, until they know how much you care .

~ Teddy Roosevelt

Empathy is seeing with the eyes of another, listening with the ears of another and feeling with the heart of another.

~ Alfred Adler

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>	February 1 / March 7 <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>	February 8 / March 14 <i>Second Monday of every month</i>	7:00 to 8:30 pm <i>MHA-TC/NAMI Office</i>
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3136 West 4th Street

NAMI TC, Johnson County 76058 <i>Family Support Group</i>	Feb 11 / Mar 10 <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>	February 18 / March 17 <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>	February 25 / March 31 <i>Last Thursday of every month</i>	7:00 to 8:30 pm <i>Trinity UMC, Arlington</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 76180 <i>Peer and Family Support</i>	Feb. 14 & 28 / March 13 & 27 <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—FEBRUARY 18

Topic: “Clinical Trials”

Speaker: Brian Maynard, Ph.D.

Thursday, February 18

Support Groups at 6:00 pm

General Meeting and Chinese Feast with Pot Luck Dessert at 7:30 pm

Pot Luck Requests: Drinks and Desserts

Your only one workout
from one good mood.

~unknown

Exercise: How it may boost your immunity

Being active doesn't just build muscles — it also builds up your body's defenses. Is your body fit to fight bacteria? Tough enough to duel disease? To keep you healthy, your immune system needs to be strong. So how can you help this personal protector be ready to defend you against illness? One way is to get regular exercise. It helps keep your body — and immune system — in tip-top shape.

Ready, Set, Protect!

When you're moving, you're actually causing your body's immune cells to be more active too. They circulate faster and kill bacteria and viruses more easily. And they keep that extra energy boost for a few hours after your workout is done.

Exercise may also:

- Raise your body temperature — helping to fight infection
- Help flush disease-causing bacteria out of your body through your lungs or sweat
- Slow down the release of stress hormones — making you less vulnerable to illness

In fact, research suggests that people who exercise regularly have fewer colds — and sick days — than those who move less.

But *more, more, more* isn't always better. For people who take exercise to the extreme, there may be a flip side to this immune response. Long, strenuous workouts of 90 minutes or more may stress your body too much — and actually weaken its ability to defend against disease.

Finally, don't forget about these other good habits that can help keep your immune system primed and powerful:

Eat a healthy, varied diet.

Get plenty of sleep. Manage stress.

Don't use tobacco — and avoid secondhand smoke.

Fast fact

There is evidence that regular physical activity can reduce the risk of certain types of cancer. In some cases, it appears to help protect against colon, breast, endometrial, lung and pancreatic cancers.

Sources: American Institute for Cancer Research; National Cancer Institute

Mental health needs
a great deal of
attention. It's the final
taboo and it needs to
be faced and dealt
with.

~Adam Ant

We are all born with a
unique genetic
blueprint, which lays
out the basic
characteristics of our
personality as well as
our physical health
and appearance... And
yet, we all know that
life experiences do
change us.

~Joan D. Vinge

*Heaven knows we
need never be
ashamed of our tears,
for they are rain upon
the blinding dust of
earth, overlying our
hard hearts. I was
better after I had
cried, than before--
more sorry, more
aware of my own
ingratitude, more
gentle.*

~Charles Dickens

FDA Basics: Generic Drugs and FDA's Orange Book

Generic drugs approved by FDA have the same high quality, strength, purity, and stability as their brand-name counterparts. Generics provide safe and effective alternatives to brand-name drugs at lower costs due to an abbreviated approval pathway introduced in the 1980s. This abbreviated new drug application (ANDA) process eliminates repetition of the very expensive clinical safety and efficacy studies as well as pre-clinical animal studies, allowing manufacturers to bring a generic copy to market at a significantly reduced cost.

In order for there to be generic drugs, there must first be an approved innovator or brand-name drug to copy. All brand-name ("innovator") products are approved by FDA on the basis of safety and effectiveness demonstrated by extensive pre-clinical and clinical studies. Generic drug manufacturers use the brand-name to guide the development of their products.

According to the Hatch-Waxman Amendments, a generic drug must not show any "significant difference" from the brand-name. This way, FDA can rely on the finding of safety and effectiveness of the brand-name as evidence that the generic version will also be safe and effective.

The *Approved Drug Products with Therapeutic Equivalence Evaluations* publication (the List, commonly known as the *Orange Book*) provides information on drug products approved as safe and effective under the Federal Food Drug and Cosmetic Act. The *Orange Book* first appeared as a print publication in 1980 and celebrated its 35th anniversary on October 30, 2015. An online version of the Orange Book was added to the FDA website on October 31, 1997, and the FDA recently announced the availability of the Orange Book Express mobile app.

Never Shame Yourself

There is no shame in standing up for what you believe in. Just recently I have been diagnosed with 5 mental health disorders. In the beginning, I couldn't help but feel worthless and in pain for months on end in my bed. Now, I feel like I'm on top of the world. I will not let my illnesses determine who I am destined to be nor what I am capable of. I stand for those who have difficulty finding their voice, so that one day, they will begin to feel the hope and drive they deserve.

I know how hard it is. I know the mood swings, the irritability, the endless tears. One day, my friends, those will all drift

away slowly but surely. I hope for all of you struggling with your illness that you take a stand against the voice inside of your head and kick its butt. Take a chance, because life is so much more worth living.

I am stigma free. I support all those who struggle to make it through another day. I am on your side and try to bring this subject to light every day and every chance I get. Thank you for reading this and I hope it gives you that spark of hope you deserve. Take care of your beautiful self.

<http://notalone.nami.org/post/134270986754/never-shame-yourself>

*An exciting and
inspiring future
awaits you beyond the
noise in your mind,
beyond the guilt,
doubt, fear, shame,
insecurity and
heaviness of the past
you carry around..*

~Debbie Ford

Finding Freedom in the Spoon Theory

By Mandy Cowley

If you aren't a fan of Jenny Lawson's, I don't want to be your friend. That woman is hilarious. In her latest book, *Furiously Happy*, she talks about her journey with mental illness. In a chapter entitled "We're Better Than Galileo, Because He's Dead" Lawson shares a theory that made so much sense to me. It's called the spoon theory and it was developed by Christine Miserandino. I wanted to share it here because it was something I had never heard before and it made so much sense.

Here's the idea- everything we do throughout the day costs 1 spoon. Get out of bed, that's a spoon. Eat breakfast, that's a spoon. Get dressed, that's a spoon. Completely healthy adults seem to get an infinite number of spoons to spend on whatever they want and at the end of the day they go to bed with a few extra spoons, awaiting their nightly delivery of new spoons. But people living with chronic illnesses -including mental illnesses- don't get an infinite number of spoons. Instead, our delivery is incomplete. I like to think of it this way (departing slightly from the original concept) - my delivery of infinite spoons arrives while I am sleeping and before I can wake up and get to the spoons, my mood disorder scoops up most of them leaving me with just a few. Some days I spend my spoons by noon. Other days I make it through the day by allocating my spoons very very carefully. But what is most important is that I have no control over the number of spoons at my disposal. That's totally out of my control. All I can do is allocate my spoons carefully and recognize that when I'm out of spoons it's not my fault.

This concept resonated with me so much and gave me so much freedom. Usually when I run out of spoons, I feel super guilty. I worry that other people won't understand why I am refusing to spend a spoon on something that I need to do. It's not that I am selfishly hoarding all of my spoons, it's that I am legit out of spoons. So, guard those spoons folks and cut yourself some slack when you spend your spoons doing very hard and good and important things.

<http://captivatingbliss.com/2015/12/13/finding-freedom-in-the-spoon-theory/>



No amount of sleep
could cure the
tiredness I feel

~ Unknown

Always hope,
never expect.

~ Unknown

Expect
nothing,
appreciate
everything.

~ Unknown

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.

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Best Ever Vegan Breakfast Potatoes

February is National Potato Lovers Month and National Hot Breakfast Month. This recipe celebrates both!

Prep time 5 mins
Cook time 20 mins
Total time 25 mins

Author: Minimalist Baker
Cuisine: Vegan, Gluten Free
Serves: 4

Ingredients

- 1 pound red potatoes, scrubbed clean and dried
- 3-4 Tbsp vegan butter (or olive oil)
- 1 tsp sea salt
- 1/2 tsp garlic powder
- 1/2 tsp ground black pepper

Instructions

1. Heat a skillet to medium heat, or an electric skillet to 350 degrees F.
2. "Bake" your potatoes in the microwave for 4-6 minutes total (flipping once halfway through) until they have a little give when squeezed. Alternatively, bake them in a 400 degree F oven placed directly on the rack for roughly 20-35 minutes, depending on

their size, until soft to the touch.

3. Cut cooked potatoes into bite-sized pieces (I usually quarter mine), and place vegan butter 1 Tbsp at a time onto the hot skillet. Only add enough to accommodate all of your potatoes.
4. **TIP:** Place potatoes, one by one, onto the skillet directly in the melted butter ensuring both exposed cut sides touch the butter. This will ensure all sides get crispy brown.
5. Once all potatoes are on the skillet, spray the top with canola or olive oil (optional) and season with half of the seasonings. Spraying them with oil helps the seasonings stick to the skin.
6. After about 4 minutes, use a fork or spatula to tip the potato over onto its other side to brown evenly.
7. After another 3-4 minutes, flip the potatoes on their backsides (skin side down) and season with remaining salt, pepper and garlic powder. Cook for another 2-4 minutes until crispy and golden brown on all sides.

Nutrition Information

Serving size: 1/4 of the recipe
Calories: 169 Fat: 10g
Saturated fat: 3g Carbohydrates: 18g Sugar: 1g Sodium: 600mg Fiber: 2g Protein: 2g



Changing Minds One Step at a Time

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