

Special points of interest:

- **NAMIWalk Committee Meeting**
Tue, June 21st
- **NAMI Convention**
July 6-9 in Denver
- **NAMIWalk 2016 Kick-off Luncheon**
August 2
- **NAMIWalk 2016**
October 1
Trinity Park
- **NAMI Texas Conference**
October 28-29

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Valuable asset due to retire from NAMI

Sue Adams has been the office manager since 2010. She was the first office manager for NAMI Tarrant County but now she is handing the baton off to a new office manager. This will be the opportunity for Sue to spend more time with her family. We reached out to some of the people who have known Sue from the beginning. They had nothing but wonderful, endearing words to share.

Sue Adams has always been a very nice, sweet smiling person since the day I first met her. Mellissa Gibbons and I were interviewing people for NAMI's first office manager and when we read Sue's resume; we couldn't believe we had found someone who had so much experience that wanted to apply for the position!

Once we met and conversed with her; it was easy to determine she was the right person for the job.

Sue's talent and kind demeanor brought much confidence to our small staff of volunteers which was a huge asset to NAMI Tarrant County's growth.

We felt very fortunate Sue agreed to join NAMI Tarrant County.

Over the years, working beside Sue and attending conventions; I have a deeper appreciation for Sue as a care provider; mother and friend.

When I say I am blessed to have Sue as a friend; I really am sincere about it because Sue is not afraid to share her faith with others and that is a true quality most of us don't have.

Sue, we will miss you in the office; but I; look forward to visiting with you at the meetings, etc.

Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying 'I will try again tomorrow.'

—*Mary Anne Radmacher,*
American author and
artist

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Monthly General Meeting, June 16

Topic: Retirement Party

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

“There is nothing better than a friend, unless it is a friend with chocolate.”

— Linda Grayson

MY PEER-TO-PEER EXPERIENCE: NICHOLE

My experience in NAMI Peer to Peer education course has been very positive, encouraging and helpful to understand mental illness that we live with. The facilitators are great. In my most recent class there are several of us that we love each other, help each other and learn from each other. The most important of Peer to Peer

education course is great and I encourage everyone that lives with a mental illness to take the Peer to Peer class to help them understand all types of mental illness. It gives us great hope for recovery.

Nichole Mack

Valuable asset due to retire from NAMI Office (Continued from Page 1)

Thank you for your dedication and friendship. Love Carolyn Apodaca

Sue and I became NAMI members about the same time. I consider her to be a special friend who always is willing to listen and to help where needed when we started volunteering for NAMI Tarrant County, one job we shared with other volunteers was answering the NAMITC Helpline. When the NAMI office opened, I started answering fewer Helpline calls which I think was due to callers finding the office number first. When the Helpline was cancelled, all calls went to Sue. Through their office phone calls, Sue was often the first person prospective NAMITC members came in contact with. From being a Family-to-Family teacher and support group leader to running the NAMITC office, Sue has been a tireless, dedicated mental health advocate. I know her friendly face and voice on the phone will be much missed.

Best wishes, Frances

I enjoyed taking several trips with Sue for NAMI. We always had a great time. Her daughter Joanna and my son Jason have several things in common. Once, we went to visit our children in the state hospital together. They both were in Wichita Falls

at the same time! I've traveled to Houston, Austin, San Antonio, and Seattle with Sue on NAMI business. We always had fun while learning something new. Sue has been a fixture at the NAMI office for several years. She was always quick to help you with your problem. We will miss her, but she deserves to retire and start the next phase of her life! YEAH SUE!!!

Betty Edge

Sue will be missed. Here are other great things said about Sue:

“Sue is a very good front man for NAMI”. “Sue does an excellent job of being the public face and voice of NAMI Tarrant County. She represents us well with other organizations such as the Patient and Family Advisory Council of John Peter Smith Hospital.” “Sue makes people feel welcome at meetings and classes and is dedicated to helping others”. “Sue is loving, caring, very hard working and always sympathetic and empathetic at the right times.” “Sue is very, very knowledgeable about mental health systems in Tarrant County”. Sue works super hard and brings a wealth of experience knowledge and wisdom to her job”. “Sue checks voicemail and responds quickly”. “Sue

Valuable asset due to retire from NAMI Office (Continued from Page 2)

helps get people to and from home, events and works untold volunteer hours” “I wish Sue could have an office helper to help so that her skills and processes could be shared and consequently more people will be helped”.

Sue has been a great asset to NAMI Tarrant County, she will be missed greatly.

Please join us on June 16th at our General Meeting while we celebrate Sue’s retirement. Our Pot Luck Dinner will be served at 7:30pm. Hope to see you there!

A Binge Eating Disorder Day: Horrible, Terrible, and Troublesome

Posted on December 10, 2015 by Star LaBranche

Yesterday I had a horrible, terrible, troublesome, binge eating disorder day. My day was so awful, I spent all of last night crying and writing, writing and crying (*Binge Eating Disorder and Art Therapy*). I felt defeated, helpless, disappointed in myself, and like an utter failure. After a disturbed night’s sleep, I still don’t feel back to my normal, chipper self. But I got out of bed, put on a dress, went to the tea shop, and started writing this post.

What Happened on the Horrible, Terrible, Troublesome, Binge Eating Disorder Day?

My bad day, my horrible, terrible, troublesome, binge eating disorder day, started out with me panicking. My work had not been going well for a while and as I looked over a report, I saw just how far in the red I was. I had been working so incredibly hard, dedicating myself to my task, learning more and more about how to be successful in this business, and the results were not there. I felt defeated before I even left the house.

I needed to go to Costco to get protein shakes and when I got there, utter terror overtook me. I had no food in the fridge, I was running low on funds for the month, and I was armed with the American Express card that I only use at Costco. I loaded my cart with entirely too much food for someone who has an eight ounce stomach due to gastric weight loss surgery.

In the chip aisle, I found myself crying while I put a gigantic bag of Doritos into my cart because I was unable to stop myself. When I picked up a package of 18 slices of naan bread, my brain told me this wasn’t a bad idea at all, this was a challenge to finish the package by myself (*Binge Eating Disorder’s Intrusive Thoughts*).

Everyone Has Horrible, Terrible, Troublesome, Binge Eating Disorder Days

It would be great to say days like this will be so rare that writing about horrible, terrible, troublesome binge eating disorder days will just be a once-in-a-lifetime encounter. But they’re not. Everyone encounters days like this and when you are in recovery, no matter how well you’re doing, one could still happen to you. It’s important to learn how to cope after a binge.

So How Do You Deal With The Aftermath Of A Horrible, Terrible, Troublesome Binge

**“If you’re in the luckiest
one per cent of
humanity, you owe it to
the rest of humanity to
think about the other 99
per cent.”
— Warren Buffett**

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
Family Support Group

June 6 / No July Meeting
First Monday of every month

7:00 to 8:30 pm
White's Chapel United
Methodist Church

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
Family Support Group

June 13 / July 11
Second Monday of every month

6:30 to 8:00 pm
First Baptist Church

300 Old Decatur Road, Saginaw. Park on the East., enter East door. Follow signs inside church.

NAMI TC, Johnson County 76058
Family Support Group

June 9 / July 14
Second Thursday of every month

7:00 to 8:30 pm
Joshua City Library

Located on the High School Campus in Joshua, on Highway 174

NAMI TC, Ft. Worth-76109
Family & Peer Support

June 16 / July 21
Third Thursday of every month

6:00 to 8:30 pm
University Christian Church by TCU

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
Family Support Group

June 30 / July 28
Last Thursday of every month

7:00 to 8:30 pm
Trinity UMC,
Arlington

Trinity UMC, 1200 West Green Oaks Blvd. Enter at south door. Room C-208 on the 2nd floor

***H.O.M.E., NRH 76180**
Peer and Family Support

June 12 & 26 / July 10 & 24
Second and fourth Sundays

5:00 to 7:00 pm
The Hills Church of Christ,
North Richland Hills

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**
Peer and Family Support

Every Tuesday

6:00 to 8:00 pm
First United Methodist Church Weatherford

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.

Blackberry Sweet Tea

Ingredients

3 cups fresh or frozen blackberries, thawed
1 1/4 cups sugar
1 tablespoon chopped fresh mint
Pinch of baking soda
4 cups boiling water
2 family-size tea bags
2 1/2 cups cold water

Garnish: fresh blackberries

Preparation

1. Combine blackberries and sugar in a large container, and crush with a wooden spoon; stir in mint and baking soda.
2. Pour 4 cups boiling water over tea bags; cover and steep 5 minutes. Discard tea bags.
3. Pour tea over blackberry mixture; let stand at room temperature 1 hour. Pour tea

Snack Time

What are you craving? Feeling nibbly? Try these quick and tasty tidbits Sweet, spicy, crunchy or chewy — what do your taste buds desire? No matter your snack-attack craving, here are a few tasty — and healthy — options.

3 tips for smart snacking

1. Make nibbling count. Enjoy healthy snacks that help fill gaps

in your diet. For example, fruits, veggies and whole grains provide needed fiber.

2. Watch portion sizes. Calories can add up, even when you're making healthy choices.
3. Stock healthy snacks at home and work. That way, when hunger hits, you'll have them

How to Afford Mental Health Treatment (Continued from Page 5)

There are many reasons why people can't afford mental health treatment. For example, they may not have insurance. I lost my life savings after I was hospitalized for 10 days without Insurance. And when I finally went on Medicare for disability, I found I couldn't afford the co-pay. This led to a vicious cycle—my mental health provider cut back on treatment because I couldn't pay for it, which caused me to need more treatment, which I only got in an emergency setting, which led to further financial hardship.

We as consumers need to advocate for parity. We should push for insurance to cover mental health the same way it covers physical health. There should not be a cap on mental health benefits if there is no similar cap on physical health benefits. There should be no difference between inpatient and outpatient services. People should not be forced to choose between food and medication, or rent and medication. We need mental health care reform and we need it three weeks ago.

How to Afford Mental Health Treatment (Continued from Page 6)

No one should have to set up a GoFundMe page to get mental health treatment, just as how no one should have to set up a GoFundMe page for physical health treatment so they don't die.

Check for a Sliding Scale to Afford Mental Health Treatment

Many community mental health centers have a sliding scale for treatment. A sliding scale means they look at your income and decide how much you can pay. This is great for people with no insurance. However, having insurance can complicate this. For example, when I was uninsured, I paid \$10 a session. When I got Medicare disability, the treatment facility was required by federal law to charge me more—something like \$45.77. I could not afford this, so I cut back on treatment.

Going on Medicaid disability made mental health treatment affordable again—what Medicare doesn't cover, Medicaid disability usually does. This has helped me to get the services I need. There is a catch, however—I am limited in what I can make. If I make too much money, I lose my Medicaid. This basically guarantees I will live in poverty short of a miracle. We need to reform this. No one should have to worry about how to get mental health treatment and still make ends meet.

Other Resources to Help Afford Mental Health Treatment

There are other free or low-cost resources available. They include:

Support groups

Employee-assistance plans

Psychology departments at local universities

The National Alliance on Mental Illness (NAMI)

Mental Health America (MHA)

Mental health apps such as ACT Coach and Breathe2Relax available for your cell phone

Houses of worship

Websites such as HealthyPlace

There are many options for affordable mental health treatment, ranging from the traditional self-help books, group therapy, to paying next to nothing on a sliding scale. Do whatever works for you. You're worth it. You're a human being who deserves the best help a therapist can offer. Don't give up.

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Flower of the Month: The Rose

The **rose** is not only the name of a beautiful flower and much loved song; it is June's birth flower. Roses are usually found in the Northern Hemisphere and available in a wide range of colors. In learning about early civilizations, as far back as 5,000 years ago, it is believed that the people grew roses. Early roses from these gardens were very likely wild species although there is evidence that selected varieties were also being grown.

Roses from China were believed to have been cultivated as far back as the first millennium A.D. The breeding of roses started in the 17th century in Europe and new species were introduced, aiding in encouraging more and more cultivation. When the China rose was introduced in Europe around the 19th century it led to an explosion of breeding. Part of this increase in variety of roses has been credited to Empress Josephine of France who supported the practice in her gardens at Malmaison.

Legends involving the rose include one that states Cupid, son of Venus, shot arrows accidentally into a rose garden when he was stung by a bee. The resulting 'sting' from the arrows is what gave the flower its thorns. The second part of that myth is that when Venus pricked her foot on a thorn while walking in the garden, blood droplets from her wound are what gave the red rose its color. Latin 'rosa' and Greek 'rhodia' are the words that led to the naming of the rose. Hidden messages of roses include "I Love You" (red), "I am worthy of you" (white), "you are my secret love" (orange), "I am not worthy of your love" (yellow), "we are inseparable" (white and red), and "please believe me" (pink).

Jennifer N.



Changing Minds One Step at a Time

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