

Meet your board: Chris Janvier

We'd like to introduce one of your newest board members Chris Janvier. Chris has been married to Wendy for 20 years and they have 2 children, Samuel (18) and Emily (16). They reside in North Richland Hills.

Chris served the community as a law enforcement officer for 8 years. While employed in law enforcement, Chris earned his Bachelor of Science Degree in Criminal Justice from the University of North Texas. In 1995, Chris left law enforcement and became an insurance fraud investigator.

As hobbies, Chris enjoys acting, dancing, cooking, photography, and sports. Chris has appeared on several TV shows and performs in local community theaters.

About 16 years ago, Chris was diagnosed with bipolar disorder, anxiety, and ADD. This diagnosis was both shocking and a relief as it explained a lot of what was going on in his life. The diagnosis was kept a secret for a long time, kind of a self-imposed stigma. Those who live with a mental illness tend to be the first to stigmatize themselves.

The first place Chris' illness was revealed was in a Sunday school class. When having a mental health crisis statistics show that people go to places of faith first for help. Chris' disclosure was met with a common response from those of faith, it's spiritual not physical. The illness was not discussed for a long time within a church setting.

Several years ago, Chris and Wendy decided that faith is an important part of recovery for Chris and coping for Wendy. They decided that at some time they would start a support group based on the principle of Hope through faith. Little did they know that their timing was not the timing that they would be shown. In 2014, Chris disclosed his illness to an employer and was again met with the stigma that is so prevalent in our society. This time though, Chris did not shut down even though

**To one who has faith,
no explanation
is necessary.
To one without faith,
no explanation
is possible.**

~ St. Thomas Aquinas

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Special points of interest:

- **Family-to-Family class began Feb 17 in Grapevine.**
- **Peer-to-Peer class to begin March 29 in Fort Worth. Contact the office to register.**
- **NAMIWalk 2016 October 1 Trinity Park**

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Monthly General Meeting, March 17

Topic: Medication Compliance

Guest: Mary Seale

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

Special Dinner: St. Patrick's Day Pot Luck

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

We are stronger than stigma, but until more celebrity role models openly discuss mental illness we will still be stereotyped as less than capable, by an upside down world that thinks reality television is actually normal behavior.

~Shannon L. Alder

Meet your board: Chris Janvier (continued)

he was later terminated. During the trials that led up to termination, Chris and Wendy were led to start a faith based support group called H.O.M.E. (Hope Overcomes Mood disorders Everyday). H.O.M.E. helped Chris through the rough time of losing a job and has become a source of inspiration to live openly with his illness.

Chris became aware of NAMI after Wendy attended the Family-to-Family class. This led to Chris attending the Peer-to-Peer class and becoming an *In Our Own Voice* presenter. Chris wanted to serve those living with a mental illness and their loved ones further so he accepted a position on your board.

During this term, Chris hopes to help NAMI Tarrant County grow by expanding

further in areas that are not being reached today. Also, NAMI has a faith component called *FaithNet*. Within *FaithNet* there is a program called *Bridges of Hope* that Chris hopes to be able to present to area churches.

Chris served on last year's NAMIWalks committee in a public relations role. This year Chris will be NAMIWalk Committee Chair.

This upcoming year will be an exciting one for NAMI Tarrant County. Chris hopes that more people will become involved and further the mission of NAMI Tarrant County of *Improving the quality of life for all affected by mental illness, to support their recovery, and to eradicate the stigma and misconceptions of mental illness.*

Showing Empathy and Understanding to Those Who Need Help

By Emily Brooks | Dec. 16, 2015



In the midst of it all, there is NAMI. You may wonder, "How is NAMI different from everyone else?" Although it may be our first time speaking with you, we know that NAMI could be the 15th number you've called today. It's understandable to feel jaded and lower

our expectations after encountering much of the same. NAMI is distinct from other organizations not because of what we offer, but how we offer it. Here at NAMI, we're not professionals, doctors or lawmakers—we're folks living with a personal connection to mental illness, and we know what it's like.

When you call NAMI, we offer connections to local outreach and support. More importantly, though, we try to offer hope. Nothing's worse than being put on hold, transferred, or added to an endless queue. When you call NAMI, we want you to feel heard, to know that your call is important, and to can gain something meaningful through our conversation.

The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen.

~Elisabeth Kübler-Ross

Say It, Feel It, Believe It.

Say it. Feel it. Believe it.

Choosing a morning mantra

Help set the tone for your day by repeating a mantra. Let it be a soothing or positive message that speaks to you.

Happy

*Today is a joyful day.
Let me light up
the day with smiles
and laughter.*

Loving

*I listen attentively,
patiently, quietly.
I choose love.*

Calm

*I give worries wings and release them.
Everything will be OK — this I believe.*

Confident

*Within me I have
everything I need.
I am positive
and powerful.*

Grateful

*I am full
of thanks
for all I
hold dear.
In nature,
I rejoice.*

Peaceful

*Let go of pain — make room for peace.
I am open to forgiveness.*

Inspired

*I share my light
and reflect
others' too.
All things are
possible.*



The information provided here is for general informational purposes only and not intended to be nor should be construed as medical or other advice. You should consult your own doctor and/or an appropriate professional to determine what may be right for you.

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**Be careful how
you are talking
to yourself,
because you are
listening.**

~Lisa M. Hayes

**I am enough.
I am full of sparkle
and compassion.
I genuinely want to
make the world
a better place.
I love hard.
I practice kindness.
I'm not afraid of the
truth. I am loyal,
adventurous,
supportive and
surprising.
I am enough.
I make mistakes,
but I own them and
learn from them.
Sometimes I make a
lot of mistakes.**

~Molly Mahar

Whose Fault

Too often I have rued, lamented,
the fact that I am so demented.
I wonder what the reasons are
that cause me to be so bizarre.
While other people act quite sane
I do strange things that are inane.
Against my plight I've raged and railed;
I've grieved, protested, shrieked and
wailed.

I've searched for someone else to name
as culprit at whom I can aim
my wrath and righteous condemnation,
but to my shock and consternation
no one appears to take the blame
and critics sometime dare to claim
that it's my fault I am so weird—
exactly what I most have feared!

~Tom Greening

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

~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>	March 7 / April 4 <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>	March 14 / April 11 <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>	March 10 / April 14 <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>	March 17/ April 21 <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>	March 31 / April 28 <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-208 on the 2nd floor

*H.O.M.E., NRH 76180 <i>Peer and Family Support</i>	March 13 & 27 / April 10 & 24 <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—MARCH 17

Topic: Medication Compliance

Speaker: Mary Seale

Thursday, March 17

Support Groups at 6:00 pm

General Meeting and St. Patrick's Day Pot Luck Dinner at 7:30 pm

Sandcastles

On December 13, 2015

By Mandy Cowly

I've been sitting here on the beach for what feels like decades.
My fingers are bleeding and peeling from filling and refilling and refilling my bucket with the scalding sand.
My skin is blistering under the hot sun and the sweat is running down my face, my eyes stinging as it drips off my brow.
The enormous castle that stands in front of me has been a labor of love and loathing, But it is elaborately beautiful now.
The patterns I've carved into the towers are so complex that I get lost in them sometimes. It took me hours and hours and hours to get it just right.
The parts had to go together in the most perfect way.
Sometimes the sand crumbled and I was forced to start again.
Sometimes the castle didn't look just right and I was forced to start again.
Sometimes a passerby that I trusted stomped all over the castle and I was forced to start again.
But despite all of that, I've built it.
As I step back to admire the work I've created, I realize the sun is setting.
My heart begins to race as I watch the waves move closer and closer and closer to what I've built.
All my hard work,
All my effort,
Everything I've worked for,
Is about to be dragged out to the sea.
It's all slipping away.
It was all for nothing.
And tomorrow I will be forced to start again.
I am the sea I drown in.
And over and over and over again the darkness pulls me under.
But tomorrow,
I suppose tomorrow I will start again.

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.

**We never taste
happiness in
perfection, our most
fortunate successes
are mixed with
sadness.**

~Pierre Corneille

**Success is the result
of perfection, hard
work, learning from
failure, loyalty, and
persistence.**

~Collin Powell

**Success is stumbling
from failure to failure
with no loss of
enthusiasm.**

~Winston Churchill

**The best way out is
always through.**

~Robert Frost

Baseball is like driving, it's the one who gets home safely that counts.

~Tommy Losarda

Get on a daily routine... Working is a process not a product.

Success comes from the word, succeed:

Latin: 'to undergo.'

You must keep moving.

~Nicoletta Baumeister

If everything else fails, read the instructions.

~Unknown

FDA Basics: Over-The-Counter Medicines and Driving

Do you know that some common over-the-counter (OTC) medicines may cause drowsiness or impair your driving? Some of the OTC medications that can cause drowsiness and impair driving may surprise you.

FDA's Center for Drug Evaluation and Research (CDER) hosted a 30-minute webinar to communicate these risks. The webinar can be found at <http://www.fda.gov/AboutFDA/Transparency/Basics/ucm402791.htm>.

The featured speaker, Dr. Ali Mohamadi, a medical officer on CDER's Professional Affairs and Stakeholder Engagement staff, discussed OTC medicines that can cause drowsiness or impair driving. Also,

he explained how to read the label on over-the-counter medicines to see if it is safe to drive.

A Webinar hosted by the FDA on this topic is available at <http://www.fda.gov/AboutFDA/Transparency/Basics/ucm471814.htm>. In this webinar, CDR Kendra Stewart, R.Ph., Pharm.D. (USPHS) and acting Supervisor of the Orange Book Staff talks about generic drugs and how FDA works to assure they are as safe and effective as their brand-name counterparts. CDR Stewart will also describe the Orange Book and how health care professionals and other stakeholders can use this tool and its new mobile app to access information about generic drugs.

8 Tips to Sticking to Your Medication Routine

Sticking to your medication routine (or medication adherence) means taking your medications as prescribed – the right dose, at the right time, in the right way. Why is doing these things important? Simply put, not taking your medicine as prescribed by a doctor or instructed by a pharmacist could lead to your disease getting worse, hospitalization, even death.

Tips to Help You Take Your Medicine

Taking your medicine as prescribed or medication adherence is important for controlling chronic conditions, treating temporary conditions, and overall long-term health and well-being. A personal connection with your health-care provider or pharmacist is an important part of medication adherence. "Because your pharmacist is an expert in medications, they can help suggest how best to take your medications," says DeFronzo. How-

ever, you play the most important part by taking all of your medications as directed.

Here are 8 tips that may help:

- 1) Take your medication at the same time every day.
- 2) Tie taking your medications with a daily routine like brushing your teeth or getting ready for bed. Before choosing mealtime for your routine, check if your medication should be taken on a full or empty stomach.
- 3) Keep a "medicine calendar" with your pill bottles and note each time you take a dose.
- 4) Use a pill container. Some types have sections for multiple doses at different times, such as morning, lunch, evening, and night.
- 5) When using a pill container, refill it at

8 Tips to Sticking to Your Medication Routine-continued

the same time each week. For example, every Sunday morning after breakfast.

- 6) Purchase timer caps for your pill bottles and set them to go off when your next dose is due. Some pill boxes also have timer functions.
- 7) When travelling, be certain to bring enough of your medication, plus a few days extra, in case your return is delayed.
- 8) If you're flying, keep your medication in your carry-on bag to avoid lost luggage. Temperatures inside the cargo hold could damage your medication.

**Mental Illness:
You're still you.
It doesn't change
who you are.**

~ Unknown

What to Look for:

People can experience different types of mental health problems. These problems can affect your thinking, mood, and behavior. This is article two of a series of five from MentalHealth.gov that covers some of the common warning signs that someone you know may have a problem.

Eating Disorders

Eating disorders involve extreme emotions, attitudes, and behaviors involving weight and food. The most common eating disorders include:

- Anorexia Nervosa
- Binge Eating
- Bulimia

Mood Disorders

These disorders, also called affective disorders, may involve:

- Feeling sad all the time
- Losing interest in important parts of life
- Fluctuating between extreme happiness and extreme sadness

The most common mood disorders are:

- Depression
- Bipolar Disorder
- Seasonal Affective Disorder (SAD)
- Self-harm

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

~ Unknown

Volunteers

NAMI Tarrant County thrives because of our members, our volunteers. Since, our programs are free to the community, you, our members are the lifeblood of this organization.

We are currently seeking several different types of individuals to volunteer so that NAMI Tarrant County can come closer to achieving its goals of education, support

and advocating on behalf of all those with a lived experience of mental illness.

We Need:

People willing to make phone calls

People willing to deliver brochures

People willing to write about their experiences for the newsletter

**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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Peanut Noodles

March is National Noodle Month and National Peanut Month. Try this American take on a Thai classic. I add chopped peanuts at the end for extra texture.

- Prep: 10 m
- Cook: 15 m
- Ready In: 25 m

INGREDIENTS

8 ounces spaghetti
1 bunch green onions, sliced (white parts only)
2 tablespoons sesame oil
1 teaspoon minced fresh ginger root
1/3 cup peanut butter
1/4 cup soy sauce
1/4 cup hot water
1 tablespoon cider vinegar
1 teaspoon white sugar
1/4 teaspoon crushed red pepper flakes



DIRECTIONS

- Cook pasta in a large pot of boiling water until done. Drain.
- Meanwhile, combine oil and onions in a small skillet. Saute over low heat until tender. Add ginger; cook and stir for 1 to 2 minutes. Mix in peanut butter, soy sauce, water, vinegar, sugar, and red pepper flakes. Remove from heat.
- Toss noodles with sauce, and serve.



Changing Minds One Step at a Time

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