

MEMBER FIRST, DIAGNOSIS SECOND

NAMI Tarrant County's mission is "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 key point for me in this statement is "for ALL affected by mental illness" this phrase encompasses everybody; those diagnosed, family members, and friends. When I first joined NAMI I only identified as a person with a diagnosis, but the reality is that I am also a family member, with members of both my immediate and extended family having diagnosis. Now, that my circumstances in life are slowly changing I find myself needing the resources that NAMI provides for family members.

What I have come to realize is that we have these two amazing distinct groups of people working towards similar goals, but often separately. For obvious reasons we have separate support groups and even provide separate education classes (Family-to-Family and Peer-to-Peer). These groups and classes provide a safe place to express our feelings and learn about our different perspectives in dealing with the monstrosity that is mental illness. But, NAMI also provides time where we can all come together, learn together, advocate together and even have fun together.

My greatest wish is that when we come together, combining these two amazing groups of passionate people we shed our labels of family members and peers and call ourselves friends and members. We are all here for similar reasons; support, education, advocacy and the spreading of hope. Our organization wants to grow, offer more programs, more support groups and more opportunities, to do that we need to work together. We need you as much as you need us.

NAMI is a grassroots organization, that means we are formed by the people wanting to make a change. We exist and are made up by you, the members. If there is a change you want to see happen within our organization, if there is something you need, or if you have an idea, Speak Up! Make your voice heard!

I invite everyone to choose forgiveness rather than division, teamwork over personal ambition.

~ Jean Francois Cope

Special points of interest:

- **NAMIWalk Committee Meeting**
Mon, May 16
- **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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Monthly General Meeting, May 19

Topic: Stepping Up Initiative

Support Groups: 6:00 p.m.

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

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

Learn from yesterday,
live for today, hope for
tomorrow. The
important thing is not
to stop questioning.

~ Albert Einstein

We make a living by
what we get. We
make a life by what
we give.

~Winston Churchill

It is important not to
allow ourselves to be
put off by the
magnitude of others'
suffering. The misery
of millions is not a
cause for pity. Rather
it is a cause for
compassion.

~Tenzin Gyatso,
14th Dalai Lama

MEMBER FIRST, DIAGNOSIS SECOND

NAMI Tarrant County has opened my eyes to the many facets of mental illness, has introduced me to amazing people who I am now proud to call my friends and has allowed me to find courage to advocate openly and speak frankly about my life experiences. Let's work together so that more

people can have positive experiences and find hope again!

Please contact the office or a board member if you have ideas, requests or would like to volunteer your time.

-RML

Are Old Magazines Taking Over Your House?

Recently, I visited a public mental health clinic and noticed an impressive, circular magazine rack in the corner. It looked to be able to accommodate close to 60 publications, but...it was almost entirely empty.

We all have suffered the pangs of waiting rooms and weren't we grateful for some glossy circular or ad to draw our attention and make the time pass more quickly?

If you have old magazines that are piling up around your house, why not take them to one of your neighborhood clinics and leave them? You can cross out your name/address information with a black marker and even cover that area with a white label (available from any office supply store).

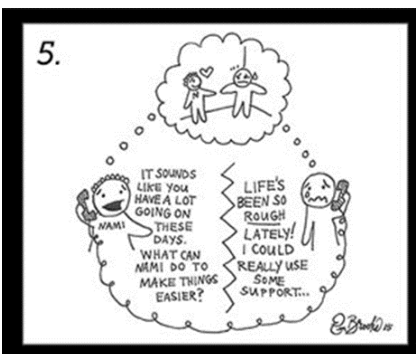
I've begun to scour my home for any other

readable material: newspaper comics (I'm a BIG cartoon fan!), sports pages, health brochures, community information sheets, weekly grocery ads as well as regular issues like AAA and Angie's List. I don't care if these materials walk off—whoever picks them up was interested enough to want to read them at home. Every week now I stop by that clinic and put out more materials, noting that the rack is, once again, nearly empty.

I feel good that not only am I keeping the paper deluge at bay in my home but those old materials are being re-purposed for someone else who may not have access to much reading material. Try it...I think you'd like it!

Robin Mayne

Showing Empathy and Understanding to Those Who Need Help



When we let our guard down, we make room for empathy and understanding. We must consider that the other person may be coming from a place of fear, confusion or hurt. Although we should validate those feelings, we cannot let them interfere with the quality of our interaction. By imagining how we might react upon encountering the situation in our own lives, we allow ourselves to develop solutions that will be intuitive and accessible.

If we unify our vision for growth, we can partner to accomplish more. NAMI's Education Classes serve as a valuable opportunity to share lessons and skills together. Viewing success as our responsibility to each other, we invest in the conversation. As Shannon L. Alder

Showing Empathy and Understanding to Those Who Need Help

wrote, “When ‘I’ is replaced by ‘We,’ even illness becomes wellness.” At NAMI, we’re here for you. Call us at 800-950-NAMI (6264) from Monday-Friday, between 10 a.m. – 6 p.m. EST.

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

A get-fit trick: Plan your rewards first!

Have your eyes on the prize — as you move toward your fitness goals

Call it an incentive plan: You pay yourself with nice delights for moving more.

Of course, regular exercise has its own impressive rewards built in. It helps you feel your best, boosting both health and happiness.

But a little extra motivation doesn't hurt — especially if you're just starting a fitness journey.

Small perks, big progress

First, decide what your goals should be — and write them down. Try to be both realistic and specific about milestones and time frames. It's OK to start small. That way, you can build on your success as you go.

Then, here comes the fun part: Plan your rewards.

Aim to treat yourself regularly — perhaps weekly or every two weeks. And pick good

-for-you payoffs. You want your rewards to inspire without hurting your healthy efforts.

You can base your incentive plan on your current fitness level and budget. But here are a few ideas for inspiration:

You can build rewards into your workouts too. While you exercise, you might:

- ✦ Listen to an audiobook or podcast
- ✦ Watch your favorite movies or TV shows
- ✦ Choose a setting, such as a scenic park, that you enjoy

Keeping score

Track your progress on your calendar or in a notebook. Or use our worksheet. If you miss your target sometimes, don't lose heart — or momentum. Just get back on track.

**A goal without a plan
is just a wish.**

**~Antoine de Saint-
Exupéry**

**Someone's sitting in
the shade today
because someone
planted a tree a long
time ago.**

~Warren Buffet

Reach your Goal

Do a DVD or online workout after work

Get to the gym 3x a week

Walk 30 min. a day, 5 times a week

Work up to 20 pushups

Do strength workouts twice a week for a month

Workout with a buddy over the weekend

Earn a Prize

Relaxing soak in a warm bath

New water bottle or workout music

Buy a favorite magazine

Movie tickets

New workout gear, a massage, or a facial

Window shopping and a fruit smoothie

**Strength does not
come from winning.
Your struggles
develop your
strengths. When you
go through hardships
and decide not to
surrender, that is
strength.**

**~Arnold
Schwarzenegger**

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

May 2 / June 6
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
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

May 12 / June 9
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

May 19 / June 16
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

May 26 / June 30
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

May 15 & 22 / June 12 & 26
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.

MONTHLY MEETING—MAY 19

Topic: Stepping Up Initiative

Thursday, May 19

Support Groups at 6:00 p.m.

General Meeting and Sandwich Smorgasbord Pot Luck Supper at 7:30 p.m.

START TODAY: A 4-WEEK PLAN FOR MORE ENERGY

Do you feel like a 25-watt bulb in your 150-watt life? If so, maybe it's time to shed some light on your personal energy crisis — and create a plan for recharging. Here are some simple — but powerful — ideas to give you a boost.

Week 1: Food — the juice that runs you Make sure you're getting premium fuel. This week, take steps toward eating for more energy — and better health. Plan ahead. Map out a week of healthy meals and snacks. Break for breakfast. Your brain and muscles need morning fuel after hours without food. This three-part combo can provide the energy and nutrients you need: a whole grain plus fruit and a source of lean protein — for example, oatmeal with berries and low-fat or fat-free yogurt.

Week 2: Sleep — your renewable energy source When you don't snooze, you lose — energy, that is. So this week, focus on getting the rest you need. Keep a bedtime. Slip between the sheets at the same time each night. Most adults should aim for seven to eight hours of slumber. Keeping your bedroom dark, quiet and cool can help you drift into dreamland. Squeeze in a short power nap — if you find it helps. But it's best to do this in the early afternoon — not too close to bedtime.

Week 3: Exercise — the pep in your step A brisk walk can be a great go-to energy booster. And over time, getting more fit can mean having more energy. This week, begin to move more. Put it on your daily calendar — as nonnegotiable appointments. Pressed for time? Start with 10-minute sessions worked into your day — and build from there. Recruit a buddy. Maybe the two of you could give salsa lessons a whirl or stretch your limits in a yoga class. Or how about reprising a childhood favorite? Maybe you loved to bicycle, swim or play basketball. You're more apt to keep doing an activity you truly enjoy. For safety's sake, talk with your doctor before significantly increasing your level of physical activity.

Week 4: Energy siphons — your vitality drainers This week, make some positive changes to help keep your zip from getting zapped. Unwind daily. Take a few minutes each day to de-stress. Whether you journal, do crosswords, putter in the garden or just enjoy a quiet moment, it can be revitalizing.

Say "No more." Snuff out bad habits that are dragging you down. For example, if you smoke, seek help. Make an appointment with your doctor to talk about the options available to help you quit. Finally, as you make energy improvements, remember to be patient if you have setbacks. It takes time for new habits to click on for good.

Early to bed and early
to rise, makes a man
healthy wealthy and
wise.

~Benjamin Franklin

The greatest wealth is
Health.

~Unknown

Those who think they
have no time for
exercise will sooner or
later have to find time
for illness.

~Edward Stanley

Life expectancy would
grow by leaps and
bounds if green
vegetables smelled as
good as bacon.

~Doug Larson

I now see how owning
our story and loving
ourselves through
that process is the
bravest thing that we
will ever do.

~mind.org.uk

Surviving a
psychiatric crisis is
one thing.
Overcoming one is
something completely
different.

~ Unknown

Mental illness
is not a choice, but
recovery is.

~ Unknown

The struggle you're in
today is developing
the strength you need
for tomorrow. Don't
give up.

~ Unknown

Mental Health is a Public Health Issue

Providing for and supporting good mental health is a public health issue just like assuring the quality of drinking water or preventing and managing infectious diseases. Communities prosper when the mental health needs of community members are met. Unaddressed mental health issues can have a negative influence on homelessness, poverty, employment, safety, and the local economy. For young people, mental health is influenced by a web of interactions among the young person, the family, child service systems (school, health, foster care), and the neighborhoods and communities in which they live.

Approximately one in five Americans will have a mental health problem in any given year, yet only a little over one in three people with a mental health problem will receive mental health services.

Over 38,000 Americans died by suicide in 2010, making the number of Americans who die by suicide more than double the number who died by homicide.

One-third of individuals with severe mental illnesses who receive community mental health services after lengthy stays in a state hospital achieve full recovery in psychiatric status and social function, and another third improve significantly in both areas.

Of the more than six million people served by state mental health authorities across the nation, only 21 percent are employed.

Supported employment programs that help people with the most serious mental illnesses place more than 50 percent of their clients into paid employment.

Between 2007-2009, the average expenditure per adult ages 18-26 for the treatment of mental health disorders was about \$2,000. Of this population, average expenditure for treatment of mental health problems was higher for young adults ages 18-21 estimated at \$2,300 per year than for those ages 22-26 estimated at \$1,800.

In 2006, 186,000 young adults received social security disability benefit because their mental ill-

Did You Know?

Homelessness, Mental Health, and the Community

From the January 2010 HUD Point-in-Time (PIT) counts, Continuums of Care reported that:

- 26.2 percent of sheltered adults who were homeless had a severe mental illness, and
- 46 percent of sheltered adults on the night of the PIT count had a chronic substance abuse problem and/or a severe mental illness.

Prejudice and discrimination associated with mental and substance use disorders create enormous housing challenges for these individuals.⁴³

Mental Health is a Public Health Issue

ness was so severe that they were found to be unable to engage in substantial gainful activity.

Serious mental illnesses cost the U.S. an estimated \$193.2 billion in lost earnings per year. Effective nationwide school-based substance abuse prevention programming can offer states savings within 2 years ranging from:

\$36 million to \$199 million in juvenile justice

\$383 million to \$2.1 billion in education

\$68 million to \$360 million in health services

One of the most scariest thing in life, is when you come to the realization that the only thing that can save you is yourself.

~ Unknown

Days

When you weren't anyone. Days gone undercover.
Days half-dead in half-light, days under the covers

Days hoping for a dawn that wouldn't come, days nights
and the sun a dull, faded thing seen through nights

Of curtains drawn through days of nothing but you, you
being the last thing you'd want to think about, you

Ben Wilkinson

She was like the moon... part of her was always hidden.

~ Unknown

The Catch

For you, the catch wasn't something caught:
not word or contender, attention or fire.
Not the almost-missed train, or the sort
of wave surfers might wait an entire
lifetime for. Not the promise that leaves
the old man adrift for days, his boat
creaking, miles offshore. Nor what cleaves
the heart in two, that left your throat
parched and mute for taking pill
after yellow-green pill, the black-blue
taste the price you paid to kill
the two-parts sadness to one-part anger.
No. The catch was what you could never
let go. It's what you carried, and still do.

Ben Wilkinson

Mental illness is like fighting a war where the enemy's strategy is to convince you that the war isn't actually happening.

~ 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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Flower of the Month: Lily of the Valley

Lily of the valley is comprised of small bell shaped flowers that mostly come in white with a very strong, pleasant fragrance. They are perennials, which means that they come back every year. These flowers can be planted in one area but then they can spread to the point of taking over your garden.

Lily of the valley is a highly poisonous, woodland plant and survives the best in the Northern hemisphere of Asia and Europe. They usually bloom in late spring, however, in climates with a mild winter they could bloom in March. This flower enjoys hanging out in the partial

shade while still enjoying some of the summer sun. These plants have received a mark of quality award called the Award of Garden Merit (AGM) due to its scented flowers and its ground-covering abilities in shady locations.



Changing Minds One Step at a Time

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