

**Special points of interest:**

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

**NAMIWalks**

Join us for NAMI Tarrant County's 8th Annual Walk. This year's theme is "Brighten Our Path!"

We are a rain or shine awareness event!

Come join friends, family and the community to brighten the light and share HOPE for recovery.

**October 1, 2016**

**7:30 Check-In**

**9:30 Step-Off**

Location:

Pavilion  
2201 W. 7th St.

In same area as the Fort Worth Police and Firefighters Memorial

Plenty of parking at Farrington Field off University Dr.

Look for lime green balloons.

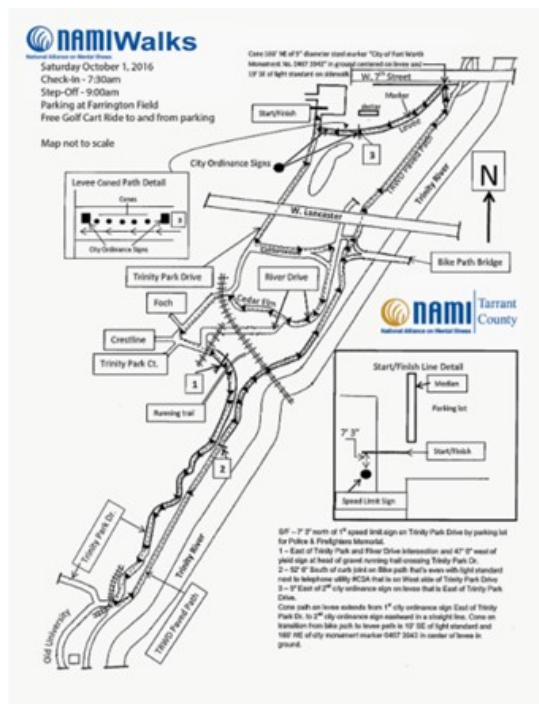
5K=3.2 miles

Pet friendly event, strollers, wagons, bicycles are welcome.

**Register your Team**

[namiwalks.org/tarrantcounty](http://namiwalks.org/tarrantcounty)

Team Captains are important to NAMIWalks and NAMI



*There are two 'i's' in Fundraising – they should stand for INSPIRATION and INNOVATION, not imitation and irritation.*

— Unknown

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**Monthly General Meeting, September 15**

**Topic: NAMIWalks, Julia Webb, Walk Manager**

**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

### September

- **9/3**  
**Taylor Lightsey**
- **9/4**  
**Lizzy O. Williams**
- **9/11**  
**Rashana Opal Buttolph**
- **9/12**  
**B. Joe Wilbanks**
- **9/18**  
**Giovanna White**
- **9/20**  
**Rachel M. Lubke**

If you would like to be added to the birthday list please email

[newsletter@namitarrant.org](mailto:newsletter@namitarrant.org)

**Stewardship at its best engages donors with the impact and outcomes of their investments of time, wisdom, expertise, connections, and money.**

— Karen Osborn

## Walk Season (Continued from Page 1)

You are the leaders of our event and bring it success.

Thank You For All you Will be Doing!

Dress groovy, funky, kool, and comfortable.

Below are some key fund raising ideas that you might consider to bring in funds for our NAMIWalk:

- 1) The quickest way to raise donations is through email notifications - set up a team fundraising page online and send the link to your page via email for donations.
- 2) Ask the owner of your company or boss to donate a paid day off to the winner of a drawing. Sell tickets for \$5-\$25 to your co-workers this is an easy way for most companies/businesses to contribute without donating cash.

- 3) Place a collection jar with a personalized label on your desk or at the receptionist desk or break area for "impulse" donations.
- 4) Hold a 50/50 opportunity drawing for a certain time, like a week or two weeks. Half the money goes to the NAMWalks and the other half goes to the winner of the drawing.
- 5) Houses of worship, professional organizations, and volunteer organizations are great resources. See if you can make a five-minute announcement at their next meeting and pass out personalized pledge form cards with a link to your online Team page.

I hope this helps!!!

Thanks again for your support, and we will see you and your team at our Walk October 1.

## Join NAMI Online

Join NAMI Become a part of NAMI!

Subscribe to the latest mental health updates, participate in an online discussion group, learn how to advocate in your community and add your voice to the NAMI movement.

**There are two ways to become a part of NAMI today:**

- Create a free NAMI.org account to start connecting with NAMI and to get all the latest updates.
- Become a NAMI member for \$35 per year. Membership is at all three levels—national, state and local.

**Create an account**

Benefits of a free account include:

- Subscribe to content of interest to you, such as NAMINow!
- Connect with others in our discussion groups.
- Manage your profile, preferences and subscriptions.

**Become a member**

All the benefits of a free account, plus:

- Receive the NAMI Advocate magazine.
- Attend the National Convention at a discount rate.
- Online access to member-only content.

## 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](https://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](https://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](https://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](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](https://smile.amazon.com) to return and start your shopping at AmazonSmile.**

*People will forget what you said. They will forget what you did. But they will never forget how you made them feel.*

— Maya Angelo

*Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.*

— Helen Keller

## Brain Basics—Introduction

(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.

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

*A pearl is a beautiful thing that is produced by an injured life. It is the tear [that results] from the injury of the oyster. The treasure of our being in this world is also produced by an injured life. If we had not been wounded, if we had not been injured, then we will not produce the pearl.*

— Stephan Hoeller

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## 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

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<b>NAMI TC, Southlake-76092</b> Family Support Group	<b>No Sept Meeting / Oct 3</b> First Monday of every month	<b>7:00 to 8:30 pm</b> White's Chapel United Methodist Church
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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.

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

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<b>NAMI TC, Johnson County 76058</b> Family Support Group	<b>Sept 8 / Oct 13</b> Second Thursday of every month	<b>7:00 to 8:30 pm</b> Joshua City Library
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Located on the High School Campus in Joshua, on Highway 174

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<b>NAMI TC, Ft. Worth-76109</b> Family & Peer Support	<b>Sept 15 / Oct 20</b> Third Thursday of every month	<b>6:00 to 8:30 pm</b> University Christian Church by TCU
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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.**

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<b>NAMI TC, Arlington 76013</b> Family Support Group	<b>Sept 29 / Oct 27</b> Last Thursday of every month	<b>7:00 to 8:30 pm</b> Trinity UMC, Arlington
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Trinity UMC, 1200 West Green Oaks Blvd. Enter at south door. Room C-208 on the 2nd floor

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<b>*H.O.M.E., NRH 76180</b> Peer and Family Support	<b>Sept 11 &amp; 25 / Oct 9 &amp; 23</b> Second and fourth Sundays	<b>5:00 to 7:00 pm</b> The Hills Church of Christ, North Richland Hills
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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

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<b>*Caring Friends, Weatherford 76086</b> Peer and Family Support	<b>Every Tuesday</b> First United Methodist Church Weatherford	<b>6:00 to 8:00 pm</b>
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301 S. Main. In Akard Hall. Enter door at corner of Columbia and College Ave.

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**\*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.**

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## MONTHLY MEETING—SEPTEMBER 15

Topic: NAMIWalks –Julia Webb, Tarrant County Walk Manager

Thursday, September 15

Support Groups at 6:00 p.m.

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

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*Healing doesn't mean the damage never existed. It means the damage no longer controls your life.*

— Unknown

## Brain Basics—Introduction (Continued from Page 3)

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.

*You are just jealous because the voices only talk to me.*

— Unknown

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## Men and Depression: Recognizing the Signs

### Take the first steps to feeling better

It's a time to encourage men to take charge of their health — including their emotional well-being. About 5 percent of American men struggle with depression, according to the National Institutes of Health. It's one of the most common mental health disorders.

Depression is serious. But it's also highly treatable. Still, many men ignore or downplay it — and avoid treatment that could help.

### Beyond sadness

The earlier treatment starts, the more likely it is to work. That's why it's so important to know the symptoms of depression. Persistent sadness is one. But there are others too. They may include:

- ✦ Difficulty sleeping or sleeping too much
- ✦ Changes in appetite — eating too much or not enough
- ✦ Feelings of worthlessness

*At the root of this dilemma is the way we view mental health in this country. Whether an illness affects your heart, your leg or your brain, it's still an illness, and there should be no distinction.*

— Michelle Obama

*If you could only sense how important you are to the lives of those you meet; how important you can be to the people you may never even dream of. There is something of yourself that you leave at every meeting with another person.*

— Fred Rodgers

*The greatest degree of inner tranquility comes from the development of love and compassion. The more we care for the happiness of others, the greater is our own sense of well-being.*

— Tenzin Gyatso

*There are far, far better things ahead than anything we leave behind.*

— C.S. Lewis

## Men and Depression: Recognizing the Signs (Continued from Page 5)

- ✦ Irritability
- ✦ Loss of pleasure in activities once enjoyed
- ✦ Withdrawing from others
- ✦ Fatigue
- ✦ Trouble concentrating
- ✦ Persistent physical symptoms, such as digestive problems, headaches and chronic pain

People with depression may also seek distractions to avoid dealing with their feelings. That might mean working long hours or drinking too much, for example.

If you have any of these signs — lasting two weeks or longer — talk with your doctor.

## How to Afford Mental Health Treatment

Posted on May 30, 2016  
by Becky Oberg

Do you know how to afford mental health treatment? Recently a friend of mine became overwhelmed by her bills for mental health treatment. Desperate for money, she created a GoFundMe page. I was disturbed by this because no one should have to create a crowdfunding page to get treatment for mental illness. The sad thing is she's not the only person I know who has done this. It made me think about how to afford mental health treatment.

### Why People Can't Afford Mental Health Treatment

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.

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.

## How to Afford Mental Health Treatment

### (Continued from Page 6)

#### 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.com

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.

- I. **The typical brain is about 2% of a body's weight but it uses 20% of its total energy and oxygen intake.**
- II. **Your brain is 73% water. It takes only 2% dehydration to affect your attention, memory and other cognitive skills.**
- III. **Ninety minutes of sweating can temporarily shrink the brain as much as one year of aging.**
- IV. **Your brain weighs about 3 pounds. Of that, the dry weight is 60% fat, making your brain the fattiest organ.**
- V. **25% of the body's cholesterol resides within the brain. Cholesterol is an integral part of every brain cell. Without adequate cholesterol brain cells die.**
- VI. **No one knows for sure, but the latest estimate is that our brains contain roughly 86 billion brain cells.**
- VII. **Each neuron connects with, on average, 40,000 synapses.**
- VIII. **All brain cells are not alike. There are as many as 10,000 specific types of neurons in the brain.**

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## **September Birth Flower: Aster**

The Aster is said to symbolize love, faith and wisdom. It blooms in the Fall, although it has daisy-like flowers, it is considered to be an herb. This flower can come in a variety of colors: pink, red, white, lilac and mauve. All of these varieties will be yellow in the center, which makes the Aster a relative of the sunflower. The Greek word for "star" is how this plant was named, as the shape of the flower head resembles one. It was once believed that this flower was a love charm. Another name for this flower has been a Michaelmas Daisy, starwort and frost flowers.

The name "Michaelmas Daisy" makes reference to the blooming of the flower,

which occurs at the same time as the feast of St. Michael; which has become known as the date of beginnings. Asters were said to symbolize the yearning for an end to battle when they were placed on the graves of French soldiers and to others the aster speaks of elegance and refinement. Another myth involves magical fairies who were thought to sleep under the aster petals after they close at sunset and as the plant was ruled by Venus, it was a common ingredient used in love potions and referred to as the "herb of Venus." When celebrating wedding anniversaries, the Aster is used to celebrate the 20<sup>th</sup> wedding anniversary.



### **Brighten Your Path**

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