



NAMI

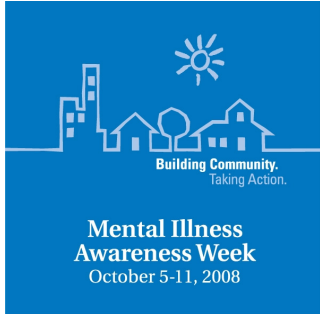
Metropolitan Houston

National Alliance on Mental Illness

September/October 2008

The Education You Need, The Support You Deserve

NAMI Metropolitan Houston Observes 18th Annual MIAW – Mental Illness Awareness Week & Bipolar Disorder Awareness Day



The first week in October is always an important one for everyone in the mental health world. It's Mental Illness Awareness Week, a time to work hard to raise awareness throughout the country through the efforts of groups like NAMI Metropolitan Houston. Established

by Congress and now in its 18th year, Mental Illness Awareness Week takes place this year from October 5-11th. It's a great time to recognize NAMI's efforts to raise mental illness awareness through outreach programs, promote early detection and accurate diagnosis of, and reduce the stigma associated with mental illness.

Marked for special observance during the week is Bipolar Disorder Awareness Day which is set for Thursday, October 9, 2008. BDAD is designated as a special day to encourage further understanding and promote early intervention and treatment for this mental illness.

This year, to recognize MIAW, NMH will focus on bringing the voice of consumers to the professional

community through our new program called In Our Own Voice. This year, program coordinator Ashley Montondon will be scheduling three presentations of IOOV at important venues in the treatment arena during the week.

These presentations, highlighting the experience of two specially trained consumers, offer a glimpse of what it means to live with a mental illness – from the dark days of pain and confusion to the bright hope offered through treatment and support that make recovery a hope and a possibility.

MIAW has become a tradition for NAMI. It presents an opportunity for all three levels of NAMI – national, state, and local – to work together in communities across the country to achieve the NAMI mission through outreach, education, and advocacy.

In addition to the NMH activity during this important week, some of our chapter areas will sponsor awareness activity in local venues. (See Chapter News - page 10)



Bipolar Disorder
Awareness Day
October 9, 2008

Focus on the Community: NAMI Members Appear on Great Day Houston

When Elizabeth Smalling realized that she was having a great deal of difficulty doing her work in college, she was a senior. Always a gifted student, she realized something was definitely wrong. It was the first inkling that she was experiencing symptoms of bipolar disorder. It was an insight she shared with a large audience in the Houston area when she appeared on Great Day Houston on June 24.

Smalling and two other member of NAMI Metropolitan Houston appeared on this popular morning program on KHOU, Channel 11 hosted by Debra Duncan. Duncan focused her entire program on bipolar disorder, bringing knowledge and understanding of this disease to a wide audience in Houston.

Shelley Green, Elizabeth's mother, revealed how distressing she found it when she first learned of her daughter's illness. On the advice of some of her friends, Shelley found herself in a NAMI Family-to-Family class, and this led her to become a Family-to-Family teacher, sharing her knowledge and compassion with other family members. Shelly pointed out that there are more than 100,000 FTF graduates nationwide.

Green and Smalling weren't the only NMH members featured on the program. Finis Hay, also a NAMI member, told Debra Duncan about her experiences with the illness. Her family was a tremendous support for her during many difficult times. Finis is now a NAMI Connection support group facilitator and a Peer to Peer

(Continued on page 9)

Affiliate And Chapter Monthly Meetings (Open to the public)

NAMI Metropolitan Houston Area Chapter Meetings

Contact: 713-970-4419 or local chapters below to confirm meeting times, speaker and programs.

Bay Area (Baytown/Clear Lake/Southeast)

3rd Tuesday of each month at 7:00 p.m.

United Way Service Center, 1300 Bay Area Blvd. at Saturn Dr., 2nd Floor, Clear Lake 77058

Contact: Eileene Chappelle at 281-922-7032 or recasail@sbcglobal.net

September 16: Jack Callahan and Yolanda Rieger - Advocacy, Inc.

October 21: Ashley Montondon will present a program explaining the Peer to Peer program, also a presentation of **IOOV**, "In Our Own Voice"

Central (Bellaire/Houston/Southwest)

2nd Thursday of each month at 7:30 p.m.

Seven Acres Jewish Senior Care Services, 6200 N. Braeswood 77074 (**Note change in location**)

Contact: Susan Raffle at 713-529-5446

6:00 p.m. – Consumer and Family Support Group
7:30 p.m. – Speaker/Program

ALERT: Central Chapter's October general meeting will NOT be on the second Thursday of the month, as it normally is. Due to the Jewish holidays, the date has been changed to the third Thursday, or Oct. 16.

September 11: Mike Erikson – Clinical Team Leader for the Neuropsychiatric Center

October 16: Amy Works, The Gathering Place, a clubhouse for people with serious mental illness in southwest Houston.

November 13: Adrienne Banks, The Right Step, drug and alcohol treatment center

Northeast (Humble/Kingwood)

2nd Monday and 4th Monday of each month at 6:30 p.m.

Lamb of God Lutheran Church, 1400 FM 1960 East Bypass, Humble, TX 77338

Contact: Gwen Coleman, 281-459-1518 or gcoleman2@att.net

6:30 p.m. – Refreshments; 7 p.m.– speaker/program
8:00 p.m. – Consumer and Family Support Groups

August 25: Adrienne Banks – The Right Step

September 8 & 22: To be Announced

Northwest (Cypress/Spring/Tomball)

2nd Tuesday of each month at 7 p.m.

Tomball Community Center, 221 Market Street, Tomball

Contact: Lana Hand at 281-376-5368

September 9: Special Program:

Choices in Recovery - A light meal will be served - pre-register at 713-970-4419

October 14: IOOV - In Our Own Voice program

NAMI Fort Bend

1st Thursday of each month at 7:00 p.m.

St. Laurence Catholic Church, 3103 Sweetwater Blvd., Religious Education Ctr., Small Gathering Room, Sugar Land 77479

Contact: Larry Davis at 281-494-5193 or namifortbend@alltel.net

September 4: IOOV – In Our Own Voice program hosted by Ashley Montondon

October 2: Dr. A. Shoalb – Adult and child mental Health care issues. Question & Answer also.

NAMI West Houston

3rd Monday of each month at 7:15 pm

Memorial Drive Methodist Church, 12955 Memorial Dr., Houston, Room D-126.

September 15: MHMRA's new crisis procedures

October 20: Choices In Recovery

NAMI Metropolitan Houston

a 501(c) 3 non-profit organization

www.namimetrohouston.org

713-970-4419

Email: namimetrohouston@yahoo.com

Board Members

President: Susan Denyes-Moody

Vice President: Vacant

Treasurer: Lana Hand

Secretary: Yolanda Rieger

Board Affiliate and Chapter Representatives:

Dick Easterwood, Northwest

Gwen Coleman, Northeast

Herb Bateman, Bay Area

Susan Raffle, Central

Jan West, Multicultural

Larry Davis, NAMI Ft. Bend

Leslie Gerber, Executive Director

Ashley Montondon, Program Coordinator

Kathy Busby, Admin. Assistant and Newsletter Coordinator

Kathi Gray, Membership and Website Coordinator

President's Message - Susan Denyes-Moody



Our August meeting of the Board was held in our brand new office at 3630 W. Dallas, with the sun streaming in the full wall of glass that looks out on a picnic courtyard and oak trees in the distance. It was a tremendous feeling to sit in that space of our own.

And, to sit in chairs that belong to us, purchased with funding from a United Way grant.

That may seem like a small thing, but as the new president of NAMI Metropolitan Houston, it looks like a sign of progress. And the chairs were there because the immediate past president, Carolyn Hamilton, and son Brett went shopping at Sam's for us. It feels good knowing that Carolyn is still working hard with us, not only as my mentor in learning how to build on her years of leadership, but as an active NMH volunteer. Thanks, Carolyn!

New chairs and a new office aren't the only sign of progress. Our organization is organizing! We have four working Board committees: the Executive Committee that meets between board meetings to keep

things going; the Development Committee that is works hard to build our sponsorship profile; the Program Committee that bolsters all our programs, including outreach; and the Finance Committee that handles the financial responsibilities of the organization.

I am so pleased and honored to have your trust in serving as the president of NAMI Metropolitan Houston. We owe Carolyn a huge debt of gratitude for leading us through the trying times of merging affiliates in 2005, starting the Walk, taking the leap to contract with an executive director and keeping everyone straight with our mission and priorities.

This hard work is allowing us now to begin to reap the rewards. This fall we will be working on the long-held dream of creating a resource center that will offer Greater Houston residents the opportunity to get the materials and help they need to learn about mental illness. We will be hiring a Walk Manager to help the 2009 Walk become even bigger and better. And we will be looking at new ways to collaborate with other peer and family support organizations. Gosh, I'd better get busy! Let me know what YOU would like to do to get involved with us as we continue to grow!

News From the Board of Directors: Strategic Planning Retreat - October 25th

On October 25, the board of NAMI Metropolitan Houston will hold its annual strategic planning retreat, following the board meeting. It's an opportunity for everyone in the affiliate and the community to have a voice in setting priorities for our activity in 2009.

The facilitator for the retreat is Suzanne Hinds, the organizational consultant for United Way. Ms. Hinds has led two previous trainings for the Board, and has been very helpful in offering a friendly outside presence that can smooth the path to the desired goal.

What's ahead in 2009 and even a bit further in the NMH future? Now that the organization is getting used to the relatively new role of holding a significant fundraiser, and our bookkeeping is on target, it's time to create a budget the Board can approve for the year. That will streamline Board meetings, by avoiding the need to approve the budget an item at a time.

We will be creating a new resource center for the public that offers all kinds of possibilities for programming and fundraising in the next several years. What might that look like?

These and other questions will be up for discussion as NAMI Metropolitan Houston charts its course for the year. You don't need to be on the Board to attend, and in fact, this is a good time for input from other members and even from others in the community who know NMH well. Mark your calendars and help us plan.



Ashley Montondon, Don Carruthers, and Nick Lewoczko after their IOOV presentation at the NMH Annual Meeting on 6/21

MHMRA Respect Committee to Create Respectful Environment for All

Have you ever visited a restaurant or other business where the service was so excellent and the employees were so friendly and attentive that you said to yourself, "Wow, I'm going to come here often"?

Well, that's the type of reaction MHMRA wants to elicit from everyone who walks through the door of an agency facility. It's going to be accomplished through a Respect Policy designed to "create a culture of respect with a high degree of satisfaction."

Herb Bateman, the Consumer Council Coordinator for Adult Mental Health, and Sarita Wesley-Scott, Staff Service Administrator in MR Services, are two of a dozen or so members of the committee that have been working on coming up with the agency's Respect Policy.

"A respectful environment promotes healing, hope and family. Respect means putting people first, recognizing every person has an inherent worth and should be seen for their unique qualities, beliefs and values. Respect also means paying attention to what the person is saying and expressing," Bateman says.

Wesley-Scott, who provided the earlier example of getting great service and attention, says an outcome of a Respect Policy being adopted would be creating a place where everyone – consumers, families and even employees – is in an environment where "everyone smiles and speaks to you, so you feel valued."



(Left to Right) Back: S. Suarez, R. Childs, Dr. Quintero, S. Wesley-Scott, M. Chase, H. Bateman, O. Garcia
 (Left to Right) Front : F. Martinez, M. Aquirre, J. Woods, C. Hamilton
 Absent: Dr. S. Hickey, G. Crist, S. Wall, and J. Kantorczyk

"Everyone" is a key word when it comes to the Respect program, as the values included are going to apply to all interactions at agency locations. Consumers, families, employees and even those who do business with the agency will benefit from the values of respectful communication.

In coming up with the Respect initiative, Bateman and Wesley-Scott say the committee studied two cus-

tommer service models of successful corporations such as Disney and Southwest Airlines.

They point out that selection to serve on the committee was considered an honor as well as a personal compliment in that those selected are considered to be people who already demonstrate a respect for others in their personal interactions.

They say the policy's effectiveness will be tested through periodic surveys after it is enacted. Consumers and families will be consulted as well as MHMRA employees. The proposed Respect program will be presented to the agency's Executive Staff soon and it is expected that it will be rolled out early next year.

"Dr. (Steven) Schnee and executive staff will be visiting sites as we expect this to be a big rollout", says Bateman.

~ Steve Howland ~

(Reprinted by permission from the "Interface" MHMHAHarris)



Tie a string around your finger!

When it's time to renew your NAMI Metropolitan Houston membership, please respond to our renewal letter and send NMH a check. It's the simplest way to keep your dues working in the

Greater Houston community.

NMH sends renewal notices **in the mail** about a month before your membership expires.

NMH Office Work Day/Donation Day

Please bring your donations of books, videos, books on cd, extra informational pamphlets, etc. to the NAMI Metropolitan Houston office on Thursday, October 23.

Our anticipated resource center will need materials that will help families and consumers with mental health issues.

(Donuts and Coffee will be served)



NAMI Metropolitan Houston

Resource Pages

Education Programs

NAMI Metropolitan Houston offers three distinctive education programs to meet the needs of family members, parents and caregivers of children and adolescents and persons dealing with mental illness. Each is offered **at no cost** to participants on a space-available basis. When needed, a waiting list is maintained for those unable to enroll immediately. The NAMI education program is central to recovery for thousands of individuals in the Houston Metropolitan area.

Family-to-Family Education Course

This FREE course consists of 12 weekly 2 ½ hour sessions that are geared toward family members of adult persons diagnosed with brain disorders, such as schizophrenia, depression, bipolar disorder, anxiety disorders and OCD (obsessive compulsive disorder). Communication skills, problem solving, coping skills, problem management, recovery, rehabilitation and more will help the participant understand and deal with mental illness in the family. Trained family member volunteers co-teach the classes. **Pre-registration is required, classes are forming.** For information, call:

NAMI Metropolitan Houston – 713-970-4419

NMH Family-to-Family Coordinator - Carolyn Hamilton

Contact Carolyn at: carolynhamilton@rocketmail.com

Bay Area (Baytown, Clearlake, Southeast) – 281-992-7032

Central (Bellaire, Houston, Southwest) – 713-529-5446

Northeast (Humble, Kingwood) – 281-459-1518

Northwest (Cypress, Spring, Tomball) – 281-376-0206

NAMI Ft. Bend – 281-494-5193

NAMI West Houston – 281-893-2493

Visions for Tomorrow Education Course

This is a FREE educational course offered to direct caregivers of children and adolescents with brain disorders. Childhood depression, schizophrenia, ADD/ADHD, OCD, conduct disorder, PDD (pervasive developmental disorder) are just a few of the disorders that will be covered. The materials also offer

Visions for Tomorrow (Continued)

coping and communication skills, problem solving, rehabilitation and recovery. Trained family member volunteers co-teach the classes. **Pre-Registration is required, classes are forming.** For information, call or e-mail:

NAMI Metropolitan Houston: 713-970-4419 or

namimetrohouston@yahoo.com or

vftthouston@hotmail.com

Linda Lamb, llamb53@hotmail.com

Eileene Chappelle, 281-992-7032 or recasail@sbcglobal.net

NAMI West Houston : Bonnie Cord, 713-984-2538

NAMI Fort Bend : Larry Davis, 281-494-5193

Peer-to-Peer Education Course

This FREE nine-week, two-hour-per-week course covers the topic of recovery for persons with mental illness who are interested in establishing and maintaining wellness. The course uses a combination of lecture, interactive exercises and structured group processes. The teachers are trained peer mentors who are themselves experienced at living well with mental illness. **Pre-registration is required.** For information, call:

NAMI Metropolitan Houston - Ashley Montondon,
713-970-4419



West Oaks Hospital Front Conference Room

6500 Hornwood

Houston, TX 77074

7:00 - 8:30 pm, **Monday Evenings**

Facilitators Pate Pecora and Leonard Tillis

Contact: Pate - 713-349-0049 or Len - 713-705-2924

Lamb of God Lutheran Church

1400 FM 1960 East Bypass

Humble, TX 77338

7:00 - 8:30 pm, **Thursday Evenings**

Contact: Finis Hay - 281-324-1759

In Our Own Voice (IOOV)

A one-and-a-half hour interactive, multimedia presentation by consumers that offers hope and provides insight into the recovery now possible for people with mental illness.

For more information or to schedule a presentation please contact Ashley Montondon at 713-970-4419



www.nami.org, click on 'Support', click on 'Child and Teen Support'

NAMI Metropolitan Houston

Support Groups

Houston area NAMI affiliates offer support groups for those whose lives are affected by mental illness – both those with the illness and for family members and friends. In a supportive environment in which confidentiality is respected, support group members can share their concerns, solutions and hope with one another.

	Every Monday - 7- 8:30 pm at West Oaks Hospital - 6500 Hornwood, Houston 77074 Contact Pate at 713-349-0049 or Len at 713-705-2924
	Every Thursday - 7- 8:30 pm at Lamb of God Lutheran Church - 1400 FM 1960 East Bypass, Humble 77338 Contact: Finis Hay at 281-324-1759

1st Tuesday 7:00 p.m.	Anahuac	Joy Center, 610 Washington Avenue, Anahuac (F/C) Contact: Wayne or P.D. Hankamer at 409-374-2258
1st Tuesday 7:00 p.m.	Tomball	Tomball Community Center, 221 Market St., Tomball 77375 (F/C) Contact: Lana Hand at 281-376-5368 or Kathy Busby at 281-376-0206
3rd Tuesday 7:00 p.m.	Clear Lake	United Way Bldg., 1300 Bay Area Blvd., 2nd Floor, Clear Lake 77058 (F/C) Contact: Eileene Chappelle at 281-922-7032
1st Wednesday 7:00 p.m.	West Houston	Pines Presbyterian Church, 12751 Kimberley, Room C-10 Houston (F) Contact: Carolyn Searles at 713-461-5269
4th Wednesday (Spanish) 7:00 p.m.	West Houston	St. Cecilia Catholic Community, 11720 Joan Of Arc, Houston 77024 (F) Contact: Sara Frost at 713-206-2807 or Fifi Wetherhead at 713-465-8518
1st Thursday 7:00 p.m.	Northeast Harris County	Lamb of God Lutheran Church, 1400 FM 1960 East , Humble 77338 (F/C) Contact: Gwen Coleman at 281-459-1518 (F) or Finis Hay at 281-324-1759
2nd Thursday 7:00	Northeast Harris County	Lamb of God Lutheran Church, 1400 FM 1960 East , Humble 77338 (F/C) Contact: Gwen Coleman at 281-459-1518 (F) or Finis Hay at 281-324-1759
2nd Thursday 7:00 p.m.	Sugar Land	St. Laurence Catholic Church, 3100 Sweetwater Boulevard, Sugar Land (F) Contact: Ken Sumner at 281-265-1554 or sumnerstars@excite.com
2nd Thursday 7:00 p.m.	West Houston	The Well, Grace Presbyterian Church, 10234-A Westheimer, Houston (Y/F) Contact: Diane Goyette 713-896-1153 or diane@goyette.info
2nd Thursday 6:00 p.m.	Southwest Houston	Seven Acres Jewish Senior Care Services, 6200 North Braeswood, Houston 77074 (F/C) Contact: Susan Raffle at 713-529-5446 or Evelyn Johnson at 713-729-1242
3rd Thursday 7:00	Northeast Harris County	Lamb of God Lutheran Church, 1400 FM 1960 East , Humble 77338 (F/C) Contact: Gwen Coleman at 281-459-1518 (F) or Finis Hay at 281-324-1759
3rd Thursday 7:00 p.m.	Sugar Land	St. Laurence Catholic Church, 3100 Sweetwater Boulevard, Sugar Land (F) Contact: Ken Sumner at 281-265-1554 or sumnerstars@excite.com
3rd Thursday 7:00 p.m.	Katy	St. Peters United Methodist Church, 20775 Kingsland Boulevard, Katy (F) Contact: Jean Lopez at 713-285-1012
4th Thursday 7:00	Northeast Harris County	Lamb of God Lutheran Church, 1400 FM 1960 East , Humble 77338 (F/C) Contact: Gwen Coleman at 281-459-1518 (F) or Finis Hay at 281-324-1759
4th Thursday 7:00 p.m.	Sugar Land	St. Laurence Catholic Church, 3100 Sweetwater Boulevard, Sugar Land (F) Contact: Ken Sumner at 281-265-1554 or sumnerstars@excite.com
2nd Sunday 2:30 p.m.	West Houston	Pines Presbyterian Church, 12751 Kimberley, Houston Room C - NAMI C.A.R.E. (C) / Room C - Support Group (F) Contact: Vi Napolitano at 281-893-2493
4th Sunday 2:30 p.m.	West Houston	Pines Presbyterian Church, 12751 Kimberley, Houston Room C - NAMI C.A.R.E. (C) / Room B - Support Group (F) Contact: Vi Napolitano at 281-893-2493

(F) Family

(C) Consumer

(VFT) Visions For Tomorrow

(YF) Young Family

NAMI Metropolitan Houston

St. Joseph Clubhouse

A focus on meaningful work within and outside the clubhouse gives St. Joseph Clubhouse members the opportunity to rise to their full potential.

The Clubhouse is located at 3307 Austin and serves as a day center for people with mental illnesses to interact with one another and build the skills they need to live satisfying, productive lives. St. Joseph Clubhouse is part of the Magnificat Houses, Inc. Housing is also available. For more information, call Grant Kennedy, Director, at 713-523-5958 or visit <http://www.magnificathouse.com/Clubhouse.htm>

THE GATHERING PLACE

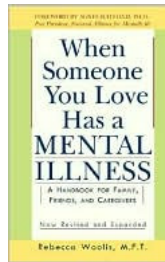
The Gathering Place, a psychosocial rehabilitation program for adults with serious mental illness, was founded 15 years ago by concerned family members. Services are provided that are necessary for people with serious mental illness to live successfully in the community. The Gathering Place is located in southwest Houston.

For additional information, visit www.gplace.org or call 713-729-3499.

Physician Referral

Mental Health America of Greater Houston
713-522-5161

Harris County Medical Society
713-524-4267



Book Review: *When Someone You Love Has a Mental Illness* - A Handbook for Family, Friends, and Caregivers by Rebecca Woolis, MFT

This informative book, with a foreword by Agnes Hatfield, Ph.D., former NAMI National president, is a practical guide for families helping their loved ones with mental illness.

Throughout the book are 46 quick reference guides on every topic covered. A few examples of these are: “Getting the Ill Person to Go to Treatment and Take Medication”, “Improving Grooming”, “Making Positive Requests”, “Helping the Ill Person Manage Stress”, “Worksheet for Dealing with Your Anger and Frustration”, and “Dealing with Mental-Health Professionals and Facilities”. There are six references to NAMI, from telling our history to describing our education programs and support systems.

The book can be used as a handbook, choosing the topics that are most pertinent to your situation at any particular time. One reference guide entitled “Keeping a Life of Your Own” is essential to the health and wellbeing of the primary caregiver.

E. Fuller Torrey, M.D. remarks, “Rebecca Woolis has produced a handbook that is practical and accessible, eminently useful for anyone who has a family member with a serious mental illness.”

(From www.nami.org – click on the NAMI Store link – left column and then click on Amazon - shop and help NAMI tool!)



MHMRA HELPLINE FOR PSYCHIATRIC EMERGENCY

The MHMRA HelpLine is the first point of contact with mental health consumers and their families seeking information regarding MHMRA services as well as anyone else who needs community information or assistance. HelpLine Phone Counselors assess for risk, screen callers for appropriate programs, provide immediate crisis intervention, and give community referrals to callers 24 hours a day, 365 days a year.

MCOT Mobile Crisis Outreach Team

The Mobile Crisis Outreach Team (MCOT) goes into the community to provide emergency care to people in mental health crisis when they can't come into the NPC. MCOT sees people at home, at school, on the street, or anywhere in the community.

MCOT staff help people in need through crisis assessment. They link them to treatment and other services they need. MCOT follows up with people after the crisis visit to make sure they get to outpatient services.

MCOT works with the **Houston Police Department Crisis Intervention Team (CIT)**. HPD's CIT are trained police officers who work with people in mental health crisis. MCOT and CIT work together to prevent arrests or emergency detentions.

MCOT receives referrals from community agencies, schools, law enforcement, families, and individuals.

Call the Mobile Crisis Outreach Team (MCOT) 24 hours a day, 7 days a week at 713-970-7520

WEB SITES

- www.nami.org - NAMI "The Nation's Voice on Mental Illness"
- www.namitexas.org - NAMI Texas
- www.namimetrohouston.org - NAMI Metropolitan Houston
- www.namiwesthouston.org - NAMI West Houston
- www.dbsahouston.org - DBSA (Depression and Bipolar Support Alliance) of Houston is a self-help non-profit organization for individuals with clinical depression or bipolar disorder, manic depression, as well as their families and friends. 713-600-1131
- www.adda-sr.org - ADDA – SOUTHERN REGION (Attention Deficit Disorders Association Southern Region) Call 281-897-0982 for meeting and support groups.
- www.systemsofhope.org - addresses the mental health needs of children and families by creating a systems of care.
- www.mhmraofharriscounty.org - Mental Health Mental Retardation Authority of Harris County. 713-970-7000
- www.mhahouston.org - Mental Health America of Greater Houston. 713-523-8963
- www.gplace.org - A psychosocial clubhouse providing rehabilitation services to persons with mental disorders. 713-729-3799
- <http://familyaware.org/> - A nonprofit organization helping families members and friends of those with depression.
- www.mcmanweb.com - McMan's Depression And Bipolar Weekly Newsletter
- www.schizophreniadigest.com - Schizophrenia Digest
- www.borderlinepersonalitydisorder.com - National Education Alliance for Borderline Personality Disorder (NEA-BPD)
- www.reintegration.com - The Center for Reintegration
- www.phrma.org/pap/ - Free Meds For The Financially Challenged - Directory of Patient Assistance Programs that PhRMA member companies offer to ensure their medicines are made available to those who can't afford to purchase them. 800-762-4636.
- www.nimh.nih.gov - National Institute for Mental Health
- www.narsad.org - National Alliance for Research on Schizophrenia and Depression
- www.mentalhealth.com - A good website containing a great deal of information about all the various disorders, how to treat them, get help, and contact information, etc.
- www.txhealthpool.org or texasriskpool@cbstx.com - Texas Health Insurance Risk Pool. Can't find health insurance? Have preexisting conditions? The Texas Health Insurance Risk Pool can help. 1-888-398-3927; TDD 1-800-735-2989
- www.capitol.state.tx.us - Texas Legislature online
- www.senate.state.tx.us - Texas State Senate
- www.house.state.tx.us - Texas State House of Representatives
- www.advocacyinc.org - Contact the office nearest you
- www.goodsearch.com - Now you can raise money for NAMI Metro. Houston just by searching the Internet at Goodsearch.



National Alliance on Mental Illness

★ ★ ★ ★ ★ Join Today ★ ★ ★ ★ ★

Membership Form

All dues and donations are tax deductible. Membership includes annual dues to your local designated NAMI affiliate, NAMI Texas, and NAMI National, plus newsletters.

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____

ZIP: _____ COUNTY: _____

HOME PHONE: (_____) _____ - _____

WORK PHONE: (_____) _____ - _____

EMAIL: _____

Do you want to receive your newsletter via email?

Yes No

Membership Status: [] NEW [] RENEWAL

Individual (\$35.00) \$ _____

Family (\$35.00) \$ _____

Consumer (\$5.00) \$ _____

Limited Income (\$5.00) \$ _____

Additional Donation \$ _____

Donation In Memory/Honor of:

TOTAL \$ _____

Designate your affiliate (and mail this form with your check to the address listed for that affiliate):

NAMI Metropolitan Houston: Treasurer, P.O. Box 740169, Houston, TX 77274

When you join NAMI Metropolitan Houston, you may designate a chapter where you attend meetings:

Bay Area (Baytown, Clear Lake, Southeast)

Central (Bellaire, Houston, Southwest)

Northeast (Humble, Kingwood)

Northwest (Cypress, Spring, Tomball)

NAMI Fort Bend: Jorge Alonso, Treasurer, P.O. Box 1223, Sugar Land, TX 77478-1223

Please check all that apply:

- I am a consumer of mental health services.
- I am a parent of an adult who has mental illness.
- I have a minor child who has mental illness.
- I have a sibling who has mental illness.
- I have a spouse who has mental illness.
- I have a parent who has mental illness.
- I have a friend who has mental illness.
- I am a professional care provider.
- Other

NAMI Texas Identifies Four Legislative Priorities for January 2009

The 81st Legislature will open in January 2009, and it is as critical as ever to engage in advocacy to make sure that mental health care is accessible for those who rely on the public health system.

The NAMI Texas Public Policy Committee has identified four legislative priorities that it will focus on in the session to come. These are:

1. Community Mental Health (MH) funding in the state budget: Increased capacity for recovery-oriented adult services
2. Community MH funding in the state budget: Crisis redesign maintenance
3. Community MH funding in the state budget: Increased funding for children's services

4. Increased funding in the state budget for substance abuse/co-occurring mental illnesses.

You may notice a common theme, and that is these priorities all deal with the level of funding for mental health services. Texas consistently ranks at the very bottom of all states in its level of per capita funding.

Fall is a good time to meet with incumbent legislators and candidates because they are more open and have more time for such visits. If you would like to meet with the legislator in your area but need more preparation and assistance, please call Executive Director, Leslie Gerber, who will be happy to help you get started. NMH Office: 713-970-4419

(Continued from page 1)

teacher/mentor. She was not diagnosed until age 33.

Dr. Margaret Basu, a psychiatrist who specializes in women's treatment, said it can sometimes take ten years for an individual to be diagnosed with a mental illness. Basu brought brain scans to illustrate the physical realities associated with this neurobiological illness.

Frank Webb, senior officer with Houston's CIT or Crisis Intervention Team, offered some practical advice in helping those in a mental health crisis, based on his experiences with the CIT team. The CIT teams de-escalate thousands of calls each year in the Houston area. Webb emphasized that when someone finds themselves in crisis situation with a person with mental illness they need to indicate this on the 911 call by asking for a crisis intervention team.

Officer Webb gave 6 steps to follow to de-escalate a situation:

1. Use the person's name

2. Talk in a calm voice
3. Give plenty of space/time
4. Be patient
5. Don't be authoritative
6. Show empathy

Glenn Urbach of DBSA (Depression and Bipolar Support Alliance) spoke about the support groups that can be found all around the Metropolitan Houston area. Support groups help people realize "they are not alone"—highlighting the concept of the universality of mental illness.

Congratulations to all those courageous persons with bipolar disorder who appeared on Great Day Houston. They are surely an inspiration to others suffering with this disorder. Recovery is possible!

For more information on Bipolar Disorder, contact NAMI Metropolitan Houston at 713-970-4419 or go the www.namimetrohouston.org.

Condolences

Our sincere condolences go to Ethel Bowman and family on the death of her son, Bruce Bowman, on June 22, 2008 at St. Joseph's Medical Center in Bryan, TX, after a brief battle with lung cancer. Bruce passed away peacefully with members of his loving family present.

Ethel and Bruce have been long time NAMI West Houston members. Bruce made sure that he helped others even in his death by donating his corneas.

A celebration of Bruce's life will be held on September 12th at 3:00 pm in the Chapel at the Memorial Oaks Funeral Home, 13001 Katy Freeway, 77079. A reception will follow.

Chapter and Affiliate News

Central Chapter

ATTENTION: FAMILY MEMBERS OF CENTRAL CHAPTER

Six of you may have your registration and hotel fees for the state conference paid by the Central chapter through a new program this year. Funded by memorials to the chapter, the goal of the scholarships is to make education more accessible to members. Attending a conference is a wonderful way to broaden your knowledge about mental illness and find additional support from others. See www.namitexas.org for more details.

- Who:** 6 NAMI members (Persons living in the Central Chapter area)
What: 2008 NAMI Texas Conference
Where: San Antonio
When: October 17 & 18
How: Call Naomi Shenker (713) 777-3762 by Sept 1st to apply

Northwest Chapter

For the whole month of October, including **Mental Illness Awareness Week**, we have been invited to display information about NAMI Metropolitan Houston and mental health information in general on the Focus on Our Community Wall at the Barbara Bush Library at Cypress Creek. We are very excited about this opportunity to get the NAMI name out in our community and to help those who might not be aware of our education and support programs.

Bay Area Chapter

On July 29th NAMI Metropolitan Houston, Bay Area Chapter, in collaboration with Barbara Sewell, Diane Murrell LMSW, and Pam Schaffer LMSW-AP, gave a presentation entitled *Mental Health Issues in Children: A need for Collaboration of Family and Community* to early childhood educators in Professor Theresa Thomas' class at the University of Houston, Clear Lake.

Eileene Chappelle and Barbara Sewell, with NMH Bay Area, presented an overview of the various brain-based disorders and teaching tips for dealing with the disorders. Diane Murrell presented on autism, and Pam Schaffer presented on the importance of the *System of Care* in helping families deal with mental health issues.

The presentation was well received by the students and they reported that it was a wonderful learning opportunity for them. The Bay Area chapter would like to thank Professor Thomas for allowing NMH to present this information to the future teachers of our young children.

NAMI Fort Bend

NAMI Fort Bend welcomes three new Board members; Sharon Fothergill, Bertha Martin, and Richard Aldridge. The Board met on July 31st and agreed to pursue financial support from the county of Fort Bend to establish a resale shop for the purpose of providing gainful employment, training in the retailing, and needed social interaction for our heroes. Take the time to E-mail or call your county commissioner to support this initiative.

The summer hiatus is over! We will kick off the new "year" with an exciting In Our Own Voice program on September 4th coordinated by Ashley Montondon, NAMI Metropolitan Houston Program Coordinator. These heroes will tell their own story, a story you will not want to miss.

Remember, there is construction going on at our regular meeting place, so we will meet across the street in the Social Concerns Conference room where our support groups have been meeting.

A special thank you to our support group leaders, Pat and Ken Sumner and Mark and Mary Johnson, who continued their valuable efforts throughout the summer. Way to go!

NAMI Fort Bend members have been busy during the summer. Bertha Martin, Sharon Fothergill, Bev Davis, Nelson Davis, Larry Davis, and others increased awareness of NAMI Fort Bend and its mission at two New Hope Clinic Health Fairs. Bertha's bi-lingual abilities were a valuable asset in presenting NAMI Fort Bend information.

Mark Johnson developed a comprehensive reference CD that is a veritable library of information on mental illness. For **Mental Illness Awareness Week**, every NAMI Fort Bend member will receive their very own personal copy of the CD with encouragement to share the information it contains with others.

Michael Biasini recently addressed an audience of Fort Bend ISD and Region IV Educators, and provided each of its attendees a CD for a resource guide. His presentation was subsequently E-mailed and reached over 500 Special Ed teachers in Fort Bend ISD.

NAMI Fort Bend is planning a Family to Family class and a Visions for Tomorrow class in the month of September. If you are interested in participating in either of these free, life-changing courses, please contact Larry Davis at 281-980-7463 or E-mail at lbndavis@alltel.net.

Choices in Recovery



Relapse Awareness and Prevention Strategies

Don't miss this special educational seminar!

Date: Tuesday, September 9, 2008

Registration time: 7:00 PM (A light dinner will be served.)

Program time: 7:30 PM to 9:00 PM

Now is a time of great hope in the management of schizophrenia.

Today, there are more treatment options available than ever to help people stay on track with their recovery and live productive and fulfilling lives.

However, every person with schizophrenia goes through good periods, and bad periods – known as relapses – which can interfere with recovery.

Understanding relapse and being prepared is key to staying on course with recovery!

The purpose of this educational session is to help consumers and family members understand relapse in schizophrenia. The program offers useful tips to help prevent or minimize relapse and provides strategies to help individuals get through difficult periods and stay on course with their recovery.

Topics that will be covered include:

- What is relapse?
- Identifying early signs/relapse triggers
- Developing a relapse prevention plan
- The importance of family/treatment team involvement

**Choices in Recovery Program To Take Place at the Tomball Community Center
221 Market Street, Tomball, 77375
Tuesday, September 9, 2008
Registration Required (Light Dinner will be served) - 713-970-4419**



Baylor College of Medicine
Office of Continuing Medical Education
Houston, Texas

SAVE THE DATE

Announces the 9th Annual

Chronic Illness and Disability: Transition from Pediatric to Adult-Based Care

Thursday – Friday, November 13 - 14, 2008

M. D. Anderson Basic Sciences Research Building **New Location**
Onstead Auditorium
6767 Bertner Avenue, 3rd Floor
Houston, Texas 77030

presented by
Baylor College of Medicine, Department of Pediatrics, and
Texas Children's Hospital, Adolescent Medicine Service



**Dr. Al Hergenroeder's
Transitions Conference 2008**

9th Annual Chronic Illness and Disability: Transition from Pediatric to Adult-Based Care, scheduled for November 13 - 14, 2008 at the Onstead Auditorium, located in the M.D. Anderson Basic Sciences Research Building.

**For further information contact
Baylor College of Medicine
Office of Continuing Medical Education
Phone: 713-798-8237**

NAMI Metropolitan Houston
P.O. Box 740169
Houston, TX 77274

Return Service Requested

An affiliate of NAMI Texas and
NAMI: The Nation's Voice on Mental Illness

Classes and Programs

Family-to-Family:

*August 27, 2008
North Spring/The Woodlands*

*September 3, 2008
Clear Lake/Bay Area*

*September 9, 2008
Bellaire/Houston/Southwest*

Visions for Tomorrow:

September 12-14, 2008

*“Choices in Recovery”
September 9, 2008
Tomball Community Center*

*For more information or to pre-
register, call: 713-970-4419*

**NAMI Texas Conference 2008
October 17 and 18**

San Antonio

Radisson Hill Country Resort & Spa

**Make plans to support this informative and worthwhile
event**

To register - www.namitexas.org

713-970-4419

New Phone Number

NAMI Metropolitan Houston