



# NAMI Metropolitan Houston

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[www.namimetrohouston.org](http://www.namimetrohouston.org)

**NAMI Metropolitan Houston is a 501(c)3 non-profit organization and an affiliate of NAMI Texas and NAMI: The Nation's Voice on Mental Illness**

## President's Message

*Carolyn Hamilton*

Welcome to our second NAMI Metropolitan Houston newsletter.

Transition according to the dictionary means "passage from one state, place, stage, or subject to another" and then refers to the word "change". Change means, "to make or become different" (Alter); to replace with another; the act, process, or result of changing. TAKE YOUR PICK AND I AM SURE THERE ARE MORE!!!

NAMI Metropolitan Houston, which is now a NAMI affiliate and not an umbrella organization, is in a transition. The merging of local area NAMI affiliates and groups this past year has been confusing to everyone. Over this next year, we do hope you will understand that some things NAMI offers never change. Our monthly meetings with speakers are open to the public, and free education classes and support groups continue as always.

Annual NAMI Metropolitan Houston, NAMI Ft. Bend, NAMI Humble and NAMI West Houston membership dues can be sent anytime. If you are not sure when your due date might be, please let us know what affiliate or chapter you are a member and email us at [namimetrohouston@sbcglobal.net](mailto:namimetrohouston@sbcglobal.net) We will get back with you. Annual membership dues are now \$35.00 per year with \$10.00 going to NAMI National, \$10.00 to NAMI Texas and \$15.00 to the local affiliate, for a seamless membership in all three organizations.

See below for our biggest adventure to come to our Greater Houston area. All you really want to know and more can be found below and on page 3.



**SATURDAY, MAY 20, 2006**

**SAM HOUSTON PARK/ALLEN PARKWAY**

**8:30 A.M. Check-in Time**

**Kick-Off Luncheon Tuesday, March 28th**

For more information, contact our Walk Manager, Bonnie Cord, at 713-984-2538 or [hccord@swbell.net](mailto:hccord@swbell.net). To find out about sponsorship opportunities, contact Alice Brink at [alice@abrinkandco.com](mailto:alice@abrinkandco.com). **See Page 3 for more information or go to our website: [www.namimetrohouston.org](http://www.namimetrohouston.org)**

## RECENT SCIENTIFIC & TREATMENT ADVANCES IN BORDERLINE PERSONALITY DISORDER

**A Symposium for Consumers, Families And Professionals**

**March 4, 2006 – Cullen Auditorium  
Baylor College of Medicine  
7:30 am – 5:00 pm**

A one-day symposium sponsored by Menninger, Baylor College of Medicine, National Education Alliance on Borderline Personality Disorder (NEA-BPD) and NAMI Metropolitan Houston.

For information, call the Education Office at The Menninger Clinic. 713-275-5055 or go to: <http://www.menningerclinic.org/calendar/BPDSymposium.pdf> or our website: [www.namimetrohouston.org](http://www.namimetrohouston.org) for the complete program and registration link.

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**MONTHLY MEETINGS (Open to the Public)****NAMI Metropolitan Houston Area Chapter Meetings:****Contact:** 713-970-3455 or local chapters**African-American – 4<sup>th</sup> Saturday of each month at noon**

Safe Havens (Dennis &amp; Caroline)

**Contact:** 713-970-3455 or [namimetrohouston@sbcglobal.net](mailto:namimetrohouston@sbcglobal.net)**Bay Area – 3<sup>rd</sup> Tuesday of each month at 7 p.m.**United Way Service Center, 1300 Bay Area Blvd. at Saturn Drive, 2<sup>nd</sup> Floor, Clear Lake 77058**Contact:** Warren Foster at 281-424-4360, [turer.foster@verizon.net](mailto:turer.foster@verizon.net)**March 21 Speaker:** Herb Bateman, social worker – Supportive Employment for Mental Health Consumers**April 18 Speaker:** Michael Lesem, M.D., Executive Medical Director, Claghorn-Lesem Research Clinic**May 16 Speaker:** TBA**June 20 Speaker:** Cheryl Amoruso, University of Houston, Center for Students with DisABILITES**Central (formerly Houston) – 3<sup>rd</sup> Thursday of each month at 7:30 p.m.**

West Oaks Outpatient Clinic, 6612 Hornwood, Suite E, Houston 77074

**Contact:** Linda Lamb at [llamb53@hotmail.com](mailto:llamb53@hotmail.com) or Evelyn Johnson at 713-729-1242**March 21 Speaker:** Robert Hager, Attorney – How to Survive a Social Security Disability Review**April 20 Speaker:** Dr. Sandhya Trivedi - TBA**May 18 Speaker:** Dr. Ken Arfa – Mental Health on College Campus**June 15 Speaker:** Dr. John Sargent – Integrating Physical and Mental Health**Northwest (formerly Tomball) – 2<sup>nd</sup> Tuesday of each month at 7 p.m.**

Tomball Community Center, 221 Market Street, Tomball 77375

**Contact:** 281-370-9785**March 14 Speaker:** Leeanna McKenzie, Attorney specializing in SSI and SSDI. Time for questions.**April 11 Speaker:** Bernard A. Rosenberg, M.D. – Ask the Doctor session with psychiatrist presenting current medication therapies**Local Affiliates:****NAMI Ft. Bend – 1<sup>st</sup> Thursday of each month at 7 p.m.**

First United Methodist Church, 431 Eldridge Road, Sugar Land 77478

**Contact:** Mary Ann Watson, 281-494-5193 or [namifortbend@alltel.net](mailto:namifortbend@alltel.net)**March 2 Speakers:** Dr. Lisa Lewis and Dr. April Stein, Menninger Clinic – Dialectical Behavior Therapy**April 6 Speaker:** TBA**NAMI Humble – 4<sup>th</sup> Tuesday of each month at 6:30 p.m.**

Second Baptist Church, North (was Forest Cove Baptist Church)

22770 Highway 59 North, Building A, Room 306, Humble 77339

**Contact:** Gwen Coleman, 281-459-1518, [gcoleman@sbcbglobal.net](mailto:gcoleman@sbcbglobal.net); Eve Knight, 281-358-9582**March 28 Speaker:** Cliff Gay, NAMI Texas Consumer Network/Education Coordinator**Program:** Formula for Recovery “Gospel of Recovery”**April 25 Speaker:** Adrienne Banks, Program Coordinator North – IOP with The Right Step, a dual diagnosis Treatment Facility**NAMI West Houston – 3<sup>rd</sup> Monday of each month at 7 p.m.**

Atria Assisted Living Westchase, 11424 Richmond Ave., Houston 77082

**Contact:** Bonnie Cord, 713-984-2538 or [bccord@swbellnet](mailto:bccord@swbellnet) - Website: [www.namiwesthouston.org](http://www.namiwesthouston.org)**March 20 Speaker:** Donna Erwin, Medicare Part D, Appeals & Exceptions**April 17 Speaker:** Rene Carman on Mobile Crisis Outreach Team (MCOT)**May 15 Speakers:** Steven Rhatigan and Osa Harris on Special Needs Planning and Trusts.



SATURDAY, MAY 20, 2006

SAM HOUSTON PARK/ALLEN PARKWAY

Kick-Off Luncheon March 28th

Thank you to our generous Sponsors: **Baker Hughes, The Menninger Clinic and The Tom and Carolyn Hamilton Family Foundation.** Thank you to our enthusiastic volunteer leaders: **Eileen Baker** (Printing), **Tami Barugh** and **Fifi Wetherhead** (Volunteer Co-Chairs), **Vi Napolitano** (Kick-Off Luncheon Invitations), and **Susan Raffle** (General Team Chair). Without these sponsors and volunteers, we would not be able to have the walk.

Now is the time to start thinking about Walk Teams. Our **Kick-Off Luncheon** will be held on **Tuesday, March 28<sup>th</sup>, Noon**, at the **Houston City Club** (Greenway Plaza), One City Club Drive, Houston 77046. We will recognize our sponsors and fete our Team Captains. Team Captains will be given materials and tips to help them build their Walk Teams. We hope all Team Captains and Sponsors and many walkers can be there. If you are considering having a team, please come.

Teams can be any size. It is fun to gather co-workers, or neighbors, or a church group, or a support group, or a family, or a book club or a tennis team, or a school class – you get the idea. There is no registration fee. If you can get sponsors to support your walking (e.g., ten sponsors at \$10 each is \$100), that is great. You have raised much-needed money to help people affected by mental illness, and everyone who brings in \$100 gets a free NAMI t-shirt. But come and walk no matter whether you have raised money or not - and help raise awareness of brain disorders.

#### Join the Fun!

For information, contact Bonnie Cord, Walk Manager, 713-984-2538, [bccord@swbell.net](mailto:bccord@swbell.net)

For sponsors, contact Alice Brink, Sponsorship Chair, 281-497-7766, [alice@abrinkandco.com](mailto:alice@abrinkandco.com)

#### NAMI FORT BEND NEWS

*President's Message – Mary Ann Watson*

Our NAMI Fort Bend affiliate is growing rapidly and we accomplished many goals in 2005. We are striving to reach all areas of Fort Bend encompassing small towns such as Needville, Beasley, Fresno, Arcola, and Fulshear, including larger ones such as Richmond, Rosenberg, Sugar Land, Missouri City and

Stafford. Our public meetings, support groups, and education programs are open to all who find our area convenient.

In previous years NAMI Fort Bend held one public meeting and one support group meeting per month in Sugar Land. This past year we added two support groups to our monthly agenda. These sessions are held in Rosenberg making them more convenient to those southwest of the county.

Early in 2005, we completed a Family-to-Family education course with 24 graduates and mid-year trained facilitators for our support groups. In September, we conducted a booth at Fort Bend's Badges of Courage Recognition and Remembrance Day, and in October displayed mental health brochures at the Fort Bend public libraries during Mental Health Week. We took part in the Barnes & Noble Gift Wrap program in December, at the same time distributing brochures and providing answers about mental illness to the public. A silver-gray (color for the mind) silicone wristband was designed, stamped with the slogan MINDful Support, by two of our "mindful" Fort Bend board members. These wristbands are not only a fund raiser for NAMI Fort Bend but also an effort to raise public awareness about mental illness.

In January of 2006, we began another Family-to-Family education course. We have 30 people enrolled in the class. This large number emphasizes the great need for education and support in the Fort Bend area.

NAMI Fort Bend could not do all we do without the generosity of others. We extend sincere thanks to Sugar Land First United Methodist Church and Texana MHMR who have opened their doors to us by making their facilities available for our public meetings, education classes and support groups. Thank you to our teachers, our facilitators, board members, and all of our volunteers who give so much of their time so generously.

#### NAMI HUMBLE NEWS – Gwen Coleman, President

I just wanted to share with everyone that we will be very busy these next few months. A few of us will be talking to the Houston Police Department's CIT officers. Senior Officer Frank Webb, has asked us to give them a glimpse of how lives are affected by mental illness. We are excited to 'spread the news' about mental illness (from a bird's eye view) and to say how much we appreciate having NAMI in our lives.

There's another exciting event that is still in the planning stages. We will be showing the documentary, "Out of the Shadow" in the spring. Stay tuned for this video production and the excellent panel of consumers, caregivers, and professionals that will be here to field questions from the audience.

The next NAMI Metropolitan Houston newsletter will be the May/June edition.

It will hopefully give you ample time to plan to see this documentary. But just in case you need to know the date earlier, please call Eve (our contact person) at 281/358-9582 or Gwen at 281/459-1518.

### NAMI WEST HOUSTON NEWS

*Bonnie Cord, President*

Please join us for our excellent speakers this spring. See Page 2 for the Monthly Meeting Announcements.

The new support group in Spring, with **Karen and Jerry Lashley** as facilitators, is getting off to a wonderful start. Our Young Family Support Group is similarly growing under new facilitators **Diane Goyette and Madeleine Elmer**. Information about these and other groups in the area is on the insert to this newsletter.

A new **Family-to-Family class** will be starting on **March 1<sup>st</sup>** in West Houston. Classes are also being taught in other parts of Houston – see the list in this newsletter.

Start getting your **Walk Teams** together. Choosing a name is really fun – mine is the “Brainwaves” because we are walking for the brain and will wave. It is also fun getting together a group of friends to walk (or mingle) in support of this important cause.

See you there!

### POSTPARTUM TREATMENT KEY FOR DEPRESSION

The key to preventing postpartum depression may be individual support provided after birth by a health professional and tailored to a mother's needs, says a University of Toronto researcher.

"Health professionals want to identify pregnant women who may be at risk for postpartum depression in hopes of initiating preventive strategies," says University of Texas nursing professor Cindy-Lee Dennis. "But in my review of studies from around the world, I found no preventive effect of any strategy initiated before birth, including prenatal classes specifically targeting postpartum depression. It's not because the interventions are theoretically weak, but it's because compliance is low - women are busy and don't attend the classes."

After sifting through hundreds of studies, Dennis conducted a systematic review and meta-analysis of 15 randomized control trials focusing on prevention of postpartum depression. The trials involved 7,697 women.

- In analyzing the prevention strategies used, Dennis found an overall 19 percent reduction in postpartum depression.
- Individual assessment and intensive support provided by a health professional to at-risk women after they give birth was the most successful approach to preventing postpartum depression; group-based strategies weren't as effective.
- Risk factors for postpartum depression include past psychiatric history, a significant number of life stressors and lack of support.

"Individual, flexible postpartum care provided by a health professional and based on maternal need may have a preventive effect," Dennis says. "You must have a structured assessment within the first four weeks after birth with referrals to appropriate services that are accessible."

*Source: University of Toronto, July 6, 2005*

### NO SUCH THING AS FALSE HOPE

*By Diana Kern*

At the NAMI Texas Rally on March 26, 2003, I announced (much to my own surprise) that I had recovered from a serious mental illness. I said this to a large crowd without any prior planning, as I did not even know that I was going to speak that day. Five months have passed since then and I am still “blown away” by my own words. Several people have asked me how I reached this place in my life, but I do not have one simple answer. So, I wanted to take this opportunity to share a bit of what I endured and moreover, what I have learned about myself.

In 1981, I had my first mental breakdown and spent two years in hospitals in Dallas. That experience is so memorable that I even remember my admittance and discharge dates. What is most memorable is the pain and the loss of hope that plagued me every morning when I awoke in a locked unit amongst others like me. I was dependent on hospital staff to meet my every need and frightened by that loss of control over my environment. Yet nothing was more terrifying than my own loss of control over my thinking and my behavior.

I was tormented by voices that shamed my every move while ordering me to be the most influential person in the world. I was given heavy doses of anti-psychotics, anti-depressants and mood stabilizers but my thinking and worse, my behavior, remained bizarre and uncontrollable for several months. Eventually I began to show small signs of improvement and when I became somewhat stable on medication, I was offered the full array of therapies-psychotherapy, group

therapy, music and art therapy and relaxation and exercise classes. I credit these therapies in helping me gain enough control of my thoughts and actions to be released to the “outside” world.

For the next 15 years, however, I was hospitalized more than 30 times due to suicide attempts or my inability to take care of myself. Most of that time was spent in a reality that no one else could understand. I often referred to myself as “Queen of the Alphabet” and surrounded myself with three people who were both allies and enemies. Sometime in 1996, however, I came to understand that these three people were characters of my imagination. While many would define that delusion as nuts, I think I needed them to make sense of my world. More importantly, I needed them in order to stay alive.

In looking back on those years, I recognize a foundation of hope that I protected so that I could eventually lead a life outside of my illness. I yearned to be like other adults who worked and supported themselves. I craved financial independence and dreamed of a home that I paid for myself, without the help of my parents and Social Security disability insurance. I wanted a partner to share my life with and I wanted friends with whom I could be comfortable and friends that would like me. And now I have all that and more!

My recovery from this illness did not happen overnight, nor did it happen in a vacuum of the right medications and my own motivation. Granted, I needed (and still need) the right medications to clear my thinking and balance my wild emotions, but without people in my life that believed in me and gave me the chance to believe in myself, I would not have come this far.

I can point to one defining moment when the direction of my recovery changed. I had recently started a new medication that was working well and I asked my therapist how to live the life that I wanted. She began her answer with, “Well, I don’t want to give you any false hope.” That statement was all I needed to hear to trust my own inner knowing and my faith that God was leading me into a fulfilling and meaningful life. I do not believe that hope can ever be false. I see now that she was concentrating on my illness instead of my wholeness and my instinct to get well and stay well. I walked out of her office and removed myself from that way of thinking and have not looked back. There is no such thing as false hope.

Mental health providers have focused on relapse prevention and maintenance for so long that they bought into the notion that recovery was not possible. My mission in my volunteer and paid work with NAMI Texas and NAMI Austin is to step out of that closet of

debilitating stigma and share my truth. The truth for me, and many people diagnosed with a serious mental illness, is that RECOVERY IS POSSIBLE!

My hope is that all persons with a serious mental illness will reach a level of wellness that they never imagined possible. Recovery means something different to everyone and while there are no cures for serious mental illnesses, there is support, education and advocacy available for all of us.

On September 6, 2005, I celebrated six years as a staff member of NAMI Texas. There were many days, especially in the first two years, when I wanted to succumb to my fear and my lack of self-confidence, but I put one foot in front of the other and have grown with each step. I have learned how to be resilient when I have a difficult day by focusing on the joys in my life...like my two dogs and three cats, my partner of seven years, my beautiful home, my healthy 26-year-old daughter, my rich spiritual life and more.

Let’s all move forward to EXPECT RECOVERY from ourselves, our family members, and our mental health delivery system.

*“Never doubt that a small group of thoughtful committed people can change the world: indeed it's the only thing that ever has!” –Margaret Mead*

#### MENTAL HEALTH ACTION GROUP

The Mental Health Action Group meets at 7:30 p.m. in the main church building of Bay Area Unitarian Universalist Church, 17503 El Camino Real, Webster, Texas. The Mental Health Action Group focuses on education and advocacy, to improve the level of understanding, acceptance, support and services available for individuals, families and communities affected by brain disorders and mental illnesses. Contact Jane Malin for more information [orkidfam@swbell.net](mailto:orkidfam@swbell.net)

#### Mobile Community Outreach Team (MCOT) (713) 970-7520

The NeuroPsychiatric Center - Mobile Community Outreach Team serves Harris County children and adults who are: 1) in crisis; 2) unable to access traditional, outpatient, psychiatric services; 3) at risk for hospitalization. MCOT will provide skilled, in-field assessment and treatment for consumers having problems accessing community clinics. In-field mental health care requires special sensitivity to the relationship between mental illness, family and the environment. MCOT will work to apply this special sensitivity in assessment, treatment and links to on-going services after the consumer in crisis is stabilized.

**REACHING OUT TO THE COMMUNITY  
Barnes & Noble Holiday Gift-Wrap Program**

This past holiday season, volunteers from NAMI West Houston participated in the Holiday Gift-Wrap Program at four Barnes & Noble locations in West Houston. This program, developed by Barnes & Noble, is a way for non-profit organizations to reach out to their community.

This year NAMI West Houston raised more than \$1,000 in donations for their education programs. Along with raising donations and public awareness, the effort also brought members together to network and form new friendships.

NAMI West Houston is grateful for the support and friendship Barnes & Noble has given to us.

We want to thank all the volunteers who have committed their time to make this annual event a success.

NAMI Fort Bend would like to add sincere thanks to the Barnes & Noble located at Town Center Boulevard in Sugar Land. This was Fort Bend's first year to participate in the generous program offered by Barnes & Noble and our dedicated volunteers raised over \$400 in donations just at this one location. Public awareness was a goal that we felt we accomplished. Besides distributing brochures, we answered many questions asked by the folks who dropped by our gift-wrap booth.

NAMI Humble participated in the Barnes & Noble gift-wrapping event for the very first time. We want to thank Pamela Lang, the Community Relations Manager, of the Deerbrook Mall location for giving us the great opportunity to join in this wonderful program. Our volunteers met a lot of interesting people as we wrapped their gifts - and all of them received a NAMI brochure. Thank you NAMI volunteers. Our donations amounted to \$275.00. For our first time that was great!

**Mattress Mac To Speak At The Gathering Place April 26 Annual Spring Luncheon**

At its 19<sup>th</sup> annual luncheon, The Gathering Place will honor Nancy and Clive Runnells for their many years of service and dedication as mental health advocates. Jim McIngvale will speak about obsessive-compulsive disorder. The event is chaired by Emily Tuttle Wilde and will be at the Houston Country Club on April 26. Table sponsorships are \$25,000, \$10,000, \$5,000, \$3,000 and \$1,500. Individual tickets are \$150 each.

For more information, contact Lise Cameron at The Gathering Place, 713-729-3799, ext. 29 or at [lise@gplace.org](mailto:lise@gplace.org)

**“FLY EAGLE, FLY”**

A small baby eagle in its nest  
Finding comfort, peace, and rest.  
Nurturing mother eagle feeding,  
Just like a baby seedling.

The mother brings food from far beyond  
She and her young ones have a strong bond  
She watches and peers all the while  
It just makes you want to smile.

It is time now to fly away  
The baby eagle cannot stay.  
It must learn on its own,  
From what the mother eagle has shown.

Little by little the nest falls apart  
It was the mother's plan from the start.  
Soft as a down pillow, the material falls to the ground  
The mother causes the nest to become unbound.

The young eagle takes flight  
It reaches an enormous height  
Boldly stretching its wings throughout the air  
It soars and discovers---a site so rare.

Fly, Eagle Fly.....

*By Dena Napolitano*

**ROBIN PEYSON SELECTED AS  
NAMI TEXAS EXECUTIVE DIRECTOR**

After an extended search by the NAMI Texas Executive Committee, Robin Peyson of Bastrop, was selected to replace Joe Lovelace as executive director of the National Alliance on Mental Illness (NAMI) Texas.

Peyson has a bachelor's degree in psychology from Williams College; a master's degree in health services administration from the University of Michigan and is a licensed chemical dependency counselor.

She joined NAMI Texas after having worked as service systems development specialist for the Department of State Health Services. In that job she was the liaison between DSHS and the statewide advocacy organizations, including NAMI Texas.

**NAMI Experience the Revolution**  
 ★ ★ ★ ★ ★ **JOIN TODAY!**

NAMI Metropolitan Houston  
 Mission Statement:

To improve the lives of persons affected by mental illness through support, education and advocacy.

**Membership Form For NAMI Affiliate:  
 NAMI Metropolitan Houston**

All dues and donations are tax deductible. Membership includes annual dues to NAMI Metropolitan Houston, NAMI Texas, and NAMI National, plus newsletters.

NAME: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 CITY: \_\_\_\_\_ STATE: \_\_\_\_\_  
 ZIP: \_\_\_\_\_ COUNTY: \_\_\_\_\_  
 PHONE (H): (\_\_\_\_) \_\_\_\_\_  
 PHONE (W): (\_\_\_\_) \_\_\_\_\_  
 EMAIL: \_\_\_\_\_

Yes  No I would like to receive my NAMI Metropolitan Houston newsletter electronically.

**Membership Type:**  New  Renewal

- Individual (\$35.00) \$ \_\_\_\_\_
- Family (\$35.00) \$ \_\_\_\_\_
- Consumer / Limited Income (\$5.00) \$ \_\_\_\_\_
- Supporter (\$50.00) \$ \_\_\_\_\_
- Patron (\$100.00) \$ \_\_\_\_\_
- Donation / Memorial \$ \_\_\_\_\_
- In honor of: / In memory of: \_\_\_\_\_
- Additional Contribution \$ \_\_\_\_\_
- Total \$ \_\_\_\_\_

**Please check the group or area you wish participate in:**

- NAMI Metropolitan Houston  African-American
- Bay Area  Central  Northwest

Please check all boxes 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

Please make check payable to NAMI Metropolitan Houston and mail to:

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

**NAMI Experience the Revolution**  
 ★ ★ ★ ★ ★ **JOIN TODAY!**

**Membership Form For NAMI Affiliates:  
 NAMI Ft. Bend, NAMI Humble, and  
 NAMI West Houston**

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

NAME: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 CITY: \_\_\_\_\_ STATE: \_\_\_\_\_  
 ZIP: \_\_\_\_\_ COUNTY: \_\_\_\_\_  
 PHONE (H): (\_\_\_\_) \_\_\_\_\_  
 PHONE (W): (\_\_\_\_) \_\_\_\_\_  
 EMAIL: \_\_\_\_\_

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- Supporter (\$50.00) \$ \_\_\_\_\_
- Patron (\$100.00) \$ \_\_\_\_\_
- Donation / Memorial \$ \_\_\_\_\_
- In honor of: / In memory of: \_\_\_\_\_
- Additional Contribution \$ \_\_\_\_\_
- Total \$ \_\_\_\_\_

**Please check your affiliate and mail to the address listed for that affiliate:**

- NAMI Fort Bend  NAMI Humble  
 Jorge Alonso, Treasurer P.O. Box 6457  
 P.O. Box 1223 Kingwood, Texas 77325  
 Sugar Land, Texas 77478-1223
- NAMI West Houston  
 John Anderson, Treasurer  
 P.O. Box 218989  
 Houston, Texas 77218-8989

Please check all boxes 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 Metropolitan Houston  
P.O. Box 740169  
Houston, TX 77274

Return Service Requested



HOUSTON, TX. MAY 20, 2006

NAMI Metropolitan Houston gratefully acknowledges Memorial Hermann Behavioral Health Services for sponsoring the cost of printing this newsletter. Thank you!

## Education Classes and Information

### EDUCATION CLASS INFORMATION

#### Family-To-Family Education Course

This course consists of 12 weekly FREE 2½-hour sessions\*

It is 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 you understand and deal with mental illness in the family. Trained family member volunteers co-teach the classes.

2006 March and Future Classes

\*\*Pre-Registration is required

NAMI Metropolitan Houston – 713-970-3455

Bay Area/Clear Lake – 281-326-5649 or 281-286-0373

Central (Houston) – 713-729-1242

Northwest – 281-379-2582

NAMI Ft. Bend – 281-494-5193

NAMI Humble – 281-459-1518

NAMI West Houston – March at Memorial United

Methodist Church – 281-893-2493 or 281-304-7704

#### Visions for Tomorrow Education Course

This is a FREE, 10-week 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 coping and communication skills, problem solving, rehabilitation and recovery. Trained family member volunteers co-teach the classes.

Greater Houston Area contact:

Linda Lamb [llamb53@hotmail.com](mailto:llamb53@hotmail.com) and/or

Bonnie Cord, 713-984-2538, [hccord@swbellnet](mailto:hccord@swbellnet)

Classes in East Harris County contact:

Rita Darnell, 281-478-4366 [ritadarnell2006@yahoo.com](mailto:ritadarnell2006@yahoo.com) or

Eileene Chappelle, 281-992-7032 [recasail@sbcglobal.net](mailto:recasail@sbcglobal.net)

\*Pre-Registration is required.

#### **NAMI Metropolitan Houston Board Members**

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Mary Ann Watson, NAMI Ft. Bend

Barbara Fulenwider, Newsletter Editor

### WEB SITES

[www.nami.org](http://www.nami.org) - NAMI "The Nation's Voice on Mental Illness"

[www.namitexas.org](http://www.namitexas.org) - NAMI Texas

[www.namimetrohouston.org](http://www.namimetrohouston.org) - NAMI Metropolitan Houston

[www.namiwesthouston.org](http://www.namiwesthouston.org) - NAMI West Houston

[www.dbsahouston.org](http://www.dbsahouston.org) - DBSA (Depression and Bipolar Support Alliance) of Houston is a self-help non-profit organization serving individuals with clinical depression or bipolar disorder (manic-depression) as well as their families and friends. (713) 528-1546

[www.adda-sr.org](http://www.adda-sr.org) - ADDA – SOUTHERN REGION (Attention Deficit Disorders Association Southern Region) For meeting and support group information call (281) 897-0982

[www.mhmraofharriscounty.org](http://www.mhmraofharriscounty.org) - Mental Health Mental Retardation Authority of Harris County. (713) 970-7000

[www.mhahouston.org](http://www.mhahouston.org) - Mental Health Association of Greater Houston (713) 523-8963

<http://familyaware.org/> - A nonprofit organization helping families, especially family members and friends of those with depression, recognize and cope with depressive disorders.

[www.mcmanweb.com](http://www.mcmanweb.com) - McMan's Depression And Bipolar Weekly Newsletter

[www.schizophreniadigest.com](http://www.schizophreniadigest.com) - Schizophrenia Digest

[www.borderlinepersonalitydisorder.com](http://www.borderlinepersonalitydisorder.com) - National Education Alliance for Borderline Personality Disorder (NEA-BPD)

[www.reintegration.com](http://www.reintegration.com) - The Center for Reintegration

[www.phrma.org/pap/](http://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](http://www.nimh.nih.gov) - National Institute for Mental Health

[www.mentalhealth.com](http://www.mentalhealth.com) - A good website containing a great deal of information about all the various disorders, how to treat them, how to get help, complete contact information, etc.

[www.txhealthpool.org](http://www.txhealthpool.org) or [texasriskpool@bcbstx.com](mailto:texasriskpool@bcbstx.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](http://www.capitol.state.tx.us) - Texas Legislature online

[www.senate.state.tx.us](http://www.senate.state.tx.us) - Texas State Senate

[www.house.state.tx.us](http://www.house.state.tx.us) - Texas State House of Representatives



# NAMI Metropolitan Houston

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(713) 970-3455

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[www.namimetrohouston.org](http://www.namimetrohouston.org)

## Support Groups

<b>Every Tuesday</b> 6:00 p.m.	Tomball	Tomball Community Center, 221 Market Street, Tomball (Teen) <b>Contact:</b> Lana Hand at (281) 376-5368 or Jim Wixted at (281) 370-9785
<b>Every Tuesday</b> 7:00 p.m.	Tomball	Tomball Community Center, 221 Market Street, Tomball (F/C) <b>Contact:</b> Lana Hand at (281) 376-5368 or Jim Wixted at (281) 370-9785
<b>1st Tuesday</b> 7:00 p.m.	Anahuac	Joy Center, 610 Washington Avenue, Anahuac (F/C) <b>Contact:</b> Wayne or P.D. Hankamer at (409) 374-2258
<b>2nd Tuesday</b> 7:00 p.m.	Baytown	SUN Headquarters, 1301 Memorial Drive, Baytown (F/C) <b>Contact:</b> Warren or June Turer Foster at (281) 424-4360
<b>2nd Tuesday</b> 7:00 p.m.	Kingwood	Kingwood Pines Hospital, 2001 Ladbrook, Kingwood (F/C) <b>Contact:</b> Gwen Coleman at (281) 459-1518 or Eve Knight at (281) 358-9582
<b>3rd Tuesday</b> 7:00 p.m.	Clear Lake	1300 Bay Area Boulevard, Clear Lake (F/C) <b>Contact:</b> Warren or June Turer Foster at (281) 424-4360
<b>4th Tuesday</b> 8:00 p.m.	Kingwood	Second Baptist Church, Highway 59 North, Kingwood (F/C) <b>Contact:</b> Gwen Coleman at (281) 459-1518 or Eve Knight at (281) 358-9582
<b>1st Wednesday</b> 7:00 p.m.	Houston	Pines Presbyterian Church, 12751 Kimberley, Room C-10 Houston (F) <b>Contact:</b> Carolyn Searles at (713) 461-5269
<b>2nd Wednesday</b> 7:00 p.m.	Houston	Bear Creek Community Center, 3055 Bear Creek Drive, Houston (F) <b>Contact:</b> Fifi Wetherhead at (713) 465-8518
<b>4th Wednesday (Spanish)</b> 7:00 p.m.	Houston	Bear Creek Community Center, 3055 Bear Creek Drive, Houston (F) <b>Contact:</b> Sara Frost at (713) 206-2807 or Laura Ramirez at (281) 477-0852
<b>1st Thursday</b> 7:00 p.m.	Spring	Northside Christian Church, Family Ministries Building (Behind the Church) 2414 Spring Cypress, Spring TX, 77388 (F) <b>Contact:</b> Karen Lashley at (281) 353-1925
<b>2nd Thursday</b> 7:00 p.m.	Rosenberg	Texana MHMR, 4910 Airport Avenue, Building G, Rosenberg (F) <b>Contact:</b> Tami Barugh at (713) 504-6016
<b>2nd Thursday</b> 7:00 p.m.	Houston	The Well, Grace Presbyterian Church, 10234-A Westheimer, Houston (Y/F) <b>Contact:</b> Diane Goyette (713) 896-1153 or Madeleine Elmer (281) 293-7717
<b>3rd Thursday</b> 6:00 p.m.	Houston	West Oaks Outpatient Clinic, 6612 Hornwood, Suite E, Houston (F/C) <b>Contact:</b> Linda Lamb or Evelyn Johnson at (713) 729-1242
<b>3rd Thursday</b> 7:00 p.m.	Spring	Northside Christian Church, Family Ministries Building (Behind the Church) 2414 Spring Cypress, Spring TX, 77388 (F) <b>Contact:</b> Karen Lashley at (281) 353-1925
<b>3rd Thursday</b> 7:00 p.m.	Sugar Land	First United Methodist Church, 431 Eldridge Road, Sugar Land (F) <b>Contact:</b> Tami Barugh at (713) 504-6016
<b>3rd Thursday</b> 7:00 p.m.	Katy	St. Peters United Methodist Church, 20775 Kingsland Boulevard, Katy (F) <b>Contact:</b> Joyce Hess at (281) 395-3582
<b>4th Thursday</b> 7:00 p.m.	Rosenberg	Texana MHMR, 4910 Airport Avenue, Building G, Rosenberg (F) <b>Contact:</b> Tami Barugh at (713) 504-6016
<b>4th Saturday</b> 1:00 p.m.	Houston	Safe Havens, Dennis and Caroline Streets, Houston (F) <b>Contact:</b> Carolyn Hamilton at (713) 970-3455
<b>2nd Sunday</b> 2:30 p.m.	Houston	Pines Presbyterian Church, 12751 Kimberley, Houston NAMI C.A.R.E. (C) / Support Group (F) <b>Contact:</b> Vi Napolitano at (281) 893-2493
<b>4th Sunday</b> 2:30 p.m.	Houston	Pines Presbyterian Church, 12751 Kimberley, Houston NAMI Care (C) and Support Group (F) <b>Contact:</b> Vi Napolitano at (281) 893-2493

(F) Family

(C) Consumer

(VFT) Visions for Tomorrow

(YF) Young Family

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