



NAMI Metropolitan Houston

“The education you need, the support you deserve”
P.O. Box 740169, Houston, Texas 77274 – 713-970-3455
namimetrohouston@sbcglobal.net
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



HOUSTON NAMIWalks
FOR THE MIND OF AMERICA
Saturday, May 5, Sam Houston Park
Check in time: 7:30 a.m.

The Kick-Off Luncheon was a huge success.

MC Christi Myers of Channel 13 kept the event on track in spite of last-minute changes in the program due to bad weather. We even had a spot on the late news. **Jim (Mattress Mack) McIngvale, our Business Team Chair**, gave an inspiring talk about his daughter Liz’s heroic struggle with OCD and challenged everyone to get their teams going. **The McIngvale family is entering three teams in the Walk!**

With just a month to go the momentum is building! We currently have **44 sponsors who have committed nearly \$70,000**, almost 75 percent more than last year. There are **38 teams** registered online and the number is growing rapidly.

Two of our sponsors, **Simmons & Company International and FMC Technologies**, have asked for presentations to their companies about NAMI and the Walk. **Simmons & Company** has also expressed interest in a presentation to their senior management about NAMI and the impact of mental illness on society and business. The company’s representatives have said that they were so impressed at the Kickoff Luncheon that they have **decided to make the Walk their “fund raising priority for 2007.”** How about that?!

Mayor White’s “Wellness Council” has also asked for a presentation on NAMI and the Walk. This will be a first step, and no telling where it will lead! Clear Channel radio has signed on as

our media sponsor and will have 3 of their stations at the Walk and will run public service announcements as well as posting Walk information on their websites.

A hint to walkers. If you want to maximize the amount of money you raise, **register online** and create a personal page where people can donate to you directly. Currently those with personal pages are raising \$20 for each dollar raised by someone without a personal page.

And what about our Walkers? There is one name which stands out as this message is being written. That is **Mark Shenker. Mark’s team - The Open Minds - has only 5 people, but Mark has single-handedly raised \$1,421 online!**

With only a month to go, don’t delay in reaching out to your friends and family for help on this hugely important Walk.

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AFFILIATE AND CHAPTER MONTHLY MEETINGS (Open to the Public)

NAMI Metropolitan Houston Area Chapter

Meetings: Contact: 713-970-3455 or local chapters to confirm meeting times, speaker and programs.

Bay Area

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

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

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

MAY 15: Call for program and speaker

JUNE 19: Call for program and speaker

Central (formerly Houston)

3rd Thursday of each month at 6:00 p.m.

Community National Bank, 5123 Bellaire Blvd, Bellaire 77401

Contact: Linda Lamb at llamb53@hotmail.com or Evelyn Johnson at 713-729-1242

Monthly Meeting Schedule:

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

MAY 17: Call for program and speaker

JUNE 21: Call for program and speaker

Northeast (formerly Humble)

4th Tuesday of each month at 6:30 p.m.

Second Baptist Church, North, 22770 Highway 59 North, Building A, Room 306, Kingwood 77339

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

Monthly Meeting Schedule:

6:30 p.m. – Refreshments; 7 P.M.–speaker/program

8:00 p.m. – Consumer and Family Support Group meetings

MAY 22: Camille Adams, Continuum HealthCare

JUNE 25: Call for program and speaker

Northwest (formerly Tomball)

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

Tomball Community Center, 221 Market Street, Tomball 77375

Contact: 281-376-5368

MAY 8: Family and Consumer Support Groups

JUNE 12: NAMI Family Reunion Potluck Dinner

See page 3 for more information.

NAMI Ft. 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, 281-494-5193 or namifortbend@alltel.net

MAY 3: Call for program and speaker

JUNE 7: Call for program and speaker

NAMI West Houston

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

The Connection Center, 13194 Memorial Drive, Houston 77024

Contact: Bonnie Cord, 713-984-2538 or

bccord@swbell.net - Website:

www.namiwesthouston.org

Monthly Meeting Schedule: 7:00 p.m. – Social time and refreshments; 7:30 to 9 p.m. – speaker/program

MAY 21: Stephen Hester, Center for Independent Living, Housing in Houston

JUNE 18: Dr. Karen Brown, Psychiatrist, Medication

JULY 16: No monthly meeting in July.

“MAY IS MENTAL HEALTH MONTH”

Watch our website for mental health activities during the month of May. Go to www.namimetrohouston.org.

2007 NAMI NATIONAL CONVENTION

June 20-24, 2007

San Diego, California

NAMI’s Annual Convention is a great opportunity to become more involved in issues affecting people living with serious mental illness.

Members who register for the 2007 NAMI Convention by May 15 are eligible for the Early Bird rate of only \$225. Register online at www.nami.org.

AFFILIATE AND CHAPTER NEWS

NAMI Metropolitan Houston - Northwest

Thank You: We thank Dr. Michael Fuller and Janssen, LP for bringing "Choices in Recovery" to us. Dr. Fuller's well-planned presentation showed us how recovery is possible, achievable with realistic goals and strategies developed with a treatment team, and how to maintain recovery by working our treatment plan into our daily lives. Family members and consumers who usually get only ten or fifteen minutes with their psychiatrists every three months, had an opportunity to visit and ask questions of Dr. Fuller for an entire evening. What a wonderful gift you gave to us all. Thank you.

School-Based Teen Support Pilot: This pilot program offers in-school support groups for troubled teens. The first support group was held in Aldine ISD on November 29, 2006 at Eisenhower High School with Kathy Gosselin and Lana Hand working with Vicki Thibodaux, Crisis Intervention Counselor. We have now added Aldine High School to the program. We work with Linda Ford, Special Ed Counselor, and Laurie Herzick, Crisis Intervention Counselor. This second pilot site began March 21, 2007. We are all excited about the potential of this pilot program.

Towels for Teens: Donations of \$2.00 for the teen pilot program are being accepted in exchange for a kitchen towel with a crocheted top that can be hung from a handle or knob. With school permission, teens will be able to acquire these towels for their mothers for Mothers' Day. We will also accept donations of yarn or new towels to help in this endeavor. All proceeds are to benefit the identified teens in the pilot program when necessary and other sources are not available.

Senior Grief Support: Lana Hand, Kathy Gosselin and Kathy Busby facilitate this group on Thursdays, 10:00 am at Tomball Community Center, 221 Market Street, Tomball, 77375. For more info on Senior Activities at Tomball Community Center, call Wanda Sutton at 281-255-6221.

Family-to-Family Graduates: Congratulations! Thank you for coming and sharing with us. We hope you will continue on your journey to healthy, balanced lives. Come to our second Tuesday meetings so we can all keep in touch. Try to stay in touch with each other. We all formed bonds as a class. The June potluck will be a reunion each year for class graduates. Thank you to Terri Adam and Kathy Busby, Co-Teachers!

June Reunion Potluck Dinner: Each June our chapter shares a potluck dinner. It is usually well attended. We encourage all past members, all education class graduates, and all our NAMI families and friends to attend. We will share a meal, catch up with those we haven't seen in a while, and just have a good time. We do like to share the past year's accomplishments and what we can look forward to in the year to come. We also talk about summer and NAMI Texas convention plans. If any consumers need stipend paperwork, let us know. Call Lana Hand 281-376-5368 or Kathy Busby 281-376-0206.

NAMI West Houston

We have been enjoying our **monthly programs** at our new location, **The Connection Center, 13194 Memorial Drive**, 7-9 pm on the 3rd Monday of the month, same time and day as before. Please join us. Thank you again to Memorial Drive United Methodist Church for letting us meet in their beautiful new facility.

We are also very pleased about the new location of our **Spanish-speaking family support group**. It is now meeting at **St. Cecilia Catholic Community, 11720 Joan of Arc, Houston 77024, Room 204-205**. St. Cecilia has a large Spanish-speaking membership. We are grateful for their support.

This spring, in addition to the support group at St. Cecilia, we are reaching out to the Spanish-speaking community in West Houston with information tables and presentations at St. John Vianney Catholic Church. We hope to offer a Spanish-speaking Family-to-Family Class next year.

Have a great spring!

Bonnie Cord, President
713-984-2538, bccord@swbell.net

NAMI Ft. Bend

On February 20, 2007, the Second Mile Community Dental Clinic located at 504 FM 1092, Stafford 77477, opened its doors and began free dental screenings and treatment plans for patients in need of dental services who have no resources. The hours are flexible. You should call the Health Services Coordinator at 281-261-9199 ext. 294 to schedule a screening.

Note: The clinic is always in need of volunteer medical and dental professionals and dental supplies.

Larry Davis, President
281-494-5193, namifortbend@alltel.net



Ashley Montondon, Carolyn Hamilton and Leslie Gerber
(Left to right)

NAMI METROPOLITAN HOUSTON 2007: PULLING TOGETHER FOR A BRIGHT FUTURE

When you look at the past few years of growth and activity for NAMI Metropolitan Houston, you can almost see the transformation take place before your eyes. Growth, change, progress, and exciting prospects for the future are on the horizon. NAMI Metropolitan Houston is becoming a more centralized organization that can support mental health consumers and family members throughout the area.

NAMI Metropolitan Houston supports its chapters and related affiliates in a variety of ways already. It organizes and pays for training and expenses for all teachers of Family-to-Family, Visions for Tomorrow and Peer-to-Peer courses. It organizes and pays for facilitator training to conduct the many support groups in the metropolitan Houston area. It puts out this newsletter. There is NAMI representation on committees and boards of the mental health community. You can probably think of some others.

With members spread throughout our sprawling metropolitan area, it's a challenge to create unity and to envision the best ways to maximize opportunity for members to receive the services they need.

The Walk is certainly a great unifying event that makes growth possible, and brings all of us together in a common cause.

It also makes possible the funds that can bring staff resources to NAMI Metropolitan's great grassroots tradition and dedicated core of volunteers. Without these volunteers, so many people have received support who would otherwise have had to go it alone. By adding staff time and energy to the mix, you get greater organization and new energy to add to the mix.

It's time to begin imagining what you want your organization to do for you and what you want it to look like in the not-so-distant future.

What would it be like if NAMI Metropolitan Houston had a place of its own? A centrally located, welcoming space

could offer a place for meetings, trainings, and outreach to the public. NAMI Gulf Coast, for instance, has a wonderful old house with an office, and meeting space and even a backyard where consumers can gather.

What if NAMI Metropolitan Houston had the resources to take a lead in community collaborations to benefit people with mental illness and their family members so that the resources of other organizations could complement our efforts?

We will soon be able to celebrate the successes of our second annual NAMI Walks for the Mind of America, and to take stock of our financial resources, to create a diversified fundraising plan and to take a look at how the chapters and affiliates within the NAMI Metropolitan Houston umbrella can meet their individual and group goals through common action.

Change is a challenge – but imagine the possibilities, imagine the growth and imagine a growing number of people with mental illness and their families receiving the help they need. In the months ahead, we will be forging that vision and making it real. Now that's exciting!

*Leslie Gerber, Managing Director
NAMI Metropolitan Houston*

NEW RECOVERY TOOL FOR HOUSTONIANS

Houston's first ever NAMI Peer-to-Peer Recovery Education Course for consumers just wrapped up in April. Over a nine-week period, participants in the class shared common experiences, developed personalized relapse prevention plans, and learned coping strategies and relationship skills.

This first class brought together a diverse group of consumers from all over the Houston area who have experienced a wide range of mental illnesses. As class members related their stories, they recognized and discussed the trauma they had experienced as a result of their illnesses. This sharing opportunity created a unique bond, and participants were able to share their insights, perspectives, and compassion with one another. As class members connected, everyone helped lift and support each other to a higher level of recovery.

Our goal at NAMI Metropolitan Houston is to extend this education and support to anyone who wants to develop skills and tools for recovery. The next Peer-to-Peer course will begin in May, and we want registrants! Just call NAMI Metro Houston at 713-970-3455 or Ashley Montondon at 281-441-1312 for more details and to get on the list of class attendees. Expect Recovery – with NAMI Metropolitan Houston's new Peer-to-Peer class.

*Ashley Montondon, Program Coordinator
NAMI Metropolitan Houston, NAMI Peer-to-Peer Teacher
and NAMI Texas State Trainer*

BIPOLAR DISORDER: UNDERSTUDIED AND MUCH MORE COMMON THAN PREVIOUSLY REPORTED

Despite a prevalence of about 5% in the community and 50% in depressed outpatients, the treatment of bipolar II disorder* and related disorders is understudied. Recent advances in this area, which have mainly been related to these conditions, are discussed in a Seminar in The Lancet. Franco Benazzi (Hecker Psychiatry Research Center, Forli, Italy) reviews the concepts, definitions, and classifications of bipolar and related disorders, with a focus on bipolar II disorder and mixed depression. He notes that the apparent increase in prevalence of bipolar spectrum might be related to several changes in diagnostic criteria, including improved probing for history of hypomania, lower minimum duration of hypomania, and inclusion of unipolar depressions with bipolar signs such as family history of bipolar disorder and mixed depression. He recommends caution in the treatment of mixed depression, for which some symptoms can be worsened by antidepressants and might be better controlled by initial treatment with mood stabilisers, although further evidence is needed.

Franco Benazzi concludes: "Bipolar disorders, especially bipolar II and the related bipolar spectrum disorders, are much more common than previously reported, and treatment is much understudied. Controlled pharmacological studies are greatly needed, and should stratify samples taking into account the frequently mixed profile of bipolar disorders".

**Bipolar II Disorder - is characterized by one or more major depressive episodes accompanied by at least one hypomanic episode. The key difference between Bipolar I and Bipolar II is that Bipolar II has hypomanic but not manic episodes. Article URL: <http://www.medicalnewstoday.com/medicalnews.php?newsid=65380>*

EFFECTIVENESS OF PSYCHODYNAMIC PSYCHOTHERAPY FOR PANIC DISORDER

Psychoanalytic therapies have been in professional use for over a century, but a new study from physician-scientists at New York-Presbyterian Hospital/Weill Cornell Medical Center is the first to show that a classic psychoanalytic talk therapy is efficacious in treating panic disorder.

Panic disorder remains a common, debilitating condition, accounting for more than 20 percent of U.S. hospital emergency room visits. Patients with the condition are plagued by sudden, uncontrolled symptoms such as panic, dizziness, and heart palpitations, as well as chest and abdominal pain.

The small but significant study, involving 49 patients, compared 12 weeks of twice-weekly psychodynamic psychotherapy sessions to another well-known approach, applied relaxation training (ART).

"The psychoanalytic strategy was highly effective, achieving nearly double the level of patient response by the end of treatment as compared to ART," says Dr. Barbara Milrod, the study's lead author and associate attending physician at New York-Presbyterian Hospital/Weill Cornell Medical Center. She is also associate professor of psychiatry at Weill Cornell Medical College.

The findings are significant because the trial, while preliminary, is among the first to prove clinical efficacy for a psychoanalytic therapy for any major psychiatric disorder, Dr. Milrod says.

Her team published their findings in the American Journal of Psychiatry.

"Right now, two therapies -- cognitive behavioral psychotherapy (CBT) and the use of antidepressant or anti-anxiety drugs such as selective serotonin reuptake inhibitors (SSRIs) -- are the main forms of treatment for panic disorder in the United States," Dr. Milrod explains.

However, studies suggest that up to half of patients may not respond to either of these approaches. What is more, many patients, such as women during pregnancy, prefer not to take a pharmaceutical therapy, lending urgency to the notion that patients need effective, non-pharmaceutical options in treating panic disorder.

That is why there has been a renewed interest in psychodynamic psychotherapy. "This form of talk therapy has actually been around since the beginning of the 20th century, and it's still practiced by many psychiatrists and psychologists across the U.S. today," Dr. Milrod says.

Unlike CBT -- which relies on exposure to panic triggers, and a highly structured set of exercises aimed at easing attacks -- psychodynamic psychotherapy has a different focus.

"It's really aimed at getting patients to understand the underlying emotional meaning of their panic, its root psychological causes," Dr. Milrod says. "Once that is achieved, patients can acknowledge previously unacceptable feelings and ideas, which have led to panic, as they arise."

For example, in one case highlighted in the study, a respected professional musician was beset by panic attacks so severe they kept her from performing.

During her psychodynamic psychotherapy sessions, she and her doctor traced the source of her panic to her relationship with her highly critical and demanding mother.

"Her panic attacks remitted through exploration of these issues," the study authors write, and the musician "managed to give a widely attended performance on her instrument that won great critical acclaim."

Still, as anecdotal successes like these cannot prove the general effectiveness of psychodynamic psychotherapy, Dr. Milrod's team compared the treatment to ART in a 12-week randomized, controlled clinical trial.

"We did not compare psychodynamic psychotherapy to CBT, but used ART -- a standard therapy that has often been used in trials aimed at assessing the effectiveness of other treatment approaches," she says. ART is a structured, relaxation-focused approach with similarities to CBT.

The results -- tabulated by Weill Cornell Professor of Biostatistics in Psychiatry Dr. Andrew Leon -- were impressive.

The 26 patients in the Panic-Focused Psychodynamic Psychotherapy (PFPP) group had a greater reduction in their symptoms compared to the 23 patients in the ART group, the researchers report. In fact, by the trial's end, 73 percent of patients treated with the psychoanalytic approach met criteria for "response," using standard definitions of "response" criteria in the field, compared to just 39 percent of those in the ART cohort.

"It's important to note that this trial is small, so no definite conclusions can be drawn at this point as to efficacy. Efficacy is considered well-established once results such as these are replicated. However, based on these results, we have already begun a much larger, two-site clinical trial in collaboration with researchers at the University of Pennsylvania," Dr. Milrod says. "That trial will compare the effectiveness of psychodynamic psychotherapy to that of both ART and CBT."

Right now, the important take-home message for patients battling panic disorder is that psychoanalytic treatment may provide a much-needed therapeutic option. We know that when it comes to panic disorder - - and psychological disorders in general -- not everyone is going to respond to one therapy," Dr. Milrod said. "It's really important to conduct rigorous trials like these, to let patients know that they have a real choice."

This study was funded by grants from the National Institute of Mental Health and a fund in the New York Community Trust established by DeWitt Wallace.

Article URL:

<http://www.medicalnewstoday.com/medicalnews.php?newsid=65336>

MENTAL HEALTH MINISTRIES

www.MentalHealthMinistries.net

The mission of Mental Health Ministries is to provide a wide variety of print and media resources to help erase the stigma of mental illness in our faith communities. In preparation for **Mental Health Month in May**, there are two free, downloadable bulletin inserts or flyers. The first contains general information on mental illness and the second one is for children and adolescents. These are designed to be printed back to back on 8 1/2" by 11" paper. They can then be cut in half so that you get two inserts or flyers from one piece of paper. These are offered in English and Spanish. There is also a bulletin for mental illness in children and adolescents.

NIMH: African Americans, Black Caribbeans, and Whites Differ in Depression Risk, Treatment

Although black Americans are less likely than whites to have a major depressive disorder (MDD), when they do, it tends to be more chronic and severe. They are also much less likely to undergo treatment, a major NIMH-funded study of mental-health status shows. The National Survey of American Life also shows striking differences among blacks. Fewer than half of African Americans with MDD undergo treatment, but the rate drops to about one-quarter in Caribbean blacks who emigrated to the U.S. or were born there. Results were published in the March issue of the *Archives of General Psychiatry*.

Science Update: <http://www.nimh.nih.gov/press/mdd-race-ethnicity.cfm>

CONCERT AT UNIVERSITY OF HOUSTON

**Lost2gether Album Release
May 19, 2007 at 8:00 pm – \$10.00**

**Jose Quintero Theater in Cynthia Woods
Mitchell Center for the Arts**

**University of Houston, Central Campus
For more information call 832-264-7711**

Benefiting Peace of Mind Foundation

www.lost2gether.com

RECOVERY

I would like to talk about what it means to be in recovery when dealing with mental illness.

I have acquired my information from a variety of sources from the NAMI State Convention in 2006. I also want to share my personal experience when it comes to recovery. I am a person living with mental illness, and I believe I am experiencing recovery.

First of all, **RECOVERY IS POSSIBLE.**

Recovery of mental illness means restoration of self-esteem, restoration of dreams, restoration of self-worth, pride, choice, dignity, and meaning to life. Recovery also means re-finding the lost meaning in life after symptoms of mental illness have eroded hope, goals, future, and adaptive potential. In addition, recovery is an expectation or goal that transcends mere survival, with or without symptoms of illness. Recovery is a life long process that presents challenges sometimes, but we craft our best existence, so we can manage the illness itself.

We do not let the illness take over us but we take over IT.

We make a choice. It is like walking the dog; are you walking it or letting it walk you? We do not suffer from mental illness, we live with mental illness. The illness does not define who we are. Furthermore, all of us have limitations. People with mental illness realize it is a hindrance to some degree, but we can realize what it takes to move forward. Finally, we have talents and abilities to offer society.

Recovery does not happen overnight.

It is a process and through my personal experience, it is finding meaning in each day. It is finding what best works for you, and realizing you have the potential to get there. It is having the hope for a better tomorrow, and becoming someone or something that you want to be. "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future" (Jeremiah 29:11). This is the hope that sustains me in my recovery process.

*Dena Napolitano,
NAMI Peer to Peer Graduate*

INSPIRATIONAL QUOTE:

The Fate of Someone With Clinical Depression
(who also had the determination to strive on)

Failed in business in '31
Defeated for the legislature in '32
Again failed in business in '34
Sweetheart died in '35
Had a nervous breakdown in '36
Defeated in election in '38
Defeated for Congress in '43
Defeated for Congress in '46
Defeated for Congress in '48
Defeated for Senate in '55
Defeated for Vice President in '56
Defeated for Senate in '58
Elected President in '60...

This man was Abraham Lincoln

ARTICLES WANTED!

Do you like what you read in this newsletter?

Have you ever thought about contributing an article that others might find useful?

Then NOW is the time to do it!!

If you have something you would like to submit, please email your article as a MS Word document or put the text in the body of the email. Email to namimetrohouston@sbcglobal.net

NAMI Metropolitan Houston retains the right to edit or modify any article for clarity.

NEW WEBSITE FOR CRISIS INTERVENTION TEAM ("CIT")

www.houstoncit.org

Please check out the new Houston Police Department Crisis Intervention Team website.

The Houston Police Department CIT program provides officers with training on mental illness and crisis intervention/de-escalation techniques. This training is proven to help officers de-escalate situations involving individuals in serious mental health crisis. The goal of the program is to keep officers and mental health consumers safe in these encounters. The training results in a more professional, effective, and humane response by law enforcement officers to individuals with mental illness.

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.

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>.

DBSA OF GREATER HOUSTON

Depression and Bipolar Support Alliance (DBSA) is a self-help, nonprofit organization for those who have been diagnosed or have symptoms of a mood disorder. Families and friends of people with mood disorders are also involved. DBSA provides personal support and direct services to its members, educates the public about the nature and management of these treatable disorders, and promotes related research.

Support group meetings are free and open to the public. All meetings are kept confidential, are facilitated by DBSA members and are open to patients, family members and friends. Free literature is available at the meetings and you can talk with people who are recovering from depression or bipolar disorder. You don't have to call ahead - feel free to drop in.

Please verify times and locations by calling 713-600-1131 or www.dbsahouston.org

1-800-SUICIDE

A crisis help line for individuals in suicidal crisis.

BOTH SIDES NOW

Both Sides Now, a group of consumers, friends and families, meets for sodas, coffee and conversation from 3 – 5 p.m. Sundays at Starbucks on Westheimer and Post Oak, near The Container Store and Jamba Juice.

We discuss anything that's on our minds from problems and issues to personal interests such as books, movies, politics, etc. Anyone who would like to join is welcome. Look on the patio for Mike Harvey and/or Pate Pecora. For more information call Mike at 713-880-4576 or Pate at 713-349-0049.

BORDERLINE PERSONALITY DISORDER SUPPORT GROUP

The Borderline Personality Disorder support group meets on the second Monday of each month, at 7:00 p.m., at Chapelwood United Methodist Church at 11140 Greenbay, Room 203, Houston, TX 77024. Call 713-302-3822 or email lmhall@houston.rr.com for more information.

OCD SUPPORT GROUP

An OCD Support Group is held on the 2nd and 4th Wednesday of every month at 7:00 p.m. at Westside Tennis Club, 1200 Wilcrest Drive, Houston 77042. Two groups are held at the same time, one for those with OCD and one for family members. For further information, visit www.peaceofmind.com or call 713-783-1620.

INTERFAITH MENTAL HEALTH ACTION GROUP

Beginning in March, Interfaith Mental Health Action will meet on the first Monday of each month at Bay Area Unitarian Universalist Church at 17503 El Camino Real (near the water tower). Help work on projects to educate, advocate and establish a satellite clubhouse on the southwest side.

For more information about this group, contact Jane Malin at orkidfam@swbell.net or at 281-488-2452 (evenings).

NAMI SPANISH NEWSLETTER

A quarterly NAMI Spanish newsletter is available. Subscribe for the electronic version at www.nami.org/subscribe. For more information on Avanzamos! and to view previous issues visit www.nami.org/avanzamos.

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.

To find a class in your area, call the numbers listed below. 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

Northeast (formerly Humble) – 281-459-1518

Northwest (formerly 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, 12-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. *Pre-Registration is required.

NAMI Metropolitan Houston: 713-970-3455 or namimetrohouston@sbcglobal.net

Central Houston area: Linda Lamb, llamb53@hotmail.com

East Harris County contact:

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

West Houston area: Call 713-984-2538 to register.

Peer-to-Peer Education Course

Registration is being taken for this FREE new nine week – two hours per week course on the topic of recovery for any persons with mental illness who is interested in establishing and maintaining wellness.

The course uses a combination of lecture, interactive exercises and structured group processes. The teachers are a team of three trained “mentors” or peer-teachers, who are themselves experienced at living well with mental illness.

*Pre-Registration is required.

Call Ashley Montondon at 281-441-1312 to register for a future class.

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 group information

www.mhmraofharriscounty.org - Mental Health Mental Retardation Authority of Harris County. 713-970-7000

www.mhahouston.org - Mental Health Association 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, recognize and cope with depressive disorders.

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@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 - Texas Legislature online

www.senate.state.tx.us - Texas State Senate

www.house.state.tx.us - Texas State House of Representatives



NAMI Metropolitan Houston

P.O. Box 740169, Houston, Texas 77274
 (713) 970-3455
 namimetrohouston@sbcglobal.net
 www.namimetrohouston.org

Support Groups

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
2nd Tuesday 7:00 p.m.	Baytown	SUN Headquarters, 1301 Memorial Drive, Baytown (F/C) Contact: Eileene Chappelle at 281-922-7032
2nd Tuesday 7:00 p.m.	Northeast Harris County	Lamb of God Lutheran Church, 1400 FM 1960 East Bypass, Humble 77338 (F/C) Contact: Gwen Coleman at 281-459-1518 (F) or Finis Hay at 281-324-1759
3rd Tuesday 7:00 p.m.	Clear Lake	1300 Bay Area Boulevard, Clear Lake (F/C) Contact: Eileene Chappelle at 281-922-7032
4th Tuesday 8:00 p.m.	Northeast Harris County	Second Baptist Church, Highway 59 North, Kingwood (F/C) Contact: Gwen Coleman at 281-459-1518
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. Celicia 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.	Spring	Northside Christian Church, Family Ministries Building (Behind the Church) 2414 Spring Cypress, Spring TX, 77388 (F) Contact: Karen Lashley at 281-353-1925
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 ksumner1@houston.rr.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 Madeleine Elmer 281-293-7717
3rd Thursday 6:00 p.m.	Southwest Houston	Community National Bank, 5123 Bellaire Blvd, Bellaire (F/C) Contact: Linda Lamb or Evelyn Johnson at 713-729-1242
3rd Thursday 7:00 p.m.	Spring	Northside Christian Church, Family Ministries Building (Behind the Church) 2414 Spring Cypress, Spring TX, 77388 (F) Contact: Karen Lashley at 281-353-1925
3rd Thursday 7:00 p.m.	Sugar Land	First United Methodist Church, 431 Eldridge Road, Sugar Land (F) Contact: Tami Barugh at 713-504-6016
3rd Thursday 7:00 p.m.	Katy	St. Peters United Methodist Church, 20775 Kingsland Boulevard, Katy (F) Contact: Joyce Hess at 281-395-3582
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 ksumner1@houston.rr.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

Revised January 29, 2007

(F) Family

(C) Consumer

(VFT) Visions for Tomorrow

(YF) Young Family

NAMI Experience the Revolution
 ★ ★ ★ ★ ★ **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.

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Do you want to receive your newsletter via email?

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Membership Status: [] NEW [] RENEWAL

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- Additional Donation \$ _____
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TOTAL \$ _____

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

NAMI Metropolitan Houston: Camilla Moga, 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
- Central (formerly Houston)
- Northeast (formerly Humble)
- Northwest (formerly Tomball)

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

NAMI West Houston: John Anderson, Treasurer, P.O. Box 218989, Houston, TX 77218-8989

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

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.



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.

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

Return Service Requested

May/June 2007 Newsletter



HOUSTON, TX. MAY 5, 2007



Do you know someone with
an alcohol or drug problem?

There is help.

The Memorial Hermann Prevention and Recovery Center helps patients and their families learn the most important thing about addiction, how to recover.

- 80% of all domestic disputes are alcohol related.
- 60% of all emergency room visits are alcohol related.
- 40% of all suicide attempts are alcohol related.

For more information call 713.578.3100.

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Breakthroughs every day™

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