



NAMI

Metropolitan Houston

National Alliance on Mental Illness

July/August 2008

The Education You Need, The Support You Deserve

NAMIWalks 2008 - A Stigma-Busting Success

Fun and spontaneity were the order of the day May 3 in Sam Houston Park at the third annual NAMIWalks for the Mind of America. The spunk and pizzazz of two clowns and a harmonica player added energy and excitement to the event as well as offering evidence of the many talents and diversity of those who came to promote NAMI Metropolitan Houston and take steps toward “stomping out the stigma” surrounding mental illness. As the Walk began and the ribbon was cut, the clouds parted and the humidity melted away – a beautiful day led the way to our most successful Walk yet! An estimated 1,500 walkers – approximately 400 more than last year - and 73 teams took part in the festivities.

It was an honor to have community leaders George Parnham and Jim Mcingvale at the starting line to cut the ribbon. Prior to that “Mack” gave an impassioned speech that emphasized the ripple effects on the whole family when one member suffers from a mental illness. He reminded the crowd that it takes a concerted effort by all family members to supply the support, empathy, and love that the ill relative needs.

Thanks are in order for everyone who walked, made donations and supported the Walk. Every step taken supports the important mission of NMH. And it isn't too late to add your support. Donations can be made through July 2, 2008, either online or by mailing your check to NAMIWalks, NAMI Metropolitan Houston, P.O. Box 740169, Houston TX 77274

There were some outstanding fundraisers this year. The top five online fundraisers were:

- Mary and George Parnham - Res Judicata - \$3,901
- David LaLonde - Walkie-Talkies - \$3,100
- Patrick Grant -Team Mikey - \$1,790

- Carolyn Hamilton - Achievers - \$1,750
- Charla Smith - GHPA - \$1,545

A big THANK YOU goes to all of our volunteers, who willingly gave their time and energy to make this NAMIWalks so successful!! Each of you helped to raise public awareness about mental illness in our communities and to raise money to fund the support, education and advocacy programs for NAMI Metropolitan Houston and our affiliate partners. Also, let's not forget to thank our band, The LPs, who have played great music for us the past three years. Many thanks go to our volunteer coordinator, Lana Hand, who orchestrated the smooth participation of all the volunteers.

As usual, Fred and Dot Yondorf supplied the walkers with ample food and drink. The snack tent was one of the most popular destinations for thirsty walkers.

A special thank you to Eileen Baker, the registration coordinator – This was just one of many behind the scenes tasks in which Eileen participated. She will surely be missed due to her upcoming move.

Warren Karmol, the NAMI National NAMIWalks Program Director, was “in the trenches” filling ice buckets, handing out water, and directing traffic – Thanks Warren!!

Jane Easterwood, commented that she “was thrilled with the larger participation this year. It shows that more people are getting connected with NAMI.”

We look forward to holding our 4th Annual NAMIWalks at Sam Houston Park again next year on May 2, 2009.

(The total fundraising for the Walk was over \$160,000!!)



Walkers and volunteers having fun at the 2008 NAMI Metropolitan Houston NAMIWalks at Sam Houston Park

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

June 17: General Support Meeting

July 15: General Support Meeting

August 19: Carolyn Karbowski and Vivian Renfro - NAMI Gulf Coast

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

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

July 10: Glenn Urbach - DBSA (Depression and Bipolar Support Alliance)

August 14: Consumer and Family Get Together at The Gathering Place - 5310 S. Willow Dr. starting at 6:00 pm

September 11: Mike Erikson—Clinical Team Leader for the Neuropsychiatric 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@sbcglobal.net

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

8:00 p.m. – Consumer and Family Support Groups

June 24: Grant Kennedy and Sister Sara Kay Thompson - St. Joseph Clubhouse and Magnificat House (*This is the last meeting on Tuesday & at 2nd Baptist Church*)

July 14: IOOV - In Our Own Voice - presentation. Also, Celebration of the roll-out of our new program - refreshments will be served.

August 11 - Michael Petersmith - Social Security Attorney

Northeast (Humble/Kingwood) (Continued)

August 25: Adrienne Banks - "The Right Step"

Northwest (Cypress/Spring/Tomball)

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

Tomball Community Center, 221 Market Street, Tomball 77375

Contact: Lana Hand at 281-376-5368

June, July, and August - Support Groups

September 9: **Special Program:**

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

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 at 281-494-5193 or namifortbend@alltel.net

July and August—no monthly meetings
Support groups will meet as scheduled

NAMI Metropolitan Houston

a 501(c) 3 non-profit organization

www.namimetrohouston.org

713-970-4419

Email: namimetrohouston@sbcglobal.net

Board Members

President: Carolyn Hamilton

Vice President: Susan Denyes-Moody

Treasurer: Lana Hand

Secretary: Yolanda Rieger

Board Affiliate and Chapter Representatives:

Dick Easterwood, Northwest

Gwen Coleman, Northeast

Barbara Sewell, 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

Director's Note

Don't look for the lazy days of summer at NAMI Metropolitan Houston (NMH)! NMH volunteers and staff are as busy as ever, following up on the Walk (1500 walkers, hurray!), organizing the new office space, planning events for the fall and creating active board committees.

The work of an active, developing organization is never done, but it is only fair to take at least a minute to savor the successful growth in the number of walk participants and the increased awareness this third-year event has spurred. This year's walk was covered by two television stations and a picture in the Chronicle neighborhood section, and prior to the event, Stephen Findley appeared on a public affairs program. This kind of attention to mental illness helps pave the way for others to find the help they need.

The success of the Walk means that NMH has additional resources for developing an organization that can serve the entire Houston area. That's what we are all working toward, and we are making measurable strides in that direction. It doesn't show from the outside, but NMH has made great progress this year in creating administrative infrastructure to

handle the proceeds of the Walk as well as creating new standing committees for the Board that have begun meeting to handle the work of the organization.

Looking ahead, NMH will offer a fall Family-to-Family teacher training, participate in a diversity outreach and observe Mental Illness Awareness Week in October. That's in addition to new offerings of our signature programs – Family-to-Family, Visions for Tomorrow, Peer to Peer and In Our Own Voice.

These are all great reasons to join NMH, and we just happen to have a membership drive going until the end of August. Be sure to tell those who need NMH's programs that joining NMH today is a great way to get connected to support and education that can make a world of difference.

The Resource Pages that have been moved from the newsletter to the NMH website contain an application form. You might go to www.namimetrohouston.org and print a copy to give to a friend or neighbor. Ask them to join today!

~ Leslie Gerber ~

Evelyn Johnson (1930 - 2008) NAMI Volunteer and Pillar of Mental Health Community



Evelyn Johnson passed away on April 25, and with her death NAMI has lost one of its most stalwart and loving supporters. Evelyn was one of the early founders of the first local NAMI affiliate. Founder Beverly Wunch said Evelyn became a motivating force for NAMI during the 1980s and 1990s, as the organization grew. Despite a full-

time job with Southern Pacific, Evelyn logged countless hours helping the organization get off the ground. She wrote the newsletter, maintained the membership list, planned Christmas parties and answered the phone lines.

For thousands of Houstonians who called that line over the years, Evelyn was the voice of kindness and concern who offered far more than information, though she was as knowledgeable as anyone about the mental health system. She managed to find people help when none was available. NMH board member Susan Raffle of the Central chapter remembers Evelyn's support over the phone as a lifeline that introduced her to NAMI and sustained her through many family crises.

Evelyn was also a founding member of The Gathering Place, a clubhouse for mental health consumers. She served it well, and was instrumental in its annual Christmas party, collecting and providing its hundreds of

members with holiday gifts and cheer. She was also the secretary of the Mental Health Needs Council for many years. Its president, Bill Schnapp, called Evelyn one of the most collaborative leaders in the mental health movement and has proposed an advocacy award be created in her name.

Evelyn is survived by her husband, Smoky, and daughters Connie Johnson and Judy Smith and sons-in-law; sisters, Virginia Butler and Linda Gilbert and spouse, 5 grandchildren, 2 great-grandchildren, numerous nieces and nephews, and many friends. In addition to her family, the list of those who will find her irreplaceable is long, indeed. Evelyn Johnson was a much-loved NAMI member and she will be greatly missed.



Evelyn volunteering at the 2007 NAMI-Walks

Lending a 'Voice': We're People Just Like You

"When you hear someone's real story, I think you understand them a little better."

"The biggest benefit for me is knowing that what's being said is right."

"I'm a very shy person and participating in IOOV has been a big step for me, but it's been beneficial for my self esteem."

These are the words of NAMI Metropolitan Houston members Finis Hay, Nick Lewoczko, and Ashley Montondon talking about why they became part of In Our Own Voice (IOOV), NAMI's new consumer-driven education and empowerment program. They are eager to use their experiences to spread the truth about mental illness, improve the public's knowledge and awareness and engender greater understanding and support.

The IOOV presentation combines an informational video with live consumers who comment on and personalize the information with their own real-world experiences.

Montondon, Hay, and Lewoczko were three of six NAMI Metropolitan volunteers who participated in the first IOOV training held in Texas, hosted by NAMI Metropolitan Houston earlier this year. They took part in confidence-building exercises, and learned public presentation skills, how to engage an audience and stimulate discussion, and create a compelling thought-provoking experience that will change hearts and minds.

Montondon, who helped coordinate the IOOV training and has given presentations on mental illness to groups such as the police Crisis Intervention Teams and Family-to-Family, says IOOV fulfills NAMI's goals of education and advocacy.

The program begins with "Dark Days," with consumers exploring their experiences during the most difficult moments of living with a mental illness, and progress through learning "Acceptance" of their illness, "Treatment" Plan, "Coping Strategies," and ends with presenters sharing their "Successes, Hopes and Dreams."

The bond formed between the consumer presenter and the audience makes for a very powerful educational experience that could only happen in a face-to-face interchange, and is crucial to changing hearts and minds. "I've been able to have very frank discussions with new CIT recruits," Montondon says. "Often, even if they know someone with a mental illness, they've never talked with them or had a dialogue like this with that person."

IOOV's other mission is to empower mental health consumers. The training and presentations enhance self-esteem and help them – as well as their audience – focus on recovery – that mental illness can be – successfully treated – and hope.

Montondon says the group now is looking to the NAMI membership to provide referrals and secure invitations to present the free, hour-long IOOV program to audiences throughout the community, including consumer groups, students, law enforcement officials, educators, social service or health providers, faith community members, politicians, professions, inmates and civic groups.

The IOOV team will share their stories at the upcoming NAMI Metropolitan Houston Annual Meeting on June 21, and hope to be on the program at a monthly meeting of each of its affiliates.

"I'm anxious to get the word out," says Finis, who is a longtime NAMI member. "There's a lot of stigma to combat, and it's important for us to let people see and know that mental health consumers are people, too, people with a physical disorder just like any other illness."

That includes people in the medical health professions as well, she says. "Unless you are involved with it – have a mental illness or live with someone who does – you don't have a clue."

If you know of or are a member of a group that would benefit from an IOOV presentation, please contact Montondon at 281-441-1312 or the NMH office at 713-970-4419.



Treat It, Don't Repeat It: Break Free From OCD is a national campaign to educate and empower people who have obsessive-compulsive disorder (OCD) to seek treatment.

Developed by the Anxiety Disorders Association of America (ADAA) with the support of leading experts, the campaign includes many types of resources:

- Public service announcements featuring actors Howie Mandel and Tony Shalhoub and others
- Educational videos about OCD.
- OCD Survey Results highlight the impact the disorder

can have on personal and professional relationships.

- Information for people with OCD and their loved ones: facts about the disorder, treatment options, and tips for talking about OCD with a health care professional.
- Resources for health care professionals: recognize symptoms of OCD and provide support to patients.

Those with OCD experience seemingly unavoidable and uncontrollable obsessions and compulsions associated with this disorder. But appropriate treatment can lead to improvement and a better quality of life.

For more information : www.adaa.org/treatOCD/index.html

(You can order a free DVD and other resources from the web site listed above)

The Veteran's Voice

The Mental Health Consumer Council at the Michael E. DeBakey VA Medical Center (MEDVAMC) is one of the oldest consumer councils in the VA system. The council began in 1997 as a way to bring the needs and recommendations of veterans involved in the Mental Health programs at the MEDVAMC to the Mental Health Executive Committee. The council has had a representative from NAMI as a participating member from the outset. Improving the quality of mental health care continues to be the primary mission of the Consumer Council, though the group is also active in planning activities for Mental Health Awareness Month in May and Mental Illness Awareness Week in October.

Reaching out to approximately 19,000 veterans who receive mental health care at the MEDVAMC a year is no easy task. Representatives of each mental health program are dedicated to talking with veterans who receive homeless services, substance abuse treatment, vocational rehabilitation, and a variety of therapies for those experiencing anxiety, trauma, depression, schizophrenia, and other conditions. The Mental Health Consumer Council recognizes that the numerous community

agencies in Houston are another important way to reach out to veterans accessing other services, as well as to foster partnerships with community stakeholders in improving the quality of mental health care within the VA. For this reason, the Mental Health Consumer Council values the time and effort that NAMI and other community agency representatives take to attend the Council meetings and their assistance in shaping mental health care for all veterans.

If you would like to know more about the Mental Health Consumer Council at the Michael E. DeBakey VA Medical Center, contact any of the following members:

Bobby Wilkerson – Chair, Mental Health Consumer Council
713-542-3513

Arch Ethun – Vice Chair, Mental Health Consumer Council
832-452-3784

Cristy Gamez-Galka, Ph.D. – Staff Coordinator
713-791-1414 x 4378

Newsletter Changes

As you can see from this issue of the newsletter, some changes have become necessary. Due to losing our funding for newsletter production, we have had to reduce the number of pages from 12 to 8. Because of this, we are not including our "Resource Guide" any longer. This guide will be found on our web site: www.namimetrohouston.org.

In the future, please find the page listing the support groups on the web site, along with information on our education classes and other community resources.

We continue our search for an organization or individual to donate the printing and production costs of our bi-monthly newsletter. If you can help us with this search or know of a possible donor, please call 713-970-4419

Donations Sought for Resource Center

Books, Videos, DVD's, – these are the type of items we are looking for to stock our new resource center at the new NAMI Metropolitan Houston office. They don't have to be new, but in good condition. The resources that we are looking for should be in some way related to mental health. Many of you might have books that you purchased concerning a particular mental illness or recovery program. If you no longer need these, please donate them to share with other members. These resources will also be valuable tools for our education teachers to utilize. We will be setting up a check out system to keep track of the books so that we will be able to gain access to them for many years to come. For those wishing to donate a book in someone's honor or memory, a label will be placed in the book naming the individual. For more information call the NAMI MH office at 713-970-4419.

Focus on the Community: Harris County Systems of Hope



The Systems of Hope program meets the needs of Harris County children and youth with serious mental health needs and their families by creating a collaborative network of community-based services and supports using the systems of care framework. Systems of Care is more than a program—it is a philosophy of how care should be delivered. It is an approach to services that recognizes the importance of family, school and community, and seeks to promote the full potential of every child and youth by addressing their physical, emotional, intellectual, cultural and social needs.

For more information go to: www.systemsofhope.org

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

Speaker: Dawn Velligan, PhD - UTHSCSA

Venue: Tomball Community Center

221 Market Street, Tomball 77375

For free registration call NMH at 713-970-4419

Chapter and Affiliate News

Northeast Chapter

Eve Knight is resigning as our facility sponsor because of family priorities. I commend Eve for the years of service that she has given our NAMI family over the last 20 years way back when we were called HAMI (Humble Alliance of Mental Illness). Eve has been the glue that has held us together when we were falling apart. It is by her commitment that we have enjoyed, being educated and empowered by the wonderful speakers she has invited to our meetings on every 4th Tuesday. She has even done the PR work and promoted our meetings in the Chronicle and sent out the reminder emails.

Many of you are not aware of her expense of time and effort that she has put into being our contact person expending countless hours talking with people on the phone and helping them find their way to all that NAMI has for them. She greets everyone with a warm smile and helps them feel comfortable here. She has kept our data base files and even checked up on them to see that everything was okay with them. Of course, there are those delicious refreshments she blessedly shares with us at the meetings.

The NE chapter will miss Eve greatly, hopefully she will return to us soon.

In light of Eve's resignation and our losing Second Baptist, I have arranged for us to use the facilities at Lamb of God Lutheran Church, 1400 FM 1960 East Bypass, Humble, Texas 77338. We meet in the Fellowship Hall at the back of the campus. Go to the rear parking lot and park near the stairway. We will meet in Rooms 102 and 103.

Our new schedule changes to second -AND fourth Mondays at 6:30pm and every Thursday at 7:00pm. We are having a speaker's presentation on both Monday nights

Northeast Chapter (cont.)

and there will be no support groups. EVERY Thursday night we will have our family support group and the consumers will have the NAMI Connections support group.

Please call Gwen Coleman with any questions or concerns. 281/459-1518, home or 832/248-1582, cell.

Northwest Chapter

Eisenhower Eagles' Wings Update

We extend a big Southern welcome to Gloria Moran, Kathy Gosselin's mom who's moved here from Boston, MA. What a blessing to finally meet her in person. We'll give her a short time to settle in, but we hope she'll join us at Eisenhower High School in our teen programs.

We announce a second successful year with Eisenhower Eagles' Wings (EEW). This teen peer support group meets once a week during the school day and offers support, education, and acceptance. Participants experience trust, caring, sharing, improvements in social skills and self image. A wide range of topics are covered and any referrals are handled through the Crisis Intervention Counselor, Vicki Thibodeaux. Kathy Gosselin, Stefanie Brunt and Lana Hand lead the support groups.

Kathy Gosselin offered a new one-on-one care and share support program this past year. She was available on days other than the group support day for individuals who required this option for their only support or additional support.

One idea for next year is a service project for our group. We are considering a "Prom Closet" so if you have formals/semi-

(Continued on page 7)

Legislative Session Ahead - Outlook For Mental Health

Never underestimate the power of a few good people to change the world. That's the idea in grassroots advocacy, and NAMI Metropolitan Houston is looking for members who would like to see things change for people whose lives are affected by serious mental illness.

In January 2009 the Texas Legislature convenes in Austin, following the election this fall. Between summer and the November election is a good time to let your representatives or candidates for office hear from you about your concerns.

Are there issues that trouble you enough to get active? It isn't hard or time-consuming to make that one call or write that one letter than can make a world of difference. Legislators say repeatedly that they don't often hear from constituents who are concerned about the state's role in providing care to people with mental illness.

That needs to change!

Does it trouble you that most insurance policies have higher co-pays and deductibles for mental health coverage? Are you shocked to learn that nearly one-third of the inmates in the Harris County jail have once received services from the public mental health system? Do you know someone whose life is significantly impaired by anxiety disorders or OCD who cannot receive public mental health care because that system can only serve those with severe depression, bipolar disorder or schizophrenia?

If you are willing to be part of a NAMI grassroots advocacy network – willing to make that phone call or write that letter – please e-mail Leslie Gerber, NMH Executive Director, at lsgerber@comcast.net or call at 713-807-9677. Your name and e-mail will be added to a distribution list to receive information about how to become active.

Your voice is needed!

Chapter and Affiliate News (Continued)

Northwest Chapter (Continued)

formals and accessories that you'd like to donate, please call Kathy Gosselin at 281-448-8381. If you are handy with a needle or sewing machine or can do alterations, let her know. Men's suits/tuxedos/accessories are also accepted.

Happy Trails to You

We all miss Karen and Jerry Lashley who moved to Missouri in early May. With her background and training, Karen brought a wonderful insight and great perspective to the Family to Family classes she taught with others. Jerry, ever faithful to the support group they started in Spring, was resourceful and offered much encouragement, yet he remained realistic in his guidance of others. He was a source of strength to many in the group. His humor was delightful. We hope they find a good NAMI home.

Support Groups Update

Our family support group has grown with newcomers and dear friends from Karen and Jerry Lashley's Spring group. In June we began a separate consumer support group which meets in another room at the same time as the family support group.

Our summer meetings will be used for planning and support/networking. We would appreciate your attendance and ideas. Come and help us brainstorm. What do you want from your local chapter? How can we help you? How can you help us? See you soon!

Central Chapter

The Central Chapter of NAMI Metropolitan Houston will hold a summer get-together for consumers and families on the second Thursday in August (14), in place of our regular support groups and general meeting.

This year we will be meeting at The **Gathering Place**, 5310 S. Willow Drive for a very special reason. The Gathering Place will be honoring **Evelyn Johnson** in a formal dedication to begin at 6:30. Evelyn passed away this past April 25th. She was a friend to many in our NAMI community, and for 27 years a tireless supporter of people who live with mental illness, along with their families. Refreshments will begin at 6:00 and at 6:30 the dedication will take place.

Evelyn's name will be placed on a leaf of the Gathering Place tree, honoring those whose lives have made a positive difference in the mental health arena. All those who knew Evelyn are invited to join us. The Gathering Place will be grateful for any donations in Evelyn's name to go toward this dedication.

Note: *NMH Central chapter is adjusting to the loss of its founder and long-time leader, Evelyn Johnson. Besides the monthly meetings, Family-to-Family classes, advocacy meetings, conventions and gatherings, she was always available by phone. Family members could count on her for information and empathy. Phone calls will now be routed to the NAMI Metropolitan Houston number 713-970-4419*

~Barbara Rosen ~

NAMI Fort Bend

NAMI Fort Bend will not hold general meetings (1st Thursday) during the summer months of July and August. General meetings will resume September 4th at the St. Laurence Catholic Church of Sugar Land. Remember, support group meetings continue throughout the summer months at regularly scheduled times, dates, and places.

NAMI Fort Bend enjoyed the camaraderie of participating in the NAMI Walk this year. It is always uplifting to participate with others who share our enthusiasm in helping improve the lives of those affected by mental illness. A special thanks to Mary Robins for a job well done as Walk Chair, and to our representatives to the Walk planning committees, Linda Mikolajek and Jo Ellen Carlos.

NAMI Fort Bend had reason to celebrate at their annual election/awards ceremony on June 5th. Several new Board members were elected after a Bylaws change increased the Board number from nine to eleven members.

Numerous individuals were recognized for their efforts in making the past year the most successful in NAMI Fort Bend's history. Our membership rosters grew to new levels, our fundraising finally became successful, our emphasis on education continued, and we saw continued growth in spirit and enthusiasm result.

Bev Davis was recognized for her sustained leadership in and support of NAMI Fort Bend by receiving the third annual Mark Mitchell Award, our highest honor. This award is presented annually to the person who best represents the standard of excellence in service to NAMI Fort Bend that its namesake, Mark Mitchell, established as our charter president. Mark served as president for thirteen years. Bev richly deserves this honor. She served two years on the Board of Directors as Secretary, establishing a high standard of excellence. She initiated our participation in and chaired our Tel-fair Charity of Choice Walkathon fundraiser, which raised more money than any other fundraiser in our history. As Education Chair and Family-to-Family instructor, she maintained a high standard of excellence and was the essential element that made our classes such a resounding success this year. Bev also designed our wristbands with the words MINDful Support embossed. She has given freely of her time, talents, and resources as a member of NAMI Fort Bend for the past eight years. Congratulations to Bev Davis for being awarded the 2008 Mark Mitchell Award.

As usual, our June meeting was also fun; with the Board members serving others ice cream and banana splits. A good time was had by all!

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

Summer and Fall
Classes and Programs

Family-to-Family:

July 10, 2008
1960/Humble

August 27, 2008
North Spring/The Woodlands

September, 2008
Clear Lake/Bay Area

September 12 – 14 2008
Family-to-Family Teacher Training

Visions for Tomorrow:
July 2008

Central Chapter
Summer Get-Together
For Consumers & Families
August 14, at 6:00 pm
At The Gathering Place

“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