



NAMI

Metropolitan Houston

National Alliance on Mental Illness

November/December 2009

The Education You Need, The Support You Deserve

NAMIWalks Roundup 2009 Awards Celebration - Looking Forward to 2010

The NAMIWalks RoundUp was held on Wednesday, September 9th at the MHMRA Conference Center. Despite the rain, many sponsors and team captains came to show their dedication to the 2009 Walk. Not only was this an opportunity to rejoice in the success of the 2009 Walk but also as an introduction to the 2010 Walk.

We recognized our amazing sponsors, outstanding teams, and distinguished fundraisers. Among those in attendance was Gold Sponsor Highmount E & P. In addition to showing their commitment to NAMI MH by sponsoring the Walk, they

were also the Highest Team Fundraisers. As a first year sponsor, they have truly set the pace for next year's Walk!

We also took time to recognize our diligent volunteers and Core Walk Committee who helped make the Walk a success. Without a dedicated crew, we could not have had such a great Walk. Special thanks went out to Fred and Dorothy Yondorf, the devoted Food Committee Chairs, who have helped lead the way for the past four years, as well as to our Core Walk Team who ensured the great Walk tradition of achievement.

(Continued on Page 11)



Montryce King presenting the Gold Sponsor plaque to Cheryl Janosov with High Mount Exploration & Production.



Martin Melchor (foreground) at the Houston NAMIWalks Roundup Celebration.

MIAW (Mental Illness Awareness Week) October 4 - 10, 2009 Health Fairs and Events Help Raise Awareness

Mental Illness Awareness Week was filled with numerous health fairs and events that were attended by NAMI Metropolitan Houston members (See article on page 11). We cannot thank the dedicated volunteers enough who 'manned' the booths at the health fairs.

In addition to raising awareness among the general public, many agencies stopped by our tables to pick up brochures and learn about our programs. The networking with other non-profits that occurs at these events is phenomenal. For those members who have not had the experience of volunteering at a health fair, we are already starting a list for 2010 and in fact need volunteer help in November and December.

There were many events that took place at the Veterans Administration. Pictured at the right is Cristina Gamez-Galka, Carolyn Hamilton, Gilford Vann, Ray Wodynski (Not pictured - Rae Cantlow, Robert Lambus, Dan Daniels, Steve Olsen, Ashley Montondon, Karen Shaver, Julie Schultz)



(Left to right) Bobby Wilkerson, Cristina Gamez-Galka, F.W.(Arch) Ethun, Carolyn Hamilton, Gilford Vann, Ray Wodynski (Not pictured - Rae Cantlow, Robert Lambus, Dan Daniels, Steve Olsen, Ashley Montondon, Karen Shaver, Julie Schultz)

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

November 17- Dr. Jair Soares - Bipolar Disorder
December - No Meeting

Central (Bellaire/Houston/Southwest)

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

Seven Acres Jewish Senior Care Services, 6200 N. Braeswood 77074

Central Chapter is suspending its monthly consumer support groups. Please note: Weekly consumer support groups (NAMI Connection) are held at the Council for Alcohol and Drugs at 303 Jackson Hill, 77007 every Saturday at 2:00 pm.

Contact: Susan Raffle at 713-529-5446

6:00 p.m. – Family Support Group

7:30 p.m. – Speaker/Program

November 12 - Dr. Catherine Barber - Ben Taub Intensive Outpatient Program

December 10 - Felix Martinez from the MHMRA Consumer Council will talk about the Peer to Peer Recovery Education Course

Northeast (Humble/Kingwood)

Contact: Finis Hay at 281-684-8322 or hay1@peoplepc.com

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

November 10 - John Baker - Navigating DARS

December 8 - Julie Burden - Stress Reduction & Mindfulness, and Holiday Pot Luck

NAMI Fort Bend

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

First United Methodist Church, Fellowship Hall, 3900 Lexington Blvd., Missouri City 77459

Contact: 281-494-5193 or programs@namifortbend.org

November 5 - Thelma Jones, Attorney - Terms & Concepts of Estate Planning in Texas

December 3 - Christmas Social

NAMI West Houston

3rd Monday of each month at 7:00 pm

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

Contact: Alice Brink at 832-598-2760

November 16 - Andrew Hardwick and Juanita Gonzalez from Social Security on SSI/SSDI and Back to Work programs

December - No Meeting

Please make note of our new PO Box:

**NAMI Metropolitan Houston
PO Box 66270
Houston TX 77266-6270**

NAMI Metropolitan Houston

a 501(c) 3 non-profit organization

www.namimetrohouston.org

713-970-4419

Email: namimetrohouston@yahoo.com

Board Members

President: Susan Denyes-Moody

Vice President: Carolyn Hamilton

Treasurer: Lana Hand

Secretary: Yolanda Rieger

Board Directors:

Dick Easterwood, Northwest

Gwen Coleman, Northeast

Herb Bateman, Bay Area

Susan Raffle, Central

Jan West, African American

At Large Directors: Mike Lee, Martin Melchor, Paul Moran

Ashley Montondon, Program Coordinator

Kathy Busby, Admin. Assistant and Newsletter Editor,

Website Coordinator

Montryce King, Walk Manager

President's Message

By the time this goes to press, the NAMI Texas 25th Anniversary Conference will be over. Hard to believe that for one entire quarter of a century we have been forging ahead! When one thinks about the countless lives we've touched and the difference we've made for so many folks, it is an overwhelming sense of TEXAS PRIDE! -- and any true Texan can tell you about that.

Speaking of pride, I have been very proud to be a part of Judge Jan Krockner's Felony Mental Health Court Planning Team. After a series of meetings consisting of 50 to 60 community leaders at each meeting, we have wrapped up our work and we now look forward with great hope that Harris County will, in fact, have a mental health felony court. This will mean the kind of courtroom where our consumers with legal issues will get the type of hearing designed to address the needs of those with mental illness. It will also mean that the judges will listen to and communicate with the families. Can you imagine how much of a difference this will make in people's lives? Our loved ones will get proper treatment instead of just jail time. The revolving door won't be so revolving! Judge Krockner is a true champion for the rights of those with mental illness and a great friend to NAMI.

In presenting to the Sheriff's Department Crisis Intervention Team this past month, I felt more encouraged than ever that our law enforcement leaders have joined forces to end the revolving door. With a felony mental health court in place and CIT working the streets, things are bound to improve. We are proud to have Lt. Mike Lee, head of the Houston Police Department's CIT and CIRT (Crisis Intervention Response Team) as part of our NAMI Metropolitan Houston

Board. Lt. Lee recently spoke in Denver, Colorado to police chiefs from all over the world! This goes to show how Houston is one of the cities leading the nation in CIT and CIRT.

If you haven't had the opportunity to see the Al Jazeera You Tube video concerning the mentally ill in our prisons, I encourage you to do so. It is absolutely true. I was glad to be of help to Jeremy Young with Al Jazeera when he called me and was looking for one of our consumers who was currently incarcerated. He wanted names and phone numbers and after checking with our NAMI National President, Mike Fitzpatrick, I was given permission to do so. I told Jeremy about Lt. Lee and others he may want to talk with about the Incarceration of the Severely Mentally Ill in America. When you watch the video you may recognize a few familiar faces. This is how you get to it:

<http://english.aljazeera.net/programmes/faultlines/2009/09/2009917132219605302.html>

Plans for the 2010 NAMI Metropolitan Houston NAMIWalk are in full swing. NAMI National Walk leaders, Judy Timson and Warren Karmol, have met with Montryce King, NMH Walk Manager and our board of directors in Houston. Our first planning meeting will be October 28 at 7:00 pm at the NAMI Metropolitan Houston office. Montryce King, our fearless Walk leader, is ready to set an all time record for our fifth annual Walk! Montryce and I invite everyone to come to the first meeting and get in high gear. We promise it will be fun! Mark your calendars to join a team and walk with us on May 1, 2010!

~ Susan Denyes-Moody ~

"Out of clutter, find simplicity. From discord, find harmony. In the middle of difficulty lies opportunity."
Albert Einstein

More Walk Roundup Photos....



Fred and Bonnie Session enjoying the Walk Roundup. Bonnie is on the St. Monica Steppers Walk team.



Fred and Dot Yondorf receiving an award for their wonderful job arranging for the refreshments at the Walk.

New Regular Column: Your Legal Questions Answered - Phillip Jenkins, Attorney

Q: What are the Pro's and Con's of getting a Guardianship for my son?

A: Guardianship is a complicated subject and a subject that raises many concerns for both the incapacitated person and the person's loved ones. Guardianships are necessary when a person due to physical or mental disability, is no longer able to care for him or herself. When considering whether to grant a guardianship, the courts look at the individual's ability to provide for their own basic necessities. Is she able to provide her own food, clothing and shelter? Is he able to take proper care of his medical and financial needs?

Guardianship removes some specific rights from an adult person and substitutes some protections instead. The specific rights and privileges that are removed are determined by the court on a case by case basis. The rights that are to be removed and the rights that are to remain are determined by the Court after consulting with doctors, family, and other concerned people in the incapacitated person's life. One of these persons is an attorney appointed by the court to protect the rights of the proposed ward. This person is appointed by the court so that s/he will be an independent voice whose only responsibility is to protect the incapacitated person from exploitation.

Guardianships can be very restrictive where the incapacitated person has very few rights, but in most cases, the guardianship is structured so that the person is left with as many rights and responsibilities as s/he can reasonably manage. The courts are required to follow the doctrine of "least restrictive alternative". This means that only the rights necessary to protect the incapacitated person are removed. All of the

other rights are to be left in place. For example, a person may have impulse control issues to the degree that he cannot handle the funds in his bank account but he is not so impaired that he should lose the right to vote. In this case, the courts would move to restrict his access to his money but leave his voting rights intact.

There are two types of guardianships. The Guardian of the Estate protects the financial assets of the incapacitated person and the Guardian of the Person ensures that his/her physical well being is provided for. Typically, both types of guardianship are held by the same person. In some cases, they can be split and held by two different individuals. For example, imagine a family where an incapacitated mother has two children. Her daughter is a CPA living in Dallas and her son is a waiter at a restaurant here in Houston. It is likely that the court would appoint the daughter to be Guardian of the Estate and the son to be Guardian of the Person.

Getting a guardianship is complicated, expensive and anxiety producing for both the proposed ward and for the concerned family. There are some alternatives to guardianship that will help solve the incapacitated person's problems with much lower costs – both financially and emotionally. I will address these alternatives in my column in the next issue of this newsletter.

If you would like to know more about my background or if you have legal questions that you would like for me to address, please contact me through my website – pjenkinslaw.com.

Phil Jenkins

NAMI Metropolitan Houston would like to thank Phillip Jenkins for this addition to our newsletter. Phillip has given presentations at NMH chapter meetings and through the years has helped many families deal with the judicial system.

Condolences

Our sympathies are with Gwen and Don Coleman on the passing away of Gwen's mother Lue Virsie Willborg on September 27, 2009.

Condolences to Beverly Wuntch and family on the passing of her husband Israel Wuntch, after a long illness. Israel and Beverly were founding members of the first NAMI in Texas and were involved in the founding of The Gathering Place.

NAMI Metropolitan Houston wishes to express sincere condolences to Mike Harvey's family. Mike passed away in April, 2009. Mike and his wife Beverly were NAMI members for many years. Mike was a strong advocate for persons dealing with mental illness and participated in a number of MHMRA meetings, NAMI meetings and contributed widely to the Houston/Harris County community. He was the type of person one never forgets. We will miss him. (Carolyn Hamilton)

We also express our heartfelt condolences to Betty, Bobby and Gary Neal. Husband and father Robert Neal passed away on June 11, 2009. The Neals are long time NAMI members and were very involved in the history of the Tomball chapter.

Virginia Anderson passed away on August 4, 2009. Our condolences to Virginia's husband Martin and their family. Virginia and Martin have been involved in NAMI for many years and Virginia was a psychiatric nurse for over 16 years.

NAMI Metropolitan Houston

Resource Pages

Education Programs

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

Family-to-Family Education Course

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

NAMI Metropolitan Houston: 713-970-4419
NMH Family-to-Family Coordinator - Carolyn Hamilton
Contact Carolyn at: carolynhamilton@rocketmail.com

NAMI Ft. Bend: 281-494-5193
NAMI West Houston: 281-893-2493

Peer-to-Peer Education Course

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

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

Visions for Tomorrow Education Course

This is a FREE educational course offered to direct caregivers of children and adolescents with brain disorders. Childhood depression, schizophrenia, ADD/ADHD, OCD, conduct disorder, PDD (pervasive developmental disorder) are just a few of the disorders that will be covered. The materials also offer coping and communication skills, problem solving, rehabilitation and recovery. Trained family member volunteers co-teach the classes.

Pre-Registration is required, classes are forming.
For information call:


NAMI Metropolitan Houston: 713-970-4419 or
Eileene Chappelle, 281-922-7032 or
recasail@sbcglobal.net

NAMI Fort Bend: 281-494-5193
NAMI West Houston: Bonnie Cord, 713-984-2538


In Our Own Voice (IOOV)

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

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



NAMI METROPOLITAN HOUSTON



1 0000081938

Kroger - Have this bar code scanned along with your Kroger Plus card—Scan again after July 1st to continue the program through April 31, 2010.



1146

Organization Number

Don't forget to link our Good Neighbor Number to your Remarkable Card and help us raise funds the easy way!



You Search or Shop... We Give!

There is a new and easy way to raise money for NAMI Metropolitan Houston just by searching the Internet with GoodSearch.com. - each time you search, money is generated for NAMI Metropolitan Houston. Go to www.goodsearch.com

NAMI Metropolitan Houston

Support Groups

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



Every Thursday at 7:00 pm at 1st United Methodist Church
800 East Main St., Humble 77338
Contact: Finis Hay at 281-684-8322
Every Saturday at 2:00 pm at The Council on Alcohol and
Drugs, 303 Jackson Hill, Houston TX 77007 (Starts on 11/7/09)
Contact: Jim or Diane Hall at 281-300-3837

1st Tuesday 7:00 pm	Tomball	Tomball Community Center, 221 Market St., Tomball 77375 (F/C) Contact: Lana Hand at 281-376-5368 or Kathy Busby at 281-376-0206
3rd Tuesday 7:00 pm	Clear Lake	United Way Bldg., 1300 Bay Area Blvd., 2nd Floor, Clear Lake 77058 (F/C) Contact: Eileene Chappelle at 281-922-7032
1st Wednesday 7:00 pm	West Houston	Pines Presbyterian Church, 12751 Kimberley, Room C-10 Houston (F) Contact: Bonnie Cord at 713-932-1358
1st & 3rd Wednesday 7:00 pm	Cypress	Cypress Bible Church, 11711 Cypress N. Houston, Cypress 77429 (F) Contact: Dick or Jane Easterwood at 281-376-8735 or 281-415-8193
4th Wednesday (Spanish) 7:00 pm	West Houston	St. Cecilia Catholic Community, 11720 Joan Of Arc, Houston 77024 (F) Contact: Dora Pozzi at 713-772-5688
Last Wednesday 10:00 am	West Houston	St Cecilia Catholic Community, 11720 Joan of Arc, Houston 77024 (YF) Contact: Diana Goyette at 713-896-1153
1st Thursday 7:00 pm	Northeast Harris County	1st United Methodist Church, 800 East Main St., Humble, 77338 Rm 213 (C) Contact: Finis Hay at 281-684-8322
2nd Thursday 7:00	Northeast Harris County	1st United Methodist Church, 800 East Main St., Humble 77338 Rm 213 (C) Contact: Finis Hay at 281-684-8322
2nd Thursday 7:00 pm	Sugar Land	St. Laurence Catholic Church, 3100 Sweetwater Boulevard, Sugar Land (F) Contact: Ken Sumner at 281-265-1554 or sumnerstars@excite.com
2nd Thursday 6:30 pm	Southwest Houston	Seven Acres Jewish Senior Care Services, 6200 North Braeswood, Houston 77074 (F/C) Contact: Susan Raffle at 713-529-5446
3rd Thursday 7:00 pm	Northeast Harris County	1st United Methodist Church, 800 East Main St., Humble 77338 Rm 213 (C) Contact: Finis Hay at 281-684-8322
3rd Thursday 7:00 pm	Sugar Land	St. Laurence Catholic Church, 3100 Sweetwater Boulevard, Sugar Land (F) Contact: Ken Sumner at 281-265-1554 or sumnerstars@excite.com
4th Thursday 7:00 pm	Northeast Harris County	1st United Methodist Church, 800 East Main St., Humble 77338 Rm 213 (C) Contact: Finis Hay at 281-684-8322
4th Thursday 7:00 pm	Sugar Land	St. Laurence Catholic Church, 3100 Sweetwater Boulevard, Sugar Land (F) Contact: Ken Sumner at 281-265-1554 or sumnerstars@excite.com
1st Sunday 4:00—5:30 pm	West Houston Katy	St. Peters United Methodist Church, 20775 Kingsland Blvd., Rm. S201 (F) Contact: Pat or Leon Alderfer at 713-467-3764
2nd Sunday 2:30 pm	West Houston	Pines Presbyterian Church, 12751 Kimberley, Houston (F/C) Contact: Vi Napolitano at 281-893-2493
3rd Sunday 4:00 - 5:30 pm	West Houston Katy	St. Peters United Methodist Church, 20775 Kingsland Blvd., Rm S201 (F) Contact: Pat or Leon Alderfer at 713467-3764
4th Sunday 2:30 pm	West Houston	Pines Presbyterian Church, 12751 Kimberley, Houston (F/C) Contact: Vi Napolitano at 281-893-2493

(F) Family

(C) Consumer

(VFT) Visions For Tomorrow

(YF) Young Family

NAMI Metropolitan Houston

Resource Pages

Physician Referral

Mental Health America of Greater Houston
713-522-5161

Harris County Medical Society
713-524-4267

Patient Assistance for Prescription Drugs

Major pharmaceutical companies offer programs to help provide low-cost or no-cost medications to patients unable to afford their mental health medications. Most of the companies offer assistance for uninsured patients at little to no cost. Visit www.pparx.org for more information.

Pfizer Inc. recently announced a new program to help eligible unemployed Americans and their families who have lost their health insurance maintain access to their Pfizer medicines. Called MAINTAIN (Medicines Assistance for Those Who Are In Need), the program will allow qualifying patients and their families to receive up to a year's supply of Pfizer medicines for free. For eligibility requirements and more information, call 1-866-706-2400 or visit www.pfizerhelpfulanswers.com.



The Community Resource Directory is a gift to the community from St. Luke's Episcopal Health Charities. The site was developed through a partnership with United Way of Texas Gulf Coast and The University of Texas School of Public Health to allow users to gain a better picture of community health, including resources and needs by specific location. The database includes more than 5,100 health and human service programs throughout a 13 county area in the Texas Gulf Coast.

FEATURES

- Searches the database by zip-code, category, sub-category, program, or city
- Provides and prints detailed maps and service information
- Contains more than 5,100 services from 1,400 organizations
- Maps all United Way of Texas Gulf Coast resources
- Lists all resources available in an area
- Identifies services available nearest to geographical search area
- Updates resource information continuously

To visit the site go to:

www.slehc.org/CHI/CHIS/Index.cfm



MHMRA HELPLINE FOR PSYCHIATRIC EMERGENCY

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

MCOT Mobile Crisis Outreach Team

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

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

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

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

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

WEB SITES

www.nami.org - NAMI "The Nation's Voice on Mental Illness"

www.namitexas.org - NAMI Texas

www.namimetrohouston.org - NAMI Metropolitan Houston

www.namiwesthouston.org - NAMI West Houston

www.dbsahouston.org - DBSA (Depression and Bipolar Support Alliance) of Houston is a self-help non-profit organization for individuals with clinical depression or bipolar disorder, manic depression, as well as their families and friends. 713-600-1131

www.adda-sr.org - ADDA – SOUTHERN REGION (Attention Deficit Disorders Association Southern Region) Call 281-897-0982 for meeting and support groups.

www.systemsofhope.org - addresses the mental health needs of children and families by creating a systems of care.

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

www.mhahouston.org - Mental Health America of Greater Houston. 713-523-8963

www.gplace.org - A psychosocial clubhouse providing rehabilitation services to persons with mental disorders. 713-729-3799

<http://familyaware.org/> - A nonprofit organization helping families members and friends of those with depression.

www.mcmanweb.com - McMan's Depression And Bipolar Weekly Newsletter

www.schizophreniadigest.com - Schizophrenia Digest

www.borderlinepersonalitydisorder.com - National Education Alliance for Borderline Personality Disorder (NEA-BPD)

www.reintegration.com - The Center for Reintegration

www.phrma.org/pap/ - Free Meds For The Financially Challenged - Directory of Patient Assistance Programs that PhRMA member companies offer to ensure their medicines are made available to those who can't afford to purchase them. 800-762-4636.

www.nimh.nih.gov - National Institute for Mental Health

www.narsad.org - National Alliance for Research on Schizophrenia and Depression

www.mentalhealth.com - A good website containing a great deal of information about all the various disorders, how to treat them, get help, and contact information, etc.

www.txhealthpool.org or texasriskpool@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

www.advocacyinc.org - 713-974-7691

www.goodsearch.com - Now you can raise money for NAMI Metro..Houston just by searching the Internet at Goodsearch.



National Alliance on Mental Illness

★ ★ ★ ★ ★ Join Today ★ ★ ★ ★ ★

Membership Form

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

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____

ZIP: _____ COUNTY: _____

HOME PHONE: (_____) _____ - _____

WORK PHONE: (_____) _____ - _____

EMAIL: _____

Do you want to receive your newsletter via email?

Yes No

Membership Status: NEW RENEWAL

Individual or Family (\$35.00) \$ _____

Limited Income (\$5.00) \$ _____

Professional (\$50.00) \$ _____

Supporter (\$100.00) \$ _____

Additional Donation \$ _____

Donation In Memory/Honor of:

TOTAL \$ _____

Mail this form with your check to the address listed below

***NAMI Metropolitan Houston: Treasurer,
P.O. Box 66270, Houston, TX 77266-6270***

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

Bay Area (Baytown, Clear Lake, Southeast)

Central (Bellaire, Houston, Southwest)

Northeast (Humble, Kingwood)

Northwest (Cypress, Spring, Tomball)

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

Volunteers 'Step Up to the Plate'



Volunteers helping out at the NAMI Metropolitan Houston office during a Volunteer Day in September. (Left to right) Top row: Pate Pecora, Irene Melancon, Lana Hand, Carolyn Hamilton, and Char McQuown, Bottom row: Ram Ashford, Kerry & Rob McQuown, and Mary Robins.

NAMI Metropolitan Houston would like to thank all the many volunteers who have helped in numerous ways throughout 2009.

Thanks to all the Family-to-Family and Visions for Tomorrow teachers and coordinators. Thanks to the Peer to Peer mentors, In Our Own Voice presenters and all the volunteers who head up chapter meetings; the many who came by the office to help out on various jobs; the Volunteer-Days workers who gave up their Saturdays to help with office organization; all those involved on NAMIWalks committees and the Walk Roundup, and any others who we have not listed.

We could not fulfill our mission without your help!

Anyone who would like to volunteer and has not yet, please either call the office at 713-970-4419 or go to our web site at www.namimetrohouston.org and go to the 'Volunteer' navigation item on the left side. Click on the Volunteer Information sheet, print it out, and mail it to:

NAMI Metropolitan Houston,
PO Box 66270, Houston, TX 77266-6270

From time to time, we will list special volunteer opportunities on the web site.

Family-to-Family Teacher Training To Take Place February, 2010

NAMI Metropolitan Houston will be hosting a Family-to-Family Teacher Training February 19 – 21, 2010. This training is made possible through a generous donation from Chevron who is specifically supporting our Family-to-Family program.

Our thanks go to Chevron and the support of Mickey Driver, a NAMI member and Director of Public Relations for Chevron. Mickey Driver's son, Jake, died this past year and many donations were given to NMH in Jake's memory.

The training will begin on Friday at 9:30 am through Sunday afternoon. A new section has been added to the training dealing with family trauma. This section will help new teachers to understand the severe trauma that family members suffer when a loved one is diagnosed with a mental illness.

If you are interested in becoming a Family-to-Family teacher and you are willing to teach two, 12-week classes within the next two years, please contact Carolyn Hamilton at carolynhamilton@rocketmail.com or the NAMI Metropolitan Houston office at 713-970-4419.



Consumer Corner

What Do I Feel?

What do I feel?
 What do you feel?
 Sometimes it's
 so bad you
 don't want to feel.
 Sometimes it's
 so incredibly
 wonderful that
 you wish you
 could go on feeling
 that way for
 the rest of your life.
 And isn't it interesting
 how we try to push back
 or ignore the bad feelings
 and some search
 all life long
 just to feel something,
 anything.
 Being numb only
 works for a period
 of time and then
 it comes bursting
 into your life
 like the flood
 of Noah.
 I say. . .

Let us embrace
 our feelings
 good or bad
 that we may learn
 and grow
 and even be able to
 help other people
 to embrace and
 try to understand
 these feelings
 and see how
 if
 we manage our
 feelings wisely,
 We can truly live life.
 We can stand tall
 and love the world
 around us.

Stacie Killmoore



Techs & Trainers

Techs&Trainers:

- *accepts all computer donations no matter the age or condition
- *especially needs LAPTOPS and FLAT SCREEN MONITORS
- *always collects used cartridges

Techs&Trainers:

- *provides refurbished computers to people with mental illness and other disabilities
- *trains and employs people with mental illness and other disabilities
- *protects the environment by recycling e-waste

Techs&Trainers also can repair, upgrade and/or refurbish your computer for a nominal fee, call (713)839-7177
 5933 Bellaire #111, Houston, TX 77081

techs1234@yahoo.com www.techsandtrainers.org

SILVER RIBBON CAMPAIGN FOR THE BRAIN

Worldwide, hundreds of millions of individuals and their families are impacted by the consequences of brain disorders and related disabilities.



The Silver Ribbon Campaign for the Brain promotes public awareness of the need for emotional, social, governmental, and research support of these individuals. Increasing public awareness will decrease stigma and increase support to result in improved treatment and eventual cures for those affected.

To get your own silver ribbon products please visit

www.narsadartworks.org

(These would make great Holiday gifts)

NAMI Connection

There are now three NAMI Connection Support Groups in the greater Houston area:

Every Thursday - 7- 8:30 pm

1st United Methodist Church
 800 East Main St., Humble
 77338

Contact: Finis Hay at
 281-684-8322

(New Date and Time - Starts November 7th)

Every Saturday - 2:00 pm

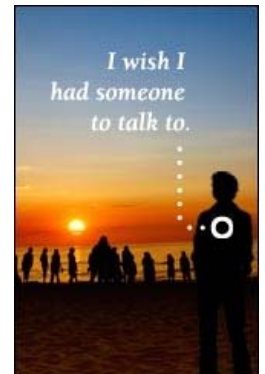
at The Council on Alcohol and Drugs, 303 Jackson Hill,
 Houston 77007

Contact: Jim or Diane Hall at
 281-300-3837 or 281-533-9887

1st and 3rd Wednesdays - 7 - 8:30 pm

Pines Presbyterian Church
 12751 Kimberley,
 Houston

Contact: Thomas Brink at
 713-387-9552



If you're an adult living with mental illness, come talk with us.

We understand how you feel—we've been there.



Dr. Cassandra Joubert presents new book - ***Losing Control: Loving a Black Child with Bipolar Disorder***

On Sunday, October 4, a small, but concerned group gathered at the Children's Museum of Houston for a presentation and book signing by Dr. Cassandra Joubert. In a poignant presentation sponsored by MHA and the Museum, Dr. Joubert opened up about her new book, ***Losing Control: Loving a Black Child with Bipolar Disorder***, and her personal trials with raising a daughter with the condition.

Dr. Joubert's book chronicles her experience in figuring out her daughter's diagnosis and her attempts to manage the situation. It explains her difficulties in managing her child's symptoms, the lack of social and emotional support, and the grief and struggles she faced. Included are medical perspectives to help explain the symptoms and treatments behind the disorder.

Dr. Joubert, a native Houstonian, now resides in Fresno, California and serves as Director of the Central California Children's Institute at California State University, Fresno. She has worked in the fields of children's health, community planning, minority health, child advocacy, philanthropy, and most recently, academia. She is the parent of two children:



Dr. Cassandra Joubert

Josh and Maya (whom she speaks about in the book). "Dr. Joubert is to be applauded for her willingness to share her story," stated NAMI Metropolitan Houston Board member Jan West. "Parents struggling with the same concerns will benefit from her courage to speak out." Along with others, Jan worked to share information about the presentation with Houston's black community. Jan also attended the event and during the networking session afterwards, she was able to share information about NAMI support curriculums for consumers and their families.

Baylor College of Medicine Announces the 10th Annual Chronic Illness and Disability: *Transition from Pediatric to Adult-Based Care*

November 5 - 6, 2009

Denton A. Cooley Auditorium
Texas Heart Institute
at St. Luke's Episcopal Hospital
6720 Bertner Avenue
Green Elevators, Floor B1
Houston, Texas 77030

FOR FURTHER INFORMATION CONTACT
Baylor College of Medicine
Office of Continuing Medical Education
Phone: 713.798.8237

www.BaylorCME.org



'Roundup'

(continued from page 1)

Here are our 2009 Walk Superstars!!!!

Top Individual Fundraisers (in order with Team name)

1. Brad Raffle- Stigma Busters
2. Randy and Liz Engalla- 4Brett
3. Linda Johnson- Highmount E &P
4. Carolyn Hamilton- Achievers
5. Marcia Tysseling- Menninger Marchers

Top Size Teams

1. Menninger Marchers
2. MHMRA
3. Solutions Team
4. Highmount E &P
5. United Behavioral Health

The 2010 NAMIWalks is scheduled for Saturday, May 1st at Sam Houston Park/Allen Parkway. Be sure to register your team today at www.nami.org/namiwalks/tx/houston

NAMI Metropolitan Houston
P.O. Box 66270
Houston, TX 77266-6270

Return Service Requested

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

November/December 2009

Board of Directors' Meetings

Dates: December 5th, February 6th, April 10th, and June 12th (Annual Meeting and Elections)

Time: 9:30 AM

**Place: NAMI Metropolitan Houston Office
3630 West Dallas, Suite 140
Houston, TX 77019**

Open to the Public - All are Welcome!

Classes

Family-to-Family Class - 12 weeks
January, 2010
West University Church of Christ

Family-to-Family Class - 12 weeks
March, 2010
Northwest Harris County

Call **713-970-4419** for more information

Pre-registration required for classes

Trainings

Family-to-Family Teacher Training
February 19 - 21, 2009 in Houston

Call **713-970-4419** for more information

Family Support Group Facilitator Training
December - Dallas

Contact Lisa Moore at **1-800-633-3760**
or **lmoore@namitexas.org**

Pre-registration required for trainings