



NAMI

Metropolitan Houston

National Alliance on Mental Illness

September/October 2009

The Education You Need, The Support You Deserve

NAMIWalks Roundup - Join the Celebration!

Thank you for your support on May 2, 2009 for the 4th Annual NAMIWalks. Even in the midst of tough economic times, we have raised over \$145,000 for mental health awareness, education, and advocacy. Over 1200 people joined us for food, fun and fundraising. Big thanks to all of our walkers, volunteers and sponsors for making this event a success!

While we just finished one Walk, we are busy preparing for our 2010 event. Join us Wednesday, September 9, 2009 from 7:00 – 9:00 pm for our Walk Roundup at the MHMRA Conference Center as we celebrate our 2009 Walk All Stars and gear up for the 2010 Walk.

This is the time to recognize everyone who contributed to the Walk; whether you are a team captain, sponsor, volunteer or all around NAMI wizard, here is your time to shine. We look forward to celebrating our success as well as pressing ahead. Hope to see you there!



SAVE THE DATE!!!!!!

Wednesday, September 9, 2009, 7-9 pm

NAMIWalks Round Up

Join us as we recognize our Sponsors, Team Captains, and other outstanding individuals of the 2009 Walk and help us "round up" for the 2010 Walk!!!!

MHMRA Conference Center
(behind MHMRA Administrative Offices)
7033 Southwest Freeway, Houston, TX 77074

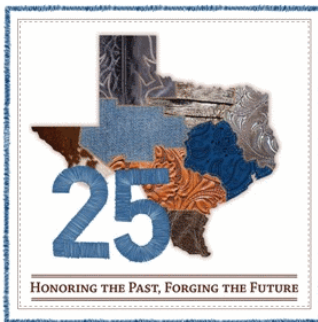
RSVP by September 1, 2009 @ 713-970-4419 or
namimetrowalks@rocketmail.com



NAMI Texas 25th Anniversary Conference

Thursday - Saturday October 22 - 24, 2009

Houston Marriott Westchase



25 Years of Achievements: Honoring the Past; Forging the Future

October 22-24th in Houston at the Houston Marriott Westchase Hotel

Featuring several tracks including: Affiliate Support; Alternative Healing; Consumer Programs; Legal/Law Enforcement; Current Treatment and Youth.

25th Anniversary Dinner/Dance/Silent Auction on Friday night.

Contact NAMI Texas at **800-633-3760** or **www.namitexas.org** for further information or to sign up today. Registration is \$115.00.



Keynote Speaker: Dominic Carter

His Triumphant Struggle to Overcome His Mother's Severe Mental Illness and Become New York City's Leading Political Television Journalist

"Blast From the Past"



Jackie Shannon

Betty Cobb

Tom Cobb

Rose Childs

Affiliate And Chapter Monthly Meetings (Open to the public)

NAMI Metropolitan Houston Area Chapter Meetings

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

Bay Area (Baytown/Clear Lake/Southeast)

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

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

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

September 15 - Phil Jenkins - Attorney

October 20 - TBA

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 Connections) are held at the Council for Alcohol and Drugs at 303 Jackson Hill, 77007 every Wednesday evening at 7:00 pm.

Contact: Susan Raffle at 713-529-5446

6:00 p.m. – Family Support Group

7:30 p.m. – Speaker/Program

September 10 - Herb Bateman - MHMRA

October 8 - Karen Stanfull - Advocacy Inc.

Northeast (Humble/Kingwood)

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

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

Contact: Gwen Coleman, 281-459-1518 or gcoleman2@att.net; or Finis Hay 281-324-1759 or hay1@peoplepc.com

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

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

September 8 - Stephen Schnee - MHMRA

October 13 - Jack Callahan - Advocacy Inc.

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

September 3 - Judge Brady Elliott

October 1 - MCOT - Mobile Crisis Outreach Team

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

September 21 - Attorney George Parnham

October 19 - Jerald Broussard - Asperger's Syndrome

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



The NAMI National Convention, held in San Francisco, California July 5 through July 10, was truly a most memorable experience! NAMI celebrated its 30th year anniversary in style! There were approximately 2,300 attendees. There were so many speakers, so many topics and so much to learn! Everyday was an adventure deciding where to go first and what to do next. Kathy Busby and I had a wonderful time and enjoyed meeting our NAMI friends from all over the country. We look forward to next year in Washington DC. I can only imagine the possibilities and I encourage everyone to try and attend.

What better way to kick off September and October 2009 than with our NAMI Walks Round Up! I hope everyone has received an invitation by now and is planning on attending. Please join us for this "round up" of our 2009 Walk and our "pep rally" for our 2010 Walk. Please invite your families and friends. We need to round up new faces as well as NAMI veterans. Just remember to RSVP. This promises to be a fun event and will put the "kick" into 2010! Our Walk Manager, Montryce King will be our delightful hostess.

If you haven't checked our NAMI Metro website lately, you might be missing some exciting news regarding our FREE classes. Remember we offer FREE classes for our family

members as well as our consumers. Check it out on www.namimetrohouston.org.

October kicks off with Mental Illness Awareness Week - MIAW (October 4 - 10). This is our opportunity to attend as many community events as possible and to reach out to families who do not know about NAMI (something that is desperately needed). NAMI Metro Houston is scheduled, so far, to attend three different health fairs during MIAW and we are looking for old and new volunteers to man the booths. Please contact me if you can help.

Last but certainly not least is our NAMI State Conference, October 22nd-24th at the Houston Marriott Westchase. This is something you absolutely do not want to miss! Register now! We will be "Honoring the Past, Forging the Future"! I cannot encourage you enough to plan on attending. P.S. Volunteers are welcome.....and needed!

Final Exciting Note: Judge Jan Krockner has invited me to be part of her planning team for the new Harris County Felony Mental Health Court. I was honored and have been participating for the past couple of months. Judge Krockner's interest and passion in this endeavor should go a long way to help our consumers who are dealing with the judicial system. We are so grateful to her.

Susan Denyes-Moody ~



2009 NAMI National Convention - San Francisco, California

Chapter News

Central

September 10 - The speaker is Herb Bateman, who is in charge of the Consumer Council at MHMRA. Herb coordinates the meetings of the Council, and gives support and direction to its members, assisting them on their road to recovery and empowerment and achieving their potential.

October 8 – Karen Stanfull will be speaking to us from Advocacy Inc. This organization supports people with disabilities in their efforts to experience full participation and benefits of community life through a wide variety of mechanisms.

We have gained a new venue for our Family-to-Family classes at the West University Church of Christ. A class is planned there for the spring of 2010.

**Chronic Illness and Disability:
Transition from Pediatric to Adult-Based Care**
Sponsored by Baylor College of Medicine
November 5 - 6, 2009

Denton A. Cooley Auditorium

FOR FURTHER INFORMATION CONTACT

Baylor College of Medicine
Office of Continuing Medical Education
One Baylor Plaza, MS: BCM 155
Houston, Texas 77030
Phone: 713.798.8237
Fax: 713.798.7955 or 713.798.6600

www.BaylorCME.org/CME/1424

Northwest

Kathy Gosselin has been at our assigned Starbucks meeting place every Wednesday of the summer from 9 - 11 am for a NAMI teen support group. No one has yet come, but she has been faithful nonetheless. I have joined her when I am in town or not otherwise engaged in other NAMI efforts. She has often been accompanied by another member of our team, her mother Gloria Moran, who brings a grandmother role to our mix. Her daughter Stefanie Brunt, our youngest member of the team, joins us on occasion and is sometimes at work in the Starbucks. We have been privileged to meet other employees of the establishment who join us on their breaks and often find our empathetic ear helpful. As always, we learn too. Sharing and caring is a wonderful way to live.

We have had another successful year at Eisenhower High School. Vicki Thibodeaux, Crisis Intervention Counselor, is expecting us back August 26, 2009. We are working on a "campaign" for this year which we hope to have printed on cards. We plan to use some of the money collected from our ongoing donations received from the 'Towels for Teens' program, which has now expanded to include scarves as well as other crafts. Vicki spoke at the close of last session of new ideas for the coming year. We are always excited to get back to "our kids" at school.

Lana Hand

NAMI National Office Has Moved
New address: 3803 Fairfax Drive, Suite 100
Arlington, VA 22203-1701

Volunteer Recognition

Many thanks to Charlotte McQuown for her dedication and dependability in volunteering at the NMH office for more than forty hours over the course of the last few months.

Charlotte 'Char' has helped out with membership and adding Family-to-Family updates to the student hand-outs. Char's unceasing attention to the task at hand is something we should all wish to emulate!

We welcome volunteers! - please contact the NAMI Metropolitan Houston Office at 713-970-4419. Please join us on Saturday, September 5th for a volunteer workday at the NMH office from 10 am until 2 pm.

Leveraging Your Strengths in the Workplace

Presented by ADDA-SR
Attention Deficit Disorders Association
Southern Region

Tuesday, September 15, 2009
6:45 pm - 9:00 pm

Memorial Drive Presbyterian Church
11612 Memorial Dr., Houston, TX 77024

To register contact ADDA-SR at 281-897-0982
Pre-registration deadline - September 14
Cost \$15, or \$25 for 2 from same family
www.adda-sr.org

Condolences

NAMI Metropolitan Houston wishes to express sincere condolences to Phil Jenkins and family on the loss of Phil's wife Patti on July 19, 2009. Patti was a wife, mother, grandmother and teacher and will be greatly missed by all who knew her. As was said in her obituary, "The world is a better place because she was in it."

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



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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!



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 - 7- 8:30 pm at Lamb of God Lutheran Church
1400 FM 1960 East Bypass, Humble 77338
Contact: Finis Hay at 281-324-1759
2nd and 4th Wednesdays - 7:00 pm at The Council on Alcohol
and Drugs, 303 Jackson Hill, Houston TX 77007
Contact: Tami Green at 832-275-2871

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	Lamb of God Lutheran Church, 1400 FM 1960 East , Humble 77338 (F/C) Contact: Gwen Coleman at 281-459-1518 (F) or Finis Hay at 281-324-1759
2nd Thursday 7:00	Northeast Harris County	Lamb of God Lutheran Church, 1400 FM 1960 East , Humble 77338 (F/C) Contact: Gwen Coleman at 281-459-1518 (F) or Finis Hay at 281-324-1759
2nd Thursday 7:00 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	Lamb of God Lutheran Church, 1400 FM 1960 East , Humble 77338 (F/C) Contact: Gwen Coleman at 281-459-1518 (F) or Finis Hay at 281-324-1759
3rd Thursday 7:00 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	Lamb of God Lutheran Church, 1400 FM 1960 East , Humble 77338 (F/C) Contact: Gwen Coleman at 281-459-1518 (F) or Finis Hay at 281-324-1759
4th Thursday 7:00 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 2:30 - 4:00 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 2:30 - 4:00 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

St. Joseph Clubhouse

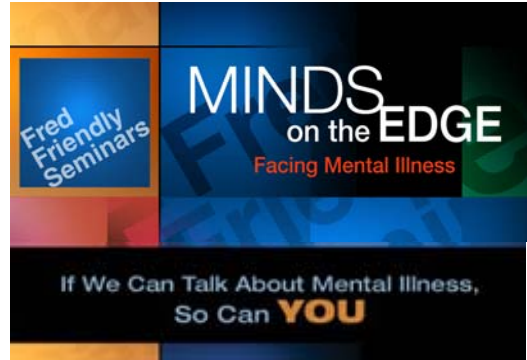
A focus on meaningful work within and outside the clubhouse gives St. Joseph Clubhouse members the opportunity to rise to their full potential.

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

THE GATHERING PLACE

The Gathering Place, a psychosocial rehabilitation program for adults with serious mental illness, was founded over 20 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.



Dr. Fred Frese, a psychologist who was diagnosed more than 40 years ago with schizophrenia, discusses how to help people with mental illness in MINDS ON THE EDGE: Facing Mental Illness, premiering on PBS stations in October.

www.mindsontheedge.org



To contact the DBSA in Houston please call: 713-600-1131

The mission of the Depression and Bipolar Support Alliance (DBSA) is to provide hope, help, and support to improve the lives of people living with depression or bipolar disorder. DBSA pursues and accomplishes this mission through peer-based, recovery-oriented, empowering services and resources **when** people want them, **where** they want them, and **how** they want them



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

Medication, Devastation, Tooth Preservation A Call for Action

I am a dental hygienist and was a caregiver for my twenty-four year old son affected with severe mental illness (SMI) until his passing. Not only did SMI drastically change the overall quality of life and general health of my son, it had a detrimental impact on his oral health. Within one year of my son's diagnosis, after taking the prescribed medications, his teeth began to disintegrate. Because his medications caused him to have dry mouth coupled with the negative symptoms of his SMI, his teeth developed severe decay that led to over \$15,000 in dental reconstruction. We were fortunate that we could provide dental treatment for him, whereas many others with SMI are not that fortunate and consequently lose their teeth.

I presented an oral health booth exhibit at the 2008 NAMI Annual Convention in Orlando, Florida. My goal was to create awareness and understanding for the need to professionally manage patients dentally that face this difficult journey in life. I was shocked with the overwhelming response and appreciation I received from the consumers and mental health care professionals. The attendees were very surprised to learn that so many medications prescribed for the mentally ill cause dry mouth and lead to tooth destruction. They received information about numerous products, over the counter and prescription, to combat oral dryness and cavities. They also learned that oral health has a big impact on general health. The attendees all agreed when surveyed, that consumers need to have dental health care in the

fore front as part of their total health care treatment. Saliva is a precious body fluid. Over 700 prescription medications decrease saliva flow. They include: antipsychotics, antihistamines, antidepressants, anticholinergics, mood stabilizers, etc. Adequate salivary flow and its unique composition of proteins are essential to the maintenance of oral tissues (DePaola). Many functions have been ascribed to saliva. A very important function (not widely known) is the acid buffering capacity essential in maintaining the balance of the demineralization and remineralization process of calcium ions and phosphates that ensures the integrity of the tooth surface. Without this buffering capacity the tooth enamel and root surface will demineralize or disintegrate very rapidly. Saliva also protects the oral mucosa with lubricants, rinses away food debris, facilitates taste, provides protection from invasive pathogens and aids in the break down of food – the beginning of digestion.

Tooth preservation is not the only reason to promote good oral health. Oral infection caused by poor oral health, such as gingivitis and periodontal disease, can have an adverse effect on other organs of the body. A growing body of research is discovering a two-way relationship between oral health and general health for health issues such as: endocarditis, coronary artery disease, stroke, respiratory disease, diabetes, and pregnancy issues such as, low



Lisa Stillman Knapp

birth weight and premature birth. These discoveries support interdisciplinary patient management for all, but especially for the consumer that manages mental health symptoms, oral hygiene difficulties and dry mouth. All of which cause a host of painful and irreversible oral damage.

Dental professionals need to be directly involved with the consumers concerning oral health care to ensure total care. Mental health professionals and caregivers need to include and monitor oral health as part of the patients overall health assessment. Consumers, when stabilized, need to be able to resume their lives without dental pain and feel confident about their smile.

Author:

Lisa Stillman Knapp RDH
Registered Dental Hygienist
Integrative Healing Consultant
2008 Sunstar/Butler/Pennwell
Award of Distinction Recipient
Lisa91156@aol.com

Reprinted from the NAMI Advocate - October, 2008
(Thanks to Lisa Stillman Knapp who had a booth at the 2009 NAMI National Convention)

Consumer Corner

Congratulations to David Denyes!

David is the new Vice Chair of the MHMRA of Harris County Consumer Advisory Council - Northwest Clinic. David is the son of Susan Denyes-Moody, president of NAMI Metropolitan Houston.

Stipends Available for NAMI Texas Conference

A limited number of stipends are available to cover the cost of conference registration.

This does not cover the cost of lodging, meals, or transportation.

For an application contact the NAMI Texas Office at **800-633-3760** or www.namitexas.org

Arts and Craft Table: NAMI Texas Conference

Attention all consumer artists and craftspeople:

A table will be provided at the conference to display/sell your arts and crafts.

This is an opportunity to showcase your talents!

For more information please contact Kathy Busby At 713-970-4419 or kbusby@pobox.com



NAMI Peer-to-Peer Recovery Education Course
Learning to Live Well with What We've Got

Every Tuesday
September 29, 2009 thru November 24, 2009
7:00 - 9:00 pm, Cypress Creek Hospital
17750 Cali, Houston, TX 77090

Peer-to-Peer is a unique learning experience for people with a mental illness who are interested in establishing and maintaining their wellness and recovery.

The course uses a combination of lecture, interactive exercises and structured group processes. The teachers are a team of trained "mentors" or peer-teachers, who are themselves experienced at living well with mental illness. Classes are two-hour sessions held weekly for nine weeks, and the course is free.

The Peer-to-Peer Course Topics Include:

- ◆ Surviving Trauma
- ◆ Understanding Different Mental Illnesses
- ◆ Developing a Relapse Prevention Plan
- ◆ Combating Stigma & Discrimination
- ◆ Applying Spirituality & Addiction Recovery Techniques
- ◆ Developing Coping Strategies for Negative Thoughts & Behaviors
- ◆ Building & Maintaining Positive Relationships
- ◆ Understanding & Creating Advance Directives
- ◆ Stepping into Empowerment & Advocacy

PRE-REGISTRATION IS REQUIRED

For more information and to speak to a mentor call Nick Lewoczko, 832-468-7062 and Finis Hay, 281-684-8322

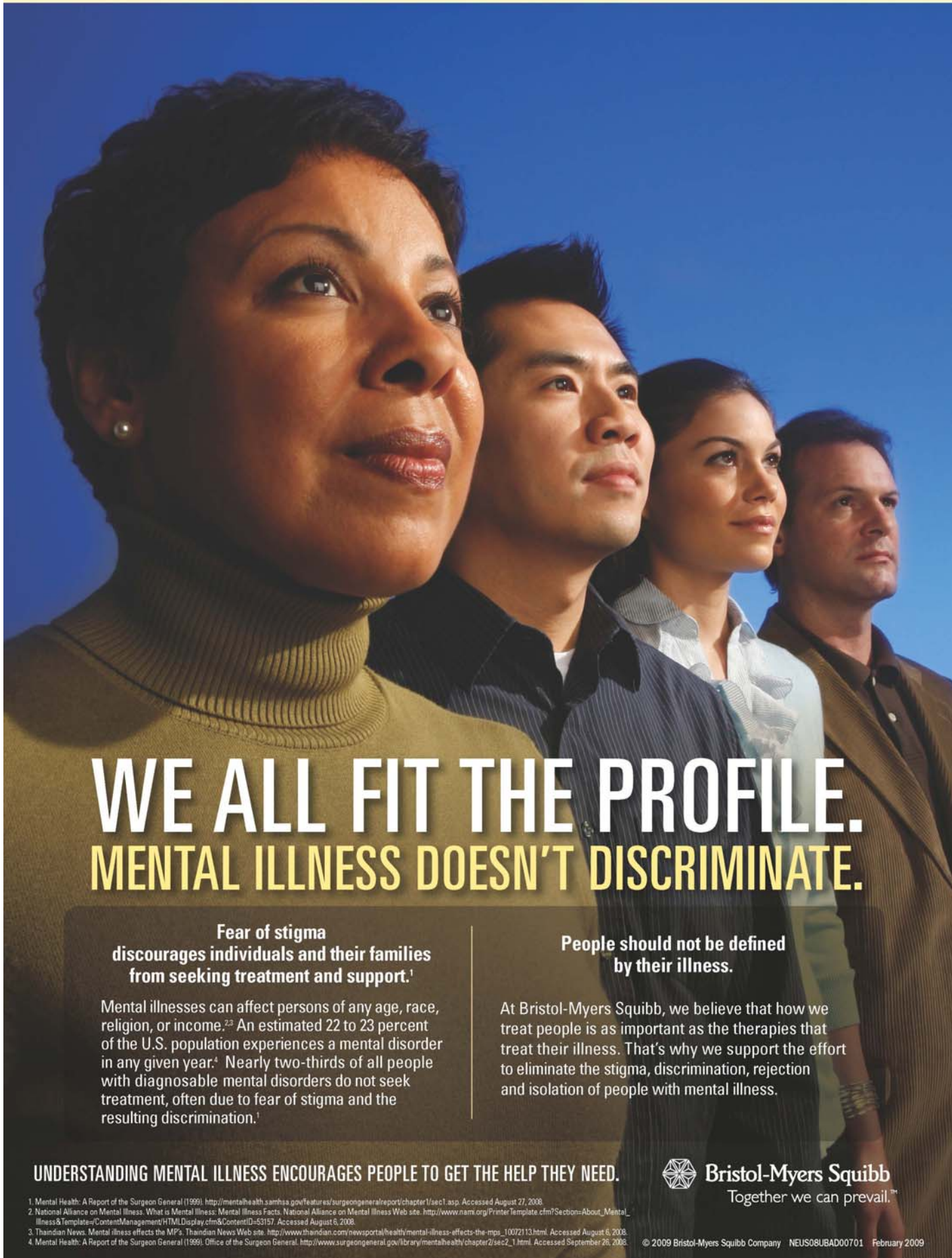
For More Information about the National Alliance on Mental Illness, call NAMI Metropolitan Houston at 713-970-4419.

Hosted by NAMI Metropolitan Houston



Friends make a difference: See how you can help a friend with a mental illness.

www.whatadifference.org



WE ALL FIT THE PROFILE. MENTAL ILLNESS DOESN'T DISCRIMINATE.

Fear of stigma discourages individuals and their families from seeking treatment and support.¹

Mental illnesses can affect persons of any age, race, religion, or income.^{2,3} An estimated 22 to 23 percent of the U.S. population experiences a mental disorder in any given year.⁴ Nearly two-thirds of all people with diagnosable mental disorders do not seek treatment, often due to fear of stigma and the resulting discrimination.¹

People should not be defined by their illness.

At Bristol-Myers Squibb, we believe that how we treat people is as important as the therapies that treat their illness. That's why we support the effort to eliminate the stigma, discrimination, rejection and isolation of people with mental illness.

UNDERSTANDING MENTAL ILLNESS ENCOURAGES PEOPLE TO GET THE HELP THEY NEED.

 **Bristol-Myers Squibb**
Together we can prevail.™

1. Mental Health: A Report of the Surgeon General (1999). <http://mentalhealth.samhsa.gov/features/surgeongeneralreport/chapter1/sec1.asp>. Accessed August 27, 2008.
2. National Alliance on Mental Illness. What is Mental Illness: Mental Illness Facts. National Alliance on Mental Illness Web site. http://www.nami.org/PrinterTemplate.cfm?Section=About_Mental_Illness&Template=/ContentManagement/HTMLDisplay.cfm&ContentID=53157. Accessed August 6, 2008.
3. Thaindian News. Mental illness effects the MPs. Thaindian News Web site. http://www.thaindian.com/newsportal/health/mental-illness-effects-the-mps_10072113.html. Accessed August 6, 2008.
4. Mental Health: A Report of the Surgeon General (1999). Office of the Surgeon General. http://www.surgeongeneral.gov/library/mentalhealth/chapter2/sec2_1.html. Accessed September 26, 2008.

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

September/October 2009



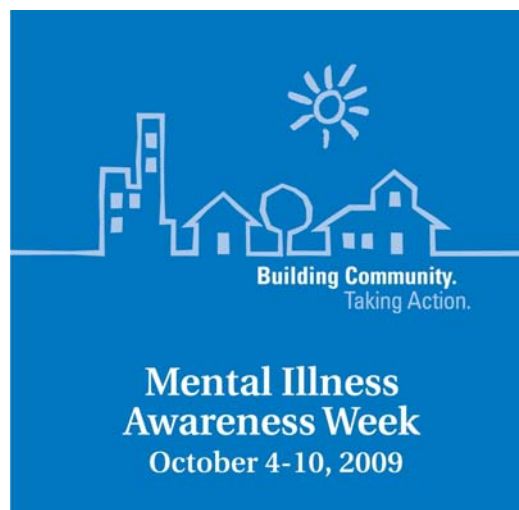
NAMI Texas 25th Anniversary Conference

Honoring the Past; Forging the Future

October 22 - 24, 2009
Houston Marriott Westchase

Contact NAMI Texas at **800-633-3760** for further information or to sign up today

www.namitexas.org



Classes

Family-to-Family Class - 12 weeks
Thursday, September 3, 2009
Houston VA Medical Center

Family-to-Family Class - 12 weeks
Tuesday, September 3, 2009
Cypress Creek Christian Community Center

Peer to Peer - 9 weeks
Tuesday, September 29, 2009
Cypress Creek Hospital

Trainings

NAMI Connection Facilitator Training
and
NAMI Family Support Group Facilitator Training
Fall, 2009

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

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

Pre-registration required for classes and trainings