



# NAMI Metropolitan Houston

P.O. Box 740169, Houston, Texas 77274

(713) 970-3455

namimetrohouston@sbcglobal.net

www.namimetrohouston.org

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

## President's Message

*Carolyn Hamilton*

### Welcome to the first issue of the NAMI Metropolitan Houston Newsletter.

For many years the NAMI Metropolitan Houston member affiliates have discussed combining their efforts to produce one newsletter, listing all information pertaining to monthly meetings with speakers, education classes, support groups, articles of interest, announcements, etc.

In July 2005, NAMI Metropolitan Houston became a full NAMI affiliate at both the national and state level. Four affiliates have merged with NAMI Metropolitan Houston and are now Chapters: African American, Bay Area, Houston (Central) and Tomball (Northwest). Some names have been changed to better identify the locations and areas where the chapters are located. Three other affiliates, NAMI Humble, NAMI West Houston, and NAMI Fort Bend County, signed the agreement and will work in partnership with NAMI Metropolitan Houston, but are retaining their independent affiliate status.

### Some History and Background:

NAMI Metropolitan Houston was established in 1988, (formerly Harris County Alliance for the Mentally Ill), as an umbrella organization to coordinate NAMI's activities in the greater Houston area, represent all local affiliates on various boards and councils and to generally provide one NAMI voice to the area public. NAMI Metropolitan Houston, up until July 2005, did not have NAMI affiliate status. A board comprised of local NAMI affiliate representatives has governed its activities. After many months of debate NAMI Metropolitan Houston member affiliates came together under a Joint Purposes Agreement.

NAMI Texas' success in the last legislative session caused some rethinking about how the mission can be delivered, and led NAMI Texas to move to a more business-like organizational structure. NAMI Texas then asked the large urban affiliates to do the same so that communications can be simplified and coordination strengthened to meet the demands of the new public mental health system.

## Today:

In cooperation with NAMI Texas, NAMI Metropolitan Houston formalized a strategy and plan to transform and strengthen its organizational structure and become the principal NAMI Texas point of contact for advocacy and service delivery in the area. At the same time, it reduces, in a major way, the administrative burden on the area NAMI groups, freeing them to work at the things they do best. The major strategic elements of the NAMI Metropolitan Houston strategy are:

- Build and direct a strong organizational structure
- Build a diversified funding stream
- Develop diverse human resources to achieve the mission
- Grow programs and services to meet the needs of our diverse community

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# "HAPPY NEW YEAR"

**MONTHLY MEETINGS (Open to the Public)****NAMI Metropolitan Houston Area Chapter Meetings:**

Contact: 713-970-3455 or contact local chapter

**African-American – 4<sup>th</sup> Saturday of each month at noon**

Safe Havens (Dennis & Caroline)

Contact: 713-970-3455 or [namimetrohouston@sbcglobal.net](mailto:namimetrohouston@sbcglobal.net)

**Bay Area – 3<sup>rd</sup> Tuesday of each month at 7 p.m.**

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

Contact: Warren Foster at 281-424-4360, [turerfoster@usalinks.net](mailto:turerfoster@usalinks.net)

**January 17 Speaker:** Melissa Martinez, MD, psychiatrist at Baylor College of Medicine

**Program:** Researching a new treatment for depression, stimulation of the vagus nerve.

Questions and answers will be taken from the audience.

**February 21 Speaker:** State Rep. John Davis (Pending)

**March 21 Speaker:** Herb Bateman, social worker.

**Program:** Supportive Employment for Mental Health Consumers

**Central (formerly Houston) – 3<sup>rd</sup> Thursday of each month at 7 p.m.**

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

Contact: Linda Lamb at [llamb53@hotmail.com](mailto:llamb53@hotmail.com) or Evelyn Johnson at 713-729-1242

**January 19 Speaker:** Joe Lovelace

**February 16 Speaker:** Dr. John Sargent

**Northwest (formerly Tomball) – 2<sup>nd</sup> Tuesday of each month at 7 p.m.**

Tomball Community Center, 221 Market Street, Tomball 77375

Contact: 281-370-9785

**January 10 Speaker:** Attorney Leenna McKenzie; **Program:** SSI, SSDI and Disability

**February 14 Speaker:** Focused Support Group subject is Conflict Resolution Within the Family

**March 14 Speaker:** Bernard Rosenberg, M.D., of Cornerstone Psychiatry Associates

**Local Affiliates:****NAMI Ft. Bend – 1<sup>st</sup> Thursday of each month at 7 p.m.**

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

Contact: Mary Ann Watson, 281-494-5193 or [namifortbend@alltel.net](mailto:namifortbend@alltel.net)

**January 5 Speaker:** Daniel Hoover, Ph.D.

**Program:** Development of Psychiatric Illness, tracing the course of various disorders

**February 2 Speaker:** Rosalyn Jenkins, CSSP, Texana MHMR, **Program:** HUD Housing

**NAMI Humble – 4<sup>th</sup> Tuesday of each month at 6:30 p.m.**

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

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

Contact: Gwen Coleman at 281-459-1518, [gcoleman@@sbcglobal.net](mailto:gcoleman@@sbcglobal.net) or Eve Knight at 281-358-9582

**January 24 Speaker & Program:** Tom Mitchell with MHMRA of Harris County will present information on the Mobile Crisis Outreach Team (MCOT).

**February 28 Speaker & Program:** Sara Kay Thompson from Magnificat House will present information about St. Joseph's Clubhouse.

**NAMI West Houston – 3<sup>rd</sup> Monday of each month at 7 p.m.**

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

Contact: Bonnie Cord, 713-984-2538 or [bccord@swbellnet](mailto:bccord@swbellnet)

**Web site:** [www.namiwesthouston.org](http://www.namiwesthouston.org)

**January 16 Speaker & Program:** Michael A. Fuller, M.D. – CHOICES in Recovery (Dinner will be served)

**February 20: Twentieth Anniversary Celebration**



## Be Part of NAMIWalks 2006

### *NAMI Metropolitan Houston Walk May 20*

We are very excited to announce that NAMI Metropolitan Houston will host the first Houston-wide *Walk for the Mind of America* on Saturday, May 20, at Sam Houston Park/Allen Parkway in downtown Houston. Not only do we hope to raise \$75,000 for our mental health programs, but also we hope to engage the community's attention and raise much needed awareness about mental health issues.

The NAMI Metropolitan Houston Walk is part of NAMIWalks, a national program in more than 50 communities across the country. NAMI Dallas's first NAMIWalks last year grossed more than \$100,000.

To achieve our goal, we need volunteers, sponsors and walkers. You may already have received a letter about the Volunteer Informational Meeting on Wednesday, January 18, 7- 8:30 pm, at Pines Presbyterian Church, I-10 and Beltway 8 in the Town and Country area. We hope you all can attend. There are many ways to support this effort – large and small. Anyway you can help, will be greatly appreciated.

For more information, contact our Walk Manager, Bonnie Cord, at 713-984-2538 or [bccord@swbell.net](mailto:bccord@swbell.net). To find out about sponsorship opportunities, contact Alice Brink at [alice@abrinkandco.com](mailto:alice@abrinkandco.com). Join the fun!

## NAMI HUMBLE NEWS

### *President's Message*

*Gwen Coleman*

NAMI Humble is located in the northeast quadrant of Harris County. It covers Humble, Kingwood, New Caney, Porter and Splendora to the north; Huffman, Dayton and Crosby to the east; some of Spring to the west and the North Houston area down to the 610 Loop.

This year our membership displayed NAMI Humble information at the Good Oil Days, Senior Health Fair, the Chamber of Commerce Business & Health Expo and the Harris County Hospital District kickoff for their Community Behavioral Health Program. We completed our first Family to Family education class and graduated eight students.

Also in 2005, we hosted the Choices in Recovery program for Janssen Pharmaceuticals and the Family

Crisis Intervention Seminar presented by Officer Frank Web. After the seminar we hosted the October NAMI Metropolitan Houston business meeting.

Activities on the horizon for NAMI Humble in 2006 include activating our working committees in January, making presentations on mental health to four area organizations, placing brochures in area agencies, doctor's offices, clinics and hospitals and sharpening our roller skates for the NAMI Metropolitan Houston Walk.

We have a strong volunteers committed officers: Gwen Coleman, Eve Knight, Finis Hay, Pam Dettmers, Susan Denyes-Moody, Ann Izzat, Cynthia Moore, Stephanie Matlock, Mary Ann and Katrina Brauer. We accomplished a great deal in 2005 and look forward to accomplishing even more in 2006.

Gwen, 281-459-1518, [gcoleman@sbcbglobal.net](mailto:gcoleman@sbcbglobal.net)

## NAMI WEST HOUSTON NEWS

### *President's Message*

*Bonnie Cord*

Here is our long awaited first combined newsletter. We hope you find it useful to see what NAMI is doing all around Houston.

At our January 16<sup>th</sup> monthly meeting, Janssen Pharmaceutica will be treating us to the **CHOICES** program and a **catered dinner**. CHOICES is about recovery. The speaker is **psychiatrist Michael A. Fuller, M.D.**, of the University of Texas Medical School Branch at Galveston. You should have already received a flyer. Although CHOICES focuses on recovery from schizophrenia, it is also applicable to other brain disorders. Family members as well as consumers will find the program helpful. Let me know you plan to come, so the caterer can plan better.

At our February 20<sup>th</sup> monthly meeting we will celebrate **NAMI WEST HOUSTON'S 20<sup>TH</sup> ANNIVERSARY!** We hope to have old friends there. We also hope you can come and help celebrate 20 years of dedication from many people, providing programs to help those affected by mental illness.

See you at the meetings. We welcome people from other NAMI affiliates/chapters and the public to join us. Have a great start to 2006!

Bonnie 713-984-2538, [bccord@swbell.net](mailto:bccord@swbell.net)

## **DEPRESSION IN THE ELDERLY: AN UNDER-RECOGNIZED EPIDEMIC**

*By Matthew Thompson, M.D., Assistant Professor of  
Psychiatry, Baylor College of Medicine*

Depressive disorders are pervasive in older people, and, unfortunately, often missed. I spend much of my working day treating geriatric patients with moderate-to-severe depression, but often these are patients with “medical student” depression: obvious and easy to diagnose. What is more often “under the radar” are people who never see a psychiatrist, but suffer with less severe depression, causing excessive medical complications and financial loss.

Depression is a syndrome, and can present in quite different ways. Often, older people will not say, “I am depressed.” Instead, they may become more reclusive and irritable, or have seem to have “lost their spark,” having a pervasive lack of interest in pleasurable activities. They may see their primary care physicians more often with vague aches and pains, problems sleeping, or feeling excessively worried.

Depressed geriatric patients may voice that life is no longer worth living or that their families would be better off without them. Complicating the problem is a widely held myth with the public: depressive symptoms are often thought to be normal -- “if I was old and sick, I’d be depressed too.” Not surprisingly though, older people with more medical problems or untreated pain are at higher risk of becoming depressed.

Caregivers and providers should keep their eyes open if an older person develops a persistently depressed mood for over two weeks; these people need to be referred for evaluation. Contributing factors in causing depression can include new medical problems (such as strokes), medications (some high blood pressure drugs) and dementia (including early Alzheimer’s disease), all making a thorough evaluation important.

Treatment for geriatric depression should be targeted to the primary underlying cause. In mild depression, supportive therapy or increased contact with providers may help significantly. Psychologists and social workers use problem-solving and cognitive-behavioral techniques to correct distorted thinking that can come with depression. For more severe depressive symptoms, antidepressants are usually well-tolerated and are often effective.

Physicians usually use the newer generation of antidepressants, such as sertraline, escitalopram or venlafaxine, because they are safe for most patients. Geriatric psychiatrists may recommend electroconvulsive therapy (often referred to as ECT) in cases of severe depression, when patients are actively suicidal or have stopped eating.

Another barrier to adequately treating geriatric depression is reimbursement. With a few exceptions, geriatric patients are primarily covered by Medicare. Medicare rates are often low, especially for therapists, and only cover 50 percent of costs (as opposed to 80 percent of general medical costs). Doctors have also been increasingly limiting the number of Medicare patients they can take care of due to low reimbursement rates. Hopefully, public policy will catch up with science to help provide treatment and management for our elders with one of our most under-recognized and treatable disorders.

## **DIAGNOSING BIPOLAR DISORDER: RULING OUT OTHER PSYCHIATRIC CONDITIONS**

*From Kimberly Bailey*

Ask almost any individual with bipolar disorder about how they were diagnosed and you will invariably hear of a long and difficult journey through many wrong turns and misdiagnoses, numerous dead ends and new doctors, abundant changes of direction and differing medications before arriving at the correct diagnosis of bipolar disorder. This is so often the case because the list is rather long of psychiatric conditions with symptoms similar to those of bipolar disorder. To further complicate the picture, most of these disorders can also occur concomitantly with bipolar disorder.

Psychiatric conditions that can manifest symptoms similar to bipolar disorder include Attention Deficit Hyperactivity Disorder (ADHD). Hyperactivity and distractibility are two of the hallmark symptoms of ADHD. However, they are also quite predominant in bipolar disorder, most especially as it relates to children. Recent research seems to indicate that bipolar disorder does occur even in very young children.

Many children diagnosed with ADHD are later diagnosed with bipolar disorder often as a co-occurring disorder.

### **Alcohol/Substance Abuse**

It is very common for those with bipolar disorder to struggle with alcohol and substance abuse issues. This

is often an attempt, even on an unconscious level, to self-medicate. Additionally, the effects of these drugs (such as hallucinations or the inability to sleep) can be confused with the symptoms of bipolar disorder.

### **Borderline Personality Disorder**

The diagnostic criteria for this disorder include impulsivity, suicidal behavior, reactivity of mood, inappropriate anger and paranoia. All of these are also associated with bipolar disorder. It is possible for an individual to be diagnosed with both of these disorders.

### **Delusional Disorder**

The hallmark of this disorder is non-bizarre (the situations are possible) delusions. Mood episodes can be a symptom but they are brief in duration and part of the delusion. If a practitioner is not aware of the delusion, the mood may appear to be incongruent to current circumstances and therefore confused as bipolar disorder.

### **Depression**

The one thing that distinguishes unipolar depression from bipolar disorder is mania/hypomania. If a patient with depression swings into an episode of mania, the diagnosis becomes bipolar disorder.

### **Eating Disorders**

It is not uncommon for those with bipolar disorder to experience eating disorders. Moreover, depression, anxiety and irritability often result from eating disorders. Anorexia nervosa is an eating disorder characterized by an extreme fear of gaining weight or getting fat. Those with this disorder often have a body weight of less than 85 percent of that expected. Bulimia Nervosa is typified by periods of binge eating followed by purging (purposely vomiting).

### **Panic Disorder**

This disorder is characterized by recurrent, spontaneous panic attacks. In that these attacks are traumatic, they do create instability of mood, which may be confused, with the mood episodes of bipolar disorder. Furthermore, panic attacks are common in those with bipolar disorder.

### **Schizophrenia**

Schizophrenia is a major mental disorder that causes intense disturbances in both cognition (thinking) and emotions (feeling). It consists of two classifications of symptoms – positive and negative. Positive symptoms include delusions, hallucinations, disorganized speech and thinking, disorganized behavior, catatonic behavior and inappropriate moods. Negative symptoms are flattened emotions, lack of speech and a reduction in goal-directed behavior. The

symptoms of schizophrenia are easily confused with those of bipolar disorder.

### **Schizoaffective Disorder**

A diagnosis of schizoaffective disorder is given when the symptoms of both schizophrenia and bipolar disorder (predominantly mania) are both present – occurring simultaneously. If the symptoms alternate or are not present throughout an episode, a diagnosis of schizophrenia or bipolar disorder (perhaps with psychotic features) is more likely depending on the dominant symptoms. As you would expect, there is a great deal of confusion and controversy surrounding this disorder.

### **Reference**

*American Psychiatric Association (2000). Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition Text Revision (DSM-IV-TRTM).*

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## **News You Can Use**

### **Treatments for Children**

The MacArthur Foundation is funding a project designed to ensure the broader dissemination of information about evidence-based treatments for children and to support the broader implementation of these treatments.

There is a huge gap between what we know works and treatment interventions that are used. This project includes the development of a Web site designed to inform the public about the most up-to-date mental health treatment and practices for children and adolescents.

The Web site lists treatments that have been evaluated scientifically for effectiveness and is updated as new treatment research is completed. A link to the Web site is [www.effectivechildtherapy.com](http://www.effectivechildtherapy.com)

### **On-Line Screenings**

The Mental Health Association of Fort Bend County is offering on-line screenings for depression, bipolar disorder, general anxiety, post traumatic stress (PTSD) and alcohol abuse available at [www.mhafbc.org](http://www.mhafbc.org).

Individuals can take these screenings in the privacy of their home or office, instantly obtain their results plus obtain additional general mental health information or even find a referral if necessary.

**The NAMI Connection: Lincoln's Melancholy**

The latest issue of The NAMI Connection includes a review of *Lincoln's Melancholy: How Depression Challenged a President and Fueled His Greatness* by Joshua Wolf Shenk, a consumer who has struggled with depression.

It documents Lincoln's history of mental illness and helps strike a blow against stigma. Mention it in talks before public audiences or letters to editors. The NAMI is available at [www.nami.org](http://www.nami.org) Connection /subscribe.

**SUPREME COURT TO TAKE UP INSANITY DEFENSE**

In the Dec. 5 issue of the "Houston Chronicle" it was reported that the U.S. Supreme Court will use an Arizona case to decide whether states must allow insanity defenses against criminal charges, and if so, what evidence can be presented to bolster them.

The case, to be argued next spring and decided by July, is being watched closely in Texas and elsewhere because of controversial verdicts involving mentally ill defendants. Texas law is similar to Arizona's.

The Arizona case is the first direct constitutional challenge to the insanity defense to be considered by the high court since many states adopted stricter standards in response to the 1981 attempted assassination of President Reagan.

Texas law previously allowed juries to find that a defendant was not guilty by reason of insanity even if he knew he was committing a crime, so long as he could convince a jury that mental illness prevented him from controlling himself.

The law was rewritten in 1983 and made irrelevant the issue of whether the defendant could stop himself from committing the crime. If a judge or jury finds he knew his actions were wrong, he's considered sane.

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

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

**PSYCHIATRIC PIONEER TO DISCUSS NEW THERAPY – January 7, 2006**

The internationally known originator of Dialectic Behavior Therapy, Dr. Marsha Linehan, will be in Houston on January 7<sup>th</sup> to present a one-day seminar.

The professor of psychiatry and psychology at the University of Washington will present the seminar at the O'Quinn Great Hall on the University of Houston campus.

Dr. Avrim Fishkind, medical director of the NeuroPsychiatric Center in the Texas Medical Center, said, "Dr. Linehan's rare visit and presentation is the equivalent to Dr. Sigmund Freud traveling to America in 1903 to address mental health professionals."

Linehan and her research team developed Dialectic Behavior Therapy in 1993 as a new approach to assessing and interacting with patients diagnosed with borderline personality disorder. Her therapy is a modification of cognitive behavioral therapy, and it is designed for individuals with self-destructive behaviors.

The one-day training will teach participants how to integrate Dialectic Behavior Therapy techniques into their own practices.

Dr. Linehan's visit is sponsored by the NeuroPsychiatric Center of MHMRA, the UT-Harris County Psychiatric Center, the UH Graduate School of Social Work, the Harris County Hospital District and Baylor College of Medicine, the Houston Group Psychotherapy Society, the Mental Health Association of Greater Houston, and NAMI Metropolitan Houston.

Open to the community. Registration will be \$180 and \$75 for students. Pre-registration by December 30<sup>th</sup> is \$150. CEU's for Social Workers, LPC and other are available. For more information contact LaShandra Bradford at 713-970-4614 or email: [lbradford@mhmraharris.org](mailto:lbradford@mhmraharris.org)

**MARCH 4, 2006**

**EDUCATION AND PROGRESS IN THE TREATMENT OF BORDERLINE PERSONALITY DISORDER:**

**A Symposium for Consumers, Families And Professionals – 7:30 am – 5:00 pm**

**Cullen Auditorium, Baylor College of Medicine**

For information, call the Education Office at The Menniger Clinic. 713-275-5055.

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

NAMI Metropolitan Houston  
 Mission Statement:

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

**NAMI Metropolitan Houston Membership Form**

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

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

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

Membership Type:

- Individual (\$35.00) \$ \_\_\_\_\_
- Family (\$35.00) \$ \_\_\_\_\_
- Consumer / Limited Income (\$5.00) \$ \_\_\_\_\_
- Supporter (\$50.00) \$ \_\_\_\_\_
- Patron (\$100.00) \$ \_\_\_\_\_
- Donation / Memorial \$ \_\_\_\_\_

In honor of: / In memory of: \_\_\_\_\_

Additional Contribution \$ \_\_\_\_\_  
 Total \$ \_\_\_\_\_

**If this is a renewal membership, please check the group you participate in:**

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

Please check all boxes that apply:

- I am a consumer of mental health services.
- I am a parent of an adult who has mental illness.
- I have a minor child who has mental illness.
- I have a sibling who has mental illness.
- I have a spouse who has mental illness.
- I have a parent who has mental illness.
- I have a friend who has mental illness.
- I am a professional care provider.
- Other

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

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**Affiliate Membership Form**

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

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

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- Consumer / Limited Income (\$5.00) \$ \_\_\_\_\_
- Supporter (\$50.00) \$ \_\_\_\_\_
- Patron (\$100.00) \$ \_\_\_\_\_
- Donation / Memorial \$ \_\_\_\_\_

In honor of: / In memory of: \_\_\_\_\_

Additional Contribution \$ \_\_\_\_\_  
 Total \$ \_\_\_\_\_

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

- NAMI Fort Bend  NAMI Humble  
 Jorge Alonso, Treasurer P.O. Box 6457  
 P.O. Box 1223 Kingwood, Texas 77325  
 Sugar Land, Texas 77478-1223

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

Please check all boxes that apply:

- I am a consumer of mental health services.
- I am a parent of an adult who has mental illness.
- I have a minor child who has mental illness.
- I have a sibling who has mental illness.
- I have a spouse who has mental illness.
- I have a parent who has mental illness.
- I have a friend who has mental illness.
- I am a professional care provider.
- Other

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Return Service Requested



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

## Education Classes and Information

### EDUCATION CLASS INFORMATION

#### Family-To-Family Education Course:

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

It is geared toward family members of adult persons diagnosed with brain disorders, such as schizophrenia, depression, bipolar disorder, anxiety disorders, and OCD (Obsessive Compulsive Disorder). Communication skills, problem solving, coping skills, problem management, recovery, rehabilitation and more will help you understand and deal with mental illness in the family. Trained family member volunteers co-teach the classes.

#### **2006 January, February and March Classes**

##### **\*\*Pre-Registration is required**

NAMI Metropolitan Houston – 713-970-3455

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

January - TBA

Central (Houston) – 713-729-1242

Northwest – 281-379-2582

NAMI Ft. Bend – 281-494-5193

January in Sugar Land

NAMI Humble – 281-459-1518

NAMI West Houston – 281-893-2493 or 281-304-7704

February at Bear Creek Community Center

March at Memorial Drive United Methodist Church

#### Visions for Tomorrow Education Course

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

Contact: Bonnie Cord 713-984-2538

Linda Lamb 713-667-6242, llamb53@hotmail.com or

NAMI Metropolitan Houston 713-970-3455

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

*President: Carolyn Hamilton*

*Vice President: Evelyn Johnson*

*Treasurer: Camilla Moga*

*Secretary: Lana Hand*

*Board Affiliate and Chapter Representatives:*

*Kathy Busby, Northwest (formerly NAMI Tomball)*

*Gwen Coleman, NAMI Humble*

*Bonnie Cord, NAMI West Houston*

*Warren Foster, Bay Area*

*Linda Lamb, Central (formerly NAMI Houston)*

*Mary Ann Watson, NAMI Ft. Bend*

*Barbara Fulenwider, Newsletter Editor*

### WEB SITES & PHONE NUMBERS

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

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

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

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

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

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

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

**TEXANA MHMR Center** – Texana Mental Health and Mental Retardation Center serves Fort Bend, Austin, Colorado, Matagorda, Waller and Wharton counties. 800-633-5686

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

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

<http://www.mcmanweb.com> - McMan's Depression And Bipolar Weekly Newsletter

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

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

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

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

<http://www.nimh.nih.gov> - National Institute for Mental Health

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

[www.txhealthpool.org](http://www.txhealthpool.org) or [texasriskpool@bcbstx.com](mailto:texasriskpool@bcbstx.com) - Texas Health Insurance Risk Pool. Can't find health insurance? Have preexisting conditions? The Texas Health Insurance Risk Pool can help. 1-888-398-3927; TDD 1-800-735-2989

[www.capitol.state.tx.us](http://www.capitol.state.tx.us) - Texas Legislature online

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

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



# NAMI Metropolitan Houston

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

## Support Groups

<b>Every Tuesday</b> 6:00 p.m.	Tomball	Tomball Community Center, 221 Market Street, Tomball (Teen) <b>Contact:</b> Lana Hand at (281) 376-5368 or Jim Wixted at (281) 370-9785
<b>Every Tuesday</b> 7:00 p.m.	Tomball	Tomball Community Center, 221 Market Street, Tomball (F/C) <b>Contact:</b> Lana Hand at (281) 376-5368 or Jim Wixted at (281) 370-9785
<b>1st Tuesday</b> 7:00 p.m.	Anahuac	Joy Center, 610 Washington Avenue, Anahuac (F/C) <b>Contact:</b> Wayne or P.D. Hankamer at (409) 374-2258
<b>2nd Tuesday</b> 7:00 p.m.	Baytown	SUN Headquarters, 1301 Memorial Drive, Baytown (F/C) <b>Contact:</b> Warren or June Turer Foster at (281) 424-4360
<b>2nd Tuesday</b> 7:00 p.m.	Kingwood	Kingwood Pines Hospital (formerly Kingwood Health Center, 2001 Ladbrook, Kingwood (F/C) <b>Contact:</b> Gwen Coleman at (281) 459-1518 or Eve Knight at (281) 358-9582
<b>3rd Tuesday</b> 7:00 p.m.	Clear Lake	1300 Bay Area Boulevard, Clear Lake (F/C) <b>Contact:</b> Warren or June Turer Foster at (281) 424-4360
<b>4th Tuesday</b> 8:00 p.m.	Kingwood	Second Baptist Church, Highway 59 North, Kingwood (F/C) <b>Contact:</b> Gwen Coleman at (281) 459-1518 or Eve Knight at (281) 358-9582
<b>1st Wednesday</b> 7:00 p.m.	West Houston	Pines Presbyterian Church, 12751 Kimberley, Room C-10 Houston (F) <b>Contact:</b> Carolyn Searles at (713) 461-5269
<b>2nd Wednesday</b> 7:00 p.m.	West Houston	Bear Creek Community Center, 3055 Bear Creek Drive, Houston (F) <b>Contact:</b> Fifi Wetherhead at (713) 468-8518
<b>4th Wednesday (Spanish)</b> 7:00 p.m.	West Houston	Bear Creek Community Center, 3055 Bear Creek Drive, Houston (F) <b>Contact:</b> Sara Frost at (713) 206-2807 or Laura Ramirez at (281) 477-0852
<b>2nd Thursday</b> 7:00 p.m.	Rosenberg	Texana MHMR, 4910 Airport Avenue, Classroom A, Building C, Rosenberg <b>Contact:</b> Tami Barugh at (713) 504-6016
<b>2nd Thursday</b> 7:00 p.m.	West Houston	The Well, Grace Presbyterian Church, 10234-A Westheimer, Houston (Y/F) <b>Contact:</b> Madeleine Elmer at (281) 293-7717 or Diane Goyette at (713) 896-1153
<b>3rd Thursday</b> 6:00 p.m.	Houston	West Oaks Outpatient Clinic, 6612 Hornwood, Suite E, Houston (F/C) <b>Contact:</b> Linda Lamb or Evelyn Johnson at (713) 729-1242
<b>3rd Thursday</b> 7:00 p.m.	Sugar Land	First United Methodist Church, 431 Eldridge Road, Sugar Land (F) <b>Contact:</b> Tami Barugh at (713) 504-6016
<b>3rd Thursday</b> 7:00 p.m.	Katy	St. Peters United Methodist Church, 20775 Kingsland Boulevard, Katy (F) <b>Contact:</b> Joyce Hess at (281) 395-3582
<b>4th Thursday</b> 7:00 p.m.	Rosenberg	Texana MHMR, 4910 Airport Avenue, Classroom A, Building C, Rosenberg <b>Contact:</b> Tami Barugh at (713) 504-6016
<b>4th Saturday</b> 1:00 p.m.	Houston	Safe Havens, Dennis and Caroline Streets, Houston (F) <b>Contact:</b> Carolyn Hamilton at (713) 970-3455
<b>2nd Sunday</b> 2:30 p.m.	West Houston	Pines Presbyterian Church, 12751 Kimberley, Houston NAMI C.A.R.E. (C) / Support Group (F) <b>Contact:</b> Vi Napolitano at (281) 893-2493
<b>4th Sunday</b> 2:30 p.m.	West Houston	Pines Presbyterian Church, 12751 Kimberley, Houston NAMI Care (C) and Support Group (F) <b>Contact:</b> Vi Napolitano at (281) 893-2493

(F) Family

(C) Consumer

(VFT) Visions for Tomorrow

(YF) Young Family

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