



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



NAMIWalks HOUSTON 2006 THANK YOU, EVERYONE!

What a WONDERFUL First NAMIWalks we had on May 20! It was successful beyond expectations. The weather was sunny with a bit of a breeze at Sam Houston Park in downtown Houston. CIT Officers Frank Webb and David Walker led walkers along Allen Parkway, with a beautiful park on one side and the Houston skyline behind it. Some walkers took a mid walk-break, basking in the mist of a fountain on the way.

The crowd consisted of about 800 people – with 42 teams walking and many volunteers. Teams came from all over the greater Houston area. The top ten teams by size were: The Menninger Clinic (95), The MHMRA Stars (85), United Behavioral Health (54); St. Monica Steppers (45); NAMI HumbleBees - The Buzz on Mental Health (42); Sunday Best (30); FootLoose in Ft. Bend (21); The Open Minds (21); St Joseph House Members Stepping Together (17); and UTMB Psychiatry (17).

We met many people who had not been involved with NAMI before. Even one of our vendors, Turn Key Event Rental and Design, became a new sponsor – with a pledge to continue supporting us in the future.

Thanks to many donors and sponsors, led by Presenting Sponsor Bristol Myers Squibb, NAMI Metropolitan Houston raised \$105,000 with more donations coming in!

To all of our volunteers and participants, thank you for making our first NAMIWalks such a fun and successful event.

We couldn't have done it without you!!

TEXAS SENATE RESOLUTION HONORS TOM COBB

Many NAMI Metropolitan Houston members are familiar with Tom and Betty Cobb. Tom was the incorporator and first president of the Katy Alliance for the Mentally Ill, presently NAMI West Houston, and Harris County Alliance for the Mentally Ill, now NAMI Metropolitan Houston. In 1988, Tom was appointed to the board of trustees of the Mental Health and Mental Retardation Authority of Harris County, where he served until 1999. During that time, many significant accomplishments took place, including the opening of the NeuroPsychiatric Center in the Ben Taub Clinic facility. Tom was an effective and tireless advocate for the mentally ill for many years. His leadership on many boards contributed to the betterment of the lives of Texas' mentally ill.

Tom Cobb passed away on May 8, 2005. On May 2, 2006, Senate Resolution No. 116 was passed to honor the memory of Tom Cobb. To read the entire Resolution, visit www.namimetrohouston.org or <http://www.capitol.state.tx.us/tlo/793/billtext/SR00116F.HTM>.

July/August 2006

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AFFILIATE AND CHAPTER MONTHLY MEETINGS (Open to the Public)

NAMI Ft. Bend – 1st Thursday of each month at 7 p.m.

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

Contact: Larry Davis, 281-494-5193 or namifortbend@alltel.net

July 6: No monthly meeting in July but **support groups will continue to meet**

Aug. 3: No monthly meeting in August but **support groups will continue to meet**

NAMI West Houston – 3rd 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 - Website: www.namiwesthouston.org

Monthly Meeting Schedule:

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

July 17: No monthly meeting in July

Aug. 21: Pot Luck Dinner, **Speaker:** To be announced

Sept. 18: Annual Meeting; **Speaker:** Jack Callahan, Director, Advocacy Inc.

NAMI Metropolitan Houston Area Chapter Meetings: Contact: 713-970-3455 or local chapters

Bay Area – 3rd Tuesday of each month at 7 p.m.

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

Contact: Rita Darnell at ritadarnell2006@yahoo.com or Eileene Chappelle at 281-922-7032

July 18: No speaker, but **support group will meet.**

Aug. 15: No speaker, but **support group will meet.**

Central – 3rd Thursday of each month at 6 p.m.

Community National Bank, 5123 Bellaire Blvd., Bellaire 77401

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

Monthly Meeting Schedule:

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

July 20 Speaker: Anniversary Buffet – Call Linda or Evelyn (numbers listed above) for more information

Aug. 17: No speaker, monthly meeting or support group

Special Educational Seminar (FREE) Oct. 18 “CHOICES IN RECOVERY” – 6:30 p.m. (Light dinner will be served). Program: 7:30-9:30 p.m., Faith Lutheran Church, Faith Center, 4600 Bellaire Blvd.

Space is limited, so register today at 713-729-1242 or namimetrohouston@sbcglobal.net

This program is to help you understand schizophrenia and other disorders, their treatment and how treatment can lead to achieving therapeutic goals and recovery.

Northeast (formerly Humble) – 4th Tuesday of each month at 6:30 p.m.

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

Contact: Gwen Coleman, 281-459-1518, gcoleman2@sbcglobal.net or Eve Knight, 281-358-9582,

eveknight@peoplepc.com

Monthly Meeting Schedule:

6:30 P.M. – Refreshments; 7 P.M.–speaker/program; 8 P.M. – Consumer and Family Support Group meetings

July 25 Speaker: No monthly meeting but **support group will meet.** Marilyn Lynch, Facilitator for Celebrate Recovery, will facilitate the support group meeting.

Aug. 22: No monthly meeting but **support group will meet.** Joyce Kirkpatrick, Physical Therapist has taught Autistic children and will help us learn to balance the brain chemicals through exercise and stretches.

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

Tomball Community Center, 221 Market Street, Tomball 77375

Contact: 281-370-9785

July 11: No monthly meeting but all **support groups will continue to meet** *except for Tuesday, July 4*

Aug. 8: No monthly meeting but **all support groups will continue to meet**

Sept. 12 Speaker: Catherine Romero, Ph.D., director, Intensive Outpatient Program at Ben Taub, will speak about all the programs offered at Ben Taub Psychiatry, including the STAR Program

*President's Message**Carolyn Hamilton*

Newsletter – If you are receiving this newsletter by mail, you have the option to continue or receive it via email. Also, all of our newsletters can be viewed and printed from our website: www.namimetrohouston.org

More and more organizations are encouraging their members and the community to receive newsletters and other information via email because of the cost of snail mail. We know that not everyone is able to have a computer or access to the Internet, and in those cases, newsletters will be mailed. Please consider receiving your newsletter via email. If this is your choice, please email me at namimetrohouston@sbcglobal.net.

Northeast Chapter – The merger of Humble Alliance for the Mentally Ill and NAMI Metropolitan Houston was completed and filed with the state on May 23, 2006. They have chosen the new name of Northeast Chapter, since it better describes their area.

Kroger Share Card – NAMI Metropolitan Houston applied for the Share Card, which is a way to bring in 1 percent of purchases made. If you would like to have a Kroger Share Card, please email me or call 713-970-3455.

Education Classes – Register **NOW** for new classes starting in August and September for the Family-to-Family and Visions for Tomorrow programs. Please see the insert for a list of Affiliates and Chapters offering classes.

NAMI Texas Region 8 Director – This year our region can elect a Director who serves a term of two years. Mary Robins has served a number of terms and will not be running again. Please contact your local NAMI affiliate or chapter for more information. Also, all information on election procedures, qualifications and requirements for the present NAMI Texas Board, and the nomination form, which must be signed by your affiliate president, can be viewed on our website: www.namimetrohouston.org

HEADS UP!**2006 NAMI TEXAS ANNUAL CONVENTION**

**Partners Celebrating Recovery:
The Time to Talk is Now!**

**Oct. 15-17, 2006
OMNI Southpark, Austin**

NAMI WEST HOUSTON NEWS*Bonnie Cord, President*

Our annual meeting will be on September 18, 2006. At that time the NAMI West Houston members present will elect officers and directors to replace those whose terms expire at the end of 2006. The new officers and directors will begin their terms in January 2007. Each term is for two years.

The Nominating Committee offers the following slate of candidates: President, Bonnie Cord; 2nd Vice President, Vi Napolitano; Treasurer, John Anderson; Directors, Eileen Baker, Debby Brown, Sharyn Coffey, and Jerry Lashley. No other nominations were received. Nominations can also be taken from the floor on September 18th. Thank you to the incumbents who agreed to serve another two-year term, if elected. See our website www.namiwesthouston.org for more information about each candidate.

See you at the Monthly Meetings!

NAMI West Houston Board:

President, Bonnie Cord*; 1st Vice President, Fifi Wetherhead; 2nd Vice President, Vi Napolitano*; Secretary, Joan Svetek; Treasurer, John Anderson*; Directors, Eileen Baker*, Debby Brown*, Sharyn Coffey*, Madeleine Elmer, Frank Svetek, and Phil Wendt.

* Indicates term expiring Dec. 2006.

NAMI FORT BEND NEWS*Larry Davis, President*

We celebrated an exciting, productive year prior to our summer hiatus with a special meeting on June 1.

President Mary Ann Watson presented framed certificates of appreciation to several members who made special contributions. Then she presented the first annual Mark F. Mitchell Award to our guest of honor, Mark Mitchell, for his sustained contributions to NAMI Fort Bend. Mark is our mentor, a charter member who served 16 consecutive years on the board of directors and 12 consecutive years as president.

Our annual election followed with Becky Heye, Martin Melchor, and Linda Mikolajek elected to the board. Larry Davis was elected president and Jorge Alonso continuing to be our treasurer. Loyd Vernon gave a moving presentation and pledged \$1,000 to the NAMI Fort Bend Building Fund over the next three years. Mary Ann Watson was presented with an engraved gavel plaque for her outstanding contributions as president these past three years. Our next general meeting will be the first Thursday in September. Support groups will continue as normally scheduled throughout June, July and August. Have a great summer.

REVISITING SCHIZOPHRENIA: ARE DRUGS ALWAYS NEEDED?

Benedict Carey, March 21, 2006, The New York Times

The only responsible way to manage schizophrenia, most psychiatrists have long insisted, is to treat its symptoms when they first surface with antipsychotic drugs, which help dissolve hallucinations and quiet imaginary voices. Some say delaying treatment may damage the brain.

But a report that appeared in the April issue of *Schizophrenia Bulletin*, one of the field's premier journals, suggests that when some people first develop psychosis they can function without medication — or with far less than is typically prescribed — as well as they can with the drugs. And the long-term advantage of treating first psychotic episodes with antipsychotics was not clear.

The analysis, based on a review of six studies done from 1959 to 2003, exposes deep divisions in the field that are rarely discussed in public.

In the past two decades, psychiatrists have been treating people with antipsychotic drugs earlier and more aggressively than ever before.

"My personal view is that the pendulum has swung too far, and there's this knee-jerk reaction out there that says that any period off medication, even for research, is on the face of it unethical," said Dr. William Carpenter, director of the University of Maryland's Psychiatric Research Center and editor of *Schizophrenia Bulletin*.

Carpenter said that while antipsychotics are central to treatment in most cases, the field's aggressive use of the drugs leaves "little maneuvering room" to try different options, such as drug-free periods under close observation after a person's first episode of psychosis. "It's a very controversial issue, and I thought it was important to get it out there," he said.

Other experts warned that the new report's conclusions were dangerous, and represented only one interpretation of the evidence.

Dr. Jeffrey Lieberman, chairman of psychiatry at Columbia University Medical Center and director of the New York State Psychiatric Institute, said, "If the diagnosis is clear, not treating with medication is a huge mistake that risks the person's best chance at recovery."

In the report, John Bola, an assistant professor of social work at the University of Southern California, reviewed six long-term studies involving 623 people who had symptoms of psychosis. All entered the

studies soon after their psychosis was diagnosed after a first or second break from reality.

Roughly half of the patients were promptly treated with antipsychotic drugs while the other half went without the medication from three weeks to more than six months. Those who functioned well without medication remained drug free in several of the studies. Those who relapsed received drug treatment.

Two studies found that after a year or more the patients on a full course of medication performed better on measures of social interaction, work success and the risk of re-hospitalization than those who were initially drug-free. The other four studies found that the less-medicated group did slightly better. Over all, the findings of the studies were a wash, showing no significant advantage for either group.

Patients on full medication were taking older antipsychotics, like Haldol; similar studies have not been carried out with newer drugs such as Risperdal. "The most striking observation in this review," Bola wrote, "is the dearth of evidence that addresses the long-term effects of initial treatment."

Previous reviews concluding that drugs provided significant benefits included many studies that did not have a comparison group of people who were not on medication, he found.

"My hypothesis is that there is a subgroup of patients who are drug-free responders, probably because they have a mild form of the disorder," said Bola, who has argued against aggressive drug treatment in the past. "I think the implications of this are that we need to be additionally careful about medicating people after their first psychotic episode if there's reason to think they could" function without medication.

Studies suggest that 10 percent to 40 percent of people with symptoms of psychosis can manage without medication. But there is no test to identify these people, and psychiatrists say that withholding drugs after a full-blown psychotic episode is highly risky. Psychotic episodes tend to become worse over time when untreated, they say, and the effect of the experience on the brain is still unknown.

"The psychotic state is a crisis, an emergency; people do irrational things, dangerous things, and the initial treatment has to be with what works best — medication — along with an attempt to get them into a talking relationship," said Dr. Thomas McGlashan, a professor of psychiatry at Yale.

The issue is most important to patients and their families. First episodes of psychosis, which often strike

in high school or college, can derail young people at a crucial point in their lives and even lead to suicide

Yet a large study in 2005 comparing schizophrenia drugs found that over 18 months, about three-quarters of people stopped taking their medications because they were dissatisfied.

The drugs have significant side effects. Older medications can induce Parkinson's disease-like tremors. Some of the newer drugs cause weight gain and increase the risk of diabetes

Antipsychotic medication also induces significant changes in brain function that are not well understood. The drugs numb brain cell receptors to the activity of dopamine, a neural messenger that appears to circulate at high levels when people are in the grip of psychosis.

Ever adaptable, the body responds by manufacturing more dopamine receptors, which could make the brain more sensitive to future dopamine onslaughts that are untreated, experts say.

"Medication can be lifesaving in a crisis, but it may render the patient more psychosis-prone should it be stopped and more deficit-ridden should it be maintained," McGlashan wrote, commenting on Bola's report. For these reasons, many former psychiatric patients have challenged the wisdom of treating psychosis aggressively and early, especially for high-risk patients who have not yet shown full-blown psychotic symptoms.

Will Hall, 40, was hospitalized 14 years ago and put on antipsychotics for about four months after a suicide attempt. He said that he still heard voices, machine sounds and imaginary conversations but that the hallucinations had become less threatening over time.

"I am very careful about the early warning signs, the noises, the sounds, and I make sure to talk to people and resist the urge to isolate myself," he said. "People can learn tricks, ways of dealing with symptoms so they don't get overwhelmed."

Some programs have helped people manage psychotic symptoms with minimal medication. In Finland researchers found that intensive family therapy helped more than 40 percent of patients with early symptoms of psychosis recover significantly without antipsychotics and they stayed off drugs for more than two years. A program in Sweden found that many people do well when treated with low doses of medications or none after a first psychotic break.

In the U.S., psychiatrists say taking patients off medication leaves them vulnerable to relapses without sufficient support. Only in research settings, with

informed consent, are doctors likely to allow people suffering from a first psychosis to go drug free.

"My bottom line is that this is a very challenging illness, every patient is different, and we need more research to inform decisions about how to individualize care," said Dr. John Kane, chairman of the psychiatry department at Zucker Hillside Hospital in Glen Oaks, N.Y. "We have to be very careful about making blanket statements about which treatment is best."

BORDERLINE PERSONALITY DISORDER FAMILY SUPPORT GROUP and FAMILY CONNECTIONS EDUCATION COURSE AVAILABLE IN HOUSTON

The Borderline Personality Disorder Family Support Group meets the second Monday of each month at 7 P.M., at Chapelwood Methodist Church, 11140 Greenbay, Room 204. A professional speaker presents a program and leads discussion on BPD. Call Lynn Hall at 713-302-3822 for more information.

The Family Connections 12-week course covers general education information on BPD, including symptoms, etiology and therapies, as well as a special focus on Dialectical Behavior Therapy, communication and relationship skills. The next Family Connections class is scheduled for fall at Chapelwood Methodist Church. Class information is available from Lois Cleveland at lois.cleveland@earthlink.net or Julia Welch at jawelch48@earthlink.net.

Both the support group and education course is designed for family members and those caring for a loved one with symptoms of this diagnosis.

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

The NeuroPsychiatric Center - Mobile Community Outreach Team serves Harris County children and adults who are: 1) in crisis; 2) unable to access traditional, outpatient, psychiatric services; 3) at risk for hospitalization. MCOT will provide skilled, in-field assessment and treatment for consumers having problems accessing community clinics. In-field mental health care requires special sensitivity to the relationship between mental illness, family and the environment. MCOT will work to apply this special sensitivity in assessment, treatment and links to ongoing services after the consumer in crisis is stabilized.

THE IMPORTANCE OF MEDICATION UPDATES

By Desiree Etienne

It is very important that we take our medications!

Without them, where would we be? Hopefully, not homeless. We could even end up in the hospital! There are many times when we take our meds, we feel as if the meds aren't working, so we stop taking them! When this happens, we go into a relapse, and we get sicker and worse!

The people who have been around you for a long time can tell whether or not you've been taking your meds by the way that you act or behave! Your behavior patterns change, you lose concentration and thoughts, and you can't think straight.

Many times patients don't like the side effects of the meds, such as the constant drowsiness and dizziness, oversleeping, and other side effects such as nausea, vomiting, sweating, etc. You don't like the way it makes you feel!

There are many types of medications to treat different illnesses such as schizophrenia, bipolar disorder, depression, obsessive-compulsive disorder, social phobias, mood swings, etc...

Some of the names of the meds are Prozac, Zyprexa, Risperdal, Ambien, Abilify, Tegretol, Haldol, Lamictal, Paxil, Thorazine, Depakote, Klonopin, etc. By the time we run out of our meds, it's time to call them in by dialing the phone number of your nearest pharmacist, and giving the correct prescription number for each bottle of meds. After calling them in over the phone, they will give you a date and time of when to pick them up.

It is very important that each patient knows the names of his or her meds, and how many milligrams of it you take. It is important that you take them as the doctor prescribed and by the directions on the bottle. Make sure you take the right amount at the right time of day.

The doctor has to study his patient and he has to stabilize the medications. He has to find the right medicine for you so that you can function in a normal way and in society.

Remember, take your meds and stay out of that hospital, and you will always be a better you, 'cause God loves little ol' you!

CONDOLENCES

Many NAMI Metropolitan Houston and NAMI Texas members know Norma Bangs. Norma is our state and national trainer for the Family-to-Family Education Program in both Spanish and English. Norma's husband, Charles "Chuck" Bangs, passed away May 26, 2006, after a long and difficult illness. We extend our sympathy and prayers to Norma and her family.

Condolences go to the Jerry and Betty Fulenwider family. Betty passed away on May 13, 2006. She was a respected advocate locally, statewide and nationally, in her work for mental illness. Betty and her husband, Jerry, helped many consumers and families to model their advocacy work and come together as a voice carrying more power in the legislature. Betty will be missed by so many of us.

Our thoughts and prayers are extended to the family of Eric "Rick" Schlueter, who passed away on May 14, 2006. Rick was employed at ConocoPhillips and a cycling enthusiast, who had just completed his second MS 150 ride. NAMI Metropolitan Houston was listed as one of the organizations for donations in his memory. Thank you to all of the family and friends of Eric Schlueter for the generous contributions, which will go toward our free education programs.

BOTH SIDES NOW

Both Sides Now, a group of consumers, friends and families, meets for sodas, coffee and conversation from 3 – 5 p.m. Sundays at Diedrich's Coffee House, Westheimer & Hazard. We discuss anything that's on our minds from problems and issues to personal interests such as books, movies, politics, etc. Anyone who would like to join is welcome. Look on the patio for Mike Harvey and/or Pate Pecora. For more information call Mike at 713-880-4576 or Pate at 713-349-0049.

MENTAL HEALTH ACTION GROUP

The Mental Health Action Group meets at 7 P.M. on the second Monday of each month, at Bay Area Unitarian Universalist Church. Meetings include speakers, workshops, mental health education in public schools, outreach, letter writing on mental health issues and special projects.

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

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.

Annual Membership Form

All dues and donations are tax deductible. Membership includes annual dues to NAMI Metropolitan Houston or another affiliate, 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 status: New member Renewing member

Check your Membership Type and consider making a donation:

- | | |
|--|----------|
| <input type="checkbox"/> Individual (\$35.00) | \$ _____ |
| <input type="checkbox"/> Family (\$35.00) | \$ _____ |
| <input type="checkbox"/> Consumer (\$5.00) | \$ _____ |
| <input type="checkbox"/> Limited Income (\$5.00) | \$ _____ |

Additional Donation

- | | |
|---|----------|
| Supporter (\$50.00) | \$ _____ |
| Patron (\$100.00) | \$ _____ |
| Other | \$ _____ |
| Memorial: In honor of/In memory of: _____ | \$ _____ |

Total \$ _____

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

- NAMI Metropolitan Houston:** Camilla Moga, Treasurer, PO Box 740169, Houston, TX 77274
When you join NAMI Metropolitan Houston, you may designate a chapter where you attend meetings:
 Bay Area Central (formerly Houston) Northeast (formerly Humble) Northwest (formerly Tomball)
- NAMI Fort Bend:** Jorge Alonso, Treasurer, PO Box 1223, Sugar Land, TX 77478-1223
- NAMI West Houston:** John Anderson, Treasurer, PO Box 218989, Houston, TX 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 am a professional care provider.
 Other

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

Return Service Requested

July/August 2006 Newsletter

Education Classes and 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.

Registration is now being taken for classes to be held in the **Northwest** area mid-August, **Central Houston** area September and **NAMI West Houston** area August and September. Pre-Registration is required.

NAMI Metropolitan Houston – 713-970-3455
Bay Area/Clear Lake – 281-326-5649 or 281-286-0373
Central (Houston) – 713-729-1242
Northeast (formerly Humble) – 281-459-1518
Northwest – 281-376-0206
NAMI Ft. Bend – 281-494-5193
NAMI West Houston – 281-893-2493 or 281-304-7704

Visions for Tomorrow Education Course

This is a FREE, 10-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. Fall classes are being planned in the Greater Houston area.

Greater Houston Area contacts:

Linda Lamb llamb53@hotmail.com or
Bonnie Cord, 713-984-2538, bccord@swbell.net

Classes in East Harris County contacts:

Rita Darnell, 281-478-4366 ritadarnell2006@yahoo.com or
Eileene Chappelle, 281-992-7032 recasail@sbcglobal.net

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, Northeast (formerly Humble)

Bonnie Cord, NAMI West Houston

Rita Darnell, Bay Area

Linda Lamb, Central (formerly NAMI Houston)

Mary Ann Watson, NAMI Ft. Bend

Barbara Fulenwider and Kathi Gray, Newsletter Editors

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. 713-528-1546

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

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

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

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

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

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

www.schizophreniadigest.com - Schizophrenia Digest

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

www.reintegration.com - The Center for Reintegration

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

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

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

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

www.txhealthpool.org or texasriskpool@cbstx.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



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Support Groups

2nd Monday	Clear Lake	Bay Area Unitarian Universalist Church, 17503 El Camino Real, Houston Contact: Jane Malin at orkidfam@swbell.net or 281-488-2452 (evenings)
Every Tuesday 6:00 p.m.	Tomball	Tomball Community Center, 221 Market Street, Tomball (Teen) Contact: Lana Hand at 281-376-5368 or Jim Wixted at 281-370-9785
Every Tuesday 7:00 p.m.	Tomball	Tomball Community Center, 221 Market Street, Tomball (F/C) Contact: Lana Hand at 281-376-5368 or Jim Wixted at 281-370-9785
1st Tuesday 7:00 p.m.	Anahuac	Joy Center, 610 Washington Avenue, Anahuac (F/C) Contact: Wayne or P.D. Hankamer at 409-374-2258
2nd Tuesday 7:00 p.m.	Baytown	SUN Headquarters, 1301 Memorial Drive, Baytown (F/C) Contact: Rita Darnell at ritadarnell2006@yahoo.com or Eileene Chappelle at 281-922-7032
2nd Tuesday 7:00 p.m.	Kingwood	Kingwood Pines Hospital, 2001 Ladbrook, Kingwood (F/C) Contact: Gwen Coleman at 281-459-1518 or Eve Knight at 281-358-9582
3rd Tuesday 7:00 p.m.	Clear Lake	1300 Bay Area Boulevard, Clear Lake (F/C) Contact: Rita Darnell at ritadarnell2006@yahoo.com or Eileene Chappelle at 281-922-7032
4th Tuesday 8:00 p.m.	Kingwood	Second Baptist Church, Highway 59 North, Kingwood (F/C) Contact: Gwen Coleman at 281-459-1518 or Eve Knight at 281-358-9582
1st Wednesday 7:00 p.m.	West Houston	Pines Presbyterian Church, 12751 Kimberley, Room C-10 Houston (F) Contact: Carolyn Searles at 713-461-5269
2nd Wednesday 7:00 p.m.	West Houston	Bear Creek Community Center, 3055 Bear Creek Drive, Houston (F) Contact: Fifi Wetherhead at 713-465-8518
4th Wednesday (Spanish) 7:00 p.m.	West Houston	Bear Creek Community Center, 3055 Bear Creek Drive, Houston (F) Contact: Sara Frost at 713-206-2807 or Laura Ramirez at 281-477-0852
1st Thursday 7:00 p.m.	Spring	Northside Christian Church, Family Ministries Building (Behind the Church) 2414 Spring Cypress, Spring TX, 77388 (F) Contact: Karen Lashley at 281-353-1925
2nd Thursday 7:00 p.m.	Sugar Land	St. Laurence Catholic Church, 3100 Sweetwater Boulevard, Sugar Land (F) Contact: Ken Sumner at 281-265-1554 or ksumner1@houston.rr.com
2nd Thursday 7:00 p.m.	West Houston	The Well, Grace Presbyterian Church, 10234-A Westheimer, Houston (Y/F) Contact: Diane Goyette 713-896-1153 or Madeleine Elmer 281-293-7717
3rd Thursday 6:00 p.m.	Southwest Houston	F/C Support Groups – Please call for information on meeting time and location Contact: Linda Lamb or Evelyn Johnson at 713-729-1242
3rd Thursday 7:00 p.m.	Spring	Northside Christian Church, Family Ministries Building (Behind the Church) 2414 Spring Cypress, Spring TX, 77388 (F) Contact: Karen Lashley at 281-353-1925
3rd Thursday 7:00 p.m.	Sugar Land	First United Methodist Church, 431 Eldridge Road, Sugar Land (F) Contact: Tami Barugh at 713-504-6016
3rd Thursday 7:00 p.m.	Katy	St. Peters United Methodist Church, 20775 Kingsland Boulevard, Katy (F) Contact: Joyce Hess at 281-395-3582
4th Thursday 7:00 p.m.	Sugar Land	St. Laurence Catholic Church, 3100 Sweetwater Boulevard, Sugar Land (F) Contact: Ken Sumner at 281-265-1554 or ksumner1@houston.rr.com
2nd Sunday 2:30 p.m.	West Houston	Pines Presbyterian Church, 12751 Kimberley, Houston NAMI C.A.R.E. (C) / Support Group (F) Contact: Vi Napolitano at 281-893-2493
4th Sunday 2:30 p.m.	West Houston	Pines Presbyterian Church, 12751 Kimberley, Houston NAMI Care (C) and Support Group (F) Contact: Vi Napolitano at 281-893-2493

(F) Family

(C) Consumer

(VFT) Visions for Tomorrow

(YF) Young Family

NAMI Metropolitan Houston is a 501(c)3 non-profit organization,
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