



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



★ ★ ★ ★ ★ FOR THE MIND OF AMERICA

NAMIWalks HOUSTON 2006

Saturday, May 20,

Sam Houston Park/Allen Parkway

8:30 am Registration;

9:30 am Walk;

After Walk snacks

MOMENTUM IS GROWING FOR OUR WALK.

We have surpassed our goal for sponsorships thanks to the generosity of: **Bristol Myers Squibb**, our Presenting Sponsor (\$10,000); **Baker-Hughes** and the **Tom and Carolyn Hamilton Family Foundation**, Gold Sponsors; **FMC Technologies**, **Greenberg Traurig, LLP**, **Janssen Pharmaceutica** and **The Menninger Clinic**, Silver Sponsors; **AstraZeneca**, Award Reception Sponsor; **Amerigroup Corp.**, **Memorial Hermann Healthcare Systems**, **United Behavioral Health** and the **Cord Foundation**, Bronze Sponsors; **Gelb Consulting**, **Memorial Hermann Behavioral Health Services**, **Milky Way Resources, LLC** and **Republic National Bank**, Supporters; **Dr. G. K. Ravichandran**, **Stemark Associates**, the **Matlock Family**, the **Wilson Family** and the **Lashley Family**, Kilometer Sponsors! We cannot thank all of you enough. You are wonderful friends to NAMI!

NOW IS THE TIME TO GET YOUR TEAMS TOGETHER.

As of press time, we have 23 teams registered on-line: **Amerigroup Change Agents**, **AstraZeneca**, **Brainwaves**, **Brighter Visions**, **Expect Recovery**, **FootLoose in Ft. Bend**, **Green Dream Team**, **Have Hope!**, **Helping Hands**, **Hill Country Counseling**, **Houston Psychiatric Society**, **New Beginnings**, **St. Joseph House**, **Stigma Busters**, **Team McHenry**, **Techs and Trainers**, **The Achievers**, **The Garza Gang**, **The Menninger Clinic**, **Neuron Pax**, **The Open Minds**, **United Behavioral Health**, and

UTMB Psychiatry. This is great, but we need many more to raise awareness and meet our goals. To register your team or to register as a walker on-line, go to www.nami.org/namiwalks, click on **TX**, click on **Houston** and follow the Q&A. There are sample letters there to send to friends, co-workers and family to sponsor you as a walker – remember \$10 from 10 people is \$100, entitling you to a free NAMIWalks Shirt. There are a variety of prizes for walkers who bring in larger amounts too. Making your own web page is easy and makes it easy for people to donate to you. We have Team Captain packets, brochures, posters – everything you may need to build your team. Contact **Eileen Baker for these materials**, ewbaker@houston.rr.com, 281-304-7724.

WE CAN'T WAIT TO SEE YOU AT THE WALK ON MAY 20!

For more information about **team building/walking**, contact **Susan Raffle**, General Team Chair, (713) 529-5446, sraffle@houston.rr.com. To find out about **sponsorship opportunities**, contact **Alice Brink**, Sponsor Chair, alice@abrinkandco.com. For **other information**, contact our **Walk Manager, Bonnie Cord**, 713-984-2538, bccord@swbell.net or go to our website: www.namimetrohouston.org

May/June 2006

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MAY IS MENTAL HEALTH MONTH

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: Mary Ann Watson, 281-494-5193 or namifortbend@alltel.net

May 4: Speaker: Kirk Monroe, ARC of Fort Bend County, “Guardianship Assistance and Alternative Program (“GAAP”)”

June 1: Program: Election of new officers, Planning Goals for 2006-2007, and Social.

NAMI Humble – 4th 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, 281-459-1518, gcoleman@sbcglobal.net; Eve Knight, 281-358-9582

Monthly Meeting Schedule:

6:30 PM – Refreshments; 7:00 PM – Speaker/Program; 8:00 PM – Consumer and Family Support Group Meetings

May 23 Speaker: Jo Ann Kent with UTHCPC (University of Texas Harris County Psychiatric Center)

June 27 Speaker: Philip Jenkins, Attorney (formerly with the MHMRA New Start Program), specializing in Criminal Defense and Guardianship law

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 PM – Social time and Refreshments; 7:30 PM to 9:00 PM – Speaker/Program

May 15 Speakers: Steven Rhatigan, CEP, and Osa Harris, Esq., on Special Needs Estate Planning and Trusts

June 19 Speaker: Robert Fickman, Esq., Pres. Elect of Harris County Criminal Lawyers, on Criminal Law and the Mentally Ill

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

May 16 Speaker: Jack W. Callahan, Jr., Advocate, Advocacy, Inc.

June 20 Speaker: Cheryl Amoruso, University of Houston, Center for Students with DisABILITIES

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

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

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

Monthly Meeting Schedule:

6:00 PM Consumer and Family Support Group Meetings; 7:30 PM – Speaker/Program

May 18 Speaker: Dr. Kenneth Arfa – “Mental Health on the College Campus”

June 15 Speaker: Dr. John Sargent – “Integrating Physical and Mental Health”

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

Tomball Community Center, 221 Market Street, Tomball 77375

Contact: 281-370-9785

May 9 Speaker: NAMI Walks Team Captain, Katie Hand – NAMIWalks Presentation

June 13 Program: No Speaker – Annual Pot Luck Dinner

President's Message

Carolyn Hamilton

I encourage everyone that receives this newsletter to support our very first NAMIWalks in Houston in some form or fashion.

Welcome to all of the new members of NAMI and those who have renewed your annual dues. It seems we are always meeting deadlines according to our bylaws, local, state or national. Conventions are coming up and your membership must be current for member count and any voting that takes place. Renewal letters and reminder postcards have been sent out to members with expiring dates. If you have misplaced your renewal form, you may use the forms on page 7 to send to your member NAMI affiliate.

NAMI FT. BEND NEWS

Mary Ann Watson, President

Sugar Land Rotary President, Steve Varney, presented NAMI Fort Bend President, Mary Ann Watson, with a donation of \$1,625. The funds were earmarked to support NAMI Fort Bend's "MINDful Support" wristbands being sold to increase awareness about mental illness and ultimately to pay expenses for Fort Bend's next Family-to-Family class planned for the early fall. Sugar Land Rotary is noted for its exceptional community service efforts.

The twelve week Family-to-Family Class, which began in early January, graduated twenty-six members. Our sincere thanks go to the dedicated teachers: Diane Hall, Deana Roberts, and Kathy Hartley.

NAMI FAMILY-TO-FAMILY TEACHER TRAINING A SUCCES!!!

NAMI Metropolitan Houston sponsored a very successful Teacher Training on March 17-19. Thanks go to our NAMI Texas State Trainers, Norma Bangs and Faye Johnson, for coming to Houston from their homes in Bastrop and Burleson. We now have 13 new Family-to-Family Teachers in our Greater Houston area. **Congratulations to each of you!!!!!!!**

New Family-to-Family Classes will be forming within the next few months, so watch for announcements.

NAMI 2006 ANNUAL CONVENTION

The 2006 NAMI Convention will be held Wednesday, June 28 to Sunday, July 2, at the Washington Hilton Hotel, in Washington, DC. Register by May 30 for the Early Bird rate. Hotel and airline discounts are also available for NAMI Convention attendees. Visit www.nami.org for further information.

NAMI WEST HOUSTON NEWS

Bonnie Cord, President

See page 2 for details about our excellent speakers for May and June. See the insert for support groups.

There will be **no monthly meeting in July** due to the NAMI National Convention in Washington, D.C. Highlights of this convention are opportunities to educate our legislators on Capitol Hill and to hear the latest research at NIMH. NAMI West Houston has stipends available for West Houston members who would like to go, but need assistance. See box below.

Our annual meeting will be in September. At that time we will elect officers and directors for positions whose terms expire at the end of this year. The Board's Nominating Committee will soon be considering nominations. Please contact Fifi Wetherhead, 713-465-8518, with suggestions and comments.

Build your NAMIWalks teams! See you at the Walk!

Bonnie, 713-984-2538, bccord@swbell.net

NAMI West Houston Board of Directors

*term expires 12/31/06

- 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 Coffe*
- Madeleine Elmer
- Frank Svetek
- Phil Wendt

NAMI West Houston Stipend Funds

Applications for Stipends are now being accepted for the 2006 NAMI National Convention. Every year NAMI West Houston allocates funds for West Houston members who want to go to the convention and are in need of assistance. This year the convention is in Washington D.C. from June 28 to July 2.

To apply please contact Eileen Baker at: ewbaker@houston.rr.com or 281-304-7704.

The deadline for submissions is May 4, 2006.

STIGMA STILL SHADOWS PSYCHIATRIC CARE

Americans reluctant to use drugs proven to ease mental woes. HealthDay News, *Monday*, February 27, 2006

A new analysis finds Americans conflicted when it comes to psychiatric drugs: Most think they would work well, but they still wouldn't use them. While people increasingly understand mental illness, have sympathy for it and appreciate advances in its treatment, the stigma associated with taking antidepressants and psychiatric drugs remains high, according to a new report from researchers at the Indiana Consortium for Mental Health Services Research at Indiana University, Bloomington. The report was funded, in part, by the National Institute of Mental Health.

"Even though people verbalize the notion that they are accepting of psychological disorders of all kinds, there is this residual feeling that a psychological disorder is a character flaw," said Dr. Charles Goodstein, a psychoanalyst and clinical professor of psychiatry at New York University School of Medicine.

This stigma means that, for many, "not using [a psychiatric drug] means they never had such a flaw at all," he said.

In the study, the Indiana team reviewed data from the 1998 General Social Survey of 1,400 Americans. They found that:

- Approximately two-thirds said psychiatric drugs do help people with mental health woes deal with day-to-day anxiety, control their symptoms, and improve family relationships;
- Just 56 percent said they would be willing to take medication to alleviate panic attacks;
- 41 percent would do so if they were diagnosed with depression;
- And only about a third would be willing to take them for personal troubles or stress.

Why the reluctance to take psychiatric drugs, when most would have little qualms about taking a drug to ease a physical malady?

"I think they are afraid of what is going to happen to them, which for most people is undo caution," said sociologist Bernice A. Pescosolido, director of the consortium. "They've been primed by the media about what might happen in the first two weeks, when some people have a risk for suicide." She noted that psychiatric medications must not be taken unless the

patient is being monitored closely by a doctor experienced and qualified in their use.

There is reason for concern, added Goodstein. "Sometimes the drugs are prescribed excessively or for some type of performance enhancement, and they do have side effects," he said. "They should not be taken in casual ways. Too often patients get them from practitioners just because they have samples around." People may also shy away from psychiatric drugs because they think they will face stigma from others, Pescosolido said. She recounted the story of a friend who, following her divorce, took her fifth grader for therapy. After the boy's doctor prescribed him an antidepressant, he said, "That's it! I can't run for president."

Much depends on whether a patient trusts the doctor who prescribed the drugs, Pescosolido said. About seven of 10 Americans reported trusting their own physician, but six of 10 were skeptical of doctors in general, suspecting them of taking unnecessary risks, charging for unnecessary services, performing unnecessary surgeries and not acting in their patients' best interests. And though many of the new generation SSRI antidepressants such as Prozac, Paxil and Zoloft, are part of long-term therapy, 47 percent of respondents said psychiatric medications should be discontinued once symptoms go away.

"There is a real link in the public mind between mental illness and 'dangerousness,' and that is what is fueling the stigma," said Pescosolido. "Americans have become more sophisticated and knowledgeable about mental illness, and everybody assumed the stigma was going away. We can't accept that."

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 on-going services after the consumer in crisis is stabilized.

ONE DAY AT A TIME:

Top Ten Tips for Parents

1. **GET AN EVALUATION AND DIAGNOSIS** from a certified pediatric psychiatrist or psychologists. Pediatricians are not necessarily trained as specialists in neurological disorders. Treatment options are evolving daily and your doctor should be aware of the latest information. Insurance covers much of the cost, in most cases. Families who have had success in recovery have proven that early intervention is crucial.
2. **EDUCATE YOURSELF AND YOUR SPOUSE** about your child's disorder. Information is power when you feel powerless to help your child. An educated parent is a good advocate for his or her child. The Internet is a great place to start. NAMI Metropolitan Houston (www.namimetrohouston.org) offers great educational programs free of charge. Many websites offer free email newsletters to keep you abreast of the latest research findings.
3. **GET ON THE SAME PAGE WITH YOUR SPOUSE** about how to approach your child, the school and therapists. Consistency and stability with parents make all the difference in a child's recovery. Two parents who are in constant disagreement about how to raise a child can be confusing and destabilizing for the child and ineffective in dealing with members of his or her school.
4. **ENLIST YOUR SCHOOL'S SUPPORT.** Through the federal law called IDEA (Individuals with Disabilities Education Improvement Act of 2004), all children with diagnosed learning disabilities and/or neurological differences have the right to educational accommodations and support. Your school district can help you develop an IEP (Individual Education Plan) to help your child learn better and make appropriate interventions at school.
5. **DON'T GO IT ALONE.** Find emotional support for yourself and your spouse, if possible. A parent who is caregiving a child with neurological disorders is under tremendous strain. Why do it alone? There are free support groups through NAMI Metropolitan Houston (www.namimetrohouston.org) and other organizations that will start you on the road to healing and offer good avenues for problem solving. Family and /or individual therapy are also helpful.
6. **TAKE CARE OF THE CAREGIVER.** You and your spouse are the bedrock on which your child's security is built. If you are stressed, or emotionally, physically and spiritually depleted, your whole family will suffer. Nurture yourself and your marriage. It's the best investment in time you will make for your family.
7. **TALK OPENLY TO SIBLINGS AND FAMILY MEMBERS.** Denial and shame are damaging to the spirit and counterproductive for healing and recovery. Remember that stigma starts at home. A brain disorder is a medical condition like diabetes, cancer or heart disease. It is no one's fault and no one need be ashamed of it! Siblings need support and understanding of the disorder in order to cope, too.
8. **KEEP GOOD WRITTEN RECORDS** of your child's medical/therapeutic and educational interventions. It will save you a lot of time and hassle when you need information for school personnel, doctors and insurance companies.
9. **DON'T BE AFRAID OF MEDICATION** if a psychiatrist recommends it. If your child had diabetes, would you withhold insulin? If he had asthma, would you refuse breathing treatments that could help him? Despite some of the misinformation in the media today, every day, new therapeutic medications are developed with fewer and fewer side effects. Psychopharmaceuticals have changed dramatically in the past decade. Educate yourself about them. Correcting the chemical imbalance in the brain is a crucial part of recovery. Therapeutic and behavioral interventions are usually not enough as stand alone treatments for brain disorders.
10. **ONE DAY AT A TIME.** Parenting can be a challenging task in the best circumstances. Parenting a child with neurological differences can be overwhelming if you think too far down the road. Visualize future success, but take it one day at a time!

Madeleine Elmer, NAMI West Houston

HEADS UP**2006 NAMI TEXAS ANNUAL CONVENTION**

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

**October 15-17, 2006
OMNI Southpark, Austin**

A 'COMPULSIVE GENE'?

By Jamie Talan, *Newsday Staff Writer, March 20, 2006*

Study finds defect is twice as common in those who have severe obsessive-compulsive disorders

There are people so disabled by obsessive thoughts and compulsive behavior that they can barely get out the door in the morning. Now, scientists have identified a gene that may be responsible for the disorder.

When scientists studied the families of patients with obsessive-compulsive disorder, they saw that many inherited a certain type of gene for a molecule called the serotonin transporter. The molecule shuttles the chemical serotonin throughout the brain.

The latest genetic studies from the laboratory of Dr. David Goldman of the National Institute on Alcohol Abuse and Alcoholism have found that people with disabling obsessive-compulsive disorder have too many serotonin transporters - the gene is more active than it should be.

Another defective form of the gene is linked to suicidal behavior and depression.

The most popular antidepressants block these transporters, which may explain why some people with obsessive-compulsive disorder who are treated with these medicines find that their obsessions subside.

"Ultimately, this finding could lead to a test for OCD or at least a way to figure out who will respond to treatment with SSRIs," the selective serotonin reuptake inhibitors like Prozac and Zoloft, said Goldman, a co-investigator of the study, which appears online in the *American Journal of Human Genetics*. It will be published in the May issue. Goldman is a psychiatric geneticist.

This is the first gene for a psychiatric illness that has been associated with a "gain of function," meaning the gene is working too much. Several years ago the federal researchers, in collaboration with Japanese investigators, identified a much rarer but similarly acting genetic change in two families with severe obsessive-compulsive disorder.

In this latest study, Goldman and his colleagues looked at two samples of patients, one in the United States and one in Canada. This particular form of the gene was twice as common in people with obsessive-compulsive disorder as in those without the condition.

About 2 percent of the population suffers from symptoms of obsessive-compulsive disorder.

Scientists believe that the brain's frontal lobes, where so-called executive functions such as thinking, task-switching and organizing take place, are strongly linked to other brain regions associated with emotion and repetitive behavior, and that the stronger bond sets in motion this anxiety-ridden behavior.

"This is a major clue to the neurobiology of OCD," said Goldman. "Why these people have these symptoms could also inform us about the normal range of obsessional behaviors," which are often invaluable for everyday organization.

Obsessive-compulsive disorder is characterized by excessive hand-washing, checking of things and hoarding.

"It's an important study," said Dr. Eric Hollander, director of the Compulsive, Impulsive and Anxiety Disorders Program at Mount Sinai School of Medicine in Manhattan.

Hollander's group focuses on repetitive behaviors in many psychiatric conditions, from autism to obsessive-compulsive disorder to addictions. His group recently infused the bonding hormone oxytocin, best known for its roles in labor and breastfeeding, into adults with autism and found they showed an increased social response.

THE GATHERING PLACE OPENS SATELLITE CLUBHOUSE

The Gathering Place, a psychosocial clubhouse serving persons with mental illness, is pleased to announce that we will be opening our second service location on April 17. We will open our first satellite office at 3630 West Dallas. Through collaboration with the Mental Health and Mental Retardation Authority of Harris County, we will operate in space provided in MHMRA's Eligibility Center. We will have two fulltime staff at the new location and will have a wide variety of services for members to utilize.

Please call 713-729-3499 to contact Ronnie Morris, TGP Program Director, or Kirsten Kastl, Intake/Wellness Coordinator, if you have questions about this opportunity for the persons you serve.

NARSAD Artworks

GREAT GIFTS: NARSAD (National Alliance for Research on Schizophrenia and Depression) has a creation of art works, all hand painted and created by persons with mental disorders. Supplies of note cards, silver pins and bookmarks are available throughout the year by calling Eileen Baker 281-304-7704.

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.

Membership Form For NAMI Affiliate: NAMI Metropolitan Houston

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: New Renewal

- 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 \$ _____

Please check the group or area you wish 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:

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

NAMI Experience the Revolution

★ ★ ★ ★ ★ JOIN TODAY!

Membership Form For NAMI Affiliates: NAMI Ft. Bend, NAMI Humble, and NAMI West Houston

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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- Patron (\$100.00) \$ _____
- Donation / Memorial \$ _____

In honor of: / In memory of: _____

Additional Contribution \$ _____
Total \$ _____

Please check your affiliate, make check payable to that 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

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- 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

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

Return Service Requested

May/June 2006 Newsletter



HOUSTON, TX. MAY 20, 2006

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.

**Pre-Registration is required. To find out when the next class will take place, please call the numbers listed below:

NAMI Metropolitan Houston – 713-970-3455
Bay Area/Clear Lake – 281-326-5649 or 281-286-0373
Central (Houston) – 713-729-1242
Northwest – 281-379-2582
NAMI Ft. Bend – 281-494-5193
NAMI Humble – 281-459-1518
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.

Greater Houston Area contacts:

Linda Lamb lamb53@hotmail.com and/or
Bonnie Cord, 713-984-2538, bccord@swbellnet

Classes in East Harris County contacts:

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

*Pre-Registration is required.

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

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



NAMI Metropolitan Houston

P.O. Box 740169, Houston, Texas 77274

(713) 970-3455

namimetrohouston@sbcglobal.net

www.namimetrohouston.org

Support Groups

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.	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.	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.	Houston	West Oaks Outpatient Clinic, 6612 Hornwood, Suite E, Houston (F/C) 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
4th Saturday 1:00 p.m.	Houston	Safe Havens, Dennis and Caroline Streets, Houston (F) Contact: Carolyn Hamilton at (713) 970-3455
2nd Sunday 2:30 p.m.	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.	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,
an affiliate of NAMI Texas and NAMI: The Nation's Voice on Mental Illness