



# NAMI Metropolitan Houston

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(713) 970-3455

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

## NAMI Metropolitan Houston President's Message

*Carolyn E. Hamilton*

NAMI Metropolitan Houston (NMH) was formed in 1988 as an umbrella organization to coordinate NAMI's activities in the greater Houston area, to represent all affiliates on various boards and councils, and to generally provide one NAMI voice to the area public on broad issues. NMH did not have affiliate status with NAMI Texas or NAMI. A board made up of the local NAMI affiliate members, who for several years discussed developing a stronger organizational structure for NMH, governed its activities.

The current organizational structure was formed in July 2005 when NMH changed from non-voting to full NAMI affiliate status. At that time, other local affiliates (African American, Bay Area, Houston and Tomball) dissolved their non-profit status and merged with NMH. In May 2006 the Humble Alliance for the Mentally Ill also merged with NMH.

NAMI Ft. Bend and NAMI West Houston remain as independent affiliates, but partnered with NMH and have voting representation on the Board of Directors. All member affiliates and chapters have a designated representative that make up the Board.

I realize there has been confusion surrounding this change and understanding the role of the organization. NAMI affiliates across the U.S. are trying to survive and find easier ways to handle increasing administrative duties. So, working with NAMI Texas, NMH developed a plan to transform and strengthen the organizational structure and become the principal NAMI Texas point of contact for advocacy and service delivery in the area.

The major strategic elements of the NMH 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

It is intended that NMH will provide a major administrative boost to the area NAMI groups, freeing

## September/October 2006

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them to work at the things they do best while NMH picks up the work required on such things as membership, newsletters, and insurance among others. Yes, non-profits are advised to have Director and Officers Liability Insurance, which many NAMI affiliates across the Nation cannot afford individually. Merging helps bring a cost-effective approach to managing a number of issues that local affiliates cannot afford on their own as well as providing a forum from which all local NAMI organizations can coordinate their activities.

The NAMI Metropolitan Houston Board and their members, which are YOU, will continue to bring understanding to the organization. YOU are needed to be part of the committees and subcommittees being formed. What are your interests? Please look for the Interest Volunteer Sheet coming your way soon. If you have questions, please call your home affiliate or chapter or email [namimetrohouston@sbcglobal.net](mailto:namimetrohouston@sbcglobal.net) All phone numbers are listed on page two.

**October is Mental Illness Month**

## ***AFFILIATE AND CHAPTER MONTHLY MEETINGS (Open to the Public)***

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

St. Laurence Catholic Church, 3103 Sweetwater Blvd., Religious Education Ctr., Small Gathering Room, Sugar Land 77479

**Contact:** Larry Davis, 281-494-5193 or [namifortbend@alltel.net](mailto:namifortbend@alltel.net)

**Sept. 7: Speaker:** David Wallace, Mayor of Sugar Land, will speak about current policies and changes on the horizon for the community that might affect those with behavioral disorders.

**Oct. 5:** *To be announced.*

### **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) - Website: [www.namiwesthouston.org](http://www.namiwesthouston.org)

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

**Sept. 18:** Annual Meeting; **Speaker:** Jack Callahan, Community Services Specialist, Advocacy Inc.

**Oct. 16:** *To be announced*

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

#### **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:** Rita Darnell at [ritadarnell2006@yahoo.com](mailto:ritadarnell2006@yahoo.com) or Eileene Chappelle at 281-922-7032 or [recasail@sbcglobal.net](mailto:recasail@sbcglobal.net)

**Sept. 19: Speaker:** Cheryl Amoroso, Center for Students with DisABILITIES, University of Houston

**Oct. 17: Special Showing of “Out of the Shadow.”** This film documentary chronicles the filmmaker’s mother, Millie, and her family through Millie’s battle with schizophrenia.

#### **Central – 3<sup>rd</sup> Thursday of each month at 6 p.m.**

**Contact:** Linda Lamb at [llamb53@hotmail.com](mailto: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

**Sept. 21: Speaker:** Tom Gonzalez, VNS Therapeutic Consultant, speaking on VNS Therapy for Patients with Treatment Resistant Depression.

**Oct. 18: Special Educational Seminar (FREE) - “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](mailto: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.

**Oct. 19:** October support groups will meet at Community National Bank as usual.

#### **Northeast (formerly Humble) – 4<sup>th</sup> 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](mailto:gcoleman2@sbcglobal.net)

**Monthly Meeting Schedule:**

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

**Sept. 26: Speaker:** Jack Callahan, Community Services Specialist, Advocacy Inc.

**Sept. 29: Special Educational Seminar (FREE) - “CHOICES IN RECOVERY”** (For a description of this program, see above)

*Space is limited. For more information or to register, call (281) 459-1518.*

**Oct. 24: Speaker:** Dr. Eriko Valk, Ph.D with Liberty Path, Inc., a Christian Counseling Service, which provides counseling service to families of children with disabilities at a reduced or waived fee.

**Nov. 28: Speaker:** Dr. Dan Hoover, Ph.D

**Dec. 26:** Holiday Party

#### **Northwest – 2<sup>nd</sup> Tuesday of each month at 7 p.m.**

Tomball Community Center, 221 Market Street, Tomball 77375

**Contact:** 281-370-9785

**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

**Oct. 10: Special Showing of “Out of the Shadow.”** This film documentary chronicles the filmmaker’s mother, Millie, and her family through Millie’s battle with schizophrenia.

## AFFILIATE AND CHAPTER NEWS

### NAMI West Houston

Our August (8/21) Membership Meeting will be a potluck dinner with West Houston providing the meat. Bring a vegetable, salad or dessert if you can – but bring yourself. We will share what was learned at the National Convention, a new Resource Guide for parents of Children with mental disorders and the like.

Our September (9/18) Membership Meeting will be our annual meeting at which we need to elect replacements for Officers and Board members whose terms will expire in December. The slate presented by the Nominating Committee is: President, Bonnie Cord, 2nd Vice President, Vi Napolitano; Treasurer, John Anderson; Directors, Debby Brown, Sharyn Coffey and Phil Wendt. Nominations will also be taken from the floor. After the annual meeting, our speaker will be Jack Callihan of Advocacy Inc.

Finally, in October we are planning to publish a one-page newsletter devoted only to West Houston matters. NAMI West Houston members will receive that in addition to this NAMI Metropolitan Houston newsletter. It will provide a place to give information applicable only to West Houston without having to sacrifice precious space in this combined newsletter. The NAMI Metropolitan Houston newsletter is published 6 times/year, covering two months each time. The West Houston letter will be published on the second month of each two-month period, allowing us to keep more current with information.

### NAMI West Houston Stipend Funds

Applications for Stipends are now being accepted for the 2006 NAMI Texas Annual Conference. Every year NAMI West Houston allocates funds for West Houston members who want to go the conference and are in need of assistance. This year the conference is at the Omni Southpark, Austin, Texas from October 15-17.

To apply, please contact: Eileen Baker at: [ewbaker@houston.rr.com](mailto:ewbaker@houston.rr.com) or 281-304-7704.

The deadline for submissions is September 8, 2006.

### NAMI Ft. Bend

#### **IMPORTANT NOTICE!!!**

NAMI Fort Bend will meet in the Small Gathering Room of the St. Laurence Catholic Church for our monthly public meetings this year. We had a GOOD problem in that we were outgrowing our room capacity at First United Methodist Church and this move seems to be the logical solution. We can never thank First United Methodist enough for their generous

hospitality. They are excellent hosts and we deeply appreciate them. For now, we will continue to have our 3rd Thursday of the month Support Group meet there in Room 600 at 7 PM.

Also, don't forget NAMI Fort Bend will conduct a Family-to-Family course beginning on August 29 and continuing on Tuesday evening for the next 12 weeks. The classes will be held at the Sugar Creek Baptist Church, 13333 Southwest Freeway, Sugar Land, in the CLC Building, Room 200. Family-to-Family is a 12-week course to educate caregivers who have loved ones with mental illness. *You MUST pre-register.* If you are interested, please call 281-242-7940 or 281-494-5103 as soon as possible to reserve a space. For more information, see the Insert of this newsletter.

### A Message from Camilla Moga, NAMI Metropolitan Houston Treasurer

#### **To all NAMI Metropolitan Houston Direct And Chapter Members:**

It's time to stop using your old Kroger Share Card and Randall's charity number.

NAMI Metropolitan Houston has two new courtesy accounts! Please see your chapter president for a Kroger card, and ask for your Randall's charity number to be changed to 11446. The former affiliates: NAMI Bay Area, NAMI Houston, NAMI Humble and NAMI Tomball are no longer separate non-profit corporations.

Contributions to these organizations are no longer tax deductible. Please spread the word to begin using the new cards and numbers today. You may also call (713) 970-3455 or email [namimetrohouston@sbcglobal.net](mailto:namimetrohouston@sbcglobal.net) with any questions.

Camilla Moga, Treasurer

### NAMI Metropolitan Houston - Northwest

NAMI Metropolitan Houston – Northwest will be participating in the Disabilities Resource Fair and Conference at the Graceview Baptist Church, 25510 Tomball Parkway, Tomball, TX 77375, on Saturday, October 7, 2006.

The Resource Fair is from 8:30 AM until Noon with free admission. The Disability Conference is from Noon to 4:30 PM. The cost for the Disability Conference is \$10.00.

## BRAIN CHANGES MIRROR SYMPTOMS IN ADHD

The severity of attention deficit hyperactivity disorder (ADHD) symptoms in youth appears to be reflected in their brain structure, recent NIMH-supported brain imaging studies are finding. In one study, researchers found that the front part of the brain's memory hub, the hippocampus, tended to be enlarged in ADHD, particularly in children with fewer symptoms. They suggest that such changes might develop as a compensatory response that helps the child cope with the impatience and stimulus-seeking problems of the disorder.

The researchers also found that parts of an emotion-processing hub, the amygdala, were smaller in children with the disorder. The diminished size had a significant and positive correlation with severity of ADHD symptoms. In those with the disorder, researchers also observed poor connections between the amygdala and the pre-frontal cortex, which could contribute to problems with impulse control and goal-directed behaviors.

Drs. Kerstin Plessen and Bradley Peterson (Columbia University; New York State Psychiatric Institute; University of Bergen, Norway; and Pennsylvania State University) and colleagues used magnetic resonance imaging (MRI) to scan 51 children and adolescents with ADHD and 63 healthy peers in the study, reported in the July 3, 2006, issue of the *Archives of General Psychiatry*.

In another recent MRI study, NIMH intramural researchers found that parts of the brain's outer layer that controls attention is thinner in youth with ADHD and remains thin in those with less improvement, perhaps contributing to their impaired recovery. However, in teens who showed improvement, the cortex thickened on the right side, suggesting how brain changes may help explain improvements in coping with ADHD, report Drs. Philip Shaw and Judith Rapoport, NIMH Child Psychiatry Branch, and colleagues.

The 3-5 percent of school-age children with ADHD tend to be constantly impulsive, and inattentive. The disorder is thought to stem from brain circuit abnormalities. Symptoms improve in as many as a third or more of children with the disorder by their late teens. Yet, while previous NIMH imaging studies had shown that most parts of the brain are relatively smaller in ADHD, they did not look at how these differences might be related to clinical outcome.

To study this, researchers scanned the brains of 163 children with ADHD and 166 healthy controls, averaging about 9 years old. They re-scanned about 60 percent of each group again about 5.7 years later.

The ADHD group initially had a thinner cortex, most prominently in frontal areas that control attention and motor activity. These changes turned out to be much greater in patients who showed less improvement at follow-up, about six years later. In children with the best outcomes, an area of the cortex associated with attention (right parietal cortex) had increased thickness and resembled that of healthy peers by follow-up.

"The apparent normalization of cortical thickness in the better outcome youth may reflect a persistence of neural connections that provides an extended period for the sculpting of complex brain circuits supporting attention," suggested Shaw.

Despite the promise of the new findings, MRI brain scans are still an experimental research tool and cannot yet be used to diagnose or predict outcomes for individuals with ADHD, cautioned Shaw.

Brain regions where children with ADHD have a thinner cortex are part of circuitry that controls attention and motor activity.

*Source: NIMH Child Psychiatry Branch*

Shaw P, Lerch J, Greenstein D, Sharp W, Clasen L, Evans A, Giedd J, Castellanos FX, Rapoport J. Longitudinal mapping of cortical thickness and clinical outcome in children and adolescents with attention-deficit/hyperactivity disorder. *Arch Gen Psychiatry*. 2006 May;63(5):540-9.

Plessen KJ, Bansal R, Zhu H, Whiteman R, Amat J, Quackenbush GA, Martin L, Durkin K, Blair C, Royal J, Hugdahl K, Peterson BS. Hippocampus and Amygdala Morphology in Attention-Deficit/Hyperactivity Disorder. *Arch Gen Psychiatry*. 2006 Jul;63(7):795-807.

<http://www.nimh.nih.gov/press/adhdmirror.cfm>

### NATIONAL DEPRESSION SCREENING DAY – OCTOBER 5, 2006

As part of National Depression Screening Day, Houston Psychiatric Society and the Houston Community College have partnered to offer free, anonymous mental health screenings on Thursday, October 5, from 9 a.m. to 3 p.m. at Houston Community College West Loop Campus (5601 West Loop South, Houston 77081). The program is completely confidential. To find a screening site near you, go to [www.mentalhealthscreening.org](http://www.mentalhealthscreening.org)

## ANDREA YATES VERDICT: NOT GUILTY BY REASON OF INSANITY

*Statement of Michael J. Fitzpatrick, MSW,  
Executive Director, National Alliance on Mental Illness*

Justice has been served by the finding of a Texas jury that Andrea Yates is “not guilty by reason of insanity” (NGRI) in the tragic deaths of her children five years ago.

Too often, tragedies are only compounded by tragedies. In this case, the National Alliance on Mental Illness (NAMI) trusts that Andrea Yates will get the treatment she needs in a secure and appropriate psychiatric hospital. Even if she is released at some future point in time, she will likely be subject to continual court monitoring.

Andrea Yates was sick. We praise the jury for recognizing that fact.

NAMI hopes the two trials and ultimate verdict in the case have contributed to a broader public recognition and understanding of severe mental illnesses, particularly postpartum depression, psychosis, hallucinations, and delusions.

NGRI defenses are rarely raised and rarely succeed. The criminal justice system usually is ill-suited to address issues involving mental illness as it tries to impose legal logic on biological irrationality.

Human tragedies must lead not simply to individual trials. Broader inquiries are needed, particularly to determine where the mental healthcare system may have failed prior to those tragedies that do occur.

Whatever else happens to Andrea Yates, her children will have died in vain unless we as a society address that fundamental concern.

### **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.



## NAMIWALKS 2006 HOUSTON WRAP-UP

Final tally of the 2006 walk shows that we raised \$116,000. Top fundraising teams were: Stigma Buster, United Behavioral Health, The Open Minds, Houston Psychiatric Society, and FootLoose in Fort Bend. Top Fundraising Individuals were: Brad Raffle, Shelly Hayes, Susan Raffle, Michelle Wohlwend and Bonnie Stewart.

Prizes & Awards. The walker prizes have finally arrived. These will be distributed primarily through your affiliate/chapter president. Thank you awards for sponsors, team captains, volunteers, and walkers raising over \$500 were awarded at our Celebration Reception in June. We apologize to Mary Robins, Naomi Shenker, and Bonnie Stewart for not having your awards there. For you, and others of you who were not present to receive your awards, they will also be distributed soon also through your chapter/affiliate president.

Checks will be delivered to affiliates and chapters in the next few weeks for your share of the walk revenue. Pictures of the walk can be found at:  
<http://namiwalk2006.shutterfly.com/action/?a=8AYsnLls5Zt2IU&notag=1> ;  
<http://pictures.aol.com/ap/viewShare.do?shareInfo=aeVRhXusOtLU9OKmAeRueuisHyREG8OA4Rnl1SLE6DK%2fjFCnkV3ciA%3d%3d>; and  
<http://pg.photos.yahoo.com/ph/mogac/album?.dir=/a10escd&.src=ph&.tok=ph7V.MFBIIOf1BUP>.

Copies of Charles Elmer's Walk Video will be available soon. The 2007 Walk will again be at Sam Houston Park – on May 5, 2007.

Thank you all! Questions? Bonnie Cord, 713-984-2538, [bccord@swbell.net](mailto:bccord@swbell.net).

### **Note**

NAMIWalks Houston 2006 t-shirts are available in Small, Medium, Large, Extra Large and 2XL sizes. They are on sale for \$7.50 – HALF PRICE! Email [namimetrohouston@sbcglobal.net](mailto:namimetrohouston@sbcglobal.net) or call 713-970-3455 to order.

## CONDOLENCES

Our very sincere sympathies go to the family of Tom Ammons. NAMI Metropolitan Houston has learned that Tom Ammons passed away in Colorado Springs, CO, from a brief illness with Hanta virus. Services were held on Wednesday, July 26, 2006, with burial at the VA Cemetery in Houston, Texas.

Many of you know Diane and Tom Ammons. The Ammons served many years, both on local and state NAMI boards plus being involved in Veterans mental health issues. They were involved in the Tomball Pines housing project and Diane was previously a NAMI Texas Region 8 Director. Over six years ago, they retired and started traveling in their motor home.

Memorials in Tom Ammons name may be sent to NAMI Metropolitan Houston, P.O. Box 740169, Houston, TX 77274.

## APPLICATIONS BEING ACCEPTED FOR VILLAS AT BAYOU PARK APARTMENTS

Applications are being accepted for affordable housing for people with a mental illness. Villas at Bayou Park Apartments are under construction in southwest Houston near the intersection of Bissonnet and Wilcrest, with completion scheduled for September 2006.

Units will be assigned on a first come, first serve basis to eligible, qualified and admissible applicants. For information about basic criteria and requirements for acceptance, and where to pick up an application, call 713-970-7448 or visit our web site at [www.namimetrohouston.org](http://www.namimetrohouston.org).

## 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 Starbucks on Westheimer and Post Oak, near The Container Store and Jamba Juice.

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.

## 2006 NAMI TEXAS ANNUAL CONFERENCE

**October 15-17, 2006**

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

**OMNI Austin Hotel at Southpark  
4140 Governor's Row  
Austin, TX 78744  
512- 448-2222**

**Website: [www.omnihotels.com](http://www.omnihotels.com)**

**Registration Fees:** \$55 for consumers; \$75 for family and friends; and \$95 for professionals. Registration form available in your NAMI Texas News, Summer 2006, or go to their website: [www.namitexas.org](http://www.namitexas.org)

**Hotel Accommodations:** Single/Double Room \$129 per night. When inquiring and making reservations, please identify yourself as someone attending the NAMI Texas Conference in October. \*\*Hotel cut-off date for this special room rate is September 22<sup>nd</sup>.

Sunday, October 15 – 3:00 – 7:00 pm

Registration, meet and greet, exhibit setup

Monday, October 16 – 7:00 am – 6:00 pm Registration

7:00 – 8:00 am Continental Breakfast

8:30 am – Opening Speaker, Michael Fuller, M.D.

10:00 – 11:30 am – Breakout Sessions

Noon – Luncheon Speaker, Dr. Edward Knight

2:00 – 5:15 pm – Breakout Sessions

6:00 p.m. – Reception

Tuesday, October 17 – 7:00 am – Noon Registration

7:00 – 8:00 am Continental Breakfast

8:00 am – Noon – Voting

8:00 – 9:00 am – Regional Caucuses

9:00 – 11:00 am – Breakout Sessions

11:15 am – Noon – Closing Session

CEUs will be available for LPCs and LMSWs

For a full list of events, visit [www.namitexas.org](http://www.namitexas.org)

## 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](mailto:orkidfam@swbell.net) or 281-488-2452 (evenings).



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Houston, TX 77274

Return Service Requested

September/October 2006 Newsletter



## Do you know someone with an alcohol or drug problem?

There is help.

The Memorial Hermann Prevention and Recovery Center helps patients and their families learn the most important thing about addiction, how to recover.

- 80% of all domestic disputes are alcohol related.
- 60% of all emergency room visits are alcohol related.
- 40% of all suicide attempts are alcohol related.

For more information call 713.578.3100.

MEMORIAL  
HERMANN  
Breakthroughs every day™

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

## 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.

Register now for classes to be held in the **Central Houston** and **NAMI West Houston** areas in September, and **NAMI Ft. Bend** area beginning August 29. For future class information in your area, call the numbers listed below.

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. A new class will be offered starting September 12 in the West Houston area. Contact Bonnie Cord at 713-984-2538 or [bccord@swbell.net](mailto:bccord@swbell.net).** Other Greater Houston Area contacts:

Linda Lamb [llamb53@hotmail.com](mailto:llamb53@hotmail.com)

East Harris County contacts:

Rita Darnell, 281-478-4366 [ritadarnell2006@yahoo.com](mailto:ritadarnell2006@yahoo.com) or

Eileene Chappelle, 281-992-7032 [recasail@sbcglobal.net](mailto: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 NAMI Humble)

Bonnie Cord, NAMI West Houston

Rita Darnell, Bay Area

Linda Lamb, Central (formerly NAMI Houston)

Larry Davis, NAMI Ft. Bend

Barbara Fulenwider and Kathi Gray, Newsletter Editors

### WEB SITES

[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 for individuals with clinical depression or bipolar disorder (manic-depression) as well as their families and friends. 713-528-1546

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

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

[www.gplace.org](http://www.gplace.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](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

[www.phrma.org/pap/](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.

[www.nimh.nih.gov](http://www.nimh.nih.gov) - National Institute for Mental Health

[www.narsad.org](http://www.narsad.org) - National Alliance for Research on Schizophrenia and Depression

[www.mentalhealth.com](http://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](http://www.txhealthpool.org) or [texasriskpool@cbstx.com](mailto: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](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>2nd Monday</b>	Clear Lake	Bay Area Unitarian Universalist Church, 17503 El Camino Real, Houston <b>Contact:</b> Jane Malin at <a href="mailto:orkidfam@swbell.net">orkidfam@swbell.net</a> or 281-488-2452 (evenings)
<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> Rita Darnell at <a href="mailto:ritadarnell2006@yahoo.com">ritadarnell2006@yahoo.com</a> or Eileene Chappelle at 281-922-7032
<b>2nd Tuesday</b> 7:00 p.m.	Northeast Harris County	Lamb of God Lutheran Church, 1400 FM 1960 East Bypass, Humble 77338 (F/C) <b>Contact:</b> Gwen Coleman at 281-459-1518 (F) or Finis Hay at 281-324-1759 ©
<b>3rd Tuesday</b> 7:00 p.m.	Clear Lake	1300 Bay Area Boulevard, Clear Lake (F/C) <b>Contact:</b> Rita Darnell at <a href="mailto:ritadarnell2006@yahoo.com">ritadarnell2006@yahoo.com</a> or Eileene Chappelle at 281-922-7032
<b>4th Tuesday</b> 8:00 p.m.	Northeast Harris County	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 713-465-8518
<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>1st Thursday</b> 7:00 p.m.	Spring	Northside Christian Church, Family Ministries Building (Behind the Church) 2414 Spring Cypress, Spring TX, 77388 (F) <b>Contact:</b> Karen Lashley at 281-353-1925
<b>2nd Thursday</b> 7:00 p.m.	Sugar Land	St. Laurence Catholic Church, 3100 Sweetwater Boulevard, Sugar Land (F) <b>Contact:</b> Ken Sumner at 281-265-1554 or <a href="mailto:ksumner1@houston.rr.com">ksumner1@houston.rr.com</a>
<b>2nd Thursday</b> 7:00 p.m.	West Houston	The Well, Grace Presbyterian Church, 10234-A Westheimer, Houston (Y/F) <b>Contact:</b> Diane Goyette 713-896-1153 or Madeleine Elmer 281-293-7717
<b>3rd Thursday</b> 6:00 p.m.	Southwest Houston	Community National Bank, 5123 Bellaire Blvd, Bellaire, TX (F/C) <b>Contact:</b> Linda Lamb or Evelyn Johnson at 713-729-1242
<b>3rd Thursday</b> 7:00 p.m.	Spring	Northside Christian Church, Family Ministries Building (Behind the Church) 2414 Spring Cypress, Spring TX, 77388 (F) <b>Contact:</b> Karen Lashley at 281-353-1925
<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.	Sugar Land	St. Laurence Catholic Church, 3100 Sweetwater Boulevard, Sugar Land (F) <b>Contact:</b> Ken Sumner at 281-265-1554 or <a href="mailto:ksumner1@houston.rr.com">ksumner1@houston.rr.com</a>
<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

Revised August 10, 2006

(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