



Metropolitan Houston News

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

President's Message Carolyn E. Hamilton

The so-called lazy days of summer have been anything but this year. Usually during the summer months, many of us slow down, take vacations with the children, "do very little" or "relax". We get a little break from the hectic pace that starts again in fall NOT THIS SUMMER!!!!

Summer 2007 has been buzzing with activity. New local Mental Health Committees were formed as a result of the budget increase of \$82 million for local mental health centers. In addition, NAMI Metropolitan Houston volunteers have staffed health fairs at churches and schools throughout Houston. The list of activities goes on and on.

Treasurer Camilla Moga, with help from Eileen Baker, has had the huge job of completing the bookkeeping and financial reports from the May 5 NAMI Walks event. They have surveyed every Team Captain Folder to make sure that those who requested prizes will receive them. They've also been at work on the revenue sharing for local affiliates who joined the Walk, with distributions for NAMI Gulf Coast and West Houston as well as the state and national organizations. It's an overwhelming task and our thanks go to Camilla and Eileen. This detailed accounting isn't the end of the story since Camilla now turns her attention to preparing for the independent audit required of Walk participants.

In case you wanted to know – we've all been waiting! – the final gross total from this year's Walk was \$181,163. Add to that another \$20,576 for the in-kind donations secured by Fred and Dorothy Yondorf, Lily Stalarow and others. These folks gave 200 percent of their time, energy, love and determination to this task. They are an example to all of us and they deserve a huge bouquet of thanks!

The Walk, which was a great example of what can be accomplished when all work together, provided the opportunity to add part-time staff for NAMI Metropolitan Houston to help us volunteers work better and smarter. Other activities funded by the Walk include sending three people to Austin for training as Peer-to-Peer Mentors. One of these mentors was sent to the NAMI National training to become a state trainer. Each mentor receives \$500 for each course they teach. The list of funded activities that benefit the entire area include sending a Family-to-Family teacher to NAMI National's Annual Trainer the Trainers to become a State Trainer, hosting a Visions for Tomorrow Teacher Training and paying for the cost of state trainers, meals at the training and some costs for materials.

It's been a busy, productive summer and looking ahead, fall promises to be just as busy!

**NAMI TEXAS CONFERENCE
OCTOBER 6 & 7, 2007 – AUSTIN
Hyatt Regency on Town Lake
208 Barton Springs, 512-480-2071
"RENEWAL AND RECOVERY"**

The conference begins at 8:30 Saturday morning, the 6th and end at noon on Sunday, the 7th. Keynote speaker will be Dr. Jill Bolte Taylor, "The Singing Scientist". She is brilliant, full of humor, fun, compassionate, dedicated to NAMI and an inspiration for everyone. Her new book is called, "My Stroke of Insight" and tells of her recovery from a stroke.

Conference registration: consumers \$55.00; family and friends \$75.00 and professionals \$100. For all information pertaining to the Conference, please go to: www.namitexas.org

September/October 2007

In this Issue

<i>President's Message</i>	1
<i>Affiliate & Chapter Monthly Meetings</i>	2 & 3
<i>Affiliate & Chapter News</i>	3 & 4
<i>Peer-to-Peer Education Program</i>	4
<i>Brain Cells Seek to Help You Find</i>	5
<i>Lithium for Pediatric Bipolar Disorder</i>	6
<i>Heart Disease & Dementia</i>	6
<i>NAMI Conference Reports</i>	7
<i>Condolences</i>	7
<i>Resource Information</i>	8
<i>Education Courses/Web Sites</i>	9
<i>Support Groups</i>	10
<i>Membership Form</i>	11

AFFILIATE AND CHAPTER MONTHLY MEETINGS (Open to the Public)**NAMI Metropolitan Houston Area Chapter**

Meetings: Contact: 713-970-3455 or local chapters below to confirm meeting times, speaker and programs.

Bay Area (Baytown/Clear Lake/Southeast)

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

September 18: 6:00 pm Spaghetti Dinner \$5.00

Bay Area Unitarian Universalist Church, 17503 El Camino Real, Houston, Texas 77058. See page 3 for details.

October 16: 7:00 p.m United Way Service Center, 1300 Bay Area Blvd. at Saturn Drive, 2nd Floor, Clear Lake 77058

Carl Farley, a member of the Bay Area Chapter, will share his personal journey of discovery dealing with a person with schizophrenia.

Central (Bellaire/Houston/Southwest)

3rd Thursday of each month at 6:00 p.m.

Community National Bank, 5123 Bellaire Blvd, Bellaire 77401

Contact: Susan Raffle or Evelyn Johnson at 713-729-1242

Monthly Meeting Schedule:

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

September 20: Lt. Mike Lee, Houston Police Department, will speak about the CIT program, which has made a very important difference in the way the Department responds to mental health crisis calls.

October 18: Laura Laviage, Mental Health Association will be talking about supportive housing which has been created in Houston for consumers, as well as housing which is being planned.

November 15: Kim Kornmayer will talk about the MHMRA's Mobile Crisis Outreach Team.

Northeast (Humble/Kingwood)

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 or gcoleman2@sbcglobal.net

Monthly Meeting Schedule:

6:30 p.m. – Refreshments; 7 P.M.–speaker/program
8:00 p.m. – Consumer and Family Support Groups

Northeast Chapter meetings cont.

September 25: Judy Cox will talk about "Family Time Services."

October 23: Dr. Arif Shoiab on Bipolar Disorder

November 27: Ethel Perry, Director of New Start Program and Resource Program

December: Holiday Party

Northwest (Cypress/Spring/Tomball)

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

Tomball Community Center, 221 Market Street, Tomball 77375

Contact: 281-376-5368

September 11: John Pickett, IntraCare Hospital, will speak about their programs and future plans.

October 9: Robert Hager, Attorney, presents "Getting On and Staying On Social Security Disability."

November 13: Barbara Hoover and Romonia Dirden, H.A.R.C.H (Houston Association of Residential Care Homes), will speak on the topic "What's in Your Community, and How Can H.A.R.C.H. Help You."

NAMI Ft. Bend

1st Thursday of each month at 7:00 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

September 6: Dr. Ashnook Jain, TEXANA Center Positive life enhancements for the mentally ill
Maximizing potential of those with mental disorders
Medicine compliance techniques
Overcoming of caregiving

October 4: Grant Kennedy and St. Joseph Clubhouse Members – Mr. Kennedy will describe the services offered by St. Joseph Clubhouse while clubhouse members will give testimonies of how the clubhouse has improved their lives by interacting with others who have mental disorders. These improvements include building skills they need, to live satisfying and productive lives.

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

NAMI West Houston

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

The Connection Center, 13194 Memorial Drive, Houston 77024

Contact: Bonnie Cord, 713-984-2538 or bccord@swbell.net

Website: www.namiwesthouston.org

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

September 17: Annual Meeting (Voting on Officers/Directors, Bylaws); **Leila Boulard-El**, TEAM Partners Network, "Advocating for Your Child in School"

October 15: Bobbie Whitaker, Professional Case Manager, "Accessing and Coordinating Services: Tips on Managing your Consumer's Case."

November 19: Marsha Phillips, Attorney, and Laura Bruce, Parent, "Ask a Lawyer: Q&A on Guardianship and Other Legal Issues."

December 17: Pot Luck Dinner & Christmas Celebration

AFFILIATE AND CHAPTER NEWS

NAMI Ft. Bend

NAMI Fort Bend had an excellent meeting on June 6, amending our bylaws and electing four new Board members. Jo Ellen Carlos, Mark Johnson, Karen Brown, and Michael Biasini assumed positions on the Board. Martin Melchor assumed the dual position of Vice-President and Secretary. The evening was especially festive with banana splits served to all members by Board members.

Also, Mary Ann Watson was recognized by receiving the Mark Mitchell Award, which goes annually to the single person who has contributed most to our mission of improving the lives of those affected by mental illness. Mary Ann is our newsletter editor, answers our crisis hotline, and is our membership chairman. She is a past president who served with distinction as president and made immeasurable contributions to the recent growth of membership and services that characterize NAMI Fort Bend. She personifies the word ADVOCATE and is most deserving of this award.

Larry Davis, President

AFFILIATE AND CHAPTER NEWS

NAMI West Houston

Our Annual Meeting will be on September 17, 2007. Those present will elect officers and directors to replace those whose terms expire at the end of 2007. We will also vote on proposed revisions to the bylaws. Notice of the slate of candidates and proposed bylaws revisions will be sent by mail/email and be available on our website, www.namiwesthouston.org. Please join us for the meeting and the speaker.

Bonnie Cord, President

Metropolitan Houston – Bay Area Chapter:

On September 18th the Bay Area Chapter of NAMI Metropolitan Houston and the Interfaith Mental Health Action Team (IMHAcT) will offer a mental health education event at Bay Area Unitarian Universalist Church, 17503 El Camino Real, Houston, Texas 77058. The evening starts at 6:00 pm with a NAMI meet and greet and a spaghetti dinner. Cost for the dinner is \$5.00.

Teachers will present briefings on free education programs offered by NAMI. At 7:15 pm "The Madness of King George" will be shown. After the movie, there will be a panel discussion, which will be oriented towards the physical basis of mental illness and the importance of getting a proper diagnosis. Panelists will include professionals and community advocates.

Coffee and dessert will be served. There will be an opportunity after the discussion to sign up for NAMI classes. For more information call 281-488-2001.

Photo from last year's event:



Madeline Elmer, NAMI Advocate, Dr. David Malin, Professor at UHCL, Jane Malin, IFMHAcT, and Al Forsten, MHMRA Director served on the panel for the 2006 Mental Health Education Evening offered at BAUUC.

AFFILIATE AND CHAPTER NEWS

Metropolitan Houston – Central Chapter:

Central Chapter is proud to announce one exciting bit of news about one of our members. Barbara Rosen was honored to receive the award for “Employer of the Year” by the Texas Rehabilitation Association.

Six years ago, Barbara created “Techs & Trainers” as a non-profit business to train and employ consumers through computer refurbishment. The upgraded computers are then provided to people with disabilities for a nominal fee. About 100 people receive these computer systems each month. Individuals and businesses donate outdated equipment for this purpose. Currently eleven people are employed at Techs&Trainers as technicians, office workers, and delivery people. ***Congratulations to Barbara!***

To reach Barbara at Techs & Trainers for donations of computers, please call (713) 839-7177.

July 19 was a time to catch up with old friends as NAMI Central hosted its annual anniversary buffet. Our new president, Susan Raffle, welcomed everyone and introduced new Board members Shelley Green and Stephen Findley. As always, it was good to meet new people, like Thanks to Evelyn and Smokie Johnson, Dorothy and Fred Yondorf, and Helen Wu for the feast they put together.

Mark your calendars! See Page 2 some excellent speakers coming to our upcoming meetings. These are held at the Community National Bank, at 5123 Bellaire Blvd., on the third Thursday of each month. We begin at 6:00 with separate support groups for families and consumers. Those are followed at 7:30 by a general meeting with a speaker, addressing a good topic that you have requested! All are welcome. It’s a good time to be able to ask questions and make some new friends!

Susan Raffle, President

NAMI Metropolitan Houston News from Leslie:

The entire metropolitan community of Houston needs NAMI. The requests for presentations at hospitals, community organizations and even businesses is growing and will continue to grow even more as it becomes clear what NAMI has to offer to consumers and families affected by mental illness.

It’s good to be needed – and NAMI needs you!

To help fill this niche, NAMI Metropolitan Houston is looking for a few good men and women to take their knowledge and experience to a wider audience who

can benefit greatly from learning more about mental illness and more about how NAMI can help.

If you enjoy teaching and educating (but may or may not have time to teach a full NAMI course such as Family to Family, Peer to Peer or Visions for Tomorrow), please consider volunteering to be part of the Community Outreach Team for NAMI Metropolitan Houston.

Team members will receive brief training in putting the best foot forward for NAMI and how to access good supporting materials and brochures. Those on the roster will receive calls as NAMI receives these requests. Your commitment can be as little as once or twice a year or as great as you wish. There is no shortage of opportunities – and that’s the good news.

All members of NAMI Metropolitan Houston, West Houston or Ft. Bend are most welcome to participate. If interested, please contact Leslie Gerber, Managing Director, at 713-807-9677 or 713-456-0822.

*Leslie Gerber, Managing Director
NAMI Metropolitan Houston*

PEER-TO-PEER EDUCATION PROGRAM

Finding out you have a mental illness produces a wide range of sometimes rather intense emotions: denial, fear, and anger. The ultimate goal is, hopefully, acceptance into remission.

My name is Renée, and I was diagnosed with Bipolar II, 3½ years ago. I have been on the proper medication regimen for the past two years, and my life is far different than the way it was without that treatment. In addition, with the help of my loving support team, an exceptional recovery program, and my spiritual foundation, I have been free from alcohol and drugs since July 19, 2005.

Fast forward to today. Becoming a member of a recovery program has provided me with the comfort of remaining sober and learning to live life one day at a time. In order for me to live a full and rewarding life of healthy recovery, I also sought out people recovering from serious mental illnesses.

My parents also searched for the comfort and support that NAMI’s Family-to-Family class provided them, to help them understand serious mental illnesses in greater detail and also to appreciate what loved ones experience as a result of these, what I like to call, family illnesses. With my parents’ help, I found out about a recovery education class, NAMI’s Peer-to-Peer. My excitement grew when I realized it was geared specifically for those living with serious mental illness.

Eager to connect with others who shared similar experiences as me, I expressed immediate interest in the class. I found that connection in the Peer-to-Peer class.

The experiences we shared in those nine weeks helped me better understand myself and my illness. We were able to freely share our thoughts, feelings, hopes, fears, struggles, dreams, and successes in a safe environment. I am grateful for the friendships that I developed and have maintained since the completion of the class. I found friends in the class who also had a dual diagnosis, and we were able to support each other by attending our other support program. Peer-to-Peer and my other support programs have both complemented each other in my life.

One of the many highlights of the class was networking with others while I searched for a job. As a result, I found a job in the mental health field that has provided me with many great experiences so far and still to come. I have been working for three months now, and I am enjoying the opportunity to work in a reputable agency. I never thought I would ever be able to openly discuss my mental illness nor alcoholism at work, but one job requirement is to be in treatment for a mental illness! Ultimately, my credentials landed me the job, but had it not been for the Peer-to-Peer class, I may not have found out about this position. I enjoy working as consumer educator/peer facilitator in an educational setting, encouraging others to respectfully share their experiences amongst themselves and empowering them to a higher level of recovery.

My education and treatment programs have given me the skills I need to be successful in my professional, as well as my personal life. I am so appreciative of my recovery and knowing that life will continue to get better, as long as I continue to do what I am doing today--remain sober, follow a medication schedule, respect myself and others, and stay true to myself. I never thought I would ever say that I am grateful to have a dual diagnosis, but I am. I have learned so much about myself in the past two years, far more than I believe I would have learned had I not lived through such difficult experiences. It is through the hard times that I learn and grow the most. For that, I am truly grateful.

****New classes will begin Wednesday, September 5th**
from 7-9:30 pm at Cypress Creek Hospital.
Pre-registration is required. Call Ashley 281-441-1312,
Finis 281-324-1759, Gwen 281-459-1518 or the office
713-970-3455

MANY BRAIN CELLS SEEK, TO HELP YOU FIND – Study Probes The Way The Mind Tracks Objects Of Interest

Can't find those keys? A new study reveals that a surprising number of brain cells are called into action when humans seek out a particular object.

For the study, U.S. researchers used functional magnetic resonance imaging (fMRI) to study participants' brain activity while they watched a computer display of objects moving in different directions.

Reporting in the July 18 online edition of *Neuron*, the scientists found systematic changes in brain activity whenever participants focused on a certain object in motion -- no matter where it appeared in their visual field.

"This increased activity in the brain is what helps you find objects you are looking for, even when you don't know exactly where the objects are," University of California - Irvine cognitive scientist John Serences said in a prepared statement.

The participants were asked to pay attention to objects moving only in a particular direction (e.g., to the left). The researchers demonstrated that patterns of brain activity change when people pay attention to objects moving in different directions.

Furthermore, looking for an object moving in a particular direction made the brain more responsive to other objects moving in that direction, no matter where the other objects appeared in the visual field.

The researchers hope their findings will help scientists better understand problems dealing with awareness of surroundings, such as occurs with attention-deficit/hyperactivity disorder (ADHD).

"By gaining a more thorough understanding of how a healthy human brain functions, we will be better equipped in the future to recognize, diagnose and treat abnormalities within the brain," Serences explained.

*University of California - Irvine,
July 18, 2007 News Release*



SAVE THE DATE: SATURDAY, MAY 3, 2008
SAM HOUSTON PARK/ALLEN PARKWAY

UIC RESEARCHERS EVALUATE LITHIUM FOR PEDIATRIC BIPOLAR DISORDER

EurekAlert Press Release, July 17, 2007

Researchers at the University of Illinois at Chicago are participating in a national study to evaluate lithium for the treatment of bipolar disorder in children and adolescents.

"Lithium is the prototype mood stabilizer for treating adult bipolar disorder, but it is not FDA-approved for use in kids younger than 13," said Mani Pavuluri, director of the Pediatric Mood Disorders Clinic at UIC's Institute for Juvenile Research. "We do not have a perfect drug that cures all aspects of bipolar disorder, but knowing more about lithium -- and how it affects children -- may bring us closer to managing this devastating disorder."

Results from the Collaborative Lithium Trials will provide the first comprehensive analysis of lithium treatment for pediatric bipolar disorder, according to Pavuluri.

UIC researchers are recruiting patients between 7 and 17 with bipolar disorder. The study will evaluate medication dosage strategies, drug efficacy, and short- and long-term safety and tolerability.

Pediatric bipolar disorder, also known as manic depressive disorder, is characterized by extreme and unusual changes in mood, ranging from mania to depression. Symptoms of mania can include extreme or persistent euphoria or irritability, inflated self-esteem, increased energy and a decreased need for sleep. Depressive symptoms may include physical complaints such as headaches, tiredness, lack of interest in activities, or social isolation.

In children, the disorder interferes with normal, healthy functioning and is associated with suicide, school failure, and risk-taking behaviors such as sexual promiscuity and substance abuse. The prevalence and incidence of pediatric bipolar disorder is unknown.

"Lithium has proven to be effective in preventing future episodes of bipolar disorder and reducing suicidal thoughts in adults," said Pavuluri, who leads the UIC trial. "This study will help us to determine if lithium may have a similar protective effect in pediatric patients and help us to develop future treatment protocols."

The Collaborative Lithium Trials will enroll patients at seven sites across the United States, including University Hospitals Case Medical Center, Cincinnati Children's Hospital, Cambridge Hospital, University of

North Carolina at Chapel Hill, Children's Hospital and Regional Medical Center in Seattle and Zucker Hillside Hospital in Long Island.

For more information about the UIC clinical trial, call (312) 413-1710.

For more information about the Pediatric Mood Disorders Clinic, visit www.psych.uic.edu/pmhc

HEART DISEASE TIED TO MENTAL DECLINE

People who take steps to maintain the health of their heart and blood vessels may be protecting their brains too, a new study from U.K. researchers suggests.

Elderly people with cardiovascular disease showed sharper declines in cognitive function over a four-year period than their peers with healthy hearts, Dr. Snorri Bjorn Rafnsson of the University of Edinburgh and colleagues found.

While there is currently no way to prevent Alzheimer's disease, it may be possible to ward off so-called vascular dementia, another leading cause of mental impairment in aging people. As Rafnsson told Reuters Health, the findings offer "some kind of hope that this type of problem can be controlled and contained in an ever-growing population."

Doctors have typically thought of vascular dementia as a consequence of suffering multiple strokes, but evidence is mounting that other types of cardiovascular disease may also take their toll on cognitive function, Rafnsson and his colleagues note in the journal *Psychosomatic Medicine*.

To better understand the relationship between various types of heart and blood vessel disease and mental function, the researchers followed 452 elderly individuals for four years, over a third of whom had at least one type of cardiovascular disease — such as angina, stroke, or intermittent claudication, or reduced blood flow in the legs due to hardening of the arteries.

Individuals who had suffered a stroke during the follow-up period had a significantly greater decline in verbal memory performance than those who had not, while people with peripheral artery disease — meaning blood vessel disease in regions other than the heart or brain — also showed steeper-than-average drops in cognitive function. The results held true even after the researchers accounted for other factors related to both heart disease and mental function, such as depression.

It's likely, Rafnsson said in an interview, that the factors that are contributing to atherosclerosis are also

involved in mental decline. Reductions in blood flow due to atherosclerosis in the blood vessels feeding the brain — as well as those within the brain itself — may be gradually eroding cognitive function.

Doctors should monitor patients with cardiovascular disease for cognitive decline, he added, while any therapies that can help "contain the progress of atherosclerosis" — for example, statins for high cholesterol — are likely to help prevent mental decline as well.

"Anything that leads to better cardiovascular health, more favorable levels of cardiovascular risk factors, blood pressure, cholesterol, not to smoke — these are all likely to impact the brain, the blood flow to the brain, arterial function, and eventually cognitive function."

SOURCE: Psychosomatic Medicine, June 2007.
© Reuters 2007.

NAMI CONFERENCE REPORTS

Consumer Advisory Council members from Mental Health Mental Retardation Authority of Harris County (MHMRA) traveled to San Diego, CA to attend their first NAMI Conference in June. For some, it was a trip of a lifetime. Here are some quotes:

Alex: "Words cannot express the way I appreciate MHMRA allowing us to go out of state to the NAMI Conference. I had the pleasure of meeting more consumers and learn about different styles of therapy. I experienced a breakthrough in one of the workshops on CIT training when the presenter told her experiences with her brother. A light bulb went off in my head and I became very emotional. As a Consumer Council, we learned that if one falls we all fall together. We came together as a Council and shared ideas. We were a big family surrounded by love, encouragement and support. Thanks to Dr. Schnee and Rose Childs for letting us go on the trip."

Tressie: "There are too many people with mental illness in our jails. I am grateful to NAMI for their advocacy to help people with mental illness. We need more than meds, we need decent housing, club house programs and employment."

Felix: "I learned that our Consumer Advisory Council at MHMRA is unique in that we are consumer-driven and present evidenced-based issues from the consumer population to the agency. We also receive overwhelming support from the agency. Dr. Schwartz and Dr. Spitzer provided an outstanding presentation about the brain in layman's terms using humor yet very educational. Research and studies show there is hope

for recovery. The main focus topic was treatment, not jails. CIT has proven to be an asset to law enforcement officials and consumers in crisis. I am very happy that the courts in some states are willing to help and work with individuals that have felonies, misdemeanors and non-violent crimes."

Don: "A special thanks to Debbie for extending a helping hand. We salute Dr. Schnee, Rose Childs and Herb Bateman for the opportunity you have given us to excel educationally as well as to share our experiences about our journey. I commend the Consumer Council for their diligence and endurance. We have stood strong and supported each other and most of all, have come to respect each other's boundaries."

Betty: "Thank you for sending us to the NAMI Conference. It was a great learning experience. I enjoyed the exhibit hall and beautiful paintings that were on exhibit. I learned about the parents and teachers as allies. There were many good programs presented on how to keep persons with mental illness out of jail. Brain banks were talked about. I watched the movie, Canvas. We need to advocate for the future of mental illness and more funds. Recovery is the key. We need to advocate for mental health reform. There are too many people with mental illness not adequately cared for. I also learned that our Consumer Council in Houston is very unique. Many consumers I met were amazed at our Council program and wanted to learn more."

CONDOLENCES

Our very sincere sympathy goes to Calvin and Dorothy Koomey and family. Their son, Victor Barak "Barry" Koomey passed away on July 21 of esophageal-gastro cancer. Calvin, Dorothy and Victor have been members of NAMI for a long time and all three active in a number of outreach events to the faith community, family and consumer support group programs plus advocating for education to the public and additional housing. Memorial donations may be made to Liberty Island Personal Care Home, 9009 Boone Rd, Houston, Texas, 77099, Attn: Aretha Johnson.



Sincere sympathies go to Jerry and Mary Ann Watson on the death of their son, Michael, August 4, 2007. Michael leaves a stepson, Bryce, living with Jerry and Mary Ann. Memorials may be donated in Michael's name to: NAMI Ft. Bend, P.O. Box 1223, Sugar Land, TX 77478-1223.

MENTAL ILLNESS AWARENESS WEEK OCTOBER 7-13, 2007

Since 1990, mental health advocates across the country have joined together during the first week of October to celebrate Mental Illness Awareness Week (MIAW).

What is Mental Illness Awareness Week?

Established in 1990 by Congress, the first week of October is designated as "Mental Illness Awareness Week" (MIAW) in recognition of NAMI's efforts to raise mental illness awareness. "Bipolar Disorder Awareness Day" (BDAD) is held each year on the Thursday of MIAW to encourage further understanding and promote early intervention and treatment for this mental illness.

MIAW and BDAD are NAMI's premiere public awareness and public education campaigns that link the organization nationally to the organization's over 1100 local affiliates across the country.

Over the past 16 years, MIAW has become a tradition in NAMI. It presents an opportunity for all three levels of NAMI –national, state and local – to work together in communities across the country in meeting the NAMI mission through a variety of outreach, educational, and advocacy efforts.

Check our website for more information on events during this week. www.namimetrohouston.org

OCD SUPPORT GROUP

An OCD Support Group is held on the 2nd and 4th Wednesday of every month at 7:00 p.m. at Westside Tennis Club, 1200 Wilcrest Drive, Houston 77042. Two groups are held at the same time, one for those with OCD and one for family members. For further information, visit www.peaceofmind.com or call 713-783-1620.

GATHERING PLACE

The Gathering Place, a psychosocial rehabilitation program for adults with serious mental illness, was founded 15 years ago by concerned family members. Services are provided that are necessary for people with serious mental illness to live successfully in the community. The Gathering Place is located in southwest Houston.

For additional information, visit www.gplace.org or call 713-729-3499.

ST. JOSEPH CLUBHOUSE

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

The Clubhouse is located at 3307 Austin and serves as a day center for people with mental illnesses to interact with one another and build the skills they need to live satisfying, productive lives.

St. Joseph Clubhouse is part of the Magnificat Houses, Inc. Housing is also available. For more information, call Grant Kennedy, Director, at 713-523-5958 or visit <http://www.magnificathouse.com/Clubhouse.htm>.

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.

BORDERLINE PERSONALITY DISORDER SUPPORT GROUP

The Borderline Personality Disorder support group meets on the second Monday of each month, at 7:00 p.m., at Chapelwood United Methodist Church at 11140 Greenbay, Room 203, Houston, TX 77024. Call 713-302-3822 or email lmhall@houston.rr.com for more information.

NEW WEBSITE FOR CRISIS INTERVENTION TEAM ("CIT")

www.houstoncit.org

Please check out the new Houston Police Department Crisis Intervention Team website. Newsletters are available to download and much more information.

The Houston Police Department CIT program provides officers with training on mental illness and crisis intervention/de-escalation techniques. This training is proven to help officers de-escalate situations involving individuals in serious mental health crisis. The goal of the program is to keep officers and mental health consumers safe in these encounters. The training results in a more professional, effective, and humane response by law enforcement officers to individuals with mental illness.

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.

New classes are forming now 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 (formerly Tomball) – 281-376-0206

NAMI Ft. Bend – 281-494-5193

NAMI West Houston – 281-893-2493

Visions for Tomorrow Education Course

This is a FREE, 12-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.

NAMI Metropolitan Houston: 713-970-3455 or namimetrohouston@sbcglobal.net

Central Houston area: Linda Lamb, llamb53@hotmail.com

East Harris County contact:

Eileene Chappelle, 281-992-7032 or recasail@sbcglobal.net

West Houston area: 713-984-2538 to register.

Peer-to-Peer Education Course

This is a FREE nine week – two hours per week course on the topic of recovery for persons with mental illness who are interested in establishing and maintaining wellness. The course uses a combination of lecture, interactive exercises and structured group processes. The teachers are trained “mentors” or peer-teachers, who are themselves experienced at living well with mental illness.

A new class begins in September, evenings, at Cypress Creek Hospital. ***Pre-registration is required. Call Ashley Montondon 281-441-1312, Finis Hay 281-324-1759, Gwen Coleman 281-459-1518 or the office 713-970-3455 to register for this or a future class.

WEB SITES

www.nami.org - NAMI “The Nation’s Voice on Mental Illness”

www.namitexas.org - NAMI Texas

www.namimetrohouston.org - NAMI Metropolitan Houston

www.namiwesthouston.org - NAMI West Houston

www.dbsahouston.org - DBSA (Depression and Bipolar Support Alliance) of Houston is a self-help non-profit organization for individuals with clinical depression or bipolar disorder (manic-depression) as well as their families and friends. 713-600-1131.

www.adda-sr.org - ADDA – SOUTHERN REGION (Attention Deficit Disorders Association Southern Region) Call 281-897-0982 for meeting and support 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.gplace.org - A psychosocial clubhouse providing rehabilitation services to persons with mental disorders. 713-729-3799

<http://familyaware.org/> - A nonprofit organization helping families members and friends of those with depression, 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@bcbstx.com - Texas Health Insurance Risk Pool. Can't find health insurance? Have preexisting conditions? The Texas Health Insurance Risk Pool can help. 1-888-398-3927; TDD 1-800-735-2989

www.capitol.state.tx.us - Texas Legislature online

www.senate.state.tx.us - Texas State Senate

www.house.state.tx.us - Texas State House of Representatives



NAMI Metropolitan Houston

P.O. Box 740169, Houston, Texas 77274
 (713) 970-3455
 namimetrohouston@sbcglobal.net
 www.namimetrohouston.org

Support Groups

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: Eileene Chappelle at 281-922-7032
2nd Tuesday 7:00 p.m.	Northeast Harris County	Lamb of God Lutheran Church, 1400 FM 1960 East Bypass, Humble 77338 (F/C) Contact: Gwen Coleman at 281-459-1518 (F) or Finis Hay at 281-324-1759
3rd Tuesday 7:00 p.m.	Clear Lake	1300 Bay Area Boulevard, Clear Lake (F/C) Contact: Eileene Chappelle at 281-922-7032
4th Tuesday 8:00 p.m.	Northeast Harris County	Second Baptist Church, Highway 59 North, Kingwood (F/C) Contact: Gwen Coleman at 281-459-1518
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
4th Wednesday (Spanish) 7:00 p.m.	West Houston	St. Cecilia Catholic Community, 11720 Joan Of Arc, Houston 77024 (F) Contact: Sara Frost at 713-206-2807 or Fifi Wetherhead at 713-465-8518
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	Community National Bank, 5123 Bellaire Blvd, Bellaire (F/C) Contact: Susan Raffle 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	Sugar Creek Baptist Church Christian Life Center 13333 Southwest Freeway, 77479 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 Room C - NAMI C.A.R.E. (C) / Room 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 Room C - NAMI C.A.R.E. (C) / Room B - Support Group (F) Contact: Vi Napolitano at 281-893-2493

Revised August 10, 2007

(F) Family

(C) Consumer

(VFT) Visions for Tomorrow

(YF) Young Family

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★★★★★ JOIN TODAY!

Membership Form

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

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

NAMI Metropolitan Houston: Camilla Moga, Treasurer, P.O. 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, P.O. Box 1223, Sugar Land, TX 77478-1223

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

Please check all that apply:

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

MHMRA HELPLINE FOR PSYCHIATRIC EMERGENCY

The MHMRA HelpLine is the first point of contact with mental health consumers and their families seeking information regarding MHMRA services as well as anyone else who needs community information or assistance. HelpLine Phone Counselors assess for risk, screen callers for appropriate programs, provide immediate crisis intervention, and give community referrals to callers 24 hours a day, 365 days a year.



MOBILE CRISIS OUTREACH TEAM (MCOT) 713-970-7520

The NeuroPsychiatric Center - Mobile Crisis 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.

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NAMI Metropolitan Houston
P.O. Box 740169
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Return Service Requested

September/October 2007 Newsletter



What if

thousands of people recommended the
same road to substance abuse recovery?

98 percent of people who received care at Memorial Hermann
Prevention and Recovery Center would recommend it to their friends.
Alcohol and substance abuse treatment for adults.

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