



NAMI Metropolitan Houston

"The education you need, the support you deserve"
P.O. Box 740169, Houston, Texas 77274 – 713-970-3455
namimetrohouston@sbcglobal.net
www.namimetrohouston.org

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

President's Message

Carolyn E. Hamilton

Thank you to everyone involved in making the second Houston NAMIWalks a success!

Teamwork and determination among the business and mental health community plus family, friends and consumers whose lives are affected every day by mental illness, made this year's NAMIWalks the best ever. Enthusiastic walkers commented that they were going to have bigger teams next year by starting months earlier. **Enthusiasm is contagious!** -- Others said they were counting the days until May 3rd, 2008. Please join us again next year because, **TOGETHER we CAN make a difference.**

In April, NAMI Metropolitan Houston was able to contract part-time with Kathy Busby as our Office Assistant. Kathy is a long time NAMI member, a Family-to-Family teacher, coordinates the programs for the Northwest area chapter, answers phone calls and much more. She is a great addition for all of us.

I am very happy to report that Memorial Hermann has again approved to fund the printing of our six newsletters. I personally want to thank the devoted persons at the Print Shop for working with me for so many years. Thanks to Jane Barnes with Memorial Hermann Prevention and Recovery Center for meeting with me to give the wonderful news of the outreach continuation they will contribute.

July/August 2007

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Lt. Mike Lee (CIT), Jim "Mattress Mac" McIngvale and daughter, Liz, cutting the ribbon to begin the 2nd Annual Houston NAMIWalks.

The second Houston NAMIWalks was a great success, thanks to our Walk Committee, our volunteers, Mattress Mack, Darell Luckett from Gallery Furniture (who sang a beautiful version of "God Bless America") and to you, all 1,100 of you, for turning out to walk, have fun, and support the event.

There were 61 teams registered. The Top Fundraising Team, United Behavioral Health, with their Team Captain, Janet Zaozirny led them in raising \$8,459. Teams MHMRA Stars and St. Monica Steppers more than doubled their walkers and fundraising from last year coming in over the \$6,000 mark.

Mark Shenker was the Top Individual Fundraiser at \$2,361 with David LaLonde coming in at \$2,065.

Thanks to Bristol-Myers Squibb for being our presenting sponsor of \$10,000 and having a larger team this year. Continuum Healthcare, Janssen, Lilly, Menninger Clinic, Pfizer, The Right Step, and others in the mental health community also gave support and built teams.

Thank you to our business community which was both supportive with their sponsorship and built large teams: Baker Hughes, Chevron, ConocoPhillips, Dominion,

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

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

Bay Area (Baytown/Clear Lake/Southeast)

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

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

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

July 17: Call for program and speaker

August 21: Call for program and speaker

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

July 19: Anniversary Buffet - Call Susan or Evelyn at number listed above for more information

August 16: Month of Respite (No speaker, monthly meeting or support group.)

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 Group meetings

July 24: NO MEETING

August 28: Lara Allen will address "Cutting, Self-Injury Behavior and Suicidality."

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

July 10 & August 14: Support Group and Networking

September 11: John Pickett with IntraCare Hospital

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

July and August: No meetings

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

July 16: No monthly meeting in July

August 20: Pot Luck Dinner and speaker

NAMIWalks continued:

FMC Technologies, GSI, Hines, Simmons International, TimeSlice Technology, Inc., and TODCO. Thank you!

We will easily exceed our goal of \$150,000. In fact, even though the donations are still coming in and still being counted, we believe that cash receipts and in-kind donations will approach \$200,000, in which case total donations will be up about 70 percent. The number of sponsors was up over 50 percent and sponsor cash gifts were up around 75 percent. While walkers were up over a third, walker contributions were up 50 percent.

We could not have done it without your continuing support. We will see you next year on the first Saturday in May at Sam Houston Park for our third Walk.

Thank you all for Walking for the NAMIWalks for the Mind of America.

AFFILIATE AND CHAPTER NEWS

Metropolitan Houston Northwest – Lana Hand

Northwest Chapter Representative: A big thank you to Carole Fordham, Northwest Chapter Representative, who will replace Kathy Busby on the NAMI Metropolitan Houston Board of Directors. Kathy resigned to take part-time employment with NAMI Metropolitan Houston. Kathy will remain a volunteer with the Northwest Chapter. Thanks to Kathy, for serving as our representative since June 2005.

Northwest Happy Feet and Golden Steppers teams raised over \$2,000 for NAMIWalks 2007, held at Sam Houston Park on May 5, 2007. Congratulations Team Captains: Jane Easterwood and Herb Phillips.

Thank You: Camille Adams, Clinical Services Specialist, and Aubrey Blackwell, Benefits Specialist, at Continuum Healthcare (713-271-0000), did a great job of explaining the outpatient and partial hospitalization services at Continuum. Their services include transportation to and from their facility as well as doctor visits for their clients. Referrals to their services can be initiated by hospitals, physicians, psychologists, and family members, as well as self-referrals.

Support Groups: We will continue to meet the second Tuesdays during July and August at Tomball Community Center, 221 Market Street, Tomball 77375, for support groups and networking. Jerry and Karen Lashley and their support group members will be joining us. Their group has been meeting twice a month on Thursdays at Northside Christian Church, Family Ministries Bldg. (behind the Church), 2414 Spring Cypress, Spring, 77388. We are invited to join their family support group on the third Thursday of each month. Call 281-353-1925 for directions.

School-Based Teen Support Pilot: At the end of the school year we are proud to report some degree of success and have planned improvements for next school year. We work hard with school personnel and are grateful for the opportunity to work with teens as they struggle to face challenging choices amidst the typical turmoil of “the high school years.”

Towels for Teens: Donations of \$2.00 for the teen pilot program are being accepted in exchange for a kitchen towel with a crocheted top that can be hung from a handle or knob. We will also accept donations of yarn or new kitchen towels. All proceeds are to benefit the identified teens in the pilot program when other sources are not available. To donate, please call 281-448-8381.

NAMI West Houston – Bonnie Cord, President

We are pleased to announce that **Alice Brink** has accepted an appointment to serve as a Director of the NAMI West Houston to fill the unexpired term of Jerry Lashley. Thank you, Alice, for dedicating your exceptional talents to help us all.

NAMI West Houston will hold its **Annual Meeting on September 17, 2007**, at which we will elect officers and directors for positions that expire in December 2007. A slate of candidates will be announced soon. If you have suggestions, please call Fifi Wetherhead, Nominating Committee Chair, at 713-465-8518.

There will be **no monthly program in July**. In **August a pot-luck dinner and speaker** is planned. Remember that the location of our monthly programs is now at Memorial Drive United Methodist Church, The Connection Center, 13194 Memorial Drive, Houston 77024 (north side of Memorial Dr. in the shopping center with TJMAXX - between Beltway 8 and Wilcrest).

Congratulations to the approximately **50 Graduates** of the NAMI West Houston’s **Family-to-Family and Visions-for-Tomorrow** classes this past spring – and to the **5 Graduates** from **Peer-to-Peer** classes offered by NAMI Metropolitan Houston. Many thanks to the teachers who gave their time and energy to teach the classes: **Vi Napolitano and Linda James, Sharyn Coffey and Jan Babola, Linda Green and Madeleine Elmer**. We are beginning classes again in August and September, adding an additional Visions-for-Tomorrow class, because of the huge response to the spring class.

We continue with our efforts to serve our large **Spanish-speaking community**. We hosted bilingual information tables at St. Cecilia Catholic Community’s Mental Health Fair and at MHA’s Partners in Healing workshop at Memorial Drive United Methodist Church. Many thanks to **Fifi Wetherhead** and her team: **Pat Alderfer, Debby Brown, Dorothy McIssac, Georgehan Polk, and Dora Pozzi**.

For more information, see our website www.namiwesthouston.org

Or contact us at 713-984-2538, bccord@swbell.net.

Have a wonderful summer!

NAMI Ft. Bend – Larry Davis, President

We are proud to announce the selection by the Mental Health Association of Mark Mitchell for their "Bell Ringer Award" at their annual Beacon of Hope gala in April for his many efforts in support of mental health.

Mark has done so much for NAMI in Fort Bend. Suffice it to say he is a charter member of NAMI Fort Bend, served as NAMI Fort Bend Board President for twelve consecutive years and also served ten years (one as President) on the Board of Directors of TEXANA MHMRA (then known as Riceland) for Fort Bend and its neighboring counties. Also nominated were Mary Ann Watson and Bev and Larry Davis.

NAMI Fort Bend elected four new members for their Board of Directors at their June 7th meeting. Also, many members were recognized for their hard work during the year. We hope to continue promoting those efforts and are looking forward to another exciting year.

Also, Mary Ann Watson received the coveted annual "Mark Mitchell Award" for her continued devotion to the mission of NAMI Fort Bend. Mary Ann has served as President and on the Board of Directors.

During her tenure, NAMI Fort Bend significantly increased in numbers, and added more support groups. Fort Bend now has active Family-to-Family and Visions for Tomorrow education courses with its own trained facilitators. Mary Ann is the editor of an excellent newsletter, answers our 24-hour "Hotline" virtually single-handedly, is our membership chair, and as Past President offers her wisdom, experience, and leadership to our Board of Directors. NAMI Fort Bend is indeed fortunate to have Mary Ann Watson!

NAMI METROPOLITAN HOUSTON 2007:

It's time for change! We've been thinking about it, talking about it, tiptoeing into it – and with the phenomenal success of the Walk, it's time to holler, grab our noses and jump off the high dive. The water's fine.

A lot of growth and movement has already happened or the Walk wouldn't have been the great fundraiser and joyful event that it was. Let's build on that energy and move ahead to create a strong NAMI Metropolitan Houston.

The very success of the Walk paves the way for all sorts of possibilities for the future that simply would not have been possible without the efforts of many,

many volunteers throughout the entire area. Think of harnessing that collective energy for other activities.

That's where having faith comes in. I don't mean capital F faith, but simple optimism that the course we've set will take us where we want to go. Having faith that new people, new ideas, new pathways for some of the tried and true services, will be worth the sometimes exciting, sometimes surprising, sometimes painful process.

The Walk has brought new community awareness and participation with NAMI Metropolitan Houston. All the supporters may not be people who directly need NAMI's services, but people in the community who recognize that they can help make sure others get what they need.

In the near future, we will be looking at more involvement with the wider community in NAMI Metropolitan Houston – through the Walk, through a development committee, through our new membership in the United Way's Management Assistance Program. It's a two-way street. We will be educating them – about the years of service to families and consumers, about the grassroots nature of our organization, about what we hope to accomplish in the future.

And they will be educating us – about how to reach out to the wider community, about management of organizations in a time of transition, about who might be strong allies to partner with us in the sometimes overwhelming task of responding to the needs of those with mental illness and their families.

As they say at the construction site, Watch This Space!!

*Leslie Gerber, Managing Director
NAMI Metropolitan Houston*

PEER-TO-PEER

The NAMI Peer-to-Peer Recovery Education Course is filling a valuable role in the lives of many consumers here in Houston. Each class provides a fascinating journey into understanding and even diagramming our mental illnesses more clearly. As we break down the traumatic experiences that have affected our lives we begin to see how to move forward with our illnesses. We are able to transfer good objective ideas, techniques, and input from others into action plans. Once we understand how mental illness has hurt us and the ones we love, we can build our confidence by targeting goals that will raise us to a higher level of awareness and achievement.

We focus a lot of energy on preventing future relapses. This class is only one other tool in our “recovery tool bag” just like medication and therapy are tools of their own. The journey we go through in this class is accompanied by hope and friendship. The friendships that everyone makes in these classes are long lasting and undeniable. This class may not change everyone’s life who takes the course, but everyone does get some kind of hope, help, and useful information they can put in their lives.

We are slowly but surely building a lasting foundation for the NAMI Peer-to-Peer Recovery Education Course in Houston. We invite everyone to come and try it out. Help us build this program for all mental health consumers by participating in future classes.

Congratulations to those that have taken the class so far. We applaud you for your courage and commitment to wellness. We still have plenty of room for anyone one else wanting to learn and grow. See you at the next class!

The next installment of the Peer-to-Peer Recovery Education Course will begin Tuesday, August 21st from 7-9:30 pm at Cypress Creek Hospital. Pre-registration is required. Call Ashley at 281-441-1312, Finis at 281-324-1759 or the office 713-970-3455

*Ashley Montondon, Program Coordinator
NAMI Metropolitan Houston, NAMI Peer-to-Peer
Teacher and NAMI Texas State Trainer*

LEGISLATIVE WRAP-UP

The 80th Texas Legislature came to a close on May 31, and one significant mental health measure stands out. The legislature fully funded the Department of State Health Services budget request for approximately \$83 million for mental health crisis services for the coming biennium. A budget rider specifies that a portion of the funding will be allocated in a way that will move toward equity in funding among the mental health centers statewide.

It is great news to have some new funding for mental health services around the state, and it is good news for Harris County that some of the funding will be allocated in a way that addresses the inequity. Harris County receives considerably less than its share would be if the funds were allocated on a per capita basis.

The budget increase and equity allocation should translate into some new services at MHMRA.

There’s good news and bad news about SB 568, the measure that would have ended insurance inequality for mental health. The bad news is it didn’t make it

into law. But the good news is that it did pass out of the Senate and out of the House Insurance Committee. That’s better progress than any session to date. It got stuck in the House Calendars committee, which means it didn’t get a hearing on the House floor. An attempt was made to amend it to another mental health bill, but word was that the Governor planned to veto the bill if the parity amendment was included.

The message here is that we need to keep plugging away at it, work with the Governor’s office a little harder, and eventually we will succeed!

IN SECOND TRY TO TREAT DEPRESSION, COGNITIVE THERAPY GENERALLY AS EFFECTIVE AS MEDICATION SWITCHING TO OR ADDING COGNITIVE THERAPY (CT)

After a first unsuccessful attempt at treating depression with an antidepressant medication is generally as effective as switching to or adding another medication, but remission may take longer to achieve. These results, which are part of the NIMH-funded Sequenced Treatment Alternatives to Relieve Depression (STAR*D) trial, are published in the May 2007 issue of the American Journal of Psychiatry.

The STAR*D trial examined four levels of treatment for difficult-to-treat depression, all of which tested different medications and medication combinations. Results from the four levels of treatment involving medications are available here.

In Level 2, the 1,439 participants who did not become well while taking citalopram (Celexa) in Level 1 had the option of either switching to a new treatment (switch group) or continuing to take the citalopram while adding another treatment (add-on group). Those in the switch group had the option of trying either CT, a type of psychotherapy in which a person works to understand distortions in thinking and learn new ways of coping; or one of three antidepressants. Participants in the add-on group could add CT to their citalopram, or they could add a different antidepressant medication to their citalopram. Ultimately, 147 participants either switched to CT, or added it as an adjunctive treatment to citalopram.

Participants received up to 16 sessions of CT over 12 weeks. About 25 percent of those who switched to CT alone, and about 23 percent of those who added it, became symptom-free. The rates were not significantly different from those who were in medication-only treatment pathways in Level 2, suggesting that CT was

generally as effective as medication as a second step in treating depression.

However, among those in the CT add-on group, remission took longer to achieve— an average of 55 days—compared with an average of 26 days among those who added another medication. The time to remission among the CT switch group was not statistically different from those who switched to another medication. But those who switched to CT were spared the side effects experienced by those who switched to another medication.

A second STAR*D-related paper by Stephen Wisniewski, PhD, and colleagues published in the same issue of the American Journal of Psychiatry examines the factors that affect participants' willingness to accept switch or add-on treatment pathways. The paper also discusses the potential reasons why less than one-third of participants were willing to potentially take part in a treatment pathway that included CT.

*Thase ME, et al. A STAR*D Report. American Journal of Psychiatry. 2007; 164.*

ANTIDEPRESSANTS GET A BOOST FOR USE IN TEENS – DESPITE WARNINGS ON LABELS, STUDY SAYS BENEFITS OUTWEIGH RISKS OF SUICIDAL TENDENCIES

By Elizabeth Bernstein and Jennifer Corbett Dooren

In findings that doctors say should reassure parents about the use of antidepressants in young people, a new analysis concludes that the benefits of the drugs outweigh the risk of suicidal behavior.

The report -- published in JAMA, the Journal of the American Medical Association -- analyzed 27 studies of young people being treated with antidepressants for depression as well as obsessive compulsive disorder and anxiety disorders and found that the risk of suicidal thinking or behavior is smaller than previously thought. In particular, the study found that for every 100 patients being treated with the medications, fewer than one -- or 0.7% -- had an increased risk of suicidal thoughts. There were no completed suicides in any of the studies.

The analysis also found that antidepressants were more effective than placebos in treating children and teens for major depression, obsessive-compulsive disorder and anxiety.

These findings throw into question the mass of criticism that has been heaped on antidepressants in recent years over concerns that the drugs may cause an

increased risk of suicidal thoughts and behaviors in young people. Those concerns culminated in a major regulatory change in 2004. The Food and Drug Administration began requiring drug companies to put tough "black-box" warnings on the drugs' labels to advise doctors and patients about the risks of suicidal behaviors in children and adolescents. In December, the FDA proposed extending such warnings to patients up to age 25.

Now, given what researchers describe as the small risk, compared with clear benefits, some psychiatrists believe that the FDA should consider modifying or removing the black-box warnings. "I definitely think the language should be balanced" with information about the risk of suicide associated with depression itself, says Jeff Bridge, an epidemiologist and investigator at Columbus Children's Research Institute who was lead author on the study.

Indeed, some critics of the black-box warnings have pointed out that suicidal tendencies are a risk of depression, so it may be hard to identify whether behaviors are due to a drug or to the underlying disease. And many psychiatrists have credited the availability of antidepressants with a drop in teen suicides. The rates of teen suicide had decreased starting in the 1990s, after antidepressants such as Prozac and Paxil -- powerful selective serotonin reuptake inhibitors -- hit the market.

Since the FDA added the black-box warnings, there has been evidence of a drop in the use of antidepressants among kids. An analysis by Medco Health Solutions, a pharmacy-benefits manager, showed an almost 13% decline in the number of people age 19 and younger using an antidepressant in 2005 compared with 2004, along with a further 1.5% drop in 2006. The figures are based on a sample of about 2.5 million people in Medco's database. The company manages benefits for about 60 million Americans.

Some experts say that this drop in the use of antidepressants among young people led to a rise in teenage suicides. From 2003 to 2004, the suicide rate for Americans under age 20 increased by 18%, according to the Centers for Disease Control and Prevention.

The new report -- a so-called meta-analysis of existing research -- was led by researchers at Ohio State University. It examined data on 5,310 patients in the 27 studies, and found the risk of suicide behavior in young people to be half what the FDA had determined before requiring its black-box warning. The FDA had conducted its own analysis of 24 studies and about

4,400 patients, which found that two out of 100 patients had an increased risk of suicidal thoughts.

The researchers on the new report said they included additional studies that came out last year and used a different statistical method from the FDA to compile the risk and benefit figures.

In a statement, the FDA said "the risk of suicidal thinking and behavior is essentially the same by their, or our, calculations." The agency said it planned to keep the black box warning on the drugs, noting it urges doctors to carefully monitor patients starting antidepressant treatment and does not suggest avoiding the drugs. Like the FDA's analysis, the new study looked at several antidepressants.

The analysis of benefits confirmed what doctors say has been their experience with these drugs: Among 13 of the studies involving treatment for major depression, 61% of patients receiving antidepressants responded to the drugs, compared with 50% on placebo or fake pills. Six studies looked at obsessive-compulsive disorder and found that 52% of patients responded to antidepressants, compared with 32% in the placebo group. An additional six studies involved treatment for anxiety disorders and found 69% of patients on medication improved, compared with 39% in the placebo group.

The new analysis, which was funded by the National Institutes of Health and the Robert Wood Johnson Foundation, also looked at the effects of the drugs by age and found that only Prozac was effective at treating children age 12 and younger for major depression compared with placebo. Indeed, Prozac is the only antidepressant that is FDA approved to treat major depression in children. Some drugs, such as Zoloft, are approved for other uses in children, such as treating obsessive-compulsive disorder.

Many experts believe that the tough FDA warnings on the medications are discouraging families from getting needed treatment for children and adolescents. "The take-home question is what is the risk to your child of not taking the medicine," says Harold S. Koplewicz, founder and director of the New York University Child Study Center .

He compared the risk of not giving a depressed child or teenager an antidepressant with not giving a child a vaccine. "We know that measles and mumps are not always deadly, but we don't want our children to have these diseases," he said. "But with depression, we absolutely know it can be lethal."

And some parents say that antidepressants can make a huge difference in the health of a child. Sherri Walton's

daughter, Jordan, suffers from obsessive compulsive disorder and had been taking an antidepressant, Luvox, since she was 7 years old. But a few years ago, when she was 13, Jordan became severely depressed and told her parents she no longer wanted to dance, go to school or live.

Mrs. Walton took her back to the child psychiatrist who tweaked her medications for several months, eventually settling on Prozac. She gained about 25 pounds but her depression lifted almost immediately and her OCD symptoms stayed in check. Mrs. Walton, who took her daughter to Washington to testify before the FDA when the agency was holding its hearings on antidepressant use in children, says, "I wanted them to know that these antidepressants literally saved her life."

Psychiatrists are quick to point out, however, that drugs alone are not the answer. "This study confirms the general consensus that these medications can be an effective component of treatment for children and adolescents with depression and other psychiatric disorders," says David Fassler, child and adolescent psychiatrist and clinical professor of psychiatry at the University of Vermont , in Burlington , Vt. But he cautioned: "It should only be used as part of a comprehensive treatment plan that is individualized to the needs of the child and the family."

Wall Street Journal, April 18, 2007

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.

SAVE THE DATE
OCTOBER 6 & 7 – NAMI TEXAS
CONVENTION IN AUSTIN

POEM*By Stacie Killmoor*

Why can't life be just
 daisies and butterflies
 A nice drive down an
 old country road
 in an old pick up truck
 Why can't the weather
 be cold in the winter and
 springtime in the summer
 I'd like to just go somewhere
 Anywhere
 I'd like to take a canoe
 across a nice quiet lake
 Feel the grass under my feet
 without the worry of
 spiders and snakes
 A hot air balloon ride
 over rolling hills
 And just why can't we
 have our cake and eat it too
 Who made up all the rules
 Why must we do so much
 to travel such a short distance
 Why can't we all get along
 and dance through out the streets
 Why must we drink, smoke or take a pill
 just to take on the daily rigors of life
 I wait, not so patiently,
 to have a daisies and butterflies life
 One where we get along
 One in which we don't
 need assistance
 taking on life's bumble bees
 Maybe one day
 Maybe in another life
 or in another dimension
 these will be our daily life
 and then again. . . maybe not

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.

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.

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.

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>.

The Gathering Place and St. Joseph's Clubhouses had NAMI Walks Teams on May 5th. What a wonderful way to make people aware that we are fortunate to have two psychosocial clubhouses in Houston.

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.

To find a class 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: Call 713-984-2538 to register.

Peer-to-Peer Education Course

Registration is being taken for this 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. A new class begins August 2007, evenings, at Cypress Creek Hospital. *****Pre-registration is required. Call Ashley Montondon at 281-441-1312 or Finis Hay at 281-324-1759, or the office 713-970-3455 to register for this or a future class.**

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.

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
1st Thursday 7:00 p.m.	Spring	Northside Christian Church, Family Ministries Building (Behind the Church) 2414 Spring Cypress, Spring TX, 77388 (F) Contact: Karen Lashley at 281-353-1925
2nd Thursday 7:00 p.m.	Sugar Land	St. Laurence Catholic Church, 3100 Sweetwater Boulevard, Sugar Land (F) Contact: Ken Sumner at 281-265-1554 or ksumner1@houston.rr.com
2nd Thursday 7:00 p.m.	West Houston	The Well, Grace Presbyterian Church, 10234-A Westheimer, Houston (Y/F) Contact: Diane Goyette 713-896-1153 or Madeleine Elmer 281-293-7717
3rd Thursday 6:00 p.m.	Southwest Houston	Community National Bank, 5123 Bellaire Blvd, Bellaire (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
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 May 14, 2007

(F) Family

(C) Consumer

(VFT) Visions for Tomorrow

(YF) Young Family

NAMI Experience
the Revolution
★★★★★ 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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Do you want to receive your newsletter via email?
 Yes No

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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 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.

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

Return Service Requested

July/August 2007 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
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Breakthroughs every day™

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