

OCTOBER MEETING

“Dialectical Behavioral Therapy (DPT)”

DATE: Monday, October 18, 2004

TIME: 7:00 p.m. – Social and Refreshments
7:30 p.m. – Announcements

PROGRAM and SPEAKER: 7:45 p.m. – Dr. April Stein

PLACE: Atria Assisted Living - Westchase
11424 Richmond Avenue
Main Dining Hall
(OPEN TO THE PUBLIC)

April Stein, PhD, is Director, Compas Program for Young Adults, The Menninger Clinic; Assistant Professor, Menninger Department of Psychiatry and Behavioral Sciences, Baylor College of Medicine. Dr. Stein oversees all clinical and administrative functions of the specialty inpatient unit for young adults 18 to 30 years old. Her expertise is treating dual and character disorders in young people who are navigating the transition into adulthood and experiencing a psychiatric illness that may also exist with substance abuse.

Dr. Stein holds masters and doctoral degrees from the California School of Professional Psychology and a bachelor's degree in American studies from Bennington College. She came onboard The Menninger Clinic's staff in 1993 and was awarded the David Rapaport Award for Excellence in Teaching in 2001 by the trainees in the Karl Menninger School of Psychiatry and Mental Health Sciences.

FUTURE MONTHLY PROGRAMS

November 15, 2004 – Steven Schnee, Executive Director of Mental Health Mental Retardation of Harris County

December 20, 2004 – Holiday Covered Dish Dinner and Highlights of the NAMI National and NAMI Texas Conventions held this fall.

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What is Mental Illness Awareness Week?

Mental Illness Awareness Week activities will be held from October 3-9, 2004. During this week, millions of Americans will be honoring the challenges encountered by mental illness as well as celebrating the recoveries they or their loved ones have embraced. This year's theme, Unity through Diversity, reflects the hope and real possibility of reclaimed lives in all communities across the country and encapsulates the true spirit and essence of NAMI while reflecting all forms of difference.

PRESIDENT'S MESSAGE

Carolyn E. Hamilton

Our annual meeting and election of officers was held on September 20, 2004. Mary Robins, Nominating Committee chair, submitted the following slate of officers that was voted on and approved. Two-year terms will begin on January 1, 2005

President: Bonnie Cord, 2nd Vice President: Vi Napolitano, Treasurer: John Anderson, Directors: Eileen Baker, Sharyn Coffer, Robin Griffith, Aaron Spencer

Continuing their terms for another year are Fifi Wetherhead, 1st Vice President, Frank Svetek, and Phil Wendt, Directors.

REFRESHMENTS – New Refreshment Chair Needed.

I want to thank Lillian Miller for the past year coordinating the volunteers to bring refreshments to our monthly meetings.

Members sign up each month to bring some snacks to our program meetings. Thanks to Atria Assistant Living for donating the coffee, ice tea and juices each month.

Contact Carolyn Hamilton at (281) 579-3750 or email cehamilton@aol.com for this important opportunity to help your affiliate. Thanks

Legislative News...

CONGRESS PASSES SUICIDE PREVENTION LEGISLATION

On September 9, both the House and Senate overwhelmingly approved legislation to support state and local suicide prevention programs. The legislation, known as the Garrett Lee Smith Memorial Act (S 2634) was approved by the House 352-64 and later cleared the Senate by unanimous consent. President Bush has pledged to sign the bill into law.

S 2634 is named in honor of the late son of Senator Gordon Smith (R-OR). Immediately after House passage, Senator Smith addressed NAMI's 25th annual convention in Washington. In moving words, he spoke of his son's memory and his family's dedication to promoting suicide prevention and treatment for mental illness. Senator Smith's wife also attended the NAMI convention and met with the growing network of NAMI affiliates that are being formed on college campuses across the country.

S 2634 authorizes \$82 million over the next 3 years to support state development of comprehensive youth suicide prevention and early intervention strategies. It also authorizes a new federal Suicide Prevention Resource Center to develop model early intervention programs. Finally, S 2634 also authorizes new assistance to colleges and universities to support on campus mental health services.

It is important to note that S 2634 is an authorization bill and that Congress must follow through to actually appropriate funding for the programs and activities authorized by the Garrett Lee Smith Memorial Act. NAMI members are strongly encouraged to contact their members and Congress and urge them to support appropriations for suicide prevention activities authorized by S 2634 in FY 2005.

ENTERTAINMENT 2005 BOOK ON SALE NOW FOR \$21.00

Filled with hundreds of **half-off and two-for-one coupons**, the Entertainment book is the best way to save money on travel, dining, shopping, attractions and much more!

The Entertainment Book is always the perfect gift for the Houston area and out-of-town friends or family. The books will be on sale at every monthly meeting until December 1st. Reserve your copy today.

If Fund Raising is your thing, then you are needed to help each month at the meetings with the Entertainment Books. For more information, please call Carolyn Hamilton at (281) 579-3750 or email at namiwesthouston@aol.com

FREE DEPRESSION SCREENING

Thursday, October 7, 2004 / 8:30 am - 6:00 pm
Reliant Energy Building / 1000 Main /
(near garage elevators)

The purpose in providing depression screening is to call attention to the prevalence of depression in our society, educate people to its signs and symptoms as well as to the availability of effective treatments, and connect those in need to the mental health care system. The screening is informational, not diagnostic. The program will include: depression screening form, educational pamphlets and a 5-10 minute confidential screening interview with a mental professional to discuss the results of the screening. Volunteer mental health professionals from the Houston Psychiatric Society and the Houston Psychological Association will be conducting the screening.

Houston Psychiatric Society

We strive to promote and improve patient care, educate our colleagues and the public on mental health issues and enhance community mental health service delivery. For additional information, call 713.668.5226 or visit at www.houstonpsychiatry.org

The Houston Psychological Association

Please visit us at www.hpaonline.org to obtain a psychological referral or if you need a speaker on a topic related to mental health.

Additional resources available at the event:

Depression and Bipolar Support Alliance (DBSA) Greater Houston

Visit us at www.dbsahouston.org. We've been there. We can help.

NAMI Metropolitan Houston

(National Alliance for the Mentally Ill) affiliates are community non-profit organizations that bring together families, consumers and other concerned persons impacted by mental disorders. Most affiliates provide support, education, and advocacy through concerned trained volunteers. 281.579.3750 or www.namiwesthouston.org

The National Education Alliance for Borderline Personality Disorder (NEA-BPD)

is comprised of professionals, family members, and consumers, whose mission is "to raise public awareness, provide education, promote research on BPD, and enhance the quality of life for those affected by this serious mental illness. We will have information and literature available at our table that addresses symptomatology, therapy alternatives, medication, and the latest research available in all areas of BPD. For more complete information on BPD, visit www.borderlinepersonalitydisorder.com

**FINDING A HOME:
HOUSING FOR PEOPLE WITH
MENTAL ILLNESS**

**Wednesday, October 13, 2004
6:30 to 8:30 p.m.**

**The Gathering Place
5310 South Willow Drive**

**Town Hall Meeting
Free and Open to the Public**

Speakers include:

**State Representative John Davis
Councilman Gordon Quan and
Jack Callahan, Advocacy Inc.**

An estimated 14,000 people with mental illness in the Harris County area need appropriate housing to help them lead a full life. This housing is largely unavailable

The presentation for the event will feature the report produced by the Harris County Housing Task Force. This will be followed by questions and discussion from the audience. The report focuses on the demonstrated need for four different levels of housing and supports for consumers and the plans to develop such housing in this area. Housing and elected officials will be invited to be present.

Your participation and input in the process of launching a focused effort to meet this tremendous need is tremendously important. Please plan to attend! For additional information, contact Leslie Gerber, (713) 520-3470.

Sponsored by: The Mental Health Association of Greater Houston, NAMI Metropolitan Houston, the Depression Bipolar Support Alliance and The Gathering Place.

THE GATHERING PLACE

Since 1986, The Gathering Place has been an innovative community-based psychosocial rehabilitative program dedicated to helping men and women with severe and persistent mental illness achieve independence and successful community living.

The Gathering Place program is based on the psychosocial clubhouse model of care; clients become "members" and actively participate in clubhouse operations. Members take part in all aspects of clubhouse governance, administration and maintenance. They also make decisions about their recovery and choose their rehabilitation and training opportunities. They learn living skills, job skills, coping skills and social skills.

For more information, call (713) 729-3499 or visit their web site: www.gplace.org

MENTAL HEALTH MATTERS

October 2-9, 2004 is National "Mental Illness Awareness Week." Mental illnesses are treatable! NAMI-West Houston (National Alliance for the Mentally Ill) will provide free bilingual brochures and booklets at the West Houston Libraries listed below. Bilingual volunteers will be on hand to assist.

- Ø Kath.Tyra-Bearcreek, 16719 Clay, Saturday, October 2, 1:00 to 4:00 PM
- Ø Jungman Library, 5830 Westheimer, Saturday October 2, 1:00 to 4:00 PM
- Ø Robinson-Westchase, 3223 Wilcrest, Saturday October 9, 1:00 to 4:00 PM
- Ø Collier Regional, 6200 Pinemont, Saturday October 9, 1:00 to 4:00 PM
- Ø Maud Smith Marks, 1815 Westgreen, Saturday October 9, 1:00 to 4:00 PM

La Salud Mental Es Importante

La semana del 2-9 de Octubre, 2004 esta designado como "Semana de Consenticiacion de Enfermedades Mentales." Las enfermedades Mentales son tratable! NAMI-AI Oeste de Houston (Alliansa Nacional Para Los Enfermos Mentales) provera libretas bilingues gratuitas en la Biblioteca de Oeste Houston que estan abajo. Voluntarios bilingues estaran presentes para asistirlos.

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- Ø Robinson-Westchase, 3223 Wilcrest, Saturday October 9, de 1:00 a 4:00 PM
- Ø Collier Regional, 6200 Pinemont, Saturday October 9, de 1:00 a 4:00 PM
- Ø Maud Smith Marks, 1815 Westgreen, Saturday October 9, de 1:00 a 4:00 PM

**Making Choices:
Achieving Wellness and Recovery**

Monday, October 25, 2004

**Houston Arboretum and Nature Gallery
4501 Woodway Drive, Houston, TX 77024**

**Registration and Refreshments: 6:00 pm
Program and Speaker: 7:30 – 8:30 pm**

Free and open to the public. Space is limited, so register early. Sponsored by NAMI Metropolitan Houston and funded by Janssen Pharmaceutica Products, L.P.

Call (281) 579-3750 or email cehamilton@aol.com

Don't miss this special educational seminar! Today there are more treatment options and more opportunities available for individuals with schizophrenia. Recovery is possible and can be achieved. Learn how to set realistic treatment goals and recovery strategies. Develop your treatment plan with your team and plan your daily life. Treatment forms the foundation for recovery.

DEPRESSION, A FREQUENT VISITOR TO WALL STREET

By Landon Thomas, Jr., September 12, 2004, *New York Times*

Early one afternoon in July, Dennis J. Bertrum, a former top brokerage executive at Prudential Securities, leapt out of the bedroom window of his 26th-floor apartment on the Upper West Side of Manhattan.

No note was found, but the police said the death was a suicide.

In and out of work since 1996, Mr. Bertrum, a pioneer in the managed account business who was described by friends as a bon vivant, had been on a persistent quest to return to the brokerage business that he had loved since his days selling stocks for E. F. Hutton in the 1970's, colleagues say. But for Mr. Bertrum, an unemployed 55-year-old who friends say had a history of Jekyll-and-Hyde-type mood swings, few doors were opening.

Just weeks before he took his own life, he had been interviewing for a senior job in the private wealth management division of Merrill Lynch but he and the firm could not come to terms, friends said, adding that they do not blame the firm for what ultimately happened. Merrill declined to comment.

Instead, his friends and family described a man who for years had been in therapy for a bipolar condition and who had quit taking his medication, Wellbutrin, just three weeks before his death. Mr. Bertrum was twice divorced and in the process of ending a relationship, and family members say that with no income, he was feeling financial pressure. His brother, Carl A. Butrum, who called him a week before he died, said he was on a down swing.

For a man who had achieved financial and professional success in the 1990's, the letdown of not securing the Merrill job could have been brutal, his friends and family said. "It's pretty traumatic when you are in your 50's, you are skilled and can operate at a high level but your expectations don't pan out," said Stephen C. Winks, a financial consultant and a former colleague of Mr. Bertrum's at Prudential. "I think it weighed heavily on him."

Suicides in the brokerage industry are rare, and those that can be documented have been linked in the public mind to wiped-out portfolios and plummeting markets like those of 1929, 1987 and even 2000. But the chronic depression associated with suicides is not rare on Wall Street.

A survey conducted in 2000 - the only known study of its kind - concluded that 23 percent of a small sampling of male brokers and traders at seven of the largest firms on Wall Street suffered from clinical depression, a rate far above what was then the national average of 7 percent for men. And that was before the market fell by one-third from its record high, before Wall Street firms shed 30,000 jobs and before an explosion of investor lawsuits and arbitration cases.

All of this has led some experts to conclude that the rate of depression among brokers and traders is related more to the

grinding pressures of a rapidly changing industry than to the vicissitudes of the markets.

"Brokers have little control over their jobs or the outcomes of their trades," said Alden M. Cass, a licensed clinical psychologist who wrote the study and now coaches Wall Street traders and brokers on coping with the psychological travails of their professions. "These frustrations can lead to a form of 'learned helplessness,' or a feeling that you are in a prison with no way out. Such feelings have been linked to levels of clinical depression."

Relatively few brokers and bankers appear to be seeking professional help to cope with the pressure, according to data collected by insurance companies. Experts say many brokers fear that doing so would be seen by their employers as a sign of weakness in a high-testosterone industry like finance. So brokers bottle up their feelings and soldier on - until they crack, health professionals say.

"I would have predicted higher rates of behavioral health claims for stock brokers because of the high stress," said Dr. Ronald S. Leopold, the national director for group disability at MetLife, who collected the data. "But what we see in jobs where there is a combination of tremendous stress and opportunity is the work-until-you-drop phenomenon. There is no question in my mind that these people have high rates of depression, and it is no wonder that we are seeing some of them crash."

MR. BERTRUM'S story - a terrible piece of life-altering news causes a man already close to the edge to teeter off it - bears an eerie similarity to that of Raymond J. Foster, a broker and branch manager in the Cleveland office of Prudential Securities.

Three years ago, Mr. Foster, 60, a 10-year veteran of the firm, was abruptly fired, denied any severance and barred from returning to his office. Shocked by the news, he returned - glassy-eyed and quiet, according to a police report - to his home in the suburb of Shaker Heights and put an end to his life with one blast from a shotgun.

Hours later, his wife, Patricia, discovered his body slumped over in a chair in the family's garage. In the kitchen, she found a hastily scribbled note, but it offered no explanation for what he had done.

According to former colleagues, Mr. Foster was facing escalating pressures at the office, where he was struggling to please a new regional supervisor. A spokesman for Wachovia Securities, formerly Prudential, declined to comment.

Mr. Foster was not an introspective man, or prone to revealing his innermost feelings, colleagues said. Voluble at the office, where he was by all accounts a respected branch manager who liked to talk about his collection of Porsches, he had become more withdrawn at home and offered his wife no window into his black moods. "In retrospect, it's apparent that Ray was able to mask his deepest feelings of depression and rage," Mrs. Foster said.

Mr. Foster apparently never sought help, according to his wife, even though some of his colleagues recalled how the mounting burden of his job had led to the occasional outburst. "This job comes with pressure," said Terrence Diehl, a former broker at Prudential who worked for Mr. Foster. "I have seen guys in tight places. Some guys work through it and some guys lie down."

Keeping his clients from pursuing the second option has been Mr. Cass's mission for two years. After completing his study on broker depression, Mr. Cass, 28, built a private practice called the Catalyst Strategies Group where he offers executive coaching sessions - distinct from traditional therapy sessions - to a small but growing number of frazzled brokers and bankers. They have spurned the in-house counseling services offered by their employers, choosing instead to pay \$250 an hour for coaching from Mr. Cass, who earned his doctorate at Nova Southeastern University in Fort Lauderdale, Fla. Other professionals counsel brokers, but few market themselves as aggressively as Mr. Cass, who has a Web site with testimonials from the bankers he has helped.

With a management consultant's style and his deep summer tan, Mr. Cass does not come across as the typical psychologist. He also brings a knowledge of banking and finance, honed while hanging out in Wall Street bars when he was studying for his doctorate in the late 1990's.

He offers his clients a variety of options so that they may be more productive at the office: straight-up coaching sessions, 24-hour phone access and a special program, called "back in 45," in which he meets a client for a 45-minute lunch and strives to lift him up from the slough of his despond. (Lunch is on the client.)

HE takes special care, as well, to talk the language of Wall Street, spurning clinical terms - including the word "depression" itself - that may conjure up in wary brokers' minds the specter of a couch and a ticking clock. Instead, he prefers a more accessible vernacular, encouraging clients to "think bullish," "don't be bearish" and "don't aim, just throw the ball."

His approach is not the only unorthodox aspect of his practice. His office is a cramped suite in an anonymous office building near Madison Square Garden, not the neighborhood that jumps to mind for a psychologist.

On a recent evening, he had one of his original clients in for a coaching session, a broker who has worked in the industry for more than 20 years, switching from one job to another, from large Wall Street firms to smaller operations. Battling a history of depression, he had reached out to health professionals at his companies as well as independent therapists, but could find no succor before finding the name of Mr. Cass in an Internet search.

The broker earned as much as \$250,000 a year during the bull market, but his salary had shrunk to \$75,000 by the time he was fired, just a day before the coaching session. Jumpy and angular, with cufflinks that glimmered in the dim light of Mr.

Cass's office, the broker recounted his firing as a miniature waterfall gurgled soothingly in the background. "He was screaming at me," said the broker, who asked not to have his name disclosed but did let a reporter sit in on his session, as he presented the details of his dismissal. "It was a complete dressing-down."

Sitting on a couch, the broker needed no prodding to plunge into his past neuroses and brutally analyze his current psychic state. Mr. Cass asked him how the dismissal made him feel.

"It was gut-wrenching," he said. "But I knew there was truth to what he was saying." The broker said he thought, "Let him fire me," and he asked the boss to pay him. "He said he would," the broker added, "but only after I gave him the keys to the office."

He paused, his eyes darting around the small office, crossing and uncrossing his legs. "It was a difficult day," he added. "My stomach was churning. I had headaches, a lot of psychological paralysis."

Nodding his head, Mr. Cass asked, "How does your wife take this?"

"We live in the age of the dot-com billionaire, and she wonders when it's going to happen to me," he said, bitterly. "It's just so hard to make a living on Wall Street." The broker's voice rose as he railed against the rising tide of complaints from customers and the relentless move toward online trading that was making it harder and harder to bring home a decent paycheck.

"You are a victim of circumstance," Mr. Cass said as he urged his client toward more bullish thinking.

"I've been on Wall Street for 20 years - I don't have an M.B.A. or a C.P.A.," the broker said. "I have experience in getting customers, but now I feel emasculated, isolated. You are a man without a country."

Given his shrinking salary, the broker, who lives in a leafy New York suburb and has two children, wondered how he was going to make ends meet.

"I'm a lousy provider, an underachiever," he said, spitting out the words as if they were poison pellets. "We can't make it on my wife's income alone. What is going to become of us?"

He paused and spoke of the rage and the self-destructive thoughts that he said were consuming him that day. "You don't have your foot on the ledge," he added, letting his words trail off. "But I didn't want to be in traffic or in a crowded place. I didn't have a lot of control."

Taking it all in, Mr. Cass asked, "So what's the bullish thought?"

Again, the broker revisited the day of his firing. "He was screaming at me and I felt myself get smaller and smaller, like I was shrinking in a cartoon," he said before stopping himself. "But then I had the bullish thought: how silly this guy looked; I mean he looked like a raving idiot." A smile tugged slightly at his lips.

Leaning forward, Mr. Cass responded: "Now you are in control. You are no longer in a cycle of bearish thoughts."

The broker told Mr. Cass that on the same day he was fired, he called an old colleague who offered him a job on the spot - in a new supervisory position. "I really have to be on my game now," he said. "But it's encouraging. At least I'm not lying in bed with two sheets over my head. That is what I did in the past."

Nodding with encouragement - rooting him on, it seemed - Mr. Cass said: "Look at you. You are starting fresh; now you can reset your business goals."

While the broker said the sessions with Mr. Cass had helped him, he conceded that at any time, events at the office could send him back into the kind of depressive fugue that sometimes leads to suicide.

"The act of suicide is an act to grasp control," he said. "I've been there. You are looking for a path but you begin to wonder whether the people around you might be better off without you. I remember there was a time when I would be driving to work, feeling the rigidity of my musculature at 7 a.m. And I forced myself to put a picture of my child's face in front of me. That's the only way I could keep going."

TRANSITION FAIR

"Chronic Illness: Transitioning from Child-Based to Adult-Based Care"

November 4-5, 2004

Location: McMillian Auditorium, DeBakey Bldg., Baylor College of Medicine, One Baylor Plaza, Houston, Texas 77030

Sponsored by: Office of Continuing Medical Education and presented by Department of Pediatrics, Baylor College of Medicine - (713) 798-8237 for information

Registration: \$25.00 for Physicians/Healthcare Professionals/Families/Youth. No Charge for Baylor Resident/Fellow/Faculty.

There is a great need on the part of youth and young adults with chronic illness, their families, and their health providers to improve the transition from pediatric to adult-based medical services. Leading experts in the field will discuss the current state of transition from pediatric to adult-based care, highlighting barriers and proposed solutions to providing this care.

MENTAL ILLNESS AWARENESS WEEK

OCTOBER 3- 9, 2004

ONE-DAY SYMPOSIUM Borderline Personality Disorder: Professional, Family, and Consumer Perspectives

November 6, 2004

**Cullen Auditorium, Baylor College of Medicine
One Baylor Plaza, Houston, Texas 77030**

8:00 am to 4:00 pm

This one-day meeting will provide a forum for professionals, family members, and consumers to better understand this complex disorder from various perspectives. Presentations by renowned professionals will give up-to-date information on key issues. Program Overview:

Psychobiology of Borderline Personality Disorder, On The Way to Become Borderline: Developmental Trajectory, Risk and Protective Processes, Treatment: Dialectical Behavior Therapy, Psychodynamic Psychotherapy for Borderline Personality Disorder, The Pharmacotherapy of BPD - Learning to Deal with the Limitations.

To register go to www.borderlinepersonalitydisorder.com

New Magazine Unveiled at NAMI Convention

bp Offers "Hope & Harmony"

for Those With Bipolar Disorder

Reaching out to 2.5 million adults and the parents of an estimated one million children in the United States with bipolar disorder, a new magazine, bp, was launched September 8th at NAMI's 25th Annual Convention.

The Fall 2004 issue offers a cover story on TV talk show-host, author and 1970s movie icon Carrie Fisher and her 20-year battle with bipolar disorder. In addition to the latest news on research and treatment, the issue includes feature stories on dealing with bipolar in the workplace; the power of reconnecting with loved ones; enhancing recovery through disclosure; healthy eating and more.

"On the heels of the success of our flagship publication Schizophrenia Digest, we're excited to launch this second title designed to de-stigmatize bipolar and bring hope and inspiration to people living with the disorder," said publisher Joanne Garvey. "bp will create a sense of community among its readers, helping those who live with bipolar realize that they are not alone, that others understand their journey, and that proper diagnosis, treatment and support are the keys to achieving wellness."

Supported by Janssen Pharmaceutica Inc. and Pfizer Inc., bp will be published in a fresh, glossy format four times annually. It will be distributed by medical professionals and consumer mental health organizations nationwide with an initial reader base of 50,000. One and two-year subscriptions are available through the magazine's Web site at

<http://www.bphope.com/subscriptionForm.php>

NAMI TEXAS 2004 Convention



October 14-16, 2004 OMNI San Antonio

Registration Information:

- 1. Register On-line at www.mga-inc.com
 Click on: Registration On-line
 Enter: NAMI Texas and click: submit
 Credit cards accepted On-line Only.
 \$70 prior to Sept. 27; \$80 after September 27

- 2. Register by mail or fax by sending the registration form:

Convention Registration Form
“Delivering on the Promise”
NAMI Texas Convention 2004
October 14-16, 2004

Name (as appears on name badge)

Address _____

City _____

State _____ Zip _____

Work Phone _____

Home Phone _____

Email _____

Please check the following:

- ___ Consumer (\$70) before 9/27/04
- ___ Family Member (\$70) before 9/27/04
- ___ Professional (\$70) before 9/27/04
- ___ Student (\$70) before 9/27/04
- ___ Late Registration (\$80) after 9/27/04

Special Dietary Needs
___ Vegetarian ___ Diabetic

Mail or Fax completed Registration Form to:

MGA Planning Services, Inc.
606 N. Carancahua, Ste 411
Corpus Christi, TX 78476
Phone 361-225-4500
Fax 361-225-4505

Make checks payable to MGA, Inc./NAMI Texas

HOTEL INFORMATION:

OMNI San Antonio

9821 Colonnade Blvd.
San Antonio, TX 78230
Phone 210-691-8888

The Convention Hotel is booked! Below are three hotels within walking distance:

- Staybridge Suites 210/558-9009
- Homewood Suites 210/696-5400
- AmeriSuites 210/561-0099

Free Newsletters:

1. **STAR CENTER 'RECOVERING TOGETHER' NEWSLETTER:** The NAMI STAR Center has a quarterly e-newsletter, “Recovering Together”, that is co-produced with the Peer-to-Peer Resource Center at DBSA (Depressive Bipolar Support Alliance). The first issue included information about peer training programs, other CMHS-funded consumer/consumer supporter technical assistance centers, the Alternatives national consumer conference, and a new recovery tool. To subscribe to the newsletter, visit the STAR Center web site at www.consumerstar.org and click on the “Recovering Together” - Sign Up Now icon at left.

2. Sign up at www.schizophrenia.com for a free monthly newsletter delivered at your e-mail address.

3. **BP Magazine** - Hope and Harmony for People with Bipolar. Check out this site for a free inaugural issue of BP Magazine: <http://www.bphope.com/freeIssue.php>

4. **NAMI MIO LATINO E-NEWS SIGN UP NOW!** NAMI MIO (Multicultural and International Outreach Center) has recently created the NAMI Latino eNews. NAMI leaders can subscribe to this eNews service that provides bilingual information about issues relevant to the Latino community and mental health. To subscribe send an email to NAMI_MIO@nami.org

5. **NAMI Texas E-News:** If you are a member of a NAMI Texas affiliate and would like to keep up with all of the news of NAMI Texas, contact Diana@texami.org and request that your name be added to the NAMI Texas E-News group.

6. **Reintegration Today:** Order your own FREE subscription of Reintegration Today journal; see www.reintegration.com to subscribe.

7. **McMan’s free Depression and Bipolar newsletter:** <http://www.mcmanweb.com/>

Visit the NAMI West Houston website:
www.namiwesthouston.org
for more important information

NAMI West Houston Affiliate News & Announcements
October 2004

WEB SITES

www.nami.org - NAMI National web site

<http://texas.nami.org> - NAMI TEXAS – Advocacy page holds all of NAMI Texas’ position papers, NAMI Texas Legislative Newsletter and other useful items.

www.namiwesthouston.org - NAMI West Houston – information on meetings, support groups, education classes and current events.

www.dbsahouston.org - DBSA (Depression and Bipolar Support Alliance) of Houston

<http://www.adda-sr.org> - ADDA – SOUTHERN REGION (Attention Deficit Disorders Association Southern Region) For meeting and support group information call (281) 897-0982

<http://familvaware.org/> - A nonprofit organization helping families, especially family members and friends of those with depression, recognize and cope with depressive disorders. The organization provides education, outreach, and advocacy to support families. On our web site, you can:

- read and e-mail Family and Expert Profiles;
- learn about depression, medical help, support groups, and books;
- learn how to help someone seek or manage treatment;
- learn to cope with family caregiver emotions.

<http://www.mcmaweb.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)

<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. A number of companies have pledged that no patients in need of their medicines will do without them. For additional copies of this directory, please call (800) 762-4636.

<http://www.nimh.nih.gov> - National Institute for Mental Health

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

www.txhealthpool.org or texasriskpool@cbstx.com - Texas Health Insurance Risk Pool. Can’t find health insurance? Have preexisting conditions? The Texas Health Insurance Risk Pool can help. 1-888-398-3927; TDD 1-800-735-2989

www.reintegration.com The Center for Reintegration

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

COMBINED FEDERAL CAMPAIGN

Federal employees can enter NAMI West Houston’s **CFC #4062** on their pledge card. Your support is very much appreciated.

NAMI West Houston
NEW MEMBERSHIP or RENEWAL FORM

All dues and donations are tax deductible. Membership includes annual dues to NAMI West Houston, NAMI Texas, NAMI National, and NAMI Metropolitan Houston plus newsletters.

Date: _____, 2004

Names: _____

If family membership, list name of each above.

Address: _____

_____, State: _____

Zip Code: _____ - _____

Home Phone: (_____) _____ - _____

Work Phone: (_____) _____ - _____

Email: _____

NEW RENEWAL

Individual/Family Membership Dues \$25.00

Consumer or Limited Income \$5.00

Supporter \$50.00

Donation

Donation In Memory/Honor of _____

Thanks! **TOTAL \$** _____

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

Are you a member of another local NAMI affiliate? _____
If member of another local NAMI affiliate, will NAMI West Houston be your “HOME AFFILIATE”? _____

HOME AFFILIATE MEANS NAMI WEST HOUSTON WILL PAY YOUR ANNUAL DUES TO NAMI TEXAS AND NAMI NATIONAL FOR YOU OUT OF YOUR \$25.00 ANNUAL DUES.

This newsletter is published by: **NAMI West Houston**,
P. O. Box 218989, Houston, TX. 77218-8989,
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NAMI West Houston Affiliate News & Announcements
October 2004

CONDOLENCES

Our very sincere sympathies go to Robin Griffith and her family on the recent death of her mother, Sandra McKinney, on September 3, 2004. Robin is one of our NAMI West Houston Directors, family education teacher and facilitator for our young family support group.

EDUCATION CLASS INFORMATION

Family-To-Family Education Course:

This course consists of 12 weekly FREE 2½-hour sessions. It is geared toward family members of adult persons diagnosed with brain disorders, such as schizophrenia, depression, bipolar disorder, anxiety disorders, and OCD (Obsessive Compulsive Disorder). Communication skills, problem solving, coping skills, problem management, recovery, rehabilitation and more will help you understand and deal with mental illness in the family. Trained family member volunteers co-teach the classes.

New Classes Starting in early 2005.

Contact: Debbie Subke (713) 849-5637 or Vi Napolitano (281) 893-2493. ***Pre-Registration is required -**

Visions For Tomorrow Education Course

This is a ten-twelve 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.

Contact: Robin Griffith (713) 957-3960.

***Pre-Registration is required**

NAMI C.A.R.E. SUPPORT GROUP

(Consumers Advocating Recovery through Empowerment)

DATES: Sundays, 2nd & 4th of each month

TIME: 2:30-4:00 p.m.

PLACE: Pines Presbyterian Church, Room C
12751 Kimberley (Town & Country Mall area)

NAMI C.A.R.E. is a support group for individuals facing the challenges of recovering from brain disorders, also known as severe and persistent mental illnesses. All consumers/clients are welcome. Contact Vi Napolitano (281) 893-2493 for information.

OCD SUPPORT GROUP

An OCD (Obsessive/Compulsive) Support Group meets the 2nd and 4th Thursdays, at 7:30 – 9:30 p.m. at Memorial Hermann Southwest Hospital, 7600 Beechnut, Classroom C, Concourse level. Call Richard McClain at (713) 527-9755 for more details.

SUPPORT GROUP INFORMATION

Family Support Groups

The goals of a family support group are to provide emotional support to families, to provide insight into brain disorders (mental illness), and to learn how to more effectively cope with its impact on the family. Meetings are open to the public. **Please call to be sure the times for support groups are correct.**

****Family Support Groups for Families/Relatives with Adults dealing with a mental disorder.**

Time: Wednesday (first and third of each month)
7:00-8:30 p.m.

Place: Pines Presbyterian Church, 12751 Kimberly at West Bough, Room C-10 (Town and Country area), near Bendwood Elementary School.

Contact: Carolyn Searles (713) 461-5269

Time: Wednesday (second and fourth of each month),
7:00-8:30 p.m.

Place: Bear Creek Community Center, Hwy 6 & Patterson Rd.
Contact: Carolyn Hamilton (281) 579-3750

Time: Thursday (first and third of each month), 7:00-
8:30 p.m.

Place: St. Peter's United Methodist Church, 20775
Kingsland Blvd., Katy, across from Taylor High School, in the Sanctuary, second floor, room 204.

Contact: Joyce Hess (281) 395-3582

Time: Sunday (second and fourth of each month)
2:30-4:00 p.m.

Place: Pines Presbyterian Church, 12751 Kimberley at West Bough Room B (Town and Country area), near Bendwood Elementary School.

Contact: Vi Napolitano (281) 893-2493

Family Support Group for Parents and Direct Caregivers of Children and Adolescents with brain disorders/mental illnesses, such as childhood bipolar, depression, OCD, Schizophrenia, and other disorders.

The support group will meet on the 2nd and 4th Thursday nights of each month, 7:00 – 8:30 p.m. at Grace Presbyterian Church, in the Learning Center, Rm. 204 Ella Lee. Enter through East Door near playground.

Call Robin (713) 957-3960 for more information.

NARSAD Artworks

GREAT GIFTS: Supplies of note cards, silver pins and bookmarks are available throughout the year at our monthly meetings. NARSAD (National Alliance for Research on Schizophrenia and Depression) has a creation of art works, all hand painted and created by persons with neurobiological brain disorders. Cards are available at the Monthly Meetings. For more information call Carolyn Hamilton, (281) 579-3750.