



# NAMI West Houston News

Affiliated with NAMI Texas, NAMI "The Nation's Voice on Mental Illness"  
and NAMI Metropolitan Houston  
~A grassroots coalition of families, consumers, and friends~

September 2004

## SEPTEMBER MEETING

### "The Role of Faith in the Recovery from Mental Illness"

**DATE:** Monday, September 20, 2004  
**TIME:** 7:00 p.m. – Social and Refreshments  
 7:30 p.m. – Election of Officers, Annual Reports, and Announcements  
**PROGRAM and SPEAKER:** 7:45 p.m./Dr. Wallace Henley  
**PLACE:** Atria Assisted Living Westchase  
 11424 Richmond Avenue  
 Main Dining Hall  
 (OPEN TO THE PUBLIC)

Dr. Wallace Henley is a pastor at Houston's 40,000-member Second Baptist Church. He is a graduate of Samford University, and did further graduate studies at Samford and Southwestern Baptist Theological Seminary. He holds a Master's Degree in Human Resource Management-Leadership through a joint program of Trinity Theological Seminary and the University of Liverpool (England). He has served 25 years as a senior pastor and been a regular guest lecturer at various Christian leadership conferences, religious colleges and seminaries.

Dr. Henley is the author of 12 books and has written for *Christianity Today*, *Charisma*, and other magazines, newspapers and journals. As a member of the writing team for Dr. Ed Young, pastor of Second Baptist Church, he has published two books with Dr. Young.

## NAMI WEST HOUSTON ANNUAL MEETING

The Nominating Committee submits the following list of people for consideration as Officers and Directors of NAMI West Houston:

President: Bonnie Cord  
 2<sup>nd</sup> Vice President: Vi Napolitano  
 Treasurer: John Anderson  
 Director: Eileen Baker  
 Director: Sharyn Coffey  
 Director: Robin Griffith  
 Director: Aaron Spencer

Nominations will also be taken from the floor.

Two-year terms will begin on January 1, 2005

## FUTURE MONTHLY PROGRAMS

**October 18, 2004** – "Dialectical Behavioral Therapy," Dr. April Stein, COMPAS Unit Director at The Menninger Clinic. What is Dialectical Behavioral Therapy? What is Borderline Personality Disorder? This program will give much needed information on both subjects.

**November 15, 2004** – "Update on Public Mental Health Services," 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. NAMI attendees from both conventions will give highlights from various workshops.

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Visit the NAMI West Houston web site:  
[www.namiwesthouston.org](http://www.namiwesthouston.org)  
 for more important information

## **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 1<sup>st</sup>. 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](mailto:namiwesthouston@aol.com)

## Legislative News...

### JOSEPH VESOWATE, MBA NAMED ASSISTANT COMMISSIONER FOR MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES

Joseph Vesowate, comes to DSHS after having served in several roles at the Texas Commission on Alcohol and Drug Abuse, including deputy director for the licensing and enforcement division, manager for the analysis and reporting division, and audits supervisor.

Mr. Vesowate holds a master of business administration degree from the University of Texas at Tyler and a bachelor's degree from the University of Texas at Austin.

The Texas Department of State Health Services also has a new up and running web site which can be reached below:

<http://www.dshs.state.tx.us/>

### HEALTH HUMAN SERVICE TRANSFORMATION OVERVIEW, NEWS AND UPDATES

[http://www.hhsc.state.tx.us/Consolidtion/Consl\\_home.html](http://www.hhsc.state.tx.us/Consolidtion/Consl_home.html)

The transformation of health and human service agencies under way in Texas will create a better way to protect public health and support Texans in need. Twelve agencies are being blended to create four departments under the direction of the Health and Human Services Commission. The transformed enterprise will improve client services, use every public dollar efficiently, and focus on real results and accountability. Our new organization will continuously strive to improve services and manage costs by listening to our partners and the people we serve and by putting innovation and new technology into practice.

A summary of House Bill 2292 is on this web site. Read and learn the changes being made by HB 2292.

### 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](mailto:NAMI_MIO@nami.org).

## PRESIDENT'S MESSAGE

*Carolyn E. Hamilton*

Thanks to one and all for the great covered dishes last month at our covered dish dinner. A special thank you to Sheila Anderson for supplying the desserts.

Emily Gierhart gave a testimony of her recovery and life that many more should have heard. Emily was GREAT! I especially liked it when she talked about the many diagnoses she had been given by doctors. Emily told the audience she calls her diagnosis "An Emily." As many of us learn by educating ourselves through the NAMI education courses, attending workshops at conventions, support groups and any other means of education, we learn that so many symptoms described in the DSM IV Manual. (Diagnostic and Statistical Manual of Mental Disorders)

Members Jacques Poisot and Victoria Hardin, former Secretary of NAMI West Houston, have moved to Austin. Both Victoria and Jacques became very active members after completing the Family-to-Family Education Course helping other families. They will certainly be missed.

Immediately, Bonnie Cord has been appointed as Secretary to finish the remaining 2004 term.

There are many opportunities for members and advocates to make a difference. If you see a need, help us find a way to fill it. NAMI West Houston is your affiliate. If you are not a member of NAMI West Houston and would like to help in some small way, please call me at (281) 579-3750 or email: [namiwesthouston@aol.com](mailto:namiwesthouston@aol.com) Also, you can visit our web site: [www.namiwesthouston.org](http://www.namiwesthouston.org)

### Mobile Community Outreach Team (MCOT) (713) 970-4663

The NeuroPsychiatric Center - **Mobile Community Outreach Team (MCOT)** is a mobile team designated to serve Harris County residents, children and adults who are: 1) in crisis 2) unable to access traditional, outpatient, psychiatric services, and 3) at risk for hospitalization.

**MCOT** will provide skilled, in-field assessment and treatment for those consumers who have problems in accessing community clinics. In-field mental health care requires special sensitivity to the relationship between mental illness, family and the environment. **MCOT** will work diligently to apply this special sensitivity in assessment, treatment and linkage to on-going services after the consumer in crisis is stabilized.

### MHMRA Helpline

(713) 970-7000

(713) 970-7070

(713) 970-4600

1-866-970-4770

**24 hours a day, 7 days a week**

## OUTREACH TO THE FAITH COMMUNITY

<http://www.faithnetnami.org>

*FaithNet NAMI* is a network composed of members and friends of NAMI (National Alliance for the Mentally Ill). It was established by NAMI Orange County in 1994 and co-sponsored by NAMI California on November 1, 1997 for the purposes of:

- (1) facilitating the development within the Faith Community of a non-threatening, supportive environment for those with serious mental illness and their families,
- (2) pointing out the value of one's spirituality in the recovery process from mental illness and the need for spiritual strength for those who are caretakers,
- (3) educating clergy and congregations concerning the biologic basis and characteristics of mental illness, and
- (4) encouraging advocacy of the Faith Community to bring about hope and help for all who are affected by mental illness.

*FaithNet NAMI* is not a religious network but rather an outreach to all religious organizations. It has had significant success in doing so, because all the major religions have the basic tenets of giving care and showing compassion to those in need.

*FaithNet NAMI* respects all religious beliefs. It also recognizes the expression by the majority of those affected by mental illness of the importance of the role of their spirituality in their ability to cope with having one of these no fault disorders themselves or in caring for an ill friend or family member.

*FaithNet NAMI* encourages all those who are affected by a mental illness, who are also members of a faith community, to talk to their clergy person about mental illness and the role their faith is playing in their lives. This is done for two purposes.

- (1) By telling their clergy person their story, he or she becomes personally involved and personal involvement is the best method of education. Understanding requires not only the attention of the ears and eyes, but also the heart.
- (2) By speaking to their clergy person, they have the opportunity to gain spiritual support. Sadly, at present, many shy away from speaking with their clergy person because of the effect the stigma of mental illness has had on their lives. They needlessly feel ashamed and fear rejection.

*FaithNet NAMI* is supported solely by donations specifically earmarked for this unique outreach of NAMI.

***The stigma of mental illness in society as a whole will not be defeated until the Faith Community understands mental illness and the value of each person with one of these "no fault" disorders.***

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## BOOK REVIEW:

### **In The Shadow Of Our Steeples**

*by Gunnar E. Christiansen, M.D.*

Stewart D. Govig, Professor of Religion at Pacific Lutheran University in Tacoma, Washington, has done it again. This is indeed pleasing for those of us who have gained so much insight and comfort from his book, *Souls are Made of Endurance: Surviving Mental Illness in the Family*.

*In the Shadow of Our Steeples: Pastoral Presence for Families Coping with Mental Illness* has a compelling message for the clergy and all members of the Faith Community who desire to show their love for those with mental illness and their families. Although it is written from a Christian perspective, it has value for those of every faith.

"Encouragement of a 'take charge' versus a 'reacting as best we can' attitude will minimize feelings of entrapment and helplessness." Stewart Govig

This carefully written book is an excellent guide to enable one to progress from the inactive state of sympathy to the active state of doing something. This latter state occurs when one can, at least partially, visualize what it is like to walk in the shoes of someone affected by mental illness, which can only come through understanding. Professor Govig enables this progression to a state of empathy through an orderly and interesting presentation, which ends with a section that first challenges the Faith Community to care and then proceeds to give guidance in doing so.

Professor Govig's attention to detail is exemplified in his care in giving credit for the contribution of others. This thoughtfulness has resulted in an excellent appendix, which is a great guide for further review.

I not only urge you to read this book yourself, but also to consider giving it to your clergy person. If you are able to give it as a gift, however, remember it is important to do so personally. It is one person touching one person that counts the most.

<http://www.faithnetnami.org/>

### **SIGN-UP for the STAR CENTER 'RECOVERING TOGETHER' NEWSLETTER**

The STAR Center has a quarterly e-newsletter, *Recovering Together*, that is co-produced with the Peer-to-Peer Resource Center at DBSA (Depression and 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](http://www.consumerstar.org)

## Focus On... Obsessive Compulsive Disorder

### **OBSESSIVE-COMPULSIVE DISORDER** **Study checks on 'checkers'**

*By Jamie Talan. Staff Writer, July 16, 2004*

Scientists say they have unearthed a clue to solving the mystery of obsessive-compulsive disorder – the trait characterized with humor on the TV detective series "Monk."

But OCD, as it's known, is rarely a laughing matter. Rather, its hallmarks are three behaviors: hand-washing, checking and hoarding, each carried out in the extreme.

Now a study points to an understanding of the condition – and goes on to say the different behaviors may actually represent distinctly different syndromes.

Scientists have demonstrated that each of the three behaviors activated a different brain region. Their study was published in the latest issue of the Archives of General Psychiatry.

They found that patients with hand-washing obsessions experienced activity in one brain region when presented with thoughts of dirty toilets and other germ-infested objects. The brains of patients characterized as "hoarders" experienced activity in a different brain region when presented with piles of papers.

And "checkers," who compulsively check on such things as whether appliances have been turned off, experienced activity in yet another brain region when shown pictures of kettles and irons.

The researchers expressed hope the findings could lead to new ways to understand and treat this condition, which is thought to affect from 1 percent to 3 percent of the population.

"Experts have always viewed OCD as one condition," said David Mataix-Cols of the Institute of Psychiatry in London.

He and his colleagues studied 16 OCD patients, 11 being treated in the London hospital, along with 17 healthy volunteers. The scientists conducted brain scans as the participants viewed pictures and were asked to think about specific events.

A simultaneous recording would instruct them to "Imagine touching the following objects" as pictures of dirty toilet bowls, money and a door knob appeared. "Imagine you forgot to turn off the following appliances," with pictures of a tea kettle, iron and car brakes. And "Imagine the objects belong to you but must be thrown away forever," with a display of stacks of newspapers and empty containers.

Washing, checking and hoarding provoked different brain circuits, and OCD patients showed more activity in these regions than did the volunteers. Interestingly, washing and checking triggered some overlapping activity, but the

checking behavior called on another region that regulates motor activity.

"It's an interesting study," said Dr. Eric Hollander, director of the Compulsive, Impulsive and Anxiety Disorders Program at Mount Sinai School of Medicine in Manhattan. Hollander's group is focusing on the role of repetitive behaviors in many psychiatric conditions, from autism to OCD to addictions.

The British team is hoping to scan a new group of patients - before and after treatments with medicines or behavioral therapy - to see whether the activity in any of the identified brain regions changes. Mataix-Cols said such a tool could help clinicians predict who will respond to specific treatments.

*Article from NAMI National Web site, [www.nami.org](http://www.nami.org).*

### **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 am to 4 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:

- Ø diagnosis and criteria
- Ø behaviors
- Ø psychobiology
- Ø childhood antecedents
- Ø impact on family and consumers
- Ø treatments
- Ø medication

#### **Program Overview:**

- Ø Psychobiology of Borderline Personality Disorder  
Glen O. Gabbard, MD
- Ø On The Way to Become Borderline: Developmental Trajectory, Risk and Protective Processes  
Efrain Bleiberg, MD
- Ø Treatment: Dialectical Behavior Therapy  
Kate Comtois, PhD
- Ø Psychodynamic Psychotherapy for Borderline Personality Disorder – Diana Diamond, PhD
- Ø The Pharmacotherapy of BPD – Learning to Deal with the Limitations – Kenneth R. Silk, MD
- Ø Morning Panel – Family and Consumer Perspectives
- Ø Afternoon Panel – Looking Forward

**[www.borderlinepersonalitydisorder.com](http://www.borderlinepersonalitydisorder.com)**

## KIDZ KORNER

### ANTIDEPRESSANT SEEN AS EFFECTIVE IN TREATMENT OF ADOLESCENTS

*By Gardiner Harris, New York Times, June 2, 2004*

PHOENIX, June 1 — In the midst of a worldwide debate on whether depressed children should be treated with antidepressant drugs like Prozac, a landmark government-financed study has found that Prozac helps teenagers overcome depression far better than talk therapy. But a combination of the two treatments, the study found, produced the best result.

The study, sponsored by the National Institute of Mental Health, was the first to compare psychotherapy and drug treatment for depressed adolescents. Statistically, the researchers found, talk therapy — in which a patient discusses problems with a therapist — was by itself no more effective in reducing the depression than treatment with placebos. But when combined with drug treatment, psychotherapy appeared to provide added benefit and to reduce the risk of suicide.

The findings are likely to reassure psychiatrists, pediatricians and others who increasingly prescribe antidepressants to teenagers and children. Millions of young people take the drugs.

Experts said that the study was notable for its size and for the fact that it was carried out without financing by drug manufacturers. Data on the effects of antidepressants in adolescents is in short supply. Most studies of the question have been small trials sponsored by pharmaceutical companies and have failed to show that the drugs are effective for depressed teenagers.

"This study should put to rest doubts about whether these drugs work in teenagers with severe depression," said Dr. Graham Emslie, a professor of psychiatry at the University of Texas Southwestern Medical Center and an author of the study, which was presented here on Tuesday at a meeting of psychiatric drug researchers. Still, the findings are unlikely to resolve the controversy over whether Prozac and similar drugs lead a small number of teenagers and children to become suicidal.

Such concerns led the Food and Drug Administration to warn earlier this year that patients taking the drugs should be watched closely for signs of suicide or other harmful behavior in the first weeks of therapy. The agency is reanalyzing suicidal events that occurred during drug-company trials of antidepressants in children and teenagers. British drug regulators have banned the use of all but Prozac in those younger than 18.

The government study, called the Treatment for Adolescents with Depression Study, involved 439 youths ages 12 to 17 who were suffering from moderate to severe depression. The adolescents were randomly assigned to be treated for a period

of 36 weeks with either Prozac, the antidepressant drug made by Eli Lilly & Company; a form of talk therapy known as cognitive behavioral therapy; placebo pills; or a combination of Prozac and talk therapy.

The researchers collected data on the subjects for a year, but have only analyzed information from the first 12 weeks so far. Of the youths recruited for the study, 378 completed the first 12 weeks of treatment. Their mean age was 15. Depression levels were measured using several common psychological scales.

Using one measurement scale, the researchers found that after 12 weeks, 71 percent of the subjects who received Prozac and talk therapy responded well to treatment, compared with 61 percent of those who received Prozac alone, 43 percent of those who received talk therapy alone and 35 percent of those who received a placebo treatment. By another measure, talk therapy alone fared no better than treatment with placebos.

The researchers also found that patients became significantly less suicidal, no matter which treatment they were given. No patient committed suicide during the trial. But the risk of a suicide attempt among the patients given Prozac was twice that of those who did not, the study found. There were five suicide attempts among those given Prozac and just one among other participants.

Dr. John March, a professor of psychiatry at Duke University and the study's lead investigator, said that the findings showed Prozac's benefits for depressed teenagers and children far outweighed its risks. "The take-home message is that these adverse events are extremely rare," he said. Dr. March acknowledged, however, that the controversy about suicide and antidepressant therapy was far from resolved. "We're all holding our breath to see what the F.D.A. is going to do," he said.

Psychologists, who are often the providers of talk therapy and who cannot prescribe drugs, are likely to be disappointed in the finding that cognitive behavioral therapy was found to be little better than a sugar pill. A recent major trial comparing drugs with talk therapy in children with attention-deficit disorder also showed that the drugs worked better.

But the findings of another study presented on Tuesday suggest that for some conditions, talk therapy may be more effective than antidepressants. That study compared cognitive behavioral therapy with Zoloft, an antidepressant similar to Prozac that is made by Pfizer, in teenagers who suffered from obsessive compulsive disorder. Those who received the talk therapy, the study found, improved more than those who were treated with the drug.

Dr. Thomas Insel, director of the National Institute of Mental Health, said he was pleased the results of the depression study were so clear. The institute spent \$17 million over six years financing the trial. "The most striking thing about the study is that, in all groups, there was a dramatic decrease in the amount of suicidal thinking," he said, suggesting that all the therapies were protective.

Dr. David Brent, a professor of psychiatry at the University of Pittsburgh not involved with the study, suggested that another form of talk therapy called interpersonal therapy might have fared better than cognitive behavioral therapy.

In interpersonal therapy, clinicians focus on a patient's relationships with peers and family members and the way they see themselves. In cognitive behavioral therapy, clinicians teach patients to try to think more positively and do things that make them happy.

Dr. Brent said it was good news that drugs produced better results than talk therapy "because it's hard to get people into cognitive therapy anymore. They just don't want to take the time."

The researchers said they plan to publish the preliminary results of the study this summer, with further analyses later.

Dr. Insel said that the most useful information from the study is yet to come. "We need to know which treatments work best for what kinds of kids and who may be the most vulnerable to the side effects," he said. Those sorts of answers would come from more data analysis, he said.

"We're going to get a lot out of this study that the public really needs to know right now," Dr. Insel said.

### **UPDATED NAMI CHILD & ADOLESCENT ACTION CENTER RESOURCE GUIDE AVAILABLE**

The Child and Adolescent Action Center resource guide for families, caregivers and youth has been updated. The resource guide includes a list of books and publications that relate to children and adolescents living with mental illnesses. Look for lots of new titles in the updated guide. Please note that NAMI is no longer selling books available from the trade press.

Please check your local bookstores or online for books included in the guide. NAMI continues to offer resources, pamphlets, reports, and fact sheets through their web site ([www.nami.org](http://www.nami.org), click on NAMI Store and access Books and Booklets) and the NAMI Helpline (1-800-950-6264). Look for the UPDATED VERSION of NAMI's Resource Guide for Families, Caregivers and Youth in the Child and Adolescent section of the NAMI web site at [www.nami.org/youth](http://www.nami.org/youth). For more information contact Belen Assusa at 703-600-1110.

### **LUPE MORIN RECEIVES THE NAMI NATIONAL MULTICULTURAL OUTREACH AWARD**

This award is given to an individual or affiliate that has done an outstanding job in reaching out to diverse communities.

NAMI San Antonio, Lupe's home affiliate, nominated her for this Multicultural Outreach Award. The award will be given to Lupe at the NAMI National Convention.

Congratulations to Lupe from all of us!!!!

## **MENTAL ILLNESSES BRING DETENTION FOR SOME YOUTHS**

Report finds many juveniles are  
'warehoused' in facilities

*By Erica Werner, Associated Press, July 7, 2004*

WASHINGTON -- Thousands of mentally ill youths are unnecessarily put in juvenile detention centers to await mental health treatment, a House committee reported Wednesday.

Centers usually are not equipped to treat mental illness, and in some cases the youths have not been charged with a crime, said the report by the Democratic staff of the House Government Reform Committee.

"The use of juvenile detention facilities to house youth waiting for community mental health services is widespread and a serious national problem," said the report, which found that two-thirds of juvenile detention facilities hold youths who are waiting for mental health treatment. "This misuse of detention centers as holding areas for mental health treatment is unfair to youth, undermines their health, disrupts the function of detention centers and is costly to society."

The report was prepared at the request of California Rep. Henry Waxman, the House Government Reform Committee's top Democrat, and Sen. Susan Collins, R-Maine, chairwoman of the Senate Governmental Affairs Committee.

"Thousands of youth who are in need of community mental health services are stuck in jail until these services become available," Waxman said. "This is deplorable. Congress must ensure that our children have access to the mental health care that they need."

Collins scheduled a hearing on the issue Wednesday in which Waxman was testifying along with experts on mental health law, youth behavior and juvenile detention.

The report identified 698 juvenile detention facilities in the United States, defined as correctional facilities holding people age 21 and younger awaiting charges or trial or recently tried. Seventy-five percent of the facilities, or 524, responded to the survey, including facilities from every state but New Hampshire. The survey covered six months, Jan. 1, 2003, to June 30, 2003.

The report did not attempt to determine why so many youths who needed mental health treatment were being put in juvenile detention but said administrators blamed the lack of other treatment facilities.

One detention center administrator from Louisiana wrote, "We appear to be warehousing youths with mental illnesses due to lack of mental health services."

***October is Mental Illness Awareness Month  
National Depression Screening Day  
October 7, 2004***

# Delivering on the Promise

**NAMI Texas  
Convention 2004**  
  
**October 14-16, 2004**  
**OMNI San Antonio**



**Thursday, October 14, 2004**

3:00 pm – 6:00 pm Registration and Exhibit Setup  
7:30 pm Coffee and Dessert

**Friday, October 15, 2004**

7:00 am – 5:00 pm Registration/Exhibits  
7:00 am – 8:00 am Continental Breakfast  
8:30 am – 9:30 am Opening Session  
9:30 am – 12:15 pm Workshops  
12:15 pm – 1:45 pm Keynote Luncheon  
2:00 pm – 5:30 pm Workshops  
6:00 pm Reception

**Saturday, October 16, 2004**

7:00 am – Noon Registration/Exhibits  
7:00 am – 8:00 am Continental Breakfast  
8:00 am – Noon Voting  
8:00 am – 9:00 am Regional Caucuses  
9:00 am – Noon Workshops/Closing Session  
1:30 pm – 4:00 pm Board Meeting

- CEU's will be available for LPC's and LMSW's
- **Book Signing:** "The Suicide Lawyer," a look at suicide through the eyes of two Dallas attorneys
- Many sessions available in Spanish
- Interpreters available

<http://texas.nami.org/Convention.htm>

**Hotel Information:**

OMNI San Antonio  
9821 Colonnade Blvd.  
San Antonio, TX 78230  
Phone: 210-691-8888  
Fax: 210-691-1128

Identify yourself as attending the NAMI Texas Convention in October.

Hotel cut-off date is September 27, 2004



**Hotel Rates**

\$80.00/night.....single  
\$100.00/night.....double  
\$110.00/night.....triple

**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**

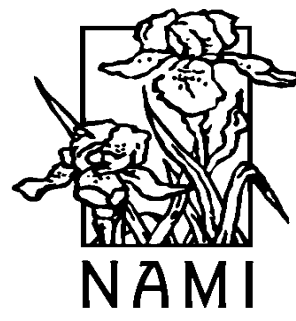
**Make checks payable to MGA, Inc./NAMI Texas**

**Register On-line at [www.mga-inc.com](http://www.mga-inc.com)**

**click on Registration On-line**

**enter NAMI Texas and click submit**

**Credit cards accepted On-line Only.**



**NAMI West Houston Affiliate News & Announcements**  
**September 2004**

**WEB SITES**

[www.nami.org](http://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](http://www.namiwesthouston.org) - NAMI West Houston – information on meetings, support groups, education classes and current events.

[www.dbsahouston.org](http://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://familyaware.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 their 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.mcmanweb.com> - McMan’s Depression And Bipolar Weekly Newsletter

[www.schizophreniadigest.com](http://www.schizophreniadigest.com) - Schizophrenia Digest

[www.borderlinepersonalitydisorder.com](http://www.borderlinepersonalitydisorder.com) - National Education Alliance for Borderline Personality Disorder (NEA-BPD)

<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 web site 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](http://www.txhealthpool.org) or [texasriskpool@cbbstx.com](mailto:texasriskpool@cbbstx.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](http://www.reintegration.com) The Center for Reintegration

[www.capitol.state.tx.us](http://www.capitol.state.tx.us) - Texas Legislature online

[www.senate.state.tx.us](http://www.senate.state.tx.us) - Texas State Senate

[www.house.state.tx.us](http://www.house.state.tx.us) - Texas State House of Representatives

**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 all names above.

Address: \_\_\_\_\_

\_\_\_\_\_, State: \_\_\_\_\_

Zip Code: \_\_\_\_\_ - \_\_\_\_\_

Home Phone: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Work Phone: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Email: \_\_\_\_\_

NEW     RENEWAL

- |  |          |
|--|----------|
| <input type="checkbox"/> Individual/Family Membership Dues | \$ 25.00 |
| <input type="checkbox"/> Consumer or Limited Income        | \$ 5.00  |
| <input type="checkbox"/> Supporter                         | \$ 50.00 |
| <input type="checkbox"/> Donation                          | \$ _____ |
| <input type="checkbox"/> 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”? \_\_\_ Yes \_\_\_ No

**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, Phone: (281) 579-3750*

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Fifi Wetherhead, First Vice President  
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**NAMI West Houston Affiliate News & Announcements**  
**September 2004**

**EDUCATION CLASS INFORMATION**

**Family-To-Family Education Course – September Class starting on September 16, 2004.**

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

Register now for September and future classes.  
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, and 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 Disorder) Support Group meets the 2<sup>nd</sup> and 4<sup>th</sup> 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.

**NAMI MATERIALS AVAILABLE IN CHINESE**

As part of NAMI's commitment to provide educational resources for consumers and family members from diverse cultures, NAMI has developed educational materials in Chinese. To access these resources please visit the NAMI web site at:  
**[http://www.nami.org/Content/ContentGroups/MIO/Chinese\\_Language\\_Resources.htm](http://www.nami.org/Content/ContentGroups/MIO/Chinese_Language_Resources.htm)**

**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 Kimberley 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 2<sup>nd</sup> and 4<sup>th</sup> Thursday nights of each month, 7:00 – 8:30 p.m. at Grace Presbyterian Church, in the Learning Center, Rm. 204, 10221 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.