



# 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~

June/July 2005

## NO JUNE MEETING

As the NAMI National Convention is in June this year and would conflict with the June Monthly Meeting, we will not meet in June; however, we will meet in July.

## JULY MEETING

### "TALES OF THE NAMI CONVENTION"

**DATE:** Monday, July 18, 2005

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

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

### *President's Message*

**Bonnie Cord**

Our NAMI West Houston "Walk Into Sunshine" was just that – a walk in a beautiful park with wonderful sunny weather. Over 200 people participated. The relaxed feeling and the staggered starts enabled people to walk and talk at their leisure. We had a wonderful time.

We are very grateful to our ten sponsors for helping to make this a success. The walk raised \$4500 for our education, support, and other volunteer efforts. Our generous sponsors were, in order of participation: **The Menninger Clinic, Cypress Creek Hospital, MERC Medical Supply Co., Inc., The Houston Choral Society, Cypress Fellowship, RE/MAX, Home Health Services, Inc., Prestige EMS L.L.C, Your Quality Healthcare, and SABIC Americas, Inc.** Thank you all so much for your generosity.

NAMI West Houston also is grateful to those who contributed refreshments: **Starbucks at Town and Country, HEB West Houston Stores, Randalls West Houston Stores, Walmart on Hammerly, Suna Wilson and Traci Cooper.**

Finally, we would also like to recognize the Walk Team that worked so tenaciously to make this happen. Led by **Fifi Wetherhead**, they are: **Eileen Baker, Tami Barugh, John Barugh, Alice Brink, Sharyn Coffey, Sara Frost, Linda Green, Robin Griffith, Kathy Kinsey, Anne Krum, Jean Lopez, Jean Rainoshek, Dena Napolitano, Vi Napolitano, Donna Shasteen, Joan Svetek, and Kelly Walberg.**

Thank you all so much. It was a wonderful event.

Bonnie

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

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## 2005 NAMI NATIONAL CONVENTION

June 18-21, 2005

### Austin Hilton 1-800-HILTONS

You may register on line. For complete convention information and to register visit [www.nami.org/convention](http://www.nami.org/convention).

The Austin Hilton is the convention headquarters hotel. Rooms are \$112/single and \$122/double (plus room tax). When making reservations, be sure to tell them you are attending the NAMI Convention. Please check the web site for other suggested hotels.

### ASIAN AMERICAN AND PACIFIC ISLANDER MENTAL HEALTH SYMPOSIUM

The NAMIMulticultural Action Center is proudly sponsoring the Asian American and Pacific Islander Mental Health Symposium, which will be held as part of the NAMI National Convention on Sunday June 19th, from 9AM-2PM.

*Registration is free for NAMI members and separate from convention registration.* There are also a limited number of scholarships available to cover partial travel costs. This groundbreaking event is a not-to-be-missed opportunity to address mental health issues that affect this community, highlight major research findings, and network with Asian American and Pacific Islander leaders in the mental health field. For more information, or to register, please contact [MACenter@nami.org](mailto:MACenter@nami.org)

### TRACK ON SPIRITUALITY AND FAITH IN COMMUNITIES OF COLOR FEATURED

The NAMI Multicultural Action Center will also be sponsoring an African American track at the NAMI National Convention in Austin, TX. on Monday, June 20th from 2:30-6:30PM, entitled: "Spirituality and Faith in Communities of  
(continued next page)

*(NAMI Convention Continued)*

Color: A Family Perspective." This event will bring together African American faith community leaders and families with the goals of educating and building trust in faith communities, addressing stigma, shame and discrimination, speaking to the role of the faith community in healing and providing tools and guidelines to implement programs. For more information, please contact [MACenter@nami.org](mailto:MACenter@nami.org)

### **Barnes & Noble Father's Day Gift Wrap, June 18, 2005**

NAMI West Houston will have a table for Father's Day gift wrap at the Barnes & Noble West Oaks and Voss store locations.

Volunteers are needed to gift wrap for a two-hour period. The hours available are noon until 6:00 pm. Come out have fun and meet people for NAMI. Call Eileen Baker at (281) 304-7704 if you would like to help.

### **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 Eileen Baker (281) 304-7704.

## **NAMI WALKS MAY 2006 STAY TUNED!!!!!!**

### **Mobile Community Outreach Team (MCOT) (713) 970-7520**

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**

### **APARTMENT COMPLEX FOR MENTALLY ILL OPENING**

*By Kelly Hawes, Correspondent*

ALVIN — For Brock Westover, the opening of an apartment complex bearing his name will be the realization of a longtime dream. Some might even call it an obsession.

"It really was one man's determination that made this happen," said Carolyn Karbowski, executive director of NAMI Gulf Coast, the local affiliate of the National Association for the Mentally Ill.

Westover, a resident of Santa Fe, is secretary of NAMI Gulf Coast's Galveston County chapter, and he's a member of the executive committee for the regional organization. He's also involved in the county's homeless task force.

Karbowski said Westover, a retired engineer, had been talking for years about the scarcity of housing for the mentally ill, and his spiritual adviser, Bob Flick, now the priest at St. Michael's Episcopal Church in La Marque, kept suggesting that he do something about it.

"I feel like God called me to do this," said Westover, himself a member of All Saints Episcopal Church in Hitchcock.

Flick is now a member of the board that will operate Westover Cove Apartments. Like many of the volunteers involved in NAMI, Westover has a family member struggling with mental illness. "I have a son I'm worried about," he said.

Westover's 41-year-old son has been diagnosed with Asperger Syndrome, a disorder similar to autism. Those who struggle with the syndrome have a tendency toward obsession. Westover's son, for example, is compulsive about his interest in musical groups. "The things he's interested in, he knows a lot about," Westover said.

Westover said his son might well apply for the complex in Alvin, but whether he'll qualify is another question. "He might need a place with more supervision," Westover said.

The complex for people with chronic mental illness is on Mustang Road in Alvin, about a half mile from NAMI Gulf Coast's Alvin office. The project, funded by the U.S. Department of Housing and Urban Development at a cost of more than \$1 million, was inspired by a project in Tomball, and it will be managed by the same company, San Antonio-based Domicile Inc.

"We had visited the complex in Tomball, and we really liked the way it was run," Karbowski said. Residents of Westover Cove will pay about 30 percent of their monthly income in rent, and the rest will be covered by HUD. The complex is near public transportation as well as the Gulf Coast Center, the local mental health clinic. It is also close to grocery stores, shopping centers and Alvin Community College.

"We believe the project will reduce problems related to homelessness in our community," and encourage mental health organizations to invest in Alvin," Karbowski said.

Still, there will be many more the complex won't be able to help. There's a long waiting list for the facility in Tomball, Westover said, and the complex in Alvin is likely to have a waiting list, too. Karbowski predicted there would be more than 100 applications for the 14 apartments available.

"We've already had a lot of calls," she said. Karbowski said the complex was the culmination of a lot of effort. "If we'd known in the beginning how much work it was going to be, I don't know whether we could have handled it," she said.

Now, though, the end is in sight, and Westover is already beginning to think about the next project. The organization might consider erecting a complex on a site owned by the Gulf Coast Center in southern Brazoria County, but Westover said NAMI would also be looking for sites on the Galveston County mainland, perhaps in Texas City.

NAMI Gulf Coast will accept applications from prospective tenants in its offices at 319 E. South St. in Alvin from 10 a.m. to 4 p.m. every Wednesday through May 11. Residents of Galveston and Brazoria counties are eligible to apply. To find out whether you meet the requirements, call (888) 554-2264.

### A GIRL CALLED MADDIE

*By Nancy M. Keener, a board member of the Alliance for the Mentally Ill in Cuyahoga County.*

*Reprinted from the Plain Dealer Newspaper, June 15, 1997*

My first encounter with Madeline was one that still clings sweetly to my memory after almost a decade.

She appeared at my door one cold and snowy Sunday with a checklist clutched in her mittens, knit cap scrunched down over her ears and a big grin on her freckled face. This small, smiling imp instantly reminded me of my own dear Annie and I felt a tender little lump growing in my throat.

"Hi," she said. "I'm Maddie and I came to sell you lots of Girl Scout cookies." Now how could I resist that positive attitude, those big green eyes and hair the color of bittersweet falling out from under her cap? I'm usually a pushover for such candidly innocent kids, and if memory serves correctly, I ordered more cookies than necessary that day. "Oh, wow, thanks," she said, then bounced out of the door and on to her next conquest.

Madeline and her family had moved into the pretty colonial across the way on our cul-de-sac the previous summer. Naturally, I had noticed her long red hair flying in the breeze like a banner as she rode her bike around and around the circle with the other children. The vision still brings a smile to my face.

As she grew, Madeline came frequently to our door, sometimes to sell candies or cards for band boosters, and sometimes to collect for her brother's paper route. Over the years I was conscious and somehow a little proud of her progress. I followed her growth through the local newspapers and the neighborhood association newsletters. She seemed to be everywhere and excelled at so many activities at her school. I always recognized that broad impish grin smiling out from

the papers' photos as she accepted awards or participated in some local event. I knew her parents must be very proud of her.

My daughter Annie had lived her young years with gusto and a genuine sense of wonder. She, too, had sold Girl Scout cookies, sung in the choir and loved to dance and go camping. Annie was a social being who always had a few friends in tow at our house after school or at after-school activities. Like Maddie, Annie's freckled face was usually busy smiling, and her hair was the color of bittersweet.

Twenty years ago, when Annie was 19 and filled with hopes and dreams, she was diagnosed with schizophrenia and our world came tumbling down. Annie suffered through the classic symptoms of this rotten illness: the hallucinations, the delusions, the paranoia and the unspeakable terror. And we, her family, suffered through the agonizingly classic phases: the denial, the blame, the anger, the guilt and, finally, the acceptance.

Ironically, as we learned more about the illness, acceptance became the hardest one to deal with because there is such a finality to it. It means you cannot do anything about it. It means you have lost your precious child to some ugly, mysterious "something," and you feel betrayed and powerless.

The journey to reach this reluctant acceptance was long and difficult, but eventually I found a group of parents and families in the same terrible predicament. With some small sense of relief to know I was not alone, I began to feel the burden lifting a bit. I've reached an uneasy truce with this enemy who stalked and captured my child, but I shall always resent it.

Annie has been taking Clozapine for about three years and her symptoms have almost become a thing of the past. Like so many other families of the mentally ill, however, I seem to be forever just waiting for "the other shoe to drop," and I think I just heard one fall.

Yesterday I attended my usual family support group and was immediately met with a terrible *deja vu*. I had met Madeline's parents over the years on various occasions — at block parties, walking our dog, in the supermarket — but we remained just acquaintances and had never become close friends. My children are grown and on their own and Madeline's is a young family, so we had little in common except for our neighborhood. But when I saw my distraught neighbors at this meeting and heard their anguish and concern for Maddie's newfound madness, I wept again for my Annie and for all the wonderful young people and their potential, lost to this horrible illness. Now, sadly, we have more in common than we could have imagined.

Acceptance has been a bitter pill for me to swallow, but I hope that I can comfort them with the knowledge that the pill may not be as bitter as it was 20 years ago. New research, new treatments and the constant flow of new medications have made a difference in our lives. Maybe the pill will only be bittersweet for them.

**NAMI West Houston**  
**P.O. Box 218989**  
**Houston, TX 77218-8989**

Return Service Requested

**JULY MEETING:** July 18, 2005

**PROGRAM:** "Tales of the NAMI Convention"

**TIME:** 7:00 pm Refreshments/Announcements

7:30 pm Program

**LOCATION:** Atria Assisted Living - Westchase  
11424 Richmond Avenue

**NAMI West Houston Affiliate News & Announcements**  
**June/July 2005**

**WEB SITES**

[www.nami.org](http://www.nami.org) - NAMI National web site

<http://namitexas.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** is a self-help non-profit organization serving individuals with clinical depression or bipolar disorder (manic-depression) as well as their families and friends. (713) 528-1546

<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 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.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 go 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](http://www.txhealthpool.org) or [texasriskpool@bcbstx.com](mailto: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.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: \_\_\_\_\_, 2005

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,*

**Officers:**

*Bonnie Cord, President*

*Fifi Wetherhead, First Vice President*

*Vi Napolitano Second Vice President*

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**NAMI West Houston Affiliate News & Announcements**  
**June/July 2005**

**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.

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

**Visions for Tomorrow Education Course**

*This is a ten to 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*

**OCD SUPPORT GROUPS**

An OCD (Obsessive/Compulsive) 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 Jan at (281) 933-3722 for more details.

**New Support Group – second and fourth Wednesdays of the month, 7:00 - 9:00pm.** Westside Tennis Club, 1200 Wilcrest. Linda McInVale; 281-541-6255. A doctor from Menninger comes every fourth Wednesday.

**ADDA NW HOUSTON CHAPTER**

The North West Attention Deficit Disorder Association – South Region Chapter Meets:

Time: **Tuesday (second of each month) 7:00-9:00 p.m.**  
Place: Foundry United Methodist Church, 8350 Jones Dr., Rm. 205

Contact: Beth Henagan (281) 855-4478 or visit the ADDA-SR website at <http://www.adda-sr.org>

**NAMI Ft. Bend FAMILY SUPPORT GROUP**

Every 2nd and 4th Thursday of each month  
TEXANA MHMR - 7:00 to 8:30 PM  
4910 Airport Avenue, Classroom A Building C  
Rosenberg, TX. 77471  
For more information: (281) 494-1798, (281) 980-6222, or 281 533-9887

**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 Wednesday 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 Wednesday of each month), 7:00-8:30 p.m.**

Place: Bear Creek Community Center  
Hwy 6 & Patterson Rd.

Contact: Fifi Wetherhead (713) 465-8518

Time: **Thursday (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> Thursday nights of each month, 7:00 – 8:30 p.m.** at The Well which is located near Grace Presbyterian Church, 204 Ella Lee. Call Bonnie at (713) 984-2538 for more information.

**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.