



NAMI Metropolitan Houston

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

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

NAMI METROPOLITAN HOUSTON *President’s Message Carolyn E. Hamilton*

Our 2006 NAMIWalks goals were to double our education classes and support groups plus hire staff to move NAMI Metropolitan Houston, which includes all local member affiliates and their chapters, to the next level of a grassroots non-profit organization. We are fulfilling our goals as follows:

On behalf of the Board of Directors I would like to announce the addition of two professional part-time consultants.

Leslie Gerber will offer expertise in program administration as managing director. Gerber, former director of public policy for the Mental Health Association of Greater Houston, has a background in grassroots advocacy, program development and management and media relations. She helped develop a prevention program in several HISD elementary schools, advocated for systems of care reform in Harris County and managed the legislative agenda for the Mental Health Association of Greater Houston. She is a former reporter with the Houston Chronicle, where she was a Rosalynn Carter fellow in mental health journalism.

Ashley Montondon will serve in the capacity of program coordinator, where he will manage the new Peer-to-Peer program and coordinate the educational
Continued on page 3



HOUSTON NAMIWalks FOR THE MIND OF AMERICA Saturday, May 5, Sam Houston Park Check in time: 7:30 a.m.

NAMI Metropolitan Houston is sponsoring its **second** Walk in beautiful downtown Houston on Saturday, May 5, 2007, at the Sam Houston Park.

Jim McIngvale (‘**Mattress Mac**’) has agreed to join the NAMI Metropolitan Houston Walk as Business Team Chair. **Susan Raffle** is the Family Team Chair.

NAMIWALKS for the mind of America is a fundraising and awareness-raising component of NAMI’s Campaign for the Mind of America. Launched in 2003 with 12 pilot sites, the NAMIWALKS program has grown to include nearly 70 communities around the country in 2007, including right here in **Houston, Texas**. It is expected that these walks will raise approximately 7 million dollars in 2007.

At the beginning of February, NAMI Metropolitan Houston had over **\$28,075 in sponsorship commitments and a success rate over 70 percent**.

Thank you to **Bristol-Myers Squibb, The Tom and Carolyn Hamilton Family Foundation, FMC Technologies, The Menninger Clinic, Janssen, United Behavioral Health, Woodway Financial Advisers, Stephanie and Roger Matlock, Amerigroup Texas, Inc., Floyd and Evelyn Johnson, Mary Krommes Robins and Dr. Meyer L. Proler & Assoc., PA.**

All walkers are encouraged to reach out to family, friends, co-workers and business associates to raise support for their participation in the Walk.
Continued on page 2

March/April 2007 In this Issue

President’s Message	1
Affiliate and Chapter Monthly Meetings.....	2
NAMI Affiliate and Chapter News	3 & 4
Report on the Mental Illness Forum.....	4
2007 NAMI National Convention Information	4
E. Fuller Torry write: Cats and Schizophrenia	5
Different Families, Different Characteristics – Different Kinds of Bipolar Disorder?	5
Book Review: Life In Color	6
Gathering Place Annual Spring Luncheon.....	7
Art Contest for Children	8
Education Courses/Web Sites	9
Support Groups.....	10
Membership Form	11

AFFILIATE AND CHAPTER MONTHLY MEETINGS (Open to the Public)

NAMI Metropolitan Houston Area Chapter Meetings: Contact: 713-970-3455 or local chapters

Bay Area

3rd Tuesday of each month at 7:00 p.m.
 United Way Service Center, 1300 Bay Area Blvd. at Saturn Drive, 2nd Floor, Clear Lake 77058
Contact: Eileene Chappelle at 281-922-7032 or recasail@sbcglobal.net

Mar. 20: *To be announced*
Apr. 17: *To be announced*

Central (formerly Houston)

3rd Thursday of each month at 6:00 p.m.
 Community National Bank, 5123 Bellaire Blvd, Bellaire 77401
Contact: Linda Lamb at llamb53@hotmail.com or Evelyn Johnson at 713-729-1242

Monthly Meeting Schedule:
 6:00 p.m. – Consumer and Family Support Group Meetings ; 7:30 p.m. – Speaker/Program
Mar. 15: *To be announced*
Apr. 19: *To be announced*

Northeast (formerly Humble)

4th Tuesday of each month at 6:30 p.m.
 Second Baptist Church, North, 22770 Highway 59 North, Building A, Room 306, Kingwood 77339
Contact: Gwen Coleman, 281-459-1518 or gcoleman2@sbcglobal.net

Monthly Meeting Schedule:
 6:30 p.m. – Refreshments; 7 P.M.–speaker/program;
 8:00 p.m. – Consumer and Family Support Group meetings

Mar. 27: Dr. Charles Campbell will speak about Childrens' Issues
Apr. 24: Carolyn Dunn will speak about Loss Support Groups
May 22: Camille Adams, Continuum HealthCare

Northwest (formerly Tomball)

2nd Tuesday of each month at 7 p.m.
 Tomball Community Center, 221 Market Street, Tomball 77375
Contact: 281-376-5368

Mar. 13: Support Group/Focus on Advocacy
Apr. 10: Camille Adams, Continuum Health Care

NAMI Ft. Bend

1st Thursday of each month at 7:00 p.m.
 St. Laurence Catholic Church, 3103 Sweetwater Blvd., Religious Education Ctr., Small Gathering Room, Sugar Land 77479
Contact: Larry Davis, 281-494-5193 or namifortbend@alltel.net

Mar. 1: Jennifer Urbach, Depression and Bipolar Support Alliance (DBSA)
Apr. 5: *To be announced*

NAMI West Houston

3rd Monday of each month at 7:00 p.m.
Change of location in February. Please see the schedule below for location information.

Contact: Bonnie Cord, 713-984-2538 or bccord@swbell.net - Website: www.namiwesthouston.org

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

Mar. 19: Cyberonics, "Vagus Nerve Stimulation Therapy for Treatment Resistant Depression."
Apr. 16: Barbara Dawson, NeuroPsychiatric Center, MHMRA Harris County

Note: Now meeting at Memorial Drive United Methodist Church, The Connection Center, 13194 Memorial Drive, Houston 77024. The Connection Center is not at the main church site. It is between Beltway 8 and Wilcrest on the far left of the strip center with TJ MAXX.



Continued from page 1
You can support the Walk in a number of ways:
finding sponsors, raising donations, sponsoring a walker, building a team, walking or volunteering.
 Log on www.nami.org/namiwalks/tx/houston and follow the instructions to donate, build a team, join a team, or just find out what is going on.

A Kick-Off Luncheon for sponsors, team captains and others who are interested in forming teams will be held on Wednesday, March 14th at the Houston City Club. To register or for further information, contact Tom Hamilton or Mary Robins, NAMIWalks Co-Managers, at 713-827-2800 or namimetrowalks@sbcglobal.net.

AFFILIATE AND CHAPTER NEWS

NAMI METROPOLITAN HOUSTON

President's Message Cont. Carolyn E. Hamilton

activities, including Family-to-Family and Visions for Tomorrow classes. Montondon has extensive experience in case work and counseling. He was a case manager for a foster care agency in Northern Virginia. As a juvenile probation officer in East Texas, he helped manage detention and alternative school programs and counseled troubled youth. He began his career as a program coordinator with Head Start. A graduate of Lamar University, Montondon has served as a mentor support group facilitator in various programs. He currently spends part of his day raising his two children.

NAMI Metropolitan Houston - Northwest

Announcement: Weekly support groups have been cancelled until further notice due to lack of attendance. Please call the support group coordinator if you are interested in reinstating a support group in Tomball. Contact Lana Hand at 281-376-5368.

Noteworthy News: Kathleen Gosselin and Lana Hand are working with Vicki Thibodeaux, Crisis Intervention Counselor for Eisenhower High School in Aldine ISD, to offer an in-school support group for troubled teens. Many details of this grass roots effort are still being determined, but the potential is far reaching.

Family-to-Family Class: Kathy Busby and Terri Adam are currently co-teaching a wonderful group of students. We want to thank them for their weekly participation and encourage them to continue to share their experiences with us each week. Graduation is scheduled for Monday, April 2, but we hope to form a family support group so we can continue to support each other and advocate for our common cause.

Thank you: Many thanks to Jack Callahan of Advocacy, Inc. for his very educational and enlightening presentation to our group in February. It is always a pleasure to have such a caring and warm, personable speaker who is knowledgeable from so many perspectives. We're already looking forward to your next visit!

NAMI West Houston

Important Reminder – The location of our monthly programs is now at Memorial Drive United Methodist Church, The Connection Center, 13194 Memorial Drive, Houston 77024 (on the north side of Memorial Drive in the shopping center with TJMAXX - between

Beltway 8 and Wilcrest). Although we are no longer meeting at Atria Assisted Living, we are very grateful for their support of our programs for so many years.

Many thanks to the volunteers who gave their time at the busy Christmas season to gift-wrap at Barnes & Noble for NAMI West Houston. Not only did they raise \$1000, but they also raised awareness of mental illness in our community. Thank you, Pat Alderfer, Eileen Baker, Debby Brown, Katy Brown, Bonnie Cord, Jo Rea Crofton, Popy Goetchius, Kathy Kinsey, Amandalyn Lemire, Haruko Lyons, Barbara McFatter, Dena Napolitano, Vi Napolitano, Shirley Nicola, Angela Ramirez, Stephanie Short, Debbie Shreve, Rose & Dial Singleton, Ron & Diane Walberg, and Fifi & Richard Wetherhead.

Thank you to those of you who responded to our survey about what speakers you would like to hear at our monthly programs. We are now booking speakers in accordance with your responses.

A new Family-to-Family Class is beginning on March 14th and is filling up. To register, call 713-893-2493.

Our Spanish Speaking Family Support Group has moved to St. Cecilia Catholic Community, 11720 Joan of Arc, Houston 77024. It meets at the same time, 7:00-8:30 p.m., on the Fourth Wednesday of the month. Call Sara Frost 713-206-2807 or Fifi Wetherhead 713-465-8518 for more information.

Check out our updated website at www.namiwesthouston.org. Thank you to Eileen Baker, Sharyn Coffey and Vi Napolitano who have committed to keeping the site up-to-date for us – and to Kathi Gray for training them.

Have a wonderful spring!

Bonnie Cord, President

NAMI Ft. Bend

With every New Year comes an opportunity for each of us to make new commitments and new hopes. Here are some "resolutions" we may consider:

1. I commit to take more time to do the things I enjoy doing most this year.
2. I commit to establish and stick to a beneficial exercise program such as walking, jogging, riding a bike, etc.
3. I commit to religiously take my prescribed medications in accordance with the instructions of my doctor.

4. I commit to improve my diet by moderating my intake of sugar, salt and processed flour and increasing wholesome foods such as fresh fruits, vegetables, and lentils.
5. I commit to eliminate my use of tobacco products.
6. I commit to moderate my use of alcohol.
7. I commit to improving my family relationships.
8. I commit to making new friendships at every opportunity.
9. I commit to stop making the same mistakes by trying new ways to avoid those mistakes.
10. I commit to being dedicated to eradicate the ignorance and stigma surrounding mental illness.

Of course, each of us could add to this list. Notice how I "snuck in" number 10 in hopes we will all continue to support each other through NAMI Fort Bend. I hope we all have a blessed 2007.

Larry Davis, President

A Message from Camilla Moga
NAMI Metropolitan Houston Treasurer

To all NAMI Metropolitan Houston Chapter Members:

It's time to stop using your old Kroger Share Card and Randall's charity number. They expired in 2006.

Please see your chapter president or coordinator for a new Kroger card. Your Randall's charity number should be changed to 11446. You will be contributing 1 percent of your purchases to further the education classes, support groups and advocacy.

The former affiliates: NAMI Bay Area, NAMI Houston, NAMI Humble and NAMI Tomball are no longer separate non-profit corporations.

Contributions to these organizations are no longer tax deductible. Please spread the word to begin using the new cards and numbers today. You may also call 713-970-3455 or email namimetrohouston@sbcglobal.net with any questions.

NAMI SPANISH NEWSLETTER

A quarterly NAMI Spanish newsletter is available. Subscribe for the electronic version at www.nami.org/subscribe. For more information on Avanzamos! and to view previous issues visit www.nami.org/avanzamos.



Aaron Spencer, NAMI Metropolitan Houston member, with 18th Congressional District House Representative, Shelia Jackson Lee

**REPORT ON
 THE MENTAL WELLNESS FORUM**

By Aaron Spencer
 NAMI Metropolitan Houston Member
 December 2, 2006
 Cougar Center, University of Houston

I entered the Mental Wellness Forum, underwritten by Astra Zeneca Pharmaceuticals and 18th Congressional District House Representative, Shelia Jackson Lee, with an open mind and a loving spirit. I partnered with NAMI Metropolitan Houston member Jan West and we did a compelling story about our personal struggles and recovery triumphs as African Americans trying to reach a valued place in Metropolitan Houston.

My father was in the audience and I validated his support, sometimes grudgingly, to take me from homelessness and misdirection to helping me get on my feet by providing a safe place to live as I struggle with bipolar/depressive disorder. While living with my father I had to re-evaluate my life and how I was going to come out of this perilous dilemma.

While at home I treated my depressive disorder by going to a psychiatrist, taking medication as prescribed, going to support groups and mentoring others with the same dilemma. My capacity as a consumer advocate gave me the freedom to speak publicly and confidently to members of the African American community about how, complying with my doctor, my faith in God and my activities at my local Baptist church, these things together have helped me stand on my own two feet.

At the forum, a forty-year-old African American lady from the homeless shelter in Houston said to me that she was inspired by my story to get help for herself for her personal issues: exploitation, substance abuse and domestic violence, and get evaluated for her complex mental health problems. As a result of those things, I felt as if I'd reached someone there at the forum by telling my story and being of service to the community.

CATS AND SCHIZOPHRENIA

E. Fuller Torrey, M.D., December 11, 2006

Let's not rush to blame Mom for the mental disorder. It may be your pet.

Can a parasite carried by cats cause schizophrenia? Such an idea seemed reasonable in 1896, when *Scientific American* published an article titled "Is Insanity Due to a Microbe?" But then a Freudian miasma descended upon American psychiatry, and for much of the 20th century bad mothers were blamed for almost everything, including schizophrenia.

Today the idea that bacteria and viruses can cause chronic diseases, such as many cancers of the throat, stomach and cervix, is well established. The bacterium *Chlamydia pneumonia* is strongly suspected of playing a role in coronary heart disease. The surprising finding that bacteria cause stomach ulcers led to a 2005 Nobel Prize. The unsettling news is that there are estimated to be at least 5,000 species of viruses and 300,000 species of bacteria, the vast majority of which have not yet been identified.

There had been hints that schizophrenia might be infectious in origin, but they were mostly ignored. Infectious diseases such as syphilis and herpes encephalitis occasionally masquerade as schizophrenia. And for 30 years it has been known that individuals with schizophrenia are born disproportionately in the winter and spring months, a seasonal pattern that might mirror the ebb and flow of an infectious agent. What of the seeming genetic tendency in schizophrenia? That's not inconsistent with an infectious causation: Some infectious agents attack only individuals who are genetically predisposed. Another important clue: This mental disease affects the brain's neurotransmitters, something that infectious agents can do.

But it was only when researchers started measuring antibodies to infectious agents in schizophrenia patients' blood and cerebrospinal fluid that the idea began to be taken seriously. In the past two decades studies have pointed fingers of suspicion at a host of agents, including the influenza virus, rubella virus and herpes simplex virus. The evidence so far is only circumstantial. The majority of the research has been carried out by Robert Yolken and others at the Stanley Division of Developmental Neurovirology at Johns Hopkins University, and by Alan Brown and colleagues at the New York State Psychiatric Institute.

The infectious agent that currently stands the best chance of being indicted as a cause of schizophrenia is *Toxoplasma gondii*, a protozoan parasite. Its definitive host is the cat, which is unaffected by the parasite. Humans become infected by inhaling or ingesting the

cysts from cat feces from a litter box, garden, sandbox or children's play area. You can also get infected by drinking contaminated water or by eating undercooked meat from a lamb, pig or other animal that has become infected. In the U.S. 10% to 25% of people are infected. Transmission of *T. gondii* to the fetus of pregnant women is known to produce dire consequences for the developing brain such as mental retardation and retinal problems. Transmission to children or adults has been assumed to have no serious consequences, but that is now being reconsidered.

The linkage to schizophrenia is intriguing. Individuals who are infected have almost a threefold chance of having schizophrenia compared with those not infected. Two studies reported that the offspring of women who have antibodies to *T. gondii* at birth are more likely to develop schizophrenia when they grow up. And two other studies found that people with schizophrenia have had more exposure to cats in childhood compared with individuals who do not have schizophrenia. Other studies have shown that *T. gondii* can change the personality traits of humans who are infected.

Many drugs used to treat schizophrenia also suppress *Toxoplasma* in cell culture. That opens the possibility, now being studied, of using additional anti-*T. gondii* drugs to treat schizophrenia. Someday a vaccine might prevent schizophrenia.

Many questions remain unanswered, especially why so many people are infected but so few develop schizophrenia. Nothing has been definitively proven, and no infectious agent has been convicted. So don't get rid of your cat yet.

<http://www.forbes.com/columnists/forbes/2006/1211/048.html>

LIFE IN COLOR

Culture In American Psychiatry

According to the National Alliance on Mental Illness, 1 in 5 families are affected by mental illness. Those affected include individuals from many different ethnic and economic backgrounds. The Surgeon General has reported that there are striking disparities for minorities in mental health services, and when the needed care is received, it is more likely to be poor in quality. The Surgeon General also details how clinicians' lack of awareness of cultural issues leads to disparities in mental health services. Each minority group has its own view of healthcare providers, and each group may react differently to different treatment modalities, especially medication.

In *LIFE IN COLOR: Culture In American Psychiatry*, Rodrigo Munoz, M.D., Annelle Primm, M.D., Jambur Ananth, M.D., and Pedro Ruiz, M.D. create a vital tool for any healthcare professional with a minority patient or client caseload. It explores common disorders in a general psychiatric practice as they affect members of minority groups. African-American, Hispanic, and Asian-American communities all have different key cultural attributes and stressors that may present in different ways. Patients with different backgrounds, places of origin, physical characteristics, and perceptions of health care are examined.

In *LIFE IN COLOR*, physicians and healthcare workers will learn in comprehensive, clear terms how to:

- Help put minority patients at ease
- Get better compliance from their minority patients
- Make more accurate diagnoses and medication prescriptions for the minority community
- Acknowledge how people and cultures change
- Sensitize themselves to the concerns and cultural attributes of minority patients
- Better understand the role of family in the treatment process of different cultures

Written by four eminent experts in their field, *LIFE IN COLOR* is a great resource on culture and clinical practice. It is a great instrument for clinical psychiatrists or caseworkers that work with minority patients or clients.

DIFFERENT FAMILIES, DIFFERENT CHARACTERISTICS – DIFFERENT KINDS OF BIPOLAR DISORDER?

People with bipolar disorder (BPD) tend to share similarities in certain characteristics with other members of their families, National Institute of Mental Health-funded researchers have shown. Because the levels of similarity vary from family to family, the findings suggest the existence of different subtypes of BPD and may help determine if the subtypes have different causes.

The researchers reported in the December 2006 issue of the *Archives of General Psychiatry* that good social functioning "ran in the families" of some people with BPD, and poor social functioning ran in the families of others, with varying levels in between. In either case, the quality of social functioning was among the strongest similarities between members of each family. The researchers also found that about 20 percent of the difference in social functioning had a genetic basis, although influence of shared family environment could not be ruled out as a contributor.

Other characteristics included the levels of substance abuse, alcoholism, psychosis, and suicide attempts within families. As with social functioning, some families tended to share high levels of these characteristics, while other families shared low levels. In either case, the level "ran in the family" of the person with BPD.

Breaking up the broad diagnosis of BPD into subtypes by including these familial characteristics can help researchers untangle the mix of genetic and environmental factors that contribute to this complex disorder. It will, for example, enable researchers to make better decisions about which characteristics to focus on in studies seeking genetic and other biological underpinnings of BPD. Ultimately, this may lead to better diagnosis and treatment.

Francis J. McMahon, MD, and Thomas G. Schulze, MD, of the NIMH Mood and Anxiety Disorders Program, conducted the study with colleagues from the University of Illinois at Chicago, The Johns Hopkins University, and the University of Heidelberg.

Schulze TG, Hedeker D, Zandi P, Rietschel M, McMahon J. What Is Familial About Familial Bipolar Disorder? Archives of General Psychiatry, 63:1368-1376. December 2006.

VITAL SIGNS

Folic acid dietary supplements significantly improve thinking skills that tend to decline with normal aging, a Dutch study has found.

Researchers randomly assigned 818 men and women ages 50 to 70 to take a daily oral dose of 800 micrograms of folic acid or a placebo. All the subjects, who were otherwise healthy, had elevated blood levels of homocysteine, which has in previous studies been associated with poor cognitive performance.

All the subjects took five tests of mental functioning. At the beginning of the study, there was no significant difference in the scores between the groups. But at the end, after controlling for cholesterol, blood pressure, body mass, smoking status and other variables, the folic acid group performed significantly better on three of the five mental tests, and their average for all tests was significantly higher.

Although the lead author, Jane Durga, affirmed that the study was carefully randomized and controlled, she said, "Based on this paper alone, I wouldn't be waving it around" to urge people to supplement their diets.

"Although this is a high-quality study," she continued, "it needs to be repeated in other populations like in the U.S., where there is already folic acid fortification."

By law, flour in the United States is fortified with folic acid to help prevent neural tube defects in newborns.

“This is only the first study that shows this effect,” Dr. Durga said. “There need to be studies that look at lower doses or increasing natural folates, which may lead to similar or even greater effects.”

At the time of the study, published on Jan. 20 in *The Lancet*, Dr. Durga was a nutritional epidemiologist at Wageningen University in the Netherlands.
<http://www.nytimes.com/2007/01/30/health/psychology/30ment.html>

INVEGA™ (Paliperidone)

Titusville, NJ (November 10, 2006) – Janssen, L.P., a wholly owned subsidiary of Johnson & Johnson, announced that it has selected INVEGA™ as the brand name for paliperidone extended release tablets, the company's investigational oral atypical antipsychotic.

INVEGA™ combines paliperidone with the patented OROS® extended-release technology developed by ALZA Corporation.

Based in Titusville, NJ, Janssen, L.P., is the only large pharmaceutical company in the U.S. dedicated solely to mental health. The company currently markets prescription medications for the treatment of schizophrenia, bipolar mania and for the treatment of irritability associated with autistic disorder, including symptoms of aggression, deliberate self-injury, temper tantrums and quickly changing moods, in children and adolescents aged five to 16 years. The INVEGA™ submissions are based on an extensive global clinical development program that involved more than 1,600 patients in 23 countries.

Worldwide, it is estimated that one person in every 100 develops schizophrenia, one of the most serious types of mental illness. In the United States, there are currently two million people with schizophrenia, with men and women affected in equal proportions. The disease is characterized by hallucinations, delusions, depression, blunted emotions and social withdrawal, as well as disorganized thinking.

2007 NAMI NATIONAL CONVENTION

**June 20-24, 2007
San Diego, California**

NAMI's Annual Convention is a great opportunity to become more involved in issues affecting people living with serious mental illness. Register online at www.nami.org.

NAMI TEXAS ANNOUNCES VISIONS FOR TOMORROW ART CONTEST FOR CHILDREN

NAMI Texas is sponsoring an art contest for children up to the age of 18.

There will be twelve pieces of artwork that will be honored by being featured on the Visions for Tomorrow (“VFT”) and NAMI TX website, and also featured in a 2008 VFT calendar. All art mediums will be considered.

The original art must be submitted for consideration and the artist must be 18 years of age or younger.

After the judging, photos will be taken of the art to be featured in a calendar for next year, and the art, with the artist's bios, will be featured on the VFT website and the NAMI TX website and newsletter.

It is also planned to include the art in VFT's first book of stories. The artwork can be returned but the person submitting it must make arrangements for return mailing or shipping.

You have the option of donating the art to be auctioned on eBay, with the profits being split equally between NAMI Texas and the local affiliate chosen by the person submitting the art.

There is a release form that will need to be completed and submitted with the artwork. All submissions must be received by April 5, 2007.

Deborah Rose

Visions For Tomorrow Program Director

<http://www.namitexasvft.com>

Phone: 972-485-4748 Fax: 972-272-1904

CONDOLENCES

Our sincere condolences go to the family of Jerel and Gil Deel on the death of their son, Michael Scott Simpson, who passed away on December 12, 2006. Michael was a kind soul with a big heart and will be missed by all who knew and loved him. His beloved children were the joy of his life.

NAMI Metropolitan Houston wants to thank Michael's family for their thoughts of NAMI during this time of sadness. The family had requested in lieu of flowers, that donations be made in Michael's memory to NAMI Metropolitan Houston, P.O. Box 740169, Houston, TX 77274 or the charity of your choice. NAMI Metropolitan Houston would like to thank the many friends and family of Michael for their generous contributions.

GATHERING PLACE ANNUAL SPRING LUNCHEON April 18, 2007

The Gathering Place will hold their annual Spring Luncheon at 11:30, on Wednesday, April 18, 2007, at The Westin Oaks. KPRC Channel 2 News Anchor Linda Lorelle will emcee and Jim McIngvale and his daughter, Liz, are the featured speakers.

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

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

ST. JOSEPH CLUBHOUSE

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

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

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

DBSA OF GREATER HOUSTON

Depression and Bipolar Support Alliance (DBSA) is a self-help, nonprofit organization for those who have been diagnosed or have symptoms of a mood disorder. Families and friends of people with mood disorders are also involved. DBSA provides personal support and direct services to its members, educates the public about the nature and management of these treatable disorders, and promotes related research.

Support group meetings are free and open to the public. All meetings are kept confidential, are facilitated by DBSA members and are open to patients, family members and friends. Free literature is available at the meetings and you can talk with people who are recovering from depression or bipolar disorder. You don't have to call ahead - feel free to drop in. Please verify times and locations by calling 713-600-1131 or www.dbsahouston.org

BOTH SIDES NOW

Both Sides Now, a group of consumers, friends and families, meets for sodas, coffee and conversation from 3 – 5 p.m. Sundays at Starbucks on Westheimer and Post Oak, near The Container Store and Jamba Juice.

We discuss anything that's on our minds from problems and issues to personal interests such as books, movies, politics, etc. Anyone who would like to join is welcome. Look on the patio for Mike Harvey and/or Pate Pecora. For more information call Mike at 713-880-4576 or Pate at 713-349-0049.

BORDERLINE PERSONALITY DISORDER SUPPORT GROUP

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

INTERFAITH MENTAL HEALTH ACTION GROUP

Beginning in March, Interfaith Mental Health Action will meet on the first Monday of each month at Bay Area Unitarian Universalist Church at 17503 El Camino Real (near the water tower). Help work on projects to educate, advocate and establish a satellite clubhouse on the southwest side.

For more information about this group, contact Jane Malin at orkidfam@swbell.net or at 281-488-2452 (evenings).

OCD SUPPORT GROUP

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

1-800-SUICIDE

A crisis help line for individuals in suicidal crisis.

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.

NAMI West Houston classes begin February 14, 2007 and March 13, 2007. Call 281-893-2493 to register. To find a class in your area, call the numbers listed below.

Pre-Registration is required.

NAMI Metropolitan Houston – 713-970-3455
 Bay Area/Clear Lake – 281-326-5649 or 281-286-0373
 Central (Houston) – 713-729-1242
 Northeast (formerly Humble) – 281-459-1518
 Northwest (formerly Tomball) – 281-376-0206
 NAMI Ft. Bend – 281-494-5193
 NAMI West Houston – 281-893-2493

Visions for Tomorrow Education Course

This is a FREE, 12-week educational course offered to direct caregivers of children and adolescents with brain disorders. Childhood depression, schizophrenia, ADD/ADHD, OCD, conduct disorder, PDD (Pervasive Developmental Disorder) are just a few of the disorders that will be covered. The materials also offer coping and communication skills, problem solving, rehabilitation and recovery. Trained family member volunteers co-teach the classes. ***Pre-Registration is required.**

Greater Houston Area contacts:

NAMI Metropolitan Houston: 713-970-3455 or namimetrohouston@sbcglobal.net
 Central Houston area: Linda Lamb, llamb53@hotmail.com
 East Harris County contact:
 Eileene Chappelle, 281-992-7032 or recasail@sbcglobal.net
 West Houston area: Classes begin February 27, 2007. Call 713-984-2538 to register.

Peer-to-Peer Education Course

February 8, 2007

Registration is being taken for this FREE new nine week – two hours per week course on the topic of recovery for any persons with mental illness who is interested in establishing and maintaining wellness.

The course uses a combination of lecture, interactive exercises and structured group processes. The teachers are a team of three trained “mentors” or peer-teachers, who are themselves experienced at living well with mental illness.

Call Ashley Montondon at 281-441-1312 or Gwen Coleman at 281-459-1518 to register for a future class.

WEB SITES

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

www.namitexas.org - NAMI Texas

www.namimetrohouston.org - NAMI Metropolitan Houston

www.namiwesthouston.org - NAMI West Houston

www.dbsahouston.org - DBSA (Depression and Bipolar Support Alliance) of Houston is a self-help non-profit organization for individuals with clinical depression or bipolar disorder (manic-depression) as well as their families and friends. 713-528-1546

www.adda-sr.org - ADDA – SOUTHERN REGION (Attention Deficit Disorders Association Southern Region) Call 281-897-0982 for meeting and support group information

www.mhmraofharriscounty.org - Mental Health Mental Retardation Authority of Harris County. 713-970-7000

www.mhahouston.org - Mental Health Association of Greater Houston. 713-523-8963

www.gplace.org - A psychosocial clubhouse providing rehabilitation services to persons with mental disorders. 713-729-3799

http://familyaware.org/ - A nonprofit organization helping families members and friends of those with depression, recognize and cope with depressive disorders.

www.mcmanweb.com - McMan’s Depression And Bipolar Weekly Newsletter

www.schizophreniadigest.com - Schizophrenia Digest

www.borderlinepersonalitydisorder.com - National Education Alliance for Borderline Personality Disorder (NEA-BPD)

www.reintegration.com - The Center for Reintegration

www.phrma.org/pap/ - Free Meds For The Financially Challenged - Directory of Patient Assistance Programs that PhRMA member companies offer to ensure their medicines are made available to those who can't afford to purchase them. 800-762-4636.

www.nimh.nih.gov - National Institute for Mental Health

www.narsad.org - National Alliance for Research on Schizophrenia and Depression

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

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

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

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

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



NAMI Metropolitan Houston

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

Support Groups

1st Tuesday 7:00 p.m.	Anahuac	Joy Center, 610 Washington Avenue, Anahuac (F/C) Contact: Wayne or P.D. Hankamer at 409-374-2258
2nd Tuesday 7:00 p.m.	Baytown	SUN Headquarters, 1301 Memorial Drive, Baytown (F/C) Contact: Eileene Chappelle at 281-922-7032
2nd Tuesday 7:00 p.m.	Northeast Harris County	Lamb of God Lutheran Church, 1400 FM 1960 East Bypass, Humble 77338 (F/C) Contact: Gwen Coleman at 281-459-1518 (F) or Finis Hay at 281-324-1759
3rd Tuesday 7:00 p.m.	Clear Lake	1300 Bay Area Boulevard, Clear Lake (F/C) Contact: Eileene Chappelle at 281-922-7032
4th Tuesday 8:00 p.m.	Northeast Harris County	Second Baptist Church, Highway 59 North, Kingwood (F/C) Contact: Gwen Coleman at 281-459-1518
1st Wednesday 7:00 p.m.	West Houston	Pines Presbyterian Church, 12751 Kimberley, Room C-10 Houston (F) Contact: Carolyn Searles at 713-461-5269
4th Wednesday (Spanish) 7:00 p.m.	West Houston	St. Celicia Catholic Community, 11720 Joan Of Arc, Houston 77024 (F) Contact: Sara Frost at 713-206-2807 or Fifi Wetherhead at 713-465-8518
1st Thursday 7:00 p.m.	Spring	Northside Christian Church, Family Ministries Building (Behind the Church) 2414 Spring Cypress, Spring TX, 77388 (F) Contact: Karen Lashley at 281-353-1925
2nd Thursday 7:00 p.m.	Sugar Land	St. Laurence Catholic Church, 3100 Sweetwater Boulevard, Sugar Land (F) Contact: Ken Sumner at 281-265-1554 or ksumner1@houston.rr.com
2nd Thursday 7:00 p.m.	West Houston	The Well, Grace Presbyterian Church, 10234-A Westheimer, Houston (Y/F) Contact: Diane Goyette 713-896-1153 or Madeleine Elmer 281-293-7717
3rd Thursday 6:00 p.m.	Southwest Houston	Community National Bank, 5123 Bellaire Blvd, Bellaire (F/C) Contact: Linda Lamb or Evelyn Johnson at 713-729-1242
3rd Thursday 7:00 p.m.	Spring	Northside Christian Church, Family Ministries Building (Behind the Church) 2414 Spring Cypress, Spring TX, 77388 (F) Contact: Karen Lashley at 281-353-1925
3rd Thursday 7:00 p.m.	Sugar Land	First United Methodist Church, 431 Eldridge Road, Sugar Land (F) Contact: Tami Barugh at 713-504-6016
3rd Thursday 7:00 p.m.	Katy	St. Peters United Methodist Church, 20775 Kingsland Boulevard, Katy (F) Contact: Joyce Hess at 281-395-3582
4th Thursday 7:00 p.m.	Sugar Land	St. Laurence Catholic Church, 3100 Sweetwater Boulevard, Sugar Land (F) Contact: Ken Sumner at 281-265-1554 or ksumner1@houston.rr.com
2nd Sunday 2:30 p.m.	West Houston	Pines Presbyterian Church, 12751 Kimberley, Houston Room C - NAMI C.A.R.E. (C) / Room C - Support Group (F) Contact: Vi Napolitano at 281-893-2493
4th Sunday 2:30 p.m.	West Houston	Pines Presbyterian Church, 12751 Kimberley, Houston Room C - NAMI C.A.R.E. (C) / Room B - Support Group (F) Contact: Vi Napolitano at 281-893-2493

Revised January 29, 2007

(F) Family

(C) Consumer

(VFT) Visions for Tomorrow

(YF) Young Family

NAMI Experience
the Revolution
★★★★★ JOIN TODAY!

Membership Form

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

NAME: _____
 ADDRESS: _____
 CITY: _____ STATE: _____
 ZIP: _____ COUNTY: _____
 HOME PHONE: (____) _____ - _____
 WORK PHONE: (____) _____ - _____
 EMAIL: _____

Do you want to receive your newsletter via email?

Yes No

Membership Status: [] NEW [] RENEWAL

- Individual (\$35.00) \$ _____
- Family (\$35.00) \$ _____
- Consumer (\$5.00) \$ _____
- Limited Income (\$5.00) \$ _____
- Additional Donation \$ _____
- Donation In Memory/Honor of: _____

TOTAL \$ _____

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

NAMI Metropolitan Houston: Camilla Moga, Treasurer, P.O. Box 740169, Houston, TX 740169

When you join NAMI Metropolitan Houston, you may designate a chapter where you attend meetings:

- Bay Area
- Central (formerly Houston)
- Northeast (formerly Humble)
- Northwest (formerly Tomball)

NAMI Fort Bend: Jorge Alonso, Treasurer, P.O. Box 1223, Sugar Land, TX 77478-1223

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

Please check all that apply:

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

MHMRA HELPLINE FOR PSYCHIATRIC EMERGENCY

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



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

The NeuroPsychiatric Center - Mobile Community Outreach Team serves Harris County children and adults who are: 1) in crisis; 2) unable to access traditional, outpatient, psychiatric services; 3) at risk for hospitalization. MCOT will provide skilled, in-field assessment and treatment for consumers having problems accessing community clinics. In-field mental health care requires special sensitivity to the relationship between mental illness, family and the environment. MCOT will work to apply this special sensitivity in assessment, treatment and links to on-going services after the consumer in crisis is stabilized.

NAMI Metropolitan Houston Board Members

- President: Carolyn Hamilton
- Vice President: Evelyn Johnson
- Treasurer: Camilla Moga
- Secretary: Lana Hand
- Board Affiliate and Chapter Representatives:
 Kathy Busby, Northwest (formerly NAMI Tomball)
 Gwen Coleman, Northeast (formerly NAMI Humble)
 Bonnie Cord, NAMI West Houston
 Carol Motry, Bay Area
 Linda Lamb, Central (formerly NAMI Houston)
 Larry Davis, NAMI Ft. Bend
 Kathi Gray, Newsletter Editor

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

Return Service Requested

March/April 2007 Newsletter



HOUSTON, TX. MAY 5, 2007



Do you know someone with
an alcohol or drug problem?

There is help.

The Memorial Hermann Prevention and Recovery Center helps patients and their families learn the most important thing about addiction, how to recover.

- 80% of all domestic disputes are alcohol related.
- 60% of all emergency room visits are alcohol related.
- 40% of all suicide attempts are alcohol related.

For more information call 713.578.3100.

MEMORIAL
HERMANN
Breakthroughs every day™

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