NAMI
National Alliance on Mental Illness

The NAMICCO *CLARION*

VOLUME 27, NUMBER 7 July 2014

NAMI Collin County, by encouraging research and by providing proven Support, Education and Advocacy Programs, will empower those living with severe Mental Illness and their Families to live life to their fullest potential.

JULY MEETING

Thursday – July 10, 2014

Custer Road United Methodist Church – Lower Level
6601 Custer Road, Plano, TX 75023
*** Meeting & Program: 6:30 – 9:00 P.M**

No NAMI Connection Support Groups On July 10
Movie (Call me Crazy) with hot dogs, popcorn and soft drinks.

Save the Date

July 10: Movie (Call me Crazy) Hot dogs and popcorn.

August 14: Marge Langteau will be the program at the August meeting. (More details on page 3.

Don't forget the 2014 NAMI National Convention, September 3 - 6, 2014 in Washington DC.
Go to www.nami.org for more information

Referral for a Lawyer or Doctor

We get lots of calls asking us for a referral for a Doctor or Lawyer. As an organization we are not allowed to make referrals.

For a doctor referral we suggest you call the UT Southwestern Medical Center at 214-648-3111 and they can refer you to a doctor that specializes in your type of problem. You can also go to The North Texas Society of Psychiatric Physicians web page at www.NTSPP.org.

For a lawyer referral we suggest you call the Plano Bar Association at 972-424-6113 or call Legal Aid of North Texas at 972-980-0472.

Also you can come to our support groups, NAMI Connection Recovery and Family Members Support that meet every Thursday (except holidays) from 6:30 to 8:00 (except on the 2nd Thursday when it ends at 7:20 for our monthly meeting) at the Custer Road United Methodist Church (south east end, lower level) to get some feedback from other people.

Are you on Medicaid, or have limited income, and need treatment for a mental health problem or substance abuse? The NorthSTAR program may be able to help. Call 1-888-800-6799 toll free.

The deadline for submitting news for the August Newsletter is July 17. Anything received after the deadline may not be included. Send your articles to news@namicco.org.

NAMI Connection

There will be no NAMI Connection Support Groups on July 10

NAMI Collin County has a recovery support group for adults living with mental illness regardless of their diagnosis. Every group is offered free of charge and meets weekly for 90 minutes. All are led by trained individuals who are also in recovery - people who understand the challenges we face.

NAMI CONNECTION RECOVERY SUPPORT GROUP WILL MEET WEEKLY ON THURSDAYS

(EXCEPT HOLIDAYS) FROM 6:30 PM UNTIL 8:00 PM AT CUSTER ROAD UNITED METHODIST CHURCH 6601 CUSTER ROAD, PLANO TX 75023 CHURCH OFFICE ENTRANCE, SOUTH EAST SIDE ROOM B6, LOWER LEVEL

"I am a big believer in peer support--learning from someone who has been there is often a key to unlocking a person's engagement in treatment. Also reducing isolation and the loneliness that can accompany mental illnesses is greatly facilitated by a peer relationship." From Dr Kenneth Duckworth, MD, NAMI Medical Director.

In addition we have a Friends and Family Support Group meeting every Thursday from 6:30 to 8:00 PM at the same location, lower level in Room B1.

PTSD Support Group

NAMI Collin County is pleased to offer a free, Posttraumatic Stress Disorder Workshop.

Before attending, please email Nora at ntsai1999@aol.com. Tell her a little bit about yourself, your diagnoses & trauma. For more information about PTSD, visit www.nami.org

Nora's methods are support & education. The way to deal with trauma is to eventually learn skills and empowerment to purge it from one's self. The goal is to either let it go or make it go, with step by step trials, as not to overwhelm ones coping skills. At some point, Nora believes that we can get to a place where we can dismantle the traumas into smaller pieces to release it. Her hope is that each individual will eventually get to their rightful place of "Peace from Purge".

We look forward to your participation,
Nora Tsai VP NAMICCO
PTSD facilitator & Trainer
Veterans Administration Director of Outside Communications
214-289-1724
ntsai1999@aol.com
www.namicco.org
214-908-6264 / email info@namicco.org

May NAMICCO Meeting

We had a very interesting meeting with the officers who had CIT[Crisis Intervention Training]. NAMICCO had sent Officer Terry Qualls from the McKinney PD to Connecticut to the International CIT convention and he was very enthusiastic and said it is important for every officer to have this training and to know how to de-escalate a situation. He has a daughter with MI so he is especially grateful for this training. He said some of the things they need to work on is getting a trained officer on each shift and helping offenders get the treatment they need.

It is a state requirement for students at the police academy to have 16 hours of CIT instruction. A comment was that the campus police at the colleges should definitely have the training.

Officer Terry McGraw from the Collin County Sherriff's office spoke. He said the jails are the modern mental hospitals. They need to determine if an inmate needs mental health services. Sometimes they will tell them, sometimes they can find out from the database and sometimes they can tell by a nurse's interview and observation. They are very interested in getting the offender the proper care.

Sgt. A.D. Paul introduced Nichole Bowers who is the new mental health coordinator with the Plano PD. She has just been hired and will be helping offenders get the proper mental health services and continued care when they are released from the hospital or jail.

Someone asked what to do with a relative who is released from the hospital or jail and family does not want them to come home to live—suggestion was to call Dallas Metrocare and find them a boarding home where they can stay.

And as always our officer Sgt. A.D. Paul will help with any problems concerning your loved one with MI. He can be reached at apaul@plano.gov or ph: 972-208-8060.

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Preview of NAMICCO's August Meeting

Marge Langteau will be the program at the August meeting. Marge is conducting a nutritional study at local Oxford houses (transitional living houses for persons recovering from substance use disorders, many of whom also have co-occurring mental health diagnoses). She is collecting data on the beneficial effects of having persons recovering focus on whole person wellness and good nutrition to maximize quality of life and enhance the potential to sustain recovery.

This is an exciting project that will produce data on how integrating whole person wellness into mental health and substance use treatment can revolutionize outcomes. I hope all of our membership will take the opportunity to hear from Marge about the progress of this important study.

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The following article is from SAMHSA
www.samhsa.gov

MENTAL ILLNESS is a common health condition that causes changes in a person's thinking, mood, and behavior. Mental health and mental illness can be pictured as two points on a continuum with a range of conditions in

between. When these conditions are more serious, they are referred to as mental illnesses and include depression, schizophrenia, anxiety and others which may require treatment and support. Mental illness can happen to anyone regardless of age, culture, race, gender, ethnicity, economic status, or location.

People with mental illness need to be treated with respect, compassion, and empathy, just as anyone with any other serious but treatable condition. One of the most important factors in recovery is the understanding and acceptance of friends. Friends can make a difference by offering reassurance, companionship and emotional strength.

RECOVERY: One of the most important things to remember about mental illness is this: people can and do recover. If you have a friend with mental illness, or if you have a mental illness yourself, remember that recovery is possible.

SUPPORT: Mental illness is no different than physical illness. Conditions like depression, schizophrenia, and anxiety disorders affect a person's health. The emotional and psychological aspects of mental illness make supportive friends and family even more important to a person's recovery.

RESPOND: Imagine that you've just been diagnosed with a serious but treatable physical condition. You're scared and confused, so you tell a friend. How would you feel if your friend laughed, called you names, made rude gestures, and told you just to snap out of it? People with mental illness face these reactions every day.
Instead of blowing off a person's worries, express your interest and concern. Don't change the subject when a mental illness diagnosis comes up—ask questions, listen to ideas, and be responsive. Ask what you can do to help. If other people make insensitive remarks, don't ignore them—educate people so that they understand the facts about mental illness.

HELP A FRIEND WHO HAS MENTAL ILLNESS BY….

- **Expressing concern and sympathy**
- **Asking how he or she is managing and what you can do to help**
- **Reassuring your friend that you still care about him and you don't think of them any differently**
- **Reminding your friend that mental illness is treatable**

If a friend needs immediate help for mental illness, ask them what kind of help they need and respond quickly. Please encourage them to seek support, including calling a crisis line, or the National Suicide Prevention Line at 1-800-273-TALK.

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Texas Suicide Prevention Symposium: Coming Together to Care 2014

June 19, 2014

August 12, 2014 8:30am-5:00pm sat San Marcos Embassy Suites Hotel, Spa and Conference Center

Registration and full agenda at:

https://www.eventbrite.com/e/texas-suicide-prevention-symposium-coming-together-to-care-2014-registration-11828899557 (copy and paste or type this link into your browser)

Looking forward to seeing you there!

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Warnings against Antidepressants for Teens May Have Backfired

By Rob Stein

June 18, 2014 6:34 PM ET

Government warnings that antidepressants may be risky for adolescents, and the ensuing media coverage, appear to have caused an increase in suicide attempts among young people, researchers reported Wednesday.

A study involving the health records of more than 7 million people between 2000 and 2010 found a sharp drop in antidepressant use among adolescents and young people and a significant increase in suicide attempts after the Food and Drug Administration issued its warnings.

"This was a huge worldwide event in terms of the mass media," says of the Harvard Medical School, a co-author of the study, which was in the journal *BMJ*. "Many of the media reports actually emphasized an exaggeration of the warnings."

Starting in 2003, the warned that popular antidepressants, such as Prozac, Zoloft and Paxil, might increase the risk that kids would think about killing themselves — or even actively attempt it.

In fact, no one knew for sure if the drugs were really dangerous. The idea was to get doctors and parents to keep a closer eye on kids taking them just in case it was true.

"The warnings were well-intentioned but people were concerned that the ferocity of the messages might affect clinicians, parents and young people in a way that would reduce needed medications," Soumerai says.

Antidepressant use nationally fell 31 percent among adolescents and 24 percent among young adults, the researchers reported. Suicide attempts increased by almost 22 percent among adolescents and 33 percent among young adults, they said.

But some other researchers questioned the report's conclusions.

"I don't think one can interpret the findings the way the authors interpret the findings," says of the National Institute of Mental Health.

For one thing, there could be other explanations for why antidepressant use fell. And Soumerai's team based its conclusion that suicide attempts increased on the fact that drug overdoses rose.

"I think it's questionable [that] the data they are using to measure suicide attempts are actually reflecting suicide attempts at all," Schoenbaum says, noting that the drug overdoses may actually have been accidental rather than intentional.

But Soumerai and his colleagues dispute those criticisms. And other scientists say the findings are consistent with what earlier research had suggested.

"I think there were a lot of mistakes made in terms of how this risk was communicated to the public, which led a lot of parents to be terrified to have their children on these medications — and they took them off and there was a lot of untreated, serious depression," says , a University of Chicago biostatistician who advised the FDA on the issue.

Soumerai and his colleagues say their findings show the FDA needs to do a better job of explaining warnings about drugs.

"Given the hazards of under treatment of depression that we believe occurred here, we feel that there is a need for communications by the FDA to be coordinated better to avoid exaggerated messages to the public," Soumerai says.

In an emailed statement, the FDA defended its warnings. "The FDA saw an important risk signal with antidepressants and we put that information in the drug labels," the agency said, noting that it never intended to discourage giving kids antidepressants and making it clear that depression is a serious illness that needs to be treated.

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NAMI Collin County

An affiliate of NAMI Texas and NAMI (The National Alliance on Mental Illness)
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RETURN SERVICE REQUESTED

Open Your Mind

Mental Illnesses are
Brain Disorders
Treatment Works!!!

NEXT MEETING IS THURSDAY JULY 10, 2014

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ALTERNATES

Past President:	Sherry Cusumano

UPCOMING Events

July 10 - Monthly Meeting

Movie (Call me Crazy) with hot dogs, popcorn and soft drinks.

Custer Road United Methodist Church
Lower Level

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Next Board of Directors Mtg
TBA
Custer Road United Methodist Church Lower Level Room B3
6601 Custer Road, Plano, TX 75023

The NAMICCO Clarion is a monthly publication of NAMI Collin County

Take your medicine on time, in the prescribed manner—eat a healthy diet—mostly grains, fruits and vegetables—high fiber/low fat.

Since 1987 - Empowering People with Mental Illness and their Families to Live Better Lives!