



NAMI

National Alliance on Mental Illness

San Antonio

April 2010

A Note from the President:

We had a great meeting last month as we were fortunate to have Judge Oscar Kazen present an information session on the law as it pertains to giving medication to those who are incarcerated. Thank you Judge Kazen! Mr. Urbani from the San Antonio State Hospital presented concerns regarding the proposed budget cuts and how it will affect them and our community.

Last month NAMI held an informational luncheon for NAMI Walk team captains and our sponsors. It was very heartening to see so many supporters to our cause. NAMI had the privilege of being the first organization to hold an event at Gordon Hartman's new one of its kind special needs park, Morgan's Wonderland. We are thankful to have had the opportunity to hold the luncheon there as we have already outgrown the parish hall. This proved to be a great move because at the luncheon Mr. Hartman announced that the Hartman Foundation would be our title sponsor for the NAMI Walk. If you have not had an opportunity to visit the park, you should try to make every effort to attend as it is a very beautiful park.

On another note, Ed, Jackie and I recently attended a wonderful fund raising social event called Dancing for Depression. This extraordinary organization teaches ballroom dancing for all ages, from seniors to children. The goal of Dancing for Depression is to give seniors an opportunity to socialize and be involved in the community and for the kids, they try to help build the child's self esteem and also to follow directions. We were very inspired by this program; it is free to the community and helps spotlight depression. Dancing for Depression is located in The Neighborhood Place.

Please be sure to mark your calendar for our next meeting, Tuesday, April 13, because it promises to be very informative as we will have informational tables set up for different agencies and organizations to offer information and assistance to the members. Here are just a few examples: Housing (SAHA), Budget (Consumer Credit Counseling), Applying for Disability information, and DMOT. If you are looking for help on social services, this is the best time to come to our meeting. Arrive early to get information. Our speaker will be Dr. Jodi Gonzalez from UTHSC who will be speaking on psychotherapy and bi-polar disorder.

See you there!
Kym Bolado



Child or Adolescent NAMI Basics

NAMI San Antonio is introducing a new free, six session training program for parents or primary caregivers of a child or adolescent living with mental illness. Jackie and Ed Dickey recently attended a teacher training in Jackson, Mississippi for NAMI Basics in March. They are now ready to offer this class for any parent or primary caregiver of a child or adolescent living with mental illness. Course elements include:

- The trauma of mental illness for the child and family
- The biology of mental illness: getting an accurate diagnosis
- The latest research on the medical aspects of the illness and advances in treatment
- An overview of treatment options -- treatment works
- The impact of a child's mental illness on the rest of the family - care givers and siblings
- An overview of the systems involved in caring for children and teens

The course is offered free of charge and consists of six classes that meet weekly or bi-weekly for 2 1/2 hour sessions.

The first class begins April 29th, 6:30pm at St George Episcopal Church, 6904 West Ave, 78213. Anyone interested in taking this course should call the NAMI SA office at 734-3349.

Ed Dickey
Education Chair
NAMI San Antonio
210-602-2483

New Board Member

Welcome to our newest board member, Dennis McKnight. Dennis is a former attorney with a great deal of insight on mental illness and the law. We look forward to his vast experience and knowledge in advocating to protect our population. Welcome Dennis!



Thought for the Day:

Dance like no one is watching. Sing like no one is listening. Love like you've never been hurt and live like it's heaven on Earth

Mark Twain

NAMIWalks

Please remember to join us for this year's NAMIWalk San Antonio on Saturday, May 15th, at Brackenridge Park's Koehler Pavilion. This is our fourth walk, and this year promises to be the biggest walk yet. Our goal is over 1,000 walkers and we need you there! Please go to this link <http://www.nami.org/namiwalks/tx/sanantonio> and sign up to form a walk team, join a walk team, or make a donation.

Our NAMIWalks luncheon held March 3rd was a big success and we had a great turnout. Thanks again to Gordon Hartman for announcing his commitment to be our presenting sponsor. I'm sure everyone will agree that Morgan's Wonderland is an incredible amusement park and will bring a lot of smiles to a lot of children.



Here are some pictures from our luncheon.



Ed Dickey, Kym Bolado, Jackie Dickey and Jeanne Pierce



What a Great Turnout!



Roger Morin, Charlie Boone, Magdalena Crittenden - CHCS



Sgt. Vann - SAPD



Maria Perez and Sandy Sammis



Terry Mobrito and Kym Bolado

WALK UPDATE

We ask all members to listen to KTSA through the month of April. KTSA will be making public service announcements for the NAMI Walk. If you have not joined a team yet, please consider joining one of the following teams listed on the website: State Senator Joaquin Castro; Dr. Harry Croft, Gordon Hartman, and Trey Ware. For a \$10 donation, you will receive a team t-shirt and luncheon.

* * *

What sound does a grape make when an elephant steps on it? None. It just lets out a little wine.

* * *

NAMI Testifies at Senate Veterans Hearing: More Outreach and Mental Health Services Needed, One-third of Returning Troops Face Mental Health Problems

WASHINGTON, March 3/PR Newswire-US Newswire/ - Vietnam era combat pilot and national board member of NAMI (National Alliance on Mental Illness) Clarence Jordan testified at a Senate hearing today calling for better outreach and coordination of mental health care by the Department of Veterans Affairs (VA).

"VA must do a better job of reaching out and making its services known," said Jordan, a 15-year Navy veteran who now serves as director of recovery and resiliency services for Value Options Behavioral Health Services.

A chronicle of Jordan's battle with depression appeared in Heart & Soul magazine in June 2007.

"I struggled for years with mental illness when I was active duty. I know now I was not alone. I knew next to nothing about the VA and its mental health programs." He said the VA sees about 25 percent of 23 million veterans and an even smaller fraction for mental health needs.

The RAND Corporation reports that up to one-third of all military personnel, including National Guard and reserve troops, comes home from Iraq and Afghanistan with mental health challenges, including PTSD, depression and other serious disorders.

NAMI endorsed the independent VA budget for FY2011 developed by veterans organizations and called on Congress to:

- Spur implementation of the VA's "National Mental Health Strategic Plan" to reform and expand services.
- Require the VA to survey over 60,000 veterans who have contacted the National Crisis Hotline (800) 273-TALK to determine how well the VA has been able to meet their needs.
- Direct funding for suicide prevention programs authorized by Congress last year for returning National Guard troops and encourage cooperative funding agreements with states for mental health services for National Guard units.
- Support diversionary courts for veterans with mental health problems, especially combat veterans. Jordan said he owes "a debt of gratitude" to a judge who once gave him a choice between treatment or jail, after he "bounced from one job to another and city to city," using alcohol and drugs until getting

into trouble with the law.

NAMI provides a free, 12-week. Family-to-Family education program in about 100 VA medical centers helping family members of veterans to better understand and cope with mental illness.

NAMI Launches Social Networking Site for Young Adults: Mental Health, Finances, Relationships, Music and More

ARLINGTON, Va., March 23/ PR Newswire - US Newswire/ -- The National Alliance on Mental Illness (NAMI) has launched StrengthofUs.org, a new online community where young adults living with mental health concerns can provide mutual support in navigating unique challenges and opportunities during the critical transition years from ages 18 to 25.

Developed by young adults, StrengthofUs.org is a user-driven social networking community where members can connect with peers, share personal stories, creativity and helpful resources by writing and responding to blog entries, engaging in discussion groups and sharing videos, photos and other news.

The site offers resources on issues important to young adults, including

- Healthy relationships
- Family and friends
- Campus life
- Independent living
- Finances
- Employment
- Housing
- Mental health issues

"Young adulthood is an exciting challenge, but also a confusing and stressful time for anyone," said Michael Fitzpatrick, NAMI executive director. "Life can throw things at you fast."

"Mental illness affects everyone. StrengthofUs.org is intended not just for young adults who have a mental illness, but for anyone entering adulthood that has a friend, parent or other family member facing a mental health problem." "Most of all, StrengthofUs.org is an interactive, fun space where young adults can share experiences and other information to empower each other, build relationships and offer peer support."

NAMI created the StrengthofUs community through the support of the Rodwell Dart Memorial Foundation, established by Hailey Dart, in loving memory of her son, Roddy, who lost his life at age 22.

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Fiesta Parade Seat Ticket Reservations

Ticket reservations are now available for the two Fiesta Parades: Battle of the Flowers Parade on Friday, April 23rd, and Fiesta Flambeau Parade on Saturday, April 24th. Call the NAMI office at 734-3349 to reserve your tickets today. All funds go to support NAMI San Antonio.



Family to Family Updates:

Ed and Jackie Dickey have just finished teaching the first session of the 2010 family to family education programs. Congratulations to graduates:

Stacy Ashford
Feles and Adela Cantu
Yewell and Yolanda Cox
Charles and Barbara Edens
Sylvia Garcia
Leeann Lam
Margaret Lopez
John Trevino
Alan Whitney

* * *

New Walk Teams Added

Our House: Dyane Mansell; *Court House Team:* Joanna Pierce; *Might Monarchs:* Leticia Salinas; *La Paz "Pacers":* Alissa Bozeman; *Hope:* Lydia Kret; *Nix Behavioral Health:* Susan Mercado; Terri Mabrito; *Bexar CARES:* Stephanie Hill; *Team Christian;* *Team Telecare:* David Huete; *NVC Active Minds:* Maribel Hermsillo;

* * *

2010 National Convention

June 30 - July 3, 2010, Washington, DC. The full convention scheduled is currently under development. However, you can get a good idea of how things are shaping up by visiting the convention schedule page.

The Hilton Washington is the convention headquarters hotel. Rooms are \$155/single and \$165/double, plus tax, per night. Visit the Hotel Info page to make your reservations.

The current registration rates are \$235 for NAMI members and \$135 for consumer members. You can register and see additional convention rates on the convention registration page.

* * *

Two Easter bunnies were being chased by a pack of wolves. The wolves chased the rabbits into a thicket. After a few minutes, one rabbit turned to the other and said, "Well, do you want to make a run for it or stay here a few days and outnumber them?"

* * *

Mark your calendar! April 13th, 2010, 6: 30 PM General Membership Meeting

Every 2nd Tuesday of the month, NAMI-SA membership meeting is in the Parish Hall to the rear of Christ Episcopal Church, 510 Belknap, 6:30 PM. Jodi Gonzalez, PhD, will speak to our group April 13 on Psychotherapy of Bipolar Disorder



Round the Town S.A. Support Groups

Mondays: 7:00 pm - 9:00 pm

Depression and Bipolar Support Alliance San Antonio
Methodist Specialty and Transplant Hospital
8026 Floyd Curl Dr., Classroom 1: Kathy Franklin, 945-0689

Mondays: 7:30 pm

Family/Peer Support Group* [See "Faith-based below"]
Bethel Christian Fellowship Church
8308 Fredericksburg Road: Pastor Michael Lopez, 680-8019

Wednesdays: 6:30 pm

Peer Support Group (Serving homeless and addicts)
Travis Park United Methodist Church, 230 E. Travis,
226-8341 (Dinner served.)

Thursdays: 10:30 am - 12:00 pm

Faith-Based Family/Consumer Support Group*
Copernicus Community Center, 5003 Lord Road
Contact: Pastor Stanley Wilson (Baptist)
Abundant Life Christian Fellowship: 648-3504

Thursdays: 7 - 8:30 p.m.

Heads Up Victory Group, Peer Support Group*
Community Bible Church, Northwest
Corner of Gilbeau and Tezel Roads
Janice Robinett, 219-5956

1st Monday: 6:30 pm - 8:30 pm

Family Support Group*
St. Mark the Evangelist Catholic Church
Mary Baird: 216-3125, marybaird@sbcglobal.net

1st Monday: 6:30 pm - 8:30 pm

Family Support Group*
Our Lady of Guadalupe Catholic Church
13715 Riggs Rd, Helotes: 734-3349 or 521-9161

1st Tuesday: 7:00 pm

Family Support Group*
Messiah Lutheran Church
9401 Dietz Elkhorn Rd, Boerne
Contact: Kathy Giardinelli: (210) 334-8820

1st Wednesday: 7:00 pm

Coping with Anxieties Peer Support Group
(including depression, OCD, and others)
Downtown SA Public Library, 5th Fl, Rm 5.1
Contact: Christopher Johnson 262-9407
lockyoler@yahoo.com

1st Saturday: 10:00 am

Family Support Group
University Health Center, 1055 Ada Street
Contact: Pat Adams, 533-3080

2nd Wednesday: 2:30 pm - 4:00 pm

NAMI Connections
La Paz Community Mental Health Center
530 San Pedro Ave, 78212: 558-8744 for directions

2nd Wednesday: 6:30 pm – 8:30 pm
Family Support Group*
St. Anthony of Padua Catholic Church
102 Lorenz Road, Parish Hall, Parlor Room
Jane Briggs, 219-9658, jebriggsmba@yahoo.com

2nd Wednesday: 7 pm - 8:30 pm
Mental Health Support Group*
St. George Episcopal Church
6904 West Avenue, Conference Room: 342-4261

2nd Saturday: 10:00 am – 12:00 noon
Family Support Group
University Methodist Church, 5984 DeZavala, Rm 210
Contact: 344-7509

3rd Tuesday: 6:30 pm – 8:00 pm
Mental Health Support Group*
Holy Rosary Church, 239 Havana
Contact: Teresa Barajas, 434-9216
tere_amiga2002@yahoo.com

3rd Tuesday: 6:30 pm - 8:00 pm
Consumer and Family Support Group*
St. Stephen's Catholic Church
2127 S. Zarzamora, Church Hall
Contact: Mary May, 888-5533 after 6:00 pm

3rd Tuesday: 7:00 pm – 8:30 pm
Family Support Group*
Universal City First Baptist Church: 658-6394
1401 Pat Booker Road, Faith Building, Room 102

3rd Wednesday: Please call for time
Family Support Group
Southwest Mental Health Center (SMHC)
8535 Tom Slick, SMHC Dining Hall: Carol: 582-6451

3rd Thursday: 9:00 am – 11:00 am
Family Support Group
Alamo Heights United Methodist Church
825 E. Basse Road, Room W105: 734-3349

3rd Saturday: 10:00 am - 12:00 pm
Spanish Family Support Group
San Juan de los Lagos Catholic Church
3231 El Paso St.: Mrs. Lopez 436-8018 ext. 306

4th Monday: 7:30 pm - 9:00 pm
Family Support Group*
St. Mark the Evangelist Catholic Church
1602 Thousand Oaks Drive, Room 204, Christopher Hall
Contact: Mary Baird, 599-7465; marybaird@sbcglobal.net

4th Saturday: 10 am
Family Support Group*
St. Brigid's Church, Library
6907 Kitchener St, Carmen Ortiz, 521-9161

Last Wednesday: 3:30 p.m. – 5:00 p.m.
Art Class (Therapy)
Boerne Public Library, 210 N. Main St., Boerne
Contact: Kathy Giardinelli: (210) 334-8820

Bethel Christian Fellowship, Pastor Michael Lopez,*
680-8019. Home visits, prayer by phone
For ministry information, contact Sylvia Luna, 393-3664,
sylvialuna1962@yahoo.com

Divine Redeemer Presbyterian Church*
407 North Calaveras (& Salinas) 433-9551
Pastor Rob Mueller is bilingual.

***Faith-based Support Ministries** (see asterisks)

The Faith-based Mental Health Initiative is a collaborative effort of the Bexar County Mental Health Task Force and NAMI San Antonio.

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Join NAMI Today!

We at NAMI want you to know that you are not alone. We want to share with you the community of hope that we have found through this remarkable organization.

As a member, you will receive the NAMI-SA Newsletter, NAMI Texas News, NAMI Advocate and be eligible to borrow books and tapes from the extensive NAMI-SA library. All donations and contributions are tax-deductible. Special memberships are available for unemployed or low-income persons. Call our office for more information.

NAME _____
ADDRESS _____
CITY _____ ST _____ ZIP _____
E-MAIL ADDRESS _____
Telephone (H) _____ (W) _____

New member Renewal

Enclosed are my dues for:

Family/Individual (\$35.00)
 Professional (\$50.00)
 Consumer (\$5.00)

Enclosed is my contribution: \$ _____

I heard about NAMI-SA from _____

I will volunteer to serve for NAMI-SA
 Please contact me for corporate, foundation, or grant support.

Please make checks payable to "NAMI San Antonio" and mail to:

NAMI San Antonio
P.O. Box 15348
San Antonio, TX 78212

NAMI - SAN ANTONIO NEWSLETTER - APRIL 2010

2010 NAMI SAN ANTONIO BOARD OF DIRECTORS

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¹ McLean Hospital, Belmont, MA, study of the Harvard Brain Tissue Collection Center supply of deceased consumers' and their families' brains to treat, and someday cure, mental illnesses.