

Regular monthly affiliate meetings are held at the First Presbyterian Church, 525 North Broadway, Wichita, Kansas, in the lower level East Dining Room for 1<sup>st</sup> Tuesday and West Dining Room for 3<sup>rd</sup> Tuesday. Parking is off Market Street on the west side of the church with an “evening entrance” door and buzzer under the canopy. **ELEVATOR IS AVAILABLE. GO TO “EVENING ENTRANCE” DOOR UNDER CANOPY FOR ASSISTANCE.**

## **FIRST TUESDAY EACH MONTH: PROGRAM AND AFFILIATE MEETING**

- **JANUARY 8, 2019**
- **February 5, 2019**
- **5:30 PM Board Meeting, McComb Room (January Meeting at St. Joseph)**
- **7-8:15 PM Programs and Affiliate Meetings**
- **8:15-8:30 PM Visiting and Clean-up**

### **JANUARY 8 Program: PLEASE NOTE DATE CHANGE BECAUSE OF NEW YEAR'S DAY!**

**SPECIAL PROGRAM:** Tour for NAMI Wichita of the new Via Christi Behavioral Health Hospital at St. Joseph Hospital, 3600 E Harry St, on the upper two floors. This new facility (replacement of the old Good Shepherd Hospital on East Orme) will open early in the Spring, but we have a chance to participate in a guided tour to preview the renovation. **INSTRUCTIONS:** Enter the hospital’s main south doors from the parking lot and take the elevators to the **3<sup>rd</sup> Floor to the McNamara Conference Room**. Signs are posted. Check at the front desk if you have questions. The tour begins promptly at 7 PM.

The NAMI Wichita Board Meeting will occur at 5:30 PM in the McNamara Room as well.

**February 5 Program:** We have invited the new NAMI Kansas Executive Director, Dr. Sherrie Vaughn, to join us for a review of legislative action in Topeka regarding mental health issues and concerns, discussion of the key advocacy points for Mental Health Advocacy Day in Topeka and a preview of planning for the 2019 NAMI Walk to be held on Saturday, May 4, in Topeka. This meeting with Dr. Vaughn sets the stage for many of our important affiliate activities for the following months. Please come and meet Dr. Vaughn.

## **THIRD TUESDAY EACH MONTH: “ASK THE DOCTOR” AND SUPPORT GROUPS**

- **January 15, 2019**
- **February 19, 2019**
- **6-7 PM “Ask the Doctor” Hour**
- **7-8:30 PM Family/Friends Support Group** (facilitated by a family member) and the **NAMI Connection Recovery Support Group** for persons living with a mental illness (facilitated by trained individuals who live in recovery). For more information, leave a message at [connection@namiwichita.org](mailto:connection@namiwichita.org) or call NAMI Wichita at 316-686-1373;

**NEW SUPPORT GROUP ADDITION:** We will reintroduce our Spanish speaking Family Support Group, **Grupo de Apoyo para Familiares de NAMI**, in the **Tuesday, January 15** meeting. Maria Contreras will coordinate this group’s facilitation and will meet on the church’s main floor in the Gathering Room adjacent to the Chapel. All groups may participate in the “Ask the Doctor” session before support groups convene from 7-8:30 PM.

## **FOURTH TUESDAY EACH MONTH: SHARE AND CARE COMBINED SUPPORT GROUP**

- **January 22, 2019**
- **February 26, 2019**
- **6:30-8:30 PM Share and Care Combined Support Group at College Hill United Methodist Church, 2930 East 1<sup>st</sup> Street North, Wichita**, with parking and entrance on the north side of the church. This support group allows persons living with mental illness, their family members and friends to share with and learn from each other. Meeting structure is informal and everyone is welcome.

## **NAMI WICHITA SYNAPSE**

A Publication for Family and Client Support, Advocacy Education and Research for Major Brain Disorders. National Alliance on Mental Illness, Wichita Affiliate

**This bi-monthly publication is funded by a grant from the CLASS Foundation/Mental Health Association of South Central Kansas.**

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NAMI Wichita, KS, Inc. is a non-profit organization with 501 (c) 3 status, an affiliate of NAMI and NAMI Kansas

### **Officers and Board of Directors:**

**Officers to be elected by the Board in January Meeting.**

**Board Members – Barbara Andres, Brittany Brest, James Hook, David Larson, Richard Morley, David Peterson, Dan Smading, Bernestine Williams and Douglas Winkley**

#### **Other Volunteer Positions:**

**Family Support Group Facilitators – Gerry Lichti, Vicki Shook and Valerie Morley**

**NAMI Connection Facilitators – Darla Denton, David Larson, Nancy Ross and Columbine Schwanke**

**NAMI Education Classes Coordinator – Treva Lichti**

**NAMI In Our Own Voice Coordinator – Lynn Kohr**

**NAMI Wichita Phone – David Peterson**

**Librarian – Volunteer Needed**

**Community Projects Coordinator – Gerry Lichti**

**Program Committee – Gerry Lichti and Columbine Schwanke**

**NAMI Kansas Affiliate Council Representatives – To Be Announced**

**NAMI Kansas Peer Leadership Council Representatives – To Be Announced**

**NAMI Kansas Veterans’ Council Representative – Tony Nutz**

**NAMI on Campus-WSU Contact - Brittany Brest**

**NAMI “This Life” Contact – Laura Rosenbaum**

**NAMI FaithNet Contact - Eli Hess**

**KU Residents Liaison – Vickie Emmart**

**NAMI Wichita Synapse Newsletter Editor – Lynn Kohr  
Brainstorming Editor - Lynn Kohr**

**Website Managers – Justin Barrow, Nicole Cox and Darla Denton, David Larson**

**NAMI Profile Center- Lynn Kohr**

Views published in the NAMI Wichita Synapse are those of individual contributors and do not reflect local, state, or national NAMI positions.

NAMI Wichita also publishes a **Resource Guide Book** funded by an anonymous donor. We support the activities of law enforcement agencies, hospitals, COMCARE, the medical community, other non-profit organizations, families, caretakers, friends and clients of mental health services directed towards improving the lives of persons living with mental illnesses. Membership in NAMI Wichita includes persons living with mental illnesses, their family members, community friends, behavioral health professionals and students. A lending library consisting of books, pamphlets and audio/video media is maintained for the benefit of members.

Newsletter Mailing List Guidelines: This newsletter is sent by email to any NAMI Wichita members/contacts for whom we have an active email address. Print copies are sent only to those members who have no email service.

Community Leaders and Behavioral Health Professionals receive complimentary newsletters and are invited to support NAMI Wichita’s programs and activities by becoming members.

Dues include membership in local, state and national levels as well as quarterly receipt of the Advocate, a magazine published by NAMI. **Please see membership form on last page of this newsletter.**

### **Mark Your Calendars for these Upcoming Activities in 2019:**

1. Thursday, **March 14:** Mental Health Advocacy Day in Topeka with State Legislators
2. Tuesday, **April 2:** Spring Picnic Potluck Dinner
3. Saturday, **May 4:** Annual NAMI Walk in Topeka at Hummer Sports Complex
4. **June 19-22:** NAMI National Convention in Seattle, Washington
5. July Event: Minority Mental Health Awareness Month
6. Tuesday, **August 6:** Summer Picnic Potluck Dinner
7. Sunday, **October 6:** Mental Illness Awareness Week Candlelight Ceremony. Location TBD.
8. **October:** NAMI Kansas Annual Conference. Location and dates TBD
9. **December 3:** Annual Awards Ceremony, Election of Board Members and Holiday Reception

**NAMI WICHITA HAS BEEN APPROVED FOR RE-AFFILIATION WITH NAMI:** After a tremendous amount of work by members of our Board of Directors compiling records and reports, revising by-laws and reviewing other policy/procedure evaluations and recommendations, NAMI Wichita’s application for re-affiliation with NAMI was approved by the national Board of Directors. As a large national organization, NAMI undertook a long assessment of changes that would strengthen overall mission and outcomes for all levels of the organization: national, state and local. Consistency in many policies and procedures has been improved, communication among the three levels has been enhanced and the assistance provided by the national office for state offices and local affiliates has improved. NAMI Wichita offers a majority of the signature programs offered by NAMI and is ready to carry through its own strategic planning process in preparation for what lies ahead. Thanks to everyone involved for the work done to achieve the reaccreditation goal.

**From our President:** In this article I'd like to review some of NAMI Wichita's 2018 accomplishments and indicate where they may lead us in 2019. I want to show that we have an ongoing commitment to complete a very large set of tasks. Did you notice the back of our beautiful 2018 NAMI Wichita Holiday and Awards Program pamphlet? What a list of activities we had going on throughout the year! These events didn't just happen once; many were repeated several times. There were approximately twenty-five to thirty events listed and the number of volunteers needed to prepare, organize and conduct the events multiple times was fantastic. Behind the scenes of all these activities were meetings, phone calls, burning the midnight oil to get it right, and to be completely sincere and to speak from the heart, to present the material correctly. Teaching a class or presenting our experiences in "In Our Own Voice" requires preparation. Helping someone in crisis through "Intervention" requires someone who has been there, knows how to help, recognizes the danger signs, takes the next steps correctly to prevent damage and injury and brings the crisis into a peaceful and safe atmosphere. NAMI volunteers who plan and co-ordinate these events and volunteer to work with those that have a mental health issue are the best at what they do. They deserve awards, and they deserve so much gratitude even if they say they don't want any praise or thanks. We will praise them and thank them anyway. So, to all of you who participate----- WE PRAISE YOU AND THANK YOU.

2018 has almost ended, but we repeat the process again in 2019 and make improvements. The faces change, but the stories are the same, the crises remain scary and the parents, siblings, and other caregivers struggle to learn how to support their loved ones. We can't have enough prayers to help make improvements. Hang in there everyone because NAMI Wichita has members who are trained to help and a large partnership base that – when we don't know the answer to a problem - we can ask to get the help that is needed.

I will be leaving the Presidency of NAMI Wichita and moving on to something else in the organization. I want to thank all of you for your support and help. Please do the same for the next Board Officers. Much remains to be done, and our affiliate needs you. Please support and help. Thanks. Tony Nutz, President.

#### **NAMI WICHITA RECEIVES KANSAS HEALTH FOUNDATION CAPACITY BUILDING GRANT:**

Recently KHF awarded nearly \$2 million to 86 Kansas organizations for health-improvement projects and organizational capacity building. NAMI Wichita is a recipient of \$24,970, which will be applied towards hiring a consultant for assistance with strategic planning, for community outreach and for program evaluation. Expect update reports in coming months on progress made towards accomplishing grant outcomes.

**2018 NAMI Wichita Awards Ceremony:** One of our local affiliate's major programs each year is the celebration of accomplishments of the past year and recognition of individuals or groups who have contributed in special ways to our community. This past December 4, the 2018 Awards Ceremony recognized David Larson as the NAMI Wichita Member of the Year and Robyn Chadwick, Via Christi's Vice President of Operations, as Service Provider of the Year. Mental Health Professional of the Year awards were presented to Dr. Katherine Grimsley, MD, COMCARE psychiatry staff, and to Kara Liss, RN, Via Christi Behavioral Health Hospital.

Kaycy Potter of COMCARE received the Case Manager of the Year award, while Janice Mills, NAMI member, and Roy Yarbrough, Facilities Manager for the First Presbyterian Church, were presented Service to NAMI Wichita awards. The Service to Consumers award went to the Young Adult Program sponsored by the Breakthrough Club, and Officer David Inkelaar of the Wichita Police Department was named Crisis Intervention Team (CIT) Officer of the Year. The Media Services Award was presented to KSUN's John Klapperich and Mike Padilla (see KSUN article below).

Certificates of Appreciation were presented to six 3<sup>rd</sup> year psychiatry residents from the University of Kansas School of Medicine who serve as our "Ask the Doctor" medical consultants once a month. They are Doctors Lisa Harding, Shannon Loeck, Rachel Magsalin, Peter Mehta, Syed Quadri and Selia Whitney. We also gave a special "Thank You" to the following venues we use for our support and education programs: First Presbyterian Church, College Hill United Methodist Church, City Life Church, Lorraine Avenue Mennonite Church and West Heights United Methodist Church. In-kind contributions were provided by New Covenant United Methodist Church and Unity Church of Wichita.

Following the Awards Ceremony election of new Board of Directors members for 2019 occurred with the selection of Brittany Brest, David Larson and Douglas Winkley as new members. The Holiday Reception concluded a wonderful evening with delicious seasonal delicacies contributed by the attendees. Thank you to everyone who helped plan the ceremony, decorate the venue and contribute to a great end-of-year activity.

**United Methodist Urban Clinic Hygiene Pantry:** Please don't forget that many people in our community still rely on their neighbors to help provide hygiene supplies not covered by food stamps. We have been asked to concentrate on collecting deodorants for the Pantry's distribution. Bring your donations to any of our regular meetings, and thanks for your continuing support.

**NAMI WICHITA BEGINS PROGRAMMING WITH KSUN 95.9 COMMUNITY RADIO:** “OUR OWN VOICE” is the name of the local radio program offered weekly on Saturday afternoons at 2:30 PM, through KSUN Community Radio. This program helps to educate our community about mental illness and its impact on the lives of many people with whom we associate. Many NAMI Wichita members and other interested individuals have already volunteered time at the station sharing about their life experiences or presenting information on specific mental health programs/activities offered in Wichita. Many more opportunities for involvement are available, and you may contact 316-686-1373 to indicate your interest in helping create a program. The best way of accessing the programs is on-line by searching for KSUN-Wichita.

**NAMI Wichita Education Classes for Spring 2019:** Please check [www.namiwichita.org](http://www.namiwichita.org) and click on “Programs” for further details on each class. **ALL CLASSES ARE FREE FOR PARTICIPANTS.**

**HOMEFRONT EDUCATION PROGRAM:** A series of six classes which helps family members, partners and significant others understand and support military service members and veterans living with mental health conditions while maintaining their own wellbeing. Classes are offered on-line from various locations. Registration for these classes is required. You may call Tony at 316-558-1888 for more information.

**Peer-to-Peer** is offered for adults living with mental illness. This series of 8 weekly classes focuses on helping persons understand their illness and gain skills to help establish and maintain wellness. Classes last two hours each. Check [namiwichita.org](http://namiwichita.org) for details on new classes, or you may leave a message at 316-686-1373 or email [peer2peer@namiwichita.org](mailto:peer2peer@namiwichita.org).

**Family-to-Family** is offered for family members or caretakers of or support persons for adults with the lived experience of mental illness. This series of 12 weekly classes is provided in two and a half hour sessions. Registration is required. The **Spring 2019 F2F Class begins in mid-February.** Contact Janet at 316-734-2082 or Victoria at 316-200-5951 for more information and to register.

## **JOIN NAMI TODAY**

The NAMI Wichita mission is to provide education and support for persons living with mental illness and their families; to provide support for research on brain disorders; and to provide public education and advocacy to promote mental health systems change with the hope that persons with mental illness may achieve the highest possible quality of life.

<input type="checkbox"/> HOUSEHOLD	\$60	Annual dues include membership at the local, state and national levels. <b>Make checks payable to NAMI Wichita.</b> All dues and donations are tax deductible.
<input type="checkbox"/> INDIVIDUAL	\$40	
<input type="checkbox"/> OPEN DOOR DUES*	\$ 5	
<input type="checkbox"/> GIFT/DONATION =	_____	

(Please complete **ALL** requested information.)

NAME \_\_\_\_\_  
 STREET \_\_\_\_\_  
 CITY/STATE \_\_\_\_\_  
 9-DIGIT ZIPCODE \_\_\_\_\_ - \_\_\_\_\_  
 TELEPHONE \_\_\_\_\_  
 E-MAIL \_\_\_\_\_

MAIL TO:  
 NAMI Wichita, KS  
 P.O. Box 2435  
 Wichita, KS 67201-2435

New Membership       Renewal Membership

I have served in the military.       An immediate family member has served in the military.

***\*No one will be denied membership for their inability to pay the full fee. The minimum payment is \$5.***



# BRAINSTORMING

Volume 4, Issue 1

January/February 2019

Brainstorming is an on-line publication of the National Alliance on Mental Illness (NAMI) - Wichita Affiliate. It is made up of articles encompassing the topic of mental illness. Information provided in this e-magazine is for informational purposes only, has not been researched or independently verified and is not intended as medical advice. Views published in Brainstorming are those of the individual authors and contributors and do not reflect and are not endorsed as local, state or national NAMI positions. To read the full articles, right click on the "Read more" link following the introduction to each article and open the hyperlink. To submit articles and other material to be considered for inclusion in this e-magazine, contact Lynn Kohr at [lkohr@cox.net](mailto:lkohr@cox.net).

## **Esketamine Reduced Suicidal Thoughts Within Hours of Treatment in Patients with Severe Depression**

Esketamine, like the closely related drug ketamine, is a drug with a long history of use as an anesthetic that has been found to significantly reduce depression symptoms within hours of treatment. In the newly reported trial, the drug was delivered via a nasal spray.

[Read more](#)

## **Top Federal Mental Health Official Supports AOT and Peer Services In Article Listing SAMHSA's Goals**

In a recently published article, Dr. Elinore F. McCance-Katz, Assistant Secretary for Mental Health and Substance Use, explained how she and the Trump Administration intend to implement federal mental health and substance abuse programs. Her article in *Psychiatric Services* magazine's October issue should appeal to both peer groups and supporters of Assisted Outpatient Treatment.

[Read more](#)

## **Tracking Your Moods**

When you have a mental illness like Bipolar Disorder it can be extremely helpful to track your moods. This can allow you to be more self-aware, as it can be all too easy to find your mood slipping or rising without being fully aware of it until you are in a full-blown episode, especially if like me the process can sometimes be very gradual.

[Read more](#)

## **A Dozen Facts About Medicare Advantage**

Medicare Advantage plans have played an increasingly larger role in the Medicare program over the past decade. More than 20 million Medicare beneficiaries (34%) are enrolled in Medicare Advantage plans in 2018. This collection provides updated information about Medicare Advantage enrollment trends, premiums, and out-of-pocket limits. It also includes new analyses of Medicare Advantage plans' extra benefits, use of prior authorization, and bonus payments paid by Medicare.

[Read more](#)

## **More Rapid Form of Brain Stimulation for Resistant Depression Worked as Well as Conventional TMS**

Since 2008, when transcranial magnetic stimulation, or TMS, was approved by the U.S. Food and Drug Administration (FDA), it has been available to people whose depression has resisted conventional forms of treatment. In the decade that has passed, the effectiveness of TMS has been confirmed in a number of clinical trials, showing that as many as half of treatment-resistant patients respond to it (i.e., have at least a 50% reduction in symptoms) and up to one-third achieve remission of symptoms with it.

[Read more](#)

## **Studies Support Use of Team-Based Care for Early Psychosis**

Significant improvements seen in symptoms and in occupational and social functioning

Researchers continue to build on findings from NIMH's Recovery After an Initial Schizophrenia Episode (RAISE) program, which investigated the effectiveness of early intervention services for people experiencing first episode psychosis. Two recent studies add to the evidence that team-based early intervention services are feasible in real-world health care settings and result in improved outcomes for patients.

[Read more](#)

## **'No one to talk you down'**

Inside federal prisons' dangerous failure to treat inmates with mental-health disorders

...In 2014, amid mounting criticism and legal pressure, the Federal Bureau of Prisons imposed a new policy promising better care and oversight for inmates with mental-health issues. But data obtained by the Marshall Project through a Freedom of Information Act request shows that instead of expanding treatment, the bureau has lowered the number of inmates designated for higher care levels by more than 35 percent. Increasingly, prison staff are determining that prisoners — some with long histories of psychiatric problems — don't require any routine care at all.

[Read more](#)