

March/April 2019

CALENDAR OF EVENTS

Volume 22, Issue 2

Regular monthly affiliate meetings are held at the First Presbyterian Church, 525 North Broadway, Wichita, Kansas, in the lower level East Dining Room for 1st Tuesday and West Dining Room for 3rd 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

- *March 5, 2019*
 - 5:30 PM Board Meeting, McComb Room
 - 7-8:15 PM Programs and Affiliate Meetings **See time change for April 2.**
 - 8:15-8:30 PM Visiting and Clean-up
- *April 2, 2019*

March 5 Program: Because of weather conditions in February, we extended our invitation for the new NAMI Kansas Executive Director, Dr. Sherrie Vaughn, to join us this month 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. The weather will hopefully cooperate!

April 2 Program: 6:00 PM. Our Spring Picnic Potluck Meal is our first social activity of the year: share wonderful dishes (salads, side dishes, desserts, etc.) to complement the entrée and beverages provided by the affiliate; spend time visiting and learning to know our NAMI family; assertively plan for the NAMI Walk on May 4; and join a Board sponsored Focus Group. See further information below.

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

- *March 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 or call NAMI Wichita at 316-686-1373;
- *April 16, 2019*

ADDITIONAL SUPPORT GROUP: Our Spanish speaking Family Support Group, **Grupo de Apoyo para Familiares de NAMI**, was restarted in our February meeting. Maria Contreras is the facilitator for this group, which will meet in the Gathering Room adjacent to the Chapel on the church’s main floor. All of the above 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

- *March 26, 2019*
 - 6:30-8:30 PM Share and Care Combined Support Group at College Hill United Methodist Church, 2930 East 1st 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.
- *April 23, 2019*

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.

NAMI Wichita
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Website: www.namiwichita.org

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: David Peterson, President; James Hook, Vice President; Dan Smading, Secretary; Richard Morley, Treasurer

At Large Board Members – Barbara Andres, Brittany Brest, David Larson, 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 – Nancy Ross

Librarian – Volunteer Needed

Community Projects Coordinator – Gerry Lichti

Program Committee – Gerry Lichti and Columbine Schwanke

NAMI Kansas Affiliate Council Representatives – David Peterson, James Hook and David Larson

Mark Your Calendars for these Upcoming Activities in 2019:

1. Wednesday, **March 13:** Grassroots Advocacy Network Training in Topeka
2. Thursday, **March 14:** Mental Health Advocacy Day with visits to State Legislators in Topeka
3. Tuesday, **April 2:** Spring Picnic Potluck Dinner (see details below)
4. Saturday, **May 4:** Annual NAMI Walk in Topeka at Hummer Sports Complex: car pooling available
5. **June 19-22:** NAMI National Convention in Seattle, Washington
6. Thursday, **July 11:** National Minority Mental Health Awareness Month Event (watch for details later)
7. Tuesday, **August 6:** Summer Picnic Potluck Dinner
8. Sunday, **October 6:** Mental Illness Awareness Week Candlelight Ceremony. Location TBD.
9. **October:** NAMI Kansas Annual Conference. Location and dates TBD
10. **December 3:** Annual Awards Ceremony, Election of Board Members and Holiday Reception

NAMI WICHITA CERTIFICATE OF RE-AFFILIATION WITH NAMI RECEIVED: It has arrived! Our formal Certificate of Re-affiliation from NAMI's national office is now in hand. After a tremendous amount of work by members of our Board of Directors to parallel our organizational structures, policies and procedures as much as possible with national guidelines, NAMI Wichita's application for re-affiliation with NAMI was approved by the national Board of Directors. These changes 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 re-accreditation goal.

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**NAMI Kansas Peer Leadership Council
Representatives – Darla Denton and Brittany Brest**

**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,
Darla Denton and 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.**

From our President: HOLD ON:

I'm sure everyone has heard the statement, "no one likes change". Yet, the only constant in life is change. I am honored to be able to write to all of you about why certain changes facing NAMI Wichita will help us achieve the common desire expressed in our Mission Statement. I think all NAMI Wichita members would agree to this Statement:

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.

What a great mission statement! This is our common desire.

A lot is happening right now. We now, for the first time ever, will be paying for room usage. Obviously, we had not budgeted for this, and we may end up finding another place to hold our meetings. But please, **HOLD ON:** we will continue to do whatever we can to fulfill our mission. We want to expand our relationships with others in our mental health community. We will continue to offer our many classes, support groups, and presentations, but we wish to reach out to more people in need. We want to expand our ability to impact more people by introducing new programs, such as Ending The Silence. ETS is an engaging presentation that helps middle and high schoolers learn about warning signs of mental health conditions and what steps to take if they or a loved one are showing symptoms of a mental illness.

But, **HOLD ON,** there is more: NAMI Wichita was awarded a Grant to help us with Strategic Planning. One of the main goals of this planning is getting more people involved and volunteering. We have many opportunities for you. We are an all-volunteer organization with persons needed in many different roles. Please consider NAMIWALKS, our Candlelight Ceremony, or Advocacy Day as ways to become involved. Other opportunities also exist. Please ask any Board Member or long-time member how you can contribute. NAMI Wichita is more than the sum of all of us. We are a volunteer team, and for any team to be successful, the team members must be engaged and work together to reach their goal. Our goal is our **MISSION STATEMENT.**

Thank you for your involvement in NAMI Wichita.

David Peterson, President

JOIN US FOR OUR SPRING PICNIC POTLUCK ON TUESDAY, APRIL 2, 6:00 PM: Great food selection and great visiting occur when we gather for our potluck dinners. NAMI Wichita folks know how to cook, and we always have a wide variety of tasty choices when we gather. Remember that **NAMI provides the main dish, table service and beverages.** In the past, the Spring Picnic has been our lasagna night, and you'll know before hand with your personal invitation (sent by email or regular mail) if that changes. **Please bring a complementary salad, side dish or dessert to share.** Aside from plenty of time to visit with your NAMI family, we'll have time to review planning for the May 4 NAMI Walk in Topeka to assure we're prepared to raise as much money as possible for our local programs as well as for the state NAMI Office. The Board of Directors is also planning a Focus Group Experience for a part of the evening and hopes to have a full house to participate. The Picnic is open to all members, family members and friends of NAMI. We have plenty of space for everyone in our **regular meeting location,** so we hope to see you on April 2.

NAMI WICHITA CONTINUES 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. Opportunities continue for additional people to participate in programs – with the great assistance of David Larson and David Peterson from our affiliate. Sharing about our own life experiences or presenting information on specific mental health programs/activities offered in Wichita are all options. Please 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 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.

Thursday, March 14: Mental Health Advocacy Day in Topeka: This annual advocacy day provides us a primary opportunity to visit with our individual legislators (and others) about critical issues concerning mental health services in the state of Kansas. As part of our regular March program on the 5th, our state executive director will take us through a listing of Advocacy Issues formed by the state Mental Health Coalition which will form the base of the Advocacy Day activities in Topeka. Please come to this session to begin your advocacy preparation process. Make appointments with your legislators now! Pooled transportation for Advocacy Day will be planned during the meeting on the 5th in Wichita, so plan to participate on the 14th in Topeka.

In addition, on Wednesday, March 13th, a special day of training will occur in Topeka. The Kansas Mental Health Coalition, of which NAMI is a part of, is sponsoring Grassroots Advocacy Network Training at Oxford Building, 408 SW Jackson, Topeka, KS from 8:30-4:30 PM. This practical training is designed to teach participants how to tell their story and experience with mental health in Kansas in order to advocate for mental health issues. The outcome of this learning experience is that attendees will know how to schedule and have a sit-down, in-person meeting with a state legislator, a county commissioner, a municipal decision-maker or a community leader. The intention is to influence change to improve mental health not just for people and families experiencing mental health challenges, but all people living in Kansas. By completing KMHC Advocacy Training you become a KMHC District Advocate. Please be sure to register for KMHC Advocacy Day to attend events - including Legislator Luncheon, informational briefing, rally, exhibits, legislative sessions and legislative appointments. KMHC District Advocates are also entitled to travel reimbursement for mileage. There is a separate registration link for joining to Grassroots Advocacy Network and the Advocacy Day. If you would like to become a KMHC District Advocate and attend the Grassroots Advocacy Network Training on March 13th in Topeka, please go to <http://www.kansasmentalhealthcoalition.onefireplace.com/event-3250334> to register. Resources are available to defray travel costs, costs for meals and lodging overnight before Advocacy Day for training participants. Lunch will also be provided for training participants.

United Methodist Urban Clinic Hygiene Pantry: Especially during winter months, please remember that many people in our community still rely on their neighbors to help provide hygiene supplies not covered by food stamps. NAMI Wichita concentrates on collecting deodorants for the Pantry's distribution. The box to collect your donations is available at any of our regular meetings. Thanks for your continuing support.

NAMI Wichita Education Classes for Spring 2019: Please check 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. A new class is projected to begin later in the spring. Check namiwichita.org for details on new classes, or you may leave a message at 316-686-1373 or email 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. A **Spring 2019 F2F Class began in mid-February**. Another F2F class will be scheduled to begin in early Fall

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. Make checks payable to NAMI Wichita. 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.*

See below for 2019 March/April edition of Brainstorming.



BRAINSTORMING

Volume 4, Issue 2

March/April 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.

3 Simple Ways to Explain Bipolar Disorder to Others

It may not be enough to just educate others on what bipolar disorder is; we also need to help them understand.

[Read more](#)

Neuromelanin-Sensitive MRI Identified as a Potential Biomarker for Psychosis

Researchers have shown that a type of magnetic resonance imaging — called neuromelanin-sensitive MRI (NM-MRI) — is a potential biomarker for psychosis. NM-MRI signal was found to be a marker of dopamine function in people with schizophrenia and an indicator of the severity of psychotic symptoms in people with this mental illness.

[Read more](#)

The Ultimate Guide to Cognition and Bipolar Disorder

These signs of deficits in brain power may be temporary or ongoing and may be helped with treatments. Here are some cognition facts to consider.

[Read more](#)

Genetic Analysis Points to Anorexia Nervosa's Psychiatric and Metabolic Roots

People with anorexia nervosa, an eating disorder, severely restrict the amount of food they eat. They may see themselves as overweight even after they have become dangerously underweight, but what causes this behavior?

Researchers who have published the first large genetic analysis of people with anorexia nervosa say their results underscore its biological causes. The study, reported in the *American Journal of Psychiatry*, found that the disorder shares genetic roots with both psychiatric and metabolic illnesses.

[Read more](#)

Kansas Cost-Cutting Forced Kids Who Need Urgent Psych Care Onto Waitlists

[...] with shorter lengths of stay, kids might get stable but didn't have the time to develop good coping mechanisms and trauma management to stave off future crises. They'd often end up referred back to a treatment facility when suicidal, aggressive or self-harming tendencies returned. But now, there weren't enough beds available.

In 2019, that means 150 kids in urgent need of treatment languish on a waitlist. That means foster kids who land at facilities with less intensive care, youth residential centers, show up with behavior more extreme than those residential centers are equipped to handle.

[Read more](#)

Mental health disorders common following mild head injury

A new study reveals that approximately 1 in 5 individuals may experience mental health symptoms up to six months after mild traumatic brain injury (mTBI), suggesting the importance of follow-up care for these patients. Scientists also identified factors that may increase the risk of developing post-traumatic stress disorder (PTSD) and/or major depressive disorder following mild mTBI or concussion through analysis of the Transforming Research and Clinical Knowledge in Traumatic Brain Injury study cohort.

[Read more](#)