

**Given the ongoing Pandemic status in Sedgwick County, NAMI monthly programs and support groups will continue to use the ZOOM format through the end of the year. We will be able to resume in-person gatherings only if all of us pay close attention to and follow safety guidelines published by our local, state and national health organizations. Continue watching for reminder messages about meeting schedules and other coming activities.**

## **NAMI EDUCATION PROGRAMS, Tuesday, November 3 and Tuesday, December 1 at**

**7 PM:** Since our use of ZOOM technology works for our support groups, we're exploring using this system to present speakers, panels, videos, etc., on selected topics during the regular 1<sup>st</sup> Tuesday meeting time.

## **NAMI CONNECTIONS RECOVERY SUPPORT GROUP AND FAMILY/FRIENDS**

**SUPPORT GROUP: INSTRUCTIONS:** If you have not participated thus far but wish to join the groups, please contact David Larson either through email ([D.LARSON@NAMIWICHITA.ORG](mailto:D.LARSON@NAMIWICHITA.ORG)) or phone (316.461.5755), at least a couple of days before the meeting so he will know you will be online that night. Otherwise, he may not be able to authorize your joining the meeting.

Sign-in will go much more smoothly if you download ZOOM beforehand onto your computer or phone, for whichever device you are going to use to join the meeting. It can be downloaded from the app store on your phone or by going to <https://zoom.us> on your computer. Also, register with Zoom for a free ZOOM account. Keep a record of the username (email address) and password you selected. Contact David with questions.

**How the ZOOM meetings work:** Because this meeting is for authorized attendees only, you will need to sign in using your email address and the password you chose earlier when you installed ZOOM. You will find the dates and links for the meetings below. Please make sure you are signing into the correct meeting for the correct date:

7 PM, November 3, Education Meeting  
<https://tinyurl.com/20201103Ed>

7 PM, December 1, Education Meeting  
<https://tinyurl.com/20201201Ed>

6 PM, November 17, Ask the Doctor Hour  
and Support groups  
<https://tinyurl.com/NovSupport>

6 PM, December 15, Ask the Doctor Hour  
and Support Groups  
<https://tinyurl.com/DecSupport>

The evening of each meeting, David will convene both support group meetings at the same time for general announcements and instructions, and we'll then separate into the specific Connections and Family Support sections. Vicki Shook, Valerie Morley and Gerry Lichti will facilitate the Family Support Group, while David will do the same for Connections. Watch for reminder messages with sign-on information several days before each meeting.

The Share and Care Support Group is a combined experience for both family members and adults living with mental illness. We benefit greatly from learning to know each other better.

6:30 PM, November 24, Share & Care  
<https://tinyurl.com/20201124SC>

6:30 PM, December 22, Share & Care  
<https://tinyurl.com/20201222SC>

**UPDATE ON ASK THE DOCTOR HOUR:** We have resumed our question time with Psychiatry residents from KU School of Medicine before our support group sessions at 6 PM on the 3<sup>rd</sup> Tuesday of each month. Dr. Beugelsdijk is scheduled for November and Dr. Samson for December.

**NEW MENTAL HEALTH SUPPORT LINE:** COMCARE of Sedgwick County is offering a Support Line for individuals who may be experiencing an elevation in mental health symptoms. You may call 316-660-1111 from 7 AM to 7 PM Monday through Friday. You'll receive resources, coping skills ideas and encouragement to keep doing what you need to do to stay healthy, both emotionally and physically. **Residents who are experiencing a mental health crisis should call the Community Crisis Center at 316-660-7500 for assistance.**

## **Mark Your Calendars for these Upcoming Activities**

**December Annual Awards Ceremony, Election of Board Members and Holiday Reception – Please see article immediately following**

**SCHEDULING CHANGES FOR OUR ANNUAL DECEMBER AWARDS CEREMONY, ELECTION OF 2021 BOARD MEMBERS AND THE HOLIDAY RECEPTION:** The Board of NAMI Wichita in its October meeting decided to postpone our affiliate's Annual Awards Ceremony until sometime in the spring of 2021 because of the impossibility of meeting this year in person. However, the process of making nominations for the various award categories will occur in November/December as usual. The same timeframe will be used to nominate persons for Board of Directors membership. Please watch your email for details about nominations. If you want to nominate someone to be considered in one of the award categories, the link is <https://forms.gle/krcHXhYLKCQKLvTs7>.

## **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

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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:**

**President: James Hook**

**Vice President: Brittany Brest**

**Secretary: Dan Smading**

**Treasurer: Teresa Carter**

**Members at Large: Nicole Cox, Esther Granados, David Larson, Laura Rosenbaum, Rommy Vargas and Bernestine Williams**

### **Other Volunteer Positions:**

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

**NAMI Connection Facilitators: Darla Carra-Denton, Eli Hess, David Larson, Nancy Ross and Columbine Schwanke**

**NAMI Exhibit Coordinator: Treva Lichti**

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

**NAMI Wichita Phone: Monthly Assignments**

**Community Projects Coordinator: Gerry Lichti**

**Program Committee: Laura Rosenbaum and Nicole Cox**

**NAMI Kansas Affiliate Council Representatives: James Hook, David Larson and Nancy Ross**

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

**NAMI Kansas Veterans' Council Representative:  
Tony Nutz**

**NAMI Volunteer Coordinator: David Larson**

**NAMI on Campus-WSU Contact: To be determined**

**NAMI Basics Support Group: Laura Rosenbaum**

**NAMI FaithNet Contact: Eli Hess**

**Ending the Silence Presenters: Esther Granados, Kara Carter**

**KU Residents Liaison: To be determined**

**NAMI Wichita Synapse Newsletter Editor: Lynn Kohr**

**Brainstorming Editor: Lynn Kohr**

**Website Managers: Nicole Cox, Darla Carra-Denton and David Larson**

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 Guidebook](#) 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.

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.**

**Greetings from our President, James Hook:** I hope this newsletter finds you all in good health. The year is winding down and where normally we would find ourselves planning potlucks and awards, we continue to social distance. This year has been anything but normal. We continue to push on. I hope as the year changes we will be able to implement in person meetings once again, but for now we continue online and virtual meetings to keep our members safe. The Board has been busy this year though. We have been working to update the resource guidebooks and make them more user friendly. The NAMI Wichita website will soon be getting a face-lift with some new features that should make navigation much better. As the holidays approach I want remind everyone that we tend to see people struggle this time of year. Spirits and moods tend to dip a little over the holidays. Please reach out if you find yourself struggling. COVID-19 will add additional stress to many this year. We will get through it all together. Happy holidays and stay safe. James Hook

### **"HOPE STARTS WITH NAMI WICHITA" (HSWNW) PRESENTATIONS:**

Are you new to NAMI and wonder about the basic pillars of our affiliate? Have you encountered NAMI through one of the many presentations or classes we offer and want to learn just a bit more about who we are? Maybe you know a friend or a family member that would benefit from learning about NAMI? In any case, we are doing virtual presentations to share information, stories, and encourage membership in our affiliate. You are welcome to join us on November 4th at 12 noon (central time) or at 6:30 PM or December 2nd at 12 noon or at 6:30 PM.

November 4<sup>th</sup> at Noon

<https://tinyurl.com/NOVNOON>

December 2<sup>nd</sup> at Noon

<https://tinyurl.com/DECNOON>

November 4<sup>th</sup> at 6:30 PM

<https://tinyurl.com/NOV0630>

December 2<sup>nd</sup> at 6:30 PM

<https://tinyurl.com/DEC0630>

**NAMI KANSAS MONTHLY WORKSHOPS:** NAMI Kansas began the 2020-2021 NAMI Kansas Conversations on Mental Health monthly workshops as a replacement for the annual state conference. NAMI Kansas presents **FREE** monthly virtual (online) workshops on topics of interest to NAMI members on the **third Friday of each month through June 18, 2021, from 3:00 pm – 4:00 PM** via GoToWebinar. At [www.namikansas.org](http://www.namikansas.org), click the registration link for any workshop you would like to attend. Coming dates are **November 20 and December 18**. Check back often for new offerings. Please note these offerings go into 2021!

### **TWO NEW WAYS OF SUPPORTING NAMI WICHITA FINANCIALLY:**

#### **1) GIVE WITH BING**

The Bing search engine on your computer can give back to your favorite charity (NAMI Wichita in this case) when you sign up for a free Microsoft Rewards account and you use the search engine BING. Just search on setting up a Microsoft Rewards Account and sign up. Then search on "Turn Give Mode On" and follow the directions. You will have to search for NAMI Wichita when you change the charity choice. Now all you have to do after the charity is changed is start your searching with Bing. (Make sure you are signed into Microsoft Rewards).

#### **2) AMAZON SMILE**

Amazon Smile will also give to a charity of your choice. Just click on this link and it should take you to the option of changing your searching and purchases with Amazon: <https://tinyurl.com/yblddwlh>.

If you have questions or need some technical assistance to connect with either of the above options, please contact David E Larson, Affiliate Development and Volunteer Coordinator of NAMI Wichita, [d.larson@namiwichita.org](mailto:d.larson@namiwichita.org), 316.461.5755.

**Report on the 2020 NAMI WALK, A NATIONAL DAY OF HOPE, from October 10:** This year's Walk was both virtual and in person. Several persons who were part of the Enlightened Minds team (David Larson, Captain) walked in Wichita, and the second team, NAMI Wichita Walkers (Treva Lichti, Captain) also raised money! As of our date of publication, the teams have collected **\$4,885** to support the activities of both our local affiliate and NAMI Kansas. Each receives 50% of the monies raised locally. We appreciate our team captains, the team members and anyone else who donated to this year's Walk. **YOU MAY STILL DONATE TO THIS YEAR'S WALK THROUGH NOVEMBER 10 BY GOING TO: [Enlightened Minds](#) or [Wichita Walkers](#).** (You MAY have to click on OK after "Your search results have expired. Please try your search again." and then click on "Teams".)

**2020 MENTAL ILLNESS AWARENESS WEEK CANDLELIGHT CEREMONY RECAP:**

This year's Mental Illness Awareness Week celebration was presented through a video posted on YouTube and ZOOM. Micah Pearson of NAMI New Mexico made the video, a dramatic representation of his time while briefly incarcerated. The video is still available on YouTube at <https://youtu.be/dLMgi268HSc>

**LAPSED MEMBERSHIP?! THAT'S NOT GOOD!:** You might have received an email recently if your NAMI membership indicates a lapsed status in the national database. If you have already sent in your membership dues to P.O. Box 2435, Wichita, KS 67201 please disregard this reminder. However, if you have not sent in your dues, you will want to do this as soon as possible so that you don't miss another issue of the national NAMI magazine, the ADVOCATE. You may renew your membership in a couple of ways. First you may go to [www.nami.org](http://www.nami.org) and click on RENEW on the upper right area of the screen. If you would like to write a check, please print out the membership form at the bottom of the newsletter, fill it out and mail the form with your check to the P.O. Box listed on the form. If you have any questions at all, please contact David Larson, Affiliate Development and Volunteer Coordinator of NAMI Wichita, at 316-461-5755 or at [d.larson@namiwichita.org](mailto:d.larson@namiwichita.org). Thank you for your consideration.

**NAMI Wichita Education Classes for Fall 2020:** All in-person classes are currently postponed until it is safe to gather in groups. In the meantime, Zoom will be used for any offered classes. 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 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. Some aspects of the class are managed on-line. Registration for these classes is required by calling Tony at 316-558-1888 or Eli at 316-207-5136.

**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. You may register interest in the class at 316-686-1373 or email [peer2peer@namiwichita.org](mailto:peer2peer@namiwichita.org).

**Family-to-Family** (**English** language) is offered for family members, caretakers of or support persons for adults with the lived experience of mental illness. The class is provided in two and a half hour sessions for 8 weeks. A Fall Class began using ZOOM on Monday, October 19. If you wish to place your name on a wait list for the Spring 2021 class, contact Treva at 316-617-1909 or [tlichti@cox.net](mailto:tlichti@cox.net).

**FAMILY TO FAMILY SPANISH LANGUAGE CLASS:** Class description is the same as for the class above. To express interest and for additional information, contact Rommy Vargas at 316-250-7231 or [rommyvargasb@yahoo.com](mailto:rommyvargasb@yahoo.com) or Alejandra Prendes at 316-299-8728 or [Tatiana\\_prendes@hotmail.com](mailto:Tatiana_prendes@hotmail.com).

**NAMI Basics** is offered for parents or caregivers of children and adolescents who experience mental health and behavioral disorders. This series of 6 weekly classes is offered in a two-and-a-half-hour format. To learn more about upcoming classes, contact Laura at [lauros@sbcglobal.net](mailto:lauros@sbcglobal.net).

## 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.

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

(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 November/December 2020*

*Issue of Brainstorming*



# BRAINSTORMING

Volume 5, Issue 6

November/December 2020

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, 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)

## **Show Me A Kid With A Mental Illness And I'll Show You A Mother Who Blames Herself: How To Stop Blame** *Beyond blame, My personal struggle and resolution*

When her adult son developed a mental illness, Faith Tibbetts McDonald blamed herself. What had she done wrong? Could she have prevented his illness? I asked her to write about how she eventually worked through the blame game and what she learned.

[Read more](#)

## **This Is Temporary—Finding Peace in Overwhelming Times**

With bipolar, my mood can fluctuate between the extremes of mania and depression, and my thoughts often follow an all-or-nothing pattern, too. In times of high stress, it's easy to convince myself things will never get better. The good news? I don't have to believe myself.

[Read more](#)

## **Short Intervention Can Change Public Attitudes Toward Schizophrenia**

(October 7, 2020) When people know more about a subject and have a greater understanding, their beliefs and attitudes regarding that subject are likely to change as well. Understanding the signs and symptoms associated with severe mental illness can help people identify the signs of a first episode of psychosis earlier and be less afraid to seek treatment.

[Read more](#)

## **A Human Connection Between People Is Essential: Remembering Amazing Doctor & Lessons He Taught Me**

*The Cuckoo's Nest Dr. Continues Speaking Out!*

**Dr. Dean Brooks** has spent his adult life advocating for persons with mental illnesses. And he has not slowed down even though he now is 94 years-old and is living in an assistant living facility not far from the Oregon State Hospital in Salem that he used to oversee.

He first burst on the national stage when he appeared in the 1975 movie, *One Flew Over The Cuckoo's Nest*, as the hospital's chief psychiatrist, Dr. John Spivey, M.D. It was a clever irony because Dr. Brooks was actually in charge of the hospital at the time of filming.

[Read more](#)

## **How Brandon Learned to Small Talk and Why It Transformed All His Relationships**

*.... As the natural pause in the conversation elongated, Brandon grasped for a new topic to continue the conversation. As he did so, his brother-in-law's cousin suddenly said, "Excuse me," and moved away. Uncomfortable yet again, Brandon scanned the room to see who else he could try to talk with. "Geez, this is so much work. How do other people make it look so easy?" he wondered.*

If you've found yourself in more than a few situations like Brandon's, you are not alone. Many, many people struggle to make chitchat with people. There are 3 main reasons why some folks struggle more than others when it comes to chitchatting with someone you don't know well.

[Read more](#)

## **New Study Demonstrates Non-Invasive tDCS Brain Stimulation Can Enhance Cognitive Control in Schizophrenia Patients**

Impaired cognition—operations of the brain that enable people to understand and react to the world that surrounds them—is one of the aspects of schizophrenia that makes it hard for patients to function successfully in society.

Cognitive deficits are among the most disabling and treatment-resistant aspects of schizophrenia, and include difficulty learning and retaining information as well as paying attention and using “working memory,” a form of short-term memory needed for tasks immediately at hand.

[Read more](#)