

Given the current status of the pandemic in Sedgwick County, NAMI Wichita's Board of Directors has decided to delay in-person meetings and continue with virtual educational programs and support groups at least through October. Disappointment that we cannot return to personally meeting together continues, but we need to protect each other's health and safety. Continue watching for reminder messages about meeting schedules and other coming activities.

NAMI EDUCATION PROGRAMS, Tuesday, September 1 and Tuesday, October 6 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 1st 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) 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 user name (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 in to the correct meeting for the correct date:

7 PM, September 1, Education Meeting
<https://tinyurl.com/Sept01Ed>

7 PM, October 6, Education Meeting
<https://tinyurl.com/Oct06Ed>

7 PM, September 15, Support groups
<https://tinyurl.com/Sept-Spprt>

7 PM, October 20, Support Groups
<https://tinyurl.com/Oct-Spprt>

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 better.

6:30 PM, September 22, Share & Care
<https://tinyurl.com/Sept-SC-04>

6:30 PM, October 27, Share & Care
<https://tinyurl.com/Oct-SC-2020>

UPDATE ON ASK THE DOCTOR HOUR: We hope to resume our question time with Psychiatry residents from KU School of Medicine before our support group sessions at 6 PM on the 3rd Tuesday of each month beginning in September. Once details are finalized, you will receive further information.

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

NAMI Wichita
P.O. Box 2435
Wichita, KS 67201-2435
Phone: (316) 686-1373
E-mail: info@namiwichita.org
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:

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, and Columbine Schwanke

NAMI Exhibit Coordinator: Treva Lichti

NAMI In Our Own Voice Coordinator: Lynn Kohr

NAMI Wichita Phone: Michelle Madison, Nancy Ross, Jennifer Manske, Bernestine Williams, and Trina Williams

Program Committee: Laura Rosenbaum and Nicole Cox

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

Community Projects Coordinator: Gerry Lichti
NAMI Kansas Peer Leadership Council: Brittany Brest and Darla Carra-Denton

NAMI Kansas Veterans' Council Representative: Tony Nutz

NAMI on Campus-WSU Contact: To be determined

NAMI Basics Support Group: Laura Rosenbaum

NAMI FaithNet Contact: Eli Hess

KU Residents Liaison: To be determined

NAMI Volunteer Coordinator: David Larson

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.**

Mark Your Calendars for these Upcoming Activities in 2020

1. **October 4 – Mental Illness Awareness Week Candlelight Ceremony. SEE BELOW.**
2. **October 9-10 – NAMI Kansas Annual Conference CANCELLED. SEE BELOW.**
3. **October 10 - NAMI Kansas Walk at West Ridge Mall, Topeka, and Virtually. SEE BELOW.**
4. **December 1 – Annual Awards Ceremony, Election of Board Members and Holiday Reception.**

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 will 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.**

2020 MENTAL ILLNESS AWARENESS WEEK CANDLELIGHT CEREMONY

UPDATE: Planning for the annual MIAW Candlelight Ceremony scheduled for Sunday evening, October 4, is in process. A virtual format on Facebook is likely. This year's presenter will be Micah Pearson, an artist, illustrator, writer, public speaker, and mental health advocate living in Las Cruces, New Mexico.

"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 come and join us on **September 28th at 6:30 pm** (central time) <https://tinyurl.com/HSWNW-Sept> or **October 26th at 6:30 pm** <https://tinyurl.com/HSWNW-10> for an informal presentation on how hope is found in NAMI Wichita. This presentation is for family and friends of all ages as well as those with a lived experience of mental illness. Simply type in (or click online) one of the links for the appropriate day and you will be treated to our informative presentation. You will also be asked if you can participate in a quick phone call the day after the presentation. We look forward to seeing you there.

September 28, 6:30 PM
<https://tinyurl.com/HSWNW-Sept>

October 26, 6:30 PM
<https://tinyurl.com/HSWNW-10>

THE 2020 NAMI WALK, A NATIONAL DAY OF HOPE, IS COMING ON SATURDAY, OCTOBER 10 AT WESTRIDGE MALL, TOPEKA, OR VIRTUALLY:

The NAMI WALK is the major fundraising activity for NAMI KS and for local affiliates - each receiving 50% of the monies raised locally. NAMI Wichita depends on the WALK as an important funding source for local programming. This year the Walk will have both in-person (in Topeka) and virtual options. Either way you plan to participate, **NOW IS TIME TO BEGIN YOUR FUNDRAISING SUPPORT OF THE WALK.** Whether you choose to be a virtual walker or an in-person walker, your first step is to join one of the local teams: 1. NAMI Wichita Walkers, Treva Lichti, Team Captain; 2. Enlightened Minds, David Larson, Team Captain. OR create your own NAMI Wichita team.

To register: Go to www.nami.org and locate the October 10 NAMI KS WALK. Be sure to designate NAMI Wichita as the affiliate! TEAM Members make contacts with family, friends, associates, etc., via letters, emails, FACEBOOK/other social media telling them about NAMI, the value of local support and education, your story, and encouraging their donation to NAMI's mission.

To Donate: If you can support an individual walker or one of the local teams, donations can be made on the WALK website. Or checks made to NAMI Kansas (NAMI Wichita on memo line) and mailed to the team captain or NAMI Wichita post office box indicating which team/walker.

This is a difficult financial time for many people, **but if you can**, please support NAMI by making a donation **AND even more effectively**, by becoming a fundraiser/team member.

Many resource ideas and ways to get started are on the www.nami.org/WALK website. Questions: contact tlichti@cox.net or d.larson@namiwichita.org .

UPDATE: THE NAMI KANSAS ANNUAL CONFERENCE REPLACED BY MONTHLY WORKSHOPS:

The annual State Conference scheduled for OCTOBER 9-10 has been cancelled for the year. In its place, NAMI Kansas announces the 2020-2021 NAMI Kansas Conversations on Mental Health monthly workshops. NAMI Kansas presents **FREE** monthly virtual (online) workshops on topics of interest to NAMI members on the **third Friday of each month, beginning July 17, 2020 through June 18, 2021, from 3:00 pm - 4:00 PM** via GoToWebinar. At www.namikansas.org, click the registration link for any workshop you would like to attend. This series is a work in process. Check back often for new offerings. Please note these offerings go into 2021!

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 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. Thank you for your consideration.

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, 316.461.5755.

NAMI Wichita Education Classes for Fall 2020: All classes are currently postponed until it is safe to gather in groups. In the meantime, potential virtual options are being explored. 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 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 for details. You may register interest in the class at 316-686-1373 or email 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. Check the website for information or leave a message at 316-686-1373.

FAMILY TO FAMILY SPANISH LANGUAGE CLASS: Class description is the same as for the class above. Class offered in Fall. For additional information, contact Rommy Vargas at 316-250-7231 or rommyvargasb@yahoo.com or Alejandra Prendes at 316-299-8728 or 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.

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 September/October 2020

Issue of Brainstorming



BRAINSTORMING

Volume 5, Issue 5

September/October 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.

COVID-19, Mental Health, and the 2020 Election: A Review of Candidate Platforms

Amid the COVID-19 pandemic, many Americans are struggling with mental health challenges. In a recent KFF poll, majority (53%) of adults in the United States reported that their mental health has been negatively impacted due to worry and stress over the virus. Additionally, more than one in three adults in the U.S. reported symptoms of anxiety or depressive disorder during the pandemic, up from roughly one in ten in 2019. As the virus continues to spread, the pandemic will likely lead to increased mental health care needs and significantly impact the well-being of people in the U.S.

[Read more](#)

Brief Interventions Could Reduce Risk of Suicide

A single intervention could pay dividends for individuals at risk of suicide ideation, according to new data.

[...] The team found brief acute care suicide preventions interventions were linked to reduced subsequent suicide attempts, while increasing the chance of linkage to follow-up care.

[Read more](#)

How the Brain's Reward System Goes Awry in Depression Affecting Young People

People who are depressed very often show reduced interest in experiencing or obtaining pleasure, a symptom called anhedonia that research has traced to dysfunction in the brain's reward system. In adults and adolescents, blunted responses in a part of the brain called the striatum correlate with depression, and have also been found to predict vulnerability to later depressive episodes.

[Read more](#)

Coping with Re-Opening Schools During a Pandemic

There's no easy answer to the question of how and when to re-open schools during a pandemic. Most public health experts suggest schools should only open if the rate of new coronavirus cases is on the decline and contact testing and tracing is readily available.

But regardless of where your local school district or state ends up on the matter, you as a parent will have to deal with that decision.

[Read more](#)

Two Moms on a Mission for Housing that Heals

Beds are more than just a place to sleep or a unit of psychiatric service capacity. Beds provide respite and should be a safe place to sleep and recharge at the end of every day.

Today, however, beds and housing for people with severe mental illness are in extreme short supply. The United States has one of the lowest numbers of psychiatric treatment beds per population than any other industrialized nation.

[Read more](#)

7 Steps to Reduce Jailing of Americans with Mental Illnesses that Your Community Should Adopt

“Policing does not exist as an independent entity in any community and complex health and social issues, such as mental illness, are often woven into the circumstances of a police response,” Anna Mendez, Partner for Mental Health Executive Director, wrote in an email. “In these cases, the police force’s ability to respond appropriately to members of the community with mental illness is directly related to the community’s commitment to support its members living with mental health challenges.”

[Read more](#)

Depression is Not a Normal Part of Growing Older

Depression is a true and treatable medical condition, not a normal part of aging. However older adults are at an increased risk for experiencing depression. If you are concerned about a loved one, offer to go with him or her to see a health care provider to be diagnosed and treated.

Depression is not just having “the blues” or the emotions we feel when grieving the loss of a loved one. It is a true medical condition that is treatable, like diabetes or hypertension.

[Read more](#)