

ADJUSTMENTS FOR NAMI WICHITA ACTIVITIES FOR JULY/AUGUST, 2020

UPDATE: With the reopening of a number of the activities in our society, the primary question for NAMI Wichita is, **WHEN WILL WE RETURN TO OUR IN-PERSON MEETINGS?** Unrestricted interaction within small groups of people is still risky business, and precautions will still be needed for the foreseeable future. Our Board of Directors is taking a careful approach in making the decisions about gathering in person with their decisions for July/(tentative) August presented below. You will receive updates by email or phone calls as they occur. **FOR NOW, JULY CONTINUES WITH TECHNOLOGY CONTACT, AND IN-PERSON MAY HAPPEN IN AUGUST.**

NAMI EDUCATIONAL PROGRAMS, first Tuesday of each month 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 this regular meeting time – **HOPEFULLY BEGINNING IN AUGUST.** Watch for further topics and sign-in information.

NAMI CONNECTIONS RECOVERY SUPPORT GROUP, FAMILY/FRIENDS SUPPORT GROUP (both on 3rd Tuesday) and SHARE AND CARE SUPPORT GROUP (4th Tuesday):

In our continuing efforts to reach out to those of you who attend the NAMI Connection Support Group for individuals living with mental illness or the Family/Friends Support Group, David Larson will host a support group meeting by Zoom on your computer or smart phone on **Tuesday, July 21 at 7:00 PM.** On **Tuesday, July 28,** the Share and Care Support Group will meet on ZOOM. Please contact David either through email (D.LARSON@NAMIWICHITA.ORG) or phone (316.461.5755), at least a couple of days before the meeting on **July 21st** so that he will know you will be online that night. Otherwise, he may not be able to authorize you to join 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 have to sign in using your email address and the password you chose earlier when you installed ZOOM. Below you will find the links for the meetings accordingly. Please make sure you are signing into the correct meeting for the correct date:

JULY 7, 2020 <https://tinyurl.com/ydfc463b> For this Meeting make sure you have a copy of **BRAINSTORMING** so that we can talk about it. Please be patient as I will be switching meeting and maybe slow getting online. - 7:00 PM.

JULY 21, 2020 <https://tinyurl.com/yc2a38hc> - 7:00 PM.

JULY 28, 2020 <https://tinyurl.com/y7yubb5v> - 6:30 PM.

AUGUST 4, 2020 <https://tinyurl.com/yblgxb32> This will either be a big party gathering that we will also air online through ZOOM for those who can't make it out or we will have some kind of great party online. Again be patient as we will be moving from the Board Meeting to the Downstairs meeting. – 7:00 PM.

AUGUST 18, 2020 <https://tinyurl.com/ydyvksv4> - 7:00 PM.

AUGUST 25, 2020 <https://tinyurl.com/y7e24nht> - 6:30 PM. The evening of the 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. For now, 1) contact David with your interest in participating and indicate the specific group with which you wish to connect; and 2) Register with ZOOM as indicated above. We hope you join us for this new experience.

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: 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: 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 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. **July 9, 2020: Minority Mental Health Awareness Week Event** **SEE BELOW**
2. **July 15-18, 2020: National NAMI Convention** via technology **SEE BELOW**
3. **August 4, 2020** – Hopefully, back to regular meetings. **See program note above.**
4. **October 4, 2020** – Mental Illness Awareness Week **Candlelight Ceremony** – **SEE BELOW**
5. **October 10** – Annual NAMI Kansas Conference **CANCELLED. Replaced by NAMI KS Walk at West Ridge Mall, Topeka**
6. **December 1, 2020** – Annual **Awards Ceremony**, Election of Board Members and Holiday Reception

UPDATE: 2020 NAMI WALK Rescheduled from May 2 to Saturday, October 10, Westridge Mall, Topeka

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.

THUS, IT IS TIME TO BEGIN YOUR SUPPORT OF THE WALK. Whether you choose to be a virtual walker or an in-person walker, it is easy 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 via letters, emails, FACEBOOK/other social media telling them about NAMI, the value of local support and education, your story, etc. 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, **but if you can**, please support NAMI by donating 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.

MESSAGE FROM OUR PRESIDENT, JAMES HOOK: Dear NAMI Wichita,

The past several months have been challenging times for everyone. Especially challenging for the areas of mental health. Despite the challenges and difficulties, we have adapted and set out to find ways to continue offering the help and support NAMI is known for. I know many miss the social connections that NAMI Wichita brings. The Board are working very hard to bring back in-person meeting once more.

We will meet at our Board Meeting in July to discuss starting the regular meetings again for August. My goal is to keep the online meeting portion going and integrating that into the in-person meetings as well. Social Distancing is still a must and mask or facial coverings will be required. We want to do our best to keep everyone safe. August may still be ambitious with the recent uptick in Covid-19 cases, but we continue to monitor and assess how we can best serve our members. Thank you NAMI Wichita.

James Hook

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.

ANNOUNCEMENT: NAMI Kansas Board of Directors Nominations and Applications Due on/or before August 17, 2020:

Pursuant to the Bylaws of NAMI Kansas, and if you are a member in good standing, you are notified of the opportunity to make nominations of candidates for the NAMI Kansas Board of Directors.

Expectations for Board members include being a member in good standing, being involved with a local NAMI affiliate, a support group, or aiding in starting a new support group or affiliate. The Board meets quarterly in central locations or an online meeting platform and conducts periodic meetings via conference calls or online meeting platforms. Board members also participate as members of at least one working committee. Board members are expected to participate in the annual conference, the annual NAMI Walk, and other events on the annual calendar. As resources permit, Board members should be available to attend the national convention. Board members are called on to provide leadership in the development of funding for NAMI Kansas. We are especially interested in candidates with business, legal, human resources, financial, and non-profit experience. Complete and submit an application form by:

- Contacting the NAMI Kansas state office at info@namikansas.org or 785-233-0755 and request a hardcopy of the Board application to be mailed via USPS, **or**
- Download a copy from the NAMI Kansas website at www.namikansas.org or <https://namikansas.org/about-namikansas/staff-and-board-of-directors/> complete and mail or email to info@namikansas.org

GREAT NEWS! THE NATIONAL NAMI CONVENTION IS NOW VIRTUAL AND AVAILABLE FOR YOUR PARTICIPATION (At NO Charge!):

While the NAMI National Office continues to navigate the mental health impacts of COVID-19, NAMI is excited to extend a special invitation for you to join our first-ever free virtual convention, NAMIcon 2020, taking place July 13-14, 2020.

Our National Convention will provide essential resources and expert forums on early intervention, the latest research, criminal justice reform and mental health care. **This is a unique opportunity for those who have not attended previous NAMI conventions to join our signature event free of charge! Register online on our convention page at www.nami.org.**

:

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.

2020 MENTAL ILLNESS AWARENESS WEEK (MIAW) CANDLELIGHT CEREMONY UPDATE:

Planning for the annual MIAW Candlelight Ceremony scheduled for Sunday evening, October 4, is in process but details are being evaluated on the basis of our current pandemic situation. At this time, we have decided to have a virtual Ceremony on Facebook and we are making arrangements for a fascinating presenter. Even though it will be held online, the Planning Committee would welcome additional members! Please contact Lynn Kohr at lkohr@cox.net if you are interested in helping. Thank you.

NAMI NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH – JULY 2020:

Do you know the History of Bebe Moore Campbell? She was from California and helped to create the Bebe Moore Campbell National Minority Mental Health Awareness Month for the month of July. This July, our National Minority Mental Health Month Event will not take place, but instead we will be posting a variety of different videos from mental health professionals and mental health advocates in the community. The videos will consist of a variety of different topics including tips, coping strategies, and words of encouragement. Videos will be posted throughout the month of July and may be accessed by going to <https://www.facebook.com/NAMI-Wichita-Minority-Mental-Health-Awareness-1104129353071705> (or <https://tinyurl.com/yamlnaby> to make things easier) for details and more information about this exciting month!

NAMI Wichita Education Classes for Spring 2020: All classes are currently postponed until it is safe to gather in groups. We hope to be able to offer classes again in Fall 2020. 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.

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. Spring Class was cancelled. Check the website for information on Fall Class.

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 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 through 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 national levels. Make checks payable to NAMI Wichita. All dues and donations are tax deductible.
___ INDIVIDUAL	\$40	
___ OPEN DOOR DUES*	\$ 5	
___ GIFT/DONATION =	_____	

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

NAME _____

STREET _____

CITY/STATE _____

9-DIGIT ZIPCODE _____ - _____

TELEPHONE _____

E-MAIL _____

___ 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.***

MAIL TO:

NAMI Wichita, KS

P.O. Box 2435

Wichita, KS 67201-2435



BRAINSTORMING

Volume 5, Issue 4

July/August 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.

Senate passes bill to designate three-digit number for national suicide hotline

The Senate on Wednesday passed a bipartisan bill that seeks to make the national suicide prevention hotline a three-digit number.

The National Suicide Hotline Designation Act was unanimously passed by a voice vote in the Senate and now heads to the House.

Currently, the hotline is accessible by the 10-digit number, 1-800-273-8255 (TALK).

If passed and signed by President Donald Trump, the legislation would allow an individual seeking help to dial 9-8-8 and be directed to the hotline. The old number will still work.

[Read more](#)

Heroes Act to Provide More COVID-19 Economic Relief for the Disability Community

Bill Passed Out of House, Likely to Face Problems in Senate

...This extensive legislation addresses many issues that have plagued the disability community since the beginning of the pandemic. In brief, the HEROES Act consists of additional funding, estimated at \$10 to \$15 billion, for states to pay for Medicaid home and community-based services for the disabled for a full year starting in July. It also includes housing programs utilizing tenant-based vouchers, rental assistance, along with expanded eviction and foreclosure protections are included in the bill to ensure lodging during this critical time period. A retroactive grant of \$500 for adult dependents with disabilities is also incorporated in the bill. A ground-breaking feature of this legislation is funding for direct support professionals who provide assistance to the disabled to access personal protective equipment and qualify for hazard pay as well as other benefits.

[Read more](#)

In a Surprising Clinical Trial, Ketamine's Antidepressant Effects Lasted Longer

Carefully designed, exquisitely controlled experiments sometimes don't produce the result predicted in advance—the research “hypothesis” that is the starting point for a program of research. That is one way in which science advances: in some instances, failure of the hypothesis actually shines new light, and unexpectedly generates new, positive knowledge about the question.

This is precisely what happened when a team that included eight BBRF grantees, prize winners and Scientific Council members put to the test an idea they had about how the drug ketamine functions in the brain to produce antidepressant effects that within hours can dramatically help patients who have been highly resistant to multiple other forms of antidepressant treatment.

[Read more](#)

RESEARCH WEEKLY: Promising New Medications for Schizophrenia

(May 12, 2020) Drug development for treating schizophrenia is entering a promising new era. This week's research blog is about some of these new developments written by Michael B. Knable, DO, psychiatrist and Treatment Advocacy Center Board President.

The newest medication to reach the market for the treatment of schizophrenia is **lumateperone**¹ (also known as **Caplyta** and produced by Intra-Cellular Therapies). Lumateperone was approved by the FDA in December 2019. Several different doses of lumateperone have been studied and it appears that an intermediate dose (42 mg) is most effective in reducing positive symptoms during an acute exacerbation of schizophrenia. There did not appear to be a significant effect of this medication on negative symptoms.

[Read more](#)

6 Ways Circadian Rhythms Are Important to Bipolar Disorder

Our biological clock influences everything in our body. Understanding how its rhythms affect bipolar symptoms, plus what we can do to minimize its disruption, may help us to stabilize our sleep patterns, maintain our mood, and improve our quality of life.

[Read more](#)