

NAMI monthly education programs and support groups will continue to use the ZOOM format until a return to in-person meetings is safe. Continue to pay close attention to and follow safety guidelines published by our local, state and national health organizations, and decide to schedule a Covid-19 vaccine injection as soon as you can. Continue watching for reminder messages about meeting schedules and other upcoming activities.

FIRST TUESDAY NAMI EDUCATION PROGRAMS OFFERED THROUGH ZOOM AT 7 PM

Tuesday, March 2, Program: Our Presenter is Dr. Larry Sutter, MD, author of the book JANGLED, about a child with bipolar disorder. Dr. Sutter completed a baccalaureate degree Magna Cum Laude from the University of San Francisco in 1974 followed by medical school in the University of California system. He finished a Family Medicine residency in 1981 and a Psychiatry residency in 1997. He served in the US Navy from 1981-1983 and has had employment at the Medical Board of California for 10 years.

TUESDAY, April 6, PROGRAM: Rebecca Mangel, Assisted Outpatient Treatment Program (AOT) Coordinator from COMCARE, will join us for a presentation about this court ordered program, currently in pilot format. The program will include a description of this national program, criteria for admission to this experience and some case studies of participants, both those successfully completing the program and some whose progress has been interrupted. AOT is a national program with great potential for helping persons experiencing Anosognosia (lack of insight) that is just getting established in Kansas.

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 on-line 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 into the correct meeting for the correct date. **They must be typed exactly as you see them! CASE IS IMPORTANT:**

7 PM, March 2, Education Meeting
<https://tinyurl.com/Mar21Ed>

6 PM, March 16, Ask the Doctor
Hour and Support Groups
<https://tinyurl.com/03Support>

7 PM, April 6, Education Meeting
<https://tinyurl.com/Apr21Ed>

6 PM, April 20, Ask the Doctor
Hour and Support groups
<https://tinyurl.com/04Support>

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. **We send emails with sign-on information several days before each meeting.**

SHARE AND CARE SUPPORT GROUP: 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, March 23, Share & Care
<https://tinyurl.com/03ShareCare>

6:30 PM, April 27, Share & Care
<https://tinyurl.com/04ShareCare>

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 3rd Tuesday of each month. Dr. Seher Chowan is scheduled for March and Dr. Alex Beugelsdijk for April.

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 but not Crisis during this pandemic period. 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 in 2021

1. Saturday, May 22, NAMI Walk Day held virtually
2. Saturday, June 19 (tentative): NAMI Wichita Picnic in the Park for NAMI Families/Guests including Awards Ceremony for 2020–**Please see article immediately following**
3. Monday/Tuesday, July 26/27: NAMI National Convention – Virtual
4. Sunday, October 3: Mental Illness Awareness Week Candlelight Ceremony
5. Tuesday, December 7: Annual Awards Ceremony, Election of Officers and Holiday Celebration

SCHEDULING CHANGES FOR OUR ANNUAL AWARDS CEREMONY, ELECTION OF NEW BOARD MEMBERS AND THE HOLIDAY RECEPTION: The Board of NAMI Wichita, in its November 2020, meeting decided to postpone our affiliate's Annual Awards Ceremony until **June 19, 2021**, because of the impossibility of meeting in person the first few months of 2021. That date is projected to be our first in-person meeting since last March and will be a fitting time to celebrate together. **However, the process of submitting nominations for the various award categories will stay open through end of April. If you want a head start concerning award categories to consider, the link is <https://forms.gle/krcHXhYLKCQKLvTs7>. The caveat, however, is that no one knows how quickly it will be safe to gather in larger groups. Thus, we'll plan for June 19 but will watch for updates!**

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 Nancy
Ross**

NAMI Exhibit Coordinator: Treva Lichti

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

**NAMI Wichita Phone: Monthly Assignments:
Michelle Madison, Jennifer Manske, Nancy
Ross and Bernestine Williams**

**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.**

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. Upcoming dates are **March 19** and **April 16**.
At www.namikansas.org, click the registration link for any workshop you would like to
attend. Check back often for new offerings. Please note these offerings go into 2021!

Greetings From Our President, James Hook: Dear NAMI Wichita,

I hope the beginning of this year has found you well. As I write this, we are coming out of one the coldest stretches we have experienced in over 40 years. It is another reminder of the struggles many of us have had to overcome this past year. As it warms up, I am hoping that it will continue to brighten and bring on positive energy for all of us. This newsletter will have some good information in it. If you missed the last meeting the Board spoke on some updates and projects that have been in the works. Many of those should be touched on in this edition. We are still hopeful to have an in-person event this June. Take care everyone and please remember to reach out if need anything. Thank you.

James Hook

LAPSED MEMBERSHIP?! THAT'S NOT COOL: 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.

NAMI Wichita Board of Directors January and February 2021 Minutes Summaries:

Following are the Discussion/Action Items as recorded by Dan Smading, Secretary.

January 5, 2021:

- Sales Tax-Exempt Status. Model A affiliates should have our own sales tax-exempt number and not use NAMI KS's.
- David's Status. David will become full-time with NAMI Kansas as of the first of May contingent on an upcoming grant.
- The Board discussed how to facilitate a replacement for David.
- NAMI Walk. May 22nd. Virtual, "Your Way." Assuming Treva will sign up the Wichita Walkers again. James will reach out to a few CIT personnel to see if there is support for a Team. NAMI Walk meeting in March. David is working on that. David is also in contact with the author of a book on mental health to potentially speak in March.
- April Picnic. April 6th is the picnic date. We have talked about having it outdoors, but the discussion was around whether to delay it until June. We will continue virtual meeting and re-evaluate toward the end of June after River Fest.

Looking at June 19th. Renting a pavilion. Nicole, Bernestine and Tony volunteered to help plan. Start early, say around 10 AM and have an early brunch through noon.

- Resource Guidebook Update. The resource guidebooks are being put together by Breakthrough volunteers.
- Website Update. Web developers are working on it.
- Dan will send out the Conflict-of-Interest forms for the annual signature.
- Teresa will be testifying on Step Therapy on behalf of NAMI KS before the state house committee tomorrow!
- The retreat is looking like it will be via Zoom on the 27th at 2pm

February 2, 2021:

- Elections: Dan; Nicole; and James were re-elected to another term on the Board
- Web site update: The Beta copy was put out. Those who reviewed it approved. Those who have not logged in please do and provide feedback this week!
- Board Retreat: Looking at February 27th; 2pm to 4 or 5pm. Comfort level with in-person. Some are comfortable meeting distanced face-to-face. At the large conference room at Breakthrough.
- Bernestine suggests a grant writing training session from the team. James will reach out to Brittany.
- A Board Q&A session will occur for the education meeting following the February 2 Board Meeting. Please plan to attend if possible!
- It was discussed to put a link to the resource guide near the donate button on the web page, with a separate link to the Spanish version.
- David and Bernestine are going to be doing an event on February 9th. A Faith Net clergy Zoom meeting with a proposed budget of \$1,112. Teresa can print B&W at her office for the cost of the paper. Survey Monkey might be used in place of paper pre and post surveys. We also might already have money budgeted for it. We have \$9,000+ budgeted for programs, but James is thinking we have that broken down by program. Teresa will review the budget breakdown and e-mail it out. Board approval will be needed only if a speaker fee, for example, might exceed the budget.

NAMI Wichita Education Classes for Spring 2021: All new classes are offered virtually through ZOOM. Please check www.namiwichita.org and click on "Programs" for further details on each class and for how to connect with ZOOM on your computer or phone. **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. **A new class begins at 2 PM on Monday, April 5** and concludes on Monday, May 4. Check www.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. The Spring 2021 class begins at 7 PM on Thursday, March 4, and ends on April 22. Contact Treva at 316-617-1909 or tlichti@cox.net to register.

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 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.*

Please see below for current issue of Brainstorming



BRAINSTORMING

Volume 6, Issue 2

March/April 2021

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. To submit articles and other material to be considered for inclusion in this e-magazine, contact Lynn Kohr at l.kohr@namiwichita.org.

How the Pandemic Is Taking Its Toll on Our Mental Health

The year 2020 will go down in history as one of the most devastating in history. Hundreds of thousands have died and millions have been hospitalized due to the novel coronavirus pandemic. COVID-19 has changed the lives of so many.

No matter where you live, dealing with the effects of economic and physical lockdowns in a community leads to multiple mental health challenges. After months of living with the coronavirus, many people are getting tired, burned out, and more and more frustrated.

[Read more](#)

Slammed Trump Report Contains Worthwhile Mental Health Recommendations Despite Charges Of Political Bias.

Recommendations by a Trump appointed commission studying ways to, among other things, improve law enforcement interactions with those in a mental health crisis are well-worth reading – despite heavy criticism aimed at the panel for being politically partisan and apparently violating federal open meeting requirements.

[Read more](#)

How to Avoid Making “Stupid” Mistakes with Medication

When depression returned, I began to wean off a recent medication that seemed ineffective. I never considered how it had been reducing my other symptoms.

[Read more](#)

Physical Disease and Bipolar Disorder

Mood disorders are comorbid with many physical diseases. A team of researchers set out to determine which comorbidities, or co-occurring illnesses, seemed uniquely linked to psychiatric conditions such as bipolar disorder and major depression.

Much has been written about the link between mood disorders and cardiac disease, hypertension and diabetes. These seem to strike men with bipolar disorder at high rates.

[Read more](#)

Adaptive Screener May Help Identify Youth at Risk of Suicide

Researchers have developed a computerized adaptive screener to identify youth at risk for attempting suicide. The screener, called the computerized adaptive screen for suicidal youth (CASSY), consists of 11 questions on average and correctly identified 82.4% of youth who went on to attempt suicide in the three months following screening. The results suggest this screener could serve as an easy-to-use way for providers to detect youth suicide risk in emergency department settings.

[Read more](#)