

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, May 4, Program: NAMI's In Our Own Voice program has been updated, and it's been quite some time since the program was presented to our membership. This national program is given many times during the year to various community groups, NAMI classes, CIT trainings, etc., by four active, local presenters with the lived experience of mental illness. The program uses video segments followed by in-person life experiences of the presenters, in this case Lynn Kohr and David Larson. If you've never seen In Our Own Voice or haven't seen the new version, please join this ZOOM presentation. As a side note, this program illustrates the overall quality of NAMI programs in general. Join your NAMI friends for this special presentation.

Tuesday, June 1, Program: To be announced.

SAVE THE DATE!! THE BOARD OF DIRECTORS OF NAMI WICHITA ANNOUNCES AN IN-PERSON SPRING PICNIC AND AWARDS CEREMONY FOR SATURDAY, JUNE 19, IN A RESERVED PAVILION IN WATSON PARK, 3022 S McLean Blvd, FROM 10:30 AM-1 PM. The picnic is for all NAMI Wichita members, families, friends and community members. Awards from the postponed December 2020 ceremony will be presented. Specific details and a RSVP about the picnic will be announced through social media, email and postcard as the date approaches.

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, May 4, Education Meeting

<https://tinyurl.com/raayr2m8>

7 PM, June 1, Education Meeting

<https://tinyurl.com/y9hj2rvw>

6 PM, May 18, Ask the Doctor
Hour and Support Groups

<https://tinyurl.com/rsnuhb6>

6 PM, June 15, Ask the Doctor
Hour and Support groups

<https://tinyurl.com/3vhv2nrw>

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, May 25, Share & Care

<https://tinyurl.com/aj3msucz>

6:30 PM, June 22, Share & Care

<https://tinyurl.com/4xjpncur>

UPDATE ON ASK THE DOCTOR HOUR: We have resumed our question time at 6 PM with Psychiatry residents from KU School of Medicine before our support group sessions on the 3rd Tuesday of each month. Dr. Joycy Samson is scheduled for May and Dr. Dannette Napier for June.

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 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: NAMI Wichita Picnic in the Park for NAMI Families/Guests including Awards Ceremony for 2020—**Please see announcement above.**
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.

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 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: David Larson,
Darla Carra-Denton, Eli Hess 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
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.**

NEWLY REVISED COMMUNITY RESOURCE GUIDEBOOK NOW AVAILABLE: The 12th
edition of NAMI Wichita's *Community Resource Guidebook* is now available on the website
with a print copy coming shortly. Check out a considerably expanded edition at
www.namiwichita.org. A huge "Thank You" to Nicole Cox for spearheading this revision!

**PLANNING FOR NAMI KANSAS' VIRTUAL WALK ON SATURDAY,
MAY 22: Theme - Mental Health for All**

The annual NAMI Kansas Walk provides an opportunity for working to eliminate stigma about mental illness and for raising funds for local support groups, education programs and outreach activities. The Walk is our best way to join together locally to financially support our affiliate's programming. Following are options to participate:

1. **JOIN A TEAM OR CREATE A TEAM** (your family perhaps) and **BEGIN FUNDRAISING**. Two Wichita teams are registered at www.namiwalks.org/kansas: Enlightened Minds and NAMI Wichita Walkers. To join a team, follow on-line instructions.

2. You can immediately **WRITE A LETTER OR SEND EMAILS** indicating why you support NAMI, why NAMI is important to you, and how your family members, friends and acquaintances can either send a check OR enter a donation on-line. Half the money raised supports local programming, and half is used by NAMI Kansas for training teachers, facilitators and presenters of NAMI programs. Experienced Walk fundraisers know that a simple letter has tremendous impact. People are generous if asked to support a worthy organization, and NAMI has a strong reputation for integrity and value. We have potential for raising thousands of dollars!! Please help with this important activity:

A. **CREATE YOUR ADDRESS LIST**: Family members, friends, acquaintances at work, worship location, neighborhood, community connections, etc.

B. **WRITE YOUR LETTER OR CREATE AN EMAIL**:

- **INCLUDE INSTRUCTIONS FOR DONATING** (checks made to NAMI Kansas, with Walker or Team Name on the memo line, or donating on-line: www.namiwalks.org/kansas. Click on "Fundraiser Search" and enter walker or team name.

3. On Saturday, May 22, you can **WALK ANYWHERE** to show your support physically: individually, as a family group or as a team. Thank you.

NAMI Wichita's Treasurer's Report: Income and Expense as of March 31, 2021 (Dashboard Version). Fiscal year is 07/01/2020 through 06/31/2021.

	Actual	Budget
Income	\$22,539	\$38,950
Expenses	\$15,669	\$41,574
Net Income	\$6,670	(\$2,624)

Thank you to the following Companies and Organizations for Grants to NAMI Wichita During the 2020-2021 operating year. Their support has made NAMI Wichita able to continue its support during the COVID pandemic to those living with and affected by mental illness.

Fidelity Bank Foundation Lattner Family Foundation
Cargill Wichita Medical Research & Education Foundation

NAMI Wichita also thanks those contributing in memory or in honor of the following persons:

In Honor Of	In Memory Of
David Larson	Harvey Kohr
James Hook	Justin Cuddy
	Dan Graber
	Jeffery Morgan

NAMI Wichita Board of Directors March and April 2021 Minutes Summaries:

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

March 2, 2021: Discussion/Action Items

- Dan gave an update on the conflict-of-interest forms.
- June Picnic. June 19th is the picnic date. A planning meeting will be soon.
- Teresa and Brittany are working on a grant proposal to help fund David's position.
- The KHF grant final report with the extension should be due in June.
- Budget reminder. June is the usual budget approval month. James would like to start looking at it next month to see what we might change and try to get a draft budget for May and a final approval in June.
- Vaccinations. David will reach out to the Sedgwick County Health Department about the possibility of setting up a NAMI and/or Breakthrough vaccination satellite session.

April 6, 2021: Discussion/Action Items

- Nicole completed the resource guide.
- The new web site is ready to be launched, pending a few items requested by the developer.
- The budget will be discussed in next month's meeting. The final approval of the budget needs to be in June.
- Updates for the new position. James sent information provided by the Kansas NAMI to review.
 - Dan will call a meeting of the governance committee to start reviewing the materials. We will see if Barb can help out.
 - We are still looking at potential funding sources, so are taking our time until we get a firm footing on funding.
 - Teresa sent some information out on discounted software packages.
- Watson Park has been reserved for the June picnic from 10:30 to 1:00. We have the shelter reserved from 9:30. James will reach out to the Community Policing unit or possibly Wagon Masters for cooking duties. Nicole has food information.
 - We have approximately 11 award nominations to be presented at the picnic.
 - There was also some discussion about seeking giveaways – gift cards, gas cards, baskets, etc.
- Marketing update. The resource guide is finished and handed off to the web site developer. Rommy is going to work on the translation. Next will be print copies. We will have a QR code for the website put on business cards for handouts.
- NAMI Con information came out. \$10 for students and peers, \$15 for members and \$25 for non-members. We should announce that scholarships or gifts of attendance fees will be provided.
- Faith Outreach is planning an upcoming session on grieving.

CHECK OUT OUR NEWLY REDESIGNED WEBSITE – www.namiwichita.org: Thanks to David Larson for leading the website revision process. Some continued work is being done to finish the task, but the improvements are immediately noticeable. Take a look!!

NAMI Wichita Education Classes for 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.

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 began at 7 PM on Thursday, March 4, and ends on April 22. Contact Treva at 316-617-1909 or tlichti@cox.net to register for Fall 2021 classes.

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.

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 began on Monday, April 5 and concludes on May 24. Check namiwichita.org for details. You may register interest in a Fall 2021 class at 316-686-1373 or email peer2peer@namiwichita.org.

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 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 6, Issue 3

May/June 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.

HHS Releases New Buprenorphine Practice Guidelines, Expanding Access to Treatment for Opioid Use Disorder

In an effort to get evidenced-based treatment to more Americans with opioid use disorder, the Department of Health and Human Services (HHS) is releasing new buprenorphine practice guidelines that among other things, remove a longtime requirement tied to training, which some practitioners have cited as a barrier to treating more people.

[Read more](#)

Which Path Will Biden's Nominee To Run SAMHSA Choose? Agency Has Swung Between Anti-Psychiatry & Pro Assisted Outpatient Treatment

President Joe Biden's nominee to run the federal government's mental health and substance abuse programs is largely unknown in Washington D.C. among mental health leaders.

Biden announced on Friday (4-23-21) that he'd chosen **Dr. Miriam E. Delphin-Rittmon** to be the next Assistant Secretary for Mental Health and Substance Abuse. She currently serves as the Commissioner of the Connecticut State Department of Mental Health and Addiction Services. If her nomination is approved by the U.S. Senate, she will take charge of SAMHSA, with a \$6 billion budget, much of which is distributed through block grants to states.

[Read more](#)

Combating Drowsiness Caused by Antipsychotics

Antipsychotics are a class of medications that are typically used to manage symptoms of psychosis, which may occur in schizophrenia or bipolar disorder. These meds may also be prescribed for several other mental health conditions.

In some people, drowsiness is mild and goes away over time. In others, this side effect can be severe, interfering with daily tasks at work and school, or in relationships.

[Read more](#)

A Close Look at How COVID-19 Infection Can Damage the Brain

In a much-discussed report appearing online March 26 in the *Journal of the American Medical Association (JAMA)*, three researchers have attempted to explain the potential causes of a wide range of neuropsychiatric symptoms seen in some patients infected with the COVID-19 virus.

[Read more](#)

Panic Attacks: Managing the Anxiety of Bipolar

With bipolar, anxiety and panic attacks seem prevalent. Relief is within reach, with the effective coping strategies of medication, talk therapy, behavioral therapy, and more.

Experiencing a panic attack for the first time is one of the most terrifying experiences of one's life. It feels like you're going to die. It's all but impossible to breathe. There are chest pain and a hyper-awareness of heartbeat and tingling all over. It's a "911 moment" if ever there was one. Once at the ER, around 20 minutes later, the experience is pretty much over. The pain and discomfort have substantially dissipated, but residual anxiety persists: *What the heck was that all about—and is it going to happen again?!?*

[Read more](#)