

NAMI monthly education programs and support groups will continue to use the ZOOM format at least through JULY programming. A decision will be made at that point to determine if in-person meetings may resume at the Breakthrough Club. Continue to follow safety guidelines published by our local, state and national health organizations, and choose to schedule a Covid-19 vaccine injection as soon as you can to protect yourself, your family and friends. Continue watching for reminder messages about meeting schedules and other upcoming activities.

FIRST TUESDAY NAMI EDUCATION PROGRAMS OFFERED THROUGH ZOOM AT 7 PM

Tuesday, July 6, and Tuesday, August 3 Programs: These two programs will provide time to discuss significant articles outlined in *Brainstorming*, which follows at the end of this newsletter. These articles have been selected for their relevance, interest and application to our current lives. For best preparation for these discussions, please try to read the articles ahead of time.

NAMI CONNECTIONS RECOVERY SUPPORT GROUP/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 username (email address) and password you selected. Contact David with questions. **We send emails with sign-on information several days before each meeting.**

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, July 6, Education Meeting
<https://tinyurl.com/0721ed>

7 PM, August 3, Education Meeting
<https://tinyurl.com/0821ed>

6 PM, July 20, Ask the Doctor
Hour and Support Groups
<https://tinyurl.com/0721Support>

6 PM, August 17, Ask the Doctor
Hour and Support groups
<https://tinyurl.com/0821Support>

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.

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, July 27, Share & Care

<https://tinyurl.com/0721SC>

6:30 PM, August 24, Share & Care

<https://tinyurl.com/0821SC>

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. Seven new 3rd year psychiatry residents will join us over the next year.

MENTAL HEALTH SUPPORT LINE: COMCARE of Sedgwick County offers 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. Monday/Tuesday, July 27/28: NAMI National Convention – Virtual. Registration necessary.
2. Sunday, October 3: Mental Illness Awareness Week Candlelight Ceremony
3. Tuesday, December 7: Annual Awards Ceremony, Election of Officers and Holiday Celebration.

Greetings from our President, James Hook:

Greetings NAMI Wichita,

It was fantastic getting to see so many face to face at the first annual Picnic in June. The weather was a little warm, but the breeze was nice. The Board is hopeful that in person meetings will return soon. It is on the agenda for July. If you have not had an opportunity to check out the NAMIWichita.org website, it got a face lift this year. It is easier then ever to navigate, and the donation button makes paying membership dues very easy for renewing the NAMI membership. We have some rather lofty goals for this next year, do stay tuned!

James Hook

NAMI Wichita BoD President

NAMI WALK REPORT FOR 2021: NAMI declared May 22, A Day of Hope, as virtual NAMI WALKs were sponsored by NAMI affiliates across the USA. NAMI Wichita's two teams and ten team members, Enlightened Minds and NAMI Wichita Walkers, participated to increase awareness about mental health conditions and to raise a total of \$ 6,355.00 (as of 6-21-21). The NAMI Wichita Walkers was the top fundraiser NAMI KS team. 50% of these dollars are for local programming and 50% for NAMI Kansas' training and education programming. MENTAL HEALTH FOR ALL is the national/state/local goal. Thanks to the team members and to the donors who supported the individual walkers and the teams this year.

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

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Website: www.namiwichita.org

Facebook:

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 and David Larson

NAMI Exhibit Coordinator: Treva Lichti

NAMI In Our Own Voice Coordinator: Lynn

Kohr

NAMI Wichita Phone: Monthly

Assignments: Michelle Madison, Nancy

Ross and Bernestine Williams

Community Projects Coordinator: Gerry

Lichti

Program Planning Chair: 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 and receipt of the [Advocate](#), a
magazine published three times annually 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!

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!!

PICNIC IN THE PARK AND 2020 DELAYED AWARDS CEREMONY: Saturday, June 19, was NAMI Wichita's first in-person gathering since March of 2020. Around 50 members and guests enjoyed picnic fare provided by NAMI Wichita and also celebrated belated 2020 awards nominated by members. Recipients included Tisha Darland, former Director of the Sedgwick County Community Crisis Center, and Peggy Johnson, Chief Financial Officer of Wichita Medical Research and Education Foundation receiving Service Provider of the Year Awards. Lynn Kohr and David Larson, both received NAMI Member of the Year Awards. Certificates of Appreciation were presented to Michelle Madison, Jennifer Manske, Nancy Ross and Bernestine Williams for staffing the affiliate's information phone line and to the University of Kansas 3rd Year Resident Psychiatrists who provided consulting for the *Ask the Doctor Hour*. These included Doctors Alex Beugelsdijk, Seher Chowhan, Christopher Dao, Dannette Napier and Joycy Samson. Thanks to each of these individuals for their contributions to NAMI Wichita and to those who managed picnic details.

**July is Bebe Moore Campbell National Minority Mental Health Awareness Month:
Theme for the Month: Take 5- Reducing the Stigma.**

Each week on Wednesday, beginning on July 7, a podcast will be posted on NAMI Wichita's Minority Mental Health Facebook page. The podcasts will present interviews with 1) adults who live with mental health conditions, 2) persons in the community impacted by mental illness, 3) family members of persons living with mental illness, 4) mental health professionals talking about treatment options and resources, and 5) persons sharing how each of us can help reduce the stigma which surrounds mental health conditions and too often keeps individuals from seeking assistance. Check out the information on the Facebook page and watch the weekly podcasts during July.

Plants for Mental Health

The Wichita NAMI Craft Group put together planters as center pieces to be given away at the June Picnic. The plants chosen for the planters are plants which may be helpful for our mental health. The following are some of the plants which are helpful and may have been used in the planters.

Aloe Vera has anti-inflammatory and air purifying properties, which could reduce anxiety and stress.

Snake Plants can help improve indoor air by absorbing airborne toxic pollutants that impact your sleep, mood and energy levels.

Lavender is in lots of products, from pillow sprays to bubble bath, so it's no wonder that the actual plant has similarly calming properties. The plant's fragrance is believed to help reduce stress, anxiety and possibly even mild pain.

Rosemary can help lower levels of the stress hormone cortisol in your blood. In fact, research suggests that the aroma of rosemary can improve cognitive function which may help reduce anxiety and has a positive impact on mood, focus, stress, and productivity.

Basil is loaded with compound linalool that provides it a woody scent. According to this study, basil helps to curb down the anxiety levels.

Thyme is an essential part of Italian seasoning and used in many cuisines around the world. It also has many benefits beyond the plate and this study states that it also works as a mood booster. It contains carvacrol that has a positive effect on mood.

Growing ferns indoors acts as a good humidifier and aids in reducing stress by putting moisture back into the air. It also improves the quality of the air you breathe.

NAMI Wichita Board of Directors May and June 2021 Minutes Summaries Follow:

Recorded by Dan Smading, Secretary.

May 4: Awards for the delayed 2020 Awards Ceremony are being printed.

- Grants to fund a potential NAMI Wichita staff position. Teresa submitted a grant to Anthem for \$10,000 and to Blue Cross for \$14,000. She is looking at several other potential grants.
 - Teresa sent Bernestine a list of grant questions to help respond to the grant requests.
 - We will try to fund for the first year with grants and then look to post for the position.
 - Teresa will write up the employee tax/payroll, etc. requirements.
 - The governance committee is working on an employee handbook.
 - We will announce the position when the grants come in.
- Teresa presented the proposed 2022 budget. The budget will be reviewed/approved in the June meeting.
- May 20/21 the charity for Kendra Scott in Old Town and Water Front will be donating a portion of proceeds to NAMI.
- We need to make an announcement tonight for volunteers for the June 19 picnic.
- The Faith Outreach Committee will be doing a presentation next Tuesday on COVID impact on adolescents.

June 1: The proposed new budget was presented last month. The treasurer described two changes. A motion to accept the budget as amended was seconded and all approved by voice vote.

- Megan Webb joined the meeting to discuss the Americore IRC Vista Program. Megan presented a PP presentation overview of the program and answered questions from the Board. The Board will continue to discuss securing a potential Vista volunteer to serve as NAMI Wichita staff involving recruiting/coordination and capacity building;
- Minority Mental Health month is July. Treva sent an email about several podcasts in July.
- David will forward an e-mail from a representative of Pando.
- Eli Hess is asking if we want to set up a table at a community gathering – Gift of Giving Bazaar. The Board approved the table fee by voice vote.
- Teresa will provide details of the Non-Profit Chamber of Commerce.
- Nicole requested \$425 for picnic expenses. A motion to approve was seconded and all approved by voice vote.

PLEASE KEEP YOUR MEMBERSHIP UPDATED: 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. New memberships are encouraged and appreciated. Thank you for your consideration.

NAMI Wichita's Treasurer's Report:

Fiscal year 7/1/2020 thru 6/31/2021
Income and Expense as May 31, 2021

	Actual	Budget
Income	\$26,078	\$38,950
Expenses	\$16,658	\$41,574
Net Income	\$9,420	(\$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
Cargill
Capital One

Lattner Foundation
Wichita Medical Research & Education Foundation
Grace Presbyterian Church – Lois Fisher

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 instructions 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. Check namiwichita.org for details about a Fall 2020 class. You may register interest in a 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. **A Fall 2021 class will begin on Monday, September 13 and conclude on November 1.** This virtual class meets by ZOOM from 6:30-9 PM. To Register, contact Victoria at 316-220-5951, Janet at 316-734-2082 or Tim at 316-259-7945.

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.

<input type="checkbox"/> 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.
<input type="checkbox"/> INDIVIDUAL	\$40	
<input type="checkbox"/> OPEN DOOR DUES*	\$ 5	
<input type="checkbox"/> GIFT/DONATION = _____		

(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.*

The July/August 2021 issue of Brainstorming follows:



BRAINSTORMING

Volume 6, Issue 4

July/August 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.

Treating Post-Traumatic Stress Disorder in Individuals with Severe Mental Illness

People with severe mental illness are especially vulnerable to being victimized. Such victimization can involve theft of clothing or money, violence, sexual assault or emotional abuse. Women who have severe psychiatric disease are especially vulnerable.

Rates of post-traumatic stress disorder (PTSD) are high among people with severe mental illness. New research published in *BJPsych Open* by researchers from The Netherlands suggests that an evidence-based treatment for PTSD, narrative exposure therapy, is also effective for treating PTSD in people with severe mental illness in an outpatient setting.

[Read more](#)

What The Trevor Project Wants Us to Know About LGBTQ Youth Mental Health

Since 1999, June has been called Pride Month, set aside to celebrate and honor the experiences of the LGBTQ community.

That's originally what led me to seek out a guest to discuss LGBTQ issues for the "Inside Mental Health" podcast. I wanted to do something involving the experiences of LGBTQ people and mental health during Pride Month.

[...]The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ young people. Green is the vice president of research and leads the Annual National Survey on LGBTQ Youth Mental Health.

[Read more](#)

Progress is Reported on Research Exploring Use of Deep-Brain Stimulation for Psychosis, Schizophrenia

Investigators are reporting progress in research aiming to determine if deep-brain stimulation (DBS) can be used to help alleviate certain symptoms of psychosis and schizophrenia. Their results appear in the journal *Neuromodulation*.

Deep-brain stimulation is a surgical procedure involving the implantation of electrodes within the brain.

[Read more](#)

Bipolar on TV: Does It Help or Harm?

On the one hand, characters with bipolar can demonstrate that treatment leads to stability. On the other, manic extremes make for better drama.

[Read more](#)

How to Talk to a Loved One about Getting Treatment For Bipolar

Talking to someone about getting help for their unmanaged bipolar is more effective if you make it about *you* instead of *them*.

[Read more](#)

The 7 Best Apps for Depression in 2021

From meditation to mood tracking, we found some of the best apps to help you manage your depression symptoms.

[Read more](#)