

NAMI monthly education programs and support groups will continue to use the ZOOM format at least through November 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, November 2nd: Information about this month's program is not yet available. Please stay tuned to our website, www.namiwichita.org and additional emails for more.

Tuesday, December 7th: At this time, the NAMI Wichita Board of Directors is planning a possible awards ceremony for this meeting. The location for an in-person meeting is yet to be determined. **A form for nominations for awards is included in this email.** Please stay tuned to our website, www.namiwichita.org and additional emails and mailings for more.

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, November 2, Education Meeting
<https://tinyurl.com/20211102>

7 PM, December 7, Education Meeting
<https://tinyurl.com/DecEd21>

6 PM, November 16, Ask the Doctor
Hour and Support Groups
<https://tinyurl.com/11Support21>

6 PM, December 21, Ask the Doctor
Hour and Support groups
<https://tinyurl.com/12Support21>

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, November 23, Share & Care

<https://tinyurl.com/SC1121>

6:30 PM, December 21, Share & Care

<https://tinyurl.com/12Support21>

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 have joined us over the 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.**

Greetings from our President, James Hook:

Dear NAMI Wichita,

This newsletter finds us on the tail end of the year. This year has continued to provide many challenges for our members and people around the nation. We continue to do our best in these trying times. We remain optimistic that NAMI Wichita will continue to push through and provide the best services to our community. We are continually evaluating and talking about when and how best to start in person meetings back up. I want to thank everyone. Please continue to reach out and support each other. Our fellowship is often overlooked as we navigate social distancing. Please continue to be there for one another. We know how important our social interactions are. Thank you all.

James Hook

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 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
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: Lynn Kohr and Teresa Carter

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 on our website at www.namiwichita.org. A huge "Thank You" to Nicole Cox for spearheading this revision!

Hunter Health Nurse Available: The Episcopal Social Services - Breakthrough building (1010 N Main St, Wichita, KS 67203) has a Nurse from Hunter Health Clinic that comes in every 1st and 3rd Thursday of each month through December that sees anyone who walks into the building needing care at no cost. She also administers Covid-19 vaccines if needed.

ASSISTED OUTPATIENT TREATMENT (AOT): REDUCING HOSPITALIZATION AND INCARCERATION FOR SELECTED CLIENTS:

In 2012 Kansas began consideration of adding a new treatment program for clients living with serious mental illness. AOT or Court ordered Outpatient Treatment, as it is officially known in Kansas, “offers community-based outpatient mental health (and substance use) services under court order to individuals who demonstrate difficulty following prescribed treatment on a voluntary basis. Its focus is prevention of de-compensation, hospitalization, incarceration, or other negative outcomes of non-treatment.”¹ The Sedgwick County District Court (with Judge Rumsey presiding) and COMCARE initiated a pilot AOT program locally in early 2019 involving five clients. NAMI Wichita has been a supporting organization from the beginning of AOT in the county.

Many AOT clients experience a lack of insight concerning their mental health status – called anosognosia – leading to their inability to follow a treatment plan and the resulting cycling through community agencies with little improvement in their mental health condition. AOT provides a formal structure (court ordered treatment with its “black robe” effects) including intensive services provided by a team of mental health/substance use providers to assist the client to begin the development of insight about how they can voluntarily benefit from appropriate treatment.

Locally, dismissal following the latest of many hospitalizations is how most clients are selected for the AOT program. They are gravely disabled and are unable to voluntarily decide to follow a treatment plan. However, they are also assessed as having the capacity to benefit from a highly structured program plan that will lead to their taking responsibility for their own treatment – with the support of the judge and appropriate mental health professionals. These persons help the client to meet whatever needs arise, such as application for Social Security Disability, housing, education, employment, and transportation to appointments. The plan is to break the “revolving door” life structure in which the client is most likely caught.

Sedgwick County’s local AOT pilot has shown positive potential for this program, even with the disruptions caused by the COVID pandemic in 2020 and 2021. Funding is continuing with program expansion plans underway. For a positive testimony of the impact AOT may have on clients, see NAMI Wichita’s 2021 Mental Illness Awareness Week video at <https://youtu.be/J8-xpPj9u-s>. See more information about Eric, our MIAW presenter below.

1 Kansas Mental Health Coalition Document

By Gerry Lichti

Mental Illness Awareness Week Kick-off Presentation still available: This year, our Mental Illness Awareness Week Kick-Off Presentation to promote awareness of mental illness, premiered on Sunday evening, October 3, 2021. As we did last year, we provided a virtual presentation via YouTube, which is still available online. This presentation takes the place of our usual Candlelight Ceremony. This year our speaker was Eric Smith, a consultant, a mental health advocate and a nationally known speaker who talked about his experiences with his own severe mental illness and his subsequent referral and treatment through AOT, or Assisted Outpatient Treatment initiated after being arrested and jailed for a nonviolent offense in 2009. The AOT program offered an innovative solution to problems born from his mental illness. It gave him a team – a judge, a social worker, a psychiatrist, a nurse and others to support him. As he says, it was the first time he was able to look towards the future. He then graduated *Magna cum laude* with a degree in psychology from the University of Texas at San Antonio and is now a graduate student training to become a professional advocate and mental health expert. See his presentation at <https://youtu.be/J8-xpPj9u-s>.

NAMI Wichita Board of Directors Meeting Minutes:

September minutes

- Attendance at affiliate meetings has been about 10 on average. Attendance at support groups has been around 10 for ask the doctor and 12 for support groups. These are both down compared to pre-Zoom times. Membership counts has been under 100 with families counting as single memberships.
- December awards ceremony? We may look at potential options for potentially a larger venue to allow for social distancing.
- James would like to reach out to support group leaders to survey their comfort level with going back to in-person or hybrid.
 - Esther asked about surveying membership.
 - James recommended he draft a letter to seek feedback from leaders first before extending a survey to members at large. There is no need to extend the survey to membership if support group leaders are not comfortable going to in-person settings. Laura and Dan agreed with that approach. James committed to sending an e-mail to a leader distribution to be provided by David.
- David mentioned the NAMI research opportunity on youth and young adult participation.
- Esther connected with David Peterson about Ending the Silence presentations. Esther is not at a spot with work where she can devote time to marketing, outreach, coordination, etc. Bernestine mentioned Dr. Rhonda Lewis at WSU. She reached out two years ago about getting her students involved. Bernestine will send her an e-mail and copy Esther to facilitate the contact. Bernestine also suggested potentially working with Channel 8 about producing an Ending the Silence show

October minutes

- Teresa met with Lynn to go over the newsletter. The newsletter is being printed at Teresa's workplace now at no cost to NAMI Wichita.
- Teresa has a grant proposal outlined and written out and ready to submit to cover painting and arts projects.
 - David Larson moved to approve the application. The motion was seconded, and all approved by voice vote.
- James has the Vista Application in the works.
- James sent David an e-mail to send to program leaders to gauge interest in returning to face-to-face and/or hybrid meetings.
- Awards Banquet? Space at Breakthrough was at a premium two years ago. Teresa can get a big space at Magdellan. Tony suggests the Indian Center or Exploration Place. December 7 is the first Tuesday. Bernestine will check the Metroplex and the Indian Center and Teresa will check with Magdellan.
- Eli Hess and Lynn Kohr will be doing a Peer-to-Peer Class toward the end of the year.
- The Affiliate Council will be meeting Friday at 2:15.
- Bernestine reports on building the team for Ending the Silence. She spoke to Dr. Rhonda Lewis and to the social worker at Newman. Bernestine has also reached out to Channel 8.

NAMI Wichita's Treasurer's Report:

Fiscal year 7/1/2021 thru 6/31/2022

Income and Expense as September 30, 2021

	Actual	Budget
Income *	\$32,262.28	\$68,928
Expenses	\$1,997.98	\$68,447
Net Income	\$30,264.30	\$481
*Includes grant carryforward funds		

Thank you to the following Companies and Organizations for Grants and Gifts to NAMI Wichita During the 2021-2022 operating year. Their support makes NAMI Wichita able to continue its support during the COVID pandemic to those living with and affected by mental illness.

Benevity Fund

Amazon Smile

NAMI Wichita Education Classes for 2021: All new classes are offered virtually through ZOOM. Please check www.namiwichita.org and click on the various "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. A Fall 2021 class began on Monday, October 25 and runs until December 13th. Check namiwichita.org for details about future classes. 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 began on Monday, September 13 and will conclude on November 1.** This virtual class meets by ZOOM from 6:30-9 PM. Registration is closed.

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.

2021 NAMI WICHITA AWARDS GUIDELINES

I. AWARD POLICY

NAMI Wichita treats all nominees for awards equally without regard to race, color, religion, gender, national origin, sexual orientation, or disability. Awards are intended to not only recognize past superb performance or service but also to stimulate future performance and service on the part of individuals throughout the entire community.

The authority to select persons and organizations to receive awards in the name of NAMI Wichita is held by the Board of Directors, which may delegate its authority to a committee of the Board subject to its review and approval.

Not all award categories will necessarily be represented in any given year. Rather, awards are reserved for those instances where people and organizations demonstrate extraordinary characteristics supportive of the particular award. New Awards may be granted by Board approval.

Any member in good standing who has personal knowledge of the intended recipient and the foundation for that recipient's nomination may make a nomination for the award **in writing on the designated forms**. The Board shall determine the due date for nominations for awards.

II. AWARD TYPES AND CRITERIA

1. Case Manager of the Year

-This award is presented to a case manager who has shown extraordinary commitment to clients and effectiveness in encouraging and supporting recovery for clients;

2. NAMI Wichita Member/s of the Year

-This award is presented to the NAMI member/s who has/have performed in the most extraordinary manner in providing service to the affiliate, to members and in general to the mission of the affiliate;

3. Service to NAMI Wichita

-This award is presented to that NAMI Wichita Member/s who has/have done the most to enhance the acceptance of NAMI Wichita as our local "Voice on Mental Illness." Examples include testimony to legislative bodies, advocacy within state and local agencies and organizations and doing educational presentations in the community;

4. Media Service Award

-This award is presented to a member of the local or area media (any type) for outstanding coverage of mental health information that advances the causes and mission of NAMI Wichita;

5. Community Service Award

-The Community Service Award is presented to that business, civic, or government leader or organization that has provided extraordinary support for NAMI initiatives on behalf of consumers and family members;

6. Service Provider of the Year

-This award recognizes the positive efforts of a provider organization that extends extraordinary support for NAMI initiatives on behalf of consumers and family members;

7. Service to Consumers and/or Crisis Intervention Team (CIT) Member of the Year

-This award is presented to a person or organization who is not a member of NAMI who has provided extraordinary support to improve the quality of life of persons living with mental illness through their active contributions to the work of NAMI, treatment programs and other efforts consistent with NAMI's goals. Applicants for this award may include but are not limited to law enforcement officers, judges, attorneys and service agencies and organizations.

8. Mental Health Professional of the Year

-This award recognizes a mental health professional (other than a case manager) who models extraordinary quality, competent and caring mental health services in our community.

2021 NOMINATION FOR NAMI WICHITA AWARD

Award Category: (check one)

- Case Manager of Year NAMI Member/s of the Year Service to NAMI Wichita
- Media Service Award Community Service Award Service Provider of Year
- Service to Consumers Mental Health Professional of the Year
- CIT Officer of the Year
- Certificate of Appreciation for _____

Submitted by: _____

Signature: _____

Submitter's Daytime Phone Number (____) _____ - _____

Submitter's E-Mail Address: _____

Name of Nominee: _____

Nominee's Title (if applicable): _____

Nominee's Organization or Business (if applicable): _____

Nominee's Complete Address: _____

Nominee's E-Mail Address: _____

Nominee's Phone Number _____

Is Nominee a NAMI Member: YES () NO ()

Please respond to the following in support of your nomination:

- Attach a brief (one paragraph) summary of past personal and/or professional accomplishments of the individual or organization being nominated as it relates to the particular award category as well as comments about on-going contributions in the mental health field. Be as specific as possible.

Please return no later than Friday, November 12, to NAMI Wichita, P.O. Box 2435, Wichita, KS 67201-2435, or e-mail attachment to James Hook at j.hook@namiwichita.org.

Thank you for your nomination.

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 November/December 2021 issue of Brainstorming follows:



BRAINSTORMING

Volume 6, Issue 6 November/December 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.

Mindfulness Training Plus tDCS Stimulation to Treat Cognitive Decline in Older Persons with Depression or Anxiety

In older adults, there is a well-established association between cognitive decline and depression and anxiety. Yet, as of now, "there are no evidence-based interventions for older adults that target cognitive difficulties in the context of depression or anxiety," a newly published study points out.

Authors of that study, appearing in *Mindfulness* and co-led by 2010 BBRF Young Investigator Tarek K. Rajji, M.D., at the Centre for Addiction and Mental Health at the University of Toronto, designed an intervention specifically to address both declining cognition and depression/anxiety in older adults.

[Read more](#)

Important Change for SSI Recipients and Applicants

The Social Security Administration (SSA) recently changed their rules about how pandemic-related financial assistance can affect an individual's eligibility for Supplemental Security Income (SSI) or monthly SSI benefit amount.

[...] However, due to the severity of the ongoing COVID-19 pandemic, SSA has decided they will not count most types of pandemic-related financial assistance against SSI eligibility or benefit amount.

[Read more](#)

A cognitive behavioural group therapy for bipolar disorder using daily mood monitoring

This study investigated the effects of group cognitive behavioural therapy (CBT) for patients with bipolar disorder. The development of CBT for this disorder is relatively under-explored.

[Read more](#)

The ABCs of Disclosure in the Workplace

If your bipolar disorder symptoms threaten your job security, it's time to educate yourself about disability protections and whether you want to disclose your diagnosis.

[Read more](#)

Negative Symptoms in Schizophrenia Worsened Under Pandemic Conditions, Study Finds

The impact of the COVID-19 pandemic on mental health is hard to quantify, but anecdotal reports suggest that rates of PTSD, depression, and anxiety have risen significantly during the year-and-a-half period since the beginning of the outbreak.

For people with preexisting psychiatric disorders, the pandemic has posed new challenges and potentially compounded old ones. Experts note that utilization of psychiatric services has declined, and that reduced access to healthcare, social isolation, and reduced physical activity create conditions in which pre-pandemic symptoms may be exacerbated in some patients.

[Read more](#)