



NAMI
National Alliance on Mental Illness

Wichita Synapse

March/April 2022

CALENDAR OF EVENTS

Volume 25, Issue 2

NAMI Wichita Gets Ready to Go Back to In-person for Selected Meetings

Yes! That is correct! The board met and decided to try in-person meetings in March (March 15th) and April (April 19th). Those two dates represent the ASK THE DR HOUR AND SUPPORT GROUPS. So, on those dates with a mask over your face and practicing social distancing as best as possible, we will meet at Breakthrough at 1010 N Main St, Wichita at 6:00 pm for the ASK THE DR HOUR and 7:00 pm for the SUPPORT GROUPS. But what if you still want to stay home? Well, we are going to try a hybrid meeting which means you will still either use the links posted on the following page of the newsletter or follow the links that you receive through email. We are not certain that hybrid meetings will work, but we are still going to try (at least for these two dates). If you have been waiting for in-person meetings, then let us know by showing up to the meetings. If you prefer the Zoom (online) meetings, then let us know by signing on with the provided links. Either way, we will want to hear your views. If the hybrid meetings do not work, we will try to schedule other times for the online meetings. If we experience a large increase of COVID-19 cases, we may put this idea on hold. We will make a final decision for this test run on March 1st at the March Board Meeting.

FIRST TUESDAY NAMI EDUCATION PROGRAMS OFFERED THROUGH ZOOM AT 7 PM

Tuesday, March 1st: Our Education Meeting will be presented by Colonel Jared Schechter of the Sedgwick County Sherriff's Office. He will describe the Mental Health Pod in the county jail – what it looks like, how it is operated, and what the incarcerated people experience once directed there.

Tuesday, April 5th: We will talk "ALL THINGS NAMI WALKS" – what walk groups are available to sign up with, who are the captains, how to solicit donations, and anything else that will help with planning for the NAMI Walk in Topeka on May 21st. Both meetings (March & April) will be by Zoom only. So please watch your emails or use the links that are posted on the following page.

NAMI CONNECTIONS RECOVERY SUPPORT GROUP/FAMILY-FRIENDS SUPPORT

GROUP: INSTRUCTIONS to participate by ZOOM. In March and April for the Support Groups and Ask the Doctor meetings we may also meet in person if you would rather. The Education meetings will meet by ZOOM: If you have not participated thus far by ZOOM 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, January 4, Education Meeting
<https://tinyurl.com/220104Ed>

7 PM, February 1, Education Meeting
<https://tinyurl.com/220201Ed>

6 PM, January 18, Ask the Doctor
Hour and Support Groups
<https://tinyurl.com/2201Support>

6 PM, February 15, Ask the Doctor
Hour and Support groups
<https://tinyurl.com/2202Support>

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 and/or Eli Hess 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, January 25, Share & Care
<https://tinyurl.com/2201SC>

6:30 PM, February 22, Share & Care
<https://tinyurl.com/2202SC>

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 joined us over the year.

Mental Illness Awareness Week Kick-off Presentation still available: Last 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 the previous year, we provided a virtual presentation via YouTube, which is still available online. This presentation took the place of our usual Candlelight Ceremony. 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. See his presentation at <https://youtu.be/J8-xpPj9u-s>.

SAVE THE DATE:

June 16-18, 2022: NAMICON 2022 – National NAMI Conference in Atlanta, GA. More information follows in this newsletter.

NAMI WICHITA SYNAPSE

A Publication for Family and Client Support, Advocacy Education and Research for Major Brain Disorders.

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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:

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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: Eli Hess and David Larson

NAMI Exhibit Coordinator: Treva Lichti

NAMI In Our Own Voice Coordinator: Lynn Kohr

NAMI Wichita Phone: Michelle Madison

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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 levels 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 or by print copy. Check out a considerably expanded edition on our website at www.namiwichita.org. A huge "Thank You" to Nicole Cox for spearheading this revision!

Update on NAMI Wichita Participation in Community Crisis Center Programming

(by Gerry Lichti): Several pre-pandemic years ago, a number of NAMI Wichita volunteers began providing a Family Member Support Session at COMCARE's Community Crisis Center twice a week to assist the Center staff in providing information for parents/friends who accompanied their family member in crisis to the Center. We spoke from an "experiential expertise" perspective to complement the "professional expertise" provided by the Center Staff. As we all know, the experience of an unexpected episode dealing with a family member's mental illness can leave one totally confused, fearful and traumatized. The person in crisis is also experiencing these feelings. How does one help make the experience in the Crisis Center more manageable, comfortable and healing?

YOU ARE NOT ALONE! is the message most needed by persons going through the Crisis Center for the first – or even following – time/s. NAMI volunteers were able to provide support, clarification and information in these sessions. When Covid hit, we had to discontinue these meetings, but we are now at the point that we can consider how to again provide some volunteer assistance at the Center.

The numbers of persons coming to the Center continue to climb, and for people of all ages. Students of all ages who illustrate symptoms of severe mental health crisis in the school setting are one of the groups sent to the Crisis Center for assessment. Their parent or accompanying adult is often in new territory, and a sensitive individual who has experienced some of the same realities becomes a critical support.

A group of NAMI Wichita facilitators is deciding how we can best help meet some of the Crisis Center needs in a safe and efficient way. We are exploring in-person as well as virtual methods to accomplish this goal. COMCARE and the Crisis Center are undergoing an all-encompassing revision in structure and programming, so this is a pivotal point in assessing NAMI's next steps in participating in this critical community resource. We will keep you informed about our progress, and we hope to have options for you to consider as a volunteer in our efforts.

Register For Virtual NAMIcon 2022

We are excited to announce registration is open for NAMIcon 2022, our annual convention taking place virtually June 14–16!

[REGISTER HERE](#)

As one of the largest community gatherings of mental health advocates in the U.S., NAMIcon provides an incredible opportunity to bring awareness, resources and solutions to a wider audience of people affected by mental health conditions — both nationally and globally.

The pandemic and global events of the past two years have had a profound effect on everyone's mental health — individuals, youth, families, communities of color and frontline professionals. It's more important than ever for us to join **Together for Mental Health**, a timely and appropriate theme for our 2022 convention.

Our NAMIcon experience offers:

- **An incredible value!** Registration rates will remain low for 2022: Only **\$10** for students and peers, **\$15** for NAMI members and **\$25** for non-members.
- **A special panel event with Dr. Ken Duckworth, NAMI's Chief Medical Officer**, offering an exclusive preview of NAMI's book "You Are Not Alone" releasing this fall. Written by Dr. Duckworth, this comprehensive guide to recovery includes real stories from individuals and families navigating their mental health journeys as well as practical answers from experts on commonly asked questions.

- **Robust programming with 30+ workshops built around five tracks** focused on mental health research and treatment; youth and young adults; transforming crisis response; promoting equitable mental and emotional support for underserved communities; and best practices for NAMI State Organizations and NAMI Affiliates.
- **Convenience and accessibility!** There are no travel costs or logistics to arrange. Your internet connection gives you access to the NAMIcon experience no matter where you are.

Your registration fee includes ALL virtual activities for June 14–16. The programming for Tuesday, June 14, will be dedicated to our NAMI State Organizations and NAMI Affiliates. General attendees are invited to begin their convention experience with our opening plenary on Wednesday, June 15. More detailed schedule information will be posted on nami.org/convention in the upcoming weeks.

[REGISTER HERE](#)

Registration fees are non-refundable. See our [Frequently Asked Questions](#) for more information.

If you are interested in viewing on-demand sessions and workshops from NAMIcon 2021, visit [2021 Virtual NAMIcon](#).

NAMI Wichita Education Classes for 2022: All new classes are currently offered virtually through ZOOM but may return to in-person as soon as risk decreases. Please check www.namiwichita.org and click on the various “Programs” for further details on each class and for instructions to register. **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 2022 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. Check namiwichita.org for registration details for the 2022 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.

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 _____

___ 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:

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P.O. Box 2435

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2022 March/April issue of Brainstorming follows

BRAINSTORMING

Volume 7, Issue 2

March/April 2022



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.

A Better Tomorrow: Find answers that help people with serious mental illness live their best lives.

[...] SMI Adviser offers researched, vetted and verified guidance to the best resources on SMI.

Our national experts answer questions directly from mental health clinicians. Our education catalog provides access to in-depth mental health courses. And our online Knowledge Base is a searchable guide to answers on SMI, clinical resources, mental health fact sheets, and more.

[Read more](#)

Discovering How tDCS Brain Stimulation Therapeutically Modifies Brain Circuits in Depression

Researchers who conducted a small randomized trial of a form of non-invasive brain stimulation called tDCS (transcranial direct current stimulation) have found mechanistic evidence supporting its ability to help patients with moderate to severe major depressive disorder (MDD).

TDCS has been used experimentally for some years in depressed patients, and in a number of trials has been found to be cost-effective and relatively free of unwanted side effects.

[Read more](#)

Putting Out The Fire: Dr. Thomas Insel's New Book Offers Path To Improving Our Mental Health System

[...] When I began looking at the mental health crisis as a journalist instead of a psychiatrist, I suddenly realized that the majority of the caregiving that goes on in the world is administered not by doctors and nurses but by families and communities. In nearly every conversation I had with families and advocates, they pointed to "stigma" as the biggest problem in mental health.

[Read more](#)

Former Miss USA Cheslie Kryst's Suicide Is Latest in a Growing Trend

The recent media coverage of former Miss USA, lawyer, and TV correspondent Cheslie Kryst's suicide, alongside other well-known faces in the media, have sparked conversations in homes across the nation about suicide and mental health.

[Read more](#)

8 Mental Health Trends to Watch in 2022

Mental health became an important part of the public conversation in 2021, as Olympic athletes, celebrities, and other public figures came forward about their well-being and helped reduce the stigma.

As we enter the third year of the pandemic, we can expect mental health to continue to be a top priority in 2022, particularly as the United States reckons with a growing mental health crisis.

[Read more](#)

I'm Not Sick, I Don't Need Help! | Dr. Xavier Amador | TEDxOrientHarbor

While studying to become a clinical psychologist, Dr. Xavier Amador had a life-altering experience when his older brother was diagnosed with schizophrenia. In an effort to understand and help his brother, he and his colleagues at Columbia University uncovered a new way to approach patients previously thought to be in denial.

[Watch video](#)