



NAMI
National Alliance on Mental Illness

Wichita Synapse

September/ October, 2023

CALENDAR OF EVENTS

Volume 25, Issue 5

Hello NAMI Wichita. The NAMI Wichita BOD (Board of Directors) has made the decision to open all of our meetings to in-person meetings. What does this mean for everyone? Well, it means that for our regular meetings we will be meeting at 1010 N. Main St, 67203 (Also known as the Breakthrough Club and Episcopal Social Services) on the first (1st) and third (3rd) Tuesdays of each month from now on. As always, our board meetings will be held before our Education meetings on the first Tuesday. Board meetings start at 5:30 pm, and Education meetings start at 7:00 pm. The third Tuesday starts with the Ask the Doctor Hour which starts at 6:00 pm. Our Support groups (NAMI Connection Recovery Support Group & NAMI Family Support Group) will start at 7:00 pm after some brief announcements. The NAMI Connection Recovery Support Group is exclusively for people 18 years of age or older who have a lived experience of mental health issues. The NAMI Family Support Group is for all family members and friends of those with a lived experience of mental health issues. The fourth Tuesday of the month is reserved for the SHARE & CARE Group which is a combined support group of both people with a lived experience of mental illness and family members and friends of people with a lived experience. This group starts at 6:30 pm and is held in the parlor of the College Hill United Methodist Church (2930 1st St N, 67214). If you have been enjoying the ZOOM meetings we have been having during the pandemic and you want to continue participating by way of ZOOM, don't worry because we are going to hold all of our meetings as Hybrid meetings. This means that we will have an in-person component to the meetings and a virtual or online component to the meetings. You can participate in whatever way you feel best doing so. Please follow the links and directions for virtual activities posted elsewhere in this publication.

First TUESDAY NAMI EDUCATION PROGRAMS OFFERED AT 7:00 PM.

Tuesday, October 3rd: For October we will possibly have a Suicide Prevention Training. Participants will learn how to identify someone who is at risk for suicide and what to do once they have identified the person who is at risk.

FOR ALL HYBRID MEETINGS AND SUPPORT GROUPS LINKS BELOW: 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. If you wish to attend the Education and/or Ask the Dr & Support Groups in person, you will need to come to 1010 N. Main St, 67203 (Northeast corner of Main & 9th) on the 1st and/or 3rd Tuesday of the month at 7 pm for the education meeting and 6 pm for the Ask the Dr Hour.

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 Support Group meetings work: Because these meetings are 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, Oct 3, Education Meeting
<https://tinyurl.com/NAMIICTED2023>

6 PM, Sept 19, Ask the Doctor
Hour and Support Groups
<https://tinyurl.com/NAMIICT2023SG>

6 PM, Oct 17, Ask the Doctor
Hour and Support groups
<https://tinyurl.com/NAMIICT2023SG>

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, Kathy Pennell 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. If you are wanting to attend the Share & Care meeting in person, please come to College Hill United Methodist Church, 2930 E. 1st N., 67214 (North side of 1st street between Erie Ave & Chautauqua Ave)

6:30 PM, Sept 26, Share & Care
<https://tinyurl.com/NAMIICT2023SC>

6:30 PM, Oct 24, Share & Care
<https://tinyurl.com/NAMIICT2023SC>

August 1 NAMI Wichita Board of Directors Meeting Minutes

- James has received feedback on the Vista Application. The application will be filed soon. Vista takes off August and September so the position will not be processed until beginning in October. We hope to have the position filled by the end of the year.
- Bernestine reported we did Convoy of Hope rather than a carnival for Minority Mental Health Month. We handed out all our coloring books.
- Teresa received grant information from Morgan Stanley toward children's mental health. Teresa plans to put coloring book printing cost into the next application.
- Eli e-mailed James regarding the display board. She inquired who oversees the display board and coordinating volunteers. James was thinking that Eli and maybe Janet and Alan Brumbaugh were on the list. Eli may not be in the best position to take this on at this time. David will reach out to Janet and Alan and will go back to Treva for ideas in the event the Brumbaugh's are not available.

- Eli has another table request for August 10th and coloring books will be needed if available. We'll need someone to go through our supplies to understand what we'll need to order. The flyers on specific diagnosis are popular.
- James will reach out to Ximena again to remind her about the meeting next month to hopefully approve her as Rommy's replacement.
- We'll get the press release out regarding the need for new board members.
- James received an email from Tara Gwinn who had been working with NAMI El Paso and wants to get involved with NAMI Wichita. She is interested in getting involved with the veterans outreach (SMVB) and has numerous presenter trainings. She is teaching a virtual version of Homefront. Esther does training with the caregiver support program and will get in touch with Tara.
- Delta Sigma Theta was recognized at NAMI National as a partner, so Bernestine will reach out to the local chapter about meeting with NAMI Wichita in September.
- For October and/or December, Esther will reach out to the local veteran's community coordinator about possibly putting together a presentation.
- December will be end-of-year awards ceremony and voting on new board members.
- The NAMI Kansas conference will be in-person this year, with lots of panel discussions.

September 5 NAMI Wichita Board of Directors Meeting Minutes

- The NAMI KS Conference e-mail with the application form was sent out.
- David moved that Bernestine's application be approved without a formal application. The motion was seconded and approved unanimously.
- We were not awarded the NAMI National Innovation Grant.
- The VISTA application was submitted and is being reviewed.
- David is going to reach out to Alan and Janet Brumbaugh to have volunteers to attend to the door for affiliate meetings.
- All of the meetings now have Zoom permalinks up through the end of this year. David likes the idea of allowing on-line hybrid.
- Ideas around having volunteers to come early to help set up the meetings on the 1st and 3rd Tuesdays was discussed.
- Technology is a project to work on. The Innovation Grant is not available. It is time to look at replacing laptops. Might T-Mobile volunteers be interested in helping with a laptop or two?
- David reports we currently have 61 active members. The number of dropped and lapsed members is much higher.
- Bernestine reached out to Aaron a couple of times but has not heard back. Bernestine will reach out to her directly.
- Bernestine mentioned Jason Platter as a potential board member. He is interested.

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: facebook.com/namiwichitaks

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: Esther Granados

Treasurer: Teresa Carter

**Members at Large: Nicole Cox, Dan
Smading, 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

**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 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!

TOGETHER FOR MENTAL HEALTH

NAMI Kansas has opened registration for the 2023 Annual Dinner and Gathering, October 6th (Dinner) and 7th (Conference). If you are interested in discovering what is happening in NAMI Kansas please consider coming to this wonderful event. Friday night will open the Conference with a Special 35th Anniversary Celebration Dinner at the Jay Hawk Theater, 720 SW Jackson St, Topeka, KS 66603 from 5:15 PM to 7:45 PM. Saturday we will continue our gathering to discover and discuss everything NAMI Kansas. We will have several panel discussions. It promises to be an exciting educational experience.

[CLICK HERE](#) to register.

TOGETHER
for Mental Health

FRIDAY DINNER AND GATHERING
2023 CONFERENCE KICKOFF

 

 October 06, 2023
5:15PM - 7:45PM

 720 SW Jackson St.
Topeka, KS 66603

PROGRAM HIGHLIGHTS

 **FIND A WAY**
Damon Parker
[The Jones Project](#)
Keynote Speaker



 **AUTHENTIC EXPRESSIONS**
S.J. Hazim
Poet

CATERER
[Bobby's Food Co](#)



REGISTRATION

More information www.namikansas.org
conference@namikansas.org [See Sponsors Here](#)

Online registration for the **NAMI Kansas Friday Dinner & Gathering** opens on **August 1, 2023** and closes on **September 22, 2023**.

For more information, contact conference@namikansas.org.

Register now!

NAMI Kansas Peer Newsletter: Did you know that NAMI Kansas is publishing a bi-monthly (every two months) newsletter exclusively by and for peers? Do you have a story to tell about coping skills and strategies that have worked for you? Do you want to share a story about how you rose above a difficulty in life? Do you have questions about living with mental health conditions? If you answer yes to any of those, then the NAMI Kansas Peer Newsletter is for you. You can access it at <https://namikansas.org/nami-kansas-newsletters/>. You can also download it and print it out to share with a family member or a friend! An alternative link to grab archived issues of the NAMI Kansas Peer Newsletter is here: <https://tinyurl.com/NAMIKSPEER>.

Also, did you know that this newsletter that you are currently reading can be accessed online at the NAMI Wichita website (<https://www.namiwichita.org/>). And you can also download it and print a copy to share with a family member or a friend! In both cases it is great reading material with lots of interesting information for one and all. If you wish to share information for the NAMI Wichita Newsletter, please email David E Larson at D.LARSON@NAMIWICHITA.ORG. If you wish to share information for the NAMI Kansas Peer Newsletter, please email Kathy Pennell at KATHYP@NAMIKANSAS.ORG.

NAMI Wichita Education Classes for 2023:

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. **For information, you may email peer2peer@namiwichita.org or call NAMI Wichita at 316-686-1373. Check namiwichita.org for details.**

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 next class will meet weekly on Saturdays from October 21 through December 16 and is provided in two-and-a-half hour sessions. Please contact Tara Gwynn at t.gwynn@namiwichita.org or 316-712-4933 or check namiwichita.org for details.

Family-to-Family Spanish Language Class: Class description is the same as for the English language 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 national levels.
 INDIVIDUAL \$40
 OPEN DOOR DUES* \$ 5 **Make checks payable to NAMI Wichita.**
 GIFT/DONATION = _____ All dues and donations are tax deductible.

(Please complete **ALL** requested information.)

NAME _____

STREET _____

CITY/STATE _____

9-DIGIT ZIPCODE _____ - _____

TELEPHONE _____

E-MAIL _____

MAIL TO:

NAMI Wichita, KS

P.O. Box 2435

Wichita, KS 67201-2435

New Membership Renewal Membership

I have served in the military. An immediate family member has served in the military.

**No one will be denied membership for their inability to pay the full fee. The minimum payment is \$5.*

September/October issue of Brainstorming follows



BRAINSTORMING

Volume 8, Issue 5 September/October 2023

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.

Facebook Live: Youth Suicide Prevention

Date/Time: September 19, 2023, 2:00–2:30 p.m. ET

Location: Virtual

Please join the National Institute of Mental Health (NIMH) for a Facebook Live event on youth suicide prevention. Suicide is a leading cause of death among young people in the U.S. During the event, NIMH experts Drs. Lisa M. Horowitz and Stephen O'Connor will lead a discussion on talking to youth about suicide risk, how to identify the warning signs of suicide, risk factors for suicide, and NIMH-supported research on interventions for youth suicide prevention.

No registration is required to watch this live-stream event. Please tune in on NIMH's Facebook on September 19th at 2:00 p.m. ET. This event will be recorded and available to watch later on NIMH's website.

[Read more](#)

14 TV Shows Featuring Characters With Bipolar Disorder

While not all television characters with bipolar disorder are accurately portrayed, there are some shows that get it right, with an authentic dramatization of mania, depression, and paranoia, and how relationships are affected.

[Read more](#)

Someone you love attempted suicide. Where do you go from here?

What if talking about it brings it back up? What if I get uncomfortable and say the wrong thing? What does this mean about me? What if it happens again? It can be difficult to know how to move forward when someone we love attempts suicide.

[Read more](#)

Best Practices for Successful Reentry From Criminal Justice Settings for People Living With Mental Health Conditions and/or Substance Use Disorders

Individuals living with mental health conditions and/or substance use disorders reentering the community from jail or prison are at high risk for a recurrence of symptoms and reengagement with the criminal justice system. Therefore, there is a need to identify and assess the effectiveness of reentry programs for individuals living with health conditions who are incarcerated.

[Read more](#)

Beyond Beds: The Vital Role of a Full Continuum of Psychiatric Care

Nearly 10 million individuals in the United States are estimated to live with a diagnosable psychiatric condition sufficiently serious to impair their personal, social, and economic functioning. Hardly a day goes by without a study, headline, court case, or legislative action calling for reforming the mental health system to better serve this population. Often, these calls to action end in two words: "More beds."

[Read more](#)