



**Kaufman
County**

Family Support Group Meeting



Third Thursday of each month

6:30 p. m. - 8:00 p. m.

Lakes Regional Center

400 Airport Road

Terrell, TX 75160

Support for families who have a family member with a brain disorder.

For more information contact: 214-202-1183 or 972-962-3784



**Kaufman
County**

Family Support Group Meeting



Fourth Thursday of each month

6:30 p. m. - 8:00 p. m.

**Texas Health Presbyterian Hospital
850 ED Hall Drive (Basement room A)**

Kaufman, TX 75142

Support for families who have a family member with a brain disorder.

For more information contact: 214-202-1183 or 972-962-3784

MAJOR MENTAL ILLNESSES

Severe and persistent mental illnesses that affect the brain include:

- paranoid schizophrenia,
- schizo-affective disorder,
- bipolar disorder,
- major depression,
- obsessive-compulsive disorder,
- panic

and other severe anxiety and related disorders.

They cause disturbances in thinking, feeling, moods and relating, and make coping with ordinary demands of life difficult. Mental illnesses are different from intellectual disabilities, which are usually a diminished intellectual capacity at birth.

WHAT TO DO TO HELP

Be better informed
Be more caring
Join a NAMI near you

WHERE TO GO FOR MORE INFORMATION

NAMI: www.nami.org

NAMI Texas: www.namitexas.org

NAMI Dallas: www.namidallas.nami.org

NAMI Kaufman County:

<http://namitexas.org/nami-kaufman-county/>

MENTAL ILLNESS

- Affects one in four adults per year
- Affects persons of all age, ethnic, and economic groups
- Is medically underserved, scientifically under-researched and widely misunderstood
- Devastates caring families emotionally, physically, and financially
- Can and does improve with proper medication and support systems

MENTAL ILLNESS is NOT

- Caused by childhood trauma •
- Caused by parenting •
- Caused by guilt or acts of failure •

NAMI KAUFMAN COUNTY CONTACT INFORMATION

1505 E. 1st North Street
Kaufman, Texas 75142

Phone: (972) 962-3784 (214) 202-1183

Email: namikaufmancounty@yahoo.com
<http://namitexas.org/nami-kaufman-county/>



Kaufman
County



IT IS TIME TO MAKE A DIFFERENCE

Mission: *"To help improve the lives of all persons affected by serious mental illness by providing support, education, and advocacy through a grassroots network."*

Mental illness is a brain disorder. It is a disease. It is a limit of biochemistry, not character. It is biological and physical. It is affected by life circumstances.

NAMI Kaufman County is a 501(c)3 non-profit organization

WHO WE ARE

NAMI Kaufman County is a volunteer self-help, non-profit organization that addresses the needs of persons and families of persons with severe mental illness. We are an Affiliate of NAMI Texas and NAMI. NAMI was founded in Madison, Wisconsin in 1979 by a small group of desperate parents.

Currently, NAMI has more than 220,000 members in more than 1,200 Affiliates in all 50 states. NAMI Texas became a NAMI State Organization in 1984 and NAMI Kaufman County became a NAMI Affiliate in 2005.

HOW WE HELP

- Provide support groups
- Provide educational classes
- Sponsor informative and educational speakers and programs
- Advocate for improved and equitable services and nondiscriminatory funds at local, state and federal levels
- Encourage Crisis Intervention Training

Adapt Community Solution Mental Health
Crisis Line and Mobile Crisis Teams
serving all 6 North Texas counties

1-866-260-8000

SUICIDE PREVENTION LIFE LINE
1-800-273-8255

MEETING INFORMATION

Monthly Support Meetings

Place: Lakes Regional MHMR
400 Airport Road
Terrell, Texas 75160

Date: Third Thursday each month
Time: 6:30 p.m. - 8 p.m.

Place: Texas Health Presby. Hospital
850 Ed Hall Dr (Basement Rm A)
Kaufman, Texas 75142

Date: Fourth Thursday each month
Time: 6:30 p.m. - 8 p.m.

Call for Information for Peer Groups Educational and Informative Programs

Educational and informative programs are scheduled every three months. Times and locations are announced when scheduled.



Programs Available in Kaufman County

Family-to-Family

NAMI Basics

In Our Own Voice

MEMBERSHIP APPLICATION

NAMI Kaufman County welcomes your membership. It entitles you to membership in NAMI Texas and NAMI. You will receive publications from all three organizations.

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Cell: _____

Email: _____

Annual Dues as of July 1, 2017

<input type="checkbox"/> Regular	\$40.00
<input type="checkbox"/> Family	\$60.00
<input type="checkbox"/> Open Door	\$5.00*

*(for persons with limited income)

Mail to:

NAMI Kaufman County
1505 E. 1st North Street
Kaufman, TX 75142

You may also join online at:

www.nami.org



This group is for adult caregivers, family members and friends of individuals diagnosed with mental illness. The meetings provide an opportunity to talk about the impact of mental illness on the family. Group members share their learned experiences and suggestions.



This group is for adults age 18 and older living with mental illness in recovery. The meetings center on sharing constructive solutions to cope with current life challenges and sharing mutual understanding and encouragement.



This presentation unmask mental illness using speaker stories to illustrate the individual realities of living with mental illness and maintaining through recovery. It can change attitudes, preconceived notions, and stereotypes.



This is a 4-hour seminar that informs and supports family members, partners, friends, and significant others who have loved ones with a mental health condition. Participants learn about diagnosis, treatment, recovery, communication, crisis preparation and resources.



This 12-week course provides educational information to adult family members, partners, and caregivers about mental illness, treatments, and communication and problem-solving.



This 6-session class is for parents and family caregivers of children and adolescents 21 and under who are experiencing mental health challenges.

What is the NAMI Connection Recovery Support Group Program?

NAMI Connection is a recovery support group program that offers respect, understanding, encouragement and hope. NAMI Connection groups are:

- Free and confidential
- Designed to connect, encourage, and support participants using a structured support group model
- Led by trained facilitators living in recovery themselves

NEW SUPPORT GROUP FOR PERSONS LIVING WITH A MENTAL ILLNESS

NAMI Kaufman County, the local organization of the National Alliance on Mental Illness, will offer its NAMI Connection Recovery Support Group Program, every Third Thursday at Lakes Regional Community Center, 400 Airport Rd. Terrell, TX 75160, 6:30 pm – 8:00 pm



Participant Perspectives

“NAMI Connection has made me realize that I can truly feel comfortable around my peers and I really needed that feeling!”

“I believe NAMI Connection means hope.”

“NAMI Connection is the promise of what is and what can be in our lives.”

Contact us to find out more about NAMI Connection Recovery Support Groups!



Seana Graves
972-339-0547
seanask123@aol.com
NAMI Kaufman County
972-962-3784

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI {Affiliate Name} is an affiliate of NAMI {State}. NAMI {Affiliate Name} and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living



Updated April 2018

NAMI Family Support Groups <i>for family members, caregivers, and friends of people diagnosed with a mental health condition</i>			
LOCATION	DAY TIME	ADDRESS	CONTACT
Dallas	1 st Thursday of each month 6:00 PM – 7:00 PM	Park Central Baptist Church 7777 LBJ Freeway Dallas, TX 75252	NAMI Dallas (214) 341-7133
	3 rd Thursday of each month 6:00 PM – 7:30 PM	Beilharz Carriage House 2802 Swiss Ave Dallas, TX 75204	NAMI Dallas (214) 341-7133
Rockwall	2 nd Saturday of each month 1:00 PM - 2:30 PM	First United Methodist Church 1200 E. Yellow Jacket Rockwall, TX 75087	NAMI Dallas (214) 341-7133
Plano	Every Thursday 6:30 PM – 8:00 PM	Custer Road United Methodist Church 6601 Custer Rd. Plano, TX 75023	Mary (214) 641-1765
Double Oak	2 nd Monday of each month 7 PM-8:30 PM	Crossroads Bible Church, rm 202 8101 Justin Road Double Oak, 75077	NAMI Dallas (214) 341-7133
Frisco	3 rd Monday of each month 7 PM-8:30 PM	Grace Avenue UMC, rm 218 3521 W. Main St. Frisco, TX 75034	NAMI Dallas (214) 341-7133
Denton	4 th Thursday of each month 7 PM-8:30 PM	Denton Senior Center, Conference Room 509 N. Bell Ave. Denton, TX 76209	NAMI Dallas (214) 341-7133
Parent Support Group <i>for parents of children & adolescents</i>			
LOCATION	DAY TIME	ADDRESS	CONTACT
Richardson	3 rd Thursday of each month 7:00 PM - 8:30 PM	The Warren Center 320 Custer Road Richardson, TX 75080	Cheryl (214) 923-2576 David (214) 923-2523
NAMI Connection Recovery Support Groups <i>for people diagnosed with a mental health condition</i>			
LOCATION	DAY TIME	ADDRESS	CONTACT
Dallas	1 st Thursday of each month 6:00 PM – 7: 00 PM	Park Central Baptist Church 7777 LBJ Freeway Dallas, TX 75252	NAMI Dallas (214) 341-7133
Please contact facilitator to confirm meeting prior to arrival.	3 rd Wednesday of each month 6:30 PM – 8:00 PM	NAMI Dallas Office 2812 Swiss Ave. Dallas, TX 75204	Teena (972) 815-9491 NAMI Dallas (214) 341-7133
Rockwall	2 nd Saturday of each month 1:00 PM - 2:30 PM	First United Methodist Church 1200 E. Yellow Jacket Rockwall, TX 75087	NAMI Dallas (214) 341-7133
Plano	Every Thursday 6:30 PM – 8:00 PM	Custer Road United Methodist Church 6601 Custer Rd. Plano, TX 75023	Mary (214) 641-1765
Denton	2 nd & 4 th Thursdays of each month 6:30 PM – 8:00 PM	Denton Cty MHMR Main Bldg, rm193 2519 Scripture Street Denton, TX 76201	NAMI Dallas (214) 341-7133



NAMI Basics

National Alliance on Mental Illness



- Is your child acting out, angry, sad, or withdrawn?
- Are you concerned about how your child is behaving?
- Has your child been diagnosed with ADHD, a conduct disorder, or emotional problems?
- Are you frustrated, having a problem understanding, and/or coping?



You're not alone. NAMI Basics is for you!

NAMI Basics is a free 6-week education program for parents and caregivers of children and adolescents living with behavioral and emotional issues.

You will learn

- communication tips problem-solving strategies
- coping skills for the emotional impact

We will cover

- diagnosis and treatment navigating the mental health, and juvenile justice system the IEP process

WHEN : June 2 - July 7 2018 (Saturdays) 9:30 am-12 noon

WHERE: Texas Health Presbyterian Hospital
850 Ed Hall Drive (Basement Rm A)
Kaufman, TX 75142

Sponsored by: NAMI Kaufman County

To register call: 972-962-3784 or 214-202-1183



911 Checklist

When someone is a danger to themselves or others, please call 911.

Hold this checklist in your hand and provide the following vital information to the dispatcher in a calm, clear manner. *(It would be helpful to prepare some of this information in advance)*

- Request a Crisis Intervention Officer
- Your Name
- Address where law enforcement is requested
- List potential weapons, real or real-looking, that are present (bats, tools, sharp object etc.)
- Name of your loved one
- Age
- Height and weight
- Clothing description
- Diagnosis
- Drug use (current or past)
- Medications (on or off)
- Prior violent behavior
- History of psychosis
- Details about past delusions or hallucinations
- Triggers
- Things that have helped de-escalate situations in the past

Keep in Mind: When you call 911, you are asking a law enforcement professional to come to your home to resolve a crisis. They will have NO information about the situation/individual unless you inform them.

Helpful Non-Emergency Numbers:

ADAPT Mobile Crisis: 1-866-260-8000

Crisis Hotline: 1-800-762-0157

Crisis Text Line: text "NAMI" to 741741

National Suicide Prevention Lifeline: 1-800-273-8255

Kaufman County Sheriff: 972-932-4337

NAMI Kaufman County: 972-962-3784 (Emma) or 214-202-1183 (Glenda)

CYCLES OF EMOTIONAL RESPONSE

I. DEALING WITH CATASTROPHIC EVENTS

- ♥ CRISIS/CHAOS/SHOCK
- ♥ DENIAL
- ♥ HOPING AGAINST HOPE

NEEDS:

- ♥ SUPPORT
- ♥ COMFORT
- ♥ EMPATHY for CONFUSION
- ♥ HELP FINDING RESOURCES
- ♥ CRISIS INTERVENTION PROGNOSIS
- ♥ EMPATHY for PAIN
- ♥ NAMI

II. LEARNING TO COPE

- ♥ ANGER / GUILT / RESENTMENT
- ♥ RECOGNITION
- ♥ GRIEF

NEEDS:

- ♥ VENT FEELINGS
- ♥ KEEP HOPE
- ♥ EDUCATION
- ♥ SELF-CARE
- ♥ NETWORKING
- ♥ SKILLS TRAINING
- ♥ LETTING GO
- ♥ CO-OP FROM SYSTEM

III. MOVING INTO ADVOCACY

- ♥ UNDERSTANDING
- ♥ ACCEPTANCE
- ♥ ADVOCACY/ ACTION

NEEDS:

- ♥ ACTIVISM
- ♥ RESTORING BALANCE IN LIFE
- ♥ RESPONSIVENESS FROM SYSTEM

Predictable Cycles of Emotional Response Among Family Members

I. DEALING WITH CATASTROPHIC EVENTS

CRISIS / CHAOS / SHOCK: Feeling overwhelmed, confused, lost. Something catastrophic is going on, and we do not know how to deal with it. Our sense of emotional intactness is shattered.

DENIAL: A protective response giving us time to process the painful events that turned our lives upside down. We decide all this is not really happening and/or there is a perfectly logical explanation for these events and/or it will pass, etc. We "normalize" what is going on.

HOPING AGAINST HOPE: The dawning of recognition and the hope that "this is not what I think it is"---that it is something easier to deal with. Here we assume that if we make a huge effort it will change everything and our lives will go back to normal. This usually does not work. Another crisis or relapse dashes our hopes (families call this the "roller-coaster").

II. LEARNING TO COPE: "GOING THROUGH THE MILL"

ANGER / GUILT / RESENTMENT: We start to "blame the victim," insisting that the ill person should "snap out of it" or "get back to work." We feel fed up and do not want to handle it; we distance ourselves from the problem. At the same time, we harbor tremendous guilt, fearing that it is really our fault. Then we compensate and get over-involved with the problem. This ambivalence really drains us. We feel rejecting and too solicitous, all at the same time.

RECOGNITION: The fact that a catastrophic illness has happened to someone we love becomes a reality for us. It is clear something tragic occurred that has changed our lives together. We begin to mark time as before or after the event of the illness.

GRIEF: We mourn the loss of the time before illness struck; we deeply feel the tragedy of what has happened to the person who is ill; we grieve that our future together is uncertain. If our loved ones have attacked or rejected us in their illness, we feel inconsolable. Because these illnesses are either episodic or chronic, our grief does not go away: it is "chronic sorrow."

III. MOVING INTO ADVOCACY: "CHARGE!"

UNDERSTANDING: We begin to gain a solid, empathic sense of what our family members suffer in their illness. With some of our fear behind us, we find we can grasp what the inner experience of illness is for our loved ones. We gain the real respect for their courage and fortitude.

ACCEPTANCE: Yes, we finally say, bad things do happen to good people. We surely wish this trouble had not come into our lives, but it did, and we can accept our misfortune. It is not our fault; it is not their fault. It is a sad and difficult experience, but we will hang in there and manage.

ADVOCACY / ACTION: With a measure of acceptance, we can now focus our anger and grief to work to confront the system that has often failed us. We are ready to "come out," to fight stigma and to change the world that shames the mentally ill and their families. We join public advocacy groups; we get involved.

SOME IMPORTANT THINGS TO REMEMBER ABOUT THIS WHOLE PROCESS

- None of these stages are "wrong" or "bad." They are normal reactions.
- These stages are not necessarily "progressive." Often we are in more than one stage at a time. Sometimes we feel we are beginning to accept the problem and a crisis will take us right back to chaos and confusion! Families who deal with chronic or episodic illness will cycle through these stages of emotional response many times.
- There is no "best way" to go through this. You will simply go through it your way.