



Wichita Synapse

January/February 2022

CALENDAR OF EVENTS

Volume 25, Issue 1

NAMI monthly education programs and support groups will continue to use the ZOOM format at least through JANUARY 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 the three Covid-19 vaccine injections 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, January 4th: Information about this month’s program is not yet available. Please stay tuned to our website, www.namiwichita.org and additional emails for more details on the January program.

Tuesday, February 1st: Program to be determined. Check the NAMI Wichita website for details, and watch for emails with more details.

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, 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 have joined us over the year. Dr. Anthony Shaw is scheduled for January 18, and Dr. Clifford Arnold will consult on February 15.

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.

SAVE THE DATE:

1. February 22, 2022: Mental Health Advocacy Day in Topeka
2. June 16-18, 2022: NAMICON 2022 – National NAMI Conference in Atlanta, GA

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 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: 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: 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!

NAMI Wichita Board of Directors Meeting Minutes for November/December:

November minutes – November 2, 2021

- The Board discussed whether the December Awards Ceremony should go forward in person or whether we should delay until after the first of the year – maybe Valentine’s Day.
 - Upon discussion, Teresa moved that we move forward to have the awards ceremony at the Metroplex and invite those awardees who were unable to attend the picnic last year and present a general award to the membership for making it through the COVID process.
 - The cost will be \$1,200 to 1,500 with catering.
 - Saturday, December 4, from 4-6 PM.
 - Teresa can bring the equipment to stream on Facebook.
 - Bernestine will check the menu, choose options and send out the cost to the Board.
 - Dan seconded Teresa’s motion with the above items and all approved by voice vote.
- Support/Program leaders responded with mixed results whether they would want to do in-person or continue virtual groups. Some definitely cannot based on health status, while others are willing and ready to re-start.
 - Education meetings would not be as difficult to do hybrid because typically a single person is talking. Support groups would be difficult to do hybrid and get back and forth interaction.
 - David will reach back out to support group leaders to see whether we will be in a position to start offering in-person support groups in January.
- David understands that we need to get the new Resource Guidebooks printed.
- Dan’s 4 years as secretary concludes in December. We need to be thinking about a replacement.
- Three Board Members are up for reelection: David Larson; Brittany Brest; and Laura Rosenbaum. All three are open for reelection, and any others are welcome to run.
- Esther led an Ending the Silence presentation to about 70 high school students – overwhelming response!

December Minutes, December 7, 2021

Discussion/Action Items:

- James suggested that we should order disposable masks and hand sanitizer in anticipation of having in-person meetings beginning in February.
- James brought things back to Breakthrough to put in the closets. Rich dropped a number of things off at Breakthrough that had not been distributed previously. We need to sort through and make decisions on what to retain.
- Knowledge at this time is the Omicron will not be as serious as earlier variants of concern.
- Thought is, with return to in-person, provide and encourage masks, and provide for distancing, but do not require masking. Not anticipating asking about vaccination status.
- Advocacy day is 2/22/22 in Topeka and a second day may occur specifically for the 988 legislation.
- Board membership is not changing next year.
- The Board will discuss the retreat date in January.
- The Board will discuss the new Secretary in January as Dan’s four years are ending.

NAMI Wichita's 2021 November/December Treasurer's Report:

Fiscal year 7/1/2021 thru 6/31/2022
Income and Expense as of November 30, 2021

	Actual	Budget
Income *	\$37,334	\$68,928
Expenses	\$6,774	\$68,447
Net Income	\$30,560	\$481
*Incudes 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 contributions allow NAMI Wichita to continue its support during the COVID pandemic to those living with and affected by mental illness.

Benevity Fund
UKSM-Wichita

Amazon Smile
UKOGF-Foundation

NAMI Wichita also thanks those making contributions in memory or in honor of the following persons:

In Honor Of	In Memory Of
	Justin Elwell-Cuddy
	Kayla Deines

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.

<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.***



BRAINSTORMING

Volume 7, Issue 1

January/February 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.

Your Questions About Home COVID-19 Tests, Answered

The omicron variant is here, and with it a huge demand for COVID-19 tests. Home tests are appealing because they allow you to avoid going to a testing center (with its long lines) and they produce results in just a few minutes.

"There's a tremendous amount of enthusiasm and desire for these tests," says Larissa May, MD, a professor of emergency medicine at UC Davis in California. But questions abound about how accurate they are, and how and when they're most useful.

[Read more](#)

10 Strategies for Stable Holidays When You or a Loved One Has Bipolar

Holidays can challenge anyone's mood, but living with bipolar—or supporting someone who does—teaches us how to cope with the unknown. Here are my go-to's for maintaining hope and stability.

[Read more](#)

The 7 Best Free Online Therapy and Mental Support Services for 2022

You deserve support — even when your budget limits your options. These 7 services can make it easier to find the help you need at no cost to you.

[Read more](#)

HHS Announces Critical Investments to Implement Upcoming 988 Dialing Code for National Suicide Prevention Lifeline

Today the Department of Health and Human Services, through its Substance Abuse and Mental Health Services Administration (SAMHSA), will make critical investments in suicide prevention and crisis care services, announcing \$282 million to help transition the National Suicide Prevention Lifeline exit disclaimer icon from its current 10-digit number to a three-digit dialing code – 988

[Read more](#)

Special Needs Trusts

A special needs trust (SNT), sometimes referred to as a supplemental needs trust, is a trust that is established for the benefit of a physically or mentally disabled person, or a person who has other special needs, such as chronic illness, while still allowing such persons to qualify for and receive public assistance disability benefits provided by Social Security, Medicare or Medicaid. The objective of a special needs trust is to provide resources to supplement, and not replace, any such governmental benefits.

[Read more](#)