



NAMI
National Alliance on Mental Illness

Wichita Synapse

May/June 2022

CALENDAR OF EVENTS

Volume 25, Issue 3

NAMI Wichita Goes Back to In-person for Selected Meetings

Yes! That is correct! The board met and decided again to try in-person Ask The Doctor and Support Group Meetings in May (May 17) and June (June 21). 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 again. 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.

FIRST TUESDAY NAMI EDUCATION PROGRAMS OFFERED THROUGH ZOOM AT 7 PM

Tuesday, May 3rd: Several members of NAMI Wichita (including four members from our Board of Directors) have been meeting to discuss plans and opportunities for future interaction with families, youth, and teens. One such activity (Creative Writing Contest) will have been active when we present at our May Education meeting, but we will share other future activities that we are planning.

Tuesday, June 7th: We hope to have a special guest speaker. At this time however, his availability has not yet been confirmed. Please watch for future information. Both meetings (May & June) 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 May and June for the Support Groups and Ask the Doctor meetings we may also meet in person at 1010 N. Main, Wichita, 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 ZOOM 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, May 3, Education Meeting
<https://tinyurl.com/2202205Ed>

7 PM, June 7, Education Meeting
<https://tinyurl.com/202206Ed>

6 PM, May 17, Ask the Doctor
Hour and Support Groups
<https://tinyurl.com/2205Support>

6 PM, June 21, Ask the Doctor
Hour and Support groups
<https://tinyurl.com/2206Support>

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 ZOOM experience for both family members and adults living with mental illness. We benefit greatly from learning to know each other better.

6:30 PM, May 24, Share & Care
<https://tinyurl.com/SC2205>

6:30 PM, June 28, Share & Care
<https://tinyurl.com/2206SC>

Exciting Plans for NAMI Wichita at the end of June and in July: Many changes are on the horizon for us as families, friends, loved ones with a lived experience of mental health issues, Police Officers, Providers, and anyone else who enjoys, celebrates, and learns with NAMI. NAMI Wichita is looking at possibly having another Picnic towards the end of June (details to be announced) to kick off our in-person meetings for the whole month starting in July. So, July will be the first month when our Education Meeting, our Ask the Dr Hour Meeting & Support Groups, and our Share & Care meeting will be in person. We will be determining at the July board meeting if we will continue with the hybrid meetings as well or if we will create separate online meetings to compensate for not doing hybrid meetings. If you have any questions, *PLEASE* email or call me at D.LARSON@NAMIWICHITA.ORG or 316.461.5755.

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>.

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
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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:

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.**

THE MENTAL HEALTH ASSOCIATION OF SOUTH CENTRAL KANSAS PRESENTS:

A Day At The Park: 8th Annual Children's Event in Celebration of Children's Mental Health Awareness Day. It will take place on May 21st, 2022, from 11AM – 1PM at Sedgwick County Park, Shelter 1, using the 13th Street entrance. Activities will include face painting, a photo booth, snacks and drinks, games and prizes, goody bags, arts and crafts, team mascots and entertainment.

For more information go to WWW.MHASCK.ORG.

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 to join us for **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](#).

The 2022 NAMIWALKS is coming your way and in-person! There is still time for you to join one of the Wichita teams and to join us in contacting family, friends, colleagues, neighbors, etc. to educate people about NAMI and mental illness and to raise \$dollars\$ for NAMI KS/NAMI Wichita.

1/2 of the funds raised by NAMI Wichita teams will be returned for local programs. NAMI Wichita will apply the funds to the education classes: Family to Family and Peer to Peer and NAMI Basics. The notebooks for the classes cost \$25 - \$35 each with no cost to participants in the classes. As you know, being able to offer these classes is a very important part of NAMI Wichita's programming.

Your support of NAMI education is needed to meet this year's goals.

The Enlightened Minds Team, David Larson, Captain GOAL \$1,500 Current donations: \$695, 4 team members. Go straight to the Team page: <https://www.namiwalks.org/team/47440>

NAMI Wichita Walkers Team, Treva Lichti, Captain GOAL \$7,000 Current donations: \$3,473 (includes checks we have received, but have not yet been verified in Topeka), 5 team members. Go straight to the Team page: <https://www.namiwalks.org/team/47354>

Ideas for fundraising are available at www.namikansas.org. When you join the WALKERS Team, Treva will mail WALK materials to you, as well. Thank you for your consideration of this major annual fundraising effort for the state and local NAMI organizations.

PS. If you can participate in Topeka on WALK day, please let Treva Lichti know at tlichti@cox.net. Some current team members would appreciate a ride, so they can join the WALK for the very first time. Thanks again.

JOIN US!

WHAT: NAMI WALKS your way IN PERSON

WHERE: West Ridge Mall
1801 SW Wanamaker Rd
TOPEKA, KS 66604

WHEN: Saturday, May 21, 2022

Registration 8:30 - 10:00 am
Walk starts at 10:00 am

#Together4MH

NAMI Wichita Board of Directors Meeting Minutes:

March 1

Discussion

- Nicole gave update on the internal group meeting from 2/18/2022. Things they will pursue are MHA mental health event, mental health coloring book, and creative writing event.
- Discussion about in-person meetings. David will follow up on who will be responsible for the key fob and contact the doctor for "Ask the Doctor".

April 5

Discussion

- David gave overview of 1st in-person meeting.
- Discussed continuing of hybrid meetings until at least June. Discussed doing a picnic on last weekend of June to prepare for more in-person meetings. Nicole agreed to spearhead the committee.
- Nicole gave update on creative writing event for area high schools. Will continue to pursue MHA youth mental health event- May 21. Coloring book is on pause while searching for a grant. Possible other events for parents and children with MH. Family or game night at extension center.

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 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.
<input type="checkbox"/> INDIVIDUAL	\$40	
<input type="checkbox"/> OPEN DOOR DUES*	\$ 5	Make checks payable to NAMI Wichita.
<input type="checkbox"/> 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:

NAMI Wichita, KS

P.O. Box 2435

Wichita, KS 67201-2435

2022 May/June Issue of Brainstorming follows:

BRAINSTORMING

Volume 7, Issue 3

May/June 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.

All About Borderline Personality Disorder

If you have a borderline personality disorder (BPD) diagnosis, you're likely familiar with turbulent and quickly changing emotions and a lack of stability in your personal relationships and self-image.

As mental health conditions go, BPD is one of the most stigmatized, even among some mental health professionals. Part of this is linked with the historical idea that BPD is untreatable — but we now know that this isn't the case.

[Read more](#)

Imaging Analysis Suggests How Ketamine Treatment Might Have Helped Reduce Chronic PTSD Symptoms in Trial Subjects

A new study has analyzed detailed brain imaging data of individuals with chronic PTSD who were treated in a clinical trial with ketamine. Results suggest that improvements in PTSD symptoms that were observed in the trial were related to specific ketamine-induced changes in connectivity between several brain regions.

The new results offer clues about how ketamine may alter brain function in PTSD and may also have therapeutic implications.

[Read more](#)

Bipolar & Anger: Stuck on the Rage Road!

In the bipolar equation, anger has long been overshadowed by mania and sadness. Now it's time to take a hard look at this isolating emotion.

[Read more](#)

Suicide Is Rising Among Younger Students. Here's How Schools Can Prevent Tragedy

In the Wolcott public schools in Connecticut, a tiny therapy dog named [Gizmo](#) provides a path for elementary students to talk about something adults often find unthinkable: children experiencing thoughts of suicide.

Teachers use a curriculum built around the dog to lead 5th graders through discussions of mental health, signs that they may have unhealthy feelings of sadness or hopelessness, and ways that they can both self-calm and find help for themselves or friends.

The program, launched in 2019, is one of the few in the nation focused on suicide prevention and mental health for the youngest students. It's a crucial but often missing piece of mental health support in schools, experts say.

[Read more](#)

Advocate Tells SAMHSA To End IMD Exclusion That Prevents New Hospital Beds

Is the federal government's Institutions for Mental Disease (IMD) Exclusion outdated and actually harming Americans with serious mental illnesses?

Leslie Carpenter, the co-founder of Iowa Mental Health Advocacy and a member of the National Shattering Silence Coalition, told a federal panel that advises Congress and the Substance Abuse and Mental Health Services Administration (SAMHSA) that it is.

[Read more](#)