

# WICHITA Synapse

## NAMI Wichita Newsletter

### NAMI WICHITA by the NUMBERS

Each month, NAMI Wichita serves dozens of people in the Sedgwick County area (and beyond). Here are just a few of the numbers that show our reach and impact on those with a mental health condition and their families:

**553** Volunteer Hours worked in the last 2 months

**39** calls received on the NAMI phone line last 2 months

**42** calming bottles made in the last 2 months

### CHRISTMAS DINNER AND AWARDS



Want to Gnome about some NAMI holiday fun? Join NAMI-Wichita December 3, 2024, from 6 pm to 8 pm for the annual December Dinner and Awards banquet. NAMI-Wichita will host a fun filled evening with a free catered dinner and awards recognizing exceptional volunteers, mental health providers and mental health advocates. There might even be a few holiday gnomes wandering about to spread magical holiday cheer. Mark your calendars to attend at 3830 S. Meridian Ave. (Wichita Machinist Union). RSVP to [t.carter@namiwichita.org](mailto:t.carter@namiwichita.org).

Nomination forms for awards will be available soon. Questions: Contact David Larson at [d.larson@namiwichita.org](mailto:d.larson@namiwichita.org)

### NAMI WICHITA in the COMMUNITY

- Sep 14 - Mulvane Mental Health Coalition Walk/Run
- Sep 14 - Welcome Fest 2024
- Sep 30 - Deadline for Scholarship Application for NAMI KS Conference
- Oct 2 to 6 - Kansas Disciples Women's 2024 Retreat
- Oct 3 to 4 - Kansas Prevention Collaborative Conference
- Oct 6 - Candlelight Celebration
- Oct 11 to 12 - NAMI KS Annual Meeting & Conference
- Oct 13 - Open Streets ICT Douglas
- Oct 14 - Applebee's Fundraiser (320 S Ridge Rd)

Family-to-Family Class begins Sep 14. Register here: [NAMI Wichita F2F Fall 2024 Class Registration](#).

Basics Class begins Sep 19. Register here: [NAMI Wichita Basics Fall 2024 Class Registration](#).

For questions, or assistance registering, please contact Tara Gwynn at [t.gwynn@namiwichita.org](mailto:t.gwynn@namiwichita.org)



## PEERS REACHING PEERS

As we step into fall, we are reminded of the significance of the upcoming awareness months. September is dedicated to Suicide Prevention Awareness. October shines a light on ADHD and Depression and hosts OCD (13th-19th) and Mental Illness (6th – 12th) awareness weeks. These months raise crucial awareness and understanding about mental health challenges.

As Sedgwick County transitions into a color-changing landscape with shorter days and longer nights, it's important to recognize how these changes can alter moods and challenge our daily conditions. Communicating with our support circles about the impact of these changes is critical. However, depression, psychosis, or dependency on drugs or alcohol can complicate matters, leading to unpredictability and possible suicide-related crises. It is best to ensure our support circle is well informed of our crisis support plan, such as medications, medical providers, or where to take us should we need additional emergency mental health assistance.

At NAMI-Wichita (includes all of Sedgwick County), your Peer Leadership Council and Support Circle understand these challenges and are here to provide support. We do this through the Principles of Support, which give us strength and resolve. One principle that stands out during this time is Principle of Support #12: "We will never give up hope." This principle reminds us that we are here for a reason, are people of value and worth, and have a 100% survival rating against our most demanding days.



Additional support may be found at:

National Crisis Line 24/7, 365 Call or Text 988

If your house is on fire, you won't hesitate to call "911",  
so if your life is on fire, don't hesitate call "988"

NAMI Help Line Monday – Friday, 10 a.m. – 10 p.m. Call 1-800-950-6264

NAMI ICT Resource line Call 316-686-1373

To access previous Kansas Peer Newsletters and resources:

<https://tinyurl.com/NAMIKSPEER>

## Candlelight Ceremony – October 2024

October 2024 is National Depression Month. This month aims to raise awareness about the need for accessible and affordable mental health screenings and depression awareness. It also seeks to provide information and awareness about prevention and screening. October 6 - 12 is Mental Illness Awareness Week. In connection with this important month of awareness, NAMI-Wichita holds an annual Candlelight Ceremony to raise awareness about mental health screening, treatment, and support and to celebrate the lives of those who live with and have lost their battle to mental health diseases.

The event will feature two keynote speakers. Wichita **Mayor Lily Wu**, a mental health advocate, will speak on the status of mental health efforts in our community. Dr. **Larry Mitnaul**, a double board-certified child, adolescent, and adult psychiatrist, will speak on social media and its impact on mental health, especially in the youth population. The evening will conclude with a Candlelight ceremony honoring those who have lost their battle to mental health diseases. Please join NAMI Wichita for this special event.

**"... we all deserve to be remembered for how we lived and how we died is simply a part of a bigger story"** Ashley Judd, 2024



Date: Sunday, October 6, 2024

Time: 5 pm

Doors & Resource Tables open  
6 to 8 PM Program & Ceremony

Location: WSU Metroplex, Room 180  
5015 East 29 th St. N

## 2024 KEY FINDINGS

**23%** OF ADULTS EXPERIENCED A MENTAL ILLNESS IN THE PAST YEAR. EQUIVALENT TO NEARLY 60 MILLION AMERICANS.

**5%**  
OF ADULTS

&

**13%**  
OF YOUTH

REPORTED EXPERIENCING SERIOUS THOUGHTS OF SUICIDE.

2022 HAD THE HIGHEST NUMBER OF DEATHS BY SUICIDE EVER RECORDED IN THE U.S.



**1 IN 5**

YOUTH HAD AT LEAST ONE MAJOR DEPRESSIVE EPISODE (MDE) IN THE PAST YEAR.



**OVER 1/2**

(NEARLY 3 MILLION YOUTH) DID NOT RECEIVE TREATMENT.

OF THOSE WHO DID RECEIVE TREATMENT, ONLY

**65%**

SAID IT HELPED THEM.

## THE STATE OF MENTAL HEALTH IN AMERICA

### MHA RELEASES 2024 STATE OF MENTAL HEALTH IN AMERICA REPORT

Mental Health America's annual State of Mental Health Report ranks all 50 states and D.C. based on several mental health and access measures. For adults, Kansas ranked 24th and for youth, Kansas ranked 16th. When it comes to access ranking, Kansas ranked much lower at 35. That means our state provides relatively less access to insurance and mental health treatment. For all the data visit <https://mhanational.org/issues/state-mental-health-america>

## UPCOMING NAMI Wichita FUNDRAISER at APPLEBEE'S

Join NAMI Wichita for our Applebee's Fundraiser!

NAMI Wichita will receive 25% of fundraiser sales for food & beverages during this fundraiser.

DATE: Monday, Oct 14, 2024

TIME: Lunch & Dinner

LOCATION: 320 S Ridge Rd, Wichita, 67209

WHAT TO DO: Go to the Ridge Road location of Applebee's for lunch and/or dinner!

For orders to count towards the fundraiser, supporters must show the flyer to their server in the restaurant or mention the fundraiser while ordering by phone.

A copy of the flyer is also attached to this email.

Click here [FUNDRAISER](#) for more info!

Please spread the word and bring your friends and family.



Join Applebee's in a fundraiser for:

### NAMI-Wichita

Please mention this fundraiser or show this flyer to your server on October 14. Applebee's will contribute 25% of your order to support our community.

When

October 14, 2024

All day

Where

320 S Ridge Road  
Wichita, KS 67209

2024 ANNOUNCEMENT AND REGISTRATION



**2024 I AM NAMI Kansas  
Annual Membership Meeting and Conference  
October 11 - 12, 2024**

**Hilton Garden Inn Topeka**

1351 SW Arvonian Pl.  
Topeka, Kansas 66615  
(785) 350-2069  
Guest Rooms: \$115  
Deadline: September 20, 2024

**Annual Membership Meeting**

Friday, October 11, 2024  
8:00 AM - 5:30 PM  
No Registration Fee  
Members Only

**Friday Dinner and Gathering**

October 11, 2024  
Dinner: 5:30 PM - 7:15 PM  
Keynote Eric Smith, MSW  
6:00 PM - 7:00 PM  
\$36/Member  
\$50/Non-Member

**Annual Conference**

Saturday, October 12, 2024  
Registration at 7:30 AM  
9:00 AM - 5:00 PM  
Lunch: Noon - 1 PM  
\$75/Member  
\$100/Non-Member



2024 AGENDA



**2024 I AM NAMI Kansas  
Annual Membership Meeting Agenda  
Friday, October 11, 2024  
8:00 AM - 4:30 PM  
[CLICK TO REGISTER](#)**

	<b>Annual Meeting Agenda</b>
8:00 - 10:00 10:00 - 11:00 11:00 - 11:15 11:15 - 12:15 12:15 - 1:00 1:15 - 2:15 2:15 - 2:30 2:30 - 3:00 3:00 - 3:45 3:00 - 3:45 4:00 - 4:30 4:30 - 5:30	Registration Family Program Leader Forum Break and Exhibits SMVF Council Lunch Peer Leadership Council Break and Exhibits Affiliate Council - Joint Model A and B Model B Committee Model A Committee Affiliate Council - Joint Model A and B Break



2024 GATHERING



**2024 I AM NAMI Kansas  
Friday Dinner Agenda  
Friday, October 11, 2024  
5:30 PM - 7:15 PM  
[CLICK TO REGISTER](#)**

	<b>Friday Dinner Agenda</b>
5:30 - 6:30 PM	Dinner Hilton Garden Inn Topeka
6:00 - 7:00 PM	Keynote: Eric Smith, MSW "A Collaborative Approach for Rescuing Jailed Bodies and Imprisoned Minds"
7:00 - 7:15 PM	Wrap Up and Close Board President, Ken Windholz Board Vice President, SJ Hazim



2024 AGENDA



**2024 I AM NAMI Kansas  
Conference Agenda  
Saturday, October 12, 2024, 8:00 AM - 5:00 PM  
[CLICK TO REGISTER](#)**

	<b>Conference Agenda (SNAPSHOT)</b>
7:30 - 9:00 8:45 - 9:00 9:00 - 10:30 10:30 - 10:50 10:50 - 11:40 11:40 - Noon 12:00 - 1:00 1:00 - 1:45 1:45 - 2:00 2:00 - 2:45 2:45 - 3:00 3:00 - 3:45 3:45 - 4:00 4:00	Registration and Exhibits Kick Off Help Not Handcuffs Exhibits and Break Living with Tardive Dyskinesia (TD): A Look at the Impact Exhibits and Break Lunch and Awards Mental Health Parity Exhibits and Break Medicaid Renewals Exhibits and Break Improving Mental Health with Digital Technology NAMI Kansas Strategic Direction - 2025 Wrap Up and Closing



SCHOLARSHIPS APPLICATIONS TO ATTEND ARE NOW OPEN.

APPLICATIONS MUST BE SUBMITTED BY 6 PM ON SEPTEMBER 30, 2024 FOR CONSIDERATION.

TO APPLY: **[2024 NAMI KS CONFERENCE & ANNUAL MEETING SCHOLARSHIP APPLICATION](#)**



## **NEW NAMI PROGRAM: Hearts & Minds**

People affected by mental illness have higher rates of other serious health conditions.

There is a clear and critical need to care for mental and physical health simultaneously. Understanding this connection and synergy is vital to overall wellness.

NAMI Hearts+Minds is a wellness program designed to educate and empower you to better manage your health – mentally and physically.

### **Join a NAMI Hearts+Minds course at NAMI Wichita**

You'll gain information and tools that can help you plan and achieve recovery goals and better overall health...

- How to advocate for your health
- How physical and mental health are specifically connected
- Gut health and how nutrition can affect the brain
- Current information on the interplay of diet and fitness – and how they can influence your symptoms
- Effective methods for managing the side effects of medication
- Substance abuse and smoking cessation
- How to gain a greater sense of control over how you feel

For more information on any of the NAMI programs, classes or presentations, contact [info@namiwichita.org](mailto:info@namiwichita.org) or call (316) 686-1373.



## **NEW NAMI PROGRAM: Sharing Hope**

Lack of information and misconceptions surrounding mental health issues prevent many members of the African American community from getting the help and support they need. To compound these challenges, we have been disproportionately impacted by a global pandemic; we are constantly confronted with the trauma of racism and police brutality in the media; and our community continues to be one of the fastest growing but most poorly understood. As a result, we must find better and more accessible ways to start talking about our individual and communal wellness.

**NAMI Sharing Hope** is a series of 3 community conversations that can help increase mental health awareness in African American communities by addressing a number of important topics:

- The signs and symptoms of bipolar disorder, schizophrenia, and depression
- How to talk about mental health and decrease stigma
- An overview of recovery and how it's possible
- The types of mental health services and supports available, including NAMI education and support programs

# NAMI Wichita Education Classes in 2024

Please visit [www.namiwichita.org](http://www.namiwichita.org) and click on each of the “Programs” for further details on each class and instructions to register. ALL CLASSES ARE FREE FOR PARTICIPANTS. Registration required.



**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 Tara at [t.gwynn@namiwichita.org](mailto:t.gwynn@namiwichita.org).



**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, please contact Tara Gwynn at [t.gwynn@namiwichita.org](mailto:t.gwynn@namiwichita.org)



**Family-to-Family** is offered for family members, caretakers of, or support persons for adults with the lived experience of mental illness. This series of 8 weekly classes focuses on understanding mental illness and how to help advocate, communicate, and problem-solve with your loved one with a mental illness. To learn more, contact Tara Gwynn at [t.gwynn@namiwichita.org](mailto:t.gwynn@namiwichita.org)



**Homefront** is a series of six classes designed to help and support family members, partners, & significant others understand & support military service members & veterans living with mental health conditions while maintaining their own well-being. To be notified of upcoming classes, contact Tara Gwynn at [t.gwynn@namiwichita.org](mailto:t.gwynn@namiwichita.org)

Please visit [www.namiwichita.org](http://www.namiwichita.org) and click on each of the “Programs” for further details on each class and instructions to register. ALL CLASSES ARE FREE FOR PARTICIPANTS. Registration required.

# Monthly Meetings & Support Groups

## SEPTEMBER 2024

**Education Program:** First TUESDAY of the month 9/3/2024 at 7:00pm

**September Topic:** Mindful Art

In September, Marj with Crafting a Peaceful Path will share the basic fundamentals of mindful art and lead us on an art project. All supplies are provided for you.

Location: Breakthrough Club, 1010 N Main St, Wichita 67203

To join the September program via ZOOM, please contact David Larson at [d.larson@namiwichita.org](mailto:d.larson@namiwichita.org).

**Ask the Doctor Hour:** Third Tuesday of each month 9/17/2024 at 6:00 pm

Supported by the University of Kansas School of Medicine's Psychiatry Department. 3rd-year psychiatry residents answer questions posed by those in attendance about anything and everything mental health related. \*\*\* *Support Groups immediately follow.*

Location: Breakthrough Club, 1010 N Main St, Wichita 67203

To join in September via ZOOM, please contact David Larson at [d.larson@namiwichita.org](mailto:d.larson@namiwichita.org).

**NAMI Connection Recovery Support Group** is a free, peer-led support group for any adult who has experienced symptoms of a mental health condition. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there.

To join in September via ZOOM, please contact David Larson at [d.larson@namiwichita.org](mailto:d.larson@namiwichita.org).

**NAMI Family Support Group** is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences.

Family Support Group is only being offered in person at this time.

**Share and Care Support Group** Fourth TUESDAY of the month 9/24/2024 at 6:30 pm

A combined support group for both people with a lived experience of mental health issues and their family and friends

Location: College Hill United Methodist Church, 2930 E 1st Street N, Wichita 67214 (located on the north side of 1st Street between Erie Ave & Chautauqua Ave)

To join in September via ZOOM, please contact David Larson at [d.larson@namiwichita.org](mailto:d.larson@namiwichita.org).

## OCTOBER 2024

**Education Program:** First Tuesday of the month 10/3/2024 at 7:00 pm

**October Speaker:** Suspenders4Hope

Location: Breakthrough Club, 1010 N Main St, Wichita 67203

To join the October program via ZOOM, please contact David Larson at [d.larson@namiwichita.org](mailto:d.larson@namiwichita.org).

**Ask the Doctor Hour:** Third Tuesday of each month 10/15/24 at 6:00 pm

\*\*\* *Support Groups immediately follow.*

Location: Breakthrough Club, 1010 N Main St, Wichita 67203

To join in October via ZOOM, please contact David Larson at [d.larson@namiwichita.org](mailto:d.larson@namiwichita.org).

**NAMI Connection Recovery Support Group**

To join in October via ZOOM, please contact David Larson at [d.larson@namiwichita.org](mailto:d.larson@namiwichita.org).

**NAMI Family Support Group**

Family Support Group is only being offered in person at this time.

**Share and Care Support Group** Fourth TUESDAY of the month 10/22/2024 at 6:30 pm

Location: College Hill United Methodist Church, 2930 E 1st Street N, Wichita 67214 (located on the north side of 1st Street between Erie Ave & Chautauqua Ave)

To join in October via ZOOM, please contact David Larson at [d.larson@namiwichita.org](mailto:d.larson@namiwichita.org).

**NAMI Wichita Officers, Board of Directors, and non-elected liaison members:**

(\*)**President:** Laura Rosenbaum

(\*)**Vice President:** Jason Platter

(\*)**Secretary:** David E Larson

(\*)**Treasurer:** Teresa Carter

**Members at Large:** Esther Granados, Jamaal Jones, Joe Klingenberg, Bernestine Williams.

**Liaison Members:** Tara Gwynn (Programs Director & Volunteer Coordinator), Tim Gwynn (NAMI KS PLC Liaison), Trish Klingenberg (NAMI ICT PLC Liaison), Dallas Bryant (NAMI ICT PLC Liaison), Tony Nutz (SMVF Liaison Representative).

(\* ) – denotes elected members of BOD

**Other Volunteer Positions:**

The Volunteer positions have been removed temporarily from this newsletter, while we seek to update the information. In the meantime, if you wish to volunteer, please contact the Programs Director, Tara Gwynn, at [t.gwynn@namiwichita.org](mailto:t.gwynn@namiwichita.org).



**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.

To join, visit [namiwichita.org/get-involved/become-a-member/](http://namiwichita.org/get-involved/become-a-member/)



**RESOURCE GUIDEBOOK:**

NAMI Wichita 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 with 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.

[CLICK HERE FOR ENGLISH](#)

[CLICK HERE FOR SPANISH](#)

**NAMI WICHITA SYNAPSE**

Contributors: Laura Rosenbaum, David Larson, Tara Gwynn, Trish Klingenberg, Timothy Gwynn & Teresa Carter

National Alliance on Mental Illness, Wichita Affiliate

P.O. Box 2435

Wichita, KS 67201-2435

Phone: (316) 686-1373

E-mail: [info@namiwichita.org](mailto:info@namiwichita.org)

Website: [www.namiwichita.org](http://www.namiwichita.org)

Facebook: [facebook.com/namiwichitaks](https://www.facebook.com/namiwichitaks)

Instagram: NAMIwichita

NAMI Wichita, KS, Inc. is a non-profit organization with 501 (c) 3 status, an affiliate of NAMI and NAMI Kansas

Views published in the NAMI Wichita Synapse are those of individual contributors and do not reflect local, state, or national NAMI positions.