

El Paso's Voice on Mental Illness



nami

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National Alliance on Mental Illness

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Mission

The National Alliance on Mental Illness in El Paso (NAMI El Paso) is a grass-roots, non-profit organization.

Our mission is to advocate at all levels to ensure that all persons affected by mental illness receive the services they need and deserve in a timely fashion.

Contact Us

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Project Introduction: Welcome PEEP!

NAMI El Paso would like to introduce to you our newest program, People Empowering El Paso (PEEP). This program is funded by the Paso Del Norte Health Foundation. The Paso Del Norte Health Foundation has created a new initiative, "think.change," to improve mental health and reduce stigma in the Paso Del Norte region. Family Service of El Paso will act as the fiscal agent in charge of this project.

NAMI El Paso has hired three full time employees to execute this grant. PEEP and its employees will be focusing on three NAMI signature programs: «Family-to-Family,» «Basics,» and «In Our Own Voice.» The goal is to increase the number of classes offered while ensuring the effectiveness of the instruction. On the following page you can find a brief introduction of the employees. Please welcome them to the NAMI El Paso family with open arms. They will be the new point of contacts for all of NAMI El Paso's psycho-educational programs.

If you are interested in volunteering as a facilitator or presenter for any of NAMI's signature programs, please contact the employees at their information on the following page. Stay tuned for the upcoming dates and times of the NAMI signature programs!

On behalf of NAMI El Paso, we are very excited to partner with Family Service of El Paso and the Paso Del Norte Health Foundation to educate the community about mental illness and to reduce the stigma in our region.

Patti Fernandez, Program Director

Dr. Fernandez received her B.S. degree in Education from Martin Luther College in New Ulm, Minnesota. She earned her Master of Arts in Applied Experimen-

tal Psychology at the University of Texas at El Paso (UTEP) in 2006 and her Master in Public Health from the University of Texas Health Science Center at Houston, in 2008. In 2010, she obtained her PhD in Health Psychology from UTEP. Dr. Fernandez was an assistant professor in the Department of Family Medicine and Community Health at Texas Tech University Health Science Center, where she also served as the Behavioral Medicine Curriculum Director. While pursuing her graduate degrees, Dr. Fernandez was afforded the opportunity to intern at the World Health Organization in Geneva, Switzerland in 2006 and at the National Chung Cheng University in Chia-Yi, Taiwan in 2007. Dr. Fernandez has obtained grant funding from the Hispanic and Health Disparities Research Center, the National Science Foundation ("East Asia Summer Institutes for US Graduate Students") and Susan G. Komen. She has taught in the Psychology Departments at UTEP since 2007 and El Paso Community College.

Contact: pf.nami.ep@gmail.com

Denise Uga, Program Coordinator

Ms. Uga has her Bachelors in Business Management and her Masters in Business Administration. Uga's expertise in business allowed her to manage local El Paso businesses including Monty & Muniz, a children's rehab network provider for Emergence Health Network. She has experience working with mentally ill children and caring for family members and friends who are also affected. Ms. Uga has personally battled with Bipolar Disorder and has overcome all obstacles leading her to a healthy recovery. Her personal experience with mental health has strengthened her ad-

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“En nombre de NAMI El Paso, estamos muy entusiasmados de asociarnos con Family Service of El Paso y Paso Del Norte Health Foundation para educar a la comunidad sobre la enfermedad mental y reducir el estigma en nuestra región.”

NAMI

Introducción del Proyecto: Bienvenido PEEP!

NAMI El Paso se complace en introducirles a nuestro reciente y nuevo programa. People Empowering El Paso (Empoderamiento de Personas para El Paso). Este programa es financiado por El Paso Del Norte Health Foundation. El Paso Del Norte Health Foundation ha creado una nueva iniciativa, “think.change,” (pensar en un cambio) para mejorar la salud mental y reducir el estigma en la región Paso Del Norte. Family Service of El Paso actuará como el agente fiscal encargado de este proyecto.

NAMI El Paso ha contratado a tres empleadas de tiempo completo para ejecutar esta subvención. PEEP y sus empleados se centrará en los tres programas principales de NAMI: “Familia a Familia,” “Básico” y “En Nuestra Propia Voz. El objetivo es aumentar el número de clases que se ofrecen al tiempo que garantiza la efectividad de la instrucción. En la siguiente página encontrará una breve introducción de los empleados. Favor de darles la bienvenida a la familia NAMI El Paso con los brazos abiertos. Ellas serán el nuevo punto de contactos para todos los programas psico-educativos de NAMI El Paso.

Si usted está interesado en ser voluntario como un facilitador o un presentador para cualquiera de los programas de NAMI, póngase en contacto con las empleadas de su información en la página siguiente. Estad atentos a las próximas fechas y horarios de los programas de NAMI!

En nombre de NAMI El Paso, estamos muy entusiasmados de asociarnos con Family Service of El Paso y Paso Del Norte Health Foundation para educar a la comunidad sobre la enfermedad mental y reducir el estigma en nuestra región.

Patti Fernandez, Directora del Programa

La Dra. Fernández recibió su licenciatura en Educación de Martin Luther College en New Ulm, Minnesota. Obtuvo su maestría en Psicología Experimental aplicada de la Universidad de Texas en El Paso (UTEP) en 2006 y su maestría en Salud Pública de la Universidad de Texas Health Science Center en Houston, en 2008. En 2010, obtuvo su

doctorado en Psicología de Salud de UTEP. La Dra. Fernández fué profesora asistente en el Departamento de Medicina Familiar y Salud Comunitaria en Texas Tech University Health Science Center, donde también se desempeñó como Directora de Currículo de Medicina. Mientras se concentraba en alcanzar sus licenciaturas, la Dra. Fernández fué ofrecida la oportunidad de internar en el World Health Organization en Geneva, Suiza en 2006 y en la Universidad Nacional de Chung Cheng en Chia-Yi, Taiwán en 2007. La Dra. Fernández ha obtenido donaciones de fondos de la Hispanic and Health Disparities Research Center, la National Science Foundation (Institutos de Verano de Asia Este para estudiantes de posgrado) y Susan G. Komen. Ella ha sido profesora en los Departamentos de Psicología en UTEP desde 2007 y El Paso Community College.

Contacto: pf.nami.ep@gmail.com

Denise Uga, Coordinadora del Programa

La Srta. Uga tiene su licenciatura en Manejo de Empresas y su maestría en Administración de Empresas. La experiencia de la Srta. UGA en negocios le permitió administrar los negocios locales en El Paso incluyendo Monty & Muñiz, proveedor para rehabilitación infantil de Emergence Health Network. Ella tiene experiencia trabajando con niños con enfermedades mentales y con el cuidado de sus familiares y amigos que así mismo son afectados. La Srta. Uga ha luchado personalmente con el Trastorno Bipolar y ha superado todos los obstáculos, llevándola a una recuperación saludable. Su experiencia de salud mental personal ha fortalecido su trabajo de advocar y abogar en esta arena.

Contacto: du.nami.ep@gmail.com

Nellie Tabárez, Coordinadora del Programa

Antes de trabajar para NAMI-El Paso, Tabárez trabajó para el Senador Estatal José Rodríguez como su Gerente de Oficina y Planificadora junto con encabezar el Comité

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National Alliance on Mental Illness: El Paso



“On behalf of NAMI El Paso, we are very excited to partner with Family Service of El Paso and the Paso Del Norte Health Foundation to educate the community about mental illness and to reduce the stigma in our region.”

NAMI

AN INVITATION

Membership Meeting

You are invited to NAMI El Paso's
Annual Membership Meeting!
We will be voting for the 2014 Board of Directors,
recapping 2013, and enjoying refreshments.



Thursday, January 16th, 2014
6:30-7:30pm
Northeast Regional Command Meeting Room
9600 Dyer St. El Paso, TX 79924

Contact NAMI El Paso: 915-534-5478

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vocacy work.

Contact: du.nami.ep@gmail.com

Nellie Tabarez, Program Coordinator

Prior to working for NAMI-El Paso, Tabarez worked for State Senator José Rodríguez as his Office Manager and Scheduler along with spearheading the Education Advisory Committee for Senate District 29. Tabarez interned for State Senator Carlos Uresti in San Antonio, where she handled Constituent Services and served as liaison for child abuse and neglect cases. She also has extensive knowledge in the field of child welfare, interning with the Texas Department of Child Protective Services while attaining her Bachelors in Social Work from UTEP in 2010. She also has a Masters in Social Work, which she received in 2011 from UT San Antonio. Tabarez's dedication to advocate on mental illness not only lies professionally but personally having had a family member with a mental illness. Tabarez's personal experience with working with the ailments of mental illness serves as a way to give hope to family members and individuals that a mental illness can be guided through advocacy, education and empowerment.

Contact: nt.nami.ep@gmail.com

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Consultivo de Educación para el Distrito de Senado 29. Tabarez internó para el Senador Estatal Carlos Uresti en San Antonio, donde manejó Servicios de Constituyente y sirvió como enlace para casos de abuso y negligencia infantil. También tiene amplios conocimientos en el campo del bienestar del niño, internándose con el Texas Department of Child Protective Services al mismo tiempo logrando su licenciatura en Trabajo Social de UTEP en 2010. Al igual tiene una maestría en Trabajo Social, que recibió en 2011 de UT San Antonio. La dedicación de Tabarez para abogar sobre enfermedades mentales no es únicamente de profesión sino personal habiendo tenido un familiar con una enfermedad mental. La experiencia de trabajar con personas con enfermedades mentales y sentir las dolencias que una enfermedad mental puede causar, sirve de una manera de dar esperanza a los familiares y personas que una enfermedad mental puede guiarse de una buena manera a través de la promoción, educación y empoderamiento.

Contacto: nt.nami.ep@gmail.com

This newsletter is made possible by contributions from:

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Call us today for the most up to date information on classes, support groups, and NAMI's mission!

*915-534-5478
or
915-534-5476*



Like us on Facebook!

www.facebook.com/NAMI.ELPaso

Local January Events

Family to Family Support Group–
ENGLISH
Every Monday
7-9 pm
University Behavior Health Center
(UBH) 2nd floor outpatient area, (1900
Denver)
For family members or loved ones
of those with a mental illness.

Connections Support Group-EN-
GLISH
Every Monday
7-9 pm
University Behavior Health Center
(UBH) 2nd floor outpatient area, (1900
Denver)
For those personally living with a
mental illness

Family to Family Support Group–
SPANISH/ESPAÑOL
The third Thursday of every month
7-8:30 pm
St. Pius Catholic Church, (1050 N
Clark Drive)
For family members or loved ones
of those with a mental illness.

Family to Family Class-ENGLISH
January 25th -.April 19th every

Saturday
Please call the office for more infor-
mation and to sign up: 915-534-5478
For family members or loved ones
of those with a mental illness.

Annual Membership Meeting-EN-
GLISH
Thursday, January 16th
6:30-7:30pm
Northeast Regional Command
Meeting Room, (9600 Dyer St.)
For all members of NAMI El Paso
and those interested in becoming members.

In Our Own Voice Informational
Meetings-ENGLISH
Tuesday, January 14th
6pm
Family Service of El Paso, (6040
Surety Dr.)

-or-
Friday, January 17th
6pm
Alternatives Centre for Behavioral
Health, (7760 Alabama St.)
For individuals affected by mental
illness who are interested in learning more
about presenting their personal story.

NAMI EL Paso
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El Paso, Texas 79995