

El Paso's Voice on Mental Illness



nami

Inside this issue

Training	1
Spotlight	2
Enfoque	3
Family to Family Update	4
Should I Disclose?	5
Calendar	6

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.

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Are you interested in teaching for NAMI?

NAMI is on the prowl with several signature program trainings underway in the month of March. Would you consider becoming a trained NAMI teacher? The trainings open for registration are the In Our Own Voice, Family-to-Family, and Basics. If you would like to receive more information on the NAMI signature programs, or be considered as a trainee for these programs, please contact us soon, as the trainings are filling up quickly!

NAMI is truly hitting a huge milestone with these trainings intended to help individuals affected by mental illness, as well as their families. Let's pay it forward!

March training Schedule:

- In Our Own Voice – March 1-2 (For individuals directly affected by mental illness)
- Family-to-Family – March 7-9 (For individuals who have an adult family member with a mental illness)
- Basics – March 21-23 (For parents and caregivers of children and adolescents with a mental illness)

Also, we are proud to announce that a NAMI Connection support group has started on Tuesday nights from 7-8:30 PM at UBH. This support group will follow NAMI state and national guidelines. Adults with a diagnosis of a mental illness are encouraged to attend.

Exhilarating things are happening in the NAMI El Paso family. Please consider becoming a part of it. For more information, please contact our office at (915) 534-5476.



We are pleased to announce that our 2014 NAMI Walks website is now OPEN!

Please click the button below or visit www.namiwalks.org/elpaso to register today. Registration is always free!

SAVE THE DATE!
4TH ANNUAL EL PASO NAMI WALK
OCTOBER 4TH, 2014
MEMORIAL PARK
9:00am REGISTRATION



“NAMI El Paso has been able to exist in our community thanks to the efforts of various caregivers of and individuals with mental illnesses who have volunteered uncountable hours as board members, trainers, teachers, peer leaders, and office helpers.”

NAMI

Spotlight: Dr. Fernandez, Project Director for PEEP

Dr. Patti Fernandez was recently hired by NAMI El Paso and Family Service of El Paso to lead a project entitled People Empowering El Paso. Patti and her team have been making great strides in terms of mental health in our community. NAMI El Paso is incredibly honored to have her in our organization and look forward to her work.

How did you first get involved with NAMI?

During the first courses in psychology that I taught, I had students asking for resources for mental disorders either for themselves or for their loved ones. I came across the national website and found that they had very detailed information not only on the various illnesses but also on several resources, including in our community. I have included that information for students and they have found it helpful.

What did you do before getting involved with NAMI?

I worked with cancer prevention in our community. I have also taught at both the University of Texas at El Paso and El Paso Community College imparting psychology classes in different topics.

What is PEEP?

People Empowering El Paso is a grant that has been funded by the Paso Del Norte Health Foundation (PDNHF). PDNHF created a brand new initiative called “think.change” and their main goal is to reduce stigma on mental illness in El Paso, including through the funding of programs in our community. We were one of six organizations that received a grant. I have been hired as the program director of PEEP, along with two program coordinators, Denise Uga and Nellie Tabarez. An objective for PEEP is to continue to offer more Family-to-Family classes for family, caregivers and loved ones of individuals with mental illnesses. In addition, to hold more In Our Own Voice presentations from trained presenters who are willing to share their personal sto-

ry dealing with mental illness in our very own El Paso community. Lastly, we hope to offer Basics classes, which are taught by trained teachers who are parents of children and adolescents with a mental illness. We have a lot of work to do to make all of these possible but we are very excited to have joined such a passionate group of individuals at NAMI El Paso.

How do you think PEEP will help improve the classes NAMI offers?

NAMI El Paso has been able to exist in our community thanks to the efforts of various caregivers of and individuals with mental illnesses who have volunteered uncountable hours as board members, trainers, teachers, peer leaders, and office helpers. This is an amazing effort because many, if not all of them, have incredibly busy schedules. However, their passion to have a program to serve as a resource to others

in El Paso is the main drive. This will be the first time that thanks to the PDNHF grant, three individuals are working full time. One of the main goals is to help all of these volunteers to coordinate more classes. Another goal is to recruit more participants and teachers for the different programs so that those volunteers that have participated for a long time have the choice to step back and help NAMI El Paso in any other way they are interested. If we have more classes and a larger army of volunteers, we should be able to reach more people in our community who could benefit from learning from others experiences, and in turn, reduce the stigma of mental illness that exists in our community. So if any of our readers is interested in becoming a trained teacher, participate in classes or be a volunteer for NAMI El Paso, please let us know. This is an exciting time!

How would you describe your experiences with NAMI?

I have never seen such a strong group
see SPOTLIGHT on page 4





“NAMI El Paso ha sido capaz de existir en nuestra comunidad gracias a los esfuerzos de varios voluntarios de los cuidadores con enfermedades mentales y de las personas con enfermedades mentales que han prestado incontables horas como miembros de la Mesa.”

NAMI

Enfoque: Dra. Fernández, Directora del Proyecto PEEP

La Dra. Patti Fernández recientemente fue contratada por NAMI El Paso y Family Service of El Paso (Servicio Familiar de El Paso) para liderar un proyecto titulado People Empowering El Paso (PEEP) (Gente Empoderando a El Paso). Patti y su equipo han estado haciendo grandes progresos relacionado a la salud mental en nuestra comunidad. NAMI El Paso es increíblemente honrada de tenerla en nuestra organización y esperamos con interés su trabajo.

¿Cómo fue que se involucró con NAMI?

Durante los primeros cursos de psicología que enseñe, tuve estudiantes pidiendo recursos para los trastornos mentales para sí mismos o para sus seres queridos. Me topé con el sitio Web nacional y encontré que tenían muy detallada información no sólo sobre las diversas enfermedades sino también de varios recursos, incluyendo en nuestra comunidad. He incluido esa información para estudiantes y lo han encontrado útil.

¿Qué hizo antes de involucrarse con NAMI?

He trabajado con prevención del cáncer en nuestra comunidad. También he impartido clases en la Universidad de Texas en El Paso y El Paso Community College impartiendo clases de psicología en diferentes temas.

¿Qué es PEEP?

People Empowering El Paso es una subvención que ha sido financiada por el Paso del Norte Health Foundation (PDNHF). PDNHF creó una nueva iniciativa denominada “pensar.cambio” y su objetivo principal es el de reducir el estigma en la enfermedad mental en El Paso, incluso a través de la financiación de los programas en nuestra comunidad. Fuimos una de las seis organizaciones que ha recibido una subvención. Me han contratado como directora del programa de PEEP, junto con dos coordinadoras del programa, Denise Uga y Nellie Tabarez.

El objetivo de PEEP es continuar a ofrecer más clases de Familia-a-Familia para la familia, los cuidadores y los seres queridos de las personas con enfermedades mentales. Además, para ofrecer más clases de In Our Own Voice (En Nuestra Propia Voz) de los ponentes capacitados que están dispuestos a compartir su historia personal relativos a enfermedades mentales de nuestra propia comunidad de El Paso. Por último, es-

peramos ofrecer clases Conceptos Básicos, que son impartidas por maestros que son los padres de los niños y adolescentes con enfermedades mentales. Tenemos mucho trabajo por hacer para que todo esto sea posible pero estamos muy entusiasmados de habernos unido a un grupo tan apasionado de individuos en NAMI El Paso.

¿Cómo piensa que PEEP ayudará a mejorar las clases que NAMI ofrece?

NAMI El Paso ha sido capaz de existir en nuestra comunidad gracias a los esfuerzos de varios voluntarios de los cuidadores con enfermedades mentales y de las personas con enfermedades mentales que han prestado incontables horas como miembros de la Mesa Directiva, entrenadores, profesores, líderes, y ayudantes de oficina. Este es un increíble esfuerzo debido a que muchos, si-

no todos, tienen un horario muy ocupado. Sin embargo, su pasión por tener un programa para servir como un recurso a otros en El Paso es la unidad principal. Esta será la primera vez que, gracias a

la subvención PDNHF, hay tres personas trabajando a tiempo completo. Uno de los principales objetivos es ayudar a todos estos voluntarios para coordinar más clases. Otro objetivo es reclutar a más participantes y maestros de los diferentes programas, para que los voluntarios que han participado durante un largo tiempo tengan la opción de parar y ayudar a NAMI El Paso de cualquiera otra forma que estén interesados.

Si tenemos más clases y un ejército mucho mayor de voluntarios, debemos ser capaces de alcanzar a más personas en nuestra comunidad que podrían beneficiarse del aprendizaje de las experiencias de otros, y a su vez, reducir el estigma de la enfermedad mental que existe en nuestra comunidad. Así que si alguno de nuestros lectores está interesado en convertirse en un maestro capacitado, participar en clases o ser voluntario para NAMI El Paso, por favor háganoslo saber. Este es un momento muy emocionante!

Cómo describiría su experiencia con NAMI?

Nunca he visto un grupo tan fuerte de personas que fueran tan invertidas y apasionadas por su organización. Cada uno de

[see ENFOQUE on page 4](#)



National Alliance on Mental Illness: El Paso

Family-to-Family Update/Actualización: Clases de Familia a Familia

Find help. Find hope.



“NAMI has collaborated with the VA to provide education, support and encouragement to the families of service members and veterans because of the growing need that many of these families are facing on a daily basis.”

We are happy to report that our January & February Family-to-Family classes are successfully underway. The Family-to-Family classes have generated buzz in the community with approximately 45 participants. The 12-Week course is for family, caregivers, and friends of individuals living with a mental illness.

For the first time in NAMI-El Paso history a class is being taught at the VA, located at 5001 N. Piedras. NAMI has collaborated with the VA to provide education, support and encouragement to the families of service members and veterans because of the growing need that many of these families are facing on a daily basis.

For more information on NAMI Family-to-Family classes feel free to email at nt.nami.ep@gmail.com or 915-929-9300.

Estamos contentos de informar que nuestras clases de Familia a Familia de enero y febrero se están realizando con éxito. Las clases de Familia a Familia han generado buenos rumores en la comunidad con aproximadamente 45 participantes. El curso de 12 semanas es para familia, cuidadores y amigos de personas que viven con una enfermedad mental.

Por primera vez en la historia de NAMI-El Paso se imparte una clase en la Administración de Veteranos (VA) , ubicado en 5001 N. Piedras. NAMI ha colaborado con el VA para proveer educación, apoyo y aliento a las familias de los miembros del servicio y los veteranos debido a la creciente necesidad que muchas de estas familias se enfrentan a diario.

Para obtener más información sobre las clases de Familia-a-Familia no dude en mandarnos un correo electrónico a nt.nami.ep@gmail.com o llamar al (915)929-9300.

SPOTLIGHT from page 2

of individuals that were so invested and passionate about their organization. Each one of them has a story to share with others. They truly are a very close family. They genuinely worry about those who come in for the first time through the doors feeling lost, concerned and afraid either about their own mental illness or the mental illness of their loved ones. The three of us, Denise, Nellie and I, are very lucky to have been given the opportunity to join this family. We hope to surpass any expectations because NAMI El Paso deserves it.

ENFOQUE from page 3

ellos tiene una historia que compartir con los demás. Realmente son una familia muy unida. Realmente se preocupan por aquellos que vienen por primera vez a través de las puertas que se sienten perdidos, preocupados y con miedo sobre su propia enfermedad mental o la enfermedad mental de sus seres queridos. Las tres, Denise, Nellie y yo, somos muy afortunadas de haber recibido la oportunidad de formar parte de esta familia. Esperamos superar expectativas porque NAMI El Paso se lo merece.



National Alliance on Mental Illness: El Paso

Should I disclose? Here's our advice:

A common concern when starting a relationship is when, and how, to share that personal part of you, your mental illness. There is no real time frame, no rules or expectations of when you should share your mental illness with your partner. Although having a mental illness is a part of who you are it does not define you. Being open and honest are keys in having any successful relationship, but especially important when coping with a mental illness. You support your partner and you need that extra support as well. They will not know what you need unless you open up and share with them.

The same applies to the other half; hav-

ing a partner with mental illness is a big step. Being supportive and understanding is essential, not only for the relationship but also for your partner. Practice self-care to ensure both you and your partner and getting enough rest, exercise, and love to be able to sustain the relationship. Both parties need a support structure and can benefit significantly when seeking outside support together. A great opportunity to learn how to cope with your own mental illnesses or with someone you have a relationship with is NAMI's weekly support groups at UBH from 7-9p.m.. Remember, You Are Not Alone.



“There is no real time frame, no rules or expectations of when you should share your mental illness with your partner.”

**The National Alliance on Mental Illness on
Campus at UTEP is Hosting a**

Silent Auction

**Saturday,
March 22, 2014**

Crossland Gallery
500 W. Paisano
11:00 a.m. - 4:00 p.m



¿Debería yo revelar? Aquí está nuestro consejo:

Una preocupación común al comenzar una relación es cuándo y cómo compartir esa parte personal de ti, tu enfermedad mental. No hay ningún marco de tiempo real, ni reglas ni expectativas de cuándo deberías compartir tu enfermedad mental con tu pareja. Aunque tener una enfermedad mental es una parte de quien eres, eso no te define. Ser abierto y honesto es clave en cualquier relación exitosa, pero especialmente importante cuando lidiando con una enfermedad mental. Apoyas a tu pareja y a la misma vez tu también necesitas ese apoyo. No sabrá lo que necesitas a menos que te abras y compartas con tu pareja.

Lo mismo se aplica a la otra mitad; tener una pareja con una enfermedad mental

es un gran paso. Apoyo y comprensión es esencial, no sólo para la relación sino también para tu pareja. Práctica de autocuidado para asegurar tanto tú como tu pareja, descansando lo suficiente, haciendo ejercicio, y demostrando amor y cariño son importantes para así sostener la relación. Ambas partes necesitan un apoyo de la estructura y ambos se pueden beneficiar considerablemente buscando apoyo exterior juntos. Una gran oportunidad para aprender a lidiar con tu propia enfermedad mental o para aprender a llevar una relación, es atendiendo a los grupos de apoyo semanales de NAMI en UBH de las 7:00pm a las 9:00pm. Recuerda, tu no estás solo.

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National Alliance on Mental Illness: El Paso

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

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March Calendar

***We are proud to announce that a NAMI Connection support group has started on Tuesday nights from 7-8:30pm at UBH. This support group will follow NAMI state and national guidelines. Adults with a diagnosis of a mental illness are encouraged to attend.

NAMI Connections Support Group-ENGLISH

Every Tuesday

7-8:30pm

University Behavior Health Center (UBH) 2nd floor outpatient area, (1900 Denver)

For those personally living with a mental illness.

NAMI 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.

Peer to Peer Support Group-ENGLISH

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 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.

NAMI EL Paso

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