



NAMI Collin County, by encouraging research and by providing proven Support, Education and Advocacy Programs, will empower those living with severe Mental Illness and their Families to live life to their fullest potential.

APRIL MEETING

Thursday – April 9, 2009

Custer Road United Methodist Church – Lower Level
6601 Custer Road, Plano, TX 75023

- * Peer-to-Peer Support: 6:30 – 7:30 P.M.
- * Family Support: 6:30 – 7:30 P.M.
- * Fellowship: 6:30 – 7:30 P.M.
- * Meeting & Program: 7:30 – 9:00 P.M.

Speakers will be Betty Black and Richard Hanson, from Advocacy, Inc

Save the Date

April 9: Speakers for our monthly meeting will be Betty Black and Richard Hanson, from Advocacy, Inc

May 2: It's that time of year again! The NAMIWalks for the Mind of America will be held Saturday, May 2, Dallas, Texas at Fair Park. You can get more information at www.nami.org. Go to page 4 for information on joining the "Rebalancing My Life" team.

Please come and hear Richard Hanson and Betty Black speak about Advocacy Inc at our April 9 NAMICCO meeting. Betty will give an overview of all AI services since they do a lot of different work in addition to advocacy for/with individuals with mental illness. She will also tell what they do not do. Richard will focus on the work with individuals with mental illness under our Protection and Advocacy for Mental Illness Program.

If you are not a member of NAMICCO and would like to join us or it is time to renew your membership you can do it with your credit card using PayPal. Go to www.namicco.org and follow the instructions on the home page.

The National Alliance on Mental Illness of Collin County will sponsor Visions for Tomorrow, a series of eight educational workshops for parents and caregivers of young children and adolescents with brain disorders. The workshops will be held on Monday evenings, June 1, 8, 15, & 29 and July 6, 13, 20, & 27, 2009 from 7:00 – 8:30 p.m., at Custer Road United Methodist Church, 6601 Custer Road in Plano. Workshops and educational materials are free to participants, but registration is required. Topics include brain biology, ADD/ADHD, Pervasive Developmental Disorders/Autism, Tourette's Disorder, Oppositional Defiant Disorder, Conduct Disorder, Bipolar Disorder, Depression, Eating Disorders, Anxiety Disorders, Early Onset Schizophrenia, Reactive Attachment Disorder, Borderline Personality Disorder, coping, self-care, communication skills, record keeping, problem management, rehabilitation, stigma, the judicial system, and advocacy. For more information and registration call Joan at 972-867-2268.

Go Green and help save a tree. You can get your NAMICCO Clarion by email in PDF format by sending your email address to newsletter@namicco.org. You will get your News Letter 5 to 7 days earlier and save us the printing costs.

The deadline for submitting news for the May Newsletter is April 17. Anything received after the deadline might not be included. Send your articles to news@namicco.org.



The NAMICCO *CLARION*



PLEASE NOTE CORRECTION OF THE NAMI 2009 CONVENTION DATE

NAMI 2009 Convention
"Creating a Healthy Future for Us All"
July 6-9, 2009 San Francisco, CA

The Center for Mental Health Services (CMHS), within the Substance Abuse and Mental Health Services Administration (SAMHSA), is planning on providing financial support to consumers of mental health services who would like to participate in the annual conference sponsored by the National Alliance on Mental Illness. The purpose of the scholarships is to foster transformation of mental health care to focus on recovery. **Please note: To be eligible for this scholarship, a completed application and letter of recommendation must be sent by U. S. mail to SAMHSA and postmarked by April 24, 2009.** Also note these scholarships are contingent on funding and availability.

You can get a copy of this application at our monthly meeting on April 9 or to get a copy of the application by email send this request to news@namicco.org. You can also contact SAMHSA directly using the phone number or email address below.

Please submit your completed application and letter(s) of recommendation by U. S. mail to:

Carlton Speight, Consumer Affairs Specialist
SAMHSA
1 Choke Cherry Road, Room 2-1002
Rockville, MD 20857

If you have questions, you may contact Mr. Speight at the following: phone: 240-276-1949 or e-mail: carlton.speight@samhsa.hhs.gov

Important Phone Numbers

Legal Aid of North Texas: 972-542-9405

UT Southwestern Medical Center: 214-648-3111

Assistance Center of Collin County: 972-422-1850

Referral for a Lawyer or Doctor

We get lots of calls asking us for a referral for a Doctor or Lawyer. As an organization we are not allowed to make referrals.

For a doctor referral we suggest you call the UT Southwestern Medical Center at 214-648-3111 and they can refer you to a doctor that is specializes in your type of problem.

For a lawyer referral we suggest you call the local Bar Association or call Legal Aid of North Texas at 972-542-9405.

Also you can come to our support groups that meet the 2nd Thursday of each month from 6:30 to 7:30 at the Custer Road United Methodist Church (south east end, lower level) to get some feedback from other people.



The NAMICCO CLARION



New support group for parents of children with special needs

Twice Blessed Support Group meets 1st Saturday of each month at Chase Oaks Coffee Bar
6:00 - 7:30 p.m.

Contact Kathy McManus in advance if you need child care
Chase Oaks Fellowship Church
Main Building
281 Legacy Dr.
Plano
Open to Public

For information contact: Kathy McManus, 972-519-0757

In Memory of Steve Betterley

It is with sadness that we note the sudden death of Steve Betterley, 51 yrs. He was a regular at our Peer to Peer support group—a big bear hug of a guy—very friendly and kind. Steven worked at Whataburger, riding his bicycle to work faithfully every day—through heat of summer and cold of winter. **Steve lived his best life possible with the constraints of his illness. He adhered to treatment with the watch-care of his mother.** He lived with his mother, Jackie, at 1104 Lookout, Richardson, Texas 75080. Family requests that memorials go to NAMICCO.

A Book That You Might Want to Read

My name is Claudia McClaine and I'm a member of the Indian River County NAMI in Vero Beach, Florida. I have recently (November) had a book published titled, *Damaged Goods*, which is based on a journal I kept during some of our son's most difficult teen-age and young adult years. I began my writings in 1984 when he was 15 and continued it into 1993. In 1989 at the age of 19 he had his first "break with reality." It wasn't until this extremely traumatic event that we learned that we weren't simply dealing with an unruly and substance abusing "ungovernable" child....we were dealing with a child who was suffering from the effects of schizophrenia!

Had it not been for our local NAMI group and my faith in the Lord, I'm not sure how (or *if*) I would have ever made it through those very painful years. I pray that this book will offer some encouragement to any of those individuals in your NAMI affiliate who may be facing similar struggles.

Information on my book is as follows:

Title: *Damaged Goods*

Author: Claudia B. McClaine, RN

Sub-title: *We wanted the perfect child ... God gave us a schizophrenic child*

ISBN: 978-1-60791-060-2



The NAMICCO *CLARION*



NAMICCO March Meeting

Sharon DeBlanc called our meeting to order.

David Levene announced that he is heading a team “Rebalancing My Life” for the NAMI Dallas Walk at Fair Park, May 2. If you wish to be on his team, contact him at david.levene@yahoo.com or ph: 972-548-1829.

Anyone can form a team to do the WALK—check nami.org for directions.

Sharon introduced Melinda Hicks and Luis Mareno who told us about the new “Self-Directed Care” program. NorthSTAR has received a transformation grant to implement this program. The program will be controlled by NTBHA [North Texas Behavioral Health Authority], DSHS [Dept. of State Health Services], Value Options, and University of Illinois at Chicago.

The program will allow adults with serious MI to more directly control the funds, up to \$4000/yr, on their recovery, giving them empowerment, with the counsel of an advisor and levels of control by the state.

The question is whether this program will increase the quality of the participants’ mental health and well-being while being cost effective.

300 NorthSTAR, package 3, enrollees will be chosen for the program. The criteria of eligibility: You must live in NorthSTAR area with no plans of moving, be 18 yrs or older, must be able to do interviews in English on the phone and are you okay with the idea that you might not be selected.

Clients will need to fill out a survey and have an interview. 300 names will be sent to University of Illinois at Chicago and a computer will randomly select 150 to participate in the program; the other 150 will be a control group and receive services as usual.

The experimental people will create a budget with the help of an advisor. Hopefully this will give a sense of control to participants and improve their outlook on life.

Three times in the 2 yr. period, both groups will be interviewed about satisfaction with their treatment.

The control group will receive a stipend for each interview.

The program is completely voluntary and people are free to withdraw anytime.

The website is: www.TexasSDC.org or you can get more information from your provider.

Join HOUSE in Celebrating NAMI!

In recognition of the 100th episode of the Fox-TV running series HOUSE, cast and producers are celebrating NAMI as a charity of choice. Buy a "Normal's Overrated" t-shirt and support NAMI while showing the world that you appreciate HOUSE. HOUSE shows at 7p.m., Mondays, in our area.



Family shares mental illness struggle

**By Mike Elswick
Longview News-Journal**

Dorothy Horne says she never knew or thought much about mental illness.

That changed about 17 months ago, the Longview resident said.

"My daughter Amanda had a baby, and the chemical changes triggered a severe mental illness," Horne said. She, her husband Bryon and daughter and son-in-law, Amanda and Mark Nance of Denton, knew something was wrong after the birth of Nathaniel.

"The first few months we were floundering and afraid. We knew nothing about mental illness or how to help," Horne said. "We felt like we were in this big dark hole of isolation and fear."

Amanda, 27, a former Pine Tree student and graduate of Longview High School, was diagnosed with post-partum depression and obsessive-compulsive disorder, which is commonly referred to as OCD. Once the family had a diagnosis, they started researching where to find help.

Among the resources they came across was the National Alliance on Mental Illness and the group's 12-week "Family to Family" course, Horne said.

"The facilitators were excellent," she said. "Every week we received useful information and lots of support.

"It was incredibly healing to be able to share with other families who were also struggling with mental illness," Horne said.

In the months since the Hornes' grandson was born, the family has been working through the illness and giving support to Amanda, she said. Using the class and other resources of the National Alliance on Mental Illness has been a tremendous help, Horne said.

"It's like we were thrown a lifeline," she said. "They've shown us not only how to help take care of our loved one but also how to take care of ourselves."

To help others and continue their own educational process, Dorothy and Byron Horne became part of the newly-formed board of the National Alliance on Mental Illness Greater Longview chapter.

"We have seen what a powerful impact education and awareness can make in understanding and de-stigmatizing mental illness," she said. "In addition it gives help and hope to family members.

Participation in NAMI has been both a healing and educational experience, she said. Sometimes even seemingly simple things like the act of admitting mental illness was at the root of Amanda's behavioral changes was a major turning point for the family.

"It was really a huge thing for Amanda to admit she had OCD," Horne said. "She was then able to courageously face her illness and is now well on her way to full recovery."

Horne said while she and her husband went to classes in Longview, Amanda and Mark started going to a support group in Lewisville, near their home.



The NAMICCO *CLARION*



"We really feel that God led us to NAMI and that God is using the illness through which Amanda has struggled to help others," Horne said. "NAMI has been a key and integral factor in her and the level of support we've had."

The learning process has provided the family firsthand lessons that mental illness is a brain disorder and not a character flaw, Horne said.

She wants to share those lessons to help other families that are experiencing the pain and stigma of a family member with mental illness.

"This past Sunday our minister Jonathan Jehorek (First Presbyterian Church) included this sentence in his sermon, 'what happens to you becomes the occasion of things happening through you,'" Horne said. "I loved that, and that's what we've been encouraging Amanda to remember as she has continued to work toward recovery."

Despite their own path of discovery, Horne said she knows the stigma long tied to mental illness of any kind remains strong — even in settings where a person would think compassion would reign.

"Many people who have family members with a mental illness are reluctant to ask their churches to pray for them as you would a relative with cancer or heart disease," Horne said. "Even sharing what we learned was initially tough to do with friends or family, due to the stigma of mental illness."

Horne said her daughter hopes sharing her own personal struggles will help and give hope to at least one other person.

Amanda has gotten involved with the National Alliance on Mental Illness in the Dallas area and has participated in fundraising and advocacy events.

"Lots of people with mental illness have families of their own and you'd never know of the illness unless they told you," Amanda said. "Mental illness does not have to keep you from doing the things you want to do."

From Mental Health America of Greater Dallas Please take a 'minute for mental health'!

Below are the top priority mental health appropriations items for the 81st Texas Legislative Session. Please take a moment to send a postcard, letter, fax, e-mail or make a telephone call to your State Senator or State Representative to state your position on these important issues.

If you do not know who your State Representative or State Senator is, simply go to www.capitol.state.tx.us or press the "Ctrl" button on your computer and click on this highlighted link to go directly to the Texas Legislature Online website. On the right side of the home page, you will see a light blue box with the title, "Who Represents Me?" Put in your address and click on the "Submit" button on the screen and a screen with your elected officials will pop up. Be sure to scroll down past your U.S. Senators and Member the U.S. House of Representatives to get to your State Senator and State Representative.

Appropriations Priorities—81st Texas Legislative Session

❖ Community Mental Health Services

The 80th Legislature appropriated \$82 million to expand crisis services statewide for the biennium. The NorthSTAR region (Collin, Dallas, Ellis, Hunt, Kaufman, Navarro and Rockwall Counties) received \$2,195,000 in FY 2008 and \$4,461,410.68 for FY 2009. These funds significantly improved effectiveness and efficiency through crisis hotline, mobile crisis teams, psychiatric crisis transportation and crisis residential services. The 81st Legislature should build upon this effort by ensuring that individuals living with mental illnesses have access to continuing mental health care and recovery supports that will keep them stable and prevent the recurrence of expensive crisis episodes. With the current



economic crisis, mental health providers have already seen spikes in need for services, and increased eligibility for services.

Recommendation: Increase funding for mental health crisis services to \$35.5 million (a 30% increase in addition to the Department of State Health Services' request of \$27.3 million. The DSHS request only maintains services at FY 2008 levels plus inflation. Increase funding for community mental health and recovery support services to \$141.3 million for community mental (above DSHS requested amount of \$88.3 million). Allow local mental health authorities flexibility in allocation of funding for specific services.

Prevention and Treatment of Substance Addictions

Substance abuse treatment improves abstinence from alcohol rates by 43%, and abstinence from other drugs by 33%. Texas Department of State Health Services found that emergency room costs decreased by 35% for Medicaid clients who received needed substance abuse treatment when compared to other chemically dependent Medicaid clients who did not receive treatment.

Recommendation: Support the Department of State Health Services' request for \$66 million to expand substance abuse services.

Increased Capacity of the Mental Health System

When extended or long-term hospitalization is necessary, Texans with mental illness deserve high quality, evidence-based services and facilities. The 81st Legislature must address the staffing capacity and the physical infrastructure of the mental health system. Staffing shortages threaten quality of care statewide. Most state hospitals are over 40 years old and have deteriorated due to lack of capital funding.

Recommendation: Support new funding to increase capacity of the mental health system

\$2.7 million to provide stipends for psychiatric residency training programs.

\$24 million to fund FY'09 State Hospital operating budget shortfall and to maintain 2477 beds.

\$70.8 million for necessary repair, renovation and construction to maintain state hospitals at acceptable levels of effectiveness and safety.

Community-Based Alternatives and Treatment for Adult and Minor Offenders

Recommendation: Support the following exceptional items:

Juveniles

\$6.5 million for Texas Juvenile Probation Commission to assist local juvenile probation departments to provide mental health assessments and services.

\$5.2 million for Texas Department of Juvenile Probation for a 25-bed inpatient mental health treatment facility for juveniles.

Adults

\$20 million for Texas Department of Criminal Justice (TDCJ) prison diversions through probation and community-based programs.

\$10 million for TDCJ Probation Outpatient Substance Abuse Treatment diverting approximately 3000 additional probationers per year from incarceration to treatment. This would provide judges with more alternatives to incarceration as a sentencing option and as an alternative to probation revocation.

\$12 million for TDCJ's Texas Correctional Office on Offenders with Medical or Mental Impairments (TCOOMMI) to create 4 mental health courts.

\$10 million for TDCJ Probation Outpatient Substance Abuse Treatment Diversion Program.

\$12 million for TDCJ to expand TCOOMMI Mental Health-Criminal Justice Initiative, directing an additional 1000 special needs offenders into treatment.

\$28.6 million for Substance Abuse Felony Punishment (SAF-P) Facility and Intermediate Sanction Facility Diversion Initiatives.

\$5 million for TCOOMMI to serve and additional 800-1000 mentally ill offenders per year.

\$27.2 million for TDCJ for 400 in-prison treatment slots for the In-Prison Therapeutic Community Program expansion.

\$18.7 million for psychiatric care for incarcerated felons.



The NAMICCO CLARION



NAMI Collin County

An affiliate of NAMI Texas and NAMI (The National Alliance on Mental Illness)

P. O. BOX 867264

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(214) 908-NAMI (6264)

Email: info@namicco.org

RETURN SERVICE REQUESTED

Open Your Mind



**Mental Illnesses are
Brain Disorders
Treatment Works!!!**

NEXT MEETING IS THURSDAY APRIL 9, 2009

NAMI Collin County Board of Directors: bod@namicco.org

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	ALTERNATES	
Past President:	Sherry Cusumano	972-701-3639

UPCOMING Events

April 9 - Monthly Meeting
Speakers will be Betty Black and Richard Hanson, from Advocacy, Inc
Custer Road United Methodist Church
Lower Level

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April 20 - Board of Directors Mtg.
10:30 AM - 12:00 Noon
Custer Road United Methodist Church
Lower Level
6601 Custer Road, Plano, TX 75023

The NAMICCO Clarion is a monthly publication of NAMI Collin County

Take your medicine on time, in the prescribed manner—eat a healthy diet—mostly grains, fruits and vegetables—high fiber/low fat.

Since 1987 - Empowering People with Mental Illness and their Families to Live Better Lives!