



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.

MAY MEETING

Thursday – May 14, 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.

Sharon DeBlanc will give a power point presentation on “Mental Illness in the Community”

Save the Date

May 14: Sharon DeBlanc will give a power point presentation on “Mental Illness in the Community”

May 2: 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.

July 6-9: NAMI 2009 National Convention "Creating a Healthy Future for Us All"

Please join us at our monthly meeting Thursday, May 14, at Custer Road United Methodist Church. Family and Peer to Peer support groups are from 6:30-7:20. Our program is at 7:30. Our President, Sharon DeBlanc, will present her power point on “Mental Illness in the Community”. It is an excellent presentation and well worth your time!

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.

NAMICCO is honored to have Sergeant A.D. Paul of the Plano Police Department speak at our June 11th meeting on "Crisis Intervention Training" which started in 1988 in Memphis as a NAMI initiative following a police involved shooting! Sgt. Paul took the 40 hour CIT class with Senior Corporal Herb Cotner of the Dallas PD, who has trained hundreds of law enforcement officers in Dallas and surrounding areas in CIT., Subsequently, Sgt. Paul started helping Herb with the classes, and in late June he will be the lead instructor for a class to be held at Plano Senior High. We NAMI members are fortunate that Sgt. A.D. Paul has taken on this initiative. While the majority of the officers who attend this class in Plano will represent Plano PD, we anticipate that this will be just one of many CIT training opportunities for law enforcement personnel from all over Collin County. And he wants NAMICCO members to be involved in this initiative!

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



The NAMICCO CLARION



The Next Two Pages List the Many Support Groups Available For Us

Family and Consumer Support Groups meet prior to monthly meeting meet the second THURSDAY of each month, 6:30-7:30 P.M., Custer Road United Methodist Church, 6601 Custer Road. Call **972-922-5095** for more information.

Bipolar & Depression Family and Consumer Support Groups meet the First & Third TUESDAY of each month. 7:00 – 8:30 P.M., Grace Community Church, 4501 Hedgcoxe, Plano. Call **972-335-3112 Ext. 450**, for more information.

SCHIZOPHRENICS ANONYMOUS support group meets every TUESDAY at 7:00 pm, at the First United Church of Richardson, in The Women's Center, 515 Custer Rd. at Arapaho, Richardson, Texas. For more information contact Mike Lafferty at 903-967-3763 or Lisa Marie at 972-530-9446.

DEPRESSION AND BIPOLAR SUPPORT ALLIANCE meets the 1st and 3rd Thursday 7:30 pm, Educational meeting every 3rd THURSDAY at the University of Texas Southwestern Medical Center, Lecture Hall D 1 -502. Call Metro (817) 654-7100 Referral Line: 214-648-7494

FRIENDSHIP CLUB, At the Timberlawn Campus, 4500 Samuel Blvd., Dallas where adults with Mental Illness can come and meet friends, enjoy games, puzzles, crafts, conversation and lunch. **Open Monday – Friday 11:00 – 3:00 p.m.** A lunch is available for a \$1.00 donation. For directions call Mike or Norma Katz at 972-365-8331.

LAVA JAVA is a S.H.A.R.E. , North Texas event meets on the 2nd Friday of each month at the Western Heights Christian Church (Disciples of Christ), 3525 Lawler Road from 6:00 to 9:00 PM. For more info contact Danielle Levene at daniagem@yahoo.com or call Kinike Walker at 214-597-8755.

A Consumer-facilitated NAMI Collin County Support Group will meet on the third Thursday of each month at Shiloh Missionary Baptist Church, 920 East 14th Street, Plano TX 75074. The meetings will take place in the Main Church from 7 to 8 PM. For more information please call 214-998-1908.

Victims No Longer support group meets on Thursdays from 7pm-8pm at Custer Road UMC. To attend this group you need to register by contacting Debit Harrison at 972-578-2802.

Journey of Hope [a special needs parent support group] meets the 1st Saturday of each month at Chase Oaks Church [coffee bar], 281 Legacy Drive, Plano—just west of #75, from 6:00—7:30p.m. Childcare is provided but register for childcare with Kathy. For more information, contact Kathy McManus: 972-519-0757.



The NAMICCO *CLARION*



**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

DBSA Social Peer Support Group in Richardson

This group meets the 4th Saturday of the month from 11:30-2:30 p.m. Please join us for DBSA Day Social Peer Support Group held at United Disciples Christian Church, 601 E. Main Street [Beltline and Grove], in Richardson, TX 75081.

Bring a favorite snack to share [finger sandwiches, relish dishes, cookies]. Iced tea and coffee will be provided. This meeting is open to people with diagnoses, and their family and friends. Snacks will be served from 12:00-1:00. Share groups meet from 1:30 – 2:30. Facilitator: Kinike Bermudez Walker

DBSA Social Peer Support Group in Plano

This group is now meeting at Plano Bible Chapel, 1900 Shiloh Road 75074. The meeting is the 2nd Thursday of each month from 7:00-9:00 PM. Light refreshments and coffee will be provided.

The meeting is open to people with or without diagnoses, and their family and friends.

For more information call Stephen and Angie Eichenbaum at 214-916-0450

NAMI Connection

NAMI Connection, a WEEKLY recovery support group, meets at 2600 Avenue K, Room #135 [building is beside Whataburger]. Meetings will be every Wednesday from 1:30-3p.m. Rotating facilitators are Rosemary Wood, Linda Smith, Janel Smith and Doris Nissley. Anyone with mental illness is welcome to attend this support group. You don't need to make a long term commitment, just come whenever you have the time. You can make friends and find out that you are not alone in fighting this illness.



The NAMICCO *CLARION*



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 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.

Visions for Tomorrow

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.

Donations to NAMICCO

NAMICCO has received generous donations from EXXON/MOBILE through Dom Tolotta who is a retiree from the company, and PEPSICO through Cheryl Andrews who is an employee of PEPSICO. We want to give a special “Thank You” to Dom and Cheryl for making these donations possible.



The NAMICCO CLARION



Report on NAMICCO April 9 Meeting

Betty Black and Richard Hanson from Advocacy, Inc. were our speakers at our monthly meeting. We had a sparse crowd, possibly because of Easter Holiday, and we were sorry because they had a lot of valuable information to share.

Advocacy, Inc. has a nation wide network. They do a lot of legal work—working with lawyers and non-lawyers. They advocate for any person with a disability, mental or otherwise, but they said MI is the number 1 disability they work with.

They work with school problems, employment problems, employment discrimination, with people in jails and hospitals, with problems of over-medicating or under-medicating, cases of abuse or neglect. They advocate for TYC [Texas Youth Commission], jail diversion, housing issues, provider problems—even problems with DARS. They can help with social security issues, overpayment issues. Sometimes they can help people get out of institutions.

They also work for systemic and legislative change. They mentioned that ABC and LifeNet have housing vouchers for their clients.

Richard recommended two books—“The Soteria House” and “Not in America”.

Richard has a heart for people who get out of jail that they would have community support and help to enter community life again.

They brought several different brochures about problems they deal with—which will be available at our next several meetings. The titles are: Your Legal Right to Refuse Medication; Legally Adequate Consent; Rights of People Receiving Involuntary Inpatient Mental Health Services; A Consumer’s Guide to The Commitment Process Under the Texas Mental Health Code: Advocating the Legal Rights of Texans with Mental Disabilities; Rights of People Receiving Voluntary Inpatient Mental Health Services; Your Legal Rights Under Emergency Commitment; An Overview of the Mental Illness Protection and Advocacy [MIP&A] Act and the Protection and Advocacy for Individual Rights [PAIR] Program; Representing the Patient in Medication Hearings; Restraint and Seclusion Guidelines: Rights of People Receiving Voluntary and Involuntary Behavioral Interventions in Mental Health Programs. These brochures are available in Braille and/or audio tape by request.

Advocacy, Inc is respected because of their fair evaluations and their services are FREE. Our local Advocacy, Inc is in Dallas—1420 West Mockingbird Lane, Suite 450, Dallas, Tx 75247-4973. PH: 214-630-0916; 1-800-880-2884; 214-630-3472[Fax]; [e-mail--infoai@advocacyinc.org](mailto:infoai@advocacyinc.org).

OUT of the DARKNESS

Over 32,000 people in the United States die by suicide every year. In 2005 (latest available data), there were 32,637 reported suicide deaths.

Suicide is fourth leading cause of death for adults between the ages of 18 and 65 years in the U.S., with approximately 26,500 suicides.

Currently, suicide is the 11th leading cause of death in the United States.

A person dies by suicide about every 16 minutes in the United States. An attempt is estimated to be made once every minute.

Ninety percent of all people who die by suicide have a diagnosable psychiatric disorder at the time of their death.

There are four male suicides for every female suicide, but twice as many females as males attempt suicide.

Austin has the highest rate of suicide (per 100,000) of the major metropolitan areas in Texas for the past six years!

If you are in a crisis call 1-866-260-8000



The NAMICCO *CLARION*



NAMI Applauds Congressional Leaders for Reintroducing The Child Healthcare Crisis Relief Act

April 22, 2009

Far too many families in our nation face tremendous barriers in accessing mental healthcare for their child because of a critical shortage of child and adolescent mental health providers. Families routinely report being forced to wait months before their child can be seen, having to drive hours away for their child to see a mental health professional, or simply not having access at all for a child that requires mental healthcare. This crisis must receive immediate attention. The magnitude of the workforce shortage and the toll that it takes on children, families, and communities has been well documented over a number of years in the media and in multiple national reports. The time is long overdue to address the workforce crisis and the toll it takes on children and families.

NAMI applauds Representatives Patrick Kennedy (D-RI) and Ileana Ros-Lehtinen (R-FL) and Senators Jeff Bingaman (D-NM) and Susan Collins (R-ME), for introducing The Child Healthcare Crisis Relief Act (HR 1932), federal legislation to help end the national shortage of children's mental health professionals, including school-based mental health professionals, by encouraging more individuals to enter the field.

The bill includes a number of financial and educational incentives designed to help end the workforce shortage, including federal support for scholarships, loan repayment programs, clinical training grants, and specialty training programs. Children's mental health professionals covered by the bill include child and adolescent psychiatrists, behavioral pediatricians, psychologists, school psychologists, school social workers, school counselors, psychiatric nurses, social workers, marriage and family therapists, and professional counselors.

This is a first step in the right direction; however more must be done to address this crisis. NAMI calls on Congress to enact The Child Healthcare Crisis Relief Act, federal legislation designed to help end the severe shortage of child and adolescent mental health providers.

[Act Now!](#)

Contact your House members and urge them to cosponsor The Child Healthcare Crisis Relief Act (HR 1932) using [NAMI's Legislative Action Center](#). NAMI will send out an alert when the companion Senate bill is introduced and will ask NAMI leaders to contact their Senators to co-sponsor the Senate bill.

[Learn More](#)

To learn more about The Child Healthcare Crisis Relief Act, read about the bill on the [NAMI Web site](#).

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.



SUBSTANCE ABUSE TREATMENT

Mental Health America of Greater Dallas supports the following legislation:

Appropriations

Department of State Health Services-Exceptional Item # 9, a request for \$66 million to expand substance abuse services.

Substance Abuse Treatment

HB 1708—Martinez, SB 796—Hinojosa

Requires the Health and Human Services Commission to study the cost-effectiveness of providing comprehensive substance abuse treatment to Medicaid recipients who are at least 21 years of age, as recommended by the Legislative Budget Board.

Current Status: HB 1708 has been referred to the House Public Health Committee.

SB 796 has passed the Senate and will be sent to the House.

Drug Courts

HB 1048—Madden, SB 633--Seliger

Increases the number of drug courts that can be established by counties or municipalities.

Current Status: HB 1048 is pending following a hearing in the House Corrections Committee

SB 633 Has passed the Senate and was referred to the House Corrections Committee where it passed, and is on its way to be voted on by the House.

HB 1118—Madden

Requires the Governor to appoint an administrative judge for drug court programs in Texas. The administrative judge's responsibilities will be to provide training, evaluation, oversight, develop additional drug court programs, and to make regular reports to the Governor and Legislature.

Current Status: Reported favorably from House Corrections Committee

HB 1906—Guillen, SB 1323—Whitmire

Allows a judge to reduce the DPS surcharge by up to 80% when a defendant successfully completes a drug court program.

Current Status: HB 1906—Referred to Public Safety. SB 1323 referred to Criminal Justice

HB 3595—McReynolds

Requires the presiding judge of each administrative judicial region to determine which courts in the region would like an appointment of an associate judge to operate drug court programs. If state funding is available, and associate judge must be appointed, and the county must provide space and equipment.

Current Status: Reported favorably from the House Corrections Committee, so it is on its way to be voted on in the House.

SB 1118—Ellis, Carona, Deuell and Whitmire

Grants a judge discretion over the implementation of a sentence regarding conviction of a drug possession offense. Requires a judge to suspend imposition of a sentence and place the defendant on community supervision unless the judge believes the defendant is a danger to the safety of others,

The defendant has been previously charged or convicted in the same proceeding with an offense (excluding drug or traffic violations), or the judge determines that the defendant is unlikely to benefit from a drug treatment program and has been charged in two or more occasions of drug possession or discharged from a drug court program.

Current Status: Referred to Senate Criminal Justice Committee



The NAMICCO CLARION



NAMI Collin County

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

P. O. BOX 867264

PLANO, TX 75086-7264

(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 MAY 14, 2009

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

President:	Sharon DeBlanc	972-906-2637
Vice Pres:	Mary Taddiken	972-442-2369
Treasurer:	Dominic Tolotta	972-712-1292
Secretary:	Doris Nissley	214-509-0085
At Large:	Cheryl Andrews	214- 986-5633
At Large:	Linda Denke	318-470-2268
At Large:	Ronald Holley	972-596-5849
At Large:	Carolyn Philo	972-542-5711
At Large:	Linda Smith	469-229-0443
At Large:	Nora Tsai	214-289-1724
At Large:	Tracy Westhoff	972-542-5302 ext 226
	ALTERNATES	
Past President:	Sherry Cusumano	972-701-3639

UPCOMING Events

May 14 - Monthly Meeting
Sharon DeBlanc will give a power point presentation on "Mental Illness in the Community"
Custer Road United Methodist Church
Lower Level

=====

May 19 - 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!