



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.

JUNE MEETING

Thursday – June 11, 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.

Sergeant A.D. Paul of the Plano Police Dept will talk about "Crisis Intervention Training"

Save the Date

June 11: Sergeant A.D. Paul of the Plano Police Dept will talk about "Crisis Intervention Training"

July 9: The July NAMICCO meeting will be a movie. Watch this space for more information

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

Please join us at our monthly meeting Thursday, June 11, 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 speaker Sergeant AD Paul has been with the Plano Police Department for over 23 years, serving in patrol, narcotics and the School Resource Program. He is a veteran of the U.S. Air Force and originally from Louisiana.

In 2009 the Plano Police Department will begin a Crisis Intervention Team Training Program (CIT). CIT is a program that trains officers in better responding to emotionally disturbed people in crisis. It also increases the communication between law enforcement and the mental health providers in our community. CIT has been adopted by many police departments throughout the country since 1988 and was started in Memphis after a police involved shooting, <http://www.memphispolice.org/crisis%20intervention.htm>

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.

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



May 14 NAMICCO Meeting

We had a nice turnout for Sharon DeBlanc's power point on "Mental Illness in the Community". We were pleased to have Judge Keith Self and Commissioner Matt Shaheen join us. We plan to print Sharon's handout in the next few newsletters for you who were not present. Following is the first page:

Mental Illness in the Community

MYTHS: Mental Illness.....

- a. happens to other people
- b. indicates weakness, or lack of character
- c. is something a person can just "snap out of" if he tries
- d. is just an excuse not to take responsibility for one's actions
- e. doesn't happen to young people
- f. is hopeless

People who are mentally ill.....

- a. should be locked away in institutions
- b. are dangerous and will commit crimes
- c. will never be able to function in useful employment
- d. can't really be successfully treated
- e. will never be normal
- f. did something [or their parents did something] to cause it

FACTS:

- a. One in two people has some type of mental illness at some point in their lives
- b. 54 million Americans suffer from some type of mental illness during the course of one year.
- c. Mental illness costs America 100 billion dollars a year in treatment costs, lost wages, lost productivity, and other societal costs
- d. Mental illness is the 2nd leading cause of disability worldwide
- e. Mental illness occurs in every race, ethnic group, country, age group, at every income and educational level
- f. Has occurred since recorded history
- g. More than 6 million children and adolescents suffer from mental illness severe enough to disrupt their ability to function at home or school.
- h. 2/3 of the persons who have mental illness do not seek treatment
- i. Mental illnesses are no fault illnesses!
- j. Mental illnesses are brain disorders
- k. Experts believe that mental illnesses are caused by disruptions/anomalies in the chemical transmitters in the brain, particularly serotonin, norepinephrine, and dopamine
- l. The brain is the most complex organ in the body. Is it any wonder things go wrong?



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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.

FYI

This is a link to information that may be helpful to some of the people who need assistance with a gap in behavioral health services due to job loss. They may potentially qualify to have their cost for Cobra reduced by 65% allowing them to continue with current providers etc.

<http://www.dol.gov/ebsa/cobra.html>



NAMI Walks

NAMI Dallas Walks had 1336 walkers, which is 400 more than last year. There were 101 teams, which is a 30% increase over last year. These achievements were in spite of the Swine Flu fears and the weather prediction of a downpour! Luckily, the latter held off until after the walk, with just a slight drizzle falling as walkers returned to the starting point.

NAMI Collin County will receive \$2,873.50 from just the online donations. The total revenue NAMICCO will receive from off line donations has not been determined yet. Just the online revenue exceeds last year's total!

Many thanks to all of our great Collin County teams. A special nod goes to Tay Tay whose captain was the single largest money raiser for the entire walk!

Ways to Live Your Life Well

From Mental Health America

Let's face it: If you're on this planet, you probably have stress. Unfortunately, too much stress can really drain your ability to rest, feel good, be productive, think, have relationships, have fun—pretty much everything humans need to do to survive and thrive.

But the 10 Tools offer proven, healthy ways to deal with stress and boost your well-being. We'll show you effective steps to start up—and stick with—the tools. Of course, not all the tools are right for everyone, but odds are that at least a few will work for you.

And even if some tools sound too silly, too simple or too hard, consider testing them anyway. Wouldn't it be a shame not to try?

GETTING STARTED

It may take effort to learn to use the tools—just like learning to drive a car. So let's get rolling:

- **Pick a tool or two.** You might skim and think about some of the tools. You might try a few over time. Look for ways to use the tools that suit your personality. For example,
 - If you're competitive, exercise by joining a team
 - If you're an early riser, cook tonight's healthy dinner this morning
 - If you like letter-writing, stay positive by sending a thanks to someone who has helped you
- **Take notes.** Writing can organize your thoughts. Create as specific a plan as possible. If you're exercising, for example, you might record where you'll work out, when and for how many minutes. Also list what you hope to get out of the tool, which you can refer to if your will starts to sag.
- **Schedule your change.** Put your selected activity in your calendar as you would an appointment—and keep it. Try to see the activity as a regular part of your life, like brushing your teeth.



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- **Get support.** Change isn't always smooth, so ask a friend to join you—or at least listen to your starts and stops. Consider joining a club or group that can help you achieve your goals.
- **Think ahead.** Avoid setbacks with a little planning. Do you need to pack healthy snacks to resist the call of the lunch cart? Do you need to record your TV show so you can get to sleep on time? You've probably got plenty of ways to sidestep obstacles.

TIPS FOR USING THE 10 TOOLS

Any change can be challenging. Experts suggest that you:

- **Keep track.** Seeing your accomplishments can boost motivation; seeing setbacks can reveal areas to improve. Try a free online progress tracker like the one at joe'sgoals.com, or create your own.
- **Beat boredom.** If you're feeling ho-hum, shift the way you use a tool. If you've chosen to "do good," instead of donating to charity this time, consider checking on your neighbor.
- **Cut yourself slack when you fail.** Sixty percent of people who achieve their New Year's resolutions flop on the first try. But don't give up. Repetition strengthens pathways in your brain, so sticking with a new behavior gets easier the more you do it.
- **Reward yourself when you do well.** Yes, success is its own reward—but a massage after a workout is pretty good too.

BENEFITS OF THE 10 TOOLS

Need extra motivation? Look at some of the benefits research suggests come from the **10 Tools**:

- 1) **Connect with Others.** People who feel connected are happier and healthier--and may even live longer.
- 2) **Stay Positive.** People who regularly focus on the positive in their lives are less upset by painful memories.
- 3) **Get Physically Active.** Exercise can help relieve insomnia and reduce depression.
- 4) **Help Others.** People who consistently help others experience less depression, greater calm and fewer pains.
- 5) **Get Enough Sleep.** Not getting enough rest increases risks of weight gain, accidents, reduced memory and heart problems.
- 6) **Create Joy and Satisfaction.** Positive emotions can boost your ability to bounce back from stress.
- 7) **Eat Well.** Eating healthy food and regular meals can increase your energy, lower the risk of developing certain diseases and influence your mood.
- 8) **Take Care of Your Spirit.** People who have strong spiritual lives may be healthier and live longer. Spirituality seems to cut the stress that can contribute to disease.
- 9) **Deal Better with Hard Times.** People who can tackle problems or get support in a tough situation tend to feel less depressed.
- 10) **Get Professional Help if You Need It.** More than 80 percent of people who are treated for depression improve



The Soloist: Don't Miss It

Review by Dr. E. Fuller Torrey

The Soloist is one of the best movies ever made about schizophrenia. It is based on the true story of a *Los Angeles Times* reporter, Steve Lopez, who discovers and writes about a gifted musician who has developed schizophrenia and become homeless. Robert Downey Jr. plays Lopez and Jamie Foxx is outstanding as Nathaniel Ayers, the homeless musician with schizophrenia. The flashbacks depicting the onset of Ayers' auditory hallucinations ring true, as do his chaotic thinking and behavior. But what really sets the movie apart is its discussion of whether Ayers should be involuntarily hospitalized and treated. In the end he is not, like most of the rest of the homeless mentally ill persons depicted in the movie. The Soloist is thus a Hollywood promo for why the Treatment Advocacy Center exists.

Failure to Treat People with Severe Psychiatric Disorders Is a Very Expensive Mistake

Our failure to ensure treatment for many of the hundreds of thousands of individuals discharged from state psychiatric hospitals has led to many tragedies. The Treatment Advocacy Center has abundantly documented how this has led to a sharp increase in mentally ill individuals who are homeless, who are incarcerated in jails and prisons, who are victimized, and who commit violent acts, including homicides, because they are not being treated. A recently published paper now adds a new dimension to this mistake-it is very costly. In an article in the *New England Journal of Medicine* (vol. 360, April 2, 2009) entitled "Re-hospitalization among patients in the Medicare fee-for-service program," Dr. Stephen F. Jencks and his colleagues analyzed Medicare claims for 2003-2004 for individuals who were discharged from a hospital and then had to be re-hospitalized within 30 days following their discharge. Among 11 causes of initial hospitalization, those hospitalized for psychoses had the second highest rate of re-hospitalization within 30 days (24.6 percent), slightly behind the re-hospitalization rate for heart failure (26.9 percent) but well above the re-hospitalization rates for pneumonia, GI problems, and various forms of surgery. Further, two-thirds of those discharged with psychoses were re-hospitalized for the same reason.

This sequence is familiar to everyone. Individuals with schizophrenia and bipolar disorder who are on medication and doing well at the time of their initial discharge fail to take their medication once they leave the hospital. The most common reason for their failure to take medication is anosognosia-the fact that they do not think they are sick. Their brain disease has damaged the parts of the brain we use to think about ourselves, and they therefore are unable to understand that they are sick. Other reasons for failing to take their medication include its costs, side effects, and an administrative failure to give it to them. It is an expensive failure of the psychiatric care system. Using data from the Jencks et al paper, it is possible to calculate that the number of individuals discharged with psychoses and re-hospitalized within 30 days for the same reason is almost 69,000 per year. And using the cost data compiled by Jencks et al, the cost of re-hospitalization for those patients with psychoses is approximately \$410 million per year.

As President Obama's staff begins to look for areas in medicine where savings could be affected, here is an easy \$410 million in Medicare savings. Just ensure that these individuals get treated after they are discharged. An effective and proven way to do this is assisted outpatient treatment.



Straining America's Libraries

People with untreated severe mental illnesses may pose a greater risk to the future of America's public libraries than does the invention of the Internet, according to a new survey released in the March/April edition of *Public Libraries*, the journal of the American Library Association.

The survey of 1,300 public libraries finds that 9 out of 10 library staff members said that patrons with a mental illness have disturbed or affected the use of the library by other people, with an almost equal number (85 percent) saying they have had to call the police as a result.

"Our nation's libraries are turning into daytime shelters for people with severe mental illness who need to be in treatment," said lead study author E. Fuller Torrey, M.D., founder of the nonprofit Treatment Advocacy Center and Executive Director of the [Stanley Medical Research Institute](#). "The fact that libraries remain a safe haven from violence and life on the streets for people with mental illness is a sad commentary. Doing so devalues human life and the importance of libraries in our communities."

The problems facing libraries are part of the larger issue of the lack of available treatment for people with severe mental illness, especially for those who are discharged from mental hospitals without any follow up care. The result is an increase of people with mental illnesses who are homeless and turn to libraries and other public facilities because they just need somewhere to go.

"The libraries did not ask to become day programs for people with mental illness," Torrey said, "but they are trying hard to accommodate these patrons. However, this should not be the job of libraries; it should be the job of mental health centers."

Other findings include:

- 28 percent say they have witnessed someone with a psychiatric disorder assault a staff member;
- 58 percent report more library patrons who appear to have serious psychiatric disorders now than when they first started working in the library;
- 61 percent say library patrons with psychiatric disorders utilize a disproportionate amount of staff time; and,
- 66 percent say they have needed to change library rules because of patrons with mental illnesses.

The librarians surveyed reported very serious problems in dealing with patrons with mental illness, including, "two librarians murdered by a mentally-ill patron in the early '90s," according the study. Others reported being punched, having chairs thrown, and stalking.

The librarians were frank in their comments about dealing with people with mental illness. Included were such statements as:

"Many, many library customers don't come downtown to our central library because they're afraid of these customers...They perceived the library to be a dangerous place and another homeless shelter and it has really lessened our stature in the community and is disheartening to our staff."

"Other patrons are often frightened by strange behavior...They tend to hold onto their children more tightly and leave more quickly than they might have planned."

"A number of patrons have told us they will not be back because of unpleasant encounters they feel are unsafe."

The survey was based on responses from 124 librarians geographically representative of the U.S. The study was published in the March/April issue of *Public Libraries*, the journal of the American Library Association. In addition to Dr. Torrey, Rosanna Esposito, the interim executive director of the Treatment Advocacy Center, and Jeffery Geller, M.D. of the University of Massachusetts Medical School, authored the study.



The NAMICCO *CLARION*



NAMI Collin County

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

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RETURN SERVICE REQUESTED

Open Your Mind



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

NEXT MEETING IS THURSDAY JUNE 11, 2009

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UPCOMING Events

June 11 - Monthly Meeting
Sergeant A.D. Paul of the Plano Police Dept
will talk about "Crisis Intervention Training"
Custer Road United Methodist Church
Lower Level

June 16 - 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!