



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.

AUGUST MEETING

Thursday – August 13, 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.

Update from the NAMI national conference and more. See announcement below.

Save the Date

Aug. 13: Update from the NAMI national conference and more. See announcement below.

Sept. 2 - 3: A joint conference sponsored by NAMICCO, NAMI Dallas, MHA, Green Oaks Hospital and Dallas Police Department, to be held at Medical City, Dallas TX. Information on page 5

Oct. 22 - 24: NAMI Texas conference in Houston at the Marriot-Westgate hotel.

The August 13 general meeting program will include an update from Linda Smith and Sherry Cusumano who attended the NAMI National Conference. In addition, we will have the privilege of being the first local post-premiere showing of the Dallas Police Department's video of a scenario involving a person in crisis with mental illness who is delusional and hallucinating and his encounter with the police department.

To discuss the film, Sr. Corporal Herb Cotner, the Dallas Police Department's CIT training officer, Sherry Cusumano from Green Oaks Hospital, and Janie Metzinger from MHA Dallas will give three different perspectives on what the film depicts. Our own John and Mary Taddiken portray the family members in this poignant video that will enlighten all of us about how trained police officers handle crisis calls from families and what families need to know to enhance the safety of all involved. Please come to learn and share your invaluable input!

Come hungry because there will also be an indoor picnic/

On page 2 of this issue of the Clarion is a membership form where you can join NAMICCO or renew your membership. You can also join NAMICCO or renew your membership with your credit card using PayPal. Go to www.namicco.org and follow the instructions on the home page.

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



The NAMICCO CLARION



Membership Registration Form

New memberships and renewals are valid for one year and expire at the end of the month in which your check is dated.

CITY: _____ STATE: _____ ZIPCODE: _____

PHONE: _____ EMAIL: _____

Choose your membership category

Individual \$35 Consumer/Open Door \$3 Organizational \$100 Sustaining \$500 Extra Contribution _____

I would like to contribute to NAMICCO by volunteering some of my time. Renewal New Member

Please check all categories that apply. This is important for our records.

I am a person who has a serious mental illness

I have a family member who has a serious mental illness.

Adult child minor child/adolescent spouse sibling parent friend

I am a professional care provider.

Other

Illness lived with: Schizophrenia, Bi-Polar Disorder, Major Depression, Anxiety Disorder,
 Chemical Dependency (dual diagnosed), other (describe) _____

Cut Here _____

Make checks payable to NAMI Collin County. Fill out this form then cut it out and mail to

**NAMI CCO Membership Committee
Post Office Box 867264
Plano, Texas 75086-7264**

Please print this page to get your membership application. If you get the Clarion by mail just cut out this page. You can also join NAMICCO or renew your membership through PayPal using your credit card. Go to www.namicco.org and follow the instructions on the home page.

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 7:20 at the Custer Road United Methodist Church (south east end, lower level) to get some feedback from other people.



The NAMICCO CLARION



Kroger Neighbor to Neighbor Donation Program

Step One

Read through this letter so you understand the advantage of being a part of the Kroger Neighbor to Neighbor Donation Program.

Step Two

Take the letter with you to your neighborhood Kroger store the next time you go shopping.

Step Three

Present this letter with the barcode to your cashier upon checkout. After they have scanned your Kroger Plus Card you will be enrolled, for the current year, in the Kroger Neighbor to Neighbor Donation Program. Every time you shop at Kroger and use your enrolled Kroger Plus Card, Kroger will contribute a percentage of your eligible purchases to the Kroger Neighbor to Neighbor Donation fund. Once a card is scanned with the barcode, it will be active for the remainder of the program year.

Q & A

How many Kroger Neighbor to Neighbor accounts can an organization have?

Only one allowed per organization. (Example: ABC HIGH SCHOOL account could represent: PTA, cheerleaders, football, basketball, band, etc.)

Can a household “link” their Kroger Plus Card to more than one organization at a time?

No, the system allows for one organization per household. To change organizations, you must present your Kroger Plus Card and the new organization’s barcode to the cashier.

Do I have to enroll each program year?

Yes, all organization’s and participants must re-enroll for each new enrollment period.

How much can my organization earn?

The Kroger Neighbor to Neighbor Donation Program will donate \$1 million annually. Each organization will earn a percentage of the \$1 million equal to the percentage of total earned contributions attributable to that organization.

How are the funds distributed?

Contributions will be paid via check and mailed to the organization’s address and primary contact identified on the organization application form. For schools, it will be mailed to the principal and the funds distributed at their discretion.

Please feel free to contact a Kroger Neighbor to Neighbor Donation Program Representative with any additional questions at 866-995-7643 or email to neighbortoneighbor@kroger.com. Additional information is also available at www.krogerneighbortoneighbor.com.

NATIONAL ALLIANCE OF MENTAL ILLNESS OF COLLIN COUNTY



Kroger cashier: Please scan customer’s Kroger Plus Card at the beginning of the order, and then scan the above barcode.

The customer’s Kroger Plus Card is now enrolled in the Kroger Neighbor to Neighbor Donation Program.



The NAMICCO CLARION



THE MEEHL FOUNDATION

A Non-Profit Foundation Supporting Mental Health
PRESS RELEASE MEEHL HOUSE TO OPEN BIPOLAR GROUP HOME
P.O. BOX 2089 BRAZORIA, TEXAS 77422

Texas' 14th Court of Appeals has ruled that Mark and Debra Meehl and The Meehl Foundation can open their Transitional Residential Group Home in Brazoria. This upscale home, The "Meehl House", is open for individuals living with Bipolar Disorder, Borderline Personality Disorder, Anxiety, and Depression with co-occurring disorders. The Mandate, dated June 18th, 2009, ends a 3 year legal struggle to open The Meehl House and clearly establishes the legal rights of the mentally ill to live within the community of their choice in Texas.

This landmark ruling, Meehl vs. Alfred Wise, et al, consistent with state law, firmly establishes the rights of emotionally disabled individuals, and organizations serving them, to live, or provide housing, in a residential, single family residence of their choice without regard to existing Deed Restrictions or other discriminatory practices. This ruling reverses the Permanent Injunction issued by the 239th District Court of Brazoria County.

The Meehl House is a unique, upscale, Transitional Residential Group Home. Residents will participate in a Dialectical Behavioral Therapy (DBT) program. DBT has been proven scientifically to have up to an 87% success rate in treating mood and personality disorders. The Meehl House is one of the Nation first DBT-based group homes with an "Intensively Trained DBT Team." Designed to help individuals living with a mental illness, develop the skills necessary to achieve emotional regulation, create stability and transition back into their community, fulfilling their life potential.

The Meehl Foundation is a non-profit foundation, dedicated to helping families and individuals live successfully with Bipolar Disorder and co-occurring disorders. Through education, resources, therapy and support, we help families and individuals develop effective, proven skills for achieving and maintaining emotional stability. In addition to The Meehl House, the Meehl Foundation also oversees the operation of The Venn House an independent living program in Lake Jackson, Texas, that is owned and operated by Lucinda Johnstone, LPC and Intensively Trained DBT Therapist.

For more information on our efforts to open this unique group home in Texas, DBT Therapy please call Debra Meehl, DD, MSW at (979) 798-7972 or (979) 248-0840.

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Family to Family announcement--fall class--register now!

Family to Family classes provide educational information to family members and friends of adults with Mental Illness on: brain biology of mental illnesses, treatments for these illnesses; explanations about signs and symptoms of each mental illness; ideas for problem-solving, empowerment, advocacy, communication and coping skills. **These classes are FREE.**

The fall classes this year are September 12-November 21 [12 classes], 9a.m.-11:30a.m., at Custer Road United Methodist Church [SE end, lower level—turn right to room B1], 6601 Custer Road, Plano, TX
To register: call Julie at 972-442-6032 or 972-922-8585. Remember—YOU ARE NOT ALONE. Together we can help each other.



The NAMICCO *CLARION*



NAMICCO'S Meeting on July 11

We had a full room when Kathy Ward, County Commissioner, came to speak to us. Kathy was the first woman chairman of the Collin County Republican Party.

She is passionate about working for people living with Mental Illness and thinks working from a fiscally responsible angle is the best way to go. Kathy said that 50% of inmates in jail have undiagnosed or untreated Mental Illnesses. It costs \$100,000 to house an inmate for a year and \$17,000/yr to provide treatment for a person with Mental Illness. We need more providers and fewer jailors. We need more services for people with dual diagnosis. It is the government's job to take care of the most vulnerable among us.

Kathy spoke about having a county guardian[s] who would check on vulnerable people who have no one to look after them. There are 10 counties in TX that provide this service.

We all know that TX is at the bottom of the barrel for funding for MH services and Collin County is at the bottom of the barrel in TX.

The definition of insanity is to do the same thing over and over again with the same ineffective results. Mental Health care is a huge part of Health care. Kathy assured us that we will not pull out of NorthSTAR.

Kathy reminded us that each year, \$200,000 grant money from a trust fund from the sale of some county buildings is available for non-profits that apply and are chosen.

Some concerns that people had were public transportation so people can get to appointments and activities, day care so families can work, after school care and we need more homeless shelters.

Kathy GETS it and she said our 4 State Representatives GET it too---so hopefully---there will be good changes ahead!

Fall Conference September 2nd and 3rd

This will be a joint conference sponsored by NAMICCO, NAMI Dallas, Mental Health America, Green Oaks Hospital and Dallas Police Department., to be held at Medical City Hospital Dallas, Building E, City Hall Room, 7777 Forest Lane, Dallas 75230.

Wednesday, September 2, 2009 8:30 AM to 4:30 PM

Speakers will address how different cultures and stigma affect the access to treatment and the unique ways culture can assist in a person's recovery. Professionals, family members, friends, social workers, students and others are encouraged to attend.

Thursday September 3, 2009 8:30 AM to 4:30 PM

The presenters will address specific issues first responders face regarding suicide as well as depression and other issues. Police, professionals, family members and others are encouraged to attend.

Cost: Professionals (CEUs) \$30 for one day and \$50 for two days.

: NAMI Members (no CEUs) \$15 for 1 day and \$25 for two days.

: Consumers \$5 for one day and \$10 for two days.

For more information or to register call NAMI Dallas at 214-341-7133 or email mrodgers@nami.org.



The NAMICCO *CLARION*



NAMI Texas E-groups

The NAMI Texas E-groups exist to allow members to have intelligent, educational and spirited discussions on any issues concerning NAMI Texas, especially Support, Education and Advocacy. The NAMI Texas Egroups are open to only members of NAMI Texas who agree to conduct themselves in a professional and courteous manner. Rules of conduct are specified on the NAMI Texas Website. This group is also governed by the terms of service of Groups.Yahoo.com as listed on their website at <http://info.yahoo.com/legal/us/yahoo/utos/utos-173.html>. While this announcement is not intended to replace all the terms of service previously referred to, here are a few of the highlights.

1. No personal attacks or threats will be tolerated. You can disagree with anything or anyone and still be courteous.
2. Watch your language and choose your words carefully. We are a family group.
3. You need to sign your name to every message and please include your affiliate's name also. You are responsible for what you post to this group. Anonymous posts are not possible as your email address appears on any message you post.
4. Do not write your message in all capitals. All caps are perceived as SHOUTING and are harder to read. Give your Caps Lock key a rest.
5. Do not cross post messages from one e-group to another. NAMI Texas maintains several e-groups. If you are a member of more than the general e-group, do not take messages from one e-group and post them to another. The author may have meant to limit the message to the folks in the group in which it was posted.

Robin Peyson is the chief administrator of all the NAMI Texas E-groups. She will be assisted by other member(s) called moderators who will have the authority to add and delete members of the group and rule on messages that are not within the guidelines of the group. Such messages will cause the author to be entered into a process called moderation where the violation will be dealt with. The goal of moderation is to restore safety and civility to the group. Moderation may be started by any one of the moderators and can result in anything from a private gentle reminder by email to public moderation within the group for severe violations. Members may be banned from the group if moderation can not arrive at a appropriate resolution to the infraction. Questions may be addressed to Robin Peyson at rpeyson@namitexas.org or David Gibson at drgibson@suddenlink.net.

ATTENTION ARTISTS

“Achievement Through the Arts” [ATTA], Empowering Artists with Mental Illness, meets every Friday from 10a.m.-noon. The Writer’s Group meets at 9a.m. on the 1st and 3rd Fridays of each month. These meetings are open to all types of artists. For example, individuals who draw, paint, make jewelry, write; play a musical instrument or sing will find help, support and friendship at these meetings. All meetings are held at Mental Health America, 624 Good-Latimer Suite 200 Dallas, TX, 75024. Call Ricardo Aguilar at 214-871-2420, ext. 118 for additional information.



The NAMICCO *CLARION*



Your Child's Mental Health: 12 Questions Every Parent Should Ask

Written by HealthyPlace.com Staff Writer Dec 22, 2008

12 questions to help assess whether your child might have a mental health problem

Does my child...

1. Often seem sad, tired, restless, or out of sorts?
2. Spend a lot of time alone?
3. Have low self-esteem?
4. Have trouble getting along with family, friends, and peers?
5. Have frequent outbursts of shouting, complaining, or crying?
6. Have trouble performing or behaving in school?
7. Show sudden changes in eating patterns?
8. Sleep too much or not enough?
9. Have trouble paying attention or concentrating on tasks like homework?
10. Seem to have lost interest in hobbies like music or sports?
11. Show signs of using drugs and/or alcohol?
12. Talk about death or suicide?

If you answered **yes** to **4 or more** of these questions, and these behaviors last longer than 2 weeks, you should seek professional help for your child.

Resources

NAMICCO [National Alliance on Mental Illness of Collin County]

PO Box 867264, Plano, TX 75086-7264 PH: 214-908-NAMI [6264]

- American Academy of Child & Adolescent Psychiatry
3615 Wisconsin Avenue, NW
Washington, DC 20016-3007
202-966-7300 or 800-333-7636
- Anxiety Disorders Association of America
8730 Georgia Avenue, Suite 600
Silver Spring, MD 20910
240-485-1001
- Depression and Bipolar Support Alliance (DBSA)
(formerly the National Depressive and Manic-Depressive Association)
730 N. Franklin Street, Suite 501
Chicago, IL 60610-3526
312-642-0049 or 800-826-3632



- National Alliance for the Mentally Ill
Colonial Place Three
2107 Wilson Blvd., Suite 300
Arlington, VA 22201-3042
703-524-7600
 - National Institute of Mental Health
6001 Executive Boulevard
Room 8184, MSC 9663
Bethesda, MD 20892-9663
301-443-4513 or 800-421-4211
 - National Mental Health Association
2001 N. Beauregard Street - 12th Floor
Alexandria, VA 22311
703-684-7722 or 800-969-6642
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Coping Tips for Siblings and Adult Children of Persons with Mental Illness

If you find it difficult to come to terms with your sibling's or parent's mental illness, there are many others who share your difficulty. Most siblings and adult children of people with psychiatric disorders find that mental illness in a brother, sister, or parent is a tragic event that changes everyone's life in many basic ways. Strange, unpredictable behaviors in a loved one can be devastating, and your anxiety can be high as you struggle with each episode of illness and worry about the future. It seems impossible at first, but most siblings and adult children find that over time they do gain the knowledge and skills to cope with mental illness effectively. They do have strengths they never knew they had, and they can meet situations they never even anticipated.

A good start in learning to cope is to find out as much as possible about mental illness, both by reading and talking with other families. NAMI has books, pamphlets, fact sheets, and tapes available about different illnesses, treatments, and issues you may have to deal with, and you can join one of the 1,200 [NAMI affiliate groups](#) throughout the nation. (For other resources and contact information about your state and local NAMI affiliates, call the [NAMI Help Line](#) at **1-800-950-6264**.)

The following are some things to remember that should help you as you learn to live with mental illness in your family:

- You cannot cure a mental disorder for a parent or sibling.
- No one is to blame for the illness.
- Mental disorders affect more than the person who is ill.
- Despite your best efforts, your loved one's symptoms may get worse, or they may improve.
- If you feel extreme resentment, you are giving too much.
- It is as hard for the parent or sibling to accept the disorder as it is for other family members.
- Acceptance of the disorder by all concerned may be helpful, but it is not necessary.



- A delusion has little or nothing to do with reality, so it needs no discussion.
- Separate the person from the disorder.
- It is not OK for you to be neglected. You have emotional needs and wants, too.
- The illness of a family member is nothing to be ashamed of. The reality is that you will likely encounter stigma from an apprehensive public.
- You may have to revise your expectations of the ill person.
- You may have to renegotiate your emotional relationship with the ill person.
- Acknowledge the remarkable courage your sibling or parents may show when dealing with a mental disorder.
- Generally, those closest in sibling order and gender become emotionally enmeshed while those further out become estranged.
- Grief issues for siblings are about what you had and lost. For adult children, they are about what you never had.
- After denial, sadness, and anger comes acceptance. The addition of understanding yields compassion.
- It is absurd to believe you may correct a biological illness such as diabetes, schizophrenia, or bipolar disorder with talk, although addressing social complications may be helpful.
- Symptoms may change over time while the underlying disorder remains.
- You should request the diagnosis and its explanation from professionals.
- Mental health professionals have varied degrees of competence.
- You have a right to ensure your personal safety.
- Strange behavior is a symptom of the disorder. Don't take it personally.
- Don't be afraid to ask your sibling or parent if he or she is thinking about hurting him- or herself. Suicide is real.
- Don't shoulder the whole responsibility for your mentally disordered relative yourself.
- You are not a paid professional caseworker. Your role is to be a sibling or child, not a parent or caseworker.
- The needs of the ill person do not necessarily always come first.
- If you can't care for yourself, you can't care for another.
- It is important to have boundaries and to set clear limits.
- Just because a person has limited capabilities doesn't mean that you expect nothing of him or her.
- It is natural to experience many and confusing emotions such as grief, guilt, fear, anger, sadness, hurt, confusion, and more. You, not the ill person, are responsible for your own feelings.
- Inability to talk about your feelings may leave you stuck or "frozen."
- You are not alone. Sharing your thoughts and feelings in a support group has been helpful and enlightening for many.
- Eventually you may see the silver lining in the storm clouds: your own increased awareness, sensitivity, receptivity, compassion, and maturity. You may become less judgmental and self-centered, a better person.



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 AUGUST 13, 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	972-596-5846
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

August 13 - Monthly Meeting
Update from the NAMI national conference and more. See announcement on page 1.
Custer Road United Methodist Church
Lower Level

August 18 - 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!