



*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.*

## **SEPTEMBER MEETING**

**Thursday – September 10, 2009**

Custer Road United Methodist Church – Lower Level

6601 Custer Road, Plano, TX 75023

- \* Peer-to-Peer Support: 6:30 – 7:20 P.M.
- \* Family Support: 6:30 – 7:20 P.M.
- \* Fellowship: 6:30 – 7:30 P.M.
- \* Meeting & Program: 7:30 – 9:00 P.M.

**Reports from the NAMI National Convention**

## **Save the Date**

**Sept 10: Reports from the NAMI National Convention**

**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 Convention in Houston at the Marriot-Westgate hotel.**

September program will be reports from NAMI National Convention by Linda Smith and Sherry Cusumano. Linda will speak about “Wealth Building for People with Mental Illness”. Linda also learned ways to raise money for NAMIWalks. We want to form a NAMIWalks Collin County Committee. Can YOU volunteer? Do you work for a corporation—could you tell the committee who to contact for a possible corporate donation?

**Our Fall Mental Health Conference is at Medical City, Dallas, on September 2-3. We can car pool to the conference. If you need a ride, PH: 214-509-0085. [Phone 214-341-7133 to register for the conference.](tel:214-341-7133) Continental breakfast and a lunch are provided but you must register. See Page 5.**

The NAMI Texas convention will be held Oct. 22 – 24 in Houston. Go to [www.namitexas.org](http://www.namitexas.org) to register for the conference. NAMI Texas is offering stipends for consumers to cover the registration fee.

**Golden Opportunity Contest: NAMICCO is sponsoring one consumer and one advocate to the NAMI Texas State convention in Houston, October 22-24. See page 4.**

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](http://www.namicco.org) and follow the instructions on the home page.

The deadline for submitting news for the October Newsletter is September 17. Anything received after the deadline might not be included. Send your articles to [news@namicco.org](mailto: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.**

NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_  
 CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIPCODE: \_\_\_\_\_  
 PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

### Choose your membership category

Individual \$35    Consumer/Open Door \$3    Organizational \$100    Sustaining \$500    Extra Contribution \_\_\_\_\_  
 Renewal    New Member

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](http://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 2<sup>nd</sup> 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.

**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](mailto:newsletter@namicco.org). You will get your News Letter 5 to 7 days earlier and save us the printing costs.**



# The NAMICCO *CLARION*



Consumers interested in becoming a support group facilitator for NAMI Connection Recovery Support Group, please contact:

Lisa Moore, Education Coordinator, NAMI Texas 512-693-2000  
www.namitexas.org

Training will be held on Oct 2-4, 2009 in Houston.

Our goal is to have a daily support group in the DFW area by 2011. A facilitator "guides" the group. There are 2 facilitators per meeting. We need people who understand the challenges we face.

For more information contact Rosemary Wood at 347-753-1645.

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## **NAMI Connection New Day and Time**

**NAMI Collin County announces a recovery support group for adults living with mental illness regardless of their diagnosis. Every group is offered free of charge and meets weekly for 90 minutes. All are led by trained individuals who are also in recovery - people who understand the challenges we face.**

**STARTING THURSDAY, SEPTEMBER 10, 2009**

## **NAMI CONNECTION RECOVERY SUPPORT GROUP**

**WILL MEET WEEKLY ON THURSDAYS**

(EXCEPT HOLIDAYS)

FROM **6:30PM** UNTIL 8:00PM AT  
CUSTER ROAD UNITED METHODIST CHURCH  
6601 CUSTER ROAD, PLANO TX 75023  
CHURCH OFFICE ENTRANCE, SOUTH EAST SIDE  
**ROOM B6, LOWER LEVEL**

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## **Important**

Please return any money you had collected from the sale of MACY Charity Day tickets ASAP. Mail to: NAMICCO, P.O. Box 867264, Plano, TX 75086-7264 or give to our treasurer, Dom Tolotta, at our September meeting.



# The NAMICCO CLARION



## A Golden Opportunity

This year NAMICCO will be sending one consumer and one advocate to the NAMI Texas convention in Houston on October 22-24.

Any member of NAMICCO may apply. Please fill out the application below and mail to **NAMICCO, P.O. Box 867264, Plano, TX 75086-7264**. Applications will be available to be filled out at the Sept. 10 meeting.

### Application must be received by September 14.

NAMI Collin County  
Sponsorship Application to attend the NAMI Texas Convention  
Houston, TX  
(October 22 – 24, 2009)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Best time to call: \_\_\_\_\_

Brief explanation of why you would like to attend the conference:

I have been a member of NAMICCO for \_\_\_\_\_

How many NAMI meetings have you attended in the past 9 months? \_\_\_\_\_

What NAMICCO events have you participated in since joining? \_\_\_\_\_

\_\_\_\_\_

Do you require any special accommodations? If so, please explain. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I understand if selected for sponsorship, I will be expected to present a report at a NAMICCO meeting about the conference, what I learned and how it is helpful to me.

\_\_\_\_\_  
Signature



# The NAMICCO *CLARION*



Fall Conference September 2<sup>nd</sup> and 3<sup>rd</sup>

This will be a joint conference sponsored by NAMICCO, NAMI Dallas, Mental Health America of Greater Dallas and the 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.

The presenters will include:

- Anna Aguilar & Ricardo Aguilar** Topic: Family Perspective
- Beau Nelson** Topic: Mental Illness and Gay, Lesbian, Bisexual Transgender Culture
- Dr. Alina Ramirez-Ponce** Topic: Mental Health Issues Facing Latinos
- Rev. Dr. Paula Dobbs Wiggins** Topic: Mental Illness and African America culture.
- Sanaz Abidian** Topic: Middle Eastern Perspective of Psychotherapy
- Kim Tanuvasa** Topic: Mental Illness and Asian Culture.

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

Day two will focus on suicide, the factors that lead to suicide and intervention options. Day two of the conference is primarily for law enforcement, but other professionals, families and consumers may attend.

Presenters will include:

- Dr. Joel Holliner** Topic: Depression and Suicide
- Dr. Frank Webster** Topic: Delusions and Suicide
- Contact Crisis Center** Topic: Gatekeeper Training
- Dr. Mike Ashworth** Topic: PTSD among Law Enforcement after Traumatic Events
- Tomas Ojeda** Topic: Consumer's Perspective of Suicide
- Sgt. A. D. Paul** Topic: Peer Support for Officers

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.  
: Non-NAMI Member (no CEUs): \$20, \$40 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](mailto:mrodgers@nami.org).



# The NAMICCO *CLARION*



## **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.

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## **Report of NAMICCO'S Meeting on August 14**

We had a delicious picnic at our August meeting, thanks to Value Options and NAMICCO BOD members. We watched the CIT video starring our own John and Mary Taddiken—good work John and Mary!!!

This was followed by a discussion. We were surprised how many policemen were dispatched to the home that phoned for help. It is all figured for officer safety. We learned that when police arrive—let them do their job—don't tell them how to do it. Take pictures of your loved one's behavior in case they are temporarily lucid when the police are there.

I was surprised to learn the police were considered the most important people on the scene but it was explained in the same way a stewardess tells you to put your own oxygen mask on first and then you will be well and able to help others.

Next the police will ask the family to move to a safe place. Now they are free to deal with your loved one.

We did not have time for Sherry and Linda's reports from NAMI National convention, so they will speak at our September meeting. See you there, September 10.

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### **Stephen H. Feinstein, Ph.D., of Kansas Elected NAMI National Board President**

**Washington, D.C.**--Stephen H. Feinstein, Ph.D., of Louisburg, Kansas is the new president of the National Alliance on Mental Illness board of directors.

Feinstein served on the national board for the past five years and previously was president of NAMI Kansas. An experimental psychologist, he worked as a behavioral scientist, state government executive and consultant in both the private and the public sectors. He also served as superintendent of state psychiatric hospitals in Oregon and Kansas.

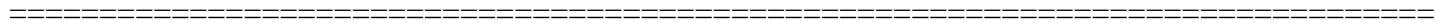


“President Obama and Congress are engaged in a monumental struggle to achieve health care reform and in that context states are struggling to reform their own broken, fragmented mental health care systems,” Feinstein said.

“This can be a turning point for mental health in America and I welcome the challenge of leading NAMI’S national efforts to make the treatment of mental illness a vital part of health care reform.”

Last month, NAMI’S national convention elected Henry Acosta of New Jersey, Lynda Cutrell of Massachusetts, Ralph Nelson of California and Jim Payne of Virginia as new board members. Incumbent Dave Lushbaugh of Georgia was re-elected for a second term. The new board then elected its officers at the convention.

NAMI is the nation’s largest grassroots mental health organization, representing individuals and families affected by serious mental illnesses. Founded in 1979, NAMI has affiliates in every state and in more than 1,100 local communities across the country, engaged in support, education and advocacy.



## Visions for Tomorrow, the Basics

NAMI Texas has done it again! We have a group of books for sale on Amazon.com. There is a series of these "digests", each covering a mental illness in the VFT curriculum, providing basic and valuable information for families who are dealing with a first time crisis or still trying to get information to better provide for their child's needs. These books from the original Visions for Tomorrow curriculum are to provide basic information to the general public. Utilizing key information and strategies, there is a book for most of the major diagnosis.

Each book will deal with the symptoms of the diagnosis, information on the brain, tips, empathy, record keeping, communication strategies, coping and basics on the justice system and advocacy. While this is not the full VFT curriculum, it is a good starter book of information on just what it says – the basics. Included as well is information about NAMI and how to join.

The list soon to be available is:

- Diagnosis - Bipolar Disorder and Depression
- Diagnosis - Borderline Personality Disorder
- Diagnosis - Eating Disorders
- Diagnosis - Schizophrenia and Schizoaffective Disorder
- Diagnosis - Anxiety Disorders
- Diagnosis - Reactive Attachment Disorder
- Diagnosis - Obsessive Compulsive Disorder
- Diagnosis - ADHD

You can find each of these books on Amazon by going to Amazon.com and typing in NAMI Texas in the search box. The list of books will appear and let you know if they are ready for ordering as they come available.

So support NAMI Texas, and also support your local communities - buy this book and give it to families in need, your community centers, MHA and anyone else that support children with a mental illness diagnosis.



# 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 SEPTEMBER 10, 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
	<b>ALTERNATES</b>	
Past President:	Sherry Cusumano	972-701-3639

#### **UPCOMING Events**

**September 10 - Monthly Meeting**  
**Update from the NAMI national conference and more. See announcement on page 1.**  
**Custer Road United Methodist Church**  
**Lower Level**

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**September 15 - 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!**