



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.

OCTOBER MEETING

Thursday – October 8, 2009

Custer Road United Methodist Church – Lower Level

6601 Custer Road, Plano, TX 75023

*NAMI Connection 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.

[Dr. Roger Butler from Green Oaks speaking about Green Oaks and answering your questions](#)

Save the Date

Oct. 8: Dr. Roger Butler from Green Oaks speaking about Green Oaks and answering your questions [Ask the Doctor]

Oct. 22 - 24: [NAMI Texas Convention in Houston at the Marriot-Westgate hotel.](#)

Nov. 12: At the meeting on November 12 we will be voting for board members and Linda Denke will be speaking on wellness.

[Out program on October 8 will be Dr. Roger Butler from Green Oaks speaking about Green Oaks and answering your questions](#)

Cut this out and take it with you to your neighborhood Kroger store the next time you go shopping. Present this 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.

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 deadline for submitting news for the November Newsletter is October 17. Anything received after the deadline may 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 payment is made.

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 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.

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 NAMICCO *CLARION*



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

My Thoughts about Grethel

"One in four adults suffers from a mental health issue in their lifetime, and 1 in 10 children suffer from a mental issue severe enough to cause a level of impairment, ..." was the beginning sentence in a newspaper article in the DMN that I read this morning. It caused me to think about Grethel Clay and her daughter Martha Hughes: 'Marty' we called her".

Grethel was one of the charter members of NAMICCO. Grethel died last Monday, September 14. Marty died last July. Many of us remember her very well, and many understand her continued care for Marty, though Marty seemed not to respond very well to the services she received. Both Grethel and Marty came to my family's rescue from time to time- especially when our need was for house support for the one we cared for. Grethel kept in telephone touch with many families, when she couldn't get around because of her health.

The Texas Alliance for the Mentally Ill is celebrating its 25th anniversary this year, and AMI of Collin County became an affiliate two years later. Five families from the Dallas chapter were charter members, of our Collin County group. Grethel was among them. She believed in the issues AMICCO supported, and has been a support for us as well. Even in her last illness she kept in touch with us. It is her wish, and her family's- that those who might have sent flowers to the funeral will send a gift to NAMICCO- the name we took when all of the affiliates became members of the national movement- now called NAMI- the National Alliance on Mental Illness. Grethel believed in our purpose, and in our work.

Grethel is survived by a grandson and his family. Tony Nichols and his family have been back from Kaiserslautern, Germany for a short time, to carry out his Grandmother's wishes. Grethel has other nieces and nephews in Oklahoma, where she will be buried.

Let us remember Grethel for her support of our work, and the expectation of our continued support of the growing number of those who suffer from this mental disability.

Carol R. Schaper



The NAMICCO *CLARION*



A Special Thank you for Recent Donations

Thanks to EXXON/MOBILE and retiree Dom Tolotta for a \$500 donation.
\$695 was received in memoriam of our beloved Steven Betterly.
\$3486 was NAMICCO'S share from NAMIDALLAS Walks.
\$100 was received from Sharon DeBlanc.

For Your Information

Janel Smith received our consumer scholarship to attend the NAMITEXAS convention.
Michelle Marone received our advocate scholarship to attend the NAMITEXAS convention.
We will hear from these girls in the future.
To register for NAMITEXAS convention, October 22-24, go to www.namitexas.org.
NAMICCO is filling a gift basket with movies, movie treats, snuggly blanket, etc. for the auction at the convention.

This year we need to vote for a vice president, secretary and 3 board members. Are you interested—it's rewarding!
Call the nominating committee to volunteer: Cheryl@214-986-5633, Doris@469-667-7257; Ron@972-596-5849. We need to fill the slate by October 8 meeting.

We also need someone to be our volunteer coordinator. How about YOU?

Family membership in NAMICCO is \$35 with one vote. (See Page 2)

Letter to the Editor from "The New York Times"

If integration into the community is to succeed, the plan for relocation of mentally ill people into supported housing must address three issues:

1. Economic access. Funding streams used to support people in adult homes are fragmented, and no one regulatory authority has the jurisdiction necessary to pool these funds and use them in an integrated manner. Funding streams should be merged.
2. Safe, affordable housing. Too often the only affordable and available apartments are located in neighborhoods with high crime rates and drug use. Given that roughly 50 percent of people with severe mental disorders also have histories of substance abuse, this is a recipe for disaster. The stipend for housing from federal and state subsidies should be raised.
3. Access to services. Residents released from adult homes must have the proper supports and links to needed services in place in order to have a chance of living successfully in the community.



Study Finds Depression in Children as Young as 3

Depression in children as young as 3 is real and not just a passing grumpy mood, according to new research, the Associated Press reported in August.

Until fairly recently, "people really haven't paid much attention to depressive disorders in children under the age of 6," said lead author Dr. Joan Luby, a psychiatrist at Washington University in St. Louis. "They didn't think it could happen because children under 6 were too emotionally immature to experience it."

Previous research suggested that depression affects about 2 percent of U.S. preschoolers, or roughly 160,000 youngsters, at one time or another. But it was unclear whether depression in preschoolers could be chronic. Luby's research team followed more than 200 preschoolers, ages 3 to 6 for up to two years, including 75 diagnosed with major depression. The children had up to four mental health exams during the study.

Among initially depressed children, 64 percent were still depressed or had a recurrent episode of depression six months later, and 40 percent still had problems after two years. Overall, nearly 20 percent had persistent or recurrent depression at all four exams.

Depression was most common in children whose mothers were also depressed or had other mood disorders and among those who had experienced a traumatic event, such as the death of a parent or physical or sexual abuse.

The study, funded by the National Institute of Mental Health and released in the August issue of *Archives of General Psychiatry*, did not examine depression treatment, which is highly controversial among children so young. University of Massachusetts psychologist Lisa Cosgrove said she is skeptical about the accuracy of labeling preschoolers as depressed, because diagnostic tools for evaluating mental health in children so young aren't as well tested as those used for adults.

Dr. David Fassler, a University of Vermont psychiatry professor, stressed that depression in very young children is still pretty rare. However, without treatment, "it can have a devastating and often lasting effect on a child's social and emotional development," he said.

"Hopefully, studies such as this will help parents, teachers, and pediatricians recognize the signs and symptoms of preschool depression so they make sure young children get the help they need and deserve," Fassler said.

Dr. Ken Duckworth Talks about Dual Diagnosis on NPR

On August 3, 2009, NAMI Medical Director Ken Duckworth, M.D., was a guest on the NPR radio program *Behind Closed Doors* hosted by Michel Martin ("[Dual Disorders Sometimes Overlooked by Doctors](#)"). *Behind Closed Doors* delves into issues that people often don't talk about openly because of shame or stigma.

Dr. Duckworth was joined by Mary Watt of Reston, Va. Ms. Watt talked about her son, Danny Watt, her family's experience with the mental health care and substance abuse systems in Fairfax County, Va., and the impact of efforts to help her son, who died at the age of 22 with a diagnosis of schizophrenia and drug and alcohol addiction.

Dr. Duckworth explains that people who have dual-diagnosis—co-occurring mental illnesses and substance abuse problems—are overrepresented in bad outcomes and that "the service system really hasn't figured out in a coherent, coordinated and welcoming way, how to see both parts of the person's experience as opposed to viewing it through one lens or another." He also talks about NAMI's efforts to reach out to the substance abuse, mental health and correctional systems to integrate more effectively



The NAMICCO *CLARION*



Psychiatrists lay down the rules for prescribing to kids

From Los Angeles Times September 17, 2009

A psychiatrist contemplating the prescription of psychotropic medications to a kid should open communications to the child's pediatrician. He should ensure that the child and her family grasp the objectives, side effects and benefits of the proposed medication, and agree it's needed. The psychiatrist should have a detailed plan to monitor the effects of the medication and change or discontinue the drug if it's not getting the job done or it has untoward side effects.

A psychiatrist should precede any prescription-writing with a full psychiatric work-up and medical history, ruling out the possibility that behavioral or emotional symptoms are the result of underlying physical illness, or that drugs could do harm. And she should be wary of prescribing medication in cases where a child's home situation is so chaotic that a medicine's ill effects might be missed or an improper dose could be taken.

All are reasonable enough principles, and doubtless widely practiced already. But against the backdrop of steep increases in the pediatric use of psychiatric medication, all are principles that the [American Academy of Child & Adolescent Psychiatry](#) today saw fit to enshrine in a new "[Practice Parameter on the Use of Psychotropic Medications in Children and Adolescents](#)," and to publish in the September issue of the academy's official journal.

The document "is not meant to reduce prescribing," said Johns Hopkins University psychiatrist John Walkup, the lead author of the "practice parameter" document. "Rather," he said in a news release accompanying the article's release, "it is a call to action to create a systematic and comprehensive approach to using medications in children safely and effectively."

The AACAP's to-do list for psychiatrists comes as many health professionals express concerns that--stretched thin by the needs of kids with behavioral, emotional and academic problems--physicians may be [too quick](#) to diagnose and medicate problem behaviors. The AACAP's "work group on quality issues," wrote that health insurers' reluctance to reimburse for time-consuming psychotherapy--which for many pediatric conditions is the preferred first treatment--has driven some of the increased reliance on drugs to treat kids. And though the drafters cautioned that "it is difficult to quantify and to prove conclusively," they allowed that the [extensive marketing](#) of psychiatric medications to physicians, patients and insurance administrators may have helped fuel the dramatic rise in prescriptions for kids.

When physicians fail to practice a "rigorous consistent approach to assessment and treatment," the document states, children and their families grow discouraged by treatments that don't work or come with unacceptable risks. "It is also possible that poor quality of psychiatric care may affect the public's perception of prescribers of psychotropic medications and lead to a loss of public support for psychiatric treatment services."

-- Melissa Healy



The NAMICCO CLARION



FROM TOM FOLEY'S PRESENTATION AT THE 2009 NAMI NATIONAL CONVENTION, SAN FRANCISCO
"WEALTH BUILDING FOR PEOPLE WITH MENTAL ILLNESS"

Report by Linda Smith

It is so important that we dare to have higher expectations & bigger outcomes. We need to empower consumers and family members with their financial security that they are going to need by planning ahead and being informed.

The World Institute on Disability (known as WID's) mission in communities and nations is to eliminate barriers to full social integration & increase employment, economic security, & health care for people w/disabilities. WID's current focus is employment, benefits & financial planning. We need to change the economic expectations of people with disabilities and create opportunities to build a more secure financial future.

Asset building is investing in things that provide a long-term economic return.

Earnings are required for all assets building, whether it's walking a dog, mowing a lawn, washing a car or baby-sitting.

THE BIG 3

1. EDUCATION is a worthwhile goal. Workers age 25 & over with less than 9th grade education earn \$18,000 a yr. A high school grad \$26,000; An Associates Degree \$34,000; A Bachelors Degree \$48,000. More education equals more money, stable employment & raises. www.projectvision.net was specifically designed for transitional youth & people of color who want to go to college or graduate school. The website is updated weekly. It has the most comprehensive list of disability scholarships & grants from December to June.
2. VARIOUS HOMEOWNERSHIP INCENTIVES – Home Choice Mortgage, 30 yrs @ 4%. Can use Section 8 vouchers for mortgage payments. Federal tax incentive. First time buyer programs.
3. STARTING A SMALL BUSINESS

SAVING MONEY

1. Open a free checking account with direct deposit. Save check cashing fees (average \$40 a check; \$500 a year)
2. Avoid Payday Lenders – some people take out 9 loans a year. A \$200 loan has a \$40 service charge.
3. Credit Card Trap – 2nd highest market is college students; they may receive 25-50 solicitations per semester. On average, you'll spend 30% more paying with a credit card. Never just make the minimum payment. Instead, use a debit card with Visa or Master Card symbol, or a pre-paid debit card. Control your credit.
4. www.credit.gov and www.cccsff.org
5. Earned Income Tax Credit Chart – 3 year retroactive, refundable, people are leaving \$900 million a yr to the IRS.

INDIVIDUAL DEVELOPMENT ACCOUNTS

(They are available in Dallas County; let's get it in Collin County)

IDA's are matched savings accounts for the BIG 3; accountholders typically receive financial education and counseling. Qualifications vary by program; generally 200% of poverty level chart.

PASS

Plan for Achieving Self-Support

Purpose – assist SSI recipients in obtaining items, services, or skills for employment needs

Requirements – written plan, vocational goal, reasonable time frame for meeting vocational goal, explanation of the necessary expenses

Advantages – work & receive maximize SSI, save & build assets for employment goals

MEDICAID BUY-IN PROGRAM

It varies dramatically by state. It provides Medicaid to disabled individuals who work & have income that is too high to qualify for other Medicaid categories. You don't have to be on SSI, SSDI, or any other benefit program to qualify.



The NAMICCO *CLARION*



THE ABLE ACT OF 2009

The Achieving a Better Life Experience Act of 2009 was just introduced in 2009 (hasn't passed yet) H.R. 1205 and S 493 would establish a tax deferred account for the benefit of a person with a disability. Anyone can contribute to an ABLE account. The account will accept rollovers from retirement accounts. Principle accumulates tax free. Qualified distributions are not counted as income to beneficiary: education, medical, job training, community-based support services, housing, transportation, certain life necessities and employment support.

MAXIMIZING INCOME & SAVINGS

Interest compounding is the greatest force in the universe.

To subscribe email tom@wid.org

NAMI WALKS – from 2009 NAMI National Convention Report by Linda Smith

FUNDRAISING can be a year-round event. We definitely need to start in January. Set up the NAMI Walks website; it's simple to do. It gives us branding and continuity. Those who get involved, organize a team, recruit walkers raise 80% more money using a website. We have advertising tools for the walk like wrist bands, sun-visors, hats and blinking pens. You can't wear one without people asking about them.

ASK BUSINESSES for sponsorship contributions. They usually range from \$7,500 to \$25,000. Sponsorship is asking the company to lend their good name to increase community education and raise awareness. There is a video you can show the company that explains why the organization should be involved and this makes a huge difference. Corporations can talk it up at the Chamber of Commerce and the competition can get them involved to produce "super teams" within their company. Employers are learning that 1 in 5 people are affected by mental illness. They're beginning to understand that large numbers of their employee base are impacted in some way and this could affect their productivity.

PAPER LOGO - \$1 TO SUPPORT NAMI AT CHECK-OUT (It's a no brainer if the cashiers will ASK. Set it up to collect the money once a month) ideally, do this after the kick-off luncheon. Paper logo promotes awareness and stigma busting. It gets people talking about NAMI.

GOAL SETTING – LOOK AT WHAT OTHER WALKS ARE DOING. We try to project 5 years out. This promotes teamwork and to see what the BIG picture is. Reach out to Veterans, High Schools, Girl Scout, College Campuses and the Boy Scouts (they're great at setting up and tearing down on the day of the walk). Embrace faith communities, such as Catholic, Methodist, Lutheran, Baptist and Jewish communities. For example, one priest raised \$30,000 on his own to support his friend. Facebook, Twitter, My Space and Blog-In are excellent resources for advertising. Hospitals, Law Firms and Native American Casinos are untapped markets. All you have to do is ASK to get the donation.

This year, NAMI will recognize people at the national level for Team Captains, Largest Team, Most Money Raised, Best T-shirt Logo and Participation with Celebrities.

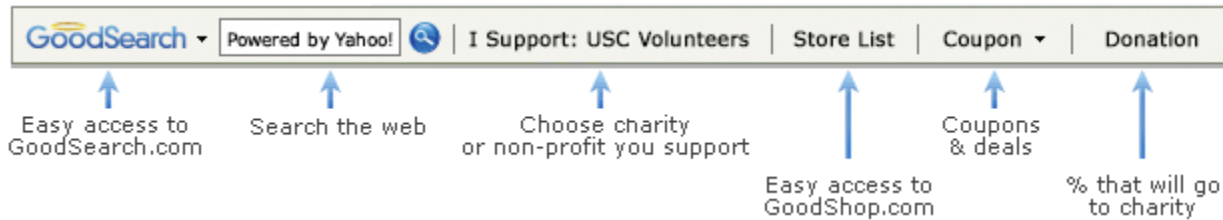
We project \$9 million to be raised this year. About 25% comes from sponsorship and 75% from \$5, \$10, \$25 and \$35 donations. The walk is 99% volunteers so we don't have to pay employees much to put this together. The money raised funds our NAMI locally to provide community educations and support at no charge. We're looking to have the biggest walks in Cleveland and Michigan, where the economy is the worst, but people need it the most!



The Good Search Toolbar

This software, which takes just a minute to install, allows you to support your favorite cause even if you forget to go to our site first! This is a real game changer in both the ease of using our site and amount of money your cause can earn.

Here's how it works...



1. Download the toolbar at <http://www.goodsearch.com/toolbar/>
2. Search the web directly from the built-in search box. Each search generates a donation (about a penny per search) for your cause!
3. Shop online as you normally would at any of our 1,300+ participating stores including Gap, PetSmart, Dell, and Staples. When you're at the store's website, our toolbar will automatically light up displaying the percentage donated and any available coupons. **With our new toolbar, your purchases will generate donations even if you forget to start your shopping at GoodShop!**

Please spread the word as we expect that this software can increase your donations five times or more! Every time you shop online at your favorite stores you could be saving money and earning a donation for "NAMICCO."

Our new toolbar, developed by GoodSearch & GoodShop takes just a few seconds to download. More than 1,300 top stores including Apple, Best Buy, Gap, PetSmart, and Staples are pitching in and will donate a percentage of each sale to our organization. There's no extra cost to you and you may even save money as the merchants are providing us thousands of money-saving coupons!

The GoodSearch toolbar also includes a search box which is powered by Yahoo! Each time you search the web, about a penny is donated to us!

There's no easier way to help (your organization). Please spread the word!

Once again, we thank you for all of your support as we change the world one search and one purchase at a time.

Sincerely,

The GoodSearch Team

Sources for Information on Social Security Benefits

Keith Frazier - Social Security Benefits, www.frazierbenefits.us Dallas, TX. Phone: 1-888-473-8816

Cindy Herzog - Ph: 214-734-4406-- How to work and keep your benefits.



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 OCTOBER 8, 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

**October 8 - Monthly Meeting
Dr. Roger Butler "ASK the DOCTOR"
Custer Road United Methodist Church
Lower Level**

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**October 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!