



*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.*

## **JANUARY MEETING**

**Thursday – January 8, 2008**

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.

**IOOV [In Our Own Voice] Consumers  
sharing their experience with Mental Illness**

## **Save the Date**

**Jan. 8: IOOV [In Our Own Voice] Consumers  
sharing their experience with Mental Illness**

**Feb. 12: A speaker on “Special Needs Trusts”.**

**February 7: PLAN’s Open Your Heart Dinner  
and Silent Auction. Contact Cynthia James at  
817-416-5086 for more information.**

**Feb. 16-17: Green Oaks Conference**

Thursday, January 8, we will resume with our regular schedule with support groups 6:30-7:20 and program at 7:30. We have several consumers who took IOOV [In Our Own Voice] training and will be sharing their experience with MI. They are available and welcome the opportunity to speak to any group. On February 12 Rick O’Conner will speak on “Special Needs Trusts”.

**A new FREE 12-week NAMI Family-to-Family education class will be offered on Monday evenings from 6 to 8:30 PM at Custer Road United Methodist Church in Plano beginning on January 12, 2009. Pre-registration is required. Please call Mary Taddiken for information or to register for the class at: 972-442-2369.**

Green Oaks will be presenting a two day conference featuring Fred and Penny Frese with “An Inside Perspective of Schizophrenia” at City Hall, Building E, Medical City Dallas Hospital, 7777 Forest Lane, Dallas TX.

Monday Feb. 16 will be co-sponsored by NAMI of Collin County and will be for consumers, caregivers and professionals.

Tuesday Feb. 17 will be co-sponsored by Nami of Collin County, Mental Health America and the Dallas Police Department and will be for the Law Enforcement Community. For more information call John Dornheim at 972-701-3607 or 214-335-8334.

**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.**

**NAMICCO’s phone number has been changed. The new number is (214) 908-6264**

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

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**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.

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**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.

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**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

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**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.

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**LAVA JAVA is a S.H.A.R.E.** , North Texas event meets on the 2<sup>nd</sup> 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](mailto:daniagem@yahoo.com) or call Kinike Walker at 214-597-8755.

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### New Support Group is Meeting

A new 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.

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### Victims No Longer

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 Debie Harrison at 972-578-2802.



# The NAMICCO *CLARION*



## **Journey of Hope**

Journey of Hope [a special needs parent support group] meets the 1<sup>st</sup> 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. For more information, contact Kathy McManus: 972-519-0757.

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## **DBSA announces a New Social Peer Support Group starting in Richardson**

It started on Saturday, September 27 and will meet every 4<sup>th</sup> 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

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## **DBSA Announces a New Social Peer Support Group Starting in Plano**

The first meeting will be held Wednesday, October 8, 2008, 7:00p.m. – 9:00p.m. The group will meet at Carpenter Park Recreation Center, 6701 Coit Road [Between Spring Creek and Legacy], in Plano, TX 75023. Light refreshments and coffee will be provided.

The meeting is open to people with diagnoses, and their family and friends.  
Facilitators: Stephen and Angie Eichenbaum.

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## **Now serving our NAMICCO community are three support groups!**

**Support group for Consumers suffering from Post Traumatic Stress Disorder (PTSD)**

**Support group for Family members of those suffering from PTSD**

**Support group special forum for victims of family violence or any type of assault that may have caused PTSD.**

**If you or your loved ones are interested in attending these support groups please contact Nora Tsai at 214-289-1724 or send emails to [ntsai1999@aol.com](mailto:ntsai1999@aol.com).**

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## **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



## **January Adult "Ask the Doctor" Call with Guest Dr. Ken Minkoff**

Please join us for our monthly adult issues conference call with NAMI's Medical Director Dr. Ken Duckworth, and guest Dr. Ken Minkoff on Friday, January 2<sup>nd</sup>. Dr. Minkoff is a clinical assistant professor of psychiatry at Harvard Medical School and a senior systems consultant for ZiaPartners in San Rafael, CA. He is recognized as one of the nation's leading experts on integrated treatment of individuals with co-occurring psychiatric and substance disorders. The topic of the call will be "Changing the World: Welcoming Systems of Care for People with Mental Health and Substance Disorders."

The call is toll free and scheduled from 11:00 AM-12:30 PM Eastern Time. To access the call, please dial 1-888-858-6021 then the access number [309918#](#). This call can be made from any phone.

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## **January Children's "Ask the Doctor" Call**

Friday children's conference call with Dr. Ken Duckworth will take place on January 17. The call is toll free and is scheduled from 11:00 a.m. - 12:30 p.m. E.T. To access the toll-free call, please dial 1-888-858-6021 then the access number [309918#](#). We hope that you will join us!

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## **Some Books You May Want to Read**

### **Surviving Schizophrenia: A Manual for Families, Consumers and Providers**

**By E. Fuller Torrey, M.D.**

**576 pages**

**5th edition (March 28, 2006)**

**Collins; ISBN: 0060842598**

Often seen as a comprehensive schizophrenia guidebook, this reference book will help any family member understand and deal with this misunderstood illness.

"A comprehensive, realistic, and compassionate approach to schizophrenia. It should be of tremendous value to anyone who must confront these questions." - *Psychology Times*

"E. Fuller Torrey is a brilliant writer. There is no one writing on psychology today who I would rather read." - *Los Angeles Times*

### **I Am Not Sick, I Don't Need Help:**

**Helping the Seriously Mentally Ill Accept Treatment, A Practical Guide for Families and Therapists**

**By Xavier Amador, Ph.D. with Anna-Lisa Johanson**

**240 pages (June 2000)**

**Vida Press; ISBN: 0967718902**

A must read for families and caregivers trying to cope with a loved one with mental illness who refuses treatment because they do not believe that they are ill.

"This book offers a sensitive presentation of a practical, clinically sound, approach to getting a severely ill person to accept needed treatment. I hope this book will be widely read." - Laurie Flynn, Columbia University and former Executive Director, National Alliance for the Mentally Ill (NAMI)



## Glenn Close

### Mental Health Advocate

“You need help, you need a psychiatrist!” a freaked-out Michael Douglas shouts at his lover in a prophetic early scene from the 1987 hit film *Fatal Attraction*. In response, Glenn Close, who won an Oscar nomination for her role as the deeply troubled Alex Forrest, flashes him a pleading but eerie look—one that scared the pants off millions of movie watchers but also won accolades from mental health experts for its accurate portrayal of the complex nature of mental illness.

In preparing for the role, Close visited a therapist and researched serious psychiatric conditions. But the actress, who in September won an Emmy for her starring role as a cunning, fiercely driven trial attorney on FX TV’s *Damages*, has a more personal connection with mental illness, which strikes 5 percent of the U.S. population and affects one in four families. In her first public statement on the issue, Close revealed to *AARP “The Magazine”* that she has a family member who suffers from bipolar disorder, and another who has schizoaffective disorder. “I’ve seen mental illness firsthand,” she says. “I know there are millions of people affected, and it’s not just the patient who is suffering. It’s everyone around them.”

Two years ago the actress began quietly making donations to [Fountain House](#), a 60-year-old not-for-profit organization headquartered in New York City that she discovered while searching for help for her relatives. Fountain House, the model for 325 facilities around the world, offers its members assistance with jobs, education, and housing and also provides a supportive community. “It’s a place where people with mental illness can go and feel safe and that they’re worth something and have value,” Close says. Several times in the past year, Close has volunteered at the New York City Fountain House—cooking meals, arranging flowers with members, and working the phones to help find places to stay for those who are on the streets.

Her involvement in 2009 will be riskier: in the year ahead, Close 61 will headline a national advertising campaign intended to diminish the stigma of mental illness. The actress will represent the face of the three most common mental health disorders: depression, bipolar disorder, and schizophrenia. “When I first thought about doing this, I wondered if people would think that I was mentally ill,” says Close. “Then I thought, ‘What’s the alternative? Not to do it?’”

“She gets nothing from this,” adds Fountain House president Kenn Dudek, “and it is in fact a little dangerous. Everybody knows that if you come out and admit a connection with these illnesses, you risk being thought of as unreliable or dangerous, when in fact most of the mentally ill are not.”

Close acknowledges that continued research into better treatments for mental illnesses is important. But **erasing the stigma**, she says, is the first step. That will lead to better funding and better care. Most important, it will help ease the loneliness family members and others feel. For that, she says, speaking out on behalf of those who cannot always speak up for themselves is worth any risk.

—Meg Grant

**(Editors Note) This article by Meg Grant has been edited to fit the available space.**



## **Mental health and children**

**Too often, the system conspires to treat behavioral problems with pills.**

**By Laurel L. Williams**

**December 14, 2008**

**'I need these pills refilled,' the weary mother says, displaying an array of empty bottles on the desk in my office. "My son is bipolar."**

**The boy, a quiet slip of a 10-year-old, had been prescribed two antipsychotics, two mood stabilizers, one antidepressant, two attention deficit disorder medications and another medication to manage the side effects of the antipsychotics.**

**The mother explained that she had just regained custody of her son and his brother. During the last year, while they were in foster care, a doctor had diagnosed the 10-year-old with bipolar disorder and attention deficit disorder and prescribed eight medications.**

**In the hour I spent with the boy and his mother, he exhibited no signs or symptoms of bipolar disorder, though he did display some irritability. In school, he continued to perform poorly in his second attempt at third grade. Both irritability and poor school performance can be significant problems. But I strongly questioned his diagnosis.**

**Bipolar disorder is a serious and devastating disease characterized by extreme changes in mood, thought, energy or behavior. How did Ronnie get labeled with such a potentially debilitating illness and prescribed eight powerful medications within such a short time span? Unfortunately, his case isn't unusual.**

**For a variety of reasons, bipolar diagnoses have become extremely popular. A Columbia University analysis of a National Center for Health Statistics survey found that the number of office visits for children diagnosed with bipolar disorder rose 40-fold between 1994 and 2003.**

**The reasons for the surge in bipolar diagnoses are complex. Despite advances in neuroscience, the brain, especially the developing brain, is still much of a mystery. More is unknown than known when it comes to effective treatment for children and adolescents with serious mental health problems. But that doesn't stop doctors and parents from desperately wanting to believe there are simple solutions, and what could be simpler than a pill?**

**Since the 1980s, when pharmaceutical companies were granted permission to market their products directly to consumers, Americans have started believing that there is a drug to solve every discomfort and every mood. In my own practice, I've seen how determined parents can be to procure medication for their children that they have read about or seen advertised.**

**Meanwhile, pharmaceutical companies are paying inordinate sums of money to physicians to study their drugs. Doctors insist that they are not affected by the payments and that the research they do is pure, but it's hard to believe that the funding streams have no influence.**



# The NAMICCO *CLARION*



Another impetus to prescribe is the changing nature of medical practices. Physicians spend more time now than ever waiting on the phone, filling out paperwork and jumping through a labyrinth of regulations from insurance companies in order to be allowed the opportunity to treat their patients. Additionally, insurance companies, via their reimbursement plans, discourage healthcare providers from spending the time necessary to assess and treat childhood mental health problems. The average doctor's visit now wraps up in less than 15 minutes. It can be quicker and easier to medicate symptoms than to do a full assessment.

Even if doctors weren't short on time, the country is short on board-certified child and adolescent psychiatrists, the physicians best-trained to diagnose and treat child mental health problems. This shortage puts pressure on child psychiatrists to increase their patient loads, which then reduces the amount of time they can spend with individual patients.

Adequately diagnosing psychiatric problems in a child requires multiple appointments and teamwork with the family, the school and the child. It requires a physician to stand up and say "no" to free gifts from drug companies and to critically review well-designed studies for appropriate assessment and treatment approaches. It requires our society to demand a healthcare system that affords access to appropriate levels of care, a system led by physicians who have demonstrated their commitment to the Hippocratic oath over financial gain. It requires the American people to take responsibility for their health and not expect pills to solve everything.

So what happened with the boy whose mother wanted me to refill his prescriptions? After an initial two-hour assessment at our clinic, he didn't return for his next appointment. When the clinic called to ask why, the boy's mother said that she had returned to his previous doctor. "Your doctor discriminated against me because I'm poor," she said, "and my son needs those pills for his bipolar."

Psychiatric assessment and treatment of a child can be hard. It often entails setting up educational testing to discover why he or she is failing in school, weekly individual and family therapy, and -- sometimes -- medication. I thought that my lengthy conversation with the boy's mother had convinced her that the above plan would actually provide her son with better care than refilling all eight medications at once.

Unfortunately, families often put more faith in what they see and hear in advertising than they do in physicians. As physicians, we need to win them back.

Laurel L. Williams is program director of the Menninger Clinic's adolescent treatment program and assistant director of residency training, child and adolescent psychiatry and assistant professor in the Menninger department of psychiatry and behavioral sciences at Baylor College of Medicine.

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## **New NAMI Publication**

Check out this new NAMI outreach resource available for purchase and download:

\* **Understanding PTSD and Recovery** is the newest NAMI brochure and is now available through the NAMI Store at [www.nami.org](http://www.nami.org). This new publication offers an overview of posttraumatic stress disorder symptoms, treatment, and recovery.



# 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  
(972) 922-5095  
Email: info@namicco.org

### RETURN SERVICE REQUESTED

### Open Your Mind



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

### NEXT MEETING IS THURSDAY JANUARY 8, 2009

#### NAMI Collin County Board of Directors: [bod@namicco.org](mailto: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:	Caroline 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

**January 8 - Monthly Meeting**  
**IOOV [In Our Own Voice] Consumers**  
**sharing their experience with Mental Illness**  
**Custer Road United Methodist Church**  
**Lower Level**

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**January 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!**