



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.

MARCH MEETING

Thursday – March 12, 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.

Speaker for the evening will be Walter Norris, director of the “Self Directed Care Program”.

Save the Date

**Mar. 4: Mental Illness Rally on Capital Hill
see page 6**

**March 12: Walter Norris telling us about the
“Self Directed Care Program”**

May 2: It’s that time of year again! The NAMIWalks for the Mind of America will be held Saturday, May 2, Dallas, Texas at Fair Park. More details next month.

Our March 12th program will feature Walter Norris speaking about an exciting new program called “Self Directed Care”. Please come and hear about this exciting project. Go to page 5 for more information.

If you are not a member of NAMICCO and would like to join us or it is time to renew your membership go to page 4 of this News Letter and follow the instructions there.

Save the date and get on the bus to march forth on March 4th for a Mental Illness Rally in Austin on the Capital steps. We will also visit our legislator to advocate for persons with Mental Illness. You can register for a seat by calling NAMI Dallas at 214-341-7133. It is first come, first serve, and persons who have taken advocacy training will take precedence. Bus fare, lunch at the Capital and snacks will be provided at no cost. You will be contacted when and where to board the bus. Go to page 6 for more information.

I have a problem that I will need the help of everyone to help me fix. My hard drive crashed, I back up everything regularly so I thought everything would be OK. Well everything was OK except for one thing. When I opened the backed up email address book the groups were missing. I still have all the email addresses but I don’t know who gets the News Letter by email. I made groups as best as I could remember. Some of you will be getting this News Letter by email that don’t want it and some won’t get it that do. I apologize, but to fix it I need your help. If you got this by email and don’t want it please let me know. If you know someone that didn’t get it that should have, please let me know. Let me know at john@nissley.homeip.net.

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

NAMICCO members that are consumers, see page 7 for an exciting opportunity.

The deadline for submitting news for the April Newsletter is March 17. Anything received after the deadline might not be included. Send your articles to 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 (214) 908-NAMI (6264) for more information.

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.

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.

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

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.

LAVA JAVA is a S.H.A.R.E. , North Texas event meets on the 2nd 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 or call Kinike Walker at 214-597-8755.

Support Group Meeting

A 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.

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 Debit Harrison at 972-578-2802.



The NAMICCO CLARION



Journey of Hope

Journey of Hope [a special needs parent support group] meets the 1st 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.

DBSA Social Peer Support Group in Richardson

It started on Saturday, September 27 and will meet every 4th 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

DBSA Social Peer Support Group in Plano

This group is now meeting at Plano Bible Chapel, 1900 Shiloh Road 75074. The meeting is the 2nd Thursday of each month from 7:00-9:00 PM. Light refreshments and coffee will be provided.

The meeting is open to people with or without diagnoses, and their family and friends.

For more information call Stephen and Angie Eichenbaum at 214-916-0450

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.

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



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 _____

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

Cut Here -----

Make checks payable to NAMI Collin County

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

Please print this page to get your membership application. If you get your Clarion by mail just cut out this form.

Then fill it out and mail it along with your check to NAMICCO at the address above.

The Consumer/Open Door category is for consumers with a limited income.

When you join NAMICCO you also get membership in Nami Texas and the NAMI national organization. You get eligibility to vote in all NAMI elections.

You get a subscription to “**The Advocate**”, NAMI’s quarterly magazine, as well as access to optional subscriptions to specialty newsletters and information at national, state, and local levels.

Access to exclusive members-only material on www.nami.org

You get the satisfaction of knowing that you are supporting the educational programs of NAMI, the phone line and web site that provides support and education for families and consumers, and the advocacy efforts of NAMICCO to improve the funding for services for persons with mental illness.

Donations of any size are greatly appreciated. Almost all of our funding comes from your donations.

You can also join or renew memberships online using your credit card at www.namicco.org. Just follow the instructions on the “Home Page”.

February 19, 2009, marked the centennial celebration of Mental Health America.

Mental Health America was founded in 1909 by Clifford Beers who experienced firsthand the treatment of individuals with a mental illness and resolved to fight discrimination and improve care. Get more information at www.mentalhealthamerica.net.



The NAMICCO *CLARION*



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.

Some More Save the Date Opportunities

The NAMI National Convention at San Francisco CA, July 5-9, 2009. See page 7 for an exciting opportunity for one lucky consumer.

Also the NAMI Texas Convention will be held on October 23 and 24, 2009.

NAMICCO March Meeting

The program will be Walter Norris, director of the “Self Directed Care Program”, speaking about that project. The program is part of the State of Texas' Transformation Grant Project, which evolved from the President's New Freedom Commission Report. It is an experimental project that will allow a group of NorthSTAR consumers to direct the usage of the funds that go to pay for their usual treatment in a more flexible manner. In addition to still receiving psychiatric care and medications, they could expend some of their funds on things they believe will contribute to their recovery, such as memberships to a fitness gym, job coaches, job readiness training, etc. There will be a group in the Self-Directed Care project and a control group, and the entire project will be conducted as a study by the University of Illinois at Chicago in conjunction with the University of Texas at Austin. This is a very exciting project that we are fortunate to have in the NorthSTAR area. The project will last for two years, and recruitment for consumers who would like to participate will begin shortly.

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*



COMI Meeting

Mental Health Association of Greater Dallas
624 N. Good-Latimer, Suite 210, Dallas, Texas 75204
Nannie Hogan Boyd Conference Room
Comi meets the 3rd Wednesday of each month, from 8:00 a.m. to 9:30 a.m.

Mental Health America of Greater Dallas is located in the historic St. James AME Church building on Good-Latimer Expressway between Swiss Avenue and Live Oak Street. It is a 3-story light brown brick building with white trim featuring white columns and a beautiful dome.

Meetings are always related to public policy and Mental Health. COMI is a coalition of mental health professionals, public policy makers, and other advocates to address public policy affecting Mental Health treatment and services. You are welcome to attend.

March Forth on March 4th

We need to know who all is going from NAMI Collin County in time to send the registrations in by Feb. 25, with a check for all of them from NAMI Collin County at \$5 each. [It may not be too late, there are still 11 seats left on the bus. If you would like to be part of this opportunity please email \[bod@namicco.org\]\(mailto:bod@namicco.org\) immediately.](#)

Help us represent Collin County at the March Forth for Mental Health Capitol Day in Austin on March 4, 2009. The attached flyer will describe the activities for that day. There will be a bus from Dallas to take us to the event. Please call NAMI Dallas at (214) 341-7133 to reserve your seat on the bus.

Please send your name, e-mail address, and telephone number to sharon.deblanc@valueoptions.com if you plan to attend. Sharon will forward all the registrations to the Federation of Texas Psychiatry, so you do not need to fax in the attached form. NAMI Collin County will pay the \$5 registration fee for each of our Collin County attendees.

You do not need to make appointments with your legislators, as MHA Dallas will be making appointments for our entire group with the NorthSTAR legislative contingent.

Please send the requested information to Sharon by noon on Monday, February 23, 2009 so that we can get the registrations and payment in on time.

This is our opportunity to have our voices heard for the needs of persons with behavioral health issues in Collin County and in our state. Please join us for a good time and an opportunity to carry our vital message to the legislature!

Breakfast snacks and supper will be provided on the bus. Lunch will be included at the Capitol in our registration fee.



The NAMICCO *CLARION*



An exciting opportunity for a NAMICCO consumer

This year NAMICCO will be sending one consumer to NAMI National Convention, July 5-9, in San Francisco, Ca and 2 consumers to NAMI Texas convention, October 22-24.

Any consumer member of NAMICCO may apply. Applications for the National convention must be in by March 16. Applications for the State convention must be in by September 14.

You can pick up an application at our monthly meeting and then mail to **NAMICCO, P.O. Box 867264, Plano, TX 75086-7264** or fill out the application below, cut it out and mail it to the address listed above or bring it to our meeting on March 12. Applications will also be available at the meeting.

An application for the NAMI TEXAS convention will be available later.

NAMI Collin County
Sponsorship Application to attend the NAMI National Convention
San Francisco, CA
(July 6—9, 2009)

Name: _____ Date: _____

Address: _____

Phone Number: _____ Best time to call: _____

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

Do you have friends or relatives in San Francisco with whom you could stay, or will you need hotel accommodations?

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 in my recovery.

Signature



The NAMICCO *CLARION*



Be a Partner in Getting What Is Best for Persons WHO Live With Behavioral Health Issues

Have you ever wondered who makes the decisions related to the Behavioral Health services your loved one receives? Do you ever wonder how the North Texas Behavioral Health Authority (NTBHA) Board makes decisions or even receives information? What about making changes to the current system of Behavioral Health? Do you want your voice heard?

The Consumer Family Advisory Council, (CFAC), can answer all of the above questions. CFAC serves as an advisory to the North Texas Behavioral Health Authority (NTBHA).

The NTBHA Board is appointed by the County Commissioners of the seven counties that make up the service area. The role of NTBHA is to provide oversight for the seven NorthSTAR counties and to the State of Texas to ensure that access and treatment are properly managed and persons accessing treatment are well served.

The central purpose of the Consumer Family Advisory Council is to keep both the management and board of NTBHA well informed of what is working and what needs change or improvement. Who better than persons that live with Behavioral Health issues and their families to provide this information? We are the customers and need to be the voice of the Behavioral Health Community.

An equally important function of the Consumer Family Advisory Council (CFAC) is to keep NTBHA informed of the ever-changing services and needs of persons with behavioral health issues. This can be accomplished through participation, involvement and advocacy of family members and consumers of behavioral health services. This is everyone's job and your council (CFAC) is a great place to accomplish this.

The Consumer Family Advisory Council (CFAC) plays an important role in making the public aware of what services are available when individuals or their families are in need of help. The goal is to make sure the public knows where to go or call, both in times of crisis and when there are questions about the need for access and treatment for Behavioral Health issues.

Friends, please join us in becoming educated customers and lending a helping hand in making NORTHSTAR more visible to those who need help.

The Consumer Family Advisory Council (CFAC) meets the first Tuesday of each month at 6:00 p.m. at the offices of the North Texas Behavioral Health Authority (NTBHA) at:

**1201 Richardson Dr., Suite 270 Richardson, TX 75080
The meetings are open to all. For more information, contact:
Mike Katz at 972-661-2404 or e-mail katzdami@tx.rr.com**



The NAMICCO *CLARION*



NAMI Promotes Crisis Intervention for Youth

by Dana Markey, Program Coordinator, NAMI Child and Adolescent Action Center, and Laura Usher, NAMI Crisis Intervention Team (CIT) Coordinator

An alarming number of youth with serious mental health treatment needs continue to enter the juvenile justice system as a result of the lack of psychiatric crisis intervention services available in schools and communities. Schools in particular have proven to be a pipeline into the juvenile justice system with school personnel contacting law enforcement when students engage in inappropriate behaviors as a result of a psychiatric crisis.

In response to this national crisis, NAMI's Child and Adolescent Action Center and Crisis Intervention Team (CIT) Resource Center are working on a new initiative, funded by the Annie E. Casey Foundation, to promote crisis intervention programs that focus on responding to youth in psychiatric crisis in schools and in the community.

As part of the project, NAMI is publishing a guide to crisis intervention programs for youth for children's mental health advocates. The paper will include information about existing crisis intervention programs and highlight key components of a successful program. The paper will be accompanied by two fact sheets that will provide advocates and law enforcement personnel with practical strategies on how to implement and promote these programs in their states and communities. The findings from this research will be presented at NAMI's Leadership Institute in February, and the guide and fact sheets will soon be available online at NAMI's [CIT Resource Center Web site](#).

There are many steps children's mental health advocates can take to help promote and facilitate the implementation of crisis intervention programs for youth, including:

- **Build Momentum.** Reach out to community stakeholders who are key players to successfully implementing and sustaining a crisis intervention programs for youth. These partners include law enforcement personnel, school personnel, community mental health providers, juvenile justice system administrators, and university researchers (to evaluate the program's effectiveness). Community partnerships are critical and advocates are in a unique position to build bridges and connect these stakeholders together.
- **Work with School Administrators to Improve the School Environment.** It is important that schools offer a continuum of supports and services to prevent situations from escalating to the point of a psychiatric crisis. There are many school-based programs available that advocates can encourage schools to implement, including [Positive Behavioral Interventions and Supports](#). These types of programs will complement the efforts of crisis intervention programs for youth.
- **Reach Out to Law Enforcement.** Dedicate time to building a relationship with law enforcement personnel and understanding their culture. They are primary players in any crisis intervention program for youth and need to be "sold" on the program's benefits, since they will have to attend trainings and use the skills they learn in the field. Outreach efforts can include publicly sharing positive experiences with police officers and participating in "ride-alongs" with law enforcement personnel.

Advocates can also play an important role once crisis intervention programs for youth are brought to their states or communities, including providing the youth or family perspective in trainings, serving on the program's steering committee, and providing valuable feedback on the program's effectiveness.

For more information on NAMI's work on crisis intervention programs for youth, please contact Laura Usher, NAMI CIT Coordinator, at laurau@nami.org or Dana Markey, NAMI Child and Adolescent Action Center Program Coordinator, at danac@nami.org.



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 MARCH 12, 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	972-596-5849
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
	ALTERNATES	
Past President:	Sherry Cusumano	972-701-3639

UPCOMING Events

March 12 - Monthly Meeting
Speaker for the evening will be Walter Norris,
director of the Self Directed Care Program.
Custer Road United Methodist Church
Lower Level

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March 17 - 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!