



*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, 2014**

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.  
\* Meet, Greet, and Resource Sharing 6:30 – 7:20  
\* Meeting & Program: 7:30 – 9:00 P.M

**Please join us to hear about the challenges and opportunities surrounding mental health policy for the 2015 legislative session.**

## Save the Date

**January 8:** Be sure to join us to hear about the challenges and opportunities surrounding mental health policy for the 2015 legislature.

**February 12: Meeting to be announced**

**FYI: If Plano ISD is cancelling events because of weather then Custer Road United Methodist Church is closed as well.**

## **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. You can also go to The North Texas Society of Psychiatric Physicians web page at [www.NTSPP.org](http://www.NTSPP.org).

For a lawyer referral we suggest you call the Plano Bar Association at 972-424-6113 or call Legal Aid of North Texas at 972-980-0472.

Also you can come to our support groups, NAMI Connection Recovery and Family Members Support that meet every Thursday (except holidays) from 6:30 to 8:00 (except on the 2nd Thursday when it ends at 7:20 for our monthly meeting) at the Custer Road United Methodist Church (south east end, lower level) to get some feedback from other people.

Are you on Medicaid, or have limited income, and need treatment for a mental health problem or substance abuse? The NorthSTAR program may be able to help. Call 1-888-800-6799 toll free.

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



# The NAMICCO CLARION



## NAMI Connection

NAMI Collin County has 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.

NAMI CONNECTION RECOVERY SUPPORT GROUP WILL MEET WEEKLY ON THURSDAYS

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

"I am a big believer in peer support--learning from someone who has been there is often a key to unlocking a person's engagement in treatment. Also reducing isolation and the loneliness that can accompany mental illnesses is greatly facilitated by a peer relationship." From Dr Kenneth Duckworth, MD, NAMI Medical Director.

In addition we have a Friends and Family Support Group meeting every Thursday from 6:30 to 8:00 PM at the same location, lower level in Room B1.

## Tuesday Evening Support Group

Rhonda Amstutz facilitates a NAMI support group for anyone with any diagnosis of MI the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month from 7-8:30 PM at LifePoint church, room 209, 4501 Hedgcoxe Road, Plano, TX. If you have any questions, e-mail Rhonda at [amstutz@airmail.net](mailto:amstutz@airmail.net). Contact Rhonda at 214-534-8678 for specific directions to the room.

## January 8 NAMICCO Meeting

Be sure to join us for the general meeting on Thursday, January 8<sup>th</sup>, to hear about the challenges and opportunities surrounding mental health policy for the 2015 legislative session and participate in a session on how to maximize the effectiveness of your advocacy. It will be vital that you let your voice be heard this session, which may be one of the most challenging ever for those interested in mental health and substance use policy.

## From December NAMI E-News

### Congressional Budget Bill a Mixed Bag

Congress has passed the "Continuing Resolution – Omnibus" spending bill (**HR 83**) for the remaining months of fiscal year 2015 which runs through Sept. 30, 2015. The measure is now waiting for the President's signature. This bill contains good news and bad news for mental health. The good news: HR 83 provides a small increase in funding for mental illness research. Bad news: the bill includes a small reduction for mental health services.

[Read more.](#)



## [Mental Health Investment by States Slowed in 2014](#)

NAMI just released a report highlighting what went on in state legislatures in 2014 across the country when it comes to mental health issues. The report, *State Mental Health Legislation 2014* shows that investment in mental health services slowed from last year and that when progress was made around specific policy issues much of the legislation felt like it only skimmed the surface.

[Read more.](#)

**Write** to your Governor and State Legislators! Urge them to make mental health care a priority. [Click here](#) to send a message.

## [NAMI Submits Comments on NIMH Strategic Plan](#)

On December 11, NAMI submitted comments on the proposed five-year plan for the National Institute of Mental Health (NIMH). The plan includes a range of ambitious goals for mental illness research including:

- Defining the biological basis of complex behaviors.
- Charting mental illness trajectories to determine when, where, and how to intervene.
- Striving for prevention and cures.
- Strengthening the public health impact of NIMH-supported research.

[View](#) NAMI's comments on the NIMH 2015 Strategic Plan.

[View](#) the NIMH Strategic Plan.

## [Veterans Suicide Prevention Bill Fails, but Mental Health Screenings for Active Duty Passes](#)

Legislation to bolster veterans' suicide prevention has failed in Congress after outgoing Senator Tom Coburn (R-OK) placed a hold on it. Known as the *Clay Hunt Suicide Prevention for American Veterans Act* ([HR 5059](#)), the \$22 million bill would increase access to mental health care and expand the VA workforce. Coburn said the bill duplicates existing VA efforts, but NAMI will work with other advocacy organizations to work towards its reintroduction and passage in the next Congress.

At the same, Congress did include an important new set of requirements for the Department of Defense (DoD) to undertake annual mental health screenings for Active Duty, National Guard and Reserve service members as part of the 2015 National Defense Authorization Act ([HR 4435](#)). This legislation has cleared both houses of Congress and will soon be signed into law by the President.

The final agreement on the defense bill includes a Senate provision – sponsored by Senators Joe Donnelly (D-IN) and Roger Wicker (R-MS) – that requires DoD to provide a person-to-person mental health assessment for Active Duty and Selected Reserve members each year. The amendment would also require the Secretary, through 2018, to provide person-to-person mental health screenings once during each 180-day period in which a member is deployed.



## **\$17,400.00 BPD Treatment Scholarship**

The Meehl Foundation is offering one \$17,400.00 scholarship through the generous donation of the Winfield Scholarship fund for the treatment of an occurring mood disorder with Borderline Personality Disorder. This scholarship pays for half of the total cost, \$34,800.00 of the 90 day treatment at the Meehl Foundation Dialectical Behavioral Therapy (DBT) residential program.

The Maureen J Meehl Bipolar/BPD Foundation is a 501c3 foundation that receives donations throughout the year. Maureen J Meehl was a young mother with four young children when her life was cut short. Special consideration for young mothers with children will be given for these scholarships. The [Meehl Foundation](#) was established to provide healing, hope and a place of sanctuary for people who suffer from PTSD, and for the ones who have been under severe mental stress and suffering from mood and personality disorders.

Borderline Personality Disorder is a maladaptive coping style that has up to an 87% success treatment rate using Dialectical Behavioral Therapy. Basically, DBT maintains that some people, due to genetic predisposition and environment, react abnormally to emotional stimulation. Their level of arousal goes up much more quickly, peaks at a higher level, and takes more time to return to normal. People with BPD experience intense abandonment fears and inappropriate anger. Their frantic efforts to avoid abandonment may include impulsive actions such as cutting, burning, self-mutilation and suicidal behaviors. Some people with BPD exhibit other impulsive behaviors, such as excessive spending, binge eating and risky sex. BPD often occurs together with other psychiatric problems, particularly bipolar disorder, depression, anxiety disorders, substance abuse, and other personality disorders.

The Meehl Foundations' "Intensively trained DBT Team" will give special consideration to applicants with children who have sustained some trauma or have PTSD. Any person applying for the scholarship must meet the DSM !V criteria for BPD without psychosis. All candidates must have a willingness to change, make a 90 day commitment to the program, and be willing to see a psychiatrist and follow a treatment plan. Applicants my contact the Meehl Foundation at, [meehlfou@meehlfoundation.org](mailto:meehlfou@meehlfoundation.org) to request an intake application, once financial need is established a \$2000.00 deposit holds the next treatment opportunity. The next availability is January 3, 2015.

The Meehl House currently offers the only transitional residential home specializing in Dialectical Behavioral Therapy that is an "Amen Brain Healthy Treatment Program" for clients with bipolar disorder, borderline personality disorder, PTSD, depression and substance abuse. Living in a supportive environment with Mark and Debra, residents learn new skills for achieving and maintaining emotional regulation with access to the Meehl Foundation Intensively Trained DBT Team. Clients develop distress tolerance skills and learn how to take control of their thoughts and their actions. See more on [YouTube](#).



## NAMI Collin County

An affiliate of NAMI Texas and NAMI (The National Alliance on Mental Illness)

P. O. BOX 867264

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### RETURN SERVICE REQUESTED

#### Open Your Mind



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

### NEXT MEETING IS THURSDAY JANUARY 8, 2014

NAMI Collin County Board of Directors: bod@namicco.org

President: Sharon DeBlanc  
Treasurer: Dominic Tolotta  
Secretary: Doris Nissley  
At Large: Linda Denke  
At Large: Linda Smith  
At Large: A D Paul  
At Large: Leah Thedford  
At Large: Joan Abrams  
At Large: Jennifer Sublett  
At Large: Nicole Bowers

#### ALTERNATES

Past President: Sherry Cusumano

#### UPCOMING Events

**January 8 - Monthly Meeting**

**Please join us to hear about the challenges and opportunities surrounding mental health policy for the 2015 legislative session.**

**Custer Road United Methodist Church  
Lower Level**

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**Next Board of Directors Mtg**

**TBA**

**Custer Road United Methodist Church Lower  
Level Room B3**

**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!**