



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.

DECEMBER MEETING

Thursday – December 11, 2014

Custer Road United Methodist Church – Lower Level
6601 Custer Road, Plano, TX 75023

* Meeting & Program: 6:30 – 9:00 P.M

No support groups on December 11

Please join us for our Christmas party, December 11 at 6:30. Please bring food to share and consider sharing a talent—music, poetry, etc. Meat and drinks will be provided.

Save the Date

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January 8: Meeting plans to be announced when available

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.

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 January Newsletter is December 17. Anything received after the deadline may not be included. Send your articles to news@namicco.org.



The NAMICCO CLARION



NAMI Connection

No NAMI Connection support groups on December 11

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 1st and 3rd 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. Contact Rhonda at 214-534-8678 for specific directions to the room.

Action Needed on Funding for Supportive Housing

During this lame duck session, Congress has one last opportunity to include increases for permanent supportive housing programs targeted to people living with serious mental illness that experience chronic homelessness or are living in restrictive settings. NAMI is urging Congress to support specific increases proposed by President Obama for FY 2015 including:

1. \$25 million for the HUD Section 811 Project-Based Rental Assistance (PRA) program, boosting funding to \$160 million, and
2. \$301 million for the McKinney-Vento Homeless Assistance Act, boosting funding to \$2.406 million and placing the program back on track to end chronic homelessness in 2017.

Write your member of Congress to support these important programs today!



Congress Begins Post-Election “Lame Duck” Session

Congress has returned for a post-election “lame duck” session. Their main task is to complete work on 2015 spending bills before the Dec. 11th expiration of the current continuing resolution (a temporary funding measure that is keeping the government open until a full-year “omnibus appropriations” can be enacted).

Another major issue is whether or not Congress will enact that omnibus appropriations bill authorizing funding for the remaining months of FY 2015 (which actually began back on Oct. 1) or whether Congress will instead pass a continuing resolution or CR that would keep current FY 2014 funding levels in place through Sep. 30, 2015.

This decision will have a significant impact for a number of important NAMI priorities. For example, a CR would preserve the current FY 2014 budget at \$1.41 billion for the National Institute of Mental Health (NIMH) and would stop Congress from enacting the \$23 million increase requested by the President. In addition, the President’s BRAIN Initiative (unveiled in April 2013) would NOT receive a proposed \$40 million boost, up to \$100 million.

The Health Insurance Marketplace is Open

If you don’t have health insurance or are looking for more affordable health insurance and haven’t looked at the Health Insurance Marketplace—open enrollment is the time to look. Health insurance can be complicated. If you or your family member needs help understanding your options, Healthcare.gov can help.

The Kaiser Family Foundation also put together some great resources including a [video](#) explaining health insurance and a [calculator](#) you can use to figure out about how much health insurance will cost for you if you buy it through the Health Insurance Marketplace.

It is important that people living with mental illness enroll in the right level of coverage. Enrollment assisters need information to help people identify health plans that cover the person’s providers and therapies. The [National Disability Navigator Resource Collaborative](#) has developed a guide; fact sheets and state specific information to help individuals with disabilities-including mental illness- get a health plan that covers their needs.

[The three articles above were taken from the NAMI Advocacy Update: November 2014](#)

Editor’s Note

This is your News Letter. If you see an article you would like to see in the letter send it to newsletter@namicco.org. This month I got absolutely nothing. That is why it is late and only 4 pages.



NAMI Collin County

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

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RETURN SERVICE REQUESTED

Open Your Mind



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

NEXT MEETING IS THURSDAY DECEMBER 11, 2014

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

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ALTERNATES

Past President: Sherry Cusumano

UPCOMING Events

December 11 - Monthly Meeting

Please join us for our Christmas party, December 11 at 6:30. Please bring food to share and consider sharing a talent—music, poetry, etc. Meat and drinks will be provided.

**Custer Road United Methodist Church
Lower Level**

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!