



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.

NOVEMBER MEETING

Thursday – November 12, 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.

Linda Denke will be our speaker. Her topic is “Wellness” with special emphasis on how caretakers can take care of themselves.

Save the Date

Nov. 12: Linda Denke will be our speaker. Her topic is “Wellness” with special emphasis on how caretakers can take care of themselves

Nov. 3-5: National Prostitute Diversion Conference

Dec. 10: Our December meeting will be our annual Christmas Pot Luck. Brush up on a talent to share, and think about what food you want to bring.

Join us November 12 at Custer Road UM Church [SE end, lower level], 6601 Custer Road Plano. Consumer and family support groups are 6:30-7:20; program follows at 7:30.

One of our board members, Linda Denke, a nurse, will be speaking about “Wellness” with special emphasis on how caretakers can take care of themselves.

This meeting will also be our annual election of board members. **The 6 open positions are: 4 At Large, Secretary and Vice President.** The nominees are (At Large) Lois Parks, AD Paul, Nora Tsai and Leah Thedford, (Secretary Doris Nissley and (Vice President) Cheryl Andrews.

Retiring board members are Vice President Mary Taddiken and At Large members Caroline Philo and Tracy Westhoff. We want to thank these ladies for their input and unselfish service to NAMICCO.

SAVE the DATE: November 3-5, to attend the National Prostitute Diversion Conference 2009 at the Old Red Courthouse, 100 South Houston Street, Dallas, TX. For more information and accommodations: www.PDINewLife.org

On page 2 of this issue of the Clarion is a membership form where you can join NAMICCO or renew your membership. You can also join NAMICCO or renew your membership with your credit card using PayPal. Go to www.namicco.org and follow the instructions on the home page.

The deadline for submitting news for the December Newsletter is November 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 ___ *Family \$35 ___ Consumer/Open Door \$3 **Corporate: ___ Bronze \$100 ___ Silver \$500
 ___ Gold \$750 ___ Platinum \$1000 ___ Sustaining \$5000 _____ Renewal ___ New

*Family Membership includes all family members but only has 1 vote. If each family member wants a vote each one must join.

** The Bronze, Silver, Gold and Platinum Corporate memberships are annual and the Sustaining is lifetime.

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**

October NAMICCO Meeting Report

Dr. Roger Butler, our speaker, loves his job at Green Oaks Hospital. Green Oaks is a portal open 24/7 for psyche emergencies and has taken a heavy load off of Parkland Hospital. Police prefer to bring people with a history of MI there because Green Oaks can process them quickly.

Many more would end up in jail were it not for Green Oaks. They need to do a quick assessment to determine if it is necessary for the person to be admitted. They find out the current problem and make judgment whether the person is ill enough to be behind locked doors.

Once a person is admitted, they are under observation for 23 hrs. They are assigned a comfortable recliner and provided with snacks, drinks, meals and any meds they need and will be seen by a psychiatrist. They need to do a urine/tox screen and are accompanied to the bathroom to be sure they are safe. Families are not allowed to speak to their loved one, but can speak with nurses anytime. If a patient does not talk, the hospital needs to get information from families.

How do you enter Green Oaks? Most people are brought by police, families can get a Mental Health warrant from any judge or JP with sufficient evidence, families bring loved ones, and people sign themselves in. Mobile Crisis cannot bring people unless they come willingly.

After 23 hours Green Oaks does a suicide evaluation. This time they consider: did the person have previous attempts, what method would they use, where were other people, family history, gender [males are most often completers], are alcohol and drugs involved, **and are they chronically suicidal**. If there is a gunshot wound to the abdomen or chest, they need to stay for treatment.

Green Oaks is very concerned about patients' rights according to the law. A person is allowed to be as mentally ill as they want to be without interference unless they are a threat to themselves or others. Families often think their loved one is released too soon but Green Oaks must abide by the law.



The NAMICCO *CLARION*



Are you concerned about your child's behavior? Do you suspect that your child might have a mental illness, or has your child been diagnosed with a psychiatric disorder?



National Alliance on Mental Illness (NAMI) Dallas offers a support group for parents who

have a child or adolescent with mental illness.

Parenting any child these days can be tough, and it's even tougher if your child has a mental illness such as ADHD, Depression, Bipolar, Anxiety, Schizophrenia, ODD, OCD, etc. You are invited to join other parents to share your struggles and learn from each other. This FREE parent-led group follows a loosely-structured format that includes time for discussion, questions, and brainstorming. Take care of yourself by attending this great group, so that you can better take care of your child!

**Third Thursday of each Month
7:00-8:30 p.m.**

**The Warren Center
320 Custer Road Richardson, TX 75080**

For more information contact NAMI Dallas at 214-341-7133 or

mrodgers@nami.org

NAMITEXAS Convention

NAMICCO put together a basket of goodies that was sold at the NAMITEXAS Convention silent auction to raise money for our state organization. The basket was painted chocolate brown and included items for a snuggly evening—a movie, specialty candies, popcorn, a bottle of Merlot [Sharon said that baskets with wine always bring a higher price!], a book, a fragrant candle, and a Snuggie.

This year NAMITEXAS asked each affiliate to bring a poster about the beginning years of the affiliate. We are indebted to Carol Shaper for much of the information. Carol is being honored at the Convention. She was very active in starting NAMICCO and was president of NAMITEXAS at one time. She worked tirelessly for the betterment of life for consumers and their families and we are very proud of her.



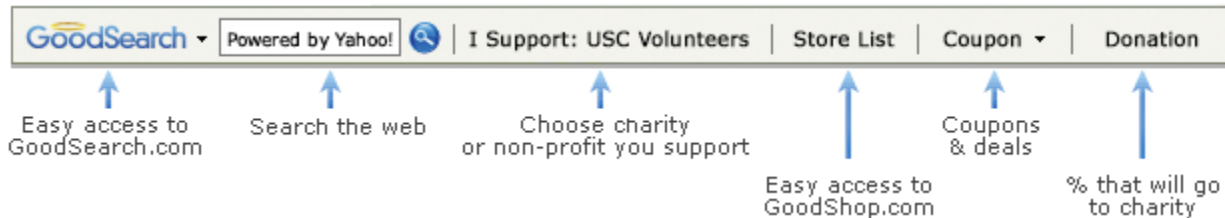
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The Good Search Toolbar

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.



NAMI Connection Training

Oct 2-4, NAMI Connection Recovery Support Group Facilitator Training in Houston

had 18 participants from Austin, Houston, El Paso, Lubbock and Dallas areas. All were given Facilitator Certificates for demonstrating the understanding and skill necessary to facilitate a Connection group with fidelity to the model. The state trainers were Linda Creft-Smith, Rosemary Wood (both from NAMICCO) and Andy Gibson (from Lubbock). We have over 700 trainers in 30 states and training continues nationwide.

Are you interested in being a Champion for NAMI Connection? In every community, NAMI is looking for Champions to help ensure that NAMI Connection becomes a successful and flourishing program. **Who can become a Champion?** Champions are consumers, family members, peer support specialists, mental health professionals, former affiliate board members; anyone who is interested in making sure NAMI Connection succeeds in their local area. If you or someone you know is interested in becoming a Champion, contact your state office (www.namitexas.org) or email connection@nami.org for more information on how to help!

Plano International Fair

NAMICCO was represented at the Plano International Fair. We had a table along the sidewalk. We set up the tri-fold with information about NAMICCO, and had handouts on the table for people to take. We had tootsie rolls and smarties for the kids to enjoy. We were fortunate to be near the stage and could watch the whole program for the day. There were dancers in native costumes, a fashion show. There was a citizenship ceremony for about 20-30 people. There was ethnic food to sample. It was a fun day and we highly recommend that you attend the Plano International Fair sometime.

Thanks to Janel Smith, Rosemary Wood and Doris Nissley for representing NAMICCO.

Economic Downturn Taking Toll on Americans' Mental Health

A new national survey shows the economic downturn is taking a toll on the mental health of Americans. Individuals who are unemployed are four times as likely as those with jobs to report symptoms consistent with severe mental illness. Americans who experienced involuntary changes in their employment status, such as pay cuts or reduced hours, also are twice as likely to have these symptoms, even though they are employed full time.

The survey was conducted for Mental Health America and the National Alliance on Mental Illness in collaboration with the Depression is Real Coalition. The results come from telephone interviews of 1,002 adults nationwide from September 17-20. The release of the findings coincides with Mental Illness Awareness Week (from October 4 to 10) and National Depression Screening Day, which took place Thursday, October 8. "This survey clearly shows that economic difficulties are placing the public's mental health at serious risk and we need affirmative action to address these medical problems," said David L. Shern, Ph.D., president and CEO of Mental Health America. "Individuals confronting these problems should seek help for their problems – talk to their doctor, trusted friend or advisor or mental health professional."

"Unemployment today stands at almost 10 percent. Nationwide, we face a mental health crisis as well as an economic crisis," said Michael J. Fitzpatrick, M.S.W., executive director of the National Alliance on Mental Illness. "There is no shame in seeking help to overcome unemployment or a medical illness. For the sake of all our loved ones, it's important



to learn to recognize symptoms of depression and other mental illnesses. Screening helps. Talk with a doctor about any concerns.”

Other key findings of the survey:

- Thirteen percent of unemployed individuals report that they have thought of harming themselves which is four times more than reported by persons with full time work.
- People who are unemployed are approximately six times as likely to have difficulty meeting household expenses – 22 percent report great difficulty paying their utilities and almost half have significant difficulty in obtaining healthcare further compounding their situation.
- People who are unemployed are also twice as likely to report concern with their mental health or use of alcohol or drugs within the last six months as individuals working full time.
- Of those who have not spoken to a health professional about these concerns, 42 percent cited cost or lack of insurance coverage as the main reason.
- Nearly 20 percent of the sample reported that they had experienced a forced change (e.g. pay cuts, reduced hours) in their employment during the last year.
- Although most of these individuals are employed, individuals with a forced change in employment are twice as likely to report symptoms consistent with severe mental illness than would be expected. They are also five times more likely to report feeling hopeless most or all of the time than individuals who hadn't experienced a forced change.

Major depression is a serious medical illness affecting 15 million American adults, or approximately 5 to 8 percent of the adult population in a given year, whether they are unemployed or not. Depression is also very treatable. In fact, treatment such as antidepressants and talk therapy is effective over 80 percent of the time.

But fewer than half of people confronting this medical illness seek treatment, regardless of economic or employment status.

Individuals can go to www.mentalhealthscreening.org to find out about free, confidential screenings being conducted around the country on Thursday and take an anonymous screening online. An additional free, confidential, online screening test is also available at www.depression-screening.org. More information about depression is available at www.DepressionIsReal.org.

About the Survey

The survey was conducted via telephone among a national probability sample of 1,002 adults, comprising 500 men and 502 women 18 years of age and older, living in private households in the continental United States. Fieldwork for this study was conducted using Opinion Research Corporation's CARAVAN® Survey during the period September 17-20, 2009. It has a margin of error of plus or minus 3.1 percentage points for results based on the total sample.

About the Depression is Real Coalition

The Depression Is Real Coalition (www.DepressionIsReal.org) is sponsored by the American Psychiatric Foundation, Depression and Bipolar Support Alliance, Mental Health America, National Alliance on Mental Illness and National Medical Association.



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 NOVEMBER 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	972-596-5846
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

November 12 - Monthly Meeting
Linda Denke will be our speaker. Her topic is
“Wellness” with special emphasis on how
caretakers can take care of themselves
Custer Road United Methodist Church
Lower Level

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November 18 - 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!