



NAMI TEXAS NEWS

The State's Voice on Mental Illness

Fall 2006

partners celebrating
 recovery

The time to talk is now!

2006 NAMI Texas Annual Conference Omni Southpark, Austin, Texas October 15 – 17, 2006

SUNDAY, OCTOBER 15, 2006

Registration: 5 – 8 pm

Exhibit Setup: 4:30 – 8 pm

NAMIWalks Celebration and Reception: 7 – 8:30 pm

MONDAY, OCTOBER 16, 2006

Registration: 7 am – 5 pm

Exhibits: 7 am – 6 pm

Opening Session: 8:30 – 9:45 am; Awards will be presented

Dr. Fuller, Associate Professor in Psychiatry at the University of Texas Medical Branch at Galveston

Dr. Fuller will discuss the history of how mental illnesses are treated in the United States and review the strengths and weaknesses of current medical and social priorities in the treatment of mental illness. He will discuss possible solutions to the “criminalization” of mental illness in the State of Texas. Dr. Fuller will define the concept of “Recovery” from mental illness, describe the essential elements of this process and suggest improved tools to implement “Recovery” as a process in ones own life or that of others. Dr. Fuller’s sensitivity and “down to earth” manner have been praised by his patients and coworkers. Dr. Fuller possesses a calm, caring demeanor in any situation which makes him an invaluable asset to UTMB.

Voting: 9 am – 4 pm

Breakout Sessions: 10 – 11:30 am

- *The Cultures of Texas: Beyond the Cultural Competency Discussion to Real Change*
Dr. King Davis, Ify E. Ezeobele, Joe Powell and Lupe and Roger Morin
- *Utilizing Technology to Improve Treatment*
David Ballenberger and Darrin Hanna of Rose Hill Center, Holly, Michigan

Presenters will discuss the advantages for both client and clinician when an advanced electronic medical records (EMR) system is used to track and evaluate assessments, treatment plans, *See Schedule...page 6*

partners celebrating recovery

The time to talk is now!

Conference Registration

Registration Fees: \$55 for consumers; \$75 for family & friends; and \$95 for professionals. Register by completing the registration form on the back of the newsletter and mailing it along with your check today!

Hotel Accommodations

OMNI AUSTIN HOTEL AT SOUTHPARK
4140 Governor's Row, Austin, TX 78744
Phone: (512) 448-2222 Fax: (512) 442-8028
Website: www.omnihotels.com

Single/Double Room: \$85* per night. When inquiring and making room reservations please identify yourself as someone attending the NAMI Texas Conference in October.

*Be sure to reserve by September 22 to receive this special room rate.

Directions to Conference

From Austin International Airport:

Take Texas Route 71 East and continue to Woodward St. and turn left at stop light. Turn right onto Freidrich Ln. Turn right onto Director's Blvd. and the turn right onto Governor's Row. Hotel will be on left.

From the North via I-35 southbound:

Traveling on I-35 South, pass through downtown to Exit 230B. Take parallel frontage road toward US-290 West / Ben White Blvd / TX-71 intersection. Turn left at the stop light and then turn right on Governor's Row. Hotel will be on the right.

From the South via I-35 northbound:

Traveling on I-35 North, follow to Exit 230 toward TX-71 / Ben White Blvd. / US-290. Take parallel frontage road and turn right onto Director's Blvd. Then turn left onto Governor's Row. Hotel will be on the left.

From the East via Hwy 71 westbound:

Traveling west on TX-71 proceed past Austin- Bergstrom International Airport. Follow to Woodward St. and turn left at the stop light. Turn right onto Freidrich Ln. Then turn right onto Director's Blvd. and right onto Governor's Row. Hotel will be on the left.

Message from the Executive Director



The summer has flown by and Fall is upon us. Our annual conference is just around the corner and I am very much looking forward to having the opportunity to meet many of you. In addition to information about our conference, the focus of this issue is our elections. Please take the time to read about our candidates, in their own words, and Jackie

Shannon's letter about the importance of casting your vote.

I love this time of year. For me, even more than in January, September brings a sense of the new year, a new cycle beginning. This is a holdover, I am sure, from when my son was younger and the school year was starting up. It is also a time to anticipate the coming holidays when we celebrate family, friends and blessings.

There is much to do in the coming year as NAMI Texas focuses on state level advocacy for those affected by mental illness, implementation of newly updated education programs like Visions for Tomorrow (VFT) in English and Spanish, getting Peer to Peer started in Texas, and improvement of technical support for families and consumer education and support programs through our affiliates. NAMI Texas will be the best at supporting these important initiatives through our affiliates. We know that many of you already make invaluable contributions as NAMI members, providing education and support to consumers and families in your communities, serving on your local NAMI Board, advocating at the local, state and federal level, and many other contributions that would be impossible to cover in this column.

Nevertheless, we are asking at this time, that you make an additional contribution of money, to assist us in better meeting your needs. Please use the attached envelope for your contribution. I have been the Executive Director for just over six months, and I am dedicated to your state office being of service to you, our members and Affiliates, as that is where the "rubber meets the road."

Thanks for all the support and encouragement that you provide.

Sincerely,

Robin Peyson, Executive Director

NAMI Gulf Coast



supports NAMI Texas!

**Galveston County
Northern Brazoria County
Southern Brazoria County**

Meet the Candidates

1. *Why do you want to serve on the NAMI Texas Board of Directors?*

2. *What financial management or fund raising expertise would you bring to the Board?*

3. *What is the most pressing public policy issue facing NAMI Texas members today? What course of action do you suggest?*

4. *What brought you to NAMI – and what is most valuable to you about your participation in the NAMI movement?*

5. *What is the most pressing internal or organizational issue facing NAMI Texas today? What course of action do you suggest?*



Patti Haynes

I am a mother of a child who has Bipolar Disorder. I served 4 years on the NAMI Dallas Board and I have taught Visions for Tomorrow for 7

years. I love to volunteer my time to help other family members understand and cope with their child's illness.

1. I want to serve on the NAMI Texas Board of Directors because I have worked with NAMI Texas for several years as a state trainer for Visions for Tomorrow and I want the state organization to have a strong influence on the state as far as education and advocacy for mental illness. I believe my voice as a parent and Visions for Tomorrow educator is needed.

2. My financial and fundraising background is two-fold. I have my own business – I am a Mary Kay Independent Beauty Consultant and have been very successful running my business. I have also worked hard on NAMI Walks and my small team raised more than \$1000 each year through my fundraising.

3. The most pressing public policy issue facing NAMI Texas is parity – we must have an equal footing with the physical health funding, otherwise the mental

health system will remain a revolving door for many patients.

4. I came to NAMI because I needed help – I found it in NAMI support groups and Visions for Tomorrow – which is why I need to give back to NAMI and the community through my teaching, advocacy and fundraising. The most valuable thing about NAMI to me is the people. I made instant friends and they have always been there for me. You can't always say that about your family or other friends – but NAMI friends are always there for you.

5. The most pressing internal issue facing NAMI Texas is two-fold – staffing and funding – and you can not have one without the other. To get the NAMI staff up to the level it needs to be, grants and other fund raising efforts must be initiated. Then when the office becomes fully staffed, the Executive Director will not have to commit herself to so much time fund raising. To have an effective staff, we must have the funding to allow her to be an ED and not a staff member who must write grants, answer the phone and do countless other tasks.



Jerry Parker

My name is Jerry Parker. I have been the Chief Executive Officer for The Wood Group for 20 years. The Wood Group provides mental health

programs and services in Texas. My wife and I live in Wichita Falls where she teaches at a public school. We have three children and one granddaughter.

1. It is a great honor to be nominated for an "at large" position on the State Board of Director of NAMI Texas by the NAMI South Texas Chapter. The opportunity to serve on the NAMI Texas Board of Directors will provide an opportunity to expand my desire to be an advocate for persons with mental illness. My under-

standing of the effects of mental illness on the life of an individual and their family comes from my personal experience of having a family member with Schizophrenia. This experience has strengthened my resolve to not only provide services to the mental health community, but to advocate and promote the rights of persons with mental illness. Serving on the NAMI Board will provide opportunity to enhance that resolve.

2. Over the past twenty years I have served on several boards for non-profit agencies. I currently serve on the Board of Directors for the Homeless Coalition of North Texas and serve on the Board of Directors for the Texas Homeless Network. I also serve on the National Board of Directors for the National Association for Rural Mental Health. I have been active in providing fundraising support for South Texas Family Support Conference, the African American Support Conference and the Bexar County Support Conference. I established The Wood Group Academic Scholarship that is awarded to a consumer at the South Texas Conference. I am establishing a new scholarship to be awarded at the Texas NAMI Convention of 2006 in Austin. I have supported activities of local NAMI chapters in areas that The Wood Group provides services. If elected to the Board I bring 20 years of experience in business as a CEO of a corporation and experience as a Board Member of several non-profit agencies.

3. The most pressing issue facing NAMI Texas members in the next few years is the realignment of the mental health delivery system in Texas. The State of Texas is considering major changes to the way that person will receive their services. It is important for NAMI Texas to be aware of these changes and add their voice to the future system. I serve on several committees that are working

See Candidates...page 4

Candidates...*continued from page 3*

on these changes and I believe I would be of benefit to NAMI on these issues. Also public funding is always an issue and it is important that the people of our state know that mental health issues and homeless issues are under funded.

4. The National Alliance for the Mentally Ill has always been a strong advocate for the rights of persons with mental illness. That commitment to mental health issues has strengthened my desire to take an active role in the NAMI cause. I believe in providing quality mental health services that assist consumers and their families with integration into their community with all their rights, privileges, and responsibilities. As a strong advocate of the rights of the mentally ill, I have done my best to provide leadership in protecting those rights. If elected to the Board of Directors of NAMI Texas, I will do my best to promote this noteworthy cause.

5. It is essential for NAMI to remain a "strong voice" in Texas for mental health issues. NAMI must stabilize its financial situation and develop both short term and long term plans to address that issue. It is essential for NAMI to have a board of directors that is diversified and committed to the mentally ill. Diversification will allow for new and exciting approaches to address issues. NAMI has been the voice of the Mental Health community in Texas for years and it is essential that the voice continue to be heard.

Mary Robins

I have been an active NAMI member since 1991. I have served on the Boards of two local affiliates, NAMI San Antonio and NAMI West Houston. I continue to work at the local level by teaching family education. I currently represent Region 8 on the NAMI Texas Board of Directors.

1. The mission of NAMI Texas is to improve the lives of all persons affected by serious mental illness by providing support, education and advocacy through a grassroots network. I believe

in this organization and its' mission. I know recovery from mental illness is possible. NAMI Texas is the organization that can help families and individuals affected by mental illnesses experience recovery, receive support and education that is so necessary. Today, NAMI Texas is in a period of transition and transformation. I want to serve on the board to see this process through completion as we emerge as a stronger, viable organization.

2. I do not have a financial management or fundraising background. However, I know that good financial planning and fiduciary responsibility is the essential for any business, whether in the corporate or the nonprofit world. NAMI Texas must develop diversified funding sources. As a board member, I will support the organization to the best level of giving that I personally can commit to. I will work with our Executive Director and the Board to identify and support grant and fundraising activities.

3. The most pressing public policy issue today is the restoration of mental health services that were lost as a result of the last two legislative sessions, and the full funding needed for those critical services. The loss of mental health services and its funding has resulted in an increase of emergency room and crisis intervention unit visits, state hospitals operating at capacity, local mental health or behavioral health hospitals are either closing or downsizing units, more individuals entering the criminal justice system, and families continuing to relinquish custody of children to obtain mental health services. Without needed services available in our communities, our families will continue to struggle every day, quality of life will be diminished and lives will be lost.

NAMI Texas must work with our partner advocacy groups for the restoration of those services. As we develop a strategy, our grassroots must be involved and kept informed. Legislators need to hear the family and consumer stories, and understand the cost of mental illness. Legislative training workshops can be

held at the convention and in regional or affiliate meetings so our members can learn the "how-to" on personal advocacy.

4. I joined the local affiliate because I was looking for support and education. When my sons were children and adolescents, I was told I needed to be a "better parent," but was never told how the mental illness affected my children – affected their brains – affected their behavior.

Through support groups and education classes, I learned about the behaviors, the illnesses and the potential for recovery. I was finally able to learn how all of this affected my sons and in turn affected me. This gave me a better understanding, so I did become a "better parent."

Most folks come to NAMI for the same reasons I did. Because of the help I received years ago, I believe family and consumer education classes and support groups are an essential part of recovery. I have taught NAMI Family to Family, and was on the Visions for Tomorrow writing team, and continue to teach this great program. After facilitating a support group for a number of years, I now am a NAMI TX state trainer for support group facilitators.

5. NAMI Texas is in the process of transformation and reorganization because our main funding source (Mental Health Block Grant) has stopped. We have to develop other funding sources for the organization to fulfill its mission. As a state organization, we need to look at our mission statement and vision to help us remember why we exist. With that in mind, NAMI Texas needs to focus on the grassroots – our members and affiliates.

We need to look at the Strategic Plan that was developed, and work on goals identified through that process to build and strengthen our state infrastructure and affiliates. This goal can be achieved through partnerships with the affiliates by several means: provide technical support where needed, offer grant writing, provide training and materials for education programs, provide training for support groups and mentor programs.



Angela Ellis

Hello, I am Angela Ellis, 44 years old, mother of three grown children and I live in Amarillo with my husband. I have a BSN and work as a RN

in MICU. I've been a member of NAMI for seven years and am the NAMI Texas Panhandle's Vice President.

I want to serve on the NAMI Texas Board of Directors because I am passionate about improving the lives of those who have mental illness. I believe that NAMI is a powerful force in accomplishing this goal but could be more. I coordinated the NAMI Bicycle Tour to benefit the Texas Panhandle Division this year. It was a financial and cultural success and we have a date scheduled for next year already. I would like to raise more money for NAMI so that more can be accomplished. Time spent fundraising needs to be a top priority. Convincing those in government to see mental health as a priority would help our funds tremendously.

I came to NAMI because my daughter became very ill with Bipolar Disorder and I felt alone and overwhelmed. I needed help and support. I took the Family to Family class and it changed my life and my daughter's life forever. I gained so much knowledge and found a valuable resource to fall on as the years have gone by. I am a firm supporter of NAMI because of this and I want to do more. Finding NAMI took some time for me. The hospital my daughter was in didn't know how to find the support I was asking for. Through persistence, I finally found someone who told me to call the Texas Panhandle Mental Health and Mental Retardation Office. They gave me the number to someone in NAMI. So, because of this experience, I believe a pressing issue with NAMI is advertisement to the general public and continued advertisement to the facilities and doctors who serve the consumers.

My daughter's illness has shown me weaknesses in the mental health system.

She has been very ill and her needs are not always met. Big issues are housing, law enforcement training, mental health courts, and the need for long term care facilities. Fundraising puts the NAMI name out to the public. We can get the attention of the public, government, and big corporations if our name and charter is well known. Advertisement of the NAMI name will help us accomplish getting more money so we can reach our goals that help the mentally ill.



Victor Ortiz

I am an accountant and have degrees in public relations and commercial relations. I am bilingual (Spanish & English). My wife and I have

been married for 42 years, have 7 children, 9 grandchildren and 1 great grandchild. When my children were in school, I was president of the PTA during all their school years. I am a Family to Family teacher as well as trainer of teachers, having taught more than 100.

1) My community and business relations, knowledge, and desire to help are reasons I would like to continue serving on the NAMI Texas Board of Directors. I can be especially helpful to those who only speak Spanish.

2) Financial management or fund raising expertise would be in my relations with local authorities and companies in El Paso and Juarez.

3) More services – medical, medications, housing. Rehabilitation for consumers. More funding, community awareness and promotion at the local, state and federal levels are the remedies.

4) I got involved with NAMI the same way as most people, need. My son was diagnosed with bipolar disorder. I became a teacher and a trainer of teachers in order to help other families.

5) Funds. And the course of action – work, work, work.

As our state mental health budget decreases every year and persons with serious mental illness are denied the treatment that they need, the NAMI Texas mission becomes ever more vital. Now is the time to gather together with our mental health partners in our communities and demand positive change in every level of government. The time to talk is NOW and collectively we can and will make a difference for ourselves and our loved ones. The 2006 NAMI Texas Conference is an opportunity to develop solutions and enlighten our paths to recovery.

■ CONFERENCE

Schedule...continued from page 1

notes, and billing information. Presentation will focus on how evidence- and outcome-based technology can improve the treatment process for everyone involved.

■ *No Magic Necessary: Making Invisible Children and Their Parents Visible*

Mary Ellen Nudd, Vice President, Mental Health Association in Texas

Learn about the Invisible Children's Project's Toolkit: Information for Parents struggling with parental mental health problems, for their children and for professionals working with families.

■ *Ask the Doctor: Dr. Michael Fuller*

Dr. Fuller will be available to answer your questions about treatment for serious mental illness.

Keynote Luncheon: Noon – 1:45 pm Awards will be presented

Dr. Ed Knight, Vice President for Recovery, Rehabilitation and Mutual Support, Value Options

Value Options is the second largest behavioral managed care company in the US. Dr. Knight was diagnosed with schizophrenia in 1969 and has been homeless. He is also a family member with members of his family of origin having had mental illness.

Breakout Sessions: 2 – 3:30 pm

■ *Hope for Recovery: Finding the Balance*

Alice Clark, Eileen White, Eric Blumberg, Eileen Rosen and Lee Burns; Moderator: Diana Kern

Consumers will share their stories of success and inspiration.

■ *Societal Issues of Multigenerational ADHD families*

Paul Jurek, PhD.

Dr. Jurek will define Attention Deficit Hyperactivity Disorder (ADHD) as it relates to children and adults. This workshop will take a family perspective in discussing family dynamics inherent to several members of one family who all struggle with ADHD.

■ *Criminal Justice and Mental Health*

Dr. Susan Stone, M.D., J.D., Roger Morin and Gilbert Gonzales of the Center for Health Care Services in San Antonio

This presentation will focus on legal, policy and clinical issues at each point of interface for individuals with mental illness who are justice system involved, or have the potential for justice system involvement. Participants will also be informed about some innovative strategies to address this important issue, including system mapping, information technologies and community collaboration.

■ *Special Needs Trusts*

Craig Watson, Special Needs Alliance

As vital as they are, love and best intentions are not enough to secure the future of a special needs child. They need the specialized knowledge of a Special Needs Alliance lawyer – someone particularly skilled at the hide-and-seek of disability laws and public benefits preservation.

Breakout Sessions: 3:45 – 5:15 pm

■ *The Business Side of Visions for Tomorrow (VFT)*

Deborah Rose and Patti Haynes

Debbie and Patti will tell us how to develop a strategy, build a business plan and promote *Visions for Tomorrow* through the use of grant monies and other funding.

■ *Family Member Panel*

Family members will share coping skills and ways to adopt more adaptive perspectives on their relative's illness and their own care-giving and family roles.

■ *Veterans and Mental Health Issues*

Dr. Kathryn Kotrla, Wayne Gregory and Mary Gibson

We will learn how the Veterans Health Administration is embracing and implementing the recommendations of the President's New Freedom Commission through a Comprehensive Mental Health Strategic Plan. A specific example of NAMI/VA/State collaborations will be described to exemplify the power of community partnerships and peer support for consumers.

Reception and Speakers: 6 pm

Enjoy some fun with your NAMI Texas family and friends. Ann Fry will lighten up our evening with "The Healing Power of Humor."

Ann Fry, MSW, CEO and Dean of Fun of Humor University, has a background as a psychotherapist. For the past 15 years she has been a corporate trainer, professional speaker and coach. She holds a Master's degree in Social Work from the University of Illinois, is a graduate of Coach University, and holds a Professional Certified Coach (PCC) designation through the International Coach Federation. Ann combines her therapist's knowledge, management experience and sense of humor to create her programs and to be known as an "executive FUN coach."

Ann is the author of *Laughing Matters: The Value of Humor in the Workplace and Coaching Morsels*. Ann is a professional member of the National Speaker's Association (NSA) and is past-President of the NSA Heart of Texas chapter in Austin, TX. She currently lives in NYC.

The one thing most people don't know about Ann is that she has many family members with mental illness and that in 1996,

she had what she calls a “little mini-breakapart.” With that in mind, Ann sometimes speaks on the Value of Humor as a Healing Agent.

TUESDAY, OCTOBER 17

Opening Session: 8:30 – 9:30 am

What will the Texas Legislature Do Next: Preparing for the 80th Legislative Session

Robin Peyson, Executive Director of NAMI Texas, Denise Brady, Public Policy Director of the Mental Health Association in Texas and Monica Thyssen of Advocacy Inc.

Breakout Sessions: 10 – 11:30 am

■ *Crisis Services and Texas Transformation Grant Updates*

Dave Wanser, Deputy Commissioner for Behavioral and Community Health Services and Joe Vesowate, Assistant Commissioner for the Division of Mental Health and Substance Abuse Services of the Texas Department of State Health Services

Attendees will be informed about the progress of the Transformation Infrastructure Grant and the Crisis Services Redesign Committee.

■ *Faith Based Initiatives*

Ed Dickey, President of NAMI San Antonio and Yolanda Alvarado

Ed and Yolanda will share their successes in reaching out to the faith community and offer suggestions about outreach.

■ *NAMI on Campus*

Jim Monti, founder of the first NAMI on Campus and Dr. Ken Arfa and Cheryl Amarusio of the University of Houston

NAMI on Campus affiliates are student-run, student-led organizations that provide mental health support, education, and advocacy in a university or college setting. Come learn how you can start a NAMI on Campus affiliate.

■ *Taming your Terrible Too's*

Lana Castle, author of “Bipolar Disorder Demystified” and “Finding your Bipolar Muse”

What are your dreams and what blocks you from fulfilling them? Might it be a terrible too (too ill, too old, too little time...) In this session, Ms Castle helps you identify your own terrible too's, where they came from and how to move forward.

Conference Wrap-up: 11:30 am – noon

NAMI Texas Board Meeting: 2 – 5 pm

Members are welcome to attend.

Nominating and Electing the Board of Directors

As most of you are aware, the process for nominating and electing the NAMI Texas Board of Directors (and the Officers) has changed. Last year was the first year that the new bylaws were in effect that made the changes. Some explanation is in order.

Nominations for the Board of Directors must come from the Affiliates. Each year, an affiliate may nominate one person for the Board of Directors. When the new bylaws were being proposed, the feeling was that there should be assured participation from each of the nine regions of the state. So the bylaws say that each year three of the nine regions will elect a board member. This year, Regions 1, 3, and 8 will elect a board member. If you are not sure which region your affiliate is in, they are all listed on the NAMI Texas website at <http://www.namitexas.org>

Even though board members represent regions, it is the duty of every board member to reflect the needs of all the members of NAMI Texas, not just those from their region.

It was hoped that for this election, there would be more than one candidate for each position, but this year, there is only one candidate for each region and two at large candidates for the two at large positions. No other nominations were submitted. So you might wonder why we are holding an election if there are no contested positions?

In order for the NAMI Texas elections to be official, there are three criteria for assuring a quorum. One of these is the return of at least 10% of the mailed ballots!

Here's what the bylaws say about establishing a quorum:

A quorum shall be established if two (2) of the following three (3) conditions are met:

- A. Seventy five (75) members as of the record date are in attendance at the meeting.*
- B. Twenty percent (20%) of the total NAMI Texas Affiliates are represented by a member of their Affiliate, who has been certified to represent the Affiliate and who is present for certification, according to procedures as established by NAMI Texas. A member shall be certified to represent only one Affiliate.*
- C. Ten percent (10%) of the requested mail-in ballots are returned.*

So, you see why returning your ballot is so important. Last year, this requirement of returning 10% of the ballots was not met!

Please contact me at jshannon@nami.org if you have questions.

— Jackie Shannon, Parliamentarian, NAMI Texas Board

REGISTRATION FORM • 2006 NAMI Texas Annual Conference

October 15 – 17, 2006 • Omni Southpark • Austin, TX

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

E-mail: _____

Consumer \$55 Family/Friend \$75 Professional \$95

Please make your check payable to *NAMI Texas* and mail along with your registration form to: NAMI Texas, 2800 S. IH-35, Suite 140, Austin TX 78704.

If you have questions or need more information, please call NAMI Texas at 512-693-2000.

 **NAMI TEXAS**
The State's Voice on Mental Illness
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Austin, TX 78704

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call 1-800-633-3760 or visit www.namitexas.org

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The time to talk is now!

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