



According to PLAN

Planned Living Assistance Network of Central Texas

Mission Statement: Offer an array of customized services to enhance the lives of individuals and families facing mental health challenges.

Vision: All people living mentally healthy lives.

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www.planctx.org

August 2013

PLANCTX Update

by Anita Garner, CRC, CCM, Treasurer

PLANCTX is pleased to provide an update of our activities and services since our last newsletter!

In April, we had a wonderful event, **"A PLAN'd Evening- Cheers for a Cause,"** that successfully raised funds and awareness of our services. The event included a special evening at Wally Workman Art Gallery with specialty drinks, food from Fat Tony's and a fabulous silent auction. We received many generous donations that made the evening so much fun and a big success! A big thank you to our exceptional volunteer Event Coordinator, St. Edward's Master of Arts student, Katie Busboom, and Event Volunteer, UT Pharmacy Doctoral student, April Garner. We want to not only thank their friends and family members who helped make it a fabulous evening, but also all those who purchased tickets and donated the fabulous location, food, drinks and auction items!



THANKS TO SO MANY!

Larry Peel Co., Luken Sheafe, Stephanie Stowell, Café Jose, Ztejas, Capital Cruise, Barton Creek Country Club, Austin Americus Diamond, Lone Star Riverboat, Esther's Follies, Intersource, Rough Creek Ranch, Carved Stone, Circuit of the Americas, Cypress Valley Canopy Tours, Energy Efficiency Solutions, Metamorphosis, Austin Film Festival, Movie House and Eatery, American Color Labs, Fat Tony's, Swedish Hill, Wally Workman Gallery, 512 Beer, Deep Eddy Vodka, STL Group, Costco, HEB.

On July 20th, PLANCTX had the pleasure of co-hosting the annual **"I Am Special" Birthday Party** on behalf of our long-time recreational service collaborators and grantors, Sharon and Dr. Jerry Miller of Robert V. and Benjamin G. Miller Fund.

We raised funds for the non-profit Miller Fund and had a great time celebrating the birthdays of all PLANCTX and Imagine Art clients during 2013! Sixty-seven

attendees enjoyed seeing Sharon, Jerry and son Benjamin G. Miller from Sanibel, FL, who oversaw the festivities!

Special recognition was given to several persons who attended the Plan'd Getaway camping experience or the Imagine Art camping activities in Gonzales, TX during calendar year 2012 and everyone enjoyed a variety of cakes, cupcakes and ice cream sundaes. Activities included bingo for prizes, balloons galore, and visiting with peers



met at previous camps and/or peer socials. Live music was provided by PLANCTX Care Manager Bill Johns and PLANCTX volunteer Luke Lindemann. Many thanks to all of our PLANCTX current and emeritus Board Members, staff and volunteers and PLANCTX family members who very generously made this event a big success. Thanks also to Koenig Lane Christian Church for donating the meeting place, Austin Scoops Ice Cream for donating 6 gallons of locally made ice cream, and HEB for the donation of ice cream fixings!

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83rd Texas Legislature Update

There were 140 bills filed by the 83rd Legislature that were indexed in the Mental Health Bill category; 35 of those bills passed and were signed by the Governor; each of the mental health bills that passed has a link to it that has a caption summarizing the bill and a link that can be opened to the history, text, and analysis of the bill, the effective date is on each bill. Each bill can be accessed by clicking on the bill number using the link below. This information is current as of August 7, 2013.

<http://www.capitol.state.tx.us/Reports/Report.aspx?ID=subject&LegSess=83R&code=I0019>

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Methodist Healthcare Ministries (MHM) Grant roll out services began in February! We are pleased to have been awarded this important grant which allows us to serve a diverse group of clients who have great unmet needs. This grant allows us to provide up to 10 hours of care management services to 40 new clients that meet poverty guidelines set by the grant. These individuals have extreme challenges that include life threatening medical conditions. Sheri McIntire, CM, was recently commended by the Executive Director, for recognizing such a need with a new client and facilitating emergency medical help. Debbie Webb, ED, is working closely with MHM to meet grant guidelines and recently reported that we are ahead of targeted goals and are serving 21 new MHM clients. Liz Shelby, Grant Writer, has submitted a PLANCTX grant request for 2014 to continue to reach additional individuals with such needs in our community.

The Board of Directors and Executive Director have spent the summer months focusing on obtaining information to strengthen PLAN as an organization. On July 2nd, an Organizational Review and Recommendations report was presented by Steven D. McKee, MSSW, LCSW, Consultant. Per the recommendations, the Board of Directors worked together to revise our vision and mission statements. On August 3rd, both were officially approved at the Board meeting and are listed below. Also, a Financial Audit was obtained and a report and recommendations were presented to the Board by Renee Barry, CPA, Consultant, on Aug. 3rd. We look forward to prioritizing the recommendations from the organizational review and financial audit and bringing them forward to make PLANCTX a better organization for all those we serve.

Welcome to our two new Case Managers, Pedro Valentin, MS and Jackie Noel, LPC. Also to our new Bookkeeper, Theresa Keane!

PLAN's New Vision Statement: All people living mentally healthy lives.

PLAN's New Mission Statement: Offer an array of customized services designed to enhance the lives of individuals and families facing mental health challenges.

No Strings Giving—Eric W. Field Memorial Fund

When Eric W. Field, a long time PLAN consumer, passed in 2008, Debbie Webb, PLANCTX's Executive Director, suggested a memorial fund to honor Eric and his life be established. Eric's mother, Yvonne Hansen, appreciated and was deeply touched by the idea. Thus, a fund in Eric's name was set up to receive donations and to provide distribution: The Eric W. Field Memorial Fund.

Since Eric's fund was set up, donations and contributions have reached nearly \$8,000. Monies given have met urgent needs of PLAN's consumers and others in unique ways such as taxi fare to the emergency room for vital treatment; a one night motel stay for an about-to-be-homeless consumer in transition; combination of RV & BG Miller Fund grant money with Eric's fund, paid for several consumers to join PLANCTX and get to attend awesome monthly socials; essential baby supplies for a client who just gave birth and was short on cash; shoes for a client who lost the sole of one shoe of his only pair, etc. When Eric's funds are combined with other money sources, a unique and powerful leverage of assets happens that offers flexibility, so vital in meeting unexpected, absolute needs.

Typically grants and donations from foundations and other organizations to PLANCTX have had restrictions that tend to narrow how money is used. That is, monies must be spent in certain ways, and be accounted for, of course. Yet immediate needs of all kinds can remain unmet and cause undue stress, which hampers mental health.

"No strings giving" to the Eric W. Field Memorial Fund means money for our consumers' needs and the needs of others who call on PLANCTX for urgent or emergent help, can be met immediately. Debbie Webb, Executive Director, determines which consumer's meet PLAN guidelines for these unrestricted funds. Unrestricted funds allow for on the spot money provided quickly to those in need! You can help answer more of these unique calls for help, unexpected and often desperate calls.

Please send a tax-deductible donation now. Designate it for the "Eric W. Field Fund" and rest assured, it will go to excellent use. No amount is too small, and every dollar counts.

So What's a PLAN'd Getaway?

"I really enjoyed the PLAN'd Getaway. Perfect chance to get away from the problems of the world and focus your attention elsewhere. This is a great thing that has been put together. The people have really gone out of their way to make it be enjoyable. Energy like that [you] feed off of and makes it a better trip for everyone. Thank you."

– a participant

"Last night, I slept the best in 2 years – without medications." – a participant

PLAN'd Getaways are different for each participant and volunteer. Some folks enjoy a break from the daily stresses and a good night's sleep.



Others like the outdoor activities of fishing, swimming, paddleboating and canoeing. Those who are not "out-doorsy" have fun inside with karaoke, making jewelry, building bird houses, completing

leather kits, playing bingo, or attending a local rodeo. We all make new friends, have a lot of fun, create cherished memories and return with a renewed outlook on the world we live in. Life is good at the PLAN'd Getaway!

The Getaways are held in Gonzales, Texas at the beautiful Disciple Oaks Retreat Center (<http://discipleoaksretreat.net/index.html>). Gonzales is an historical town with a pioneer village full of history. At each Getaway we visit the village and learn about the lives of early Texans. At the 2013 Getaway, we plan to attend the community's "Come and Take It Festival."



The PLAN'd Getaways are made possible through a grant from the Robert V. and Benjamin G. Miller Fund. Sharon and Jerry Miller, who administer the fund in honor of their children, not only provide funding, but come and volunteer as well. The PLAN'd Getaways began in 2010 (April and November) and continued in 2011 (May and September) as well as 2012 (May and October). Each Getaway sponsored around 20 participants. Our 2013 PLAN'd Getaway is scheduled for October 3 through 6. For a glimpse of past Getaways, go to www.planctx.org and click on "New Video". If you are interested in attending the next Getaway, contact Debbie at 512-851-0901.

These Guys Just Keep On Giving!!

by Liz Shelby, Ph.D., Secretary

Billy Mikesh and Elgin Heinemeier of Gonzales and Bob Oatman of Austin have over 125 years of experience with the Boy Scout program. So when the newly-appointed director of the PLAN'd Getaway sought help



planning the program, she turned to her scout friends. The three scouters have become a valuable and integral part of the PLAN'd Getaway experience.

The three volunteer scouters have introduced the PLAN'd Getaway participants to various aspects of scouting and outdoor life. Bob pre-cuts birdhouses prior to the Getaway so the participants can assemble and take them home. He also brings a branding iron to brand a longhorn on the birdhouse if the participant so desires. Billy and Elgin taught some of the participants how to use a compass. Elgin is very creative with his hands and helps with a variety of leather crafts. Billy buys fresh fish bait daily and assists

the participants with catch-and-release fishing. On one day of the PLAN'd Getaway, the scouters teach the participants how to make and cook tinfoil dinners over coals. They even make cobbles for everyone. And have you ever had one of Billy's Banana Boats? Just ask Sharon about it!!

Several volunteers have been used to be extra hands, eyes and hearts, providing assistance to individual participants. The volunteer scouters even provide instruction and help for the volunteers. They perform many tasks in the background to help the Getaway run smoothly. One of the principles of



scouting is service to others. We are very thankful that these three men have chosen to share their gifts volunteering with the PLAN'd Getaway.

The Nash Event Symposium Leadership, Volunteers and Additional Donations

Special Thanks to Our Leadership

Kathy Cronkite (Honorary Event Chair) •
Dr. Jerry R. Grammer & Dr. Octavio N. Martinez, Jr. (Co-Dr. Chairs)

Event Co-Sponsors:

The Hope Concept Wellness Center (Jen Padron) •
National Alliance on Mental Illness, Texas
(Robin Peyson) • The University of Texas at Austin,
Department of Psychology (Caryn Carlson) •
Sponsoring Partner: Austin Travis County Integral Care
(David Evans)

Volunteers for the Symposium

Elizabeth & Jeremy Choate • Anne Clark • Anita Garner •
Jerry Grammer • Yvonne Hansen • Frances Musgrove •
Jen Padron • Marsha Phillips • June Scogin • Betty
Wattinger • Debbie Webb

\$2500

Jack & Carolyn Long

\$1000 - \$2000

Jerry R. Grammer

\$500 - \$999

Gary Knight • New Milestones (% Beverly Scarborough) •
Methodist Healthcare Ministries

\$100 - \$499

Jennie Link • Menninger Clinic (Ian Aiken & Shawna Morris)
• Anna Lisa Holand Miller • Psychspring, PLLC • James W.
Shaddix • Rick & Bettye Slaven • Naomi Slifkin (in honor of
Cecile DeWitt) • Marcia Toprac, Ph.D. • Jo Eill & Dede
Watkins • Betty Wattinger

Up to \$99

Stephen P. Ballantyne • Chloe Marien Casey • Cecile
Docherty (friend of Cecile DeWitt) • Kristopher R. Kwolek &
Cressida E. Sues • Martin & Jo Ann Grantham • Andrew F.
Maliti and Zhawantae Griffin • Gina R. Novellino, Ph. D., PC
• Regina Roosth • Karen Shugart • Helen Thompson (in
honor of Betty Wattinger)

In-Kind

Michael Barnes, Austin American Statesman • Julie Simon
and Judy Maggio, KEYE • Barbara Morgan, marketing flyer •
Janeen Schlotz, KLGO & KJCE radio • Winspire

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According to Plan is available in
PDF format on the PLANCTX.org
website. Additional paper copies
are available on request.