



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.

Editor: Karla Starkweather

www.planctx.org

April 2014

Introducing PLANCTX's New Grant Writer ...

Allison Grace Myers has extensive experience working in the field of nonprofit development. Most recently, she worked as the Manager of Development and Administrative Services for Action Ministries Breakthru House in Atlanta-- successfully cultivating the financial resources and volunteer



support to operate the women's clinical addiction treatment program. She holds a Bachelor's degree in Literature from New York University, and in the summer of 2014 moved to Austin to pursue her Master's in Fine Arts with a concentration on Creative Writing

from Texas State University. She serves as a contract Grant Writer to help sustain and grow PLANCTX's mission.

Allison has submitted two grant applications: Methodist Health Ministries for a continuation of that grant and to Templeton Foundation for \$5,499 for Whole Health and Wellness Peer-Assistance Project.

She is currently working on an application to Statesman Capitol 10,000 to become the race beneficiary. One dollar from each race registration is awarded to the beneficiary.

Mental Health and Faith Symposium

By Liz Shelby, Ph.D., Board President

"Spirituality" is one of the eight Dimensions of Wellness published by the Substance Abuse Mental Health Services Administration; however, many faith communities do not know how to welcome people with psychiatric disorders. NAMI Austin, Austin Interfaith Inclusion Network (AIIN) and PLAN of Central Texas are organizing a symposium for November, 2014, to educate and reduce stigma about mental illness within faith communities while empowering faith communities – from congregation to clergy. The purpose is to raise awareness for the needs of people with mental health issues to have opportunities to grow spiritually and to provide resources for faith communities to welcome people with mental health challenges.



The symposium is targeting 250 attendees, beginning with a keynote speaker, Pastor Gaylon Clark of Greater Mt. Zion, sharing personal experience with mental illness. The tone of the symposium is inclusive of all faith communities (Christian, Jewish, Hindu, Muslim, Buddhist, etc.). NAMI Austin will conduct a session on mythbusters which will be followed by a clergy panel to discuss what works and what the challenges are.

Roundtable discussions will be on a variety of topics over lunch followed by breakout sessions with topics on media, mental illness providers, mental illness first aid, overview and triage concept for clergy/pastoral care teams. The symposium will conclude with a session on resources.

Creativity and Mental Health

By Cecile DeWitt, Ph.D.

We often think of creative people as those who are involved in the arts, or those who make discoveries in science; but creativity is important for every aspect of life. The creative plumber can fix a sink even when she doesn't have the right tools, and the creative politician can find a "third way" solution to stalled negotiations. A person who has developed his or her creativity can meet every challenge, including the challenge of living with mental illness, more easily; and those who have a mental illness may tend to be more creative than those who don't, in part because of the unique challenges they have faced.

The theme "Creativity and Mental Health" has

inspired several of PLAN's projects, e.g., the Nash Event, a Haiku poetry contest held a few years ago, etc. I propose an on-going column in *According to PLAN* for activities enhancing this theme. It can be wide ranging both in contents and in format, a full article, a single sentence or even pictures. I am thinking, for example, of Marisa's creating optimism. Marisa has a disability, but her life and the impact she has on those around her is always full of love and optimism.

Editor's Note: This is a great idea. We would like to get more participation from families and individuals we serve so if you have something to contribute, please contact the PLAN office.

Robert Lee Sutherland Seminar XVIII

The State of Mental Health Recovery: Research, Training, and Practice September 8-9, 2014

The Hogg Foundation for Mental Health invites you to attend the Robert Lee Sutherland Seminar XVIII: The State of Mental Health Recovery: Research, Training, and Practice. SAMHSA defines mental health recovery as, "a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential." Mental health recovery has been identified as the most important aim of behavioral health services and is set to transform current standards of practice. This fall, come find out about the future of mental health care training and upcoming funding opportunities offered by the foundation to advance mental health recovery in Texas!

This day-and-a-half event aims to increase participants' awareness and knowledge of the concept of mental health recovery, and to educate participants about the state of mental health recovery research, training, and practice. Who should attend:

- Certified Peer Specialists who are interested in educating mental health professionals and other peers about recovery-oriented care and/or participating as co-investigators in recovery-oriented research.
- Mental health care providers, educators, and students in the fields of peer support, psychiatric nursing, psychiatry, psychology, and social work *who are not familiar with* recovery-oriented care or would like to increase their knowledge about recovery-oriented care.
- Primary care providers working in integrated health care settings *who are not familiar with* recovery-oriented care.
- Researchers who have an interest conducting studies related to mental health recovery and/or are interested in including individuals with lived experience of mental health conditions as co-investigators in their projects.

Continuing education credit for multiple disciplines will be provided for this event.

Registration is required for this conference. As an educational event provided by the Hogg Foundation, there will be no cost for registration. For more information and registration, please visit: http://www.hogg.utexas.edu/initiatives/rls_xviii.html

Successes

Cindy Lou Sibley, Certified Peer Specialist II

I grew up in a medical family and wanted to become a psychiatrist very early in my childhood as I had a relative diagnosed with schizophrenia and knew it complicates others in the family tree. It ran on my father's side and he was the physician. At 29 years of age I became psychotic and at 32, in 1980, I saw a doctor for help with the transmitters in my brain and was prescribed my first meds.

After all those years and through many rounds of trying to get "things" straight, I was asked to go through the Via Hope trainings and DID, becoming a Certified Peer Specialist and then the Advanced level and continued in many Via Hope trainings during these last four years. Now after two years at ATCIC, and years of experience "on the job," I have learned much about "tender loving care" that is necessary to help others help themselves. Through eCPR training I learned to connect into a person's spirit and lift and revitalize them into their own answers of a more positive result. Whole Health and Resiliency training taught me how to outline for myself and others a straight pathway to follow into better overall health. Now I am to become a facil-

itator in Mary Ellen Copeland's WRAP, wellness recovery action plan . . . a game plan for survival and long term success, if used daily.

When I do have free time, I work in colored paper collages

and paint on canvases. I am trying to get ready to show and sell more of my work but use it strictly as therapy for myself. I find ART the most positive thing for me and success, if it comes my way, the icing on the cake. Just to teach is my greatest gift, I believe, and I have been known to teach since elementary school.



If you or anyone you know would like to be featured in the Successes column this newsletter, please contact the PLANCTX office.

Upcoming Events

August 30, 2014, 6 to 8 pm.

Family Dinner: Threadgill's South (Riverside at Barton Springs)

September 8-9, 2014

Robert V. Sullivan Seminar-Austin Hilton Airport

September 10, 2014

Monthly board meeting-Austin Community Foundation

September 27, 2014

Family Dinner (place to be determined)

A Great Way to Help PLANCTX

Randall's Good Neighbor Program



Randall's Remarkable Cardholders: your purchases can benefit PLANCTX! Our donation number is **9302**. Visit your neighborhood Randalls today to get started!

Board Spotlight-Anne Clark, MS

Anne is an avid community volunteer. She has a Bachelor's degree from The University of Texas at Austin in Sociology and a Master's degree in Urban Studies from Old Dominion University. She wrote a book on urban planning, taught sociology at the community college level, and retired from a successful career as a real estate relocation specialist. She moved to Austin in 2004.



Very active in the outreach programs for her downtown church, Anne represents the church as a member of a coalition of downtown organizations on homelessness and other downtown issues, as well as other organizations interested in these issues. She is also working on medical, school, citizenship, and other issues with Burmese refugee families. She is a member of The University of Texas at Austin LAMP Program serving on the Strategic Planning committee this year and a past Secretary for the League of Women Voters for which she

continues to volunteer.

Anne, also very active in PLANCTX, is serving as PLAN's Resource Development Committee chair a second year. Last year, also served as the Nominations chair. She and Liz baked the first prize cake for the Birthday Party last year for the Robert V and Benjamin G Miller Fund, which funded our "Plan'ed Getaways" for several years. She volunteered at four of those Getaways as well. Anne is very interested in homelessness and its relationship with mental health issues.

She has also served on various boards and volunteer organizations in other places she lived before moving to Austin.

Anne and her husband enjoy exploring other cultures around the world and spend a month each year traveling in unfamiliar places. She is a member of the Townlake Y, where she spends time several days a week rejuvenating with fitness and yoga classes! She gets together with family each year at the Y in the Rockies in Colorado and also with friends in upstate NY near where she used to live. What a busy woman and incredible volunteer!

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