



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

October 2015

PLANCTX Hosts Donor Appreciation Event

The PLANCTX board welcomed 30 people to the first Donor Appreciation Event. It was held at Abel's on the Lake on a beautiful July 23 evening. Eleven listed themselves as donors, although many of those in the PLANCTX community were also donors. Representing the Board of Directors were Anita Garner, Seena Mathew, June Scogin, Liz Shelby and Anne Clark. Executive Director Debbie Webb attended as did former board members Cecile DeWitt and Willie Williams. The board was also happy to receive as guests three clients, a parent and a case manager.

The brief talks by the consumers were well received and showcased our mission's successes. One parent expressed her gratitude for the support and services that PLAN provides:

"I am not exaggerating when I say that PLAN's help has been a God-send to us. I no longer feel helpless and hopeless in regard to our family's ongoing life, and I instead see the future as positive opportunity for creative change. I am deeply grateful for the amazingly productive help, guidance and caring inspiration of Debbie [Webb] and of Jackie [Noel] and for the healing I also received in the sharing and understanding of Betty [Wattinger] and others whom I have met through PLAN.

I am more than grateful for your support and for PLAN and I know that in the knowledge, capability, and commitment of PLAN's mission, there is a life-changing power."

Two of our attending donors generously made substantial donations during the event. The staff at Abel's was very helpful and attentive, from turning down the

music during our presentation to arranging to have us all inside rather than the deck (cooler!) to asking if there is anything they could do for us or get for us. Be sure to thank them whenever you go there.

Thank you to everyone who came.



OUT OF EXILE
FACTS, FAMILY, FRIENDS AND FAITH
An interfaith mental health conference

An interfaith conference focused on providing the information, ideas and inspiration that faith communities need to engage & provide support to persons who are isolated by mental health disorders.

Date: Thursday, November 19, 2015, 9:00 a.m. to 4:30 p.m.

Location: Temple Beth Shalom on the Jewish Community Center campus, 7300 Hart Lane, Austin, TX

Cost: \$20

(Contact beyondthewalls@austinseminary.edu.)

Recommended for: Clergy, pastoral care teams, seminary students, lay persons, congregation members, individuals with mental illness and family members, and congregation representatives from all faiths.

Social Work CEUs are given for attending the event.

To register, visit: <https://www.austinseminary.edu>

Creativity and Mental Health

C-FOOD (“*Confidence For Overcoming Overwhelming Difficulties*”) by S. Taylor, 2015

*Goals are gifts
Small uplifts
Focusing on smiles
Imagining fancy hair styles
Threats dissipated
Preparing to be celebrated
Knowing that I am learning
Spiritual journeying
Gorging on my C-food
Always in a great mood
Discovering ways to rejoice
Parading a song with my voice
Investing in partnering ways
Sharing delights during holidays,
Eyes closed visualize a breeze
Tropical warmth, whispering leaves
Building measurable confidence
Exchanging pleasurable compliments
Remembering road trips to friendly small towns*

*Laughter and interaction amongst colorful grounds

 (“THAT’S A WRAP) Encouragement to upgrade our circumstances
Evidence-based appreciation for 2nd chances
“Smile bait” principles stored in your pocket
Describe me then describe me now
I’m a Wellness “Resiliency” Appreciation Grad.
WOW!*

PLANCTX Activities

WHAM, WRAP Follow Up, Walking Group, and several other group activities are available for peers! Please call Susan Peake, CPT, CPSII, Healthy Lifestyle Coordinator, at [\(512\) 851-0901](tel:5128510901) for more information! Get involved! Great Peer Socials the 3rd Saturday of each month and they are free! Fun Family Dinners open to all the last Saturday of every month! Join us!

Board Spotlight-Anita Garner

Since joining PLANCTX in 2000, Anita Garner has served PLANCTX in many different capacities and currently is in her third year of a second term as board treasurer. Now retired, Anita was a medical and vocational case manager for 32 years, working with people who had various types of challenges including mental illness, developmental disabilities, head injury and other neurological impairments.

Anita became involved with PLANCTX through Bob Ploger, a member of PLAN of North Dallas and a consultant and mentor to the founders of PLANCTX.* Bob and Anita’s mother, Joan Vogt, served together for years on the board of PLAN of North Dallas, which provides services for Anita’s sister. When Bob invited Anita to one of the earlier Austin PLAN meetings, she was impressed with the founders she met and their mission.

“When I joined PLANCTX, I realized that I identified with the founders on many levels and could learn from the members of PLANCTX,” Anita said, “I know from my personal and professional work experience that supportive relationships help us get through challenging times. My sister lives in an apartment built by PLAN in Dallas, enjoys daily activities

at PLAN of North Texas and has long lasting PLAN peer friendships.”



Anita appreciates the PLAN community and its services that are beneficial to her sister’s well being and that help her to face her ongoing mental health challenges. “Providing those services to others who need them is the reason I continue to serve on the board and promote PLANCTX,” she said

Anita said she, personally, also benefits from her long lasting PLANCTX friendships and community of support. She said she has much to learn as she is now her sister’s financial payee and will be helping with the Special Needs Trust that their parents set up. “I know that the support and relationships I have with the PLANCTX community will help me and many others going forward. Each of us depends on community, and PLANCTX is one of the best,” Anita said.

**Artist Linda Montignani • PLAN of Central Texas
Water 2 Wine Custom Winery**

Presents

Cheers for a Cause
Benefiting Central Texans struggling with Mental Illness

Please join us for Linda Montignani's
Art Sale & Silent Auction
in support of **PLAN** of Central Texas

Complimentary Appetizers & Chocolate • Wine for purchase

Saturday, November 7th from 3:00 - 6:00 p.m.

Artwork • Holiday Cards • Jewelry
Gifts • Trips & More



Water 2 Wine Custom Winery
4036 S. Lamar • Suite 100 (Brodie Oaks)
Austin TX



Volunteer with PLAN

A Great Way to Help PLANCTX

Randall's Good Neighbor Program



9302

Organization Number

Don't forget to link our Good Neighbor
Number to your Remarkable Card and
help us raise funds the easy way!

Do you have gifts and talents you can share with PLAN? Each year, the PLAN Board recruits for Board and committee members. You do not have to be an expert in mental health, although your life experiences are invaluable. In fact, we are looking for folks with experience in accounting, marketing, fundraising, and nonprofit management. Our Board members serve for three years and are expected to attend monthly Board meetings and serve on at least one subcommittee meeting monthly. In addition, Board members are expected to participate in PLANCTX events, such as fundraising and monthly family dinners. If this is something you might be interested in, you can meet with a couple of Board members to discuss the possibilities further. Just call or email Board President Liz Shelby at 512-458-9889 or scubarun@austin.rr.com.

YOU CAN HELP RAISE FUNDS FOR PLANCTX

Friends of PLANCTX have a new opportunity to help raise funds for services by donating pre-owned items for resale at the Next to New Shop of St. David's Episcopal Church. The Next-to-New Shop offers an assortment of pre-owned products, from women's clothing to furniture to housewares (see list below). Items accepted for resale will be placed on the PLANCTX consignment account (#12693). When the items are sold within the time specified by the shop, PLANCTX will receive 50% of the sale price.

Next to New is a non-profit operated by volunteers since 1959. Located at 5435 Burnet Road, just north of the intersection at Houston Street, and just south of Karavel Shoes, Next-to-New helps non-profits fund services to organizations that provide services to disabled persons, medically fragile children, the homeless, the elderly, the working poor, victims of neglect and abuse, babies and children with HIV/AIDS, the terminally ill, cancer victims, and the hungry. Recently, PLANCTX submitted a request to the church's

church's grants committee to participate in the project and was accepted for funding.

How you can participate: Consignment hours are Tuesday through Saturday 10 a.m. to 12:45 p.m. Donors must sign in on the 3rd floor by 12:45 to guarantee service. Enter through the side entrance to the store. A marker will assist in reviewing items and reaching an agreement on a price for each item. Furniture and other large items are priced on the 1st floor; all others are priced on the 3rd floor. Please be sure to mention the PLANCTX account number, **12693**, when dropping off items. Refer to complete details for donations and forms at www.next2new.org.

Please note that furniture donations are by appointment only.

Prices are reduced every 30 days for most of the inventory except clothing. Clothing: Beginning on the 30th day, all proceeds accrue to Next-to-New. For all other items, if not sold by the 59th days, all proceeds accrue to Next-to-New.

PLAN Board of Directors Liz Shelby, PhD, President • Leo DeLaGarza, LMSW,-AP, Vice President • Cynthia Penwell, LMSW, Secretary • Anita Garner, CMC, CRC, Treasurer • Anne Shelby Clark, MS • Seena Matthew, PhD • June Scogin, MA • Karla Starkweather

PLAN Staff and Contractors Debbie Webb, PhD, LCSW, LPC, LCDC, Executive Director • Julie Bandy • Philip Carolina, MA • Stephanie Dowbusz, MS • Delilah Dominguez • David Durben • Sandy Englert, CPS • Anna Lisa Fahrenthold, LMSW • Angela Guerrero, LPC • Bill Johns, MAC • Theresa Keane • Sven Kindem, CPS • Gwen Kinney, LPCi • Adam Lenker, LPC • Jeneke Lesak, LMSW, LCDCi • Sheri McIntire, Med, QMHP • Brenda Mercier • Jackie Noel, LPC • Katherine Parsons, LMSW • Buddy Pearson, PA • Cindy Lou Sibley, CPSII • Maria Elena Trail, BA • Sid Wattinger, PA • Cathy Weaver, MA, LPC • Delilah Dominguez

PLAN Board of Advisors Cecile DeWitt, PhD • David Evans, MA, ATCIC • H. Clyde Farrell, JD • Jerry Grammer, PhD • Jerry Miller, PhD • Robert Ploger, PLAN of N. Texas

PLAN of Central Texas, Inc.
P.O. Box 4755
Austin, TX 78765-4755
e-mail: info@planctx.org
website: www.planctx.org
(512) 851-0901 (office)
(512) 535-4193 (fax)

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.



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