

According to PLAN

June 2008

Planned Living Assistance Network of Central Texas, Inc. (512) 851-0901
**PLAN of Central Texas serves individuals with mental illness or other mental disorders by offering care management and psychosocial rehabilitation services which assist them and their families to address immediate needs and to plan for the future.
PLAN for now. PLAN for the future.**

Welcome New & Renewing Members

Imgard Arthur
Charles & Polly Bowman
Mark & Lucy Castor
Eli Cox
Kathy England
Lawrence Field
Joseph & Kathleen Funk
Andrew & Janet Graham
Mark & Helen Hardwick
Genevieve Hearon
Skip Hiatt
Tina Marsh
Andrew Sackett
George Spencer & Lore Trawick
Marcia Toprac
Dan Walker

Thank You Donors! Individual

William & Julianne Albrecht
Missy Baker
Brenda Coleman Beattie
Patrick & Margene Beckham
Herbert and Susan Berk
Priscilla Camp
Steve & Terry Casey
John & Elizabeth Chenoweth
Charles Chiu
Margie Christofferson
Hank & Karen Conaway
Elizabeth Cooper
Ray & Mary Farabee
Clyde Farrell
Eugene & Barbara Feit
Joe & Patricia Flack
Roger Geibel
Doris Goewey
Charles Hansen
John D. & Debbi Head, Jr.
Caroline M. Johnston

From Dr. Debbie Webb, PLAN's New Executive Director

Greetings! I am so very honored to be selected as the new Executive Director of PLAN of Central Texas, Inc. I look forward to meeting and getting to know every person associated with PLAN over the next few weeks, and I am certain our future together will be very bright! Sincerely, Debbie



President's Message from Marcia Toprac

I'm feeling particularly optimistic about the future of PLAN of Central Texas. I believe we are finally on the verge of establishing ourselves as a recognized and respected organization within Austin's mental health community. The reason for my enthusiasm is our recent recruitment of Dr. Deborah Webb as our (part-time) Executive Director. Many of you know Dr. Webb in her various roles at Austin Travis County Mental Health Mental Retardation Center, the most recent of which was Division Director of Behavioral Health Services. Debbie has extensive connections within the community that can facilitate PLAN members' and clients' access to a wide range of needed services. She's an experienced clinician, manager and leader; a gifted teacher and speaker; a successful grant writer; a dedicated advocate for individuals with mental illness and their family members; and a just plain nice and caring person. Take a look at the synopsis of Debbie's resume on p. 2 to get a sense of the range of her experience and accomplishments.

Though I've known and respected Dr. Webb for many years, I must say that my esteem ballooned as we began checking her references for the position of Executive Director. Her colleagues in mental health, in academia, and in her church's public service programs all hold her in high esteem and gave us many examples of her dedication and good works. The following is an excerpt from an e-mail the PLAN Board received from Cathy Weaver, President of NAMI Austin, when she learned we were hiring Debbie – "My genuine congratulations to PLAN for a coup that will have ripple effects in the [Mental Health] community. Debbie is widely respected and a powerful force

cont. on p. 2

PLAN News

Thank you Donors! Individual (cont. from p. 1)

Ann Kitchen
Josie Knight
Ted Konigsmark
Regine Lepori
Donald E. Lovering
Stephen & Karen Low
Dorothy Marsh
Lawrence & Arlene Maze
Laura Lucinda McCutchin
Celia Morgan
Hope Morgan
Nina Jo Muse
Mary Helen Neville
Alan & Jackie Nirenberg
Mery Oviedo
Norman & Lila Pecht
Robin Peyson
Susan & Fabio Pintchovski
Robert & Elizabeth Ploger
Peter & Eva Riley
Eileen Rosen
Robert Satterwhite
June Scogin
David Simmers
Joan Smith
Marcia Toprac
T. & M. Udagawa
Sid & Betty Wattinger
Marsha Whitton
Bain & Linda Williams
Janice Wohlwend

Endowment

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Eli Lilly and Co.
Safeway, Inc.

Foundation/Trust

St. David's Community Health
Foundation
Lola Wright Foundation
Arnold Foundations
Spencer Charitable Trust

President's Message

(cont. from p. 1)

for the good of our customers.”

Debbie's initial priorities will be strengthening and refining the services and membership benefits PLAN currently offers, as well as pursuing new sources of funding. She already has exciting ideas for expanding PLAN's offerings (that I expect she'll be informing you about in future newsletters).

However, we won't begin expansion until we've done strategic planning to determine the most effective and most marketable ways to achieve our mission. As part of this process we'll need information from you. So, please be open to sharing your experiences, opinions, and ideas when Debbie and/or one of PLAN's board members call upon you for input.

Finally, I'd like to thank St. David's Community Health Foundation for awarding PLAN a grant that will cover a significant portion of our new Executive Director's first year of salary. We also received grants from Janssen Pharmaceutica, Eli Lilly and Company, as well as contributions from a number of individual donors. We are still very much in need of additional funds to cover basic administrative and programmatic expenses (our low fees only cover a fraction of our costs), so if you can give, or if you know of potential donors, please contact Debbie or me.

GRAND OPENING OF SKYLINE TERRACE

**A supportive community for people
seeking to improve their lives.**

**10 AM to Noon, Wed., June 25, 2008,
1212 W. Ben White Blvd. RSVP
Chris Alberts at (512) 447-2026, ext.
41 or
christopher.alberts@foundcom.org**

Resume Highlights of Dr. Debbie Webb

- Doctoral Degree in Social Work from U.T. – Austin
- Licensed Clinical Social Worker (CSW), Professional Counselor (LPC) and Chemical Dependency Counselor (LCDC)
- Division Director of Behavioral Health Services, ATCMHMR
- Adjunct Professor of Social Work at U.T. – Austin and Texas State University – San Marcos
- Created nationally recognized Good Chemistry group therapy program for individuals with severe mental illness and chemical dependency or substance abuse problems
- Led the End Community Homelessness Prevention Subcommittee and the Behavioral Health Partnership of the Community Action Network
- Coordinated the Austin Area Disaster Relief Behavioral Health Collaborative during recent hurricanes
- Initiated the Manna From Heaven Food Pantry for University Baptist Church as a volunteer
- Served as Pantry Manager and Volunteer Manager for the Micah 6 Food Pantry, a interdenominational collaboration of 10 local churches
- Will join the Social Work faculty of St. Edward's University in Fall, 2008

PLAN for Now. PLAN for the Future.

From the desk of Cecile DeWitt: The Wimberley Connection

It began with Shirley Buvens. Old timers remember the days when Shirley was PLAN's secretary, using her husband's facility to produce minutes, reports, grant proposals and fundraising material including a magnificent art catalogue of donated old prints by Adriaen Van Ostade (1610-1685). With this catalogue Lisa Belli was able to sell the prints to the Swann Galleries in New York to benefit PLAN.

Shirley introduced us to Dody Spencer. Dody sends us a generous gift annually – as often as she can, sometimes before she receives our solicitation letter.

On January 25th, 2007, we had our first “Jazz in January” fundraising event. Karen Williams Provost (Wimberley Lavender Farm) helped with the invitations and catered the delicious refreshments. On January 24th, 2008 we held our second “Jazz in January” fundraising event, catered by Karen, our faithful friend.

From the desk of Cecile DeWitt: Thank You to Foundations

The road traveled since we became a service 501(c)(3) agency has required countless efforts and financial support. “Countless” means I cannot possibly list them all, nor count the volunteer hours, nor the donations. I shall simply list the foundations.

Arnold Foundation (2001, 2002, 2004, 2005, 2006, 2007); Austin Community Foundation (2002 to 2005); Eli Lilly (2002, 2006, 2007); Janssen Pharmaceutica (2006, 2007); LCRA Employees' United Charities (2001, 2003, 2005); Lola Wright Foundation (2006,2008); Seawell-Elam Foundation (2001, 2004, 2006, 2007); Spencer Charitable Trust (2004 to 2007); St David's Community Health Foundation (2004, 2008).

The only appropriate expression of gratitude to our benefactors is the service PLAN is offering and the

Mark Your Calendars: Summer Member Socials

The 4th Tuesday of June, July, August, 6:30 - 8:30 pm, there will be a buffet with tea for \$ 8 per person (including tip) at China Palace on Airport Blvd, just west of Highland Mall (the same side of the street as Highland Mall). We will possibly do ice-breaker/ get acquainted games and/or show a movie.

Thanks, Becky Lilljedahl 335-5026

Consumer News and Contributions

A Limerick From Jan DeWitt

There once was an old woman from
France
Who always tried to enhance
The life of her Jan
With a wonderful PLAN
Before she'd be covered in ants!

Upcoming Consumer Socials

PLAN Consumer Socials are held monthly on a Saturday. Past activities have included bowling, lunch at local restaurant, and visits for museums and park. Our article about spring Consumer socials gives a sample. To find out upcoming dates/times/locations, call the PLAN office at (512) 851-0901 and leave a message for Care Manager Stephanie Dowbusz. All consumer members are invited to attend!

Spring Consumer Socials

In March, we met at the cafe in Central Market North and sampled many different varieties of pizza purchased by PLAN. We had a large turnout of consumers, plus Care Managers Stephanie and Phillip, and one set of consumer parents showed up. It was a pretty day, but we stayed indoors, upstairs by the window.

Our April gathering was a picnic at Pease Park. PLAN provided sandwiches. We went for a walk in the park. It was a beautiful warm day, and we saw fish in the creek. There was a nice small group of consumers, plus Stephanie and Phillip.

For our May social, we met at Amy's Ice Cream with consumers having the option of a burger at Phil's Ice House next door or ice cream. During the last couple of months we have been spreading the word to other consumers to generate interest and participation.

PLAN for Now. PLAN for the Future.

PLAN of Central Texas

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Austin, TX 78765

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4110 Guadalupe St.
Building 781, Suite 410
Austin, TX 78751

Phone:
(512) 851-0901

E-mail:
info@planctx.org

We're on the Web!
See us at:
www.planctx.org

Please clip and mail with donation to:

PLAN of Central Texas, Inc, PO Box 4755, Austin, Texas 78765

Name _____

Address _____

City _____ State _____ Zip _____

Email _____ Home Ph _____

____ Yes! Count me as a part of the PLAN Team! Enclosed is my tax-deductible donation of \$ _____

____ Yes! Here are my tax-deductible annual PLAN membership dues for 2008 of \$ 80 per family unit

Thanks to all those who donated to or helped with the PLAN Garage Sale!

Very special thanks to First Presbyterian Church for making their facilities available to us and for advertising the sale in their bulletin. Church volunteers Mark Barnett and Abby Hutto worked from sun up to sun down – we could not have pulled off the event without them.

Becky Lilljedahl, Chair, Garage Sale.

Helpers: Paul Atkinson, Carol Hanson, Mary Lou Rink, Lynn Whittington, Eric Field, Betty & Sid Wattinger, Sandy Worley, Linda Gable, Chris DeWitt, Anthony & Alex Toprac, Morgan Benson, Phillip Carolina, Marcia Toprac, Yvonne Hansen, Diana Kern, Rita Hornak, Liz Shelby, Anita Garner and Debbie Webb. *Items donated by:* Carol Hanson, Lynn Whittington, Lynn Lasky Clark, June and Robert Scogin, Cathy Weaver, Tina Marsh, Opitz family, Chris DeWitt, Pat Cramer, Caroline O'Donnell, Linda Gable, Beth Niyogi, Shelly Chapman, Cecile and Jan DeWitt, Bob Englert, Yvonne Hansen, Rita Hornak, Toprac family, and Becky Lilljedahl.

We raised almost \$1000 and have more to sell on Craig's List.

PLAN of Central Texas
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Austin, TX 78765
WEBSITE: planctx.org
EMAIL: info@planctx.org

**RANDALL'S SHOPPERS:
PLAN'S DONATION
NUMBER IS #9302**