



# According to PLAN

Planned Living Assistance Network of Central Texas

*Serving individuals with mental illness and their families by providing an array of support services to address their immediate needs and to plan for the future.*

Editor: Karla Starkweather

[www.planctx.org](http://www.planctx.org)

August 2009

## **PLANCTX is successfully working to survive in tough economic times**

by *Debbie Webb, Ph.D., LCSW, Executive Director*

**G**reetings! As a valued PLANCTX stakeholder, I hope your family has experienced first hand how we've been enhancing the quality and expanding the variety of services and supports PLANCTX offers on your behalf! Here's a question: Have you also noted how much fund raising we've consistently been doing lately? I want you to because it's imperative to our survival and we need your help! PLANCTX is struggling through the economic downturn, and we're not alone. According to Philanthropy News Digest, June 29, 2009, Bridgespan Groups "...an increasing number of organizations [are] resorting to layoffs, broad programmatic reductions, and reserve draw-downs," p.1. In fact, a recent survey of almost one hundred non-profits revealed that 92% report experiencing adverse effects of the downturn, p.1. That percentage was 75% only six months before, so the challenge is still gaining momentum. Against this backdrop, I wanted you to know that PLANCTX is increasing outreach to new potential members please tell others about us), as well as constantly coming up with ways to raise funds.

For example, on June 13th, PLANCTX partnered with the South Austin Rotary Club for their 12th Annual Rotary Charity Golf Tournament. PLANCTX helped sell Rotary Club raffle tickets. Our monthly Peer Social was coupled with this fun event! Please see Jan DeWitt's article in this issue. Lynn Lightsey, then President Elect of the Rotary Club notified Bob Englert, PLANCTX Co-Founder and Board Member Emeritus, that 3 raffle tickets we sold were winners of the 5 possible prizes. PLANCTX supporters Dennis Corkran won the "Night on the Town," Beth O'Neal, ATCMHMR, won a laptop computer, and PLANCTX Co-Founder and Board Member Dr. Yvonne Hansen won a pistol, much to her surprise! One hundred percent of the proceeds from this fund raiser went to South Austin Rotary College Scholarships, Community Projects, International Projects and PLANCTX. And, we've been invited to partner every year!

Likewise, a week later on Saturday, June 20, PLANCTX raised a total of \$3,094.06 at our Annual Garage Sale Fund Raiser! Dozens of people donated nice items! Thank you! For example, two fine glass vases, successfully sold in our silent auction, were kindly donated by Leon and Laraine Lasdon. Hundreds of people showed up, shopped and made donations. We gave out PLANCTX brochures, talking with many

interested people. We made some really good contacts for future PLANCTX members as well as future PLANCTX events. And, we all had a really fun time, even though it was hot as blazes!

Thank you to all the members, volunteers and donors who made this fund raiser a tremendous success, especially our hostess and garage sale Chair Barbara Cilley, Co-Chair Katherine Parsons-Webb, Karen Saucier and daughter Mary who came up from Houston to help, Diana Kern, Carol Johnson, Betty Wattinger, Sid Wattinger, Frank Rilling, Jan DeWitt, Yvonne Hansen, Willie Williams, Anita Garner, Rita Hornak, Becky Lilljedahl, Paul Atkinson, Annette Doyle, Cathy Weaver, and staff at Austin Recovery, Inc.

We're also "starting at home" and asking our own families and friends for tax deductible donations! I'm delighted to report Harvey W. and Louise Webb (my dad and stepmother) donated \$25,000 to PLANCTX Operations on June 25th. According to my projections, along with money from ongoing fund raisers, we will be solid all year through December 31, 2009! We are on a roll, folks! Let's keep it up! Harvey and Louise Webb challenge us to match their \$25,000 gift! Let's do it! Becky Lilljedahl has pledged the first match contribution of \$1,000! Join her today! Board Member Gary Knight has purchased a much needed computer for the PLANCTX Office. Thank you, Gary!

So, please help us by joining or renewing your \$80 Annual PLANCTX Membership today, making a tax deductible donation by check or online via PayPal using your bank debit card, Visa, MasterCard or Discover if you like, or purchasing and donating an item that we need. Contribute in honor of a friend's birthday or anniversary. Contribute in memory of a loved one such as to the Eric W. Field Memorial Fund so PLANCTX clients can receive special supplies. PLANCTX will swiftly send a nice acknowledgement of your gift to the party of your choice. And, for the purpose of perpetually ensuring PLANCTX is here to serve your loved ones and friends facing mental illness, please help us fund our two endowment funds at Austin Community Foundation now as a very worthwhile tax break, and later as part of the settlement of your estate planning (see Bob Englert and Dr. Cecile DeWitt's articles below). Thank you for being a part of PLANCTX! It is my pleasure to represent and serve you! My door is always open if you would like to converse!★

## Tribute to a Friend—Tina Marsh *by Adrienne Kennedy-Puthoff, Board Member*

When our beloved friend, Tina Marsh, died on June 16, 2009, the Austin area music community lost one of its great leaders and a consummate jazz vocalist. For us, at PLAN and in the Austin mental health community, we lost one of our most loving and passionate champions of those who cope with the challenges of mental illness, either personally or in their families. For us, Tina was always just a phone call away for a rousing round of encouragement or compassionate words, or to commit to the next advocacy work or to provide her incredible musical talent for the PLAN fundraisers JAZZ IN JANUARY. These two PLAN fundraisers, January 2007 and 2008, were Tina's own unique contribution to the PLAN community and were specifically styled around her fabulous jazz vocal artistry, with the accompaniment (both years) of one of her favorite pianists, Eddie Hobizal, and the additional talent of her favorite cellist Terry Muir in the 2008 performance.



Only those of us closest to Tina were privy to the fact that just days prior to her JAZZ IN

JANUARY 2008 concert Tina had been diagnosed and was beginning treatment for widespread return of an earlier cancer that --in 18 short months --would claim her life.

For those of us who recognized the circumstances of that evening's performance, Tina's courage and dedication was unbelievable and superimposed an ephemeral urgency and special tenderness to her exquisite voice and her carefully selected poignant repertoire for that evening. Many of us who were privileged to witness that evening were moved to tears, though that was not an uncommon response to Tina's special gifts of communicating with an audience her passion for peace, beauty, compassion and solace in a troubled world.

Tina's last days were filled with outpourings of love, devotion, tribute and courage, as those who knew her, some for mere days and some for decades, came to her home where her closest circle of friends and Tina's sons, her mother and her sister, welcomed people warmly and provided the opportunity to visit with them, or with Tina when that was possible, or to write messages in a Journal of Love for Tina, that were read to her by her friends attending her bedside. She died at home surrounded by family and closest friends in the same dignity, love, warmth and beauty that she so passionately wanted for everyone.

The two memorials held for Tina, the first at One World Theater followed a day later by a pre-show tribute prior to the Blue Lapis production of Impermanence, the production of Sally Jacques, were themselves infused with the bold creative spirit, vitality and artistic intimacy that was the essence of Tina and her art.

I know that I speak for all of the PLAN family who knew her and worked with her when I say the obvious: Tina will be sorely missed and lovingly remembered for the life and love that she shared so openly. She will be missed as a gifted artist. She will be missed as a mother, a daughter, a sister and a stalwart friend. And I for one feel all the more dedicated and passionate about the causes of mental health care that Tina had as one of her burning passions. Every step we make, every challenge we face, may they have the fire and the soul that Tina would be putting to them!★

### PLANCTX Endowment

*by Bob Englert, J.D., Emeritus Board Member and Co-Founder*

The PLAN of Central Texas, Inc. Endowment has been established at the Austin Community Foundation (ACF). The fund is named in perpetuity as the PLAN of Central Texas Endowment. An opening deposit of \$27,605.22 was made in March, 2009. The earnings, 5% of the corpus, will be available to PLANCTX each year. The purpose of this endowment is to give financial stability to PLANCTX. The PLANCTX Board will decide on the use of the funds.

The endowment is not static. Additional donations are essential to our long term goals and aspirations. Donations of cash, checks, credit cards, publicly listed securities, stocks, bonds, and mutual funds are acceptable. Other assets real, personal, and intangible will be accepted subject to ACF approval and in some cases, an appraisal. The IRS is in favor of giving to charity by allowing tax reductions for charitable gifts. Please give generously. Thank you. ★

### PLANCTX Reserve Fund

*by Cecile DeWitt, Ph.D., Board Vice President and Co-Founder*

A second investment account has been opened at the Austin Community Foundation under the name: The PLAN of Central Texas Reserve Fund

It is not an endowment, but a "quasi-endowment." It is treated like an endowment fund for investment purposes. But all principal, subject to the role of investment assets, is available for distributions. Special provisions approved by the PLAN Board of Directors apply to its distribution. The provisions have been crafted to provide the maximum flexibility important to a young organization but at the same time, preventing unwise use of this PLAN Reserve Fund. They are as follows: "Request for spending up to 50% of the balance must be approved by 75% of the Board. Request for spending above 50% of the balance requires unanimous approval of the Board. Change of these provisions require unanimous approval of the Board."

The Reserve Fund will be available for opportunities requiring a small investment that were not expected at the time an annual budget was prepared, (e.g. an opportunity for a fund raising project). Please contribute generously. Thank you. ★

## Peer Socials: Networking and Fun *by Jan DeWitt, Board Member, Certified Peer Specialist*

On June 13, PLAN held a combination fundraiser & peer social. The fundraiser part was joining the South Austin Rotary Club (thanks to PLAN member, Bob Englert) for a raffle and steak lunch (provided by Outback Steakhouse) at the Falconhead Golf Club. The proceeds for the raffle went to PLAN for the tickets that were bought/sold by PLAN board members. Liz Shelby sold the most raffle tickets.

Board members Cecile DeWitt and Betty Wattinger bought 10 tickets each to cover peers who wanted to attend the event. The peers who came, about eight, were able to fill out two tickets each to increase their odds, but we would've loved to have more peers show up! Eight peers is a pretty good turnout, especially considering that the golf club is way out of town. Luckily, PLAN Care Managers Stephanie Dowbusz and Annette Doyle provided rides for some peers.

I think everyone enjoyed the steak lunch especially, since it'd been advertised as a 'burger' lunch. We were all pleasantly surprised! We had a gorgeous view of the grounds and surrounding hills and fortunately, there was a lovely breeze at the top of our hill, under the covered, open-air building. The

steaks were grilled right there by the Outbackers on huge outdoor grills.

A couple of notes: The first raffle, held right during the lunch, was a different raffle than the raffle we sold tickets for. Its tickets were less expensive and some of the prizes looked/sounded very good. We'll know better next time. All of its proceeds went to the South Austin Rotary Club and you had to be present to win. 'Our' raffle had bigger prizes, was held later that evening at the Golf Club and you did not have to be present. A few PLAN members and one board member, Yvonne Hansen, won some of the big ones.

I would like to thank my friend, Jen Padron, of the United States Psychosocial Rehab Association., for buying a raffle ticket. I think she was the only peer (outside of PLAN) to buy one!

PLAN made a good return on the raffle - about \$400! We would be honored to join the South Austin Rotary Club, again, next year, for their same event! A great time was had by all at the golf club - I know I sure did! ★

## The Meadows Foundation Awarded PLANCTX \$39,000 *by Liz Shelby, Board Member*

**W**e are pleased to announce that the Meadows Foundation, Inc., out of Dallas, Texas, has awarded PLANCTX funding for a cutting-edge public/private collaboration project between Austin Travis County Mental Health Mental Retardation Center (ATCMHMR) and PLANCTX. ATCMHMR recently announced that due to an ongoing capacity overload, ATCMHMR will transition 420 adults with mental illness out of service within six months in order to serve people with more severe illnesses. The 420 adults considered stable and appropriate for transfer of services will be referred to community clinics for medical services and medications and will be given a list of available community resources, including PLANCTX as funded by this grant for temporary assistance through the transition. Change can be difficult for human beings, especially those who also have mental illnesses and who may have been receiving community MHMR services for 8 – 10 years or more.

Thus, PLANCTX will serve as a “lifeline” for a subset of 30 - 50 individuals identified by ATCMHMR as potentially needing additional transition assistance. For those interested in temporary PLAN CTX services, ATCMHMR will make direct referrals to PLANCTX. Within one business day, PLANCTX care managers and certified peer specialists will start offering one to 20 hours of customized services and supports aimed at enhancing engagement in the new “medical home” of all clients, helping them maintain their stability via facilitating a smooth transition period. PLANCTX will also facilitate access to ATCMHMR crisis services, and return into ongoing ATCMHMR crisis services, and return into ongoing ATCMHMR services, if needed. It is hoped that many of these clients and their families will enjoy receiving PLANCTX services and decide to join us a regular members after the pilot project. ★

## Why PLANCTX Strongly Supports Volunteer Work *by Annette Doyle, Care Manager*

Volunteer work is a great way to meet new people and become involved in the community in a meaningful way. For example, co-volunteering with interested PLANCTX clients at Recording for the Blind and Dyslexic has been a great experience for us all! Recording for the Blind and Dyslexic in a non-profit volunteer organization dedicated to creating a library for people who cannot effectively read standard print due to visual impairment, dyslexia or other physical disability. Volunteers have the opportunity to learn and perform each step in the audio production process from setting up textbooks to operating recording equipment, reading and quality control checking. It is interesting and important work and offers personal enhancement and satisfaction for all such as building on an interest and expertise in recording, or in my case, building on a personal interest since I have a son who has dyslexia.

Volunteers begin with a one hour studio tour and orientation, after which they are able to sign up to direct. As directors, volunteers operate the recording equipment and follow along with

the reader to catch any errors. In the process, we get exposed to a wide variety of interesting literature - everything from fire fighting to ancient Chinese literature. Each week volunteers can look forward to what that evening has in store for us. As a bonus, once a book has been completed, we have the opportunity to purchase it for a small donation. It's a great way to expand our knowledge, resumes, and our personal libraries! Best yet, we also are meeting wonderful people. Each week the studio director matches us with a different reader so we meet a wide variety of interesting people from all walks of life. We also are then able to participate in the Annual Record-a-thon which brings in many people and delicious donated goodies for the readers and directors!

After 15 hours of directing, volunteers are eligible to take the test to become readers. At this point PLANCTX consumers and myself are still enjoying the directing, but I did have the opportunity to do some reading and it was great fun! Overall, the volunteer experience has been very rewarding for all involved! ★

## Calendar of Upcoming Events

### Saturday, August 15, 2009

PLANCTX Monthly Peer Social  
Contact Care Manager Stephanie Dowbusz at  
(512) 599-4510 for information

### Tuesday, August 17, 2009

4:40PM - 6PM

PLANCTX August Board Meeting All are welcome!  
4110 Guadalupe ASH Bldg. 781, Room 406

### NEW!!

### Friday, August 21, 2009

Peer Social for Young Men  
Contact Care Manager Michael Connolly at (713) 444-8044  
for information

### Sunday, October 18, 2009

PLANCTX Fund Raiser at Jovita's Mexican Restaurant  
1517 South 1st St., Austin, TX. Great line-up of terrific Austin  
musicians!

### November 21, 2009

Annual Membership Meeting and Thanksgiving Holiday Party:  
First Presbyterian Church

### PLANCTX Family Groups, 2nd Thursdays of each month

Contact Cathy Weaver, LPC at 633-5933  
or catherineweaver@sbcglobal.net to join.

PLANCTX Young Men's group, 2nd and 4th Wednesdays of  
each month Contact Cathy Weaver (see above) to get  
started.

**NEW!!** PLANCTX Family Therapy and/or Individual Therapy  
now available in your home or at the PLANCTX office, offered  
by experienced, licensed master's level and doctoral level  
professionals. Contact Dr. Debbie Webb for more information  
regarding these and all PLANCTX services. (512) 851-0901  
or debbiwebb@planctx.org

**Randalls Shoppers** The PLANCTX donation number is  
9302.

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