

Planned Living Assistance Network of
Central Texas, Inc. “**PLANCTX, Inc.**”
Working in Partnership with Clients &
their Whole Family IS WHAT WORKS!
We Need Your Help!

SECC #228717

Debbie Webb, Ph.D., LCSW-S, LPC, LCDC

PLANCTX, Inc., Executive & Clinical Director

Who Does PLANCTX Treat?

- We specialize with **adults 18 years of age and older who have one or more of the following severe and persistent mental illnesses:** schizophrenia, schizoaffective disorder, bipolar disorder, major depressive disorder, anxiety disorders, OCD, personality disorders, etc.
- **The majority also have a co-occurring substance use disorders (alcohol &/or other drugs). This complicates treatment and outcomes.** We are true experts in treating people with combined illnesses (MI/SUD). Not every provider in Austin can handle these special needs like we do every day. For example our Good Chemistry Groups (Webb, 1990) help clients simultaneously work on becoming sober, clean and mentally stable and healthy.
- **Statistics: 47% with schizophrenia, 61% with bipolar disorder, and 30% with MDD also have SUD (DDX) so we provide integrated services that address all the above plus also monitor and make sure any additional physical illnesses they may have are treated (such as high blood pressure; diabetes; dental issues, etc.).**

What Makes PLANCTX Unique?

- We are a local non-profit Grassroots Organization: 3 Austin family “Caregivers” (in this case, 70+ yo parents of adults who had severe and persistent mental illnesses) started PLANCTX 20+ years ago.
- **We are a unique provider in the Austin area because we intentionally focus on providing direct services to people who are moderate to severely mentally ill, WHILE co-serving their ENTIRE FAMILY! THIS is what works!**
- **An “identified client” gets and stays better IN CONTEXT within their family system.**
- We “proactively” seek immediate written permission (informed consent) from each client at PLANCTX to connect with significant persons in their personal circle. Thus we honor HIPAA protections as well as feedback from family members and persons significant to our clients as we seek solutions for their vast array of challenges.
- We DO NOT BLAME clients for having symptoms nor family members for their loved ones having developed mental illness(es)!
- **PLANCTX custom crafts adult wrap around services for each client and family, bringing them much needed hope, structure and relief!**

PLANCTX Services: 4 Main Types:

- **Intensive Care Management**, our signature 1 to 1 service, with close attention to Maslow's Hierarchy of Needs (starting with making sure all basic human needs are met first: does the person have food, clean water, shelter, clothing, etc.); next we address their mental and physical health needs, and then specific wants.*
- **Therapy/Counseling** for persons with severe disorders, as well as supportive counseling for family members if desired, all delivered by licensed professionals. *
- **Peer Assistance** delivered by Certified Peer Specialists & trained Peer Assistants. *
- **Clinical Nurse Practitioner (APRN) assistance** is given to those needing wholistic health assessment and initiation of health care services.*
- * **WHERE DELIVERED?** Importantly, we deliver all services IN the community, or at our offices, i.e., "Walk & Talk" around Lady Bird Lake, exercising at the YMCA. We meet wherever the client or family wishes.
- **Methods of delivery** include 1 on 1 sessions and groups like Healthy Eating; Good Chemistry; Art, Gardening, Peer Socials & Family Dinners.

Easily Accessible & Agile Services

- We meet with people at times convenient for THEIR schedules: 7 days a week.
- Our offices are open M-F 10AM to 1PM for walk ins and by appointment 7 days and nights per week.
- As a non-profit 501(c)(3) we are pleased to receive very inexpensive office space from the State of Texas, Austin State Hospital, which keeps our overhead as low as possible!
- We are available to clients by phone call, text, and email 24/7/365. FAMILY MEMBERS often know about problems LONG before they become crises, and help us be PROACTIVE instead of merely REACTIVE. **WE LISTEN TO WHAT FAMILY MEMBERS NOTICE & SHARE!**

Aging Parents worry: “Who will help my son/daughter when I’m gone?”

- **WHY DO WE NEED YOUR HELP?** There is **ALWAYS** so much need and **NOT** enough resources to cover it! So people go without and needlessly suffer, and so do their loved ones. It is **VERY HARD!** We need more funding!
- **Please help us help those we find in dire need**, who have insufficient or no resources, plus their entire families (often aging parents who have cared for their loved one their whole life)!
- **YOU CAN HELP THEM REGAIN HOPE & WHOLISTIC HEALTH BY DONATING** to our ongoing services & supports!
- They want to be contributing members of our community!
- **THANKS SO MUCH FOR YOUR TIME AND CONSIDERATION!**

Thanks & Q&A, Time Permitting! 😊

- ANY QUESTIONS?
- These PPT Slides are posted on our website: www.planctx.org in case they would be helpful to you.
- Stay in touch: info@planctx.org
- (512) 851-0901