

**Bringing hope to Texans
coping with mental illness
one Texan at a time.**



NAMI TEXAS 2008 Annual Report

The State's Voice on Mental Illness

Welcome to our Annual Report: our story of this past year, and how we will strive to support change in the new one. This year, 2009, NAMI Texas will be celebrating its 25th anniversary, which represents a milestone for us all. Milestones are an opportunity to honor our past accomplishments and challenges, to see how far we have come, and to look at where we need to go and the work that remains to be done.

It is clear that we are facing tough times. When it comes to the economy of our country, and its impact on our lives

and our mental health, our work is more vital than ever. It is critical that we continue to offer education and support

to our members, and reach out to those who do not know who we are and what we do. Even though we have been here for 25 years, there are still so many who suffer from mental illness and its impact, who lose hope and feel that they

have nowhere to turn. It is up to us to reach out, to share our knowledge, experience, strength and hope and tell them about how

we can help. Our advocacy efforts must remain strong so that our voices reach our leaders and legislators loud and strong. We must continue our efforts

to improve our mental health systems so that they reflect the concepts of recovery and resiliency. We want our stories heard by all who seek encouragement and hope, and we must continue our fight against ignorance and stigma.

The NAMI Texas 2008 Annual Report is a story of change and of how we are persevering, even under difficult circumstances. Perseverance is something all NAMI members share and understand because our stories reflect our "staying power".

We would not be here if we did not have perseverance. Our greatest asset is our commitment—the commitment of NAMI Texas and of our members. This report tells the story of what can be accomplished through a grassroots organization

that is built on the foundation of a commitment to make a difference. As you read this report, you will see what can be accomplished when NAMI Texas and NAMI Affiliates work together to make a difference. Our work is reflected by the thousands of hours of volunteer time donated toward our educational programs, our support groups and our advocacy activities. We have much to be proud of, and the Board would like to thank each and every one of you for all that you do.

We hope to see you in Houston at our 25th Silver Anniversary Celebration next October. Until then—

Warm regards,
Patti Haynes, Board President



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Deborah Rose, Director of NAMI Texas Educational Programs

Lisa Moore, Director of NAMI National Educational Programs

Kelly Jeschke, Membership Coordinator/Office Manager

Kristalle Jaime, Staff Accountant

August Williams, Program Coordinator/ Advocacy Trainer

Cindy Meyer, Quality Management of NAMI Texas Education Curriculum

Erica Matlock, Intern

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TCOOMMI (Texas Correctional Office on Offenders with Medical or Mental Impairments) Representative, **Maurice Dutton**

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Supporting Texans

Hello fellow friends, family members, consumers and warriors of mental health diversity. My story is one of "sorrow to success". Check it out.

My name is Don Carruthers, and I am a consumer of services at the Mental Health and Mental Retardation Authority of Harris County (MHMRA), as well as an active member and leader with NAMI Houston and NAMI's In Our Own Voice program. I am currently the Chair of the Consumer Advisory Council of the Northwest Clinic in Houston. I also hold the title of Joint Council Chair. I grew up in Oakland, California in what one would describe as a poverty-stricken community. I encountered hardships such as gangs, drugs, prison and mental institutions. At one point, nothing and no one mattered; it felt like it was me against the world. I knew nothing of "help" agencies or organizations that would reach out, not only to those on the streets, but to those that were in institutions of all levels of confinement. Through NAMI I have had the opportunity to meet some of the most awesome, caring, kind, loving and understanding people, such as Susan Moody, Leslie Gerber, Carolyn Hamilton, Robin Peyson, Ashley Montondon and Gwen Coleman. I have also had the privilege to grow with NAMI's teachings, classes, trainings and guidance. I believe a major portion of my recovery and my accomplishments are the result of my relationship with the NAMI family.

Some of the tools that helped me and that are available to you are the Peer to Peer and In Our

Own Voice programs. I also gained empowerment through presentations, communications, networking, and simply advocating for rights, needs and services that will enhance the normalcy of the consumers' daily functions.

Through NAMI, and with the help of these tools, I am respected and accepted in the arenas of law enforcement, legislative campaigns, and advocacy presentations, which I must admit I never thought possible. I have also gained the opportunity to hold my leadership position as Chair of the Consumer Advisory Council, which means the world to me. In saying this, I Love You All! To say thank you is simply not enough. My strengths remain in support, be it in groups, phone support, networking, advocacy or simply sharing a word of kindness. I truly understand and feel the frustration, anger, hostility and confusion of the stigma some bestow on the mentally ill; however, we can prevail through perseverance.

Friends, family members and fellow consumers: nothing and no one can deny you of your hopes and dreams. Reality comes from within; success is what you bring out. In recapping my life, I must admit that the tools NAMI has given me have honed my recovery skills, and have given me the ability and opportunity to share, teach and guide those who truly do not understand that WE HAVE A FRIEND!

Respectfully yours,
Don Carruthers

What do they do for us, anyway?

Have you ever wondered how NAMI Texas works to support the NAMI local Affiliates in Texas? Or how NAMI National helps the work we do?

In January 2008, NAMI Texas held a grant writing training, which is a skill that is essential to keeping all of NAMI's doors open. To ensure all affiliates were able to attend, NAMI Texas supported Nacogdoches, Rio Grande Valley, and Tarrant County at \$100 per Affiliate in transportation cost. During calendar year 2008, we paid out \$9,998.52 to the affiliates from Community Health Charities funds. NAMI Texas spent \$15,389 in funds received from NAMI National to support training programs for our Affiliates, which included NAMI Connection, Family to Family, In Our Own Voice, Peer to Peer and Faith-Based outreach. NAMI Texas partnered with NAMI San Antonio, NAMI Tarrant County, NAMI Metropolitan Houston, and NAMI Dallas to support providing training for NAMI educational programs. In addition, NAMI Texas spent an additional \$ 82,274.33 to support educational program activities in Texas, which includes staff hours.

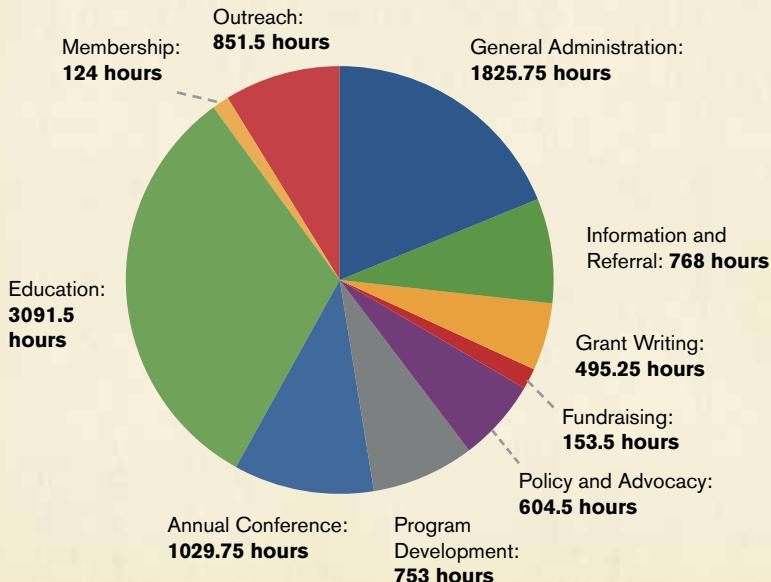
NAMI National raised funds to assist the victims of Hurricane Ike, and as a result, NAMI Texas was able to distribute over \$19,100 to NAMI Metropolitan Houston,

NAMI West Houston and NAMI Gulf Coast. NAMI National also helped NAMI Texas defray travel expenses in the amount of \$323 for leadership training for our Board President and our Executive Director. And NAMI National provides ongoing technical assistance to NAMI Texas through its NAMI Center for Leadership Development, which allows NAMI Texas to be of better service to our Affiliates.

NAMI Texas paid the training fees for four Family to Family state trainers in 2008. This builds increased capacity in our state to provide the training for our teachers, so that our costs are reduced and we have less of a need to bring in trainers from outside of our state.

NAMI staff also answered 1,831 information and referral calls to our office during 2008, totaling

How Our Staff Spent Their Time



over 305 hours in time, from consumers and family members looking for help. Most often, we connect these callers with the Affiliate closest to them, although we do provide information to individuals in crisis.

We are also assisting Affiliates by implementing E-tapestry as a statewide membership database for use by our Affiliates. To date, we have provided training and technical assistance to NAMI Dallas, NAMI Fort Worth, NAMI San Antonio, NAMI Waco, NAMI Gulf Coast, and NAMI Austin. We have contributed \$ 14,565.84 in 2008 to support this effort, and in addition, NAMI Affiliates have contributed a total of

\$ 3,839.81. When fully implemented, the E-tapestry system will provide many benefits to our Affiliates in managing and communicating with its members.

We also issue three newsletters every year, as well as our Annual Report. Our publications are designed to be informative, and serve as a way for Affiliates to tell the story of what NAMI accomplishes in our state through their outreach activities. In addition, each year the NAMI Texas staff and the Board's Conference Planning Committee plan a training conference designed to meet the needs of our Affiliates, as well as the consumers and family members that we serve. Planning an event of this nature is a significant undertaking, and provides a real opportunity for education, Affiliate development and building leadership.

Supporting the Public

62%

Family Member Calls: 1,134

During 2008 we took 1831 calls. We offered resources, education, support, encouragement and a listening ear.

35%

Consumer Calls: 634

3%

Professional Calls: 63

NAMI Texas depends on each one of our Affiliates and NAMI National to achieve our goals. NAMI exemplifies the power people have when they work together with a common mission.

Thanks for all that you do.
Robin Peyson, Executive Director



Educating Texans:

In Our Own Voice

In this program, two trained In Our Own Voice speakers share compelling personal testimony of living with, and overcoming the challenges posed by mental illness.

“Our patients really appreciated their sincerity and openness. I would love to continue offering our patients an opportunity to hear from NAMI.” IOOV Audience Member

Presenters gave **77 presentations** to **1,694 audience members** statewide. Nine affiliates currently offer In Our Own Voice.

– IOOV

Family to Family

This course provides insights into, and resolution of, the profound concerns experienced by families, close relatives and friends as they strive to cope with the realities of their loved one’s serious mental illness.

Dr. Lisa Dixon’s research study provided the following statistically valid results: Family to Family program increases empowerment, reduces “worry and dis-

Texas provided 36 F2F classes with 466 people attending; three of those were in Spanish. Texas held 4 new teacher trainings graduating 45 new teachers.

“I’m still marveling at how the kids responded last time you talked with them. You got them thinking, and to me that is always the first step towards solving a problem or dealing with a situation.”

stress” (subjective burden), decreases “displeasure with the ill relative”, and decreases family member depression. All of these results “stuck”, meaning that they were still present at the 6 month follow-up.

Peer to Peer

The course provides participants with comprehensive information on their mental illness. It also teaches strategies for personal and interpersonal awareness, coping skills and self-care strategies.

“You have a strong group of Mentors. This group is going to change lives by bringing the idea of recovery to consumers. In doing so, they will strengthen their own recovery in ways that they cannot even imagine. Thank you for inviting me to come to Texas to be a part of this.” -Anthony Holscher, NAMI National Trainer, on the Peer to Peer training

7 Peer to Peer classes were offered statewide to 83 students. Texas held 2 mentor trainings, resulting in 29 new mentors.

NAMI Connection

These free weekly support groups offer a casual and relaxed approach to sharing the challenges and successes of coping with a mental illness.

Thanks to NAMI National & Solvay for your financial support of this program.

Texas launched NAMI Connection in 2008 with 2 trainings, resulting in 41 group facilitators. Nine affiliates offer 8 ongoing support groups.

Visions For Tomorrow

This course addresses the needs of younger families who have children and adolescents with a mental illness.

“VFT saved my life. I learned how to be a normal family member.” – VFT

“This is an awesome course and I feel empowered and ready to become a teacher, a supporter and an advocate.” – VFT

In 2008, 13 VFT Family Workshops reached a total of 112 participants in Texas. Two of these workshops were taught in Spanish. Outside of Texas, 8 family workshops reached a total of 71 participants. Texas held 4 VFT Teacher Trainings resulting in 14 new teachers trained

Texas offered 11 VFT Professional In-Service presentations reaching a total of 241 professionals. One VFT Professional In-Service Presenter Training was held resulting in 4 new presenters trained.

Presentations on NAMI Texas programs were made at three conferences in 2008 including the NAMI Texas State Conference, Texas Youth Correctional Center Conference in Hunt and the Texas Department of Juvenile Justice Conference in Tarrant County.

Coming in 2009-

Great Minds Think Alike: Shire \$2,000

NAMI Texas has a new recovery-based curriculum for youth, ages 12 to 17, who have been diagnosed with a mental illness. Great Minds Think Alike, (GMTA) is a program designed to provide youth with the skills necessary to take a leadership role in their own recovery and to aid others who suffer from the symptoms of mental illness.

Through GMTA, youth begin to understand their illness, learn positive and appropriate interventions to manage their symptoms, and take charge of their own recovery. GMTA includes the following topics:

Understanding Your Illness	Living a Healthy Lifestyle
Understanding Your Symptoms	Managing Relapse
Managing Your Symptoms	Recovery
Understanding Treatment Symptoms and Side Effects	
Communications	
Crisis Management	

GMTA helps youth learn to cope with their diagnosis and find success in their daily lives. It provides easy-to-understand workbooks to learn from and refer to, opportunities to build relationships with other youth who have similar symptoms, and, despite the challenges, provides an approach to leading healthy and productive lives.

It is a cornerstone belief of NAMI Texas that ALL children and youth should have every opportunity to find success in their daily lives. This is often not the case for children and youth with mental health needs. The barriers these young people face frequently prevent them from recognizing even the smallest of successes.

Advocating for Texans:

NAMI Texas advocates for the underserved.

Smarts and Hearts Advocacy Training

Smarts and Hearts is a series of skill-building modules that help individuals harness the power of their stories to drive home their organization's advocacy agenda, and to communicate with and inspire members, funders, coalition partners and more.

“I think that every mental health consumer should take this training.” – S&H

In September 2008, NAMI Texas was awarded funding for mental health leadership and advocacy training from the Texas Council on Developmental Disabilities (TCDD). NAMI Texas will be providing this training in six regions, in both rural and urban areas in Texas over the next three years. August Williams is the Project Coordinator and trainer. As of December 2008, she has trained two Texas Mental Health Consumer groups, Agape Center in Amarillo and SHAC in Austin, totaling 35 people.

Advocating

Mental health consumers interested in learning about the legislative process and how to connect with their local representative were offered advocacy training in 2008. Working with NAMI National's Smarts & Hearts training, August Williams trained 15 people in Amarillo and 20 people in Austin. Amarillo Area Mental Health Consumers and Austin Area Mental Health Consumers had excellent attendance and participation in their area's training.

Smarts & Hearts is a step-by-step process in developing advocacy skills. This skills building training begins with the foundation of every good advocate which is a clear, concise, and effective story. The training moves on to teach how to utilize this story in letters, person to person meetings, emails and telephone calls to state legislators. After taking the Smarts & Hearts training, participants were provided a two-day follow-up training to help prepare them for the 2009 legislative session.

“I learned my own capabilities and to stand up for something that means a lot to me.” – S&H

“I learned that everyone has an interesting story to tell.” – S&H

Highlighting 2008

Annual Conference: Roadmap to Recovery

The weekend began with popcorn and laughs as conference attendees kicked up their feet at a showing of Lars and the Real Girl, graciously sponsored by the Wood Group. After Friday morning's continental breakfast, conference goes chose between 4 timely topics during three break-out sessions of the day. During lunch, Key Note Speaker Mike Fitzpatrick, Executive Director of NAMI National, spoke passionately about the state of the mental health system in our country, and offered both criticism and suggestions. Friday night ended with dessert and

a live auction, raising \$3,735. A special thanks and congratulations to NAMI Gulf Coast for winning the Affiliate Auction Showdown. Their basket brought in \$300. Saturday opened with a meet-and-greet of the Staff and Board while enjoying another fantastic continental breakfast. Nick Holstein led his theater troupe in interactive skits bringing mental illness to life. Four more breakout sessions were held on Saturday, and our annual Affiliate President's luncheon was held. Two hundred and twenty seven people enjoyed this informative weekend in San Antonio. NAMI Texas wants to give a special thanks to our wonderful volunteers!

The following Annual Awards were presented:

2008 Charley H. Shannon Advocate of Justice Award

Presented to Allen Bridges,
Sheriff of Hays County &
The Dallas Police
Department
A Champion(s) for Persons
with Mental Illness

2008 Mental Health Professional of the Year Award

Presented to Frank Webster, M.D.
For His Support and Compassion
for Persons with Serious Mental
Illness

2008 Mark Korenek Consumer Quality of Life Award

Presented to Alice Clark
For Her Courageous
Example that Recovery is
Possible

2008 Betty Fulenwider Media Award

Presented to Steve Blow
For Furthering the NAMI
Texas Mission of Educating
and Battling the Stigma of
Mental Illness

2008 Volunteer of the Year Award

Presented to Ed Dickey
For His Tireless Dedication
to Persons with Mental
Illness

Conference Sponsors

Astra Zeneca

Brazos Valley Community Action Agency, Inc.

Bristol-Myers Squibb

Eli Lilly

Ortho McNeil Janssen Pharmaceuticals

Texas Council of Community MHMR Centers

Value Options, Inc.

“Those affected by schizophrenia or another mental disorder should be commended for their bravery, not judged. Let’s put normal on the shelf and give different a fighting chance.”

– Amber Christian Osterhout

Dedication to the Cause Award

Mary Lou May

The Jackie Shannon Enduring Volunteer Award

Jackie Shannon

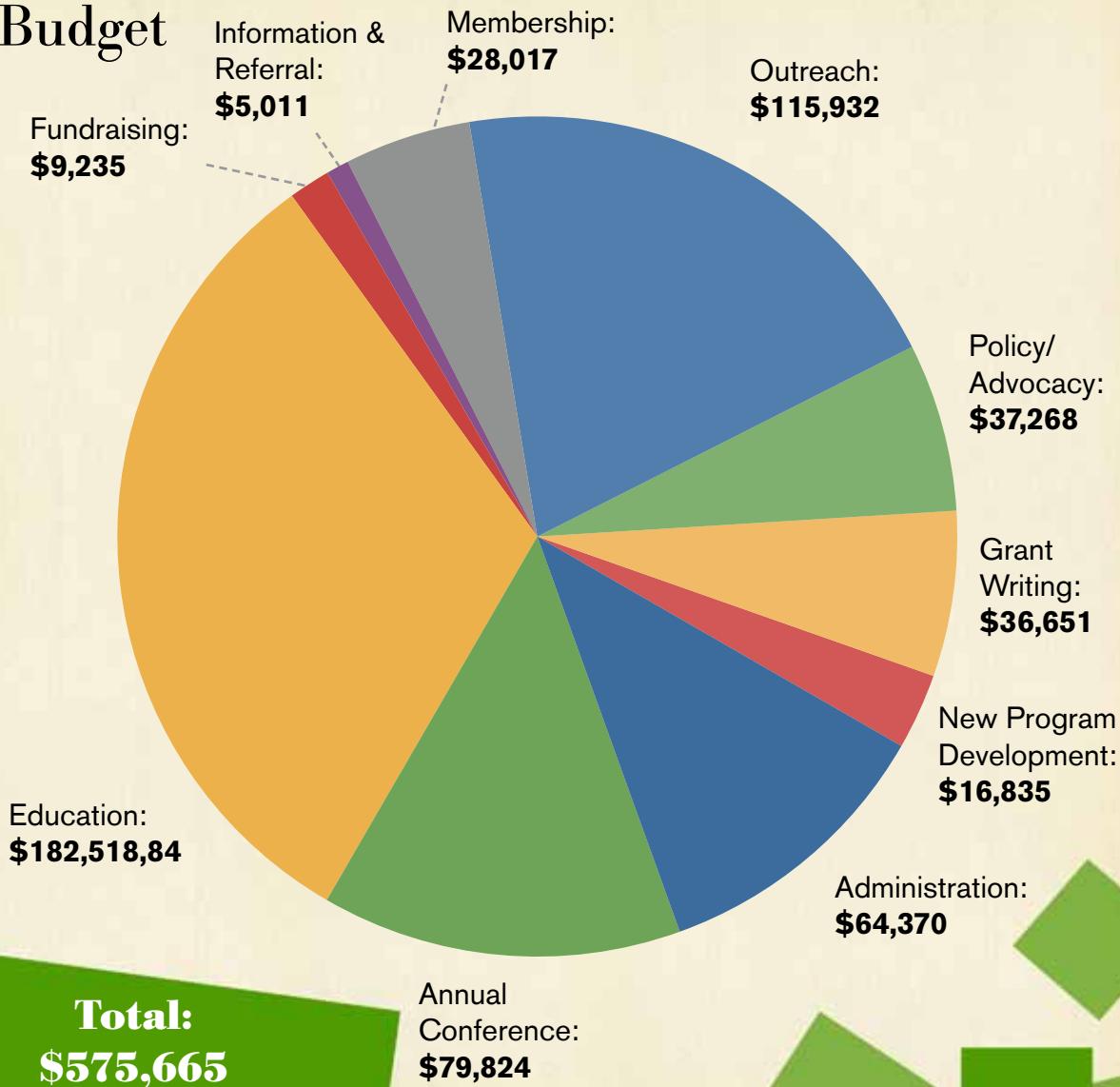
Sharon De Blanc
For Her Creativity,
Hard Work, and Loving
Commitment to NAMI
Texas

Special certificate of merit went to
Melissa Stoeltje, San
Antonio Express

The Above and Beyond Award

MHMR Services for the Concho Valley, Lynn Rutland
Hill Country Community MHMR Center, Linda Werlein
West Texas Centers for MHMR, Shelley Smith
For the Endless Hours They Devoted to Meet the Needs of Children Displaced from Their Families.

Budget



2008 Grants	
Astra Zeneca	\$ 5,000
Bristol-Myers Squibb	\$ 10,000
Meadows	\$ 171,000
NAMI National	\$ 10,000
Pfizer	\$ 5,000
Shire Pharmaceuticals	\$ 2,000
Swalm	\$ 150,000
TCDD Advocacy	\$ 67,500
TCDD Stipend	\$ 5,965
Texas Bar Foundation	\$ 24,103
Value Options	\$ 1,500
2008 Conference Sponsorships	\$ 36,000
Astra Zeneca	\$ 15,000
Bristol-Myers Squibb	\$ 5,000
Brazos Valley Community Action Agency, Inc.	\$ 500
Eli Lilly	\$ 10,000
Ortho McNeil Pharmaceuticals	\$ 2,500
Texas Council of Community MHMR Centers	\$ 500
Value Options, Inc.	\$ 2,500
Total	\$ 488,068

General Giving:

A. John Rush
Alan & Jilynn Davis
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Amanda Percy
Angela Ellis
Anne Taylor Nicholson
Antoinette G. Browning
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Kathy Blair
Kay Weed
Kay Weller
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Kim or Janice Freeman
Kristalle Jaime
Kyle or Mike Bryan
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Mary Robins
Mary Teresa Howard
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Maurice Dutton



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Yolanda Uranda

We have made every effort possible to include each individual and company that has graciously donated to NAMI Texas. Our apologies in advance if your name was not included, please let us know so that we can thank you in our next publication.

A special thanks to Astra Zeneca for providing the funds to make our publications possible.



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