

According to PLAN

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ANNUAL MEETING NOTICE in this issue!

Annual Meeting is October 29, 2003

**Austin County Club
5:30—7:30 p.m.**

From Bob Englert, PLAN President

This has been a good year.

We now have an Executive Director, Rob Teir, and a Care Coordinator, Elton Woolsey.

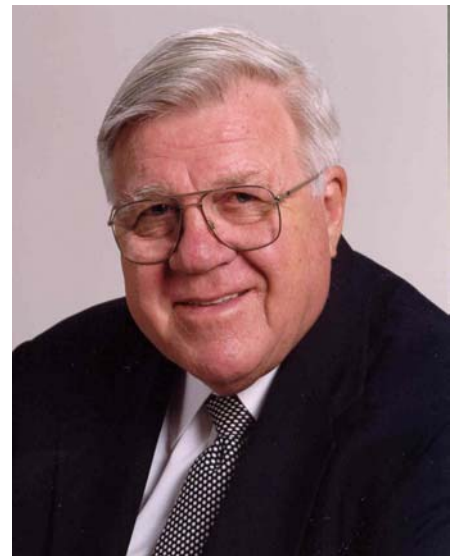
They say, "if you build it, they will come." Well, we have built it. We have a structure. Now, we shall see if the clients come to us. That is, we will see if care-giving families turn to PLAN for their long-term planning needs.

PLAN is based on a fee-for-service model. Across the country, PLAN organizations generate approximately 80% of their revenue from services – paid for by care-givers or their insurers. Here at PLAN of Central Texas, we are a long way from this 80%

figure. However, we do have a positive cash flow from case management services. Already, several family care-givers have taken advantage of our services.

But, as Rob Teir points out in his newsletter column, we need more participants if PLAN is to be a vibrant ongoing organization, and if we are to demonstrate that there is a the services we provide.

Financially, it has been quite a year, enabling us to build and shape the organization to provide



market for services effectively. An anonymous donor gave a substantial gift. In addition, this donor issued a challenge. If we raised \$15,000 from others, the donor would match it. We met the challenge and earned the match.

(CONTINUED ON PAGE 7)

PLAN of Central Texas — Your Governing Boards

Board of Directors

- Bob Englert, JD, President
- Becky Lilljedahl, Vice President
- Cecile DeWitt, PhD, Secretary
- Anita Garner, BA, CRC, Treasurer
- Jan DeWitt, BA
- Doris Goewey, BA
- Nick Huestis, MA

Edward Summers, PhD

Board of Advisors

- Charlene Crump, Mary Lee Foundation
- King Davis, Hogg Foundation for Mental Health
- David Evans, MA, Austin/Travis Cty. MHMR
- H. Clyde Farrell, JD

- Genevieve Hearon, Capacity for Justice
- Alicia Nash
- John Nash, PhD
- Robert Ploger, PLAN of North Texas
- Dennis Worley

From PLAN's Executive Director

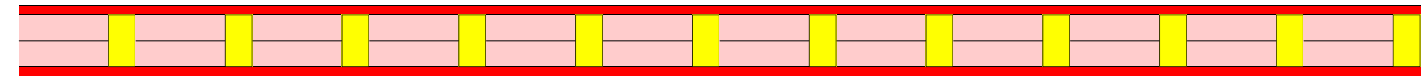
IS THERE A MARKET FOR PLAN?

PLAN sure sounds like a good idea. It did when I first heard about it, it did when I started as the Executive Director, and it still does.

And, it sounds like a good idea to many thoughtful people who know about us.

What is the idea? It is this: those families caring for a mentally ill person will not always be there to provide this care. Therefore, they need two things: to plan for the future, and someone to replace them as a primary care-provider.

The issue is relatively new. For years, people with a serious mental illness received care (and housing) in large state-run institu-



tions. Those days are gone, and are unlikely to return. The parents and family members now providing care are therefore the first generation to do so, and will be the first generation to "retire" from these responsibilities. No one has sought to be a replacement care-giver, because, in most cases, the care-giver is still very much in the picture.

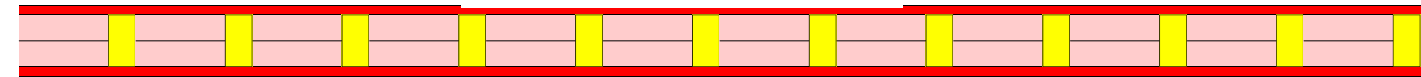
PLAN is seeking to play that role. And, now, is ready to do so.

The question, then, is will care-giving families turn to us?

- To do so, they will have to:
- * have heard of us;
 - * agree that there is a need for planning and replacement care;
 - * have confidence in us;
 - * be willing to pay for planning and replacement care.

These are serious impediments.

The confidence should be the easiest. PLAN was founded by family members who are caring for people with a mental illness. We understand the challenges that these families face, and approach their issues with empathy, experience, and dedication. We are one of over two dozen PLAN organizations around the country, and build on their experience of our



sister organizations. Furthermore, we work closely with other experts in the field, such as trust attorneys, financial planners, NAMI, and the ATCMHMR.

Knowing about PLAN will take some work. We will need to advertise, such as on the radio. We will need to get our brochure and Web site out at presentations and

in one-on-one discussions. We will need our friends and supporters to talk about us, especially to consumers and their families. Our reputation will need to spread by word of mouth.

If people know of us, and have confidence in us, I am confident that they will be convinced that

there is a need for us. Even the best care-givers, after all, will not live forever. Moreover, the consequences of not planning can be dreadful, such as relapses, slipping off medication, homelessness, ineligibility for government benefits, etc.

(continued on page 3)

A market for plan?

(continued from page 2)

The final question is money. Families are used to providing this kind of care – looking after their loved one– for free. But, to have some one else do it when they can no longer do so will cost them, and the amounts involved are not insignificant.

The analogy is baby-sitting and cleaning your kitchen. You do

these things in your own home and with your own kids, without money changing hands. But, if you bring in someone else to do them, you pay them.

Whether people are willing to pay for planning and replacement care services will determine whether PLAN of Central Texas survives. Surviving on donations alone is not realistic, although donations will still be sought and welcomed for specific projects and to provide planning assistance to those unable to pay for the service. However, the stark fact remains: if people caring for someone with a mental illness are not willing to pay for PLAN services, then there is no need for

PLAN.

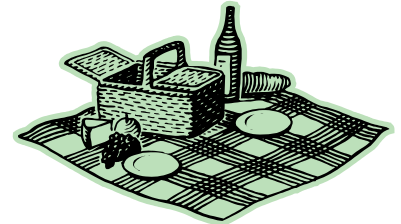
We have set up shop. We are open for business. Now, in the coming months, we shall see if there is a market for our services.

The stakes are high. And hardly just for us. Families who leave these issues to chance, or ignore them in the hope that someone will come forward to provide care, are playing roulette with the lives and treatment of their vulnerable family member. It was for their sake that PLAN was founded, and it is for their sake that we shall, hopefully, build and grow.

Consumers Corner

Barton Springs Spring Picnic

By **Sandy Englert**



Frank Rilling, Sid Wallinger, Jan DeWitt, Mike Worley, and Dennis Worley (Mike's father) joined me at the Barton Springs picnic, sponsored by PLAN.

We had Kentucky Fried Chicken, mashed potatoes, gravy, coleslaw, rolls, and chocolate cake with glazed confectioner's sugar icing with fresh strawberries. Sodas and sour cream onion potato chips everyone liked.

We had a very good table at the concession stand under shaded trees, watching people swim at the pool.

Our group would like to thank Dennis Worley and Mike Worley for hosting our group. We would also like to thank Frank Rilling for hosting the group at his new condo. I would like to host the group in November, perhaps for another cooking class. Please let me know if you would be interested in doing this?

Finally, I received this nice note the other day: "I want you to know that I truly admire your determination to be a responsible borrower, a diligent saver and a competent manager as you move toward your goal of financial independence."

Sandy

From the desk of Cecile DeWitt, PLAN Secretary & Co-Founder

THE NEXT STEP

In the July issue of *According to PLAN*, Rob Teir, our Executive Director, focused our attention on the next step. I quote:

“That step will be both large and the one that solidifies PLAN of Central Texas for the long term. Its precise shape will not be determined by those serving now – it will be determined by the needs of

wishes of our client families. In Dallas, it was housing for people with mental illness. In Delaware, it was trust services. With other PLANs, it was the expansion of planning services to serve families whose disabled family members had a challenge other than mental illness. Time will tell -- after you, our audience and our clients, tell us.”



My Answer

Changing hats from Secretary of the Board to a mother of an adult child with a mental illness, I propose that PLAN of Central Texas bring to Austin speakers who are contributing to recent, and very promising, advances in deciphering brain functions.

During the summer, I heard a lecture by Andre Syrota on the impact of physics in new functional brain imaging. I also read a book by David Servan-Schreiber entitled *Guerir (le stress et la depression sans medicaments ni psychoanalyse)*.

Dr. Syrota is a physicist; Dr. Servan-Schreiber a

"Given my worries about mental illness, they gave me, for the first time, the certainty that major progress, including recovery, is in sight"

psychiatrist. They are respected voices, and are responsible for far-reaching projects. Even if I had not been concerned with mental illness, both experiences (the lecture

and the book) would have changed my life.

Given my worries about mental illness, they gave me, for the first time, the certainty that major progress, including recovery, is in sight.

Both Dr. Syrota and Dr. Servan-Schreiber have strong ties in the U.S.

Le Bihan and Servan-Schreiber

From 1989 to 1994, Le Bihan was at the National Institute of (cont.'d on p.5)

The Next Step, cont'd *(from page 4)*

Health in Bethesda, Maryland, as Research Associate responsible for its Diagnostic Radiology Research Section. During this period, he also held a position at Georgetown University Hospital in Washington, D.C. He is currently Director of the Anatomic-Functional Neuro-Imaging Section of the French Atomic Energy Commission (*Hopital d'Orsay – France*).

Servan-Schreiber has both an M.D. and a Ph.D. He spent twenty years in the U.S., and currently divides his time between institutions in France and the University of Pittsburgh School of Medicine, where he is a Clinical Professor of Psychiatry. His recent book *Guerir* will be available in English this February (2004) under the title *The Instinct to Heal* (Rodale, publisher).

At first, I was disappointed in the English translation of the title. I had been attracted to Servan-Schreiber by his scientific training, and his approach to brain functioning. The English title therefore seemed something of a betrayal. But, at a deeper level, at the level of the limbic brain (the older, 'emotional' brain), the title is excellent.

The Decade of the Brain

Both men base their research and experiences on improved knowledge of brain functions and draw practical applications. In brief, until recently, MRI and PET gave primarily static images, useful for studying brain lesions and malformations, i.e. tumors and mental retardation. Now, functional MRI can give us dynamic pictures of the brain in action. It can measure with extreme precision the blood flow associated with specific brain functions, opening up information and innovations about brain dysfunctions which are not caused by brain malformation, e.g., mental illness.

Grounded in well-established facts, and focusing on far-reaching consequences, these recent works substantiate the hopes raised by NAMI when it labeled the 1990s the "decade of the brain."

The Role of PLAN of Central Texas

How can PLAN of Central Texas benefit from these riches?

Answer: By bringing to Austin for a conference Denis Le Bihan and David Servan-Schreiber.

Objection: This is a futile dream, not worth expending our time or resources.

A few facts: It would be easier to bring Le Bihan and Servan-Schreiber together, than separately, because they have much to discuss between themselves. Le Bihan's improved fMRI (Functional Magnetic Resonance Imaging) feeds into Servan-Schreiber's research and clinical responsibilities.

Continued on page 10

SOME THOUGHTS ON TERMINOLOGY AND STIGMA

Recently, a good friend of PLAN asked me why I continue to use the term "mental illness" to describe the condition and diagnosis of the people our family clients provide care to. The Board member was concerned that the term is demeaning, as these people confront and live with a neurobiological disorder.

Now, the last thing either PLAN or I want to do is contribute to the stigma that people with mental illness already confront. So, off I went to ponder the question of terminology that is appropriate, useful, and compassionate.

I ended up where I started. I concluded that the term "mental illness" meets these three criteria.

I started with the observation that the term is used by people of all different political views, none of which can fairly be accused of being out to stigmatize those with these challenges. The term, for instance, has been used by Roselyn Carter, President Bush, Bill Clinton, Tipper Gore, and countless others.

Ironically, while some people may think the term is demeaning, the term itself was progressive. It demonstrated the turn in societal views of the challenges we are speaking about – from moral digressions to a medical condition. As a medical condition, it can be viewed as blameless and, even more importantly, as a condition subject to treatment and recovery.

We do not have to think that hard to come up with some of the nasty terms that people used to describe people with schizophrenia, bipolar disorder, or severe depression. Those terms stigmatize, and do nothing to explain. The term "mental illness," on the other hand, recognizes these challenges as medical conditions, which people view as an impetus for understanding, sympathy, and hope.

Beyond the medical model, there is also the challenge of communication. Especially as a nascent organization, PLAN has to explain its services and its reason for existing. If we use terms such as "neurobiological disorder," we are likely leaving our audiences with baffled expressions and, worse, a sense that we are speaking an exclusive, academic language, instead of communicating with people in a natural way.

Finally, by using the term "mental illness," we join many others who are respected and fighting for our causes, includ-

ing NAMI (which stands for the National Alliance for the Mentally Ill), the National Institute of Mental Health, the Austin-Travis County Mental Health-Mental Illness center, and the President's blue-ribbon Commission on Mental Illness.

I think it is important that we constantly question ourselves to be sure our language is accurate and sympathetic. At the same time, we should vigorously defend the notion that there is nothing demeaning about being diagnosed as having a mental illness, a challenge that will affect millions of Americans in their lifetime.



An Opportunity to Serve

PLAN now has operating committees that guide the organization. We need your expertise, energy, and enthusiasm. We welcome your interest in serving on one or more of these committees, which include:

- ◆ Fund-Raising and Community Relations
- ◆ Long-term organizational planning
- ◆ Nominations
- ◆ Bylaws
- ◆ Budgeting
- ◆ Social Activities

To join one of these committees and help PLAN grow and improve, please e-mail Rob Teir at robt@planctx.org, or call the PLAN office at 512.851.0901. Thank you!



PRESIDENT'S COLUMN (CONTINUED FROM PAGE 1)

Generous donations also came from Eli Lilly & Co, through the office of Jack Jones, and from the Austin Community Foundation, the Seawell-Elam Foundation, LCRA Employees United Charities, Helen Crouch, Brad and Corliss Englert, and Anne Logan. The caring and generosity of these donors and others gives us hope for the future that, now that our structure is in place, with our talented staff ready to assist, we are prepared to reach out to the community.

While we reach out for new clients and new participants, we will continue our active program of social activities, run by volunteers. These socials have included visits to museums, a trip to the ballet, picnics in the park, and cooking lessons. In addition, we have held quarterly gala events featuring music and fellowship. These social events are open to all members at no cost.

My term as PLAN's President will end in December. New officers for the coming year will be elected at the Annual Meeting on October 29th (I hope you're planning to attend). The new team will take over on January 1st. But, I will still be here. I am convinced we have a worthy cause, and I will continue to serve it.

PLAN OF CENTRAL TEXAS



NAMI Austin, in conjunction with PLAN, the Mary Lee Foundation, and other Austin-area mental health organizations announces:

**Friday, October 10,
2003**

**CELEBRATION
RECOVERY !**

A party, with food, entertainment,
and friends



**Fiesta
Gardens**

FREE

NOMINATION COMMITTEE NOMINEES

The Nomination Committee announced the following nominees for PLAN officers for the coming year:

President:	Becky Lilljedahl
Vice President:	Yvonne Hansen
Secretary:	Cecile DeWitt (re-election)
Treasurer:	Anita Garner (re-election)

These candidates are on the ballot for the PLAN elections this October. If you are a dues-paying PLAN member, you have been sent a ballot with this newsletter.

The Nominations Committee also submitted three candidates as new Board members:

Lisa Belli

Lisa is a former Legal Assistant in the Texas Attorney General's office. She has ample experience in legal research, and is a family member of someone who lived with a mental illness (now deceased). She is a
(continued on page 9)

IT GUIDE FOR INTELLIGENT GRANDMOTHERS (AND OTHERS)[®]

by Cecile DeWitt

We are not "dummies."

Yet, some people think we are.

Manuals for "dummies," which talk down to us, are not for us. What we need is a simple, practical manual to instruct us on the technological functions of desktop and laptop computers.

I am lucky. I have been getting valued, helpful advice on particular computer-related issues, questions, and problems from a good friend. The friend and I have decided to record the guidance so that others can also use it. The result will be an IT guide for intelligent grandmothers, and others.

The first step is to write down the advice and guidance I get, noting the issue, the approach to the issue, problems that we may or did encounter, and a glossary of certain terms. The drafts will be reviewed by me, the user, to ensure that the explanations are helpful. The collection of guid-

ance documents, which will expand and change, will be available for testing by PLAN clients. The entire collection will then be made available for sale from PLAN. We may be able to sell it on a nationwide basis.

Reader: Nationwide? Come on, Cecile, wake up.

The project reminds me of students in a small junior high boarding school, who manufactured and sold, nationwide, a "Manual for a Simple Burial" for one dollar. The volume is now in its 14th edition, and sells for \$14.

Reader: OK, where can I buy the burial manual?

It is published by the Arthur Morgan School in North Carolina (1901 Hannah Branch Road, Burnsville, NC 28714; Phone 828.675.4262). My daughter Jan discovered the school when she was in the eighth grade. The school has been a great resource for her and her younger siblings.

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PLAN Wish List

Currently, PLAN needs:

- A flat-top scanner
- table, for documents and stationary
- A laptop computer
- A wireless Internet card for a notebook computer



CANDIDATES (cont. from p. 8)
graduate of the University of Texas at Austin, is bilingual, and has volunteered with Hospice Austin and as a computer instructor. Lisa also has volunteered for PLAN, including as a potential future editor of this newsletter.

Yvonne Hansen

Yvonne earned a B.S. in Special Secondary Art Education from the University of Wisconsin at Madison, a M.A. in Organizational Development from the Fielding Institute, and a Ed.D. from Fielding. She is the author of a

resource handbook on sustainable growth and other articles. She currently provides consulting services on planning change, instructional design, training, systems thinking, and similar issues. As such, she has facilitated numerous retreats, planning sessions, and training of trainers, as well as developed handbooks and materials. She is currently a care-giver to a disabled family member.

Margaret Harrison

Margaret is an PLAN's securities account opened with that firm, which will allow PLAN to accept the donation

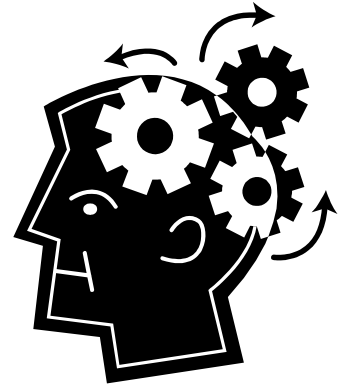
of securities without fees. Margaret has been extremely active in the Central Texas community. She is a member of the Central Presbyterian Church, and has served as a Board Member and an Elder for that congregation, as well as Chair of its Finance Committee. She is a member of the South Austin Rotary Club, and has served that organization as a Treasurer and Board member. She is currently on the Board of Manos de Cristo, serves on the membership committee of the Austin Downtown Alliance, and a Board member of the International Good Neighbors Council. She has also served, and is currently a member, of the Samaritan Counseling Center.

(Healing and the brain, continued from page 5)

This Fall, I shall be at the *Institut des Hautes Études Scientifiques (IHES)*, which is a next-door neighbor of Le Bihan's *Service Hospitalier Joliot-Curie (Orsay)*.

Before I go to IHES, I shall discuss with Mary Ann Rankin, Dean of the College of Natural Science at the University of Texas, the interest of UT in a conference focusing on "From Physics to Brain Imaging to Mental Health."

I am hopeful that we could also generate interest in such a conference from corporate sponsors, including companies like Siemens and General Electric, who are working with Syrota and Le Bihan in designing apparatus suitable for extremely precise FMRI, and making them widely available.



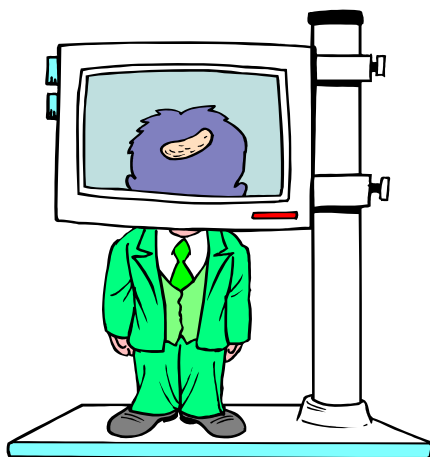
The cost to PLAN: A few stamps, a few phone calls, some promotional drafting time.

Benefit to PLAN: A valuable opportunity to establish PLAN as a source of information and inspiration to the mental health and care-giving communities in Texas. It could also help us raise funds.

La suite au prochain numero.

P.S. I have not given up hope of bringing John and Alicia Nash to Austin. I have come to conclude that doing so will require a trip to Princeton, which I shall try to schedule in December. They may be interested in functional magnetic resonance imaging, and I would certainly invite them to the proposed conference.

P.P.S. David Servan-Schreiber is the son of Jean-Jacques Servan-Schreiber, author of influential books, including *Lieutenant in Algérie* and *The Challenge of America*, as well as a prominent journalist.



Postscript

Jean-Jacques Servan-Schreiber also won the Cross of Valor for his role as a fighter pilot for Charles de Gaulle's Free French Forces in World War II. (ed.).

- Ed.

The New Milestones Foundation cordially invites you to the **Second Annual Champions' Event**

2003 Champions' Recipient
 The Honorable Scott McCown
 Center for Public Policy Priorities

2003 Champions' Media Award
 Doug Shupe, News 8 Austin

featuring singer/songwriter
Judy Collins,
 Author of *Sanity & Grace*
 on coming to terms with
 depression, alcoholism, and
 her son's death by suicide.

11am - 1pm on Sunday, October 26
 at the Renaissance Austin Hotel
 9721 Arboretum Blvd, Austin



\$1,500 Corporate
 \$1,000 Individual
 \$750 Non-Profit
 \$65 Tickets

Call (512) 440-4051
 or email beverly.scarborough@atcmhmr.com

The mission of the New Milestones Foundation is to expand awareness, eradicate stigma, and raise funding to address the needs of those in our community affected by mental illnesses, developmental disabilities or substance abuse

Underwriters:

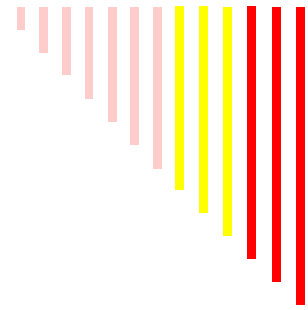
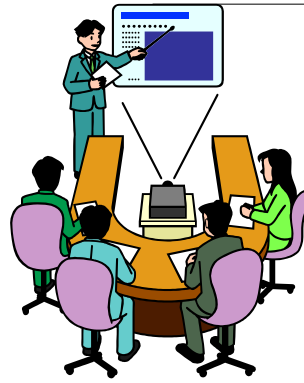


LOOKING FOR A GOOD HOME

PLAN NEEDS NEW OFFICE SPACE IN AUSTIN

A wonderful opportunity for a company or individual with quality space to donate or provide on a (very) low-cost basis

While PLAN has enjoyed having an office within the Mary Lee Foundation complex, we are seeking space that will also allow us to consult with clients, in a professional and confidential manner. We need about 750-1200 square feet, with phones lines and a broadband connection available. Space south of 183 would be preferable, and south of MLK is even better, but we're flexible.



Mark your Calendars!

PLAN's Annual

Membership Meeting



Wednesday, October 29th

5:30-7:30 p.m.

Location: Austin Country Club

4408 Long Champ Drive



A suggested donation is \$20, to help us cover the cost of the event
(no donations are asked from consumers of mental health services)

Questions: Call the PLAN office, 512.851.0901, or e-mail us at info@planctx.org



Consumers (and their guest)
Come see the Ballet Austin's



Taming of the Shrew

Bass Concert Hall
October 9th, 7:30

No charge – complements of PLAN and the Ballet Austin
Limited availability -- RSVP to PLAN by October 6th

