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2013 Election Information and Nominees

2013 Proposed Bylaws Amendments
Board of Directors

Andrea Hazlitt
Board President
(Region 8 Director)
Term: 2012-2015

Ed Dickey
Vice President
(At Large Director)
Term: 2012-2015

* John A. Tatum
Treasurer
(At Large Director)
Term: 2012-2015

* Paula Hendrix
Secretary
(Region 6 Director)
Term: 2010-2013

David Gibson
(Region 1 Director)
Term: 2012-2015

Sherry Cusumano
(Region 2 Director)
Term: 2011-2014

Sindi Elorreaga
(Region 3 Director)
Term: 2012-2015

Vacant
(Region 4 Director)
Term: 2011-2014

On Leave
(Region 5 Director)
Term: 2011-2014

* Vacant
(Region 7 Director)
Term: 2010-2013

* Vacant
(Region 9 Director)
Term: 2010-2013

* Board of Directors positions up for a vote in 2013.

Please Contact Us!

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NARSAD Artworks

NAMI Texas would like to thank NARSAD Artworks for its contribution to our state mental health efforts.

NARSAD Artworks donated a generous portion of its proceeds at the 2013 NAMI Convention in San Antonio to NAMI Texas!!!

For more information about NARSAD Artworks, visit:
http://narsadartworks.org

Pictured on cover:
NAMI Austin receiving the NAMI Affiliate of the Year Award.
Leon Evans (l) from NAMI San Antonio received the Mental Health Professional of the Year Award from Jerry Fulenwider.

Steve Spriester (l), from San Antonio, was the recipient of the Betty Fulenwider Media Award.

Carolyn Karbowski (r), from NAMI Gulf Coast, was the recipient of the Jackie Shannon Enduring Volunteer Award.

NAMI Austin was the recipient of both the NAMI Affiliate of the Year and NAMI Texas Affiliate of the Year awards.
Judge Brent Carr from NAMI Tarrant County was the recipient of the Charley H. Shannon Advocate for Justice Award

Sue Adams (l) from NAMI Tarrant County was the recipient of the Volunteer of the Year Award

David Carroll from NAMI Tarrant County was the recipient of the Mark Korenek Consumer Quality of Life Award

Senior Corporal Herb Cotner from NAMI Dallas was the recipient of NAMI's Sam Cochran Criminal Justice Award

Stacy Hollingsworth, SOE Affiliate Outreach Coordinator at NAMI Texas, was the recipient of the NAMI Young Leader Award
MESSAGE FROM OUR LEADERS

MESSAGE FROM THE PRESIDENT AND ACTING EXECUTIVE DIRECTOR

We’re pleased to report that NAMI Texas continues to move forward and remains steadfast in its resolve to improve the quality of lives of all people living with mental illness and their families. To that end, The Board of Directors is continuing programs, correcting and improving performance, striving to increase effectiveness and impact, increasing professionalism and accountability, and working to become less dependent on grant funding.

Specifically, the Executive Director search is continuing following the separation of Dr. Kent Reynolds from our organization. Subsequently the Board reassessed NAMI Texas’ leadership needs by reaffirming the organization’s key functions, identifying gaps in capability, and prioritizing critical activities. Key functions include a compassionate ear and referral capability, education, public policy & advocacy, and support for affiliate growth. We seek to fill gaps in marketing, communications, development, and fund raising capabilities. The ED search now includes the Board’s actively working with experienced non-profit human resources and recruiting professionals such as Greenlights and selected Austin agencies.

Currently operating under the capable volunteer leadership of Rose McCorkle, assisted in part by Patti Haynes, the Board is implementing a strategy to elevate the professionalism in key areas to enhance the effectiveness and impact of NAMI Texas. For example, in August, Bridgepoint Consulting was hired to improve, simplify, standardize, and streamline accounting practices consistent with accounting standards. As a result, an outsourced bookkeeper under the oversight of a Bridgepoint Consulting accountant will now be able to fully manage NAMI Texas’s needs on a part time basis.

In addition, the Board has been diligently recruiting highly qualified candidates to repopulate Board positions lost through attrition and mandatory term limits. Some positions have been replaced by appointment; others are due for election this year. The candidates’ statements and the bylaw revisions are published in this Newsletter.

IMPORTANT

Paper ballots have been sent by US Mail to only members of record as of August 30, 2013. To be a valid election we must receive a minimum of 205 ballots in the NAMI Texas office post marked no later than the October 28, 2013 deadline.

NAMI Texas Annual Meeting

A summary of impressive public policy contributions to the 83rd legislature, a challenge by keynote speaker Adrienne Kennedy to ‘extend the warm handshake’ and ready ourselves for the 84th session in two years, and recognition of outstanding NAMI volunteers who’ve made significant impacts in 2013 were highlights of the NAMI Texas Annual Meeting on June 28 coincident with a memorable NAMI Convention in San Antonio. Scan the photos in this Newsletter for a flavor of the NAMI Texas event attended by about 200 people.
MESSAGE FROM THE PRESIDENT AND ACTING EXECUTIVE DIRECTOR (CONT.)

Congratulations, Advocates!

We know that NAMI Texas is making a difference when several people at the Greenlights Non-profit Summit last week commented to me that they had noticed NAMI Texas’ impressive participation in a large number of hearings on mental health issues in the recent legislative session. A future Newsletter will present an account of the energetic legislative and public policy progress led by Hogg Policy Fellow Greg Hansch and the Public Policy Committee chaired by Sharon DeBlanc.

Well done Greg, PPC, affiliate liaisons, and volunteers!

Congratulations, Educators!

Education Director Patti Haynes reports that since January 2013, an additional 12 new state trainers were certified to grow to 61 the total of Texas state trainers! These dedicated state volunteers then trained 151 new teachers resulting in a total of 661 qualified teachers for NAMI signature classes. This means that well over 6000 people will receive help and hope after experiencing NAMI classes in 2013!

Seventy four returning Military Veterans and 61 family members participated in 7 Operation Resilient Families (ORF) classes throughout Texas since January. Another 8 classes are scheduled in the last few months of 2013. ORF Coordinator Lynne Tucker says that the number of classes will grow at a faster rate now that 39 additional volunteer facilitators have been trained by the 12 certified state trainers including 3 Master Trainers.

BREAKING NEWS

Stacy Hollingsworth, Standards of Excellence (SoE) Coordinator reports that the NAMI Profile Center is now open to the 16 affiliates who have passed a resolution to comply with the Standards of Excellence.

Congratulations and thank you for jobs well done to all these staff and volunteers!

Andrea Hazlitt, Ph.D.  
Board President, NAMI Texas

Rose McCorkle, M.Ed.  
Acting Executive Director, NAMI Texas
Voting in the NAMI Texas Election

BOARD RESPONSIBILITIES:

The NAMI Texas Board is a "working board" whose members play active and important roles in the success of the state organization. To best serve in the Board role, members are expected to:

• Attend and participate fully in all Board meetings, Texas Annual Convention, Board Development activities, major fund raisers and other organizational functions
• Understand and protect the fiduciary health of the organization
• Understand and adhere to the democratic process of a non-profit Board
• Understand and support NAMI's programs and public policies
• Be NAMI members in good standing
• Make what feels to the individual to be a significant financial contribution to NAMI Texas, on an annual basis

Each board member has a fiduciary duty to care for the organization on behalf of its members. A fiduciary duty is a legal term meaning that the Board is entrusted by the members of the organization to act in the best interests of the members of the organization.

They must act in good faith and with a reasonable degree of care, and they must put the organization’s interests ahead of their own.

The Board is entrusted by the members to lead the organization by making overall policy decisions, selecting an Executive Director, prioritizing strategies, reducing possible risks and overseeing management. The Board must see that the finances are accounted for and spent wisely, the mission of the organization is met, the reputation of the organization is protected, and the organization complies with all laws and regulations. A Board has great power and great responsibility.

Specific duties of the Board of Directors and of individual Board members, committees, and officers are set by the Bylaws, which are posted on the NAMI Texas website (www.namitexas.org).

2013 NAMI TEXAS ELECTION:

The NAMI Texas Board of Directors has established October 28, 2013 as Election Day.

The Date of Record shall be August 30, 2013, in compliance with NAMI Texas Bylaws. This date will be used to determine which members are in good standing (membership dues paid in full) in order to receive ballots for the October 28 elections.

Ballots will be mailed to members in good standing by September 28, 2013.

Members shall be able to vote for every position on the 2013 ballot consisting of three regional positions, 6, 7 and 9; two at-large positions; NAMI Texas Consumer Representative to the NAMI Consumer Council and 13 amendments to the bylaws.

The NAMI Texas Consumer Representative to the NAMI Consumer Council serves as the Texas Representative to the NAMI Consumer Council. This position serves as an ambassador to and voice for the NAMI Texas Consumer Council on the national level of NAMI. Further responsibilities, processes and descriptions of this position are outlined in the NAMI Texas Bylaws as well as the state’s Policies and Procedures.

Please note that there will be NO on-site voting this year due to the Annual meeting being conducted in conjunction with the NAMI national convention in June. Cumulative voting shall not be permitted.

A quorum for the 2013 election shall be ten percent of the mailed ballots returned when ballots are received from members of at least twenty percent of the NAMI Texas Affiliates.

Completed ballots must be postmarked no later than October 28, 2013 and mailed to: 2013 Election, NAMI Texas, Fountain Park Plaza III, 2800 S. I-35, Suite 140, Austin, TX 78704. Clearly print the name of the member entitled to vote in the return address section of the envelope in order to have your vote officially counted.

Results of the election will be reported by email to all NAMI Texas members and posted on the website at www.namitexas.org in early November 2013.
Nomination Process

Board nominations were submitted electronically to the NAMI Texas office, including the following components:

1. 2013 NAMI TEXAS Board of Directors Nominee Application
2. 2013 NAMI TEXAS Representative to the NAMI Consumer Council Nominee Application
3. Candidate Resume
4. Candidate Picture
5. 2013 Affiliate Nomination Endorsement

2013 Nominees

Region 6: Valerie Holcomb
Region 7: Bill Matthews
Region 9: Adela Villalpando
At Large: Mary Ferree
At Large: John Tatum
NAMI Consumer Council Representative: Leah Thedford

ELECTION 2013
1. What is your lived experience with lived mental illness?

My son, now 20, was diagnosed at an early age with ADHD and Dyslexia. We struggled with the familiar story of trial and error medication regimens and different prescribers. In the school system he eventually received the educational diagnosis of a learning disability, then, emotional disturbance. Through tenacious advocacy we struggled with the school system to obtain the accommodations to help him be successful. My daughter, now 15, was diagnosed with Tourette's Syndrome about the age of 6. Initially, she was misdiagnosed with anything from convulsive disorder to ADHD by several public and private providers. Once we had a diagnosis, we had to decide whether to medicate or not. We chose not which meant a great deal of time and energy had to be provided to the school system so she would not be penalized for her tics. About 3 years ago, I was diagnosed with depression. Although I had symptoms for many years, as a mental health professional I thought it would mean I am a failure if I admit my “weakness.” I have a parent with Bipolar Disorder on disability who required frequent hospitalizations, so I have lived experience with the struggle of accessing hospital admission (public and private), accessing crisis services, civil commitments, frustrations of treatment non-adherence, balancing care vs. tough love, and, most recently, nursing home vs. at home care. I have several other extended family members with a mental illness that I have provided advocacy for in one manner or another. In summary, I have lived experience in navigating both the private and public mental health systems with my personal struggles and those of close family members.

2. What brought you to NAMI and why do you want to serve on the NAMI Texas Board of Directors?

Many years ago, I was approached by a friend, Paul Andrews, PhD, to re-start the Tyler NAMI Affiliate. This involved revamping the by-laws and renewing the 501c3 status. In addition to developing the meetings and groups, I received unequivocal support from other families with similar stories. I learned advocacy skills that I have had the honor of actualizing at the legislature, on boards, and, most importantly, for my family. Also, I have had the opportunity to

(continued on page 12...)
REGION 9: ADELA VILLALPANDO

I am employed as a teacher by M.A.S.D. I hold a BA from Texas A&M Kingsville and a MA in Adult Education.

My family has faced many obstacles in trying to find services to help us deal with our son's mental illness. We are frustrated at times since it is hard for him to understand that we have his best interests in mind. Due to dealing with these types of complications, our family has become a part of the NAMI family. We thank NAMI for existing and I want to be a hard working member of the NAMI Texas Board of Directors.

1. What is your lived experience with lived mental illness?

Having to go through painful experiences with different family members who have disorders changed my husband and I as we became aware of our need to have a true understanding of what is needed to handle the daily crisis and challenges a mental disorder brings. Since we began to seek services from NAMI, we have met a whole new community of friends. It is important for everyone to understand that they are not alone. There are so many different aspects to a mental illness disorder that it is only through groups like NAMI that we can be better prepared to cope.

2. What brought you to NAMI and why do you want to serve on the NAMI Texas Board of Directors?

I feel a genuine need to help other families that have someone in their family who is suffering from a mental illness. My son was recently diagnosed with paranoid schizophrenia and it has been an eye opener. I have learned from others that there is so much to do in order to secure and obtain assistance for those who are battling this illness. I have encountered many obstacles that prevent people with an illness from receiving the help they need. I would like to help NAMI get even more services to those in need. We have recently lost services in our area.

3. What fundraising, financial oversight, legal, marketing, or information technology expertise do you have to offer to NAMI Texas?

Over the years I have been involved in countless fundraising activities for various nonprofit organizations. I am knowledgeable and ready to work hard for the funds needed by NAMI TX to fulfill the needs throughout our state.

4. What are the most pressing public policy issues facing NAMI Texas members today? What course of action do you suggest?

The most pressing issue is to find even more ways to educate the federal and state policy makers, the general public and educators so that they can understand the human side of mental illness. It is my opinion that all elected and appointed officials would have a greater impact upon the mental system if they had a true, first-hand experience of knowing someone who faces the daily obstacles of a mental illness.

(continued on page 12...)

AT LARGE: MARY FERREE

I have a son, Matthew, diagnosed with a major mental illness. Since his diagnosis in 2010 my life's priorities have changed dramatically. I spend my time searching the country for recovery stories by attending NAMI National Conventions, support group phone conferences with SARDAA (Schizophrenia and Related Disorders Alliance of America), and I just recently completed the Family Connections Leadership training from the NEABPD (National Education Alliance on Borderline Personality Disorder). These efforts play an effective and important role in Matthew's recovery. I have demonstrated my commitment to finding the knowledge, stories of recovery, and resources to achieve the best possible outcome of his diagnosis.

1. What is your lived experience with lived mental illness?

I became a member of NAMI Gulf Coast when my son, Matthew, 23, was diagnosed with Major Depression and Paranoid Schizophrenia in June 2010. Instantly, I took on the role of case worker, therapist, mental health tech and pharmacist as we navigated our way through different medications, applying for disability, finding effective therapy and a psychiatrist. I relied on NAMI Gulf Coast for help and other organizations that offered support. Matthew had the added complication of substance abuse by using synthetic marijuana, bath salts, alcohol, cough syrup, and prescription drugs. He also began cutting as part of a complicated relationship he had with one of his voices. Overtime, Matthew's diagnosis changed from Paranoid Schizophrenia to Borderline Personality Disorder and eventually Schizoaffective Disorder. He has insight and is med compliant, but after five hospital stays within a short period of time we began to see that the substance abuse was a huge obstacle to his recovery. My husband and I gave Matthew an ultimatum that if he kept taking drugs/alcohol then he would have one month to find another place to live. It was the support I received from NAMI Gulf Coast that gave me the strength to take this step, and I'm grateful it worked. Through the help of counseling and AA Matthew has been drug free for 22 months and the cutting has stopped. He attends classes at a local community college and is earning a Mental Health Technician Certification with hopes to one day work in mental health. The voices he has heard since he was 13 are still around but quieter. Matthew is my hero and inspires me to believe that with help anything is possible, and if there's one thing I've learned through all of this is that you never stop learning.

2. What brought you to NAMI and why do you want to serve on the NAMI Texas Board of Directors?

Matthew's first psychiatrist told me about NAMI. Interestingly, she was the only one out of four psychiatrists he saw in the first few months that did so. Thank goodness she did because without NAMI Gulf Coast's support his life today would probably look very different. I would like to serve on the NAMI Texas Board of Directors as a way of paying it forward. Many people before me have given of their time and talents, and my family has reaped the benefits of that hard work. I hope to do the same for those families struggling with mental health today and in the future.

(continued on page 13...
AT LARGE: JOHN TATUM

My name is John Tatum from the Brazos Valley Affiliate. I have OCD and have successfully completed my BA in Communication and MBA in management. I have experience in 3 entrepreneurial ventures. Currently, I have worked as a management consultant for the past 16 years and teach college classes in business. I have served on the NAMI-Texas Board of Directors for three years.

1. What is your lived experience with lived mental illness?

I developed Obsessive-Compulsive Disorder when I was 13 years old. It gradually and continually got worse. Although I had no social life I was barely able to finish my undergraduate degree. It became so bad I could not take care of myself. My family had to help me with basic life functions such as dressing, bathing, eating and even working through fears of contamination to sit down.

At 23 I was admitted to the psychiatric hospital and began treatment with clomipramine. It had dramatic effects on my illness. After about two years, I was with very few symptoms. I continue to take clomipramine and several other medications to manage side effects and have resumed a normal lifestyle.

2. What brought you to NAMI and what has been most valuable to you about your participation in the NAMI movement?

I had a debilitating mental illness that prevented me from taking care of myself, through treatment I now live a normal life and have achieved great things. I think of those I left behind who are still struggling and it breaks my heart. I want to use my personal strengths to help all who suffer from mental illness and I would like to reduce the stigma associated with mental illness. Stigma caused me to try to hide my mental illness and prevented me from getting treatment sooner.

3. What fundraising, financial oversight, legal, marketing, or information technology expertise do you have to offer to NAMI Texas?

I have experience in 3 business ventures in which I provided financial oversight and analysis. I have an MBA that included studies in financial management and accounting. I am a management consultant and teach college classes in management, marketing, and entrepreneurship.

I have served on the Board of NAMI Texas for 2 years and as Treasurer for 1 year.

I am an active member of the Rotary Club of Brenham, Texas where I recently served as President and Chair of Community Service, Fundraising, and Public Relations. In the past I served as the President (continued on page 13...)

NAMI CONSUMER COUNCIL REPRESENTATIVE: LEAH THEFDORD

I am well-rounded. I have two degrees, Management Information Systems and Finance. I serve on NAMI Collin County board, facilitate support groups, and write articles for their newsletter. I served on the executive committee of NAMI Texas Consumer Council. I have participated in NAMI Walks and Texas Capitol Day. I'm involved with Achievement Through The Arts at Mental Health of America. I strive for growing NAMI through these endeavors. I know what living with a mental illness is; I suffer from schizoaffective disorder. It would be a privilege to serve as the NAMI Texas Representative to the NAMI Consumer Council.

1. What is your lived experience with lived mental illness?

Back in 2009, I was looking for more information about my mental illness, schizoaffective disorder, and the medicines that treat it when I came across NAMI. My first exposure to NAMI was at the National Convention in San Francisco in 2009. I had only attended one meeting when I attended the convention. I was looking for answers. NAMI has provided me more than answers throughout the years. It has given me hope. The idea of hope and recovery has been most valuable to me in my participation in the NAMI movement. Not only has it given me hope, but I have also been able to share this idea with others. I have done this through facilitating support groups where I have shared my personal experiences with a mental illness to others who also suffer. I have also written articles about recovery in the NAMI Collin County newsletter. These articles describe individuals’ abilities to persevere through the recovery process and what they do to maintain recovery. Most of all I try to live my life with hope and not get down about my illness because if I can show that I'm living with a mental illness and am happy, others can too.

2. Have you previously held or do you currently hold any notable positions within your local affiliate or other similar mental health organizations?

I currently serve as a member at large on the NAMI Collin County board of directors and facilitator for Connections Support group Meetings in NAMI Collin County.

3. What credentials do you have (i.e. Are you trained to facilitate NAMI Connection, mentor Peer to Peer, or present In Our Own Voice? What about other similar program(s) like WRAP? Are you a certified Peer Specialist, etc.?)

Trained NAMI Connections facilitator
NAMI Smarts Advocacy Training

4. Why do you want to serve as the NAMI Texas Consumer Representative to the NAMI Consumer Council?

I want to serve as the NAMI Texas Consumer Representative to the NAMI Consumer Council because I want to give consumers in Texas a (continued on page 12...
REGION 6: VALERIE HOLCOMB (cont.)

collaborate with others to develop mental health policy at the state and local level. Participating in several of ViaHope's learning initiatives, I have gained knowledge on Recovery and how to implement meaningful changes in not only persons, but in systems. It is my goal to be a leader for others to be able to have the same or more opportunities to further the goals and missions of NAMI Texas.

3. What fundraising, financial oversight, legal, marketing, or information technology expertise do you have to offer to NAMI Texas?

As a member and Co-chair of the Council for Advising and Planning (CAP) for the Prevention and Treatment of Mental and Substance Use Disorders, it is our responsibility to review and make recommendations for the Federal Community Mental Health Services Block Grant and Substance Abuse and Prevention Treatment Block Grant which, in 2012, the combined Block Grants were approximately $170 million. I played an integral role on a in the development and authoring our local behavioral health plans as part of our Regional 1115 Medicaid Transformation Waiver with a multi-year budget in excess of $13 million.

4. What are the most pressing public policy issues facing NAMI Texas members today? What course of action do you suggest?

Pressing public policy issues include the following: parity, efficacious use of the mental health funding from the 83rd Texas Legislature and the 1115 Transformation Waiver, and effective implementation of new legislation from the 83rd Texas Legislature. By utilizing various electronic media, NAMI Texas leadership and its members can advocate for these policy issues from the local level on up to the state agency leadership.

5. Please describe any previous experience on a board and what you regard as your greatest contribution to that organization’s work through your service on its board. How will you make your service on the NAMI Texas Board a high priority?

I have worked and participated on several local and statewide boards and committees. My greatest contribution on any one board has been on the Tyler affiliate NAMI board whereby I assisted in re-forming the once defunct Tyler affiliate. By dedicating a parcel of time each week on the same day and time is how I will make my service on the NAMI Texas Board a high priority.

REGION 9: ADELA VILLALPANDO (cont.)

Having a true understanding would certainly create even better laws and services for individuals with mental disorders and their family members. With a first hand understanding, they could then make it a priority to make changes or create laws that will further empower those affected by mental illness.

5. Please describe any previous experience on a board and what you regard as your greatest contribution to that organization’s work through your service on its board. How will you make your service on the NAMI Texas Board a high priority?

I am presently on the NAMI RGV board of directors. Although, I am a fairly new member to this organization it has been a very rewarding and beneficial experience. I often think to myself there is so much to do to obtain the necessary services that we need for the individuals that are presently suffering with a mental disorder. I have come to rely so much on the NAMI support group. It is heartbreaking to hear of so many injustices that happen to those that are battling a mental disorder. I do plan to work and devote myself to bring education, support, proper services and to implement laws that will improve the quality of life to the individuals with a mental illness and to their families. It is my goal to be a leader for others to be able to have the same or more opportunities to further the goals and missions of NAMI Texas.

NAMI CONSUMER COUNCIL REPRESENTATIVE: LEAH THEDFORD (cont.)

voice. In the Connections Support group, which I facilitate, too often people come with no hope, lack of direction, and the inability to speak up for themselves. NAMI has given me hope and acceptance of who I am, and I want to share this with others. I want to work to improve the lives of people who live with mental illness. I also want to empower people who live with mental illness to advocate for their rights in the political arena. I envision a program for people with mental illness that gives them something to do because so often sufferers of a mental illness isolate. I believe that being a representative to the NAMI Consumer Council will allow me to bring my ideas and those of other mental illness sufferers in Texas to the National level.

5. Do you have experience with the NAMI Texas Consumer Council? What Is your vision for the Council?

I served on the NAMI Texas Consumer Council last year as a member at large on the Consumer Council Executive Committee. I see the Council growing and becoming larger with representation from all Texas affiliates. I also see the Council as something people want to be a part of and doing work that serves a purpose such as: advocating to politicians about mental health bills. I also see it as a way to promote the education that is needed in support groups for consumers. I see it as a way to ask consumers what they need and fulfilling those needs. Most of all I see it as a way to get consumers organized and their voices heard.
AT LARGE: MARY FERREE (cont.)

3. What fundraising, financial oversight, legal, marketing, or information technology expertise do you have to offer to NAMI Texas?

I hold a Bachelor of Business Administration - Marketing from the University of Houston. I worked in the advertising/marketing field for the early part of my career and after having children switched gears and became an early childhood teacher. Both careers taught me the value of listening to your market whether it's business executives or parents of four year olds. I have experience developing professional relationships with people from various backgrounds such as oil and gas, geophysical, graphic designers and creative directors. High levels of communication were paramount in both careers and I hope to use my experience to help achieve NAMI Texas goals.

4. What are the most pressing public policy issues facing NAMI Texas members today? What course of action do you suggest?

Stigma is defined as "a mark of disgrace associated with a particular circumstance, quality, or person; a mark of shame". Renowned shame researcher Brene Brown defines shame as "...the intensely painful feeling or experience of believing we are flawed and therefore unworthy of acceptance and belonging". We must keep striving to eliminate stigma surrounding mental health and replace it with love and acceptance. From there we can begin to change the thinking in our prisons, hospitals, schools, and society at large. No longer should prisons be the largest treater of mentally ill persons. Hospitals must replace the revolving door practices of dealing with incoming patients with more effective forms of treatment, and schools should have programs in place that help our educators observe and report mental health issues in the early stages. We, the families of mentally ill persons, cannot fight this battle on our own. We need help. This would involve reaching out to as many sources as possible for funding, media campaigns filled with positive messages about recovery and the needs of individuals, and partnering with professionals to get our message out to the public.

5. Please describe any previous experience on a board and what you regard as your greatest contribution to that organization’s work through your service on its board. How will you make your service on the NAMI Texas Board a high priority?

I currently serve on the NAMI Gulf Coast Board of Directors as Secretary. I also served in 2012 as a Board Member. My greatest contribution is time. Each year for the past three years I attended the NAMI National Convention and shared what I learned with other members during support group meetings. I am involved in various activities such as the NAMIWalk (2012, 2013), the NAMI Gulf Coast Luau for individuals affected with mental illness and their families(2012), newsletter mailings (2012, 2013), and Fil-A-Sac gift bags program (2010, 2012, 2013). I also gather information about other mental health organizations which may benefit our members, conferences that NAMI might attend, and suggested reading material. Matthew's recovery has been a top priority in my life, and NAMI Gulf Coast and NAMI Texas are one of the key components at the center of his recovery. NAMI and recovery go hand in hand so as you can imagine my service will be a high priority in my life.

AT LARGE: JOHN TATUM (cont.)

of the UT Permian Basin Alumni Association, I was active in 4 Toastmasters International Clubs, serving in every office and forming a new club, also I served as Area Governor. All involved fundraising.

4. What are the most pressing public policy issues facing NAMI Texas members today? What course of action do you suggest?

An inadequate, underfunded, disorganized system of health care services that lacks connections to the police, judiciary, schools, and homeless centers allows many to fall through the gigantic cracks and results in increased suffering. This is of major concern. But I must agree with the “U.S. Surgeon General’s First Report on Mental Illness”, that stigma is the largest barrier to help. This overarching problem prevents many to seek services, makes many feel like lesser human beings and stifles public support for reform and research.

I believe educating the public that mental illness is a physical illness and illuminating the devastating personal suffering and high costs to society will help us in all our efforts.

5. Please describe any previous experience on a board and what you regard as your greatest contribution to that organization’s work through your service on its board. How will you make your service on the NAMI Texas Board a high priority?

My knowledge and experience in financial planning and analysis as well as my knowledge of accounting systems and financial reporting have allowed me to serve a Treasurer of NAMI-Texas. I believe I can continue to fill this great need on the Board.

My extensive experience and knowledge of strategic planning has allowed and will allow me to contribute greatly to the development of solutions to complex problems facing NAMI Texas now and in the future.

I have made my service on the Board a high priority by devoting hundreds of hours of time to the various positions I have served on the Board and committees of the Board. I pledge to continue to contribute my time and energy necessary to accomplish the results needed by this organization.
There are 13 proposed amendments to the NAMI Texas Bylaws for the 2013 annual election. Text proposed for removal is struck through; text proposed to be added is bolded and underlined. Go to the NAMI Texas website for a complete copy of the current bylaws at: www.namitexas.org

**Amendment # 1: Article I- Organization**

Section 3. Purpose

The purposes for which NAMI Texas is organized are exclusively charitable and educational within the meaning of Section 501(c) 3 of the Internal Revenue Code of 1954 or the corresponding provision of any future United States Internal Revenue Law.

**Amendment # 2: Article II- Membership**

Section 1. There shall be 2 categories of members described as follows:

A. **Member** – A member is any person who endorses accepts the mission of NAMI and NAMI Texas and pays dues in the amount and manner established by the Board of Directors of NAMI and NAMI Texas in accordance with NAMI policies. A member as defined above and used henceforth shall always mean a member in good standing with his/her affiliate and with NAMI Texas as of the record date for NAMI and NAMI Texas. A membership may be one individual or a family of individuals living in one household that is counted as one membership for the purpose of paying dues and voting. Members may become members through an “Open Door” policy that allows for reduced standard dues payment. “Open Door” members are defined by income or economic necessity, at the discretion of the Affiliate member or NAMI Texas. “Open Door” members shall have all the rights and privileges of members who pay full dues.

B. **Affiliate** - An affiliate shall be constituted with members in good standing in accordance/compliance with NAMI’s national’s bylaws and/or procedures. This group shall have been granted affiliate status by NAMI National upon recommendation endorsement by the Board of Directors of NAMI Texas.

1) Affiliates shall support the mission of NAMI and NAMI Texas, and forward standard member dues to NAMI and NAMI Texas. in the amount and manner established from time to time by resolutions of the Board of Directors of NAMI and NAMI Texas.

2) Each Affiliate shall incorporate and adopt bylaws for the governance of the Affiliate, which shall be approved by NAMI Texas.
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3) Each approved endorsed Affiliate shall apply for and obtain non-profit status indicated for a registered IRS Section 501(c) 3 organization.

4) Failure of an affiliate to comply with adhere to the NAMI National bylaws and/or procedures including the Standards of Excellence requirements for affiliation may, upon recommendation by the NAMI Texas Board, result in termination of affiliate status.

C. Chapter—A chapter is a sub-group of an approved Affiliate consisting of members, directors and officers; is accountable to the local Affiliate and abides by the Affiliate bylaws. Any modifications or exemptions requested by the chapter to Affiliate bylaws shall be agreed to by all parties concerned and be in compliance with NAMI Texas bylaws and procedures.

Section 3. Voting Rights

A. Any member as defined in Article II section 1A shall become a voting member if dues are received by NAMI and NAMI Texas by the NAMI Texas record date record dates for NAMI and NAMI Texas.

B. A member may support and work within several Affiliates, but shall establish official membership in only one (1) Affiliate for NAMI and NAMI Texas.

C. Members shall nominate and elect members of the Board of Directors of NAMI Texas.

D. Members shall adopt and amend the Bylaws of NAMI Texas as established by the methods and formulae described in Article XVI XVI, Section 1 of the NAMI Texas Bylaws.

Section 4. Good Standing

For purposes of determining a member’s right to vote, a member in “good standing” shall be defined as one in which the standard dues of the member have been received by NAMI and NAMI Texas during the 12 months preceding the record date for NAMI Texas voting, by the record dates for NAMI and NAMI Texas.

Section 5. Affiliate Membership Dues

Any affiliate as defined in Article II, Section 1B shall become/remain an Affiliate establish/retain affiliation upon receipt of the standard dues of its members and certification endorsement by NAMI and NAMI Texas, as outlined in the NAMI and NAMI Texas bylaws and Policies and Procedures. NAMI Texas dues will be determined and assessed according to procedures adopted by its Board of Directors.
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Amendment # 3: Article III- Membership Meetings and Elections

Section 4. Quorum

A quorum shall be established if two (2) of the following three (3) conditions are met:

A. Seventy-five (75) members as of the record date are in attendance at the meeting.
B. Twenty percent (20%) of the total NAMI Texas Affiliates are represented by a member of their Affiliate, who has been certified to represent the Affiliate and who is present for certification, according to procedures as established by NAMI Texas. A member shall be certified to represent only one Affiliate.
B. Ten percent (10%) of the mail-in, electronic, or on-site ballots are returned cast by members of at least twenty percent (20%) of NAMI Texas Affiliates, according to procedures developed by the Board of Directors.

Section 5. Elections Other Than at Annual or Special Meetings

From time to time the Board of Directors may convene an annual election without a co-occurring annual or special meeting.

A. For such elections, the record date for determining members who are eligible to receive ballots and to vote shall be sixty (60) days prior to the election.
B. The quorum for such elections shall be ten percent (10%) of the mailed or electronic ballots returned when ballots are received from members of at least twenty percent (20%) of NAMI Texas Affiliates, according to procedures developed by the Board of Directors.

Section 6. Voting Process

A. Votes cast by NAMI Texas members in good standing as of the record date shall be by official secret ballot in person or by mailed or electronic ballot provided by NAMI Texas according to procedures adopted by the Board of Directors.

B. References to votes cast by Members or votes eligible to be cast by Members shall mean the votes of Members who were Members of NAMI and NAMI Texas as of the Record Date and who are present at the meeting or by mail-in ballot as determined by the number of Members who sign up for ballots at the meeting and/or ballots which have been mailed in prior to the election according to procedures adopted by the Board of Directors.

B. Qualified votes are cast by a member in good standing who either is present at the meeting or has returned a mailed or electronic ballot by the time specified.
C. Cumulative voting shall not be permitted. Mailed ballots and electronic Ballots expire at the end of the election for which they were issued.

D. A majority of the votes cast by members shall, except where otherwise required by law, by the Articles of Incorporation, or by these Bylaws, decide any issue brought before any regular or special meeting or election or by mailed or electronic ballot.

Amendment # 4: Article IV: Board of Directors

Section 3. Nominations

A. Nominations for all directors shall be made by the members through their Affiliates, according to procedures developed by the Board of Directors. No Affiliate may nominate more than one individual from its own affiliate for a director per election. Nominations and resumes shall be in writing and forwarded to the office of the President of the Organization and the Nominating Committee not less than ninety (90) days prior to the commencement of the next annual meeting or election. The office of the president shall publish the name, nominator, and resume of each individual so nominated.

Section 8. Removal of a Director

A. Any Director who has two (2) absences from scheduled Board of Directors meetings within a twelve (12) month period and who has not notified and been excused by the President seventy-two (72) hours prior to the meeting shall be removed from office.

B. Whenever in its judgment the best interests of NAMI Texas and its local Affiliates will be served thereby, any Director may be removed from office by the vote of not less than 2/3 of the total membership of the Board of Directors. (Texas Non-Profit Corporation Statutes Article 1396-2.15 - Removal of Director) (Texas Business Organizations Code, Title 2, Chapter 22, Sec 22.211 - Removal of Director)

Amendment # 5: Article VIII: Committees

Section 3. Audit Committee

The President shall appoint an Audit Committee of three (3) NAMI Texas members, at least one of who shall be a Director. The committee is responsible for the naming of an independent CPA (Certified Public Accountant) auditor who will audit the corporation books and prepare the report for presentation to the Audit Committee, then to the Board of Directors. The Audit should be completed within 180 days following the fiscal year end.
Amendment # 6: Article IX- Financial

Section 1. Fiscal

A. The Executive Director shall prepare an annual operating budget draft for review by the Executive Committee. Upon review, the proposed budget shall be submitted to the Board of Directors for approval prior to or at the first meeting of the Board held in the budget year.

B. NAMI Texas shall publish an annual report of activities to include prior year fiscal information and programmatic results. *(TX Statutes Article 1396 2.23A Financial Records and Annual reports) (Texas Business Organizations Code, Title 2, Chapter 22, Sec 22.352 - Financial Records and Annual Reports)*

Amendment # 7: Article X- Loans to Directors and Officers (New)

*NAMI Texas shall not lend any money or property to or guarantee the obligation of any director or officer without the approval of the Texas Attorney General; except, however, that NAMI Texas may advance money or property to a director or officer of NAMI Texas for activities or expenses reasonably anticipated to be incurred in the performance of his or her duties if that Director or Officer would be entitled to reimbursement for such expenses of NAMI Texas. (Texas Business Organizations Code, Chapter 22, Sec. 22.25)*

Amendment # 8: Renumbering of Articles

Renumbering the following:

ARTICLE X-XI, ARTICLE XI-XII, ARTICLE XII-XIII, ARTICLE XIII-XIV,

ARTICLE XIV-XV, ARTICLE XV-XVI, ARTICLE XVI-XVII, ARTICLE XVII-XVIII,

ARTICLE XVIII-XIX, ARTICLE XIX-XX, ARTICLE XX-XXI
NAMI Texas Proposed Amendments to the Bylaws

Amendment # 9: Article XIV-XV - Waiver of Notice

Whenever any notice is required to be given under the provisions of the Texas Nonprofit Corporation Act, Texas Business Organizations Code Title 2, Chapter 22, Sec 22.217 – Notice of Meeting; Waiver of Notice or under the provisions of NAMI Texas Articles of Incorporation or bylaws, a waiver thereof in writing signed by the person or persons entitled to such notice, whether before or after the time stated therein, shall be deemed equivalent to the giving of such notice.

Amendment # 10: Article XVI-XVII - Amendments/Revisions

Section 1. Revision or Amendments to Bylaws

Any NAMI Texas Member may propose revisions or amendments. Any such proposed revisions or amendments shall be submitted in writing to the Bylaws Committee and the President not less than one-hundred and twenty (120) days prior to the date of the next annual or special election or meeting of the membership. All proposed revisions or amendments shall be reviewed and commented upon by the NAMI Texas Board of Directors and then communicated to each Affiliate not less than thirty (30) days prior to the next election or meeting that a vote shall be taken. The proposed revisions or amendments, along with comments by the Board of Directors, shall also be communicated to each member either personally by mail, facsimile or electronic transmission, E-mail, or made available on the NAMI Texas website, not less than ten (10) or more than thirty (30) days prior to the same meeting. A two thirds (2/3) majority of the members casting votes (Article II, Section 4, and Article III, Section 4) at an annual or special meeting shall be required to revise or amend the Bylaws. Amendments to the NAMI Texas Bylaws shall become effective immediately after the meeting or election in which such amendments are approved.

Section 2. Amendments to the Articles of Incorporation

Amendments to the Articles of Incorporation may be recommended to the members by a resolution of the Board of Directors. A vote of two thirds (2/3) of the members casting votes at an annual or special meeting shall be required to amend the Articles of Incorporation (according to procedures outlined in the Texas Non-Profit Corporation Statutes Texas Business Organizations Code).

Amendment # 11- Article XVIII-XIX - Indemnification of Officers and Directors

No Director of NAMI Texas shall be liable to NAMI Texas or its members for damages for an act or omission in a director’s capacity as director, except to the extent otherwise provided by a statute of the State of Texas. NAMI Texas may indemnify persons for whom indemnification is permitted by the Texas Business Organization Code, Chapter 22, Section 8.151 and the Texas Civil Practices Code, Chapter 84, Article...
1396-2.22A of Texas Non-Profit Corporation Act and may purchase such indemnification insurance, as the Board of Directors from time to time shall determine. The Board of Directors shall have the power to define the requirements and limitations for NAMI Texas to indemnify directors, officers, members, employees, and volunteers or others related to the activities of NAMI Texas, as required by NAMI.

Amendment # 12- Article XIX-XX: Dissolution (New)

Upon the dissolution of NAMI Texas, its governing body shall, after paying or making provisions for the payment of all of the liabilities of the organization, distribute its assets to one or more other non-profit corporations that are described in Section 501 (c) (3) of the Internal Revenue Code and share the same or similar purposes, according to the procedures outlined in the Texas Business Organization Code, Chapter 22, Subchapter G.

Amendment # 13- Article XX-XXI

Whenever not otherwise provided in the Bylaws, the internal affairs of the corporation shall be governed by the procedures established in the General Not For Profit Corporation laws Texas Business Organizations Code of the State of Texas.
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**NAMI Texas Mission Statement:**
NAMI Texas is dedicated to improving the quality of life of all individuals living with mental illness and their families.

**Memberships:**
To become a Member of NAMI, please contact your local Affiliate at [www.nami.org/local](http://www.nami.org/local).

**Corporate Partnerships:**
To become a Corporate Partner, please contact the NAMI Texas office at 512-693-2000.

**Donations:**
To make donations to NAMI Texas, please visit [www.namitexas.org](http://www.namitexas.org), or call us at 1-800-633-3760.

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Rose McCorkle, Acting Executive Director  
Patti Haynes, Education Director  
Greg Hansch, Policy Coordinator  
Stacy Hollingsworth, SOE Affiliate Outreach Coordinator  
Kelly Jeschke, Membership Coordinator & Office Manager  
Maurice Whitfield, Advocacy Coordinator  
Lynne Tucker, ORF Program Coordinator