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(Only to be used if not participating electronically)

Pictured above: Colleen Duewel, National Education Director, Jackie and Ed Dickey, Teri Brister, Director of Content Integrity-Program Manager:
NAMI Basics
Congratulations to Ed and Jackie Dickey on receiving the NAMI Signature Program Leadership Award for NAMI Basics at the 2014
NAMI National Convention in Washington, D.C.
NAMI Texas 2014 Annual Conference
Celebrating 30 Years
November 7th & 8th
Moody Gardens Hotel Spa & Convention Center, Galveston Island, Texas

Keynote Speaker: Carol Tamminga, M.D. – Chair, Dept. of Psychiatry and Chief of the Translational Neuroscience Division in Schizophrenia at the Univ. of Texas Southwestern Medical School

Featuring: Mary Gilberti, J.D. - Executive Director, NAMI

28 workshops and 14 CEU's offered. Don't miss it!
Visit www.namitexas.org to see the full conference schedule, or to register online or to print a registration form.
Contact the NAMI Texas office at 512-693-2000 for one-day registrations.

<table>
<thead>
<tr>
<th>Registration</th>
<th>Rate</th>
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<tbody>
<tr>
<td>Registration (includes dinner Friday &amp; lunch Saturday)</td>
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<tr>
<td>NAMI member Early Bird before Oct. 16</td>
<td>$95</td>
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<tr>
<td>Non-member Early Bird before Oct. 16</td>
<td>$135</td>
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<tr>
<td>NAMI member after Oct. 16</td>
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<tr>
<td>Non-member after Oct. 16</td>
<td>$150</td>
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<td>One-day rate Friday Nov. 7 (includes dinner)</td>
<td>$75</td>
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<tr>
<td>One-day rate Saturday Nov. 8 (includes lunch)</td>
<td>$50</td>
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For accommodations, visit: www.moodygardenshotel.com
Group ID: Nat'l Alliance on Mental Illness for phone reservations 888-388-8484.
Group Code: NAMI for online reservations.

Sign up by Oct. 16 to receive the Early Bird Registration Rate AND the Discounted Hotel Rate!
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).

2014 NAMI TEXAS ELECTION:

The NAMI Texas Board of Directors has established November 8, 2014 as Election Day.

The Date of Record shall be September 9, 2014, 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 November 8 elections.

The 2014 Election will be conducted using paper and electronic ballots. Paper ballots will be mailed to members in good standing by October 8, 2014, and must be returned postmarked no later than November 1, 2014. Paper ballots will be available for use at the annual meeting upon registration. Electronic ballots will be made available to members in good standing who have provided a valid email address.

Members shall be able to vote for every position on the 2014 ballot consisting of three regional positions for regions 2, 4 and 5; two at-large positions; NAMI Texas Consumer Representative to the NAMI Texas Board of Directors and amendments to the bylaws.

A quorum shall be established if two (2) conditions are met: 1. Seventy-five (75) members as of the record date are in attendance at the meeting. 2. Ten percent (10%) of the mailed, electronic, or on-site ballots are cast by members of at least twenty percent (20%) of NAMI Texas Affiliates, according to procedures developed by the Board of Directors.

Completed ballots must be postmarked no later than November 1, 2014 and mailed to: 2014 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 November 2014.

NOTE: Those who have provided a valid email address will be receiving an email with electronic voting instructions. Please only use the paper ballot if you do not have a valid email address, or do not intend to vote electronically.
Nomination Process

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

1. 2014 NAMI TEXAS Board of Directors Nominee Application
2. 2014 NAMI TEXAS Consumer Representative to the NAMI Texas Board of Directors Nominee Application
3. Candidate Resume
4. Candidate Picture
5. 2014 Affiliate Nomination Endorsement

2014 Nominees

Region 5: Cynthia Swain
At Large: Hannah Fryer

No nominations were submitted for: Regions 2 or 4; the second of two At Large positions; the NAMI Texas Consumer Representative to the NAMI Texas Board of Directors.
**REGION 5: Cynthia Swain**

I am a member of NAMI and a Family-to-Family teacher and Support Group leader for NAMI Austin. I have been affiliated with various nonprofit activities as board member and supporter for over 25 years. I am a family member of an individual living with mental illness.

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

My 39 year-old son is a disabled veteran who suffered a traumatic brain injury and post traumatic stress disorder due to his service in the US Marines. He has lived with me for most of the last five years.

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

In my work at Texas Education Agency, I had the opportunity to invite the NAMI Austin president, at that time, Adrienne Kennedy, to speak to the Special Education Continuing Advisory Committee. She told the story of her family member and her story was very similar to mine. I was moved and attracted to the NAMI approach that encourages families to break down stigma and understand mental illness as a brain disorder, not as a character disorder. The most valuable thing about being involved in NAMI has been meeting other committed and loving family members in need of support and information. This has enabled me to improve my relationship with my family member and to encourage others to do the same.

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

My computer skills include Word, Outlook, Excel, Access, and various spreadsheet, data base, and publishing programs. I have successfully participated in and coordinated fundraising for several nonprofits including organizing conferences, concerts, workshops, door to door neighborhood walks, public service announcements, social media, mailings, and membership drives.

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

Policy issues facing NAMI Texas are first and foremost to preserve and build on the national and state progress in mental health treatment parity through the Affordable Care Act, SB 460, and the Mental Health First Aid legislation. Simultaneously, however, we must resist what I observe to be the tendency to blame victims of mental illness for all violence in our society. The trend toward identifying children at a young age for mental and behavioral

(continued on page 7...)

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**At Large: Hannah Fryer**

I am the Executive Director for NAMI Wichita Falls. I have a great passion for breaking the stigma of mental illness, and assisting families in getting the help and support they need in dealing with the challenging diagnosis of mental illness.

I coordinate all programs and services offered by NAMI Wichita Falls, and works everyday to make a change in our community.

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

My experience is multi-faceted. Many of my immediate family members live with various forms of anxiety disorders, including panic disorder and social anxiety disorder, and myself live with moderate symptoms of Obsessive Compulsive Disorder.

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

I found NAMI Wichita Falls when I was looking to make a career change. I was looking to move from the for-profit sector to the nonprofit sector, and NAMI was the perfect fit with my family history of mental illness, and my marketing and communications background. After becoming involved with our local affiliate, I became more passionate about breaking the stigma associated with mental illness. I feel very strongly about young people getting involved in their community, and I want to be a partner in change for NAMI Texas.

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

I have extensive experience in utilizing social media, marketing and brand, and writing and editing. I also have state level leadership experience, which taught me the skills needed to effectively serve in leadership roles for a large organization (approximately 25,000 members). I worked with the foundation staff for that organization on cultivating large sponsorships and donations, so I have some background in fundraising on a state level, along with the grant writing and donor cultivation I do for our local affiliate.

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

In my opinion, our greatest public policy issue is a lack of understanding that mental health spending doesn’t have to be a black hole. It should be considered an long-term investment. If our policy makers considered mental health services as a part of recovery, they would be more apt to take the steps to spend their funds where it counts most. I believe that by investing in the mental health of our state before it reaches crisis levels and beyond, we will in turn reap the rewards of reintegration into society, as opposed to the attitude that those receiving benefits will remain on or abuse the system for life.

(continued on page 7...)

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REGION 5: Cynthia Swain (cont.)

health needs is important, but we cannot allow it to result in more isolation, accusation, and stigma.

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?

In my work with Texas Education Agency, I have served on the board of the Texas Council for Developmental Disabilities as a council member, with the Council for Advising and Planning, with the Task Force for Children with Special Needs, Crisis Intervention and Prevention Subcommittee, the Employment First Task Force, Transition Workgroup, and the Unified for School Aged Children, Mental Health Collaborative involving seven state agencies, institutes for higher education, and nonprofits concerned about mental and behavioral health and suicide prevention for school-aged children. Now that I am eligible to retire from Texas Education Agency, I am committed to continuing my advocacy work through joining the NAMI Texas Board.

My perspective and expertise as an educator is my greatest contribution to the organization’s work. My knowledge of how adults and children learn, and my understanding of how important education and consistency in message are in changing minds and hearts will be a great service for NAMI Texas.

By applying for this nomination, I certify that my commitment will result in valuable service and value added to the work and economic development of the NAMI Texas Board.

At Large: Hannah Fryer (cont.)

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 served in many elected leadership roles on the state and local level. I currently serve as board secretary for NAMI Texas, and serve on the board for a local organization, Whispers of Hope, a therapeutic riding program for challenged and disabled children and veterans. I do view serving on a board as an opportunity and treat my responsibilities as such. I have every intention of attending every board meeting, either via phone or in person, and I’m willing and ready to continue to make board service for NAMI Texas a high priority.

CONGRATULATIONS to Adrienne Kennedy on her election to the NAMI Board of Directors!

Adrienne is a member of NAMI Austin.
NAMI Texas Proposed Amendments to the Bylaws

There are three proposed amendments to the NAMI Texas Bylaws for the 2014 annual election. The Board of Directors has approved these amendments. 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 II- Membership

Section 1. (categories of membership)

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

- Affiliates shall support the mission of NAMI and NAMI Texas, and forward standard annual member dues to NAMI and NAMI Texas.

Each Affiliate shall incorporate and adopt bylaws for the governance of the Affiliate, which shall be approved by NAMI Texas.

Each endorsed Affiliate shall apply for and obtain non-profit status indicated for a registered IRS Section 501(c)3 organization.

NAMI Texas supports Affiliates in the state that operate using one of the two following models/structures, as outlined in the NAMI Texas Board Policies and Procedures:

- Model A Affiliates are independently incorporated with their own tax designation.
- Model B Affiliates are unincorporated and operate under the structure of NAMI Texas.

Failure of an affiliate to adhere to the NAMI 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.

Section 5. Affiliate Membership Dues

Any affiliate as defined in Article II, Section 1B shall establish/retain affiliation upon receipt of the standard dues of its members and endorsement by NAMI and NAMI Texas, as outlined in the NAMI and NAMI Texas bylaws and Policies and Procedures.
NAMI Texas Proposed Amendments to the Bylaws

Amendment #2: Qualifications of Directors: Article IV-Board of Directors

Section 2. Qualifications

The Board of Directors shall be NAMI Texas members in good standing, residents of Texas and be willing to serve/fulfill their duties and elected term/s, and consist of, at least seventy-five percent, persons a majority of the 15-person voting membership of the board who have or have had mental illness, or parents or other relatives thereof. Board members should have an understanding of and appreciation for the issues relating to mental illnesses and the family perspective.

Amendment #3: Article XVIII-Dispute Resolution

The Board of Directors shall be vested with authority to mediate disputes among and between Affiliates and/or proposed Affiliates and Chapters, and between NAMI Texas and Affiliates/proposed Affiliates/Chapters.

Section 1. Procedure for dispute resolution relative to the By-laws between Model A Affiliates/proposed Affiliates/Chapters of Affiliates, as outlined in Article II.

A. The Board of Directors shall mediate resolution of disputes relative to the Bylaws, which cannot be successfully resolved by the principals. The Board of Directors of the Affiliate(s)/proposed Affiliate(s), which are party to the dispute, shall notify the President of NAMI Texas, in writing, about the existence of the dispute. The names of persons authorized to act on behalf of the disputants will be included in the notification. The NAMI Texas President shall investigate the dispute and work with the parties to mediate a resolution.

B. In the event that resolution of the dispute cannot be achieved within ninety (90) days from the receipt by the NAMI Texas President of written notice from the Board of Directors of any member Affiliate or organizers of a proposed Affiliate, of the existence of the dispute or by agreement sooner, the dispute, together with the names of persons authorized to act on behalf of the Affiliate/proposed Affiliate, shall be referred by the NAMI Texas Board of Directors to the NAMI Board of Directors for final and binding resolution.
NAMI Texas Proposed Amendments to the Bylaws

Section 2. Procedure for dispute resolution between NAMI Texas and Model A Affiliates/proposed Affiliates/Chapters of Affiliates, as outlined in Article II.

A. The NAMI Texas President shall receive written notice from the Board of Directors of the Affiliate(s)/proposed Affiliate(s) which are party to the dispute, notifying the NAMI Texas President of the existence of the dispute. The NAMI Texas President shall investigate the dispute and work with the parties to mediate a resolution.

B. In the event that resolution of the dispute cannot be achieved within ninety (90) days from the receipt by the NAMI Texas President of written notice of the existence of the dispute, or by agreement sooner, the dispute, together with the names of the persons authorized to act on behalf of the disputants, shall be referred to the NAMI Board of Directors for final and binding resolution.

Section 3. Model B Affiliates, as outlined in Article II, shall have disputes handled through processes described in the NAMI Texas Board Policies and Procedures.

Rationale for amendments:

Amendments 1 and 3: The NAMI Texas board has approved the creation of a “Model B” affiliate, which will operate under the structure of NAMI Texas and is not a 501 c3 organization.

Amendment 2: There is a need to expand the diversity the membership of the Board of Directors by including persons who are knowledgeable about mental illness and supportive of the NAMI cause, but who are not necessarily family members or those who are primarily affected by mental illnesses.
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.

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, or call us at 1-800-633-3760.

Members of NAMI Gulf Coast and NAMI Concho Valley attend the 2014 NAMI National Convention in Washington D. C.
2014 NAMI TEXAS ELECTION BALLOT

The 2014 NAMI Texas Election Newsletter, which features candidate profiles and proposed amendments, can be viewed at www.namitexas.org. If you are unable to access the newsletter issue online, please call the NAMI Texas office at 512-693-2000.

Section 1. NAMI TEXAS BOARD OF DIRECTORS
Directions: Select your choices for Board of Directors by circling the name of the candidate.
You may select two (2) candidates.

REGION 5: CYNTHIA SWAIN

AT LARGE: HANNAH FRYER

Section 2. PROPOSED BYLAWS AMENDMENTS
Directions: Three (3) amendments have been proposed this year.
Please vote by circling either “FOR” or “AGAINST” in each box below.

AMENDMENT 1 - FOR AGAINST

AMENDMENT 2 - FOR AGAINST

AMENDMENT 3 - FOR AGAINST

Section 3. SUBMIT YOUR ELECTION BALLOT
Ballot should be postmarked no later than November 1, 2014, and mailed to:
2014 Election, NAMI Texas, Fountain Park Plaza III, 2800 S. I-35, Suite 140, Austin, TX 78704
Clearly print the name of the eligible voter in the return address section of the envelope in order to have your vote officially counted.

NOTE:
Those who have provided a valid email address will be receiving an email with electronic voting instructions. Please only use this paper ballot if you do not have a valid email address, or do not intend to vote electronically.