



Winter
Weekly

Reader

Volume 148, Issue 208, March 10, 2016

The Plano Rotary Club
www.PlanoRotary.com

Sanity CHALLENGED

UPCOMING MEETINGS

March 10

Phil Dyer-Kula
"Water Issues in North Texas"

March 17

PISD Bond Election
"Robot Demo From STEM Academy"

March 24

Mary Jo Dean
"Advances in Brain & Concussion Treatments"

MARCH BIRTHDAYS

Marshall Johnson	Mar 10
Myrtle Hightower	Mar 11
Jamie Schell	Mar 18
Louise Davis	Mar 31
Bruce Glasscock	Mar 31



MINUS a troublesome thyroid, **Randy Wright** leapt up from a hospital bed so as not to miss the meeting. 10 points for Club Loyalty, Randy, but several dozen shy for common sense. Nevertheless, we're pleased to see you up, and about, if held together with glue.

President Paperweight opened the meeting at 12:16, summoning **Blair Ritchey** for the Invocation and **Dennis Högg** for the Pledge. Dennis played Double Threat as Greeter as well. **Nathan Barbera** then exercised his prerogative as **SERGEANT AT ARMS**.

Nathan welcomed Frisco Visiting Rotarian, **Earnest Myers**. **John Caldwell** welcomed **Gabriella Shiha** and fed wife **Robin**, introducing her from a 3x5 card (!) and was called out by **FLASH Flannery**. **Debbie Watson** proudly announced her successor, **Robert Reed's** membership candidacy. Kelly Palmer pointed out City Councilman **Rick Grady's** candidacy as well.



Nathan threw over his **INSIDE THE ROTARIAN STUDIO** in favor of an announcement of golfers needed for the Plano Education Foundation's Tournament at *Gleneagles* on 28 March.



Earnest Mr. Wonderful Burke and **Ean SECRET SANTA Sullivan** tag-teamed us into singing *Happy Birthday, Dear March* badly. We're definitely not a singing club. The bright spot was deposition of a check from *Birthday Boy Mark Johnson* for \$35, prompting calls of "but that's too much."

Kelly handed out Rotary Anniversary pins to **Pam Little** (4), **Debbie Watson** (5), **Kyle Walters** (16), **Randy Wright** (44), following which **David McWhorter** presented Kelly with his 30-year pin.

GEORGE ELKING was AWOL for the announcement of the **BLOOD DRIVE** from 7 am to 2 pm at *Poor Richard's Café* on 8 March. Kelly also announced the pan-club meeting on 14 April to hear a presentation on plans for **HIGH SPEED RAIL**.

FANTASY FOOTBALL CHAMPION, **Earnest Burke**, has already ceded his winnings to his wife, so Nathan presented him a wife-proof trophy. The last placeholder was missing, so he's going to get the **GOLDEN COMMUNE** at a later meeting.

And with that, **Sainted Editor** has utilized **11 typefaces** on a single page without half trying! That's excessive even for him. He apologizes to your offended eyeballs.

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President-Elect David McWhorter crowed about attending PETS (President-Elect Training Seminar), and someone unkind inquired if he'd graduated. He told us that DG **Larry Webb's** project is the collection and distribution of *USED MOBILITY DEVICES* over the next five weeks. It is virtually a zero-cost international and community service project. Next week's collection is to be of *CANES, CRUTCHES, WALKERS* and *ROTATORS*.



Olin Jaye took the floor (and we want it back, Olin!) to introduce the day's speakers: **Randy Routon**, Executive Director, and **Tammy Mahan**, Director of Behavioral Health, for **LIFEPATH SYSTEMS** of Collin County.

Dr. Randy Routon, PhD, has been the CEO for *LifePath Systems* since it was created in 1986, starting with 12 employees. Today his responsibilities include direction and management of 3 program divisions and the administrative unit, over 300 employees and 300 contractors. For the last five years, he has served as the Mental Health/Mental Retardation Executive Director's Liaison to Texas' 49 Early Childhood Intervention Providers. Randy is an active member of the *McKinney Rotary Club* (noon on Fridays at *Rick's Chophouse*).

Tammy Mahan, MA, LPC, has worked at *LifePath Systems* for over 20 years and has been in her current role as the Behavioral Health Director at *LifePath Systems* for the last six years. Her responsibilities today include the management of substance abuse and mental health programs, oversight of the Medicaid Waiver Project, and management of the transition of the *Collin County Local Behavioral Health Authority* out of the *NorthSTAR* model as of 1 January 2017.



Dr. Routon was well versed in Rotary speaking; consequently, he told us he'd not have his feelings hurt if we up and left *en masse* at 1 pm should he go overtime.

Turning to his task, he said that the agency was created by the Commissioners' Court as the *Collin County Mental Health and Retardation Center* in 1986. The agency has assisted almost 6,000 clients since. With the addition of *Early Childhood Intervention*, another 800 were added to that roster. The name was changed to ameliorate the stigma associated in the minds of clients and the general public alike. It's hard enough to convince the sanity-challenged to accept help as it is; "*they tend to isolate themselves*," have trust issues, go off their meds, etc.

Taking up Olin's theme of news headlines, he told us that 1/3 of the shootings in Los Angeles have been attributed to mental illness issues. PTSD and opioid abuse by those veterans unable to cope with normal social interactions with battlefield instincts and reactions are also a

source of clients for any agency charged with looking out for the mental health of the community.

In the 90s, with Medicaid costs spiraling upward, the State was seeking other means of tackling the issues. *NorthSTAR Managed Care* was an experimental program adopted across seven local counties, but most of the federal funding thereto flowed to Dallas with its "*huge population of homeless*." Collin County was starved of funding. So clients were shipped out to where the funding fell. It resulted in a crisis of hospitalization in Dallas.

Buttering us up with the statement "*Rotarians are healthier, wealthier, and wiser*" than the normal population (there were cries excepting Larry from the characterization), we might thus not realize that 20% of the population consists of clients for mental health services at one time in their lives. Since "*taxpayer dollars are invested in solving these problems*," we've an obligation to do so efficiently.

Furthermore, jails are the single largest source of warehousing for the mentally indigent who consume twice as much in resources as the mentally-stable population. That led to rising incarceration costs at the turn of the century. Lastly, **only Puerto Rico and Idaho spend less** on mental health issues than does Texas! A perfect storm.

Tammy then took over the microphone which began a crescendo of buzzing that drowned her out. She must've thought herself jinxed. *Gleneagles* minions eventually cut the amplifier, and she continued at a shout.



Pulling away from the seven-county consortium, Collin County appropriated new funding in 2012 resulting in an expansion in the number of counselors and clients. Whereas mental illness shortens an afflicted person's life by an average of 25 years nationwide, it is far more chronic in Texas where the average mortality yields **29 year shorter lives!** This is due mainly to preventable illnesses gone untreated by mentally incompetent sufferers. Collin County now teams up with *UT Southwestern* which provides primary care physicians on site.

Other services are available to special populations: those with developmental disabilities and those recently released from jail. In addition, the *First Steps Program* seeks to help children to age five identified by *Child Protective Services* as living with a neglectful or abusive guardian. As the buzzing reached its height, she asked, "*Is this driving you crazy?*" (Not a word normally bandied about in the mental health community) *I can yell...I have kids!*"

They're also trying Peer Support, hiring successful clients to give hope to others that "*they can make it too*." New after-hours clinics will begin 14 March to divert clients from hospitalization. Nurses on call M-F 6-9 pm.

Dr. Routon wished to thank Collin County, Sen. **Van Taylor**, and Rep. **Matt Shaheen** for their support. He alluded to Mobile Crisis Teams, Inpatient Mental Health beds, Crisis Evaluation Center, Crisis Hotlines, Outpatient Mental Health services, Intensive Services for those most at risk, and other programs of the Center. And for Larry, he left **972-422-5939** as the Clinic phone number.



Lenny Schwartz asked about the \$40 per capita expenditure in Texas and was told it's \$320 per capita in Massachusetts. (They must need it.) Given the population of Texas, that makes a total budget of about \$1B! When the cost of incarceration is factored in, that rises to \$3.6B

Patti Schwartz asked about procedures when someone refuses help. Dr. Routon said that it's important to educate the general public about intervention. The example he gave was of a neighbor child who starts dressing all in black (with Kelly standing behind him so outfitted). There are forms to be found at Mental Health court and to be filed with authorities, taken to a judge, who decides if intervention is warranted. If so, the police pick up the suspect for evaluation.

Jim Monroe inquired whether the police have authorization to act autonomously in such instances and was told, yes, they can pick up disturbed individuals without a warrant.

Kelly took a snapshot of Olin, commenting that City Services can receive and act upon photos of civil infractions. So he's sending this photo to Dr. Routon. Following that bit of nonsense, he presented the speakers with our lethal paperweights (with suitable warnings), led us in the Four-Way Test, and released us into an unprepared world at 1:04.



Guest

Gabrielle Shiha
Robin Caldwell
Rick Grady
Robert Reed

Guest of

John Caldwell
John Caldwell
Kelly Palmer
Debbie Watson

Visiting Rotarian

Ernest Myers

Home Club

Frisco

Proposed Member:

Rick Grady
Proposed by : Kelly Palmer
Classification: Banking & Technology



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