

**From:** [Sunset Advisory Commission](#)  
**To:** [Cecelia Hartley](#)  
**Subject:** FW: Issue 9  
**Date:** Friday, November 14, 2014 8:35:10 AM

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**From:** Teena Adler-Roberts  
**Sent:** Friday, November 14, 2014 8:00 AM  
**To:** Sunset Advisory Commission  
**Subject:** Issue 9

Friday, November 14, 2014

I did not have the time to say all of this in my testimony yesterday November 13, 2014

I am here as a member of NAMI Dallas and as a Certified Peer Specialist. I am here in support of NorthSTAR. Having NorthSTAR in my area made it possible for me to see my psychiatrist and get treatment when I was presenting with severe symptoms of my diagnosis after the death of my grandmother. I was able to get same day access to see my psychiatrist and receive treatment. Had it not been for NorthSTAR having the same day access as an option I may not be standing here before you all today being an active, productive, empowered, and engaged member of society, currently enrolled fulltime in college studying social work, and in long term recovery!!!!

NorthSTAR offers me the choice in providers that has been crucial in my custom fitted treatment plan at my Integrated Outpatient Clinic. With NorthSTAR I am not boxed in and left without choices. My specific needs are met and addressed. Are things within NorthSTAR perfect? No! Could they be improved? Yes! That could be said for any other organization.

So what do I the person who has a lived experienced dealing with a mental health condition know? I know that what we have with NorthSTAR is awesome and it is working and a lot of people are getting help. Why would anyone want to stop that? If anything people should be brainstorming on how we can get more funding so we can help even more people than NorthSTAR does now and fix what is not working and improve upon and clone what is!!!! I

am focused on solutions today in my recovery and not problems. Thank you for your time and consideration.

Sincerely,

Katina Adler

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**Have an absolutely fabulously blessed day!!!!**

*Teena Adler-Roberts*

**Advanced Certified Peer Specialist**

**<https://sites.google.com/site/adlermentalhealthadvocates/>**

NAMI Dallas Peer-to-Peer Mentor and State Trainer  
NAMI Dallas Connection Recovery Support Group Facilitator  
NAMI Dallas Provider Education Course Teacher  
NAMI Dallas Board Member-At-Large  
NAMI Dallas IOOV (In Our Own Voice) Presenter  
NAMI Dallas Ending The Silence (ETS) Presenter  
DBSA Dallas Support Group Facilitator  
Texas Catalyst for Empowerment (TCE) Board Member (Region 2)  
Consumer and Family Advisory Council (CFAC) Co-Chair 2012-2014  
Via Hope Certified Peer Specialist Advisory Council Member

**I do not provide crisis or counseling services and only take calls after 10:00 am, but before 9:00 pm. If you are in crisis or concerned about someone else, call emergency services at 9-1-1 or the 24 hour National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or go to the nearest emergency room. You can also use the Texas Department of State Health Services directory to locate your local, 24-hour psychiatric crisis line: <http://www.dshs.state.tx.us/mhsa-crisishotline/>. The numbers below are also great resources to use.**

**Adapt Community Solutions - Mental Health Crisis Line and Mobile Crisis Teams (Counties served: Collin, Dallas, Ellis, Hunt, Kaufman, Navarro, and Rockwall) Toll Free Crisis Line 1-866-260-8000**

**1-800-SUICIDE (1-800-784-2433) - Deaf Hotline 1-800-4TTY (1-800-799-4889)**

**In the midst of your crisis remember this....."Suicide is a PERMANENT solution to a TEMPORARY problem."**

**Ephesians 4:2 - New Living Translation (NLT) - Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love.**

**"Never Let People, Places, Or Things Stand In Your Way Of Fulfilling Your Goals And Living Out Your Dreams." Teena Roberts**

**"I can be changed by what happens to me. But I refuse to be reduced by it." Maya Angelou**

**"I pray to be used in service for a calling greater than my own." Oprah Winfrey**

**“What lies before us and what lies behind us are small matters compared to what lies within us. And when we bring what is within us out into the world, miracles happen” Ralph Waldo Emerson**

**From:** [Sunset Advisory Commission](#)  
**To:** [Cecelia Hartley](#)  
**Subject:** FW: NorthSTAR  
**Date:** Friday, October 17, 2014 8:09:31 AM

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**From:** Teena Adler-Roberts  
**Sent:** Thursday, October 16, 2014 5:40 PM  
**To:** Sunset Advisory Commission  
**Subject:** NorthSTAR

**Thursday, October 16, 2014**

Mr. Ken Levine,

I am very happy with NorthSTAR and I do not want to see it go away!!!! I REPEAT DO NOT!!!! It has served my needs as a peer in this community very well by providing open access, choice of providers, separation of provider and authority roles, and integrating substance use services with mental health services. North STAR has served more peers at less cost than anywhere else in Texas!!!! I have always been able to get same day access and that is something that is very important to me and I do not want to lose that capability!!!! Access is equal to services whether a person has Medicaid or not, and

services are not disrupted if Medicaid eligibility is lost. NorthSTAR is very collaborative with all of the stakeholder community being involved in decision making about how it evolves. NorthSTAR has continually evolved to meet the needs and challenges of our area, including during times of crisis such as Katrina and the current Ebola situation. NorthSTAR is flexible and quickly adapts to challenges. The contractor for NorthSTAR is part of the community and is accessible to all stakeholders. I can contact Value Options at anytime and voice my concerns about anything and they will listen to what I have to say. NorthSTAR provides a wide array of value added services and collaborates in a multitude of community initiatives, including jail diversion, crisis intervention, Assisted Outpatient Treatment, etc., as well as with all of the mental health courts. I do not want NorthSTAR to go away. I want it to stay!!!!

Thank you

Sincerely,

Katina Adler

Have an absolutely fabulously blessed day!!!!

*Teena Adler-Roberts*

Advanced Certified Peer Specialist

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