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MARSHMALLOWS, METACOGNITION AND MENTAL ILLNESS

Leading author speaks at Dallas nonprofit fundraising luncheon – “Meal for the Minds”

Grow your brain and support mental health services at this year’s “Meal for the Minds” luncheon benefiting Metrocare Services. The event will take place on September 21, 2009, at The Belo Mansion located at 2101 Ross Avenue in Dallas, Texas.

The brain is our most powerful organ, but how much do you know about it? As the average age of Americans rises, we are learning more and more about the impact that good brain health has on our quality of life. **Jonah Lehrer**, Contributing Editor at Wired and author of *How We Decide* and *Proust Was a Neuroscientist*, will enlighten us on the human mind. You may have heard Jonah recently interviewed on KERA, seen his article in *Real Simple* magazine, or his feature in *The Dallas Morning News*.

To celebrate another year of changing lives, some of Dallas’ best pastry chefs have donated cakes for the Edible Silent Auction. Guests will surely be named heroes as they return to offices and homes throughout Dallas with these delicious treats.

1 in 4 adults suffers from a mental health issue in their lifetime. 1 in 10 children suffer from a mental illness severe enough to cause some level of impairment, yet only 20% receive needed treatment. For those without private insurance (and many with limited insurance) finding proper care is near to impossible. Metrocare is a 501(c)3 nonprofit organization, formerly known as The Dallas County Mental Health Mental Retardation (MHMR) Center, serving over 36,000 people annually living with developmental disabilities or severe mental illness.

Until three years ago, Metrocare was funded mostly by government grants, Medicaid, Medicare, or CHIPS. In 2006 Metrocare began actively pursuing private donations because public dollars were not meeting the need. Metrocare is committed to not turning away any patient who asks for help which is so hard to do in the first place. The number of mental health patients seen from 2003 to 2008 increased by 37% while funding decreased by 2%. This trend continues with about 50% more patients served in the spring of 2009 than in the spring of 2008. Anecdotal evidence suggests that more people are turning to the public sector for mental health care because of lost jobs, or because small businesses are reducing the availability of health insurance.

Tickets are available at www.metrocareservices.org under Events or by calling 214-743-6116. Individual tickets are \$80 and table sponsorships begin at \$1,000.

Metrocare thanks the following underwriters of the luncheon: Julie and Pierce Noble, Dr. James Baker, Timberlawn Mental Health System, DRI, Inc., Ebby Halliday Realtors, Metrocare Medical Directors, MyMedcard.com, Sue and Brett Ringle, Millet the Printer, Inc., Society Bakery, The Rosewood Mansion on Turtle Creek.

Additional contributors include: The Adolphus Hotel, Nancy Anderton, The Art Institute of Dallas, Aurora, Belo Mansion & Pavilion, Joanne Bondy, Borders, Celebrity Cafe & Bakery Highland Park, The Cookie Company, Cookies by Design, Dallas Affaires Cake Co, Delicious Cakes, Delights by Bakeryman, Doug Boster Gourmet Catering, Eatzi’s Market, Hattie’s, Kroger on Cedar Springs, La Duni Latin Cafe, La Rosette Bakery, Meringue Bakery, Mignon, Park Cities Baptist Church, Romano’s Bakery, Rosewood Crescent Hotel, Gale Sliger, Society Bakery, Stein’s Bakery, Sweet Temptations Cafe & Bakery, Tango Bakery & Cafe, Tasty Treats by Teresa, The Whimsey Shoppe, Whole Foods Market at Preston Forest.

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