



# Tulsa Alliance News

NAMI-Tulsa (formerly TAMI) is affiliated with The National Alliance on Mental Illness (NAMI) and NAMI-Oklahoma  
Email: NAMI-Tulsa@sbcglobal.net  
Website: [tulsa.nami.org](http://tulsa.nami.org)



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The Grassroots Voice on Mental Illness

April 2008

*This article is presented as a synopsis of the class attended by Janet Dean at The 20th Annual Substance Abuse Conference and 18th Annual Mental Health Best Practices Conference: Partnerships to Facilitate Prevention and Recovery: Transformation Where It Counts!*

## **Person-Centered Recovery Planning: What Are We REALLY Talking About? Janice Tondora, Ph.D., Presenter**

Dr. Tondora is highly involved in the Yale University based Program for Recovery and Community Health program (PRCH).

The "them versus us," clinical versus personal, survival versus thriving and necessities versus fun dichotomies were presented. Many times providers think of persons in a clinical sense and have survival and necessities as goals, whereas for us it is personal and our goals are thriving and having fun. We as providers often make decisions as to what gets crossed off the person's list of goals and the persons are directed away from their own goals toward the goals we have for them.

The Yale program has person-centered planning at its core and recognizes that people with mental illness want basically the same things in life as people who do not have a mental illness. Persons want to thrive, not just survive and want quality of life, not just the necessities.

The Connecticut Recovery Model is the policy of the Connecticut Department of Mental Health. The Connecticut plan requires that persons have the opportunity for an active, meaningful role in the decision-making process and involves a thoughtful analysis of the person's strengths and not just deficits. Recovery planning focuses on what services the person needs in order to establish and maintain a healthy and safe life in the community. In the past, professionals met with each other and sometimes a family member to make all decisions and do case planning. After all the decisions have been made, the person was informed how would will be.

### **April Meeting**

**Date: Thursday, April 10, 2008**  
**Time: 7:00 p.m.**  
**Place: Fellowship Congregational Church**  
**2900 South Harvard**

Our speaker this month is Karina Forrest, Executive Director of NAMI Oklahoma. Karina will talk about her vision for NAMI OK and purpose for FY 08/09. She will give us some legislative updates and transformation initiatives statewide for the Department of Mental Health and Substance Abuse Services, along with new direction for NAMI National, NAMI Oklahoma, and the NAMI Affiliates.

Light Refreshments will be served.

A study revealed that 24% of persons receiving treatment did not know they ever had a treatment plan, 21% reported being "very much" involved in the treatment plan, 12% had invited someone to their last treatment planning meeting and over half were not offered a copy of their treatment plan. There is an increasing need for accountability among providers and systems as a whole. There must be different plans for rural versus urban, different parts of the country, etc. Plans must truly be individualized and meet the needs of the individual person. **If the provider and the person do not believe in recovery, no plan will work.**

There has been research showing that people of color experience significant inequality in terms of access to care, quality of care, and response to care. People with psychosis are particularly vulnerable to not having certain protections, such as the right to self-determination and right to make treatment choices, which are taken away based on assumptions. People with mental illness are one of the most disfranchised populations in American medicine. The Yale program employs peer recovery mentors. **A mentor is not a voice for the person; they teach the person how to find their own voice.** Men-

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## Tulsa Transit Reduced-Fare for Persons with Disabilities

Tulsa Transit has revised their policy on their reduced fare program. They are now requiring everyone to complete a new application. This can be downloaded from the link below or call the office at 582-2100 for an application to be sent to you. A physician will still be required to fill out the form. This will allow a person with a verified disability to purchase a 31-day bus pass for \$20 rather than the usual fare of \$40. This will cut in half the monthly transportation costs for those who qualify.

Online access is:

<http://www.tulsatransit.org/fares-passes/reduced-fare/>

## ANNOUNCEMENTS

### Motivational Interviewing:

Overcoming Client Resistance to Change—  
Making Positive Behavioral Change  
May 7, 2008  
Crowne Plaza Tulsa, 100 E. 2nd St.  
Course Hours: 8 a.m.-3:30 p.m.  
[www.CrossCountryEducation.com](http://www.CrossCountryEducation.com)

### CONGRATULATIONS

Mary Ellen Jones, NAMI-Tulsa's board president, performed with the Happy Hoofers in the Red Glove Revue for the Tulsa Cerebral Palsy Association. The main attraction was The World Famous Platters from Branson, who served up many of their most well-known songs.

### Family-to-Family Education Course

The Education Committee will be organizing and setting the date for the next Family-to-Family class.

If you are interested in attending, please call Judy at 918-587-6264 to enroll.

Class limit is 20.

### Training Institutes 2008

*Developing Local Systems of Care  
For Children and Adolescents with Mental  
Health Needs and their Families  
July 16-20, 2008, Nashville, TN*

Gaylord Opryland Resort & Convention Center  
Deadline for applications: May 16, 2008

To get an application call: 202-687-5000 or  
<http://gucchd.georgetown.edu/scholarshipapplication2008.doc>

The institute will focus on the strategies and skills need to strengthen partnerships in three specific areas to improve outcomes for children and youth with mental health needs and their families. (1) Implementing a Public Health Approach, (2) Partnering with Schools, and (3) Partnering with Child Welfare.

### Tulsa Alliance News

NAMI Tulsa is affiliated with  
The National Alliance on Mental Illness (NAMI)  
and NAMI Oklahoma

Office: 918-587-6264

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The Tulsa Alliance News is published monthly. Opinions expressed in articles, news items, editorials, and letters from our readers are those of the authors, and not necessarily those of the Tulsa Alliance on Mental Illness.

Contributions from our readers are encouraged, and are published subject to availability of space. Authors are responsible for the accuracy of their statements.

Contributions may be e-mailed to [NAMI-Tulsa@sbcglobal.net](mailto:NAMI-Tulsa@sbcglobal.net) or mailed to:

Tulsa Alliance on Mental Illness (NAMI Tulsa)  
700 S. Boston, Suite 219  
Tulsa, OK 74119

You can access us through our website at [tulsa.nami.org](http://tulsa.nami.org) or NAMI's website at [www.nami.org](http://www.nami.org)



**May 17, 2008**

**Regatta Park on the Oklahoma River, Oklahoma City, OK  
For more information call the NAMI-Tulsa office, 918-587-6264**

## **JOIN THE TEAM**

Consumers, family members, mental health professionals sign up today and become part of Team Nami-Tulsa for **NAMI WALKS 2008**.

This year we would like the local mental health community to come together as a block as we represent Tulsa to the rest of Oklahoma. NAMI WALKS raises awareness of mental health issues and money to continue education classes and other services state-wide. The WALK always has a festive air and we look forward to a large group of us marching wearing our team colors.

As a Nami-Tulsa team member you will receive fund raising tips, a team shirt, and the satisfaction of supporting mental health education in Oklahoma. Every team member who raises \$100 also will receive a T-shirt from NAMI Oklahoma.

The WALK is May 17, 2008 in OKC and we will help coordinate carpooling.

You can sign up online at: [www.nami.org/namiwalks08/OKC/namitulsa](http://www.nami.org/namiwalks08/OKC/namitulsa) then follow the prompts to register and create your own web page, if you desire.

Anyone who would like to form their own WALK Team can go to [www.nami.org](http://www.nami.org), click on **NAMIWALKS**, click on **OK** on map and follow the prompts.

Don't have internet access?

Call Pam Witte 493-6263 or Vi Gunnells 521-6424 or Nami Tulsa office 587-6264

**Sign up today and let's show Oklahoma how it's done!**



**Book Review:**  
***What gives?***  
**by Chelsea Marie**  
**Togi Entertainment, Inc. 2007**

Sixteen-year-old Chelsea Marie's poetic memoir *What gives?* is a remarkable account of her descent into a severe depressive episode as she was contemplating suicide. Chelsea began writing about her feelings concerning her depression and thoughts about suicide in her "blue notebook," which ultimately became a suicide note the length of a book. Chelsea's tale, extraordinary in its content and style of writing, is a gripping story, and one that is hard to put down. Her poetic style of writing creates an astonishing narrative that is bound to resonate with anyone who has experienced severe depression or known someone struggling with it.

As Chelsea was contemplating suicide, she made a decision to begin writing down her thoughts "because who wants to die with half a book written?" As Chelsea writes from the heart, the language is often strong but there is no backing down from the honesty in her gut-wrenching and painful attempt to put down in words her inner torment and her attempts to cover up that pain by smoking pot and drinking alcohol. Her riveting tale brings tears and laughter as only one from a gifted writer can do, despite the fact it was written in the midst of a horrendous mental illness during a most vulnerable time, the teen years.

Chelsea's written cry for help fortunately did not come too late. She allowed her best friend Kelsey to read her blue notebook, and she notified Chelsea's parents, who in turn read the notebook. Chelsea was hospitalized and received treatment. Toward the end of Chelsea's story, you are relieved to see the light with Chelsea, hoping with all your might and rooting for her that she's going to make it. Her story was published (without divulging her identity) with the help of many people. In a letter to her parents Chelsea tells them why she wants to publish her story: "to help other people . . . to express myself . . . to get some closure on the subject."

My hope for Chelsea is that she accomplishes all three.

-Carolyn Stueve-Martin

**NAMI-TULSA WEBSITE**

<http://tulsa.nami.org>

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tors serve as community connectors who teach persons how to develop a social network. Key practices in the Yale program require that the person is a partner in all planning activities/meetings, including invitees and locations, is always offered a copy of the plan, and the providers act with transparency.

The Yale program emphasizes building on strengths rather than focusing on limitations. In the Yale program, respect for the person is not just words, but expectations and goals. The Yale program strongly encourages incorporating natural supports in planning, such as family, friends and clergy. With recovery, the person would be expected to use more natural supports and fewer professional supports. It is the philosophy of the Yale program that building a life in the community is not a task that comes after discharge, but one that must be an integral part of the treatment plan. The treatment plan is more appropriately thought of as a recovery plan.

The Yale program feels that risk is a part of recovery and growth and persons need to be taught how to do responsible risk-taking. She discussed the abundance of research that clearly shows clinical symptoms do not predict employment outcome.

Providers should not assume that a person is not capable of successful employment based on symptoms unless the symptoms go to the core safety issues, such as being a danger to oneself or others.

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**Trivia information  
from the**

**National Resource Center on Psychiatric  
Advance Directive (NRC-PAD)**

**1. Can I write a legally-binding psychiatric advance directive (PAD)?**

Yes. Oklahoma's Advance Directives for Mental Health Treatment Act (<http://www.nrc-pad.org/images/stories/PDFs/oklahomapadstatute.pdf>) allows you to write instructions (a "declaration") for your psychiatric treatment in the event that you are incapable to make or communicate those instructions. The statute also allows you to appoint an agent, known as an "attorney in fact," to instruct mental health care professionals for you. You may choose to make a declaration, appoint an attorney in fact, or do both. Although there is no mandatory form provided your document is in writing and is signed in

*(Continued on page 5)*



## Membership Registration Form

Please check the "Membership paid to" date on your mailing label. If it says 00-00-00 or an expired date, would you consider sending us your membership? If your membership is current, then we **thank you!** New memberships or renewals are valid for one year and expire at the end of the same month in which your check is dated.

NAME: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 CITY: \_\_\_\_\_  
 STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_  
 HOME: \_\_\_\_\_ WORK: \_\_\_\_\_  
 E-MAIL: \_\_\_\_\_

Your participation will help NAMI-Tulsa and NAMI-Oklahoma in our efforts to improve the quality of life for persons with mental illnesses and for their families. Please indicate the appropriate area(s) of interest if you are able to take an active part:

- Legislative Issues (Grassroots Leaders)
- Anti-Stigma Efforts
- Local Advocacy
- Program Committee
- Newsletter
- Children/Adolescent Network
- Hospitality
- Family-to-Family Teacher
- Fund-Raising
- Family-to-Family Course Participant
- Office Volunteer
- Support Group Leader
- Other: \_\_\_\_\_

Your dues entitles you to membership in NAMI-Tulsa, NAMI-Oklahoma and NAMI (the National Alliance). You will receive informative newsletters from all three organizations. Together, we can make a difference. Thank you for your support!

**Please choose your membership category below:**

- Family \$ 35.00
- Consumer/Open Door 3.00
- Sponsoring 50.00
- Corporate 100.00
- Sustaining 500.00
- Extra Contribution \_\_\_\_\_
- TOTAL \$ \_\_\_\_\_
- Renewal  New Member

**Please mail this form with your payment to:**

NAMI Tulsa  
 700 S. Boston, Suite 219  
 Tulsa, OK 74119

*NAMI Tulsa is a non-profit organization. Your contributions are tax-deductible.*

**NAMI requests the following optional information:**

Relationship to Consumer:

- Parent of Adult Child
- Consumer
- Parent of Child Under 18
- Sibling
- Offspring/Adult Child
- Spouse
- Friend
- Professional
- Other: \_\_\_\_\_

Ethnicity:

- White
- Hispanic
- Native American
- African American
- Asian
- Other: \_\_\_\_\_

*(Trivia continued from page 4)*  
 the correct way (see question 3), a suggested form is available here (<http://www.nrc-pad.org/images/stories/PDFs/oklahomapadform.pdf>).

**Act Now!**

Send a letter to your House member and urge them to cosponsor H.Res. 1005. Help bring light to Borderline Personality Disorder!

### Support Borderline Personality Disorder Awareness

**March 24, 2008**

A bipartisan coalition of House members, led by Representative Tom Davis (R-VA) and Chris Van Hollen (D-MD), have introduced a resolution to increase awareness of Borderline Personality Disorder (BPD) and authorize the first ever BPD Awareness Month. NAMI strongly supports H.Res. 1005 and is urging all House members to cosponsor the measure. NAMI has joined with the National Education Alliance for Borderline Personality Disorder to press for action on this measure.

**To learn more:**

Read NAMI's fact sheet on BPD, its symptoms, prevalence and treatment. You can also view a copy of the "Dear Colleague" letter issued by Reps. Davis and Van Hollen or a copy of H.Res. 1005. ([www.nami.org](http://www.nami.org))

NAMI Tulsa  
700 S. Boston, Suite 219  
TULSA OK 74119

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## NAMI SUPPORT GROUPS FOR FAMILY MEMBERS AND OTHER CAREGIVERS

**South Tulsa/Bixby Support Group - Home of Bob and Jo Ann Flake** - Meets the first Monday from 7:00 to 8:30 p.m. at the home of Bob and JoAnn Flake. For information and directions, call 369-2371.

**Owasso Support Group - Westport Mennonite Church — Old 169 & Hwy 20 - (German Corner)** — Meets the second Monday evening of the month from 7:00 to 8:30 p.m. Call Joan Stuckey at 272-9290 for more information.

**Saturday Support Group - Crossroads, 1888 East 15th St.** Meets the second Saturday of each month from 9:30 to 11:00 a.m. Call Mary Ellen Jones (743-9124) for information.

**NAMI-Washington County Support Group - Torrey Place I** Meets 2nd Thursday of each month at Torrey Place I, 901 SE 3rd Street in Bartlesville. For information call Toni Harjo (918)336-1288 or Charles (918)337-8080, ext. 2202.

**NAMI-Creek County Support Group - Sapulpa 1st Christian Church** - Meets the 3rd Monday of each month at 7:00 pm. Located at the corner of Lee & Elm (Annex on Lee Street - 1st door nearest the street). Contact Jean Coll at (918) 227-2016.

**Monday Evening Support Group — NOTE CHANGE:** Meets 4th Monday at Johnnie's Grill for dinner at 6:30 p.m., 51st & Harvard. Contact Vi at (918) 521-6424 for more information.

## OTHER ADULT SUPPORT GROUP MEETINGS

**Asbury United Methodist Church Support Group** — Meets in the church parlor the **4th Thursday** from 1:30 to 3:00 p.m. - 6767 S. Mingo. Use south door to enter.

**Depression and Bipolar Support Alliance (DBSA)** — Meets every Monday evening at 7:00 p.m. at the Fellowship Congregational Church, 2900 South Harvard. For information, call 258-1684 or Laurie at 836-0701.

**Bipolar/Depression Support Group** — Asbury United Methodist Church, 2nd & 4th Thursdays, 7:00 p.m., room 2821. For information call William Camp 640-1272.

**Christian Depression and Bipolar Support Group** — Call "Bright Tomorrows" at 744-5761 for information and address.

**Postpartum Depression Support Group** — Meets 1st Monday each month 7:00 to 8:30 p.m. Boston Avenue United Methodist Church — call Anita Campbell 865-7824 or EvaMarie Campbell 699-0120. Free child care 699-0140.

**Parkside Family Support Group** — Meets every other Tuesday 6:00 pm to 7:00 pm at Parkside Outpatient Clinic, 2nd floor, 1620 East 12th Street, in Tulsa, 582-2131.

**Get Connected Military Family Support** — Meets at 10-11:30 a.m. on the 2nd and 4th Saturday of the month at Nathan Hale Regional Library, 6038 E. 23rd St. Everyone with a relative or friend serving in the military is welcome. For more information, contact (918) 492-2554 x750 or militarysupport@actcares.org.

## FOR PARENTS OF CHILDREN

**Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD)** meets on the 2nd Saturday of the month from 9:30-11:00 a.m., Hardesty Library. For more information, call Robin at (918) 857-2095 or Robin4CHADD@sbcglobal.net

**Talk To Me Support Alliance Group** - for parents who have children with mental & behavioral problems. Meets every Monday night at the Kendall-Whittier School Cafeteria from 6-8 p.m. Call Grace at 850-7185.

**Hands to Success Support Group for children** -- meets every Monday night at the Kendall-Whittier School. Call Luke Handley at 948-5050 for more information.

## MENTAL HEALTH ASSOCIATION OF TULSA

1870 South Boulder 585-1213  
**Bipolar Support Group** 1st & 3rd Tuesday 6:30 p.m.  
**Depression Support Group** 1st & 3rd Thursday 6:00 p.m.  
**Anxiety Support Group** 2nd & 4th Tuesday 6:30 p.m.  
**Survivors of Suicide** 1st & 3rd Thursday 6:30 p.m.  
**T-3 Support Group** (Teens Talking Amongst Teens)  
1st & 3rd Wednesday 6:00 p.m.  
**Families in Touch Support Group** (Caregivers of Family Members) 2nd & 4th Wednesday 6:00 p.m.