



Tulsa Alliance News

NAMI-Tulsa (formerly TAMI) is affiliated with The National Alliance on Mental Illness (NAMI) and NAMI-Oklahoma
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The Grassroots Voice on Mental Illness

August 2007

STEVE BUCK, NAMI OKLAHOMA'S EXECUTIVE DIRECTOR, RESIGNS

Steve Buck submitted his resignation to accept an appointment from ODMHSAS Commissioner Terri White to serve as the agency's deputy director for communications and prevention. His last day will be August 20th. We want to thank Steve for his diligent service to this organization.

BUILDING OUR MOVEMENT, BUILDING OUR FUTURE

NAMI 2007 Annual Convention — San Diego, California
June 20-24

A report by Deborah J. Hunter
NAMI-Tulsa Delegate to the Convention

It was a privilege to be able to attend the 2007 NAMI National Convention in San Diego. I enjoyed meeting new people and "hanging out" with other NAMI members from Oklahoma. We had 46 Oklahomans in attendance. My thanks to Steve Buck.

I listened to speeches by candidates running for positions on the NAMI Board of Directors and voted. I visited the Exhibit Hall and NAMiland each day where I picked up lots of reading material and purchased the book, *Possessed Mentalities* by Maxene Obenschain Kleier. Two of her three daughters had schizophrenia. One murdered the other during a psychotic episode. Maxene is now 88 years old.

I arrived in San Diego on Thursday morning, June 21st. Thursday's highlight was, of course, Dr. Cline's contribution to "Treatment Not Jails: New Leadership and Promising Practices" presentation of the opening plenary, with Dr. Henry ("Hank") J. Steadman.

Dr. Steadman mentioned a book, *Better, But Not Well*. (My notes don't indicate whether or not he's the author. I'm sorry.) Much of his presentation had to do with the history of mental health advocacy and the shameful facts concerning the nation's mentally ill population when deinstitutionalization occurred. Those of us who are directly connected to that population already know that, as he stated, the money didn't

August Meeting

Date: Thursday, August 9, 2007

Time: 7:00 p.m.

Place: Fellowship Congregational Church
2900 South Harvard

The August meeting will be an opportunity for each of you to share your ideas and input for planning our future meetings.

Who would you like to hear speak?

What topics are of most interest?

Is there a program that you would like to know more about?

Are there specific problem areas that we might look at?

The program committee is excited about the upcoming year and wants to know what you need from the monthly meetings! Come and join us for a fun evening of brainstorming.

Refreshments will be provided by the NAMI-Tulsa board.

follow the people. The United States currently has 13 million people in its jails [and prisons?]. Approximately 1 million of those have *active* symptoms of mental illness *when they are booked*. He stressed the need for mental health courts and diversion programs. Dr. Steadman challenged communities to make judges advocates. He is a researcher and recommends looking for researchers locally who can become partners with affiliates on issues of mental illness.

Dr. Cline reported that after the Virginia Tech incident, President Bush issued an executive order. Three cabinet members visited twelve states in two weeks and were to provide him with a report in thirty days. Five issues arose out of that assignment: 1. Information sharing which had to do with the misperception and misinterpretation of HIPPA. 2. Gun Control – Only 23 states are complying with Federal law. 3. Improved Awareness/Communication – Early recognition and assessment are needed. 4. Availability of services. 5. Emergency preparedness. (The full report is available on the SAMHSA website.)

Some facts that Dr. Cline shared are:

- ❖ Mental Illness has more business/productivity losses than any other illness
- ❖ 7.6 million hospital stays involve people with a mental illness and/or substance abuse issues
- ❖ People with a mental illness die 25 years earlier

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ANNOUNCEMENTS

NAMI-TULSA SEPTEMBER PROGRAM

On September 13th, we will have the privilege of hearing from Joe Yosten, Director of the Co-Occurring Disorders program from the Tulsa Center for Behavioral Health (TCBH) who will provide information on their Treatment of Co-Occurring Disorders and will have a panel of presenters.

The presentation will cover a general introduction on co-occurring disorders and the new model programs that we now have in the state (particularly those in the Tulsa area.

LEGAL SETTLEMENT PROVIDES REIMBURSEMENT FOR PAXIL PURCHASED FOR CHILDREN UNDER AGE 18

From: Dana Crudo, Program Coordinator, NAMI
Child & Adolescent Action Center — www.nami.org/CAAC

If you *ever* bought Paxil® or Paxil CR™ for your minor child or ward, you are entitled to reimbursement for your out of pocket costs. As the result of the settlement of a lawsuit that alleged that the makers of Paxil concealed information about the safety and effectiveness of prescribing Paxil to children from doctors and parents, GlaxoSmithKline has agreed to reimburse you for your Paxil® purchase, no matter when it was made

To get your money back, submit a claim form before **August 31, 2007**.

- If you have records of your purchases, you can recover **100% of your documented out-of-pocket expenses**. Your pharmacy should be able to give you a record of your Paxil purchases.
- Even if you cannot find records of what you spent on Paxil, **you can still receive up to \$100** by completing a claim form.

For more information and to obtain a claim form, please visit www.PaxilPediatricSettlement.com or call the Claims Administrator toll-free at (866) 494-8404.

To recover ALL of the money you spent on Paxil®, your documented claim must be received by August 31, 2007.

If you know someone that may be eligible for benefits, we urge you to share this information with them.

The Asbury United Methodist Church Support Group meets on the 4th Tuesday of each month. The group will not meet in August but in September, at their regular day and time, they will have a doctor to speak and a film on depression. You are invited to attend.

A Poem for Support Groups

By Carol Herwig

G is for group
What a great bunch we are

Reaching out to others
Near and far

Open to all problems
Whatever they may be

Wishing we could change things
For you and me

Trusting God in
All that we do

Having hope for tomorrow
With a new point of view

GROWTH comes from within
With knowledge we share
Finding answers to our questions
Is our ardent prayer

WE

Learn from outside speakers – and

Others that are here – with

Verses of scripture to guide us

Each of us draws near

To the **LOVE** of God
Dispelling our fear

Dear Lord hear our prayer –
from each group here –
Our causes may be different –
but our goals are very clear
To help other people
in a Christian way
So that with our support –
they can have a brighter day!

The Asbury United Methodist Church Support Group wanted to share their poem with us.



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Friday morning, I attended "Quality Care For Racial and Ethnic Communities. The major point that was expounded upon is that studies are done about cultural differences and the boundaries that exist between communities, but strategies for crossing those boundaries are lacking. Over and over we see the disproportionate criminalization of youth of color. This is evident, not only in the judicial system, but in the child welfare system, as well. American Indians have 0% (some services but not enough to measure) mental health services for their youth. Multi-racial youth have the highest incidences of Major Depression.

The Multicultural Action Center of NAMI National in Arlington, Virginia, is studying the Cultural Case Manager model, that proved successful in treating tuberculosis in ethnic communities, in hopes of adapting it to treat children and youth with mental illnesses.

Another Friday workshop was "Family Advocacy, Family Rights: Overcoming Legal and Political Obstacles to Getting Care For A Loved One Who Lacks Insight." This presentation was organized by the Treatment Advocacy Center, so I was anxious to hear the speakers. Speakers for this workshop were Liz Thomson, a police detective from the Albuquerque Police Department Crisis Intervention Team, Jeffrey Geller, M.D., director, Public Sector Psychiatry, University of Massachusetts Medical School, and Robert Bruce, Jr., family member from Caratunk, Maine. The most compelling story was that of Robert Bruce, Jr. Parts of Mr. Bruce's story were heartbreakingly familiar to those of us with adult children who have schizophrenia. He told about the onset and progression of his son's illness, the repeated attempts to get help, and the fact that the last time his son was released from the hospital it was against his parents' wishes. They knew he wasn't stable and were fearful because Mrs. Bruce was the focus of their son's hostility. Mrs. Bruce was murdered by her son within a few days of being released from the hospital.

The movie, *Canvas*, was screened. It is the story of a family's struggle when the mother has schizophrenia. Emmy-winner, Joe Pantoliano and Academy Award-winner, Marcia Gay Harden star as the parents of a young son who witnesses his mother's repeated hospitalizations and continuous battle to retain her sanity. It has heartbreaking moments, but also moments of humor. The love of art and sailing are interwoven as symbols of hope. Afterwards, there was a Q&A session with Joseph Greco, who wrote, produced and directed *Canvas*, along with Joseph Pantoliano and Devon Gearhart, who played the young boy. The screenplay was inspired by Greco's childhood experiences with his mother. Pantoliano talked about his diagnosis of Major Depression and how he came to realize later in life that his own mother's erratic behavior during his childhood and adolescence probably stemmed from an undiagnosed mental illness. We were asked to do what we could as NAMI affiliates to help promote the distribution of the film.

I also attended "Eliminating Disparities In Depression Care for Racial/Ethnic Communities: An APA/NAMI Collaborative." Did you know that there is a National Organization for People of Color Against Suicide"? It was started by a woman whose son committed suicide and through her own search for help came to realize that the pain of living as a minority in this country is a major contributor to depression and suicide (often Suicide By Cop) in people of color. NOPCAS encourages minorities to take charge of their own communities. The website is www.NOPCAS.org.

The six funded components of the Multicultural Action of NAMI are:

1. Community Program Planning
2. Community Service and Support (across the life span form SMI and SED)
3. Capital Facilities and Technological Needs
4. Workforce Education and Training Programs
5. Prevention and Early Intervention
6. Innovation

Other news that we received in this workshop is that Proposition 63, the California Mental Health Service Act, was passed and it imposes a 1% personal income tax on its citizens with an income in excess of 1 million dollars. Those funds are earmarked for mental health services.

These are my highlights even though there was much more information that I didn't write down. The closing festivities, a party by the pool, was great fun. We ate dinner and danced to the very loud music of a live band that played and sang familiar songs from the 50's through the 80's.

The most disappointing thing about a convention of this nature is the fact that it is impossible to attend every workshop of interest.

Labor Committee Approves Legislation to Help People with Mental Illnesses Get Treatment

Wednesday, July 18, 2007

WASHINGTON, DC -- The House Education and Labor Committee today approved bipartisan legislation that will help ensure better access to treatment for people suffering from mental illnesses. The Paul Wellstone Mental Health and Addiction Equity Act (H.R. 1424), which passed by a bipartisan vote of 33 to 9, would require group health insurance plans to put coverage for mental illnesses on equal footing with physical ailments. Private health insurers generally provide less coverage for mental illnesses than for other medical conditions.

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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: _____



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"Today's vote is a victory in a long bipartisan effort to provide adequate health coverage to people who suffer from the debilitating—and sometimes life-threatening - effects of mental illness," said Rep. George Miller (D-Calif.), the chairman of the committee. "This landmark legislation would close the gap in coverage for people without adequate access to treatment for mental illnesses."

The legislation prohibits employer group health plans from imposing limitations on coverage for mental illnesses that they do not impose on physical illnesses. For example, the legislation would require that group health plans offer the same terms for deductibles, limits on hospital stays and outpatient visits, and co-payments, among other things.

Separate independent analyses have concluded that H.R. 1424 will not lead to significantly higher costs for employers and could significantly reduce out-of-pocket costs for plan participants.

Some states already have strong requirements for the coverage and treatment of mental illness. H.R. 1424 would not af-

fect state laws that offer stronger consumer protections. Democrats defeated a Republican amendment that would have gutted many state laws that offer protections stronger than those in H.R. 1424.

The bill is named after the late Sen. Paul Wellstone (D- N), a longtime advocate of mental health awareness and parity.

MENTAL HEALTH PARITY ALERT CONTACT YOUR REPRESENTATIVES!

Great strides was taken at the federal level last week for mental health parity. Stacie Wilson, from the Mental Health Association of Tulsa (MHAT) shares with us about mental health parity at the federal level. Stacie encourages us all to contact and urge each of our Representatives to fund mental health services.

NAMI Tulsa
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NAMI'S FAMILY-TO-FAMILY SUPPORT GROUPS

Asbury United Methodist Church Support Groups ***No Meeting in August*** — 4th Tuesday of each - 6767 S. Mingo.

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. This is a support group for family members and other caregivers. It is not a therapy group. For information call Toni Smith (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 Support Group — Hardesty Library—7 p.m. Meets the 2nd Monday at Hardesty (*August at the NAMI office*) and the 4th Monday evening for dinner at a restaurant of choice. Call Vi at (918) 521-6424.

OTHER ADULT MEETINGS

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.

Bipolar/Depression Bible Study Support Group - Call Pastor Tim Reside 744-5761 for information and address.

Postpartum Depression Support Group
First 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.

FOR PARENTS OF CHILDREN

Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD) meets on the 2nd Saturday morning of each month at 9:30 a.m. at the Hardesty Library off 93rd Place & Memorial. For additional information, call Jody at 918-523-5197 or jodyjbc@aol.com

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.