



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
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The Grassroots Voice on Mental Illness

August 2008

MORE HIGHLIGHTS OF THE NAMI 2008 ANNUAL CONVENTION, ORLANDO, FLORIDA, JUNE 13-16

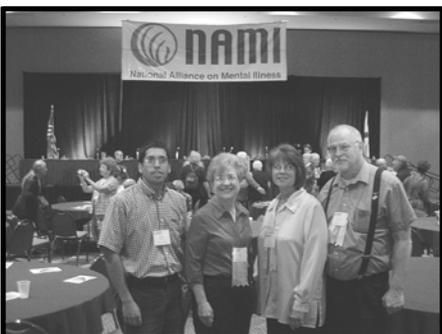
In July's newsletter you read about highlights of the NAMI National Convention in Orlando, Florida from Pedro Mari, and Vi and Ken Gunnels who attended along with me. I would like to thank the board for sending me as a representative of the Tulsa affiliate. There were multiple workshops full of information on the latest NAMI programs, growing local affiliates, grant writing, current research, jail diversion, VA programs, faith based programs, state caucuses, and much more. It was difficult to choose which workshops to attend. We tried to spread ourselves among the different workshops to expose us to as much information as possible. Also, it was great to meet people from all over the country. I met one woman from Alaska and another from Hawaii. It was great to share ideas from different parts of the country as well as from large cities and rural areas. We found we had more in common rather than differences. Also, another remarkable revelation was the large number of recovering consumers who participated in the conference, many of whom were professional consumers working to help their peers.

The first night I attended a special session on new research. Dr. Thomas Insel, Director of the National Institute of Mental Health, Bethesda, MD spoke on the latest research, mainly the genetic studies being conducted at the chromosome level. There has been a real revolution in genetic studies in the last 16-18 months, especially in common diseases such as diabetes, ALS, etc. They are unable to identify a cause for these illnesses but can identify a chromosome which puts a person at risk. Dr. Scolick, in another workshop, said he believes that we will see new technologies unfold in the next 2-5

years for revealing the chromosomes associated with the risk of mental illnesses. Then the emphasis can be on prevention and treatment.

The next night I attended the release of a report representing NAMI's analysis and

recommendations resulting from a survey conducted by Harris Interactive among the general adult public, people living with schizophrenia, and caregivers. This report reveals that twice as many peo-



(Continued on page 3)

August Meeting

Date: Thursday, August 14, 2008

Time: 7:00 p.m.

Place: Fellowship Congregational Church
2900 South Harvard

Tim Reside has lived with bipolar disorder since 1979. He has survived severe psychotic episodes with the last taking place in 1988. Tim, known for decades as an inspirational and motivating public speaker, will share with us highlights from his life and some of the practical discoveries he's made in his journey from survival to "thrival." An ordained minister with an MA in Practical Theology, Tim is working on Doctor of Ministry degree. Since 2001 he has been the Executive Director of Bright Tomorrows, a not-for-profit 501(c) 3 organization dedicated to reflecting a compassionate Christianity that seeks to mobilize churches to better serve those with mental health concerns.

Light refreshments will be served.

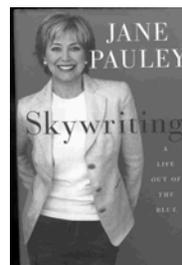
Knowing that Jane Pauley would be at the NAMI Conference and a chance I might go, I pulled out her book from the NAMI-Tulsa library and read it from the front cover to the back cover. When she spoke at the conference, she mentioned several of the incidents from her book, Skywriting. Because she has been there on TV for many years, with news, Dateline, and now The Jane Pauley Show, it brings it home.

Book Review

Skywriting: A Life Out of the Blue

By Jane Pauley

Random House 2004



At the NAMI National Convention 2008 in June, Jane Pauley, TV Journalist and author, and recipient of NAMI's Rona & Ken Purdy Award, spoke about a few of the happenings described in her book, *Skywriting*. I was glad I had read her book before attending the convention. As she spoke of some of those remarkable events in her life, the book came alive.

In *Skywriting*, Jane Pauley writes about the uneventfulness of her life--a child who gets on the wrong bus in first grade, knows how to fake a tummyache so she can stay home from school, and sits by herself in a college dorm because she hasn't made any friends. Reprimands through her childhood were far and few between and when they happened, she was devastated. Her

(Continued on page 4)



This news item came from the National Institute of Mental Health (NIMH), Science Update, July 11, 2008.

Newer Antipsychotics No better Than Older Medications in Reducing Schizophrenia-related Violence

Antipsychotic medications can reduce the risk of violence among people with schizophrenia, but the newer atypical antipsychotics are no more effective in doing so than older medications, according to a recent analysis of data from the NIMH-funded Clinical Antipsychotic Trials of Intervention Effectiveness (CATIE). The study was published July 1, 2008, in the British Journal of Psychiatry.

CATIE compared the newer atypical medications quetiapine

(Continued on page 3)

ANNOUNCEMENTS

14th Annual Zarrow Mental Health Symposium *RELATIONSHIPS*

September 18-19, 2008

Tulsa Marriott Southern Hills, 1902 East 71st Street

The Zarrow Mental Health Symposium is an annual educational forum designed to provide state-of-the-art research and practice information about current issues related to the mental health of our community.

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**SAVE THE DATE!**

**October 1-3, 2008**

**17th Annual Statewide Conference**

### *"Sailing to Recovery through Leadership Isles"*

**Bricktown Hotel & Convention Center  
Oklahoma City**

For additional information email [consumercouncil@okmhcc.org](mailto:consumercouncil@okmhcc.org) or phone 405.604.6975; toll free 1.888.424.1305

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Attention Consumers in the Greater Tulsa area

The Depression and Bipolar Support Alliance (DBSA), the nation's leading organization focusing on depression and bipolar disorder, is looking for a local Tulsa-based affiliate chapter. If you or a loved one lead an already existing peer-facilitated support group or have an interest in starting a peer-facilitated support group in your community, please contact DBSA today!

Peer-run support groups like those available through local chapters of the Depression and Bipolar Support Alliance (DBSA) offer people with mood disorders and those who care about them a place to share experiences, discuss coping skills, and offer hope to one another. You can bring hope, help, and support to Tulsa by starting a DBSA chapter in your community. Contact Elizabeth Siegel at (800) 826-3632 x154 or at startup@DBSAAlliance.org to request a free chapter start-up kit. No special training is required.

For more information on mood disorders and DBSA's extensive network of peer support, visit our website at www.DBSAAlliance.org.

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### Tulsa Alliance News

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

Office: 918-587-6264

#### **Board Members**

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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 <http://tulsa.nami.org> or NAMI's website at [www.nami.org](http://www.nami.org)



(Convention — Continued from page 1)

ple today live with schizophrenia than with HIV/AIDS, yet many Americans know little about the disease. People with schizophrenia die on the average 25 years earlier than the rest of the population. This is mainly due to the lack of both physical and psychological medical intervention. There is also an average delay of 8.5 years between the onset of symptoms of schizophrenia and the beginning of treatment. The good news is that with ongoing care, people diagnosed with schizophrenia can lead independent lives (79%). I have a copy of the report if anyone would like to review the findings. NAMI, as a grass roots organization, can provide education to the public and work through our legislators and local organizations to help provide needed services and close the gap for more timely treatment.

It was a great opportunity to sit in a class taught by Joyce Burland, Ph.D., Director of NAMI Education, Training and Peer Support Center in Santa Fe, NM, who has developed the Family-to-Family as well as the Peer-to-Peer Programs. She is a very interesting lady with very definite ideas on sticking to the protocol set forth in her training of teachers to teach these classes. I attended two other workshops for the new programs of Basics (for parents of children and adolescent) and Connection Recovery Support Group (support groups to follow up after Peer-to-Peer).

Also, on Saturday morning, a NAMI town meeting on the 2008 election was held and representatives from the presidential candidates were invited to attend. John McCain did not send anyone but sent a statement. However, Obama sent a female physician who is on his campaign staff. She has been active with Senator Kennedy in his fight for parity. Also, she revealed that when Obama practiced law that he had a passion for representing causes for the mentally ill.

As the Tulsa affiliate representative, I was given the vote to represent our organization in the national board election. I studied what the board felt their needs were and the candidate profiles in the NAMI Advocate. I also attended their campaign speeches. Then over Sunday lunch, I consulted with Pedro Mari for his ideas. He did change my mind on one candidate. I went in the voting booth with the five candidates in mind that I wanted to cast our votes for. The five that I voted for won the election. There were four re-elected and one was newly elected from California. So we voted with the majority.

The convention was a great experience and full of valuable information! Thank you again for sending me as your representative!

—Leta Lofton

(CATIE—Continued from page 2)

(Seroquel), olanzapine (Zyprexa), risperidone (Risperdal) and ziprasidone (Geodon) with the older antipsychotic perphenazine. Previously reported results showed that perphenazine was no less effective in treating schizophrenia symptoms than the newer atypicals. This new analysis examined whether any of the medications specifically reduced the frequency of violence, a rare symptom associated with the disorder. To read more about this update, go to:

<http://www.nimh.nih.gov/science-news/2008/newer-antipsychotics-no-better-than-older-medications-in-reducing-schizophrenia-related-violence.shtml>

## PARENT'S CORNER

### Book Review

#### Parenting a Bipolar Child- What to Do and Why

Gianni L. Faedda, MD and Nancy B. Austin, PSY.D.

Finding books with useful information can be a challenge. Parents looking for answers often find books that are little to no help, are written in a difficult way to understand, or repeat the same information as other books on the same subject. *Parenting a Bipolar Child: What to Do and Why* co-authored by Gianni L. Faedda, MD and Nancy B. Austin, Psy.D. is a direct, easy to understand guide on everything from recognizing and treating early on-set bipolar disorder to coping with the everyday challenges that face parents. It also includes a sample chart to monitor medications and behaviors. This is a wonderful source of information and a great addition to anyone's library.

—Rose Weller

News Release

July 11, 2008

### Summit Brings Renewed VA Drive for Women Veterans

The Department of Veterans Affairs is now bringing some much needed attention to women veterans. An article on the website of the Department of Veterans Affairs entitled *Peake: Reinventing to be "Women-Centric"* describes a new emphasis on women veteran's issues. Women veterans have services available to them that is equal but not specific for women veterans. At the VA National Summit on Women Veterans' Issues, a work group will be formed "to focus on women's needs in prosthetics and rehabilitation, hiring women's advocates in VA medical centers, developing quality measurements specifically for women patients, purchasing more state-of-the-art, specialized women's health care equipment, and expanding medical education in women's health for VA care providers."

The article stated that "Summit attendees also learned that VA recently established a work group whose goal is to ensure every female veteran enrolled in VA care has a women's health primary care provider, especially to meet gender-specific needs"

During the NAMI Conference 2008, I heard many good things that are beginning to happen inside the VA for our soldiers, both men and women. These changes are slow in coming. Having women advocates and more specialized health care for women is a step in the right direction. Hopefully, the VA actions will continue on this path.

—Vi Gunnells

<http://www1.va.gov/opa/pressrel/pressrelease.cfm?id=1525>



# NAMI FAMILY-TO-FAMILY EDUCATION PROGRAM

for family members of close relatives with

**Bipolar Disorder (Also called Manic Depression)**

**Major Depression**

**Borderline Personality Disorder**

**Schizophrenia and Schizoaffective Disorder**

**Panic Disorder**

**Obsessive Compulsive Disorder**

**Co-occurring Brain Disorders and**

**Addictive Disorders**

A series of 12 weekly classes structured to help family members understand and support their ill relative while maintaining their own well being. The course is taught by a team of trained volunteer family members who know what it's like to have a loved one with a serious mental illness in the family. There is **no cost** to participate in the NAMI Family-to-Family Education Program. Over 100,000 family members in the U.S. and Canada have completed this course. We think you will be pleased by how much assistance the program offers. We invite you to call for more information.

**A new class will be held on Monday beginning September 8<sup>th</sup>.**

**Dates: September 8<sup>th</sup> through November 24<sup>th</sup>**

**Time: 6:30 – 9 p.m.**

**Location: Park Plaza Church of Christ  
51<sup>st</sup> & Sheridan**

To register call with the following information: Your name, address, phone number, e-mail address (if available), and the family member with a mental illness (i.e. your son, sister, wife, father, good friend).

**NAMI-Tulsa: Phone 587-6264 (Office hours: 1:00 – 5:00 p.m.)**

If your family member is a child or adolescent ask for information about NAMI's *Visions for Tomorrow* course.

**Registration required. Classes limited to 20 persons.**

For family members only.

This NAMI Family-to-Family Education Program is sponsored by NAMI-Tulsa. It is funded by Oklahoma Dept. of Mental Health and Substance Abuse Services

*(Skywriting—Continued from page 1)*

office at NBC in New York also showed no personality. Her TV life was the opposite of most. Instead of the blood pressure rising on live TV, hers went down.

Jane married, had three children, and had a career on live TV. In 1989, with four-year-old twins and a toddler, Jane realized something was not right with her. Tears came too easily for what she thought were non-eventful situations. She realized that family, friends and coworkers were beginning to see the change. A routine physical checkup found her to be depressed.

Jane spoke lightly of the hives she had sparsely through out her life but medically the doctors found no reason for them. One day out of the sky, she realized the connection of her dad and the hives. Their family was the normal perfect family but as Jane and her sister later found in their adult life, Daddy had a secret. The alcohol that was not allowed in their home while growing up, was actually in the basement for Daddy's use. Apparently, as children they found telltale signs of his alcohol addiction, but dismissed them. Not their daddy. But the word alcoholism became part of their vocabulary.

In 2002, after two years fighting with hives, Jane made the decision that it was now time to leave *Dateline*. She was comfortable with it and now there is the *Jane Pauley Show*. This is about the time her doctors find that it is possible that the medications prescribed for her hives may have triggered the symptoms of bipolar disorder.

As this book comes to an end, Jane talks about how her moods "ebb and flow" and she watches for the signs that an episode might reoccur. Seeing herself as too angry or if things are too good could be warning signs of a reoccurrence.

—Vi Gunnells



The numbers are in for this years 2008 NAMI Oklahoma Walk. Totals across the state exceeded \$70,000 and 800 walkers. NAMI-Tulsa's team raised \$2765.

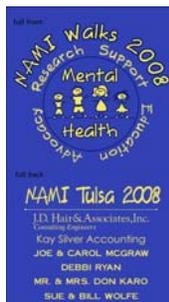
Thank you to all of our team members who walked and raised funds. ACT raised almost \$2500 and they have asked that our affiliate receive credit for their efforts. Thank you to ACT for their commitment and enthusiasm.

This year NAMI OK is returning 50% of monies raised by any affiliate to that affiliate, an increase of 30% over previous years. The remaining money goes to support NAMI Oklahoma programs statewide.

As our state walk grows, let's think ahead and plan to make NAMI Walks 09 an even greater success.

Please join us next spring as we walk for the mind of Oklahoma.

— Pam Witte & Vi Gunnells, Team Captains





## 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: \_\_\_\_\_

Mental Illness  
 Awareness Week  
 (MIAW)  
 2008

Building Community,  
 Taking Action  
 October 5-11, 2008

***Calling all artists!***

October 5-11 is Mental Illness Awareness Week and this year we are planning to have a display of selected artwork created by consumers available for public viewing.

Your chosen media may be paint, clay, sculpture, woodwork, fabric, text, etc. There is **no age limit** and we hope to have a special area of children's artwork too!

Space will be limited and final selections will be made the first part of September, so get your creative juices going and submit a picture of your work with a description to the NAMI office, Attention: MIAW Art Project. (Don't forget to include your name and contact information.)

***Happy creating!***

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 Mental Health Support Group for Families Who Are Caregivers** — Meets in the church parlor the 4th Thursday from 1:30 to 3:00 p.m. - 6767 S. Mingo. Use south door to enter. Special speakers will be:

**August—Vacation — No meeting**  
September 25—Mary Ellen Jones, President of NAMI-Tulsa

**Depression and Bipolar Support Group** — 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.