



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: <http://tulsa.nami.org>



Telephone: 918-587-6264

Volume XXIV Number VIII

The Grassroots Voice on Mental Illness

August 2009

NAMI-Tulsa History Part #8

Appreciation for Our NAMI-Tulsa Predecessors

In preparation for the celebration of NAMI-Tulsa's 20th anniversary since incorporation, we appreciate the services of more than 80 volunteer members who have served on our Board of Directors during those years. The following list names those who have been officers of the Board and the years in which they served:

President - Catherine West 1988-1993, Stephanie Cesar 1994-1995, Oscar Kastner 1996 and 2002-2003, Mary Taddiken 1997-1998 and 2001, John Taddiken 1999-2000, John Hair 2004-2005, Vi Gunnells 2006, Ellen Harris 2007, Mary Ellen Jones 2008, and Leta Lofton 2009.

Vice President or President Elect - Gene Casey 1998-1999, Jon Wallace 1990-1993, Charles McGowen 1994-1995, Mary Taddiken 1996, Jimmie Davis 1997-1998 and 2002, Rosemary Hall 1999, Oscar Kastner 2000, Wilfred Thoman 2001, John Hair 2003, Stephanie Brandsness 2004, Vi Gunnells 2005, Kevin Lee 2006, Deborah Hunter 2007, Leta Lofton 2008, and Rose Weller 2009.

Secretary - Oscar Kastner 1988-1990, Geneva Culwell 1990-1991, Rosemary Hall 1992-1995, Alice Carwell 1996, Byrl Gaden 1997-1998, Mary Diacon 1999-2000, Rick Ruhr 2001, Jan Dean 2002-2003 and 2005, Wilfred Thoman 2004, Mary Ellen Jones 2006, Carolyn Stueve-Martin 2007, Joanne Colbert 2008, and Ellen LaGrone 2009.

Treasurer - Oscar Whiston 1988-1991, Harold Ebeling 1992-1995, Rosemary Hall 1996-1998, Joan Stuckey 1997 and 2003, Wilfred Thoman 1999-2000, Mary Diacon 2001-2002, Vi Gunnells 2004, Leanne Campbell 2005, Pam Witte 2006-2007, John Hair 2008, and Ellen Harris 2009.

In addition, we appreciate Melonnie Dauben, Ellen LaGrone, and Judy Smith, who have been employed as office managers.

We remember with gratitude those who have given volunteer services to NAMI-Tulsa, and who are now deceased: Oscar Whiston, Dr. Robert Glenn, Rosie Wagenblatt, Charles Carwell, Sr., Jack Knippa, and Dorothy Kastner.

Oscar Kastner

August Meeting

Date: Thursday, August 13, 2009

Time: 7:00 p.m.

Place: Fellowship Congregational Church
2900 South Harvard

Speaker: Terri White, Oklahoma Secretary of Health and Commissioner for Oklahoma Department of Mental Health and Substance Abuse Services

Ms. White was named Commissioner for ODMHSAS in May 2007 and was the first woman to be appointed Oklahoma Secretary of Health in January 2009.

She has previously held the positions of Deputy Commissioner for Communications and Prevention, Director of Communications and Public Policy, Management Analyst and Executive Director of two ODMHSAS facilities: the Tulsa Center for Behavioral Health Co-Occurring Unit and the Central Oklahoma Community Mental Health Center.

She received both her Bachelor's degree (1997) and her Master's degree (1998) in Social Work from the University of Oklahoma, and is a graduate of Edmund Public Schools. She is married to Scott Reed of Oklahoma City.

Ms. White is a passionate advocate for individuals experiencing mental illness and addiction, and is on the forefront nationally in the advancement of recovery-based programs, technological innovations such as telepsychiatry, and the integration of behavioral health care into the primary health care setting.

She will speak on the state of the Department of Mental Health and Substance Abuse Services

Light refreshments will be served.



Hear Ye! Hear Ye!

In commemoration of the 20 year existence of NAMI-Tulsa (TAMI), we are gathering all the data, which Oscar Kastner has been submitting to the newsletter, and pictures documenting past events to be used in an album/book.

If you have anything to offer such as newspaper articles, pictures, or your own stories of how you participated in an event, please contact Rose at the NAMI-Tulsa office (587-6264).

Vi Gunnells



Board Elections

At its July meeting, the NAMI-Tulsa Board of Directors elected a new President-Elect and three new Board Members.

Ken Gunnells was elected to the office of President-Elect, vacated by Rose Weller. Rose resigned from the Board to become the new NAMI-Tulsa Officer Manager.

Three new members were elected to the Board of Directors to fill positions recently vacated by Rose Weller, Carolyn Stueve-Martin and Stacie Wilson. We thank these members for their service to NAMI-Tulsa. Filling the unexpired terms are: Brian Marcum (2008-2010), Eric Ross (2008-2010), and Cassie Place (2009-2011).

All are enthusiastic supporters of NAMI and its mission of advocacy, education, and support for individuals and families affected by mental illness. We welcome Brian, Eric, and Cassie to the Board.

Mary Ellen Jones, Chair
Nominating Committee

Biographies of Newly Elected Board Members

Eric Ross

Eric Ross is a family member who is grateful for the help NAMI has provided for his family, including his adult child. He describes the Family-to-Family course "as instrumental in showing us the way forward and we soon were involved with NAMI Tulsa." Later he served on the NAMI Oklahoma Board for six and a half years, including two and a half years as President of the Board. He is a former Scout Master with Troop 990 in Tulsa and has traveled to Honduras and Nigeria working with short-term medical missions teams. For the last eleven years Eric worked for British Petroleum as part of their Global Data Center team and recently left their employ to stay in Oklahoma. His wife Palma passed away in January of this year. Eric says he is happy to be back on the Board of NAMI Oklahoma and, for the first time, on the Board of NAMI Tulsa.

Brian Marcum

Brian Marcum was born in Oklahoma, and grew up here. He graduated from high school in 1987, and attended TCC for a couple of years, then worked for Disabled American Veterans. He became involved with NAMI in 1991. After deciding to work in human services, he did some training in Colorado. Following an internship at Consumer/Survivor Network (CSN) in Minnesota in 2002, he was a staff member on Paul Wellstone's reelection campaign. Brian joined NAMI Hennepin County (Minnesota) Board and served as president.

Cassie Place

Cassie Place reports that she is 37 years old, has two dogs, no husbands, lives in Sand Springs and is originally from Colorado. She holds an Associate's Degree in Criminal Justice and a Bachelor's degree in Organizational Leadership. Cassie was diagnosed with bipolar disorder in 1996 and is now a Co-facilitator for the NAMI Connection Support Group. She is currently attending training for NAMI's In Our Own Voice program.

Tulsa Alliance News

NAMI Tulsa is affiliated with
The National Alliance on Mental Illness (NAMI) Office: 918-587-6264
and NAMI Oklahoma

Board Members

President:	Leta Lofton
President-Elect:	Ken Gunnells
Treasurer:	Ellen Harris
Secretary:	Ellen LaGrone
Past President:	Mary Ellen Jones
Member at Large:	Vi Gunnells
Gloria Dialectic	Brian Marcum
Pam Flindt	Pedro Mari
Joyce Hill	Cassie Place
Deborah Hunter	Eric Ross
Oscar Kastner	John Thompson
Mindy Littlefield	Diane Williamson
Irvin Mann	

Newsletter Editor: Vi Gunnells

Office Manager: Rose Weller

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 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

Funded in part by the Oklahoma Department of Mental Health and Substance Abuse Services

September is fast approaching and another Family to Family class is about to start.

If you are a Family to Family teacher and would like to facilitate a class this Fall, please contact Rose at the NAMI-Tulsa office at 918-587-6264.



Depression Happens to Successful People

By Therese J. Borchard
July 24, 2009
World of Psychology/Depression

Therese J. Borchards writes articles pointing out that successful people, not just the ones waiting in line to receive free prescriptions, become depressed also. She writes about people like Abraham Lincoln, Art Buchwald, Jane Pauley (appeared at the NAMI Orlando conference 2008) and William Styron.

Ms. Borchards states, "I try to highlight the stories of successful depressives whenever I find them because I know that we need that boost of confidence ... to be reminded that our illness has nothing to do with our skills in the workplace, or our desire to accomplish great things. We just have some interesting brain wiring that takes some time and energy to figure out."

Depression hit home one day, as Ms. Borchards relates in this article, when her father called and relayed to her, after reading one of her stories, "I think I might have that." Her reaction was of disbelief! Not her father, the successful business person who had his own luxury home building business" in Florida!

With this article, a comment was left that said "The 'black hole' can suck even the most 'successful' people in as all people must live a life that is complex, contradictory, and sometimes downright challenging and painful."

To read more about this writers articles and to read through her blog made reference to, click on the title or link and read more. A copy of this article will be in the NAMI-Tulsa office for reference.



Back to School

It's back to school time! Those words can strike panic and fear into the hearts of parents with children with special educational needs. School time can be a source of high anxiety for not only the students, but their parents as well. To help insure a smoother school start, here are a few suggestions.

Keep your records in order. Always keep a paper trail including your child's diagnosis, last years Individualized Education Plan (I.E.P, any medications that your child takes and when they are taken (at home or at school), e-mail, and notes from any phone conversations. Be sure to include who you have spoken to, a brief recap of that conversation, and remember to date everything. It is helpful to keep all paperwork in a three-ring binder. That way everything is in one place should the need for a parent/teacher or I.E.P. meeting crop up suddenly.

Start preparing you child for the new school routine before school starts. During the summer bedtimes are more relaxed and wake-up times later. It can help your child get back into the routine if you start gradually having them prepare for bed earlier, and waking up earlier. I have found that this works pretty well, making for fewer conflicts when school actually starts.

And most of all remember to breathe! If you are not stressed, your child will be less likely to be stressed. Your child picks up on more than you realize. Not to be stressed is easier said then done, I know, but just trying a few deep breaths can really make a difference.

Good luck to you and your little students for the upcoming school year. May it be a good one!

Save the Dates:

Mental Illness Awareness Week Activities in Tulsa

What: Mental Illness Awareness Walk and Information Fair

When: Sunday, October 4, 2:00 p.m.

Where: East side of Riverside Drive at 31st Street parking lot

Everyone is invited to walk to 41st Street and back at this free event to promote awareness of NAMI-Tulsa in our community. Other agencies are invited to participate and provide information about their services.

What: NAMI-Tulsa's 20th Birthday Party

When: Thursday, October 8, 7:00-9:00 p.m.

Where: Fellowship Congregational Church
2900 South Harvard

Plan to attend this celebration of NAMI-Tulsa's 20 years of improving the lives of those touched by mental illness



ANNOUNCEMENTS

Zarrow Mental Health Symposium

Collaboration for Mental Health: Meeting the Needs of One through Many

September 17-18, 2009
Tulsa Marriott Southern Hills

In addition to 6 plenary sessions, the conference will offer 27 90-minute workshops combining innovative approaches to treatment, best practice models, and ethical professional practice. Content will be focused on the concerns of social workers; licensed professional counselors; licensed marriage and family therapists; psychologists; certified alcohol and drug counselors; licensed alcohol and drug counselors; and other professionals engaged in social services, education, law enforcement, and the judicial system.

This information was taken from the website of the Mental Health Association of Tulsa at www.mhat.org.

For more information call (918) 585-1213 or register online by September 4, 2009 for the Early Bird Registration Deadline.

DBSA National Convention

This is a peer-centered mental health conference for consumers, family members, and providers. It is being held at the Hyatt Regency Indianapolis Indiana on Sept. 10 thru Sept. 13, 2009. A 3-day registration is available as low as \$100.

Contact information is
(800) 826-3632

or

www.DBSAlliance.org/Conference2009

Special Needs Alliance (SNA)

NAMI has partnered with the *Special Needs Alliance* (SNA), a national non-profit organization of attorneys dedicated to the practice of public benefits and disability law.

This partnership will enable us to provide our members with the most current and reliable information on special needs planning. To learn more, or to locate an SNA member attorney near you, please visit www.specialneedsalliance.org, or call 1-877-0572-8472



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.

Date, Time & Place to be announced

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: 10:00 a.m. – 2:00 p.m.)

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

Registration required
Classes limited to 20 persons

For family members only

This NAMI Family-to-Family Education Program is sponsored by NAMI-Tulsa, NAMI Oklahoma, and funded in part by the Oklahoma Department of Mental Health and Substance Abuse Services.



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
- 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: _____



Public Policy Email List

If you are interested in public policy committee meetings and would like to attend or receive the updates, call the NAMI-Tulsa office and have your email added to our growing list.

When the office receives legislative alerts about upcoming bills that effect mental health issues in Oklahoma, staff can forward those alerts to the email that you choose so you can act by contacting your legislator.

There are several committees that meet in Oklahoma that some of us attend when convenient.

Let us know that you are interested, because as you know, our voices together, can make it happen.

Editors Note: *As a suggestion, I have a special email address that I filter this type of email to so it does not clutter up my main email address.*

Summer Issue of Psychiatric Rehabilitation Journal Online Now Available

Don't miss the current issue of the Psychiatric Rehabilitation Journal for state-of-the art information related to rehabilitation and recovery. In this issue:

- Find out how a newly developed self-report measure assesses case managers' employment-related expectations of consumers.
- Read about a qualitative study that examines the subjective experience of taking medication and the struggles that persons with serious mental illnesses have in taking them.
- Learn more about a British research project that investigates the barriers to participation in education for persons using mental health services.

View the complete list of articles available in this issue at <http://www.bu.edu/cpr/prj> or check out the archive of online articles at <http://prj.metapress.com/openurl.asp?genre=issue&eissn=1559-3126&volume=33&issue=1>

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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.

NAMI CONNECTIONS SUPPORT GROUPS

NAMI Connections Support Group — Meets every Monday evening at **6:30 p.m.** at the Fellowship Congregational Church, 2900 South Harvard. For information, call 258-1684 or Laurie at 836-0701.

Sand Springs NAMI Connections Recovery Support Group — Meets every Wednesday, 12:30 p.m.—2 p.m. at 117 Main Street, Sand Springs, OK. A.C.T. Drop In Center. 918-245-5565.

NAMI Connections Support Group — Meets every Thursday at 3 p.m. on the 5th floor of Family & Children's Services, 2325 S. Harvard.

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.

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 — 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.

Oklahoma Attachment and Bonding Coalition Support Group - for parents and advocates sharing ideas to help foster and adopted children with Reactive Attachment Disorder — Meets the 3rd Tuesday each month at Hardesty Library at 7 p.m. www.okabc.org

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.
Families in Touch Support Group (Caregivers of Family