



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



Telephone: 918-587-6264

The National Alliance on Mental Illness (NAMI) Oklahoma is pleased to announce the appointment of Karina Forrest as its new Executive Director

Ms Forrest has served in leadership roles for the past sixteen years and holds deeply passionate views about the future of the mental health system for the State of Oklahoma. Ms Forrest recently directed the only state operated substance abuse and co-occurring treatment center for adolescents, Norman Adolescent Center. It was under her leadership that this organization joined nationwide process improvement initiatives, advocated for trauma specific organizational change and became a pilot site for integrated services for the State of Oklahoma. Ms Forrest also served as Director of Prevention and Education programs at A Chance to Change Foundation and as Health Policy Liaison at the Office of the Governor for the State of Oklahoma. She has also served as a Leadership Mentor in the States of Oklahoma and Arkansas for the Mid America Addiction Technology Transfer Center in Kansas City, Missouri.

While serving in these roles, Ms Forrest provided administrative oversight and strategic leadership in the areas of planning, program development, financial management, fundraising, marketing, public relations and advocacy. She has raised over 2.5 million dollars in grant funds to provide educational outreach programs for the state. Ms Forrest serves on the Interagency Task Force for the Prevention of Child Abuse and Neglect and is an advocate for youth and family services in the State of Oklahoma. Ms Forrest has been on the cutting edge of state and national initiatives to improve the access and quality of services individuals receive. She is dedicated to the mission of NAMI OK, working toward the "eradication of mental illnesses and to the improvement of the quality of life for all whose lives are affected by these diseases."

When asked what her goals and plans for NAMI Oklahoma will be, she states there are too many to list! One of the primary areas is in affiliate development, specifically providing assistance in membership recruitment. We will certainly vigorously address advocacy issues relating to increased access to quality adult services, children's services, veteran's services and associated family needs; increased mental health and co-occurring education statewide; and, expanding our children's services at the NAMI OK State office.

December Meeting

Date: Thursday, December 13, 2007
Time: 7:00 p.m.
Place: Fellowship Congregational Church
2900 South Harvard

Our annual NAMI-Tulsa Holiday Celebration will take the place of our education meeting. This will be a time to enjoy the friendship and fellowship of other NAMI families. Friends and other guests are welcome.

This will be a potluck style dinner and everyone is invited to bring an item of food, dessert, or finger food to share with others. Paper products & drinks will be furnished.

Those who wish to do so may also bring gifts that will be distributed to those who might be a patient during the holidays.

Suggested Clothing Items are: Stocking caps, gloves or mittens, scarves, long sleeve t-shirts, sweatshirts, sweatpants & heavy socks.

Basic Toiletries: Toothbrushes, toothpaste, deodorants, liquid soap (plastic containers) or bars of soap, lotions, men's aftershave, women's cologne, and mouthwash in plastic containers.

If you can not make it to the Holiday Celebration but still want to donate, the items can be brought by the office and your gifts will be distributed.

"Magical Night of Giving"

This event was held on November 11th at the Promenade Mall and brought into NAMI-Tulsa a total of \$450. Good work to everyone who bought and sold tickets and especially to Mary Ellen Jones and Pam Witte for sitting at one of the entry tables for several hours.



NAMI-Tulsa Annual Meeting November 8, 2007

President, Ellen Harris, called the meeting to order and called on Mary Ellen Jones to present the report of the nominating committee. Mary Ellen reported that Carolyn Stueve-Martin had served as chair of the committee. Other members were Ellen Harris, Mary Ellen Jones, and John Thompson. Mary Ellen introduced the nominees in attendance and moved that the slate of Directors be elected by acclamation. Gloria Dialectic seconded the motion. The President called for the vote and the motion carried.

For your information, the nominees were listed in the November newsletter which will take affect in January.



Visions for Tomorrow Teacher Training

The Oakridge Christian Camp in Anadarko, OK hosted the Visions for Tomorrow Teachers Training on November 16-18, 2007. Palma Bucher & Judy Smith were the trainers for this class of 24 people from all areas of the state.

Several of the new teachers are with the Systems of Care who will teach this class to the families that they now serve. The 3 days (18 hours) of training went well with a lot of excitement about getting this information out to other young families with children who have some form of mental illness.

Lisa Pickens, the NAMI OK State Education Director, did a wonderful job in getting this training set up and in assisting Palma & Judy during that weekend. For more information about the Visions for Tomorrow program call Judy at the NAMI Tulsa office at 587-6264.

Book Review *Mad House* Clea Simon, Author

This is a memoir about Clea Simon's own journey through the chaos, sorrow and fear of living with her two older siblings, both of whom were diagnosed as teenagers with schizophrenia during the 1970s. Ms. Simon writes of her confusion about what was happening to her and her siblings as her parents tried to protect her from her older sister's rages and her brother's often inappropriate and eccentric behavior. Written from her memories from the 1970s, she explains the stigma of having family members with serious mental illnesses and how the illnesses specifically may affect siblings, which are often lost in the midst of family chaos.

Her parents gave up on her siblings and at least once instructed Ms. Simon to deny she had siblings. Ms. Simon's older sister lived in treatment centers, half-way houses and hospitals since she was a teenager. At the time of writing this book in 1997 her sister was still alive in middle age yet refused to see her or

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Office: 918-587-6264

Board Members

President.....Ellen Harris
President Elect.....Deborah Hunter
Secretary.....Carolyn Stueve-Martin
Treasurer.....Pam Witte
Member at Large.....Mary Ellen Jones
Past President.....Vi Gunnells

Leanne Campbell
Ellen LaGrone
Joanne Colbert
Melonnie Dauben
Jimmie Davis
Gloria Dialectic
John Hair
Oscar Kastner
Kevin Lee
Leta Lofton
Wilfred Thoman
John Thompson
Dianna Williamson

Newsletter Editor, Acting.....Vi Gunnells
Office ManagerJudy Smith

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 tulsa.nami.org or NAMI's website at www.nami.org



UPCOMING PROGRAM SPEAKERS

January 10, 2008 — Laura Schiewe and Rose Ewing from the Tulsa County Mental Health Court will cover what the court provides, the goals of the Court and how the needs of “hard to serve” individuals will benefit from the “structure and expectations of the Mental Health Treatment Court.”

THE REASON FOR ESTABLISHING A MENTAL HEALTH COURT

As stated in the November newsletter, this is a continuation on the screening procedure of acceptance into the program and the Court supervised follow-up this month.

Screening for Acceptance in the Program

The Mental Health Court (MHC) is a judicially supervised coordinated systems approach that supports treatment services for mentally ill offenders. Participation in the program is voluntary. The court gives high priority to concerns of public safety by arranging for the care of mentally ill offenders in the community, careful screening and exclusion of offenders with histories of significant violence. Additionally, MHC participants have demonstrated inability to maintain linkage to mental health and other treatment services due to their serious mental illness. Individuals must be 18 years or older and have a DSM-IV diagnosis of a severe and persistent mental illness. The participant must also demonstrate significant unmet needs, deficits in levels of functionality, and a historical pattern of inpatient hospitalizations, substance abuse treatment failures, arrests and emergency contact.

Mental Health Court Supervised Follow-up

The Tulsa County Mental Health Court provides continual judicial oversight and deferred prosecution pending completion of treatment and support services. Participants in the MHC receive frequent judicial supervision that is more intensive than would otherwise be available with emphasis on monitoring the participant's performance.

Editorial Commentary on the Exclusion Policy:

Those excluded from participation in a Mental Health Court because of a history of violence would be excellent candidates for court ordered involuntary treatment under an Assisted Outpatient Treatment law, similar to "Kendra's Law" in New York State. A Mental Health Court is not protecting public safety if its violent rejects are not court-ordered to be in involuntary treatment, and if the state mental health system does not provide a program and facilities for mandated treatment. Simply allowing such violent people to be sentenced to prison would not be appropriate because it would not address or correct the reason for their violence. The court should not assume that violence caused by mental illness is correctable by punishment.

-Oscar Kastner

Gloria Dialectic, Family Member & Caseworker at the Day Center for the Homeless and Mary Ellen Jones, Family Member & Retired School Psychologist, LBP have been working on a proposal that was sent to the Adult Workgroup for the Governor's Transformation Advisory Board (the grant). It was sent to Marva Williamson with the Innovation Center and Kaye Rote with Consumer Council. Kaye is chairperson of the Workgroup and Marva offers technical assistance. The NAMI-Tulsa Board was asked to review the proposal and accompanying link and attachment so that it can be voted on at the board meeting in January.

Adult Mental Health and Substance Abuse Services Subgroup IV, Ongoing Support and Infrastructure

Facilitating use of the civil commitment process

What is working? In Tulsa County the civil commitment process is being used successfully in some cases. Some individuals with severe and persistent mental illness involving episodes of acute psychosis have benefited from both inpatient and outpatient assisted treatment.

What is not working? The civil commitment statutes are unclear, are open to diverse interpretations, and are not used consistently either in Tulsa or throughout the state. Many individuals, because of their illness, are incapable of knowing that they need treatment and, therefore, cannot voluntarily seek treatment. These Oklahoma citizens, who are not being treated, are at risk of homelessness, victimization, suicide, violent acts, and incarceration as the result of untreated psychosis.

What is needed? The civil commitment process, including the language of 43A, the Mental Health Law, needs to be thoroughly reviewed and updated so that the small population of Oklahomans who cannot voluntarily seek services are provided mental health treatment before they become a danger to themselves or others.

Proposal. We propose the adoption of new language for the civil commitment statutes and regulations in Title 43A Mental Health Law. The MODEL LAW FOR ASSISTED TREATMENT prepared by the Treatment Advocacy Center provides an excellent sample of how the law can be written to protect consumer rights and to withstand constitutional challenges. The MODEL LAW has a good introduction that argues for the necessity of the law and explains how it was developed. Unique features of the law include specific consumer protections and the utilization of a three-person decision-making board. Another excellent example of new wording is Illinois' recently passed mental health law (Public Act 095-0602), which will take effect on

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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 and 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 adult 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 Thursday evenings for 12 consecutive weeks beginning in January 2008.

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.

For family members only.

Registration required. Classes limited to 20 persons.

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

Free Event Allows Military Families to "Get Connected"

Military families and friends looking for a way to "get connected" for support and information are welcome to attend a get acquainted meeting from 10-11:30 a.m., Saturday, December 8, in the Helmerich Conference Room, 7020 S Yale.

Get Connected Military Family Support grew from ACT co-workers seeking and not finding support and information. A spouse of a returning soldier and a mom whose son just left for Iraq are among the founding volunteers.

"We want to provide support to people who have family and friends in the military," said Tina Bevans, a Navy reservist and co-founder. "A lot of people have questions and don't know how to find answers. We are here to help."

The event will include refreshments and allow people attending to determine future meeting topics.

"Support is important during the holidays, but it also is important throughout the year," said Paula Vella. Paula's husband, David Parker, is a veteran. Vella and Parker are among the ACT staff who volunteered to create the informal support network.

If the get acquainted event is well-attended, regular group meetings will begin in January. For more information on how to get connected, contact ACT at 492-2554 or militarysupport@actcares.org.

Contact: Beverly Moore
740-5970 or bmoore@actcares.org

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6/1/2008. We propose that 43A be revised to include Illinois' definition of "person subject to involuntary admission" and the components of the MODEL LAW that pertain to consumer protections and the three-person board. A revised mental health law in the form of the MODEL LAW would truly transform the mental health system in Oklahoma because it would provide a framework for committing the patient to the treatment system, while at the same time committing the treatment system to the patient. It would give all Oklahomans, whether in urban or rural areas, the opportunity to live happy and satisfying lives.

Note: *The Treatment Advocacy Center will provide assistance to states wanting to update their involuntary assistance laws. They have done the homework for us and are happy to help. Resource materials can be accessed at <http://www.treatmentadvocacycenter.org>. The new Illinois law link to the MODEL LAW is: <http://www.treatmentadvocacycenter.org/LegalResources/ModelLaw.htm>. Thank you for the opportunity to provide this input to the transformation process.*

- Gloria Dialectic & Mary Ellen Jones

November 19, 2007

Kurt Entsminger Named Executive Director of the Treatment Advocacy Center

Arlington, Va. - The Board of Directors of the Treatment Advocacy Center (TAC) unanimously selected attorney and consumer Kurt Entsminger to be the next executive director of the TAC. "Kurt Entsminger will be a strong leader," said TAC president E. Fuller Torrey. "TAC has firmly established itself as the only organization willing to stand up and fight for treatment for the most seriously ill and neglected patients. Entsminger's expertise in the nonprofit world, combined with his personal

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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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experiences with bipolar disorder, give him an unique understanding of how to position TAC for future success."

Entsminger is a former Assistant United States Attorney for the Southern District of West Virginia, and spent 18 years as a trial lawyer, including serving as a partner in two law firms. He was also an Administrative Law Judge for Huntington Human Relations Commission. He has a bachelor's in economics from West Virginia University and a law degree from West Virginia University College of Law, where he graduated first in his class.

Entsminger said he was drawn to the empathy and compassion of the Treatment Advocacy Center. "It is my history that brought me to TAC. As a person who has lived with bipolar disorder for many years, I understand firsthand the importance of effective treatment. My hospitalization and subsequent and continuing treatment is the reason I'm well today. I come to the Treatment Advocacy Center with great respect and appreciation for its work, and a particularly strong passion for its mission. TAC is making a difference in the lives of hundreds of thousands of Americans who continue, without treatment, to struggle with severe brain disorders."

The TAC is a national nonprofit organization dedicated to eliminating barriers to the timely and effective treatment of severe mental illnesses. TAC promotes laws, policies, and practices for the delivery of psychiatric care and supports the development of innovative treatments for and research into the causes of severe and persistent psychiatric illnesses, such as schizophrenia and bipolar disorder.
www.treatmentadvocacycenter.org

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her mother, their father having died. Ms. Simon's brother, tragically committed suicide at age 30. This information was kept from Ms. Simon until she was an adult. Ms. Simon's own problems with anger, depression, uncertainty and self-doubt began to surface in her twenties and she embarked into many years of therapy which have helped her understand her parent's dilemmas as well as her own. She weaves others' sibling stories into the book which speaks of the similar feelings shared by affected siblings. This may be a very helpful book to anyone who has a family member with mental illness and particularly those with an ill sibling.

- Carolyn Stueve-Martin

NAMI Tulsa
700 S. Boston, Suite 219
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NAMI'S FAMILY-TO-FAMILY SUPPORT GROUPS

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 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 Support Group - Hardesty Library -7 p.m. Meets the 2nd Monday in the Ash Room & the 4th Monday at 6:30 p.m. for dinner at Johnnie's Grill. Call Vi at (918) 521-6424.

OTHER ADULT MEETINGS

Asbury United Methodist Church Support Groups: No meetings in December but will meet in the church parlor the **4th Thursday in** January 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.

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. 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.