



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 XII

The Grassroots Voice on Mental Illness

December 2009

Budget Cuts Planned for State Require Our Immediate Action

Jinneh Dyson, the Interim Executive Director of NAMI-OK, was the speaker for the monthly educational meeting on November 12. Much of her time was devoted to the impending budget cuts for the state of Oklahoma. All departments are taking a 5% cut across the board in their budgets, with the announcement of more cuts possible after the first of the year.

Even though we have not been told exactly where these cuts will be in the Oklahoma Department of Mental Health and Substance Abuse Services (ODMHSAS), we need to advocate for the essential services needed for the effective treatment of mental illness be continued. Uniform across-the-board budget reductions will do irreparable damage to cost-saving programs such as mental health care. This will lead to more need for inpatient hospitalization and incarceration. This in turn will drive costs higher and have a negative impact on society because of crisis in individuals' lives and in the lives of their families.

We should call for maintaining those ODMHSAS budget items which are not only saving lives, but which result in cost savings for

(Continued on page 3)

Mental Illness Awareness Week Walk and Information Fair

In spite of drizzly rain, we had a great day! Approximately 35 participants walked down the River Parks path from the 31st Street pedestrian bridge to 41st Street and back. Several people along the way stopped us to ask questions and give support. Even with a few moments of light rain, it was a nice cool day to walk and make new NAMI friends.



Several area agencies set up tables and handed out information, spending time networking and enjoying the day. To my knowledge, there has never been an opportunity for the public to come and get information from multiple agencies at one free event. We hope that

(Continued on page 3)

December Meeting

Date: Thursday, December 10, 2009

Time: 7:00 p.m.

Place: Fellowship Congregational Church
2900 South Harvard

HOLIDAY PARTY

What to Bring:

In potluck style, each person is invited to bring an item of finger food for the evening such as sandwiches, veggies, chips, dip, desserts, etc. Please mark your serving dishes with your name so you can pick them up at the end of the evening. Drinks and eating utensils including plates, napkins, and cups will be provided by NAMI-Tulsa.

Gifts for Shut-In Patients:

In keeping with our holiday tradition, you are invited to bring a gift for a patient at Tulsa Center Behavioral Health (TCBH) or Parkside.

Suggested Items of Clothing:

Stocking caps, gloves or mittens, scarves, long sleeve t-shirts, sweatshirts, sweatpants and heavy socks.

Suggested Toiletry Items:

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

A program of music and entertainment is being planned by the Program Committee.

We hope everyone will join us for an enjoyable evening. Please feel free to invite a friend and/or family member to come along with you.

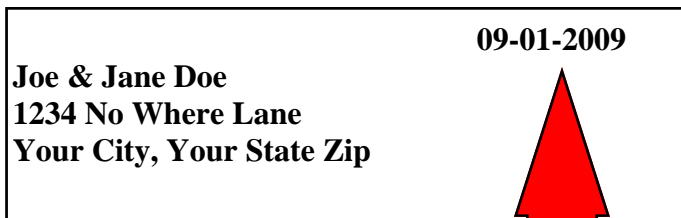
If you cannot make it to the Holiday Party but still want to donate, the items can be brought by the office and your gifts will be distributed.

Any questions? Call Rose at the NAMI-Tulsa office, 918-587-6264.



Are you up-to-date on your dues?

Check the date on your mailing label of your newsletter.



If it is not up-to-date, please send your dues with the back page of this newsletter to:

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

Tulsa Alliance News

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

Office: 918-587-6264

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

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

Contributions may be e-mailed to NAMI-Tulsa@sbcglobal.net 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

My Stroke of Insight

by Jill Bolte Taylor, Ph.D.

Published by Plume of the Penguin Group
New York (2009)

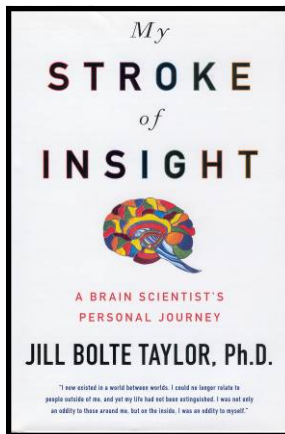
Jill Bolte Taylor, Ph.D. is a brain scientist who worked in the Department of Neuroscience at the Harvard Medical School. She is well known in NAMI as the "Singin' Scientist," because she key-noted at state NAMI conventions singing her jingle, "1-800-Brain Bank" to encourage people to donate their brains, after death, to the Harvard Brain Bank for scientific research. Her brother was diagnosed with schizophrenia, and in 1994 she was elected to the National NAMI Board of Directors.

But in December of 1996, at the age of 37, she had a massive stroke which totally disabled the left hemisphere of her brain. This allowed her to study the effects of a stroke from the inside out. Her book is a record of her experience during the eight years which were required for complete recovery, and of her gratitude to be alive. It begins with two chapters which explain the scientific causes of stroke, and the hemispheric asymmetries of the brain.

It is fascinating to read details of how effects of the stroke progressed as it was happening, and description of the operation which was necessary to remove a golf ball-sized blood clot from Dr. Taylor's brain. But it is even more interesting to read how it was necessary for a brain scientist to learn again the meanings and sounds of the letters of the alphabet, how to read, the meanings of color and time, how to feed herself, how to dress herself, and to coordinate physical activity, learning how to making contact knowledge which lost.

Dr. Taylor tells selectively con-sphere brain ac-calls "tending the thoughts.

Two important book provide professionals victims and for and friends. Appendix A lists ten recommended assessment questions, and Appendix B lists forty suggestions which deal with sensitivity to the needs for understanding and considerate care of the stroke victim.



After that came re-drive a car, and with scientific could have been

how she learned to trol her left hemi-tivity, which she garden" of her

appendices to the new insight for who treat stroke family members

—Reviewed by Oscar Kastner

There's only one corner of the universe you can be certain of improving, and that's your own self.

Aldous Huxley, 1894-1963, English Writer



(Anniversary-Continued from page 1)
this will just be the beginning of working together to get that information out to the families who need it.

Marvin Roper and friends provided some great music, creating an atmosphere of relaxed fun. There was singing, popping balloons, and even some impromptu dancing! NAMI Tulsa gave out T-shirts for a \$10 donation as well as information about NAMI and our signature programs. (Don't worry, if you missed the day, you can still get a T-shirt from the NAMI Tulsa office!)



Thanks to all the volunteers, walkers and agency personnel who helped make this a great day!

—Ellen Harris

(Budget-Continued from page 1)

the state. I would urge you to write your state senator, representative, and the governor to express your concerns.

Sample form letters have been prepared to provide ideas for writing these letters. If you would like to refer to these examples, call Rose at the NAMI-Tulsa office, at 587-6264, and ask that she e-mail them to you or send you hard copies.

NAMI was founded as a grass roots organization. We must let our views be known by the people who hold the purse strings!

See the following link for a list of addresses for State Representatives, Senators and the Governor's office:

<http://www.lsb.state.ok.us/>

—Leta Lofton, President NAMI-Tulsa

In Memoriam

We are saddened to report that Edward Richard Maillard, Jr., known to his friends in NAMI-Tulsa as "Ed," passed away on October 5, 2009 at the age of 51. His mother Shermaine Maillard is a former NAMI-Tulsa Board member. NAMI-Tulsa extends our deepest sympathy to Shermaine, her husband Edward and their family. In lieu of other contributions, the family has requested that donations be made to NAMI-Tulsa.

We are also sorry to report the passing of Emily Flindt, mother of NAMI-Tulsa Board member Pam Flindt, on November 10, 2009 at the age of 84. We extend our heartfelt sympathy to Pam and her family.



The fundamentals of caring for you, your family and your child with mental illness

FREE for parents and direct caregivers of children and adolescents with ADD/ADHD, Depression, Bipolar Disorder, Anxiety Disorders, Obsessive Compulsive Disorder, Schizophrenia, and more . . .

NAMI Oklahoma is offering a **FREE** series of 6 weekly classes structured to help parents and caregivers of children and adolescents with mental health issues.

Date, time and location will be announced at a later date.

Pre-registration is required, as class sizes are limited.

Contact the NAMI-Tulsa office at 918-587-6264.



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 918-587-6264
(Office hours: 10:00 a.m. – 2:00 p.m.)**

Note: A Family-to-Family class coordinating with the Veterans Administration is scheduled to start in January 2010.



NAMI In Our Own Voice

National Alliance on Mental Illness

In Our Own Voice (IOOV) presenters Cassie Place and Pam Flindt spoke at the NAMI-Tulsa affiliate meeting in September and explained about this unique education program developed by NAMI.

They explained about how they were trained to speak to audiences of all types and tell their personal stories about living with a mental illness, how they achieved recovery, and sharing their individual experiences of recovery and transformation.



Cassie Place and Pam Flindt

This program allows audiences to hear from people who have struggled themselves with severe mental illness, and then engage in discussion with the presenters as they share their personal experiences. The more audience members become involved, the closer they come to understanding what it is like to live with a mental illness and stay in recovery.

If your organization would like to schedule an IOOV presentation, please contact the NAMI-Tulsa office at 918-587-6264.

—Vi Gunnells

Laureate Completes New Building for Institute for Brain Research

Laureate Psychiatric Clinic and Hospital has announced the completion of the new Laureate Institute for Brain Research (LIBR). The facility houses a 3.0 Tesla functional magnetic resonance imaging (fMRI) unit which will be used to assess and analyze the metabolic and phenotypic differences of those patients suffering from schizophrenia, eating disorders and various other mental illnesses.

The facility will concentrate on research, and not treatment. Laureate is hoping to announce the opening of the LIBR in the first quarter of 2010.

It is a collaborative arrangement between Laureate, the University of Tulsa, the University of Oklahoma at Tulsa and the National Institute of Mental Health (NIMH) in Bethesda, MD. Wayne Drevets, M.D. (of NIMH) will serve as the Director of LIBR.

NAMI-Tulsa has extended an invitation to Dr. Drevets to be our guest speaker in 2010.

- by Kevin Lee



Thank You!

To those soldiers who are serving or have served in the Armed Forces, and to their families amongst us, we honor and thank you for your dedication to our country

Congratulations NAMI-Tulsa!!



As you all know, NAMI-Tulsa celebrated its 20th Anniversary during this year's Mental Illness Awareness Week with a terrific birthday party on Thursday, October 8 at Fellowship Congregational Church. The celebration was a great success and was well attended by past and present friends and members of

NAMI. The celebration started with an account of NAMI-Tulsa's history, from its inception just prior to 1989, by Oscar Kastner. Oscar also displayed a collection of albums containing information concerning NAMI-Tulsa's activities over the years.

A slide show assembled by Ken and Vi Gunnells ran continuously through the evening with pictures of some of NAMI-Tulsa's past events. Judy Smith acted as emcee, honoring the Founding Members and Past Presidents and presenting those in attendance with a blue and gold NAMI-goodies. She also acknowledged dedicated volunteers and



out whom NAMI could not function. Leta Lofton introduced the current 2009 NAMI-Tulsa Board Members and recognized the past (and current) office managers.



The food was outstanding, the cake heavenly, and the decorations divine, thanks to Judy Smith who did a fantastic job! Amy Sebran and William Fosterr provided incredible music, accompanying themselves on guitar. Amy Sebran's original song *Don't Quit!* was the best ever. William Fosterr sang *Splish Splash*, which was a big hit, considering the



rainy weather!

Thank you to all who attended, despite the nasty weather and thank you to all the volunteers who helped with party set-up and clean up!

Here's to NAMI-Tulsa's next 20 years!

-- Rose Weller and Ellen LaGrone

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 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:

<input type="checkbox"/> Family	\$ 35.00
<input type="checkbox"/> Sponsoring	50.00
<input type="checkbox"/> Corporate	100.00
<input type="checkbox"/> Sustaining	500.00
<input type="checkbox"/> Extra Contribution	_____
TOTAL \$ _____	
<input type="checkbox"/> Renewal	<input type="checkbox"/> New Member

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:

<input type="checkbox"/> Legislative Issues (Grassroots Leaders)	<input type="checkbox"/> Anti-Stigma Efforts
<input type="checkbox"/> Local Advocacy	<input type="checkbox"/> Program Committee
<input type="checkbox"/> Newsletter	<input type="checkbox"/> Children/Adolescent Network
<input type="checkbox"/> Hospitality	<input type="checkbox"/> Family-to-Family Teacher
<input type="checkbox"/> Fund-Raising	<input type="checkbox"/> Family-to-Family Course Participant
<input type="checkbox"/> Office Volunteer	<input type="checkbox"/> Support Group Leader
<input type="checkbox"/> Other: _____	

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.

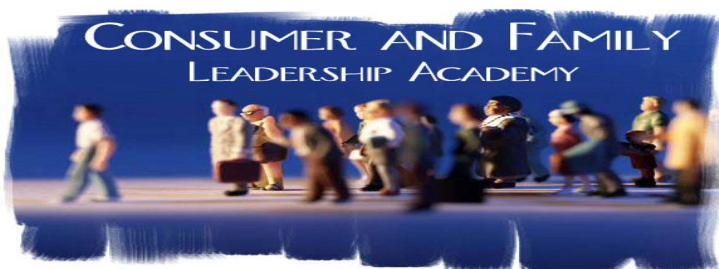
NAMI requests the following optional information:

Relationship to Consumer:

<input type="checkbox"/> Parent of Adult Child	<input type="checkbox"/> Consumer
<input type="checkbox"/> Parent of Child Under 18	<input type="checkbox"/> Sibling
<input type="checkbox"/> Offspring/Adult Child	<input type="checkbox"/> Spouse
<input type="checkbox"/> Friend	<input type="checkbox"/> Professional
<input type="checkbox"/> Other: _____	

Ethnicity:

<input type="checkbox"/> White	<input type="checkbox"/> Hispanic	<input type="checkbox"/> Native American
<input type="checkbox"/> African American	<input type="checkbox"/> Asian	
<input type="checkbox"/> Other: _____		



Are You Ready to Lead?

Are you a consumer or family member of an individual with mental health or addiction problems? Do you want to learn how to become an advocate for yourself or your loved one? If so, you may be ready to lead and this leadership training may be right for you!

Today, service providers and policymakers are listening more than ever to consumers and their families. Consumers and their families are at the forefront of our state's mental health care transformation efforts because they are knowledgeable about how to help improve access to services for those in need, treatment plans of service providers and recovery outcomes. However, it is common knowledge that trained leaders are more effective than untrained leaders.

The Consumer Family Leadership Academy and NAMI OK are partnering to offer free leadership training workshops in five Oklahoma counties – Oklahoma, Tulsa, Washington, Payne, and Carter.

This exciting interactive six-session workshop will teach consumers and their families how to get their voices heard, work in partnerships with service providers, and help further transformation of Oklahoma's mental health systems.

Here is an overview of the training:

- Session 1: Orientation to Leadership**
- Session 2: Telling Your Story**
- Session 3: The Consumer and Family Voice**
- Session 4: Understanding Financial Data**
- Session 5: Meeting Basics**
- Session 6: Consumer and Family Involvement in Advocacy**

Come join other consumers and their families, and learn how to become a leader in your community!

For more information or to register for a free training workshop in your area, contact 1-800-583-1264.

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 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.

NAMI Connections Support Group — Meets every Thursday afternoon from 1:30-3:00 p.m. at Whiteside Community Center. For information, call Martha at 607-3104.

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.

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 Members) 2nd & 4th Wednesday 6:00 p.m.