



Tulsa Alliance News

NAMI-Tulsa (formerly TAMI) is affiliated with The National Alliance on Mental Illness (NAMI) and NAMI Oklahoma
 Email: Tulsa@nami.org
 Website: <http://tulsa.nami.org>



Telephone: 918-587-6264

Volume XXV Number VIII

The Grassroots Voice on Mental Illness

December 2010



The traditional NAMI-Tulsa Holiday Party
Thursday, December 9, 2010, at 7:00 p.m.
at the Fellowship Congregational Church., 2900 S. Harvard Ave.

What to Bring:

Food: In potluck style, each person is invited to bring a side dish such as sandwiches, veggies, chips, dip, desserts, etc. Please mark your own serving dishes with your name so you can pick them up at the end of the evening.

NAMI-Tulsa will supply the meat, drinks and eating utensils including plates, napkins, and cups.

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

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

Basic Toiletries: Toothbrushes and toothpaste, deodorants, liquid soap (plastic containers) or bars of soap and lotions.

Come join us for good food, good friendship, and good music!

Please feel free to invite a friend and/or family member to come along with you. If you cannot 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.

Happy Holidays!



December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6		8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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



Tulsa Alliance News

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

Board Members

President: Ken Gunnells
President Elect: Cassie Place
Treasurer: Pam Flindt
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Melonnie Dauben
Jimmy Davis
Ellen Harris
Deborah Hunter
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Brian Marcum
Pedro Mari
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Newsletter

Editor: Vi Gunnells
Assistant Editors:
Ellen LaGrone
Oscar Kastner

Staff

Office Manager: Rose Weller

The Tulsa Alliance News, starting in April 2010, will be published bi-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 Tulsa@nami.org 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

Mental Health Association in Tulsa (MHAT) 2010 Awards Celebration

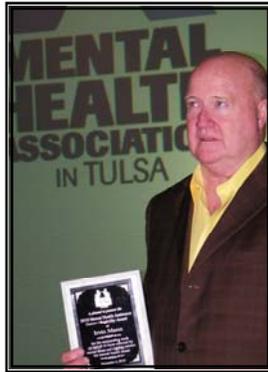
Ken and I attended the 2010 Awards Celebration at the Bernsen Community Center on Thursday, November 4, 2010, to watch the awards being presented to those who have impacted the community.

One of those awards, the BrightSky Award, was presented by Paul Hughey to Irvin Mann, "for his outstanding work on behalf of those affected by mental illness and ongoing concern for mental health issues."

Irvin is a NAMI-Tulsa board member and a conscientious advocate in the mental health field.

When you see Irvin at one of our meetings, please congratulate him. It is quite an honor to be recognized by his peers for the work he does outside of his regular duties for TCBH.

—Vi Gunnells



PBS Media Request

Date: Fri, 5 Nov 2010 15:57:58 -0400
From: Dana Markey, Program Manager for NAMI

Dear NAMI leaders, families and friends,

A PBS television program is interested in talking with a family who has a child living with autism who is approaching adulthood-or already is an adult-and is struggling to find an appropriate home or care for the future. If you or anyone you know has a story to share, please send a summary of about 400 words to bobc@nami.org on NAMI's media relations team. Please include your telephone contact information and your city and state.

NAMI cannot guarantee that a story will be used, but each one submitted will be reviewed. Some people may then be contacted for additional information. This PBS story will focus only on autism; however, if you wish to share a story about a similar transitional challenge involving a different diagnosis, NAMI will be glad to keep it on file for possible future use.

Dana C. Markey, Program Manager
NAMI (National Alliance on Mental Illness)
Child & Adolescent Action Center
Email: danac@nami.org
Toll Free: 1.800.950.NAMI (6264)
Fax: 703.524.9094, www.nami.org/CAAC,
www.strengthofus.org

Submitted by Vi Gunnells

NARSAD Basket at NAMI-Tulsa Holiday Party

At our holiday party there will be a basket for donations to NARSAD (National Alliance for Research on Schizophrenia and Depression). NARSAD does research into the brain to look for better treatment of mental illness. The hope is that a cure can come from this research.

NARSAD was started in the 1980's because research into serious mental illness was not a priority of NIMH (National Institute of Mental Health), which operated with a small budget. It is important to remember what a small budget NIMH has and how much is used for practical research into the biology of mental illness. We should the government accountable for the best use of tax dollars and the pain and suffering that result from the absence of pragmatic research into biologically based brain disease. NARSAD is not a substitute for NIMH, but its research is seen as a way to fill in some of the gaps that NIMH is not filling.



NARSAD raises money from donors around the world and invests it directly in the most promising

research projects in mental health. It helps the best and brightest scientific minds unravel the complexities of schizophrenia, depression, bipolar disorder, anxiety disorders such as PTSD and OCD, and childhood disorders that include autism and ADHD. It is important that we continue to support them as they develop the next generation of diagnostics and treatments.

Thanks to the thousands of donors who have shared in this effort since 1987, NARSAD has awarded more than \$261 million. It has funded 3,832 research grants for nearly 3,132 scientists at over 494 universities, institutions and teaching hospitals in the U.S. and 28 other countries.

Every dollar donated to NARSAD goes directly to research--100% of all donations--as two private family foundations generously underwrite all operating expenses. With enough effort, NARSAD expects scientists someday to discover preventions and cures for these devastating illnesses.

—Submitted by Brian Marcum

At Christmas time, you can double your contribution. It is a tradition that we had in Minnesota just like our tradition of supplying gifts for area inpatient facilities. I brought that tradition to them when I moved there. They do that at the state hospital in Anoka, Minnesota. Please give to the NARSAD basket at the holiday party! Brian Marcum





Issue Date: December 5, 2010
Online Exclusive

Where does Latuda fit in? Vanderbilt's Meltzer reflects on how the newest atypical adds to the schizophrenia treatment spectrum by Dennis Grantham, Senior Editor

Latuda (lurasidone HCl), an atypical antipsychotic medication developed by Sunovion Pharmaceuticals Inc. (Fort Lee, NJ) received final FDA approval on October 29 and will become widely available to prescribers and patients in the first quarter of 2011.

According to Herbert Meltzer MD, a consultant to Sunovion and the Bixler/May/Johnson Professor of Psychiatry and Professor of Pharmacology at Vanderbilt University (Nashville, TN), "Latuda is another serotonin-dopamine antagonist in the tradition of clozapine, risperidone, and olanzapine." Meltzer says that such atypical antipsychotics have become a principal tool because they, as a group "are far safer" for patients than "first generation" antipsychotics, which were associated with a relatively high incidence of tardive dyskinesia and "extrapyramidal" side effects.

While Meltzer says that all atypicals have a "similar core pharmacology" and "do a good job of treating non-treatment resistant schizophrenia," Latuda, like each of the other atypicals, "has enough difference in receptor profiles and pharmacodynamic properties to make for some real differences."

"The differences we've learned are clinically important are differences in side effects, frequency of administration, and dosing," he explains. "What we're seeing with Latuda is really very promising in terms of the side effect profile and dosage. What you see is that it has minimal side effects in the metabolic area," which he says is "the number one issue" of prescriber concern with regard to this class of medication.

He observed that, based on Program to Evaluate Antipsychotic Response to Lurasidone (PEARL 1-

2-3) trial results, weight gain among patients on Latuda was "markedly lower" than that of patients taking olanzapine. "Weight gain results with Latuda are right there with ziprasidone and aripiprazole, so clinicians and patients are going to find that useful." He added that the medication did not tend to elevate the hormone prolactin, which is associated with sexual dysfunction, osteoporosis, and lactation problems and that Latuda is "not particularly sedative" for the patient.

Studies show that Latuda showed no significant differences in efficacy between a low (40 mg) and high (120 mg) dosage. And, unlike some other atypicals, Meltzer says that Latuda dosages do not require a lot of titration. "If you have an acutely ill patient, you can start them at 40 [mg] and it's going to start to work within days, if not hours, based, of course, on how ill the patient is. You don't have to experiment [with the dose] as you do with, say, quetiapine, where it is difficult to know how a patient is going to respond. Here, most everybody is going to respond to 40 or 80 and [prescribers] will probably see that they can use 40 mg."

Regarding side effects, Meltzer said that a mild restlessness—akathisia—that was seen at all dosages, but that "it almost never led to discontinuation. I don't think that will be a real disadvantage."

Author's Note: Sunovion Pharmaceuticals has not conducted head-to-head trials comparing LATUDA directly to other treatment options. Olanzapine was included in the Program to Evaluate Antipsychotic Response to Lurasidone (PEARL) trials only for the purpose of establishing assay sensitivity. Complete prescribing information for Latuda can be found at <http://www.latuda.com/LatudaPrescribingInformation.pdf>.

—submitted by Mary Ellen Jones

Editors Note: We strive to keep you informed of new treatment plans. Research this new medication so you can be informed.

More information can be found on the Treatment Advocacy Centers website at: <http://www.treatmentadvocacycenter.org/> or about Latuda at <http://psychcentral.com/news/2010/11/01/new-medication-approved-for-schizophrenia/20398.html>

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.

The Spring class will be announced in 2011

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
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.



**Kick Off Luncheon
March 29, 2011 at Crossings Community Church Atrium**

**WALK DAY
Saturday, May 21, 2011
www.nami.org/namiwalks/ok**

UPCOMING — NAMI-Tulsa will have a Team in place soon so be ready to sign up!





You give
but little
when you
give of your
possessions.
It is when
you give of
yourself that
you truly
give.

Kahlil Gibran, 1883-1931
Lebanese Poet, Artist and
Mystic



NOMINATIONS FOR 2011 NAMI-TULSA BOARD OF DIRECTORS

During the annual NAMI-Tulsa business meeting on November 11, 2010, the following names were submitted, voted on and approved by those in attendance and to welcome them onto the NAMI-Tulsa Board.

Mary Ellen Jones is retired from Sapulpa Public Schools where she was employed as a school psychologist for 20 years. She has been a member of NAMI for eight years and a Family to Family teacher and Support Group facilitator for six years. She has served two terms previously on the NAMI-Tulsa Board, which included a term as President, and is currently serving on the NAMI-OK Board.

Stephanie Jones is married to Rick and they have two children, Zachary and Tiffany. Stephanie graduated from the University of Central Oklahoma and is a CPA. She has served as treasurer for homeowner's associations and has volunteered at her children's schools, the Leukemia and Lymphoma Society, and Juvenile Diabetes Research Foundation. Stephanie works for TTCU, The Credit Union.

Kenneth Smith is currently a Certified Recovery Support Specialist with Family & Children's Services (FCS). Kenneth worked with the District Court of Oklahoma as a bailiff for the Honorable William C. Kellough before coming to FCS. He has worked with many District and Special Judges, law enforcement and court administrators. Working as a bailiff has allowed for an extensive and intimate knowledge of the court system.

Rosemary Hall was a founding member of TAMI, which later became NAMI-Tulsa. She served as secretary of the Board from 1992 to 1995. She served as Vice President of the Board in 1999. She is a family member/advocate. Her son, Chris, died of an accidental drug interaction in December of 1999. She was a founding member of the Board of Directors of Crossroads, Inc. and she has stayed active on that Board. She is interested in renewing her active participation with NAMI-Tulsa through Board membership.

Polly Anna James is a mother of two daughters, Crystal Ann and Goldie LaMae, and they are the reason she lives her life. Polly attends a Connections group and became familiar with the goals and advocacy of NAMI-Tulsa, joined and has become a regular at the monthly meetings. Polly is also a member of Crossroads and is actively involved in her recovery by attending a step-study group and taking a class at ACT. She is thankful for all the people that have helped her to make positive changes in her life and looks forward to being a part of the NAMI-Tulsa board.

Dawnell Foster is the parent of a 15 year old and took the Visions For Tomorrow class when facilitated by Judy and Clifford Smith. She was in the same class with Rose Weller. Dawnell has finished taking the Basics class and has applied to take the training to be a Basics teacher.

Barb Mabry is a parent, grandparent, and a teacher of Special Education with a certification in Emotional Disturbance. Barb has taught grades 9-12 in Tulsa Public Schools for 16 years. Her students have a legal diagnosis of a mental illness. At their parents' request, she has advocated for some of her students in the court and school system. She says, "I have learned that parents know their children, and I have tried to work closely with parents, probation officers, social workers, doctors, psychiatrists, and anyone else involved with my students. I love what I do. I would like to be able to work towards being more of a 'bridge' between the school system and mental health system." Barb attended the Visions For Tomorrow classes and trained to be a facilitator several years ago.

Review of October 14th Meeting

At the beginning of the October monthly education meeting, Oscar Kastner was presented with a 44-page 8 x 8 hardcover digital album from the NAMI-Tulsa Board for his years of dedication to this grass roots organization.



The writings that Oscar contributed during 2008-2009 in preparation for the 20th anniversary celebration of NAMI-Tulsa/TAMI were presented with written comments from

cohorts of years past. We appreciate the many hours he spent gathering and documenting the written history. Pictures were gathered from far and near to document the history.

Thanks to Barbara Schneeberg, who came through with pictures from the early '90s of the past contributors to TAMI/NAMI Tulsa. Thank you also to Melonnie Dauben for diligently making contact with members past and present to sign Oscar's album.

Bruce Smith from the Oklahoma Disability Determination Division of SSA spoke about the trials and tribulations of applying for SSI/SSDI and encouragement that the process is not as bleak as we might have been lead to believe. He was very straightforward with his answers and held a great question and answer session at the end of his presentation.





November Meeting

Meet the Director of Assistance Center & Recovery Services (MHAT)

As always, I come away from our monthly education meetings with information that I didn't know or with a better understanding than I had before.

Our speaker for November was Mark A. Davis, MSW, Director of Assistance Center & Recovery Services with the Mental Health Association in Tulsa (MHAT), speaking about the many programs offered by MHAT. Mark described Creating Connection as friends (or staff who are also recovering from a mental illness) who make connections with their peers who are also recovering from a mental illness and understand what this is like. This program offers opportunities to go to the movies, bowl, go to games, etc. with a peer from the program.

Another program is the BrightSky program, which connects those in need with pro bono (no charge) counseling services.

And then there are the support groups that MHAT facilitates. It is puzzling to me why these support groups are not taken advantage of more. They are free to attend and each one has a mental health professional in attendance. These support groups are: Anxiety Disorder, Bipolar Disorder, Depression, Families in Touch, and Survivors of Suicide (for those who have attempted suicide and family members of suicide victims).

Last but not least, the Denver House drop-in center is now open and ready for business. It is a place where you can use a computer for job hunting or working on your resume, kick back and read a book in a quiet area, or take a class taught by inside staff or outside professionals. This is a place that is run by peers for their peers.

To make contact with MHAT, call 918-585-1213 and let the call taker know which area you are interested in. Your call will be transferred to the appropriate person.

—Vi Gunnells



Year in Review

Another year has brought many changes to the NAMI-Tulsa affiliate. Board members and staff have adjusted to the new billing system ODMHSAS implemented this year for fee-for-service. The treasurer now inputs hours, mileage and other items to show what we do as an advocacy group under the terms of our contract agreement.

We have had two Basics classes (for parents of school-age children), one in the spring and one this fall. Also, the Family-to-Family class has been on target with spring and fall classes. Thank you to the volunteer facilitators for their belief in the programs they are teaching to family members.

Notable events this past year include the NAMI-Walk in Oklahoma City with the state organization in May, and in October, Mental Illness Awareness Week here in Tulsa with the viewing of *Unlisted: A Story of Schizophrenia*, a documentary film by Delaney Ruston, M.D. Our monthly education meetings have been well attended. The program committee and their assistants did an excellent job in acquiring speakers.

Other events we participated in were the Day at the Capitol in April and on May 4th, because of another critical issue due to the funding crisis, several service providers over the state gathered at the Capitol to bring to the attention of our Legislators that funding to mental health services should not be cut. Because of that show of strength, the loss was minimal.

As we go forward into the New Year, there will be new faces as the NAMI-Tulsa board members start their terms in January.

Finally, after trying out the bi-monthly newsletter this year, the decision was made to return to a monthly newsletter so our readers will have up-to-date information at their fingertips in a timely manner.

Happy Holidays to you all!

—Vi Gunnells



The wise man does not lay up treasure.

The more he gives to others, the more he has for his own.

Lao-Tze, c. 600 BC
Chinese Philosopher and
Founder of Taoism



It is more blessed to give than to receive.

Acts of the Apostles, 20:35





EDUCATION PROGRAM

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 for the 2011 spring session.

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

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



December 8, 2010 8AM--4:30PM
Nigh University Center, Constitution Hall
University of Central Oklahoma

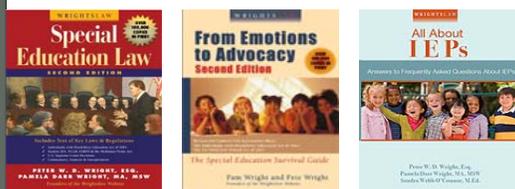
WRIGHTSLAW SPECIAL EDUCATION LAW & ADVOCACY TRAINING WITH PETE WRIGHT, ESQ.

Meeting the needs of families, educators, students, advocates, social workers, attorneys, related services providers, school psychologists, administrators, and employees of district and state departments of education. Wrightslaw programs are not disability specific. **There is no fee for registration to this conference.**

This one-day special education law and advocacy training focuses on four areas:

- SPECIAL EDUCATION LAW, RIGHTS AND RESPONSIBILITIES
- TESTS AND MEASUREMENTS TO DETERMINE PROGRESS AND REGRESSION
- SMART IEPs
- INTRODUCTION TO TACTICS AND STRATEGIES FOR EFFECTIVE ADVOCACY

Registration includes following books:



Wrightslaw: Special Education Law, 2nd Edition,
Wrightslaw: From Emotions to Advocacy, 2nd Edition
Wrightslaw: All About IEP's

Presenter: Pete Wright, Esq.

Pete Wright is an Adjunct Professor of Law at the William and Mary Law School, teaching special education law and advocacy and assisting with the Law School's Special Education Law Clinic. Pete and his wife Pam are the founders of Wrightslaw, the #1 ranked website about education law, special education law, and special education advocacy. They are the authors of numerous books and publications on these subjects.

Sponsored by Oklahoma Disability Law Center, Inc.
a system of protection and advocacy



Another Basics Class in Tulsa Completed

NAMI-Tulsa's Basics team has done it again! The facilitators have just finished up with their second Basics class this year. A special thank you to ACT for allowing us to use the Marks Conference room for the class.

Also a very special thank you to the Oklahoma Disability Law Center's Melissa Sublett for coming to the class to explain what the Oklahoma Disability Law Center does and for providing all the parents and caregivers free copies of the Wrightslaw books.

For more information on attending a NAMI Basics class, call the NAMI-Tulsa office at 918-587-6264.

Pictured seated in front from left to right; Angela Handshumaker, Debbie Cavin, Sean Handshumaker, Kelly Peterson, Rick Weller, Charyl Armstrong, Kevin Edmonson. On the end are Basics Instructors Rose Weller and Cassie Place.

—submitted by Rose Weller

OMHCC HOLDS TULSA KEY LEADERSHIP ACADEMY CLASS

Oklahoma Mental Health Consumer Council will present a three-day Key Leadership Academy class in Tulsa, beginning on Tuesday, January 11, 2011.

The class is January 11-13 and is free.

Participants can be consumers, family members, providers, or caregivers. Those attending will learn how to be an advocate, how to form and/or serve on a Board of Directors, and how to start an advocacy group or non-profit organization.

For details, and to register, call Kevin Lee at 918-938-3800.

—submitted by Kevin Lee



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 areas 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

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
- 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 _____

Would you like information about specific disorders such as:

- Schizophrenia
- Bipolar
- Depression
- Anxiety
- PTSD
- Other _____

Comments: _____



Recruiting for Clinical Studies

Parkside Psychiatric Hospital & Clinic is recruiting patients with a diagnosis of **Schizophrenia** or **Bipolar I Disorder** to participate in clinical studies for Cariprazine, an investigational medication developed by Forest Pharmaceutical. These studies are for adults only. Participation in the clinical trial is strictly voluntary, and patients may withdraw from the study at any time.

Participants must meet specific diagnostic criteria. Some exclusion criteria also applies. Clinical trial staff will meet with all potential participants to determine if all inclusion criteria have been met.

Call **Parkside Assessment & Referral Office at 588-8888** for basic information. If certain criteria is met, you will be referred to one of the trial's clinical staff, Angela Summers or Stacey Cates, for additional information



CLASSES BEING OFFERED BY ST. JOHN'S OUTPATIENT BEHAVIORAL HEALTH

For the remainder of 2010, the following classes are being offered. Earn 3 CEU for LPC, LMFT, LADC, and LCSW.

Please call the St John PulseLine to enroll or for more information **(918) 744-0123**. Each class is \$30 and is located at 4720 South Harvard, Tulsa, OK 74135

Class Date: Thursday December 9

Time: 12:30 p.m. - 3:30 p.m.

Topic: Moods; why they are always on the run with Bill Call, Ed.D.
LPC

Class Date: Tuesday December 14

Time: 12:30 p.m. - 3:30 p.m.

Topic: Ethics IV - Boundary Issues with Robert DeLozier,
LPC



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

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LABEL GOES HERE

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 - First Christian Church, Owasso — 12200 E. 86th St. N, Room 401A** — 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 Wednesday at **5:30 p.m.** at Crossroads Clubhouse, 1888 E. 15th St. 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.

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 3rd Tuesday 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

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.