



# 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](mailto:NAMI-Tulsa@sbcglobal.net)  
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Telephone: 918-587-6264

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The Grassroots Voice on Mental Illness

February 2008

 *The following article presents two suggestions for improving the transition of care for participants from TCBH to the Day Center for the Homeless.*

## Transition of Care: It's not there

These are two major additions proposed by Mack Haltom, Associate Director of Tulsa Day Center for the Homeless, and Gloria Dialectic, Mental Health Case Manager at the Day Center, to The Innovation Center. Mr. Haltom and Dr. Dialectic are part of the Tulsa Adult Recovery Workgroup.

(1) In 2006, Tulsa Day Center for the Homeless received 136 requests from local and nearby mental health hospitals to discharge a patient to the shelter. Of these requests, we accepted 98 patients. The sad news is that 20 patients never came through the front door of the homeless center, and many of the 78 who did enter did not stay and did not follow through with any effective outpatient treatment. Frequently, the medicines given to the patients upon discharge were stored at the Day Center, but the patients never touched them. F&CS, which provides MSTP services to homeless clients, can provide statistics about the number of no-shows for the initial outpatient appointment arranged by the hospital.

These statistics indicate that many individuals with mental illness fall through the cracks after hospitalization, thereby subverting the benefits of expensive inpatient care and leading, almost invariably, to rehospitalization. Because hospitals offer only crisis care and because mental health treatment must be offered in the least restrictive setting, patients are discharged when, perhaps, the crisis has been stabilized, but the patient is far from being well enough to cope with a homeless shelter or, for that matter, an empty apartment or a family home in which care is not available. Even those clients who keep their appointments for an hour or less each week have to somehow manage all the other hours filled with the demands of living—food, shelter, safety, human interaction, exposure to alcohol and drugs, and so on.

We have learned from experience that patients continue to need structure, emotional support, help with medications, and time to become grounded and self-sufficient. For this reason, we are proposing that a comprehensive and effective mental health system for Oklahoma requires transitional or halfway care. We suggest a residence available for at least one month post-hospitalization on a voluntary basis. Some clients might still have to be discharged into a homeless shelter following

**February Meeting**

**Date:** Thursday, February 14, 2008  
**Time:** 7:00 p.m.  
**Place:** Fellowship Congregational Church  
 2900 South Harvard

Scheduled to speak this month from the Family and Children's Services are Ann Wilson, Program Director for the Mental Health Services and Kelly Jacobson, Program Director for the Substance Abuse Program.

They will each explain their programs and how their participants will benefit from these services.

A question and answer period will follow.

time in the transitional residence, but they will have had a head start at recovery, applying for housing, applying for Social Security benefits, and overall stability.

(2) A second element that's missing in a transformed mental health system is long-term civil commitment. We know this goes contrary to the current emphasis on recovery. However, the closing down of the state's long-term inpatient facilities did not at all mean that those who would have stayed in long-term inpatient facilities are, magically, in recovery. **No, they now live in homeless shelters or prisons!** The public has failed to serve those individuals whose mental illness, especially coupled with recalcitrant substance abuse, prevents them from the fullness of recovery. State government funds pay for those in prison through the DOC budget, but they do not pay for those housed year after year in private, non profit homeless shelters. This problem should be faced honestly with long-term civil commitment.

Gloria Dialectic  
*Any comments or responses can be sent to the NAMI-Tulsa office at [nami-tulsa@sbcglobal.net](mailto:nami-tulsa@sbcglobal.net)*

**This newsletter can be read on the website at [tulsa.nami.org](http://tulsa.nami.org)**



## Oklahoma Mental Health Consumer Council

### Upcoming Events

**Day At the Capitol**  
March 6, 2008

**The Key Event Fundraiser**  
May 2, 2008

**Keynote Speaker — Patty Duke**  
For more information call 1-888-424-1305 or  
[consumercouncil@okmhcc.org](mailto:consumercouncil@okmhcc.org)



## Calendar of Events

### Meeting the Challenge of ADHD 20th Annual Conference

Cook Children's Medical Center  
The Accredited Provider is jointly sponsoring this program with Attention Deficit Disorders Association—Southern Region (ADDA-SR)  
**February 15 & 16, 2008**

Sheraton North Houston, George Bush Intercontinental Airport, 15700 John F. Kennedy Boulevard, Houston, TX 77032. For further information, please contact their office at 12345 Jones Rd., Suite 287-7, Houston, TX 77070, 281-897-0982 or check their website at [www.adda-sr.org](http://www.adda-sr.org).



### May 17, 2008

Regatta Park on the Oklahoma River, Oklahoma City, OK. For more information call 405-230-1900 / 800-583-1264

This 5K walk raises funds and community awareness regarding mental illness. Funds raised support NAMI OK programs with a percent coming back to the local affiliate. We urge families, support groups, and mental health workers to form teams and walk for The Mind of America. Please go to [www.nami.org/namiwalks](http://www.nami.org/namiwalks) and click OK on the map, then follow the registration instructions. At the bottom of NAMI WALKS OK page is a link to FAQ's. It is NOT too early to get started.

Unable to get online? Please call Andi at 405-230-1900 or Judy at 918-587-6264.

### Tulsa Autism Foundation (TAF) 2<sup>nd</sup> Annual 5k/Fun Run April 12<sup>th</sup> at LaFortune Park

If you are interested in participating, sponsoring, or volunteering, contact TAF at either 918-502-4823 or email to [development@autismtulsa.org](mailto:development@autismtulsa.org).  
TAF's website is <http://autismtulsa.org>



### Announcing the 2008 5th Piecing It All Together:



### How Children's Mental Health & Mental Illness Affect Family, School & Community Conference

March 7 & 8, 2008  
Southern Illinois University, Edwardsville, Illinois  
Vicinity of St. Louis, MO  
Website for registration: <http://il.nami.org/>

## 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](mailto:NAMI-Tulsa@sbcglobal.net) or mailed to:

Tulsa Alliance on Mental Illness (NAMI Tulsa)  
700 S. Boston, Suite 219  
Tulsa, OK 74119

You can access us through our website at [tulsa.nami.org](http://tulsa.nami.org) or NAMI's website at [www.nami.org](http://www.nami.org)



## A survey for: Effective Treatment Interventions for Children



January 24, 2008

*This survey request was received by email from Darcy Gruttadaro, J.D. of NAMI National. The due date for the survey is Tuesday, February 12th.*

“NAMI would like to hear from families about their experience with their child’s treatment interventions in the previous year. We would also like to learn what families value in seeking treatment and services for their child with mental health treatment needs. This information will help us to advocate for more effective services for children and their families.

At this time, we are limiting this survey to parents and caregivers of a child or teen (up to age 18) living with a mental illness. The survey is short, with only ten questions, and takes very little time.

To access the survey, please visit: [http://www.surveymonkey.com/s.aspx?sm=kBRU7hs5iHVWN20sWm\\_2bEjg\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=kBRU7hs5iHVWN20sWm_2bEjg_3d_3d).

If you have any questions about this survey, please contact Dana Markey, NAMI’s Child & Adolescent Program Coordinator, at [danac@nami.org](mailto:danac@nami.org). Your input and comments are greatly appreciated. Thank you for taking time to complete the short survey and for sharing it with families in your state and community.”

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## Individuals with Disabilities Education Improvement Act of 2004 (IDEA 2004)

The Oklahoma Disability Law Center sponsored the Wrightslaw Special Education Law Conference on December 5, 2007 at the University of Central Oklahoma in Edmond, OK. Peter and Pam Wright presented highlights from their co-authored books, *Special Education Law* and the *From Education to Advocacy- The Special Education Survival Guide*. The Wrights focused on:

- understanding and deciphering different test scores,
- forming and effective Individual Education Plans (I.E.P.),
- how to manage difficulty with uncooperative teachers, and
- how to handle due process should it be necessary.

This class is free of charge, although advanced registration is required. Each person in attendance receives free copies of Wrightslaw *Special Education Law* and *From Emotions to Advocacy*. These books are a must have for any family members with a child requiring special education. For further information on future conferences and their newsletter, contact:

<http://www.wrightslaw.com/>

Rose Weller

## Board Members Presenting to Nursing Students at OU Shusterman

In November, Mary Ellen Jones, Deborah Hunter and Ellen Harris were invited to speak to a group of nursing students at OU Schusterman on behalf of NAMI Tulsa. The students were finishing a semester on psychiatric nursing and even though attendance in class was optional that day, there was a nice group who listened with interest.

First we gave a background of NAMI’s history, purpose and current programs. Then we each told a bit of our personal stories and how NAMI has benefited our loved ones and us. Finally we discussed some of the remaining challenges in Tulsa including stigma, lack of public knowledge about mental illness, need for more appropriate housing and wrap around services, and need to find appropriate ways to include family in the care of loved ones while still being sensitive to privacy issues.

Finally there was an opportunity for questions and interaction. One of the students told us that our presentation had helped her view clients differently and seeing understanding, loving, concerned family was a big part of that. We encouraged the students to attend our monthly meetings and also to share what they had learned with other fellow students and other professionals.

We hope NAMI will be invited back each year to help the students get a better conception of the concerns and support available to those of us with a mental illness. Each time we speak to a group, we hope it helps break stigma and grow understanding and support, so we thank the instructors for inviting us and look forward to the next opportunity to join the class!

Ellen Harris



## NAMI FAMILY-TO-FAMILY EDUCATION PROGRAM

A Family-to-Family course is scheduled in Sapulpa and the teachers are Tom and Jean Coll.

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 , 1-5, M-F**

**Start Date:** Saturday, February 16, 2008

**Time:** 1:00 – 3:00 p.m.

**Location:** Sapulpa First Christian Church,

Old Fellowship Hall, corner of Lee & Elm Streets



## Overview of the Substance Abuse Conference and Mental Health Best Practices Conference held January 23-25, 2008

**Partnerships to Facilitate Prevention and Recovery: Transformation Where It Counts!**, the first ODMHSAS combined Substance Abuse Conference and Mental Health Best Practices Conference, was held on Jan. 23-25. It was the 20<sup>th</sup> Annual Substance Abuse Conference and the 18<sup>th</sup> Annual Mental Health Conference, but the first time that substance abuse providers and mental health providers have been brought together to learn best-practice, evidence-based treatments with the focus on creating partnerships.

In the opening plenary presentation, Terry Cline, Ph.D., Administrator, SAMHSA, celebrated Oklahoma's first annual combined conference to address prevention, substance abuse and mental health by touching on the power of substance abuse prevention and mental health promotion, expanding capacity in substance abuse treatment, continuing to transform the mental health delivery system and the need for meaningful partnerships at all levels to achieve forward progress.

In Thursday's plenary session, Dr. Edwin Nichols spoke on the topic of "Cultural Competence in the Treatment of Mental Health and Substance Abuse for a Multi-ethnic, Pluralistic and Linguistically Diverse Population". Dr. Nichols made the point that in the field of mental health and substance abuse, all service recipients do not respond to one treatment approach and that the culturally competent practitioner develops specific approaches to affect care coordination and treatment success.

In addition to the two plenary talks, a luncheon presentation, and a moving closing session, the three days were packed with workshops on cutting edge treatments and programs. I chose to focus primarily on recovery and employment oriented workshops and was excited by the hopeful messages that I heard. All of the speakers were excellent and many offered specific ideas and information about successful treatment practices and programs.

With the focus on prevention and recovery and the creation of partnerships to facilitate change, Oklahoma's mental health and substance abuse system has the potential to achieve "Transformation Where It Counts!"

Mary Ellen Jones

### CONDOLENCES

Condolences to the family of Sue Anderson. Sue spoke at one of our Family to Family classes about living with a mental illness, assisted many in crisis, and a comrade to others in the field of Recovery Support Specialist.



### "GET CONNECTED"

The Military Family Support group organized by Associated Centers of Tulsa (ACT) kicked off and has set their meeting time and dates. The support group meets at 10-11:30 a.m. on the 2nd and 4th Saturday of the month at Nathan Hale Regional Library, 6038 E. 23rd St.



This is a good time to offer and receive support to the families of the 45th Infantry Brigade as some of the soldiers began their departure January 22nd. We are or will be feeling the absence of many young men and women who have left to serve their country. We are proud of them!

If you need more information or to make a contact, call ACT at 492-2554, [militarysupport@actcares.org](mailto:militarysupport@actcares.org), Beverly Moore, 740-5970 or [bmoore@actcares.org](mailto:bmoore@actcares.org)

A Monthly Educational Series:

### *How to Survive & Overcome Depression and Bipolar Disorders*

Bright Tomorrows is a not-for-profit organization composed of clergy, mental health professionals, individuals with mental health concerns and their family members. Tim and Nancy Reside will be facilitating the educational program with PowerPoint slides.

This program is not only open to those who regularly attend the weekly Bright Tomorrows Support Group meetings; it is also open to family and friends of support group participants, others who are caregivers, as well as to the general public (adults only).

NAMI-Tulsa had the pleasure of having Tim Reside as a speaker at one of our monthly meetings. His story of how he overcame being consumed by a mental illness during his early years, how his wife and children dealt with his mental illness and stood by him. He and his wife now facilitate this monthly educational series.

The classes will be held on the first Thursday of the month, at the Evangelistic Temple, 5345 South Peoria Avenue in the Fireside Room on the second floor of the Family Life Center from 7:00 - 8:30 P.M. For more information call 744-5761. Website: [www.brighttomorrows.org](http://www.brighttomorrows.org)

This article, in its entirety, can be read on the <http://tulsa.nami.org> website.

### From NAMI's Friday Facts

#### New Resource – State Advocacy Toolkit

NAMI worked with a group of national organizations focused on children's mental health this past year to develop a State Advocacy Toolkit for members and affili-

(Continued on page 5)



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



*(Continued from page 4)*

ate leaders of each national organization. The collaborative workgroup includes NAMI, Mental Health America, National Federation of Families for Children's Mental Health (FFCMH), Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD), the Child and Adolescent Bipolar Foundation (CABF), The American School Counselor Association (ASCA) and the American Academy of Child and Adolescent Psychiatry (AACAP). We came together to develop the toolkit largely in response to anti-psychiatry activity and our concern with the sharing of inaccurate information with state lawmakers. The toolkit is designed to provide resources to help set the record straight on children's mental health and can be downloaded to share with state legislators, policymakers and other decision makers.

To access the State Advocacy Toolkit from NAMI's

[http://www.nami.org/Content/ContentGroups/CAAC/State\\_Advocacy\\_Toolkit.htm](http://www.nami.org/Content/ContentGroups/CAAC/State_Advocacy_Toolkit.htm)



website go to the link below.



### Ask the Psychiatric Pharmacist

"Ask the Psychiatric Pharmacist" is a new section of the NAMI Web site where board-certified psychiatric pharmacists write and answer questions that they experience in the course of their work with individuals with mental illness. These questions are provided by members of the College of Psychiatric and Neurologic Pharmacists (CPNP) ([www.cnp.org](http://www.cnp.org)), who also write NAMI's medication fact sheets.

CPNP is pleased to provide this service to consumers and caregivers and welcomes your input for future columns by emailing [info@cnp.org](mailto:info@cnp.org).

Read "Ask the Psychiatric Pharmacist" at the link below.

[http://www.nami.org/Template.cfm?Section=Ask\\_the\\_Pharmacist](http://www.nami.org/Template.cfm?Section=Ask_the_Pharmacist)

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## **NAMI SUPPORT GROUPS FOR FAMILY MEMBERS AND OTHER CAREGIVERS**

**South Tulsa/Bixby Support Group - Home of Bob and Jo Ann Flake** - Meets the first Monday from 7:00 to 8:30 p.m. at the home of Bob and JoAnn Flake. For information and directions, call 369-2371.

**Owasso Support Group - Westport Mennonite Church — Old 169 & Hwy 20 - (German Corner)** — Meets the second Monday evening of the month from 7:00 to 8:30 p.m. Call Joan Stuckey at 272-9290 for more information.

**Saturday Support Group - Crossroads, 1888 East 15th St.** Meets the second Saturday of each month from 9:30 to 11:00 a.m. Call Mary Ellen Jones (743-9124) for information.

**NAMI-Washington County Support Group - Torrey Place I** Meets 2nd Thursday of each month at Torrey Place I, 901 SE 3rd Street in Bartlesville. For information call Toni Harjo (918)336-1288 or Charles (918)337-8080, ext. 2202.

**NAMI-Creek County Support Group - Sapulpa 1st Christian Church** - Meets the 3rd Monday of each month at 7:00 pm. Located at the corner of Lee & Elm (Annex on Lee Street - 1st door nearest the street). Contact Jean Coll at (918) 227-2016.

**Monday Evening Support Group** — Meets 2nd Monday of each month, Hardesty Library in the Oak Room at 7 p.m. The 4th Monday, we meet at Johnnie's Grill for dinner at 6:30 p.m., 51st & Harvard. Contact Vi at (918) 521-6424 for more information.

### **OTHER ADULT SUPPORT GROUP MEETINGS**

**Asbury United Methodist Church Support Group** — Meets in the church parlor the 4th Thursday 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.

**Christian Depression and Bipolar Support Group** — Call "Bright Tomorrows" at 744-5761 for information and address.

**Postpartum Depression Support Group** — Meets 1st Monday each month 7:00 to 8:30 p.m. Boston Avenue United Methodist Church — call Anita Campbell 865-7824 or EvaMarie Campbell 699-0120. Free child care 699-0140.

**Parkside Family Support Group** — Meets every other Tuesday 6:00 pm to 7:00 pm at Parkside Outpatient Clinic, 2nd floor, 1620 East 12th Street, in Tulsa, 582-2131.

**Get Connected Military Family Support** — Meets at 10-11:30 a.m. on the 2nd and 4th Saturday of the month at Nathan Hale Regional Library, 6038 E. 23rd St. Everyone with a relative or friend serving in the military is welcome. For more information, contact (918) 492-2554 x750 or militarysupport@actcares.org.

### **FOR PARENTS OF CHILDREN**

**Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD)** meets on the 2nd Saturday 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](mailto: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.