



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 II

The Grassroots Voice on Mental Illness

February 2009

MEET THE NAMI-TULSA BOARD OFFICERS FOR 2009

January 15, 2009, the NAMI-Tulsa board met at their regular board meeting and elected and confirmed the new officers for the year 2009.

PRESIDENT: Leta Lofton is an RN working as a school nurse at Roy Clark Elementary in Union Public Schools. She has a grown son who is in recovery thanks to the NAMI support group, Family to Family (FTF) education, and her son's participation in Peer to Peer. She has served as a NAMI board member, President Elect, chairman of the Education Committee, and FAT facilitator.

PRESIDENT ELECT: Rose Weller and her husband are parents of a minor child who is diagnosed with early onset bipolar disorder. She states that she has spent a great deal of time advocating for her daughter and that NAMI has been one of the best sources of help that she has found. Rose does volunteer work in the NAMI-Tulsa office and would like to do more to help fight stigma and educate others. She also participated in MHAT's Third Annual Legislative Listening Forum.

TREASURER: Ellen Harris is a NAMI board member, 2007 President, and a Family to Family facilitator with her husband, Jim. They have three adult children. Ellen has been a registered nurse, Army Reserve officer, stay at home mom and frequent volunteer. She enjoys singing in her church band, running a consignment store for ladies clothing and helping Jim refurbish houses.



Leta Lofton, Rose Weller, Vi Gunnells, Mary Ellen Jones, Ellen Harris and Ellen Lagrone



February Meeting

Date: Thursday, February 12, 2009

Time: 7:00 p.m.

**Place: Fellowship Congregational Church
2900 South Harvard**

SPEAKER: Curtis J. Shacklett is a shareholder and director in the Tulsa firm of Barber & Bartz.

He obtained a B.S. in Zoology from the University of Tulsa in 1967 and a Juris Doctor from the University of Tulsa in 1979.

Mr. Shacklett will be speaking about special-needs trusts and about types of guardianships, as well as other related legal topics for us. We should all come prepared with questions concerning our loved ones/family members and how we can help them.

Light refreshments will be served.



SECRETARY: Ellen Lagrone has served several terms as a NAMI Tulsa board member and has also served as a Crossroads Clubhouse board member. From 2002 to 2004 she served as the NAMI Tulsa office manager. She retired as a technical writer from William Companies in 1999 and an English as a Second Language teacher from Union Public schools in 2008. Her brother, who now lives in Tulsa, was diagnosed 29 years ago with paranoid schizophrenia.

MEMBER-AT-LARGE: Vi Gunnells and her husband Ken are parents of five children. NAMI was introduced when they were searching for information and took the first Visions For Tomorrow (VFT) class offered in OK. They became facilitators of VFT, transitioned to facilitators of Family to Family (FTF) and then trainers of FTF. Vi has been treasurer and past president and is now editor of the Tulsa Alliance News.

PAST PRESIDENT: 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 several years, a board member and 2008 President, along with being a Family to Family teacher and Support Group facilitator. Mary Ellen is on the NAMI-OK state Board of Directors. She enjoys tap and jazz dancing with the Happy Hoofers dance group.





Family-to-Family Education Program

This is a free 12-week course for family members of adult individuals with severe brain disorders (mental illnesses). The course is taught by trained family members. All instruction and course materials are **FREE** for class participants.

CLASS RESCHEDULED

DATE: February 17, 2009
LOCATION: Christ Presbyterian Church
2700 E 51st Street
TIME: 6:30 PM to 9:00 PM

For more information, contact the NAMI-Tulsa office at 918-587-6264 or nami-tulsa@sbcglobal.net.

16th Annual Children's Conference The Art of Creating Resilience May 6 – 8, 2009

Embassy Suites Norman
2501 Conference Drive, Norman, OK
Keynote Speaker May 7: Dave Pelzer
Author of *A Child Called It*

Please Note:

Due to popular response last year, a three hour ethics course that meets all license requirements will be offered, AND a three hour supervisory course that meets all license requirements for supervising licensees will be offered!

Children and Adults with Attention Deficit/ Hyperactivity Disorder (CHADD)

CHADD meets at the Hardesty Library, 93rd Place & Memorial, on the 2nd Saturday from 9:30 to 11:30 a.m. Robin Howard, CHADD Support can be contacted at 857-2095 or Robin4CHADD@sbcglobal.net if you have any questions.

February 14, 2009, CHADD's speaker is Lauren Gould and will be teaching about the "5 Love Languages".

2009 FASHION AND TALENT SHOW May 1, 2009

Tulsa Alliance News

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

Board Members

President: Leta Lofton
President-Elect: Rose Weller
Treasurer: Ellen Harris
Secretary: Ellen Lagrone
Member at Large: Vi Gunnells
Past President: Mary Ellen Jones

Melonie Dauben	Mindy Littlefield
Gloria Dialectic	Irvin Mann
Pam Flindt	Pedro Mari
Ken Gunnells	Carolyn Stueve-Martin
Joyce Hill	John Thompson
Deborah Hunter	Diane Williamson
Oscar Kastner	Stacie Wilson
Ellen LaGrone	

Newsletter Editor: Vi Gunnells

Office Manager: Judy 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 <http://tulsa.nami.org> or NAMI's website at www.nami.org



Location: Stars and Stripes Park, Oklahoma City, OK
Date: May 16, 2009

This 5K walk raises funds and community awareness regarding mental illness. Funds raised support NAMI OK programs with a percent coming back to us, NAMI-Tulsa.

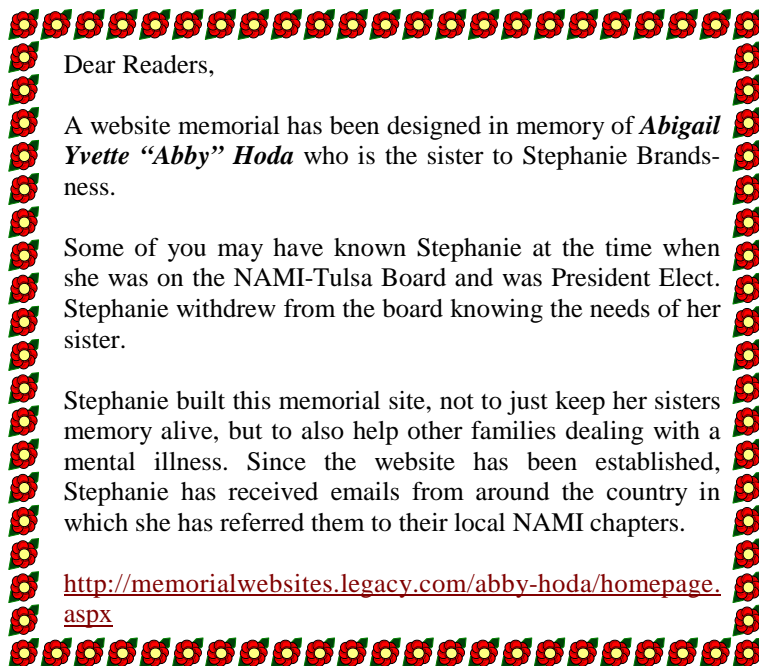
Dear Readers,

A website memorial has been designed in memory of *Abigail Yvette "Abby" Hoda* who is the sister to Stephanie Brandsness.

Some of you may have known Stephanie at the time when she was on the NAMI-Tulsa Board and was President Elect. Stephanie withdrew from the board knowing the needs of her sister.

Stephanie built this memorial site, not to just keep her sisters memory alive, but to also help other families dealing with a mental illness. Since the website has been established, Stephanie has received emails from around the country in which she has referred them to their local NAMI chapters.

<http://memorialwebsites.legacy.com/abby-hoda/homepage.aspx>





Membership Registration Form

Please check the "Membership paid to" date on your mailing label. If it says 00-00-00 or an expired date, would you consider sending us your membership? If your membership is current, then we **thank you!** New memberships or renewals are valid for one year and expire at the end of the same month in which your check is dated.

NAME: _____
 ADDRESS: _____
 CITY: _____
 STATE: _____ ZIP CODE: _____
 HOME: _____ WORK: _____
 E-MAIL: _____

Your participation will help NAMI-Tulsa and NAMI-Oklahoma in our efforts to improve the quality of life for persons with mental illnesses and for their families. Please indicate the appropriate area(s) of interest if you are able to take an active part:

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

Your dues entitles you to membership in NAMI-Tulsa, NAMI-Oklahoma and NAMI (the National Alliance). You will receive informative newsletters from all three organizations. Together, we can make a difference. Thank you for your support!

Please choose your membership category below:

- Family \$ 35.00
- Open Door 3.00
- Sponsoring 50.00
- Corporate 100.00
- Sustaining 500.00
- Extra Contribution _____
- TOTAL \$ _____
- Renewal New Member

Please mail this form with your payment to:

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

NAMI Tulsa is a non-profit organization. Your contributions are tax-deductible.

NAMI requests the following optional information:

Relationship to Consumer:

- Parent of Adult Child
- Consumer
- Parent of Child Under 18
- Sibling
- Offspring/Adult Child
- Spouse
- Friend
- Professional
- Other: _____

Ethnicity:

- White
- Hispanic
- Native American
- African American
- Asian
- Other: _____



Curtis Shacklett will be our speaker for the month of February and the BIO below will give you some insight into the area of his expertise.

CURTIS J. SHACKLETT (Professional)

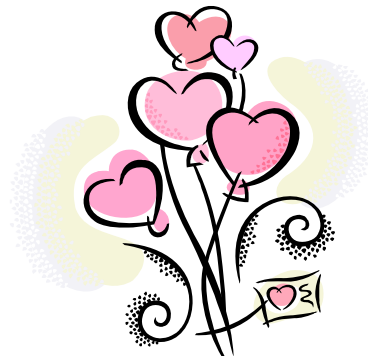
Curtis J. Shacklett is a shareholder and director in the Tulsa firm of Barber & Bartz. He obtained a B.S. in Zoology from the University of Tulsa in 1967 and a Juris Doctor from the University of Tulsa in 1979.

He concentrates his law practice in the area of estate planning, estate and trust administration, and elder law, with particular interest in estate planning for the disabled. He is a frequent speaker for public seminars on estate planning, continuing legal education for attorneys, and parent groups for persons with disabilities.

He is a member and past director of the Tulsa Title & Probate Lawyers Association, and a member of the National Academy of Elder Law Attorneys (NAELA). He has served as chair-

man of the Elder Law Section of the Tulsa County Bar Association. He has written numerous articles for "The Vintage" seniors magazine on estate planning issues and was listed in Oklahoma Super Lawyers ® for 2008.

Curt has served as Chairman of the national Prader-Willi Syndrome Association (USA) as well as current Chairman and past President of the Prader-Willi Syndrome Association of Oklahoma.



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-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.

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. Special speakers will be:

Depression and Bipolar Support Group — 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 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.

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.