



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 II

The Grassroots Voice on Mental Illness

February 2010

MEET THE NAMI-TULSA BOARD OFFICERS FOR 2010

PRESIDENT: Ken Gunnells has been a member for 10 years and served on the NAMI-Tulsa board for two years. He is presently on the NAMI Oklahoma board and is past secretary. Ken and his wife, Vi, were introduced to NAMI in 1999 when they were searching for information and took the first Visions For Tomorrow (VFT) class offered in OK. They became facilitators of VFT and taught classes for five years before transitioning to facilitators of Family-to-Family (FTF) and then trainers of FTF. Ken is also webmaster of the NAMI-Tulsa Web site.

PRESIDENT-ELECT: Cassie Place lives in Sand Springs with her two dogs and is originally from Colorado. She holds an Associate's Degree in Criminal Justice and a Bachelor's degree in Organizational Leadership. Cassie was diagnosed with bipolar disorder in 1996 and is now a Co-facilitator for the NAMI Connection Support Group.

She is the Tulsa area coordinator for the In Our Own Voice (IOOV) program, and a co-trainer for NAMI Basics. She has recently completed the Credentialed Peer Recovery Support Specialist (C-PRSS) class sponsored by ODMHSAS and NAMI Oklahoma and volunteers at the "Peers Place" drop-in center located at 117 North Main Street in Sand Springs.

SECRETARY: Irvin Mann works for Tulsa Center for Behavior

Health and after encouragement from the past director, Edna Meziere, started attending NAMI meetings. He became a member and joined the board two years ago. Irvin attended Rogers University and became a chemical dependency counselor in their first class. He also became a Certified Alcohol and Drug Counselor and later received Dual Diagnosis training.

Irvin's field was fueled by a belief that he could help others. Incredibly, he did not realize that during his training that he had a family member who was developing a mental illness and encouraged him to move here and live with Irvin. Thanks to the excellent providers in Tulsa, and cooperation on his part, he has been progressing, and has been out of the hospital for over six or seven years.

TREASURER: Pam Flindt is employed as a Recovery Support Specialist at TCBH. She is also a facilitator for the NAMI Peer-to-Peer Program and also is involved in the In Our Own Voice presentations.

MEMBER-AT-LARGE: 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 served as NAMI-Tulsa secretary in 2009. 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.

ALERT!
Page 4 — please be aware of changes with the Tulsa Alliance News



February Meeting

Date: Thursday, February 11, 2010
Time: 7:00 p.m.
Place: Fellowship Congregational Church
2900 South Harvard

Speakers: Dr. Jackie Neel, DO and Dr. Sarah Ann Bliss, MD

Ask the Doctor

The doctors participating in "Ask the Doctor" are both practicing at Laureate Psychiatric Clinic & Hospital and have many years experience between them.

After a short introduction, they will accept questions from the audience relating to psychiatry. This is the time to get your questions answered that we don't get answered when we visit our doctors.

If you are taking a psychiatric medication and experiencing side effects or question if it is working for you, ask the doctors. If you are new to this area because of a newly diagnosed mental illness, this will be the perfect opportunity for questions.

Light refreshments will be served.





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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
Secretary: Irvin Mann
Past President: Leta Lofton
Member-at-Large: Ellen LaGrone

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Melonnie Dauben
Jimmy Davis
Joyce Hill
Deborah Hunter
Oscar Kastner
Brian Marcum
Pedro Mari
John Thompson
Pam Witte



Newsletter

Editor: Vi Gunnells
Assistant Editor: Ellen LaGrone

Staff

Office Manager: Rose Weller

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 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

For immediate release
Contact: Beverly Moore
(918) 492-2554 x552
bmoore@actcares.org

CALM Center has new director and services

Associated Centers for Therapy (ACT) announces new staff and services at the CALM Center, 6126 E. 32nd Place, to help young people, ages 10-17, and their families go from crisis to calm in seven days.

Director Leslie Smith, LADC, brings a decade of work with youth in a variety of settings to her position. She holds a master's degree in counseling and organizational psychology from the University of Oklahoma and a bachelor's degree in psychology and sociology from Langston University.

Psychiatrist John White, MD, has 10 years of experience in working with children and youth, and is a graduate of international medical school, Universidad Autonoma de Guadalajara, in Guadalajara, Mexico. Assisting Dr. White is **Abigail Avalos**.

Vicki Malloy is the Tulsa Public School teacher assigned to the CALM Center. This is a new position for the CALM Center. Malloy holds a bachelor of science in education from the University of Tulsa and a master's degree in education from Northeastern State University. She is celebrating 34 years of teaching in Tulsa Public Schools.

Darlene Dennis is the latest addition to the CALM Center therapy staff. Dennis holds Master of Social Work from the University of Oklahoma and a bachelor of science in social work from Northeastern State University. She and her husband, James, have seven children ages 17 to 25. Since it opened in February 2008, the CALM Center has served more than 800 young people and their families.

The center is available any time of day or night when a crisis occurs and offers immediate assessment and intense behavioral health care in a residential setting for seven days. The CALM Center fills the gap between inpatient and outpatient behavioral health care.

One of only two crisis stabilization facilities in Oklahoma, the CALM Center is part of Associated Centers for Therapy (ACT), a community mental health center with 28 years of experience in providing behavioral health and substance abuse services to Tulsa and surrounding communities.

For more information, feel free to call (918) 394-2256 any time of day or night.

C-RSS Training

With the new year the Credentialed-Recovery Support Specialist (formerly a C-PRSS) training was held for the first time in Tulsa!

A C-RSS is a person with a mental illness or substance abuse experience (past or current) who helps others diagnosed with mental illnesses and substance abuse. As in other recovery programs, the 15 individuals receiving C-RSS training come from different backgrounds and occupations. Some of the trainees already work in the mental health field or in recovery programs.

C-RSS training offers peers an opportunity to join the work force and to help others. "Most of us in recovery had or have someone who supported us throughout our journey. Therefore, it is vital that we hold hope for others until they are able to hold it themselves," says Amber Guerrero, Recovery Support Services Coordinator with the Mental Health Recovery Division of ODMHSAS and trainer of the class.

The curriculum includes information on: Using a Strengths-Based Perspective, People First Language, Ethics and Boundaries, Wellness Recovery Action Planning, a brief history of Mental Health Stigma, Depression, and DSM Basics, the Role of RSS in Suicide Prevention, Crisis Management, Dual Diagnosis/Co-occurring Disorders, Cultural Competency, Career Development, Self-Determination and Spirituality and Behavioral Health.

The training was held at the newly opened MHAT apartments at Admiral and Yale. The Oklahoma Department of Mental Health and Substance Abuse Services (ODMHSAS) and NAMI-OK were the co-facilitators of the class.

—Cassie Place





Please join us as NAMI dedicates a living memorial

A tree planted in memory of our loved ones lost to suicide and in support of their survivors

Thursday, February 25, 2010
4:00 pm-5:00 pm

1920 N. Drexel Boulevard
Oklahoma City, OK 73107

Please RSVP by February 19, 2010
(405) 230-1900

NAMI Oklahoma

Oklahoma's Voice on Mental Illness
Gail Israel, Development Coordinator
www.nami.org/namiwalks/ok



NAMI Tulsa T-shirts are now available for a \$10 donation and will be available at the NAMI-Tulsa monthly meetings.

Thank you!

The clients at Peers Place in Sand Springs would like to say a very **big** Thank You to **Geri Walters**, their C-PRSS person, who is leaving them.

Geri, they want you to know they appreciate all your hard work over the years for helping them.

You will be missed!



Annual Membership Meeting

Please mark your calendars for the NAMI Oklahoma annual membership meeting which will be held at:

Integrus Hospital
Conference Room F,G,H
3300 NW Expressway

March 20, 2010
from 1 p.m. to 2 p.m.

Please feel free to contact Jinnah Dyson if you have any questions at 405-230-1900.

SAVE THE DATE!!!! ★

Achieving Wellness Through Community



Mark your calendars for the upcoming coalition of Advocates Joint Conference.

When: March 4-5, 2010

*Where: National Center for Employee Development,
2801 E State Highway 9,
Norman, OK 73071*

Watch for more details soon!!!

For more information contact the NAMI Oklahoma State Office, 405-230-1900 or namiok@coxinet.net.





If we make our goal to live a life of compassion and unconditional love, then the world will indeed become a garden where all kinds of flowers can bloom and grow.



Elisabeth Kubler-Ross
B. 1926
Swiss-born American
Psychiatrist and Writer



**ALERT!
TAKE ACTION!**



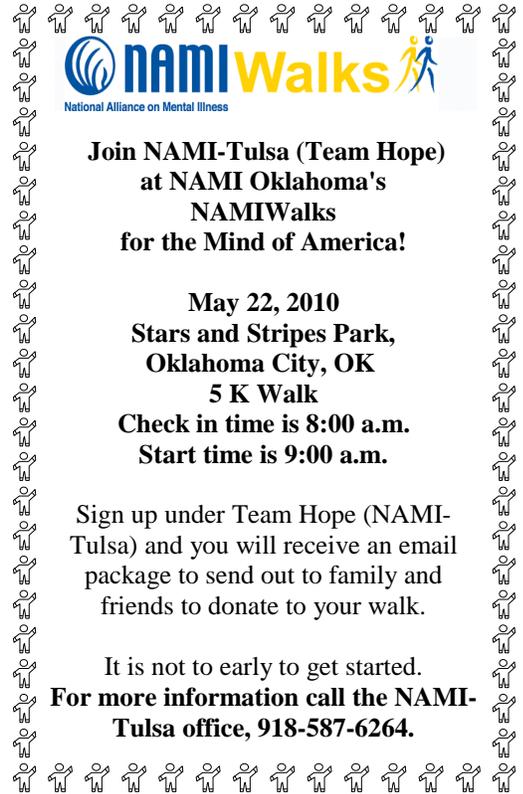
ODMHSAS has already taken serious hits because of budget cuts. Now the decision is being made by a small group of senators and representatives plus the governor about which are essential services for the state as they struggle to put together a budget for OK.

So far, mental health and substance abuse services have not been included in the list of essential services. This will be a disaster for our citizens for years to come.

Please go to the Mental Health Association's Web site (www.mhat.org) and click on "Take Action." This site will guide you in writing to your Representative and your Senator.

All you have to do is sign the sample letter or modify it as you wish. I urge you to do this as soon as possible and to spread the word to your circle of friends and family. You may want to check this Web site regularly for new alerts. Mental Health in Oklahoma depends on our constant advocacy.

—Gloria Dialectic



**Join NAMI-Tulsa (Team Hope)
at NAMI Oklahoma's
NAMIWalks
for the Mind of America!**

**May 22, 2010
Stars and Stripes Park,
Oklahoma City, OK
5 K Walk
Check in time is 8:00 a.m.
Start time is 9:00 a.m.**

Sign up under Team Hope (NAMI-Tulsa) and you will receive an email package to send out to family and friends to donate to your walk.

It is not too early to get started.
For more information call the NAMI-Tulsa office, 918-587-6264.

CHANGES ABOUT TO HAPPEN IN THE TULSA ALLIANCE NEWS IN 2010

The Tulsa Alliance News will be published bimonthly, starting with the April/May newsletter. If you would like an electronic version of the newsletter sent to your email address to help defray costs, please call the office (918-587-6264) or email (tulsa@nami.org) and let Rose know your choice. It will also be available on the Web site (tulsa.nami.org).



NAMI-Basics is here!

NAMI-Basics is a free 6-week class for any parent or primary caregiver of a child or adolescent living with mental illness. This class covers the different illnesses, how to get help for your child, how to deal with the school, how to cope, and how to keep good records.

When: Tuesday, February 23rd, 2010
Time: 7:15 to 9:00 p.m.
Where: ACT's Calm Center, 6126 E 32nd Place
(near 31st and Sheridan)

Classes are limited in size and fill quickly. For more information or to enroll, call Rose at the NAMI-Tulsa office at 918-587-6264.



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: _____



2010 Social Security Red Book

The electronic version of the 2010 Redbook is now available on the Social Security Administration website:

<http://www.socialsecurity.gov/redbook/>

The Red Book serves as a general reference source about the employment-related provisions of Social Security Disability Insurance and the Supplemental Security Income Programs for educators, advocates, rehabilitation professionals, and counselors who serve people with disabilities.



LIFELINE TELEPHONE SERVICE

You may have heard about LIFELINE phone service at your home (known as a "landline") for as little as \$1 per month, but did you know LIFELINE is also available on cellular phones?

In the Tulsa area U.S. Cellular offers an "UNLIMITED" calling plan for \$20 per month and cell phones for as little 1 cent (for those who qualify).

For more information on qualifying and providers [landline and cellular] visit www.lifelinesupport.org or call the U.S. Cellular LIFELINE department at 1-800-447-1339. In 2010 www.safelink.com (operated by TracFone) begins with service for \$1 per month, 68 FREE minutes, and FREE cell phone.

I will be glad to assist anyone needing help, just call the NAMI-Tulsa office, 918-587-6264. No one living with SMI should be without a phone!

—Kevin D. Lee, C-RSS

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.

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

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.