



National Alliance on Mental Illness

Tulsa Alliance News

Email: Tulsa@nami.org
Website: <http://tulsa.nami.org>

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



Telephone: 918-587-6264

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The Grassroots Voice on Mental Illness

February 2011

Editorial Comment to the Tulsa World

Following the Tucson tragedy, I was pleased to see two comprehensive editorials focusing on problems in the mental health system (Nagging issues, Jan 19; The 'system' that gave us Tucson, Jan 20). As we ask ourselves, "How did this happen?" and "What can we do to make sure it doesn't happen here?", consider the following:

- It's not about political rhetoric. It's not about guns. It's mental health care.
- Mental illnesses are serious medical illnesses of the brain. Individuals and families should not be afraid to seek help.
- Most individuals living with mental illness are not violent. However, untreated mental illness increases the risk for violent behavior.
- Involuntary treatment is compassionate care for persons whose ill brains do not know that they are ill (a condition called anosognosia). Civil commitment to treatment in the least restrictive setting reduces human suffering, increases public safety, and is more cost effective than repeated hospitalizations and incarceration.
- Treatment works! Access to needed services is essential; yet budget cuts have devastated mental health services in Oklahoma.
- We need to strengthen the system so that people can get the right help at the right time.

The National Alliance on Mental Illness (NAMI-Tulsa) offers education, support, and advocacy for individuals and families affected by severe mental illness (<http://tulsa.nami.org>; 918-587-6264).



Mary Ellen Jones
NAMI-Tulsa Board Member

CONDOLENCES

NAMI-Tulsa offers condolences to the family of Neal Patrick Hutto. Mr. Hutto passed away October 15, 2010 with the service being held at All Souls Unitarian Church. Our deepest sympathy to his family.

NAMI-Tulsa would like to thank all those who donated to NAMI-Tulsa in Mr. Hutto's name: M. M. Hardwick, Deanna Storts, Rae Weese, Ernest Green, Janice Alexander, Melonnie Dauben, Anna Lehke, Roger and Sue Ames, Mary Ellen Jones, Wendy Thomas and Ralph Bendal, H. Gail Williamson and Diane Williamson, Winifred Shanor, Yvonne Paysinger, Deloris Duke, and Jacqueline Costello. Please accept my apologies if I missed anyone.

Has your parent, child, or sibling been diagnosed with a mental illness?

A research project at the University of Tulsa is currently looking for first-degree, biological relatives (parents, children, or siblings) of individuals diagnosed with severe and persistent mental illnesses (such as schizophrenia, schizoaffective disorder, bipolar disorder, or any other mental disorder resulting in hospitalization).

The study takes approximately 3 hours to complete, and individuals will be asked to answer various questionnaires. Participants will receive a \$30 giftcard as a token of appreciation for their time and effort. Participants will also receive an additional \$15 giftcard if they choose to provide saliva for genetic analyses. You must be 18 to participate.

Interested? Questions? Concerns?

Contact Jacob Finn (Principle Investigator)
Phone: 918-631-3982
Email: jacob-finn@utulsa.edu
Dates: December 2010 - July 2011

Participation is completely confidential.
This research study has been approved by the
University of Tulsa's Institutional Review Board.
(Protocol 11-19)

February Meeting

Date: Thursday, February 10, 2011

Time: 7:00 p.m.

Place: Fellowship Congregational Church
2900 South Harvard

Speaker: Max Parker, Program Coordinator for the Peer Run Drop In Center (PRDIC) with MHAT

Max will tell us about this first ever "peer run" drop in center in the State of Oklahoma. The center will help participants develop responsibility, self-determination, self-worth, and ownership of their recovery.

Bring your family members to hear him talk about the PRDIC and there will be an opportunity to ask questions.

Light refreshments will be served.





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, starting in April 2010, will be published bimonthly. 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



2011 NAMI CONVENTION
CHICAGO - JULY 6-9

2011 NAMI Convention—CHICAGO!

NAMI returns to the heartland for its 2011 convention.

The Midwest--where NAMI originally coalesced as an organization--continues to be a vital source of new ideas, new energy and new hope for families living with mental illness. Our 2011 convention will feature:

- Top-notch researchers and clinicians providing information and tools to advance and sustain recovery from mental illness.
- The country's keenest minds and savviest policymakers offering strategies and tactics to effectively advocate for changing the mental health system in our nation.
- Abundant networking opportunities so we can learn from each other on how to make change on the local level.

Inspiration, innovation and an exhilarating four days in one of America's great cities.

Make your plans now to attend this life-changing event: July 6-9 at the Chicago Hilton!

Register early and save money.

- First on board registration rates—just \$185—are available for people who register by **December 31!**
- Hotel rates at the magnificent Chicago Hilton—right smack on the city's Magnificent Mile—are \$149 per night (plus tax) for a double or single room.
- Call toll free--**(877) 865-5320**--to make your reservation by **June 1** to receive these great hotel rates!

NAMI Convention staff are currently in negotiations with airlines for special travel deals to the 2011 convention. And don't forget that Chicago is an easy drive from many parts of the country.

Continuing Education For Nurses, Social Workers And Counselors

NAMI is accredited to offer continuing education credit to registered nurses, social workers and licensed counselors for attending the 2011 annual convention. Although the exact number of CEs has not yet been determined, our program typically offer between 16 and 20 credits.



Kick Off Luncheon

March 29, 2011 at Crossings Community Church Atrium

WALK DAY

Saturday, May 21, 2011

www.nami.org/namiwalks/ok

Come join our team, the T-Town Walkers. The Captain is in the process of setting up our donation and walk page so stay tuned.

If you would like to support us in this National Walk, walk-on-board and do the walk with us or support us with donations!



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.

The Spring class is forming. Please call the office for a time and place.

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

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

Thank You!

Please accept my appreciation to those who thoughtfully provided meals and support to my family while being incapacitated.

May blessing shower upon your families.

Vi Gunnells



**Save the Date for
Awareness Day 2011!**

**You're invited to celebrate
SAMHSA's National Children's
Mental Health Awareness Day 2011
on Tuesday, May 3**

Join communities, organizations/agencies, and individuals nationwide in raising awareness that positive mental health is essential to a child's healthy development.

This year, the national event in Washington, DC, on the evening of May 3 will focus on building resilience in young children dealing with trauma. The event will open with an art exhibit at the Shakespeare Theatre and continue with a tribute to youth who dealt with trauma in their childhood.

Organizations also can participate in art events at the community level for Awareness Day. Information on holding a local event will be available through a link on www.samhsa.gov/children.

In conjunction with Awareness Day, SAMHSA encourages families with young children affected by trauma, youth affected by trauma, and professionals in child-serving professions nationwide to:

1. Integrate mental health and model resilience skills in every environment that has an impact on child development from birth.
2. Enhance resilience and nurture social and emotional skills in young children from birth.
3. Provide information to the public and teach them to recognize the signs of traumatic stress.
4. Raise awareness that treatment for trauma is critical to achieving the milestones of a child's social and emotional development from birth.
5. Promote trauma-informed services and supports in all child-serving settings.

**Find out more at
www.samhsa.gov/children**



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.

**Class to start:
Saturday
February 12th
2:30 p.m.-5 p.m.
Park Plaza Church of
Christ, 5925 E. 51st St.**

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.

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

Return Service Requested

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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

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 Room 1507 on the 4th Thursday from 1:30 to 3:00 p.m. - 6767 S. Mingo. Use North 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.