



# Tulsa Alliance News

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

January 2008

## Happy New Year!

Happy New Year ... are we happy? We have just gotten through the holiday race track of preparing super meals to serve no-telling how many people, rushed around to get that perfect gift(s) for that special person(s), ... and now it is all over! What do we do now? We get back to what we called our 'normal' cycle of daily routine. For me, it is kind of tough. I have to wind myself down as I still feel that need to push forward to meet a deadline.

Post-holiday letdown or blues: What is that? It is just as I described above about the hustle and bustle of the holiday. It may also bring up situations relived whether they are good or not so good; family gatherings that bring back memories of long ago or how it used to be; loss of loved ones; loss of what we don't have, etc.

From an article in Medical News Today titled Holiday Let-down Tips to Battling the Post-Holiday Blues dated 18 Dec 2007, they were quoting from Gary L. Malone, M.D., at the Baylor All Saints Medical Center at Fort Worth, and he made these suggestions to overcome the post-holiday blues:

- Eat, drink & be healthy. Toss out leftovers or holiday treats, eat a balanced diet, cut back on caffeine & limit the alcohol intake. Excessive intake of any of these items contributes to depression.
- Work it out. Physical activity releases good chemicals in our body to make us feel happier.
- Share your feelings. The advice is for us to not keep our feelings bottled up.
- Know when to ask for help. If the post-holiday blues do not go away, talk with your doctor.

For more information, visit their websites at:  
<http://www.medicalnewstoday.com/articles/92053.php> or  
<http://www.BaylorHealth.com>

While reading the above article, I found another one relating to seasonal affective disorder (SAD). Maybe we are really experiencing SAD. It says that, "SAD differs only in that the oscillations follow a seasonal schedule, with the depression usually starting in the fall and lasting through the spring. Lack of light is often blamed for SAD, but just how darker days cause depression in SAD sufferers is still in question." This report came from the January 2008 issue of the Harvard Health Letter, printed by Medical News Today, 18 Dec 2007.

Of course, this article says it is still to be proved that sunlight

## January Meeting

**Date:** Thursday, January 10, 2008

**Time:** 7:00 p.m.

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

The speakers for our January meeting are Laura Schiewe and Rose Ewing from the Tulsa County Mental Health Court.

They will cover what the court provides, goals of the Court and how the needs of "hard to serve" individuals will benefit from the "structure and expectations of the Mental Health Treatment Court."

This will be an excellent opportunity for us all to get first hand information on how this court will help our family members to approach and participate this new evolution in our city.

or the lack of it, triggers SAD but there is evidence that might support it. "How would the lack of light cause our depression? The Harvard Health Letter discusses three theories:

1. The root cause may be insensitivity to light. Most of us go through winter on a relatively even keel because exposure to indoor lighting helps offset the lack of natural light, but indoor light may be too weak for SAD sufferers.
2. There are neural pathways from the eyes' retinas to parts of the brain that help put many of our physiological processes on a 24-hour cycle. Lack of light may put people with SAD out of phase with their biological clocks: awake and active when their internal timers want them snug in bed.
3. A lack of light, or insensitivity to it, may disrupt brain processes influenced by serotonin and dopamine, brain chemicals that play a role in mood."

The article suggests that, "Light therapy, which involves sitting in front of a bright light for a short time each day, helps some people who suffer from SAD. But antidepressant medications may work just as well, says the Harvard Health Letter." <http://www.medicalnewstoday.com/articles/92037.php>  
<http://www.health.harvard.edu/>

- Mae Berg

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### 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).

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### NAMI 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 and 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 adult 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.

**A new class will be held on Thursdays beginning in January.**

**Dates: January 17, 2008**

**Time: 6:30 – 9:00 p.m.**

**Location: Ascension Lutheran Church**

**4803 S. Lewis Ave, Tulsa, OK**

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**

**(Office hours: 1:00 – 5:00 p.m.)**

If your family member is a child or adolescent ask for information about NAMI’s *Visions for Tomorrow* course.

For family members only.

**Registration required.** Classes limited to 20 persons.

This NAMI Family-to-Family Education Program is sponsored by NAMI-Tulsa and funded by NAMI Oklahoma and the Oklahoma Department of Mental Health and Substance Abuse Services

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**Tulsa Transit** now has an online tutorial to teach riders how to read and use their schedule maps. It has both visual and audio instructions. This may be a great way for those depending on the bus system to learn how to use the bus if they are unfamiliar with the process. A link is attached to the Tulsa Transit website. <http://www.tulsatransit.org/maps-schedules/maps/using-maps/>

### *Thank you!*

The NAMI-Tulsa board thanks all those who prepared and participated in the Holiday Party and to those who made donations to put joy into someone’s Christmas. Joan Stuckey and her Union students make us proud with their interest in the cause with their donations from the school.

### 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)



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



## NAMI-Tulsa Education Programs

**Family-to-Family** 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.

The curriculum focuses on bipolar disorder (manic depression), major depression, borderline personality disorder, schizophrenia & schizoaffective disorder, panic disorder, obsessive compulsive disorder, co-occurring brain disorders and addictive disorders. The course discusses the clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope more effectively.

**Visions For Tomorrow** is a free program that addresses the needs of younger families who have a child or adolescent with a mental illness. It can be taught in an 8, 10 or 12-week format and taught by primary caregivers.

The VFT classes provide information on specific brain disorders such as AD/HD, depressive disorder, schizophrenia, Tourette's disorder, conduct disorder, eating disorders, obsessive compulsive disorder, bipolar and anxiety disorders, autism

and others. In the curriculum, we help build skills and knowledge in Brain Biology, Problem Management Organization/Record Keeping, Communication, Coping & Self-Care, Advocacy & Stigma, and Juvenile Judicial System.

There is also a Professional In-Service which is designed to address the needs of those who work with children such as teachers, counselors, mental health care workers, juvenile center employees and other professionals. The goal in this in-service program is not to just educate professionals about the symptoms and treatment in children but to also show the impact these brain disorders have on families.

**Peer-to-Peer** is a unique learning program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery. This program is a free 9 week program and participants will receive a binder with materials covering an advance directive, a relapse prevention plan, a plan to identify an impending relapse, and many other topics relevant to the recovery process.

For more information on upcoming classes, contact the NAMI-Tulsa office at 918-587-6264.

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

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### **NAMI'S FAMILY-TO-FAMILY SUPPORT GROUPS**

**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. This is a support group for family members and other caregivers. It is not a therapy group. 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 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.

**Bipolar/Depression Bible Study Support Group** - Call Pastor Tim Reside 744-5761 for information and address.

**Postpartum Depression Support Group** First 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.

### **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.