



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 I

The Grassroots Voice on Mental Illness

January 2009

Part Four of the ongoing series of the history of what we now know as NAMI-Tulsa A/K/A TAMI. Oscar Kastner continues pulling together our history of how this grassroots organization evolved.

NAMI-Tulsa History 1995, 1996, and 1997 Part 4

During 1995, 1996, and 1997, the Tulsa Alliance became much more proactive in advocacy. In addition to the continuing battle with professionals over confidentiality, communications, and listening to input from family members, several major victories were accomplished. We also continued to oppose the proposal of Senator Ben Brown to divide the Department of Mental Health and Substance Abuse Services into two separate departments.

Programs about Mental Illness Presented to Area High School Classes

The first week in January 1995, three teams, each composed of a mental health professional, a family member and a consumer, made presentations to psychology classes at Broken Arrow High School. The presentations were coordinated by TAMI with representatives from the Mental Health Association, Associated Centers for Therapy, and Family Mental Health Center. The same kind of presentations had been made at Union High School in Tulsa during previous years.

Advance Directives Bill

This bill, also known as the Jimmie Davis Bill, was signed into law by Oklahoma Governor, Frank Keating on May 25, and it became effective on November 1, 1995. Jimmie Davis had worked for eight years to get this law to permit consumers to specify ahead of time the treatment that they want in case they become too ill to know what treatment is best during a psychotic episode. This can be used, even by a doctor who may not be familiar with the consumer, to continue effective treatment.

Grassroots Leaders

In September 1995, the Grassroots Leaders movement was organized under the leadership of John and Mary Taddiken. NAMI members who joined in this effort worked to promote our priority issues by visiting with legislators, writing letters and opinion editorials, publicizing the major needs for improvements in mental health services.

January Meeting

Date: Thursday, January 8, 2008

Time: 7:00 p.m.

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

SPEAKER: James Wineinger, Executive Director of Crossroads Clubhouse in Tulsa, OK.

Mr. Wineinger will be speaking about the Crossroads Clubhouse and give us some information on their daily schedules, work programs, etc.

There will be time for questions and answers of Mr. Wineinger.

Light refreshments will be served.

Professional Recognition of Family Caregivers

A November 1995 article in *Psychiatric Services*, a publication for professionals, recognized the beneficial effect of a support network such as the Alliance for the Mentally Ill. It found that those who were participants in NAMI were more successful in coping. Families who learned about the brain and its illnesses, about medications and side effects, about empathy, communication, problem solving and advocacy, were no longer condemned to be sitting idle, mired in misery. NAMI advocacy was beginning to make a difference.

Communicating with Families

In March of 1996, it was reported that the TAMI (now NAMI-Tulsa) office was being flooded with complaints that local community mental health centers were not cooperating with families. The Tulsa Alliance Board was asked to file complaints with those centers and with the Oklahoma Department of Mental Health and Substance Abuse Services, the purpose being to help those agencies to understand how to work with families without violating the principle of client confidentiality.

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Please Note:

NAMI-Tulsa has discontinued the original help-line number that was 918-582-8264.

Please make changes to your website or listing that reflects the office number as

918-587-6264.

Thank you.



**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**
- 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.

DATE: Tuesday, January 13, 2009

TIME: 6:30 p.m. To 9:00 p.m.

PLACE: Christ Presbyterian Church
2700 E. 51st Street, Tulsa, OK

(enter the parking lot from 51st Street, then enter the building's double doors south entrance)

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.

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.

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 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



Recovery Education Course

Peer-to-Peer is a unique education program for people with any serious mental illness who are interested in establishing and maintaining his or her wellness and recovery.

This course consists of nine two-hour sessions and is taught by a team of three trained “mentors” who have personal experience at living well with mental illness.

Peer-to-Peer uses a combination of lecture, interactive exercises and structured group processes, as well as the diverse experience of course participants.

The commitment is two hours per week for nine weeks.

It is essential that you attend all 9 classes because each class builds on the prior class.

Course topics include:

- Stigma and Mental Illness, Discrimination
- Taking Care of Yourself Emotionally, Physically and Spiritually
- Medication, Coping Strategies, Empowerment, Advocacy
- Relationships, Story Telling
- Create a Relapse Prevention Plan and an Advance Directive

DATE: Monday, January 26, 2009

TIME: 6:30 to 8:30 p.m.

PLACE: Crossroads Clubhouse, 1888 E. 15th Street

Class size is limited

If you are interested in taking this course, please call Judy at the NAMI-Tulsa office at 918-587-6264 to get enrolled. We need a head-count to print the course materials so don't delay.

We want to thank all those who donated to make this class possible.

Combat Corner

By: G.I. Jane

*Mission: Creating Order out of Disorder
A Monthly Commentary regarding the fundamentals of PTSD Rehabilitation and Recovery*



The Veteran Reintegration Myth:

Post-Traumatic Stress Disorder is one thing that keeps many combat veterans from making a successful re-immersion into civilian society after leaving the security of the military complex. The unavailability of reliable recovery support services leaves many of these vets out on the streets drifting from one place to the next until they eventually fall into patterns of isolation, addiction and homelessness.

After returning home (for good) from my third combat tour, I began experiencing strange phenomena that over time contributed to my inability to maintain my equilibrium. Time lapses to that would often last for several days evolved into long periods of excessive energy followed by periods of extreme sadness, anger and depression. Violent nightmares exacerbated the down cycles; an inability to communicate what I was feeling caused me to seek isolation from friends and loved ones.

A loving, understanding support system is critical to the survival of combat veterans seeking to recover from PTSD while trying to maintain the standards of civilian life. As the holidays draw near, remember the veterans who fought to keep us free, and who are currently fighting to overcome unspeakable memories of wars Congress has yet to declare. Help keep them off the streets by choosing empathy over apathy.

Next month: Support for veteran reintegration in the workplace.

Wrightslaw sent this out in their email newsletter and I felt it had some good information to pass on to those who would like to help or advocate for others that have children in school with IEP's. Pat Howey provides tips and strategies for successful advocacy and answers questions in the series "Ask the Advocate." The article will only be in part due to space.

10 Tips for Good Advocates by Pat Howey, Advocate

Remember, your goal is to assist parents in achieving an appropriate education for their child.

1. Good advocates facilitate the IEP process.

Advocates must set an example for the entire IEP Team. They must be a role model of behavior for the parent. Challenging school ex-

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(History—Continued from page 1)

Mobile Outreach Crisis Services

A Mobile Outreach Crisis Service (MOCS) was established by Tulsa's Parkside, Inc. as a pilot program. However, it took hard work to convince the state legislature to provide funding to continue the program. Strong advocacy in early 1997 bore testimony to the value and effectiveness of the MOCS program. Personal visits with legislators by Parkside MOCS director, Bob Althoff, and by NAMI advocates won approval for continued funding of the MOCS program.

Hospital Site-Based Hearings

A major project during 1996 and 1997 was advocacy for mental evaluation hearings in Tulsa to be conducted at Parkside, Inc., which was our crisis center at that time. Evaluation hearings in Oklahoma City were being held in their Crisis Center. But in Tulsa, people who were mentally ill were being transported in handcuffs from Parkside in Tulsa to Eastern State Hospital in Vinita, and then they had to be brought back to the Tulsa County Courthouse for evaluation. Advocacy to promote hospital site-based hearings for evaluation began with a Town Meeting forum in the regular Tulsa Alliance meeting at the Children's Medical Center Auditorium on September 12, 1996. Invitations were sent to Tulsa judges, police, the sheriff and his deputies, the Public Defender, District Attorney, Parkside, Inc., other care providers, consumers, family members and others. The meeting was attended by a standing room only crowd. In that initial forum, the reactions of the judges, the District Attorney, and others were originally opposed to change. But later the Mental Health Association in Tulsa was able to get Tulsa judges to visit the Crisis Center in Oklahoma City to see how the hearings were working there. After that, within the next year, a Tulsa judge was going to Parkside, and hearings were being held there.

—Oscar Kastner

(Advocates—Continued from page 3)

perts, demeaning school staff, or being inconsiderate or impolite, will not advance the child's cause. Your goal is to get better school services for the child. Good advocates ask questions and make valuable suggestions to advocate for a child. It is okay to disagree. It is not okay to put down or verbally attack someone.

2. Good advocates know the child and understand the disability. Do your homework before you attempt to advocate for the child. Research the child's disability. Be ready with ideas about instructional methods that are research-based and peer-reviewed. Meet the child and the family in the home environment. Put off making recommendations until you fully understand how the child's disability affects his or her life and education.

3. Good advocates try to reduce existing barriers between the parent and the school.

Your goal is to bring the school and the parent closer to agreement. Good advocates explain to parents that negotiation is part of the IEP Team process and a part of life. Pouring gasoline on a fire ensures that everyone gets burned and does not improve the child's lot.

SAVE THE DATE!

16th Annual Children's Conference The Art of Creating Resilience



May 6 – 8, 2009

Embassy Suites Norman
2501 Conference Drive
Norman, Oklahoma 73069

Keynote Speaker May 7: Dave Pelzer
Author of A Child Called It

In a word, Dave Pelzer embodies Espirit: Spirit, Humor and Wit. As a child his resilience enabled him to overcome extreme life threatening obstacles. He nearly died several times by the hands of his mother. As an adult, for over 20 years, Dave's inspirational work has encouraged countless organizations and millions of individuals to recommit their efforts and remain steadfast to their personal convictions.

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!

4. Good advocates are willing to admit mistakes and to apologize.

No one is perfect. We all make mistakes. Good advocates are not afraid to say they are sorry when they make a mistake. They may even write a note to everyone involved, apologizing and asking for forgiveness.

5. Good advocates hone their listening skills to a fine edge.

You must learn to listen to everything that others say. Sometimes, what others do not say is most important. If you are not listening, you may not hear what others say and what they do not say. Good advocates repeat and paraphrase what they have heard to avoid misunderstandings. They ask others to verify that they understood correctly. Good advocates ask follow-up questions. They do not interrupt even when they are faced with rudeness and discourtesy.

The other 5 of the 10 Tips for Good Advocates will be printed next month or you can go to www.wrightslaw.com and continue reading articles by Pat Howey.

—Vi Gunnells



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: _____



Happy New Year



The Christmas Party to end the year 2008 was a great success. Talent was found that we were not aware of such as



our office staff person, Judy Smith. Judy took the microphone and encouraged us to do sing-along with duo, Amy Sebran and ter on their instru- singing Christmas and

our musical William Fos- ments and H a n u k a h songs and joined by the attendees.

Special guests were the Union High School Psychology class along with their teacher and Joan Stuckey, a NAMI member who works at Union. The students helped by collecting suggested items and then at the cele-



bration, distributed the donations amongst the two receivers, Parkside and Tulsa Center for Behavioral Health (TCBH). We thank those young people for contributing their time and effort in making this holiday season special for patients at either facility.

Everyone received tickets to participate in a drawing for the table centerpieces and other secret goodie bags made up by the decoration committee. Ticket numbers were called out and those holding the winning tickets chose the centerpieces or gift sacks.

Thanks to all the participants and the committees that made this possible.



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.