



# 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 2011

## Happy New Year!

From the  
NAMI-Tulsa Board of Directors

The Holiday Party for the year 2010 was a great hit. The tables were covered in red with a small stocking filled with candy at each place. Food kept coming through the



Ken Gunnells and Cassie Place



door and we kept making room for new dishes. We had some tasty dishes from some great cooks!

Several students from the Union High School psychology class, along with their teacher, Mrs. Jolyn Stroup, were in attendance. They brought food and gifts that they later divided up for patients at

TCBH and Parkside. We thank them for all their help and donations for our Christmas party. Each year, we have had more students participating in this a heartwarming tradition, giving to others during the holidays, and NAMI-Tulsa is very grateful.



Music was provided by William Fosterr and Mike Carlile. Each took turns throughout the evening playing guitar and singing Christmas carols. Toward the end of the evening, we all joined in the singing,



using the music sheets that were provided by the program committee. Special thanks to our musicians William and Mike for providing the spirited Christmas music for this event.

Throughout the evening, tickets for door prizes were drawn from a hat.

Winners had a choice of gifts made available through donations. Thanks to who donated for the drawings.



The party ended with a special candle-light

ceremony. Judy Smith, who worked tirelessly to organize the party, talked about families who had lost a loved one to mental illness or have a family member with mental illness and the struggles they go through. They were encouraged to light a candle. After all 60 candles were lit, the lights were dimmed and everyone sang "Silent Night" for the closing song in memory of our loved ones.



There were at least 80 plus at the party and NAMI-Tulsa was once again pleased to have hosted this event, knowing that all in attendance had an memorable evening.

By: Judy Smith, Rose Weller, Vi Gunnells

## January Meeting

**Date:** Thursday, January 13, 2011

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

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

**Speaker:** Honorable Judge Theresa Dreiling

Judge Dreiling was appointed special district judge in January 2007. Currently, Judge Dreiling handles the civil docket as well as presiding over the mental health court. Until recently she handled guardianship, probate, and adoption cases. Judge Dreiling graduated with a J.D. from the University of Tulsa's College of Law, and awarded the B.B.A. degree in management from Washburn University in Topeka.

If you have any questions about what the procedures are for an emergency order of detention (EOD) or the rights of a consumer, family member or a mental health advocate, there will be time for questions and answers after Judge Dreiling's presentation.

**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**

#### Board Members

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#### Newsletter

Editor: Vi Gunnells  
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#### Staff

Office Manager: Rose Weller

The Tulsa Alliance News, starting in April 2010, will be published bi-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](mailto: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](http://www.nami.org)

*Funded in part by the Oklahoma Department of Mental Health and Substance Abuse Services*

## NOMINATIONS FOR 2011 NAMI-TULSA BOARD OF DIRECTORS\*

The following nominees have agreed to serve on the NAMI-Tulsa Board of Directors for a three-year term beginning January 2011. The slat nominated by the nominating committee will be presented at the monthly meeting on January 13, 2011 and put to the members for a vote of approval.

**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 eight years and a Family to Family teacher and Support Group facilitator for six years. She has served two terms previously on the NAMI-Tulsa Board, which included a term as President, and is currently serving on the NAMI-OK Board.

**Stephanie Jones** is married to Rick and they have two children, Zachary and Tiffany. Stephanie graduated from the University of Central Oklahoma and is a CPA. She has served as treasurer for homeowner's associations and has volunteered at her children's schools, the Leukemia and Lymphoma Society, and Juvenile Diabetes Research Foundation. Stephanie works for TCU, The Credit Union.

**Kenneth Smith** is currently a Certified Recovery Support Specialist with Family & Children's Services (FCS). Kenneth worked with the District Court of Oklahoma as a bailiff for the Honorable William C. Kellough before coming to FCS. He has worked with many District and Special Judges, law enforcement and court administrators. Working as a bailiff has allowed for an extensive and intimate knowledge of the court system.

**Rosemary Hall** was a founding member of TAMI, which later became NAMI-Tulsa. She served as

secretary of the Board from 1992 to 1995. She served as Vice President of the Board in 1999. She is a family member/advocate. Her son, Chris, died of an accidental drug interaction in December of 1999. She was a founding member of the Board of Directors of Crossroads, Inc. and she has stayed active on that Board. She is interested in renewing her active participation with NAMI-Tulsa through Board membership.

**Polly Anna James** is a mother of two daughters, Crystal Ann and Goldie LaMae, and they are the reason she lives her life. Polly attends a Connections group and became familiar with the goals and advocacy of NAMI-Tulsa, joined and has become a regular at the monthly meetings. Polly is also a member of Crossroads and is actively involved in her recovery by attending a step-study group and taking a class at ACT. She is thankful for all the people that have helped her to make positive changes in her life and looks forward to being a part of the NAMI-Tulsa board.

**Dawnell Foster** is the parent of a 15 year old and took the Visions For Tomorrow class when facilitated by Judy and Clifford Smith. She was in the same class with Rose Weller. Dawnell has finished taking the Basics class and has applied to take the training to be a Basics teacher.

**Barb Mabry** is a parent, grandparent, and a teacher of Special Education with a certification in Emotional Disturbance. Barb has taught grades 9-12 in Tulsa Public Schools for 16 years. Her students have a legal diagnosis of a mental illness. At their parents' request, she has advocated for some of her students in the court and school system. She says, "I have learned that parents know their children, and I have tried to work closely with parents, probation officers, social workers, doctors, psychiatrists, and anyone else involved with my students. I love what I do. I would like to be able to work towards being more of a 'bridge' between the school system and mental health system." Barb attended the Visions For Tomorrow classes and trained to be a facilitator several years ago.

*\*Because this is a special meeting, we ask that all those to be nominated be at the meeting if possible. Thanks.*



**Kick Off Luncheon**  
**March 29, 2011 at Crossings Community Church Atrium**

**WALK DAY**  
**Saturday, May 21, 2011**  
[www.nami.org/namiwalks/ok](http://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.**

**I have signed up under our team name which is:**  
[www.nami.org/namiwalks11/OKC/vigunnells](http://www.nami.org/namiwalks11/OKC/vigunnells)

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! More information will be in the next newsletter.



## 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.**

## Report Wrightslaw Education Law Class on December 8th

The Wrightslaw class was held in Edmond on December 8<sup>th</sup> from 9 am until 4:30 pm, which may seem like a long day, but it was worth it. Once again the Oklahoma Disability Law Center sponsored the Wrightslaw Education Law class, providing copies of *All About I.E.P.'s*, *The Special Education Law*, and *From Education to Advocacy*. The books were available for every person attending, and this year they included the Wrightslaw tote bag.

Pete Wright is not boring when covering the key points of the Individuals with Disabilities Education Act ( I.D.E.A.). The information covered in this class included not only the I.D.E.A., but how to decipher test scores, ask for testing and services, as well as effectively advocate for your child with the school district. Anyone who has a child with special needs should try to attend a Wrightslaw class. For more information on Wrightslaw check out their website at [www.wrightslaw.com](http://www.wrightslaw.com) and sign up for their online newsletter.

—Rose Weller

## NAMI State Advocacy Network

NAMI National has implemented a State Advocacy Network consisting of two representatives from each state. As Oklahoma's representatives, Ellen Harris, NAMI-OK President of the Board, and I attended the 2010 NAMI Legislative Conference Nov. 11-14 in Arlington, VA. The conference, titled "GAME ON! Winning at the New Advocacy Game", was packed with information, discussion, networking, goal setting, planning, and hands-on practice in the form of group activities and fun games. Topics covered included: The Changing Role of Medicaid, The Changing Role of Private Insurance, The Changing Role of State Mental Health, Engaging Allies, Encouraging Partnerships, Cultivating the Grassroots, Crafting Persuasive Messages, and Playing the Big Game. Participants were encouraged to join an online State Advocacy group for sharing of resources and discussion of issues. The hope is that the states will become a strong network of support for each other. The NAMI national state advocacy leaders will be providing resources and individual support to the state representatives in regard to their specific state issues.

We need to hear from you, NAMI's grassroots' advocates, regarding any issues or concerns that you have about mental health care in Oklahoma. You can contact me at [mary.ellen.jones@cox.net](mailto:mary.ellen.jones@cox.net).

Mary Ellen Jones,  
NAMI-OK Board of Directors  
Public Policy Co-Chair

## 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.

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

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

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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 - 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**

**NAMI Connections Support Group** — Meets every Wednesday at **5:30 p.m.** at Crossroads Clubhouse, 1888 E. 15th St. 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 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](mailto: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](mailto: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](http://www.okabc.org)

### **MENTAL HEALTH ASSOCIATION OF TULSA**

1870 South Boulder	585-1213
<b>Bipolar Support Group</b> 1st & 3rd Tuesday	6:30 p.m.
<b>Depression Support Group</b> 1st & 3rd Thursday	6:00 p.m.
<b>Anxiety Support Group</b> 2nd & 4th Tuesday	6:30 p.m.
<b>Survivors of Suicide</b> 1st & 3rd Thursday	6:30 p.m.
<b>Families in Touch Support Group</b> (Caregivers of Family Members) 2nd & 4th Wednesday	6:00 p.m.