



# 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

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The Grassroots Voice on Mental Illness

July 2009

## NAMI-Tulsa History Part 7 - Early Years of the 21<sup>st</sup> Century

The downsizing of Eastern State Hospital caused many problems during the time that John Taddiken was President of NAMI-Tulsa. During that period that many letters were written to state legislators. An intense dialogue was maintained with the Board of the Oklahoma Department of Mental Health and Substance Abuse Services over the funding formula to pay for community services. The NAMI-Tulsa position that funding needed to be prorated according to the number of clients actually served was eventually adopted. ODMHSAS Board Chairman, Dr. Dwight Holden, called attention to the fact that community mental health providers had funding sources, such as Medicaid, in addition to their DMHSAS contract funding, and that the providers needed to do more billing to Medicaid.

The largest part of the problem of switching mental health care from Eastern State Hospital fell on Parkside, Inc. which, at that time, was providing services for approximately 75% of Tulsa County. The Department offered Parkside a contract with increased funding, but it was rejected. Parkside's services included high usage of psychiatrists for their clients, and they could not see how they could continue to provide that level of service for the amount in the offered contract. So the Department contracted with Family and Children's Services to provide mental health care for former Parkside clients.

It is not possible in this short historical account to convey an appreciation for the amount of intense advocacy which NAMI-Tulsa volunteers contributed during this transition period, or the number of hours spent by Mary Taddiken and others to make sure, as nearly as possible, that people who needed treatment were not lost in the shuffle. Individual tracking numbers were used in order to protect confidentiality while following about 2,000 individuals as they transitioned from one provider to the other.

Parkside had also provided Tulsa's Crisis Center, so it was necessary for the DMHSAS to establish a new Crisis Center. The site chosen for the facility was the former Doctor's Hospital at 23<sup>rd</sup> and Harvard in Tulsa. The original plan was for the Crisis Center to be managed under a contract with Grand Lake Community Mental Health Center. It was given the name of Tulsa Center for Behavioral Health (TCBH). The number of beds at TCBH was not adequate at first, and overflow Tulsa patients were being sent to Griffin Memorial Hospital in Norman. It was through NAMI-Tulsa monitoring and advocacy that the number of beds at TCBH was increased, and the Department took over direct operation without using a contract provider.

### July Meeting

**Date:** Thursday, July 9, 2009  
**Time:** 7:00 p.m.  
**Place:** Fellowship Congregational Church  
2900 South Harvard

**Speaker:** Debra Moore, CEO of Parkside Hospital

Ms. Moore has been CEO of Parkside since 2001. Prior to coming to Parkside she was Executive Director/Manager and Director of Tulsa Regional Medical Center from 1989 to 1998 and a therapist at Shadow Mountain. Ms. Moore holds a bachelor's degree in education and a master's in counseling from Northeastern State University in Oklahoma. She also earned a master's in business administration from Oklahoma City University and a doctorate in counseling psychology from the University of Tulsa.

She will speak on Parkside's services and long-term plans and engaging families in the treatment of adult patients. There will be an opportunity for questions.

Light refreshments will be served.



A courtroom was built into TCBH so a Tulsa judge could conduct mental evaluation hearings in the facility without the need to transport patients to the county courthouse. We believe that Tulsa now has a mental health Crisis Center as fine as any in America. We also believe that NAMI-Tulsa advocacy had a large part in making it happen.

At the same time, NAMI-Tulsa, in cooperation with NAMI Oklahoma, was promoting the Program of Assertive Community Treatment (PACT), which is like a hospital without walls. PACT helps people who have the most intense need for mental health services to live successfully in the community, and reduces the need for them to spend time in hospitals or prisons. The Department of Mental Health and Substance Abuse Services was highly in favor of the PACT program, and had asked for help from NAMI to get it started in Oklahoma. The national NAMI organization had published a PACT Start-Up Manual, and was promoting PACT in every state by 2002. So we got a lot of help from our national NAMI organization, and two Oklahoma PACT teams began operation in 2001, one in Tulsa, and one in Oklahoma City.

So during the early years of the 21<sup>st</sup> Century, NAMI-Tulsa was busy advocating for community mental health services, including a Crisis Center and the PACT program.

Oscar Kastner

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# I AM AN AMERICAN SOLDIER

By Deborah J. Hunter

*(One in seven American soldiers in Iraq & Afghanistan is a woman - four times more than in the 1991 Gulf War.)*

Every street  
Building  
Alley  
Is on the front lines.  
There are no safe zones  
Nowhere to hide from mortars  
Car and roadside bombs  
And not enough soldiers  
Not enough equipment.

Every soldier has a Battle Buddy  
To watch your back  
Ready to take a bullet for you.

My Battle Buddy  
    bullies me every day  
    grabs my breasts  
    crowds my space

Whispers in my ear  
Tells me what he'd like to do to me.

“They had prostitutes in Vietnam,”  
    He told me.

“Over here, we have you.”



I'm supposed to be safe  
On the base.

In Camp Arifjan  
The generators are so loud  
No one will hear your screams.  
    Never go to the latrines  
    At night  
    Alone.

Three women  
Have died.  
Dehydration.  
Wouldn't drink water after 3 p.m.  
Died

Rather than chance a meeting  
    With one of their own  
Far away from their barracks  
In the dark  
With no one to hear.

In a room of male officers  
Across the table  
From their cold eyes  
    Blaming me for what happened  
    Blaming me for telling  
(they would take a bullet for one another)  
Their hard faces  
And stiff shoulders  
Let me know that  
*I am that bullet.*

I tell them how  
Four soldiers held the door to the shower  
Close

    These soldiers who I am supposed to depend on  
    Battle Buddies  
While one of them took his time with me.

In battle  
Their laughter  
Forever in my ears  
    Muffles the sound of gunfire.

A soldier's grimace  
Forever present  
    Blurs the faces of the ones  
    Who are supposed to be  
    My enemies.

The weapon he carries between his legs  
Eclipses the snipers  
And the launchers.

I carry a knife.  
    Not for the Iraqis.

I am an American soldier.  
I should only have to think about my job.  
I am a combat soldier  
Just like them.  
But they call me “ho”  
And “dyke”  
And “bitch.”  
Who will take a bullet for me?

I  
    Am  
        An American  
SOLDIER.

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## Tulsa Alliance News

NAMI Tulsa is affiliated with  
The National Alliance on Mental Illness (NAMI)      Office: 918-587-6264  
and NAMI Oklahoma

### Board Members

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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 <http://tulsa.nami.org> or NAMI's website at [www.nami.org](http://www.nami.org)

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## President's Report

### NAMI-Tulsa to Celebrate Our 20th Birthday

For our affiliate meeting on October 8, we are planning a big celebration for NAMI-Tulsa's 20<sup>th</sup> birthday! Oscar Kastner has been writing a series of articles for the affiliate newsletter on the history of the last 20 years. We plan to compile a book of these articles and hopefully pictures to record the rich history of those who have paved the way for our present day organization. If anyone has pictures and can write a description to give the history behind the picture, this would be greatly appreciated! Also, I am sure people have personal stories to relate about NAMI-Tulsa; these would add a personal touch to the project. Also, I am appealing for volunteers among the membership to assist the board in planning this special occasion. If you can assist in any way, please contact the NAMI-Tulsa office by calling 587-6264, e-mailing at [nami-tulsa@sbcglobal.net](mailto:nami-tulsa@sbcglobal.net) or writing to NAMI-Tulsa, 700 South Boston Avenue, Suite 219, Tulsa, OK, 74119-1610.

### NAMI Oklahoma Celebrating in Its New Office

NAMI Oklahoma is having a Family and Consumer Appreciation Day on September 4 from 1-3 PM. This will be a way to show NAMI Oklahoma's appreciation for the state's volunteers. They will also have the dedication of their new offices located at 1920 N. Drexel in Oklahoma City. Put this date on your calendars to attend.

### NAMI Oklahoma Now on the Radio

Jinneh Dyson, the acting Executive Director of NAMI-Oklahoma, says they have a radio show that airs on Tuesdays from 9-10:30, AM890 on KTLR. You can hear this station over the Internet at [www.ktlr.com](http://www.ktlr.com). Jinneh would love for some family members and consumers in the NAMI-Tulsa affiliate to share their stories and to be guests on the radio show. You do not have to travel to OKC, since interviews can be done on the telephone. Call the NAMI-Tulsa office if you are interested in participating and you will be put in touch with Jinneh.

### NAMI-Tulsa Has New Office Manager

As many of you know, Judy Smith has resigned as office manager. She has done an excellent job for the past five years! She has represented NAMI-Tulsa well in her position. At the June 11 affiliate meeting, we presented Judy with a card and gift certificates and cake was served. Judy is changing from paid employee to a volunteer so we will still see her around. In the last newsletter, we asked for applicants for the office manager's position. We received several resumes from excellent candidates! It was a difficult decision by the Executive Board, but we chose Rose Weller who is the President Elect of NAMI-Tulsa Board. The Nominating Committee is currently looking for a replacement for Rose. Hopefully we will be able to announce the Nominating Committee's choice soon. As Rose transitions into her new role, she is going to represent NAMI-Tulsa at the NAMI-National Convention to be held in San Francisco, July 6-9. Hopefully she will bring back to our affiliate the latest in education, trends, research, and the political arena on mental health.

Leta Lofton  
President of NAMI-Tulsa



## Combat Corner

By: G.I. Jane



*Mission: creating order out of disorder—a monthly commentary regarding the fundamentals of PTSD rehabilitation and recovery*

### What will they come home to (if they come home at all)?

Returning from a combat deployment is meant to be a feeling of relief. After months (sometimes years) of living like prisoners, the thought of coming home is one of the greatest feelings a soldier experiences.

Sometimes. The modern combat theater, with its "service before self" values, has effected a shift in the military mentality; this shift is increasingly causing more problems on the homefront, for both the soldier and the family that is left behind.

My entire unit deployed to the Middle East, so upon returning we all took turns making sure everyone got home safely from the airport. During our last stop to deposit a colleague of mine, all that was waiting for us were his animals and their food and water dishes. Of course they were very happy to see us—but the furniture was gone, nothing remained in the cabinets, fridge or freezer—the place was abandoned. Not a great feeling to come back from the war and find your family gone.

Though this story is sad, it is unfortunately becoming more common. For varying reasons, more combat soldiers than ever before are seeing their family homes evaporate during extended deployments. Sometimes a young wife left to raise children and maintain a house alone simply finds herself overwhelmed with the responsibility and returns to her parents or other family members, away from the soldier's "home station." Sometimes the reasons are more sinister. Regardless, the disbanding of a soldier's home in his absence causes feelings of powerlessness and stress, often for extended periods of time, even if the home is re-established at some point in the future.

Resources which were once scarce are seeing an increase as Family Support Centers on military bases are beginning to respond to this trend, though funding constraints oftentimes limit their effectiveness. Any family who has been broken apart by war is urged to seek group and counseling from someone trained in combat-related post-traumatic stress.







## New NAMI-Tulsa Office Manager to Start in July

Rose Weller will start as NAMI-Tulsa's new Office Manager July 13. Rose is taking over for Judy Smith, who is retiring after five years in the NAMI-Tulsa office. Before coming to Oklahoma, Rose studied biology at Lincoln Land Community College in Springfield IL. She has extensive experience with Word and Excel and has often substituted for Judy when she had to be out of the office.

Rose is a family member who has been a member for six years and active in NAMI Tulsa for the past three years as a board member and many other capacities. She has participated in NAMIWalks 2009, the Day at the Capitol, contributed to the NAMI-Tulsa newsletter and attends the Zarrow Symposium and Children's Mental Health Conference each year. She regularly takes NAMI brochures to OSU, ACT and the schools in her area and has taken the Visions for Tomorrow teacher training.

Rose has been married to her husband Rick for 23 years. They have three children: daughter Rikki, 22; son Gavin, 17; and daughter Lauryn, 12. Welcome Rose!

***Please note:***

*Beginning August 1st,  
NAMI-Tulsa's office hours will be  
10:00 a.m. to 2 p.m.  
Monday-Friday*




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## 15th Annual ZARROW MENTAL HEALTH SYMPOSIUM “Collaboration for Mental Health: Meeting the Needs of One through Many”

The Mental Health Association in Tulsa (MHAT) is offering a limited number of scholarships to attend the Zarrow Mental Health Symposium, September 17-18, 2009 at the Southern Hills Marriott in Tulsa. Scholarships are “based on financial need, with primary consideration given to those who live with a mental illness.”

MHAT needs applications to be faxed, mailed or dropped off to them before Wednesday, August 19, 2009. Recipients will be notified beginning September 2. MHAT is located at 1870 S. Boulder. The application can be found on their Web site at <http://www.mhat.org/>

The Zarrow Symposium is an opportunity to hear from local, state, and national leaders to discuss “best practices” and research programs in mental health. This year’s focus is on practical and reproducible demonstrations of community, professional, and/or agency collaborations that can serve the mental health needs of an individual, treatment of illness, or building wellness, with an emphasis on presentations that can be applied by those in direct practice. More information can be found on the Web site about the workshops.

## What is a NAMI Connection Support Group?

May 29 thru 31st, NAMI Connection Support Group training was provided for 19 individuals to become facilitators of NAMI Connections so they can start their own NAMI Connection Support Group in Tulsa and the surrounding area. Besides those from the Tulsa area, others attending were from Washington County and the Oklahoma City area.

NAMI Connection is a new program by the National Alliance on Mental Illness that took root just a few years ago. Pilot programs have been on going in other states and now Oklahoma has its own NAMI Connection Support Groups. A prior training class had been held in Oklahoma City in April and then one in the Tulsa area. A description to clarify what this program is about comes from the Web site.

A NAMI Connection facilitator is a trained NAMI leader who leads a NAMI Connection Recovery Support Group. They play an important role in ensuring that all participants feel welcomed and supported.

NAMI Connection facilitators are uniquely qualified to lead support groups because they are going through their own recovery process. They can empathize with and encourage those who are just beginning the journey to a renewed life.

A NAMI Connection facilitator ensures that the group shares responsibility for maintaining guidelines, sustains clear participant boundaries, clarifies goals, and reinforces communication skills that encourage group participation.

A listing of the support groups in this area are listed on the back page of this newsletter, and when a new NAMI Connection Support Group starts, it will be listed. Please notify the NAMI Tulsa office at 918-587-6264 if you plan on starting a Connection Support Group with time and location.

***Congratulations  
to the NAMI Connection Support Group Facilitators!***

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## Is Your Social Security Safe From Creditors?

An article entitled "Closing the Benefits Loophole," by Ellen E. Schultz, in the Wall Street Journal reports that some people who fall behind in debt repayment are having their Social Security and pension fund payments seized, by creditors. Such funds are supposed to be protected, but current laws are not effective. The article tells what is being done in Congress to enact corrective laws, and what can be done in the meantime to help people who depend on government payments as their major source of income.

A copy of the article has been downloaded and is in the NAMI-Tulsa office so it may be read in detail by anyone who is interested.

***Editors note:*** It is unknown how long the link will be active to access the article, but a search of Google can also find it.

<http://online.wsj.com/article/SB124361324245066727.html>



## 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.*

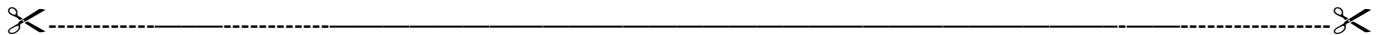
**NAMI requests the following optional information:**

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: \_\_\_\_\_



### Crossroads Clubhouse to Host Belgian Waffle Breakfast

Gather your family and friends and head for Crossroads Clubhouse Saturday, July 25 for a breakfast of Belgian waffles. Waffles, bacon or sausage, juice and coffee will served 8:00 to 11:00 a.m. Tickets are only \$5 and the proceeds will be used to send at least one member to the next International Clubhouse Conference in October. For \$5 this will be an excellent breakfast, and a great chance to meet members, staff and others from the community.

All NAMI members are invited to help with this fundraising event. If you would like to help with the event or get tickets to sell to friends, family and coworkers in advance, please contact James Wineingar, Crossroads Director, at (918) 749-2141 or [www.crossroadsok.org](http://www.crossroadsok.org)

1888 E. 15th Street  
 Tulsa, OK 74104

### Public Policy List

If you are interested in public policy committee meetings and would like to attend or receive the updates, call the NAMI-Tulsa office and have your email added to our growing list.

When the office receives legislative alerts about upcoming bills that effect mental health issues in Oklahoma, staff can forward those alerts out to the email that you choose so you can act by contacting your legislator.

There are several committees that meet in Oklahoma that we are aware of that some of us attend when convenient.



Let us know that you are interested, because as you know, our voices together, can make it happen.

*Editors Note: I have an email address that this type of email goes to so it does not clutter up my main email box.*

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.

## 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.

**NAMI Connections Support Group** — Meeting time and location TBA. Family & Children's Services, 24th & Harvard.

## 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

**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.

**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  
**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