



# 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

June 2009

## NAMI-Tulsa History

### Part 6: 1997-2000

During the years 1997 through 2000, NAMI-Tulsa was involved in intense advocacy for improvement of systems and services for dealing with people who have biological brain disorders. The Tulsa Alliance News carried articles about major changes at Parkside, Inc., advocacy to continue the Mobile Outreach Crisis Service, insurance parity, inappropriate use of confidentiality, housing issues, stigma, alternatives to prison, suicide reduction, and the use of seclusion and restraints. But by far the main issue was the downsizing of Eastern State Hospital in Vinita, and the problems that it was causing in Tulsa. Some of the issues were national mental health issues, and in others, NAMI-Tulsa had the support of NAMI Oklahoma or the Mental Health Association in Tulsa, but it had little or no help from others in trying to slow the downsizing of Eastern State Hospital and establish greater capacity in community services before the hospital was eventually closed to civil sector clients.

Court evaluation hearings were begun at Parkside on February 19, 1997, and that was a positive improvement. But on top of every other issue, we had to learn to deal with Managed Care, changes in Medicaid rules and payments, and the effects of those programs on mental health service provision.

### NAMI-Tulsa Growth

Probably because NAMI-Tulsa was so active in advocacy, and as a result of its Journey of Hope educational classes (later called Family-to-Family), it attracted new members, and its membership grew by 48% in 1998 and by 56% in 1999. In July of 2000, our meeting place was moved from the Childrens Medical Center to the Martin East Library. The NAMI-Tulsa office was moved to 124 North Greenwood, and a NAMI-Tulsa lending library was established with an initial contribution of approximately 300 books. In December of 1999, a NAMI-Tulsa Web site was established.

### Downsizing of Eastern State Hospital

In March of 1999, Commissioner Sharron Boehler spoke to the Tulsa Alliance meeting about Governor Frank Keating's budget proposal to reduce the number of civil sector beds at Eastern State Hospital to just 38, while increasing the number of secure forensic beds for those who had criminal charges. The budget did provide for an increase in funds for community mental health services, but not enough, and not distributed according to need. From that time on, NAMI-Tulsa began to advocate for slowing the downsizing of Eastern State Hospital, and increasing the capacity of community services.

*(Continued on page 2)*

## June Meeting

**Date:** Thursday, June 11, 2009  
**Time:** 7:00 p.m.  
**Place:** Fellowship Congregational Church  
2900 South Harvard

Speaker: Dr. Laura Pitman, Oklahoma Department of Corrections

Dr. Pittman is Deputy Director of female offender operations for the Oklahoma Department of Corrections. Her position was created last year and Dr. Pitman started the job Dec 15. In 2009, she will be reviewing programs for women in Oklahoma prisons and working on programs to help them succeed once they are released.

Light refreshments will be served.

## Letter from Interim Director Jinneh Dyson re Changes at NAMI Oklahoma

First and foremost, I want to thank everyone who came out to support NAMIWalks 2009, as well as those who supported us in spirit! I am pleased to say that we had over 1,000 walkers and raised over \$100,000! This year's walk was a HUGE success and we look forward to what is to come in the near future.



**NAMIWalks 2009 participants from Tulsa**

Yes, it is true---we are now officially operating out of our new office located at 1920 N. Drexel! Our internet and phones are up and running and we are ready to continue to serve each and every one of you. If you or someone you know are in need of office desks, computer monitors, etc. please contact our office as we have items that are looking for a new home.

I would also like to take this opportunity to thank (former Executive  
*(Continued on page 2)*



## Office Manager Job Opening

NAMI-Tulsa is seeking a part-time office manager (20 hours per week) for its downtown office. Applicants should:

- Have good Word, Excel, Internet and email skills,
- Have a good understanding of mental illness and NAMI's mission,
- Have good communication skills,
- Be able to set boundaries and refer callers appropriately, and
- Be able to work independently.

Mail your resume to NAMI-Tulsa, 6642 S. Lewis, Tulsa, OK 74136 or email it to [namitulsa@gmail.com](mailto:namitulsa@gmail.com).

Resumes must be received no later than Friday, June 12.

(NAMIWalks — Continued from page 1)



Oscar Kastner & John Colbert

Director) Karina Forrest for her time, dedication, and service to NAMI OK. Although, Karina is no longer working for our organization, we will forever be grateful for the path and numerous opportunities she graced us with. Karina inspired us all, and reminded us that change does not always evoke fear, but simply new possibilities. We hope that Karina

will continue to push and advocate for mental health services that are accessible for all!

The work and dedication initiated by Karina and the previous executive directors, will not go in vain. As this fiscal year comes to end, we the staff of NAMI OK are planning to continue to move ahead in all of our future endeavors. Not only was the Walk a big success, but this year we were able to expand and increase both our programs and affiliates. This year we met markers, but next year we will surpass all expectations. We look forward to the immense possibilities that are to come. Due to the support of our NAMI friends and family we are ready for the next journey of our organization, and I can assure that the NAMI ship will continue to sail!

Thanks,  
Jinneh T. Dyson, M.S.  
Interim Executive Director  
NAMI Oklahoma, Inc  
1920 N. Drexel Avenue  
Oklahoma City, OK 73107  
405-230-1900 / 1-800-583-1264 / Fax 405-230-1903  
[jdyson@nami.org](mailto:jdyson@nami.org)

**Editor's note:** NAMI-Tulsa sent 11 walkers to Oklahoma City for the May 16 NAMIWalks and has raised \$1795 to date with more due to come in.

## 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)

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

(History—Continued from page 1)

## Program of Assertive Community Treatment

Advocacy for Program of Assertive Community Treatment (PACT) services began in December of 1998. Termed similar to a "hospital without walls," PACT services help to facilitate mental health treatment in the community. This was a NAMI-Oklahoma project, and the advocacy for its start-up consumed the entire 2000 calendar year, but it was successful in getting the initial two PACT teams started, one in Oklahoma City, and one in Tulsa.

## Audit of Parkside, Inc.

The flood of patients being released from Eastern State Hospital overwhelmed Parkside, and caused such confusion that an audit was performed by the Department of Mental Health and Substance Abuse Services. The Department permitted four NAMI-Tulsa members to participate in the audit as observers. Developments resulting from that audit will be the topic of the next NAMI-Tulsa history article.

By Oscar Kastner



## 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 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:**

<input type="checkbox"/> Family	\$ 35.00
<input type="checkbox"/> Open Door	3.00
<input type="checkbox"/> Sponsoring	50.00
<input type="checkbox"/> Corporate	100.00
<input type="checkbox"/> Sustaining	500.00
<input type="checkbox"/> Extra Contribution	_____
TOTAL \$ _____	

Renewal                       New Member

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:

<input type="checkbox"/> Legislative Issues (Grassroots Leaders)	<input type="checkbox"/> Anti-Stigma Efforts
<input type="checkbox"/> Local Advocacy	<input type="checkbox"/> Program Committee
<input type="checkbox"/> Newsletter	<input type="checkbox"/> Children/Adolescent Network
<input type="checkbox"/> Hospitality	<input type="checkbox"/> Family-to-Family Teacher
<input type="checkbox"/> Fund-Raising	<input type="checkbox"/> Family-to-Family Course Participant
<input type="checkbox"/> Office Volunteer	<input type="checkbox"/> Support Group Leader
<input type="checkbox"/> Other: _____	

**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:

<input type="checkbox"/> Parent of Adult Child	<input type="checkbox"/> Consumer
<input type="checkbox"/> Parent of Child Under 18	<input type="checkbox"/> Sibling
<input type="checkbox"/> Offspring/Adult Child	<input type="checkbox"/> Spouse
<input type="checkbox"/> Friend	<input type="checkbox"/> Professional
<input type="checkbox"/> Other: _____	

Ethnicity:

<input type="checkbox"/> White	<input type="checkbox"/> Hispanic	<input type="checkbox"/> Native American
<input type="checkbox"/> African American	<input type="checkbox"/> Asian	
Other: _____		



### Combat Corner

By: G.I. Jane



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

#### Belonging: The Heart of Home

Last week, a young female veteran was found dead in trash bags on the side of a road in South Tulsa. She was murdered and simply discarded, leaving her family behind to grieve the tremendous loss. During an interview, her father reportedly described her as a "wanderer in need of institutional help" who had "developed mental problems after leaving the military." He felt the system had let her down, and these days many veterans' families are feeling the same way. The story was shocking enough in itself, but when I really sat there and thought about what stress

the family has likely endured, it reminded me that a few short years ago my family could have been completely justified in saying the same thing about me. My "wandering" and efforts to pursue "institutional help" almost led to my demise as it did this young veteran.

When a soldier is released from the military, the loss of his or her "base" often leads to feelings of rootlessness, which is only remedied by moving on to the next place. Sometimes a veteran bounces between family members and friends, until they run out of places to go and/or money to get there. Many times this leads to homelessness. The only way to reel these individuals back in is to provide reassurance that they are loved and to constantly remind them that they do belong--at home. The old adage was never so true: If at first you don't succeed, try, try again.

Next topic: more of the same.

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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.

**Depression and Bipolar 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.

**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](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)

**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.  
**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.

