



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: tulsa.nami.org



Telephone: 918-587-6264

Volume XXIII Number III

The Grassroots Voice on Mental Illness

March 2008

For several months, the NAMI-Tulsa Board has been discussing changes to the Mental Health Laws of Oklahoma. Finally, on February 21, 2008, all the questions had been answered, and the Board unanimously approved the following resolution. The Model Law is the goal toward which we pledge to work, for the good of our loved ones and ourselves. We urge all NAMI members to download, study, and support the Model Law from www.psychlaws.org/LegalResources

Resolution to revise Title 43A mental health law to provide assisted mental health treatment through the civil commitment process

1. Research shows that many of those diagnosed with schizophrenia and bipolar disorder lack insight into their illness because of a biologically-based symptom known as Anosognosia.
2. Because of Anosognosia, refusal to seek or accept treatment will continue, no matter how available, culturally-sensitive, and attractive mental health services may be.
3. Untreated mental illness leads to homelessness, incarceration, violence, suicide, victimization, fiscal costs, social costs, persistent stigma, permanently decreased medication responses, and untold human suffering.

Therefore, we, the Board of Directors of NAMI-Tulsa, propose the adoption by Oklahoma of the Model Law for Assisted Treatment created by the Treatment Advocacy Center in place of the current mental health law expressed in 43A. We also request the Board of NAMI Oklahoma to join us in the struggle to bring the Model Law to Oklahoma, thereby making treatment possible for all who need it.

THE MODEL LAW FOR ASSISTED TREATMENT

“The Treatment Advocacy Center was established in 1998 to eliminate barriers to treatment caused by outdated treatment laws. In drafting a Model Law that would meet these goals, the Center solicited advice from individuals who are diagnosed with severe mental illness, their families, and medical and legal professionals. The Model Law was carefully drafted to withstand constitutional challenge.”

The Model Law contains strong protections for consumers, more extensive and vigilant than those now in place anywhere in the nation. Examples are (1) “a formal grievance procedure whereby patients can bring complaints to the facility’s medical

March Meeting

Date: Thursday, March 13, 2008

Time: 7:00 p.m.

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

Our speaker this month is Dr. Stephen Greer. Dr. Greer is a psychiatrist in private practice in the Broken Arrow area. Dr. Greer was a long time psychiatrist at Parkside and had also been named *Psychiatrist of the Year* by NAMI Oklahoma.

Dr. Greer will be talking about psychiatric medications and time will be set aside after his presentation for “Ask the Doctor.”

Light refreshments will be served.

director and, if necessary, to the Psychiatric Treatment Board.” (2) “the examination of a person placed on inpatient assisted treatment for medication side effects every thirty days by a psychiatrist other than the one treating him or her.”

Among the many advantages of the Model Law are adaptations from the laws of various states adding cost consciousness and effective use of physicians’ time, such as the creation of a three-person Psychiatric Treatment Board made up of “a physician (preferably a psychiatrist), a lawyer, and a third member, who either must be or has been a recipient of treatment for mental illness or either be or has been a close relative of such a person. . . . Among its members, this board will have a collective range and degree of legal and psychiatric knowledge, as well as familiarity with issues concerning individuals with mental illness, far greater than that of virtually any single judge.”

Adopting the Model Law would necessitate increasing service availability in every Oklahoma county from which individuals could receive court-ordered inpatient and outpatient treatment. Consequently, the Model Law will truly transform the mental health system in Oklahoma because it would provide a framework for committing the patient to the treatment system, while at the same time committing the treatment system to the patient. It would give all Oklahomans, whether in urban or rural areas, the opportunity to live happy and satisfying lives.

Adopted on February 21, 2008



Tulsa pharmacy offers free prescriptions

An email came to the NAMI Tulsa office February 21, 2008, letting us know of a pharmacy here in Tulsa that was offering free antibiotics. The email stated that this program is available at the GenScripts Pharmacy in Midtown Tulsa. **It covers six of the most commonly prescribed generic antibiotics.**

You don't need insurance... and there is no fee or co-pay.

Each prescription is free for up to a 10-day supply, but you must pick your prescription up at the pharmacy at 41st and Hudson.

For more information, call 918-828-9696.



The CALM Center has opened for business

A notification was sent out that on February 4, 2008, The CALM Center located at 6126 E. 32nd Place in Tulsa opened for admissions. The Center will be available any time of the day or night when a child or adolescent, age 10-17, has an emotional or behavioral health crisis that includes:

- Trauma, family or social environmental disruptions
- Binging, abusing or detoxification from alcohol from drugs
- Episodic impulsivity or aggression
- Attempted self-injury
- Psychosis or depression
- Extreme stress

The center will provide:

- Crisis Intervention
- Trauma-focused assessment
- Substance abuse and addiction screening
- Physicians' assessments and daily visits
- Round-the-clock professional care
- Behavioral health assessments
- Individual and group therapy
- Life skills training
- Behavior management training
- Community service referrals

A referral is not necessary but is helpful. No one is turned away due to inability to pay. Children will receive immediate assessment and stabilization. Some will receive 3-5 days of intense residential treatment, counseling and education.

To find out more, contact:
(918) 394-CALM (2256) or info@actcares.org
Beverly Moore, ACT Community Relations Coordinator, (918) 492-2554 x552 or bmoore@actcares.org

Tulsa Alliance News

NAMI Tulsa is affiliated with
The National Alliance on Mental Illness (NAMI)
and NAMI Oklahoma

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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 tulsa.nami.org or NAMI's website at www.nami.org

Tulsa Alliance News is on the website before you receive it in the mail. If you are interested in accessing the newsletter only on the website to save postage, please call the office and let Judy know.

If you like it like it is, then do nothing. This is a new option that we are allowing our members to enjoy.

The Webmaster continually works to keep the website up-to-date on upcoming events.
<http://tulsa.nami.org>



May 17, 2008
Regatta Park on the Oklahoma River, Oklahoma City, OK.
For more information call the NAMI-Tulsa office, 918-587-6264

This 5K walk raises funds and community awareness regarding mental illness. Funds raised support NAMI OK programs with a percent coming back to us, NAMI-Tulsa.

We urge families, support groups, and mental health workers to join together and walk for The Mind of America. Please go to www.nami.org/namiwalks and click OK on the map, then follow the registration instructions. At the bottom of NAMI WALKS OK page is a link to FAQ's. It is NOT too early to get started.

Join the NAMI-Tulsa Team. T-Shirts are being custom designed special for the Tulsa Team. Show your community awareness by participating and representing Tulsa by joining us on this walk.



Mental Health Day at the Capitol

has been changed to

Thursday, March 13

2nd floor Rotunda, Oklahoma State Capitol

Now is the time to call your legislators and make appointments to visit with them about the budget priorities of the Oklahoma Department of Mental Health and Substance Abuse Services. You need to let your legislators know what services are important to you. This is the agenda so you can set your appointments. Contact Angela by email at aperatta@okmhcc.org or by phone 405-604-6975 or 1-888-424-1305.

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|-----------------------|---|
| 8 a.m.-9:45 a.m. | Visit booths (1st floor), Visit your Senators, Find seats for presentations |
| 10 a.m. -11:15 a.m. | Presentations by speakers, staff, state leaders & consumers |
| 11:30 a.m.-12:15 p.m. | Lunch is free (Please call and let them know how many are in your group) |
| 12:30 p.m. until ??? | Visit your lawmakers |

These are the suggested services and money involved:

Maintain existing programs:	\$20,651,500
Smart on Crime Initiative:	\$30,000,000
Children's coordinated Budget Request:	\$ 8,900,000
Recovery and Peer Support Specialist:	\$ 1,181,250

This information was taken from the January/February 2008 Consumer Alert.



NAMI-OK Affiliate Teleconference

NAMI-OK hosted a teleconference on February 21, 2008, with 9 people from across the state participating. Caletta McPherson, Deputy Commissioner of Substance Abuse Services for Oklahoma and Ken Zorger from the NAMI-OK board were the speakers.

Caletta McPherson spoke about the importance of the availability of services to our communities. She believes that recovery is a reality and a possibility. She pointed out that mental illness and substance abuse have been treated as two separate issues but hopes in the near future they can both be treated under one roof. The Department of Mental Health and Substance Abuse Services wants to partner with NAMI-OK to make sure these services are available to consumers and their families. She mentioned the Access to Recovery (ATR) grant that Oklahoma has received recently. It was a \$21 million with, 9.5 million going to the Cherokee Nation for a non-traditional faith-based program. She talked about other initiatives such as combining Drug Courts with Mental Health courts and increasing programs for children and adolescents. Her discussion was very informative and productive.

Ken Zorger then spoke about the NAMI-OK position paper written by Ken and his wife Connie, and other family and board members. This position paper, which was born out of the Zorgers' frustration in trying to get services for their daughter, addresses six issues. The NAMI-OK position paper can be found on the NAMI-Tulsa website under What's New?

I found the teleconference interesting and enjoyed hearing from some of the other affiliates. The next one will be on March 27th with Dr. Terry Cline as the speaker.

Submitted by Judy Smith

Regardless whether or not you support the wars in Iraq and Afghanistan, our sons and daughters have willfully taken up arms and put themselves in harm's way to protect and preserve our freedoms. We owe them the greatest debt of gratitude for this.

POST TRAUMATIC STRESS SYNDROME (PTSD)

PTSD as described by the National Alliance on Mental Illness (NAMI) "is an anxiety disorder that can develop after a person witnesses a traumatic event." The description goes on to mention events such as natural disasters, sexual abuse, or terrorist attacks such as the unforgettable attack on the Twin Towers on September 11, 2001 in New York. But, what I am going to concentrate on at this time is our veterans – those just deploying, those returning and their exposure to traumatic experiences in combat.

NAMI's website states "In wars prior to Vietnam, the disorder

was referred to as 'shell shock' or 'battle fatigue' and was not very well understood beyond the fact that it limited the soldier's performance on the battlefield. Nowadays, the disorder is more widely studied. We know, for example, that PTSD can be a precursor to other mental health problems, such as depression, social withdrawal, and substance abuse."

A report issued in January 2008 by the Iraq and Afghanistan Veterans of America (IAVA) entitled "Mental Health Injuries: The Invisible Wounds of War" described PTSD as the NAMI website states. This report brought to light the barriers encountered by veterans trying to receive mental health care in the Department of Defense (DOD) and Veterans Affairs (VA) system. (www.iava.org)

As NAMI family members, we understand the ramifications when diagnosis, medications, and other services are denied or not met in a timely manner. Throughout this report, these issues were reiterated. In general, "access to mental health care is in short supply" for our returning Veterans.

When treatment is inadequate or denied, we begin to hear more about "misconduct in service members and veterans." PTSD and associated problems can create "tremendous strain on military families." Homelessness and substance abuse, increased occurrences of domestic violence, murder and suicide rates mark the return of our Vets.

"The stigma associated with psychological injuries is the most serious hurdle to getting Iraq and Afghanistan Veterans the mental health care they need. Approximately 50 percent of soldiers and Marines in Iraq who test positive for a psychological problem are concerned that they will be seen as weak by their fellow service members, and almost one in three of these troops worry about the effect of a mental health diagnosis on their career. Because of these fears, those most in need of counseling will rarely seek it out." (IAVA Report)

Now comes to another concern. The Veterans Affairs system is not prepared for the influx of returning veterans that will be affected by PTSD or Traumatic Brain Injury (TBI). The Tulsa World carried a story on February 27th of an attack with some of our Oklahoma's 45th Reserve involved. They were a target of an improvised explosive device (IED) attack. There were no casualties but one infantryman said he "felt the concussion of it go through my body."

It is vital that we bring to the attention of all our legislators the need to assist the Veterans Administration in providing all the services our veterans need to make a complete recovery. Accounts I am hearing about the services or lack of services rendered by the VA in Oklahoma are heart wrenching. The psychological injuries our veterans have or will sustain need to be addressed. About 2,600 Oklahoma Army National Guard troops left this country at the end of January to serve their country. That does not count those who have gone before them. Let us make sure they all have a system of care in place upon their return.

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
- 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 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.

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 SUPPORT GROUP 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.

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 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

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.