



Tulsa Alliance News

NAMI-Tulsa (formerly TAMI) is affiliated with The National Alliance on Mental Illness (NAMI) and NAMI Oklahoma
Email: Tulsa@nami.org
Website: <http://tulsa.nami.org>



Telephone: 918-587-6264

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The Grassroots Voice on Mental Illness

March 2010

Tulsa's Current Crisis

For the past few months Tulsa has been experiencing a crisis caused by a judge releasing people who are seriously in need of treatment. The judge has been overruling the advice of mental health professionals.

When a petition for civil commitment is presented to the judge, Oklahoma law provides criteria beyond dangerousness to self or others. The Treatment Advocacy Center in Arlington, Virginia, has this to say about Oklahoma:

Oklahoma is one of forty-three states that allow court-ordered treatment in the community, often called "assisted outpatient treatment" or "outpatient commitment." Oklahoma is also among half of the states whose treatment standard is based on a person's "need for treatment" and not just on the person's likelihood of being dangerous to self or others.

Advocates worked hard to get this provision in the Oklahoma law in order to help those whose anosognosia keeps them from understanding that they need help and that proper rehabilitative treatment is possible. Previously, Tulsa judges have respected the recommendation of mental health professionals, and have approved civil commitment - not for everyone, but only for the ones the professionals believe will suffer harm if released without treatment. Because of the cyclic nature of mental illness, it is impossible for a judge to make this decision. It seems to me that to overrule the recommendation of a mental health professional is like practicing

(Continued on page 2)



Condolences

Members of our NAMI-Tulsa community have lost loved ones. There are no words to describe how sorry we are and words fall short of expressing our sorrow for your losses.

Charles W. Hair, father of past president of the NAMI-Tulsa board, John Hair.

Glynis Kastner, daughter-in-law to Oscar Kastner.

Thank You to Our "Ask the Doctor" February Speakers



NAMI-Tulsa thanks Dr. Jackie Neel and Dr. Sarah Bliss for their time and the answers to many questions asked from the audience at the February meeting of Ask the Doctor.

Questions ranged from what the new meds will be in the future, to how they would treat a patient with bipolar disorder.

The turnout was complimentary to the doctors for the time they donated to our group.



March Meeting

Date: Thursday, March 11, 2010

Time: 7:00 p.m.

Place: Fellowship Congregational Church
2900 South Harvard

Speaker: Dinah Barrow, Consumer Advocate
Oklahoma Department of Mental Health and Substance Abuse Services

Ms. Barrow, has extensive experience in the areas of Case Management and Client Advocacy with an emphasis in Consumer Rights. She has been employed with ODMHSAS for the last 10 years and serves as a passionate advocate and liaison for consumers to ensure they receive necessary treatment services. In addition, Ms. Barrow provides training and technical assistants to staff at all State Contracted/Certified facilities as well as to the outside community.

Ms. Barrow is a native of Tulsa, Oklahoma, and holds a double Bachelor Degree in Allied Health /Gerontology and Psychology from Langston University.

Light refreshments will be served.





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

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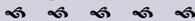


Newsletter

- Editor: Vi Gunnells
- Assistant Editor: Ellen LaGrone

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 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

medicine without a license.

But for example one woman was released, who was brought in because she was naked in downtown traffic. In that case, the judge found that she was not in **imminent** danger, because she was not naked in public after she was brought to TCBH and at the time the petition was presented for her civil commitment.

The danger in releasing people who have serious mental illnesses without treatment includes the fact that they are vulnerable to rape, robbery, assault, and premature death due to suicide, disease, or other trauma. Such tragedies are preventable with proper treatment. Another consequence is that untreated mental illness may continue to attack the brain so that even delayed treatment may be less effective, resulting in irreparable harm. Untreated people may continue to commit offenses or crimes which result in sentences to jail or prison. When the police see the same mentally ill offenders time and again, they may give up on trying to get them into rehabilitative treatment.

The Treatment Advocacy Center has a Preventable Tragedies Database which may be accessed on its website,

Info@treatmentadvocacycenter.org . Such tragedies as the one at Virginia Tech in 2007, or the more recent one at Fort Hood in Texas, are caused by failure to deal with mental illness in the timely and effective manner which is possible with modern treatments.

NAMI-Tulsa is preparing a presentation which can help judges, attorneys, teachers, and the general public, to have a better understanding of mental illnesses. We are hopeful that this will help to reduce the number of seriously mentally ill people who are being released without treatment. In addition, NAMI-Tulsa is working with the Coalition of Advocates to support HB 1574 which will simplify the language in the Oklahoma Mental Health Law, Title 43A, so that it is less liable to subjective interpretation. But we might say that the problem has been created at the most fortuitous time for us to use as an example for support of HB 1574.

- Oscar Kastner



NAMI Tulsa T-shirts

are now available for a \$10 donation and will be available at the NAMI-Tulsa monthly meetings.

SAVE THE DATE

2010 Children's Behavioral Health Conference
Reclaiming Lives...Claiming Futures

April 28 - 30, 2010

Embassy Suites Hotel - Norman, OK

The conference will include professional, youth and family workshops covering today's top behavioral health issues.

Oklahoma Department of Mental Health and Substance Abuse Services
Oklahoma Federation of Families
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration



**Join NAMI-Tulsa (Team Hope)
at NAMI Oklahoma's
NAMIWalks
for the Mind of America!**

2008



**May 22, 2010
Stars and Stripes Park,
Oklahoma City, OK
5 K Walk
Check in time is 8:00 a.m.
Start time is 9:00 a.m.**

2009



Consumer, family members, mental health professionals – sign up today and become part of **Team Hope** with NAMI-Tulsa for the NAMIWalks 2010.

This year, we encourage everyone to come together and represent Tulsa to the rest of Oklahoma. NAMIWalks raises awareness of mental health issues and money to continue education classes and other services statewide.

As a NAMI-Tulsa **Team Hope** participant, you will receive fund-raising tips and the satisfaction of supporting mental health education in Oklahoma.

Join our **Team Hope** by signing up online at www.nami.org, click on NAMIWalks, click on OK on the map and follow the prompts.

We encourage all team members in the Tulsa area to register under **Team Hope** (NAMI-Tulsa) which will help raise valuable funds for NAMI brochures for NAMI-Tulsa.

If you do not have internet access, please call Rose at the NAMI-Tulsa office at 918-587-6264 for assistance.

Self Advocacy Skills

Encourage Your Child to Find Her Voice!
Why is self-advocacy important? So that a student understands her strengths and needs, has knowledge about her legal rights and responsibilities, can identify personal goals, and has the chance to participate in decisions that are being made about her life.

Students who know how to present information about their disability and seek the accommodations they need are more likely to make a successful transition to life after high school.

Engage Your Child in IEP Meetings --What will your child be doing after high school? Where will she be working, going to school, or living? What kind of life does she want?

Your child's transition IEP can help answer these questions. When students attend IEP meetings, it

helps the team focus on the child. Encourage your child to build self-awareness skills and take ownership of the IEP as she plans for the future.

Self-Advocacy: Know Yourself, Know What You Need, Know How to Get It -- IEPs end after high school. So do the rights of parents under Section 504 and IDEA. Students need to advocate for themselves after public school. The better you understand your disability, needs, and rights, the easier self-advocating will become.

Editor's Note: This information was taken from the Special Ed Advocate e-newsletter at www.wrightslaw.com.

The end of the school year is here again. Have we done all we can to prepare our students' IEP for the next school year?

—Vi Gunnells

The secret of making something work in your lives is first of all, the deep desire to make it work; then the faith and belief that it can work; then to hold that clear definite vision in your consciousness and see it working out step by step, without one thought of doubt or disbelief.

*Eileen Caddy
Co-Founder of the
Findhorn Foundation, Scotland*





Reminder!

The Tulsa Alliance News will be published bimonthly, starting with the April/May newsletter. If you would like an electronic version of the newsletter sent to your email address to help defray costs, please call the office (918-587-6264) or email (tulsa@nami.org) and let Rose know your choice. It will also be available on the Web site (tulsa.nami.org).



Celebration Album of NAMI-Tulsa's 20-Year History

For the past year, Oscar Kastner has been pulling together tidbits of the past 20 years of the history of TAMI/NAMI-Tulsa. As Oscar submitted these historical pieces for our readers, the thought occurred to me that it would be appropriate to display an album for those 20 years.

So, that idea began to form and I put out requests for pictures and ideas. The feedback I received indicated that it was a good idea.

Apparently, there had been very few pictures taken of events other than those taken by the Tulsa World for news stories. How do you build an album without pictures?

Oscar's historical articles are enough to spark the imagination and will give you a visual of the days when TAMI (Tulsa Alliance for the Mentally Ill) first started. The pieces from the Tulsa Alliance News in 2008-2009 are all incorporated into the album. Other pictures were taken of events in the past ten years by members and donated for the album.

The album is a 44-page, 8.5 x 11 digital album with NAMI colors: yellow pages, blue ink and a hardcover Cobalt blue bookcloth cover.

If you are interested in purchasing the album or in viewing the contents, you can drop by the NAMI-Tulsa office or call Rose at the office (587-6264) and she will send you the link to view or purchase the album.

All proceeds above the cost will be donated to NAMI-Tulsa. The total cost is \$80.20 with shipping and tax included.

-- Vi Gunnells

Have you tried using the Donate button on the website? I have and it works. Rose and the bank gets notification of the donated amount and from whom as you have to sign in with your information. Try it! You might like it!



Has a traumatic event turned your world upside down?

www.CopeResearch.com

COPE is a clinical research study now enrolling about 240 volunteers at 25 sites throughout the U. S. It is looking at the safety and effectiveness of an investigational drug called orvepitant for the treatment of PTSD.

More than half of all Americans will experience a traumatic event at some point in their lives. One in 10 people who experience an event will develop symptoms. If you are having symptoms after experiencing a traumatic event or have been diagnosed with post-traumatic stress disorder (PTSD), you may be eligible to participate in the COPE study if you:

1. Experienced a traumatic event (not related to combat or the military), such as:
 - A personal attack or physical abuse
 - A severe car accident or medical procedure
 - A terror attack or natural disaster
 - Seeing others be hurt or killed
2. Have experienced one or more of the following symptoms for the past 3 months:
 - Repeated flashbacks or anxiety triggered by memories

- Irritability
- Repeated bad dreams and/or inability to sleep
- Unable to concentrate or do things you used to enjoy
- Feeling hopeless, angry, sad, fearful, guilty, or ashamed
- Are not in talk therapy specifically for PTSD or a sleep disorder

3. Are between 18 and 64 years of age
4. Are not currently participating in a clinical trial

The event can be something that happened to you or something that you saw happen.

Study participants may receive the investigational drug, physical exams, and laboratory services and tests at no charge. Participants may also be paid for their time and travel. Throughout the study, participants will be monitored by a medical team, including a doctor.

Please go to www.CopeResearch.com for more information and to see if you may be eligible to participate. Or call toll-free 1-866-601-2342.



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 areas 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

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
- 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 _____

Would you like information about specific disorders such as:

- Schizophrenia
- Bipolar
- Depression
- Anxiety
- PTSD
- Other _____

Comments: _____



The Center Cannot Hold: My Journey Through Madness

By Elyn Saks

Elyn Saks, a lawyer and a psychiatry professor, received the Book Award for *The Center Cannot Hold: My Journey Through Madness* at the 2008 NAMI National Conference in Orlando, Florida. **Elyn R. Saks**, talks about her struggle with schizophrenia.



Her life became affected by a mental illness about the age of eight where she describes "a feeling that her mind 'was like a sand castle with all the sand sliding away.' 'Sights, sounds, thoughts and feelings [didn't] go together.'"

Ms. Saks continues on with other examples

such as at twelve when her diet became out of hand and she gained weight. Then as a teenager, she experimented with drugs which was, as she described her experience as "unpleasant symptoms."

Upon entering college, her freshman year, she earned top grades but struggled with hallucinations. The illness began to show and she struggled with fantasy and reality.

It is an extraordinary book to read, either for a person who has traveled down that road or one who has watched and/or stood by and given support during their journey.

—Vi Gunnells

(Mostly Fiction Book Reviews, reviewed by Eleanor Bukowsky December 20, 2007)
 (Scientific America, from interview with Mind Matters editor, Gareth Cook, December 29, 2009)

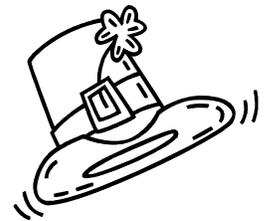
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NAMI SUPPORT GROUPS FOR FAMILY MEMBERS AND OTHER CAREGIVERS

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 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.

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 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.

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

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

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 Members) 2nd & 4th Wednesday	6:00 p.m.