



# Tulsa Alliance News

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



Telephone: 918-587-6264

Volume XXVI Number III

The Grassroots Voice on Mental Illness

March 2011

## NAMI-Tulsa needs you!

NAMI-Tulsa has volunteer opportunities available for people who are interested in helping out. There are several committees covering a variety of interests.

Check them out and sign up for any committee that you would like to be involved in.

- Out Reach Committee - includes delivering brochures, setting up a NAMI booth for health fairs and school functions, promoting Mental Illnesses Awareness Week (MIAW), etc.
- Membership Committee - responsible for promoting membership.
- Program Committee - responsible for coordinating the monthly meetings, including setting up the room, welcoming attendees, providing snacks, etc.
- Communications Committee - helping the newsletter editor by writing articles, preparing the newsletter for mailing, promoting Mental Illness Awareness Week (MIAW), etc.
- Advocacy Committee - This is bi-weekly letter writing meetings.

NAMI-Tulsa also has a library that is in need of reorganization and up-dating.

If you are interested in volunteering with NAMI-Tulsa, contact Rose at the office at 918-587-6264.

*I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do something that I can do.*

Helen Keller

## Mental Health and Substance Abuse Day at the Capitol March 29, 2011

The theme is:

### My Mind Matters

The Mental Health Association in Tulsa will be coordinating buses for people who are interested in participating in the Day at the Capitol.

Tickets will be \$20/person and will include a box lunch from Jason's Deli. Please let Mark Davis know at [mdavis@mhat.org](mailto:mdavis@mhat.org) if you or the organization you are with would like to reserve seats.

## Has your parent, child, or sibling been diagnosed with a mental illness?

A research project at the University of Tulsa is currently looking for first-degree, biological relatives (parents, children, or siblings) of individuals diagnosed with severe and persistent mental illnesses (such as schizophrenia, schizoaffective disorder, bipolar disorder, or any other mental disorder resulting in hospitalization).

The study takes approximately 3 hours to complete, and individuals will be asked to answer various questionnaires. Participants will receive a \$30 giftcard as a token of appreciation for their time and effort. Participants will also receive an additional \$15 giftcard if they choose to provide saliva for genetic analyses. You must be 18 to participate.

### Interested? Questions? Concerns?

Contact Jacob Finn (Principle Investigator)

Phone: 918-631-3982

Email: [jacob-finn@utulsa.edu](mailto:jacob-finn@utulsa.edu)

Dates: December 2010 - July 2011

Participation is completely confidential.  
This research study has been approved by the  
University of Tulsa's Institutional Review Board.  
(Protocol 11-19)

## March Meeting

**Date:** Thursday, March 10, 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

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The Tulsa Alliance News, starting in April 2010, will be published bimonthly. 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*



## 2011 NAMI Convention—CHICAGO!

**NAMI returns to the heartland for its 2011 convention.**

**Inspiration, innovation and an exhilarating four days in one of America's great cities.**

**Make your plans now to attend this life-changing event: July 6–9 at the Chicago Hilton!**

Call toll free--(877) 865-5320--to make your reservation by **June 1** to receive these great hotel rates!

NAMI Convention staff are currently in negotiations with airlines for special travel deals to the 2011 convention. And don't forget that Chicago is an easy drive from many parts of the country.

#### Continuing Education For Nurses, Social Workers And Counselors

NAMI is accredited to offer continuing education credit to registered nurses, social workers and licensed counselors for attending the 2011 annual convention. Although the exact number of CEs has not yet been determined, our program typically offer between 16 and 20 credits. The fee for applying for CEs is just \$15.



### WALK DAY

**Saturday, May 21, 2011**

[www.nami.org/namiwalks/ok](http://www.nami.org/namiwalks/ok)

### Come join our team, the NAMI-Tulsa T-Town Walkers

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!

**Team Captain: Leta Lofton**

Reminder: when signing up, do it under NAMI-Tulsa or T-Town Walkers so money donated will come back to us here in Tulsa.

If you have any questions, contact Rose at the NAMI-Tulsa office.



**Go Team!  
2011**



## 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.**



**Save the Date for Awareness Day 2011!**

**You're invited to celebrate SAMHSA's National Children's Mental Health Awareness Day 2011 on Tuesday, May 3**

**Find out more at [www.samhsa.gov/children](http://www.samhsa.gov/children)**

## Stories Wanted: State Budget Cuts

During the first week in March, NAMI will release a report on state budget cuts in mental health services. We are collecting stories from individuals who have been personally and directly affected by cuts in their states and local communities during the past three years (2008-2010).

If you have a story to share, please send it as soon as possible to [yourstory@nami.org](mailto:yourstory@nami.org), including your name, telephone number and geographic location—along with permission to use it with the news media (We will still contact you before we do). Thank you for your consideration. Your story can help make a difference.



## Testimonial From A Family Member Psychiatrist Who Took The NAMI Family- To- Family Peer Education Course

Dear Marcia and Paul:\*\*

I want to thank you both for presenting the NAMI Family-to-Family course to us in Salisbury. Having taught some classes myself, I had an inkling of how much physical and emotional energy it takes to teach a course like that. I can only say that your efforts are well worth it. The course was wonderful. As the daughter of a parent with mental illness, and as a psychiatrist, the Family-to-Family course is much more valuable than I could have ever imagined.

Your course turned out to be a treasure that I fervently wish had been presented to me during my training, instead of ten years into my practice. But perhaps it has taken ten years of practice to realize how important this course is. You see, during my psychiatric training, I learned about diagnoses, medicines, side effects, blood tests, how to interpret research, and what other forms of therapy to prescribe to help the patient.

In the ten years that I have worked with people with severe and persistent mental illness, it became clear that I could be a walking psychiatry textbook, up to date on the latest in every type of psychiatric treatment, respected by my fellow psychiatrists. The patients and their families do expect me to be well trained in the science of psychiatry. However, they are much more interested in how well I understand, empathize, and communicate with them, their particular problems, how the illness and the medications are affecting them. Very, very little about that was taught during my training.

The Family-to-Family Education Program was the first course that spelled out for me what it was like to be a patient with a severe mental illness, and what it was like to be a family member. It was the first course that literally demonstrated for me what it was like to try to listen to someone while having auditory hallucinations. It was the first course that taught me concise, empathetic communication with a patient. It was very useful in helping me deal with my mother who has mental illness.. In fact, when I used some of the empathetic listening skills taught in the class with my mother, her joy and relief that someone actually understood how she felt was so overwhelming that it almost reduced me to tears.

Finally, I gained incredible respect for the family members of people struggling with severe mental illness. I listened to their problems, their fears, and concerns. I learned how I could be more helpful to them and their family member who has a mental illness in my role as a psychiatrist. I don't know how the patients and their family members do it. The media, which regularly holds up sports heroes and other celebrities as courageous, needs to spend some time in a Family-to-Family course to get a real picture of courage.

I can't thank you both enough.

Sincerely,  
Margaret (Peg) Miller, M.D.

\*\* Marcia and Paul Garrett are trained NAMI Family-to-Family teachers in North Carolina. They have taught 12 Family-to-Family classes.



*THE MENTAL HEALTH ASSOCIATION  
in TULSA*

*Presents*

*The 8th Annual Fashion & Talent Showcase  
May 6, 2011*

*Please contact the NAMI-Tulsa office for more information  
on how you can participate.*

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

**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.

**Tulsa —NAMI Connections Recovery Support Group** — Meets every Wednesday, 5:30 p.m.-7 p.m. at Terrance View Apts., Denver House located at 1729 S. Denver.

## 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.

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