



# Tulsa Alliance News

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

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The Grassroots Voice on Mental Illness

May 2008

## "Didactic Developmental Psychiatry in the Treatment of Reactive Attachment Disorders"

Oklahoma State University Medical Center's  
Behavioral Health Services Department  
April 28, 2008

Presented by: Marciale Ledbetter, M.D.

Dr. Ledbetter is the Medical Director of the Riverside Specialty Program at Shadow Mountain Institute in Tulsa, Oklahoma. She feels that the DSM-IV-TR does not capture the nature or severity of reactive attachment disorders, but is hopeful that the DSM-V due out in 2012 will address the issue by adding new classifications. Three new classifications under consideration are: Developmental Trauma Disorder, Complex Posttraumatic Stress Disorder and Disorders of Extreme Stress, Not Otherwise Specified.

Attachment issues are a huge continuum with a huge range of difficulties in relationships. Individuals with reactive attachment disorders are at great risk of developing other mental disorders, such as personality disorders and developmental problems, which may carry on into adulthood. Cognitive behavior therapy has been shown to be effective in working with children with reactive attachment disorders. There is no medication for reactive attachment disorders, but with so much co-morbidity most children with reactive attachment disorders take medication for other mental health disorders, such as AD/HD, mood disorders, anxiety disorders, psychotic disorders and fetal alcohol syndrome. (Children with fetal alcohol syndrome are at increased risk for autism.)

Reactive attachment disorders appear to be caused by both environmental and hereditary factors. Abuse and neglect are common. Each adverse childhood experience places the child at risk of physical and mental health problems. Mental health treatment of children is critical to prevention of mental disorders in adulthood. There is an extreme shortage of child psychiatrists in the United States. Children with reactive attachment disorders are extremely difficult to work with as they are experts in doing the thing that will upset the therapist the most, such as finding the thing that is most important to the therapist and destroying it. This is done in order to get a reaction out of the therapist. There are many similarities in the treatment of autism and the treatment of reactive attachment disorders as the core of both conditions is faulty relationships. A didactic treatment program is very loose, has no rules and can borrow from other therapies. Theraplay is a key component of treatment of children with reactive attachment disorders. Attachment issues include problems developing relationships (mistrust/manipulation/fear), low frustration tolerance (aggression/reactivity) and emotional immaturity/personality development (lack of empathy/narcissism).

## May Meeting

**Date:** Thursday, May 8, 2008

**Time:** 7:00 p.m.

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

Susan Warwick, a Clinical Social Worker and Therapist, will be our speaker for this month. She has worked in this field for over 30 years and now has a private practice called Crossroads Counseling and Consultation. The topics will include some new research about Bipolar Disorder as well as how to deal with the dual diagnosis of Bipolar and Borderline. There will be an open session to ask questions.

Light Refreshments will be served.

The ACE Study, available online at <http://www.cdc.gov/nccdphp/ace/> and [http://www.acestudy.org/files/AR-Spring2007\\_2.pdf](http://www.acestudy.org/files/AR-Spring2007_2.pdf), documents what clinicians already knew about reactive attachment disorders. The study was conducted in California and involved middle-class parents. The ACE Study questionnaire asked about emotional abuse, physical abuse, sexual abuse, feeling unloved, neglected, having parents divorced or separated, observed parent being abused, caretakers with substance abuse problems, caretakers with mental illness and caretakers in prison. A child's brain develops from the bottom or mid-brain/brainstem up with the frontal lobes developing last. It is important to know where the brain development was at the time of trauma in order to retrain the brain. A brain is more changeable in its higher functions than lower functions.

Shadow Mountain Institute Riverside Specialty Program has only 10 beds assigned to the Riverside ACE Program, the program for children with reactive attachment disorders. The Riverside ACE Program accepts children age 4 to 11. The youngest child accepted to date has been 6 years old and the program would consider taking a 4- or 5-year-old only if the child is extremely dangerous. Otherwise it is recommended that 4 and 5 year-olds be treated as outpatients. The program will soon expand to 24 beds and will include 12-year-olds. There is currently a waiting list.

This program only accepts children with a history of abuse or neglect, serious emotional and behavioral problems that constitute a danger to self and/or others, history of no response/poor response to treatment and children who have been sent out of

*(continued on page 4)*



## UPCOMING SPEAKERS

### June

Terri White, commissioner for the Oklahoma Department of Mental Health and Substance Abuse Services (ODMHSAS).

### July

Susan Esley, (ODMHSAS) will discuss Double Trouble in Recovery (DTR), a 12-step fellowship program designed for people with a psychiatric and substance disorder.

### August

Picnic Social.

## NEWS ITEMS

### Watch a Preview of the May 21st Depression Documentary on PBS Website

The PBS documentary *Depression: Out of the Shadows* will air on Wednesday, May 21, 2007 at 9:00 p.m. (Eastern) followed by a panel discussion with NAMI medical director Ken Duckworth to be moderated by broadcast journalist Jane Pauley. Watch a preview on the PBS "Take One Step" public health campaign website. NAMI is the national outreach partner for the program. Please share this information with affiliate members and publicize in your local community.

### Depression Stories Wanted

A national documentary series is looking for individuals willing to share personal stories about living with unipolar depression. Persons selected will be interviewed on camera, helping to distinguish clinical depression from everyday feelings of sadness, and reflecting on treatment and recovery. If interested, please send NAMI a few paragraphs (400 word limit) about your personal experience. Include name, age, location, and contact information. Basic questions to address include:

- What were your key experiences with major depression?
- What role has treatment played?
- What advice would you give others?

NAMI will not share names or contact information with the media without first contacting you for specific consent. We also cannot guarantee selection for an interview, but all responses will be considered. Send stories to Christine Armstrong at [christinea@nami.org](mailto:christinea@nami.org).

### New Research to Help People with Mental Disorders Quit Smoking



**Science Update: Released by the National Institute of Mental Health on April 4, 2008**

A new grant funded by NIMH will develop an intervention designed to help people with serious mental illness (SMI) quit smoking. The addiction is very common among people with SMI, and contributes significantly to deteriorating health and higher costs for care. But it is difficult to treat among people with SMI because they require a tailored approach that is incorporated into their existing mental health treatment.

Melanie Bennett, Ph.D., of the University of Maryland, Baltimore, will develop a smoking cessation treatment designed for use among people with SMI who are attending psychiatric rehabilitation programs. Such programs, which are focused on helping people with SMI improve their long-term health and overall recovery, are an ideal setting for this type of research because the people who attend them usually have stabilized their illness with treatment, and attend the program several times a week, according to Bennett.

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



May 17, 2008

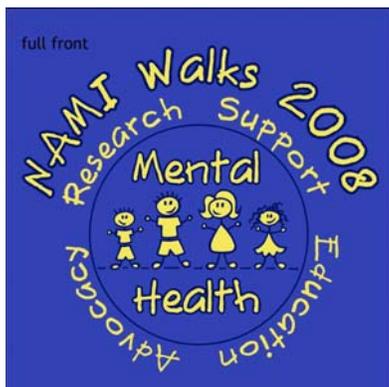
Regatta Park on the Oklahoma River,  
Oklahoma City, OK

For more information call the NAMI-Tulsa office, 918-587-6264

## JOIN THE TEAM

Consumers, family members, mental health professionals sign up today and become part of Team Nami-Tulsa for **NAMI WALKS 2008**.

This year we would like the local mental health community to come together as a block as we represent Tulsa to the rest of



Oklahoma. NAMI WALKS raises awareness of mental health issues and money to continue education classes and other services state-wide. The WALK always has a festive air and we look forward to a large group of us marching wearing our team colors.

As a Nami-Tulsa team member you will receive fund raising tips, a free team shirt which is displayed, and the satisfaction of supporting mental health education in Oklahoma. Every team member who raises \$100 also will receive a T-shirt from NAMI Oklahoma. Call to coordinate carpooling.

You can sign up online at:

[www.nami.org/namiwalks08/OKC/namitulsa](http://www.nami.org/namiwalks08/OKC/namitulsa) then follow the prompts to register and create your own web page, if you desire.

Anyone who would like to form their own WALK Team can go to [www.nami.org](http://www.nami.org), click on NAMIWALKS, click on OK on map and follow the prompts.

Don't have internet access? Call Pam Witte 493-6263 or Vi Gunnells 521-6424 or Nami Tulsa office 587-6264.

## EDUCATION

- Family-to-Family:** Classes to start in September
- Peer-to-Peer:** Class is designed for consumers presenting the materials to other consumers and is scheduled to be funded in the FY08/09
- Visions For Tomorrow:** For Parents or caregivers of children 18 or younger to include information related to school issues.

## PARENT'S CORNER

### Homework: The Stress of it All

Are you frustrated with the daily battles of getting your child to do his or her homework? Does your child conveniently forget assignments, leave homework at school or maybe state constantly about hating school? These are just a few of the issues facing parents of children with mental health issues and learning disabilities. Maybe your child has an undiagnosed learning disability leaving them feeling inadequate, frustrated and just plain miserable. This month's newsletter from Wrightslaw Special Ed Advocate gives valuable information and other relevant web sites on how to help your child with the stresses of homework, how to ask for an evaluation, and how to help your child help themselves. To find out more information, contact the Wrights Law web site, at [www.wrightslaw.com](http://www.wrightslaw.com).

### IEP's: Its that time of the year again to prepare for the fall classes



The information you are about to read is taken directly from the website of Pam and Pete Wright ([www.wrightslaw.com](http://www.wrightslaw.com)). They have an excellent newsletter that is packed full of information we need if dealing with IEP's (Individualized Education Plan) in the school system. After asking these questions listed below, they make the comment to not miss their special tip at the end of the newsletter. Sign up on [wrightslaw](http://www.wrightslaw.com) for their very informative newsletter.

- ▶ Do you understand what your role is at IEP meetings?
- ▶ Do you know how to request that an IEP be revised?
- ▶ Do you know that the IEP must include measurable goals?
- ▶ Do you know that the school must provide you with progress reports on a regular basis?
- ▶ Do you know the required members of your child's IEP team?
- ▶ Do you know who may be excused from IEP meetings, when, how?
- ▶ Are there circumstances when a child's IEP may be changed without convening an IEP meeting?
- ▶ Does the IEP team have to address a child's behavioral needs in the IEP?

-Rose Weller & Vi Gunnells

### Book Review:

### *Leaving the House of Tears:* A Memoir by Marten Griego

Published by  
Future Destination Publishing, 2006

In March 2008, a group from Oklahoma attended the 2008 American College of Mental Health Administration Summit in Santa Fe, New Mexico. While waiting for one of their group to arrive, they discovered a quaint bookstore and visited with Marten Griego, who was store-sitting for the owner of the bookstore, about his memoir.

This is quite a book! After deciding he needed to learn to read and write, the author was challenged in his fifties, by a volunteer from a literacy organization, to learn grammar by writing his own memoir about his life.

(Continued on page 4)



*(Book Review-Continued from page 3)*

Marten Griego takes the reader on a trip through his life, beginning with growing up in the home of a grandmother who suffered from an undiagnosed mental illness. Her illness did not get diagnosed and treated until she was court-ordered to a nursing home in her eighties. Not until the last three months of his grandmother's life did Marten get relief from her influences on his life.

Unfortunately, it was not until this time that Marten begin to understand his own life and take a stand to rid himself of the negative influences he had lived with and which had affected his life.

Marten was adopted by his grandparents because his mother was not able to care for him. After the death of his beloved grandfather, when he was eleven years old, alcohol and playing in a band consumed his life. He also became a constant caretaker to his grandmother when she was ill or in the depths of depression.

Marten also writes about his hospitalizations and his own diagnosis of manic-depression. He describes his attempts to adhere to prescribed medications and how self-medicating won out.

School was not a priority for Marten so he never successfully learned to read or write until he was challenged by Gordon Suite, his tutor, to write his memoir.

- Vi Gunnells



*(Didactic-Continued from page 1)*

state for treatment. Parental involvement is critical and if the parents are unwilling or unable to be involved, the child will not be accepted.

The Riverside ACE Program involves PLACE (playful - loving - accepting - curious - empathetic) and PACE (playful - accepting - curious - empathetic) treatment styles. The direct care staff is the key to success in this program. Past issues are dealt with in therapy and present issues are dealt with on the ward. The stages of treatment are: 1) Trust of Care, learning about the child, dependency on healthy caregiver; 2) Trust of Control, changing the child, nurturing discipline and control and 3) Trust of Self, reintegration into the family, with responsibility given back to the child. The program also involves speech and language development, social integration and motor skills development through sports, physical therapy and occupational therapy.

▶ "If one does not understand a person, one tends to regard him as a fool."- C. G. Jung.

▶ "If you don't ask the right questions, you don't get the right answers. A question asked in the right way often points to its own answer. Asking questions is the ABC of diagnosis. Only the inquiring mind solves problems." - Edward Hodnett.

▶ "... as we know, there are knowns; there are things we know we know. We also know there are known unknowns; that is to say we know that there are some things we do not know. But there are also unknown unknowns -- the ones we don't know we don't know."- Donald Rumsfeld.

▶ "Healing is a matter of time, but it is also a matter of opportunity"- Hippocrates.

-Janet Dean



## Report Studies

### Mental Illness In War Veterans

(Based on a release by Pauline Jelinek, Associated Press Writer)

A report released on April 17, 2008, concludes that approximately 20% of our troops suffer mental problems as a result of service in Iraq and Afghanistan. The report, titled "Invisible Wounds of War: Psychological and Cognitive Injuries, Their Consequences and Services to Assist Recovery," was sponsored by a grant from the California Community Foundation and was done by researchers from the Rand Corporation, National Security Research Division. This first large- scale private assessment of its kind is based on a survey of 1,965 service members from all branches of the armed forces, both those still in military service as well as veterans who have completed their service.

Results of the study appear to be consistent with mental health reports from within the government, but the Defense Department has not released the number of people it has diagnosed or who are being treated for mental problems. The lack of information from the Pentagon was cited as one motivation for the Rand study. The Defense Department covers active duty and reservist needs, and the Department of Veterans Affairs is responsible for veterans after they leave active military service.

Pentagon data show that more than 1.6 million have deployed to the two wars, and by extrapolating their data, the researchers calculate that about 300,000 are suffering mental health problems, and only about half of those have sought treatment. The most recent Army survey found that 18.2 percent of its soldiers suffered mental health problems such as depression, anxiety or acute stress in 2007 compared with 20.5 percent in 2006. The Department of Veterans Affairs said this month that its records show that about 120,000 who are no longer in military service have been diagnosed with mental health problems including about 60,000 suffering from post-traumatic stress, with depression running a close second. Rates of post-traumatic stress and major depression were highest among women and reservists.

The Rand study will help defense officials to improve best practices for treatment and prevention programs. In the military culture, many troops are afraid or embarrassed to get mental health treatment, because they fear that seeking care might damage their careers. But an army survey found that the stigma associated with getting help has been slowly decreasing in recent years.

Terri Tanielian, the Rand project's co-leader said, "There is a major health crisis facing those men and women who have served our nation in Iraq and Afghanistan. Unless they receive appropriate and effective care for these mental health conditions, there will be long-term consequences for them and for the nation." Col. Loree Sutton who heads a new Pentagon center on brain injury says that officials are working to add thousands of mental health professionals to help the uniformed psychiatrists, psychologists and others to meet the wartime demands of troops and their families. Officials at Veterans Affairs say that department has added some 3,800 professionals in the past couple of years.

-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: \_\_\_\_\_  
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 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: \_\_\_\_\_



*(Quit Smoking-continued from page 2)*

The intervention will include group sessions with trained therapists to motivate participants and teach them coping skills, provide education about the negative health effects of smoking, and help prevent relapse. Some participants may also receive bupropion—an antidepressant that is also used to help smokers quit—or a nicotine replacement therapy that is integrated into their existing psychiatric treatments. The program will be pilot-tested in a small randomized trial. Bennett will measure the program's effects at the end of the treatment and three months later, to determine the rates at which participants were able to quit smoking, the number of times they attempted to quit, and rates at which smoking was reduced.

This article is for information only and is on the website of the National Institute of Mental Illness (NIMH). <http://www.nimh.nih.gov/science-news/2008/new-research-to-help-people-with-mental-disorders-quit-smoking.shtml>

*(Continued from April 2008 newsletter...)*

### Trivia information from the National Resource Center on Psychiatric Advance Directive (NRC-PAD)

<http://www.nrc-pad.org/content/view/348/80/>

2. Can I write advance instructions regarding psychiatric medications and/or hospitalization?  
 Yes. You may use your declaration to express any and all wishes you have about medications and electroconvulsive therapy (ECT), including refusals of either. You may also consent to future treatment in a psychiatric facility for a period of up to 28 days.
3. Does anyone have to approve my advance instructions at the time I make them?  
 No. However, your document must be signed by two adult witnesses.

**NAMI-TULSA WEBSITE**  
<http://tulsa.nami.org>

NAMI Tulsa  
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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 — NOTE CHANGE:** Meets 4th Monday 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 Group** — 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](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.

## 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.