



Tulsa Alliance News

NAMI-Tulsa (formerly TAMI) is affiliated with The National Alliance on Mental Illness (NAMI) and NAMI-Oklahoma
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The Grassroots Voice on Mental Illness

November 2007

NAMI Oklahoma presented "Discover the Power of One" in a state video conference across the state to include several affiliates. Those affiliates represented were: Washington, North Central Stillwater, Metro, Pontotoc, Tulsa, Kay, and South Oklahoma County NAMI's. Guest speakers who had significant influences at the beginning for NAMI Oklahoma were: Ruth Daubenspeck, Carol Hetherington, Pat Schmieding, and our own, Oscar Kastner. Oscar spoke of mental health advocacy here in Oklahoma for the past 20 years. We also had the opportunity to hear from Katrina Forrest, NAMI Oklahoma's new Executive Director. We look forward to working with her. Now, on to the history of NAMI in Oklahoma.

TWENTY YEARS OF MENTAL HEALTH ADVOCACY IN OKLAHOMA

The first thing that we did was to establish a monthly newsletter, to advise our members and other readers about the newest and best practices in medicine, therapy, education, advocacy, and support. In those days, we weren't talking of recovery, but of course that was in the backs of our minds as a driving force. NAMI National published a Survey of State Services in 1990, and NAMI Oklahoma participated in gathering information for our state.

In the early 90's, Oklahoma lost a well-qualified Commissioner of the Department of Mental Health, and a state legislator who failed to be reelected was made Commissioner. He had a degree in Social Work, and understood substance abuse, but he didn't know anything about mental health, and so he got the name of the Department of Mental Health changed to the Department of Mental Health and Substance Abuse Services. NAMI worked closely with the Board of the Oklahoma Department of Mental Health and Substance Abuse Services to terminate that Commissioner and replace him with Commissioner Sharron Boehler. The Oklahoma legislature raised false issues against Commissioner Boehler and caused her resignation. But after that, for several years, we were fortunate to have Dr. Terry Cline as

November Meeting

Date: Thursday, November 8, 2007

Time: 7:00 p.m.

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

Family and Children's Services has a jail based, jail diversion program for mentally ill, non-violent offenders. Two case managers are located in the David L. Moss Criminal Justice Center and provide assessment, advocacy and referral services to this group of inmates.

Case managers Amy Langley and Wayne Slaven along with Program Director Greer Fites, will be present to tell about the program, it's abilities and limitations.

Commissioner. During the past 20 years, NAMI members have frequently attended meetings of the state Board of the Department of Mental Health and Substance Abuse Services to let our concerns be known.

An early concern in Tulsa was the transporting of patients from Eastern State Hospital to the Tulsa County Courthouse for mental health evaluations and hearings. We visited the Oklahoma City Crisis Center, and found that judges came to the crisis center to conduct court hearings there, so that patients did not have to be transported to a courtroom in shackles for hearings. NAMI-Tulsa arranged for a Town Hall meeting, and invited Judges, District Attorney, Public Defender, and others to attend and discuss how mental health hearings in Tulsa could be held at our Crisis Center instead of at the courthouse. The public officials all told us how busy they were and that they did not have time to hold hearings at the Crisis Center. But with the assistance of the Mental Health Association in Tulsa, judges were invited to go to Oklahoma City to see how the system worked there. Don Bowen, who was then Director of the Oklahoma City Crisis Center was very helpful to us in that situation.

Because police SWAT teams had used excessive force in

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HOLIDAY GIFT GIVING

Our tradition each year is to invite everyone to donate a gift at our Christmas Celebration for a patient that is a shut-in during the holidays.

Suggested Clothing Items are: Stocking caps, gloves or mittens, scarves, long sleeve t-shirts, sweat-shirts, sweatpants & heavy socks.

Basic Toiletries: Toothbrushes, toothpaste, deodorants, liquid soap (plastic containers) or bars of soap, lotions, men's aftershave, women's cologne, and mouthwash in plastic containers.

If you can not make it to the Christmas Celebration but still want to donate, the items can be brought by the office and your gifts will be distributed.



BEAT THE HOLIDAY SHOPPING CROWD

Promenade Mall will again host a *"Magical Night of Giving"* on Sunday, November 11th, from 6:30-10:00PM

The mall will be closed to the public and ticket holders can shop special store discounts, enjoy holiday entertainment, free gift wrapping, and door prizes all in a festive, relaxed setting. **Tickets are only \$5.** They may be purchased at NAMI's general meeting on November 8th, from any NAMI board member, or at the NAMI office. All ticket money goes directly to benefit NAMI-Tulsa.

THE REASON FOR ESTABLISHING A MENTAL HEALTH COURT

Three rationales underlie the therapeutic court approach: (1) to protect public safety by addressing the underlying mental illness that contributed to the criminal act, thereby reducing recidivism, (2) breaking the cycle of repeated contact with the criminal justice system, beginning with the development of a streamlined service delivery system that provides access to community-based services and supports and (3) to provide effective treatment options instead of the usual criminal sanctions for offenders with mental illnesses.

The goals of the Mental Health Court are:

- More Effective Use of Criminal Justice Resources
- Increased Public Safety
- Better Quality of Life For People With Mental Illness
- Decreased Expenditures

In the next Tulsa Alliance, we will give more information on the screening procedure for acceptance into the program and the Court supervised follow-up.

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Office: 918-587-6264

Board Members

- President.....Ellen Harris
- President Elect.....Deborah Hunter
- Secretary.....Carolyn Stueve-Martin
- Treasurer.....Pam Witte
- Member at Large.....Mary Ellen Jones
- Past President.....Vi Gunnells

- Leanne Campbell
- Ellen LaGrone
- Joanne Colbert
- Melonie Dauben
- Jimmie Davis
- Gloria Dialectic
- John Hair
- Oscar Kastner
- Kevin Lee
- Leta Lofton
- Wilfred Thoman
- John Thompson
- Dianna Williamson

- Newsletter Editor, Acting.....Vi Gunnells
- Office ManagerJudy Smith

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



UPCOMING PROGRAM SPEAKERS

December 13 — Christmas Party– Potluck.

January 10, 2008 — Laura Schiewe and Rose Ewing from the Tulsa County Mental Health Court will cover what the court provides, the goals of the Court and how the needs of “hard to serve” individuals will benefit from the “structure and expectations of the Mental Health Treatment Court.”

2008 NAMI-Tulsa Board Nominees

The following nominees have agreed to serve on the NAMI-Tulsa Board of Directors for a three-year term beginning January 2008. The election will be held at the Annual Meeting on November 8, 2007.

Pam Flindt is employed as a Recovery Support Specialist at TCBH. She is also a facilitator for the NAMI Peer-to-Peer Program and a member of the Oklahoma Mental Health Consumer Council.

Ken Gunnells is a Credentialed Recovery Support Specialist working for Family & Children’s Services. He has been a NAMI member for 7 years, is a facilitator of the Visions for Tomorrow, Peer to Peer, and Family to Family Education programs, and is a Teacher Trainer for the Family to Family Program. Ken is also the Secretary for the NAMI-OK Board.

Deborah Hunter has been an active mental health advocate for many years. She currently serves on the Mental Health Association of Tulsa board, the T K Wolfe board, and the OK Mental Health Planning and Advisory Council. Deborah is completing her first term on the NAMI-Tulsa board and is nominated for a second term.

Oscar Kastner is a long-time advocate and NAMI leader. He has served NAMI in numerous capacities over the years, including several terms as President. He is being nominated for a second three-year term

Ellen LaGrone is a long-time advocate and member of NAMI-Tulsa. She has worked as office manager for the Tulsa office and has served on the NAMI-Tulsa board

for the past three years. Ellen is nominated for a second term.

Irvin Mann has worked in the mental health field for the past 18 years as an inpatient psychiatric clinician in a hospital setting and as an outpatient counselor for adult and adolescent substance abuse (including children in foster care). Irvin is currently employed as an intake triage specialist for Tulsa Center for Behavioral Health (TCBH) in the Crisis Unit.

Pedro Mari is currently involved in the mental health field as a program staff member at Crossroads Clubhouse. During college, he worked as a peer support counselor in the multicultural affairs office. At Crossroads, Pedro develops bonds with clubhouse members and offers advice and support for any situation or need that they have.

Carolyn Stueve-Martin is a Licensed Professional Counselor. She worked in the mental health field in Tulsa for many years. She has been a NAMI-Tulsa board member for 3 years and is currently serving as Secretary. Carolyn is being nominated for a second term

Geri Walters is working as a Certified Recovery Support Specialist at ACT in the Psychosocial Rehabilitation program. In 2004, she received the Kathy Zarrow Outstanding Consumer award. Geri is currently attending Tulsa Community College in pursuit of a BA in Mental Health.

Rose Weller and her husband are parents of a minor child who is diagnosed with early onset bipolar disorder. She states that she has spent a great deal of time advocating for her daughter and that NAMI has been one of the best sources of help that she has found. Rose does volunteer work in the NAMI-Tulsa office and would like to do more to help fight stigma and educate others. She also participated in MHAT’s Third Annual Legislative Listening Forum.

Diane Williamson is a licensed psychologist who has worked in the mental health field for many years. She has served on the NAMI-Tulsa board for the past 3 years and is being nominated for a second term.



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handling mentally ill people, we advocated for a Mobile Outreach Crisis Service in Tulsa, and the MOCS team at Parkside Hospital was the result. In that situation, we had good cooperation from the Mental Health Association in Tulsa and from Parkside.

Tulsa NAMI members served on the Consumer and Family Advisory Council at Eastern State Hospital, and conducted quarterly monitoring of wards at the hospital. When two other community mental health centers in Tulsa merged with Parkside, a grievance process was established, in which NAMI Tulsa members met monthly with the Parkside Executive Director to discuss problems and solutions. We also attended Board Meetings at Parkside and at Associated Centers for Therapy.

In 1993, Oklahoma became one of the early participants in the Journey of Hope programs. NAMI Oklahoma invited Dr. Joyce Burland and Donna Mayeux, authors of the Journey of Hope education course and the Journey of Hope Support Group programs to come to Tulsa and train teachers and support group leaders. The need was so great that about eight Journey of Hope classes were begun simultaneously in Tulsa, Oklahoma City, and other areas of the state, followed by enlisting graduates of the course to join support groups. The educational course also resulted in graduates joining NAMI and becoming advocates. Later, NAMI took over the education and support group programs and renamed them "Family-to-Family." The Oklahoma Department of Mental Health and Substance Abuse Services funds these programs through NAMI Oklahoma, but teachers and support group facilitators are NAMI volunteers, and there is no cost to participants.

NAMI members visited the Oklahoma State Legislature to advocate for insurance parity for mental illness coverage, as compared with other physical illnesses. Mental illness was promoted as a physical disorder of the brain. We also attended sessions of the State Legislature in the galleries, where we heard one state Representative ask "Why should we give insurance coverage to people who have brought their mental illnesses on themselves by their lifestyles." Combating this kind of ignorance has been a major project of NAMI advocacy.

NAMI Oklahoma members visited Oklahoma prisons to advocate for proper mental health care for people in our state jails and prisons.

NAMI-Tulsa members established a Fountain House model freestanding clubhouse (Crossroads, Inc.) in Tulsa by means of private contributions, later supplemented by

United Way funds and other funding.

We have always advocated for mental health care in the communities rather than in remote state mental hospitals. But when Eastern State Hospital was closed, we advocated for community services to be established before the hospital was closed. This was not done, resulting in severe overloading of Parkside Hospital in Tulsa. NAMI-Tulsa members were asked by the Oklahoma Department of Mental Health and Substance Abuse Services to participate in an audit of Parkside facilities and services. When Parkside and the Department failed to reach a contract agreement, Family and Children's Services of Tulsa became a new contractor to the Department.

NAMI National began to promote the Program of Assertive Community Treatment (PACT) in every state by the year 2002. The Oklahoma Department of Mental Health and Substance Abuse Services asked NAMI Oklahoma to help in bringing this program to our state. It took about a year of advocacy with the state legislature to get a pittance budgetary allocation to start the program. NAMI Oklahoma advocated for the availability of PACT teams in every part of the state. The Department made adjustments in its budget so that it was possible to start a team in Oklahoma City as well as one in Tulsa. NAMI promoted the PACT program as cost effective, and estimated that about 31 teams would be necessary for eventual complete coverage of the entire state with PACT services. The Department has been a strong supporter of the PACT program, and has been successful in getting additional money from the legislature for its funding. We now have at least 14 PACT teams in the state and are well on the way to full coverage according to plan.

As a result of NAMI advocacy, mental health services in Oklahoma are being oriented toward recovery, and best practices. Ongoing advocacy is directed to the establishment of mental health courts, jail diversion, and establishment of Assisted Outpatient Treatment (AOT), with involuntary treatment where necessary, similar to the model Kendra's Law in New York State, and as promoted by the Treatment Advocacy Center in Arlington, Virginia.

The need for advocacy which was caused by ignorance, poor services, and trauma 20 years ago is not nearly so great now, but by sharing their personal experiences, NAMI members are still working to make mental health care in Oklahoma as good as it is anywhere else in the world.

- 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 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)
- Local Advocacy
- Newsletter
- Hospitality
- Fund-Raising
- Office Volunteer
- Other: _____
- Anti-Stigma Efforts
- Program Committee
- Children/Adolescent Network
- Family-to-Family Teacher
- Family-to-Family Course Participant
- 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
- 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
- Parent of Child Under 18
- Offspring/Adult Child
- Friend
- Other: _____
- Consumer
- Sibling
- Spouse
- Professional

Ethnicity:

- White
- African American
- Other: _____
- Hispanic
- Asian
- Native American



FAMILY-TO-FAMILY TRAINED TEACHERS

Northeastern Oklahoma gained eight newly trained Family-to-Family Facilitators/Teachers and they are ready to teach a class. They dedicated their Friday, Saturday and Sunday for this training to be facilitators so they can help

other families in their communities. Ken and Vi Gunnells, Family-to-Family Teacher Trainers, extend their congratulations to the graduates on their new roll as Facilitators/Teachers of the Family-to-Family Program.

Those completing the 22 hours of training during the weekend from October 19-21st were: Jean and Tom Coll of Sapulpa; Carla Murphy and Dan Howard of Muskogee; Garnet Baker, William (Bill) Clark, Melonnie Dauben, and Leta Lofton of Tulsa.



NAMI-Tulsa extends a "Thank You" to the Mental Health Association of Tulsa for allowing us to use their building for this weekend training.

Also, a special thanks to Judy Smith for making sure we were fed and to her helpers, Mary Ellen Jones and Gloria Dialectic.

NAMI Tulsa
700 S. Boston, Suite 219
TULSA OK 74119

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NAMI'S FAMILY-TO-FAMILY SUPPORT GROUPS

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. This is a support group for family members and other caregivers. It is not a therapy group. 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 Support Group - Hardesty Library -7 p.m. Meets the 2nd Monday in the Ash Room & the 4th Monday at 6:30 p.m. for dinner at Johnnie's Grill. Call Vi at (918) 521-6424.

OTHER ADULT MEETINGS

Asbury United Methodist Church Support Groups: No meetings scheduled for November nor December 2007.

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.

Bipolar/Depression Bible Study Support Group - Call Pastor Tim Reside 744-5761 for information and address.

Postpartum Depression Support Group First 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.

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.