



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: <http://tulsa.nami.org>



Telephone: 918-587-6264

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The Grassroots Voice on Mental Illness

November 2009

Report

NAMI National Conference 2009

This year's NAMI National Convention was held July 6th through the 9th in San Francisco, California. San Francisco is a beautiful and friendly city with a lot to see and do. It is home to the Golden Gate Bridge as well as Alcatraz Island, and of course the famous trolley cars.

The NAMI National Convention was visited by NAMI members from all over the country including Alaska and Hawaii. The convention was extremely well organized and there were a great many programs to attend. In fact, I had a hard time choosing which ones

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Book Review

Souls in the Hands of a Tender God

by Craig Rennebohm

Beacon Press, Boston, (2008)

This book is a record of the personal experiences of the author, a United Church of Christ minister, in his own depression, recovery, and subsequent ministry to mentally ill street people in Seattle, Washington. He has been careful to build relationships which help him to lead those people into rehabilitative care and treatment.

As he examines the nature and work of the Spirit in human life, Mr. Rennebohm says, "It is only within a rich and supportive environment composed of our relationships with others and with God, that life is possible." He says, "Science and medicine can teach us

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November Meeting

Date: Thursday, November 12, 2009

Time: 7:00 p.m.

Place: Fellowship Congregational Church
2900 South Harvard

Speaker: Jinneh Dyson is the Interim Executive Director of the National Alliance on Mental Illness-Oklahoma.

Ms. Dyson received a Bachelor's degree in Human Development and Family Science from The University of Texas, a Master's degree in Human Services from Capella University, and is currently pursuing a doctoral degree in Management of Non-Profit Organizations at Capella University. Ms. Dyson has been actively involved in the mental health community for over seven years working in juvenile probation, therapeutic foster care, and child welfare.

In 2003, Ms. Dyson received a distinguished honor from Texas Governor Rick Perry for her commitment and loyalty to public service. She currently serves on the Oklahoma Department of Mental Health State Behavioral Advisory Team, Oklahoma Governor's Transformation Advisory Board, Oklahoma Health Care Authority Advisory Committee, Central Oklahoma Workforce Investment Board Committee, NAMI National Multi-Cultural Action Committee, and is a member of the Oklahoma Coalition of Advocates.

Light refreshments will be served.

Board Nominations for the Year 2010

The Nominating Committee submits the following slate of nominees for three-year terms on the NAMI-Tulsa Board of Directors: Melonnie Dauben, Jimmy Davis, Pam Witte. All three nominees have been active NAMI-Tulsa members and volunteers for many years. They have all served previous terms on the Board and have continued to help with committee work and other volunteer activities after their Board terms expired. NAMI-Tulsa is fortunate to have such dedicated individuals who are willing to serve once again on the Board if elected.

Mary Ellen Jones
Nominating Committee Chair

NAMI-Tulsa T-shirts Are Here!

These beautiful blue t-shirts with gold lettering are a wonderful way to support NAMI's endeavor to make the public aware of mental illness issues. The proceeds go toward NAMI's continuing education programs such as Family-To-Family, In Our own Voice, and the brand new Basics program.

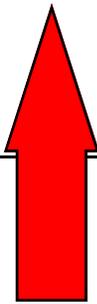
The t-shirts are only \$10.00 and are available at the NAMI-Tulsa office located at 700 S. Boston, Suite 219 and also at the monthly meetings held the second Thursday of each month at the Fellowship Congregational Church, 2900 S. Harvard.

These shirts are a fantastic way to support your local NAMI. Get yours before they are gone!



Are you up-to-date on your dues?

Check the date on your mailing label of your news-
letter.

Joe & Jane Doe 1234 No Where Lane Your City, Your State Zip	09-01-2009 
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If it is not up-to-date, please send
your dues with the back page
of this newsletter to:

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

Tulsa Alliance News

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

Board Members

President: Leta Lofton	
President-Elect: Ken Gunnells	
Treasurer: Ellen Harris	
Secretary: Ellen LaGrone	
Past President: Mary Ellen Jones	
Member at Large: Vi Gunnells	
Gloria Dialectic	Brian Marcum
Pam Flindt	Pedro Mari
Joyce Hill	Cassie Place
Deborah Hunter	Eric Ross
Oscar Kastner	John Thompson
Mindy Littlefield	Diane Williamson
Irvin Mann	

Newsletter Editor: Vi Gunnells
Office Manager: Rose Weller

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 <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

HOLIDAY PARTY

December 10, 2009

The traditional NAMI-Tulsa Holiday Party will be held on
Thursday, December 10th, 2009, at 7:00 p.m. at the Fellowship
Congregational Church. The church is located at 2900 S. Har-
vard Ave. We will meet in the same room where we have our
meetings.

What to bring:

Food: In potluck style, each person is invited to bring an item of
finger food for the evening such as sandwiches, veggies, chips,
dip, desserts, etc. Please mark your own serving dishes with
your name so you can pick them up at the end of the evening.
Drinks and eating utensils including plates, napkins, and cups
will be provided by NAMI-Tulsa.

Gifts for Shut-In Patients:

In keeping with our holiday tradition, you are invited to bring a
gift for a patient at Tulsa Center Behavioral Health (TCBH) or
Parkside.

Suggested Items:

Stocking caps, gloves or mittens, scarves, long sleeve t-shirts,
sweatshirts, sweatpants and heavy socks.

Basic Toiletries:

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

A program of music and entertainment is being planned by the
Program Committee.

We hope everyone will join us for an enjoyable evening. Please
feel free to invite a friend and/or family member to come along
with you.

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

Any questions? Call Rose at the NAMI-Tulsa office, 587-6264.

***NOTE: A Family-to-Family class coordinating
with the Veterans Administration is scheduled
for January 2010.***

***Call the NAMI-Tulsa office (918-587-6424)
for more information.***



SAVE THE DATE!!!! ★

Achieving Wellness Through Community

Mark your calendars for the upcoming coalition of Advocates Joint Conference.

When: March 4-5, 2010

Where: National Center for Employee Development,
2801 E State Highway 9,
Norman, OK 73071

Watch for more details soon!!!

For more information contact the NAMI Oklahoma State Office, 405-230-1900 or namiok@coxinet.net.

A Wrightslaw

Special Education Law & Advocacy Training With Pete Wright, Esq.

December 3, 2009 8AM--4:30PM

Nigh University Center, Constitution Hall

University of Central Oklahoma, Edmond, OK

Meeting the needs of families, educators, students, advocates, social workers, attorneys, related services providers, school psychologists, administrators, and employees of district and state departments of education. Wrightslaw programs are not disability specific.

This one-day special education law and advocacy training focuses on four areas:

- * Special Education Law, Rights and Responsibilities
- * Tests and Measurements To Determine Progress And Regression
- * Smart IEPs
- * Introduction to Tactics and Strategies for Effective Advocacy

Cost: \$25 per person for parents and students

\$40 per couple or family members (includes one set of books per couple)

\$50 for professionals (educators, social workers, health care providers, etc.) CEU and CLE credit available. Please inquire in advance.

Fees include following books: Special Education Law, 2nd Edition & From Emotions to Advocacy, 2nd Edition

Presenter: Pete Wright is an Adjunct Professor of Law at the William and Mary Law School, teaching special education law and advocacy and assisting with the Law School's Special Education Law Clinic. Pete and his wife Pam are the founders of Wrightslaw, the #1 ranked Web site about education law, special education law, and special education advocacy. They are the authors of numerous books and publications on these subjects. (www.wrightslaw.com)

Sponsored by Oklahoma Disability Law Center, Inc.
a system of protection and advocacy



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. Classes include:

- Introduction - it's not your fault; mental illnesses are brain disorders
- The biology of mental illness; getting an accurate diagnosis
- Treatment works - an overview of treatment options
- Tools for the toolbox - communication skills, problem solving, crisis preparation and response, handling challenging behavior, relapse planning, and impact on family members
- Recordkeeping and the systems your child is involved in (school, juvenile justice, mental health)
- Survivor stories, review, wrap-up
- Supplemental modules will be added, such as: advocacy, transition issues, and more on school issues

Date, time and location will be announced at a later date.

Pre-registration is required, as class sizes are limited.

Contact the NAMI-Tulsa office at
918-587-6264.





(Book Report—Continued from page 1)

about the patterns and processes of our existence. But to speak of the whole of our lives and the deep, particular truths that we each embody, we must draw upon the wisdom of faith, the language and art of the Spirit, and our experience as souls.”

One chapter in the book discusses the author’s visit to Geel, Belgium, in 1992, to study how mental illness is handled there. For more than 700 years families in Geel have invited a person who has a mental illness to live with them in their homes, where they are treated like family members. They share in family activities and household responsibilities. The town of Geel is divided into five districts, each of which has a mental hospital for inpatient care when needed, and a team of mental health professionals, who include the whole family in treatment planning, and not just the person who is ill.

A concluding chapter is entitled “Words Are Medicine Too,” in which Mr. Rennebohm tells how he is able to develop the trust of a hungry, frightened, or delusional person, and help that person to find a place to live, healthy food, and rehabilitative care. He uses a careful selection of dialogue based on empathy and shared humanity. The book openly discusses the importance of including the spiritual nature of humanity in the healing process.

- Reviewed by Oscar Kastner

A copy has been purchased for the NAMI-Tulsa library.

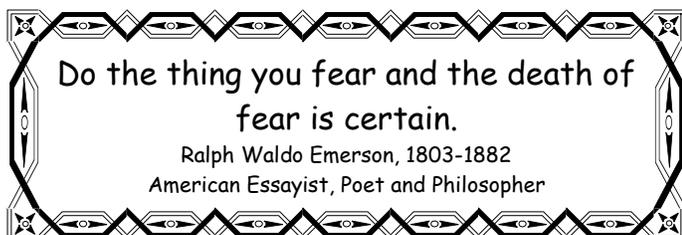
(NAMI Convention—Continued from page 1)

to go to. One of the best things about being able to attend this convention was being informed of all the new programs that are being implemented and how excited everyone is with the direction NAMI is going. One of the best programs I attended was Shut Up About Your Perfect Kid! The Movement of Imperfection (www.shutupaboutyourperfectkid.com) presented by Gina Gallager and Patricia Konjoinan. The two sisters both have children with mental health issues. This program was brutally honest and had me both laughing and crying.

If I had to pick a favorite program, it would have to be the screening of the movie, “The Soloist,” starring Jaime Foxx and Robert Downey, Jr. This movie, written by Steve Lopez and a true story, was a heartfelt account of the friendship between a homeless man with a mental illness, who plays the violin and cello, and a journalist who at first was only interested in a story. The most special event occurred when Steve Lopez, Nathaniel Ayers, and Ayers sister, Jennifer Ayers Moore attended the movie screening and Nathaniel Ayers played his violin. I don’t believe there was a dry eye in the whole place.

Next year, NAMI National Convention will be held in Washington, D.C June 30-July 4. This event promises to be just as wonderful as this year’s, so mark your calendar now!

By Rose Weller



EDUCATION PROGRAM

for family members of close relatives with

Bipolar Disorder
(Also called Manic Depression)
Major Depression
Borderline Personality Disorder
Schizophrenia and Schizoaffective Disorder
Panic Disorder
Obsessive Compulsive Disorder
Co-occurring Brain Disorders and
Addictive Disorders

A series of 12 weekly classes structured to help family members understand and support their ill relative while maintaining their own well being. The course is taught by a team of trained volunteer family members who know what it’s like to have a loved one with a serious mental illness in the family. There is **no cost** to participate in the NAMI Family-to-Family Education Program. Over 100,000 family members in the U.S. and Canada have completed this course. We think you will be pleased by how much assistance the program offers. We invite you to call for more information.

Date, Time & Place to be announced

To register call with the following information: Your name, address, phone number, e-mail address (if available), and the family member with a mental illness (i.e., your son, sister, wife, father, good friend).

NAMI-Tulsa: Phone 587-6264
(Office hours: 10:00 a.m. – 2:00 p.m.)

If your family member is a child or adolescent, ask for information about NAMI’s *Basics* course.

Registration required
Classes limited to 20 persons

For family members only

This NAMI Family-to-Family Education Program is sponsored by NAMI-Tulsa, NAMI Oklahoma, and funded in part by the Oklahoma Department of Mental Health and Substance Abuse Services.

NOTE: A Family-to-Family class coordinating with the Veterans Administration is scheduled to start in January 2010.



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
 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: _____

Books Added to the NAMI-Tulsa Library

The Seven Daughters of Eve, by Bryan Sykes, W. W. Norton & Co., New York, London, (2001). This book reports on the science that reveals our genetic ancestry, and shows that DNA studies can show a continuous line of descent for people living today from one of seven primeval women.

The Talent Code, by Daniel Coyle, Bantam Books, (2009). This book is a study of how greatness isn't born, it's grown—by hard work and practice. The author says that recent scientific studies show that repeated practice of any action of art or skill causes layers of myelin to be wrapped on the dendrites of brain cells, to reinforce that action, which helps to build talent.

When you get into a tight place and everything goes against you, till it seems as though you could not hang on a minute longer, never give up then, for that is just the place and time that the tide will turn.

*Harriet Beecher Stowe, 1811-1896
American Author and Social Reformer*

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Membership paid?

LABEL GOES HERE

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.

NAMI Connections Support Group — Meets every Thursday afternoon from 1:30-3:00 p.m. at Whiteside Community Center. For information, call Martha at 607-3104.

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.

NAMI Connections Support Group — Meets every Thursday at 3 p.m. on the 5th floor of Family & Children's Services, 2325 S. Harvard.

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 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 — 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

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.

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.