



# 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

Volume XXIII Number VV

The Grassroots Voice on Mental Illness

October 2008

## Parents, Family Members & Friends of those with a mental illness, I NEED YOUR HELP!

Some years ago the National Alliance on Mental Illness (NAMI) created a unique, experiential learning program for people with any serious mental illness to help them establish and maintain their wellness and recovery called Peer-to-Peer.

You may be familiar with and may have taken the NAMI Family-to-Family course; but, Peer-to-Peer is for the patient/consumer themselves. Peer-to-Peer was offered in 2007 in the Tulsa area when NAMI made grants available to cover the expenses, but because of lack of funding, it has not been offered since.

I believe we, as parents, family members and interested persons CAN MAKE IT HAPPEN. To this end I personally PLEDGE \$500.00 toward making it happen because I have a son that I feel could benefit from it.

Do you know someone who could benefit from it?

Peer-to-Peer uses a combination of lecture, interactive exercises and structured group processes, as well as the diverse experience of course participants. The commitment is two hours per week for nine weeks. It is essential that you attend all nine classes because each class builds on the prior class.

Course topics include:

- Stigma and Mental Illness, Discrimination
- Taking Care of Yourself Emotionally, Physically and Spiritually
- Medication, Coping Strategies, Empowerment, Advocacy
- Relationships, Story Telling
- Creating a Relapse Prevention Plan and an Advance Directive.

We NEED about \$1,500.00 to hold the course depending on how many clients enroll. Each participant receives a FREE notebook of information which costs about \$50 apiece and then about \$50 of miscellaneous supplies for the class.

The two individuals who taught the class before have agreed to teach the class again. Ken Gunnells will be coordinating and will probably start this class in January, to last 9 weeks, and possibly on Saturday mornings.

I will see that the necessary notebooks are put together. Maybe someone wants to help with that?

## October Meeting

**Date:** Thursday, October 9, 2008

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

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

**SPEAKER:** Gregory A. Shinn, MSW, Associate Director, Mental Health Association in Tulsa (MHAT)

Mr. Shinn will be the guest speaker on October 9th at 7 p.m. His topic will be *Building Tulsa Building Lives: Tulsa's Plan to End Chronic Homelessness*. Mr. Shinn will discuss the Mental Health Association in Tulsa's role in developing affordable housing across our community. The plan emphasizes developing safe; affordable housing that can be easily accessed by formerly homeless families and individuals with serious mental illnesses and co-occurring disorders. The emphasis is on community reintegration and a high quality of life free from the stigma often associated with serious mental illness. Mr. Shinn will present a short film, provide additional information and take your questions.

Light refreshments will be served.

## WE NEED...

- more money - about \$1,000 more---
- 12-15 clients who wish to commit to taking the course (names, addresses, and phone numbers )
- a committed, comfortable place to hold the 9 meetings.
- people who would be willing to offer clients rides if needed.

If you can help financially, please send a check to  
NAMI-Tulsa,  
700 S. Boston, Suite 219,  
Tulsa, Ok 74119,  
designated for Peer-to-Peer.

To put prospective clients names on the class list, call the NAMI-Tulsa office at 918-587-6264. If I can answer any questions, call NAMI-Tulsa or me at 298-2707 or 720-6230.

A fellow NAMI-Tulsa member  
Linda L. Lytle



## DisabilityInfo Website Enhanced

The [disabilityinfo.gov](http://disabilityinfo.gov) website, a collaborative product among twenty-two federal agencies, contains comprehensive information on cross-cutting issue areas including employment, benefits, housing, transportation, health care, education, civil rights and technology.

In preparation for the 18th anniversary of the Americans with Disabilities Act (ADA), the site has been enhanced and updated. Changes include: over 2,000 new links to state-level resources; the State and Local Resources Map has been enhanced to offer greater access to information about programs and services; access to the quarterly newsletter; and answers to frequently asked questions about the [DisabilityInfo](http://DisabilityInfo) website.

The site can be visited at [www.disabilityinfo.gov](http://www.disabilityinfo.gov).

## Join the NAMI-Tulsa E-mail List

In NAMI-Tulsa's continuing effort to improve the lives of persons living with serious mental illness and their families, the Board of Directors is developing an e-mail communication network so that we can increase our advocacy, education, and support activities. All members, friends, providers, and other interested individuals are invited to send us your current contact information so that we can keep you updated on legislative and other critical mental health advocacy issues, local community services and events, and important informational and research topics. Send your name, address, phone number, and e-mail address to:

[nami-tulsa@sbcglobal.net](mailto:nami-tulsa@sbcglobal.net)

[tulsa.nami.org](http://tulsa.nami.org)

## CALM Center

Congratulations to the [CALM Center](http://CALM Center) (Associated Centers For Therapy) for receiving a three-year accreditation from CARF by meeting its stringent international standards. In their first eight months, they experienced a 97% success rate with the more than 200 adolescents served.

The CALM Center is located 6126 E. 32nd Pl. and currently has beds available for youth ages 10-17. The center is available any time, day or night, with immediate support for youth and families in crisis.

The center offers: Crisis stabilization; Immediate assessments; Telephone and walk-in screenings; 3-7 days in a safe environment; Intense behavioral health care; Coordination of continued care.

To ask questions or make referrals, call (918) 394-2256.

### Tulsa Alliance News

NAMI Tulsa is affiliated with  
The National Alliance on Mental Illness (NAMI)  
and NAMI Oklahoma

Office: 918-587-6264

#### Board Members

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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 <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*

## PARENTS CORNER

School is back in session and you are thinking you need some guidance as you don't think your child is getting "quality special education services and supports" but you don't want to go the route of a due process hearing. Wise words from Wrightslaw newsletter says that if you "have a dispute with the school, you must make several negative assumptions"

#### The Rules of Adverse Assumptions:

- assume a due process hearing will be necessary to resolve your dispute;
- assume you will request the hearing;
- assume that all school personnel will testify against you;
- assume that the school personnel's recollection of the facts will be opposite of yours;
- assume the Hearing Officer is biased against parents of children with disabilities; and
- **assume you cannot testify.**

Read more about the **Rules of Adverse Assumptions** in Chapter 21, *Wrightslaw: From Emotions to Advocacy*.



Building Community.  
Taking Action.

## Mental Illness Awareness Week

Dear Fellow Artists,

Since 1990, mental health advocates across the country have joined together during the first week of October to celebrate Mental Illness Awareness Week (MIAW). This year, we are inviting you to share your art with others during MIAW.



Consumer artwork submitted to NAMI-Tulsa will be displayed at the downtown Tulsa library during the week of October 5-11 during MIAW.

There is **no age limit**, and we hope to have a special area of children's artwork too! Artwork can be displayed anonymously if you choose.



Please contact the **NAMI office (918-587-6264)** if you have artwork you would like to submit.

Space is still available and we know there are lots of us with talent.

Remember, it can be a painting, drawing, sculpture, collage, quilt, photograph, weaving, or just about anything creative!

Your art will be returned to the NAMI office at the end of the show for you to pick up.



**Deadline to submit your artwork is September 30th.**



# Tulsa Center for Behavioral Health



## 1st Annual Pasta Dinner Fundraiser

**Tuesday**

**October 7th**

**5:30 - 7:30pm**

**FUN**

**RAFFLES**



**COMING TOGETHER TO CELEBRATE MENTAL HEALTH AWARENESS**

**John Knox Presbyterian**

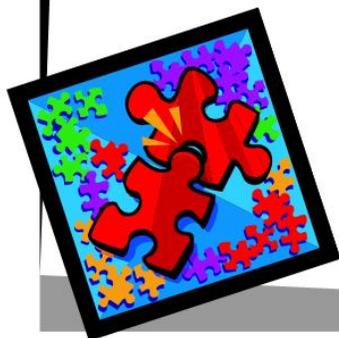
**2929 East 31st Street  
Tulsa, OK**

*Auctions*

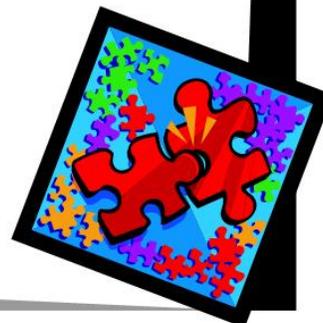
**music**

**Pasta Dinner \$10.00**

**(Children under 12 \$5.00)**



Contact:  
Jennifer 293-2128  
Micah 293-2129





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



### The Assault on Female Soldiers

Journalist that follows the treatment of female soldiers in our military has written many articles. A recent article by Megan Chuchmach, *abcNEWS*, September 10, 2008, titled "Female Soldiers More Likely to be Raped than Killed in Action, Says Rep." quotes Representative Jane Harman (D-CA) who introduced a bill "to increase and encourage the investigation of prosecution of sexual assault and rape cases in the military."

Because of Rep. Harman addressing the problem, the DOD is planning on implementing a "new strategy in Oct. 2009 to help troops protect their fellow servicemembers from sexual assault," Rep. Harman points out that that is "13 months to wait."

In a Government Accountability Office report, they are finding the inadequacies of programs offered to victims and the "shortage of mental health care providers affects victims' access to mental health services" can discourage any use of these programs that are in place.

This article can be read in its entirety at:  
<http://abcnews.go.com/Blotter/Story?id=5760295&page=1>

### National Guard and Mental Health

And on another note, as I am preparing the newsletter for print, my Substance Abuse and Mental Health Services Administration (SAMHSA) News for July/August 2008 comes in the mail.

One article that caught my attention titled, *National Guard Focuses on Mental Health, Substance Abuse*, is talking about getting our National Guard (or the 'Guard') connected "to mental health and substance abuse services in their own communities." The article explains that the Guard are considered "citizen soldiers" and their "health care benefits differ from those of other soldiers on active duty often right by their side."

This is an interesting article about the Guard health care. We here in Oklahoma will have a group returning in a few weeks and we hope a system is in place to assist them if they need it. To read the article in its entirety, please go to the SAMHSA website at:

[http://www.samhsa.gov/SAMHSA\\_News/index.htm](http://www.samhsa.gov/SAMHSA_News/index.htm)

—Vi Gunnells

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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 - 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:** The meeting at Johnnie's Grill is suspended until January 2009.

## **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. Special speakers will be:  
September 25—Mary Ellen Jones, President of NAMI-Tulsa

**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.

## **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.

## **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.