



## 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](mailto:NAMI-Tulsa@sbcglobal.net)  
Website: <http://tulsa.nami.org>



Telephone: 918-587-6264

Volume XXIV Number X

The Grassroots Voice on Mental Illness

October 2009



### Kick Off

## Mental Illness Awareness Week

at NAMI-Tulsa's

### Mental Illness Awareness Walk & Information Fair

Sunday, October 4, 2:00-4:00 p.m.  
River Parks, 31<sup>st</sup> and Riverside Dr.

Walk River Trail to 41st Street and back to promote awareness of NAMI-Tulsa in our community. Following the Walk, mental health organizations and agencies will provide information about their services at a free Information Fair. Music by Marvin Roper and Friends

### The Celebration Continues at

### NAMI-Tulsa's 20th Birthday Party

Thursday, October 8, 7:00-9:00 p.m.  
Fellowship Congregational Church 2900 South Harvard Ave.

Come honor some of the founders, leaders, and volunteers who have helped NAMI-Tulsa provide education, support, and advocacy for individuals and families affected by mental illness. This will also be a time for us to show appreciation and gratitude to state and local agencies, civic leaders, service providers and others who have helped our friends and family members. RSVP 918-587-6264





### Book Review

## Step on a Crack Overcoming depression – a memoir Written by Jill Byrne with Michael Ransom Biography and Autobiography

In Step on a Crack, Tulsa resident and author, Jill Byrne, tells her tale of her life long battle to overcome her depression, her fear of not being “perfect”, her family’s individual role’s in her illness, and her road to recovery. This book does not sugar-coat her life’s events in this heart-rending tale that covers her childhood, college years and to the present. This book was hard for me to put down and you will be as captivated as I was as you follow her emotional roller coaster through her illness and recovery.

For information on how to obtain your own copy of this book, visit the web site at [www.jillbyrne.com](http://www.jillbyrne.com)

### For Your Information

**Pfizer** has implemented a program to provide up to a year of free medication for those who've recently been laid off from their job. It is for those laid off in 2009 and having taken a **Pfizer** med for at least three months prior to unemployment.

**Call 1-866-706-2400**  
to see if you qualify

### HOLIDAY CELEBRATION

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. Harvard Ave. We will meet in the same room where we have our meetings.

What to bring:

Food: In pot luck 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 & eating utensils including plates, napkins, & 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 are:

Stocking caps, gloves or mittens, scarves, long sleeve t-shirts, sweatshirts, 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.

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 can not 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.

### 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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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](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



## 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
- 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.*

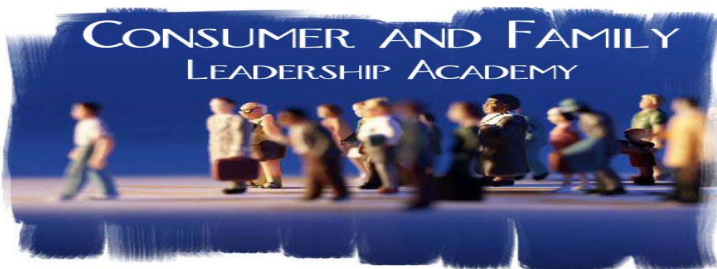
**NAMI requests the following optional information:**

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



### Are You Ready to Lead?

Are you a consumer or family member of an individual with mental health or addiction problems? Do you want to learn how to become an advocate for yourself or your loved one? If so, you may be ready to lead and this leadership training may be right for you!

Today, service providers and policymakers are listening more than ever to consumers and their families. Consumers and their families are at the forefront of our state's mental health care transformation efforts because they are knowledgeable about how to help improve access to services for those in need, treatment plans of service providers and recovery outcomes. However, it is common knowledge that trained leaders are more effective than untrained leaders.

The Consumer Family Leadership Academy and NAMI OK are partnering to offer free leadership training workshops in five Oklahoma counties – Oklahoma, Tulsa, Washington, Payne, Carter

This exciting interactive six-session workshop will teach consumers and their families how to get their voices heard, work in partnerships with service providers, and help further transformation of Oklahoma's mental health systems.

Here is an overview of the training:

- Session 1: Orientation to Leadership**
- Session 2: Telling Your Story**
- Session 3: The Consumer and Family Voice**
- Session 4: Understanding Financial Data**
- Session 5: Meeting Basics**
- Session 6: Consumer and Family Involvement in Advocacy**

**Come join other consumers and their families, and learn how to become a leader in your community!**

**For more information or to register for a free training workshop in your area, contact 1-800-583-1264**

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 - 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.

## 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](http://www.okabc.org)

## MENTAL HEALTH ASSOCIATION OF TULSA

1870 South Boulder	585-1213
<b>Bipolar Support Group</b> 1st & 3rd Tuesday	6:30 p.m.
<b>Depression Support Group</b> 1st & 3rd Thursday	6:00 p.m.
<b>Anxiety Support Group</b> 2nd & 4th Tuesday	6:30 p.m.
<b>Survivors of Suicide</b> 1st & 3rd Thursday	6:30 p.m.
<b>Families in Touch Support Group</b> (Caregivers of Family Members) 2nd & 4th Wednesday	6:00 p.m.