



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
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The Grassroots Voice on Mental Illness

September 2008

PREPARATION FOR CELEBRATING NAMI-TULSA'S 20TH ANNIVERSARY

In July of 2009, NAMI-Tulsa will observe the 20th anniversary of its incorporation. As a way of preparing for this celebration, we plan to print short articles in this newsletter each month, recalling events in the history of mental health care in Tulsa and in Oklahoma, and what NAMI-Tulsa was doing to advocate for improved care. An expanded account may develop into a more complete history book or pamphlet to be available by next July.

NAMI-Tulsa History Mileposts

When the NAMI movement got started in Oklahoma, the Oklahoma alliance was called OAMI and the Tulsa alliance was called TAMI. The Oklahoma Alliance was officially incorporated on the 13th of May, 1985, and the Tulsa Alliance was incorporated on the 25th of July, 1989. People were so eager for information and for support that we went to meetings both in Tulsa and in Oklahoma City. The first President of OAMI died soon after the meetings began, and L. T. West of Tulsa took over as President of OAMI. L.T. and Catherine West were both leaders of TAMI in Tulsa. TAMI monthly meetings were at the OU Medical College Library in a classroom on the second floor. OAMI meetings were on an upper floor in the Children's Hospital close to the Department of Mental Health building in Oklahoma City. There was also a close relationship between TAMI and the Mental Health Association in Tulsa. Our Christmas party in 1988 was held at the Mental Health Association, which was located in a house on the southwest corner of 15th and Denver at that time. The first TAMI Board meetings were held in members' homes.

Our first newsletters were printed on letterhead stationery, and showed OAMI at L.T. and Catherine West's home as the return address. Soon after that, we got a post office box in the Fontana shopping center and began using the name TAMI.

In the late 1980's and early 1990's, the Department of Mental Health experienced a lot of controversy. In an attempt to develop a way to supplement state funding, Commissioner, Dr. Frank James, tried to promote a foundation to take private donations, which could fund additional services. The State Legislature perceived this as an attempt by Dr. James to put money into his own pockets, and he was driven to resign. Don Anderson, a state Representative, who failed to be re-elected, was appointed as interim Commissioner, and then became Commissioner. Mr. Anderson had a degree in Social Work, but he did not understand mental illness, so he had the name of the Department changed to the Department of Mental Health and Substance Abuse Services so that he could talk

September Meeting

Date: Thursday, September 11, 2008
Time: 7:00 p.m.
Place: Fellowship Congregational Church
2900 South Harvard

Ask the Case Manager--Gloria Dialectic, Ph.D., CBHCM

A favorite program for consumers and family members has been "Ask the Doctor." Well, NAMI is providing a twist on that topic by presenting "Ask the Case Manager." A Case Manager is a cross between a grandmother, high school teacher, life coach, cheerleader, probation officer, walking 211 directory, and, sometimes, a friend. Come ask Gloria Dialectic your questions; she has been a Mental Health Case Manager at Tulsa Day Center for the Homeless for over eleven years.

Light refreshments will be served.

more about substance abuse which he did understand.

When Clozaril was approved for treatment of schizophrenia, Commissioner Anderson opposed its use until Oklahoma became one of only three states which did not include Clozaril in its mental health formulary. TAMI members wrote letters to members of the Board of the Department of Mental Health and Substance Abuse Services, and Don Anderson was forced to resign. Sharron Boehler was hired to be DMHSAS Commissioner, and she was very responsive to NAMI advocacy for a more effective mental health program.

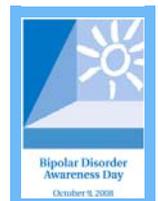
—Oscar Kastner

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

tulsa.nami.org





SAPULPA CREEKS BEHAVIORAL HEALTH SERVICES

has opened a Trauma Specific group to the general public.

There is no charge for this workshop!

Survival and Healing

**A 8-Week Workshop for Women Survivors of Child Sexual Abuse
Fall 2008 - Starting in late September - 23 East Ross Ave - Sapulpa**

Facilitators: Jean Coll & Sarah Ellington

The material for this workshop is adapted from The Courage to Heal Workbook by Laura Davis. Jean is a survivor and a voice of hope and courage. Sarah is a therapist. Together they offer a well-balanced perspective on this topic and create a positive and safe environment to face an often difficult journey. If you, or someone you know would benefit from such a group, please call Jean or Sarah at CREOKS: 227-2016. Call now to ensure a place, as the number of people able to participate is limited.

ANNOUNCEMENTS

14th Annual Zarrow Mental Health Symposium *RELATIONSHIPS*

September 18-19, 2008

Tulsa Marriott Southern Hills, 1902 East 71st Street



The Zarrow Mental Health Symposium is an annual educational forum designed to provide state-of-the-art research and practice information about current issues related to the mental health of our community.



October 1-3, 2008

**Oklahoma Mental Health Consumer Council
announces the**

17th Annual Statewide Conference

**"Sailing to Recovery through
Leadership Isles"**

**Bricktown Hotel & Convention Center
Oklahoma City**

For more information email consumercouncil@okmhcc.org or
phone 405.604.6975; toll free 1.888.424.1305

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 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

Recovery Education Course



NAMI's Peer-to-Peer is a unique education program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery. This course consists of nine two-hour sessions and is taught by a team of trained "mentors" who have personal experience at living well with mental illness.

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

Funding is not available for the Peer-to-Peer, but we are inviting people to step forward with monetary contributions to subsidize the class.

A class is scheduled for January 2009 and class size is limited.

If you are interested in signing up or donating money,
please call the NAMI-Tulsa office at

918-587-6264



Fourteen Rules of Lobbying

1. Consider yourself an information source.
2. Tell the truth.
3. Know who else is on your side.
4. Know the opposition.
5. Make the legislator (or key policymaker) aware of any personal connection you have with them.
6. Learn the opposition's view.
7. Network.
8. Don't be afraid to admit you don't know something.
9. Be specific.
10. Negotiate.
11. Follow-up.
12. Share credit.
13. Don't burn bridges.
14. Remember you are the boss!

Book Review

Head Cases: Stories of Brain Injury and the Aftermath

By Michael Paul Mason

Michael Paul Mason was interviewed by Tulsa World journalist Michael Wallis in April of this year. I had Mr. Mason's book but hadn't picked it up yet to start reading. After reading about it in the Tulsa World, I put it on my list of to-dos and glad I did. (http://www.tulsaworld.com/lifestyle/article.aspx?articleID=20080405_67_H8_hT26642)

Mr. Mason's home is Tulsa and he works at Brookhaven Hospital (www.brookhavenhospital.com) or did at the time he wrote the book. He also writes for *Discover* magazine.

Mr. Mason's purpose in interviewing Traumatic Brain Injury patients is to see if he can suggest treatment or a place that can assist in recovery (to the extent possible) or give the news that there is nothing available to them. Some head injuries can't be fixed. Most will never be back as they were before. Mr. Mason does tell about those who accept themselves as they are and not what they were and they find that niche to make life the best they can. When brain cells die, they cannot regenerate back to what was considered normal.

Mr. Mason writes about interviewing people with all types of head injuries. His cases may be due to a suicide attempt, a car or logging accident, or the wartime injuries encountered in the Air Force Theatre Hospital at Balad Air Base in Iraq.

One of the most interesting parts of this book is his description of the hospital at Balad Air Base and its occupants. He describes the tent doors and of all kinds of injuries entering and how the surgeons might be working on an American soldier, then a friendly Iraqi, while the next patient might be a hostile insurgent. He praised the medical staff as being the best.

—Vi Gunnells

PARENT'S CORNER

School has begun and now you are trying to get an IEP set up and prepare for this school year. Hopefully, you might have even had that done at the end of last school year. If so, great job!

The Wrightslaw newsletter contains some valid points that we have to continually keep in mind. Just because the IEP team tells us what they perceive the law to be does not mean they understand what it really means. It is possible they are telling you information they have heard from conferences or read.

You, the parent, need to be doing your research. Find out about the law and regulations concerning IEP's. Get a copy of Oklahoma's special education regulations at <http://se.sde.state.ok.us/ses/>. Another site to check out is the <http://www.regulations.gov>. Type in "IDEA 2004" in the Search field and bring up an Adobe document called "Federal Register, Part III, Department of Education." You can also do your own Google search or go to Wrightslaw.com. Good luck for this school year 2008-2009!

Programs within the Mental Health Association in Tulsa (MHAT)

MHAT is proud to highlight two premiere peer-to-peer programs.

First is the *Creating Connections* program. This program is an extremely exciting social and recreational outlet specifically designed to provide enjoyable fun activities to individuals with mental health conditions and living on fixed income. An example of what it's like to spend a day in the Creating Connection's program would possibly consist of a peer specialist picking a member up for lunch; from there, onto enjoying a nice fountain drink while watching a movie at one of the local area theaters. The community response to this program has been absolutely glowing to say the least.

The *Alumni Work Club* is the other peer-to-peer program. This program has a two-fold benefit. First, it provides a supported employment option to individuals with a mental illness who are seeking employment. Secondly, while employed in the Alumni program, employees will undergo a series of trainings and educational milestones preparing them for the final task of assisting other mentally ill participants with navigating and accessing crucial resources in the community. The need for additional peer-to-peer services comparable to the two earlier mentioned are absolutely vital in the battle one must engage in to effectively overcome and recover from the destructive grasp of a chronic mental illness.

In short, these two programs have been life-savers to those that have recently become members and to those that have long graduated on to greater heights.

—Mark Davis, MSW, Director
Assistance Center and Recovery Program
Mental Health Association in Tulsa (MHAT)
www.mhat.org



NAMI FAMILY-TO-FAMILY 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.

A new class will be held on Monday beginning September 8th.

Dates: September 8th through November 24th
Time: 6:30 – 9 p.m.
Location: Park Plaza Church of Christ
51st & Sheridan

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: 1:00 – 5:00 p.m.)**

If your family member is a child or adolescent ask for information about NAMI's *Visions for Tomorrow* course.

Registration required. Classes limited to 20 persons.

For family members only.

This NAMI Family-to-Family Education Program is sponsored by NAMI-Tulsa. It is funded by Oklahoma Dept. of Mental Health and Substance Abuse Services.



Mental Illness Awareness Week

Building Community, Taking Action Mental Illness Awareness Week (MIAW)



October 5-11, 2008

Consumer Art Show

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) right away if you have something to submit.

Space is still available and we know there are lots of us with talent. **Please let us know by September 15th if you have artwork you would like to show.**

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.

Let's show Tulsa how creative we are!

*In the October Newsletter, which will be printed early, more information will be available on other opportunities to participate in MIAW such as the **chili supper** at TCBH.*

Stay tuned to the website

tulsa.nami.org

More information to come





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:

- | | |
|---|-------------------------------------|
| <input type="checkbox"/> Family | \$ 35.00 |
| <input type="checkbox"/> Consumer/Open Door | 3.00 |
| <input type="checkbox"/> Sponsoring | 50.00 |
| <input type="checkbox"/> Corporate | 100.00 |
| <input type="checkbox"/> Sustaining | 500.00 |
| <input type="checkbox"/> Extra Contribution | _____ |
| TOTAL \$ _____ | |
| <input type="checkbox"/> Renewal | <input type="checkbox"/> 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: _____



At the NAMI National Conference 2008, we were told this survey was forthcoming. The link to the survey is at the end of the article. You are encouraged to participate so the grading can be as accurate as possible.

NATIONAL SURVEY

NAMI is conducting a survey of adults living with serious mental illnesses and their family members.

In addition to providing information for incorporation into a NAMI report, Grading the States 2009, the survey will help NAMI learn about how well states are providing publicly funded mental health services.

Take Our Survey

The survey:

- is available online through September 30, 2008;
- takes only about 10-15 minutes to complete;
- is completely anonymous (NAMI will have no way of identifying you or your family member);
- was created in partnership with TeleSage, a leading independent

survey technology company.

The results of the survey will be summarized and incorporated into the NAMI report, Grading the States 2009, which will be released in early 2009.

Your participation is important in helping NAMI understand the real world experiences of adults who need public mental health services.

To participate in this survey, you must be 18 years or older and have been diagnosed with a serious mental illness or have an adult family member who has been diagnosed with a serious mental illness (for example, schizophrenia, major depression, bipolar disorder, etc.).

Please answer this survey only once and forward this page to anyone you know who might also be able to comment on personal experiences with the public adult mental health system in his/her state.

To take the survey, please go to this link: <https://iquest.telesage.com/runsurvey.asp>. For questions, please notify kimberlym@nami.org.

NAMI Tulsa
700 S. Boston, Suite 219
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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.