



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 XXIV Number IX

The Grassroots Voice on Mental Illness

September 2009

NAMI-Tulsa History

Part #9—Volunteer Contributions

The history of NAMI-Tulsa should include recognition, with appreciation, of the many volunteers who may not have served on the Board, but who have contributed time and energy to help in many other ways. NAMI is a grassroots organization of volunteers. And volunteering has drawn us together in friendships, for the sharing of life's problems and for living above and beyond mental illness.

Bob and Jo Ann Flake have continued to facilitate a support group which has met in their home for about 15 years.

Joan Stuckey has helped in many ways, but we remember especially the way that she has inspired the students of Union High School to bring gifts for hospital shut-ins at Christmas time, and she made possible special NAMI presentations to psychology classes at the school.

Refreshments at our meetings have been provided by Joan Stuckey, Ellen LaGrone, Rosemary Hall, Millie Thoman, Rosie Wagenblatt, Dorothy Kastner, Crossroads members, and others.

Willie Thoman was responsible for the "Wyatt Hertz" articles in the newsletter.

James and Judy Haney masterminded the gathering of Garage Sale items and the planning of those sales, which were our major fundraising activity for several years.

Mary Jo Neal conducted Journey of Hope (Family-to-Family) classes in Claremore, and Susan Rollins facilitated a support group in Cleveland, Oklahoma.

Betty Jane Bailey and Carole Herwig established a Journey of Hope (Family to Family) support group at Asbury United Methodist Church about 15 years ago, which has since become a faith-based support group at the church.

L.T. and Catherine West got the Consumer and Family Advisory Council started at Eastern State Hospital, and Elaine Brady, Mary Blackard, Barbara Webb, and others participated in monitoring wards at the hospital before the hospital was closed.

Charles and Alice Carwell used to drive from Sapulpa to help to prepare the Tulsa Alliance News for mailing each month in our early days.

Amy Sebran and William Fosterr provided music for our holiday parties.

Our office furniture was moved by volunteers in our two major moves.

September Meeting

Date: Thursday, September 10, 2009

Time: 7:00 p.m.

Place: Fellowship Congregational Church
2900 South Harvard

Speaker: Two presenters from Tulsa from the August *In Our Own Voice* Class

Topic: *Living with Mental Illness, a recovery education presentation given by trained presenters who have a mental illness for other people who experienced mental illness, family members, friends, professionals, and general audiences. This program allows audiences to hear from people who have struggled themselves with severe mental illness, and then engage in discussion with the presenters as they share their personal experiences. The more audience members become involved, the closer they come to understanding what it is like to live with a mental illness and stay in recovery.*

Light refreshments will be served.

Then there were volunteers who manned our cell phone "virtual office" to help callers to find the services which they needed.

After this volunteer retired as editor of the Tulsa Alliance News a few years ago, Vi Gunnells took over with assistance from Ellen LaGrone.

Perhaps other volunteers should be mentioned, but we are depending on the memory of the oldest living fossil still active in the organization. Their services were all valuable. The purpose of this article is to show the ways in which many grassroots volunteers have helped NAMI-Tulsa to grow.

Oscar Kastner

Hear Ye! Hear Ye!



In commemoration of the 20 year existence of NAMI-Tulsa (TAMI), we are gathering all the data, which Oscar Kastner has been submitting to the newsletter, and pictures documenting past events to be used in an album/book.

If you have anything to offer such as newspaper articles, pictures, or your own stories of how you participated in an event, please contact Rose at the NAMI-Tulsa office (587-6264).

Vi Gunnells



Are you up-to-date on your dues?

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

<p>Joe & Jane Doe 1234 No Where Lane Your City, Your State Zip</p>	<p>09-01-2009</p> 
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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



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.

If you are a Family to Family teacher and would like to facilitate a class this Fall, please contact Rose at the NAMI-Tulsa office at 918-587-6264.

Tulsa Alliance News

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

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 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



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, 31st and Riverside Dr.**

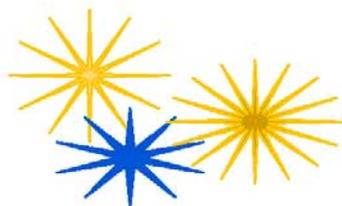
Walk River Trail to 41st Street and back to promote awareness of NAMI-Tulsa in our community. Following the Walk, mental health organizations and agencies will provide information about their services at a free Information Fair. Music by Marvin Roper and Friends

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





ANNOUNCEMENTS

Zarrow Mental Health Symposium

Collaboration for Mental Health: Meeting the Needs of One through Many

September 17-18, 2009
Tulsa Marriott Southern Hills

In addition to 6 plenary sessions, the conference will offer 27 90-minute workshops combining innovative approaches to treatment, best practice models, and ethical professional practice. Content will be focused on the concerns of social workers; licensed professional counselors; licensed marriage and family therapists; psychologists; certified alcohol and drug counselors; licensed alcohol and drug counselors; and other professionals engaged in social services, education, law enforcement, and the judicial system.

This information was taken from the website of the Mental Health Association of Tulsa at www.mhat.org.

For more information call (918) 585-1213 or register online by September 4, 2009 for the Early Bird Registration Deadline.

The Life You Save - Nine Steps to Finding the Best Medical Care and Avoiding the Worst

by Patrick Malone, Da Capo Press,
Philadelphia (2009)

Patrick Malone is a graduate of Yale Law School, and is a leading attorney working on behalf of seriously injured people in lawsuits against hospitals, doctors, drug companies, government agencies, and insurance companies. His book promotes the understanding and management of health care on the part of individual patients, and the careful practice of health care on the part of professionals.

It is not written to advocate for lawsuits, but to encourage patients, doctors, medical professionals, government agencies and others in providing accurate diagnoses and treatments, in order to prevent mistakes and malpractice. It gives suggestions on how to select a competent doctor, keep complete and accurate records of medical history and prescription medicines, get second opinions, evaluate need for surgery, evaluate hospitals, and audit your care so that you live longer.

(Continued on page 5)

Openings Available for September Basics Training

Kelsey Lunsford at NAMI National has advised us that a few spots have opened up in the September Basics training which takes place in Norman at the National Center for Employee Development.

This training for Basics is the first training in the state, as this new program was just contracted to NAMI OK in the last few months. This weekend-long class provides much needed education and support to parents raising children with mental health issues. Dates for the class are:

- Friday, September 25th 3:00 p.m. - 7:00 p.m
- Saturday, September 26th 8:30 a.m - 6:00 p.m
- Sunday, September 27th 8:30 a.m. - noon

If you are interested in attending this training and need information on hotel reservations in Norman, contact Rose Weller at the NAMI-Tulsa office at 918-587-6264 as soon as possible. You may reach her between 10 a.m. and 2 p.m. or leave a message and she will return your call.

Attention readers!

We have new books that have been donated to our NAMI Tulsa library located at 700 S. Boston, Suite 219, in the Bernsen Building. In addition to the new listings, we have many other books, videotapes and resource materials available to read and check out. Come and visit the NAMI Tulsa library during regular office hours from 10 a.m. to 2 p.m.. Hope to see you soon!

Why I Jumped – My True Story of Postpartum Depression, Dramatic Rescue, and Return to Hope By Tina Zahn with Wanda Dyson

Telling her story for the first time, Tina Zahn tells of her emotional struggle to overcome deep depression and an attempted suicide. Her attempted suicide and amazing rescue was caught on the dash-cam of State Trooper Les Boldt's squad car as he responded to the call. Her tale includes her triumph over debilitating self-doubt, and depression and her ability to find hope. A sad/ happy story and a must read.

The Insanity Offense-How America's Failure To Treat The Seriously Mentally Ill Endangers It's Citizens By E. Fuller Torrey

In this book, E Fuller Torrey presents ideas to change the way our mental health treatment system treats it's patients.

(Continued on page 5)



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: _____



(The Life You Save—Continued from page 4)

Each chapter has a case history to illustrate the subject of that chapter. The book is well written and easy to understand.

Mr. Malone says that 70 percent of malpractice lawsuits are settled in favor of the defendant doctor, hospital, or institution even with good evidence of error. But he provides advice on the keeping of accurate medical records if it becomes necessary to try for a legal remedy.

Reviewed by Oscar Kastner

(Attention Readers—Continued from page 4)

**A Beautiful Mind
 By Sylvia Nasar**

A Biography of John Forbes Nash, Jr., Winner of the Nobel Peace Prize in Economics, 1994

**A Mind At A Time—America's Top Learning Expert
 Shows How Every Child Can Succeed
 By Mel Levine, M.D.**

Dr. Levine explains how each child learns in a different manner, how to recognize each child's way of learning and develop alternate teaching methods.

Rose Weller



**Sign up on NAMI-Tulsa's
 Public Policy Email List
 for legislative updates or alerts.**

**Contact Rose at the NAMI-Tulsa office to submit
 your email address or email the office**

918-587-6264

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

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.