



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 IV

The Grassroots Voice on Mental Illness

April 2009

MHAT and NAMI-Tulsa Planning Joint Day at the Capitol Trip on April 20

Several of the Tulsa advocacy groups are working to host a luncheon for our legislators at the Capitol. We are also coordinating a bus for the trip. Please join us in building relationships with our legislators.

If you want to join us for the luncheon, or would like a seat on the bus, contact Paul Davis at (918) 382-2407 (pdavis@mhat.org) or Mark Davis at mdavis@mhat.org or (918) 382-2483.

We hope you can join us!

NEWS FLASH

Tune in every Tuesday to AM 890 from 9-10:30 a.m. if you are in Oklahoma; or go to www.kttr.com <<http://www.kttr.com/>> to listen to the *Pathways of Recovery Radio* show hosted by OCARTA'S Donna Woods-Bauer and Dr. Robert Grupe, and NAMI OK's Jinneh Dyson.

OCARTA is the Oklahoma Citizen Advocates for Recovery and Treatment Association, which was developed in 2002 by Donna Woods-Bauer, as a direct response to the tremendous need for representation for individuals in recovery in the state of Oklahoma. Their focus is on the reality of recovery.

NAMI Oklahoma Moving to New Office

The NAMI Oklahoma state office has been busy since the purchase of its own building. The office will not be moving from the office on Broadway for a few months but the postal service has already moved the mailing address to the new building. If you have been in the office on Broadway, you will find this new office on Drexel to be more spacious. The new mailing address, effective immediately, is:

NAMI OKLAHOMA
1920 N. Drexel
Oklahoma City OK 73107

The phone number remains (405) 230-1900, but the email address has changed to: namioklahoma@gmail.com

April Meeting

Date: Thursday, April 9, 2009

Time: 7:00 p.m.

Place: Fellowship Congregational Church
2900 South Harvard

Our speaker this month will be Leah Price, Executive Director of Tulsa Center for Behavioral Health. Her undergraduate degree is in psychology and social welfare. Ms. Price also holds a Master's Degree in Public Administration. She came to Oklahoma from Australia in 1990 and worked for the Department of Mental Health and Substance Abuse Services in Lawton beginning in 1993. Ms. Price came to Tulsa in 2006 to accept her current position at Tulsa Center for Behavioral Health.

Please join us to learn more about the services provided to consumers and their families at TCBH. There will be an opportunity to ask questions following Ms. Price's presentation.

Light refreshments will be served.

Family to Family for families of veterans is being offered in cooperation with the Veterans Administration in Tulsa, OK

Tentatively, an evening class is being organized to start in late April or May to be held in the VA clinic here in Tulsa.

Call Judy in our NAMI-Tulsa office (918-587-6264) if you are a family member of a veteran and interested in taking this class. Our teachers/facilitators of this class are also military veterans.

Class size is limited to 20

For more information on NAMI and the Veterans Administration working together, please check out this website.

<http://www.nami.org/template.cfm?template=/contentManagement/contentDisplay.cfm&contentID=53586>



Join HOUSE in Celebrating NAMI!

In recognition of the 100th episode of the Fox-TV running series HOUSE, cast and producers are celebrating NAMI as a charity of choice. Buy a "Normal's Overrated" t-shirt and support NAMI while showing the world that you appreciate HOUSE.

Click here

<http://www.informz.net/z/cjUucD9taT03NTQwNjkmcD0xJnU9MjlyNjE2NTY4JmXPtI5ODgwODI/index.html> to order.

(Friday Facts from NAMI National)



NAMIWalks for the Mind of America!

Help change how our community views mental illness and recovery.

May 16, 2008

Stars and Stripes Park, Oklahoma City, OK

For more information call the NAMI-Tulsa office, 918-587-6264

Consumers, family members, mental health professionals sign up today and become part of Team Nami-Tulsa for NAMIWalks 2009.

This year we encourage the local mental health community to come together as a block as we represent Tulsa to the rest of Oklahoma. NAMIWalks raises awareness of mental health issues and money to continue education classes and other services statewide. The WALK always has a festive air and we look forward to a large group of us marching wearing our team colors.

As a Nami-Tulsa team member, you will receive fund-raising tips, a team shirt, and the satisfaction of supporting mental health education in Oklahoma. Every team member who raises \$100 also will receive a T-shirt from NAMI Oklahoma.

The 5k WALK is May 16, 2009 at Stars and Stripes Park in Oklahoma City. Check-in time is 8:00 and the walk starts at 9:00. We will help coordinate carpooling.

Anyone who would like to form their own WALK team and sign up online can go to www.nami.org <<http://www.nami.org>>, click on NAMIWalks on the left, click on OK on the map and follow the prompts. All teams from Tulsa who register under NAMI-Tulsa with the NAMIWalks office will help raise valuable funds for the purchase of NAMI brochures for NAMI-Tulsa.

Don't have internet access? Call NAMI-Tulsa Chairperson Mary Ellen Jones at 918-743-9124 or the Nami-Tulsa office at 918-587-6264.

Sign up today and let's show Oklahoma how it's done!

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

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 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
Open Door 3.00
Sponsoring 50.00
Corporate 100.00
Sustaining 500.00
Extra Contribution
TOTAL \$

Renewal New Member

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:

Please mail this form with your payment to:

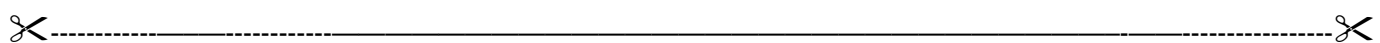
NAMI Tulsa
700 S. Boston, Suite 219
Tulsa, OK 74119

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:



CHADD

(Children and Adults with Attention Deficit/Hyperactivity Disorder)

When: Saturday, April 11th, 9:30-11:30 a.m.
Where: Hardesty Library, 93rd & Memorial
Topic: ADHD
Speaker: Dr. K. Michael Saliba from Laureate Psychiatric Hospital and Clinic
For more information, call Robin Howard, CHADD Support, 857-2095

Oklahoma Attachment and Bonding Coalition

We are Parents and Advocates sharing knowledge, understanding and ideas to help foster and adopted children with Reactive Attachment Disorder in order to create continuity in the use and access to current State, Mental Health, and Educational Resources. We are here to identify gaps in services, provide services and to promote legislation and funding for solutions, training, therapy and programs specifically designed to meet the challenges of Reactive Attachment Disorder and its profound and permanent impact on children, families and society.

Our support group meets the 3rd Tuesday of Every month at the Hardesty Library at 7 PM. www.okabc.org

Mental Health Matters: Let's Shine in '09 6th Annual Fashion and Talent Show

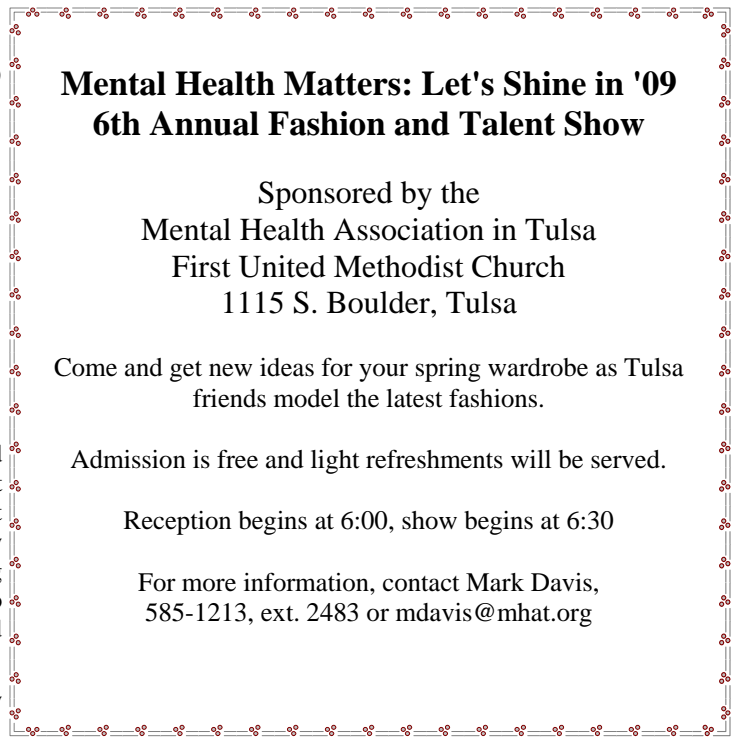
Sponsored by the
Mental Health Association in Tulsa
First United Methodist Church
1115 S. Boulder, Tulsa

Come and get new ideas for your spring wardrobe as Tulsa friends model the latest fashions.

Admission is free and light refreshments will be served.

Reception begins at 6:00, show begins at 6:30

For more information, contact Mark Davis, 585-1213, ext. 2483 or mdavis@mhat.org



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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.

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:

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 — 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.
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.