



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 V

The Grassroots Voice on Mental Illness

May 2009

NAMI-Tulsa History Part 5

Prime Movers

A history of the Tulsa Alliance on Mental Illness would not be complete without mention of Catherine and L.T. West, who led the organization from its beginning, even before its incorporation, until December of 1993. L.T. West was President of the Oklahoma Alliance (known then as OAMI) for a while, and Catherine was President of TAMI for about six years. The Wests helped NAMI-Tulsa (known then as TAMI) to be incorporated as a 501 c (3) non-profit organization in 1989.

NAMI-Tulsa also benefited from the significant long-term involvement by John and Mary Taddiken. They both gave up other employment in order to devote their entire attention to NAMI. John served a term as President of OAMI. Mary served as NAMI-Tulsa President in 1996, 1997, and 1998, and again in 2001. John was NAMI-Tulsa President in 1999 and 2000. John organized volunteers, known as Grassroots Leaders, who performed many advocacy functions. In March of 1997, John reported that 260 people had volunteered to be Grassroots Leaders, and in April of 1998, there were 335.

Liaison Meetings With Parkside and Associated Centers for Therapy (ACT)

In October of 1996, the Tulsa Alliance established a Community Mental Health Center (CMHC) Liaison Committee, consisting of John and Mary Taddiken, Melonnie Dauben, and Oscar Kastner. The purpose of the committee was to advocate for our members who had particularly difficult problems with the Oklahoma mental health service delivery system, and to work with local CMHC representatives to find ways to solve those problems. At the same time, Parkside, Inc. had been working to establish an ombudsman procedure to receive such information without affecting confidentiality. Parkside also used the liaison to announce policy changes and procedural improvements. The Liaison Committee also worked for a similar relationship with ACT. But ACT had already taken steps to include a family member on the treatment team wherever possible, so liaison meetings were not as necessary with ACT. But the liaison committee members did attend ACT Board meetings.

Prison Visits

Prison visits were organized by the Oklahoma Alliance in 1996, and NAMI-Tulsa members participated in those visits. The purpose was specifically to learn about the mental health care that

(Continued on page 4)

May Meeting

Date: Thursday, May 14, 2009

Time: 7:00 p.m.

Place: Fellowship Congregational Church
2900 South Harvard

Speaker: Karina Forrest, Executive Director NAMI OK

NAMI Oklahoma Executive Director Karina Forest will discuss topics related to the current legislative session, the Coalition of Advocates, the State Board transformation retreat, the vision and mission for NAMI National, NAMI Oklahoma and the NAMI Affiliates. Please bring your questions!

Light refreshments will be served.

In Our Own Voice Training Held

A training class for *In Our Own Voice (IOOV)* was recently held in Oklahoma City in March, 2009. There were approximately 13 people attending the class with three from the Tulsa area. Those attending from this area were Martha Lugo, Cord Lundgren and Kevin Lee.

The In Our Own Voice program is a 1 1/2-hour presentation incorporating a video and the personal stories of two consumer presenters.

The program is available at no cost to any business, organization, or Faith-Based Group that would like to have it presented to their group. If you would like more information, call the NAMI-Tulsa office at 587-6264 and speak to Judy.

Our Sympathy

Dorothy Kastner, wife of longtime NAMI-Tulsa member and past president Oscar Kastner, passed away March 3, 2009. Before her illness, Dorothy was active in NAMI-Tulsa. She was a faithful participant at monthly meetings and where she took delight in providing steaming hot coffee to enjoy with the refreshments. Dorothy will be greatly missed. We express our sympathy to Oscar, and his family and friends. Memorial donations may be sent to St. John Hospice or NAMI-Tulsa.



**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>

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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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



**Join NAMI-Tulsa at NAMI Oklahoma's
6th annual
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
Mary Ellen Jones, Chairperson, 918-743-9124**

Consumers, family members, mental health professionals sign up today and become part of Team Nami-Tulsa for **NAMI-Walks 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 <http://www.nami.org>, click on **NAMI-Walks** 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!





Opinion Editorial

It Takes More Than Money

One of NAMI-Tulsa's main projects this year has been to advocate for revision of the Oklahoma Mental Health Law, Title 43A of the Oklahoma Statutes, to bring it nearer to the Treatment Advocacy Center Model Law. The purpose of this advocacy is to reduce the incidence of irrational subjective decisions by police, emergency responders, and others. Such decisions put a stumbling block in the way of people who are in need of mental health treatment, but are not considered to be a danger to themselves or others at the specific point in time in which they are observed or evaluated.

The Oklahoma Department of Mental Health and Substance Abuse Services (ODMHSAS) has not supported this change, because of the fear that it will increase the number of consumers to be treated beyond the funding it is requesting in its FY2010 budget. At an April 3 meeting of the Coalition of Advocates, Deputy Commissioner Steve Buck presented information about the budget request, which projects funding to care for 11,300 consumers. In addition, his presentation showed that a Department of Corrections (DOC) estimate indicates that Oklahoma has 11,000 incarcerated individuals who have a serious mental illness. With a total state population of 3.5 million, if the prevalence of mental illness in Oklahoma is equal to the national average of one percent, this means that there are an additional 12,000 to 13,000 individuals in Oklahoma who may need treatment, and who are not either in DMHSAS mental health programs or in Oklahoma jails or prisons.

A very worthy item in the DMHSAS FY2010 budget request is called the "Smart on Crime Initiative," for which DMHSAS is requesting \$30 million. It is called "Smart on Crime" because it will help to divert non-violent offenders who are either mentally ill or substance abusers into appropriate treatment, rather than treating them as criminals. At the April 20th Day at the Capitol, we were told that the Smart on Crime Initiative is endorsed by the DOC, the Attorney General, and the Oklahoma Sheriff's Association, and that it is supported in the legislature by key officials in both the House and the Senate.

Another feature of the Day at the Capitol was that speeches were made by consumers, or clients, as some prefer to be called, in praise of the DMHSAS treatment focus on recovery. This is evidence for the high quality and effectiveness of treatment for those who are fortunate enough to be included among those for whom funding is provided. The Department is to be commended for the quality of its services.

But if money is not available to care for everyone who needs treatment, we should advocate for more money. We should not permit the law to be weakened to provide an excuse for not helping some of these most vulnerable people. Wording in the current Mental Health Law which may still be interpreted in different ways by police, crisis responders, judges, and mental health professionals must be changed. In my opinion, NAMI-Tulsa should continue to advocate for Oklahoma to lead the nation in rehabilitative mental health care and recovery, and that is why we need a model law which is based on need for treatment, and which is not limited only to the number that we can afford to treat in times when money is scarce.

Oscar Kastner

Parkside Presents ...

Nancy Boyd-Franklin, PhD

*Working with African-American Clients
and Families*

May 15, 2009

Renaissance Hotel, 71st & Highway 169,
Tulsa, OK

8:00 a.m. to 4:00 p.m.

6.5 CEUs in one day

For more information, call 918-586-4278

The Soloist: A Call to Action

April 23, 2009

Arlington, VA— The National Alliance on Mental Illness (NAMI) has launched a new Web site, www.nami.org/soloist, as part of a social action campaign with Participant Media surrounding Friday's release (April 24) of *The Soloist*, starring Jamie Foxx and Robert Downey, Jr.

"The movie will help humanize people who live with schizophrenia and are homeless," said NAMI executive director Mike Fitzpatrick. "It will help people look beyond stereotypes and create better understanding of the challenge for treatment and recovery."

"The mental health care system is in crisis. After people exit theaters and leave popcorn behind, we want to translate new awareness into action."

The Soloist: Don't Miss It

Review by Dr. E. Fuller Torrey

The Soloist is one of the best movies ever made about schizophrenia. It is based on the true story of a Los Angeles Times reporter, Steve Lopez, who discovers and writes about a gifted musician who has developed schizophrenia and become homeless. Robert Downey Jr. plays Lopez and Jamie Foxx is outstanding as Nathaniel Ayers, a gifted young musician whose training at the Julliard School is cut short by his mental illness. The flashbacks depicting the onset of Ayers' auditory hallucinations ring true, as do his chaotic thinking and behavior. But what really sets the movie apart is its discussion of whether Ayers should be involuntarily hospitalized and treated. In the end he is not, like most of the rest of the homeless mentally ill persons depicted in the movie. *The Soloist* is thus a Hollywood promo for why the Treatment Advocacy Center exists.

Editor's note: Ayer's sister, Jennifer Ayers-Moore, hopes the movie will raise awareness about schizophrenia and has established the Nathaniel Anthony Ayers Foundation for the artistically gifted mentally ill. *The Soloist* opened April 24 in Tulsa at the Hollywood Theater in Promenade Mall.



(History—Continued from page 1)

was being provided in Oklahoma prisons. In August of 1996, visits were made to the state prison at McAlester, and to the new Corrections Corporation of America prison at Holdenville. In October the NAMI delegation visited the Department of Corrections (DOC) Joseph Harp and Lexington prisons. In January 1997, they visited the Mabel Bassett prison, which is Oklahoma's DOC correctional facility for women.

Insurance Parity

In 1997, a major advocacy issue was insurance parity, or equal insurance coverage for mental illnesses and for other biological disorders. The Federal Mental Health Parity Act became law in January of 1998. The Oklahoma legislature had passed a weakened version of parity in 1997, but it was vetoed by Governor Frank Keating. NAMI has continued to work for insurance parity on both national and state levels.

Inadequacy of Crisis Beds in Tulsa County

A major advocacy issue in 1995 was the inadequacy of crisis beds in Tulsa County. The record showed that 774 people from Tulsa were court ordered to Eastern State Hospital in 1993 and 502 in 1994. The number of Tulsa people who were being transported to Eastern State Hospital was approximately three times as many as were being transported from Oklahoma City to Griffin Memorial Hospital. This continued to be a problem and was even worse when Eastern State Hospital was downsized in 2000, and was later closed. NAMI-Tulsa continued to monitor and to continue the crisis bed situation for several years.

Managed Care

A major change in the provision of all sorts of health care in America occurred with the system known as "managed care." NAMI-Tulsa and NAMI-Oklahoma had to learn how to deal with this system and to deal with the Oklahoma Health Care Authority. The part of mental health care that was covered by Medicaid became complicated with new words and acronyms. NAMI national provided a study of managed care contracts in ten other states, and a pilot program was supposed to be started in eastern Oklahoma on July 1, 1997. But in November of 1997, it was reported that ODMHSAS had stopped trying to forecast when the program would begin. In January of 1998 in conjunction with the Mental Health Association in Tulsa, the Tulsa Alliance hosted a two-day mini-conference at the Rogers University Tulsa campus on the subject of "Making Managed Care Work for You."

Regional Advisory Boards

In 1996, the Department of Mental Health and Substance Abuse Services intentionally sought legislation to create Regional Advisory Boards composed of "volunteers who could assess local service delivery and facilitate changes needed." A formula was developed to establish eligibility for Board membership and appointments were made by the Commissioner. Each Board was to have 21 members, with at least seven of those members to be consumers or family members. Board members went through "training" in March of 1997, and the Tulsa Metro Regional Advisory Board held its first meeting on April 24. A Department liaison person was as-

(Continued on page 5)

Combat Corner

By: G.I. Jane

Mission: creating order out of disorder—a monthly commentary regarding the fundamentals of PTSD rehabilitation and recovery



Code of Dishonor: Rape in the War Theater Chances for Recovery Grim

A high level of trust between soldiers is necessary for combat operations to be successful while minimizing casualties. Unfortunately this trust is routinely broken by rapes occurring on military bases worldwide, especially in the modern combat environment. When a rape occurs in the war theater (and of course there are exceptions where the system actually works), more often than not the victim is fully aware that reporting the incident will bring about shame and dishonor, not to mention the reduction or loss of security clearance which ultimately means termination of job opportunities and forcible separation for reasons of "unreliability." Most females raped by their fellow soldiers on the front lines believe they should just suck it up, be tough and "deal with it" by forgetting it ever took place. This works for a while, but months or even years later the anger surrounding those memories surfaces and must be dealt with if the victim is ever to stop living in the menacing grip of post-traumatic stress.

Considering that the PTSD specialty clinics are too far away, I visited a local VA "Mental Health Counselor" in hopes of recovery – and was totally unprepared for the experience. The "counselor" repeatedly berated me for having kept the incident a secret and told me that a police report was necessary for them to consider "treating" me for PTSD. "If there's no police report, there's no way we can verify it ever happened." I tried explaining that the legitimate fear of reprisal outweighed my desire to heal and seek justice at the time of the incident; that female soldiers who report rape are viewed as weak, untrustworthy, unreliable and unfit for duty. I got a blank stare and she finally said that if there is no documentation, then the VA can't "treat" me for it, and therefore it could never contribute to a diagnosis that would help me get the treatment and compensation I earned and deserve. No wonder so many female combat veterans close up spiritually, mentally and physically after separating. Don't our veterans deserve better?

Next topic: more of the same.

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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. **ATTN: No meeting in May—next meeting June 25th.**

 **Depression and Bipolar 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.

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.