



Mental Notes



Thanks to you, we're growing!

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The 2006 membership drive for NAMI Cleveland County has been a huge success.

Members of NAMI Cleveland County include Gwen Allen, Harold Bauman, Avis and Ruby Bowden, Richard and Jackie Bowden, Bill and Thea Brown, Claudene Channell, Wayne Chess, Dick Clapp and Barbara Tarbutton, Wallace and Pat Collins and Margaret Craig.

Also, Terry Deleplain, Nancy Dwyer, Renita Escobar, Larry Gross, Sheri Grotts, Dr. Ed Hill, Edith Howerton, Sarah Iselin, Roy Isenberg, Ph. D., Carol Kellison, Stand LaBoon, Dr. Linda Lantrip, Barry and Blanche Lawrence, Richard and Katherine Lawrence, Kathy Leach, Becky LeClair, Bin Ro Lee, Robert and Carol Lee, Robert and Alice Lessly and Mary Main.

And, Ken and Cleo Manning, Laura Marburger, Edward McAuliffe, LLC, Mike and Christine McCurtain, Robert McDonald, Peggy McMakin, Ricky and Renee Mixon, Evelyn Orth, William and Kay Osborn, Edward Reichelt, Jerry Risenhoover, Kelle Sanchez, Pat Sellers and Dr. and Mrs. Ernest G. Shadid.

Also joining were, Terri Sherman, Jack and Sydney Shilling, Janet Slocomb, MSW, Lisa Smith, Ann Smith, Fredonna Steely, Cathye Vester, Shirley Vester, Alane Winburn, Nina Zapffe, Ken and Connie Zorger and Wayne Zorger.

If you have not paid your membership, it is not too late to join the supporters of NAMI Cleveland County!

McDonald appointed to DMHSAS board

Robert (Bob) McDonald, J.D. has recently been appointed to the Board of the Oklahoma Department of Mental Health and Substance Abuse Services (DMHSAS). He will serve a seven year term ending in 2012.



McDonald, who serves as an honorary board member of NAMI Cleveland County, is a retired employee of DMHSAS having served for many years as Patient Advocate Attorney at Griffin Memorial Hospital and Advocate General for the Department.

His experience includes board appointments to NAMI Oklahoma and the Oklahoma Mental Health Consumer Council. McDonald continues ongoing work in the area of mental and physical rehabilitation for victims of crimes as well as veterans issues and children of foster homes.

“We are very proud of Bob McDonald’s appointment to the mental health board,” Renee’ Mixon, NAMI Cleveland County board member said. “I had the pleasure of working with Bob for many years at Griffin Memorial Hospital and he will be a compassionate and vocal advocate for those suffering from a mental illness.”

Our Mission:

- To improve attitudes toward mental illness
- To improve services for the mentally ill
- To support research on mental illness
- To promote mental health



Surviving Schizophrenia

E. Fuller Torrey, M.D. has fully revised and completely updated his classic book *Surviving Schizophrenia: A Manual for Families, Patients and Providers*.

This indispensable guide, first published in 1983, examines the nature, causes, symptoms, and history of schizophrenia.

The fifth edition of this definitive work includes the latest research findings on schizophrenia as well as the newest treatments available.

New sections added in this edition include, "The Recovery Model," "Herbal Treatments," and "The Influence of the Pharmaceutical Industry on Prescribing Patterns."



United Way allocation for 2007

The United Way of Norman Allocations Committee visited agencies recently to review allocations requests for 2007. Committee members visiting NAMI Cleveland County included **Duffy Musgrove**, *Community Volunteer*; **Terry Clark**, *Radar Operation Center*; **Connie Hobby**, *York International*; **Susan Gregory**, *Norman Public Library* and **Mark Wright**, *Hitachi*.

The committee's recommendations included an allocation of **\$7,500** for 2007. The final funding amount will depend upon the success of the fall United Way campaign.

The panel praised the work being done, but recommended the agency continue to explore other

sources of funding, including grants and fund raisers; continue making a concentrated effort to educate the community regarding the organization and the work being accomplished, include a marketing or public relations specialist on the agency board of directors to help with raising the agency's community profile, promote the agency's goal to provide safe housing for the mentally ill and continue to mention that NAMI Cleveland County is a United Way agency in all public relations efforts.

The United Way of Norman fall campaign will begin soon. Remember you may designate NAMI Cleveland County when you make your contribution!

Bargain hunters find good deals at garage sale

It was very hot and very sunny. But thanks to volunteers, the donation match from our friends at **WalMart** and the many bargain hunters who "shopped til they dropped," the annual benefit garage sale on June 3 raised \$1,031.50 and with the WalMart matching grant of \$1,000.00, the total fund raiser came to a whopping **\$2,031.50!**

Volunteers for the Saturday sale included Brenda Gillis, Sharilynn Moore, Richard Bowden, Mike Nolen, Larry Gross, Jerry Risenhoover, Don Bowen, Carol Kellison, Pat Sellers, Zach Bowen, Ken and Connie Zorger, Bill Brown, Linda Kerr and Terry Deleplain.

And a **huge thank you** goes to our wonderful friends who donated their treasures for us to sell.



Bits & Pieces

Save the Date "The Road to Health - Racing to Recovery" is the theme of the 15th annual Oklahoma Mental Health Consumer Council conference. The conference has been scheduled for October 4-6, 2006 at the Reed Center in Midwest City. Mark your calendars now! For additional information visit the website, www.okmhcc.org or email to glendab@okmhcc.org.

Day of Caring The United Way of Norman has set the date for the annual **Day of Caring**. It will be held Friday, September 8.

Goodbye and Good Luck NAMI Oklahoma Executive Director **Teresa Peden** is leaving the organization to go to work for her church. Our best wishes to her in her new endeavor.

Treatment of complex PTSD: a conference review

by David McDonald, Sr.

First of all, I would like to thank NAMI Cleveland County for the opportunity to attend the NAMI Oklahoma conference.

The session on the *Treatment of Complex Post Traumatic Stress Disorder* was given by a neuro-pharmacologist, Dr. C.C. Nuckols of Florida at the NAMI Oklahoma conference.

In explaining the difference between regular PTSD and complex PTSD, he said the biggest difference is when in life the person experiences the trauma. Despite the fact that the trauma suffered by adults tends to be more intense and more life threatening, it is also usually easier to treat. This is so because adults have easier access to supports and medical care. More importantly, trauma experienced between the ages of 5-7 when children are formulating "the rules of life" and values such as good/bad and right/wrong are being developed, personality disorders can frequently develop well after the immediate symptoms of PTSD have lessened. Also interesting was the fact that brain-imaging studies have shown that emotional trauma experienced during the developmental years can actually have profound effects on brain anatomy. For instance, he compared the picture of a normal six-year-old brain to one who'd experienced extreme neglect. The neglected child had one-third

less brain matter. He also showed where young victims could have damaged areas, which sometimes mask themselves as ADHD symptoms.

Typically, people who suffer from PTSD will either remain alarmed at inappropriate times (hyper-vigilance) or will mentally "check out" (dissociation). Luckily, the psychiatric community has found some success with existing drugs to help with PTSD. Studies have shown that Inderal, a blood pressure medication often given to psychiatric patients to help offset side effects of antipsychotics, can actually prevent PTSD if administered within two hours of a traumatic event. The good news is that this has become well publicized and is quite known by emergency room personnel. Cognitive behavioral therapy seems to be the best treatment for hyper-vigilance. Naltrexone, a drug used to help treat Opioid addiction, has shown to be effective in the treatment of dissociation. It is believed to work by slowing the effects of endorphins the brain produces in response to trauma. Also Baclofen, a muscle relaxant, has shown promise alleviating symptoms of combat PTSD. Studies are currently underway to see the effects the drug may have on other types of trauma.

Heat and mental illness

The mercury's rising across the country as we head into the dog days of summer, and with the rising temperature comes increased risk of a potentially fatal illness: **heat stroke**. But, did you know that mental illness and some medications used to treat mental illnesses increase the risk for heat stroke?

Heat stroke occurs when the body is unable to properly cool itself. Normally, the human body will regulate temperature by sweating, but heat stroke impairs the body's ability to do this. If heat stroke is not treated immediately, it can cause permanent disability and even death.

Disturbingly, individuals with mental illness may be particularly susceptible to heat stroke. Certain

medications, including antipsychotics and anticholinergics, are known to increase the risk for heat stroke because they inhibit the body's ability to regulate its temperature.

Help protect yourself or a loved one from the dangers of heat stroke by staying indoors and use air conditioning if possible. If your home does not have air conditioning, go to a place that does such as a mall or public library. Drink more fluids and don't wait until you're thirsty to drink. Wear lightweight clothing and seek immediate medical attention if someone shows signs and symptoms of heat stroke.

Family to Family Teacher Training

NAMI Oklahoma is hosting training for the successful *Family to Family Education Program*. The training will take place September 22-24, 2006 in Stillwater at the Hampton Inn.

The teacher trainers are Ron Dahlgren and George Hedrick.

NAMI Oklahoma will pay all costs for participants including a mileage stipend for travel.

If anyone is interested in becoming a teacher for this popular program, please contact Mindy Brooks at mbrooks@nami.org.



Quilt Drawing

The drawing for the hand-made quilt donated by Ken and Cleo Manning was held at the REACH meeting on June 20th.

The lucky winner was Bill Brown.

REACH group provides support and education

What is REACH?

- An open and ongoing group of friends and family of the mentally ill who meet and share experiences
- An opportunity for education and information shared in a social atmosphere
- An opportunity to seek practical ways of coping with mental illness

REACH (*Reassurance to Each*) a support and educational group for families and friends experiencing mental illness, meets the first and third Tuesdays of each month at 7:00 p.m. in the Edsel Ford House, 107 State Drive, Norman (*on the campus of Griffin Memorial Hospital*).

There are no fees for attending and registration is not required. Everyone is welcome. The support group operates on the principle of anonymity. Who you see and what you say and hear is confidential.

Support group meetings are held on the first Tuesday of each month with **educational meetings** held on the third Tuesday of each month.

Upcoming educational meetings include:

Tuesday, August 15: "Critical Incident Stress Management Program" will be presented by **Sgt. Mike Isaac**, Mental Health Liaison, Crisis Intervention Team, Norman Police Department.

September 19: "Mental Health Care in the Oklahoma Department of Corrections" will be discussed by **Robert Powitzky, Ph.D.** and **Terri Sherman, APN**, Oklahoma Department of Corrections.

October 17: "Psychiatric Patient Care Services" will be presented by **Julia Irwin, M.D.**, Behavioral Medicine Resources, Norman Regional Hospital.

Mark your calendars for these additional support group meeting dates: **August 1, September 5, October 3, November 7 and December 5.**



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