



ACT Cares

Helping build better lives through behavioral health and substance abuse services

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ACT will host suicide intervention training with Tulsa Technology Center and the Oklahoma Department Mental Health and Substance Abuse Services on Feb. 22-23 and March 11-12.

Enrollment for this free training is on a first-come basis.

Contact Beverly Moore at 492-2554 x552 for details.

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ACT opens pharmacy for clients

The ACT Pharmacy opened recently at the 7010 S. Yale location to provide convenient and affordable medication for ACT's 5,000 clients.

Last year, ACT provided \$4 million in free and low cost medication to ACT's clients.

Pharmacy benefits include:

- All prescriptions are filled regardless of ability to pay
- Prescriptions are ready within minutes of a doctor's visit eliminating a trip to pick up medicine.
- Education about drug interactions and side effects is provided
- Medication issues are resolved quickly with immediate access by the pharmacy to ACT doctors.



Board of Directors member Bob Hunt and his wife, Joan, and past Board chairman Julia Gustafson with her husband, Jerry, were among the friends and partners attending the pharmacy open house.



ACT Pharmacist Boyd Stephens visits with ACT Director of Operations, Administration and Business Development Martha Hauser, Board Vice Chair Mostafa Golbaba and Sand Springs Chamber of Commerce President J.C. Kinder.



Marla Chisum

ACT, Marla Chisum honored

The Advocates for Group Homes received the annual Advocacy Award from the Mental Health Association in Tulsa (MHAT) in a ceremony held during MHAT's annual meeting.

ACT Housing Management Supervisor Marla Chisum and ACT were included in the recognition. Advocates and the Tulsa City Council reached a positive compromise on a proposed zoning ordinance that would have negatively impacted multi-family dwellings.

27 years of caring for adults and children in Tulsa and surrounding communities

Tyler triumphs on stage, in life



Tyler is a gifted 18-year-old songwriter and performer who spiraled into a major depression as his family life fell apart and his father went to jail.

“Two years ago, I didn’t care and now I do, that’s depression for you,” Tyler said. “We tried a lot of different alternatives. We ended up hearing about Wraparound Tulsa.”

Skeptical at first, Tyler didn’t talk much, but over time, he realized that the services could help.

“Now, I’ve graduated Wraparound and I’m in Transition.”

Transition helps youth ages 17-24 learn the skills needed to live successfully on their own.

Today, Tyler’s mother, Pam, works for Wraparound and helps other families.

“When they say ‘but you don’t understand,’ I can say, ‘Yes, I do, I’ve been there,’” Pam said.

Tyler now has hopes, dreams and goals for the future that include building a professional music career. His band, Lullabies for Ghosts, won a Tulsa Battle of the Bands and continues in the competition.

ActionHouse Planting seeds of recovery

Carol works on flowers and shrubs planted by the horticulture group at Action House at 71st and Yale. This group also grows and sells indoor plants to raise money for ActionHouse equipment maintenance.

ActionHouse is a program that promotes long-term recovery from severe mental illness through learning daily living skills, workplace readiness training, building social skills and educational pursuits.

People participating in ActionHouse provide leadership by taking attendance, cooking lunch, maintaining equipment and working with staff to plan daily schedules.

The goal is for each participant to direct his or her affairs including decisions on managing illnesses and recovery.



Peers Place

Free support for and by people who share journeys to recovery

“Never tell me the sky is the limit when there are footprints on the moon.”

This philosophy helped Geri Walters create a free and successful Sand Springs support center for people with mental illness in less than a year without a budget.

Walters runs Peers Place, 117 N. Main in Sand Springs, open from 10 a.m. to 2 p.m. weekdays.

Peers Place offers free meals, computer access, resource materials, movies and a chance to talk with peers who understand the struggles of living with mental illness.

Peers Place has grown from 10 to 50 people in the past 10 months. Many people who come to Peers Place live alone and enjoy having somewhere to go for social interaction, Walters said.

“If they have a crisis, we can help them get connected with the right services,” Walters said.

Some Peers Place visitors are homeless.

“This gives them a safe place to come during the day and something to do”

Participants and staff collect cans to buy food from the Community Food Bank of Eastern Oklahoma. Milk, eggs and other items not available at the food also must be purchased. Donations of cans and cash are needed to keep the food, movies and resources replenished.



Jerry Waller, Cassie Place and Geri Walters welcome people to drop in at Peers Place. Jerry helps in the computer room. Cassie leads a support group, and Geri coordinates Peers Place. To find out more about Peers Place call 245-5565.

“I suffer from illnesses that, in the past, made it very hard to even get up and do anything. Peers Place has provided me with a reason to get up in the morning and has given me a safe environment where I am not afraid... even a purpose in life. In a very real sense, Peers Place has helped to save my life.”

Jerry Waller



Karen Ellis



Debbie Givens

Board taps officers, members

ACT's Board of Directors elected Chairman Cecil Drummond and Vice Chairman Mostafa Golbaba for a second term.

Karen Ellis was elected to the board and received a certificate of appreciation for her Leadership Tulsa internship. The new Leadership Tulsa intern is Debbie Givens.



Cecil Drummond



Mostafa Golbaba

Members also include Tim Boeckman, Susan Gravitt, Bob Hunt, Willye Jones, Ralph E.R. Nichols, and Bryan Rowland. Andrea Daniel is the Tulsa Young Professionals (Typros) intern through Leadership Tulsa.

Thankful for donors

We thank our partners in helping build better lives for people with mental illness and substance abuse disorders.

2009 partners include:

ACT Board of Directors
 ACT consumers and staff
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 Gordon Gears
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 The Oxley Foundation
 Plan Benefit Analysts of Tulsa
 Public Service Company of Oklahoma (AEP)
 Wilfred and Jean Sanditen
 Sarkeys Foundation
 Temple Foundation
 University of Missouri Alumni Tulsa Chapter
 Anne and Henry Zarrow Foundation



ACT Board Member Bob Hunt receives a signed and framed thank you note from staff and consumers for replacing the 7010 waiting room's television.