

Parkside's Mission:

To improve the quality of life of those affected by mental illness and related disorders by providing care with excellence and compassion.

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Cox Connects Foundation Awards Grant

On December 1, Parkside was one of 25 Tulsa area nonprofits invited to a Cox Connects Foundation reception to receive a grant for the By Your Side Program, Food Pantry. The \$5,000 gift was provided by the employee-giving program of Cox Communications. Thank you Cox employees and the Cox Connects Foundation!

The By Your Side Program provides food, clothing, medication and transportation assistance to Parkside patients and their families as a supplement to their mental health treatment services. The immediacy of this kind of help makes a real difference in the lives of our patients and encourages patients to continue with therapy. The Cox Connects gift will help ensure a good inventory at the Food Pantry so that eligible patients receive a nutritious and balanced menu. Pictured with the big Cox Foundation check is Parkside's Willie Roundtree who is well known to the beneficiaries of the "By Your Side" program. Willie does a great job with the food distribution and making sure our patients needs are met.



"By Your Side" Program Grows

Parkside is happy to announce a new association with Emergency Infant Services of Tulsa (EIS). The mission of Emergency Infant Services is to "meet the basic human needs of infants and children through five years of age, whose families are in crisis." Each year, Emergency Infant Services serves about 6,040 families in financial crisis, providing essential care items to over 9,000 needy children across northeastern Oklahoma. Parkside CEO, Debra Moore, recently met with EIS Executive Director Eileen Bradshaw and the two outlined a plan to help more families and children through the distribution of infant emergency care boxes and other items through Parkside's Food Pantry. Both organizations work to improve lives, so the affiliation just made sense. Diapers and baby Formula are now available in the Parkside Food Pantry.

Telemedicine- Parkside Reaches Out

Parkside took the first steps in a new outpatient service in January 2010 with the organization's first telemedicine service. In an alliance with OSU Telemedicine, Parkside Outpatient Therapist Leanne Moore provided the clinic's initial outpatient counseling session to a youth in Pawnee county. Telemedicine allows individuals in rural areas who otherwise would not have access to services to receive necessary medical and mental health care. Parkside will work with OSU to expand access to care in rural Oklahoma and hopes to see steady growth in this area. Leanne met her client via a secure video teleconference with special equipment that allows both parties clear video and audio of the other throughout the session. In February, she was able to reach out to an additional three clients. Parkside has now prepared an office in the outpatient clinic specifically for telemedicine and is committed to bringing quality care where it is needed.

"Humor is the great thing, the saving thing. The minute it crops up, all our irritations and resentments slip away and a sunny spirit takes their place."

- Mark Twain (1835-1910)

Health Boosters

What is Yoga?

The word yoga means "union" in Sanskrit, the language of ancient India where yoga originated. Most people think of the union as occurring between mind, body and spirit. When we talk about yoga, most people think of the practice of poses or physical postures. While there is more to it than just positions and stretching, yoga has been widely accepted as means of improving balance, stamina and general physical wellness.

Yoga can help with:

Arthritis
 Back and neck problems
 Scoliosis
 Menopause & pre-menstrual syndrome
 Headaches and sinusitis
 Osteoporosis
 Stress disorders, including anxiety and insomnia

Benefits you can expect include:

Better, more restful sleep
 Freer breathing & better lung capacity
 Greater strength & balance
 Improved circulation
 Improved flexibility
 Increased awareness and concentration
 Reduced anxiety
 More physical wellbeing and joy!

You can get an introduction to yoga and try it yourself at home or in the office with professional instruction from Meghan

Donnelly and video found on Parkside's Facebook Fan Page. Search Facebook for Parkside Tulsa and look for the video link on the left side. Parkside's clinical staff have also had the benefit of some professional instruction and may be able to get you started reducing your stress and working toward a healthier you.



Parkside Staff Gain Recognition

Peggy Kelley, LPC, one of the therapists on TCAT North, completed her course work and earned two certifications in December. The certifications are in Animal Assisted Therapy and Animal Training and Enrichment. Peggy has several animals housed on site that she uses in her pet therapy groups and also brings in guest animals. Peggy is providing weekly pet therapy groups on all four inpatient units.

Verletta Russell, LPC, a Parkside Outpatient therapist, was named as the Oklahoma Art Therapy delegate to the 2009 National Art Therapy Conference in Dallas this past fall. About eight Oklahoma art therapists attended to support the new president of the National Art Therapy Association who is from Oklahoma.

Earl Potter to the Rescue!

Earl Potter, Facility Engineering Department, observed a woman in the park struggling with a broken wheelchair. He initiated a conversation with her and arranged donation to her of a wheelchair he had at home. Earl delivered the chair to her and she was immensely grateful for his kindness. Earl is always helpful and kind in the course of his duties at Parkside and his kindheartedness to an unknown person in need is a great example of Parkside's corporate values of caring and compassion at work.

Eagle Scout Project Contributes

Parkside Controller Marty Benson spends some of his spare time volunteering in Scouting. This association led to Eagle Scout candidate Cooper Argo adopting Parkside patients as beneficiaries of his Eagle Service Project. Cooper led other scouts from Troop 970 to solicit donations and collect a variety of bags and totes to provide to Parkside patients as they discharge from inpatient care. This allows those patients to return home or to another living situation with their belongings in a gym bag, suitcase or laundry bag. Cooper's project helps patients from all four Parkside inpatient areas to transition more comfortably and give them a resource that has continuing value. Cooper completed his project and has subsequently received his Eagle Scout Award in a special Court of Honor ceremony. Troop 970 is sponsored by Faith United Methodist Church. The Boy Scout Slogan is "Do a Good Turn Every Day" and these Scouts are making it happen. Thank you to Cooper and the other Scouts who participated in this service project, and thanks Marty for helping link this Scout project to a need at Parkside.



Outpatient Satisfaction Survey

For one week every six months, Parkside conducts an outpatient satisfaction survey. All outpatients attending services during that time are encouraged to complete a survey. We also ask for their comments about the Food Pantry. The results are then shared with patients, staff, and our Board, and are used to help improve our services.

In December, 221 outpatients completed a survey. Of those responding, 95% indicated they were pleased with our services. 97% indicated the lobby staff were friendly and helpful, and 97% indicated they received a reminder phone call regarding their appointment. 95% believed their therapist was caring and compassionate. The lowest score was 75%. It related to how long patients wait in Assessment and Referral before being seen, and also included patients who present without an appointment as well as those who have an appointment.

Parkside received 158 general comments and another 163 in response to questions about our Food Pantry.

Below are a few of our patients' exact comments:

"I have never received anything but the best treatment by any Parkside employee."

"Every bottys good."

"I have only experienced good things here at Parkside. Everyone is friendly and helpful."

"Everyone at Parkside makes me feel welcome and cared for. I think it takes a special kind of person to do what they do and they all do it very well."

"The only negative comment I have is that when your therapist says to schedule another appointment in two weeks, it's often not possible to return in less than 3."

"I appreciate the food bank. It helps me a whole lot."

Parkside appreciates the valuable feedback provided by our patients.

Helping the Relief in Haiti

Recently, the hat was passed in response to the earthquake and subsequent human tragedy in Haiti. Parkside staff Willie Roundtree, Erin Lasley, Eric Sachau, David Patterson, Beki Darnell, Sherry Brown, Karen Cathey, Cheryll Yeisley and Debra Moore all donated to the American Red Cross sending \$480 to help the relief effort. One of Parkside's corporate values is that of 'Caring and Compassion.' We see this daily at Parkside and it's also good to see Parkside compassion reach those suffering in Haiti.



In 2010, thousands of concerned citizens in nearly 80 communities across the nation will walk together to raise money and awareness about our country's need for a world-class treatment and recovery. Parkside is gathering a team with Darren Sanchez, LPC as the team captain to walk in the 5K, 2010 NAMIWalks on May 22, 2010 at the Stars & Stripes Park in Oklahoma City. Parkside participated in the walk last year and everyone on the team had a blast. The day started out cold... but once the walk was underway the heat was on. Parkside had a total of 10 walkers and raised \$1,080 for NAMI Tulsa. This year's goal is 15 walkers and raising \$2,000. We invite all our Facebook fans to support the cause and sponsor a walker... or better yet come join the team! Just visit www.nami.org/namiwalks10/okc/parkside to see the 2010 Parkside Team and sponsor your favorite walker.

Welcome Aboard!

Sharon Smallwood, M.D.— Dr. Smallwood joined the Parkside Board of Directors this winter. Dr. Smallwood is a practicing physician and her prior volunteer history has included serving as PTSA President at Booker T. Washington High School, Board Member for Solid Foundation Preparatory Academy and she is current with the Oklahoma State Chapter of the National Medical Association. Dr. Smallwood had previous involvement with Parkside during clinical rotations as a medical student and Resident Physician. Parkside is extremely fortunate to have her serve with the Board of Directors.

Mark Medlin, M.D.— Dr. Medlin became the primary Parkside Outpatient Psychiatrist in March. Dr. Medlin is a graduate of the University of Oklahoma College of Medicine and has over 20 years experience in psychiatry. He has been Medical Director of several different programs and has practiced in both inpatient and outpatient settings. Dr. Medlin was previously associated with Parkside and is known to many of the staff here. Welcome back Dr. Medlin!

Getting it on Line

Debbie Martin of OSU Telemedicine is pictured installing new equipment with Joe Vitali (left) and Benny



Holloway of Parkside's Information Services Department. In addition to keeping all of Parkside's computers and network performing well, the Information Services Dept. staff have been a big part of bringing telemedicine and other new technologies to Parkside.

Check Out Parkside Tulsa on facebook

Parkside now has a facebook Fan page. Check it out by searching Parkside Tulsa and you can connect to news, announcements, event information, video and a lot more. Log on and see the Parkside 50th anniversary video and sign up as a fan today!

In the Neighborhood-

The Forest Orchard Neighborhood Association continues a neighborhood patrol in a marked vehicle for crime prevention and safety and reports that things are going well in the area with few incidences of crime or problems this winter. The group is preparing for a big spring clean up event on May 1 & 2. Anyone can volunteer and help to improve this great neighborhood and vital part of Tulsa.

The Katharyn Cornell Education Series: Clinical Excellence in Chemical Dependency Treatment

Parkside will host an exceptional training opportunity on May 21st at the Tulsa Marriott Southern Hills. Dr. David Ohlms, a practicing psychiatrist and specialist in addiction medicine for over 30 years will present on The Disease Model of Addiction, Treatment of Female Addicts and Dual Diagnosis. Dr. Ohlms is perhaps best known for popularizing the disease concept of alcoholism. Featured in over 30 videos, he has gained popularity and respect world wide as a lecturer and authority in treatment of chemical dependency.



David Ohlms, M.D.

In this same full day of education, Dr. William Yarborough will address a variety of topics including Prescription Drug Abuse, Management of Chronic Pain Patients and Use of Suboxone. Dr. Yarborough has completed advanced work in addiction medicine and pain management. He is a recipient of teaching awards and on faculty at OU College of Medicine as well as current Medical Director of an alcohol and drug treatment program.



William Yarborough, M.D.

The Katharyn Cornell Education Series recognizes generous memorial support by Kathryn Cornell that has helped to sustain Parkside since 1968. Parkside continues Kathryn Cornell's efforts against substance abuse and addiction with the sponsorship and funding of continuing education toward that end. Registration is open now at www.parksideinc.org.

Parkside is a not-for-profit organization that offers a continuum of services to help those having difficulty with depression, self-harm or other serious concerns. Treatment is available at several different levels of care:

- Acute (hospital) for youth 10-17 years old.
- Residential and outpatient for youth 6-17 years of age.
- Hospital, Outpatient and a full continuum of Chemical Dependency services also available for Adults.

Call any time, day or night :

(918) 588-8888

Medicaid, Medicare and most insurance.



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