

RECOVERY ROUTE

DBSA—Oklahoma

“a journey not a destination”

Jan—Mar 2015

2015 Is Going To Be a Great Year For Everyone in DBSA

A lot of good things happened in 2014 but this year will be even better.

In 2015 lets resolve to work more as a team:

- Listening to each others suggestions
- Let’s help each other with our personal recovery
- Let’s try to bring more laughter and humor to our meetings
- Let’s empower each other with our kind words
- Let’s tell each other their strengths as we see them

- DBSA wants to provide many more opportunities for people to grow.
- DBSA wants to help others begin to dream again about how great their lives can be.
- DBSA is committed to educating it’s members on all dimensions of wellness

1. Emotional
2. Financial
3. Social
4. Spiritual
5. Occupational
6. Physical
7. Intellectual
8. Environmental

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MISSION

To provide peer to peer hope, help and support. To foster recovery in the lives of people living with depression, bipolar, and other mental health disorders.

Please mark these dates on your calendar

January

1st - Office Closed

8th, 15th, 22nd, 29th - Creative Expressions 6:00 at the office

11th - Sunday Free Pottery Making Class 1- 6 PM 8221 NW 114th OKC

13th - Board Meeting—Executive Committee 5:00 PM at the office

16th—Pizza/Game Night 5:00 PM at the office

17th - Facilitator Training 1-4 PM at the office

19th - Martin Luther King Day - Office Closed

20th - Regular Board Meeting 5:00 PM

23rd - Education Night 5:00 PM at the office

25th - Sunday Glazing the pottery pieces from January 11th 1—6 PM 8221 NW 114th OKC

30th - Finish Re-affiliation of DBSA Chapters

30th - Free Movie Night 5:00 at the office (Secret Life of Walter Mitty)

February

Pottery Studio dates to be announced

7th - DBSA Walk location to be announced

13th - Pizza/Game Night 5:00 at the office

16th - President's Day Office closed

5th, 12th, 19nd, 26th - Creative Expressions 6:00 at the office

20th - Education Night 5:00 at the office

16th - President's Day office closed

18th - Summit 5:00 at the office

27th - Free Movie Night 5:00 at the office (Movie to be announced)

March

Pottery Studio dates to be announced

7th - DBSA Walk location to be announced

5th, 12th, 19nd, 26th - Creative Expressions 6:00 at the office

10th - Board Meeting 5:00 at the office

13th - Free Pizza/game Night 5:00 at the office

14th - Facilitator Training 1-4 PM at the office

20th - Education Night 5:00 at the office

21st - Facilitator Training 1-4 at the office

27th - Movie Night 5:00 at the office

Laughter is the Best Medicine

A blonde woman was speeding down the road in her little red sports car and was pulled over by a woman police officer who was also a blonde.

The blonde cop asked to see the blonde's drivers license. She dug through her purse and was getting progressively more agitated. "What does it look like" she finally asked.

The policewoman replied "It is square and has your picture on it". The driver found a square mirror in her purse, looked into it, and handed it to the policewoman. "Here it is she said". The blonde officer looked in the mirror and handed it back saying, "OK you can go, I didn't realize you were a cop ...".

A Few Words From President Ricky Brown

By being involved with DBSA I have learned coping skills that have geared me towards understanding my diagnosis, how to interact with my peers by making healthy relationships, and how to make an effort of reaching out to so many of those who are waiting for the opportunities of getting involved in a dynamic support group, DBSA. Before finding DBSA, I was standing on a missing piece of the puzzle of recovery. When I found DBSA, the puzzle was complete. I knew I was not alone and that I was with a support group geared towards community and recovery.

This last year has been a challenge for us all: working through our mood disorders, being involved with our support groups, learning how to stand up for ourselves and being accountable for our behavior, along with advocating for Mental Health with our Oklahoma State Legislators. DBSA is surely proud of our progress. The future is as wide as the sky is blue, all of us ready to give what the others have been waiting for: the opportunity for recovery from our mood disorders by belonging to a peer led support group and supporting the DBSA Oklahoma Chapters.

As President of DBSA Oklahoma for the past two years and as a member of the Norman Board of Directors, I would like to thank everyone for their involvement in one of the best support groups in the nation, DBSA. We have come a very long way, especially this last year. In the coming new year I would like to encourage everyone to become more involved with the activities that bring us together as DBSA members and help DBSA Oklahoma stand on its own. This involves fundraisers, educational activities, gatherings in support of DBSA, and membership to DBSA Oklahoma. Looking forward I hope this year is as advantageous as the previous year for DBSA Oklahoma.

Ricky Brown, President

Would you like to become a member of DBSA-OK?

The information you provide will be held in strictest confidence.

Today's Date: _____ Support Group Name/Location: _____

Name: _____ Title: _____

Organization/Business (if any): _____

Mailing Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____ Email:** _____

Would you like to just make a donation and not become a member?

**Please provide email address.

*Giving is optional; however, donations of \$5 or more are common for consumers and students. For others, donations of \$25 - \$100 or more may be affordable and are greatly appreciated. All monies will be used to help those who suffer with mood disorders. Membership will allow you to receive the Newsletter with calendar & announcements, and other notifications by email.

Check all that apply:

- Consumer/Recipient*
 Student*
 Family Member/Friend
 Professional
 Corporations
 Memorial to Loved One

Donation Enclosed:

_____ Amount: \$ _____

Check if you wish to receive a receipt.

MAIL COMPLETED FORM TO:

DBSA-OK 3000 United Founders Boulevard Suite 120

Oklahoma City, OK 73112

Or Turn in to Facilitator at Support Group Meetings

Executive Directors Report

Aug 12—Dec 31

Worked with Advocacy groups, Nami, OCARTA, and MHAOK.

Worked with 5 Community Mental Health Centers.

Continued to visit all DBSA support groups in Oklahoma.

Professional Development includes ODMHSAS Conference, Integris Men's Health Forum, NAMI Northwest. Participated in Coalition of Advocates (COA) and Oklahoma Recovery Alliance (OKRA).

Promoted DBSA social groups: Art, Education, pizza/game night and Walk program.

Had 2 parties: Office Christmas Open House and George's Party.

Increased attempts to get more publicity: Daily Oklahoman, Guthrie Newsletter, NAMI talk at OU, Purcell Register, and Edmond Sun.

Started developing list of funding sources: United Way, Picnic and Silent Auction, ODMHSAS, and hopefully many others.

Tried to continually make other support groups responsive to it's members needs.

Inspiration Quotes of the Month:

Make somebody else happy. You will automatically make yourself happy.

Remember Winston Churchill's words: Never, never, never, never quit.

DEPRESSION & BIPOLAR SUPPORT ALLIANCE - OKLAHOMA

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OKC, OK 73112
Phone: 254.3994
Fax: 254.5019
E-mail: dbsaed@coxinet.net
www.dbsaok.org

George Crooks— Executive Director

Jeannie Huey - Office Manager

Iva Cook – Support Group Specialist

***WE'VE BEEN THERE,
WE CAN HELP.***

BOARD as of FY 2014

Ricky Brown President
Tammy Lenox Past Pres.
Bill Slocum Vice Pres.
Debbye Bryner Secretary
Jeff Tallent Treasurer
Jerry Risenhoover
Pat Manning
Diane Bergeron
Jimmy Roberts

Advisory Board:

Gail Israel
Pete Schaffer
Jennifer Dorris
Larry Hochhaus



DEPRESSION & BIPOLAR SUPPORT ALLIANCE- OK

3000 United Founders Blvd Suite 120 Oklahoma City, OK 73112
Phone: 405-254-3994 website: www.dbsaok.org

“We have been there, we can help”

CONFIDENTIAL FREE DBSA SUPPORT GROUPS

Updated Jan 7, 2015

If you cannot reach the contact person listed please call the state office, 405-254-3994

Group	Day	Time	Location	Contact 1	Phone	Contact 2	Phone
Altus	Tuesday	7:00 PM	1 st Christian Church 2501 Park Ln	Erica	580-318-7777		
Bethany	Thursday	7:00 PM	Bethany Church 3301 N Rockwell	Cynthia	405-639-9623	Iva	405-373-0059
Edmond	Saturday	3:00 PM	Edmond Public Li- brary	Charlie/ Michelle	405-745-3270 405-330-0642	Sheila/Alan	405-844-2444
El Reno			1st Christian Church 400 S Barker	Iva	405-373-0059		
Guthrie	Thursday	7:00 PM	1st Presbyterian 102 E. Noble Ave	Shayla	Monett.dodge @gmail.com	Katy	405-396-2070
Holloway Group			6613 N Meridian	Jennifer	405-603-8190 ext 3201	Cyndi	405-603-8190 ext 3202
Lawton	Monday	6:30 PM	Lawton Public Li- brary	John	580-483-4942	Laura	580-536-1251
Midwest City	Tuesday	6:30 PM	Eastside Church 916 S. Douglas	Ron	405-821-5281	Diane	405-889-0757
Norman	Thursday	7:00 PM	McFarlin Methodist Church Room 406	Diane/Ricky	405-503-1948 405-625-4066	Jack	405-314-7315
OKC - MHAO Drop-in Center	Saturday	3:00 PM	1311 N Lottie	Jimmy	405-418-4119		
OKC - North Side 1 All Souls	Monday	7:00 PM	All Souls Episcopal 6400 N Penn	Jimmy	405-418-4119	Regan	405-919-3488
OKC - North Side 2 Crossings Church	Monday	6:30 PM	Crossings Church 14600 N. Portland	Cathie/ Mike	405-216-3189 405-245-3654	Thomas/ April	405-330-3873 405-823-3350
OKC - OCARTA Drop-in Center	Tuesday	2:00 PM	2808 NW 31st	Lyndon	405-812-4580	Brandi	405-848-7555
OKC - State Office	Wednesday	12:00 Noon	3000 United Found- er's Blvd Suite 120	Sondra	405-473-7942	George	405-413-7778
Purcell			1 st Baptist Church 400 W Main Rm101	Betty Stoll	405-867-4907	LaDonna	405-837-1533
Seminole	Every Other Tues	3:00 PM	Seminole Library 424 N Main	Theresa	584-9666 380-4118	Ricky/ Monique	525-4119 481-1635
Stillwater	Tuesday	7:30 PM	First Presbyterian Church	Don	580-307-5071	Diane/ Bob	405-372-0211 580-668-2663
Tulsa			DUI School 7950 E 41 st Street	Larry	918-809-1152		
Yukon	Tuesday	7:00 PM	1 st Christian Church 601 Maple	Cheryl	405-354-5650	Renee/Kay	405-209-7477 405-787-3889

There are many inpatient groups that are not listed.

Temporarily Closed: El Reno, OKC Southside, Tulsa, UCO.

New Groups Coming Soon: Boley, Kingfisher, Shawnee, OK University.

The phone numbers listed are personal numbers of DBSA Volunteers. Please be considerate of the time and day you call. These phone numbers are NOT crisis numbers. **If you have an emergency dial 911.**