

RECOVERY ROUTE

DBSA—Oklahoma

“a journey not a destination”

Jan - Mar 2016

Let's Get Healthier in 2016 Ten Proven Therapies

1. Psychotherapy - Professional Treatment such as talk, cognitive behavioral therapy, and Dialectical Behavioral Therapy.
2. Medication - Very helpful especially when used with other therapies, but not a cure.
3. Case Management - Help provide resources for recovery.
4. Hospitalization - In come cases it's the best temporary benefit.
5. Support Groups - A proven supplement to other therapies.
6. Complementary and Alternative Medicine - Methods not usually associated with standard medicine.
7. Self Help Plan - A unique health plan tailored to individual recovery including all aspects of wellness.
8. Peer Support - Recognizing the effectiveness of people with mental health helping others.
9. ECT - Electro Convulsive Therapy for chronic depression.
10. Light Therapy - For Seasonal Effective Disorder.

We all can find a therapy or several therapies to maximize our recovery.

CONTENTS

Get Healthier in 2016	1
Self Help Tips for Managing Anxiety	2
Calendar of events	3
Laughter	3
Wellness Tips	4
Help for Depression	4
Membership Application	5
From President Diane Bergeron	6
From Desk of Executive Director	6
Support Group Listings	7

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.

Self-Help Tips for Managing Anxiety

Anxiety is very Pervasive and can accompany most all Mental Health disorders.

- Take a deep breath and count to 10. Stepping back from the problem lets you clear your head.
- Control your worry. Spend 30 minutes thinking about your concerns and what you can do about them.
- Learn yoga, meditation and other relaxation techniques.
- Talk to someone. Share your problems with a friend or counselor who can help you gain perspective or join a support group.
- Track your anxiety. Write in a journal what you're afraid might happen, then what is more likely to happen or what really is. Keep a record of the action you took to solve a problem.
- Take care of yourself. Get enough sleep, eat a balanced diet, exercise and take time to relax.
- Avoid alcohol. It may temporarily soothe the anxiety somewhat. But alcohol depresses the central nervous system, which creates more anxiety and can even trigger panic attacks. Caffeine, nicotine and un-prescribed drugs can also aggravate anxiety.
- Get medical help. If you continue to have anxiety that you can't control on your own, talk to your doctor or therapist about treatment alternatives.

Please mark these dates on your calendar

January:

- 5th Board Meeting
- 7, 14, 21, 28 Creative Expressions/Games 5:30 Office Suite 104
- 9th Facilitator Training 1-4 Office Suite 104
- 18th MLK Office Closed
- 29th Movie Night 5:00 Office Suite 117

February:

- 4, 11, 18, 25 Creative Expressions/Games 5:30 Office Suite 104
- 11th Coffee Chat (Feb 11 - May 19) Thursday mornings at the Capitol
- 15th Presidents Day Office Closed
- 17th Summit Office Suite 104
- 26th Movie Night 5:00 Office Suite 117

March:

- 3, 10, 17, 24 Creative Expressions/Games 5:30 Office Suite 104
- 12th Facilitator Training 1-4 Office Suite 104
- 15th Board Meeting 5:00 Office Suite 104
- 25th Movie Night 5:00 Office Suite 117

Laughter is the Best Medicine

Sam walks into his boss's office. "Sir, I'll be straight with you, I know the economy isn't great, but I have over three companies after me, and I would like to respectfully ask for a raise." After a few minutes of haggling the boss finally agrees to a 5% raise, and Sam happily gets up to leave. "By the way", asks the boss as Sam is getting up, "which three companies are after you?" "The electric company, water company, and phone company", Sam replied.



Wellness Tips

Whether it is important to you to solve a community problem, advance a worthy cause or develop as a person, volunteering offers many benefits.

Volunteering can help you:

- Make important networking contacts.
- Learn or develop new skills.
- Teach your skills to others.
- Enhance your résumé.
- Gain work experience.
- Build self-esteem and self-confidence.
- Meet new people.
- Feel needed and valued.
- Give back for help you may have received.
- Demonstrate that you care about the community.
- Make a difference in someone's life.

Help For Depression

- Another place, another mood. For example visit a library.
- Feed the mind, feed the soul. Enjoy a good book.
- Commune with nature. Take a walk outdoors.
- Get in touch with your creative side. Take an art class.
- Relax and refresh. Listen to music.
- Get physical. Do some stretches.
- And finally, print and tape this to your refrigerator and look at it every day.

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 make a donation? Click the donate button on www.dbsaok.org or use the form below.

*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 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 104

Oklahoma City, OK 73112

Or Turn in to Facilitator at Support Group Meetings

From Diane Bergeron, President of DBSA-OK

I wish everyone in DBSA a very healthy and happy New Year.

Executive Directors Report

The 4th quarter of the year was very busy.

The most significant event was DBSA’s first annual “gala” dinner and silent auction. It was very well attended and received a lot of praise. It featured Marya Hornbacher, nationally acclaimed mental health author, John Whetsel, OK county sheriff, and Steve Buck, deputy Commissioner of ODMHSAS - Department of Mental Health and Substance Abuse Services.

Other activities included:

OKRA - Oklahoma Recovery Alliance.

COA - Coalition of Advocates.

PAC - Planning Advisory Council.

Integris Men’s Health Forum.

OCARTA - Oklahoma Citizen Advocates for Recovery and Treatment Association. Class on Advocacy taught by Mike Turner, former Oklahoma State Representative. It was extremely informative.

Summit/Facilitator Training classes

OSASA - Oklahoma Substance Abuse Services Alliance.

NAMI-Edmond National Alliance on Mental Illness. Edmond Affiliate.

Toastmasters and Kiwanis.

Francis Tuttle - Bread-making class taught by Pete Schaffer.

ODMHSAS Specialty Courts.

Worked on SAMSHA and Zarrow Grants.

DEPRESSION & BIPOLAR SUPPORT ALLIANCE - OKLAHOMA

3000 United Founders Blvd
Ste 104
OKC, OK 73112

Phone: 405-254.3994

Fax: 405-254-5019

E-mail: dbsaed@coxinet.net

www.dbsaok.org

George Crooks– Executive Director

Jeannie Huey - Office Manager

Support Group Specialist— Vacant

WE’VE BEEN THERE, WE CAN HELP.

BOARD as of FY 2014

Voting Members:

Diane Bergeron President

Ricky Brown Past Pres.

Pat Manning Vice Pres.

Debbie Bryner Secretary

Jeff Tallent Treasurer

Jerry Risenhoover

Bill Slocum

Tom Martin

Jimmy Roberts

Gail Israel

Pete Schaffer

Advisory Board:

Larry Hochhaus

Emeritus Members:

Iva Cook

Tammy Lenox

Professional Advisor:

Dr. Amal Chakraborty



DEPRESSION & BIPOLAR SUPPORT ALLIANCE- OK

3000 United Founders Blvd Suite 104 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 Dec 30, 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	Iva	405-373-0059	Cynthia Brenden	405-639-9623 405-537-5819
Edmond	Saturday	3:00 PM	Edmond Public Library	Charlie/ Michelle	405-745-3270 405-330-0642	Sheila	405-844-2444
El Reno			1st Christian Church 400 S Barker	Iva	405-373-0059		
Guthrie			1st Presbyterian 102 E. Noble Ave	George	405-413-7778		
Lawton	Monday	6:30 PM	Lawton Public Library	John	580-483-4942	Laura	580-536-1251
Midwest City	Tuesday	6:30 PM	Eastside Church 916 S. Douglas	Diane	405-889-0753	Ron	405-821-5281
Norman #1	Thursday	7:00 PM	McFarlin Methodist Church Room 229	Diane/Ricky	405-503-1948 405-625-4066	Jack	405-314-7315
Norman #2	Monday	7:00 PM	McFarlin Methodist Church Room 402	Ricky	405-625-4066	Diane	405-503-1948
OKC - MHAOK Drop-in Center #1	Saturday	2:00 PM	1311 N Lottie	Jimmy	405-418-4119	Brenden	405-537-5819
OKC - MHAOK Drop-in Center #2	Tuesday	12:00 Noon	1311 N Lottie	Bianca Brenden	405-600-3074 405-537-5819		
OKC - All Souls	Monday	7:00 PM	All Souls Episcopal 6400 N Penn	Brendon	405-679-8090	Regan	405-919-3488
OKC - Crossings Church	Monday	6:30 PM	Crossings Church 14600 N. Portland	Jack	405-205-4139	Thomas	405-330-3873
OKC - OCARTA Drop-in Center	Tuesday	3:00 PM	2808 NW 31st	Tyler	405-549-3192	Brandi	405-848-7555
OKC - State Office	Wednesday	12:00 Noon	3000 United Found- er's Blvd Suite 104	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		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	580-307-4697	Bob	918-285-1233
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: OKC Southside, UCO.

New Groups Coming Soon: Shawnee, OK University, Moore

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.**