

RECOVERY ROUTE

DBSA—Oklahoma

“a journey not a destination”

Oct—Dec 2014

DBSA Is Here For You

DBSA's mission is “to provide peer to peer hope, help and support to foster recovery in the lives of people living with depression, bipolar, and other mental illnesses.” To accomplish this goal we provide support groups, encourage advocacy, provide educational programs, help empower people, share recovery tools, and provide health information. The Oklahoma state DBSA office makes every effort to provide these resources to improve the lives of our members.

We are very proud of our members as they participate in our programs and work on their individual recovery. We recognize that recovery means different things for everyone with mental illness. The DBSA staff encourages all its members to take advantage of these resources. We are grateful to all our trained facilitators who work very hard to make their support groups a place where people can regain hope in their lives.

DBSA provides support groups around the state. Our free peer-led support groups are the foundation to achieve our mission statement. Every group no matter how large or small meet regularly to provide a setting where people can come and help each other discover new ways to strengthen their recovery. Respect, compassion, kindness, and confidentiality are the cornerstones of these groups.

DBSA provides ideas on advocacy. DBSA advocates for people and teaches people to advocate for themselves and other people with mental illnesses. People learn that finally they must take responsibility for their own recovery. DBSA members go to the capitol and into hospitals to make people aware of services for persons with mental illness.

DBSA provides education programs. Facilitators are trained and supported with other learning activities through the year. Guest speakers are brought in to further people's knowledge. There is a monthly educational meeting that all members can attend.

DBSA provides empowerment techniques. In DBSA meetings people are helped to discover their strengths. DBSA offers many social activities where people can learn how to experience life in their community other than in a support group. When people see others sharing their successes, they experience empowerment themselves.

DBSA provides recovery tools. One of the most beneficial lessons people can learn are recovery tools that have helped other people. Tools like coming to meetings, exercising, journaling, establishing routines in their lives, always taking their medications, listening to music, getting out of the house, and many other recovery fostering tools. People learn that they must be realistic in their expectations but “recovery is a reality.”

DBSA provides valuable information. We also gain more information about our diagnosis. DBSA's website and brochures provide valuable information about our diseases. DBSA participants are learning more about wellness activities and how they can lengthen their lives. We also have a large library to provide more information on mental health issues.

The more people participate in DBSA support groups and activities, the more they experience hope again. Their lives will improve and they will experience less stigma. Hand in hand we discover we are not alone and our lives have meaning and purpose again. DBSA does change lives.

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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

October:

- 4th - DBSA Walk 11:00 AM Stars and Stripes Park
- 5th - 11th-Mental Health Awareness Week
- 9th - Creative Expressions 6-7 PM Office
- 14th - Board Meeting 5-6 PM Office
- 15th - Summit 5-6:15 PM Office-Speaker from Sheriff's Office
- 17th - Pizza/Game Night 5-7 PM Office
- 23rd - Creative Expressions 6-7 PM Office
- 24th - Education Night 5-7 PM Office
- 31st - Movie Night 5-7 PM Office - only if people RSVP, it's Halloween

November:

- 1st - DBSA Walk 11:00 AM Stars and Stripes Park
- 8th - Facilitator Training 1-4 PM Office
- 10th - Veterans Day (Office Closed)
- 13th - Creative Expression 6-7 PM Office
- 27th - 28th - Thanksgiving (Office Closed)

December:

- 2nd - DBSA Open House 5 - 6:30 PM Office
- 6th - Summit/George's Party 5-6:30 PM George's Home
- 11th - Creative Expressions 6-7 PM Office
- 24th - 25th - Christmas (Office Closed)
- 31st - New Years Eve (Office Closed)

Laughter is the Best Medicine

Hypochondria?

Brian, one of the worlds greatest hypochondriacs, bumped into his Dr. one day at the super-market. "Doc!" Brian exclaimed, "I've been meaning to tell you, remember those voices I kept on hearing in my head? I haven't heard them in over a week!" "Wow! What wonderful news Brian! I'm so happy for you!" his Dr. exclaimed. "Wonderful?" asked a dismal looking Brian. "There's nothing wonderful about it. I'm afraid my hearing is starting to go now!"

Wellness Tips

Anxiety, Depression, and Caffeine

Caffeine works by stimulating the central nervous system. It can aggravate the symptoms of existing anxiety disorders, and can trigger panic attacks, according to the National Institute of Mental Health.

"Caffeine produces the same physiological arousal response that is triggered when you are subjected to stress - increased sympathetic nervous system activity and a release of adrenalin," writes Edmund J. Bourne, Ph.D. in the *Anxiety & Phobia Workbook*. It keeps you in a chronically tense, aroused condition, leaving you more vulnerable to generalized anxiety and panic attacks. Caffeine also causes a depletion of vitamin B1 (thiamine), one of the so-called anti-stress vitamins.

If you have an anxiety disorder, you should limit caffeine or avoid it.

People who are depressed may want the "lift" they get from drinking coffee, but it can have the opposite effect as it wears off. It can contribute to anxiety and mood swings. And even small amounts of caffeine can keep you from getting enough sleep, which can make depression worse. You might want to avoid caffeine for a week to see how it affects your mood.

DBSA Wants You To Be Healthy

Knowing your BIG 4 is the first step towards a longer life.

Know the facts: What Are The Big 4

- 1) **Blood Pressure** - High blood pressure is a major risk factor for heart attack and stroke
- 2) **Glucose** - High glucose can result in Type 2 Diabetes
- 3) **Cholesterol** - High cholesterol is linked to a greater risk of erectile dysfunction, kidney disease, heart disease, and Alzheimer's disease.
- 4) **BMI**: Excessive weight contributes to many health risks.

Make a pledge to learn your Big 4 and talk to your professional about making healthy lifestyle changes.

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 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

DBSA Activities in July, August, and September

1. **Planned and attended OKRA's Consumer Conference on September 9th at Crossings Community Center.**
2. **Continued to have social events—Pizza/Game Night, Education Night, Movie Night, and Creative Expressions Night (Art class).**
3. **We were excited to have 2 facilitator training classes and to have 11 people attend.**
4. **We have sponsored 2 more people to get their Peer Recovery Certification.**
5. **Three new groups were started—Seminole, St. Anthony South, and Art class.**
6. **We continue to give presentations to make more people aware of DBSA.**
7. **Ricky Brown and I attended a 2 day conference in New Jersey where the Norman support group received an award.**
8. **Ricky Brown and Diane Bergeron attended the Zarrow Conference in Tulsa and got to listen to Patrick Kennedy talk.**
9. **The DBSA picnic on September 13th was great.**
10. **We also participated in OCARTA's Recovery Walk on September 27th.**

DEPRESSION & BIPOLAR SUPPORT ALLIANCE - OKLAHOMA

3000 United Founders Blvd
Ste 120
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

FREE DBSA SUPPORT GROUPS

Updated October 1, 2014

If this is an emergency, please call 911

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	405-844-2444
El Reno			1 st Christian Church 400 S Barker	Iva	405-373-0059		
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	Diane	405-889-0757	Ron	405-821-5281
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: OKC Southside, UCO.

New Groups Coming Soon: Boley, Kingfisher, Guthrie, 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.**