

Positive Psychology

Dr. Timothy J. Bono was an educational speaker at the DBSA National I to We Conference in September. Here are some of his ideas on positive psychology and happiness!

Psychology is not just about correcting errors. It's also about building meaningful lives based on our strengths.

5 Habits for Happiness

Don't be happy, be happier.

Happiness does not spontaneously arise when we remove unhappiness. Don't strive to be *happy*, strive to be *happier*.

Learn to fail, or fail to learn.

Give yourself permission to be human!

Take time for gratitude.

Focus attention on what you are grateful for. Making a conscious effort to focus on the good things can have a profound effect on your well-being!

Engage in prosocial behavior.

Whether it is money or time, pay it forward! Doing something for someone else will make you feel better about yourself.

Sleep and Exercise.

We all know sleep and exercise are crucial to both our physical and mental health. Make that extra effort to sleep 8 hours and exercise at least 4 days a week and feel the difference!

CONTENTS

Positive Psychology	1
Suicide Prevention	2
DBSA President	2
Calendar of events	3
Laughter	3
Wellness Tips	4
Fundraising Success	4
Membership Application	5
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.

Suicide Prevention Awareness Month

September of this year was National Suicide Awareness Month, a time to raise awareness about suicide and suicide prevention. The last year for complete statistics by the CDC on suicide is 2013. Here - are Just a few of them: There were 41, 149 suicides *reported*. Suicide is the tenth leading cause of death *for all ages*. It is the third leading cause of death among young people between the ages of 10 and 24. In 2013, someone died by suicide every 12.8 minutes.

Know the signs to be aware of:

Talk: If a person talks about feeling trapped, unbearable pain, having no reason to live, killing themselves or being a burden to others.

Behavior: isolating from family and

friends, aggression, increased use of alcohol and drugs, sleeping too little or too much, Looking for a way to kill themselves, such as searching online for materials or means, and giving away prized possessions.

Risk Factors for Suicide: A history of trauma or abuse, depression or other chronic mental illness, a family history of suicide, gender (Although more women than men attempt suicide, men are four times more likely to die by suicide), a recent tragedy or loss, and age (People under age 24 or above age 65 are at a higher risk for suicide).

Every month should be Suicide Awareness Prevention Month. We can all make a difference in someone's life by being

Words from the Incoming DBSA President

On July 1st I had the privilege of becoming the President of DBSA Oklahoma for the next two fiscal years. Having worked closely with outgoing President, Ricky Brown, for two years on the Board of Directors, I believe I am prepared to take on the job!

My goals include working closely with the state office on projects, and maybe even coming up with a few of my own! I want to work hard on reducing stigma and changing the term "mental illness" to "brain illness". Opening more public groups in Oklahoma is important to me. I attended my first group on January 10, 2010, with Ricky Brown as facilitator, and it has changed my life. Peer to peer groups are so powerful!

I am so excited to be a part of helping DBSA Oklahoma grow. I can't wait to see where it takes us next!

Please mark these dates on your calendar

October:

1,8, 15, 22, 29 Creative Expressions/Games 6:00 Office Suite 104

4th- 10th Mental Illness Awareness Week

8th Dinner/Silent Auction

14th Summit

23rd Movie Night Cancelled

30th Education Night - Lottie House (On Hold)

November:

5, 12, 19 Creative Expressions/Games 6:00 Office Suite 104

9th Veterans Day Office Closed

14th Facilitator Training

17th Board Meeting

18th Bread making Class

26th – 27th Thanksgiving Office Closed

December:

5th Summit/George's Party 6 - 9 PM Come and Go

10th Office Christmas Party 4:30 - 6 Come and Go Suite 104

24th- 25th Christmas Office Closed

31st New Year's Eve Office Closed

Laughter is the Best Medicine

Texting acronyms can stump even the best parents:

Mom: Your great-aunt just passed away. LOL.

Son: Why is that funny?

Mom: It's not funny, David! What do you mean?

Son: Mom, LOL means Laughing Out Loud.

Mom: I thought it meant Lots of Love. I have to call everyone back.



Wellness Tips

Live Healthy, Live Long

Just a few gradual changes in your lifestyle can help you live longer. You can start today or when you are ready. Don't expect to make these changes all at once. Be kind to yourself. You will probably have setbacks. You can do it. All you have to do is try one more time than you fail. You can eliminate these four fad behaviors if you don't give up.

1. Smoking
2. Drinking too much alcohol
3. Not exercising
4. Not eating enough fruits and veggies

Gradually replacing these bad behaviors with good behavior can add as much as 12 - 20 years to anyone's life.

DBSA's Fundraising Successes in 2015

On October 8th our gala dinner called "An Evening To Remember" was a huge success. We had a beautiful venue, Christ the King Church. We served 130 meals to our guests who had purchased seats. Sheriff Whetsel did a fantastic job of hosting the event. Steve Buck was an excellent emcee. Marya Hornbacher, a Pulitzer Prize nominee and author of many mental health books, was captivating as the keynote speaker. The silent auction was very profitable.

DBSA received a grant from the Zarrow Foundation.

On September 12th, our annual picnic was enjoyed by about 70 people. The silent auction was very successful.

On April 19th, we capitalized on the Memorial Marathon run to honor those who had died in the horrific bombing. DBSA runners were sponsored by contributors.

We also had many generous contributors throughout the year. You can add to our successes by going to our website, www.dbsaok.org, and click on the "donate" button. It is now easier than ever to make a donation using a credit card or PayPal account. As the holiday season approaches, consider making a donation to DBSA-OK. Help us accomplish our mission of helping those living with mental illness.

All DBSA-OK members will be encouraged to make a tax deductible donation before the end of 2015.

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

**Executive Directors Report
September 8 - November 17**

- **The DBSA-OK Board has seen many positive changes. We have 3 new voting members. We have established minimum Board membership fees. Diane Bergeron is the new president of the board replacing Ricky Brown. I am grateful for all the support.**
- **The dinner “A Night To Remember” was a huge success. I want to especially thank our office manager, Jeannie Huey, for all her help.**
- **Social events included the Annual Picnic, Art class, and Movie Night**
- **We were able to send 4 DBSA members to the National DBSA Conference in Chicago.**
- **I have been busy with more activities: Facilitator Training, Summit Meetings, OKRA, COA, PAC, Integris Men’s Conference, Kiwanis, Toastmasters, and gathering Silent Auction items.**

**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.

Debbye 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 Oct 27, 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	Shayla	Monett.dodge@ gmail.com		
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 - MHAO Drop-in Center #1	Saturday	2:00 PM	1311 N Lottie	Jimmy	405-418-4119	Brenden	405-537-5819
OKC - MHAO 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	Cathie Jack	405-216-3189 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	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	580-307-4697	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.**