

RECOVERY ROUTE

DBSA—Oklahoma

“a journey not a destination”

Jan—Mar 2014

DBSA Plans for 2014

DBSA has plans to introduce four exciting new programs starting in January to improve the life expectancy of people living with mental illness and substance abuse.

The first program is intended to be a discussion class using SAMHSA’s Eight Dimensions of Wellness. It will meet for 8 weeks at the office. It will use the same guidelines as the DBSA support group. Every week a different topic will be discussed. We will take advantage of information from NAMI, OCARTA, DBSA, SAMHSA and the Oklahoma Department of Mental Health and Substance Abuse. The eight topics that will be discussed to provide a holistic approach to wellness are:

1. Emotional - Coping effectively with life and creating satisfying relationships.
2. Environmental - Good health by occupying pleasant, stimulating environments that support well-being.
3. Financial - Satisfaction with current and future financial situations.
4. Intellectual - Recognizing creative abilities and finding ways to expand knowledge and skills.
5. Occupational - Personal satisfaction and enrichment from one’s work.
6. Physical - Recognizing the need for physical activity, healthy foods and sleep.
7. Social - Developing a sense of connection, belonging, and a well-developed support system.
8. Spiritual - Expanding our sense of purpose and meaning in life.

The second program, we plan on introducing is to have a mental health movie shown once a month at the office.

The third program will use a workbook entitled “Pathways to Recovery.” It is a strength based recovery self-help workbook.

Finally we will have a program to help people develop their own plan to stay out of the hospital and develop skills to make them feel like they fit into society better. Reducing stigma will also be a part of this program.

We hope that anyone interested in one or all of these programs will call the office and talk to Jeannie or George so we can work out the details.

DBSA-OK wants to wish everyone associated with DBSA a very Merry Christmas and a Happy New Year. DBSA is grateful for all it’s Board members, Facilitators, and attendees for making 2013 a very successful year.

We are going to make 2014 an even better year with your help and suggestions. We encourage you all to call our office and express yours thoughts and suggestions.

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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.

Calendar of Events

Please mark these dates on your calendar

| | |
|---------------|--|
| Jan 1 | Office Holiday |
| Jan 10 | 2nd Quarter Report Due |
| Jan 11 | Facilitator Training |
| Jan 14 | Board Meeting |
| Jan 20 | MLK Office Closed |
| Jan 31 | Finish Re-affiliation Process |
| Jan 31 | Movie Night at the Office (Silver Lining Playbook) |
| ? | Eight Dimensions of Wellness |
| ? | Pathways to Recovery |
| ? | Wellness Action Plan |
| February 17 | President's Day Office Closed |
| February 20th | Summit |
| February 28th | Movie Night |
| March 8th | Facilitator Training |
| March 11th | Board Meeting |
| March 14th | Finish 4th Quarter Newsletter |

Laughter is the Best Medicine

A doctor and a lawyer were talking at a party. Their conversation was constantly interrupted by people describing their ailments and asking the doctor for free medical advice. After an hour of this, the exasperated doctor asked the lawyer, "What do you do to stop people from asking you for legal advice when you're out of the office?"

"I give it to them," replied the lawyer, "and then I send them a bill."

The doctor was shocked, but agreed to give it a try. The next day, still feeling slightly guilty, the doctor prepared the bills. When he went to place them in his mailbox, he found a bill from the lawyer.

The Top 5 Mental Health Tips for 2014

- **Maintain a healthy and balanced diet.**

Try to avoid junk food and soft drinks and replace these with fresh fruit, vegetables and other nutritious foods. Take advantage of summer and the delicious fruit that the season has to offer such as mangoes, peaches and grapes.

- **Exercise and be active.**

Exercise has the ability to elevate your mood with the neurotransmitters that it increases in your brain. Take any opportunity to be active; take the stairs instead of the elevator, try walking your dog twice a day, go out dancing or enroll in a fitness class. Do exercise that you enjoy.

- **Nurture relationships with friends and family.**

It is important to maintain your current relationships and engage with people that have similar interests to you. Friends and family can help enrich your life and wellbeing by acting as a support network providing support and guidance.

- **Take the time to do things that make you happy.**

Relaxing and having time for yourself helps to reduce the stress and anxiety of day to day life. This could be as simple as visiting your favorite coffee shop, dedicating an hour a day to a hobby or catching up with friends.

- **Get sufficient sleep.**

Lack of sleep can lead to irritability, moodiness and other adverse consequences which can negatively influence a person's motivation and drive. Strive to have at least 7-8 hours' sleep per night in order to wake up fresh and ready to start a new day. Try to go to bed at the same time each night and get up at the same time each morning, even on the weekend. Try reading in bed instead of using your phone or other electronics.

And finally... Take some time each day to think about the simple things in life that make you feel good as a person.

DBSA hopes the programs we offer this year will help you to achieve and maintain healthy habits that will last a lifetime.

Myth About Mental Illness

MYTH: People with serious brain disorders are usually violent.

FACT: Multiple studies have shown that people with mental illness are no more volatile than their neighbors. Substance abuse is a much more common indicator of potential violence.

Comments About Zarrow from Participants

Tammy - I learned that it costs Oklahomans \$25/day for support and housing for the mentally ill, \$302/day for a stay in the city jail, and \$1590/day for treatment in the ER.

Ricky - I learned the importance of disassociating from other people's traumas.

Diane - I was excited to make many good contacts in the Mental Health field.

Debbye - I enjoyed the ethics classes. They taught me a lot about what to say and what not to say in a support group.

Bill - Enjoyed learning about unhealthy fast food restaurants etc.

DBSA-OK was proud to be able to send 5 people to the Zarrow Conference in 2013

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: * _____

*Please provide email address.

**Giving is optional however; donations of \$5 or more are appreciated.

Membership will allow you to receive the Newsletter with calendar & announcements, and occasional notifications by email.

Check all that apply:

____ Consumer/Recipient**

____ Family Member/Friend

____ Student

____ Professional

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

Summary of Accomplishments and Activities in 2013

- Re-affiliated 8 DBSA-OK chapters
- Conducted 6 closed Support Groups in psychiatric facilities
- Established support groups at the peer drop in centers
- In the process of starting support groups in Boley, Purcell, and Shawnee
- Have established support groups in Elk City and Altus
- The Board of Directors met 6 times
- Facilitator training was conducted 6 times
- We had 5 Summit meetings for facilitators
- Acquired 2 new professional advisors
- Had 5 social functions: Mental Health film series, NAMI walk, Annual Picnic, Office party, and private party
- Had participants at 4 conferences put on by OK Dept. of Mental Health
- Had 2 successful fund raisers: silent auction and George Kotwitz Memorial
- Started a Speakers Bureau
- Sent 5 people to the Zarrow Conference
- Hired new Office Manager, Jeannie Huey
- Elected Ricky Brown new President of the Board
- Attended National Conference in Miami
- Conducted successful Membership Drive
- Attended 2 "Days at the Capitol" - OCARTA and COA
- Participated in the coffee chats at the Capitol
- Participated at 2nd OKRA Consumer Conference
- Participated in Men's Health Conference and OPHA conference
- Trained 12 new facilitators
- Even with all it's activities DBSA-OK was able stay within budget

**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



| Group | Day | Time | Location | Contact 1 | Phone | Contact 2 | Phone |
|--|-----------|----------|--|----------------------|-----------------------|----------------|------------------------------|
| Altus | Tuesday | 7:00 PM | 1 st Christian Church 2501 Park Ln | Erica | 580-649-0449 | | |
| 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 | 745-3270/ 330-0642 | Sheila | 405-844-2444 |
| 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 | 405-802-5498 | Ron | 405-821-5281 |
| Norman | Thursday | 7:00 PM | McFarlin Methodist Church Room 406 | Rick | 405-625-4066 | Diane/ Jack | 503-1948 314-7315 |
| OKC – North Side 1 All Souls | Monday | 7:00 PM | All Souls Episcopal 6400 N Penn | Jimmy | 405-418-4119 | Lee | 405-721-5099 |
| OKC North Side 2 Crossings Church | Monday | 6:30 PM | Crossings Church 14600 N. Portland | Cathie | 405-216-3189 | George | 405-413-7778 |
| OKC South Side - Capi- tol Hill | Thursday | 6:30 PM | Capitol Hill Library 334 SW 26 th | Nancy | 405-636-8241 | | |
| OKC State Office | Wednesday | 12:00 PM | 3000 United Found- er's Blvd Suite 120 | Sondra | 405-473-7942 | George | 405-413-7778 |
| Stillwater | Tuesday | 7:30 PM | First Presbyterian Church | Don | 580-307-5071 | Diane/ Bob | 405-372-0211 580-668-2663 |
| Yukon | Tuesday | 7:00 PM | 1 st Christian Church 601 Maple | Cheryl | 405-354-5650 | Renee | 405-209-7477 |

| CLOSED TO THE PUBLIC: | | | | | |
|------------------------------|--------|--------------|-----------------------------|--------|--------------|
| Clinton | Shane | 580-302-4515 | Crisis Center - Men | George | 405-413-7778 |
| Crisis Center - Women | Sarah | 405-254-3994 | Deaconess at Bethany | Iva | 405-373-0059 |
| OKC-OCARTA | Lyndon | 405-274-4131 | St Anthony | George | 405-413-7778 |

**Temporarily Closed: Ada, American Legion, El Reno, UCO, Vatterott
New Groups Coming Soon: Boley, Elk City, MHAT, Purcell, Shawnee**

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.**