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 let’s resolve to work more as a team:

- Listening to each other’s 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 its members on all dimensions of wellness
  1. Emotional
  2. Financial
  3. Social
  4. Spiritual
  5. Occupational
  6. Physical
  7. Intellectual
  8. Environmental

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 ...”. 
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 be 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 its 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- 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

<table>
<thead>
<tr>
<th>Group</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Contact 1</th>
<th>Phone 1</th>
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<td>Altus</td>
<td>Tuesday</td>
<td>7:00 PM</td>
<td>1st Christian Church</td>
<td>Erica</td>
<td>580-318-7777</td>
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<td>Bethany</td>
<td>Thursday</td>
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<td>Bethany Church</td>
<td>Cynthia</td>
<td>405-639-9623</td>
<td>Iva</td>
<td>405-373-0059</td>
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<td>3301 N Rockwell</td>
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<td>Edmond</td>
<td>Saturday</td>
<td>3:00 PM</td>
<td>Edmond Public Library</td>
<td>Charlie/</td>
<td>405-745-3270</td>
<td>Sheila/</td>
<td>405-844-2444</td>
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<td>Guthrie</td>
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<td>Holloway Group</td>
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<td>6613 N Meridian</td>
<td>Jennifer</td>
<td>405-603-8190</td>
<td>Cyndi</td>
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<td>Lawton</td>
<td>Monday</td>
<td>6:30 PM</td>
<td>Lawton Public Library</td>
<td>John</td>
<td>580-483-4942</td>
<td>Laura</td>
<td>580-536-1251</td>
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<td>Midwest City</td>
<td>Tuesday</td>
<td>6:30 PM</td>
<td>Eastside Church 916</td>
<td>Ron</td>
<td>405-821-5281</td>
<td>Diane</td>
<td>405-889-0757</td>
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<td>S. Douglas</td>
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<td>Norman</td>
<td>Thursday</td>
<td>7:00 PM</td>
<td>McFarlin Methodist</td>
<td>Diane/Ricky</td>
<td>405-503-1948</td>
<td>Jack</td>
<td>405-314-7315</td>
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<td>Church Room 406</td>
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<td>405-625-4066</td>
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<td>OKC - MHAO</td>
<td>Saturday</td>
<td>3:00 PM</td>
<td>1311 N Lottie</td>
<td>Jimmy</td>
<td>405-418-4119</td>
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<td>Drop-in Center</td>
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<td>OKC - North Side 1</td>
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<td>All Souls Episcopal</td>
<td>Jimmy</td>
<td>405-418-4119</td>
<td>Regan</td>
<td>405-919-3488</td>
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<td>All Souls</td>
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<td>6400 N Penn</td>
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<td>OKC - North Side 2</td>
<td>Monday</td>
<td>6:30 PM</td>
<td>Crossings Church</td>
<td>Cathie/</td>
<td>405-216-3189</td>
<td>Thomas/</td>
<td>405-330-3873</td>
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<td>Crossings Church</td>
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<td>14600 N. Portland</td>
<td>Mike</td>
<td>405-245-3654</td>
<td>April</td>
<td>405-823-3350</td>
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<td>OKC - OCARTA</td>
<td>Tuesday</td>
<td>2:00 PM</td>
<td>2808 NW 31st</td>
<td>Lyndon</td>
<td>405-812-4580</td>
<td>Brandi</td>
<td>405-848-7555</td>
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<td>OKC - State Office</td>
<td>Wednesday</td>
<td>12:00 Noon</td>
<td>3000 United Founder’s</td>
<td>Sondra</td>
<td>405-473-7942</td>
<td>George</td>
<td>405-413-7778</td>
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<td>Betty Stoll</td>
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<td>LaDonna</td>
<td>405-837-1533</td>
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<tr>
<td>Seminole</td>
<td>Every Other</td>
<td>3:00 PM</td>
<td>Seminole Library</td>
<td>Theresa</td>
<td>584-9666</td>
<td>Ricky/</td>
<td>525-4119</td>
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<td>Tues</td>
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<td>424 N Main</td>
<td>380-4118</td>
<td>Monique</td>
<td>481-1635</td>
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<td>Stillwater</td>
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<td>First Presbyterian</td>
<td>Don</td>
<td>580-307-5071</td>
<td>Diane/</td>
<td>405-372-0211</td>
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<td>Church</td>
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<td>Bob</td>
<td>580-668-2663</td>
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<td>Tulsa</td>
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<td>DUI School</td>
<td>Larry</td>
<td>918-809-1152</td>
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<td>Yukon</td>
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<td>7:00 PM</td>
<td>1st Christian Church</td>
<td>Cheryl</td>
<td>405-354-5650</td>
<td>Renee/Kay</td>
<td>405-209-7477</td>
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<td>601 Maple</td>
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<td>405-787-3889</td>
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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.**