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 some cases it’s the best temporary benefit.

5. Support Groups - A proven supplement to other therapies.


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.

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.
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.
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.

**Wellness Tips**

**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
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.

From Diane Bergeron, President of DBSA-OK

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

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 Bynner 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 Chakraburttty
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

<table>
<thead>
<tr>
<th>Group</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Contact 1</th>
<th>Phone</th>
<th>Contact 2</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Altus</td>
<td>Tuesday</td>
<td>7:00 PM</td>
<td>1st Christian Church 2501 Park Ln</td>
<td>Erica</td>
<td>580-318-7777</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bethany</td>
<td>Thursday</td>
<td>7:00 PM</td>
<td>Bethany Church 3301 N Rockwell</td>
<td>Iva</td>
<td>405-373-0059</td>
<td>Cynthia/Brenden</td>
<td>405-639-9623</td>
</tr>
<tr>
<td>Edmond</td>
<td>Saturday</td>
<td>3:00 PM</td>
<td>Edmond Public Library</td>
<td>Charlie/Michelle</td>
<td>405-745-3270</td>
<td>Sheila</td>
<td>405-844-2444</td>
</tr>
<tr>
<td>El Reno</td>
<td></td>
<td></td>
<td>1st Christian Church 400 S Barker</td>
<td>Iva</td>
<td>405-373-0059</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Guthrie</td>
<td></td>
<td></td>
<td>1st Presbyterian Church 102 E. Noble Ave</td>
<td>George</td>
<td>405-413-7778</td>
<td></td>
<td></td>
</tr>
<tr>
<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>
</tr>
<tr>
<td>Midwest City</td>
<td>Tuesday</td>
<td>6:30 PM</td>
<td>Eastside Church 916 S. Douglas</td>
<td>Diane</td>
<td>405-889-0753</td>
<td>Ron</td>
<td>405-821-5281</td>
</tr>
<tr>
<td>Norman #1</td>
<td>Thursday</td>
<td>7:00 PM</td>
<td>McFarlin Methodist Church Room 229</td>
<td>Diane/Ricky</td>
<td>405-503-1948</td>
<td>Jack</td>
<td>405-314-7315</td>
</tr>
<tr>
<td>Norman #2</td>
<td>Monday</td>
<td>7:00 PM</td>
<td>McFarlin Methodist Church Room 402</td>
<td>Ricky</td>
<td>405-625-4066</td>
<td>Diane</td>
<td>405-503-1948</td>
</tr>
<tr>
<td>OKC - MHAOK Drop-in Center #1</td>
<td>Saturday</td>
<td>2:00 PM</td>
<td>1311 N Lottie</td>
<td>Jimmy</td>
<td>405-418-4119</td>
<td>Brenden</td>
<td>405-537-5819</td>
</tr>
<tr>
<td>OKC - MHAOK Drop-in Center #2</td>
<td>Tuesday</td>
<td>12:00 Noon</td>
<td>1311 N Lottie</td>
<td>Bianca/Brenden</td>
<td>405-600-3074</td>
<td>405-537-5819</td>
<td></td>
</tr>
<tr>
<td>OKC - All Souls</td>
<td>Monday</td>
<td>7:00 PM</td>
<td>All Souls Episcopal 6400 N Penn</td>
<td>Brendon</td>
<td>405-679-8090</td>
<td>Regan</td>
<td>405-919-3488</td>
</tr>
<tr>
<td>OKC - Crossings Church</td>
<td>Monday</td>
<td>6:30 PM</td>
<td>Crossings Church 14600 N. Portland</td>
<td>Jack</td>
<td>405-205-4139</td>
<td>Thomas</td>
<td>405-330-3873</td>
</tr>
<tr>
<td>OKC - OCARTA Drop-in Center</td>
<td>Tuesday</td>
<td>3:00 PM</td>
<td>2808 NW 31st</td>
<td>Tyler</td>
<td>405-549-3192</td>
<td>Brandi</td>
<td>405-848-7555</td>
</tr>
<tr>
<td>OKC - State Office</td>
<td>Wednesday</td>
<td>12:00 Noon</td>
<td>3000 United Founders Blvd Suite 104</td>
<td>Sondra</td>
<td>405-473-7942</td>
<td>George</td>
<td>405-413-7778</td>
</tr>
<tr>
<td>Purcell</td>
<td></td>
<td></td>
<td>1st Baptist Church 400 W Main Rm101</td>
<td>Betty Stoll</td>
<td>405-867-4907</td>
<td>LaDonna</td>
<td>405-837-1533</td>
</tr>
<tr>
<td>Seminole</td>
<td>3:00 PM</td>
<td></td>
<td>Seminole Library 424 N Main</td>
<td>Theresa</td>
<td>584-9666</td>
<td>Ricky/Monique</td>
<td>525-4119</td>
</tr>
<tr>
<td>Stillwater</td>
<td>Tuesday</td>
<td>7:30 PM</td>
<td>First Presbyterian Church</td>
<td>Don</td>
<td>580-307-4697</td>
<td>Bob</td>
<td>918-285-1233</td>
</tr>
<tr>
<td>Tulsa</td>
<td></td>
<td></td>
<td>DUI School 7950 E 41st Street</td>
<td>Larry</td>
<td>918-809-1152</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yukon</td>
<td>Tuesday</td>
<td>7:00 PM</td>
<td>1st Christian Church 601 Maple</td>
<td>Cheryl</td>
<td>405-354-5650</td>
<td>Renee/Kay</td>
<td>405-209-7477</td>
</tr>
</tbody>
</table>

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.**