RECOVERY ROUTE
“a journey not a destination”

DBSA-OK’s first annual Dinner and Silent Auction

Depression Bipolar Support Alliance of Oklahoma
Presents
“A Night To Remember”

In Recognition of Mental Illness Awareness Week
Dinner and Silent Auction
October 8, 2015 6-8 PM

Christ the King Church
8005 Dorset Dr Oklahoma City

Keynote Speaker:
Marya Hornbacher
(Pulitzer Prize Nominee)

Steve Buck Dept. of Mental Health
Dinner catered by Outback Restaurant
Silent Auction

Price until July 31st August 1st Prices
Table for 8 Sponsor: $500 $600
4 tickets: $250 $300
1 ticket: $70 $75

Reserve your seat ASAP by calling 254-3994

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

July 2015:
2, 9, 16, 23, 30 Creative Expressions/Games 5:00 suite 104
4th Independence Day Office Closed
11th Facilitator Training 1-4 suite 104
24th Movie Night 5:00 suite 117
31st Education Night Lottie House

August:
6, 13, 20, 27 Creative Expressions/Games 5:00 suite 104
19th Summit 5:00 suite 104
24th Picnic Flyer
21st Movie Night 5:00 suite 117
28th Education Night Lottie House 5:00

September:
3, 10, 17, 24 Creative Expressions/Games 5:00 suite 104
7th Labor Day Office Closed
8th Consumer Conference
12th Picnic
19th Facilitator Training 104 Suite 104
17 – 18 Zarrow Conference
18th Movie Night 5:00 suite 104
25th Education Night 5:00 Lottie House

Laughter is the Best Medicine

Little Susie, a six-year-old, complained, "Mother, I've got a stomach ache." 
"That's because your stomach is empty," the mother replied. "You would feel bet-
ter if you had something in it." That afternoon, her father came complaining that 
he had a severe headache all day. Susie perked up, "That's because it's empty," 
she said. "You'd feel better if you had something in it."
Live Life in Moderation
Balance your plate with lean meat, whole grains, fruits and vegetables.
Portion size matters.

Improve Your Knowledge
Read those labels. Healthy doesn’t have to be expensive

Challenge Yourself
Learn to make a healthier dish.
(Use low sodium or low-fat canned sauces; plain Greek yogurt for sour cream; use skim mild for whole; add more vegetables).

Enjoy the Company
Make meals more about the people you’re with, even if it’s just yourself.

Get Moving
It only takes simple exercises to stay active.

Seven Steps to Happiness
Think Less, Feel More
Frown Less, Smile More
Talk Less, Listen More
Judge Less, Accept More
Watch Less, Do More
Complain Less, Appreciate More
Fear Less, Love More
Join the Recovery Movement
Support DBSA-OK

It is easy to become a member or a donor.

The Depression and Bipolar Support Alliance of Oklahoma (DBSA-OK) is active in advocating, educating, empowering, and providing hope and support for people affected by mental illness. We work with people with mental illness and their caregivers.

DBSA was established 30 years ago. We have helped 10’s of thousands of people on their road to recovery.

☐ New Member Registration
☐ Membership Renewal
☐ Donation

All information will be held in strictest confidence.

NAME: ______________________________ Address: ______________________________
City/St: ______________________________ ZIP: _________________________________
Email: ______________________________
Phone: ______________________________

Consumer** Family/Friend $25
Professional $50 DBSA Sponsor $250
Corporate Sponsor $500

**membership is free for consumers; however we appreciate whatever you can give

Donation in memory of: ______________________________

Payable to: DBSA-OK
3000 United Founders Blvd Ste 104
Oklahoma City, OK 73112

DBSA is a non-profit 501(c)3 and all donations are tax deductible.
Executive Directors Report
March 31—June 30

Events Attended:
Hispanic Health Fair
Day at the Capitol
VA Hospital
NAMI 30 Year Anniversary
Nami Walk

Publicity:
OK Watch
Kiwanis
PRSS
Toastmasters

Organizations Attended:
Planning and Advisory
COA
OKRA

Volunteers: Looking for more
John                             Barbara                    Erin
Elaine                           Crystal                      Natalie
Debbye                         Jack                           Danny

Fund Raising:
Single Parent Network
OKC Memorial Marathon
Francis Tuttle Consultant
Stephanie Huey Consultant
Zarrow in Tulsa

Meetings:
Summit
Board Meeting
Facilitator Training
State Organization Conference Call

Re-affiliations Completed

DEPRESSION & BIPOLAR SUPPORT ALLIANCE - OKLAHOMA
3000 United Founders Blvd
Ste 104
Phone: 254.3994
Fax: 254.5019
E-mail: dbsaed@coxinet.net
www.dbsaok.org

George Crooks– Executive Director
Jeannie Huey - Office Manager

WE’VE BEEN THERE,
WE CAN HELP.

BOARD as of FY 2015
Diane Bergeron President
Ricky Brown      Past Pres.
Pat Manning      Vice Pres.
Debbye Bryner    Secretary
Jeff Tallent     Treasurer
Jerry Risenhoover
Pat Manning
Tom Martin
Jimmy Roberts
Tammy Lenox
Iva Cook
Bill Slocum
Gail Israel
Pete Schaffer
Larry Hochhaus

Professional Advisor
Dr. Amal Chakraburty M.D.
## 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
If you cannot reach the contact person listed please call the state office, 405-254-3994

If you have an emergency dial 911.

<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>
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<tr>
<td>Bethany</td>
<td>Thursday</td>
<td>7:00 PM</td>
<td>Bethany Church 3301 N Rockwell</td>
<td>Cynthia</td>
<td>405-639-9623</td>
<td>Iva</td>
<td>405-373-0059</td>
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<tr>
<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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<tr>
<td>Guthrie</td>
<td>Monday</td>
<td>6:30 PM</td>
<td>1st Presbyterian 102 E. Noble Ave</td>
<td>Shayla</td>
<td></td>
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<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>
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<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>
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<tr>
<td>Norman</td>
<td>Thursday</td>
<td>7:00 PM</td>
<td>McFarlin Methodist Church Room 229</td>
<td>Diane/</td>
<td>405-503-1948</td>
<td>Jack</td>
<td>405-314-7315</td>
</tr>
<tr>
<td>Norman</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>
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<tr>
<td>OKC - MHAO Drop-In Center 1</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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<tr>
<td>OKC-MHAO Drop-In Center 2</td>
<td>Wednesday</td>
<td>12:00 Noon</td>
<td>1311 N Lottie</td>
<td>Bianca</td>
<td>405-600-3074</td>
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<tr>
<td>OKC - All Souls</td>
<td>Monday</td>
<td>7:00 PM</td>
<td>All Souls Episcopal 6400 N Penn</td>
<td>Brendan</td>
<td>405-679-8090</td>
<td>Regan</td>
<td>405-919-3488</td>
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<tr>
<td>OKC - Crossings Church</td>
<td>Monday</td>
<td>6:30 PM</td>
<td>Crossings Church 14600 N. Portland</td>
<td>Cathie/</td>
<td>405-216-3189</td>
<td>Thomas/</td>
<td>405-330-3873</td>
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<tr>
<td>OKC - OCARTA Drop-in Center</td>
<td>Tuesday</td>
<td>2:00 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 PM</td>
<td>3000 United Founder's Blvd Suite 104</td>
<td>Sondra</td>
<td>405-473-7942</td>
<td>George</td>
<td>405-413-7778</td>
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<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>Every Other Tuesday</td>
<td>3:00 PM</td>
<td>Seminole Library 424 N Main</td>
<td>Theresa</td>
<td>584-9666 380-4118</td>
<td>Ricky/ Monique</td>
<td>525-4119 481-1635</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>
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<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>
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<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>

Temporarily Closed: OKC South Side, 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.
Ten Inspirational Quotes

1. **Recovery involves living as well as possible.** South London and Maudsley NHS Foundation Trust

2. **Recovery is not about finding a miracle cure or returning to how things used to be. It's about finding a happier, healthier, more sustainable life that recognizes the past, accepts the limitations of the present and is full of hope for the future.** Simon Heyes

3. **The journey of a thousand miles begins with a single step.** Lao Tzu

4. **The darkest moments of our lives are not to be blurred or forgotten, rather they are a memory to be called upon for inspiration, to remind us of the unrelenting human spirit and our capacity to overcome the intolerable.** Unknown

5. **I am a work in progress.** Violet Yates, *Lost & Found*

6. **Recovery is something that you have to work on every single day and it's something that it doesn't get a day off.** Demi Lovato

7. **It's not how far you fall, but how high you bounce that counts.** Zig Ziglar

8. **I want people to know there is hope. You can look forward to good things happening, even if you have gone through some dramatic experiences. There is help out there to get people on a good life cycle.** Jay Lefler

9. **Incredible change happens in your life when you decide to take control of what you do have power over instead of craving control over what you don't.** Steve Maraboli

10. **You have no control over what the other guy does. You only have control over what you do.** A. J. Kitt