“Stoikiy Muzhik”

This is German for “standing man”. This phrase is used in the movie *Bridge of Spies* with Tom Hanks. In the context of the movie it referred to an ordinary man who could not be beaten into submission. It could also describe a person who is willing to stand out in a crowd to courageously express even unpopular beliefs.

When I think of the mental health community, we need to stand up for our beliefs. In other words, we need to individually and collectively ADVOCATE for the mentally ill and the stigma associated with this group of people. Every cause needs champions. Even if we are not that person we can stand up for the cause.

There are many ways we can stand up.

1. Tell your mental health story as often as you can.
2. Educate ourselves on mental illness. Write, call, or visit your state and federal legislators.
3. Submit letters to the editor.
4. Join a group like DBSA, NAMI, OCARTA, COA, or OKRU.
5. Organize a march.
6. Vote for people who support mental health.
7. Become a Peer Recovery Support Specialist.

Think of people like:

1. Our founding fathers
2. Abraham Lincoln
3. Martin Luther King
4. Nelson Mandela
5. Mahatma Gandhi
6. Advocates for Women’s Rights
7. Advocates for LGBTQ communities
8. YOU - "If it is to be, it is up to me".

MISSION

To create support groups 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.
Potpourri

A. Examples of Advocacy from DBSA:

1. Debbye’s Letter to the Editor: “Ridiculous - Why is it that every time there’s a widely publicized violent attack, the question of mental illness is brought up? This is ridiculous. People with mental illness are more likely to be the victims of violence than to be the perpetrators. Most recently, this question was asked after the attack in Orlando. What’s infuriating is that gun violence happens every day in every state in the United States. Most of the people who commit these crimes are not mentally ill. When is society going to realize that people with mental illness aren’t dangerous? Mental illness is a biological, physical disease affecting an organ in the body. That organ happens to be the brain. Hopefully someday society will start seeing people with mental health disabilities as equal”. Debbye Bryner, Oklahoma City.

2. Iva Cook advocates for a DBSA member to get him free medication that he desperately needs.

3. All PRSS’s who have the courage to tell their story.

B. Social Events offered by DBSA:

1. Art Night
2. Movie Night
3. Walk in the Park
4. Game Night
5. Wellness Class
6. Any Support Group

C. Shocking Facts:

1. 75% of rural and frontier communities do not have any mental health professionals, affecting up to 45 million Americans.

2. More than 50% of adults and children with mental health conditions received no mental health treatment in the past year.


4. Mental illness costs America $193.2 billion in lost earnings each year.
### Calendar of Events

**Please mark these dates on your calendar**

#### July:
- **4th**: Office Closed
- **6th**: Wellness Class 5:00 Office Suite 104
- **9th**: Facilitator Training 1-4 PM Office Suite 104
- **7,14,28**: Creative Expressions/Games 5:30 Office Suite 104
- **29th**: Movie Night 6:00 Office Suite 117

#### August:
- **3**: Wellness Class 5:00 Office Suite 104
- **4,11,18,25**: Creative Expressions/Games 5:30 Office Suite 104
- **17th**: Summit 5:00 @ Office Suite 104
- **26th**: Movie Night 6:00 @Office Suite 117

#### September:
- **1,8,15,22,29**: Creative Expressions/Games 5:30 Office Suite 104
- **5th**: Labor Day Office Closed
- **10th**: Picnic 11:30 - 2:00 Stars and Stripes Park
- **17th**: Facilitator Training 1-4 Office Suite 104
- **30th**: Movie Night 6:00 Office Suite 117

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**Laughter is the Best Medicine**

The businessman dragged himself home and barely made it to his chair before he dropped, exhausted. His sympathetic wife was right there with a tall cool drink and a comforting word.

"My, you look tired," she said. "You must have had a hard day today. What happened to make you so exhausted?"

"It was terrible," her husband said, "The computer broke down and all of us had to do our own thinking."
Neurotransmitters are the vehicle by which messages travel from one nerve cell to another in the brain. They affect mood, memory and our ability to concentrate, as well as several physical processes. When considering mental illness, the result of interrupted neurotransmitters can be depression or even a tendency toward drug and alcohol dependency.

Because neurotransmitters can impact a specific area of the brain, including behavior or mood, their malfunctions can cause effects ranging from mood swings to aggression and anxiety. Many neurotransmitters exist in the brain, but those most studied in relation to mental disorders are dopamine, acetylcholine, GABA, noradrenaline (norepinephrine), and serotonin.

If serotonin or norepinephrine movement is interrupted, depression or anxiety disorders can result, as these hormones regulate things like mood, appetite and concentration. Medications for depression can help repair broken signals, increase serotonin activity, and reduce symptoms of depression.

Dopamine is another neurotransmitter linked to mental illness, such as schizophrenia, characterized in part by emotional disturbances, but certain medications can help reduce the symptoms. Attention-deficit/hyperactivity disorder (ADHD) is also believed to be a result of interrupted passages of dopamine or norepinephrine. Tiredness, high levels of stress and poor motivation are also linked to low dopamine.

Interestingly, people with vitamin deficiencies may be more likely to experience disrupted, lacking or ineffective neurotransmitters. Amino acids are the building blocks of neurotransmitter production, but amino acids can’t be generated without first taking in a broad range of vitamins and minerals. Diets that are too low in protein may also contribute to impaired neurotransmitter function. A combination of good nutrition, prescription medications or antidepressants, exercise and psychotherapy are recommended to increase neurotransmitter production and encourage a smooth flow of these critical chemicals in the brain.
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. Donations of as little as $1.00 can be easily made.

*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 but all donations 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
From the Desk of the Executive Director
April 1 - June 30

- Worked with Lindsey to start a new group in Moore and Trudy to start a group in Claremore.

- Continue to enjoy putting on support groups at the Crisis Center, St. Anthony North and St. Anthony South.

- Received a small grant from Zarrow Foundation. Turned down on a grant request to SAMHSA.

- Went to the state capitol to help advocate for better mental health services.

- Working actively in OKRA (Oklahoma Recovery Alliance). And COA (Coalition of Advocates) to advocate for those of us who are mentally ill.

- Became a certified Wellness training coach.

- Attended 2 meetings at the District House put on by Daily Oklahoma to raise awareness of the stigma of mental illness.

- Attended several Coffee Chats at the Capitol to advocate.

- Planning for gala dinner and silent auction.
DBSA Picnic Coming in September

DBSA-OKLAHOMA
Annual Picnic & Silent Auction

Saturday, September 10th
11:30 am - 2:00 pm

RSVP 254-3994
Stars and Stripes Park

Convenient Parking
Close to Pavilion
3701 S Lake Hefner Dr
(If it rains we will stay under the shelter of the pavilion)

Bring your friends and family!

Your participation helps make this a fun and successful event.

♦ We will provide the drinks, meat, and paper products—please bring a side dish or dessert.

♦ We will have games and of course many Silent Auction bargains.

♦ Some of the silent auction items include: Over 50 gift cards from local restaurants and much more.

♦ Call the office 254-3994! Let us know if you’re coming. Friends, family, and pets are invited. Tell us if you would like to donate items to the Silent Auction.

All of the monies received from the silent auction will help DBSA-OK continue to provide support and training for those who are fighting mental health disorders.
<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>
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<tbody>
<tr>
<td>Altus</td>
<td></td>
<td></td>
<td>1st Christian Church 2501 Park Ln</td>
<td></td>
<td>405-254-3994</td>
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<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</td>
<td>405-639-9623</td>
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<td>Brendan</td>
<td>405-537-5819</td>
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<tr>
<td>Claremore</td>
<td>Tuesday</td>
<td>6:00 PM</td>
<td>1st United Meth 1615 N OK-88</td>
<td>Trudy</td>
<td>918-521-9427</td>
<td>Kim</td>
<td>918-779-5064</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>Michelle</td>
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<td>Sheila</td>
<td>405-844-2444</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>Lisa</td>
<td>405-510-8500</td>
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<tr>
<td>Moore</td>
<td>1st, 3rd Thursday</td>
<td>6:00 PM</td>
<td>1st Methodist Church Horizon Rm</td>
<td>Lindsey</td>
<td>405-887-5791</td>
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<tr>
<td>Norman #1</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>Ricky</td>
<td>405-625-4066</td>
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<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>
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<tr>
<td>OKC-MHAO 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>Brendan</td>
<td>405-537-5819</td>
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<tr>
<td>OKC-MHAO Drop-In Center 2</td>
<td>Tuesday</td>
<td>12:00 Noon</td>
<td>1311 N Lottie</td>
<td>Bianca</td>
<td>405-600-3074</td>
<td>Brendan</td>
<td>405-537-5819</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>405-537-5819</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 PM</td>
<td>3000 United Found - er’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>Seminole</td>
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<td>Seminole Library 424 N Main</td>
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<td>405-254-3994</td>
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<tr>
<td>Stillwater</td>
<td>Tuesday</td>
<td>6:30 PM</td>
<td>First Presbyterian Church</td>
<td>Karen</td>
<td>405-624-1518</td>
<td>Bob</td>
<td>918-285-1233</td>
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<tr>
<td>Tulsa</td>
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<td></td>
<td>DUI School 7950 E 41st Street</td>
<td>Larry</td>
<td>918-809-1152</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>
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</tbody>
</table>

Temporarily Closed: OKC South
New Groups Coming Soon: 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.**