Positive Psychology

Dr. Timothy J. Bono was an educational speaker at the DBSA National I to We Conference in September. Here are some of his ideas on positive psychology and happiness!

Psychology is not just about correcting errors. It’s also about building meaningful lives based on our strengths.

5 Habits for Happiness

Don’t be happy, be happier.

Happiness does not spontaneously arise when we remove unhappiness. Don’t strive to be happy, strive to be happier.

Learn to fail, or fail to learn.

Give yourself permission to be human!

Take time for gratitude.

Focus attention on what you are grateful for. Making a conscious effort to focus on the good things can have a profound effect on your well-being!

Engage in prosocial behavior.

Whether it is money or time, pay it forward! Doing something for someone else will make you feel better about yourself.

Sleep and Exercise.

We all know sleep and exercise are crucial to both our physical and mental health. Make that extra effort to sleep 8 hours and exercise at least 4 days a week and feel the difference!
Suicide Prevention Awareness Month

September of this year was National Suicide Awareness Month, a time to raise awareness about suicide and suicide prevention. The last year for complete statistics by the CDC on suicide is 2013. Here are just a few of them: There were 41,149 suicides reported. Suicide is the tenth leading cause of death for all ages. It is the third leading cause of death among young people between the ages of 10 and 24. In 2013, someone died by suicide every 12.8 minutes.

Know the signs to be aware of:

**Talk:** If a person talks about feeling trapped, unbearable pain, having no reason to live, killing themselves or being a burden to others.

**Behavior:** Isolating from family and friends, aggression, increased use of alcohol and drugs, sleeping too little or too much, looking for a way to kill themselves, such as searching online for materials or means, and giving away prized possessions.

**Risk Factors for Suicide:** A history of trauma or abuse, depression or other chronic mental illness, a family history of suicide, gender (although more women than men attempt suicide, men are four times more likely to die by suicide), a recent tragedy or loss, and age (people under age 24 or above age 65 are at a higher risk for suicide).

Every month should be Suicide Awareness Prevention Month. We can all make a difference in someone’s life by being

Words from the Incoming DBSA President

On July 1st I had the privilege of becoming the President of DBSA Oklahoma for the next two fiscal years. Having worked closely with outgoing President, Ricky Brown, for two years on the Board of Directors, I believe I am prepared to take on the job!

My goals include working closely with the state office on projects, and maybe even coming up with a few of my own! I want to work hard on reducing stigma and changing the term “mental illness” to “brain illness”. Opening more public groups in Oklahoma is important to me. I attended my first group on January 10, 2010, with Ricky Brown as facilitator, and it has changed my life. Peer to peer groups are so powerful!

I am so excited to be a part of helping DBSA Oklahoma grow. I can’t wait to see where it takes us next!
Calendar of Events

Please mark these dates on your calendar

October:
1, 8, 15, 22, 29 Creative Expressions/Games 6:00 Office Suite 104
4th-10th Mental Illness Awareness Week
8th Dinner/Silent Auction
14th Summit
23rd Movie Night Cancelled
30th Education Night - Lottie House (On Hold)

November:
5, 12, 19 Creative Expressions/Games 6:00 Office Suite 104
9th Veterans Day Office Closed
14th Facilitator Training
17th Board Meeting
18th Bread making Class
26th – 27th Thanksgiving Office Closed

December:
5th Summit/George’s Party 6 - 9 PM Come and Go
10th Office Christmas Party 4:30 - 6 Come and Go Suite 104
24th - 25th Christmas Office Closed
31st New Year’s Eve Office Closed

Laughter is the Best Medicine

Texting acronyms can stump even the best parents:
Mom: Your great-aunt just passed away. LOL.
Son: Why is that funny?
Mom: It’s not funny, David! What do you mean?
Son: Mom, LOL means Laughing Out Loud.
Mom: I thought it meant Lots of Love. I have to call everyone back.
Live Healthy, Live Long

Just a few gradual changes in your lifestyle can help you live longer. You can start today or when you are ready. Don’t expect to make these changes all at once. Be kind to yourself. You will probably have setbacks. You can do it. All you have to do is try one more time than you fail. You can eliminate these four fad behaviors if you don’t give up.

1. Smoking
2. Drinking too much alcohol
3. Not exercising
4. Not eating enough fruits and veggies

Gradually replacing these bad behaviors with good behavior can add as much as 12 - 20 years to anyone’s life.

DBSA’s Fundraising Successes in 2015

On October 8th our gala dinner called “An Evening To Remember” was a huge success. We had a beautiful venue, Christ the King Church. We served 130 meals to our guests who had purchased seats. Sheriff Whetsel did a fantastic job of hosting the event. Steve Buck was an excellent emcee. Marya Hornbacher, a Pulitzer Prize nominee and author of many mental health books, was captivating as the keynote speaker. The silent auction was very profitable.

DBSA received a grant from the Zarrow Foundation.

On September 12th, our annual picnic was enjoyed by about 70 people. The silent auction was very successful.

On April 19th, we capitalized on the Memorial Marathon run to honor those who had died in the horrific bombing. DBSA runners were sponsored by contributors.

We also had many generous contributors throughout the year. You can add to our successes by going to our website, www.dbsaok.org, and click on the “donate” button. It is now easier than ever to make a donation using a credit card or PayPal account. As the holiday season approaches, consider making a donation to DBSA-OK. Help us accomplish our mission of helping those living with mental illness.

All DBSA-OK members will be encouraged to make a tax deductible donation before the end of 2015.
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
September 8 - November 17

- The DBSA-OK Board has seen many positive changes. We have 3 new voting members. We have established minimum Board membership fees. Diane Bergeron is the new president of the board replacing Ricky Brown. I am grateful for all the support.

- The dinner “A Night To Remember” was a huge success. I want to especially thank our office manager, Jeannie Huey, for all her help.

- Social events included the Annual Picnic, Art class, and Movie Night

- We were able to send 4 DBSA members to the National DBSA Conference in Chicago.

- I have been busy with more activities: Facilitator Training, Summit Meetings, OKRA, COA, PAC, Integris Men’s Conference, Kiwanis, Toastmasters, and gathering Silent Auction items.
These phone numbers are NOT crisis numbers. The phone numbers listed are personal numbers of DBSA Volunteers. Please be considerate of the time and day you call.

New Groups Coming Soon: Shawnee, OK University
Temporarily Closed: OKC Southside, UCO.

<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>Iva</td>
<td>405-373-0059</td>
<td>Cynthia</td>
<td>405-639-9623</td>
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<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>
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<tr>
<td>El Reno</td>
<td>Monday</td>
<td>6:30 PM</td>
<td>1st Christian Church 400 S Barker</td>
<td>Iva</td>
<td>405-373-0059</td>
<td></td>
<td></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><a href="mailto:Monett.dodge@gmail.com">Monett.dodge@gmail.com</a></td>
<td></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 #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>
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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</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>
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<tr>
<td>OKC - MHAO</td>
<td>Tuesday</td>
<td>12:00 Noon</td>
<td>1311 N Lottie</td>
<td>Bianca</td>
<td>405-600-3074</td>
<td>Brenden</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>Brendon</td>
<td>405-679-8090</td>
<td>Regan</td>
<td>405-919-3488</td>
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<tr>
<td>OKC - 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>
</tr>
<tr>
<td>OKC - OCARTA</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>
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<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>Every Other Tues</td>
<td>3:00 PM</td>
<td>424 N Main</td>
<td>Theresa</td>
<td>584-9666</td>
<td>Ricky/Monique</td>
<td>525-4119</td>
</tr>
<tr>
<td>Seminole</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>Stillwater</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>

If you cannot reach the contact person listed please call the state office, 405-254-3994.

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New Groups Coming Soon: Shawnee, OK University, Moore

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