A Night To Remember

By W.D. “bil” Thomas, former DBSA Executive Director

At the recent OK. DBSA Annual Honorary Banquet, Terry White Commissioner for the Oklahoma Department of Mental Health and Substance Abuse Services was the honoree and in her speech she talked about the tremendous progress made by the nonprofit consumer organizations.

Terri worked her way up through the ranks to achieve her present position, and on her way she learned and experienced the problems and what consumers had to contend with. This has been extremely helpful for her and us and when she is interviewed it’s obvious she knows what is going on with the issues faced by people living with mental health issues. She praised the attendees for their efforts over the past twenty five year, and it was beyond great to see so many that were there that participated from the beginning.

There were so many that I wouldn’t be able to mention them all in this article. Many sister organizations were well represented. Another thing that impressed me was the organizations that were represented such as the police and sheriff’s departments. Sherriff Whetsel, (last years honoree), who has helped us since the beginning and been a staunch supporter. Lt Skyler of the CIT department training, a God send for people in crises. We didn’t even have some of these programs when many of us started organizing and fought for change. Many of us were participants in the police trainings all over the state. We’ve came a long way, baby.

Seeing many of the people I met twenty five years ago when I became involved

Such as Dr. Ed Beckham, the founder of OKDBSA, Jo Hill, Consumer Council’s founder and executive director, Steve Buck, executive director of NAMIOK, Dr. Jerry Risenhoover, Bob McDonald, Iva Cook, (whom I’ve always said was the glue of OKDBSA).

George Kotwitz’s, who has passed on, but I’m sure his spirit was there and seeing his daughter, Gina, brought back great memories.

Al Lindley, our state representative that was instrumental in bringing mental health court to Okla., now known as the ‘Anna McBride Bill.’ Some of us while visiting stood around telling our Anna McBride stories. She was a real wonderful lady and a tremendous help to our movement.

I was honored when George Crooks had many of us stand up and acknowledged our contributions. I feel I speak for everyone that was ever part of any of the programs, and while many of us are not able to help much any more, but we’ll always support the organizations anyway we can.

George Crooks, Jeannie***** and Jeff Dismukes deserve a special thanks from all of us, and last but not least, Outback Steak house and students from local high schools who provided the wait staff, deserve kudos.

( Writer note:) While Jeff Dismukes was speaking about the people who had first got things rolling all those years ago, I was reminded of Winston Churchill’s, (a bipolar), famous speech in which he says, “Never have so many, owed so much too so few………. ” (A really good book about Mr. Churchill and really makes you realize his experiences with bipolar is “The Turn of the Tide”, by Arthur Bryant. This book was taken from Field Marshall Lord Allenbrooke’s war time’s diaries. Lord Allenbrooke was offered command of all the British Armies, which he really wanted, but declined because he was afraid he was the only one who could control Mr. Churchill’s wild moods.

I’m one of those many.
There are many definitions of recovery but you know you are in recovery when...

... I find myself questioning people who say I will not recover.

... I become more aware of those things that I am good at.

... I know what I can handle and what I need to share with the Professionals.

... I am able to set up safeguards for myself.

... I learn from my peers and get support from them.

... I see trouble coming before it arrives.

... I think I may have a chance.

... I know who and what is not good for me.

... I realize what sets me off and stresses me out.

... I know how to work the system.

... I know when my behavior is appropriate and in appropriate.

... I am able to hear “hope” from my peers—”Hang in, it’s not forever.”

... I know the difference in symptoms and stigma and am developing coping skills for each.

... I believe I can recover.

... I know when to leave a situation because it has given me all it can.

... I realize that my past life has value.

... I know when I need a special kind of help and seek it out.

... I know that sharing with peers helps put things in perspective.
## Calendar of Events

**Please mark these dates on your calendar**

### October:
- **13th**: Gala Dinner and Silent Auction
- **6, 13, 20, 27**: Creative Expressions/Games 5:30 Office Suite 104
- **28th**: Movie Night 6:00 Office Suite 117

### November:
- **3, 10, 17**: Creative Expressions/Games 5:30 Office Suite 104
- **14th**: Veterans Day—Office Closed
- **15th**: Board Meeting 5:00 Suite 104
- **19th**: Facilitator Training 1-4 PM Suite 104
- **25th**: No Movie Night
- **24th—25th**: Thanksgiving - Office Closed

### December:
- **1, 8, 15,**: Creative Expressions/Games 5:30 Office Suite 104
- **3rd**: Summit/George’s Party
- **6th**: DBSA Open House Office Suite 104
- **23rd - 26th**: Christmas - Office closed
- **30th**: No Movie Night

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**Laughter is the Best Medicine**

I was visiting my daughter last night when I asked if I could borrow a newspaper.

“This is the 21st century” she said “we don’t waste money on newspapers. Here use my IPad.”

I can tell you this … that fly never knew what hit him.
Benefits of 7

7 Rules of Life:

1) Make peace with your past so it won't screw up the present.
2) What others think of you is none of your business.
3) Time heals almost everything, give it time.
4) Don't compare your life to others and don't judge them. You have no idea what their journey is all about.
5) Stop thinking too much, it's alright not to know the answers. They will come to you when you least expect it.
6) No one is in charge of your happiness, except you.
7) Smile. You don't own all the problems in the world.

7 Steps to Happiness:

1. Think Less, Feel More
2. Frown Less, Smile More
3. Talk Less, Listen More
4. Judge Less, accept More
5. Watch Less, Do More
6. Complain Less, Appreciate More
7. Fear Less, Love More
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
July 1 - October 31

Sept 10 - Held annual picnic. Weather was great, everyone had a good time, and we netted over $600 from the silent auction.

Oct 13 - Held second annual gala dinner at Christ the King Church. It truly was a “Night To Remember”. DBSA got many compliments and raised $7600.

The rest of the time kept very busy.

1. Held 2 Summit meetings and 1 facilitator training.
2. Held 3 movies on Mental Health at the office.
3. Participated at Nami-Edmond education night and MIAW event in the park.
4. Participated in OCARTA’s Appreciation dinner and Recovery Walk at the capitol.
5. Started a new in-patient group at Cedar Ridge in Bethany.
7. Have a very good chance of starting a new group in Shawnee.
Don’t Quit

When Things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and debts are high,
And you want to Smile but have to sigh.
When care is pressing you down a bit,
Rest, if you must, but don't you quit.

Life is queer with its twists and turns,
As everyone of us sometimes learns,
And many a failure turns about,
When he might have won if he'd stuck it out,
Don't give up though the pace seems slow,
You might succeed with another blow.

Often the struggler has given up,
When he might captured the victor's cup.
And he learned too late, when the night slipped down,
How close he was to the golden crown,

Success is failure turned inside out,
The silver tint of clouds of doubt,
And you never can tell how close you are,
It may be near when it seems afar,
So stick to the fight when you're hardest hit,
It's when things seem worst that you mustn't quit.

... Edgar A. Guest
<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>
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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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<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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<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>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 S. Douglas</td>
<td>Diane</td>
<td>405-889-0753</td>
<td>Lisa</td>
<td>405-510-8500</td>
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<td>Moore</td>
<td>1st, 3rd Thursday</td>
<td>6:00 PM</td>
<td>New Hope Meth. 1105 NW 27th</td>
<td>Lindsey</td>
<td>405-887-5791</td>
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<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>Jack</td>
<td>405-314-7315</td>
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<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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<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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<td>Tuesday</td>
<td>12:00 Noon</td>
<td>1311 N Lottie</td>
<td>Bianca</td>
<td>405-999-2951</td>
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<td>OKC - All Souls</td>
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<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>
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<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>
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<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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<td>Seminole</td>
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<tr>
<td>Spencer</td>
<td>1st and 3rd Saturday</td>
<td>3:00 PM</td>
<td>1st Baptist Church 3307 N Post Rd</td>
<td>Gwen</td>
<td>405-202-0536</td>
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<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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<td>Tulsa</td>
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<td>All Souls Church 2932 S Peoria Av</td>
<td>Larry</td>
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<td>Yukon</td>
<td>Tuesday</td>
<td>7:00 PM</td>
<td>1st Christian Chc 601 Maple</td>
<td>Renee</td>
<td>405-209-7477</td>
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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.