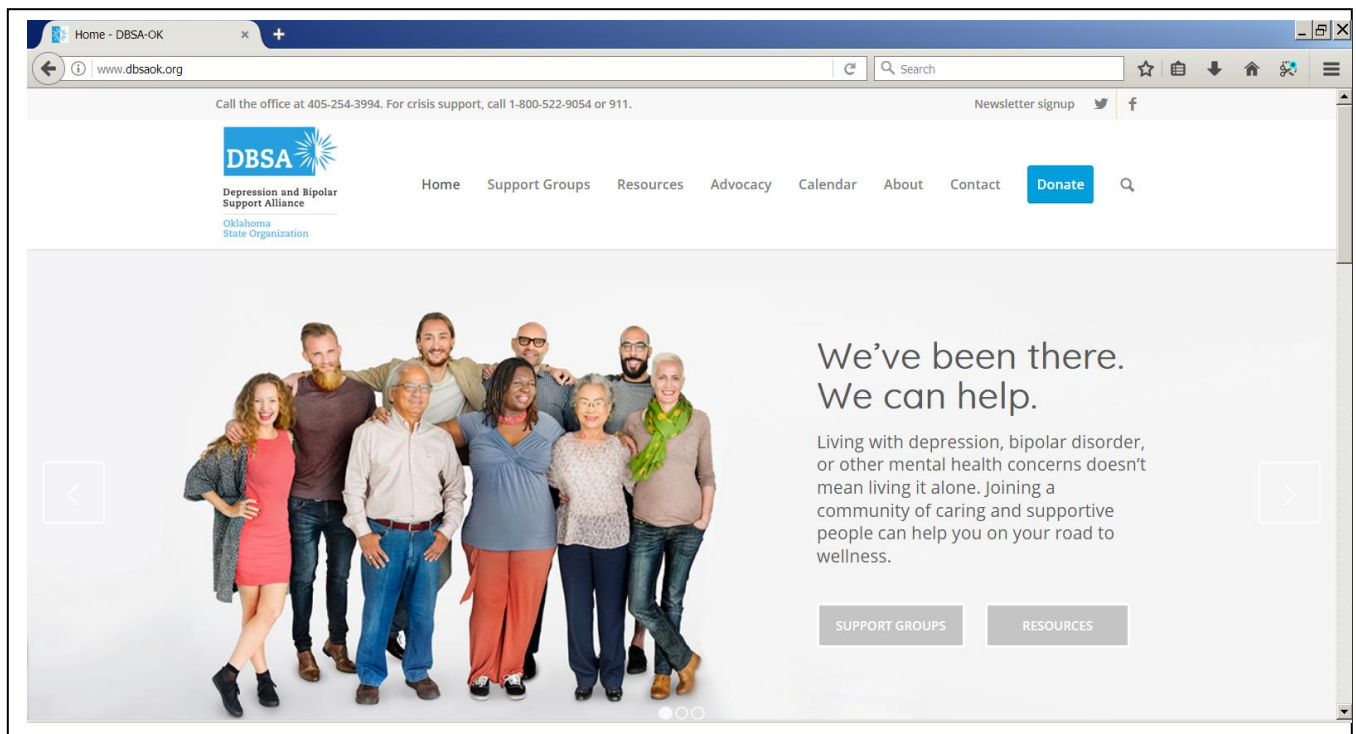


# Recovery Road

Join the journey!

Fall 2017

## Visit our new website!



We are very proud to announce that our re-designed website is now up and running. We believe the new design will help people find the information they need quickly and easily.

Stephanie Harper was very dedicated to learning the needs of DBSA and then creating a website that

is easy to use. Stephanie put a lot of thought into the “theme” or “look” as she revamped the site.

## [dbsaok.org](http://dbsaok.org)

We invite you to visit our new website and have a look around. We believe this new site will help us serve you better.

### *Become a blogger!*

Our new website features blog posts written by DBSA staff and others. We are especially looking for a mental health success story.

If you have a success story to share we ask you to become a guest blogger. Please email your stories to **mark@dbsaok.org**

# Facilitator training

Last September 16, DBSA held the largest support group facilitator training class ever. Ten people gathered for three hours on a Saturday afternoon to learn how to guide our peer support group meetings.

“People who make the decision to become a group facilitator have a special calling,” Mark Brennaman said. “Our facilitators are first and foremost individuals attending group meetings because they, themselves, are dealing with a mood disorder, or they have a loved one with a disorder.”

Brennaman led the class and was awed by the talent and commitment each participant brought to the training, and will eventually bring to a support group.

We are always looking for new support group facilitators, and we are always looking for new cities and town to create new support groups throughout Oklahoma.

If you would like to attend our next facilitator training (date to be announced later) please send an email to our Peer Support Specialist, Mark Brennaman, [mark@dbsaok.org](mailto:mark@dbsaok.org)

## If you need help . . .

National Suicide Prevention  
**800-273-TALK (8255)**

Emergency  
**911** Ask for CIT Officer

OCARTA for Crisis  
**405-812-4580**

OCARTA for Friendship  
**405-436-4082**

Oklahoma County Crisis Intervention Center  
**405-522-1800**

Heartline  
**211** Ask for help with emotional distress

Remember: Suicidal thoughts are temporary. Suicide is permanent. Don't give in to suicidal thoughts – you can overcome them.



Depression and Bipolar  
Support Alliance  
Oklahoma

3000 United Founders Blvd, Ste 104  
Oklahoma City, OK 73112  
405-254.3994  
[office@dbsaok.org](mailto:office@dbsaok.org)  
[dbsaok.org](http://dbsaok.org)

Find us on Twitter and Facebook  
[@dbsaok](#)

### Our Mission

To provide hope, help, education, and support to improve the lives of people with mental health disorders.

*We've been there. We can help.*

George Crooks– Executive Director  
Jeannie Huey - Office Manager  
Mark Brennaman – Support Specialist

### Board of Directors

#### Voting Members

Jimmy Roberts President  
Diane Bergeron Past President  
Pat Manning Vice President  
Debbie Bryner Secretary  
Jeff Tallent Treasurer  
Jerry Risenhoover  
Tom Martin  
Pete Schaffer  
Cheryl Schieren  
Anna Beckham

#### Advisory Board

Larry Hochhaus

#### Emeritus Members

Iva Cook  
Tammy Lenox

#### Professional Advisor

Warren Harden

# Surviving the holidays

By Reverend Susan Gregg-Schroeder

The holidays can be times of stress for everyone. As a person who lives with a mental illness, I have learned the importance of self-care...especially during times of stress in our lives. Try as much as possible to maintain your routines like sleeping, regular meals, exercising, taking medication, keeping appointments with mental health professionals and attending support groups.

During this time we may find ourselves at extended family gatherings or at parties with people who do not understand about our illness. Some people may be uncomfortable and not know what to say to you. Others may say hurtful things or offer cliché' advice out of ignorance and the stigma of mental illness. It is helpful to prepare yourself by knowing who may be at a gathering. Large groups can feel overwhelming at any time!

**Know that whatever you are feeling, it is right for you.**

It is all right to excuse yourself for some time away. There may be times when you may want to excuse yourself and go to a quiet place. While continually isolating yourself is not helpful, there are times when solitude can be a time of replenishment, reconnection with yourself and deeply satisfying.

On the other hand, for some people it is hard to feel down when you are helping someone else. There are many opportunities to volunteer during the holiday season. The satisfaction of giving to others can help you put your own problems in perspective.

**Live in the now! Try to let go of past regrets and experiences and find joy in the present moment. And remember, laughter is good medicine!**

Rev. Susan Gregg-Schroeder is Coordinator of Mental Health Ministries.  
[mentalhealthministries.net/](http://mentalhealthministries.net/)

## Tips for family and friends

By Reverend Susan Gregg-Schroeder

Family and friends can include their loved one in holiday activities to the degree that he or she is able to participate. Setting specific times for family traditions like baking special food, decorating the house, wrapping gifts or attending community celebrations, gives the person something to look forward to.

If there is to be a large gathering of family and friends, plan

ahead by preparing those persons who may not know the situation. This is a wonderful opportunity to help erase the stigma and shame too often associated with mental illness.

You can help them find ways to be relaxed yet respectful of any special needs. Someone living with a mental illness can feel further disconnected from others if people ignore or avoid them.

Set realistic goals and be flexible. The holidays are about love and caring one another. We would all do better to let go of the image of the "perfect" holiday and focus on accepting ourselves and our loved ones without judging, criticizing or advising.

**The holidays are especially difficult when our own feelings of sadness, loneliness, depression and anxiety are the opposite of the "Hallmark" images we see all around us.**

# The DBSA support group meeting

The underpinning of DBSA's support group meetings is the need to create a wellness-oriented environment. We hope that people who attend peer support group meetings learn how to live a full, meaningful life.

DBSA also hopes that meetings do not devolve into a pity party where the focus is on every detail of things gone wrong during the past week. We want to provide hope that there is a better tomorrow. Just as important, we hope that people feel empowered to act to move along their road to recovery when they leave the meeting.

One way to achieve this is to open the meeting by asking participants to state a positive affirmation about themselves, and to close the meeting by asking them to make a commitment to an action in their recovery plan.

## Ten Tips for Creating a Wellness-Oriented Support Group

1. Start all meetings with a reminder that people can and do get better.
2. Hold a discussion around wellness-centered goals.
3. During introductions ask people to give their name and something they like to do, rather than their diagnosis.
4. Encourage participants to take on leadership or facilitator roles.
5. Dedicate time in every support group to share successes.
6. Help participants identify their strengths.
7. Avoid language such as high- or low-functioning.
8. Focus conversations on what is within your control and encourage other participants to do this as well.
9. Encourage participants to take an active role in their wellness plan.
10. Develop a regular forum for sharing all kinds of recovery stories, verbally and in print.

## A Night to Remember

October 26 is the date for DBSA's annual gala dinner and silent auction. It is the biggest fundraiser of the year.

The dinner will be hosted by Jeff Dismukes, Director of Communications at Oklahoma Department of Mental Health and Substance Abuse Services. The keynote speaker will be Dr. R. Murali Krishna, MD. He is the senior consultant of Integris Center for mind, body and Spirit; Professor of Psychiatry at the University of Oklahoma Health Sciences Center; and renowned author of *Vibrant: To Heal and Be Whole*.

The dinner is catered by Outback Steakhouse and will take place at Christ the King Church in Nicholas Hills.

Tickets are \$70 each which helps fund DBSA's community outreach program.

To order your ticket and make your donation please visit

[dbsaok.org/tickets/](https://dbsaok.org/tickets/)

**Recovery Road** is the quarterly newsletter of DBSA of Oklahoma. We are seeking recovery success stories. If you'd like to share your success please send your story to [office@dbsaok.org](mailto:office@dbsaok.org)

## ***From the executive director***

DBSA has made a lot of successful changes and improvements this quarter including:

1. Re-designing our website and brochure thanks to Stephanie Huey. She also created a more professional invitation to our annual dinner.
2. We have also collaborated with NAMI and OCARTA for a fundraising event at Outback Steakhouse on NW Expressway in Oklahoma City. Stephanie created the publicity flyer for this event as well.
3. Our new employee, Mark Brennaman, has made positive changes regarding our support groups and is in the process of streamlining weekly attendance reporting.
4. Becky Tallent has joined us as a volunteer in the state office. She recently completed her certification as a Peer Recovery Support Specialist at the Oklahoma Department of Mental Health and Substance Abuse Services. **Welcome!**
5. Jeannie Huey, our office manager, continues to keep all of our finances in order. Her efforts at our annual picnic made it the most profitable silent auction ever.
6. We have participated in many community events in churches, OCARTA's Recovery Walk, ODMH-SAS's Specialty Court conference and a health fair at Mustang High School.
7. I continue to make sure the mental health community is aware of all DBSA successes. I have attended many relevant mental health advocacy groups. I'm grateful for the support I get from you.

---

## ***What can I do?***

- |                           |  |
|---------------------------|--|
| <b>D</b> Donate           | Encourage others to do the same.                 |
| <b>B</b> Break the stigma | Educate; increase awareness. Tell your story.    |
| <b>S</b> Spread the word  | DBSA is here, we can help.                       |
| <b>A</b> Advocate         | Ask legislators to support mental health issues. |

## ***Laughter is the best medicine***

I intend to live forever . . .

So far, so good.

--Steven Wright

## ***Calendar of events***

Please mark these dates on your calendar

### ***October***

6,13,20, 27 Creative Expressions  
2nd – 8th Mental Illness Awareness Week  
3rd NAMI Edmond  
5th & 6th Zarrow Conference  
10th 1st Quarterly Report Due  
18th Summit  
26th Dinner and Silent Auction  
27th Movie Night

### ***November***

2, 9, 16, 30 Creative Expressions  
11th Veterans Day Office Closed  
11th Facilitator Training  
23rd & 24th Thanksgiving Office Closed

No Creative Expressions Nov. 23  
No Movie Night in November

### ***December***

7, 14, 21 Creative Expressions  
2nd Summit/George's Party  
5th DBSA Open House  
12th Board Meeting 5 PM Suite 104  
25th & 26th Christmas Office Closed  
31st New Year's Eve Office Closed  
No Movie Night in December



Depression and Bipolar Alliance of Oklahoma  
 3000 United Founders Blvd. Suite 104  
 Oklahoma City, OK 73112  
 405-254-3994      www.dbsaok.org  
***We've been there. We can help.***

## CONFIDENTIAL AND FREE PEER SUPPORT GROUPS

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

Updated September 7, 2017

Group	Day	Time	Location	Address	Contact	Phone
Ada	Friday	7:00 PM	Compassion Outreach Center	1124 Craddock Road	JR	405-331-0700
Altus	Inactive				Office	405-254-3994
Bethany	Thursday	7:00 PM	Bethany Church of Christ	3301 N Rockwell	Iva Cynthia	405-373-0059 405-639-9623
Claremore	Inactive					
Edmond	Saturday	3:00 PM	Edmond Public Library	10 South Blvd	Charlie Michelle	405-745-3270 405-330-0642
Lawton, Southwest	Monday	6:30 PM	Lawton Public Library	110 SW 4th St	Laura John	580-536-1251 580-483-4942
Midwest City	Tuesday	6:30 PM	Eastside Church Of Christ	916 S. Douglas	Diane Lisa	405-679-5214 405-510-8500
Moore	Inactive				Office	405-254-3994
Norman #1	Thursday	7:00 PM	McFarlin Methodist Church Room 229	419 S University Blvd	Diane Ricky	405-503-1948 405-625-4066
Norman #2	Monday	7:00 PM	McFarlin Methodist Church Room 402	419 S University Blvd	Ricky Diane	405-625-4066 405-503-1948
OKC - MHAOK Drop-In Center 1	Saturday	2:00 PM	Lottie House	1311 N Lottie	Jimmy	405-418-4119
OKC-MHAOK Drop-In Center 2	Tuesday	12:00 Noon	Lottie House	1311 N Lottie	Bianca	405-999-2951 405-600-3074
OKC - All Souls	Inactive				Office	405-254-3994
OKC – Northside 2	Monday	6:30 PM	Crossings Church	14600 N. Portland	Mark	405-254-3994
OKC – OCARTA/OCCIC Drop-in Center	Tuesday	3:00 PM	OCARTA/OCCIC Drop in Center	2808 NW 31st	Tyler Brandi	405-436-4083 405-848-7555
OKC - State Office	Wednesday	12:00 PM	3000 United Found-er's Blvd Suite 104		Neil	408-368-5459 405-254-3994
Shawnee	Thursday	5:30 PM	???	309 N Pesotum	James	405-464-3289
Spencer	Inactive					405-254-3994
Stillwater	Tuesday	6:30 PM	First Presbyterian Church	524 Duncan	Karen Bob	405-624-1518 918-285-1233
Tahlequah	Thursdays	7:00 PM	1 <sup>st</sup> Lutheran Church	2111 Mahaney Ave	Johnny	918-207-8366
Tulsa	Inactive				Office	405-254-3994
Yukon	Tuesday	7:00 PM	1 <sup>st</sup> Christian Church	601 Maple	Renee Cheryl	405-209-7477 405-354-5650

### Temporarily Closed: Claremore, Spencer, Tulsa

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.**