DBSA Oklahoma Salutes It’s Facilitators

As the year comes to an end, we want to acknowledge the unselfish contributions of our facilitators. Each year our facilitators give up about 100 hours of their time. They take the responsibility of maintaining healthy safe groups. They may work in an established chapter, a startup support group, or an in-patient group. Each facilitator does their best to create and maintain an environment of hope and recovery.

Each facilitator takes a 3 hour training course. They receive support from other facilitators and the DBSA-OK staff. Ideally, each group will also have a co-facilitator. Because of their work, DBSA reaches over 7,000 people every year.

DBSA has a goal of starting more groups in underserved populations. To be able to expand its support groups we are hoping to add 5 – 10 new facilitators this year. Call the office at 405-254-3994 or email office@dbsaok.org if you are interested in starting a new group or want to be a facilitator or co-facilitator.

Every day is a new beginning.
Take a deep breath, smile and start again.
2019
Recognition of DBSA’s Current Facilitators

We want to recognize our facilitators, their years of service, and the cities where their groups are located.

<table>
<thead>
<tr>
<th>Name</th>
<th>Years of Service</th>
<th>Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iva Cook</td>
<td>27</td>
<td>Bethany</td>
</tr>
<tr>
<td>Cynthia Turner</td>
<td>6</td>
<td>Bethany</td>
</tr>
<tr>
<td>Charlie Tallent</td>
<td>10</td>
<td>Edmond</td>
</tr>
<tr>
<td>Sheila Silvers</td>
<td>10</td>
<td>Edmond</td>
</tr>
<tr>
<td>Sarah Gorton</td>
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<td>Edmond</td>
</tr>
<tr>
<td>Van Stephens</td>
<td>1</td>
<td>Edmond</td>
</tr>
<tr>
<td>Laura Bennett</td>
<td>4</td>
<td>Lawton</td>
</tr>
<tr>
<td>John Windham</td>
<td>18</td>
<td>Lawton</td>
</tr>
<tr>
<td>Bonnie Green</td>
<td>3</td>
<td>Lawton</td>
</tr>
<tr>
<td>Diane Burkhart</td>
<td>10</td>
<td>Midwest City</td>
</tr>
<tr>
<td>Dawn Chapman</td>
<td>4</td>
<td>Midwest City</td>
</tr>
<tr>
<td>Diane Bergeron</td>
<td>9</td>
<td>Norman</td>
</tr>
<tr>
<td>Danny Stone</td>
<td>2</td>
<td>Various In-patient</td>
</tr>
<tr>
<td>Joe Rothermel</td>
<td>3</td>
<td>OKC</td>
</tr>
<tr>
<td>Steve Brown</td>
<td>3</td>
<td>OKC</td>
</tr>
<tr>
<td>Neil Harris</td>
<td>3</td>
<td>OKC</td>
</tr>
<tr>
<td>Lee Fuchs</td>
<td>3</td>
<td>OKC</td>
</tr>
<tr>
<td>Jimmy Roberts</td>
<td>7</td>
<td>OKC</td>
</tr>
<tr>
<td>Bianca Thompson</td>
<td>3</td>
<td>OKC</td>
</tr>
<tr>
<td>Lori Partridge</td>
<td>1</td>
<td>Shawnee</td>
</tr>
<tr>
<td>Karen Miller</td>
<td>4</td>
<td>Stillwater</td>
</tr>
<tr>
<td>Allison Miller</td>
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<td>Stillwater</td>
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<tr>
<td>Bob Frankenfield</td>
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<tr>
<td>Johnny Lutz</td>
<td>2</td>
<td>Tahlequah</td>
</tr>
<tr>
<td>Lynn Wilson</td>
<td>1</td>
<td>Tulsa</td>
</tr>
<tr>
<td>Renee Garrett</td>
<td>5</td>
<td>Yukon</td>
</tr>
</tbody>
</table>

Thank you so very much for your service to DBSA and for helping to improve the lives of those living with all types of mental health disorders. You are the ones that make it possible.
Recovery Stories

DBSA wants to give special recognition to several of its members. If you have a story you would like to share please contact the office.

**Iva Cook:**

She is the longest serving member of DBSA. This month she will have served 30 years, seventeen as a facilitator. She has helped start many support groups. Many people have credited Iva as having been an important part of their recovery.

She has been chosen to attend many conferences, both in state and out of state. She served on the DBSA Board for 19 years. She has served as the Board President. She credits DBSA for a lot of her own recovery. DBSA-OK is very grateful for her many contributions.

**Renee Garrett:**

When Renee started coming to DBSA 6 years ago, she wasn’t doing very well. She struggled with bouts of depression and euphoria. She had thoughts of harming herself and didn’t want to be out in public.

Today the thoughts of self-harm are gone and she is comfortable out in public. She has participated in 3 NAMI Walks. She takes better care of herself and has even joined a fitness club. She actively facilitates 1-3 groups. She credits DBSA for helping her. DBSA is very grateful for Renee.

**Barbara Poppe:**

I have mental illness. It’s been diagnosed as Dissociative Identity Disorder. I have to take care of it just like I take care of a child. I have to nourish it every day. I have to be disciplined in my approach to sleep and medications. I have to pray every day. I have to eat right and be active both physically and mentally. I hate the word mindful but I suppose it is accurate.

I have mental illness. I don’t like it. I wish that I didn’t have it. But like people with Diabetes I have to live with it. Daily. We need to learn to question the doctors if our meds don’t seem to work. We need to be honest with our psychiatrists, our therapists, our family and ourselves.

I have mental illness. It has a stigma. “We are less of a person because we have mental illness”. That’s the first lie. Talk to people about heart disease, cancer or diabetes. Does cancer or other diseases make them less of a person? No. Our job is to manage the disease. Manage the mental illness.

I have mental illness. It’s a miracle that I am still alive at 64 years old. I give God the thanks for that. But it’s not a miracle that I am doing well. I actively work at maintaining my positive mental health. It is my hope that you read this little missive and take it to heart. Remember that you are a miracle too.
From the Executive Director

As the year comes to an end DBSA is excited about creating support groups in new populations. Some of these populations might include:

1. Homeless
2. LGBTQ+
3. Latino Population
4. Indian Population
5. Seniors
6. Women only
7. Churches without mental health support groups
8. First Responders
9. People incarcerated in jails and prisons

We will be hiring another contractor to help start some of these new groups as well as add support in building up our existing groups.

DBSA welcomes 2 new Board members. They are Renee Garrett and Sara Gorton. Both have been very active as facilitators.

DBSA continues to increase public outreach including:

1. Community Mental Health Centers
2. In-patient facilities
3. Booths at conferences
4. College psychology and nursing classes
5. Annual dinner and picnic
6. Community service clubs
The Enemy Within by Robin L Flanigan

Like it or not, as humans, we have a tendency to get in our own way. Whether intentionally or unintentionally, we can set up all kinds of plans to move toward a goal, only to eventually retreat from it—-and, in some cases, bend over backwards to convince ourselves that we never really wanted the goal to begin with.

And with bipolar disorder in the mix, there are a special set of circumstances—having difficulty finishing what has been started, the tendency to make rash decisions, etc.—that support self-sabotaging behavior. So what’s the attraction? The list is quite lengthy.

Procrastination, for one, may feel really good in the moment but can lead to stress, which has been shown to impair the brain’s capacity for self-control when confronted with a choice. Along the same lines, we’re drawn much more to feelings of consistency—of familiarity—than the unknown, even if it puts our happiness at stake. Or maybe we’re afraid we won’t succeed, so we don’t want to risk trying.

“Self-sabotage is a creative act with a positive intention, largely geared toward providing some sense of protection or safety,” says Kenneth Fields, a licensed mental health counselor in Hawaii and a licensed professional counselor in Oregon. “In a practical sense, it’s understandable that we will avoid things we don’t want to do. But you need to acknowledge when self-sabotage is going on, then ask yourself, ‘Is this avoidance or procrastination useful? Maybe it was useful 10 years ago, but is it useful now?’ Then you can start thinking about alternatives.”

“I HAD DISCOVERED ONE SECRET TO GREAT MENTAL HEALTH: STAY CONSTANTLY BUSY AND MAKE SURE I WAS ALWAYS NEEDED BY OTHER PEOPLE.”

Jay Boll Esperanza Magazine

Calendar of events
Please mark these dates on your calendar

January

3, 10, 17, 24 Creative Expressions
12th Facilitator Training (Tulsa)
21st MLK Day Office Closed
25th Movie Night

February

7, 14, 21, 28 Creative Expressions
13th Summit
18th President’s Day Ofc. Closed
19th Board Meeting
22 Movie Night

March

7, 14, 21, 28 Creative Expressions
9th Facilitator Training
29th Movie Night
What Can I Do?

**D** Donate

Encourage others to do the same

**B** Break the Stigma

Educate; increase awareness. Tell your story.

**S** Spread the word

DBSA is here, we can help

**A** Advocate

Ask legislators to support mental health issues.

If you need help . . .

National Suicide Prevention
800-273-TALK (8255)
Emergency
911 Ask for a 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.
CONFIDENTIAL AND FREE PEER SUPPORT GROUPS
If you cannot reach the contact person please call 405-254-3994
To ensure you have the most up-to-date listing please visit dbsaok.org/support
Updated January 8, 2019

Ada
Currently closed

Bethany
Bethany Church of Christ
3301 N. Rockwell
Thursday 7:00 PM
Contact Iva 405-373-0059
Contact2 Cynthia 405-639-9623

Edmond
Edmond Public Library
10 S. Boulevard
Saturday 3:00 PM
Contact Charlie 405-745-3270
Contact 2 Sarah 405-388-5695

Seventh Day Adventist Church
4701 E. Danforth Rd.
Wednesday 7:00 PM
Child care available
Contact Van 405-313-4378

Lawton – Southwest
Lawton Public Library
110 SW 4th St.
Monday 6:30
Contact Linda 580-536-1251
Contact 2 John 580-483-4942

Midwest City
Eastside Church of Christ
916 S. Douglas
Tuesday 6:30
Contact 2 Diane 405-679-5214
Contact Dawn 405-464-5252

Norman
McFarlin Methodist Church, Rm. 229
419 S. University Blvd.
Thursday 7:00 PM
Contact Diane 405-503-1948

Oklahoma City
City Care OKC Day Shelter
1729 NW 3rd Street
Monday 10:00 AM

Crossings Church
14600 N. Portland Ave.
Monday 6:30 PM
Contact Joe 405-254-3994

Diversity Center of Oklahoma
LGBTQ+ Support Group
2242 NW 39th St.
Wednesday 6:30 PM
Contact Lee 405-706-7305

Lottie House Drop In Center 1
1311 N. Lottie
Saturday 2:00 PM
Contact Jimmy 405-600-3074

Diversity Center of Oklahoma
LGBTQ+ Support Group
2242 NW 39th St.
Wednesday 6:30 PM
Contact Lee 405-706-7305

Lottie House Drop In Center 1
1311 N. Lottie
Saturday 2:00 PM
Contact Jimmy 405-600-3074

Lottie House Drop In Center 2
1311 N. Lottie
Tuesday Noon
Contact Bianca 405-600-3074

OCARTA Drop In Center
2808 NW 31st St.
Tuesday 3:00 PM
Contact Danny 405-812-4580
Contact 2 Tyler 405-436-4083

State Office
3000 United Founders Blvd., Ste. 104
Wednesday Noon
Contact Neil 405-368-5459
Contact 2 George 405-413-7778

Shawnee
Temporarily closed
Contact Lori 405-434-9425

Stillwater
First Presbyterian Church
524 Duncan
Tuesday 6:30 PM
Contact Karen 405-624-1518
Contact 2 Bob 405-285-1233

Tahlequah
First Christian Church
2111 Mahaney Ave.
Thursday 7:00 PM
Contact Johnny 918-207-8366

Tulsa
Denver House
252 W 17th Pl.
Saturday 12:30 PM
Contact Lynn 515-975-3957

Yukon
First Christian Church
601 Maple
Tuesday 7:00 PM
Contact Renee 405-209-7477
Contact2 Iva 405-373-0059

If there is not a group near you,
please call us at 405-254-3994. We will work to create a support group in your community.

We’ve been there. We can help.

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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 call 911.