

Recovery Road

Join the journey!

Winter 2019

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.

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

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.”

Calendar of events

Please mark these dates on your calendar

January

3,10,17,24
12th
21st
25th

Creative Expressions
Facilitator Training(Tulsa)
MLK Day Office Closed
Movie Night

February

7,14,21,28
13th
18th
19th
22

Creative Expressions
Summit
President's Day Ofc. Closed
Board Meeting
Movie Night

March

7,14,21,28
9th
29th

Creative Expressions
Facilitator Training
Movie Night

**“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

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.



Depression and Bipolar
Support Alliance
Oklahoma

3000 United Founders Blvd, Ste 104
Oklahoma City, OK 73112
405-254.3994
office@dbsaok.org
dbsaok.org

Find us on 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

Board of Directors

Jimmy Roberts, President
Pat Manning, Vice President
Secretary Vacant
Jeff Tallent, Treasurer
Tom Martin
Diane Bergeron
Pete Schaffer
Cheryl Schieren
Anna Beckham
Sarah Gorton
Renee Garrett

Emeritus Members

Iva Cook
Tammy Lenox

Professional Advisor

Warren Harden



Depression and Bipolar Support Alliance of Oklahoma

Depression and Bipolar
Support Alliance
Oklahoma

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 Laura 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

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.

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