

RECOVERY ROUTE

DBSA–Oklahoma

“a journey not a destination”

Apr - June 2016

DBSA Will Offer Course on Wellness

Recently I became certified as a Wellness Training coach. Wellness, like WRAP, is considered an evidence based practice that has been demonstrated to promote recovery in participants. I found the course very informative and beneficial.

As a Wellness training coach , I would like to offer to all DBSA-OK consumers information that I learned in a 3 day course put on by the OK Department of Mental Health.

The DBSA classes will be offered once a month on the first Wednesday of each month. There will be handouts that will accompany each class. The class will last one hour and be held at the office, 3000 United Founder’s Blvd Suite 104.

The topics covered will be from SAMHSA’s 8 dimensions of wellness. Classed will cover the following topics:

1. Physical - Recognizing the need for physical activity, healthy foods, and sleep
2. Emotional - Coping effectively with life and creating satisfying relationships.
3. Environmental - Occupying pleasant, stimulating environments that support well-being.
4. Financial - Satisfaction with current and future financial situations.
5. Intellectual - Recognizing creative abilities and expanding knowledge and skills.
6. Occupational - Personal satisfaction and enrichment from one’s work.
7. Social - Developing a sense of connection, belonging and a support system.
8. Spiritual - Expanding our sense of purpose and meaning in life.

These classes will be free and will cover one or more topics at monthly meetings. Everyone who attends will gain valuable information to create balance in their lives. Recovery is a journey not a destination. Everyone who attends should come away feeling that they are making progress with their individual recovery.

Please call if you have any questions. The meetings will start on April 6th at 5:00 P.M. The classes are open to everyone. Please RSVP for this first meeting and if you have any questions please call the office at 254-3994.

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MISSION

To provide peer to peer hope, help and support. To foster recovery in the lives of people living with depression, bipolar, and other mental health disorders.

Greetings from the President of Oklahoma DBSA Board

Greetings!

January 10, 2016 was my 6 year anniversary with DBSA, and it has been a life changing experience for me! I have learned so much, and continue to learn more at every meeting I attend, about living a happy and fulfilling life with a mood disorder. There really is nothing quite like the power of a peer to peer support group to help those of us with mood disorders on the journey of recovery. I am with the Norman Chapter of DBSA and we have grown from having one support group to two in the last year!

We are working hard to open more support groups all the time! We've recently opened one in Moore, and hope to have one in Shawnee open soon! With recent cuts in mental health spending, we need your help more than ever! In this newsletter you will find the opportunity to join the recovery movement by becoming a member of DBSA Oklahoma, or offer a tax free donation! Please visit our website, www.dbsaok.org to see some of the many resources we offer, including an up to date listing of our support groups, and the option to easily donate and set up recurring donations from the home page using PayPal!

Thank you, and have a wonderful Spring!

Diane Bergeron, President

Please mark these dates on your calendar

April:

- 5th Board Meeting
- 7, 14, 21, 28 Coffee Chat at the Capitol 7:30 AM Rm 412A
- 7, 14, 21, 28 Creative Expressions/Games 5:30 Office Suite 104
- 29th Movie Night 5:00 Office Suite 117

May:

- 5, 12, 19, 26 Creative Expressions/Games 5:30 Office Suite 104
- 5, 12, 19 Coffee Chat at the Capitol 7:30 AM Rm 412A
- 19 DBSA will sponsor the coffee chat at the capitol
- 11th Summit 5:00 @ office suite 104
- 27th Movie Night 5:00 @Office Suite 117
- 30th Memorial Day Office Closed

June:

- 2, 9, 16, 23, 30 Creative Expressions/Games 5:30 Office Suite 104
- 11th Facilitator Training 1-4 Office Suite 104
- 24th Movie Night 5:00 Office Suite 117

Laughter is the Best Medicine

Two blonds are sitting on a beach in Alabama.

One blond asked “Which do you think is further away, Florida or the moon?”

The other blond replies “Duuhh, can you see Florida from here?”



Wellness Tips

10 Tips to Starting the Exercise Habit

Exercise is considered one of the best health habits you can adopt. It's hard to start but with these tips you can do it.

1. Just put your workout clothes on
2. Call/Text a friend to be your work out buddy
3. Listen to songs that make you want to move
4. Watch fitness commercials
5. Post a picture of yourself in the mirror
6. Start by telling yourself that you will only workout for 10 minutes
7. Tell everyone you are going to the gym
8. Do different workout routines
9. Join a workout class
10. When you are ready to start have a list of all these benefits (see below)

Benefits of Physical Activity

1. Helps with weight management
2. Improves mood
3. Reduces stress
4. Boosts self-esteem
5. Improves self-efficacy
6. Improves cognitive function
7. Improves sleep

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 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 & announce-

Check all that apply:

- Consumer/Recipient**
- Student**
- Family Member/Friend
- Professional
- Corporations
- Memorial to Loved One

and

Donation Enclosed:

by

_____ Amount: \$ _____

_____ Check if you wish to receive a receipt.

ments,
other no-
tifications
email.

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

1st Quarter 2016

1. Submitted the Zarrow Grant request on January 15th and received another check for \$1,000.
2. New facilitator Lindsey Whitworth started a new group in Moore and is averaging 4-5 people each week already.
3. Presently have 15 active out-patient support groups and 9 in-patient groups.
4. Opportunities for Consumers:
 - a. Be a facilitator, next training April 23
 - b. Be a volunteer; work at the office
 - c. Be a Grant writer
 - d. Have possible job opening
 - e. Join Wellness Class - April 6
 - f. Join advocacy effort
 - g. Attend local mental health conferences

Call the office if you are interested in any of these opportunities 254-3994
5. Have begun planning the 2016 Annual Gala Dinner
6. Got certification as a wellness coach.

DEPRESSION & BIPOLAR SUPPORT ALLIANCE - OKLAHOMA

3000 United Founders Blvd
Ste 104
OKC, OK 73112

Phone: 405-254.3994

Fax: 405-254.5019

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www.dbsaok.org

George Crooks– Executive
Director

Jeannie Huey - Office
Manager

Support Group Specialist—
Vacant

***WE'VE BEEN THERE,
WE CAN HELP.***

BOARD as of FY 2014

Voting Members:

Diane Bergeron President

Ricky Brown Past Pres.

Pat Manning Vice Pres.

Jeff Tallent Treasurer

Jerry Risenhoover

Tom Martin

Jimmy Roberts

Gail Israel

Pete Schaffer

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Larry Hochhaus

Emeritus Members:

Iva Cook

Tammy Lenox

Professional Advisor:

Dr. Amal Chakraborty



DEPRESSION & BIPOLAR SUPPORT ALLIANCE- OK

3000 United Founders Blvd Suite 104 Oklahoma City, OK 73112
Phone: 405-254-3994 website: www.dbsaok.org

“We have been there, we can help”

CONFIDENTIAL FREE DBSA SUPPORT GROUPS

Updated Mar 15, 2016

Altus			1 st Christian Church 2501 Park Ln		405-254-3994		
Bethany	Thursday	7:00 PM	Bethany Church 3301 N Rockwell	Iva	405-373-0059	Cynthia Brenden	405-639-9623 405-537-5819
Edmond	Saturday	3:00 PM	Edmond Public Library	Charlie Michelle	405-745-3270 405-330-0642	Sheila	405-844-2444
Lawton	Monday	6:30 PM	Lawton Public Library	John	580-483-4942	Laura	580-536-1251
Midwest City	Tuesday	6:30 PM	Eastside Church 916 S. Douglas	Diane	405-889-0753	Lisa	405-510-8500
Moore	1 st , 3 rd Thursday	6:00 PM	1 st Methodist Church Horizon Rm	Lindsey	405-887-5791		
Norman #1	Thursday	7:00 PM	McFarlin Methodist Church Room 229	Diane Ricky	405-503-1948 405-625-4066	Jack	405-314-7315
Norman #2	Monday	7:00 PM	McFarlin Methodist Church Room 402	Ricky	405-625-4066	Diane	405-503-1948
OKC - MHAO Drop-In Center 1	Saturday	2:00 PM	1311 N Lottie	Jimmy	405-418-4119	Brenden	405-537-5819
OKC-MHAO Drop-In Center 2	Tuesday	12:00 Noon	1311 N Lottie	Bianca Brenden	405-600-3074 405-537-5819		
OKC - All Souls	Monday	7:00 PM	All Souls Episcopal 6400 N Penn	Brenden	405-537-5819	Regan	405-919-3488
OKC - Crossings Church	Monday	6:30 PM	Crossings Church 14600 N. Portland	Jack	405-205-4139	Thomas	405-330-3873
OKC - OCARTA Drop-in Center	Tuesday	3:00 PM	2808 NW 31st	Tyler	405-549-3192	Brandi	405-848-7555
OKC - State Office	Wednes- day	12:00 PM	3000 United Found- er's Blvd Suite 104	Sondra	405-473-7942	George	405-413-7778
Seminole			Seminole Library 424 N Main		405-254-3994		
Stillwater	Tuesday	7:30 PM	First Presbyterian Church	Don	580-307-4697	Bob	918-285-1233
Tulsa			DUI School 7950 E 41 st Street	Larry	918-809-1152		
Yukon	Tuesday	7:00 PM	1 st Christian Church 601 Maple	Cheryl	405-354-5650	Renee/Kay	405-209-7477 405-787-3889

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.**