

RECOVERY ROUTE

DBSA—Oklahoma

“a journey not a destination”

July—September 2014

Come Join the Fun

Starting in January of this year DBSA began offering more free social events. Many people know that we provide activities outside of our usual support group setting.

In response to people’s suggestions, we are now offering more activities. Many of DBSA participants mention that when they are anxious, depressed, or just not feeling well, they often isolate. The activities offer a safe place to go and enjoy themselves. All the activities are free and most of them provide pizza or light refreshments. We have chosen Friday nights for most of these meetings so they don’t conflict with regular DBSA support group days.

As of today, DBSA has 5 new monthly meetings in addition to the 3 large annual events.

The 3 annual events that attract large numbers of people are:

1. Annual Picnic
2. NAMI Walk
3. Christmas Party

The new monthly activities include:

1. DBSA Walk in the Park; a leisurely walk at Stars and Stripes Park the first Saturday of every month. A chance for fun and fitness.
2. Our monthly Pizza Party is free to everyone. A chance to get out of the house, visit with other DBSA members, and eat pizza.
3. Our monthly Movie Night. A chance to watch a popular movie, eat popcorn, and socialize.
4. Recently we have started a monthly discussion group. Each month a new mental health topic will be discussed. It offers a chance to meet new people, learn something new, and eat cookies.
5. Starting next month we plan to have a game night. A chance to play games, be a kid again, and laugh with other people.
6. Starting July 17th, we are excited to offer a weekly support group, called creative expression, where you will be able to draw and paint as well as talk.

If you have any questions or suggestions we would be glad to hear them. Although an RSVP for these classes is appreciated, we would love it if you just dropped in.

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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.

Calendar of Events

Please mark these dates on your calendar

July 4th	Independence Day Office Closed
July 5th	DBSA Walk in the Park
July 8th	Board Meeting - Cancelled
July 11th	Free Pizza Night
July 12th	Facilitator Training
July 17th	New Creative Expression Support Group Starts (Meets every Thursday night)
July 18th	Live and Learn (DVD on Depression) Meets 2nd to last Friday of each month
July 25th	Movie Night
Aug 2nd	DBSA Walk in the Park
Aug 12th	Rescheduled Board Meeting
Aug 15th	Free Pizza and Game Night
Aug 20th	Summit—Speaker Jeff Pierce Head of CIT
Aug 29th	Movie Night
Sep 1st	Labor Day Office Closed
Sept 6th	DBSA Walk in the Park
Sept 9th	Consumer Conference
Sept 12th	Free Pizza and Game Night
Sept 13th	Picnic
Sept 20th	Facilitator Training
Sept 18th-19th	Zarrow Conference
Sept 26th	Movie Night

Laughter is the Best Medicine

A little boy was overheard talking to himself as he strutted through the backyard, wearing his baseball cap and toting a ball and bat. "I'm the greatest hitter in the world," he announced. Then, he tossed the ball into the air, swung at it, and missed. "Strike One!" he yelled. Undaunted, he picked up the ball and said again, "I'm the greatest hitter in the world!" He tossed the ball into the air. When it came down he swung again and missed. "Strike Two!" he cried. The boy then paused a moment to examine his bat and ball carefully. He spit on his hands and rubbed them together. He straightened his cap and said once more, "I'm the greatest hitter in the world!" Again he tossed the ball up in the air and swung at it. He missed. "Strike Three!" Wow!" he exclaimed. "I'm the greatest pitcher in the world!"

Wellness Tips

How to Make Real Change In Your Life

Change is a process not an event. It doesn't happen instantly. Lets take a look at the 5 stages of change:

- **Pre-contemplation**—Realize that unhealthy behavior is negatively affecting your personal goals.
- **Contemplation**—Make a list of the pros and cons for changing your behavior.
- **Preparation**—Prepare and put together a plan to make the change.
- **Action**—You begin to experience challenges in changing, employ positive coping skills to deal with the challenges.
- **Maintenance**—Once the new behavior is part of your routine for six months, work to incorporate change into who you are.

The most difficult part of making real change is to avoid getting discouraged. Keep things in perspective, there will be bumps along the way. Keep your goal in mind and realize that just trying is progress. Never stop believing there is always hope and that recovery is a reality.

Ten Tips for a Happier, Healthier You

1. **Be good to yourself.** Plan each day to treat yourself with kindness and respect, and avoid self-criticism. Think about the things you like about yourself.
2. **Ask for help.** Enlist support from a loved one. Join a support group or work with a therapist.
3. **Fend off depression** Make a list of activities that make you feel better and use it when you're feeling bad.
4. **Manage your mood** Use a mood chart to track moods, behavior, meds, lifestyle, stressors and make changes as needed.
5. **Tame the Tension.** Drop your shoulders, which improves the flow of blood and oxygen to the brain, making you feel more relaxed and clear-headed.
6. **Pick your friends.** For a good mood, surround yourself with supportive people and avoid those who bring you down.
7. **Learn to control your anger.** Breathe deeply. Then slowly repeat to yourself a calming word or phrase such as 'take it easy'.
8. **Get moving to boost your health, lift your mood.** Exercise, even walking, boosts your emotional immune system, helps you lose weight and increases your endurance and energy.
9. **Eat for mental health.** Fill your plate with a little less than 2/3 carbs (fruits and complex carbs like beans, whole grains and vegetables) and a little more than 1/3 protein (meat, chicken, fish, tofu.) Reduce sweets and highly processed foods.
10. **Snooze for a good mood.** Too little sleep leads to poor concentration, irritability, anxiety, depression and low energy.

Happiness often sneaks in through a door you didn't know you left open.

Most folks are as happy as they make up their minds to be. (Abraham Lincoln)

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 just make a donation and not become a member?

*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 & announcements, and 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 120

Oklahoma City, OK 73112

Or Turn in to Facilitator at Support Group Meetings

It's been another busy time at DBSA the last 3 months.

We have started new outpatient groups at Seminole and Red Rock Norman.

We have started 2 in-patient groups at Spencer Psychiatric Hospital and St. Anthony North.

I want to credit Ricky Brown and Diane Bergeron for their help with these new groups.

I want to thank our two active volunteers Barbara Poppe and Fran Wray for their invaluable help.

I want to thank DBSA's large contributors in the past 3 months:

- 1. Jo Hill—Consumer Advocate**
- 2. Jeff and Michelle Tallent—Evolution Foundation**
- 3. Donna Woods—OCARTA Wellness Hub**
- 4. Carl Milam—Western Concepts Restaurant Group**
- 5. Lisa Edmonds—Ruffin Family**
- 6. Ray Crooks—Crooks Family**
- 7. Pete Schaffer—Mohammad Christian Goldberg**

Mark your calendars for September 13th, for the annual Picnic and Silent Auction. September 9th is the Consumer Conference.

Finally I want to thank our Office Manager, Jeannie Huey, without whom DBSA would not be able to accomplish as much as we do.

Two quotations to remember from Maya Angelou:

“We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve beauty.”

“Courage is the most important of all virtues because without courage you can't practice any other virtue consistently”.

**DEPRESSION &
BIPOLAR SUPPORT
ALLIANCE -
OKLAHOMA**

3000 United Founders Blvd
Ste 120
OKC, OK 73112
Phone: 254.3994
Fax: 254.5019
E-mail: dbsaed@coxinet.net
www.dbsaok.org

George Crooks— Executive
Director

Jeannie Huey - Office
Manager

Iva Cook – Support Group
Specialist

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

**BOARD as of
FY 2014**

Ricky Brown President
Tammy Lenox Past Pres.
Bill Slocum Vice Pres.
Debbye Bryner Secretary
Jeff Tallent Treasurer
Jerry Risenhoover
Pat Manning
Diane Bergeron
Jimmy Roberts

Advisory Board:
Gail Israel
Pete Schaffer
Jennifer Dorris
Larry Hochhaus



DEPRESSION & BIPOLAR SUPPORT ALLIANCE- OK

3000 United Founders Blvd Suite 120 Oklahoma City, OK 73112
Phone: 405-254-3994 website: www.dbsaok.org

FREE DBSA SUPPORT GROUPS

Updated June 23, 2014

If this is an emergency, please call 911

Group	Day	Time	Location	Contact 1	Phone	Contact 2	Phone
Altus	Tuesday	7:00 PM	1 st Christian Church 2501 Park Ln	Erica	580-649-0449		
Bethany	Thursday	7:00 PM	Bethany Church 3301 N Rockwell	Cynthia	405-639-9623	Iva	405-373-0059
Edmond	Saturday	3:00 PM	Edmond Public Li- brary	Charlie/ Michelle	405-745-3270 405-330-0642	Sheila	405-844-2444
Holloway Group	1 st and 3 rd Thursday	6:00 PM	6613 N Meridian	Jennifer	405-603-8190 ext 3201	Cyndi	405-603-8190 ext 3202
Lawton	Monday	6:30 PM	Lawton Public Li- brary	John	580-483-4942	Laura	580-536-1251
Midwest City	Tuesday	6:30 PM	Eastside Church 916 S. Douglas	Diane	405-889-0757	Ron	405-821-5281
Norman	Thursday	7:00 PM	McFarlin Methodist Church Room 406	Diane/Ricky	405-503-1948 405-625-4066	Jack	405-314-7315
OKC - MHAO Drop-in Center	Thursday	5:00 PM	1311 N Lottie	Jimmy	405-418-4119		
OKC - North Side 1 All Souls	Monday	7:00 PM	All Souls Episcopal 6400 N Penn	Jimmy	405-418-4119	Regan	405-919-3488
OKC - North Side 2 Crossings Church	Monday	6:30 PM	Crossings Church 14600 N. Portland	Cathie/ Mike	405-216-3189 405-245-3654	Thomas/ April	405-330-3873 405-823-3350
OKC - OCARTA Drop-in Center	Tuesday Thursday	2:00 PM 7:00 PM	2808 NW 31st	Lyndon	405-812-4580	Gaby	405-923-9947
OKC - State Office	Wednesday	12:00 PM	3000 United Found- er's Blvd Suite 120	Sondra	405-473-7942	George	405-413-7778
Purcell	Tuesday	6:30 PM	1 st Baptist Church 400 W Main Rm101	Betty Stoll	405-867-4907	LaDonna	405-837-1533
Seminole	Every Other Tues	3:00 PM	Seminole Library 424 N Main	Theresa	584-9666 380-4118	Ricky/ Monique	525-4119 481-1635
Stillwater	Tuesday	7:30 PM	First Presbyterian Church	Don	580-307-5071	Diane/ Bob	405-372-0211 580-668-2663
Tulsa	Sunday	4:00PM	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

The phone numbers listed are personal numbers of DBSA Volunteers. Please be considerate of the time and day you call.