

Recovery Road

Join the journey

Winter 2020

Happy New Year

DBSA-OK survived 2020. We have a lot to be thankful for. Despite the ravaging Covid-19 pandemic, DBSA has not experienced any severe cases, hospitalizations, or deaths. We were able to continue all of our public support groups. We are so proud of our facilitators who continued to volunteer their time to keep our groups open.

In 2020, DBSA like the rest of the nation experienced many challenges. The heart of DBSA is their free and confidential support groups. DBSA had to make many changes. The churches and libraries stopped allowing our groups to meet in their facilities. Our facilitators had to learn how to conduct virtual meetings. Zoom formatted and audio calls became popular. With masks, social distancing and other safety protocol, groups continued to meet. It became virtually impossible to hold support groups in hospitals. Nothing replaces face to face meetings and attendance fell.

As 2021 begins we hope with the availability of millions of doses of Covid-19 vaccines DBSA will be able to gradually return to the success it enjoyed before the pandemic. We are optimistic that we will return to face to face meetings. We will continue to provide more rewards for our facilitators.

We are going to provide more activities to attract and retain new members. The following activities have been discussed and will gradually be implemented:

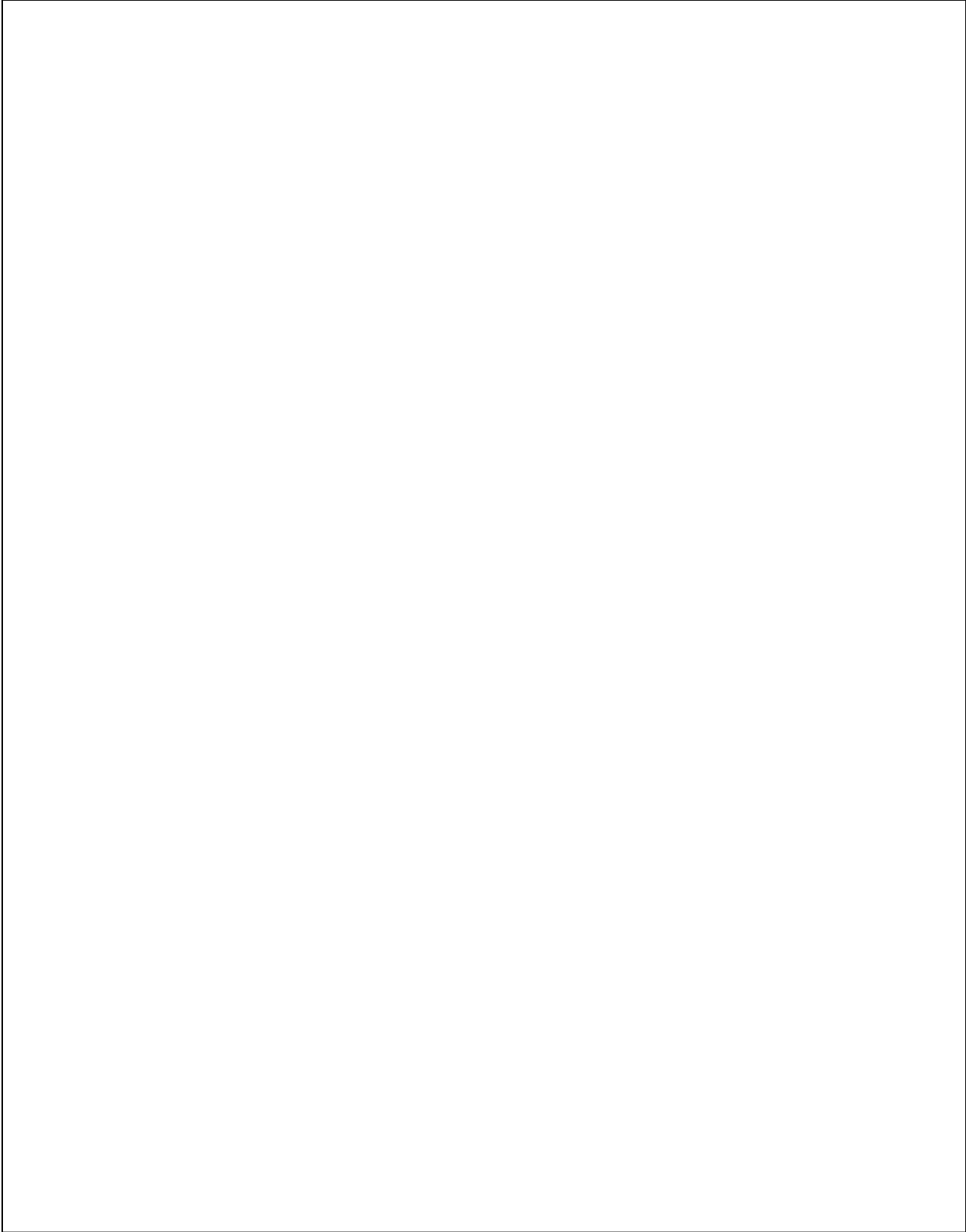
1. Use Zoom platform to reach rural areas
2. Re-establish our in-patient groups
3. Provide more educational classes
4. Start a meditation group
5. Have a weekly walking group
6. Have a weekly class cell phone or computers
7. Have social group/art/games/coffee

We are planning to publish a resource guide. With the guide we are going to connect people with charitable services.

DBSA has undertaken the task to make a lot of changes. We will need the help of many of our members to accomplish them. Just like an individual who sets goals for themselves, DBSA will divide these goals into many smaller goals.

Six Motivational Tips

1. Build momentum by starting with smaller goals that are easy to accomplish
2. Write down smaller goals and reward yourself when you accomplish a to do list
3. Consider keeping momentum by committing to yourself or others. Think about what might make goals easier to achieve
4. Use sticky notes or phone alarms to help with reminders
5. Write down benefits of goals i.e. endorphins from exercise
6. And very important, adjust your expectation when things are difficult, count your successes, don't beat yourself up.



Calendar of events

Please mark these dates on your calendar

January

13 th	Facilitator Appreciation
18 th	MLK Office Closed
29 th	Movie

February

10 th	Facilitator Appreciation
15 th	Presidents Day Ofc Closed
26 th	Movie

March

10 th	Facilitator Appreciation
26 th	Movie

Quotes to Help You Achieve Your Goals

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.

Visit our websites:

www.dbsaok.org
www.dbsalliance.org

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

New Crisis "Text" Line
741741

Remember: Suicidal thoughts are temporary. Suicide is permanent. Do not 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 foster recovery in the lives of people with mental health disorders.

We've been there. We can help.

George Crooks – Executive Director
Jeannie Huey - Office Manager
Ricky Bates – Outreach

Board of Directors

Sarah Gorton, President
Pat Manning, Vice President
Jimmy Roberts, Past President
Diane Lucas, Secretary
Jeff Tallent, Treasurer
Diane Bergeron
Pete Schaffer
Cheryl Schieren
Renee Garrett
Steve Brown
Ricky Bates

Emeritus Members

Iva Cook
Tammy Lenox

Professional Advisor

Warren Harden

Peer Support

Join the journey

December 2, 2020

Oklahoma Peer Support Groups A to Z

Ada

Currently Closed
Contact George 405-254-3994

Bethany

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

Edmond

Edmond Public Library
Temp suspended TBA
Contact Sarah 405-388-5695
Contact 2 Charlie 405-330-0642
Seventh Day Adventist Church
Currently Closed
Contact George 405-254-3994

Lawton – Southwest

Lawton Public Library
110 SW 4th St.
Monday 6:30 PM
Contact 1 Laura 580-536-1251
Contact 2 John 580-483-4942

Midwest City

St. Mark's Lutheran
7501 E. Reno Midwest City
Tuesday 6:30 PM
Contact 1 Dawn 405-464-5252
Contact 2 Diane 405-679-5214

Norman

McFarlin Methodist Church
Currently Closed
Contact 1 Diane 405-503-1948
Contact 2 Jackie 405-596-5616

Oklahoma City

State Office 1
3000 United Founders Blvd.
Ste.104
Monday 6:30 PM
Contact Ricky 405-413-9301

State Office 2
3000 United Founders Blvd.
Ste.104
Wednesday Noon
Contact Ricky 405-413-9301

Homeless Alliance Day Shelter
1729 NW 3rd Street
Monday 10:30 AM
Contact George 405-254-3994

Crossings Church
Room 232
Monday 6:30 PM
Contact George 405-413-7778

LGBTQ+ Support Group

Currently Closed
Contact George 405-254-3994

Lottie House Drop In Center 1
Currently Closed
Contact Sonya 405-600-3074

Lottie House Drop In Center 2
Currently Closed
Contact Bianca 405-999-2951

OCARTA Drop-In Center
Currently Closed
Contact 1 John 405-209-7347
Contact 2 Tyler 405-436-4083

Shawnee

Temporarily Closed
Contact George 405-254-3994

Stillwater

First Presbyterian Church
524 Duncan
Tuesday 6:30 PM
Contact 1 Karen 405-624-1518
Contact 2 Allison 405-714-3166

Tahlequah

First Lutheran Church
Contact Johnny 918-207-8366

Tulsa

Denver House
Currently Closed
Contact Jennifer 1-918-927-8015

Yukon

First Christian Church
601 Maple
Tuesday 7:00 PM
Contact 1 Renee 405-209-7477
Contact2 Cheryl 405-882-6467

NOTE: Many changed due to Pandemic

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