

Recovery Road

Join the journey

Summer 2022

Suddenly, Hope is everywhere!

What is Hope? “Hope is the belief that your future will be better than it is today, and you have the power to make it so.”

First, Jeff Talent learned about it. Next, George Crooks was introduced to it, and then, suddenly, Hope is everywhere! Not just any Hope, but Hope Rising: How the Science of Hope Can Change Your Life by Casey Gwinn and Chan Hellman.

Chan Hellman is a professor at the University of Oklahoma, and is director of the Hope Research Center at the Tulsa OU campus. By all accounts, Chan should not be where he is today given the childhood trauma he experienced. The trauma and abandonment in Chan’s life led him to feel hopeless, and he felt all alone. One day in middle school, Chan’s science teacher and basketball coach saw him sitting alone in the gym bleachers. The teacher went up and sat next to Chan, put his arm around him and said, “You are going to be alright, Chan.”

That moment of caring, of seeing, of relating with Chan was his spark of Hope, and that changed the trajectory of his life. Instead of being homeless and hopeless in Northwest Oklahoma he saw a better future for himself; pursued his dream, and realized how the science of Hope changed his life.

Chan shares his remarkable story during a two-day Hope Navigator workshop which George and Mark Brennaman attended.

After the two-day training, George and Mark developed and led three Hope Is Not a Wish workshops in June with 12 DBSA members participating. The four-hour workshop leads participants through a series of forms that help individuals set a goal and then create pathways to reach that goal. As the forms are being filled out, participants begin to share their stories of recovery, set backs, and successes.

Barbara P., a long-time DBSA participant, said of the Hope workshop, “I had the privilege of attending the first DBSA workshop on the Simplicity and Science of Hope. The facilitator, Mark, helped me understand that Hope is a choice limited only by our imagination. I actually put one of the worksheets on my fridge as a reminder of my personal goal. I have real “HOPE” that I will accomplish it.”

Hope is a social gift as shown by the sharing of ideas among participants that helped each person create a challenging and believable goal. After the third workshop, George commented, “I felt love, peace, safety, trust, and hope, and I thank everyone who participated.”

Hope teaches that none of us are forever stuck in our current situation. We all have the ability to create and achieve goals to live our best life using the science of Hope. And as Chan puts it, “Hope is the perfect answer for imperfect people.”

Discover your Hope

Do you have a personal or professional goal you’d like to achieve? DBSA will host another Hope workshop in July. The workshop is limited to four people, so register early. The workshop will be held on a Saturday from 10 am to 2 pm. For more information call our office at 405.254.3994.

Mark Brennaman

Daily Mindfulness

By becoming more aware of our thoughts, feelings, and body sensations, from moment to moment, we give ourselves the possibility of greater freedom and choice; we do not have to go down the same old “mental ruts” that may have caused problems in the past.

The aim of Mindfulness-Based Cognitive Therapy (MBCT) is to increase awareness so that we can respond to situations with choice rather than react automatically. We do that by practicing to become more aware of where our attention is, and deliberately changing the focus of attention, over and over again.

1. When you first wake up in the morning: before you get out of bed, bring your attention to your breathing. Observe five mindful breaths.

2. Notice changes in your posture. Be aware of how your body and mind feel when you move from lying down to sitting, to standing, to walking. Notice each time you make a transition from one posture to the next.

3. Use any sound as the bell of mindfulness. Whenever you hear a phone ring, a bird sing, a train pass by, laughter, a car horn, the wind, the sound of a door closing—really listen and be present and awake.

4. Throughout the day: take a few moments to bring your attention to your breathing. Observe five mindful breaths.

5. Whenever you eat or drink something, take a minute and breathe. Look at your food and realize that the food was connected to something that nourished its growth. Can you see the sunlight, the rain, the earth, the farmer, the trucker in your food? Pay attention as you eat, consciously consuming this food for your physical health. Bring awareness to seeing your food, smelling your food, tasting your food, chewing your food, and swallowing your food.

6. Notice your body while you walk or stand. Take a moment to notice your posture. Pay attention to the contact of the ground under your feet. Feel the air on your face, arms, and legs as you walk. Are you rushing?

7. Bring awareness to listening and talking. Can you listen without agreeing or disagreeing, liking or disliking, or planning what you will say when it is your turn? When talking, can you just say what you need to say without overstating or understating? Can you notice how your mind and body feel?

8. Whenever you wait in a line, use this time to notice standing and breathing. Feel the contact of your feet on the floor and how your body feels. Bring attention to the rise and fall of your abdomen. Are you feeling impatient?

9. Be aware of any points of tightness in your body throughout the day. See if you can breathe into them and, as you exhale, let go of excess tension. Is there tension stored anywhere in your body? For example, your neck, shoulders, stomach, jaw, or lower back? If possible, stretch or do yoga once a day.

10. Bring mindfulness to each activity. Focus attention on daily activities such as brushing your teeth, washing up, brushing your hair, putting on your shoes, doing your job.

11. Before you go to sleep at night: take a few minutes and bring your attention to your breathing. Observe five mindful breaths.

A DBSA support group can help you be aware of these mindfulness tips and help decrease the stressors in your daily living. Join one today.

**From the Executive Director
April 1 - July 1**

Meetings with Collaborative Partners

OKRA – Oklahoma Recovery Alliance
OBHA – Oklahoma Behavioral Health
Association (Collin Walke and Carrie Slatton
Hodges, Speaker)
PAC – Planning and Advisory Council
COA – Coalition of Advocates

Speaker Meetings

Mark Brennaman on Hope Centered Concept
Marnie Kennedy on Somatics

Social Event

3 movies with dinner afterwards
NamiWalk
DBSA Annual Picnic
Juneteenth Celebration at Lottie House
Health Fair at Rogers Elementary School in
Spencer.

Education

3 Saturday Hope Workshops – Mark
Brennaman
Ethics Class at OBHA
4 Smoking Cessation Classes (OCARTA,
Oakwood, DBSA) – Mark Brennaman

4/28 – Coffee Chat at the Capitol
6/6 – Spoke at Lawton Support Group
6/22 – Gave interview on Channel 4 how our Zoom
Webpage allowed rural Oklahomans access to
support groups.

Calendar of events

Please mark these dates on your calendar

July

4 th	Office Closed
9 th	Facilitator Training
13 th	Speaker Meeting
29 th	Movie Night/Dinner

August

9 th	Board Meeting
10 th	Speaker Meeting
26 th	Movie Night/Dinner

September

5 th	Labor Day Office Closed
13 th	Speaker Meeting
30 th	Movie Night/Dinner

Plus at least one social event each month.

Quotes to Help You Achieve Your Goals

“Be happy in the moment, that's
enough. Each moment is all we need, not
more.”
— Mother Teresa

“**Be mindful. Be grateful. Be
positive. Be true. Be kind.**”
— **Roy T. Bennett**

“**Good habits are as addictive as bad habits, and
a lot more rewarding**”.

Harvey MacKay

Mania Alert and Summer's Sunshine

Miles Davis may croon, “Summertime, and the livin’ is easy,” but too much light can be a significant trigger for hypomanic or manic symptoms.

And it’s time to pay attention to the arrival of summer, as this week—on June 21st—we saw the longest day of the year in the Northern Hemisphere.

Because circadian rhythms—our body’s internal clock—can be thrown off by the amount of sunlight we experience, the more we get (and it’s certainly tempting to get as much as possible), the more likely we may be to skimp on sleep.

“It can be very difficult to recognize the difference between a good day becoming a great day, and a good day becoming an absolute disaster,” says Melvin G. McInnis, MD, FRCPsych. “Before you know it, you can find yourself in the throes of a full-blown mania, and self-control flies out the window.”

This is why hospitalizations for mania peak in the summer months.

In fact, a 2016 study in the *Journal of Affective Disorders* showed a correlation between higher hospital admissions and more sunshine, more ultraviolet radiation, and higher temperatures.

Yet by no means does this necessitate depriving yourself of this glorious season.

To help maintain stability, the first strategy is, perhaps, the most obvious: limit your amount of sunlight exposure, since it is the amount of bright light entering the eye that leads to neurotransmitter dysregulation. One way to do this, while still enjoying the warmth of the summer sun, is to be vigilant about wearing sunglasses that block 99 to 100 percent of both UVA and UVB radiation. A sunhat is also recommended.

Stay aware and pay attention to your personal red flags—a mood chart and a mindfulness practice can be helpful. Also, be open with family and friends about summer being a risky time, and ask for help keeping an eye out for warning signs.

Most important, however, is to be careful not to confuse the elation that can come with beautiful, bright days with the distorted belief that your bipolar is gone and medication is no longer needed.

A free DSA support group can help you through the effects of summer, find one to attend today.

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)

Oklahoma Department of Mental Health
Pandemic Crisis Support Line
1-800-522-9054

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

New Mobile Crisis Response for Psychiatric Emergencies
988

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 improve the lives of people with mental health disorders.

We've been there. We can help.

Staff

George Crooks – Executive Director
Jeannie Huey - Office Manager

Board of Directors

Steve Brown, President
Pat Manning, Vice President
Diane Lucas, Secretary
Jeff Tallent, Treasurer
Sarah Gorton
Diane Bergeron
Pete Schaffer
Cheryl Schieren
Renee Garrett
Kent Acers
Katy Jo Brown

Emeritus Members

Iva Cook

Professional Advisor

Vacant

Peer Support

Join the journey

June 21, 2022

Oklahoma Peer Support Groups

Active Public Support Groups

(We welcome college nursing students but we ask that you always contact the group facilitator first. We ask that only 2 nursing students at a time visit one of our support groups.)

Bethany – Telephone Conference
Thursday 7:00 PM
Contact Nannette 405-787-6069

Edmond - Virtual
Contact Sarah 405-388-5695
Contact 2 Jeff 405-203-7898

Lawton – Southwest
Lawton Public Library
110 SW 4th St.
Monday 6:30 PM
Contact 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

Norman
Norman Central Library
2nd Floor Roserock Room
Thursday 7:00 PM
Contact Diane 405-503-1948
Contact 2 Jackie
jaclyn.pennington@hotmail.com

Oklahoma City
State Office
3000 United Founders Blvd. Ste.
117
Wednesday Noon
Contact George 405-413-7778

Crossings Church
14600 N Portland Room 232
Monday 6:30 PM
Contact Katy Jo 405-250-4136
Contact Steve 405-445-8778

Lottie House Drop In
Wednesday Noon
Contact 405-600-3074

OCARTA Drop-In Center -
Virtual/In Person
3:00 Tuesdays
Contact Tyler 405-436-4083

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

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

Rural Oklahoma Zoom
Thursday 6:30 PM
Contact George 405-413-7778

The Rural Oklahoma Zoom support group at 6:30 PM is open to anyone. We are working on getting groups started again in the following locations: Ada, Shawnee, Tahlequah, and Tulsa. If you are interested in one of these please call the office.

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