

the Recovery Route

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SUPPORT ALLIANCE OF OKLAHOMA

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MISSION

*TO IMPROVE
THE LIVES
OF PEOPLE
LIVING WITH
MOOD
DISORDERS*

NEW EXECUTIVE DIRECTOR AND STAFF TEAM SELECTED FOR DBSA-OK

The Governing Board of DBSA-OK announced on August 8th, 2007, that a new Executive Director had been selected for DBSA-OK. Rose Ann Mann, Treasurer, said “We are very happy to have Sandy Pruitt on board with DBSA. We feel confident that she is the right person to lead us in fulfilling our mission. The organization has untapped potential that we feel she can unlock.”

Sandy retired from HOPE Community Services, Inc. on September 4, 2007 after 21 years of service. Sandy has a Bachelors Degree in Liberal Studies from University of Oklahoma, with a specialty in Administrative Leadership, completed in 1998. She was in the 2nd class of Recovery Sup-



Sandy Pruitt, Executive Director

port Specialists, and has been a Certified

Alcohol and Drug Counselor since 1989. She most recently served HOPE as the Consumer Advocate and the Community and Consumer Development Director. She was a member of the Management Team. Sandy came to work at DBSA-OK on September 5.

The second team member selected is Rave Meyer. She has been named the Office Manager for DBSA-OK.

Rave worked for the Midwest City-Del City– Moore Association of Realtors as Office Manager and then Association Director prior to her appointment with DBSA.



Rave Meyer, Office Manager

The third person selected by the Board is Cindy Carr, the new Northern Oklahoma Outreach Coordinator. Cindy has already started two new groups for DBSA. One that meets in the Ponca City hospital and the other in Cushing. Here is part of the story of her Journey with Bipolar:

So from Aug 2005- Oct 2006 I stayed in bed- thought I could starve to death- but I discovered you can survive on



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JOURNEY

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peanut butter and honey sandwiches! Went back to my Dr. and she put me on L—— and K——. In Jan 2007 I saw my gynecologist and he discovered my hormones were way out of whack. I was placed on hormones and BAM! With all the right combinations of meds, my support group and therapy I feel wonderful today!

Today I have learned how to deal with my illness but I'm sure I still have a lot to learn. I take it one day at a time and enjoy every good day to the fullest.

I owe a lot of my good days to the support groups. I started attending a group in O.K.C. seven years ago and then helped get a group started in Stillwater five years ago. Today that is my job—setting up support groups for DBSA. I love helping other people and hope my story certainly touches someone's life.

GROUP NEWS



Besides the Ponca City group there are 2 other groups waiting to start up; one in Guthrie and one in Sallisaw. There is another new group in Enid and it has affiliated with the National DBSA office. This is a faith-based group and it is also the

only group in Enid. A couple of groups have some challenges in their attendance right now. One solution is plenty of brochures with the meeting info. The executive director will be providing these when she comes to visit your group.

CONTRACT FOR 2008 SIGNED BY ODMHSAS and DBSA-OK

The contract between DBSA-OK and ODMHSAS has been signed and we are on our way to fulfilling the requirements. The requirements for 2008 are:

- *Publish and distribute 6 organizational newsletters.
- *Maintain a record of Peer-to-peer support group locations in Oklahoma, including facilitator contact information.
- *Maintain a confidential list-serve for distribution of the bi-monthly newsletter.
- *Conduct four facilitator training workshops for Depression and Bipolar Support Alliance (DBSA) support groups.
- *Provide ongoing technical assistance to established and newly initiated DBSA support groups.
- *Collect and update the list of group meeting locations, number of those in attendance and the frequency of the group meetings.
- *Provide a total of 2500 contacts to the community, either face-to-face or via the telephone.
- *Collaborate with other consumer oriented organizations to provide cross-over resources to consumers.
- *Work closely with adult and children's mental health advocacy organizations on issues in which there is agreement.

Sounds like a lot of work, doesn't it? We like to look at it as a challenge to overcome!

“TO ALL SPECIAL PEOPLE”

“We are special people even with bipolar or other conditions. We have been shown how valuable life is. We take one day at a time, we live it like it’s our last. Some people might say we’re crazy but no, we are just special, and what makes us so special? I’ll tell you:

We are special because we are caring, kind, smart, loyal, funny and just plain fun to be around. So why should you join a support group? In a support group you try to help ease each others fears and there dry each other tears. Just to know there is someone there who is going through what you’re going through makes it easier to control your condition. We start by taking baby steps at first and like a child we walk on our own,

knowing if you fall some one will be there to pick you up.

So, if you are one of the special people and not in a support group, call 405-286-9370; fax 405-286-9372 or email DBSAED@coxinet.net. So please don’t delay, take the big step to recovery today. It will be the best thing you can do for yourself.”

By James R. Bulmer

PS Keep up the good work with all the support groups. *They do help you control your condition, not your condition controlling you.*

This letter was waiting on my desk when I took my new job as Executive Director. It said so much that I don’t even know yet and it was so heart-felt that I

knew I had to share it with everyone.

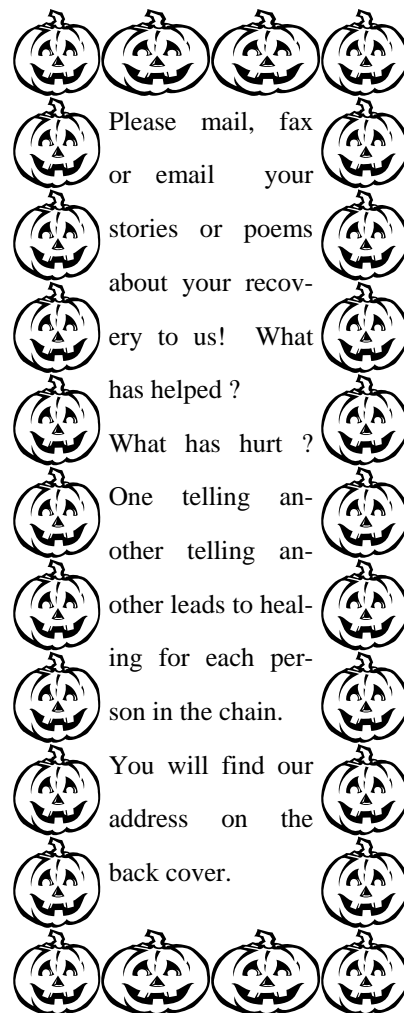


FACILITATOR NEWS

Facilitators are the life blood of this organization. They need *and deserve* to be treated like the precious gifts they are. So, beginning in October the facilitators will begin to meet once a quarter. The first quarterly meeting will be on October 17, from 4-6pm. The location will be announced later. Facilitators will have a chance to meet each other,

discuss group challenges and give each other support. Dinner and drinks will be served. This is for all facilitators, not just those currently doing a group. The goal is to eventually have two facilitators for each group.

If you have had training you are invited to come. Be there or be square!



We want to hear from you— our readers, consumers, participants, supporters, facilitators and family members. DBSA is dedicated to the mental health community in Oklahoma. Give us a call today!

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



DBSA Oklahoma Support Group Facilitator Training

There will be Facilitator Training in Ponca City. Date, place and time to be arranged. Iva Cook will do the training.

There will be Facilitator Training in Oklahoma City on November 10. Place and time to be arranged. Chana Martin will be the lead trainer for this.

All facilitators who have taken the training but are not currently facilitating a group are urged to brush up on their skills by attending this training.

All support group members who even have an inkling of being a joint facilitator, please come. It is a DBSA-OK goal to have at least two trained facilitators in each group.

Currently there are seven places that have requested a group. Two are out of town and the rest are in the city. Some of these will be afternoon groups.

Please help yourself by taking this next step in your recovery, you will be glad that you did!