

# The Recovery Route

## MISSION

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

## HOPE IN RECOVERY

*'Hope has two beautiful daughters; their names are Anger and Courage. Anger at the way things are, and Courage to see that they do not remain as they are.'* ~ St. Augustine

Have you ever wondered how you go from one point in your life to another? Exactly how do you get from Point A to Point B? Most people float along, not knowing what they are doing, and more importantly, WHY they are doing it.

It's a lot like raising kids. A lot of trial and error and you usually have no clue if what you did worked or if what you did failed miserably. And sometimes, you must wait years to find out the results.

But what if you could do something *today*? Something that gave you immediate results in your life on your road to recovery. Would you do it?

For most, the answer would be an astounding 'YES!' And it is to them that I speak. (Those of you who answered no, avert your gaze because you don't want to read the rest of this.)

Now, I am not going to give you the secret to recovery right away. First, I must explain a few things. For example, recovery means different things to different people. Everyone is on the road to recovery in their own automobile. The question is, what kind of automobile are you driving? Do you have an automobile? Is it a new model or an old clunker? Where are you going? Is it a toll road? Is it paved? Gravel? Dirt? A winding road or straight shot? Country roads or city and

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## DBSA ANNUAL MEMBER PICNIC



Well, not until October 3, a Saturday, guaranteed to be beautiful. Put this on your calendar and get ready for a good time. It will be held at the same place as last year, the South Pavilion at Will Rogers Park. It will begin at 11:00 and be over by 2:00. DBSA will furnish the basic food, you are welcome to bring a potluck dish. Kids, friends and spouses are welcome to come and don't forget games of all kinds.

## *Hope in Recovery, Cont'd*

highway? How many miles to the gallon do you get? Did you remember to put gas in your car? Does it take unleaded or diesel? Maybe you have a newer model and it takes bioflex fuel? How long will it take you to reach your destination? How are the tires? Are they new? Did you just replace them? Are they inflated properly for maximum gas mileage? Do you have good windshield wipers? What if it rains? How many people are in this car? Are you on a bus? Where is the bus going? Do you have to change buses? What's the number of the new bus? What are the arrival times? Where are the bus stops located? What is your destination?

Yes, the road to recovery sounds hard....but it can be as simple as driving a car. You didn't jump into a car and automatically know everything about that particular car did you? And you certainly didn't know the rules of the road or even pay attention to the road signs before you got behind the wheel, right?

So why do you think just because you have a mood disorder and take medication everything should be better immediately? That's like saying, 'I know how to drive because I read the drivers manual.' I mean, I know how to read and I can write. But I am not an author. I can paint a house but I am no Picasso.

There are so many things that you must think about when driving a car. But once you learn them, you know them and do them automatically. You look at the gas gauge and say, 'Wow, I need gas' and so you go to the gas station.

It's the same with mood disorders. You are the car. You put the gas in the car. And your doctors are the gas stations. Sometimes you go miles before you see a gas station, but you look at your gas gauge and slow down using less gas until you get there. You ration your gas to get you where you need to go, all those little trips to the grocery store for body fuel. When it rains, you turn on your wipers. You don't stop and wait for the rain to quit. You keep going, sometimes, turning your wipers on high.

What does all this amount to? Exactly what am I saying is the key to recovery?

RESPONSIBILITY. Yes, you read that right. Responsibility. Take responsibility for your actions. If you know you are running out of gas, get more gas. Or limit your trips until you can. Sometimes, you need to take on passengers in your vehicle. That's okay too. Because when we help others, we help ourselves. NO EXCUSES. The worst thing you can do is make an excuse for why you are doing (or not doing) something. You car radio doesn't come on and say to you, 'This station is unavailable because I didn't sit in the driveway long enough.'

The key is, read YOUR manual. What do YOU need to function well in society? What kind of gas do you take? Are you sitting in your driveway or are you at least on the road at the minimum speed limit? And if you are on the road and speeding, why are you speeding? That's how you get a ticket. And tickets can lead to the revocation of your license or at the very least, higher insurance premiums. And who wants to pay more money?

If you are on your road to recovery, you should have hope that you WILL recover. You should be angry at yourself if you do not at least own a car...but most of all, you should have the courage to get in the car and drive. Only you know your destination.

## UPCOMING EVENTS



Please mark the following items on your calendar if you wish to attend....and don't forget to call the DBSA-OK office if you must register in advance!

### AUGUST

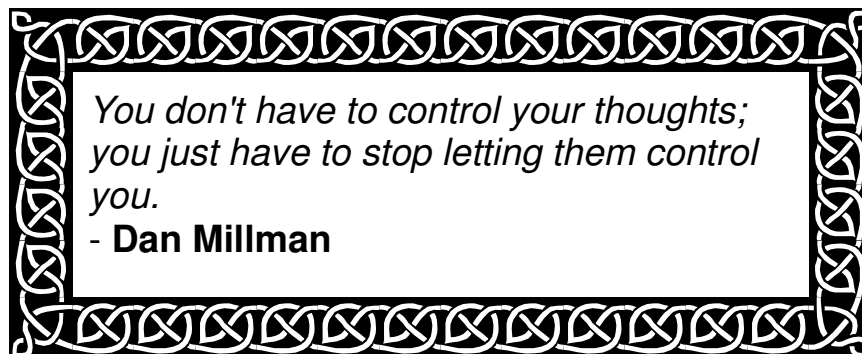
- 3rd DBSA-OK Email Board Meeting  
 19th Facilitator Summit (plz register)

### SEPTEMBER

- 7th DBSA-OK Board Meeting  
 12th OCARTA's Recovery Walk  
 10th – 13th DBSA National Conference, Indianapolis, Indiana  
 16th—18th Community Action Conference  
 17th – 18th Zarrow Symposium, Tulsa  
 No Facilitator Summit in September

### OCTOBER

- 5th DBSA-OK Board Meeting 5pm  
 15th Facilitator Summit (plz register)



## DEPRESSION & BIPOLAR SUPPORT ALLIANCE- OKLAHOMA

4501 N. Classen Blvd. Suite 108, Oklahoma City, OK 73118 405-286-9370

July 2009

### ADA

Contact: Linda Kauffman  
Phone: 405-401-9279  
Thursday's 6:00 PM  
Rolling Hills Hospital  
1000 Rolling Hills Lane

### ARDMORE

Friends of Hope Chapter  
Contact: David Engle  
Phone: 580-272-3781  
Thursday's 7pm  
Ardmore Public Library

### BETHANY

Contact: Becky Rowell  
Phone: 405-943-0879  
Thursday's 7pm  
Bethany Church Of Christ  
3301 N. Rockwell

### EDMOND

Contact: Charlie & Michele Tallent  
Phone: 405-330-0642  
Saturday's 3:00 PM  
Edmond Public Library

### GUTHRIE

Contact: Iva Cook  
Phone: 405-373-0059  
Thursday's 7 PM  
West Guthrie Methodist Church  
Fellowship Hall  
1201 W. Noble

### Lawton Public Library

Contact: John Windham  
Phone: 580-483-4942  
Contact:2 Jack & Priscilla Yoast  
Phone: 580-248-2390  
Monday's 7:00 PM  
Lawton Public Library

[www.dbsa-swok.org](http://www.dbsa-swok.org)

### OKLAHOMA CITY

Northside 1- All Souls  
George Crooks  
405-413-7778  
Monday's 7pm  
All Souls Episcopal Church  
6400 N. Penn(63rd &N. Penn  
Park and go in back door

Capitol Hill - SouthSide  
Contact: Nancy Vlet  
Phone: 405-684-9244  
Thursday's 6:30 PM  
Capitol Hill Library  
334 SW 26th

Northside 2- Crossings  
Shannon Streeter  
405-942-0172  
Monday's 6PM  
Crossings Community Church  
14600 N. Portland

Daytime Group  
Contact: Tammy Lenox  
Phone: 405-272-4743  
Tuesday's 10am  
DBSA State Office  
4501 N. Classen Suite 108

Closed Groups\*  
Red Rock- Yukon  
North Care- N. Hudson OKC  
Crisis Center- NE 13th OKC  
\* Must be a client

ALL DBSA  
SUPPORT GROUPS  
ARE FREE

### MIDWEST CITY

Contact Jackie Skaggs  
Phone 405-737-1923  
Tuesdays 6:30pm  
Eastside Church of Christ  
916 S. Douglas

### NORMAN

Contact: Iva Cook  
Phone 405-373-0059  
Thursdays 7:00 PM  
Edsel Ford House  
Griffin Memorial Hosp.

### PONCA CITY

Contact: Katherine Ewing  
Phone: 580-304-1595  
Mondays 7:30-9pm  
at Ponca Hosp, conf. Room B

### STILLWATER

Contact 1: Don Brown  
Phone: 580-336-0136  
Tuesdays 7:30 -9pm  
1<sup>st</sup> Presbyterian Church

### WEATHERFORD

Contact: Anita Crawford  
Phone: 580-302-3397  
Tuesdays 6pm  
Pizza Hut Meeting Room  
309 N. Washington St

### YUKON

Contact: Marcia Newhardt  
Phone: 405-514-1597  
Tuesdays 7:00 PM  
First Christian Church  
601 Maple

Please Check our website for the most up-to-date information on groups, training sessions, conferences & get-togethers

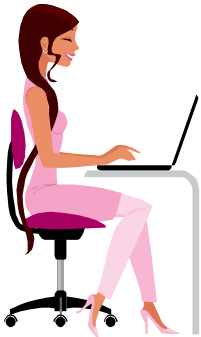


[www.Okdbsa.org](http://www.Okdbsa.org)



We've Been There. We Can Help

## *From Sandy's Chair*



Sometimes in the office, we (whoever's there) sit around a talk about Recovery. Sometimes at other meetings we talk about recovery. I was wondering if some DBSA groups are behind in this most important concept and if so why?

We decided that, for many people, the key to recovery is WRAP training. In WRAP training all individuals learn to develop their own recovery plan, their triggers, their affirmations, their advocates, all the specifics that make their plan specific and individual. For many of us, WRAP training was a beginning. So George C. and I are checking into the training to see what we can do to get such a training going at the office.

Also, a new group is meeting in the Edmond Public Library on Saturday afternoons at 3:00.

A faith-based program will start at the Memorial Road Church of Christ in September.

I will be facilitating a GLBT group at the new Expressions Church between 39th and 40th and N. Barnes.

In September we will have a new Vets DBSA group meeting weekly, details to be developed.

We really need a group in Tulsa, if you have any ideas, call me.

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## *NAMI Conference 2009*

DBSA-OK had four representatives at NAMI's National Conference in San Francisco last month. DBSA-OK Board President Chana Martin, Board members Tammy Lenox and Debbye Bryner and Office Manager Rave Meyer.

Several classes were offered that DBSA-OK plans to integrate into services offered in Oklahoma.

Collaborative Problem Solving, Evidence-Based Practices: Balancing Fidelity and Adaptation Needs in Multi-cultural Mental Health, Substance Abuse Disorders and many more.



There were so many options, most of us couldn't decide which class we wanted to go to more!

Of course, the nights were free to leave us to wander around the city. We ate at Bubba Gumps with several NAMI associates, we walked around Chinatown and Fisherman's Wharf and on the last day, even had a couple hours to see the Golden Gate Bridge.

If you are interested in downloading any of the PowerPoint presentations or handout materials from the NAMI Conference, please go to

[http://www.nami.org/Template.cfm?](http://www.nami.org/Template.cfm?Section=NAMILand&Template=/ContentManagement/ContentDisplay.cfm&ContentID=81589)

[Section=NAMILand&Template=/ContentManagement/ContentDisplay.cfm&ContentID=81589](http://www.nami.org/Template.cfm?Section=NAMILand&Template=/ContentManagement/ContentDisplay.cfm&ContentID=81589)

OKLAHOMA  
DEPRESSION &  
BIPOLAR SUPPORT  
ALLIANCE

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Oklahoma City, OK 73118

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[WWW.OKDBSA.ORG](http://WWW.OKDBSA.ORG)

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WE CAN HELP.***

