

The Recovery Route

MISSION

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

BLUEPRINT FOR HOPE for people with depression

Paige Hemmis shares her personal struggle with depression to inspire people with depression symptoms in Oklahoma City to seek help.

The Depression and Bipolar Support Alliance (DBSA) is proud to be a partner in the Blueprint for Hope campaign and host the tour on Tuesday, November 3.

Please join us to...

- Learn about Paige's personal experience with depression and helpful do-it-yourself (DIY) and design tips for easy, cost-effective home improvements.
- Find out about building a personalized "blueprint," or plan, for managing depression from an Oklahoma City area psychiatrist.
- Hear about depression resources and support groups in your community available through the Oklahoma chapter of DBSA.



Paige Hemmis,
Designer on ABC's Extreme
Makeover: Home Edition™

Date: Tuesday, November 3

Time: 7:00 PM – 8:30 PM

Location: Sheraton Oklahoma City Hotel
1 North Broadway Avenue
Oklahoma City, OK 73102

To RSVP please email: OklahomaCity@BlueprintforHope.com

Or call: 1-877-418-7387

For more information, visit

BlueprintforHope.com.



Blueprint for Hope is presented by Wyeth Pharmaceuticals.

Wyeth

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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!

NOVEMBER

2nd DBSA Board Meeting

3rd Blueprint for Hope, 7pm, Sheraton Bricktown, FREE!

7th Facilitator Training– call to RSVP 286-9370

Discussion– Facilitator Summit– Whose Responsibility ?

26th Thanksgiving

DECEMBER

7th DBSA Board Meeting

16th Facilitator Summit

Possible Open House

NEW BOOKS IN LENDING LIBRARY

Did you know that we have a lending library at the DBSA-Oklahoma State Office? We have hundreds of books available to loan, free of charge. Just come in and sign the form, list the book you wish to check out and that's it. Loan periods are usually a month. So you can take your time to read what you just checked out!

Here's a sample of what we offer:

The Bipolar Disorder Answer Book, Answers to More Than 275 Top Questions, by Charles Atkins, M.D.

Defeating Depression, Lifting Yourself from Sadness to Joy, by Dale R. Olen, Ph.D.

The Midnight Disease, The Drive to Write, Writer's Block & the Creative Brain, by Alice W. Flaherty

Resolving Conflict, Learning How You Both Can Win and Keep Your Relationship, by Dale R. Olen, Ph. D.

Feed Your Head, Some Excellent Stuff on Being Yourself, by Earl Hipp

Mental Illness and Your Town, 37 Ways for Communities to Help & Heal, by Larry Hayes

Overcoming Depression One Step At A Time, The New Behavioral Activation Approach to Getting Your Life Back, by Michael E. Addis, PhD & Christopher R Martell, PhD., ABPP

Meeting Life Head On, Moving into Life with Courage, not Backing Away in Fear, by Dale R. Olen, Ph.D.

Resilient Life, Your Journey from Bitter Reality to Hopeful Living, by Bruce McIntyre



DBSA ANNUAL MEMBER PICNIC 2009



Our illustrious MH Professional, Dr. Beckham.



Exec. Director Sandy Pruitt with former board member Wayne McGuire



Just chillin'



Nice hat, ???



Support Group Specialist Iva Cook (right) with Cheryl Schirren



“People don’t start with conclusions, they start with questions. If you’re open, respectful and motivated, you’ll succeed.”

Tom Armstrong, Google

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

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
1st 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

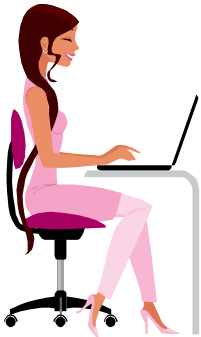


www.Okdbsa.org



We've Been There. We Can Help

From Sandy's Chair



First, the picnic was great especially kids with the piñata.

We have a great presentation going on Nov. 23 at the Downtown Sheraton. It is easy to find and is worth a tip to have valet parking, no fuss, no bother. There is no charge for the program and coffee so get comfortable and enjoy yourself. I am looking forward to the presentation by Dr. Siavash Nael, M.D. and Paige Hemmis and to the panel discussions.

If there is anyone who would like a chapter of DBSA in their neighborhood, call Iva Cook, she is our chapter initiator and would be very happy to work with you to get one started. Her phone number is 405-373-0059.

If you have wanted a reason to exercise but so far, no— The NAMI Walk is next May 22. What a great goal date.

We have 2 new groups planned. One is for veterans and one is for GLBT's. Also, Iva is working on Tulsa and Shawnee, beginning dates to be announced.

I will be teaching my first class for facilitators on Nov. 7. I am really excited about that.

It is time to begin a gratitude list, really all the time is gratitude time, we are all so fortunate, we really don't need a designated day. (Ask to see a picture of my new dog, she is wonderful and loves me a lot too.)

FACILITATOR TRAINING

November 7

Saturday 9am-2pm

Lunch will be served if you have enrolled. 405-286-9370



It is so much easier to blame other people, conditioning, or conditions for our own stagnant situation. But we are responsible— “response-able” — to control our lives and to powerfully influence our circumstances by working on *be*, on what we are.

OKLAHOMA
DEPRESSION &
BIPOLAR SUPPORT
ALLIANCE

4501 N. Classen Blvd
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WE CAN HELP.***

