

The Recovery Route

MISSION

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

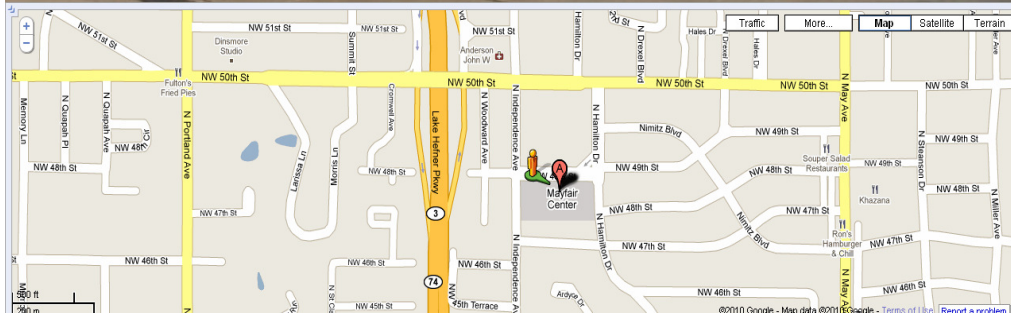
BOARD

*George Crooks, President
Tammy Lenox– Vice Pres.
Chana Martin– Past Pres.
Debbye Bryner– Secretary
Jeff Tallent– Treasurer
Roger Sprague
RoseAnn Mann
Gail Israel
Dr. Ed Beckham*

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NEW OFFICE



For those of you that may not have heard yet, DBSA-OK has moved office locations.

To accommodate the budget cuts imposed on us, we needed to stay fluid and because of such, moved our offices to what we think is an excellent choice. We are down the hall from Consumer Council in the Mayfair Building (corner of NW 48th & Independence).

Our new location address is:

**3200 NW 48th
Suite 103
Oklahoma City, OK 73112**

Our phone number and fax number will stay the same so we do not confuse everyone!

We still have the desk and computer station for consumer use– free of charge, and our office is open from 9-5 daily M-F. But please call before you arrive to make sure we are not out running errands or at a conference.

We are excited to be in our new location! Consumer Council has been wonderful in allowing us space in their building and we look forward to collaborating with them on projects in the future.

FROM THE PRESIDENT

At the end of last year, I was thrust into the presidency when Chana Martin resigned due to personal commitments. During her presidency, DBSA went from unstable to unstoppable. Signs of our progress are 1) We have three (3) part-time employees whose financial integrity is unquestionable, 2) We have a seven (7) person board with over 51% consumers dedicated to the success of DBSA, 3) We have grown to almost 20 support groups which we continue to strengthen and grow, and 4) The board has adopted a strategic plan that emphasizes improving the support groups and fundraising.

There have been some obstacles to our progress. Shortly after I became president, the revenue shortfall in Oklahoma caused budget cuts in DBSA funding. We were cut almost 20% of our annual budget. OUCH! We are a small operation dedicated to consumer support. This resulted in several changes 1) We downsized our office resulting in a savings of over \$5000, 2) We discontinued paying for any out-of-state conferences, 3) In-state conferences are on a case-by-case basis, 4) Sandy & Rave are carefully looking at expenditures to decrease and 5) The Board has assigned a committee to investigate other revenue sources.

There continues to be more good news. In March, Tammy Lenox and Rave Meyer made a presentation on Pathways to Recovery at the Coalition of Advocates conference in Norman, OK. Later that month, Rave applied on behalf of DBSA-OK for the National State Organization Award. DBSA-OK won the award which gives us a \$500 bonus for our organization and Rave gets to go to the National Convention on Scholarship to accept the award on behalf of DBSA-OK. The National Award is based on the accomplishments of each individual state organizations' efforts of advocacy, educational programs, publication of newsletters, community outreach activities, leadership development and training and much more. Despite the ups and downs of DBSA, our new mission statement is our main priority:

To provide peer to peer hope, help and support to foster recovery in the lives of people living with depression and bipolar and other mental disorders.

Our facilitators and our consumers that come to our support groups every week are our real strength. Every person who is a part of DBSA-OK is making a valuable contribution. We all help each other. Volunteers are always appreciated. We appreciate everyone's efforts.

Remember! Mark your calendars for the Annual DBSA-OK Picnic on October 19th, 2010 at Will Rogers Park South Pavilion.

SPEAKERS

DBSA-OK has a need of speakers for our Speakers Bureau. If you know of any professional— psychologist, psychiatrist, counselor— that is willing to come to summit and possibly even group meetings to talk, please let us know. If you are in recovery and living your life to the fullest, YOU can be a Speaker, too!

We are constantly evolving our listings, so even if you think we might already have your suggestion listed, tell us anyway, just in case.

Give all suggestions to Sandy Pruitt at

DBSAed@coxinet.net or call
405.286.9370 or 405.615.8822



SANDY'S CHAIR



As we get more creative and efficient here at OKDBSA, we want to give people a clear path to whomever can solve their problem. So here's the clue: Rave is the "money person" and I am the "people person". Rave deals with expenses, donations, grants, etc. She works closely with the Treasurer and the President and a committee from the Board. I work with the Support Group Specialist (Iva) and a committee of great Board members.

The first meeting of the Support Group Committee is on May 4, Tues, at the office from 1-4 pm. We are going to create invitations for a variety of meetings. Glue and ribbons and construction paper oh my.

There is another side to the Speakers Bureau—the side that includes people with depression or bipolar disorder who are willing to talk before a group about the benefits of DBSA support group and their recovery journey. If you have been told that the changes you have made have been amazing, you would be a candidate for Speaker's Bureau. Call me. As we do more outreach to churches and community groups, we will need some people willing to share. Thanks for all your support, Sandy

WHAT'S COMING UP?

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!

All trained facilitators are invited to attend Facilitator Summits!

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| April | 6 | 15th Anniversary of the 1st meeting of the Yukon Support Group. |
| April | 9 | Facilitator Training at North Care at 10'00 |
| April | 16 | Meeting at Furr's in Moore, 6pm , for support for CRSS's– Call office for more info. |
| April | 21 | Facilitator Summit- Mexican Potluck 5 p.m. |
| April | 24 | Facilitator Training at the Office at 9 a.m. |
| May | 19 | Facilitator Summit |
| June | 16 | Facilitator Summit |
| June | 26 | Facilitator Training 9:00 a.m. |



OKLAHOMA DEPRESSION & BIPOLAR SUPPORT ALLIANCE

3200 NW 48th
Suite 103
Oklahoma City, OK 73112

Sandy Pruitt— Executive Director
Rave Meyer— Office Manager
Iva Cook— Support Group Specialist

Phone: 405-286-9370
Fax: 405-286-9372
E-mail: OKdbsa@coxinet.net
WWW.OKDBSA.ORG

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

GROUPS

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: Any Hancock
Phone: 580-340-1231
Thursday's 7pm
Ardmore Public Library

BETHANY

Contact: Sheila Mason
Phone: 405-556-0085
Thursday's 6pm
Bethany Church Of Christ
3301 N. Rockwell

UCO Campus

Contact: Tammy I.
Phone: 405-340-7133
Wednesday's 4:00 PM
Nigh Center, 4th Floor

EDMOND

Contact: Charlie Tallent
Phone: 405-330-0542
Saturday's 3:00 PM
Edmond Public Library

Lawton Public Library

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

www.dbsa-owok.org

OKLAHOMA CITY

Northside 1- All Souls
George Crooks
405-413-7778
Monday's 7pm
All Souls Episcopal Church
6400 N. Penn(83rd & N. Penn
Park and go in back door

Capitol Hill - SouthSide
Contact: Rick Howard
Phone: 405-740-5326
Thursday's 6:30 PM
Capitol Hill Library
334 SW 26th

Northside 2- Crossings
Shannon Streeter
405-942-0172
Monday's 8PM
Crossings Community Church
14600 N. Portland

Daytime Group
Contact: Tammy Lenox
Phone: 405-340-7133
Tuesday's 10am
DBSA State Office
3200 NW 48th Ste 103

TEEN GROUP

Meets in Yukon
1st & 3rd Thursday's
Contact: Cheryl Schiren
Phone: 405-354-5650

MIDWEST CITY

Contact: Ron Simpson
Phone: 405-610-2579
Tuesdays 8:30pm
Eastside Church of Christ
916 S. Douglas

NORMAN

Contact: Rick Brown
Phone: 405-701-8132
Thursday's 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
Tuesday's 7:30-9pm
1st Presbyterian Church

YUKON

Contact: Cheryl Schirren
Phone: 405-354-5650
Tuesday's 7:00 PM
First Christian Church
601 Maple

Closed Groups*
Red Rock- Yukon
North Care- N. Hudson OKC
Deaconess
* Must be a client

ALL DBSA
SUPPORT GROUPS
ARE FREE