

The Recovery Route

MISSION

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

TRUE SUCCESS

Excerpt taken from DBSA's National program, *Pathways*. Available from DBSA-OK coming soon.

It doesn't say enough, but what it does say is good. I'm referring to Ralph Waldo Emerson's reflections on success.

How do you measure success?

To laugh often and much;

To win the respect of intelligent people and affection of children;

To earn the appreciation of honest critics and endure the betrayal of false friends;

To appreciate beauty;

To find the best in others;

To leave the world a bit better whether by a healthy child, a garden patch, or a redeemed social condition:

To know even one life has breathed easier because you have lived:

This is to have succeeded.

It says nothing about how you failed or what you overcame. Instead, it focuses on what's important: how you THINK. Unlike most other recovery self-help programs and materials, the Pathways to Recovery program does not concentrate on psychiatric disorders, symptoms or treatments. Instead it focuses on how you can use your many strengths and resources to set goals and achieve recovery in broad domains in life such as:

Having a sense of home/ increasing your knowledge and education/ deciding what kind of work you may want to do/ developing the kind of relationships you want to have with others/ attaining higher levels of well-ness/ finding enjoyable recreational activities

DBSA-OK is proud to offer the *Pathways to Recovery* program right here in Oklahoma!

This program is not a structured set of 'rules of the road' that you must follow. The journey of recovery is different for each person. This program will help you develop the inner guidance, self-motivation, self-direction and self-effort that will get you where you want to go.

Make a commitment to yourself!

The Pathways to Recovery program is personalized to *you*, it is all about *your* ideas, *your* thoughts and *your* feelings. The path that you travel should reflect your uniqueness. In order for the program to be effective, and for you to move forward and stretch and grow, be honest and true to yourself.

This is not an 'easy' or 'light' program. You may get overwhelmed during some of the processes and exercises. But you CAN do it. If you are ready to face your inner self with honesty and courage.

Classes are one night a week for eight weeks. The cost is \$45 (covers all materials and workbooks).

If interested, please contact the DBSA-OK office at 405.286.9370 and talk to Rave. We already have a waiting list, so please get your name on the list as soon as possible.. Class size is limited!

True Success **1**

Monthly Calendar **4**

Group Listings **2**

Sandy's Chair **3**

DEPRESSION & BIPOLAR SUPPORT ALLIANCE- OKLAHOMA

3200 NW 48th Suite 103, Oklahoma City, OK 73112 405-286-9370

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 L
Phone: 405-340-7133
Wednesday's 4:00 PM
Nigh Center, 4th Floor

EDMOND

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

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: 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 6PM
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

ALL DBSA
SUPPORT GROUPS
ARE FREE

MIDWEST CITY

Contact Ron Simpson
Phone 405-610-2579
Tuesdays 6:30pm
Eastside Church of Christ
916 S. Douglas

NORMAN

Contact: Rick Brown
Phone 405-701-8132
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

YUKON

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

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

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



As you may know, we have experienced a cut in our funding from the Oklahoma Department of Mental Health and Substance Abuse Services in December 2009. The cut is for \$10,000.00, which is a lot of money for us. Our budget is usually 55,000. The Board Treasurer is Jeff Tallent and he and the entire Board have been working hard to help us get on track with the changes we are making and to be good financial stewards of taxpayer's money.

One of the things we are doing to help ourselves is offering everyone who attends a group a free membership in DBSA-OK. Starting in January 2010 all groups will be supplied with new and improved membership applications. Just fill them out and once a month the facilitators will bring or send them into the State office.

I asked a member of our Board to give me advice on how to best use the surveys and he suggested that they will be most helpful in use by the facilitators, so that is what I'm going to do. That can be part of our discussion on Wed. April 21 at the Facilitator's Summit.

We have several new groups on our schedule. This includes a new group in Yukon, for late teens and early twenties. We have a group for veterans and military men and women, we have a group in the late planning stages that will be an LGBT group. We have a group starting soon in Shawnee and Tulsa and a group started last month in Pauls Valley. So we are increasing our availability.

Do you sometimes get mad because everybody just tells you to get in recovery and "they don't understand"? Go to a support group, you can get new definitions and support for change. How's this?

The goal of my treatment is wellness and recovery—a return to a life that is meaningful to me.

Recovery happens when my illness
stops getting in the way of my life.

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
Suite 108
Oklahoma City, OK 73118

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

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

