



NEWSLETTER

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“If this donation can prevent even one suicide or overdose, we will be so pleased to know we made a difference.”
 - Spring Creek Nursery

Our Frontline Heroes

Because of our amazing staff on the front lines, we remained open and serving clients through the pandemic. We also filled almost 30,000 prescriptions since March of this year.

With vigilance our staff very quickly evolved and implemented social distancing procedures in how we conduct our services.

- Our clients are contacted via telehealth and teleded systems.
- Walk-in access to care is suspended, but we are accepting new clients.
- All transportation services are suspended with the exception of injection appointment and medication pick-ups. Clients needing injections are allowed to enter the building and only one guest per client is granted access.
- Every person entering the building is required to have their temperature checked by our vitals tech. Anyone with a fever will not be allowed into the building.

PHARMACY:

If our pharmacy clients need a refill or to pick up a prescription, they simply park in designated Pharmacy Pickup Parking, call 918.492.2554 and one of our techs comes out to serve them.

Board of Directors

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Sgt. Stephen Boyes

Tulsa Police Department

VICE CHAIR

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Rebecca Bennett

Red Door Multimedia Group

Robin Berkstresser

Rogue Recruiting

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ETX Energy

Suzanne Richards

Best Locum Tenens

Dana Vogel

Saint Francis

Jonathan Wish

Stanfield & O'Dell

BOARD INTERN

Jana Emerson

Leadership Tulsa

Board Member Spotlight



Suzanne Richards

Best Locum Tenens

Suzi joined the CRSOK Board in March 2020 as she was looking for an opportunity to connect and serve her community in some capacity. She knew she had an interest in behavioral and community health services based on her professional and personal experience so I felt this was an excellent fit.

She owns a physician staffing agency and understands that community access to behavioral health services is a lifeline for those in need. She's been in the healthcare staffing industry for over 20 years with a large portion of that being in the community health space. She has personally experienced loss of friends and family due to untreated mental illness and depression and volunteering is her way of honoring their memory and doing what she can to help others. Suzi is also a stage IV cancer survivor and her outlook on life has evolved significantly since her diagnosis and finds that service to others brings her joy.

Suzi volunteers in her church nursery and spends time with friends and family. She loves live music, party planning, skiing, travel and being outdoors.



Deneisha Johnson

Cherokee Federal

Deneisha was personally impacted by mental health issues as a child and as a result has a strong passion for this area as an adult. She began with CRSOK as a board intern and is now a full board member and chairs the Public Relations & Resource Development committee. Deneisha believes there has long since been a negative stigma surrounding mental health in the Black community and even more strongly amongst Black women and wants to be part of the solution.

Deneisha has her Bachelor's degree in Accounting and Finance, an MBA from Northeastern State University and has 20+ years experience focused in corporate finance. She currently works for Cherokee Nation Business as a Finance Manager where she gets to combine her 'nerdy' numbers side and build relationships with other teams.

In addition to CRSOK, she has served in a volunteer capacity for the Child Abuse Network (CAN), Domestic Violence Intervention Services (DVIS), Resonance, and is a member of the Junior League of Tulsa. Deneisha likes to travel and enjoys visiting places where she can truly soak up the culture of the people who live there. She is creative and handmakes greeting cards and quilts.

'TIS THE SEASON
TO GIVE!



**ADOPT A CHILD OR FAMILY IN NEED AND
HELP US PROVIDE THEM TOYS & TURKEYS**

Lindsay DeWeese | 918.392.5809 | ldeweese@crsok.org



Jason Prideaux
ETX Energy

Jason is a forward-thinking and highly accomplished oil and gas professional with core competencies in revenue, marketing, gas processing, and audits. Jason has over 14 years of experience in Oil and Gas, from E&P to Midstream, most recently with ETX.

Jason founded K12 Sports USA, a 501(c)3 nonprofit youth organization with three other individuals, that offered alternate after school options to parents in lower income communities.

Jason has an MBA in Accounting & Finance from ORU and an undergraduate degree in Accounting from Newman University. He is also pursuing a Ph.D. in Education from OU. Jason is an active Alumni Board Member, Jenks Leadership graduate, and volunteers with Meals on Wheels, United Way's Day of Caring, and the OU Foundation. Jason is an active member of Jenks First Baptist and has been married to Kourtney Prideaux for 12 years and they have four kids: Kline, Klaire, Kale, and Klark. Outside of family, work, and school, Jason enjoys Tom Clancy books, jazz music, theater, museums, and local restaurants.



Robin Berkstresser
Rogue Recruiting

The words that finally sent Robin on her path to recovery, after years of undiagnosed and untreated mental health issues, were, "Have some compassion for yourself. It doesn't have to be this hard."

Robin emerged from the other side of mental health issues. The short, sweet version of her story is now that she had the help she so desperately needed, she is no longer at a point of crisis, She wants to support others, find the same inner peace that she fought hard for. She has first hand experience of how ridiculously challenging it is to get back on your feet after you fall. Only time helps. Time for therapy; for correct medications; for your body and mind to heal.

Joining the Board of CRSOK was a natural fit. She loves how the team at CRSOK aims to expand mental health care access, is certified in the Sanctuary Model of trauma-informed care, and is normalizing mental health illness. She became interested in helping after overcoming her own struggles. She hopes that her direct experience will bring insight to improve the care given to our community.

Robin is also an entrepreneur and authors blogs that cover lessons learned in that business as well as mental health issues.

Annual Employee Awards



Administrative Support



Controller Keith Duty presented the Administrative Support Employee of the Year Award to Robin Tobin, Executive Assistant.



Program Director



Clinical Director Andre Campbell presented the Program Director of the Year Award to Sara Mahan, Program Director of Outpatient Services.



Sanctuary Employee



Program Manager Sarah Phillips presented the Sanctuary Employee of the Year Award to Amanda Eickhoff, Recovery Support Specialist.



Health Home/SOC



Asst. Program Director Health Home/SOC Services Heather Sisson presented the Health Home/Systems of Care Employee of the Year Award to Kimberly See, Care Coordinator.



Sanctuary Core Team



Executive Director Bryan Blankenship presented the Sanctuary Core Team Member of the Year Award to Resource Development Director Lindsay DeWeese.



Medication Mgmt.



Clinical Director Andre Campbell presented the Medication Management Employee of the Year Award to Rebekah Griffin, Pharmacy Technician..



Intake & Engagement



Program Manager Crystal Brill presented the Intake and Engagement Employee of the Year Award to LaQuieta Drew, Intake & Engagement.



Outpatient Specialty



Program Manager Sarah Phillips presented Outpatient Specialty Services Employee of the Year Award to Jon Powell, Lead Case Manager.



CALM Center



CALM Center Director Matthew Crum presented the CALM Center Employee of the Year Award to Spenser Bolte.

Grant Programs



Assistant Clinical Director Cathy Olberding presented the Grant Programs (new for 2020) to FEMA Grant Crisis Counselor Justin Johnson.

Agency Impact



Operations Director Martha Hauser presented the Impact Employee of the Year Award to Dionne Penuel, Human Resources Coordinator.

Agency Impact



Resource Development Director Lindsay DeWeese presented the Impact Employee of the Year to Samantha Knowlton, Associate Director of Public Relations.

Media

We have been very fortunate for our local media coverage including live interviews on on all four local TV stations (KJRH, KOTV, KTUL, Fox23), predominantly providing resources on all different aspects of the mental health impacts of COVID.

We are also currently airing a radio spot and digital ads promoting our services for those experiences mild to severe symptoms because of COVID. Check out all our most recent coverage on our website:

crsok.org/news

KOTV News on 6



LISA ALFORD
PLACEMENT SERVICES SUPERVISOR

Individual Placement Services' Manager Lisa Alford tells KTUL's Keith Taylor about our employment program on their Oklahoma Works segment.

KTUL Good Day Tulsa



MATTHEW CRUM
CALM CENTER DIRECTOR

CALM Center Director Matthew Crum talking to 2News Evening Anchor Mike Brooks on ways to deal with older youth and teens on their stress and anxiety over coronavirus.

KTUL Good Day Tulsa



Outpatient Specialty Services Program Manager Sarah Phillips spoke to 2News Evening Anchor Mike Brooks on ways to combat depression while social distancing.

KOTV News on 6



CATHY OLBERING
CRSOK ASST CLINICAL DIRECTOR

Asst. Clinical Director Cathy Olberding talking about our Free COVID Crisis Counseling programs for those experiencing adverse impacts from COVID.

KTUL 10pm News



Sara Mahan, Outpatient Services Program Manager, spoke on how to talk to kids about coronavirus in the wake of the news that local schools had closed due to fears of virus contact. increased anxiety.

Individual Placement Program (IPS)

IPS provides supported employment and education to individuals with behavioral health challenges. It is flexible and client-driven and any client is eligible that has a desire to work. IPS specialists provide direct assistance with work and targeted educational training that will result in competitive employment, based on the individual's occupational preferences. Specialists also provide support with coordinating transportation, childcare and ongoing treatment and counseling.

Since its launch in April, our IPS employment placement program has received over 150 referrals and currently has 23 clients engaged in the program. Of these clients, 56% have been placed in gainful employment. Our specialists continue to conduct outreach out and create relationships with potential employers for future opportunities for our clients.

After working 2 months at PF Changs, one of our recent clients, Jameel, was promoted Shift Leader.

"What I like most about this IPS employment program is that the employment specialist is really nice and understanding. Tiffany takes her time to make sure that you're comfortable with applications and job searches. My top job was to work at Mazzio's Pizza. I started working there within a week of submitting my application. Tiffany has supported me through me starting work by helping calling and coming to my job to make sure everything is ok. A jacket was even supplied because I ride my bike to work. Tiffany checks on me weekly and I like that ,it brings me a sense of comfort. The job is going really well and I like my coworkers. i've been on the job for a month and a half and I have no complaints."
- Kyle

"I really enjoyed the support that the IPS program gives me. It's helped me out a lot with filling out applications in finding jobs. Tiffany helps me with everything from the application to the interview. It's nice and I like working with her a lot She goes above and beyond to help me. My mom thinks the Ips program is good for me because it's helping me gain more independence. Thanks Tiffany for all your hard work". - Wesley



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@CRSOKtulsa



We have had \$4,312 donated in 2020 from Facebook fundraisers.



OKLAHOMA
Mental Health &
Substance Abuse



**WE ARE HELPING
THOSE AFFECTED
BY COVID-19.**

Counseling & Recovery 
SERVICES OF OKLAHOMA 

Certified Sanctuary Community

We are offering services to assist those who are experiencing mild to severe behavioral health and/or substance abuse services due to COVID-19. If you or someone you know is struggling, we are here to support you.
Call: 918.492.2554



HELPING CONNECTIONS

TELEHEALTH IS
AVAILABLE



MENTAL HEALTH



ADDICTION AND
RECOVERY



VIOLENCE &
TRAUMA



GRIEF &
TRAUMATIC LOSS

7010 S. Yale #215
Tulsa, OK 74136
918.492.2554
www.crsok.org



It's Time to Write a New Chapter

Are you confident in your current retirement or estate plan? Is it time for a financial check-up to find out if you are financially healthy?

As a friend, volunteer, board member, staff and/or donor of Counseling and Recovery Services of Oklahoma (CRSOK), it is our pleasure to provide exclusive access to strategic opportunities that can help you plan your family's financial and philanthropic future.

The pen is in your hand. Now is the time to write a new chapter in your story. CRSOK's Legacy Giving Team is offering you complimentary services to help you design a unique and wholistic plan that will provide steady support for you, your loved ones and the organizations you are passionate about.

Your legacy matters - find our more information today by calling **918.491.0079**.



If you have questions about CRSOK's Legacy Giving, contact Lindsay DeWeese: ldeweese@crsok.org | 918.392.5809.