## SPRING 2021



Certified Sanctuary Community



# CRSOK Awarded 'Distinction' and Expanding Services

CRSOK was awarded a 3-year extension to operate as a CMHC with "distinction" - the greatest extension that can be granted. CRSOK also received a temporary permit to operate as a Certified Community Behavioral Health Clinic (CCBHC). Designed and funded both by the Federal and State government, the overarching goal of a CCBHC is to improve access to high-quality care for all people, regardless of their health insurance coverage or ability to pay.

To receive full certification, CRSOK is implementing the staff, leadership, and infrastructure changes critical and necessary to completely support this integrated model. CRSOK has begun the process of evolving and expanding to a person-centered, family-centered, trauma-informed, and recovery-oriented model of care that integrates physical and behavioral health services to serve the whole person.

To achieve this level of holistic care, a CCBHC requires nine different areas of service, seven of which CRSOK already provides! The only two service areas not currently provided are crisis services and Primary Care PCP screening and monitoring. In the interim, CRSOK is establishing a formal contract/arrangement with local third-party providers. Moving forward, CRSOK is developing ways to improve and expand our crisis services, as well as our capacity to provide Primary Care PCP screening and monitoring.

In this proven and successful model of care, CRSOK staff will become one facet of a multi-disciplinary team all working to service the physical, mental, and socioeconomic needs of that client. The client's overall success and benchmarked improvement now drives the measurement of our services.

### **Board of Directors**

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# **Board Member Spotlight**



#### Kelli Braitsch

Tulsa Police Officer

Kelli joined the Counseling & Recovery Services Board in the summer of 2020. She is a Tulsa Police Officer. Every day she sees the struggles, both inside and outside her profession, with mental health and substance abuse issues. She has also battled with her own mental health issues throughout her life. Because of that, she has a strong passion to help people battle through it.

Kelli was born and raised in the Tulsa Metro area. She received a scholarship to play softball for the University of Oklahoma where she completed her bachelor's degree in Sociology with a criminology emphasis. She concurrently completed her Communications degree with a non-verbal and cultural emphasis.

Kelli started working for the City of Tulsa in 2006 and has held various positions as a Tulsa Police Officer. She is certified as an Advanced Mental Health Response Officer (now called CIT-Crisis Intervention Training) and she is a Team Leader for her Tulsa Police Department's Peer 2 Peer group.

In her free time, Kelli tries to attend or watch all things OU sports. She is also a coach for a local competitive 12 and under softball team. She enjoys traveling, learning cultures from all over the world and sampling all the foods she can! and I have found that service to others brings me joy.



#### Rebecca Bennett

Red Door Multimedia

Rebecca Bennett describes herself as "all in" when it comes to helping her clients, children, and her community. As the owner of a successful advertising and production company and a former television anchor and reporter, she endeavors to find ways to put her talents to use, in promoting local non-profits.

Rebecca says one of her all-time favorite community events was putting together a benefit concert benefitting both The Adoption Center of Northeast Oklahoma and The Child Abuse Network. The concert idea was borne from participating in Leadership Tulsa, and a phone call from the late, great Wayman Tisdale.

"He wanted to put on a concert to help Oklahoma's children, and we did," she said. "It was one of the most wonderful nights, raising awareness about the two nonprofits and raising thousands of dollars."

Rebecca successfully balances life as a wife and mother of three, while building her successful advertising and production agency. Saying, "it's a delicate balance, but a very rewarding one".

Rebecca has been awarded the prestigious Woman of Distinction award for her volunteer and board service. She is a Leadership Tulsa Paragon Award Nominee, American Red Cross Volunteer Hero, and an Oklahoma Association of Broadcasting award winner. Rebecca is also a three-time collegiate national champion in gymnastics.

# **Coming Soon**



We are the only community mental health center in the state certified in the Sanctuary Model of trauma-informed care. Through this safe, therapeutic environment we help more than 8,000 adults and children a year face adversity and learn to manage and change behavior to heal from these experiences - regardless of their ability to pay.

#### Covid has critically increased this fundamental need.

We would like to offer this healing model of care to everyone in our community. So, instead of attending another annual gala, we invite you to RSVP and stay home in your own Sanctuary. We think you'll agree that the benefit of attending this "stay-at-home" event far outweighs the costs of many others...

New cocktail dress	\$200.00
Jewelry, cufflinks & accessories	\$175.00
Beauty/Grooming Appointments	\$100.00
Gala Ticket	\$125.00
Sponsorship Package	\$250.00 +
Sponsorship and/or Silent Auction items	\$500.00 +



In addition to providing advice to the community managing the continuing adverse impacts of Covid on mental health, tragedy struck and two deadly domestic incidents took the lives of two separate families. Our clinical staff shared methods on how first responders, as well as the general public can handle this trauma.









shared strategies on talking to your children about traumatic events they are seeing playing out on in our community.



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