

## Spring Newsletter

Formerly Associated Centers for Therapy (ACT)

Helping build better lives through behavioral health and substance abuse services.

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## Free health fair is May 5

**A**s a gift to the community in celebration of our 30th anniversary, Counseling & Recovery Services is holding a free health fair on Saturday, May 5th, at LaFortune Community Center, 5202 S. Hudson.

Attendees will be able to participate in more than a dozen activities and health screenings. Screenings save lives and identify illnesses before they become emergencies. Nearly one in five Oklahomans do not have insurance to access basic health care including screenings.

Indian Health Care Resource Center, SoonerCare, Morton Comprehensive Health Care and TU/Chapman Insure Oklahoma Grant will help attendees identify potential sources of insurance coverage.

Oklahoma Caring Van will immunize children for free.

Downtown Tulsa Lions Club will provide vision and other screenings in a 60-foot Lions Mobile Screening Unit.

The Thornton Family YMCA will lead free Zumba and yoga classes and give away trial memberships.

OU Community Health will check blood pressure.

American Lung Association will share how to quit smoking. American Diabetes Association will assess risk and provide information.

Counseling & Recovery Services will host a wellness class, "Ask A Pharmacist," and mental health screenings. Senior Life Services will provide memory screening.

The health fair begins at 10:30 a.m. and ends at 2:30 p.m. For more information, visit [www.crsok.org](http://www.crsok.org).

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### Executive Director

Bryan Blankenship, Ph.D.



*Sanctuary core team members gather after their training. The team is in charge of the three-year certification process in the Sanctuary model.*

## A Sanctuary from trauma

“All of us have experienced stress, adversity or trauma in our lives,” said Executive Director Bryan K. Blankenship, Ph.D. “This has an impact on not only our clients but also on ourselves as helpers.”

This is why Counseling & Recovery Services of Oklahoma will spend the next three years implementing the Sanctuary model of trauma-informed care.

“The goal of treatment is positive change and it is up to us to make sure our system of care is helping to facilitate that change for our clients,” Dr. Blankenship said. “Sanctuary takes advantage of what we know about human nature, healing from injuries, the power of communities and the nature of change.”

Every staff member will learn how trauma negatively affects our clients and our working relationships.

Many people cannot identify what triggers negative thoughts, feelings or behaviors. Sanctuary provides tools to help identify the triggers and learn better ways to react. This works not only for clients but also staff.

Staff and clients create safety plans, a list of things to do when something triggers a negative reaction or behavior.

Clients and employees are taught to identify feelings, set goals and identify who can help them achieve these goals.

To create a Sanctuary environment, clients and staff commit to nonviolence, emotional intelligence, social learning, democracy, open communication, social responsibility, and growth and change.



## New Sand Springs location improves access

Counseling & Recovery Services opened a new Sand Springs location at 401 E. Broadway in March. The new location has better access and parking for clients.

Therapists and case managers, as well as a physician, nurse and recovery support specialist help clients create a plan for recovery and provide services included in the plan.

Licensed staff provide group and individual therapy, support groups, individual and group rehabilitation in areas such as job and living skills, and linkage to housing, jobs, food and resources for other basic needs.

The Sand Springs office also has a unique service, Peers Place, that offers support without an appointment. Peers Place's groups help with grief, daily living skills and peer support with recovery as a goal.



*Above, Program Director Christine Hamner welcomes Sand Springs Chamber President Mary Eubanks to the new Sand Springs location. Left, Director of Operations Martha Hauser offers cupcakes to guests. Below, the Chamber's Ambassadors end the March 29th community open house with a ribbon cutting.*



## Organizing for spring? Remember financial planning

Effective financial planning is all about getting your house in order. Some people have a need for planning, but few have the desire, and even fewer accomplish it.

Planning can be the bridge between your needs, your opportunities, and the legacy you can leave your family. Through planning you can know that you have provided for your family, yourself, and the charities you support.

To help you, Counseling and Recovery Services offers a free, confidential financial appointment to guide you, making sure your plans are effective for all that you hope to accomplish. This appointment is with a financial planning professional who knows the most current options to best fit your needs.

Interested or need more information? Please contact Development Director Susan Pierce at 918.492.2554 x560.

*Celebrating 30 years of helping build better lives*

## Finding their way after coming home

Happy homecomings are wonderful as veterans return. Yet, many need help finding their way back to life as it was before serving their country.

Transition is difficult for many who struggle to readjust to civilian life, to meet basic needs, and to find and keep housing and jobs. Many struggle to care for their families. Family members also need education and support.

“Counseling & Recovery Services sends case managers to help veterans in Tulsa and nine surrounding counties overcome these and other struggles,” said Project Director Tom Boone.

“Our staff helps veterans from current conflicts, the first Gulf War and Vietnam because so many did not receive care when they returned,” Boone said.

Professionals with military culture experience cut through red tape and confusion that often separate veterans from services.

In addition, specialized treatment for post traumatic stress disorder, mental health, substance abuse and/or co-occurring disorders are provided exclusively for veterans by veterans with separate male and female groups.

For more information, call 918.492.2554.

