



Counseling & Recovery
SERVICES OF OKLAHOMA

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Defusing the bomb:

Free class teaches tools to handle explosive behavior

Main Office:

7010 S. Yale, Suite 215
Tulsa, OK 74136
918.492.2554
918.494.9870 fax

Sand Springs Office:

401 E. Broadway
Sand Springs, OK 74063
918.245.5565
918.245.5564 fax

CALM Center:

6126 E. 32nd Place,
Tulsa, OK 74135
918.394.2256
918.394.2257 fax

info@crsok.org
www.crsok.org

Parents and caregivers who want to prevent and intervene in children's behavior before it becomes a crisis can attend a free class entitled "Defusing the Bomb" from 9 a.m. to 3 p.m., Wed., Oct. 10, at Cornerstone Community Center, 5610 S. 41st W. Ave., in Tulsa.

"Behavior is an attempt to meet a need so it has meaning," said Wraparound Tulsa Project Director Carl Haws. "Parents and caregivers leave this class with tools to understand what triggers behaviors and how to defuse future potential crisis situations."

Skills include learning what to look for and how to respond at each stage of the Crisis WAVE - Winding up, Agitation, Verbal abuse, Explosion and the let-down that follows.

The tools include a handout to use at home and details on how to access additional one-on-one coaching in applying the new skills.

To RSVP, contact 918.392.5813 or chaws@crsok.org.

This class is part of the support and training available through Wraparound Tulsa for children and families that face frequent crisis due to a child's complex emotional, behavioral or substance abuse issues.

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'Wraparound Tulsa saved my family,' mom says.

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Marks Scholarships help brothers pursue GEDs.

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



Marks Scholarship helps brothers pursue GEDs

Two brothers will pursue their GEDs this fall thanks to the financial support of the first-ever Marks Scholarships.

The brothers left an abusive home and dropped out of school. They were labeled as emotionally disturbed and learning disabled. Teachers gave up on them, so they gave up, too.

Abandoned and homeless, the brothers struggled until they found caring and supportive adults to help in Transition Services, part of Counseling & Recovery's comprehensive services for all ages.

"We have people who believe in us and now we believe in ourselves," one brother says.

The scholarship was established by individual, board and staff gifts in recognition of Executive Director Larry Marks when he retired in 2010. Clients apply and a committee reviews and selects recipients. Payments go to the program or school attended.

New donations continue so the fund can provide more scholarships in the future.

You can give online at www.crsok.org or by mail at:

Counseling & Recovery Services of Oklahoma
7010 S. Yale #215
Tulsa, OK 74136

Please designate gifts to the Marks Scholarship. Call 918.492.2554 for more information.

YES - we take donations!

At Counseling & Recovery Services of Oklahoma no one is turned away because they cannot pay for services! For many of our clients, we are their only option for help with depression, anxiety, bipolar disorders, anger management and many other challenges.

Donations are an easy but important way you can help us provide many of our services:

- **Donate ONLINE:** visit our website at www.crsok.org.
- **Free, confidential financial planning** can help you take care of your family needs as well as philanthropy interests. Call 918.492.2554 for more information.
- **Holiday Adoptions!** We serve a wide range of client ages and needs and are always looking for clients to be "adopted" for the holidays, especially the children! Call 918.492.2554 for more information.

Mom shares her family's success



Pam Gray Funsch

*'Wraparound Tulsa works.
It saved my family.'*

“Wraparound Tulsa works,” said Pam Gray Funsch. “It saved my family.”

Pam shared her story in a video shown at the Oklahoma Children's Behavioral Health Conference in Tulsa. She was chosen to be part of the video because of her success as a Wraparound Tulsa parent and staff member.

She came to Wraparound Tulsa when her oldest daughter and sons revealed they had been molested.

“I didn't know what to do and Wraparound Tulsa helped me find the resources that I needed,” she said. “They also gave me the education and support that I needed to help my family heal.”

Because of her success in Wraparound, Pam was asked to become a Family Support Provider and guide other families to success. She now works with youth and families through the Tulsa Juvenile Bureau and is a statewide trainer.

To find out how Wraparound Tulsa or other Counseling & Recovery Services of Oklahoma children's services can help, call 918.492.2554. To watch the video, visit www.crsok.org.





Run for mental health

The Tulsa Run is Oct. 27, and our agency is one of 11 nonprofits that participants can support with a gift during registration.

Please support us as you sign up. We also hope you will encourage others to support us.

We welcome you to visit our booth on race day at the finish line.

For more information, visit www.crsok.org.