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Peers' Place offers support, encouragement for recovery

Attonia "Toni" Sarch grew up in an abusive home. She excelled at school, left home and earned her nursing degree.

She helped direct a California psychiatric long-term care facility until one day her life unraveled.

Mental illness and the effects of untreated childhood trauma took away her ability to manage her job, daily affairs and self-care. She ended up losing her home and all her savings.

She returned to Oklahoma to be near family and received intensive, long-term care for Post Traumatic Stress Disorder and Bipolar.

Toni uses her journey to help others daily as a Recovery Support Specialist at Peers' Place in the Sand Springs' office.

Peers' Place is open Monday and Thursday, 9 a.m. to 3:30 p.m., and Wednesday from 9 a.m. to 3 p.m.

"I personally deal with the daily challenges of mental illness," Toni said. "I understand how difficult it is to take that first step toward recovery and how important it is to have support," Toni said.

Toni and Peers' Place offer encouragement, emotional support, education, and a chance to seek help and support from peers.

Peers' Place, a free drop-in center for mental health clients, offers access to computers and internet, refreshments and reading materials.

Toni uses her nursing skills with the Tulsa County Medical Corps. She was part of the response to Moore's devastating May tornado. Her combination of medical and peer support skills came in handy in Moore where people had not only physical injuries but also emotional ones.

"Sometimes, the unseen injuries can hurt the most," Toni said.



Attonia "Toni" Sarch



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Need more information?

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Counseling & Recovery Services of Oklahoma is a nonprofit community mental health center.

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



Consider helping clients during the holiday seasons

Approximately 100 individuals and families benefitted from holiday gifts given to Counseling & Recovery Services in 2012. It may be September, but the holidays are right around the corner, and hopefully, you are thinking about holiday giving. Perhaps, you will consider a gift to benefit clients here.

For many, the holiday season is a joyous time with family and friends. For others, it is lonely, cold, stressful, and depressing due to lack of finances, family and friends. For individuals with mental health and substance abuse issues, this is especially true.

Counseling & Recovery Services has several ways for you to help:

- **CALM Center**, a 24/7 crisis center for children age 10-17, has youth in care on Thanksgiving, Christmas and all holidays. Monetary and in-kind gifts are needed. See the list at www.crsok.org.
- **Wraparound Tulsa** works with children and families in crisis. Every year, several families need last minute assistance with gifts and food.
- **Marks Scholarship Fund** awards scholarships to clients to continue their education and participate in programs that foster their treatment. What better way to honor a friend than by giving a scholarship gift in their name?
- **Christmas gifts for adult programs:** Often adults are overlooked during the holiday season. Each year, a party is held for adults and housing clients to make the season brighter

While making holiday plans, please consider a year-end gift for Counseling & Recovery Services. To learn more, contact Taylor Davis at 918.392.5809 or tdavis@crsok.org.

Because family is important to you

We can help you plan

When was the last time you updated your will, or planned for your loved ones' financial future? Do you need to start the process?

The Advancement Group, our planned giving office, offers free financial planning services. Any planned charitable gift to our agency will help us reach \$50,000 in planned giving by year's end. Reaching this goal will result in a \$10,000 grant from the Tulsa Community Foundation.

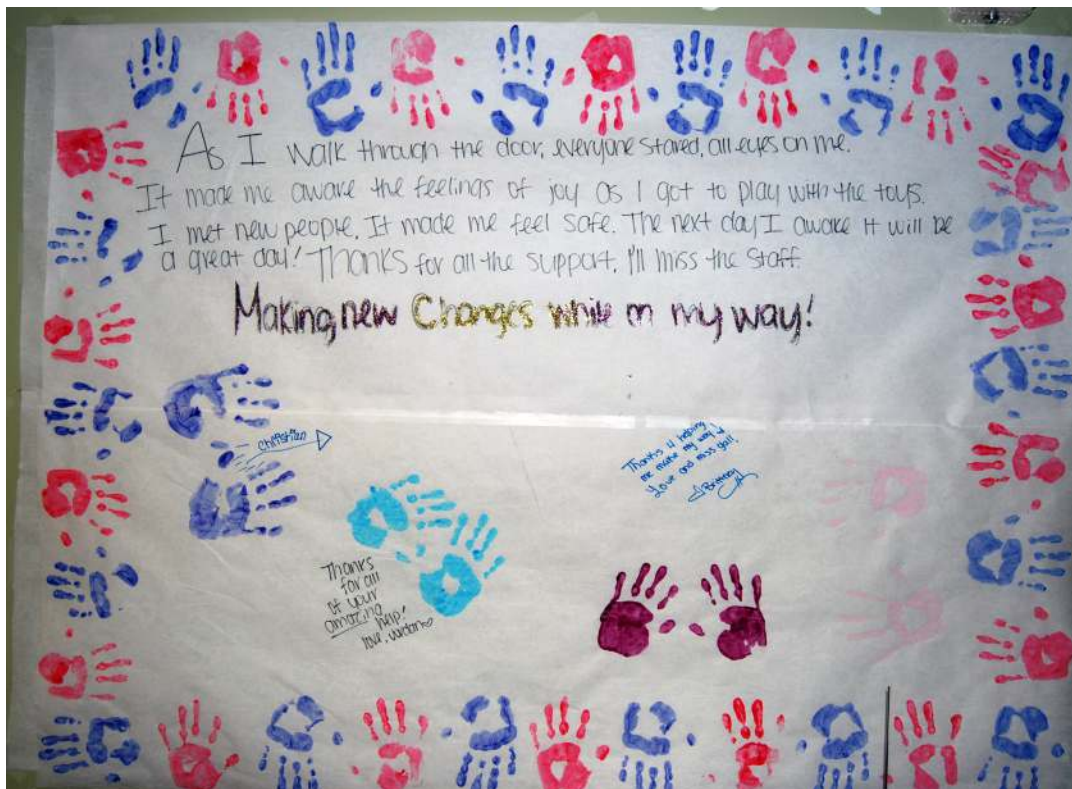
To learn more about leaving a legacy for future generations, contact Taylor Davis at 918.392.5809 or tdavis@crsok.org.

Run & volunteer for mental health

Counseling and Recovery Services is one of 11 matching beneficiary charities for the Tulsa Run for the second year in a row. While registering for the 5k or 15k, individuals can give \$5 or more to Counseling & Recovery Services and the Tulsa Run will match with a \$5 gift.

As an incentive to give, participants may use the discount code CRS2013 at checkout to save \$10 on registration. Counseling & Recovery Services also will volunteer at a water station on race day, October 26th.

Contact Taylor Davis at 918.392.5809 or tdavis@crsok.org with questions or to volunteer.



Helping hands

Art and poetry are part of interactive group therapy to help CALM Center youth learn to express their feelings in a positive way. “Making new changes while on my way,” at left, was the creation of a recent therapy group. Each youth added to the poem to encourage future youth and to thank staff. They all finished by adding handprints.

CALM Center youth learn new behaviors

New Director Christine Hamner and Assistant Director Amanda O’Brien-Brown bring nearly two decades of experience working with children and families in crisis to the CALM Center, a 24/7 crisis facility for youth ages 10-17.

Christine holds a masters in counseling and is a licensed therapist and drug and alcohol counselor. Amanda’s masters is in behavioral sciences.

Counseling & Recovery Services and the CALM Center are in the final year of a three-year certification process implementing the Sanctuary model of trauma-informed care. Christine, Amanda and center staff created group therapy activities to teach Sanctuary’s seven commitments to youth at the CALM Center.

As an example, youth must work together to find their way across an imaginary ocean in one group session. The game teaches the commitments: open communication, democracy, social learning, nonviolence, emotional intelligence, social



Christine Hamner and Amanda O’Brien Brown

responsibility, and growth and change.

Sanctuary encourages all staff and clients to create safety and self-care plans. Every youth leaves the center with these plans in place. These tools give youth simple and safe activities to choose when feeling overwhelmed rather than the previous unsafe and toxic behaviors that occurred during stress.

“We would love the opportunity to provide a presentation or more

information about the CALM Center and Sanctuary,” Christine said.

The CALM Center provides services regardless of ability to pay. The center needs donations ranging from shirts and undergarments to equipment. The list of needs is available at www.crsok.org

To help, schedule a presentation, or for more information, contact Christine and Amanda at the CALM Center at 918.394.2256.

Run for Mental Health

Register for the Oct. 26th Tulsa Run 5K or 15K

<http://tulasports.org/tulsarun/general/1270/register>

Use CRS2013 for a discount at checkout

Consider a donation while registering

A gift of \$5 or more earns a \$5 match for our agency

Questions? 918.392.5809 or tdavis@crsok.org

