

Fall 2014

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Stopping 'fat talk' fights eating disorders

Sara Bird Mahan, Counseling & Recovery case manager, is a master's candidate and advocate for eating disorder awareness, prevention and intervention.

A student leader of the National Eating Disorders Association Week activities at Oklahoma State University-Tulsa, Sara finishes her masters in May. She recently presented on eating disorders at the annual Zarrow Symposium on Sept. 18.

"Everyone at some point has struggled with a negative body image," Sara said. "People who consistently view their bodies in a negative way have a chance of developing an eating disorder."

Eating disorders affect men and women, children, pre-teens and adolescents. Eating disorders are not just choices, but are life threatening illnesses. They are prevalent in society, but fortunately, help is available.



Sara Bird Mahan

People can recover.

A simple technique to prevent and intervene in eating disorders is erasing "fat talk."

"An individual is taught to replace statements, 'fat talk,' that promote a negative body image with more positive statements that reflect a positive body image."

To learn more about eating disorders, visit the National Eating Disorders Association's website: www.nationaleatingdisorders.org.

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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.



Help make holidays brighter for adults & children in need

'I ration my gas every week. I limit driving to a minimum, and carefully plan my Wal-Mart trips strategically around pay day, and sometimes that doesn't even work out. So, thank you for removing that burden for a while. I'm savoring the gift cards like you let rich chocolate melt in your mouth.'

A young client's mother

This quote is from a thank you letter written by a young client's mother. The family received several gift cards and holiday presents donated by a generous board member.

Thanks to the many community friends, board members and staff, holiday giving was a great success for adults and children in 2013. The needs of clients were placed on Christmas ornaments that staff, board members and community friends could adopt. We look forward to another successful year of giving to our clients.

To get involved, with this year's holiday giving please contact Development Director Taylor Shorb at 918.392.5809 or tdavis@crsok.org.

Our planned giving services help ensure you leave a legacy for your family, while supporting your charitable interests.

These meaningful family and financial legacies help fund our mission of building better lives through behavioral health and substance abuse services.

Together, we make Tulsa a better place.

To learn more, call Development Director Taylor Shorb today at 918-392-5809.





Staff members get ready to learn ClaimTrak. This group is among the go-to experts that we call “SuperUsers.”

New system improves care

Many of us have an Electronic Health Record (EHR) at our doctor, dentist, hospital or other health providers. Few of us understand how our personal EHR positively impacts our quality of care.

Counseling & Recovery Services spent more than a year implementing our new EHR system, ClaimTrak, to better serve clients. This system speeds up appointment scheduling and electronic prescription refills to name just a few improvements.

“The goal is to eventually create a paperless system so everyone providing services will have the latest, updated information on a client,” said Medical Records Director Lynn Boyes, who led the project.

“This is one of our most significant accomplishments this year,” Executive Director Bryan K. Blankenship, Ph.D. said. “I witnessed members of our community push through challenges and barriers to make sure we were on task with implementation, and they continued to provide support to one another in the midst of that added stress.”

He credited this level of successful collaboration to each member of our Sanctuary Community committed to nonviolence, emotional intelligence, social learning, democracy, open communication, social responsibility and growth and change.

Implementing ClaimTrak brought together staff and

leadership from across the agency including Controller Tammy Horne, Assessment, Intake & Referral Director Paula Vella, Community Support Director Donna Hall, Sand Springs Director Alicia Davis, CALM Center Director Jeff Bremer, Children’s Services Director Andre Campbell, Wraparound Assistant Director Stephanie Taylor, Executive Assistant LaQuita Hinton, Clinical Director Joe Jenkins and IT Technician Eddie Williams.

Another important aspect of implementation is training and support. Staff members volunteered to be “SuperUsers,” the go-to experts on the new system.

SuperUsers include Joan Wolfenbarger, Kate Morton, Dee Rainwater (Accounting), Marcie Gonzalez and Alicia Watkins (Medical Records), Candace DeLong (Reception), Nicole Brewer (Sand Springs), Simonne Miller (CALM Center), Dr. Chris Blaisdell and Stacy Ahmed (Medication Clinic), Lucinda Morte, Sarah Phillips and Kimberly Benkert (Assessment Intake & Referral), Allison Wresche, Shannon Headley and Jamie Morrisett (Children’s).

The system launched Aug. 1, and fine tuning continues.

“When this system is complete, it will help us better track the needs of each client and make sure that we meet those needs,” Clinical Director Joe Jenkins said. “I am so excited about its impact on the quality of care and the recovery of our clients.”

Lights, Camera, CALM Center

Keith Taylor, KTUL Good Day Tulsa anchor, interviews Jeff Bremer, right, and Nicole Freccia, below, during a live remote broadcast Sept. 15 at the CALM Center. Nicole discussed the vegetable and herb garden. Jeff highlighted how children ages 10-17 overcome crisis at the CALM Center.

