



Spring 2015

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## Clients say thanks for meds

Pharmacist Boyd Stephens smiles as a client says, “Bless You.”  
“My staff and I get blessed at least once or twice a day,” Boyd said.  
Why so many blessings?

Boyd and his staff provide 65 percent of the pharmacy’s clients with free prescription medication. In fiscal year 2015, the pharmacy requested and received more than \$2.7 million in donated medicine for clients.

The pharmacy celebrates its sixth anniversary in June and fills about 260 prescriptions a day, up from about 80-100 filled a day in its first year.

Medication helps clients manage their symptoms and live successfully in the community. Clients with little or no insurance or income count on the pharmacy, Boyd said. Medicine costs are up, and drug companies are donating less.

“We continue to look for more resources. We don’t ever want to turn anyone away,” Boyd said.

## Expanding care to improve lives

People with severe mental health and chronic physical health issues die 25 years earlier than the general population. Counseling & Recovery Services hopes to change this statistic with implementation of Health Home.

Working with each client, Health Home staff identifies and coordinates physical health, mental health and community services to improve a client’s quality of life.

Many clients have unmet needs because health care and social services are complex. Clients may be unsure what services are available or how to access them.

Health Home provides a care manager whose specialty is finding the right services for clients’ specific wants and needs. The care manager also consults with chosen providers to make sure clients receive and benefit from services.

Wellness needs, such as weight control and smoking cessation, together with housing and finding social outlets also can be part of a Health Home plan.

Health Home is available to all clients, children and adults, with the most serious mental health and chronic health issues.




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CALM Center summer wall inspires	2
It’s not too early to think about holiday giving	3

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### Need more information?

[www.crsok.org](http://www.crsok.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.



## *School is out; life is in session & anyone can be a student*

School is out for summer, and the CALM Center uses previous class time to focus on inspiration for the future.

One project is the summer wall where youth and staff post art and inspirational thoughts. The headline above was a quote from the wall. To see more quotes and projects as they are added through the summer, visit: <https://www.facebook.com/CRSOK>

Here are other standout quotes:

"Don't tell me the sky is the limit when there's footprints on the moon."

Don't judge a fish by its ability to climb a tree.

"If every pork chop were perfect, we wouldn't have hot dogs!"  
-G

I may not always understand but I'll strive to be understanding

Just keep swimming  
-Nemo

# Meditation improves wellness

Lynn Yeager leads clients and staff each Tuesday in a one-hour meditation class as part of the agency's wellness and self-care commitment.

Lynn is a case manager, recovery support specialist who works with mental health court clients.

Meditation has physical and mental health benefits. It is also easy to get started.

"It's a very different path than it used to be," Lynn said. "Today, many people are not interested in committing to one particular meditation teacher or style. If you decide to learn on your own, the good news is that you already have all the resources you need! Just like a plant bends toward the sun, we naturally bend toward meditation awareness. It's who we are."

At its basics, learning to meditate is a do-it-yourself project. Fortunately, you can learn from the experiences of others. Just a few simple guidelines can help you establish your personal practice.

## Schedule regular sessions

Lynn says, "If you don't make room for meditation in your schedule, it's not going to happen." Decide ahead of time how much meditation you can commit to each day and how much you can commit to each week. Decide what time of day works best and commit to it.

## Choose a regular place to practice

It is good to set aside a corner in a room or even just a small regular spot where you can do your meditation. You may keep a cushion or chair there for inspiration and to remind you to meditate.

## Keep coming back to your original inspiration

Something has inspired you to be interested in trying meditation. Lots of factors have come together to bring you to this point. When you face challenges, it is good to come back over and over again to that first inspiration.



**Lynn Yeager**

## Why Meditate?

**Lower blood pressure**

**Better immune system**

**Improve concentration**

**Reduce stress**

## How to Meditate

<http://www.lionsroar.com/>

[how-to-meditate-sharon-salzberg-on-getting-started/](#)



## Holiday giving underway for clients

Last year, our Christmas program for clients grew substantially. With the help of staff, board members, and generous community donors, 100 children, adults and families in need received Christmas gifts! We want to help even more people this year and are recruiting festive Christmas elves to donate funds, gift cards, clothing, toys, and household items.

Here's what a recipient wrote in her thank you note to last year's donors:

*"I wanted to tell you how very much I appreciated all the wonderful gifts! Words could never express how you truly blessed me! Your generosity was overwhelming."*

It's never too early to start helping with this year's Christmas program. If you would like to help in any way, please contact Development Director Taylor Shorb at [tshorb@crsok.org](mailto:tshorb@crsok.org) or 918.392.5809. Thank you in advance for helping bring holiday cheer to our clients!

## Celebrating Sanctuary

Cookies, punch, gifts and lots of laughter were part of the seven Sanctuary certification celebrations across the agency's three locations.

Every staff member received a Sanctuary Institute Safety Plan card and a Counseling & Recovery Services lanyard. Each staff member also was entered to win one of six one-hour massages that were given away.

All of us, staff and clients, experience adversity, trauma and stress. These experiences shape our behavior and responses. Sanctuary tools like the Safety Plan help us manage difficult emotions and behavior.

Every client and staff member creates, carries, and uses a safety plan to manage emotions. This plan includes about five activities to do alone or with others. To create your own safety plan, visit: <http://crsok.org/safety-plan/>.

Another important tool is the Self-Care Plan that you create and follow for overall wellness. To create your self-care plan, visit <http://crsok.org/self-care-plan/>.

At the final celebration on a Saturday night, leftover punch and cookies were shared with CALM Center youth who spend seven days learning and using Sanctuary tools to understand what has happened to them, how to change behavior, and how to set goals for the future.



Beth Nave, Tabitha Byrd and Nicole Freecia show off their lanyards and safety plans at the CALM Center.