

Spring 2016

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

Counseling & Recovery Services receives funding through through a contract with the Oklahoma Department of Mental Health & Substance Abuse Services, Medicaid, Medicare, and through charitable gifts.

Fighting opioid crisis

Two doctors licensed to prescribe drug to treat addiction

Drug overdose is the leading accidental cause of death in the U.S. The Center for Disease Control declared an epidemic in overdose deaths from addiction to opioid painkillers and heroin.

Many people begin their addiction with prescriptions for chronic pain. Common opioids prescribed for pain are known by their generic names such as oxycodone, hydrocodone, and fentanyl, and their brand names such as OxyContin®, Vicodin®, Percocet®, and Actiq®.

Because of this alarming trend, the federal government has new guidelines restricting opioid prescriptions. Unfortunately, many people are addicted to these substances and require help to overcome this addiction.

Counseling & Recovery Services of Oklahoma's medication clinic physicians William O'Brien and Christopher Blaisdell are now licensed to provide outpatient, medication-assisted treatment for opioid addiction.

The prescription used to treat the addiction, Suboxone, suppresses withdrawal symptoms and decreases cravings. To learn more, call 918.492.2554 and ask about Suboxone treatment.

Disaster relief team available to help 2015 storm victims

Many people still struggle from the effects of 2015 weather disasters. The Sand Springs office has a trained disaster team to help find solutions to those struggles.



Sand Springs Program Director Allie Davis leads the disaster relief team funded through Empower Oklahoma. She and her team are visiting agencies throughout Tulsa County to spread the word that help is still available for people affected by 31 days of storms and flooding in 2015. The team reaches out to victims at their convenience and provides solution-focused emotional support and connections to needed services.

To reach the Empower Oklahoma team, call 918.404.5838.

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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.



Therapy is more comfortable in new chairs given by board

Board members exceeded their annual giving and elected to spend their donations to replace group room chairs, make CALM Center renovations, and to start a staff scholarship fund.

“Clients are excited that the board cares enough to replace the chairs,” Community Support Director Donna Hall said.

The board is working on guidelines for the staff scholarship and hopes to put money into it every year as it has for the Larry Marks Scholarship for clients.

CALM Center renovations are needed because the center has operated 24/7 for the past eight years.

“I think our choices send a strong message that we care about our clients and staff,” Board Chair Arianna Moore said.

Everyone is welcome to help the board achieve success with small to large projects. Call Taylor Shorb at 918.392.5809 for more information on how you can help.

Want financial muscles? Visit our planning service

Physical fitness gets a lot of attention today, but less is published about financial fitness.

Just as a fitness trainer helps individuals become more physically fit, financial planners do the same for financial fitness.

When was the last time you updated your will, or planned for your loved ones' financial future? Do you need to start or refine the process? The Advancement Group, our planned giving office, offers free financial planning services.

To learn about leaving a legacy for future generations, contact Taylor Shorb at 918.392.5809 or tshorb@crsok.org.

Becoming Love & Logic Parent™

Becoming a Love and Logic Parent™ two-day workshops begin at noon Thursdays at the CALM Center, 6126 E. 32nd Place.

Pre-registration is required. For more information or sign up for classes: 918.236.4140 or vwilliams@crsok.org.

John Paris teaches the sessions. An independent facilitator, John is on staff at Wraparound Tulsa, a service helping children and youth ages 4-18 with significant emotional and behavioral health challenges.

Groups of five or more can call John at 918.261.9066 to schedule a class at your location.



Mental Health Court graduates James Cooke, Montreal Randolph, Jeremy Palmer and Terri Burke celebrate with staff Ashley Martyniuk, Lucinda Morte and Lynn Yeager at the April 28th graduation at the TCC Creativity Center.

Mental health court transforms lives

Montreal remembers when his life began to spiral downhill. He was 12 years old when his brother was murdered. At age 14, he ended up drifting from place to place when his grandmother could no longer care for him.

"I self-medicated with marijuana," Montreal said. "I was always hyper, never calm, and I just went through life not thinking about what I was doing."

At age 30, he found himself in Tulsa District Court once again for possession of marijuana and fake money. This time, Montreal was given a chance to attend Tulsa County's Mental Health Court and receive a diagnosis and treatment. He graduated April 28 and is planning for a better future.

Montreal said the diagnosis of schizoaffective disorder helped him finally understand the source of his behaviors and the visions and voices that he had experienced since his brother's death.

A combination of three medications and weekly treatment changed Montreal's life, he said.

Montreal said he lost a lot of friends as his behavior changed. "I didn't want to go out anymore or do the same things. I tried to talk to people about it but they weren't open to change."

"My kids see a difference in me," Montreal said. "They say, 'I like this you,' and I am spending more time with them, helping with their homework. I never did that before. I was always leaving and could never stay still."

Therapist Lucinda Morte says Montreal wants to see others succeed and helps people who are struggling in his groups. She is impressed with how far he has come.

"I've actually let him lead group a couple of times," Lucinda said.

In the past nine months, Counseling & Recovery Services has had 88 people enter its mental health court program, about one third of all of Tulsa County Mental Health Court clients. A record of four clients graduated April 28, and three more are near graduation, said Adult Clinical Director Kim Benkert.

Completing Mental Health Court isn't easy. It requires clients to meet court and treatment requirements.

"The time it takes to complete depends on the individual," Benkert said. "For most people, it takes about a year and a half. That's a big commitment. That is why we are so proud of our graduates."

Spring 2016 newsletter

Agency named healthy business

Counseling & Recovery Services became an Oklahoma Healthy Business for the first time in 2015. Staff and clients have numerous activities underway to make sure the agency retains this status.

The agency was one of only five teams chosen to participate in the state's 2016 Physical Activity Grant. The five teams compete by tracking activity for 13 weeks.

Completed projects include:

- National Day of Walking
- Biggest Loser Challenge
- Hello H2O (journaling water intake)
- Eat Your Greens (28 days of new foods)

