



## TIME AWAY FROM TURMOIL

### HELP IS AVAILABLE 24/7

The CALM (Child and Adolescent Life Management) Center provides immediate support for youth and families in an emotional, behavioral or substance abuse crisis.

The center is a safe and caring place where Oklahoma children and adolescents, ages 10-17, overcome trauma and crisis. Care is available regardless of ability to pay.

During a short stay, youth receive care from:

- Board certified psychiatrist
- Licensed nurses
- Licensed therapists
- Trained life skills coaches

This care includes:

- Assessment & diagnosis
- Medically supervised detox
- Medication management
- Individual & family therapy
- Groups teach coping skills
- After-care coordination

## CRISIS TO CONTROL

Most behavior that leads to crisis stems from trauma. Staff, using Sanctuary tools and principles, helps youth:

- Identify trauma
- Explore strengths to deal with issues
- Put emotions into perspective
- Learn life management skills to prevent future crisis.

# Counseling & Recovery

SERVICES OF OKLAHOMA

Certified Sanctuary Community

Caring for kids in crisis around the clock

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A non-profit community mental health center since 1982

**Helping build better lives through behavioral health and substance abuse services**

## **CALM** Center

COUNSELING & RECOVERY SERVICES OF OK

Certified Sanctuary Community

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

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