



# Counseling & Recovery

SERVICES OF OKLAHOMA

Certified Sanctuary Community



Counseling & Recovery Services cares for low income, uninsured clients through a contract with the Oklahoma Department of Mental Health & Substance Abuse Services and charitable gifts. We also welcome clients with Medicaid, Medicare, and private insurance.

## HELPING BUILD BETTER LIVES SINCE 1982

Counseling & Recovery Services provides mental health and substance abuse treatment, physical health care management and wellness services for over 5,000 children and adults annually.

## CERTIFIED SANCTUARY COMMUNITY

Counseling & Recovery Services is Oklahoma's only community mental health center certified in the Sanctuary model of care. Using this model, the agency provides trauma-informed care helping to create an environment of safety, identify and manage emotions, process loss and helping clients create a future of growth and change.

## OUR MISSION

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

### MAIN OFFICE

7010 S. Yale #215  
Tulsa, OK 74136  
918.492.2554 phone  
918.494.9870 fax

### SAND SPRINGS OFFICE

401 E. Broadway Ct. Ste. E  
Sand Springs, OK 74063  
918.245.5565 phone  
918.245.5564 fax

### CALM CENTER

6126 E. 32nd Pl.  
Tulsa, OK 74135  
918.394.CALM phone  
918.394.2257 fax

[info@crsok.org](mailto:info@crsok.org)



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

## **Counseling & Recovery Services offers more than a dozen programs and services to meet local and statewide needs:**

### **TREATING THE WHOLE PERSON**

Adults and children with severe mental health and chronic physical health issues achieve improved health and wellness through our Health Home. Staff members assist clients in finding and managing needed mental health, physical health and wellness services. A nurse works with everyone involved in your care to help track important treatment basics such as lab work and follow-up visits.

### **ADULT MENTAL HEALTH**

Treatment begins with clients discussing challenges and symptoms with a licensed therapist who forms a diagnosis and recommends a plan for getting better. This plan often includes a physician's visit, medication, case management, and individual or group therapy to help clients achieve their recovery and daily living goals. Weekday outpatient groups focus on wellness, coping skills, and independent living skills.

### **SUBSTANCE ABUSE/CO-OCCURRING**

Addictions are complex diseases. Our licensed and certified staff members provide individual and group therapy and support services to all ages. This includes clients seeking to overcome addictions alone or both addictions and mental health issues.

### **PHYSICIAN VISITS**

On-site physicians provide psychiatric services and medication management for all ages.

### **PHARMACY SERVICES**

The on-site pharmacy allows clients of all ages easy access to medication.

### **SAND SPRINGS SATELLITE OFFICE**

Comprehensive outpatient mental health and substance abuse services for all ages include therapy, medication management, case management and Health Home. Peers Place is a drop-in center where adults receive education and support from a peer with recovery success.

### **HOUSING**

Transitional and permanent housing is available to low-income adults diagnosed with mental health disorders or co-occurring mental health and substance abuse disorders. Individuals receive support and rehabilitation services to maintain housing and avoid homelessness.

### **CHILDREN'S MENTAL HEALTH**

Children face severe mental health, substance abuse, physical health and wellness issues. Children's staff members find and manage physical health, mental health and wellness services inside and outside our agency to improve every child's overall health.

Counseling, support and rehabilitation are available specific to children's needs and are delivered in homes, schools, offices and other community settings. Case managers help find health care, housing and other community services to meet the needs of children and families.

Parenting classes offer effective techniques to handle difficult behavior with the goal of raising respectful, responsible children.

### **CALM CENTER**

Immediate, around the clock support is available for youth ages 10-17 in an emotional, behavioral health or substance abuse crisis. During a short stay, youth receive intensive treatment while families receive education and support. Continued care is arranged as youth leave.

### **WRAPAROUND TULSA**

Support teams for at-risk children and families provide coordination of various community services and advocacy based on the families' choices and needs.

### **TRANSITION SERVICES**

Special services include support and advocacy to help youth ages 17-24 with serious behavioral health issues achieve successful independence.