

Winter/Spring 2018

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Counseling & Recovery Services is a nonprofit funded through contracts with the Oklahoma Department of Mental Health & Substance Abuse Services, Medicaid, Medicare, private insurance, and by charitable gifts.

CALM Center reaches goal!

Generous individual, corporate and foundation donors helped the CALM Center officially reach its \$1.3 million renovation project goal. These funds will allow the center to offer better around-the-clock crisis care to Oklahoma children.

The CALM Center provides crisis stabilization to children ages 10-17. It is Eastern Oklahoma's only crisis center for youth and one of only three in the state, filling the gap between outpatient and inpatient care. Children stay for up to seven days of treatment.

The average census continues to rise, limiting private space for intakes and family visitations. The renovation project will add about 1,300 square feet and will repair the existing building open nonstop for 10 years.

In addition to the renovation project, donors are asked to help create a brick sidewalk with words of support and encouragement. Bricks are available for donations of \$150 to \$499. To order your brick, contact Lindsay DeWeese at ldeweese@crsok.org or visit www.crsok.org/brick.

Recertification granted

The Jan. 10-11 Sanctuary site visits ended with accolades and recertification for three years.

Reviewers Maxine Reddy and Derrick Bam granted the initial certification and returned for the first recertification. They praised how ingrained and natural the Sanctuary model is now for clients and staff.

Client group curriculum was praised. Clients had great things to say about how our agency has saved them and their families, the reviewers said.

The reviewers were pleased to see how many staff were promoted from within the agency since their last visit and were impressed by the agency sharing Sanctuary principles and tools in the community.



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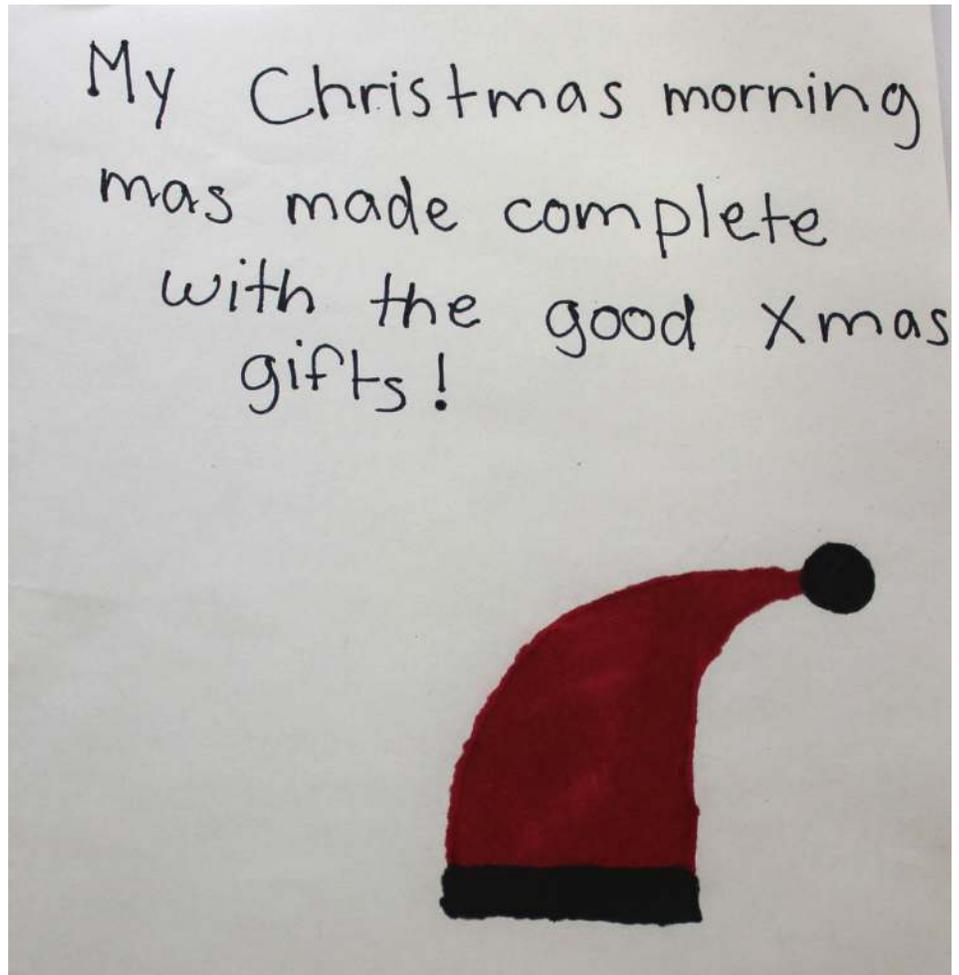
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Holiday giving helps record numbers

The Holiday Giving Program was a huge success again this year with donors adopting and providing gifts to a record 67 adults and children, Development Director Lindsay DeWeese said.

Without this program, these clients and families would not have holiday gifts. Several staff and board members participated, and they recruited friends in the community to help.

Church of the Madalene Social Concerns Committee once again provided food and gifts for all the children in the CALM Center over the holidays. For the past several years, Church of the Madalene has made the CALM Center a priority when deciding where their funds should go.

BancFirst, coordinated by Board Member Paul Bauman, made sure transitional housing clients received gift cards to purchase food and household items. The bank's gift also provided a holiday party and dinner for clients who attend group sessions.

We join the client who created this card in thanking all our donors.

Carley transforms her life & helps others

Counseling & Recovery Services Mental Health Court taught Carley, 24, how to feel again and build a life without heroin addiction.

"I got clean before and relapsed," Carley said. "I destroyed everything I had. I didn't feel I had anything to lose. The difference now is I have a life I want. I don't want to relapse."

Her heroin addiction started at age 18 after she was given opioid pain medicine in the hospital. After leaving the hospital, she was sick, going through withdrawals, and her brother introduced her to heroin.

After being arrested, Carley went to inpatient rehabilitation where she dealt with a life of trauma, loss and chaos. The trauma had been the hole she filled with heroin, she said.

Carley is expected to graduate from Mental Health Court in April.

Her life is full today with a job she loves and a great relationship with her children, ages 6 and 2. She hopes to start a Celebrate Recovery group at her church and become a recovery support specialist to help other people get better. Eventually, she wants to go to college and get her license as a drug and alcohol counselor.

"I credit this program and God for where I am today," Carley said. "I have a long way to go, but I know I have support to get there."



Carley shows a collage of what she wants her life to be.

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Counseling & Recovery
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Winter/Spring 2018 newsletter

Therapist begins term as youngest state senator



Allison Ikley-Freeman

Allison Ikley-Freeman left her role as therapist here to begin serving in the Oklahoma Senate. She is the state's youngest senator at age 26, and the only therapist to serve in the Legislature.

She decided to run for office because the state was not meeting health and education needs of low income Oklahomans. She grew up in poverty and was homeless in college. She hopes to show fellow legislators how services can create bridges out of poverty.

Allison also plans to take Sanctuary tools and principles learned at Counseling & Recovery Services to the Capitol and hopes they will help her create change there.

"Counseling and Recovery Services is a large part of my ability to be an effective legislator, and I look forward to all the growth and change that is yet to come," Allison said.