



NEWSLETTER

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I'm grateful for your facility.

Renovations Revealed

Renovations to The CALM Center were revealed in a ribbon cutting ceremony this past September in an open house celebration with tours of the facility. Counseling & Recovery Services' leadership team, campaign donors, district legislators and architects cut the ceremonial ribbon.

The renovations were made possible by a two-year capital campaign that successfully raised \$1.3 million in generous contributions from the following donors: Anne and Henry Zarrow Foundation, the JE and LE Mabee Foundation, George Kaiser Family Foundation, Charles and Lynn Schusterman Family Foundation, Grace and Franklin Bernsen Foundation, Morningcrest Healthcare Foundation, Sarkeys Foundation, Ruth Kaiser Nelson Family Foundation, Walton Family Foundation, E. L. and Thelma Gaylord Foundation, Gelvin Foundation, Rotary Club of Tulsa Foundation, Jerry and Julie Gustafson, Rebecca Dozier, Tammy Horne, Karen Wieman, and Anonymous donors.

Since 2008, the CALM (Child and Adolescent Life Management) Center has provided immediate crisis support to over 4,000 Oklahoma youth ages 10-17 and their families. It is the only youth crisis stabilization center in eastern Oklahoma. With an increased demand for this critical care, these renovations were needed to create a larger, more welcoming lobby, new multipurpose room for family visits and education, and new offices for admissions and counseling.

Board of Directors

CHAIR

Jonathan Wish
Stanfield & O'Dell

VICE CHAIR

Rob Haight
BKD

MEMBERS

Mike Albertson
Retired

Aaron Armstrong
BancFirst

Lt. Stephen Boyes
Tulsa Police Department

Suzanne Brodner
Financial Equipment Co.

Jackie DuPont
Rosa Parks Elementary

Ryeann Miller
BlueCross BlueShield of OK

Alexander Price
Price Law Firm

Dana Vogel
Saint Francis

BOARD INTERN
Deneisha Johnson
Leadership Tulsa

ADVISORY BOARD
Bill Witt
Additive Systems Inc.

crsok.org

Board Member Spotlight



Mike Albertson
Retired

Mike came to our Board of Directors in September of 2019 with a desire to assist in helping the community with mental health issues and substance abuse problems. He has worked with juveniles and their families since 1976 and retired as an Advocate Defender from Oklahoma Juvenile Affairs. Since retirement, he had a desire to continue helping families and individuals affected with mental health issues.



Aaron Armstrong
BancFirst

Aaron was introduced to Counseling & Recovery Services by a colleague and former Board Chair and soon realized just how big the need for mental health services is in Tulsa and the surrounding area. He had been searching for a way to give back to the community in an impactful way and, after doing the research and learning more about the services provided by this great organization, he felt a duty to give his time and energy to our worthy cause. Mental health is a very serious issue in today's society and Aaron hopes his small impact, along with the rest of his fellow board members, will help make a positive difference in people's lives and for the betterment of our community. Aaron attended the University of Oklahoma, obtaining a finance degree and moved out of state to start his career in commercial banking. After several years of being away, he moved back to Oklahoma and eventually Tulsa and now works as a VP with the commercial lending team at BancFirst.

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*Staff has been amazing.
I truly feel better
about my situation.*





New Board Members Mike Albertson, Deneisha Johnson (Intern), Aaron Armstrong, Dana Vogel and Jackie DuPont at their first Board Meeting.



Suzanne Brodner
Financial Equipment
Company

Suzanne first learned about CRSOK in 2017, through Leadership Tulsa. We had listed human resources as expertise that was needed on our board, so her choice for a local Board internship was easy. Suzanne has been in HR for more than a decade and still considers it a strong passion. She takes great joy whenever she can lend her knowledge to someone or an organization in need. Currently, Suzanne chairs our Board's Human Resources Committee and also sits on the Finance and Board Governance Committees. Besides CRSOK, she is a member of Toastmasters International and has served as an Area Director for clubs and Division Director for Area Directors. She loves seeing members grow their public speaking skills and confidence. Her undergraduate degree in HR is from the University of Mississippi, where she was born, and her graduate degree is from the University of Oklahoma in Organization Dynamics, with an emphasis in HR. Previously she served the Laura Dester Children's Shelter and Tulsa Boys' Home and other local organizations through the Junior League of Tulsa.



Jackie DuPont
Member/Elementary
Administrator

Jackie decided to join our Board of Directors in October 2019 after learning about staff and clients' dedication to the Sanctuary model of trauma informed philosophy and the organization's mission to build better lives for people across Tulsa. Through her work as an Elementary School administrator, she interacts with a diverse group of children and families who deserve healthy living and educational opportunities. By joining our Board of Directors, she feels she can contribute to collectively helping Tulsans build better lives for themselves and their families. Jackie moved to Tulsa in 2010 after she received her bachelor's degree in Early Childhood Education from Oklahoma State University. She joined Teach for America Greater Tulsa and taught Kindergarten and First Grade in Tulsa Public Schools. She received a Master's degree in School Administration and Curriculum Supervision from the University of Oklahoma-Tulsa. She has been a school administrator for the last 6 years with Union Public Schools.



Administrative Support



Operations Director Martha Hauser presented the Administrative Support Employee of the Year Award to Eddie Williams, IT.



Program Director



Clinical Director Andre Campbell presented the Program Director of the Year Award to Crystal Brill, Program Manager, Intake & Engagement.



Agency Impact



Executive Director Bryan Blankenship presented the CRSOK Impact of the Year Award to CALM Center Director Matthew Crum.



Health Home/SOC



Program Director Keith Hall presented the Health Home/Systems of Care Employee of the Year Award to Melly Hayhurst, Case Manager.



Board Recognition



Executive Director Bryan Blankenship and 2019/2020 Board Chair Jonathan Wish honored past-Chair Paul Bauman for his time on the Board.



Medication Mgmt.



Clinical Director Andre Campbell presented the Medication Management Employee of the Year Award to Miranda Propst, Clinic Coordinator.



Intake & Engagement



Program Manager Crystal Brill presented the Intake & Engagement Employee of the Year Award to Angela Stone, Receptionist.



Outpatient Specialty



Program Manager Sarah Phillips presented Outpatient Specialty Services Employee of the Year Award to Stephen Ballard, Case Manager.



CALM Center



CALM Center Director Matthew Crum presented the CALM Center Employee of the Year Award to Shawn Jones, RN.



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Looking forward to my continued care

KOTV 4pm News
Sara Mahan, Outpatient Services Program Manager discusses bullying with News on 6 4pm News Anchor Ashley Izbicki.

Media

We have been very fortunate for our local media coverage including live interviews on KTUL Good Day Tulsa and KOTV Newson6, stories on all four local TV stations (KJRH, KOTV, KTUL, Fox23), articles in the Tulsa World, Greater Tulsa Reporter, TulsaPeople, and TulsaKids, as well as a Public Service Announcement airing and streaming on all the Griffin radio stations (106.9 KHITS, 98.5 KVOO, Big Country 99.5, 92.9 The Drive, Talk Radio 1170). Check out all our most recent coverage on our website:

crsok.org/news

KTUL Good Day Tulsa

CALM Center Director Matthew Crum announces the Center's renovation unveiling, ribbon cutting ceremony and open house celebration.

KTUL Good Day Tulsa

Asst. Clinical Director Cathy Olberding describing our FEMA Crisis Counseling Grant and Assoc. PR Director Samantha promoting our Holiday Giving Program.

KJRH 2 Works for You

Outpatient Specialty Services Program Manager Sarah Phillips talking about our transportation vehicles being vandalized and the negative impact on client services.

KTUL 5pm News

Clinical Director Andre Campbell weighs in on the impact of social media in school age kids and their increased anxiety.

“ Parent Testimonial

Dear Friend,

I am writing today to share how your support of Counseling & Recovery Services of Oklahoma (CRSOK) impacts children like my 13-year-old daughter, Haley.

Haley suffers from depression and told her counselor that her suicidal thoughts were becoming more frequent and more of a reality that she wanted to harm herself or end her life.

During a very desperate time, I started making phone calls to organizations for help. I was eventually referred to The CALM Center, a crisis stabilization center for youth ages 10-17 run by CRSOK. From the moment we stepped in the door, we knew we were in the right place and that our daughter would be safe.

The CALM Center staff were kind and reassuring and made sure that each of us knew exactly what to expect each day during her stay. They taught her coping skills that will help her in different situations today and as she gets older. Haley is doing much better because of her stay.

We are so thankful for CRSOK and for places like The CALM Center that help the children of our community.

As a parent and community member, I encourage you to support CRSOK in their mission to restore dignity through their behavioral health and substance abuse services. If not for donors like you and me, programs like The CALM Center would not be available for children during the difficult stage of life called adolescence.

Your tax-deductible contribution will go towards CRSOK programs and services such as therapy for adults and children, Wraparound services linking families to resources in the community, case management, and transitional housing, to name a few.

On behalf of my daughter and family, thank you! Please join me in supporting the great work of CRSOK!

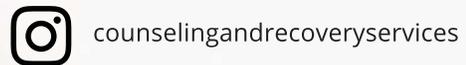
With hope,

Jamie

Jamie, devoted parent and donor



Follow us!



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This place has been a real life saver.

CRSOK Awarded Exclusive Contract by FEMA to Provide Crisis Counseling to Tulsa County Residents Impacted by Historic June Floods

Under exclusive subcontract through the Oklahoma Department of Mental Health and Substance Abuse Services (ODMHSAS), CRSOK is providing free counseling to those in Tulsa county who are still needing mental health services in the aftermath of the June 2019 historic flooding that destroyed many homes and lives throughout Oklahoma. In addition to supportive crisis counseling, CRSOK will help with the development of coping skills as well as link impacted individuals to appropriate resources.

CRSOK's team of crisis counselors is conducting outreach and providing public education regarding trauma and the emotional impact of natural disasters. Counselors are going door-to-door and can

be identified wearing lime green T-shirts, safety vests or badges with "All-OK 4438" printed on them. CRSOK is the exclusive provider for Tulsa County.

The ODMHSAS was awarded a Federal Emergency Management Agency (FEMA) grant to assist disaster-impacted individuals and communities in recovering through the provision of community-based outreach and psycho-educational services. The goal is to aid survivors in recovering from the adverse reactions to disasters and to begin to rebuild their lives.

The program runs through June 30, 2020. For services, call CRSOK at 918.245.5565, 211 or the Reachout hotline at 1-800-522-9054.

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Knowing that my road to recovery is at hand is a huge success story to me



Our team of Crisis Counselors ready to help Tulsa County flood victims.

Staff Spotlight



Laura K. Taylor, D.O.
Supervising Physician

We are so excited to welcome Laura K. Taylor, D.O. as our Supervising Physician in our Medication Clinic. Dr. Taylor is board certified in pediatrics and attended medical school at Oklahoma State University Center for Health Sciences. After completing her pediatric residency at Tulsa Regional Medical Center and the University of Oklahoma College of Medicine - Tulsa, Dr. Taylor completed fellowship in Developmental/Behavioral Pediatrics at Boston University. She has held teaching affiliations with the University of Oklahoma and Oklahoma State University. She is a Fellow of Zero to Three, National Clinical Infant Programs. She also has experience in adult treatment concerns.



Shannon Christmas, LCSW
Sand Springs Program Director

Shannon Christmas, a Licensed Clinical Social Worker, just joined our team as the Sand Springs Program Director. Shannon received her bachelor's in Social Work from the University of Oklahoma, Norman campus in 2009. She practiced as a Behavioral Health Rehabilitation Specialist from 2010-2013 while she completed her Master's Degree in Social Work at the OU-Tulsa campus in 2013. She completed her license in 2017.

Shannon has 10 years' experience in the mental health field. She has a great passion for it and enjoys teaching and learning. Shannon has worked with individuals across the life span; including children, adults, and families.

It's Time to Write a New Chapter

Are you confident in your current retirement or estate plan? Is it time for a financial check-up to find out if you are financially healthy in this new year?

As a friend, volunteer, board member, staff and/or donor of Counseling and Recovery Services of Oklahoma (CRSOK), it is our pleasure to provide exclusive access to strategic opportunities that can help you plan your family's financial and philanthropic future.

The pen is in your hand. As we enter a new decade, now is the time to write a new chapter in your story. CRSOK's Legacy Giving Team is offering you complimentary services to help you design a unique and wholistic plan that will provide steady support for you, your loved ones and the organizations you are passionate about.

Your legacy matters - find our more information today by calling **918.491.0079**.



If you have questions about CRSOK's Legacy Giving, contact Lindsay DeWeese: ldeweese@crsok.org | 918.392.5809.