



# Celebrating 30 years of caring

“Without you, I don’t know where I’d be today ... maybe homeless or ...dead.”

This 20-year old was one of our record 5,143 clients in the past year, a 12 percent increase over the previous year.

With our help, clients improved independence, decreased substance abuse, and avoided crisis and hospitalization. These successes resulted from a record 172,556 services, a 12 percent increase from last year. Services ranged from therapy to housing.

Our clients are the reasons that we have been here for 30 years. Each positive change has a ripple effect to families, friends, neighbors and the community.

Clients, surveyed throughout the year, gave us a positive rating of 95 percent.

Clients are not the only ones to praise us. The Oklahoma Department of Mental Health and Substance Abuse Services certified Counseling & Recovery Services for three years with special distinction.

Our pharmacy continues to break records with 50,759 prescriptions filled this past year. Staff worked diligently to obtain \$4.4 million in donated medications for our clients.

Nearly 400 adults and children attended our 30th anniversary celebration, a free health fair, in May. Agencies came together to help the uninsured find care for mental and physical health issues.

Look inside to review more of the highlights of our 30th year of caring. To learn more about our services for adults and children, visit our website, [www.crsok.org](http://www.crsok.org).

# 30 years of community

The history of community mental health centers like Counseling & Recovery Services of Oklahoma is worthy of reflection and celebration.

For much of the 20<sup>th</sup> century, people with serious mental illnesses were essentially warehoused in psychiatric facilities. In the 1980s this practice changed and centers like ours were created to provide care for people leaving the hospitals to live in their communities. Counseling & Recovery Services was one of four community mental health centers in Tulsa that began in the early 1980s. We are the only one of that original four remaining.

Our success as an agency devoted to helping others in their recovery process is partially due to constantly changing to meet the needs of our clients. Adopting best practice treatments and using newest, most effective medications helps clients achieve better outcomes. More recently, another significant contributing factor is our adoption of the Sanctuary Model of care throughout the organization. Assuming we all are impacted in some way by trauma or adversity, we are developing a strong community looking at ourselves and one another with the question “What happened to you?” rather than “What’s wrong with you?”

Thus, the word “community” is an important part of our identity as a community mental health center. We take pride in being a part of the communities we serve. The progress experienced since we opened our doors is a direct result of your support.

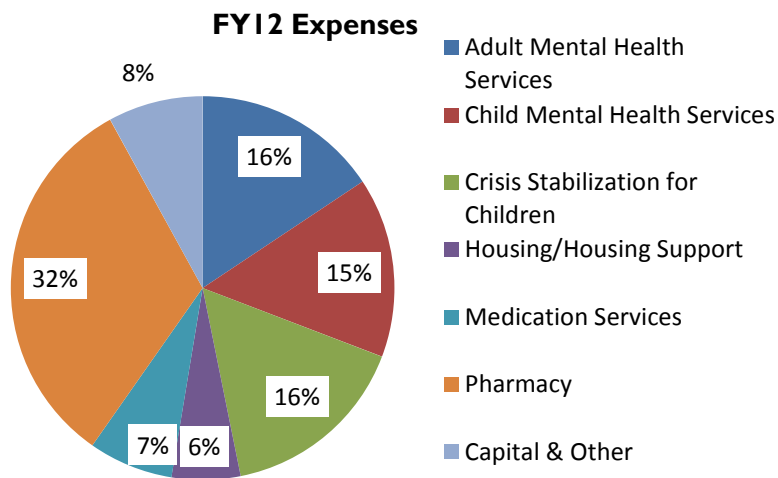
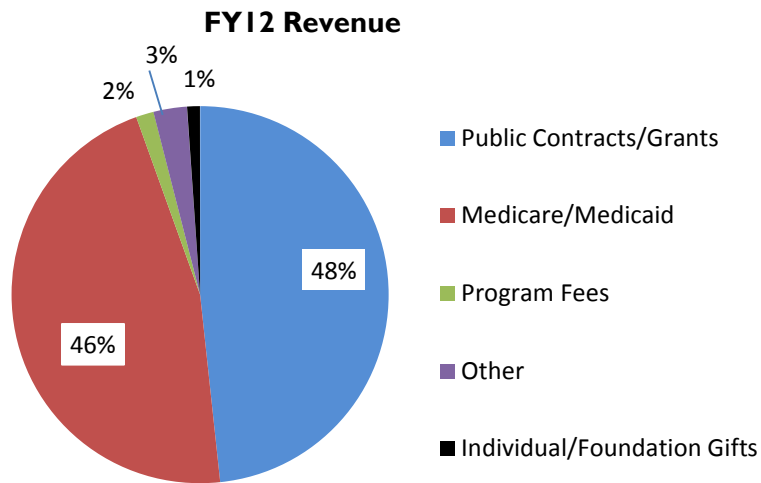
As we celebrate our 30<sup>th</sup> anniversary this year, thank you for being a partner with us in our mission to help build better lives through behavioral health and substance abuse services. We look forward to another 30 years of growth and change.

Bryan Blankenship, Ph.D.  
Executive Director



## Celebrating landmarks

- CALM Center served a record 630 children, nearly 40 percent of all children served.
- Wraparound Tulsa provided outpatient services for 276 children and families, decreased out of home placements, suspensions, self-harm and encounters with the law.
- The Sand Springs office relocated to a new facility and continued to expand services.
- The Marks Scholarship exceeded \$10,000 thanks to staff, board and community gifts, and two brothers were awarded the first scholarships.
- Clients and an ORU intern completed the agency's first video. View it on our website at [www.crsok.org/actionhouse/](http://www.crsok.org/actionhouse/).



## Thank you for your generous gifts

Counseling & Recovery Services of Oklahoma cares for children and adults regardless of their ability to pay through the support of individual, organization, corporate and foundation donors like you. Here are just a couple of programs that you make possible through your gifts.

The CALM Center provides crisis care for ages 10-17 and is the only facility of its kind in Eastern Oklahoma. It is open 24 hours a day and seven days a week to guide youth and families from crisis to CALM. It exists due to your support.

Many young adults with serious mental health issues drop out of school and leave home. With no diploma or life skills, they are unable to find and keep a job. They end up couch-surfing or homeless and finally reach out for help. Transition Services helps youth ages 17-24 identify their strengths, set goals and create a plan to achieve those goals. A trusted adult helps them put the plan into action.

## Thank You, Donors

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### Planning for your future & ours

You have generously given to us in 2012. Now, we want to give something to you – peace of mind about your finances today and tomorrow.

Free financial planning is available to you through a Tulsa Community Foundation grant. The professional and confidential planned giving consultation with The Advancement Group helps you identify ways to improve the long-term financial position for your family and your philanthropic goals.

We appreciate the 2012 anonymous donor who took advantage of this opportunity and made a planned gift to our agency. This is not required to participate in the free consultation.

For more information, contact Development Director Taylor Davis at 918.392.5809 or [tdavis@crsok.org](mailto:tdavis@crsok.org).

### Mission:

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

