

# 2013 Annual Report

Counseling & Recovery  
SERVICES OF OKLAHOMA

## Adults, children find safety, sanctuary

A 16-year-old girl contemplating suicide came to the CALM Center for help. During her stay, she helped create the safety tree, above, a lasting message of hope for youth who come behind her.

A staff member was working on the tree late one night when the girl asked if she could help. Together, they painted the tree and talked about what it means to be safe. Through this conversation, the girl created a safety plan with specific things to do to stay out of crisis.

Trees like this one sprouted across our agency in the fall, part of our implementation of the Sanctuary model of trauma informed care. Over several months, trees were placed in client areas, each expressing a theme of one of the sanctuary commitments/values: Non-Violence, Emotional Intelligence, Social Responsibility, Social Learning, Democracy, Open Communication, and Growth and Change.

At the CALM Center, clients wrote on the leaves what makes them feel safe, such as honesty, love, and

kindness, and placed their leaves on the painted tree. At the Tulsa office, clients wrote on leaves what Non-Violence means to them. At some point, leaves puddled around the tree in the lobby. At Sand Springs, clients and staff wrote on leaves what Democracy means to them on a personal level.

This art has an important purpose. Clients and staff became more engaged, on a personal level, in thinking about what it means to create an environment where people feel safe and can heal from trauma, adversity, and chronic stress. The art projects provided another mechanism for us all to consider how we might better control our emotions deal with a loss, or even plan for the future.

Now in our third year of the certification process as a Sanctuary agency, Counseling & Recovery Services' board, staff and clients continue to work as a community to create a place of safety -- a sanctuary -- where clients can change their behaviors and lives.

**‘A life is not important except in the impact it has on other lives.’**

Jackie Robinson

**To our friends & supporters:**

In a Sanctuary Community, we make a commitment (among others) to Growth and Change. It is this commitment that builds hope – hope for our staff and board that they are having an impact and hope for our clients that recovery is not only possible but actually realized day to day. What our community accomplished together this last year reflected that commitment. While numbers reflect that we served over 5,300 clients this last year, representing youth, adults, families, and that our clients felt good about the services they received, we remember that embedded in those numbers is the at-risk child who was able to remain in the home and in school, the young adult who for the first time was able to find some success in independence by finding a job and securing his own housing, or the child who found a safe place to get the help she and her family needed to begin building a better life together.

Recently, I was made aware of a poignant example of such Growth and Change – a woman who feared she would lose services because she had obtained private insurance. This insurance was a benefit received because, through help here, she was able to get a job, a job she loved. Through her success at work, she received a promotion. Further, she noted changes in the way she was relating/connecting to others and feeling more “in balance” because she had others who took time to listen and give her helpful feedback. She identified her life as being much better – what an example of our mission in action: helping build better lives.

Our Growth and Change this last year was also made possible by the critical support we received from our friends in the community – donors, community partners, business associates, and others. Together, we made an impact that changed lives and our community. We are truly grateful.

**Bryan K. Blankenship, Ph.D.**  
Executive Director

## **Highlights**

### **‘Thank you for helping my son with the tools to manage his anger better.’**

This comment was among many from parents of the **1,622 children served** by our agency in the last year. This number included **535 children and youth served at the CALM Center**. Children and youth, ages 10-17, stay for seven days, receive assessment, treatment, and learn tools to change behavior while families receive education and support.

### **‘For the first time, I had someone to believe in me. I began to believe in myself.’**

**Wraparound Tulsa served 246 children, young adults and their families** and significantly decreased out of home placements, school suspensions, self-harm, and encounters with the law. This intense service helps identify the correct community services, advocates with schools and courts, provides someone to talk to when a crisis occurs, and educates families on children’s illnesses and how to help children manage behavior.

### **‘Without your help, I would not be able to afford my medication.’**

Medication, along with treatment, is critical for clients of all ages to remain symptom free and live successfully in the community. The **pharmacy filled a record 61,124 prescriptions**. Despite tighter restrictions on drug manufacturers’ donations, the staff still received **\$5.2 million in donated medication for our clients**.

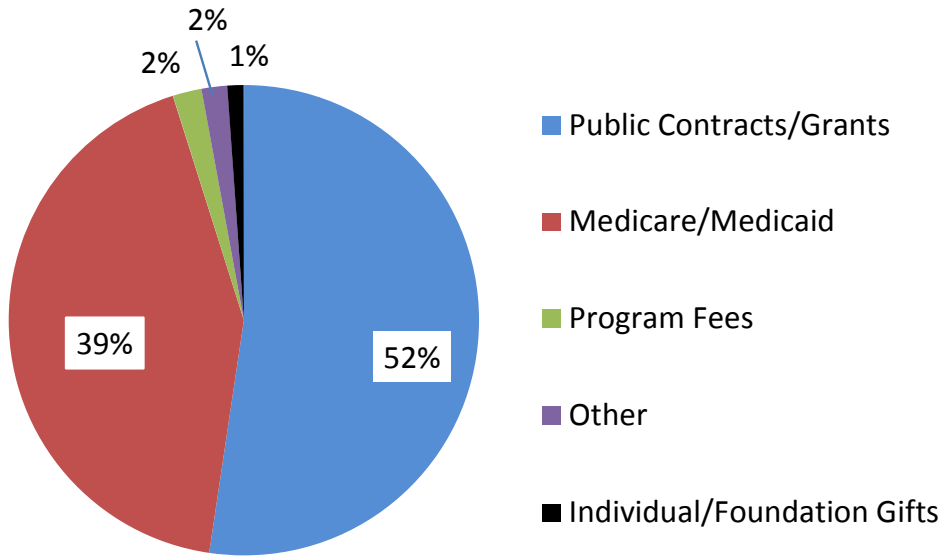
### **‘I would have been homeless without your services.’**

One of our **3,671 adult client** told hundreds of mental health advocates and legislators at the state Capitol how she received life-changing treatment, medication and emergency assistance from our agency.

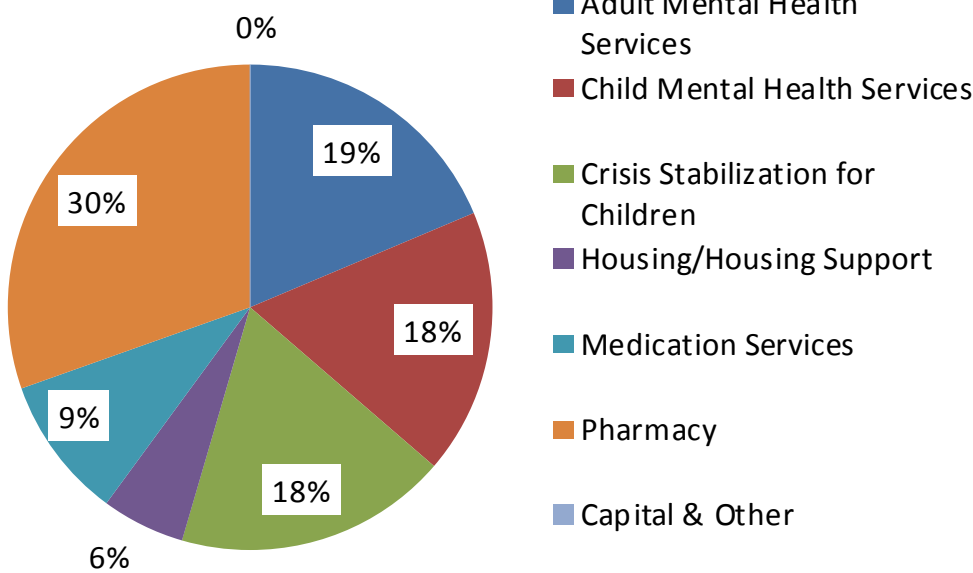
### **CARF re-accreditation assures quality of care**

Our agency’s adult and children’s outpatient services, adult and children’s case management, and children’s crisis services at the CALM Center received the maximum **three-year re-accreditation from CARF**, the international accrediting agency for behavioral health services. In their final report, the professionals who completed the CARF survey praised the agency’s board, leadership and staff.

## FY13 Revenue



## FY13 Expenses



## You make a difference

Your gifts made a huge difference in 2013. With your help, we provided just under one million dollars in services above our state contract limits to hundreds of children and adults. These services included crisis care, housing, and mental health and substance abuse assessments, treatment planning, and treatment, including medication.

One woman's story illustrates how your gifts made an impact: "My life was in turmoil when I came here. I almost became homeless. You provided medicine and counseling for free. The medicine and treatment keep me on track. My medicine costs hundreds of dollars a month. I could not afford my medicine without your help."

If you want to know how you can help in 2014, contact Taylor Davis at 918.392.5809 or [tdavis@crsok.org](mailto:tdavis@crsok.org).

## 2013 Donors

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## 2013 Annual Report

### Agency honored

Tulsa City Council proclaimed June 22 as Tulsa's Day of Health to honor the citywide health fair co-sponsored by Counseling & Recovery Services at Promenade Mall. This was the first city proclamation and the second year for the agency to host a citywide health fair. City Councilor Arianna Moore, a Counseling & Recovery Services board member, (left), give the proclamation to Sheila Cooper of Promenade Mall, Executive Director Bryan Blankenship, Ph.D., Eileen Neighbors of Promenade Mall, and Board Chair Tim Boeckman. Hundreds of people received health information and screenings from 40 vendors during the successful event.

