

Beyond the Building

Counseling & Recovery Services of Oklahoma
CAPITAL CAMPAIGN

Counseling & Recovery Services of Oklahoma is growing! We recently began our Beyond the Building capital campaign, with the goal of expanding our services and increasing our impact within the community by relocating into a newly renovated main facility. The campaign will also result in a new site for YES Tulsa, our crisis assessment center for youth and their families. These new buildings will improve the overall client experience with enhancements to safety, comfort, and confidentiality. Beyond the Building signifies that the services and help we provide to our clients goes beyond the walls of our buildings and into the community.

Thanks to the generosity of the ODMHSAS, Tulsa County, City of Tulsa ARPA funds, CRSOK has secured nearly \$2.9M to purchase and renovate our Youth Evaluation Service (YES) Tulsa facility - a nearly 14,000 sq. ft. building, located near The CALM Center. This is an unprecedented opportunity for CRSOK to be the first 24-hour youth crisis service center in the Tulsa area. The Beyond the Building campaign will fund the redevelopment and renovation of this building for the permanent operating facility.

CRSOK is purchasing a 68,000 sq. ft. building located at 71st and Riverside and renovating the facility to accommodate additional clients, increase and enhance on-site client treatment and wellness programs and services.

For more information about our Capital Campaign and how you can contribute and/or get involved, please contact:
Lindsay DeWeese,
Resource Development Director
918.392.5609
ldeweese@crsok.org

Honorary Chairs:
Julie and Jerry Gustafson

Chair:
Deneisha Johnson

YOUR GIFT ALLOWS US TO CREATE:

- **A safe and inviting space** that personifies our commitment to the values of Sanctuary to promote healing and wellness
- **A dedicated team of professional clinicians for veterans needs**
- **Open healing spaces** in highly visible and accessible area so we can elevate the quality of our services and **increase the number of clients served**
- **A larger, more accessible pharmacy** that improves capacity for consultation with pharmacists
- **Collaborative workspaces** that will improve client outcomes by supporting the clinical team model approach to care

Board of Directors

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The January Collective

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Career Development Partners

Board Member Spotlight



Matt Christensen

QuikTrip

Matt is a father of two incredible girls. His remarkable partner and wife is a volleyball coach for the Wave Club Team and Carver Middle School. They have two cats and a dog. They have all lived in Tulsa for most, if not all their lives.

Matt is currently employed by QuikTrip as in-house counsel. Prior to joining QuikTrip, he was in private practice at a law firm in Downtown Tulsa, which he joined right out of the University of Kansas Law School. He attended the University of Tulsa for his undergraduate degree in History. Prior to attending TU, he served in the Marine Corps, and grew up in Springfield, Missouri.

Matt loves all that Tulsa has to offer - art, music, history, dining, and community. He reads when he gets the chance and keeps his eyes open. He enjoys early morning and late evening walks around the neighborhood. His favorite new past time is swimming with his kids.

Matt is excited to be a part of the Counseling and Recovery Services team. He has had personal experience with mental health and substance abuse issues in his life. He believes the stigma around mental health and substance abuse is real and often prevents people from seeking the help they need or sharing their experiences for fear of judgment. He is grateful for the opportunity to serve on the CRSOK Board and further the mission of the organization and he is hopeful for what the future holds.

Shelley Denny

Cherokee Nation Business



For Shelley, finding and accepting help was something she had to learn the hard way. For many years she didn't understand the importance of mental health for herself or even for others. Then one day, it reared its head in her life, and she needed help. She didn't know where to turn, but as a proud member of the Cherokee Nation she was fortunate enough to find help through tribal resources.

Shelley considered herself lucky and, as time went on, she saw others close to her that did not have the same good fortune. She is now proud to be a part of an organization that can help those in need find and receive help. This is why her heart has landed with Counseling and Recovery Services of Oklahoma.

Shelley feels she now serves both her community, as a member of the CRSOK Board, and the Cherokee Nation as a team member at Cherokee Nation Business. She has worked for the Nation since 2015 and the mission to give back is important to her.

Shelley has a history of volunteering in the Tulsa community serving in a wide array of roles from Chairing the Waltz on the Wildside for the Tulsa Zoo, and volunteering for Hillcrest, The University of Tulsa, and The American Heart Association. Shelley believes that being civically active is where she fits in. She feels blessed to have the opportunity to give back to Tulsa yet again.

Advocacy & Collaboration

Oklahoma's 988 License Plate

Oklahoma is the first state to feature the national 988 Suicide & Crisis Lifeline on a state license plate. You can order the plate now for \$40 and \$25 goes to fund suicide prevention efforts coordinated by the Alliance of Mental Health Providers of Oklahoma in partnership with Oklahoma Department of Mental Health and Substance Abuse Services.



YES Tulsa Community Collaborations

Our YES Tulsa Director Solmaz Bulut and Outreach Coordinator Mathew Burnett have been busy giving tours of the 24/7 youth urgent crisis center to OU Health Sciences Center and Oklahoma Autism Network staff as well as the Tulsa Police Crime Victim Services. We are continuing to build partnerships and connect resources so we can truly support the youth in our community.



Client Success Stories



Our Employment Placement Program staff have been busy helping our clients find jobs and here are a few we've placed recently. William is on the janitorial staff at BOK, Maria works at Supportive Community Lifestyles as a Group Home Assistant Manager, and Christopher and Rise are drivers for ADESA Auto Auction. We offer this program through funds provided by the Oklahoma Department of Mental Health & Substance Abuse Services ODMHSAS. Any client that has a desire to work is eligible for the program and it is very flexible, customized and client driven.

Annual Employee Awards



Administrative Support



Human Resources Director, Frank Jeffries presented the Administrative Support Employee of the Year Award to Amy Eatherton, Human Resources Specialist.



Program Director



Clinical Director, Andre Campbell presented the Program Director of the Year Award to both Solmaz Bulut, Program Director for YES Tulsa and Miranda Warren, Program Director for the Medication Clinic.



Sanctuary Employee



Senior Accountant, Shadow McGrady presented the Sanctuary Employee of the Year Award to Patti Thompson, Controller.



YES Tulsa



YES Tulsa Program Director, Solmaz Bulut presented Life Skills Coach, Lizette Sanchez with the YES Tulsa Employee of the Year Award.



Sanctuary Core Team



Peer Recovery Support Specialist, Barbara Richardson presented Sanctuary Core Team Member of the Year Award to Lindsay DeWeese, Resource Development Director.



Medication Mgmt.



Medical Director, Miranda Warren presented the Medication Management Employee of the Year Award to Miranda Hamilton, Physician Assistant.



Intake & Engagement



Outpatient Children Services Program Director, Sara Mahan presented the Intake and Engagement Employee of the Year Award to Therapist, Monica Smith.



Adult Services



Program Director, Sarah Phillips and Kelsey Krohner, Integrated Care Team Manager presented Outpatient Adult Services Employee of the Year Award to Case Manager, Amie Grierson.



CALM Center



CALM Center Director, Matthew Crum presented the CALM Center Employee of the Year Award to Office Specialist, Nicole Jenkins.

Annual Employee Awards



Agency Impact



Executive Director, Bryan Blankenship presented Impact Employee of Year Award to Matthew Burnett, YES Tulsa Outreach & Discharge Coordinator.



Administrative Support



Operations Director, Cameron Baghestani presented Employee of Year Award to IT Technician, Jake Burnett.



Sand Springs



Sand Springs Program Director, Richard Failla presented the Sand Springs Employee of Year Award to Beth Monk, Medication Clinic Coordinator.



Childrens Services



Outpatient Children Services Program Director, Sara Mahan presented the Childrens Services Employee of the Year Award to Lyndsey Rodriguez, School-Based Family Support Provider.

BOARD LEADERSHIP ANNOUNCED

Our Board of Directors elected our Board Chair Deneisha Johnson (for her second term) and Vice Chair Angela Dotson in their September Board meeting. We are so fortunate to have such a committed group guiding us!

CELEBRATING SUCCESSES



Deneisha Johnson

CHAIR / The January
Collective



Angela Dotson

VICE CHAIR / University
of Tulsa

BOARD SPOTLIGHT



Testimonials

“

The staff here is always kind and efficient in their work. I never feel judged and I ALWAYS feel like my needs are valued. Thank you CRSOK!!! - Current Client

”

“

"Witnessing firsthand the depth of care and dedication the CALM Center provides to youth in crisis is an experience our family will forever carry in our hearts. Your team's unwavering commitment to the well-being of the children you serve, along with the exemplary approach to immediate support, assessment, and stabilization has left an indelible impression." - Parent

”

“

My family and I want to extend our deepest admiration for the remarkable work you do. You have truly transformed our lives and for that, we are immeasurably grateful. Keep doing what you're doing because it's making a huge difference in the lives of so many." - Parent

”

Community Activities

YMCA Community Health Assessment

Our staff were on hand at the YMCA Tulsa's Community Health Assessment Day (CHAD). This event is free to the public, offers a variety of FREE health assessments and screenings and included more than 10 other community partners.



Oklahoma Alliance for Recovery Residences Conference

We were a part of the 2023 OKARR (Oklahoma Alliance for Recovery Residences) Summit. There were several vendors and many professionals in attendance earning their Peer Recovery Support Specialist Continuing Education credits while learning from their incredible guest speakers!

Tough as a Mother Program

Our staff attended the launch of a new state-wide program funded by the Oklahoma Department of Mental Health and Substance Abuse Services ODMHSAS called Tough as a Mother.

The support program is for pregnant women and mothers that may be using alcohol, marijuana and/or other drugs to cope with stress or trauma. Our counselors educate these women about the possibilities and opportunities of a life free from coping through substance use, and works with them to design a treatment plan that meets them where they are, while meeting their family's needs too.

Many people do not understand why or how someone, especially a mother, becomes dependent on drugs and alcohol. They might assume that a mother's love for her children should be enough for her to stop using drugs. They don't understand that substance use disorder is a disease. In reality, quitting takes way more than good intentions or a strong will—it takes the right medical treatment and therapeutic support. Through this program, we offer just that.



Grants & Donations



Thank you to Cox Communications for selecting The CALM Center to receive such a generous Cox Charities Community Investment Grant! This \$10,000 donation will help us continue building better lives for youth ages 10 - 17 who stay with us!

Employee Appreciation

Hot summer heat calls for cold ice cream treats! Our staff at all locations got a visit from Bailey's Mobile Ice Cream truck several times this past summer! We all scream for ice cream!





Call or
Walk-in

Urgent YOUTH Crisis Care

- Suicidal Thoughts?
- Severe Depression?
- Overwhelming Anxiety?

Ages
5 - 17

918.779.HELP
9912 East 21st St.

*Immediate evaluation, stabilization,
and referral, as needed.

A Partnership between:



OKLAHOMA
Mental Health &
Substance Abuse

Counseling & Recovery
SERVICES OF OKLAHOMA
Certified Sanctuary Community

CALM Center

COUNSELING & RECOVERY SERVICES OF OK
Certified Sanctuary Community

7-Day Inpatient Youth Crisis to Control

- Identify and overcome trauma
- Explore strengths to deal with issues
- Put emotions into perspective
- Learn life management and coping skills

Ages
10 - 17

918.394.2256
6126 E. 32nd Pl.

Around
the Clock
Crisis Care

Treatment by Board Certified Physicians,
Nurses, Life Skills Coaches and Therapists.

A Partnership between:



OKLAHOMA
Mental Health &
Substance Abuse

Counseling & Recovery
SERVICES OF OKLAHOMA
Certified Sanctuary Community

Give the gift **THAT KEEPS ON GIVING!**

Counseling & Recovery 
SERVICES OF OKLAHOMA
Certified Sanctuary Community

LINDSAY DEWEESE

(918) 392-5809

ldeweese@crsok.org



During this wonderful holiday season we often reflect on those who have added so much value to our livelihoods and those we care for most! Give the ultimate gift to your loved ones and the causes you most passionately support by making a legacy gift that will ***last for generations to come.***

Take the steps today to give the gift that keeps on giving and delivers peace of mind to you and your loved ones. Contact our Planned Giving Office at **(918) 491-0079** to find out how to get started this holiday season.

As a friend of our organization - these services are offered to you at no cost!

Giving Tuesday & Year End Fundraising!



GI♥ING

*our clients
more*

TUESDAYS

November 28, 2023

Counseling & Recovery 

SERVICES OF OKLAHOMA

Certified Sanctuary Community

We are building better lives for our clients and their families everyday. Our doors are open and our services are inclusive and accessible to all. We offer comprehensive behavioral health, physical wellness, substance use and crisis services, which give our clients more hope and more dignity. We are giving our clients compassionate care and improved quality of life so they get to enjoy more life.

Please consider donating to us this Giving Tuesday so that we can continue giving our clients happier tomorrows.



GI♥ING

*our clients
more*

DIGNITY



GI♥ING

*our clients
more*

BIRTHDAYS



GI♥ING

*our clients
more*

HOPE



Click here to play our
TV Commercial!



OKLAHOMA
Mental Health &
Substance Abuse

'TIS THE SEASON
TO GIVE!



ADOPT A CHILD OR FAMILY IN NEED AND
HELP US MAKE THEIR HOLIDAY BRIGHTER