



# Everyone Has a History of Trauma...

Let's explore  
what ***happened***  
to you.

**Counseling & Recovery**   
SERVICES OF OKLAHOMA 

Certified Sanctuary Community



# A Sanctuary Community

Internationally certified trauma-informed model of care that provides a safe, healing environment to identify, learn and manage recovery.

## THE 7 SANCTUARY COMMITMENTS:

THE WAY WE PROVIDE, CARE AND INTERACT WITH EACH OTHER.

Emotional Intelligence - Managing feelings so you don't hurt yourself or others.

Social Responsibility - Agreeing to take care of yourself and others.

Social Learning - Respecting and sharing ideas and learning from each other.

Democracy - Everyone has a voice in decision making with input from all levels.

Nonviolence - Physical, emotional, moral and social safety for yourself and others.

Open Communication - Say what you mean and do not be mean when you say it.

Growth & Change - Overcome negative patterns produced by trauma and create hope for a better future.

# Building Better Lives

Integrating physical wellness and crisis management services into our existing care model allows us to focus on the whole person – you!

Our comprehensive care coordination ensures client access as well as promoting their successful and sustainable overall health.

We are measured based on our clients' positive and improved health. We must meet stringent federal criteria regarding access, quality reporting, staffing, coordination with social services, criminal justice, and education systems.

Our wide array of services and support are inclusive and accessible to all. Every client's care plan is unique to their physical, behavioral, and community support needs.



Counseling and Recovery Services of Oklahoma (CRSOK) has now expanded to provide both physical and mental health services for all ages.



## MENTAL/ BEHAVIORAL HEALTH

- Office-based individual and group therapy
- School-based therapy\*
- Community-based services

*\*contracted schools only*



## PRIMARY PHYSICAL HEALTH

- In-house lab testing and screening
- Monitor and manage positive health outcomes
- Connection to primary and specialty care partners



## CRISIS

- The CALM Center 7-day youth inpatient crisis stabilization
- YES Tulsa 24/7 youth crisis evaluation center
- 24/7 client crisis line



## IN-HOUSE PHARMACY

- Immediate access to a prescriber
- Prescription pick-up and delivery
- Medication assistance treatment programs



## JOB PLACEMENT

- Resume development
- Interview coaching
- Local employer connections



## HOUSING

- Transitional support groups
- Placement services
- Income-adjusted rent costs



Improving  
Behavioral Health  
and Wellness for  
Adults and Children

**MISSION STATEMENT:**

Building better lives and promoting personal dignity in our community through integrated wellness, behavioral health and substance abuse services **inclusive and accessible to all.**

**We are here for you.**

**YALE OFFICE**

7010 South Yale, Suite 215  
Tulsa, OK 74136  
918.492.2554

**THE CALM CENTER  
(CHILD & ADOLESCENT LIFE  
MANAGEMENT)**

6126 E. 32nd Place  
Tulsa, OK 74135  
918.394.CALM (2256)

**SAND SPRINGS OFFICE**

401 East Broadway Court, Suite E  
Sand Springs, OK 74063  
918.245.5565

**YES TULSA  
(YOUTH EVALUATION  
SERVICES)**

6106 E. 32nd Place  
Tulsa, OK 74135  
918.779.HELP (4357)

**Counseling & Recovery**  
SERVICES OF OKLAHOMA

Certified Sanctuary Community

 CRSOK

 crsoktulsa

 CRSOKtulsa

**CRSOK.ORG**