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Administrative Office Hours

Temporary Change Due to Covid-19

Mondays – Fridays
9:30am – 4:30pm

Weekends by appointment



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Ugh... Change

by Cody Shoemaker, MSC, NCGC-2, LADC/MH

Change. Yes, I said the word. I can hear you grumbling now. Change is one of those things that no one wants to do; yet we all need to do it from time to time. I think that sometimes we get in our own way of becoming better individuals because we have limited desires to change.

Some people are interested in blaming others for the problems that they experience in life. It is often difficult to take responsibility for our own actions; but it is also challenging to recognize good counsel as well.

There is a great quote that comes to mind. Roy Bennett said, "Change your attitude and you change your life. You cannot control what happens to you in your life, but you can always control how you respond to it. The way you choose to respond is a reflection of your attitude. By changing your attitude, you also change your perspective and change your life." This quote has some powerful thoughts concerning change.

1. The attitude that we have influences how we perceive the intentions, actions, statements, etc. of other people.
2. We are all in the same ocean. Sometimes it is smooth sailing. Other times, the water can be quite turbulent. Although some of us try, we are not able to fully control our surroundings. Things are going to happen to us, around us, in spite of us, and because of us. It is the way we respond to our situations that makes the difference.
3. Our responses exhibit the inward signs of our character. Did you ever hear the story about the boiling pot of water? You can put an egg and a carrot in the same pot. One will harden and the other will soften. It just depends on the makeup of the item.

4. When we face complicated situations, we sometimes have to make tough decisions. These decisions are influenced by the experiences that we have gone through in our lives. The situations themselves are not necessarily causing stress. It is our thoughts. The good news is that we can change our thoughts right now. Peace has nothing to do with other people. It is our choice.

To summarize Carlton Pearson, thoughts are powerful, creative, and inventive. Somehow, we become what we believe. What we think about we eventually bring about, whether because of fear or faith.

In 1972, the United Negro College Fund used the quote "A mind is a terrible thing to waste." One of the purposes was to get people to think about the importance of education. I think it applies here in that we can identify the value, virtue, and power of thought.

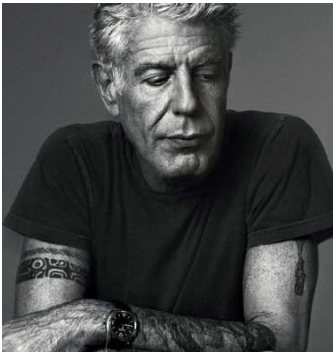
I have a few questions for you. Do you have a big plan that you are excited about? Do you have a vision for your future? Are there things that you struggle with on a daily basis? Have you changed your mind lately? When is the last time you had a thought that changed your life? No matter what your answers are to these questions, we must grow. Growth does not equal change; but I do believe that it accompanies change. If there is power in our thoughts and words, why do we choose to hold ourselves back? We deserve better. How do we get there though? If you want to "change for the better," start with your thoughts. Cognitive Behavioral Therapy (CBT) backs up this idea. If we change our thoughts, behaviors will soon follow. Once the thoughts and behaviors have changed, an entirely different outcome will manifest. My suggestion is start slowly but start now. Make some small changes but watch how they produce positive results.

Mental Health in the Service Industry

Guest Writer: Penny Del Rio

The picture that the general public has about the hospitality industry is very different than the one given from the T.V. The hours are long, on top of your feet. There is pressure to work until everything is done. This combination often pushes them into depression, anxiety, or substance abuse.

The Wall Street Journal made a video after the death of Anthony Bourdain, where chefs talk about mental health in the industry.



“Anthony Bourdain’s struggle with substance abuse was something he talked about

openly. But his battle with depression went almost completely undiscussed. And if someone so successful could take his life, what did that mean for the average chef or line cook who faced many of the same struggles Bourdain did at the beginning of his career?”

Language and behavior that would not be tolerated in a traditional

office setting are often thought of as second nature in the restaurant business. And as long as it does not disrupt service, it is considered totally fine. Unfortunately, this causes a potential for emotional and even physical abuse at times.

After the death of Mr. Bourdain several resources were developed to help with this problem.

- **Chef’s with Issues:** Started by Kat Kinsman, the organization acts as a support outlet and resource center for restaurant workers suffering from depression or substance abuse.

- **Ben’s Friends:** This online support group, founded in honor of Charleston chef Ben Murray, was created as a safe haven and support group for restaurant professionals who suffer from addiction and substance abuse.

- **Local Community Organizations:** Organizations like Big Table in Washington State and the Giving Kitchen in Atlanta, Georgia are also available to help professionals access resources for mental health in the restaurant industry on a local level.

People in the hospitality industry are encouraged to reach out for both mutual support and professional help. Each worker is important. Everyone needs an outlet. People should have someone that can support them in difficult times.



Penny Mitchell
4/25

Services Available

We currently offer individual, couples, family, and group sessions.

Our staff members provide trauma-informed services both in the office and in various confidential settings within the community.

We have staff who speak English, Spanish, and Vietnamese.

We offer urine testing, ADSAC assessments, pre-marital counseling, and the co-parenting course for those getting a divorce.

Please call the office to schedule an appointment.

Services Spotlight of the Month



Community Outreach

Outreach allows us the opportunity to share our mission, vision, and activities with various groups in the surrounding communities.

We can provide the following services:

- ✓ Encourage conversations concerning recovery and addiction
- ✓ Participate in local events
- ✓ Organize meet and greets
- ✓ Partner with community organizations
- ✓ Participate in community service projects
- ✓ Host events, trainings, and seminars
- ✓ Create mutually beneficial opportunities

Contact us to schedule your event.

Physical Distancing

by Albert Rios, MA, LADC/MH

By now you are either reading this from your own quarantine kingdom or you have been deemed "essential" and are at work.

When 2020 was kicking off, everything seemed like it was the year to accomplish new goals; however, that quickly came to a halt when reports of an overseas zoonotic virus began to emerge.

COVID-19 has quickly usurped millions of our lives and social connectivity. It doesn't help that social media threads are flooded with horrific stats, misinformation, and all sorts of wild theories. I'm not going to try to decode what's right and wrong, but I want to address social distancing.

The issue I have with the concept and message that social distancing sends appears to be one where it is encouraged to not socialize. This is false! You can still find creative and innovative ways to stay connected. We are in the age where social media dictates our lives; so why not take advantage of that. We definitely need to practice physical distancing and stay 6 feet apart, wear a mask when appropriate, not go out if not necessary, and always practice great hygiene.

This is all we can do at this point, but you don't have to sacrifice relationships. Call your friends, video chat them, do virtual meet ups, virtual dates, or simply pick up and call your friends/ loved ones.

Take this time to learn a new hobby, self-care, or rest your body and mind. Many of us don't ever slow down and indulge in these activities. We are relearning what it means to be alone and how to navigate through a trying time.

Mental health is suffering at a high time currently because that element of not being around others paired with loneliness can

work a number on you. This is why it is important to reach out to friends and stay connected. Many businesses are going online to provide services, experiences, performances, and even movies to make them more easily available to all.

Whichever your experience is please know you can always reach out; you are not alone. We will get through this together. The more we practice physical distancing the quicker we can get our lives back. If you get bored, you could always binge watch the Tiger King and Carole Baskin to escape from this madness by watching another world of madness.



2020 Schedule of Office Closures

Please be aware that the offices will be closed for the following holidays:

May 25
Memorial Day
Closed all day

July 3-4
Independence Day
Closed all day

September 7
Labor Day
Closed all day

October 12
Indigenous Peoples Day
Closed all day

November 11
Veteran's Day
Closed all day

November 26-27
Thanksgiving
Closed all day

December 24
Christmas Eve
Closed at Noon

December 25
Christmas
Closed all day

In the event of inclement weather, our offices follow the delay/closure policy for Mid-Del Public Schools.



Lemon Carlota

Ingredients

- Juice from 5 Lemons
- 1 Can of Evaporated Milk 12 oz
- 1 Can of Sweetened Condensed Milk 14 oz
- 2 Packages of Marias cookies.



Instructions

1. Blend the two types of milk together with the lemon juice and set aside.
2. In an 8x8 glass baking dish, put one layer of cookies along the bottom, covering the entire bottom of the pan.
3. Cover the first layer with part of the sweet sauce
4. Repeat until the cookies are gone, finishing with a final layer of sweet sauce.
5. Freeze for at least 2 hours and serve!

Professional Development

Children's Behavioral Health Conference
May 20-22
Embassy Suites

Trauma Informed Criminal Justice Conference
June 4
ODMHSAS

Upcoming Community Events

Norman Addicted - A Discussion of Generational Trauma of Substance Abuse in Our Community: What Is It & How Can We Help?
May 20
6:30pm - 8:30pm
Norman Regional Education Ctr
901 N. Porter Ave. | Norman
Free

Staff Spotlight

Maritza Rivera, CM II

Case Manager

- Born in Puerto Rico and raised in New York City
- Married 41 years
- Has 3 children and 4 grandchildren
- Has a chihuahua named Diamond
- Favorite color is red
- Loves to talk to God, take nature walks, read books, and watch the sun rise with a huge cup of coffee

