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Administrative Office Hours

Mondays – Thursdays
9:30am – 6:00pm

Fridays
10:30am – 4:30pm

Weekends by appointment



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Emotional Wound Care

adapted from Farouk Radwan, MSC and Sharon Martin, LCSW

Have you ever tried to use water to clean a fresh wound? If so, you might have experienced some pain.

When we develop a wound, we can become overly sensitive to factors that never bothered us before.

The same goes for emotional wounds. What if you have some emotional wounds that are making you overly sensitive to factors that other people don't even notice?

All of these small things that are bothering you may be harmless on their own; but they hurt you because they touch your wounds just like the water did.

Things that others usually don't pay attention to may prevent you from sleeping just because you have some wounds that haven't healed.

The more wounds you have, the more you'll find that small things bother you and you will eventually become overly sensitive to every critical comment even if the other person didn't really mean to offend you.

The more wounds you have, the less happy you will feel because something will touch your wound and make you feel bad.

Some people think that they can heal their wounds by forgetting about them or by keeping themselves busy; however, this strategy always works against them.

Before you can heal any of these wounds you should first identify the reason behind that wound. Don't be passive; but seek your answers and trace your wounds to their origin.

If critical comments bother you, then don't just stay like that.

If you tried to escape or forget about these wounds,

they aren't going to leave you alone; but they will remind you of their existence with each rejection, critical comment or whenever you get dumped or ignored.

There are a few things that you can do to help care for your wounds.

1. Take baby steps.
2. Remember that you don't have to heal 100% to improve the quality of your life.
3. Be patient and persistent.
4. Set realistic expectations.
5. View setbacks as part of the process and learning opportunities.
6. Prioritize self-care and self-compassion.
7. Be willing to process your feelings about the past.
8. Ask for help.

A Journey of Forgiveness

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

Years ago, I went through a horrible incident. I lost most everything that I had worked so diligently to gain. I was a part of the leadership in a thriving ministry. I had enough income to consider myself stable. I lived in a beautiful home. I had reliable transportation. I had more than enough loving friends. I had support all around me. In the blink of an eye, it was all gone.

Everything that I had worked for was gone in the matter of days. People shunned me. They removed me from my home, church, job, friendships, etc. I found out that my close mentors had turned away from me. They wanted nothing to do with me. They ran my name through the mud; pulled it out; let it dry; then did it again. Everything kept getting worse. I had bucked the system. I messed up. I had done the unthinkable in some people's views. It was all gone.

One day, the decision was made for me. I had to pick up, move, and start over again. My new environment was hours away from family. I was hundreds of miles away from what was home. But it was the place I needed to go. I didn't like it; I didn't want it; but I needed it.

Most of the people in my life that I thought were important left me behind. I experienced significant depression with thoughts of suicide. I delved into a deep funk. But those who truly loved and cared for me opened a door. I was given a new opportunity. I had a new place to stay. I had new support in my life. I was given encouragement.

I was fed, literally force-fed some days. I was nourished spiritually. I found my feet again. It led to a new job. You see, it was that horrific experience of my past that helped me become who I am today. If I would not have gone through that experience, I may never have gone into the substance abuse field. I may never have worked to get my master's degree. I may never have worked with the amazing people that I am so thankful to have had in my life. New mentors came. I saw people who I came to respect.



As great as all this change was, I was still angry. For years I was hurt. Every time I heard about someone from my past, I thought about what happened. I stayed in perpetual turmoil because I was angry with myself. I was angry with them. I was angry with God. I became fearful at times. I developed anxiety like I never had before. I required perfection in my life and those around me. There were times when the gossip would come and I would hear things about those from my past. I heard about how some of the people involved in my former life had been arrested, gone into bankruptcy, divorced, etc. At first my thought was "See there, God doesn't like ugly." "Karma is a cruel mistress." "You shouldn't have said those things about me; now

it is coming back to bite you." And much worse. Something broke or maybe something was broken. Who knows?

Over time, things have gotten better. I don't focus on what people say about me. I wonder what they think; then I remind myself, it is none of my business what their opinion of me is. I do the best I can. I keep going. I still experience anxiety sometimes. I still feel lonely at times. I still hurt some days. But overall, I am much healthier than I was. It all began with forgiveness. Yes, I had to forgive those who hurt me. I had to deal with the pain of what I know people said about me. I had to grieve friendships that were lost. I even had to accept the apologies that never came.

The most difficult piece to my journey was forgiving myself. Learning to let go of the guilt and shame that was a part of my life was beyond difficult. I never forgot the incidents. The memories are still present at times. It was never a sign of weakness. In fact, it took great courage. When the bitterness in my life left, I once again recognized how sweet tasting life really is.

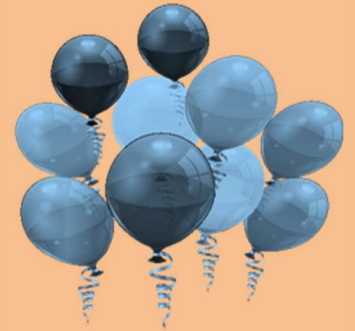
In recovery, we talk about taking responsibility and owning up to our mistakes. We must reflect on the lessons that we have learned on our journey. It is amazing to know that I am not the only one who has ever made a life-changing mistake.

Forgiveness is by no means easy. It certainly doesn't happen overnight either. But it is well worth the trouble. We have to make the effort... Especially when we were the ones responsible.

Happy Birthday!

Star Howell
2/5

Victoria Whatley
2/24



Happy Employment Anniversary!

Bobbie Hill
2/1/2019

The Trauma Experience

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

Many of us experienced some "pretty hairy things" when we were growing up. Some people had a wonderful support system and were able to address them appropriately. This led to growth and progress. Unfortunately, many people did not share those same positive experiences. They were not able to process the events, talk about things, get help, etc. And now as adults they are forced to deal with the trauma they experienced. This is often-times uncomfortable. Sometimes, we just hide things because that is easier than dealing with them. We even do this unconsciously in order to protect ourselves at times. But it is important to deal with these issues so that we can finally heal.

One of the screening tools that we use in our office is called the Adverse Childhood Experiences (ACE). This instrument looks at identifying experiences in any of the following categories of abuse, neglect, or loss prior to age 18:

- Physical abuse by a parent
- Emotional abuse by a parent
- Sexual abuse by anyone
- Growing up with an alcohol and/or drug abuser in the household
- Experiencing the incarceration of a household member
- Living with a family member experiencing mental illness
- Domestic violence
- Loss of a parent
- Emotional neglect
- Physical neglect

Beginning in 1994, the "adverse childhood experiences" (ACE) Study

assessed the relationship between adult health risk behaviors and childhood abuse and household dysfunction.

Findings showed that people who experienced four or more adverse childhood events had

- increased risk for smoking, alcoholism and drug abuse
- increased risk for depression and suicide attempts
- poor self-rated health
- 50 or more sexual partners
- greater likelihood of sexually transmitted disease
- challenges with physical inactivity, and severe obesity

Additional findings showed that ACE Score is associated with

- likelihood of attempted suicide across the lifespan
- increased risk for broken bones
- heart disease
- lung disease
- liver disease
- multiple types of cancer

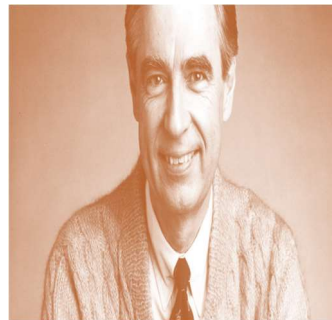
ACE Score is also correlated with

- impaired job functioning
- homelessness
- criminal justice involvement

We see addiction and mental health problems daily in our office. These go hand-in-hand for the majority of the people who walk through our doors. If you try to find the common denominator, you don't actually have to look that hard. It is trauma. Those traumatic events that you experienced

as a child (and what you did in response to them) played a role in becoming who you are today. Now don't get me wrong. I am not saying that trauma gives you free reign to blame everyone in your life for everything. But we must look at it in a respectful manner. We must admit that there is correlation, if not cause for much of what we go through. With that being said, we must also acknowledge that it is our responsibility to address it appropriately. We simply cannot grieve and heal the things of today if we do not go back to where it all started.

You must start somewhere. Identify your ACE Score. Look at those categories. How did they impact your life back then? What hold do they have currently? Trauma Informed Care is a necessity when you are trying to heal. Reach out to those who know and care. It may not be easy to do; but it is worth it.



To quote Mr. Fred Rogers, "Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we are not alone."

For more information concerning the ACE, please visit the following website <http://www.aceresponse.org/>

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.



Professional Development

Effective Treatment Approaches for Opioid Users
February (Ongoing)
Life Recovery Services

Trauma Informed Criminal Justice Conference
February 19
ODMHSAS

Intro to MI Training
March 12-13
ODMHSAS

ODAPCA Spring Conference
April 2-3
NCED Conference Ctr

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

Trauma Informed Criminal Justice Conference
June 4
ODMHSAS

Upcoming Community Events

Women of Color Art Showcase
February 22
6:00pm – 10:00pm
Heart Studios
1605 E. 2nd St. | Edmond
\$10.00

A Day of Love and Logic
February 27
8:30am – 2:30pm
Reed Conference Ctr
5750 Will Rogers Rd. | MWC
\$99.00

Cream Cheese Swirl Brownies

Ingredients

- 3 large eggs, divided use
- 6 tablespoons reduced-fat butter, softened
- 1 cup sugar, divided
- 3 teaspoons vanilla extract
- 1/2 cup all-purpose flour
- 1/4 cup baking cocoa
- 1 package (8 ounces) reduced-fat cream cheese



Directions

- Preheat oven to 350°. Separate two eggs, putting each white in a separate bowl (discard yolks or save for another use); set aside. In a small bowl, beat butter and 3/4 cup sugar until crumbly. Beat in the whole egg, one egg white and vanilla until well combined. Combine flour and cocoa; gradually add to egg mixture until blended. Pour into a 9-in. square baking pan coated with cooking spray; set aside.
- In a small bowl, beat cream cheese and remaining sugar until smooth. Beat in the second egg white. Drop by rounded tablespoonfuls over the batter; cut through batter with a knife to swirl.
- Bake 25-30 minutes or until set and edges pull away from sides of pan. Cool on a wire rack.

Staff Spotlight

Alonzo Talton, MS, LADC Candidate Therapist

- Favorite Color is Purple
- Graduate of Grand Canyon University
- The biggest Raiders football fan in Oklahoma
- Originally from the Bay Area in Northern California



Current Schedule

Appointments are generally scheduled Monday through Friday from 9:30am – 6:00pm. Early morning, evening, and weekend appointments are available upon request as staff schedules permit. No appointments are needed on Tuesdays from 9:30am – 3:30pm.

Mondays:

12:00pm – 1:00pm
1:00pm – 2:00pm

Coping Skills
Parenting

Tuesdays:

2:00pm – 3:00pm
3:00pm – 4:00pm
4:00pm – 5:00pm

Cognitive
Substance Abuse
Domestic Violence

Wednesdays:

11:00am – 12:00pm
12:00pm – 1:00pm
3:00pm – 4:00pm
4:00pm – 5:00pm

Substance Abuse
Cognitive
Anger Management
Recovery Support

Thursdays:

10:00am – 11:00am
11:00am – 12:00pm
3:00pm – 4:00pm
4:00pm – 5:00pm
5:00pm – 6:00pm
6:00pm – 7:00pm
7:00pm – 8:00pm

Cognitive
Substance Abuse
Parenting
Cognitive
Substance Abuse
Parenting
Anger Management

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 or visit us on Tuesdays from 9:30am – 3:30pm for walk-ins.

Services Spotlight of the Month

TRAUMA INFORMED CARE

By implementing a trauma-informed approach, both staff and clients work together in a framework of wellness that produces improved outcomes.

Trauma-informed care shifts the focus from “What’s wrong with you?” to “What happened to you?”

Trauma-informed care seeks to:

- Realize the widespread impact of trauma and understand paths for recovery;
- Recognize the signs and symptoms of trauma in patients, families, and staff;
- Integrate knowledge about trauma into policies, procedures, and practices; and
- Actively avoid re-traumatization.

