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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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Spirituality

by Kirsten Lee, LPC Candidate

What is spirituality and why is it so important to the mental health and substance abuse field? After all, spirituality is not something we can actually see, but it is something we can feel. In general, spirituality is a sense of feeling connected to something bigger than ourselves and involves a search for meaning and purpose in life. Often times when we think of spirituality, we think of religion. I like to think of religion as the vehicle that gets you to spirituality. Religion encourages you to think and live beyond your current existence. Which brings us back to feeling connected or at least acknowledging that there is more to life than us.

When I began doing rehabilitation therapy with clients, I was thrilled about the fact that the curriculum I was using addressed spirituality. I personally would find it impossible to

work in this field without a strong spiritual background because I know that without it, I could not handle all of the problems, circumstances and what appear to be impossible situations clients present to me on a daily basis. When you believe in a power greater than yourself, it takes a huge load off your shoulders. You realize that you do not have all the answers, and the real beauty of it is you don't have to.

My own spirituality has helped me through the devastating loss of my husband. I was forced to dig deep and search hard for reasons to go on. I had to find purpose and meaning in life. Refusing to waste my pain on feeling sorry for myself, I turned it into purpose. I wrote my book, *The Widow's Guide But Not For Widows Only*, in order to help those who are grieving to understand the grieving process from a biblical and mental health perspective.

Outside of the fact that spirituality gives us a sense of relief and purpose, there are also tangible benefits. Studies have shown that people who engage in weekly church attendance live longer, have lower blood pressure and have fewer depressive symptoms. A 2017 study published in *PLOS One*, found that more frequent churchgoers (more than once a week) had a 55 percent reduction in mortality compared with non-churchgoers. (How Church May Boost Mental Health, by Cheryl Platzman Weinstock, AARP, September 9, 2019)

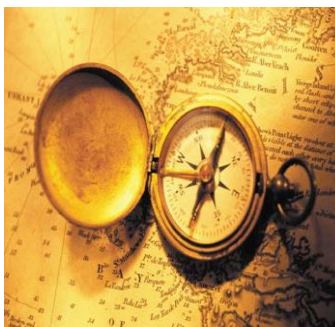
In essence, including spirituality in mental health and substance abuse treatment is just like the song in the movie *Mary Poppins*, "A spoon full of sugar helps the medicine go down." Adding spirituality to our lives makes life a whole lot easier to handle.

Spiritual Exploration

by Albert Rios, MA, LADC/MH

Exploring Spirituality does not mean taking a tour of all the local churches in search of the “right one”. The big “S” word can be terrifying and, in some cases, even a barrier to recovery. When I first moved to Oklahoma, people would question my spirituality. I would instantly say, “Oh I’m Catholic” like it was a rehearsed line from a script. The older I have gotten, the more in-depth I have truly explored the meaning of what spirituality looks like for me.

First and foremost, let’s just clarify that being religious is not a bad thing. Many people are religious and that works for them. Being religious implies abiding by a set of an organized group’s rules and bylaws, of which there are several religions. According to the “World Religions Geography Church Statistics” of 2015 there currently are over 4,000 religions in the world. Hence one of the reasons why we see people argue and fight over which is wrong and which is right, but that’s a whole other topic of conversation.



Spirituality is usually brought up but most often, people don’t truly understand what it means. It really focuses on the individual and the idea of serenity and a greater meaning outside oneself. But what does that still mean?

For me, it means the connection and belief that as an individual on a planet full of people and animals, I play a very important part. That part is of nourishment to this planet, these animals, and to fellow humans. I know this all can sound a little out there, but please hang on, I’m getting to a point. As inhabitants of this planet, we must respect earth and understand the bounty it provides. From the animals to each of us, we all are a part of the balance. In the Disney’s “The Lion King,” Mufasa teaches Simba about “The Circle of Life” and how we must only take what we need.

Each creature plays an important part. The bees provide honey and honey is not just bee vomit; it is bee vomit gold. Without bees, we will see full ecosystems destruct. Next time you feel stressed, angry, anxious, confused, or disconnected from the world, walk out into nature and lay in a field. Take in all the beauty from the grass, to the trees, to the sky above. Somehow all your problems don’t seem as big.

Taking it back to the human level, we need to be able to find meaning in life. Without purpose, it is hard to exist. We lean on the support of communities we create to seek healing love and support. With Spirituality, it helps contribute to improving self-esteem, optimism, and positivity.

Spirituality is one of the elements that contribute to overall wellness. Some other examples can be yoga, meditations, breathing techniques, and reflecting on oneself.

So, when I am asked about my religion, I kindly say, I am not a religious person, I am spiritual. I believe in being kind to others and practice it. I believe that the earth is a life force that is greater than all of us and provides for all of us the things we need. I continue my journey every single day exploring the different faces of my spirituality.

Whether you call it God, Earth, the doorknob, or any variation, bottom line, it is ok to explore your spirituality and really seek what speaks to you. Don’t let anyone define your path.

Congratulations!

Bobbie Hill
2019 Administrator
of the Year

Star Young
2019 Therapist
of the Year

Derrick Derksen
2019 Case Manager
of the Year



Happy Birthday!

Dr. Linda Ramer
1/18



**Happy
Employment
Anniversary!**

Eileen Whitson
1/31

I Lost My Keys

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

The causes of addiction are complex. They can be linked to a variety of reasons; but addiction often stems from a place of emptiness, dissatisfaction, or trauma. Drugs, alcohol, gambling, pornography, food, etc. provide an escape from the stressors and hardships in life. These things create an opportunity to forget problems and find a temporary solace. As people continue to engage in addictive behaviors, a disconnect begins to form. At some point, we drive away our true friends, family, and support. Additionally, we separate ourselves from the connection with our Higher Power (the God of our understanding).

When someone seeks treatment, there is a need to address all areas of life that have been affected by the addiction. Sometimes we just focus on the “stop using” part and forget about the rest. But addiction has created cracks in the addict’s life that must be repaired. If the foundation of a building has cracks, it could potentially cause unsurmountable problems. It could lead to the entire downfall of the building. It is exactly the same with our lives. If we have areas in our lives that have not been addressed, we leave ourselves open to our world crumbling as well.

Recovery gives us an opportunity to examine our beliefs and live life in a new, more meaningful way. We search for meaning and a greater purpose in life. Recovery is a spiritual journey. By participating in spiritual activities, individuals in recovery can build a solid foundation of meaning to fall back on in difficult times. Spirituality helps us to get in touch with our innermost desires. We gain a better understand of the reasons for using substances and find meaning in life.

As clinicians, we urge clients to attend some type of spiritual meeting. These vary widely including church, self-help meetings, yoga, meditation, etc. Individuals who work through the 12 Steps often have a greater understanding of a Higher Power. Regardless of what type of spiritual activities an addict gets involved in, a true spiritual journey will lead to a new way of thinking, behaving, loving, etc.



Incorporating spiritual practices and principles into the recovery process can help by

- Improving your sense of self-worth and self-esteem
- Allowing you to feel more joy and peace in daily life
- Making it easier to heal from past experiences

Think about this: Have you ever lost your keys? You know that you just had them. They couldn’t have gone far. Where did you put them? You think, “Hmm, I should retrace my steps.” That’s exactly what happens when people try to gain new ground. We push ourselves to “become more spiritual.” We begin looking for solutions that do not involve substance use and addictive behaviors. In a sense, we begin to look for our keys again. And then we look some more. And we keep looking. And then boom...there they are. Sometimes they are right where we left them. Other times, someone has moved them. Either way, once we have them back, we realize that now we are ready to travel wherever the road takes us. Our journey started as soon as we began to look for what was lost. But just because we found what we were looking for does not mean the journey is over. On the contrary, it has truly just begun.

2020 Schedule of Office Closures

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

January 1
New Year’s Day
Closed all day

January 20
Martin Luther King Jr.
Closed all day

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
January (Ongoing)
Life Recovery Services
\$30.00 / Free to Staff

Wellness Coach Training
February 5-6
9:00am - 4:30pm
OSU Tulsa
\$25.00

Trauma Informed Criminal Justice Conference
February 19
8:30am - 12:30pm
ODMHSAS
\$25.00

Upcoming Community Events

2 Friends & Junk Craft Show
January 31 - February 1
10:00am - 5:00pm
Tulsa Expo Square
\$6.00

Slow Cooker White Chicken Chili

Ingredients

- 1 1/2 to 2 pounds boneless, skinless chicken breasts
- 1 large yellow onion, diced
- 2 stalks celery, diced
- 2 (4-ounce) cans diced green chili peppers, preferably "fire-roasted", drained
- 3 cloves garlic, minced
- 2 teaspoons ground cumin
- 1 1/2 to 2 teaspoons kosher salt
- 1/2 teaspoon ground coriander
- 1/2 teaspoon dried oregano
- 1 bay leaf
- 4 cups low-sodium chicken broth
- 1 (15-ounce) can cannellini or navy beans, drained and rinsed
- 1 cup frozen corn kernels



Directions

Combine the chicken, onions, celery, green chili peppers, garlic, cumin, 1 1/2 teaspoons of the salt, coriander, oregano, and bay leaf in a 6-quart or larger slow cooker. Stir to make sure the spices coat everything. Nestle the chicken into the vegetables. Pour the chicken broth over top, covering the chicken and vegetables by an inch or so.

Cover and cook on the HIGH setting for 4 hours or the LOW setting for 6 hours.

About 30 minutes before the end of cooking, remove the lid of the slow cooker and stir in the beans and corn. Taste and add another 1/2 teaspoon of salt or other seasonings as desired. Cover and cook for the remaining time.

Transfer the chicken onto a large plate and shred it into large, bite-sized pieces with 2 forks. Stir the chicken back into the chili and remove the bay leaf.

Serve with shredded cheese, wedges of lime, chopped cilantro, hot sauce, and sour cream.

Staff Spotlight

Bobbie Hill, CM II, LADC/MH Candidate Therapist

- > Married for 18+ years
- > Has 2 sons, 2 bonus sons, 2 grandsons, 7 bonus grandsons, and 4 dogs
- > Favorite color is blue
- > Loves Mexican food (unless there is pizza)
- > Graduated with a Masters Degree in Addiction Counseling and a Bachelors Degree in Psychology from the University of Central Oklahoma
- > Favorite quote "Courage is being scared to death, but saddling up anyway." (John Wayne)



Current Schedule

Appointments are generally scheduled Monday through Friday from 9:30pm – 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.

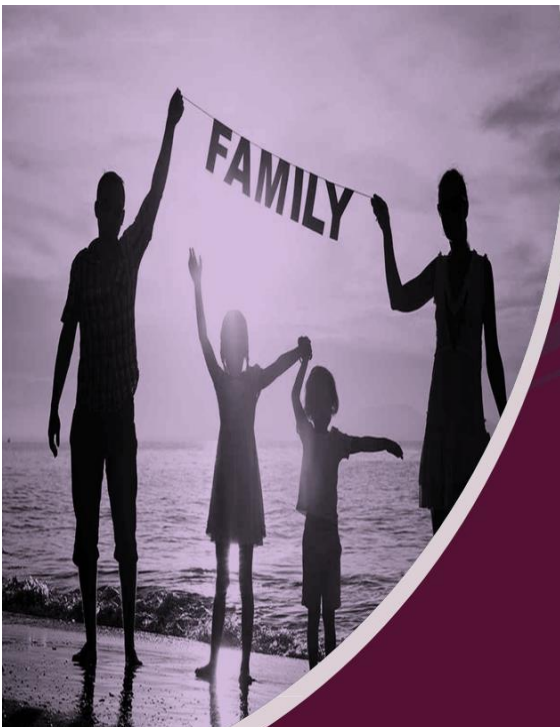
Our staff members provide trauma-informed services both in the office and in various confidential settings within the community.

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



Family counseling is designed to address specific issues that affect the psychological health of the family, such as major life transitions or mental health conditions.

It can be effective in treating concerns that impact the whole family, such as depression, substance abuse, chronic illness, food issues, or everyday concerns, like communication problems, interpersonal conflict, or behavioral problems in children and adolescents.

Family counseling aims to promote understanding and collaboration among family members in order to solve the problems of one or more individuals.