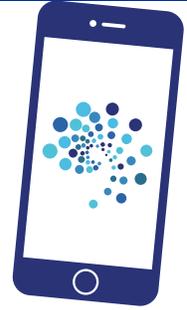




# CONNECTIONS for RECOVERY



## Contact Us

ok-support@chess.health

## Testimonial

"I like the Connections App. I can talk about everything that's going on and it does not get back to everyone in my small town knowing my business"

-Human Skills & Resources Consumer

## Hello ODMHSAS Contracted Providers

We are excited to share this month's Newsletter. ODMHSAS and the CHES Health team are continuing to implement our statewide "Connections for Recovery" initiative and are adding new providers all the time. This month we spotlight **Northwest Center for Behavioral Health**. We also introduce you to another member of CHES Health's engagement team this month.

Sincerely,

**Teresa M Stephenson**, M Ed, Director of Medication, Stimulant Use, Women & Family Specific Treatment Services/State Op. Treatment Authority

**Kimberly A. Cain**, M Ed, Sr. Project Manager at Oklahoma Department of Mental Health and Substance Abuse Services

**Mary Kate Cole**, MSW, ODMHSAS Liaison to CHES Health

## Project Spotlight - Northwest Center for Behavioral Health



This month we spotlight **Northwest Center for Behavioral Health**, which serves 24% of the state, providing care to the entire Northwest Oklahoma area. For over 100 years, they have been the leader in providing mental health care to this region. Services include an acute psychiatric stabilization care unit in Ft. Supply, OK, a 30-day

residential substance abuse treatment center for men in Woodward, OK, and outpatient mental health and substance abuse services in 5 locations, including Alva, Fairview, Enid, Guymon, and Woodward. **Northwest Center for Behavioral Health** also now offers Medication Assisted Treatment to individuals in their outpatient centers.



**Northwest Center for Behavioral Health** went live with **eIntervention** in December 2020 and utilize **eIntervention** for both external referrals to other Oklahoma Department of Mental Health contracted facilities as well as internal referrals between their outpatient centers and inpatient and residential centers. So far, they have sent a total of 83 consumer referrals and have received 24 consumer referrals, with 40% arriving for services. Willow Gahr, Licensed Behavioral Health Practitioner Team Lead at **Northwest Center for Behavioral Health** shared, "It has helped a ton doing referrals quickly. Saves so much time and paperwork. It has also allowed me to keep track who is talking with clients and if they've been accepted."

Make a referral to **Northwest Center for Behavioral Health** utilizing **eIntervention** today!



**Northwest Center for Behavioral Health** also utilizes **eRecovery** and the **Connections App** to offer their consumers support as part of their outpatient treatment and to assist individuals as they transition out of residential treatment. One staff member that has really embraced **eRecovery** is Charlie Bell. Charlie shared, "For new consumers, this is a great way to break the ice and show them you can help them. The more help and support consumers have is always a benefit to us and them. Some of the things that are helpful to us is that we can message them really quick and vice versa, which might save front desk staff several phone calls, and other staff from returning missed calls. You can also quickly send messages of support or remind people of groups. You can easily set up a patient reminder or a meeting in the events area of the application and you can set it to go off anywhere from 15 minutes to two hours before the appointment time. The options are endless almost."

To learn more about **Northwest Center for Behavioral Health's** use of **eIntervention** and **eRecovery**, contact Executive Director Autumn Nickelson at 580-571-3258 or [autumn.nickelson@odmhsas.org](mailto:autumn.nickelson@odmhsas.org)

---

## Meet the CHES Health Engagement Team

This month we get to meet another of CHES Health's engagement specialists, Shane, and hear about his pathway to recovery.



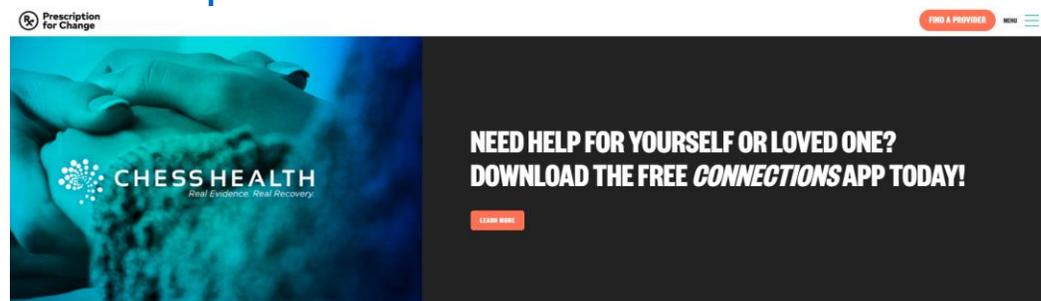
Shane is a Certified Recovery Peer Advocate (CRPA). Formerly in the venue management field, putting on concerts and shows of all kinds, the Covid pandemic made Shane want to find his true calling and work in a field he not only enjoys, but is passionate about because of his lived experience.

Shane identifies as an addict and an alcoholic in long term recovery. He grew up drinking and experimenting with drugs, and his substance and alcohol use disorder became progressively worse as he entered adulthood. By his mid 20's he was a heroin addict and his life was no longer in his own control. After many consequences and much suffering, Shane finally decided to reach out for help, and on August 9th, 2010, he got it. He knew he had to do it once and do it right, or he would surely end up dead or in jail in a matter of weeks. So, he took every suggestion made to him by doctors, counselors, and people who had what he wanted: happiness in long term sobriety. Shane was also a beneficiary of Medication Assisted Treatment, and was on Suboxone for 4 years, until he made a plan with his doctor to taper off, which he was able to do successfully and on his own schedule. Through that, AA, outpatient, and therapy, Shane always felt supported by everyone he worked with and was given a second chance at life. Today he is almost 11 years sober, has never returned to use, and remains grateful for the amazing life recovery has afforded him.

Becoming a recovery coach and engagement specialist on the Connections App with CHES Health was the logical yet miraculous next step for Shane. Every single day he feels fortunate to be able to talk with people all over the country about the exact same things that he dealt with and ended up saving his life. "It is incredibly humbling and rewarding to hear people tell me that I helped them, put a smile on their face, or made their day better" Shane says. He can't believe he is one of those lucky few who doesn't feel like he's working at all, because it makes him so happy. Every day he is looking for new ways to connect with people dealing with substance use disorder and mental health issues. Sometimes they just need somebody to listen and care, which is an absolute pleasure for Shane. He is no different from any of them, and the way he sees it - if he got a second chance, so can they.

---

## Need Help for Yourself or a Loved One?



The **Connections App** is available, **free of use**, to all individuals seeking support in their recovery from substance use disorder. To request access to **Connections App**:

- Complete the secure enrollment form:

<https://www.connectionsapp.com/connections4ok/>

- OR visit <https://okimready.org/help-for-yourself-or-loved-ones/>
- OR scan with your smartphone camera:



---

## Connections for Recovery Network Expands

We currently have 52 providers/agencies live on **eIntervention** and 26 providers/agencies live on **eRecovery**. For a list of all providers live, visit **[okimready.org](https://okimready.org)**

If you are interested in learning more about **eIntervention** and **eRecovery**, please send an email to [ok-support@chess.health](mailto:ok-support@chess.health).

Did you miss an issue of our monthly **Connections for Recovery** newsletter? Now, you can access all our monthly newsletters at **[okimready.org](https://okimready.org)**

---

## Contact Us Anytime

EMAIL US: [ok-support@chess.health](mailto:ok-support@chess.health)