



# **RISING TOGETHER:** **TULSA RECOVERY SUMMIT**

**Where Recovery and Mental Health Meet**

Saturday, May 16, 2026 | 8 a.m. – 1 p.m.

[www.cityoftulsa.org/recoverysummit26](http://www.cityoftulsa.org/recoverysummit26)

# Agenda

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8:15 AM

Check In and Continental Breakfast

9:00 AM

Welcoming Remarks:  
Dr. Jabraan Pasha, Chief Health Officer,  
City of Tulsa

Moment of Silence

Remembrance Activity

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9:30 AM-1:00 PM

Resource Fair

9:30 AM-12:15 PM

Rotating Education Sessions

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12:00 PM

Lunch

12:30 PM

Closing Remarks:  
Justin Lemery, Chief of Emergency Medical  
Services, Tulsa Fire Department

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1:00 PM

Event Closes

# Rotating Educational Sessions

9:30-10:15 AM

10:30-11:15 AM

11:30-12:15 AM

**First Aid/CPR**

**Addiction Decoded: Early Signs,  
Brain Changes, and Paths to  
Healing**

**Narcan: Overdose Response &  
Demonstration**

**Youth Led Panel Discussion:  
Public Safety and Public Health**

9:30-10:15 AM

11:30 AM-12:15 PM

## Recovery Support Resources

# Al-Anon Family Group

Many who come to Al-Anon/Alateen are in despair, feeling hopeless, unable to believe that things can ever change. We want our lives to be different, but nothing we have done has brought about change. We all come to Al-Anon because we want and need help. In Al-Anon and Alateen, members share their own experience, strength, and hope with each other. You will meet others who share your feelings and frustrations, if not your exact situation. We come together to learn a better way of life, to find happiness whether the alcoholic is still drinking or not.



## Recovery Support Resources

# Narcotics Anonymous

NA was founded in 1953, and our membership growth was minimal during our initial twenty years as an organization. Since the publication of our Basic Text in 1983, the number of members and meetings has increased dramatically. Today, NA members hold nearly 76,000 meetings weekly in 143 countries. We offer recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings.



# Recovery Support Resources

## Celebrate Recovery

Thousands of churches have started a Celebrate Recovery ministry around the world, and that number continues to grow. Celebrate Recovery is not just growing in churches, but in recovery houses, rescue missions, universities, and prisons around the world. It continues to be a growing global movement!



# Recovery Support Resources

## Spectrum at Transcend Equestrian

Spectrum operates on a peer-led basis, meaning we have firsthand experience with the challenges you face. Having navigated our own addictions and mental health struggles, we truly understand the journey of recovery. Every session is conducted with a non-judgmental, trauma-informed approach, creating a safe and inclusive environment for healing.



## Treatment Resources

# ActionSteps Counseling

We believe that it is better to treat the problem than to incarcerate the symptoms. The problem set before us is large but by working together it can be solved. ActionSteps Counseling is determined to be a part of the solution and the Arise program is just the beginning phase of that solution.



## Treatment Resources

# OSU Addiction Recovery Clinic

The OSU Addiction Recovery Clinic has a team of specialists who provide high-quality and compassionate outpatient care for those suffering from addiction to opioids, alcohol and other substances and behaviors. Services include: medications for substance and opioid use disorders; evaluation and treatment for co-occurring mental health disorders; withdrawal management; assisting with compulsive behaviors; counseling and behavior therapy, and support groups. Appointments are available in person or virtually at the Tulsa clinic, as well as virtually in rural health facilities across Oklahoma.



**MEDICINE**



## Treatment Resources

# Community Treatment Integrations - Oklahoma

Community Treatment Integrations OK is dedicated to viewing an individual's health and social challenges through a wide lens by providing diverse and inclusive services. Our mission is to educate, treat, and support the community through means of integrated care, tailored to each individual's needs.



# Treatment Resources

## GRAND Mental Health (12 & 12)

Provide immediate access to quality care in the least restrictive environment. Those are our pillars—our beliefs—and we practice them every day. By looking at the entire person and addressing other healthcare or personal needs they have outside of their mental health diagnosis, we strive to help resolve other issues that may serve as trigger points or barriers, restricting their journey to a better tomorrow.



# Treatment Resources

## Tulsa Fire Department

The Tulsa Fire Department is dedicated to the protection of life, health, property and the environment by delivering quality life and fire safety services.

The Tulsa Fire Department currently responds to over 57,000 incidents annually. (Approximately 33,000 are EMS related.) Our response area includes 201 square miles and approximately 400,000 citizens. The Department has an authorized strength of 676 members. There are 30 fire stations and five designated districts. Firefighters work 24 hours on duty and 48 hours off.



# Treatment Resources

## Family & Children's Services

Since our founding in 1921, we've been the place to turn for help with problems that seem overwhelming and too difficult to handle alone. We promote, support and strengthen the well-being and behavioral health of adults, children and families. Over the years, our range of services has grown, but our commitment to excellent, compassionate, and quality care has never wavered.



# Treatment Resources

## Great Plains Recovery

Nestled in the heart of Tulsa, Oklahoma, Great Plains Recovery offers a serene and welcoming environment conducive to healing and self-discovery. Our state-of-the-art facility is designed to provide comfort, privacy, and a sense of security for our clients throughout their recovery journey.

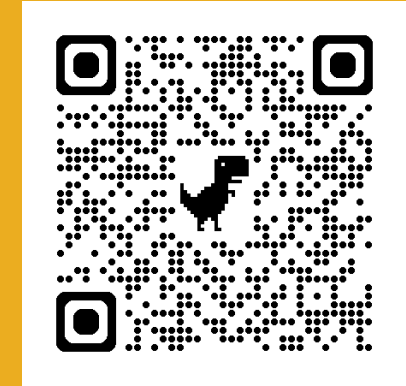


## Treatment Resources

# Palmer Addiction Recovery Services

Palmer Addiction Recovery Services delivers trauma-informed substance use treatment and prevention for underserved individuals and families. Our programs are intentionally designed to eliminate barriers to care, support family stability, and create lasting community impact across generations.

- Outpatient Services: Flexible, accessible care for children, teens, and adults
- Youth Prevention & Intervention: Supporting high-need youth before crisis takes hold
- Women & Children's Residential: Keeping families together while mothers heal



# Prevention Resources

# Southern Plains Tribal Health Board (SPTHB)

The Southern Plains Tribal Health Board is dedicated to serving the tribal nations of the Southern Plains by improving health outcomes for American Indians through partnerships, advocacy, education, and training.



# Prevention Resources

# Cherokee Nation Behavioral Health Prevention



Behavioral Health offers a variety of services and programs. These include mental health and substance misuse services, community prevention, research, and evaluation. Outpatient services include individual and group therapy, grief and trauma counseling, substance abuse counseling, relapse prevention, parenting skills, psychiatry, psychological testing, and crisis intervention.



GWX.9 DBF  
**CHEROKEE NATION**<sup>®</sup>  
Behavioral Health Prevention Programs



# Prevention Resources

# Tulsa Health Department

With its rich history, beautiful surroundings and friendly faces, Tulsa is a great place to call home. Community spirit runs deep here and our residents take pride in taking care of their own. At THD, we're impacting positive change through our constant pursuit of a healthier Tulsa.



## Prevention Resources

# Take Control Initiative

Take Control Initiative (TCI) envisions a community in which people have access to all forms of birth control in Tulsa County whether or not you have insurance.



# Mental Health Resources

## NAMI Tulsa

Today, NAMI Tulsa is firmly focused on education, support, advocacy, and training. We are proud, as an organization, to have successfully developed lasting relationships with local, state, and national agencies sharing the vision and mission of working for the betterment of the care of our mentally ill individuals the most at-risk.



# Mental Health Resources

## CREOKS Mental Health Services

CREOKS offers more than 40 years of quality outpatient behavioral health and substance use care for adults, adolescents and children. We also provide crisis stabilization services for both adults and children at our three Spring Creek Recovery Centers.

We believe people can recover from mental health and substance use problems through evidence-based treatment in the least restrictive and most convenient environment possible.



# Mental Health Resources

# Counseling and Recovery Services

At CRS, we're dedicated to offering the support and treatment people need to overcome the challenges of behavioral health conditions like depression, anxiety, schizophrenia, bipolar disorder, and substance abuse—no matter what their financial situation is. We understand that these conditions can make it hard to live independently and thrive in our community, and our goal is to help individuals find the care, treatment, and support they need to get back on track.



Counseling  
+Recovery  
SERVICES



# Mental Health Resources

# Mental Health Association Oklahoma

We are the state’s premier boots on-the-ground nonprofit whose expertise and work exists primarily at the intersection of mental illness and homelessness – fighting every day to promote mental health, prevent suicide, end homelessness and transform the justice system.



# Mental Health Resources

## Department of Veteran Affairs

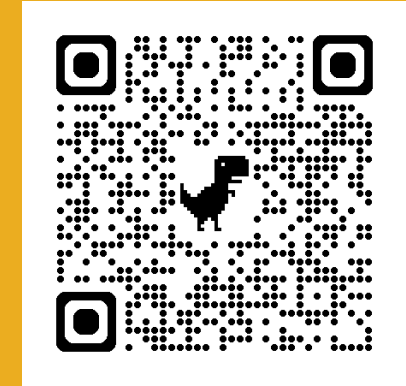
The Department of Veterans Affairs (VA) runs programs benefiting veterans and members of their families. It offers education opportunities and rehabilitation services and provides compensation payments for disabilities or death related to military service, home loan guaranties, pensions, burials, and health care that includes the services of nursing homes, clinics, and medical centers.



# Mental Health Resources

## Cherokee Nation Office of Veteran Affairs: Warrior Well

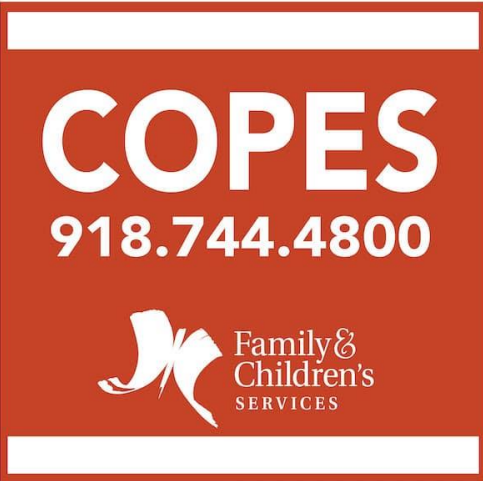
We assist Veterans, both tribal and non-tribal, with case management, peer support, VA claims, food insecurity, counseling services, temporary assistance and building connection.



# Mental Health Resources

## COPES

COPES is a 24/7 crisis hotline available for those experiencing a mental health crisis.



Tulsa's local crisis and emotional support helpline for F&CS clients, community, adults and children



Oklahoma's statewide mental health lifeline call or text 988



# Infectious Disease Resources

## SHOTS

SHOTS is a Tulsa-based program designed to prevent infection, injury, and fatal overdose.

Our mission is to make sure people have what they need to stay healthy, stay connected, and stay alive.



# Infectious Disease Resources

## Muscogee Creek Nation

The Muscogee (Creek) Nation operates as a proud, self-determined government, grounded in centuries of resilience and visionary leadership. With origins in the southeastern United States and a rich history as one of the Five Civilized Tribes, we are the fourth-largest tribe in the country, serving a vibrant community of over 100,000 citizens from our headquarters in Okmulgee, Oklahoma.



# Infectious Disease Resources

## OKHRA

Organized in 2018, OKHRA has been a leader in infectious disease elimination, public safety through medical waste cleanup and bio-hazard reduction efforts, providing education, outreach and wellness support for those in recovery. This last year has brought forth alliances with other groups and agencies to help create a unified front devoted to public safety. OKHRA is actively working toward self-sufficiency and 2026 will be a year of coalition building to further realize our mission.



# Infectious Disease Resources

## HOPE

Health Outreach Prevention Education, Inc. (H.O.P.E.) provides health services for Hepatitis C, HIV, and other sexually transmitted infections (STIs) in our Tulsa clinic open to all and through outreach across Oklahoma focused on the most at-risk.



# Legal Resources

## Legal Aid Services of Oklahoma

Legal Aid Services of Oklahoma, Inc. (LASO) is a non-profit, 501(c)(3) organization that provides civil legal assistance to low-income persons throughout Oklahoma. LASO was born in 2001 when Legal Aid Services of Eastern Oklahoma, Inc. and Legal Aid of Western Oklahoma were merged to create a unified program for the state which today maintains 18 offices and numerous partnerships across the state.



## Legal Resources

# Tulsa County Alternative Court Programs

As the oldest drug and treatment court in the state, we have established a comprehensive diversion hub that connects clients with vital resources and community partners to support their recovery journey. From first-time offenders to individuals re-entering society from prison, we are committed to providing tailored programs that address every aspect of their rehabilitation.



# Additional Community Services Resources

## Tulsa Financial Empowerment Center Office of Financial Empowerment and Community Wealth

Tulsa's Office of Financial Empowerment & Community Wealth (OFE) endeavors to ensure all Tulsans have access to the programs and resources needed to achieve financial stability and resiliency through partnership development, strategic coordination, policy and advocacy, and building long-term sustainability of financial empowerment strategies across our community.



**Tulsa  
Financial  
Empowerment  
Center**

*Free One-on-One  
Financial Counseling*



# Additional Community Services Resources

## JusticeLink

JusticeLink connects those navigating the criminal legal system in Tulsa, Oklahoma to a full spectrum of community-based services — all under one roof.



# Additional Community Services Resources

## Tulsa Area United Way

Tulsa Area United Way connects people to help, mobilizes volunteers, and invests in innovative solutions across our eight-county region.



**This Event  
has been  
Sponsored by:**

**An Oklahoma Office of Attorney General Opioid  
Abatement Grant Awarded in 2024**

**Tulsa County  
Signage Printing and Resource Fair Coordination Efforts**

**Family & Children's Services  
Volunteer Coordination Efforts and Food Pick Up and  
Storage**

**Tulsa Health Department  
Resource Fair Coordination Efforts**

**Tulsa Police Department  
Volunteer Coordination Efforts**

**Grand Mental Health  
Food Pick Up and Storage**

**HOPE  
Volunteer Coordination Efforts**

**Muscogee Creek Nation  
Event Staff Lanyards**

**And the Collective Planning and Coordination Efforts  
of Many of the Resource Fair Agencies**

**RIISING TOGETHER:  
TULSA RECOVERY SUMMIT**  
Where Recovery and Mental Health Meet