

THE OKLAHOMAN

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Published: Sat, February 3, 2018 5:00 AM

Mental health foundation breaks ground on new retreat center in OKC

The Green Shoe Foundation of Oklahoma City broke ground Friday on a 7,500-square-foot facility to be constructed at 645 NE 63.

The organization specializes in retreats that offer personal growth and seek to stem further emotional deterioration due to trauma and other challenges.

"It is really exciting to see a different level of conversation about emotional health and brain health. We've not always talked about this openly," said Oklahoma Department of Mental Health and Substance Abuse Services Commissioner Terri White. "As our world has changed, it's becoming more important that we understand and attribute the stressors that impact our lives and address those issues that can have a profound effect on us, our families and our communities. If we allow issues to become unmanageable in our lives or don't have a safe place to talk about them, we see what those negative outcomes can become."

White said the planned facility will be "a great addition to the community."

"Green Shoe is passionate about addressing barriers that hamper our ability to lead healthier and happier lives," she said. "Their commitment to healing and personal growth is extremely important."

The Green Shoe Retreat Center, located on 10 acres, will be able to accommodate six self-discovery and transformational change retreats a week in the Oklahoma City area. The retreats are free to those who complete the weeklong program.

The new center will include office space, educational space, personal improvement workshop rooms, patio space, an atrium and more.

"The Green Shoe Foundation has come a long way from its inception less than two years ago," said Chad Richison, founder. "The new facility will allow us to provide the same high-quality experience to even a greater number of participants."



VIDEO:

<https://youtu.be/pFV7ntBwst0>

Since the organization opened its doors in 2016, it has hosted 50 retreats for approximately 250 attendees including professionals, community leaders and parents who have had the opportunity to experience deeper insight into their lives by looking at their pasts and making transformational adjustments. Retreats are held weekly, and the organization now averages two retreats a week. Because of the growth, a new facility is needed to reach a goal of offering six retreats a week, said Jeanean South, executive director.

"Green Shoe is outgrowing its current space," said Richison, who also is president and CEO of Oklahoma City-based Paycom. "We've seen outstanding growth and momentum, mostly from referrals from past participants. In our new facility, we will be able to accommodate 30 participants on a weekly basis. Green Shoe affects meaningful change in individual lives, families, workplaces and communities."

Others who attended the groundbreaking included Oklahoma Gov. Mary Fallin and Oklahoma City Mayor Mick Cornett.

For more information or to donate to the organization's capital campaign, go online to www.greenshoe.org.