



**BUILDING HEALTHY**  
**BHMC**  
**MILITARY COMMUNITIES**



## MAKING A DIFFERENCE IN OKLAHOMA

Visit BHMC Oklahoma webpage at <https://ok.ng.mil/bhmc>

Like us on Facebook at <https://www.facebook.com/OKBHMC>

**APRIL 2020**

### IN THIS ISSUE:

Southwest Oklahoma Embrace Hope .....	1
Become a VA Community Provider .....	2
Military Kids Now Education Survey .....	2
Veterans Program at GLMHC .....	2
U.S. Surgeon General Takes Action .....	2
Blue Ribbon Trees For Kids .....	3
Opening Day for Trails .....	3
Operation Purple Camps .....	3
Office of Financial Readiness .....	3
OKC Memorial Kids Marathon .....	4
Effective Sleep Strategies .....	4
Why Mental Health First Aid? .....	4
Reimagined in America .....	4
Cornerstone Conversations .....	5
Healthy Recipes .....	5
#BeThere .....	5
Healing Touch .....	5
INTEGRIS Hispanic Health Fair .....	6
Addressing Suicide .....	6
Funding Opportunity .....	6
Navy Physical Readiness Test .....	6
You Can Quit 2 Campaign .....	6
Bridges Out of Poverty .....	7
Take Down Tobacco .....	7
Open Streets OKC .....	7
Military Reach .....	8
Ready for a Vacation? .....	8
Get into Fighting Weight .....	8
United States Census 2020 .....	8



BHMC Oklahoma  
Webpage



BHMC Oklahoma  
Facebook



**Saturday, March 14**

**9:00 AM - 3:00 PM**

**Old Gibson's Bldg  
 1130 SW Lee Blvd  
 Lawton, OK 73501**



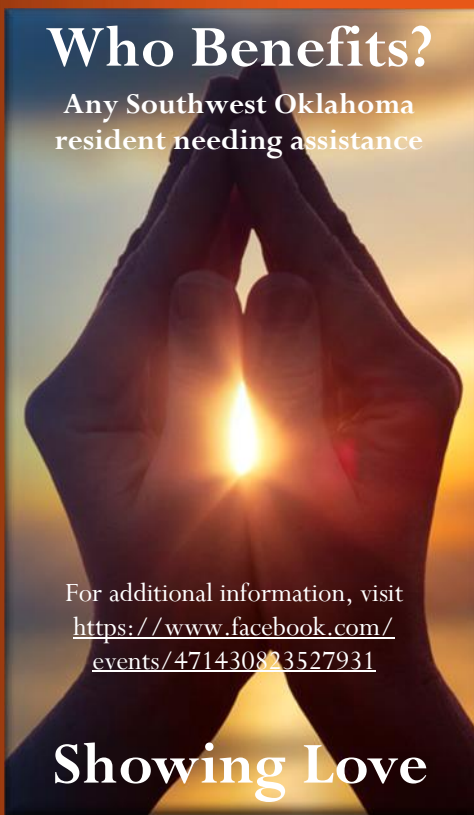
Embrace Hope in Southwest Oklahoma is a community outreach event striving to connect people in need to the services and programs that can support their journey to a resilient lifestyle.

#### Free services include:

- Housing
- Food
- Employment
- Warrant Forgiveness
- Medical
- Dental
- Optometry
- Pregnancy Resource
- WIC/SNAP
- Hair Cuts
- Clothing
- Photography
- Spiritual Support

### Who Benefits?

Any Southwest Oklahoma resident needing assistance



For additional information, visit  
[https://www.facebook.com/  
 events/471430823527931](https://www.facebook.com/events/471430823527931)

**Showing Love**

*The information presented in this newsletter is for informational awareness only and does not represent endorsement, sponsorship, recommendation, or promotion of any commercial event(s), commercial names or brands by the editors of this Newsletter, the Department of Defense, US Army, US Navy, US Air Force, US Coast Guard, National Guard or Reserve, and the federal government. Usage of commercial or trade mark names is for identification purposes only.*

**Debbie Rich**

Oklahoma State Coordinator  
 (405) 228-5571  
[debbie.c.rich.ctr@mail.mil](mailto:debbie.c.rich.ctr@mail.mil)



**BUILDING HEALTHY**  
**BHMC**  
**MILITARY COMMUNITIES**



**Become a**  **VA Community Provider**

To partner with VA and provide care to Veterans, community providers must join VA's community provider network in one of several ways. Oklahoma is part of Region 3 Community Care Network.

For additional information, visit [https://www.va.gov/COMMUNITYCARE/providers/Community\\_Care\\_Network.asp](https://www.va.gov/COMMUNITYCARE/providers/Community_Care_Network.asp).

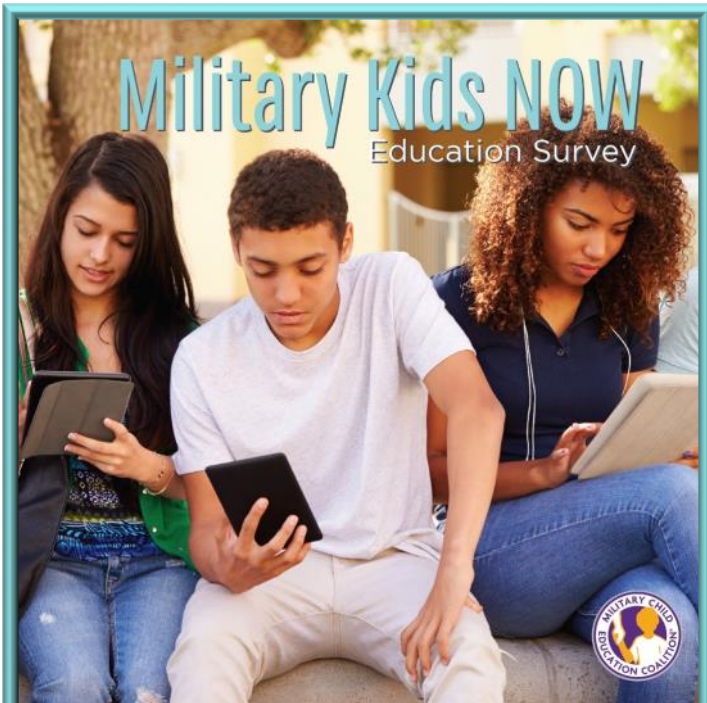
**Veterans Program at GLMHC**

The Veterans Program at Grand Lake Mental Health Center provides a trauma-informed, holistic approach to health and wellness. Our contract with the Veteran's Choice and Patient Centered Community Care Program allows us to offer these integrated services to our veterans in the rural areas we serve.

We strive to empower our Service members, veterans, and their families to make positive changes that will increase their well-being through support, encouragement, and access to community resources. Services offered include: Individual Therapy, Crisis Intervention, Medication Management, Telemedicine, Wellness and Coping Skills Groups, Case Management, Recovery Support Services, Transition and Wraparound Services for the whole family.

For additional information, call Leslie Condry-Fimple at (405) 372-2202 or email [lfimple@glmhc.net](mailto:lfimple@glmhc.net).

We are also hiring at several of our locations. Visit our website at <https://www.glmhc.net/>. A list of all clinics and positions available at those clinics is listed within the "Contact Us" tab under "Employment".



**Calling all Educators!**

Do you have military kids in your classroom? Take our 10-minute Education Survey to help us better understand their challenges and needs! Survey open February 17 - April 17.

To take the survey, visit <https://www.militarychild.org/>.

**U.S. Surgeon General Takes Action**

**To Help Patients Quit Smoking**

Are you a healthcare professional? The U.S Surgeon General is calling on you to take action to help Americans quit smoking. Make time during every visit to ask your patients about their tobacco use, advise them to quit, and connect them to treatment.

For additional information, visit [https://www.cdc.gov/tobacco/data\\_statistics/sgr/2020-smoking-cessation/index.html](https://www.cdc.gov/tobacco/data_statistics/sgr/2020-smoking-cessation/index.html).

**Quitting Smoking is beneficial at any age!**



**BUILDING HEALTHY**  
**BHMC**  
**MILITARY COMMUNITIES**



## Opening Day for Trails

Opening Day for Trails is the national kickoff celebration for the spring trail season. On April 18, people across the nation will celebrate by hitting their favorite trails for a walk, run, ride or special event.

For additional information, visit <https://www.railstotrails.org/experience-trails/opening-day-for-trails/#rsvp>.



## BLUE RIBBON TREES FOR KIDS

*Who can make a difference?*

Anyone. Everyone. Young and old. Individuals and groups.  
 Anyone can make an impact on children's lives.

**Anyone can build a blue ribbon tree.**

The Oklahoma Child Abuse Prevention (CAP) Action Committee invites communities to take action for children by participating in the 12th Annual Build a Blue Ribbon Tree for Kids campaign.

The Oklahoma State Department of Health (OSDH), along with various community organizations, are working together to build a Blue Ribbon Tree state. Register trees with OSDH Office of Child Abuse Prevention by April 3 at <https://go.usa.gov/xEbaJ>.

For more information, contact Sherie Trice at (405) 271-7611 or [SherieT@health.ok.gov](mailto:SherieT@health.ok.gov).

## Operation Purple Camps

**Operation Purple Camp offers military kids a free week of camp where they connect with other military kids.**

Families from all uniformed services may apply. By meeting kids like them, campers make life-long friends who understand what it's like for a parent to serve in the military. Campers are encouraged to celebrate the sacrifices they make and be proud of their role as a military kid! Operation Purple Camp has locations across the country for children ages seven to 17.

For additional information, visit <https://www.militaryfamily.org/programs/operation-purple/operation-purple-camp/>.



Financially Secure, Mission Ready

<https://finred.usalearning.gov/>



**OKLAHOMA CITY**  
**MEMORIAL**  
**KIDS MARATHON**  
**RUN to REMEMBER**

**Presented by** **INTEGRIS**

**Sunday, April 26, 2020 | 8:15 AM**

The Kids Marathon encourages children to live a healthy lifestyle. Participants of the Kids Marathon will log 25 miles from now until race day. On race day, participants will complete their Marathon by running or walking the last 1.2 miles on the official course.

For additional information or to register, visit <https://register.chronotrack.com/r/48144>.

**Effective Sleep Strategies**

To obtain quality sleep for optimized performance there are some tried and true practices that can get you to dreamland. For additional information, visit <https://p3.amedd.army.mil/performance-learning-center/sleep/effective-sleep-strategies>.

**Why Mental Health First Aid?**

Mental Health First Aid is a course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses.

**What You Learn**

- Risk factors and warning signs of mental health problems.
- Information on depression, anxiety, trauma, psychosis, and addiction disorders.
- A 5-step action plan to help someone developing a mental health problem or in crisis.
- Where to turn for help — professional, peer, and self-help resources.

To find a course near you, visit <https://www.mentalhealthfirstaid.org/take-a-course/find-a-course/>.



The next Robert Wood Johnson Foundation Reimagined in America webinar is taking place on March 12 at 1:30 p.m. ET. It will explore how we can advance health equity in our communities, inspired by ideas from around the world.

Visit [RWJF.org/GlobalWebinar](http://RWJF.org/GlobalWebinar) to RSVP now for the discussion.



**BUILDING HEALTHY**  
**BHMC**  
**MILITARY COMMUNITIES**



## Cornerstone Conversations

Monday, March 30, 2020 | 5:30 PM - 8:00 PM  
 Museum of the Great Plains  
 601 NW Ferris Avenue, Lawton, OK 73507

The Oklahoma Arts Council (OAC), a state government agency, will host a public listening session to learn how they can meet the needs in the Lawton area community. The goal of Cornerstone Conversations is to gather public input on the arts and state funded projects. This is an opportunity for YOU and for all our arts and cultural groups in the Lawton area to help OAC develop their strategic plan for the future. There is no cost to attend, but an RSVP is requested.

To reserve your seat today, send email to Heidi Costello at [heidi.costello@arts.ok.gov](mailto:heidi.costello@arts.ok.gov) or call (405) 521-2040.



## #BeThere

We all play a role in supporting Veterans, but sometimes it's hard to know where to start. Learn how to #BeThere for the Veteran in your life.

For additional information, visit <https://www.bethereforveterans.com>.

No one can un-fire a firearm.



U.S. Department of Veterans Affairs

For someone in crisis, a locked firearm can mean the difference between a tragic outcome and a life saved.

## Healing Touch

First Sunday of every month | 3:00 PM - 5:30 PM  
 YoG.I. Joe's, 2319 E 6<sup>th</sup> Avenue; Ste. D  
 Stillwater, OK 74074

Healing Touch is a relaxing, nurturing, non-invasive, heart centered energy therapy that supports the body's natural healing processes. It incorporates gentle intentional touch to help balance physical, emotional, mental and spiritual well-being.

The National Institutes of Health classifies it as a healthcare intervention and biofield therapy. It is widely used in hospitals as well as many religious institutions. To register or for additional information, call Daun Lyons at (405) 414-3652.

**Free to the Community!**

**HEALING TOUCH**



Check out tons of **RECIPES & SIMPLE WAYS** to eat healthy with your kids.

GET STARTED >

ShapeYourFutureOK.com



<https://shapeyourfutureok.com/healthy-recipes/>



## Addressing Suicide

### In our Communities and Congregations

Tuesday, May 12, 2020 | 8:30 AM - 4:30 PM  
 Tulsa, OK

Wednesday, May 13, 2020 | 8:30 AM - 4:30 PM  
 Oklahoma City, OK

Gain confidence and comfort in discussing suicide with members of your communities and congregations who have lost someone to suicide or are experiencing thoughts of suicide, and learn more about the role faith communities play in preventing suicide.

For additional information, email Megan Lueck at [megan.lueck@odmhsas.org](mailto:megan.lueck@odmhsas.org). CEUs pending.

*A collaborative training for behavioral health providers and clergy*

## Funding Opportunity

Grants for organizations working to improve quality of life for military members and their families, including programs for job training, housing, caregiver support, and mental health. Deadline: April 21, 2020.

For additional information, visit [https://www.ruralhealthinfo.org/funding/3127?utm\\_source=racupdate&utm\\_medium=email&utm\\_campaign=update030420](https://www.ruralhealthinfo.org/funding/3127?utm_source=racupdate&utm_medium=email&utm_campaign=update030420).

## Navy Physical Readiness Test

The Navy plans to introduce two important changes to the PRT in the second half of 2020. The goal of changing Navy PRT components is to improve the physical performance of sailors while reducing their risk of injury.

For additional information, visit [https://www.militaryonesource.mil/military-life-cycle/new-to-the-military/getting-settled/navy-physical-readiness-test?utm\\_campaign=](https://www.militaryonesource.mil/military-life-cycle/new-to-the-military/getting-settled/navy-physical-readiness-test?utm_campaign=)

## Hispanic Health Fair

Saturday, April 18, 2020 | 9:00 AM - 12:00 PM  
 Moore Norman Technology Center  
 13301 S Pennsylvania Avenue  
 Oklahoma City, OK 73170

Event is free to the public and will include: cholesterol, glucose, and blood pressure screenings, diabetes education, health and wellness education, stroke assessments and cancer checks.

For additional information, contact Mike Chavez at [Mike.Chavez@integrisok.com](mailto:Mike.Chavez@integrisok.com).

**INTEGRIS**

## You Can Quit 2 Campaign

The YouCanQuit2 social media channels share tobacco cessation tips, resources and information to support Service members, veterans and their families. Join YouCanQuit2's online community by connecting with us on social media.



Instagram: [@youcanquit2](https://www.instagram.com/youcanquit2)



Twitter: [@ucanquit2](https://twitter.com/ucanquit2)



Facebook: [YouCanQuit2](https://www.facebook.com/YouCanQuit2)



## Bridges Out of Poverty

Bridges Out of Poverty training is a course to help families and individuals lift their thinking on how to view themselves and their environment differently in order to organize their priorities into a road map out of poverty. Thus, changing their trajectory and their families to become part of their own solution out of the grip of poverty.

- We are dedicated to the cause that we teach this 18 -week course here on our campus.
- Our partners in the food industry help us provide a great meal every night classes are held.
- We provide transportation to those who lack transportation.
- For those who have children, we provide an educational free day care that helps educate the children on healthy eating and attributes.
- We pay the students a stipend for every time a client comes to class (2 absentees max)
- Upon graduation, the students are awarded a certificate.

Upon completion of this course the student will have completed an in-depth self-assessment and align their goals into a road map of achievable steps to success, as well as networking skills to reach their desired goal.

Also offered are free resume writing assistance as well as Veteran assistance.

For additional information, contact Dan Medina, Poverty Initiative Director, at (580) 355-1802, [Daniel.medina@uss.salvationarmy.org](mailto:Daniel.medina@uss.salvationarmy.org).



**DOING  
 THE MOST  
 GOOD**

## Take Down Tobacco

Take Down Tobacco National Day of Action (formerly Kick Butts Day) is on March 18. This event raises awareness about tobacco issues and encourages tobacco free living in youth and young adults. Get involved at your installation by reaching out to locations such as the youth center, child development center or a DoD school.

For additional information, visit

<https://www.takedowntobacco.org/get-started>.



**OPEN STREETS OKC** Sunday, April 5th  
 Join us on NW 23rd in the Uptown District as we reclaim our streets for non-motorized activities!

**WELLNESS NOW**

<http://www.openstreetsokc.com/>



# MILITARY REACH

**RESEARCH AND OUTREACH** SM

Military families are first and foremost families; they manage the same challenges and stressors as civilian families. Yet, they do so in a context characterized by transitions and change. Military families are, by and large, characterized as adaptable and resilient, but family outcomes are often contingent on the availability of resources and whether support systems are equipped to meet their needs.

To facilitate the Department of Defense's provision of high-quality support to military families, Military REACH bridges the gap between research and practice.

Our mission is two-fold - to make research accessible and practical. We strive to put research into the hands of military families, direct service helping professionals, and those who work on behalf of military families by harnessing collaborative expertise, maximizing technological advances, and actively disseminating products.

For additional information, visit <https://militaryreach.auburn.edu/>.

## Ready for a Vacation?

The American Forces Travel is a convenient, online leisure travel booking website created for members of the U.S. military community. Find great vacation savings while supporting your favorite MWR programs.

For additional information, visit <https://www.americanforcestravel.com/>.

## Get into Fighting Weight

### A Total Force Fitness Guide

The Fighting Weight: A Total Force Fitness Guide will help providers and Military Service Members take an integrative approach to weight loss that is safe and sustainable. Designed with Military Service Members in mind, this guide will help them set their own goals to meet their service's readiness standards. It is structured to prepare them to take on various challenges to improve aspects of health and performance that can impact their weight.

Highlights include:

- How to create a 7-day meal plan
- Sleep tracker to see which habits help and which ones harm sleep
- How to set realistic goals to achieve your fighting weight
- Relaxation strategies to help manage your stress and your weight

A PDF version for download will be available soon. In the meantime, visit <https://www.hprc-online.org/total-force-fitness/fighting-weight>.

## United States Census 2020

The 2020 Census will begin on March 12. This tool helps determine states' representation in Congress and federal funding, among other things. All Oklahoma residents are urged to complete the mailed post card they will receive with nine questions about their household. Residents can also respond online, by phone or in person at any Metropolitan Library System location.

