



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>

Building Healthy Military Communities

The Building Healthy Military Communities Toolkit is designed for DoD service providers (clinical, public/population health, family support programs staff, etc.), and other community-based organizations that support Service members and their families.

The toolkit offers evidenced-based public health strategies and resources that address three critical areas: healthy weight, substance misuse (including tobacco, alcohol, opioids and over the counter supplements), mental and behavioral health.

For additional information, visit www.ChronicDisease.org/BHMCToolkit.

Working with Public Health

Substance Misuse

Healthy Weight

Behavioral and Mental Health

JUNE 2020

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TOOLKIT



BHMC Oklahoma
Webpage



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Facebook

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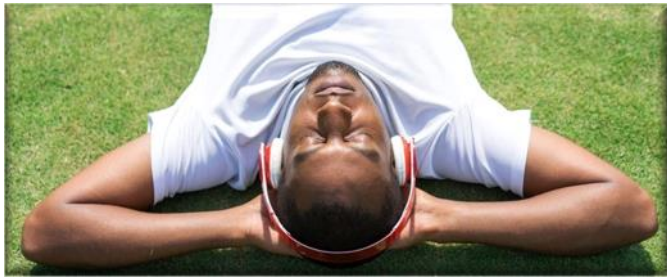
VA



U.S. Department
of Veterans Affairs

Military Meditation Coach

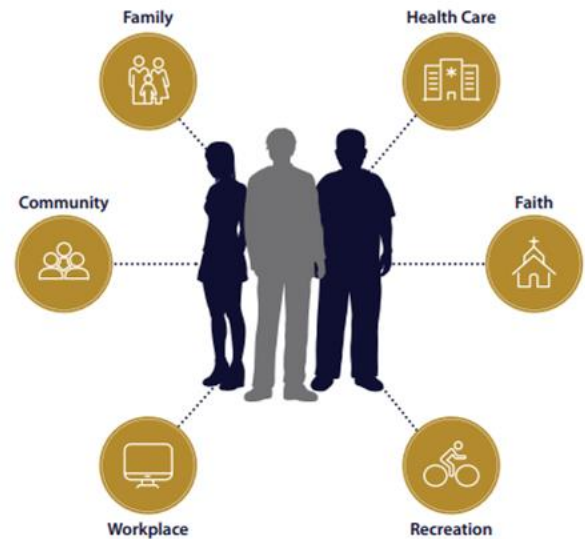
Defense Health Agency (DHA) podcasts provide information and tools to improve wellness in the military community. Made for the military, but good for everyone. Learn to practice mindfulness and release stress with the Military Meditation Coach podcast series from DHA Military Health Podcasts. To access the full series, [CLICK HERE](#).



PREVENTS

Everyone has a role to play

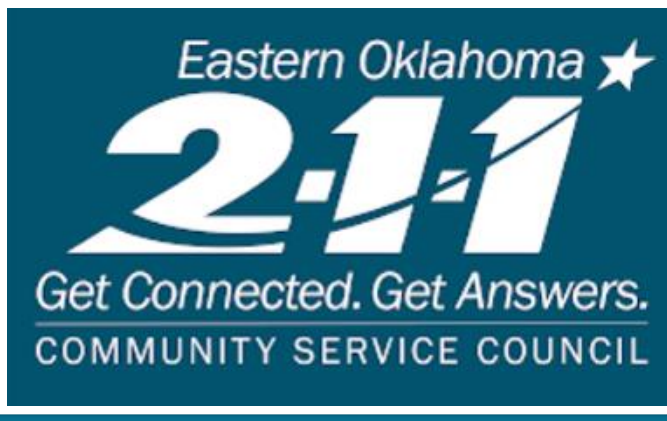
By adopting a public health approach, PREVENTS is acting on the knowledge that suicide prevention is everyone's business, and that together, we can prevent it. For additional information, visit <https://www.va.gov/prevents/>.



Meals on Wheels

CSC is excited to announce a new partnership with [Meals on Wheels of Metro Tulsa](#) to increase access to healthy food for Tulsa's Hispanic/Latino and African American families. Through this partnership, Meals on Wheels is now able to prep and deliver an extra 5,000 meals per week with a focus on reaching underserved communities.

If you need to access to food/meals, please dial 2-1-1 or 877-836-2111 to reach CSC's 211 Eastern Oklahoma helpline - we can connect you to organizations like Meals on Wheels who can help!



WIDE OPEN SCHOOL

An online teaching resource

If you are looking for some help during this time, Wide Open School is a great resource! They have curriculum for ages PreK-12. For additional information, visit <https://wideopenschool.org/>.



Tutor.com

Great news! To assist military families during COVID-19, the DoD has authorized FREE Tutor.com access for National Guard & Reserve Service members and their dependents.

For additional information on the expanded eligibility guidelines and more, visit <https://military.tutor.com/eligibility>.



COVID-19 Military Support Initiative

The Association of Defense Communities (ADC), Blue Star Families, and participants of the White Oak Collaborative are joining forces to create a united, national platform for sharing information, maintaining engagement, developing best practices and policy approaches to ensure our military receives the support it deserves.

The COVID-19 Military Support Initiative (CMSI) will host webinars as well as provide resources and expertise to support communities, states and military families through this crisis.

For additional information, visit <https://covid19militarysupport.org/>.



OSDH Resources and Recommendations

Need information on home care guidance? Mental health resources? Social distancing outside? What to do if you were potentially exposed to someone with confirmed COVID-19...and much more!

For additional information, visit <https://coronavirus.health.ok.gov/resources-recommendations>.



Optimizing Spiritual Fitness

For the COVID-19 Response

Pandemic responses are often morally and spiritually exhausting amid predictable and unpredictable pressures.

Remember you're not alone in this crisis.

For additional information, visit <https://www.hprc-online.org/mental-fitness/spiritual-fitness>.





Best Local Life is an online referral database developed to serve as a handy source of information to reduce the challenges of relocation into a community and promote social resilience of all within the community by utilizing technology providing local spiritual, recreational, medical, childcare, education and housing resources.

Our goal is to reduce stress and anxiety that comes with transitioning to a community. Best Local Life is also designed to increase social togetherness. We provide information where individuals can effectively and efficiently work, play and live in their chosen community.

- Support individual and family resilience through services and support for the Mind, Body, and Spirit
- Reduce stress and social isolation
- Provide information on quality housing, medical, education, spiritual and recreation
- Provide information on leisure time activities
- Foster a sense of community connection and community pride
- Ease the impact of connecting support while transitioning into a new community or seeking services within ones existing community.

For additional information, visit <https://bestlocallifeok.com/#>.



Virtual Hope Box

Virtual Hope Box is a multi-media coping skill app designed for individuals struggling with depression.

The four main features of Virtual Hope Box include sections for distraction, inspiration, relaxation, and coping skill options.

- **Distraction:** techniques include games that require focus, like Sudoku and word puzzles.
- **Relaxation:** techniques offer a variety of guided and self-controlled meditation exercises.
- **Coping:** techniques offer suggestions for activities that reduce stress.
- **Inspiration:** offers brief quotes to improve mood and motivation.

The app can be used in collaboration with a mental health provider through the “coping cards” feature, which can be programmed to address specific problem areas. The relaxation tools can also be used with a clinical professional or other meditation partner, if desired.



MyNavy Family App

We are here for you & your family!



New resources are available on the MNF app covering a wide variety of topics including:
Family Emergencies and Pandemic Resources.



Visit applocker.navy.mil to learn more about Pandemic Resources.



MIPPA

The Medicare Improvements for Patients and Providers Act (MIPPA) is to help low-income Medicare Beneficiaries (seniors and persons with disabilities) apply for two programs that make Medicare affordable:

- Medicare Part D Extra Help/Low-Income Subsidy (LIS), which helps pay for the Part D premium and reduces the cost of prescriptions at the pharmacy
- Medicare Savings Programs (MSP), which helps pay for Medicare Part B.

These programs are to reach the rural Oklahoma Medicare beneficiaries and inform and counsel ALL Medicare clients on the Medicare prevention and wellness benefits. DHS Aging Services MIPPA staff are available to assist potential Medicare beneficiaries and present program information at health fairs, conferences, staff meetings, lunch and learn, etc.

For additional information, call (405) 521-2281.

Behavioral Health Professional

Any community member can contact our Shawnee office at (405) 273-1170 Ext 0, Monday-Friday, between 8:00 AM - 5:00 PM, and speak to a Behavioral Health Professional FREE OF CHARGE.

Visit Gateway to Prevention and Recovery's [Facebook](#), daily updates for patients, community members and partners.



Oklahoma Veterans in Forestry and Agriculture

The OK Department of Agriculture, Food & Forestry and OK Department of Veterans Affairs have begun a joint project focused on veterans in agriculture. The Oklahoma Veterans in Forestry and Agriculture program (OKVFA) aims to identify veterans actively participating or interested in participating in agriculture, as well as professionals interested in supporting veterans in the agriculture industry (including mentors).

This survey gives participants the option to share contact information if they would like to be added to the list for updates on OKVFA projects.

To take the survey, visit <https://www.surveymonkey.com/r/8PQY6FG>.

OKVFA is building a network of veterans and agricultural professionals to help veterans interested in agriculture and forestry careers, and we need your help.


RallyPoint

RallyPoint is the premiere digital platform for the military community to come together and discuss military topics both socially and professionally. Our members include military Service members, veterans, family members, caregivers, survivors, and supporters of those in uniform.


RallyPoint connects members and provides tools to succeed along their entire lifetime journey - from recruit through retirement and beyond. Members build peer-to-peer relationships across branches, generations, and conflicts forged by the common bond of service. Within the community, members can build their professional network, ask questions, share photos and stories, connect with members in a secure environment, and explore educational and career opportunities.

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

One network for a life of service

Greater Oklahoma City
Parks & Trails Foundation




Stay Indoors Activity Guide

To set off on an adventure from the comforts of your home, visit <http://okcparksandtrails.org>.


Oklahoma WIC Program

Keeping your gut healthy is the most important thing you can do for your immune system! Eating foods like yogurt will help your body fight off disease. WIC provides yogurt and many other disease-fighting foods. For additional information, visit https://osdhcfhs.az1.qualtrics.com/jfe/form/SV_4UyhKlxQZFtm2V?fbclid.



BOOST YOUR IMMUNE SYSTEM!

Yogurt contains probiotics which will keep your healthy bacteria thriving!




Oklahoma State
Department of Health

Sexual Assault Prevention and Response

Character is not just what you believe, it's what you do. Speak up if you witness improper or harmful behavior.

For additional information, visit <https://ok.ng.mil/Pages/sapr/default.aspx>.



SAAPM 2020

SHARP **24/7**

SafeHelpline.org
Texting: *55-247
www.preventsexualassault.army.mil
DoD Safe Helpline: 1-877-995-5247

Online Peer Recovery Support Group

Valley Hope has expanded our recovery support services to include free online Recovery Support Groups. It is important for people living in sobriety to stay connected with a supportive recovery community.

That's why we invite anyone in recovery -to participate — whether you received treatment at Valley Hope or not.

For additional information, visit <https://valleyhope.org/events/>.

Be a part of our new online community at



Valley Hope



Safe Firearm Storage Toolkit

VA has released the Safe Firearm Storage Toolkit, which was developed in partnership with the American Foundation for Suicide Prevention (AFSP) and the National Shooting Sports Foundation (NSSF), the trade association for the firearms industry. While service members and Veterans are well-versed in handling and securing firearms, other members of their households may not be. In periods of crisis or heightened emotions, unsafe firearm storage can increase risk for injury. By practicing safe storage before challenging times arise, you can reduce the risk for suicide or injury for everyone in your home.

To download the toolkit, visit [CLICK HERE](#).

Suicide Prevention is Everyone's Business:
 A Toolkit for Safe Firearm Storage in Your Community

Anger Self-Assessment

Anger can range from irritability to rage. Most of the time things calm down by themselves, but if you are finding that some level of anger is interfering with your successful adjustment with your relationships, then it is something you should pay attention to. This program can help. Take an assessment to get feedback on how you are doing or jump into the workshops to learn about how to manage anger.

Completing this questionnaire should take about five minutes. When you've completed the assessment, your results will be returned along with some resources you're sure to find helpful. Because your privacy is of utmost importance, we do not collect any personal health information (PHI).

For additional information, visit <https://health.mil/Military-Health-Topics/Conditions-and-Treatments/Assessments/Anger-Self-Assessment>.

Chain of Love Challenge

NAMI Oklahoma's Chain of Love Challenge encourages everyone to reach out to others, check in with a quick conversation and inspire the people they've contacted to continue a chain of communication.

We're all in this together, even when together feels farther apart than ever — at <https://www.namioklahoma.org/>.

MyCare

The Oklahoma State Department of Health (OSDH) is partnering with the Oklahoma Department of Mental Health and Substance Abuse Services (ODMHSAS) and MyCare to offer services to clients who may find themselves in crisis. Local county health departments at 81 sites will have access to iPads designed to assist clients who may be in mental health distress during the COVID-19 crisis. As an additional resource to the public, the disaster distress helpline is available by calling 1-800-985-5990.

For more information about COVID-19, visit <https://coronavirus.health.ok.gov/>.

Families Tackling Tough Times Together

Purdue University is pleased to launch *Families Tackling Tough Times Together*, a program to support families as they deal with the COVID-19 pandemic. Join the Group on Facebook to find materials and activities tied to a specific aspect of resilience. Families with children, youth, young adults and older adults will find materials tailored for them.

For additional information, visit <https://www.facebook.com/groups/HHSFamiliesTogether>.

National Prevention Week

National Prevention Week (NPW) is a public education platform that promotes prevention year-round through providing ideas, capacity building, tools, and resources to help individuals and communities make substance use prevention happen every day. NPW culminates in May recognizing the important work that has been done in communities throughout the year to inspire action and prevent substance use and mental disorders.

SAMHSA's next NPW is **May 10 through 16, 2020**. Each year around this observance, communities and organizations across the country come together to raise awareness about the importance of substance use prevention and positive mental health.

For additional information on NPW, visit <https://www.samhsa.gov/prevention-week>. Send questions and requests to SAMHSA's NPW Coordinator, David Wilson at david.wilson@samhsa.hhs.gov.

CLICK on each section below to learn more.

Prevention Challenge

Join the Prevention Challenge today! Learn more about how to participate on social media.

Planning Toolkit

This toolkit offers tips, resources, and downloadable guides. Use it to plan your NPW events.

Promotional Materials

Use these materials to plan your NPW events and encourage others to get involved.

Events and Activities

Learn about community events around the country to inspire your own efforts for NPW, and submit your event details.

Webinars

The NPW Webinar Series offers information to support organizations on the front lines of prevention.

Collaborating Organizations

SAMHSA is proud to collaborate with federal agencies and national organizations in support of NPW.

Resilience

EDITION 1: JUNE 2020

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Skill of the Month

What is the Skill?

Hunt the Good Stuff is a skill in which you notice everyday positive experiences or discover something positive through a setback or problem. "Reflect" on the positive experiences to think more about and savor the experience.

Hunt the Good Stuff helps to build optimism and builds positive emotion, such as gratitude.

Key Principles

Counteract the Negativity Bias: You can counteract the Negativity Bias—the tendency to pay more attention to bad events than positive events—by recording three good things on a regular basis.

Optimism: Optimism is a primary target of Hunt the Good Stuff.

Keeping the Journal

Write a reflection (at least one sentence) about one or more of the following topics:

- ★ Why this good thing happened
- ★ What this good thing means to you
- ★ What you can do tomorrow to enable more of this good thing
- ★ What ways you or others contributed to this good thing

Hunt the Good Stuff