

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>

JULY 2020

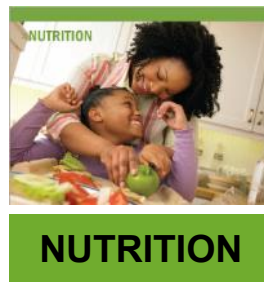
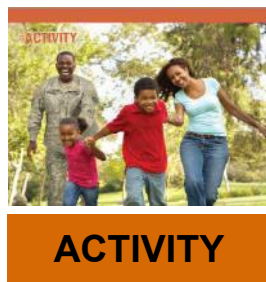
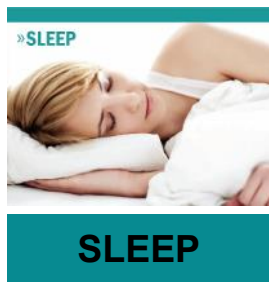
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Performance Triad The Total Army Family Guide

A guide to help with enhancing your health with **Sleep, Activity, and Nutrition.**



Download Guide at <https://ephc.amedd.army.mil/HIPECatalog/viewItem.aspx?id=696>



BHMC Oklahoma
Webpage



BHMC Oklahoma
Facebook

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Digital Safety Plan

PTSD Coach is designed for those who have, or may have, posttraumatic stress disorder (PTSD). This app provides education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help you manage the stresses of daily life with PTSD. Tools range from relaxation skills and positive self-talk to anger management and other common self-help strategies. PTSD Coach App accessible on both iOS and Android devices.



Digital Safety Plan
 now available on
PTSD Coach App

Basics of a Lifelong Eating Plan

With food hype in the media flip-flopping over high carb vs. low carb and high fat vs. low fat, it can be hard to know what is the “right” way to eat. Is it eating like a caveman? Is it giving up carbs to go into ketosis? Or eating only plants? What’s the best way to eat for health or performance? What about when you want to lose weight because your health, promotion, or even career depend on it? For more information, [CLICK HERE](#).

What is a “healthy” weight-loss eating plan, anyway?



24/7 RESERVE CHAPLAIN HOTLINE



CALL NOW AT:
(757) 322-5650

This is an around-the-clock on-call phone service for Reserve force personnel and their families who need counseling or spiritual services.

“In any crisis, making sure you have someone to reach out and talk to is a way of reassuring hope. That’s one thing we want to do by providing a duty chaplain as someone you can call.”

- CNRFC Command Chaplain
 Capt. Brian J. Stamm



Boost Team Performance

Healthy team relationships are an important part of being able to get the job done. Those relationships also have a major impact on how happy you are in your service, how motivated you are in your role, and even how well you’re able to do what you need to do. The truth is that many people spend most of their waking hours at work. That’s doubly true for Military Service Members who often eat, sleep, and live with their teammates for days, weeks, or months at a time. If you focus on optimizing your relationships with your team, you’ll be able to better perform as an individual and as a unit.

For additional information, visit <https://www.hprc-online.org/social-fitness/teams-leadership/boost-team-performance-strategies-improve-professional>.

Strategies to improve professional communication



Oklahoma Transition Assistance

Transition can be difficult in any aspect of life, but for Service members and their Families, transition can create many physical and emotional challenges.

As a Service member, you face the challenge of transitioning between civilian life to military life, from Active Duty status to Guard/Reserve status, to deployments, to military separation and retirement.

Your Oklahoma Transition Assistance Advisor can help.
CALL TODAY!



Shirley Kyles

Oklahoma Transition Assistance
 Advisor, Contractor
 (405) 228-5038
shirley.m.kyles.ctr@mail.mil

You are not alone

Oklahoma State Parks App

Introducing our brand new Oklahoma State Parks Official Guide app! From Black Mesa to Beavers Bend, download this digital hub and start exploring our 30+ Oklahoma State Parks. From hiking trails to park updates and even booking your cabin or campsite. Download now!



Child Trends

Children are very vulnerable to the emotional impact of traumatic events. As parents, loved ones and teachers, it is critical to work together to support their emotional well-being as the pandemic continues.

Read tips from Child Trends at <https://www.childtrends.org/research-topic/covid-19>.



Want to beat cabin fever?

TURN UP THE BEAT AND MOVE AS A FAMILY!

Get tons of fun, FREE physical activity ideas.

ShapeYourFutureOK.com





Military Kids Connect

Life for military kids is full of ups and downs. From adventure and unique experiences, to frequent moves and family adjustments - you may face challenges that your friends at school don't know anything about.

To connect with other military kids, visit <https://militarykidsconnect.health.mil/>.

Making connections with other military kids can help you build resilience and find friends who understand your life.



**TOGETHER,
EVERYWHERE.**

Follow BHMC Oklahoma on Facebook

<https://www.facebook.com/OKBHC/>



Life Doesn't Take a Smoke Break.

Quit tobacco with FREE NRTs.

FIND OUT HOW

1 800 QUIT NOW
OKhelpine.com

COVID-19 Resource Hub

In our efforts to provide best-in-class wellness resources, BHMC Oklahoma is a proud partner of Psych Hub since May 2019 offering an extensive video library, providing evidence-based education on mental health, substance use, and suicide prevention. Mental Health impacts everyone, and we are dedicated to providing clinically sound and engaging education for our military community.

Check out the free hub with videos and resources to help individuals and providers address their mental health needs during the COVID-19 pandemic.

- COVID-19 Mental Health Issues and Coping
- COVID-19 Tips for Managing Social Isolation
- A Guided meditation for Relaxation in Times of Stress
- How to Help Your Child Deal with Traumatic Events
- Wellness Tips for Improving Your Mental Health
- Self-Care as a Caregiver: Protecting Yourself from Burn Out
- Difficulty Sleeping
- Depression and Anxiety in Youth: What a Family Needs to Know
- The Connection between Mental & Physical Health
- Drinking or Using More than Intended
- What is Anxiety?
- Youth Mental Health Crisis: Options and Resources
- Post-Traumatic Stress Disorder
- Youth Suicide: What a Family Needs to Know
- Depressed Mood
- Panic Attacks: Know the Signs

To access video collection, visit <https://ok.ng.mil/bhmc> or <https://psychhub.com/partners/building-healthy-military-communities-bhmc-oklahoma>.





Psychological First Aid

Psychological First Aid: Supporting Yourself and Others During COVID-19 is an online only course designed to help individuals build resilience and support themselves and lend support to others during and following the COVID-19 outbreak. The course length is estimated at 60 minutes. The topics covered in the course include:

- Recognizing Stress in Adults, Teens and Children
- Practicing Mental Health First Aid
- Caring for Yourself
- Supporting Your Family
- Supporting Yourself and Coworkers at Work

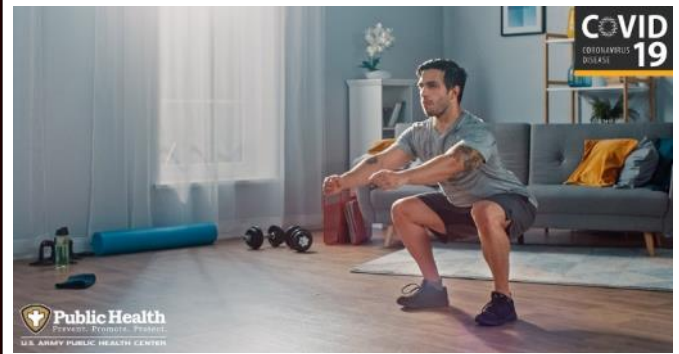
To register for the online course, [CLICK HERE](#).



Army Combat Fitness Test

Are you struggling to stay Army Combat Fitness Test-ready during this time of COVID19? Stay in the fight by exploring virtual exercise classes.

For additional information on Army Physical Fitness, visit <https://phc.amedd.army.mil/topics/healthyliving/al/Pages/ArmyPhysicalFitness.aspx>.



Boost your Performance with Yoga

Yoga is a mind-body activity that uses a series of postures, breathing techniques, and relaxation practices to promote spiritual, mental, and physical health.

For additional information, visit <https://www.hprc-online.org/physical-fitness/training-performance/boost-your-performance-yoga>.



Chronic Sleep Deprivation

Did you know chronic sleep deprivation can cause depression, obesity and heart disease? Fatigue is more than just being tired. For additional information, visit <https://p3.amedd.army.mil/performance-learning-center/sleep?linkId=89881004>.





Lifelink Newsletter - June 2020

Stress vs Distress - recognize the difference:

Stress takes on many forms and looks different for everyone. Recognizing and addressing your stressors before they escalate to distress is important. Even understanding the physical signs of stress unique to you (e.g., muscle tension, upset stomach) helps your mind feel more empowered to transform anxious thoughts to more relaxed feelings.

Naval Chaplaincy provides words of encouragement:

The team from the Naval Chaplaincy School and Center (NCSC) has recently begun a social media outreach for Sailors and their dependents entitled, "Weekly Words of Encouragement." The program's purpose, which began April 3, is to inspire faith and hope in the hearts and lives of people during the Coronavirus 2019 (COVID-19) pandemic.

For additional information on the Lifelink Newsletter, click on logo below.

Lifelink
 Newsletter

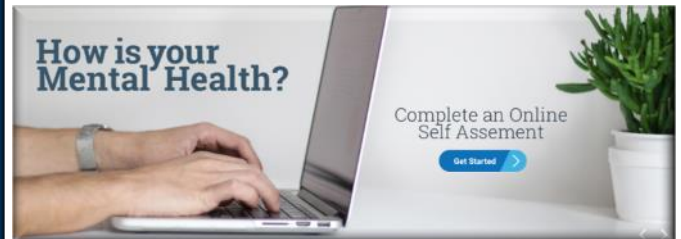


How is Your Mental Health?

Parkside is a private not-for-profit psychiatric hospital and accept most major insurances including Medicaid, Medicare, and Soonercare. We are contracted with Tricare for children, adolescents (including residential treatment) and adults for both inpatient and outpatient options. Our new hospital building was completed in February 2020 and features 80 single occupancy rooms which can make quite the difference in keeping our patients safe during this pandemic.

For additional information, visit <http://www.parksideinc.org>.

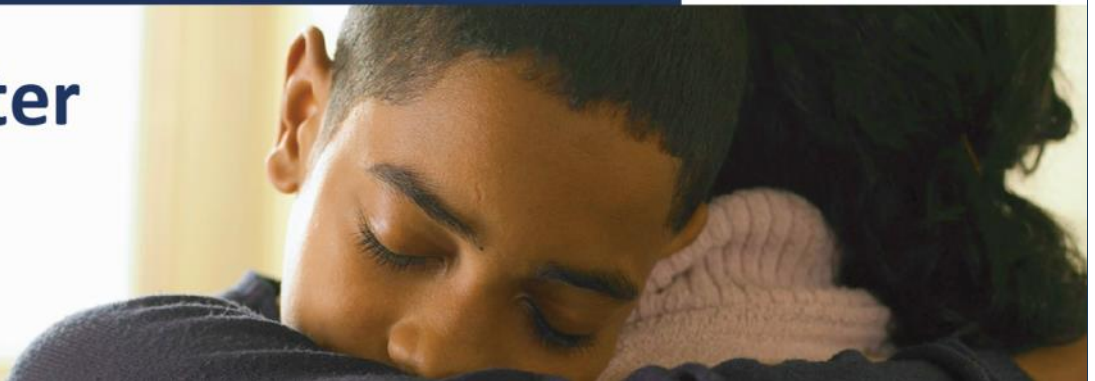
We are open to servicing military families and looking for opportunities to share our resources



Build Your Resilience

MILITARY
ONE SOURCE

Coping After Violent Events



Log in to Military OneSource Member Connect at militaryonesourceconnect.org for resources to help cope after violence and trauma.



Scams on Service Members

Increasingly scams are targeting Military Service members. Here are some tips and resources for you.

“Don’t ever think that only a fool would fall for a scam. - (Anonymous).”

Types of scams include romance, identity theft, phishing, spam, third party receipt of funds, and more.

You should always be vigilant but especially wary when

- Money is involved. Never send money or give out account information.
- Communication only via social media or email. Doesn’t use email with .mil
- Makes grandiose promises, outlandish claims, or easy money.
- Has to be done now! Fake emergencies catch us with our guard down and try to prevent us from doing due diligence.

Resource Links for additional information

1. <https://www.army.mil/socialmedia/scams/>
2. <https://www.consumerfinance.gov/consumer-tools/fraud/>

Decision Point

Get a second opinion from a trusted source.

Personal Financial Counselors (PFCs) are available virtually! Contact a PFC for no cost, private, and confidential services. Available to all National Guard, Reserve, and Active military service members, and eligible family members.

PFC Contacts:

TULSA: Roy Ames
(918) 210-5444; PFC2.OK.NG@zeiders.com

OKC EAST: Jordan Spencer
(405) 323-8162; PFC3.OK.NG@ZEIDERS.COM

OKC WEST: Robert Lassota
(703) 635-8206; PFC.OK.NG@ZEIDERS.COM

SEN\$E App

The SEN\$E app is your one-stop financial toolbox. Get quick access to financial information, tools, calculators, glossary terms and much more — all in the palm of your hand. Available now wherever you download apps.



SEN\$E

Gain the financial knowledge you need, from basic training to career transition!



Building Capacity

For a Public Health Approach to Prevention

Thursday, July 16, 2020 | 12:00 PM - 1:00 PM

Substance misuse and behavioral health overall, are an intrinsic part of public health. Many people with substance use disorders also live with mental health disorders, including serious mental illness, as well as preventable and treatable medical health issues. This webinar provides information on preparing for a public health approach from a substance use prevention perspective. This includes how preventionists can use the Strategic Prevention Framework to support the implementation of public health approach. To register for webinar, [CLICK HERE](#).



PTTC Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Skill of the Month

What is the Skill?

Identify, plan for, and commit to the pursuit of a goal that results in more optimal performance, sustained motivation, and increased effort.

Steps of Goal Setting

- Step 1: Define your goal (End State)
- Step 2: Know where you are right now (Energize)
- Step 3: Decide what you need to develop (Priorities)
- Step 4: Make a plan for steady improvement (SMART Steps)
- Step 5: Pursue regular action (WIN – What’s Important Now)
- Step 6: Commit yourself completely (Maintain Motivation)
- Step 7: Continually monitor your progress (IPR)

SMART Goals

- ★ Specific
- ★ Measurable
- ★ Action-focused
- ★ Realistic
- ★ Time-bound

Goal Setting



TOTAL WELLNESS

Free 8 week weight-loss class for adults



Summer 2020 Schedule

ENROLL NOW!
 Call: 405-425-4422
totalwellness@occhd.org

Register online at:
occhd.org/lose

**LOSE WEIGHT,
LIVE BETTER!**

Spaces limited.
Pre-enrollment is required.

IN-PERSON CLASSES

Smaller class sizes; masks recommended

NW OKC
Cole Community Center
 4400 N.W. Expressway
 Saturdays
 10:00 – 11:00 AM
 July 11 – August 29

South OKC
**Southern Oaks Health
and Wellness Campus**
 6728 S. Hudson Ave.
 Tuesdays
 11:00 AM – 12:00 PM
 July 7 – August 25

NE OKC
**Northeast Regional
Health and Wellness
Campus**
 2600 N.E. 63rd St.
 Wednesdays
 11:00 AM – 12:00 PM
 July 8 – August 26

Edmond
**Edmond Recreation
Center**
 2733 Marilyn Williams Dr.
 Thursdays
 5:15 – 6:15 PM
 July 9 – August 27

ONLINE CLASSES

Class participants will need:

- Computer with internet access and speakers
- Smart phone with data internet access
- Scale to weigh self
- Ability to download the Healthie and Zoom smart phone applications

Tuesdays
 10:00 – 11:00 AM
 June 30 – August 18

6:00 – 7:00 PM
 June 30 – August 18

Thursdays
 10:00 – 11:00 AM
 July 2 – August 20

Wednesdays
 10:00 – 11:00 AM
 July 1 – August 19

6:00 – 7:00 PM
 July 11 – August 19