



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>

Tulsa Tech

Transitioning back to civilian life can be a challenge. Let Tulsa Tech help find your new career with hands-on training in many cases months, not years.

With more than 80 programs, Tulsa Tech has a career field that is right for you. With the military tuition waiver, honorably discharged veterans can attend free. Apply online at <https://tulsaitech.edu/admissions/apply/> or for more information, call (918) 828-5000.

**Apply today and let us help you
 Make Your Own Path**

MAKE YOUR OWN PATH TO

🔍 A Successful Career | [TulsaTech.edu](https://tulsaitech.edu)

MILITARY TUITION WAIVER AT TULSA TECH

Prepare for your future and learn the skills to achieve your goals. Oklahoma veterans are eligible to attend one full-time career training program tuition-free. Applicants must have served active duty in the U.S. military and have been honorably discharged within the last 15 years.

Apply online at tulsaitech.edu/apply or for more information, call (918) 828-5000.

Full-time Careers
Part-time Classes
Corporate Training
MAKE YOUR OWN PATH

 (918) 828-5000
 INFO@TULSAITECH.EDU

SEPTEMBER 2020

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PREVENTS

invites you to attend

Veteran, Military, and Suicide Prevention Partners Discussion

Tuesday, August 25, 2020
10:30 a.m. – 12:00 p.m. CST

Join Executive Director of the PREVENTS Task Force, Dr. Barbara Van Dahlen, as she leads a discussion about how the national tragedy of suicide is affecting our Veterans and all Americans. Suicide prevention is everyone's business, and by working together locally and nationally, **we can prevent suicide.**

[Click here to RSVP](#)



VA



U.S. Department
of Veterans Affairs

PREVENTS

invites you to attend

Public Health Networks Roundtable

Wednesday, August 26, 2020
10:30 a.m. – 12:00 p.m. CST

Join Executive Director of the PREVENTS Task Force, Dr. Barbara Van Dahlen, as she leads a discussion about how the national tragedy of suicide is affecting our Veterans and all Americans. Suicide prevention is everyone's business, and by working together locally and nationally, **we can prevent suicide.**

[Click here to RSVP](#)



VA



U.S. Department
of Veterans Affairs

PREVENTS

invites you to attend

Faith-Based Roundtable

Thursday, August 27, 2020
10:30 a.m. – 12:00 p.m. CST

Join Executive Director of the PREVENTS Task Force, Dr. Barbara Van Dahlen, and Acting Director of VA's Center for Faith and Opportunity Initiative, Mr. Conrad Washington, as they lead a discussion about how the national tragedy of suicide is affecting our Veterans and all Americans. Suicide prevention is everyone's business, and by working together locally and nationally, **we can prevent suicide.**

[Click here to RSVP](#)



VA



U.S. Department
of Veterans Affairs

PREVENTS

About PREVENTS

The President's Roadmap to Empower Veterans and End a National Tragedy of Suicide (PREVENTS) is a call to action to amplify and accelerate the progress in addressing the Veteran suicide epidemic in our Nation. PREVENTS recently launched the REACH public health campaign to help provide the knowledge, tools, and resources needed to prevent suicide. As we face the tragedy of suicide in our Nation, we must REACH beyond what we have done before.

For more information about this event, please email weareprevents@va.gov.

REACH





Department of Veterans Affairs

Senior Executive Biography

Barbara Van Dahlen, Ph.D.

Executive Director PREVENTS Task Force Office of the Secretary

On March 5, 2019, President Trump signed Executive Order 13861, *The President's Roadmap to Empower Veterans and End a National Tragedy of Suicide (PREVENTS)*. This Executive Order created a dedicated Task Force to coordinate efforts across the Government and to build a national strategy focused on improving overall mental health to prevent suicide. To lead this multi-agency national effort, Dr. Barbara Van Dahlen, was selected as Executive Director of the PREVENTS Task Force.



Named to TIME magazine's 2012 list of the 100 most influential people in the world, Dr. Van Dahlen is the Founder of Give an Hour, a national nonprofit that provides free mental health care to those in need including service members, veterans and their families. Dr. Van Dahlen led the organization as President until 2019. A licensed clinical psychologist who practiced in the Washington, D.C. area for over 20 years, she received her Ph.D. in clinical psychology from the University of Maryland in 1991.

Dr. Van Dahlen also founded the Campaign to Change Direction® in 2015, a global initiative focused on changing the culture of mental health. Change Direction is a public health approach that encourages everyone to learn the Five Signs of Emotional Suffering that tell them that someone they know may be suffering emotionally and may need help. Change Direction has gained tremendous momentum in the United States and internationally.

Dr. Van Dahlen is an expert on the psychological impact of war and a thought leader in mobilizing constituencies to create large system change. She is widely recognized for her work in changing the culture associated with mental health. Dr. Van Dahlen has been a regular contributor to the *Huffington Post* and *TIME*, and has been interviewed by major media outlets such as AP, *New York Times*, *Wall Street Journal*, *Washington Post*, *Newsweek*, *Time*, *USA Today*, CNN, NPR, *Good Morning America*, *NBC Nightly News*, *Newshour*, and such military media outlets as *Stars & Stripes*, *AUSA Magazine*, and the Pentagon Channel. Dr. Van Dahlen is also the host of a podcast, *Inner Space* and the mental health consultant for the ABC television drama, *A Million Little Things*.

CAREER CHRONOLOGY:

2005 – 2019	Founder and President, Give an Hour Non-profit Corporation, Bethesda, MD
2015	Founder, The Campaign to Change Direction
1993 – 2018	Independent Practice of Psychology, Washington, D.C and McLean, VA

EDUCATION:

1991	Doctor of Philosophy, Clinical Psychology, University of Maryland, College Park, MD
1987	Master of Arts in Clinical Psychology, University of Maryland, College Park, MD
1982	Bachelor of Arts, summa cum laude, Psychology, California State College, Bakersfield, Calif.



Oklahoma Veteran Alliance Dinner

If you are interested in being a sponsor, buying tickets, or making a donation, please contact Pete Luitwieler at pluitwieler@csctulsa.org.

SAVE THE DATE



Location: Oklahoma National Guard Combined Services Center, Broken Arrow
Every day, 22 veterans end their lives nationwide. Join us for this inaugural event that will bring together veteran-focused organizations and individuals in the fight to save our heroes lives at home.
Event can accommodate social distancing. Dinner prepared by Catering by Orr.

Substance Use Prevention

Online Learning for Teens & Adults

Generation Rx - Medication Safety for Teens

11:30 AM - 12:30 PM

Wednesday, September 16, 2020

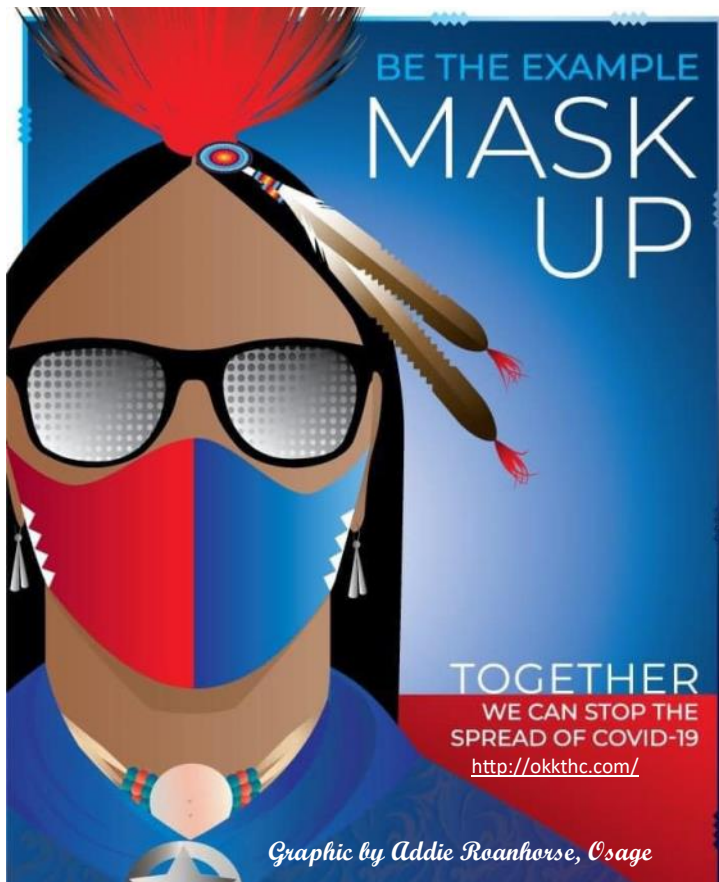
To register, visit https://us02web.zoom.us/join/register/WN_Zhr7SRwrSQe087xf1CMFGw

Preventing Opioid Overdose & Naloxone Training

12:30 PM - 1:30 PM

Thursday, September 17, 2020

To register, visit https://us02web.zoom.us/join/register/WN_XI5xe09uSs2BC2xAemu8gQ





BUILDING HEALTHY
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LEAD LEARN SERVE COLLABORATE ADVOCATE CELEBRATE
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OKLAHOMA
TURNING POINT ↑
 2020 CONFERENCE #LikeNeverBefore

Veteran Spouse Resiliency Group

Starts Thursday, August 27, 2020
6:30-8:30pm

Community Service Council
16 E 16th St.
Tulsa, OK 74119

**Tulsa, OK
Veteran Spouse Resiliency Group**

Groups provide veteran spouses with a safe space to share their stories in a judgement free zone, meet other spouses, and lean on one another for support and guidance.

Register for the group at
sites.utexas.edu/vsn/programs/

Contact Group Leader Maggie Penny at
Margaret.K.Penny-1@ou.edu

To learn more about the V-SRG Program and apply for a group, contact Program Manager Hannah O'Brien at hannahkob@austin.utexas.edu or visit us at sites.utexas.edu/vsn/vsrg/

OK Turning Point Conference

For twenty-three years, OTPC has been working with partners to enact positive change in communities across Oklahoma. This is a pivotal time in Oklahoma, with unprecedented policy changes that will impact us all.

This year's conference will be held **VIRTUALLY** and will provide attendees with information and resources to help create leaders and sustain momentum in communities and health systems. The conference will highlight best practices and effective strategic partnerships to improve the health of Oklahoma.

Learning sessions will focus on OTPC's current policy agenda:

- Access to care, including mental health, substance abuse services and emerging public health crises;
- Adverse childhood experiences, trauma informed care, resilience, and hope
- State and local tobacco policy, including cessation, prevention and environment

Register for event by 5:00 PM on Wednesday, August 19, 2020 at <http://okturningpoint.org/annualconference/registration/>.

#LikeNeverBefore

Virtual Recovery Meetings

Now more than ever, we are here for your, your loved ones and our communities. It is important for people living in sobriety to stay connected with a supportive recovery community. That's why Valley Hope is expanding access to recovery support during these uncertain times. At every level, we are taking the steps necessary to continue providing essential support to the recovery community including online peer recovery support groups to fill the gaps in care and community during COVID-19.

Safe and Convenient

Get the recovery support you need from the safety of your home. With various meeting opportunities available, we invite you to join us as often as you need.

Community Connection

Valley Hope is providing these free virtual meetings to anyone in recovery — whether you received treatment at Valley Hope or not. **All are welcome.**

Free, Virtual Access

Join Valley Hope's free online Recovery Support Groups via the virtual meeting platform Zoom. Participate on the device of your choice.

Find help 24/7 by calling 800-544-5101
 Visit valleyhope.org to find a meeting

It's time for school.

Come back strong with FREE tips and tools.

ShapeYourFutureOK.com

TSET

PACK A HEALTHY SCHOOL LUNCH

STEP 1 - PROTEIN

STEP 2

STEP 3



CDC COVID-19 Communications Toolkit

CDC COVID-19 Communications Toolkit was created to help public health professionals, health departments, community organizations, and healthcare systems and providers reach populations who may need COVID-19 prevention messaging in their native languages. This toolkit provides current messaging from a trusted source, information in plain language available for downloading and sharing, and translated materials to help communities disseminate messages to a wider audience.

- [Social Distancing](#)
- [Protect Yourself When Using Public Transportation](#)
- [Coping with Stress](#)
- [Visiting Parks and Recreational Facilities](#)
- [Guidance for Administrators in Parks and Recreational Facilities](#)
- [Considerations for Public Pools, Hot Tubs, and Water Playgrounds During COVID-19](#)
- [How to Be Physically Active While Social Distancing](#)

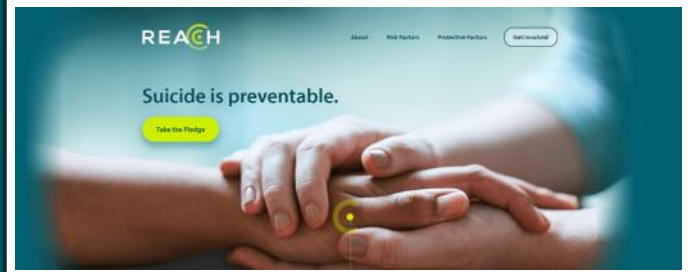
To download the toolkit, [CLICK HERE](#).

Suicide is Preventable

When we REACH to those in need, we will provide hope. When we REACH because we are hurting, we will find help. When we REACH, we will prevent suicide.

As we face the tragedy of suicide in our nation, we must *reach* beyond what we have done before. We must change the way we think about, talk about, and address emotional pain and suffering. Suicide is preventable – but only if we empower ourselves and others with the knowledge, tools and resources we need to *reach* those who feel hopeless.

For additional information on REACH, visit <https://www.wearewithinreach.net/>.



CAFFEINE Performance Tips



- ✓ 200 mg of caffeine can boost your mental and physical performance.
- ✓ Do not exceed 600 mg of caffeine per day.
- ✓ Avoid consuming caffeine 4-6 hours before bed.



hprc-online.org/nutrition/go-green

Ways to help your child develop healthy eating habits:

- Be a good role model. Choose healthy drinks and snacks. Children copy what they see.
- Talk with your child about what it means to be healthy and how to make healthy decisions.
- Involve the whole family in building healthy eating, drinking and physical activity habits.



https://www.ok.gov/health/Family_Health/WIC/index.html



Start with MyPlate Plan

To stay focused on your goals, track what you eat and drink as well as your physical activity. Get started with the MyPlate Plan: <https://www.choosemyplate.gov/.resources/MyPlatePlan>.



Draper Run or Ride

Sunday, September 6 | Run-8:00 AM; Bike-8:20 AM
Lake Stanley Draper Marina
8301 SE 104th Street, Oklahoma City, OK 73165

Come join us for the OKC Parks inaugural 10K, half marathon and bicycle!

Lake Stanley Draper's newly paved trails will take you through scenic Oklahoma landscape nestled next to the beautiful lake. OKC's hidden gem is sure to impress!

For additional information, contact Katie Koppari at (405) 297-2279 or kaitlyn.koppari@okc.gov.

To register for event, visit <https://teamsideline.com/sites/okc/content/21651/Draper-Run-or-Ride>.

Operation Supplement Safety

What is Operation Supplement Safety?

OPSS is a DoD-wide initiative to educate the military community about dietary supplements and provide the tools for them to be informed supplement users—or non-users.

Although some dietary supplements can offer some benefits, others might be unsafe or contaminated with drugs, controlled substances, or other ingredients not listed on the label. The most commonly tainted dietary supplements are those marketed for:

- Bodybuilding
- Weight loss
- Sexual enhancement



FUELED FOR
fitness

For more information about dietary supplements and nutrition, visit:

Operation Supplement Safety | opss.org
Human Performance Resource Center | hprc-online.org
U.S. Food and Drug Administration | fda.gov
MyPlate | choosemyplate.gov
Office of Dietary Supplements | ods.od.nih.gov

**OPERATION
SUPPLEMENT
SAFETY**
WWW.OPSS.ORG

Oklahoma Travel Brochures

Oklahoma offers a wide selection of free brochures, so you can find information for the entire state or just the area you plan to visit. Use this page to order your brochures, and they will be mailed to you free of charge.

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





Where does flooding happen?



Almost everywhere. [#HeartlandFloodHelp](#) explains your home's level of risk and the free and low-cost steps you can take to protect your home and family. Learn more at HeartlandFloodHelp.org.

Reach Higher

Reach Higher is an adult degree completion initiative led by the Oklahoma State Regents for Higher Education. Through the Reach Higher program, adult students can complete degrees in enterprise development, organizational leadership, and other programs connected with Oklahoma's 100 Critical Occupations list.

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

Healthy Recipes Farmers Markets

Support Oklahoma's farmers and ranchers, while keeping your family healthy in the process! Not sure where to find a farmers market near you? Browse our site, where we've categorized them by area. What's your favorite farmers market? Tag them in the comments! For additional information, visit <https://shapeyourfutureok.com/healthy-recipes/farmers-markets/>.



Follow BHM Oklahoma on Facebook

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



24/7 CHAPLAIN HOTLINE

100% Confidential around-the-clock support for Reserve Sailors and families in need of counseling or spiritual support is available by phone at:

(757) 322-5650

Practicing Mindfulness

Practicing mindfulness is a simple way to improve your mental and physical health. Try our new body scan exercise to improve your focus and overall wellbeing.

To view videos, visit <https://psychhub.com/our-partners/building-healthy-military-communities-bhmc/>.

Browse Topic

General Mental Health





Pets and Parked Cars

On a 78°F day, the temperature inside a parked car can soar above 100°F in less than 15 minutes. No matter how quick your errand is, pets and parked cars don't mix. For additional information, [CLICK HERE](#).



Public Health
 Prevent. Promote. Protect
 Army Public Health

Show What You Know

Show What You Know is a website full of resources students can use to see how their previously earned college credit, licenses, certifications, military study and training, and advanced standing scores can be applied toward a degree program.

Military personnel and veterans can receive college credit hours for U.S. Armed Forces training, occupations, and educational experiences.

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

Your military service counts!



Earn college credit for knowledge gained through work and life experiences, non-degree-granting institutions, military training, or other learning environments.

3 Keys to Optimal Nutrition

Not meeting your fitness or weight goals?

Underperforming at work, at home, or during training? Maybe it's your eating plan.

There's no "perfect" diet for optimal health and performance. No matter what your eating plan is, there are 3 keys to good nutrition to keep in mind: balance, quality, and timing.

For additional information, visit <https://www.hprc-online.org/nutrition/performance-nutrition/3-keys-optimal-nutrition>.



Preparedness

EDITION 2: SEPTEMBER 2020

Mr. Gerald Mastin
Emergency Management Program Coordinator
Office: (405) 228-5057
Gerald.e.mastin.nfg@mail.mil

A Timely Evacuation is Critical to Your Safety!

- * **Make a “Go” bag:** include important information and emergency supplies ready to grab and go; be sure your emergency status accountability information is included.
- * **Never ignore an evacuation warning:** local authorities provide information to the public through the radio or TV media and phone texts; know local procedures, such as evacuation routes.
- * **Wear durable clothes:** wear sturdy shoes and clothing, such as long pants, long-sleeved shirts, and a cap.
- * **Plan how you will leave:** if you don't have access to a vehicle, make other arrangements ahead of time.
- * **Make an animal care plan:** plan how you will care for your animals; understand that only service animals may be permitted in public shelters; plan how you will care for your pets in an emergency.
- * **Make a plan if separated:** develop a **Family Emergency Communication Plan** in case you are separated.
- * **Secure your home:** lock all doors and windows; if there is time - turn off gas, electricity, and water; leave freezers and refrigerators plugged in unless there is a risk of flooding.
- * **Check on neighbors:** check on neighbors who may need assistance.
- * **Plan meet up places:** plan places where your family will meet both within and outside of your immediate neighborhood; use the **Family Emergency Checklist** to decide these locations before a disaster.
- * **Plan how you will leave:** Plan to take one car to reduce road congestion and delay; if you do not have a car, make arrangements with family, friends, or local government.
- * **Have alternate routes:** as well as other means of transportation out of your area; choose several destinations in different directions, so you have options in an emergency.
- * **Evacuate early:** leave early to avoid being trapped by severe weather; do not take shortcuts, they may be blocked.
- * **Follow recommended evacuation routes:** do not drive into flooded areas; be alert for road hazards such as washed-out roads or bridges and downed power lines.
- * **Take your emergency supply kit:** unless you have reason to believe it has been contaminated.
- * **Have a cordless radio:** listen to a battery-powered radio and follow local evacuation instructions.

Let your supervisor know your status once you're safely relocated

Evacuation and Planning