



MAKING A DIFFERENCE IN OKLAHOMA

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

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

REACH

Research shows that for every suicide, 135 people are personally affected – families, friends, co-workers, and community members – which means in any given year, up to 6.3 million people were directly affected by suicide.

By taking the PREVENTS Pledge to REACH, you make a commitment to increase awareness of mental health issues in general and prevent suicide for all Americans.

Take the Pledge

<https://www.wearewithinreach.net/>

We all have a role to play in preventing suicide.



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.

OCTOBER 2020

IN THIS ISSUE:

PREVENTS Pledge to Reach	1
Oklahoma Veteran Alliance Dinner.....	2
Excessive Drinking	2
Quit Tobacco with Free NRTs	2
2020 OPHA Virtual Conference.....	2
Regional Food Bank - I'm a Virtual Volunteer	2
Kickapoo Tribal Health Center Support Group	3
Access to Childcare Services.....	3
Mental Health and Wellness	3
Nutrition Education Recipes	4
Veteran Spouse Resiliency Group.....	4
Psych Hub - What is Mindfulness?	4
Do You Need Assistance?	4
This is Not OK.....	5
Career Coaching for Military Spouses	5
Military Family Lifestyle Survey.....	5
Follow BHMC Oklahoma on Facebook	5
Eviction Prevention Assistance.....	5
Celebrate Spooky Season!.....	6
Employment Services for Veterans	6
Cooking Guide for Soldiers.....	6
KeepMovingOKC.....	6
Transitioning Back to Civilian Life.....	7
TSET - My Life My Quit	7
Substance Use Prevention Online Learning.....	7
OK Arts and the Military Grants	7
Mental Health Ally Certified.....	8
National Diaper Need Awareness Week	8
Suicide Prevention Month	8
G.I. Joe # 7 Resources and Free Digital Issue	8
Eating Better on a Budget	9
Preparedness - Teach Youth About Preparedness	10

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Oklahoma Tobacco Helpline
1 800 QUIT NOW
 A Program of TSET

Oklahoma Veteran Alliance Dinner

Thursday, October 22, 2020 | 6:00 PM - 10:00 PM
 Oklahoma National Guard Combined Services Center
 26401 E 101st Street
 Broken Arrow, OK 74014

Every day 22 Veterans end their lives nationwide. Join us for this inaugural event bringing together veteran-focused organizations and individuals in the fight to save our heroes. Event accommodates social distancing and valet parking available. For additional information, contact Pete Luitwieler at pluitwieler@csctulsa.org.



Excessive Drinking

Excessive drinking can be a problem in the military community, and it can lead to many health complications down the road. You may drink to deal with stress, boredom, and loneliness. TRICARE has resources if you need help controlling your drinking habits.

For additional information, visit <https://www.tricare.mil/HealthWellness/Alcohol#>.



Training Wheels for Your Tobacco-Free Journey

Quit tobacco with **FREE NRTs**.

FIND YOUR BEST FIT

1 800 QUIT NOW
 OKhelpline.com

OPHA
 EDUCATION • PRACTICE • ADVOCACY

2020 VIRTUAL CONFERENCE
 SEPTEMBER 22 - 23

CREATING THE HEALTHIEST STATE: EDUCATION, HEALTHCARE AND POLICY

REGISTER NOW <https://oklahomapublichealthassn.wildapricot.org/event-3843067>

I'M A VIRTUAL VOLUNTEER
 FOR THE REGIONAL FOOD BANK OF OKLAHOMA

<https://www.regionalfoodbank.org/fight-hunger/virtual-volunteer>



TALKING CIRCLE
Online
Kickapoo Tribal Health Center - Behavioral Health
Weekly Support Group Meeting

PRESENTING VIA **zoom**
Video Conferencing

Empowering the community through support, resources, & more.

As a Family, Single-parent family, and Grandparent Raising Grandchildren, you may have a lot of questions, concerns, and needs. Talking Circle empowers families by offering support, referrals to counseling services, and resources. Join the talking Circle and share your experience with KTHC's Susan Stacy, MSW.



Supporting Children & Families During CV-19 Pandemic Series
Mondays from 5:30 pm - 6:30 pm
Join Zoom Meeting



<https://us04web.zoom.us/j/73795245039?pwd=T2g2UjYzOVVXanhCTjRrbE5GbFB5Zz09>
Meeting ID: 737 9524 5039 | Passcode: 6gPvVZ

Talking Circle for Single Parents
Thursdays from 12 pm - 1 pm
Join Zoom Meeting



<https://us04web.zoom.us/j/9700080078?pwd=a2JlYzJ6dHZlSTZQM3RuNm dBNEZvUT09>
Meeting ID: 970 008 0078 | Passcode: 855289

Talking Circle Grandparents Raising Grandchildren
Fridays from 1 pm - 2 pm
Join Zoom Meeting



<https://us04web.zoom.us/j/9700080078?pwd=a2JlYzJ6dHZlSTZQM3RuNm dBNEZvUT09>
Meeting ID: 970 008 0078 | Passcode: 855289



How-To Use **ZOOM CHEAT SHEET**



Questions, please email susan.stacy@okthc.com
or call (405) 964-2081 ext 369



Access to Childcare Services

The DoD recently launched expanded access to childcare services to provide Service members with access to a monthly subscription service with a secure, searchable network of care providers in their area. Subscription is free for eligible military families and offers a user-friendly way to explore providers who can assist with hourly, flexible and on-demand childcare services. For additional information, call 800-342-9647 to speak with a consultant who can support your search.



Mental Health and Wellness

Patriot Family Counseling Services (PFCS) is a growing counseling and wellness facility in Broken Arrow, Oklahoma. We focus on ensuring our community's military service members, first responders, and emergency room personnel have a safe place to go for help. Patriot Family Counseling Services provides mental health and wellness services for individuals that have experienced prolonged crisis, trauma, and suicidality. Our mission is to change the world through providing the best mental health care possible. We do that by stepping into the journey with our friends who come to us for help.

Our agency accepts a variety of insurances, as well as, private pay if that is best suited for you. We are a part of most military programs to include Tricare, VACCN (Previously Choice Program), and Beacon. PFCS was developed by Aaron Ashworth, LPC who also is a three time war veteran with 20 years experience in the military, ministry, and the mental health field. Our goal is to become Oklahoma's largest mental health provider for military, first response, and emergency personnel.

You can find out more about Patriot Family Counseling Services by visiting our website or feel free to reaching out directly:

Aaron M. Ashworth, M.Div., M.A., CMIII, LPC
Patriot Family Counseling Services- Owner / Therapist

Website: <http://patriotcounseling.com>

Email: aaronashworth.org

Cell: (918) 557-8789





Nutrition Education Recipes

**Can I have a snack? What's for dinner?
 When is lunch? I'm hungry!**

Have you been hearing these questions? Have you been hearing these questions all day long? If you have kids, you probably have. And chances are, your SNAP-Ed participants are hearing them too. The SNAP-Ed Connection is here to help! We have put together a collection of healthy, easy, affordable, and tasty recipes for all times of the day, (including snack time) that can help you crush meal-time boredom and level-up your snack game! SNAP recipes are healthy and thrifty. They also have a short list of ingredients and are easy to make. Most of all they taste good!

For additional information, visit <https://snaped.fns.usda.gov/nutrition-education/recipes>.



Recipes

What is Mindfulness?

BHMC Oklahoma is proud to partner with Psych Hub offering an extensive video library, providing evidence-based education on mental health, substance use, and suicide prevention. To access our video collection visit <https://psychhub.com/our-partners/building-healthy-military-communities-bhmc/>.



What is Mindfulness?


Do You Need Assistance?


The COVID-19 pandemic and economic downturn has hit Oklahomans hard. Food assistance is available across central and western Oklahoma.

To find a Regional Food Bank partner near you, visit <https://www.regionalfoodbank.org/get-help>.

If unable to find assistance, call (405) 972-1111.







Veteran Spouse Resiliency Group

Starts Thursday, September 17, 2020
6:30-8:30pm

Tulsa, OK Online 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/vsrg/

Note: This group may move to an in-person format if the threat of COVID-19 lessens.

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/



This is Not OK

7,500 Oklahomans die each year from tobacco use – that’s Not OK. While other states are protecting their people from the dangers of tobacco and secondhand smoke, Oklahoma is falling behind. To learn proven, common-sense ways to improve the future health of our state, visit <https://stopswithme.com/not-ok/>.



Military Family Lifestyle Survey

Blue Star Families’ 2020 Military Family Lifestyle Survey analyzes trends related to major shifts in military life issues and helps local and national government leaders a better understand the realities that active duty, national guard, reserve, veterans, and their families face.

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

Survey open September 8 - October 16, 2020

Follow BHMC Oklahoma on Facebook

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



Career Coaching for Military Spouses

Explore education and career interests; **Learn** about education options and licensure or credential requirements; **Prepare** to enter or re-enter the workforce; **Connect** to organizations committed to hiring military spouses; and **Develop** a MyICP, individual career plan.

Call 800-342-9647. Coaches are available from 7 a.m. to 10 p.m. ET Monday through Friday or from 10 a.m. to 5 p.m. ET on Saturday.



SPOUSE EDUCATION & CAREER OPPORTUNITIES

Eviction Prevention Assistance

The Centers for Disease Control and Prevention (CDC), located within the Department of Health and Human Services (HHS) announces the issuance of an Order under Section 361 of the Public Health Service Act to temporarily halt most residential evictions to prevent the further spread of COVID-19.

This Order is effective September 4, 2020 through December 31, 2020. Any past-due rent owed by the renter, including late fees, will come due upon expiration of the Order.

CONTACT NOW these organizations currently offering eviction prevention assistance:

- Community CARES Partners: 211
- Catholic Charities Archdiocese of Oklahoma City: 405.523.8514
- Neighborhood Services Organization: 405.236.0452
- Tulsa Housing Authority Emergency Rental Assistance Program: 918.236.0949

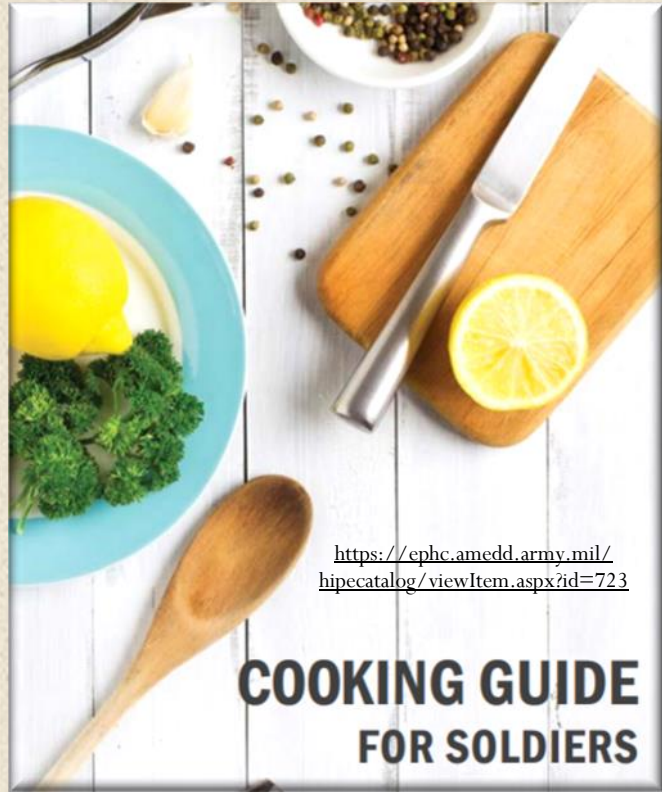


Celebrate spooky season!

Fall for FREE activities, recipes & more.

 **ShapeYourFutureOK.com**

 **TSET**



<https://ephc.amedd.army.mil/hipecatalog/viewItem.aspx?id=723>

COOKING GUIDE FOR SOLDIERS

Download the Free Guide Today!

Employment Services for Veterans

Volunteers of America Oklahoma Veterans Employment Services assist veterans who are homeless or at risk of homelessness to establish meaningful employment.

Services offered include:

- Veteran-to-Veteran mentoring
- Outreach, assessment, and intake
- Job search and resume assistance
- Employer referrals and matching
- Vocational training
- Transportation assistance
- Job retention services
- Work tools and clothing assistance

Community referral services offered include advanced job training, VA Benefits assistance, mental health services, legal services, housing services, and substance abuse treatment.

Contact your Veterans Employment Services team at (918) 307-1500 or (405) 418-8522 x2013.

 **Volunteers of America®**
OKLAHOMA

KeepMovingOKC

Check out <https://www.Keepmovingokc.org/> to discover all kinds of ways for you and your family to stay active!



How do you **KEEP MOVING?**





Transitioning Back to Civilian Life

Transitioning back to civilian life can be a challenge; Tulsa Tech can help with hands-on training for a career you'll love in many cases months, not years.

Make your move into an in-demand aerospace career with an Airframe and Powerplant (A&P) license. These highly-trained technicians work on all aspects of planes from the systems and materials to the engines.

Earlier this year, American Airlines announced a significant investment into their Tulsa facility, so what better time than now to train for your future?

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 for free. For additional information on programs available, call (918) 828-5000.

Substance Use Prevention

Online Learning for Teens & Adults

Generation Rx - Medication Safety for Teens

11:30 AM - 12:30 PM

Tuesday, October 13, 2020

To register, visit https://us02web.zoom.us/webinar/register/WN_CIPpG9jQEKN2NfEiztF-A.

Preventing Opioid Overdose & Naloxone Training

12:30 PM - 1:30 PM

Tuesday, October 20, 2020

To register, visit https://us02web.zoom.us/webinar/register/WN_2WO0YTg-QIyERW6i1q-X0Q.

MY LIFE MY QUIT TM

Brought to you by TSET

Youth 13 - 17 can now receive free support to quit tobacco and vapes with live text, web chat or by phone at MyLifeMyQuit.com or by texting "Start My Quit" to 855-891-9989. ★

Oklahoma Arts and the Military Grants



The Oklahoma Arts and the Military Grant program is designed to empower organizations statewide to serve military-connected individuals through the arts. The grant program is part of the Oklahoma Arts and the Military Initiative, which is a strategic effort launched in 2015 by the Oklahoma Arts Council to meet important needs in Oklahoma's military community. Grants of up to \$5,000 are available to support new or ongoing learning-based and audience-based arts programs serving primarily individuals who are connected to the military. Military-connected individuals include active, national guard, reserve, veterans, immediate family, and caregivers.

For additional information, visit https://arts.ok.gov/Arts_in_Communities/Arts_and_Military_Grants.html

Applications due September 15, 2020



MENTAL HEALTH ALLY CERTIFIED

Become Mental Health Ally Certified with Psych Hub. The series equips learners with critical mental health knowledge and actionable skills to improve wellbeing through eight engaging and topical modules.

- Mental Health Competency 1: Overview
- Mental Health Competency 2: Common Conditions
- Mental Health Competency 3: Substance Use Awareness
- Suicidal Behavior Competency
- Safety Planning and Screening
- Diversity and Mental Health
- Understanding and Overcoming Bias
- Motivational Interviewing: Communication Basics

This year, we've seen how the pandemic and the resulting economic recession have negatively impacted many people's wellbeing – and there are many indications that these mental health challenges will require ongoing support. Everyone has a role to play in recognizing signs and symptoms of mental health.

Suicide Prevention Month

The Suicide Prevention Resource Center has created a guide to help anyone, anywhere get involved in Suicide Prevention Week. The SPRC invites everyone to take action this September to help prevent suicide by learning about effective suicide prevention, sharing stories of hope, and empowering everyone to be there for those in distress.

Check out the full two page guide here at <https://ok.us19.list-manage.com/track/click?u=f829a62b8353a0db3648e0942&id=07d15106f2&e=8cec7eb2f5>.



SUICIDE PREVENTION MONTH
IDEAS FOR ACTION
 SEPTEMBER 2020

G.I. Joe #7 - Resources and Free Digital Issue

During the month of September, IDW and Hasbro are offering G.I. Joe #7 for free digitally in observance of National Suicide Prevention Awareness Month. This month is a time to share resources and stories in an effort to shed light on suicide and mental health. We're proud to share G.I. Joe #7, an issue in which Scarlett, suffering from the realities of a life of combat, recalls how she found her way to the burgeoning G.I. Joe movement. Issue #7 presents an honest look at the psychological impact of combat, with real depictions of overcoming the stigma around seeking mental health treatment, peer support, setbacks during treatment, and recovery.

To find out information about the Governor's and Mayor's Challenges, and how your state or city is implementing state-wide suicide prevention best practices for Service Members, Veterans, and their Families, visit the Substance Abuse and Mental Health Services Administration website.

To view and share G.I. Joe #7, visit <https://www.idwpublishing.com/g-i-joe-7-preview-and-resources/>.

Show Your Support Today!

National Diaper Need

AWARENESS WEEK

*** 09.21.20-09.27.20

Whether you donate dollars, diapers, or time, you can help make a difference for the 1 in 3 families that struggle with diaper need.



405-432-2844
<https://legacyshawnee.com/>

10 tips
Nutrition
Education Series



MyPlate
MyWins

Based on the
Dietary
Guidelines
for Americans

Eating better on a budget

Get the most for your budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

1 Plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or soups, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.



2 Get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

3 Compare and contrast

Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is the best buy.

4 Buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are large containers of low-fat yogurt and large bags of frozen vegetables. Before you shop, remember to check if you have enough freezer space.



5 Buy in season

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

6 Convenience costs... go back to the basics

Convenience foods like frozen dinners, pre-cut fruits and vegetables, and take-out meals can often cost more than if you were to make them at home. Take the time to prepare your own—and save!

7 Easy on your wallet

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy cabbage, sweet potatoes, or low-sodium canned tomatoes. As for fruits, apples and bananas are good choices.



8 Cook once...eat all week!

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

9 Get creative with leftovers

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry, over a garden salad, or in chili. Remember, throwing away food is throwing away your money!

10 Eating out

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Ask for water instead of ordering other beverages, which add to the bill.

NATIONAL PREPAREDNESS MONTH

TEACH YOUTH ABOUT PREPAREDNESS

#BePrepared

NATIONAL PREPAREDNESS MONTH IS RECOGNIZED EACH SEPTEMBER TO PROMOTE FAMILY AND COMMUNITY DISASTER PLANNING THROUGHOUT THE YEAR.

DISASTERS DON'T WAIT. MAKE YOUR PLAN TODAY!

TEACH KIDS WHAT TO DO

- **Teach children what to do in an emergency¹** if they are at home or away from home.
- Teach kids how to communicate during an emergency.
- Go over the emergency contact numbers list.
- Teach how to send text messages.
- Talk about how to dial 9-1-1 for help.



KEEP INFORMED & STAY UPDATED

- Update school records and discuss emergency contact numbers.
- Add your child's school's social media info to the **family communication plan³**.
- Ask your child's teacher about the **plans the school has in place for emergencies⁴**.



GET KIDS INVOLVED

- Have kids build their **emergency kit²**.
- Don't forget to include your child's medication and supplies in your family's emergency kit.
- Include items of comfort for use during a disaster like the following: their favorite stuffed animals, board games, books, or music.



TEACH PREPAREDNESS



RESOURCE LINKS

1. <https://www.ready.gov/kids>
2. https://www.ready.gov/sites/default/files/2019-06/emergency_checklist_kids.pdf
3. <https://www.ready.gov/kids/make-a-plan>
4. <https://www.healthychildren.org/English/safety-prevention/all-around/Pages/Actions-Schools-Are-Taking-to-Make-Themselves-Safer.aspx>