

MAKING A DIFFERENCE IN OKLAHOMA

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

Webpage: <https://ok.ng.mil/Family-Programs/Building-Healthy-Military-Communities/>

Talk. They Hear You.

SAMHSA’s substance use prevention campaign helps parents and caregivers start talking to their children early about the dangers of alcohol and other drugs. Here are 5 goals to help start the conversation with your children about underage drinking.

- Show you disapprove of underage drinking and other drug misuse
- Show you care about your child's health, wellness, and success
- Show you're a good source of information about alcohol and other drugs
- Show you're paying attention and you'll discourage risky behaviors
- Build your child's skills and strategies for avoiding underage drinking and drug use

For additional information and resources to address alcohol and other drug use with your children, visit <https://www.samhsa.gov/underage-drinking>.

DECEMBER 2020

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talk
they hear you

TALKING TO KIDS ABOUT ALCOHOL

5 CONVERSATION GOALS

Research shows that parents are the #1 reason young people decide not to drink. So, start talking to your children about alcohol before they start drinking—as early as 9 years old. Even if it doesn't seem like it, they really do hear you.

SAMHSA
Substance Abuse and Mental Health Services Administration
www.samhsa.gov • 1-877-SAMHSA-7 (1-877-726-4727)

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Unlock the power of Fuel Up to Play 60 with the new **Fuel Up to Play 60: Student Zone app!** Never miss out on news, activities, challenges, and exclusive content just for students. All you need to Fuel Greatness is now available with a simple tap on your device.

TAKE YOUR PLAY ON THE GO



Sharing a Positive Outlook

Our Family can do this!

Watch this video featuring an interview of Froma Walsh. Walsh explains that even though many families are spending much more time together than usual, it still can take effort to nurture strong positive connections with each other. As Froma explains, families with strong connections encourage each other, support each other, and help each other to build on their strengths.

To view video, visit <https://youtu.be/Hs0QXy2ke1g>.



2021 Employer Support Freedom Award

The Secretary of Defense Employer Support Freedom Award is the highest recognition given by the U.S. Government to employers for their support of their employees who serve in the Guard and Reserve.

The Secretary of Defense presents this award annually. Nominations must come from a Guard or Reserve member who is employed by the organization they are nominating, or from a family member.

Think of the time your employer has taken to support your Guard or Reserve service, and the respect given to you through extraordinary measures. Do you have 15 minutes to give back that could earn your employer the most prestigious Secretary of Defense Employer Support Freedom Award? All employers are eligible. Act now!

Nominations close December 31, 2020

To nominate your outstanding employer, visit <https://www.freedomaward.mil/>.





Secondhand Smoke

Secondhand smoke is not just a mere annoyance. It's a serious health hazard.

To learn common myths and the facts that dispel them, visit <https://stopswithme.com/secondhand-smoke-annoyance-serious-health-hazard/>.



Get into Fighting Weight

If you're ever worried you might not make weight or pass your fitness test, this guide's got you! To download, visit <https://www.hprc-online.org/total-force-fitness/fighting-weight>.

CHAMP
 Uniformed Services University
 HUMAN PERFORMANCE RESOURCES by CHAMP,
 THE CONSORTIUM FOR HEALTH AND MILITARY PERFORMANCE
 HPRC-ONLINE.ORG

**GET INTO FIGHTING WEIGHT:
 A TOTAL FORCE FITNESS GUIDE**

Download Today!

TRICARE Choices

For National Guard and Reserve Members

National Guard and reserve members experience various stages of activation throughout their military careers. This webinar will discuss those stages and its impact on health care eligibility, as well as medical, dental and pharmacy options TRICARE offers to National Guard and Reserve members and their family.

To view the webinar, visit <https://www.militaryonesource.mil/training-resources/webinars/tricare-choices-for-national-guard-and-reserve-members>.



Don't forget to keep your family's information up-to-date in DEERS

TRICARE Select

If you're a Group A retired beneficiary, you'll pay a NEW monthly TRICARE Select enrollment fee to maintain your TRICARE Select coverage. This is for coverage starting on Jan. 1, 2020. You're in Group A if your initial enlistment or appointment or that of your uniformed services sponsor began before Jan. 1, 2018.

For additional information, visit <https://tricare.mil/Plans/Enroll/Select/EnrollmentFees#fees>.



Anger Management

Many interrelated factors affect our mental health - especially those of our surroundings. 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/>.



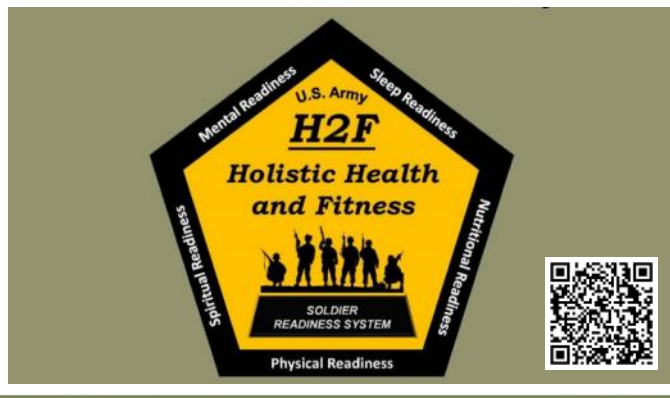


Holistic Health and Fitness

The Holistic Health and Fitness (H2F) System is the Army’s primary investment in Soldier readiness and lethality, optimal physical and non-physical performance, reduced injury rates, improved rehabilitation after injury, and increased overall effectiveness of the Total Army. The system empowers and equips Soldiers to take charge of their health, fitness, and well-being in order to optimize individual performance, while preventing injury and disease.

The H2F System encompasses both the physical and non-physical domains (mental readiness, sleep readiness, nutritional readiness, and spiritual readiness) required for optimal performance and improved readiness.

To download H2F Operating Concept, visit https://www.army.mil/e2/downloads/rv7/acft/h2f_operating_concept.pdf.



Distracted Driving

No text is worth a life.



WELLNESS NOW

If your business or organization is in need of hand sanitizers or face masks, please submit a request at

[Yanet Trejo@occhd.org](mailto:Yanet_Trejo@occhd.org)

Fellowship: The Bloomberg Fellows Program

The Johns Hopkins Bloomberg School of Public Health's “Bloomberg Fellows Program” is a groundbreaking initiative that provides a full scholarship to earn a Master of Public Health (MPH) or Doctor of Public Health (DrPH) degree in five focus areas:

- Addiction and overdose
- Adolescent health
- Environmental challenges
- Obesity and the food system
- Violence

Deadline is December 1, 2020

For additional information or to apply, visit <https://americanhealth.jhu.edu/fellowship>.





KeepMovingOKC

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

KeepMovingOKC
 How do you **KEEP MOVING?**

Flu Vaccine

Everyone 6 months and older should get a flu vaccine every season with rare exceptions. Vaccination is particularly important for people who are at high risk of serious complications from influenza.

You should get a flu vaccine before flu viruses begin spreading in your community, since it takes about two weeks after vaccination for antibodies to develop in the body and provide protection against flu.

For additional information on who needs a flu vaccine and when, visit <https://www.cdc.gov/flu/prevent/vaccinations.htm>.

EVERYONE 6 MONTHS OF AGE AND OLDER SHOULD GET A FLU VACCINE EVERY SEASON.

Certified Healthy Oklahoma

Applications are now being accepted for the 2020 Certified Healthy Oklahoma program, a public health initiative launched in 2003 to recognize businesses and organizations that implement best practices and policies that support improved health and wellness. The Certified Healthy Oklahoma program offers certifications in seven categories: Business, School, Campus, Community, Congregation, Early Childhood Program, and Restaurant. All applications must be received by close of business on January 15, 2021 to be considered. There is no cost to apply.

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

Certified Healthy Oklahoma

Certified Healthy recipients are recognized for promoting health and wellness where Oklahomans live, work, learn, and play. They set positive examples and shape brighter futures for Oklahoma.

Follow BHMC Oklahoma on Facebook

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



Celebrating the Holidays Together while Apart

This holiday season might be different due to COVID-19 or a deployment, but being apart from your loved ones doesn't mean missing out on special moments.

Here are some creative ways to connect virtually and make new, distanced traditions with your family and friends.





Oklahoma Veteran Alliance

Join Oklahoma's alliance of veteran partners and service providers to help create pathways to help and hope for our heroes. The Oklahoma Veteran Alliance meets at 11:30 AM - 12:30 PM on the 2nd Tuesday of each month. Currently meeting virtually due to COVID-19.

For additional information or to participate in monthly meeting, contact Pete Luitwieler, at pluitwieler@csctulsa.org.



We believe veterans and their families should never have to fight alone in the battle for home.

Navy Physical Readiness Test

Want to ace the Navy Physical Readiness Test? Start training early! [CLICK HERE](#) to learn more about the basics of each section at Human Performance Resources by CHAMP.



<https://www.hprc-online.org/>



Sleep & Stress

Sleeping enough—and soundly— will not only improve your physical performance, but it will help improve your mental and emotional performance as well. Sleep and stress management are key to optimal performance and physical recovery. Check out strategies to improve your sleep quality and optimize your stress response.

To view strategies, visit the Human Performance Resources by CHAMP website at <https://www.hprc-online.org/mental-fitness/sleep-stress>.





Did You Know?

ODVA is Now Hiring
Uncertified Healthcare Assistants
 Training Provided

Positions starting at **\$12.50** an hour

Program Begins November 2020

Claremore Veterans Center
 Claremore, Oklahoma

Call (918) 342-5432 today!

 **OKLAHOMA DEPARTMENT OF VETERANS AFFAIRS**

Ardmore * Claremore * Clinton * Lawton * Norman * Sulphur * Tahleah



Kid-friendly Veggies & Fruits

Kids love to dip their foods. Whip up a quick dip for veggies with low fat yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. For more kid tips, visit <https://www.choosemyplate.gov/ten-tips-kid-friendly-veggies-and-fruits>.



WE NEED YOUR HELP!



Please take a few minutes to answer this survey.



TSET

TOBACCO SETTLEMENT ENDOWMENT TRUST

https://www.surveymonkey.com/r/Comanche_CommunitySurvey

Who's your SHero?

Entries accepted through the month of November



Name a woman veteran who has inspired you to become the person you are today!



Email photos, comments and/or short video clips to okwomenvets@odva.ok.gov



OKLAHOMA DEPARTMENT OF VETERANS AFFAIRS

Tips for Emotional Well-Being

These pandemic days at home aren't easy. Canadian poet Tanya Davis reminds us that we're not alone, and inner resilience is always available to us. Here are four tips for emotional wellbeing while staying at home.

- Go Inward
- Care for Your Body
- Reclaim Your Joy (but feel the sadness, too)
- Savor life and our interconnectedness

For additional information on these tips, visit <https://www.mindful.org/4-tips-for-emotional-well-being-while-staying-at-home/>.



By Amber Tucker



No Judgments. Just Help.

If you're trying to quit tobacco, you're not alone. We understand the struggle, and we've got your back. Wherever you are in your journey, the support you need is right here at <https://okhelpline.com/>.



Quitting Tobacco:
A gift to you and your loved ones.

Get FREE support 24/7.



Emotional Holiday Spending

The most wonderful time of the year is upon us, bringing thoughts of family, friends and cherished traditions. Our traditions may differ, but they tend to run deep, tapping into childhood memories and strong emotions. And before we know it, all the cooking, shopping and celebrating can make it the most expensive time of the year! Doing some advance planning and seeking support can make a big difference. Try these tips:

- Set a Holiday budget and stick to it
- Focus on the reason for the season, and less on spending.
- Make gifts. Homemade ones are the ones we cherish.
- Give your time.
- Take advantage of technology to stay close to each other.

Make it a holiday season to remember without dreading the arrival of your bills. Personal Financial Counselors (PFCs) are available virtually to all Active, National Guard and Reserve Service members and eligible family members.

Contact Roy Ames at (918) 210-5444 or PFC2.OK.NG@zeiders.com today!

Muscogee (Creek) Nation HVRP

The Muscogee (Creek) Nation (MCN) Homeless Veterans Reintegration Program helps veterans whom are homeless or at-risk of homelessness within the jurisdictional boundaries of our Tribe. Zones located in Creek, McIntosh, Muskogee, Okfuskee, Okmulgee and Tulsa Counties as well as Seminole, Wagoner, Rogers and Mayes counties where MCN has exercises partial jurisdiction and works with veterans in primarily rural communities.

Qualifications

- Homeless or at-risk (homeless can mean couch surfing with family friends, living in vehicle, staying in park or campground, eviction notice and so forth)
- 1 day active service with honorable discharge or general under honorable discharge.
- Capable, able and willing to enter the workforce and actively seeking employment (we are funded through the U.S. Department of Labor and our main goal is to get veterans work ready and employed)

For additional information, contact Deana Votra at dvotra@mcn-nsn.gov.

Although we are a tribal entity and we have a Native American preference, the veteran does not have to be Native American to receive services.

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YOUR OPINION MATTERS

Help us plan our future goals

Take our survey!



Thank you!

https://www.surveymonkey.com/r/Oklahoma_CommunitySurvey

CBD AND HEMP

BEFORE YOU USE A PRODUCT THAT CONTAINS CBD OR HEMP, HERE'S WHAT YOU SHOULD KNOW:



HEMP

- The 2018 Farm Bill defines hemp as...
"the plant Cannabis sativa L. and any part of that plant, including the seeds thereof and all derivatives... with a delta-9 tetrahydrocannabinol concentration of not more than 0.3% on a dry weight basis."

- Delta-9 tetrahydrocannabinol, or **THC**, is the psychoactive substance in marijuana.
- Hemp plants naturally contain THC, but the amount in a plant can vary widely.
- Use of a product with THC could result in a positive drug test.
- **All products containing hemp are prohibited for use by Military Service Members**, regardless of THC concentration. (This does not apply to durable goods such as rope or clothing.)



CBD

- Cannabidiol (CBD) is a chemical compound in the class of plant chemicals called "**cannabinoids**."

- CBD occurs naturally in the plant *Cannabis sativa L.* (marijuana and hemp).
- **All products with CBD are prohibited for use by Military Service Members.** This includes topical, inhaled (vaping), and oral products.
- Without laboratory testing, there is no way to know for certain whether a CBD product contains a significant amount of THC.

DoD POLICY

Hemp products, including those with CBD, are prohibited for use by Military Service Members.

For more information, please read the articles about CBD and hemp on opss.org.



Limited Use Policy

Army Regulation 600-85, The Army Substance Abuse Program

The objectives of the Limited Use Policy are to facilitate early identification and care of Soldiers with substance use disorders and to maximize successful substance use disorder (SUD) treatment. When applied properly, the Limited Use Policy does not conflict with the Army's mission or standards of discipline. It is not intended to protect a Soldier who is attempting to avoid disciplinary or adverse administrative action.

How to Self-Refer

Self-refer to unit commander prior to knowledge of a unit urinalysis

Be honest about concerns of a possible substance abuse issue

Contact the Risk Reduction Coordinator for free substance abuse assessment

What the Limit Use Policy does

- Limits discharge to "Honorable"
- Limits negative consequences(s) of the drug or alcohol abuse
- Designed to help your career - Not end it



Self-Referring is 100% Confidential

For additional information, contact the
Risk Reduction Coordinator at (405) 228-5343

For emergencies call 9-1-1

BE HAPPY. BE BRAVE. BE SUBSTANCE ABUSE FREE

Mindfulness Meditation Exercises

Cognitive Processing

1. Stop and take stock. What is my experience right now? Thoughts? Feelings? Physical sensations?
2. Take a breath. Use breathing technique above.
3. Observe your experience. i. Examine thoughts, feelings and emotions. Remind yourself that these thoughts are not facts, they are not permanent.
4. Examine physical sensations. Tensions, body pains, slumped in chair, rigid shoulders, clenched jaw, shallow breathing.
5. Look around you again with fresh eyes. Observe without expectations of outcomes and with openness and curiosity to what might come next.
6. Proceed with something that further supports you. Walk around, drink a beverage, look outside the window, pet your dog.

Muscle Relaxation

1. Sit back in your chair or lie on a flat surface.
2. Notice all physical sensations.
3. Deliberately tighten your muscles – clench your fists, close your eyes, bring tension to your limbs, head, neck, torso, hold your breath – count to 10.
4. Now let go. Unclench everything.
5. Repeat twice.
6. Notice the difference between when you are clenched and when you unclench.
7. Are there some parts of your body that continue to stay tense?
8. Practice breathing as above to fully unclench.

Anxiety Reduction

1. Get up.
2. Run or quick jog in spot or across the room if possible.
3. Try to make your heart accelerate faster.
4. When you feel the pounding is louder – slow down your steps and stop.
5. Now practice breathing to slow your heart rate and return to normal.

Breathing

1. Close your eyes.
2. Inhale - deep breath while counting to 4 in your mind.
3. Hold for a second.
4. Exhale – elongated breath while counting to 8 in your mind.
5. Repeat for up to a minute.



HOLIDAY SAFETY



HOLIDAY LIGHTING

- Use caution with holiday decorations and, whenever possible, choose those made with flame-resistant, flame-retardant, and non-combustible materials.
- Keep candles away from decorations and other combustible materials.
- Carefully inspect new and previously used light strings and make sure all the bulbs work and no frayed wires, broken sockets, or loose connections exist.
- Do not overload extension cords.
- Do not mount lights in any way that can damage the cord's wire insulation.
- To mount lights, string them through hooks or insulated staples - not nails or tacks.
- Never pull or tug lights to remove them.
- Keep children and pets away from light strings and electrical decorations.
- Never use electric lights on a metallic tree.



DECORATIONS

- Use only non-combustible and flame-resistant materials to trim a tree.
- Never use lighted candles on a tree or near other evergreens. Always use non-flammable holders.
- In homes with small children, take special care to avoid decorations that are sharp and breakable.
- Avoid trimmings that resemble candy and food that a young child can put in their mouth.



HOLIDAY ENTERTAINING

- Unattended cooking is the leading cause of home fires. When cooking for holiday visitors, remember to keep an eye on the range.
- Provide plenty of large, deep ashtrays and check them frequently. Cigarette butts can smolder in the trash and cause a fire, so completely douse cigarette butts with water before discarding.
- Keep matches and lighters up high, out of sight and reach of children (preferably in a locked cabinet).
- Test your smoke alarms and let guests know what your fire escape plan is.



LEARN MORE AT THE FOLLOWING:

- <https://www.usfa.fema.gov/prevention/outreach/holiday.html>