

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/>

Virtual Resume & Interview Workshops

LAST THURSDAY OF EACH MONTH

- 0900 - 1000 Civilian Resume Workshop
- 1000 - 1100 Federal Resume Workshop
- 1130 - 1300 Interview Workshop

Workshop Learning

- Learn how to build a Federal resume
- Learn how to navigate the USA Jobs website
- Learn how to create a Civilian resume
- Learn interview skills
- Define your career field vision



To register, visit <https://zoom.us/meeting/register/tJMpcO2hpjwqE9bh8vJggHb5nEoJWzuhlWIP>.

For additional information, contact H. Michael Laird, Employment Coordination Program at (405) 475-1996 or howard.m.laird.nfg@mail.mil.



OKLAHOMA MILITARY DEPARTMENT
FAMILY PROGRAMS OFFICE
EMPLOYMENT COORDINATION PROGRAM



MARCH 2021

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BHMC OKLAHOMA
FACEBOOK



BHMC OKLAHOMA
WEBPAGE

DEBBIE C. RICH

Oklahoma State Project Coordinator
Contractor, Goldbelt Glacier Health Services
debbie.c.rich.ctr@mail.mil

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Substance Misuse Prevention for Young Adults

Substance Misuse Prevention for Young Adults describes relevant research findings, examines emerging and best practices, identifies knowledge gaps and implementation challenges, and offers useful resources for health care providers, systems and communities around substance use prevention.

Download a copy at

<https://store.samhsa.gov/product/Substance-Misuse-Prevention-for-Young-Adults/PEP19-PL-Guide-1>.




Give an Hour Offers Help and Hope

Join BHMC Oklahoma today to spread the word about Give an Hour offering no cost, confidential mental health services to Active duty, Reserve, National Guard, Veterans and loved ones. Give an Hour continues to increase the use of network providers offering in-person and virtual care within the military/veteran community.

In addition to providing access to care, Give an Hour builds on our wealth of prevention and literacy resources available for those who have served and their loved ones. Give an Hour leads the Campaign to Change Direction, a collective public health effort with the goal to change the culture of mental health so that all those in need receive the care and support they deserve.


To find a provider near you, visit <https://giveanhour.org/military/>.

Providing education, resources, shared experiences, and support to parents whose children, no matter the age, are struggling with substance use disorder.

CHAPTERS: Virtual, Oklahoma City, Edmond, Tulsa, and Norman.


For additional information, visit <https://www.parentshelpingparents.info/>.



Community Needs Survey

Your opinions about health related needs are important, so we are asking for your help. Specifically, we are seeking to better understand your experiences related to 1) access to healthy food, 2) physical activity opportunities, and 3) tobacco-free environments within your community. This will help our efforts to prevent heart disease and cancer, the top two leading causes of death in Oklahoma. You must be at least 18 years old to complete this survey. It is voluntary and your answers will be kept confidential.

To take the survey, visit https://www.surveymonkey.com/r/Pottawatomie_CommunitySurvey.



Pottawatomie County - TSET Healthy Living Program



How is Your Health?

Take this healthy seven question quiz and receive tailored results and resources that will help you start creating healthier habits. This quiz is intended for people who are 18 or older.



To take the quiz, visit
<https://shapeyourfutureok.com/health-quiz/>.



Take Down Tobacco National Day of Action

Take Down Tobacco National Day of Action will take place virtually on April 1, 2021. For more information, visit
<https://www.takedowntobacco.org/>.



Campaign for Tobacco-Free Kids

Zarrow Mental Health Symposium September 29 - October 1, 2021

The 2021 Zarrow Mental Health Symposium: Cultivating Community Connections will bring together local, regional and national partners from the fields of mental and public health, addiction, education, crisis response, government, law enforcement, criminal justice reform, technology and more to explore new approaches and collaborations to bring mental health to the forefront in order to better serve individuals and communities.

**Applications to present a breakout session are due
by Wednesday, March 31, 2021**

For additional information, visit
<https://www.zarrow Symposium.org/>.



**Cultivating Community
Connections**

OK to Quit

Who wants to be tied down to anything as a teen? Spread your wings and break free from nicotine today. Text "Start my quit" to (855) 891-9989 for free help to quit.



Farmer Veteran Coalition

Wednesday, February 24, 2021 | 1:00 PM - 2:30 PM

The Farmer Veteran Coalition is a national organization that promotes and supports veterans in the agricultural industry. We look forward to promoting the veteran opportunities in Oklahoma!

Join Zoom Meeting
Meeting ID: 857 825 1365
Passcode: ODVA

For additional information, contact ODVA at
(405) 523-4020 or odva.agrivets@odva.ok.gov.



OKLAHOMA
Department of Veteran Affairs



Love and Money

In February, our hearts and minds turn towards Valentines Day. Here are some tips to assist partners seamlessly plan together.

“Money can buy you a fine dog, but only love can make him wag his tail. - (Kinky Friedman)”.

Items to Consider:

- Initiate a discussion about money. Keep it honest, open and loving.
- Create shared financial goals. Use SMART goals (see below).
- Establish a spending plan together. These are your choices and priorities.
- Build an emergency fund. Saving \$25 per week will yield \$1300 in a year.
- Fund your retirement account. Time goes quickly start now.
- Have a weekly financial date night. Check your progress toward goals.
- Trust your partner and work for a common purpose.
- Schedule a financial checkup with a Personal Financial Counselor, who are available to assist with your financial concerns.

For additional information, check out these websites.

[Love and Money 10 Tips for New Partners to Seamlessly Plan Together | CFP - Let's Make a Plan](#)

[Change your life with SMART goals! | Article | The United States Army](#)

Decision Point

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

Roy Ames, Personal Financial Counselor,
(918) 210-5444, PFC2.OK.NG@zeiders.com.

Oklahoma Veterans Registry

The Oklahoma Veterans Registry allows Oklahoma’s veterans to voluntarily identify themselves to the Oklahoma Department of Veterans’ Affairs (ODVA) to verify eligibility for state benefits. Additionally, ODVA can utilize the registry in reaching out to Oklahoma’s veterans to notify them of other state and federal benefits.

To enroll in the Veterans Registry, visit <https://oklahoma.gov/veterans/about-odva/veterans-registry.html>.



Become a Mental Health First Aid Instructor

Mental Health First Aid Instructors are individuals certified to teach the 8-hour course to train people in their communities. Certified instructors are required to teach the course at least three times per year. Instructors teach from a national curriculum, tailor discussions to their participants, and compile a list of local resources for help.

Mental Health First Aid teaches how to identify, understand and respond to signs of mental illnesses and substance use disorders. Participants learn the unique risk factors and warning signs of mental health problems, the importance of early intervention and, most importantly, how to help someone experiencing a mental health or substance use emergency.



For additional information, visit <https://oklahoma.gov/odmhas/prevention/prevention-initiatives/mental-health-first-aid-mhfa.html>.





DHA Clinical Communities Speaker Series

Registration is now open for the 25 February 2021, DHA J-7 Clinical Communities Speaker Series (CCSS), "Emerging Priorities in Women's Health." The event is completely virtual allowing participants to earn up to 7.0 Continuing Education/Continuing Medical Education (CE/CME) credits from anywhere in the world if all courses are completed.

Target Audience: This activity is designed to meet the educational needs of Physicians, Physician Assistants, Nurses, Pharmacists, Pharmacy Technicians, Optometrists, Dentists, Dental Hygienists, Dental Technicians, Social Workers, Psychologists, Case Managers, Occupational Therapists, Kinesiotherapists, Healthcare Executives, and other health care professionals who support/care for Active, National Guard, Reserve, Coast Guard, Public Health Service, military veterans and their families.

For additional information or to register, visit <https://www.dhaj7-cepo.com/content/feb-2021-ccss-emerging-priorities-women%E2%80%99s-health>.



Cosmic Kids Yoga Quest

Kick start your kids' 2021 with health, strength, and positivity with the awesome Yoga Quest. On their quest, the kids will follow exciting printable maps to check off a yoga adventure per day for 20 days! Plus they get a certificate at the end for their achievement! Download the [Cosmic Kids App](#) to get started.

State of Tobacco Control

The American Lung Association's annual State of Tobacco Control 2021 report was released on January 27. Oklahoma earned an A grade in access to cessation services. The grades in the Lung Report also reflect room for improvement for laws and policies that would prevent tobacco use, protect Oklahomans from second-hand smoke and close loopholes in Oklahoma's clean indoor air laws.

For additional information, visit <https://tset.ok.gov/content/tset-statement-2021-american-lung-association-report>.



Clinical Support Tools

The Psychological Health Center of Excellence (PHCoE) has created resources that complement the behavioral health-related clinical practice guidelines (CPGs). These resources, called clinical support tools (CSTs), condense CPG material, highlight critical information, and present it in a digestible manner. CSTs are not intended to replace or supersede CPGs; rather, these tools highlight a particular aspect of a CPG (such as creating a safety plan for suicide, or help to disseminate knowledge about evidence-based treatments for patients and families).

To support providers, patients, families, and military leaders, PHCoE currently offers 30 CSTs addressing multiple psychological health conditions. These tools can be accessed by visiting our [website](#) or find tools for a specific condition at the links below.

- [Posttraumatic Stress Disorder \(PTSD\)](#)
- [Major Depressive Disorder](#)
- [Substance Misuse](#)
- [Suicide](#)
- [Opioid Therapy for Chronic Pain](#)
- [Insomnia](#)
- [Pregnancy](#)





Human Performance Resources by CHAMP is a team of scientists, specialists, and support staff who translate research into evidence-based resources to help Warfighters and their families achieve total fitness and optimize performance, whether at home, in the office, or in theater. Visit <https://www.hprc-online.org/>.

OKLAHOMA WOMEN VETERANS

2021 Series of Zoom Presentations

Lunch & Learn-30 Minutes

Veteran Benefits & Health Care

February, March & April: VBA Series May & June: VHA Care

Topics: Disability Claims-Gynecology Issues, MST, VR&E, Burial Benefits;
 Maternity Care, Mental Health & More

Women Veterans Zoom Lunch & Learn

Time: 12:30pm -1:00pm Central Time, Every 2 weeks, on Tuesday

Feb 23, 2021 Mar 9, 2021 Mar 23, 2021 Apr 6, 2021 Apr 20, 2021

Join Zoom Meeting

<https://zoom.us/j/92914310181?pwd=U2UwZGx5ZW50YjRBUDlzSDI0WXFidz09>

Meeting ID: 929 1431 0181 Passcode: ODVA

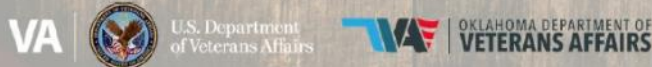
VBA SERIES-PROVIDED BY THE VA REGIONAL OFFICE, MUSKOGEE OK

VHA SERIES-PROVIDED BY VARIOUS VHA PROGRAMS

HOST BY THE ODVA WOMEN VETERANS PROGRAM

QUESTIONS? EMAIL OKWOMENVETS@ODVA.OK.GOV

TELEPHONE 405-523-4020



BE A NEIGHBOR



Let's serve together

Join BHMC Oklahoma today to spread the word about the Be A Neighbor initiative. This new community-driven solution connects state agencies, local organizations, and the community at large to simplify and transform service delivery for Oklahomans in need. Be A Neighbor is enlisting faith-based organizations and nonprofits who are interested in connecting directly with state agency caseworkers to meet resource needs upstream. In addition, we want to reach volunteers with a passion for helping others, but who have trouble finding consistent opportunities to serve. Here's our vision:



TRANSFORM SERVICE DELIVERY

When Neighbors unite in a larger network it ensures that resource needs can be evenly distributed, and people seeking help can have their needs met before they turn into a host of additional problems. Be A Neighbor allows Neighbor organizations to put out needs (i.e. a car seat, food, household goods) and announce service events to a broad volunteer base that can fulfill them.



INCREASE HOPE IN OKLAHOMA

The expectation and reality of service work can sometimes leave organizations and good-spirited individuals feeling like they are hardly making a dent in their community's issues. By joining a community-driven platform that unifies organizations and a ready-and-able volunteer base, you can help spark hope that brighter futures are possible for Oklahomans in need.



CONNECT WITH PEOPLE IN NEED

Every day there are students dropping out of school, teens aging out of foster care, and former inmates re-entering their communities. As they make these transitions, they're faced with a number of new challenges and societal barriers that can make them feel isolated and rejected. Be A Neighbor serves as a direct access to helping these individuals find their footing in the world.

HOW YOU CAN HELP

Sign up to be a Neighbor organization or Ready.Help.Go Volunteer today by visiting BeANeighbor.org. There, you can also view statistics and learn more about the members of your community who are in need. Help us bring awareness by sharing this initiative with fellow organizations and volunteers that want to address local issues and make real change.

Visit BeANeighbor.org to learn more!



inTransition

Open to All Service Members and Veterans, ALL THE TIME

By Brenda Campbell, LICSW

inTransition provides free, confidential, one-on-one coaching for service members and veterans who need support in accessing mental health care during a transition such as returning from deployment, transitioning from active duty to reserves, preparing to leave the service, or any other time a service member or veteran wants to engage in mental health treatment. inTransition is available 24/7, 365 days a year for Active Duty, National Guard, Reserves, Veterans and Retirees, regardless of discharge status, time in service, or combat exposure. Here are a few frequently asked questions:

What are the eligibility requirements?

inTransition is available to anyone who is wearing or has ever worn the uniform, regardless of time in service, time from service, or characterization of discharge. It's that simple!

How do I make a referral?

Give inTransition a call or give the inTransition toll-free number 800-424-7877 to your service member or veteran patient. You'll always speak to a live person.

What can the service member/veteran expect?

Once the service member or veteran agrees to inTransition services, they will be connected with a coach. Coaching sessions will take place on a regular basis, usually weekly, for about 30 minutes per session. This is not counseling, although our coaches are all licensed mental health professionals. Rather, inTransition coaches use motivational interviewing and partner with the service members/veterans until they are connected with the mental health services they need. Coaches also have access to a large database of resources available to share on everything from employment resources to financial services.

Is there a limit to the number of times a service member or veteran may use inTransition?

No. The coach will continue to work with the service member/veteran until they get connected with the mental health services that works for them. This care may be at a military treatment facility, VA medical center, Vet Center, or community and non-profit organization. Because inTransition never closes, the service member or veteran may use the service multiple times throughout their career and veteran life.

What if my patient is actively in crisis?

If someone is actively at risk for harm to themselves or others, you should access crisis services such as the [Military and Veterans Crisis Line](#) at 800-273-8255 and press 1.

Is inTransition available to family members?

No. However our [Psychological Health Resource Center \(PHRC\)](#) is available to all, including families and providers. The PHRC answers questions on all aspects of psychological health in the military and provides information on a variety of transition-related resources, such as accessing financial or housing resources. The PHRC is also available 24/7, 365 days a year at 866-966-1020.

Do you still have questions? Watch our new [video profile](#) from retired Army Captain Joel Serrano.

You can also [request a presentation](#) from one of our outreach communication consultants.

Ms. Campbell is a licensed independent clinical social worker and outreach communications consultant for inTransition and the Psychological Health Resource Center at the Psychological Health Center of Excellence.



5 WORKOUTS FOR THE WEEK

Busy week? Try this simple day-by-day workout plan. Do it in order, or mix and match days to better fit your schedule.

TURN 'N BURN WORKOUT

1 Turn physical activity up a notch.



SQUATS
3 sets of 10



CRUNCHES
3 sets of 20



LUNGES
3 sets of 10 on each side

PARTNER WORKOUT

2 Find a buddy and move your body.



REACH & TOUCH PLANK
5 sets, 20 sec. each



PARTNER CRUNCHES
5 sets, 20 sec. each



PARTNER TWIST
5 sets, 30 sec. each

TIME-SAVING WORKOUT

3 In a rush? No sweat. (Well, maybe a little sweat.)



TRASH CAN TOE TOUCH
3 sets of 30, twice a day



TRICEPS CHAIR DIPS
2 sets of 10, twice a day



SEATED FLUTTER KICKS
3 sets of 30, twice a day

YOGA WORKOUT

4 Relax and get your "om" on.



CRESCENT LUNGE
3 sets, 30 sec. each



PIDGEON POSE
3 sets, 30 sec. each



GLUTE BRIDGE
3 sets, 30 sec. each



CHAIR POSE
3 sets, 30 sec. each

KID CIRCUIT WORKOUT

5 Moving with your kids is fun. No kiddin'.



JUMPING JACKS
3 sets of 10



LEAP FROG
3 sets of 10



HIGH 5 PUSH-UPS
2 sets of 10



ELEPHANT POSE
2 sets, 30 sec. each

Try this plan, or make your own with exercises from ShapeYourFutureOK.com. Just plan on moving for 30 minutes every day.





HARMONY FOR HEROES SPRING 2021 SESSION

.....

THE BART CENTER FOR MUSIC IS PARTNERING
WITH THE COFFEE BUNKER TO OFFER GUITAR
LESSONS ESPECIALLY FOR MILITARY
INDIVIDUALS AND THEIR FAMILIES!

.....

WHAT: HARMONY FOR HEROES SPRING 2021 SESSION

WHO: MILITARY INDIVIDUALS AND FAMILIES –
NO EXPERIENCE REQUIRED!

WHEN: FEBRUARY 23-MAY 6
(TUESDAYS 11AM-12PM / THURSDAYS 6PM-7PM)

WHERE: THE BART CENTER FOR MUSIC
610 S. MAIN ST. STE. 300, DOWNTOWN TULSA

***SCHOLARSHIPS AVAILABLE AND GUITARS
PROVIDED!***

This 10-week session of classes is an amazing opportunity to learn to play the guitar from a pro. Don't miss this chance to experience camaraderie, self-expression, and accomplishment through music!

This program is available to active duty military, reservists, veterans, and their spouses and children.



FOR MORE INFORMATION AND PRE-
REGISTRATION, VISIT THEBART.ORG.





My MilLife Guide

Your Way to Better Health

Tackle stress and challenges with eight weeks of wellness texts sent directly to you.

My MilLife Guide is a text-based program that delivers the expertise of the Military Health System, Military OneSource and other government agencies to your mobile device. Manage COVID-19 stress and day-to-day challenges with tips, tools and more.

How My MilLife Guide works

When you sign up for My MilLife Guide as a service member or spouse, you will receive text messages four times per week to help you focus on what's most important as you take care of yourself and your family. It's like having a portable health and wellness coach who will:

- Start each week by asking you to set a small goal.
- Offer reminders, tips and suggestions throughout the week for small tasks that are easy to accomplish.
- Connect you with free tools and resources developed for the military community.

How My MilLife Guide can help

My MilLife Guide connects you with proven resources that can help with:

- Self-care
- Sleep issues
- Parenting
- Personal finance
- Career goals
- Education
- Health care
- Non-medical counseling

Sign up today for My MilLife Guide!

- * Service members - text **MilLife SM** to GOV311
- * Spouses - text **MilLife Spouse** to GOV311

Call Military OneSource anytime, 24/7 at 800-342-9647



Sign up for My MilLife Guide. Visit www.MilitaryOneSource.mil/texts.

