

# MAKING A DIFFERENCE IN OKLAHOMA

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

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

## APRIL 2021

# American Red Cross Needs YOU!

### Red Cross Volunteer Mental Health Facilitator

### IN THIS ISSUE:

American Red Cross Needs YOU!	1
KeepMovingOKC.org	2
Why Your Child Might Start Drinking	2
Father & Daughter Dance	2
Volt Athletics App	2
How Does OK Tobacco Helpline Support You?	3
Hit Pause on Drinking	3
Heart Healthy Trails	3
BikeOklahoma	4
Happy Birthday Navy Reserves!	4
Military Spouse Employment Opportunities	4
COVID-19 Vaccine	4
Benefits of Mindfulness	4
Choosing the Right Foods	5
CATCH My Breath Service Learning Projects	5
Overcome Obstacles to Physical Fitness	5
HPRC Asked & Answered	5
Stay Quit!	6
Myths & Facts of Big Tobacco	6
Combating High Blood Pressure	6
Authorized SkillBridge Organizations	7
Veterans Crisis Line	7
OK to Quit Campaign Partners	7
RallyPoint	7
MilTax - Free Tax Services	8
Coping with Deployments	9
Use Your Experience to Graduate	10
Are You a GI Bill Student?	11

We are looking for volunteers interested in facilitating virtual, interactive, engaging, psychoeducational, small-group workshops for military servicemembers, Veterans, their family-member's and caregivers.

#### Our Goals:

Provide a safe educational space for participants to discuss challenges and concerns and learn the tools to build upon their natural resilience.

#### Ready To Join The Team? Need More information?

Please contact Samantha Hand at [Samantha.hand@redcross.org](mailto:Samantha.hand@redcross.org) or call 405-245-6467.

#### What is needed?

- Master's level or higher mental health professional with independent, clinical and unencumbered license.
- Interest in facilitating 2 or more workshops:

#### What is required?

- Facilitate a minimum of two times a year
- Able to facilitate virtually and/or in person
- Actively participate in short virtual training course
- Provide copy of current license with visible xp date

#### Red Cross provides:

- All training and materials
- CEs for completion of facilitator training
- Tech hosts for virtual and in person workshops

#### Current workshops

- Creating Calm
- Stress Solutions Reconnections--Adult / Child Family Laugh and Learn
- Calm and Connected Virtual Chat for teens Mind/Body workshops ★



BHMC OKLAHOMA FACEBOOK



BHMC OKLAHOMA WEBPAGE

**DEBBIE C. RICH**  
Oklahoma State Project Coordinator  
Contractor, Goldbelt Glacier Health Services  
[debbie.c.rich.ctr@mail.mil](mailto:debbie.c.rich.ctr@mail.mil)

*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.*



KeepMovingOKC.org



**KeepMovingOKC.org**

encourages individuals and families in central Oklahoma to stay active by connecting them to free or low-cost physical activity opportunities. Discover our online event calendar today, and Keep Moving, OKC!



a wellness initiative of the  
**OKLAHOMA CITY COMMUNITY FOUNDATION**

# Father & Daughter Dance

**A POT OF GOLD AND ALL THE LOVE  
YOUR HEART CAN HOLD**

**MARCH 13, 2021**

For additional information or to register, visit

<https://www.eventbrite.com/e/father-daughter-dance-tickets-141213367985>.



## Why Your Child Might Start Drinking

Your kids may experiment with alcohol as they approach their teen years and begin to experience change. You can discourage your kids from drinking by helping them find alternative solutions to their problems. Learn more at <https://www.samhsa.gov/underage-drinking/parent-resources/why-your-child-might-start-drinking>.



- 1 Stress
- 2 Peer Pressure
- 3 Transitions

[underagedrinking.samhsa.gov](https://www.underagedrinking.samhsa.gov)



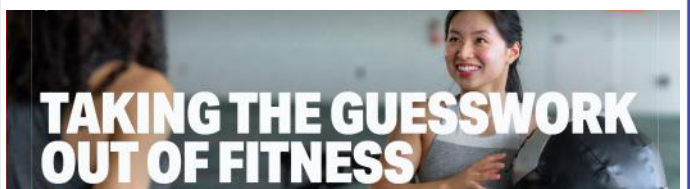
## Volt Athletics App

Helping People Reach Their Goals

Exercise science research shows that workouts are more effective when part of a long-term, structured plan. Volt creates personalized training plans that adapt to each user's feedback, so they get the right workout, every time.

From experienced workout warriors to people just starting their fitness journey, Volt provides expert guidance to help them achieve their goals step by step.

**Military personnel, law enforcement, and first responders use Volt to help them achieve tactical readiness—and stay healthy—no matter the job.**



**TAKING THE GUESSWORK  
OUT OF FITNESS**



## How does the Oklahoma Tobacco Helpline support you?



**FREE**  
NRT



**FREE**  
Web & Text Support



**FREE**  
Quit Coaching

Each Helpline registrant can receive at least a two-week supply of FREE patches, gum or lozenges. Plus, users get access to quit coaching, web and text support, along with endless resources and tips to beat tobacco.

**Join the 450,000 Oklahomans who have used the Helpline.**

Call **1-800-QUIT NOW** or visit **OKhelpline.com** to get started.



**No Judgments  
Just Help**

## Hit Pause on Drinking

**Have you ever thought about taking a break from alcohol but haven't made the leap?**

Not drinking for a while might seem daunting or like there's no good time to do it, but let's see what hitting pause on drinking really looks like.

For additional information, visit the Own Your Limits at <https://www.ownyourlimits.org/responsible-drinking/why/take-a-break-from-drinking/>.



**Alcohol Awareness Month**

## Heart Healthy Trails

Getting heart healthy is just a step away with this handy list of state park and city trails across the state. Nearly a third of Oklahoma State Parks offer an official Heart Healthy Trail, which is classified as a paved trail or nature/hiking trail that is of easy to moderate difficulty and marked by Heart Healthy Trail signs at 1/4 mile intervals. To view the list of Heart Healthy Trails, visit [https://www.travelok.com/article\\_page/heart-healthy-trails-in-oklahoma](https://www.travelok.com/article_page/heart-healthy-trails-in-oklahoma).

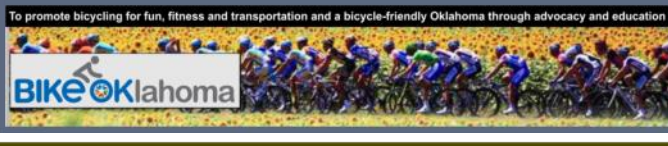




## BikeOklahoma

**BikeOklahoma** is a coalition of volunteers across the state who believe in the economic, healthcare, and community-building power of bicycles. We work to create safer riding conditions for bicycle riders of all ages and abilities. Members volunteer their time and experiences to promote bicycling events, to advise state and local governments on legislation and policy, and to provide educational outreach.

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



## COVID-19 Vaccine

### Why is it important to continue COVID-19 precautions after you get the COVID-19 vaccine?



Vaccine is designed to protect the recipient from severe symptoms, so you may still be able to carry & spread the virus to others.



It will take time to effectively vaccinate everyone to reach herd immunity. Those who haven't received the vaccine are still susceptible to infection.



Follow precautions to mitigate the spread of the virus by washing hands, wearing a mask & social distancing.



+



+



## Benefits of Mindfulness

The Help Guide provides the benefits of mindfulness, techniques, Mindfulness meditation and other practices. Mindfulness is now being examined scientifically and has been found to be a key element in stress reduction and overall happiness.

For additional information, visit <https://www.helpguide.org/harvard/benefits-of-mindfulness.htm>.



## Military Spouse Employment Opportunities

We have some immediate hiring needs and these are FULL REMOTE / WORK FROM HOME positions!

For additional information, contact Christopher Valdez, at [christopher.valdez@cognosante.com](mailto:christopher.valdez@cognosante.com).



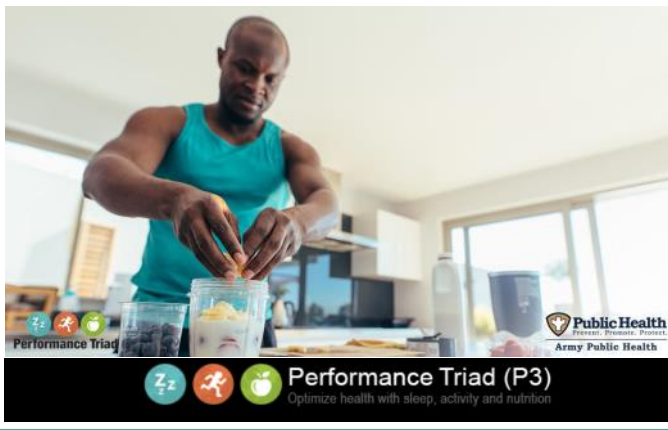


## Choosing the Right Foods

### Training for the Army Combat Fitness Test (ACFT)?

Whether you are eating at home or eating out, you can maintain a performance diet with proper planning and tools to help you make the best nutritional choices.

For additional information, visit <https://p3.amedd.army.mil/how-to/make-healthy-eating-easy/choosing-the-right-foods>.



## Overcome Obstacles to Physical Fitness

While it's important to embrace the things that motivate you to stay active, identifying and addressing your barriers is critical to achieve military fitness and wellness.

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



## CATCH My Breath Service Learning Projects

Attention Teachers! Do you know a student who is wanting to grow their public speaking, project management and social advocacy skills? CATCH My Breath Service Learning Projects are back and students can win a \$5,000 college scholarship! Projects are due May 7th. For additional information, visit <https://letsgo.catch.org/pages/serviceprojects>.



## Asked & Answered

Watch our experts answer some of the most commonly asked questions we receive from Military Service Members through HPRC's Ask The Expert feature.





## Stay Quit!

Congratulations! You've quit using tobacco – one of the most difficult things you will ever do in your life. Now it's time to make sure all your hard work continues to pay off. You may be tempted to use tobacco in certain situations, so here are some tips to help you stick to your health goals and handle tobacco triggers to avoid relapse.

- Know your triggers. Certain places, people, activities or even smells may trigger old tobacco habits. Create a list of your triggers so that if situations come up, you'll know to steer clear of them or be prepared to handle them.
- Find ways to de-stress. Once you recognize your triggers, choose a strategy that will help you de-stress during difficult moments. Consider strategies like focusing on something else, calling a buddy or channeling your energy into a workout or long walk.
- Think about what motivates you. It's normal to have a moment (or moments!) of weakness, but there are ways to fight tobacco cravings. During these times, remember your reasons for quitting or write down new reasons to keep moving forward.
- Refer to your quit plan. If you made a quit plan, remember that you can use it any time and any place – and you can update it as needed! If you haven't made one, it's never too late to create your own personalized quit plan. Use this tool to face your triggers and other challenges like a champ!

There are tools to power through, such as visiting [ycq2.org](https://ycq2.org) for support and resources on how to stay quit.



## Myths & Facts of Big Tobacco

Big Tobacco works hard to blur the line between myth and fact. Why? To hook a new generation on their addictive and deadly product.

To take the Myths vs. Facts Quiz, visit <https://stopswithme.com/myths-vs-facts-quiz-2/>.



## Combating High Blood Pressure

High blood pressure is a major risk factor for heart disease, stroke, congestive heart failure and kidney disease. Luckily, you can reduce your risk by maintaining a balanced, nutritious eating plan. Learn about tips you can take at <https://www.eatright.org/health/wellness/heart-and-cardiovascular-health/combating-high-blood-pressure>.





## Authorized SkillBridge Organizations

The DoD SkillBridge program is an opportunity for Service members to gain valuable civilian work experience through specific industry training, apprenticeships, or internships during the last 180 days of service. SkillBridge connects Service members with industry partners in real-world job experiences.

[CLICK HERE](#) for a list of organizations that have been authorized by the Office of the Deputy Assistant Secretary of Defense through official Memorandum of Understanding to work with each of the applicable branches of the military Services and respective installation commanders to develop SkillBridge training programs for their personnel.

Prior to contacting an Employer POC, review How to Apply at <https://dodskillbridge.usalearning.gov/how-to-apply.htm>.



## OK to Quit Campaign Partners

**BHMC Oklahoma** has partnered with OK to Quit to promote awareness and tobacco cessation resources throughout the year. Community businesses, faith-based organizations, educational institutions and government agencies are key partners in our success. Being a partner is easy and free! The toolkit provides everything you need to be an effective tobacco cessation advocate.

For free quit smoking resources, visit [Facebook](#), [Twitter](#) or [Instagram](#) and at [www.oktoquit.com](http://www.oktoquit.com). To join the campaign, visit <https://oktoquit.com/>.




**JOIN US AS A PARTNER!**

- Free social media toolkit
- Your logo on our website
- We help boost your algorithms by liking and sharing your tobacco related content
- Content experts to answer questions and provide cessation resources and free content

If you would like to be a partner, email us at [oktoquit@gmail.com](mailto:oktoquit@gmail.com).

## Veterans Crisis Line

**Are you a Veteran in crisis or concerned about one?**

Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves.

This free support is confidential and available every day, 24/7 serving all Veterans, Active Duty, National Guard, Reserve and their Family members and friends.



## RallyPoint

RallyPoint is a digital platform for the military community to come together and discuss military topics both socially and professionally. Our members include military Service members, veterans, family members, caregivers, survivors, and supporters of those in uniform. RallyPoint connects members and provides tools to succeed along their entire lifetime journey - from recruit through retirement and beyond. Members build peer to peer relationships across branches, generations, and conflicts forged by the common bond of service.

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





## Free tax services made for the MilLife.

When it's time to tackle your taxes, turn to **MilTax** for free e-filing software and personalized consultant support.

### Made for the Military

Tax prep and e-filing software from MilTax is built to address scenarios like deployments, combat pay, multiple moves and more to help you account for the credits and benefits you've earned.

### Your Taxes on Your Time

Prep and e-file anytime, from anywhere, at your pace. Save your progress and come back when you have time. If you have questions along the way, we're on call to help.

### Expert Help at Hand

Call Military OneSource anytime, 24/7 to schedule an appointment. Our tax consultants are experts in military taxes, so they know what you need to file and how to save you money.

### No Hidden Fees Plus Calculations You Can Count On

MilTax is 100% free from the Department of Defense. There are no fees for any service member at any point in the filing process. Plus, software calculations are backed by the provider's 100% accuracy and maximum refund guarantee.

Eligible service members and families can access MilTax anytime.  
Go to [MilitaryOneSource.mil](https://MilitaryOneSource.mil) and search "MilTax" to begin.



MilTax is a benefit provided by the Department of Defense exclusively for eligible service members and family members through Military OneSource.







# Coping with Deployments: A Psychological First Aid Course

## General Information

- Purpose: provide military family members with effective ways to cope with the deployment cycle.
- Length: 45–60 minutes per module.
- Format: facilitator-led instruction, role play and group discussion.
- Audience: adult family members of service members facing upcoming deployment, current deployment and/or recent deployment.
- Class size: 3–40 participants.
- Additional features: free workbook provided to all participants.
- More information: [redcross.org/get-help/military-families/deployment-services/coping-deployment-course.html](https://www.redcross.org/get-help/military-families/deployment-services/coping-deployment-course.html)

## Available Coping with Deployment Modules

- ✓ Introduction to Psychological First Aid and Resilience
  - Enables military families to strengthen their psychological resilience and the resilience of their loved ones and community members through Psychological First Aid.

- ✓ Using Psychological First Aid and Building Resilience in Military Children
  - Enables adult caregivers to help children build psychological resilience.
  - Enables adult caregivers to use Psychological First Aid steps to help themselves and their children during times of stress.



10:00 AM on Friday, March 26, 2021

<https://www.eventbrite.com/e/144252249361>

10:00 AM on Saturday, March 27, 2021

<https://www.eventbrite.com/e/144281910077>



10:00 AM on Friday, April 9, 2021

<https://www.eventbrite.com/e/144282543973>

10:00 AM on Saturday, April 10, 2021

<https://www.eventbrite.com/e/144282862927>



For additional information or to schedule a workshop for your Unit's FRG, Group, or Command, please contact Samantha Hand at [Samantha.hand@redcross.org](mailto:Samantha.hand@redcross.org) or call (405) 245-6467.

# SOLDIERS, USE YOUR EXPERIENCE TO GRADUATE IN AS FEW AS 6 ONLINE COURSES



## Associate of Applied Science in Small Group Management

The average time it takes a member of the military to earn an associate's degree is 7 years.\* With our associate's in small group management, you could earn your degree in as few as 6 courses.† Specifically designed to maximize your enlisted professional military education (EPME), this program includes a capstone that teaches soldiers how to manage small groups effectively within the military, which could enhance your professional development. It also provides a pathway to our Bachelor of Science in Liberal Studies or other Purdue Global bachelor's degrees.‡

The program focuses on small group management skills including:

- Communication
- Managing conflict
- Risk management
- Ethical decision-making and problem solving
- Subordinate development
- Team synergy
- Effective goal setting

For more information,  
visit [MilitaryTG.PurdueGlobal.edu](http://MilitaryTG.PurdueGlobal.edu).

### Transfer Credit Pathway: Infantryman 11B Sergeant (E-5)

Comp I  
Comp II  
Ethics OR Interpersonal  
Communications  
Academic Strategies  
Math Elective  
Capstone

**Estimated Courses Remaining:  
6 Courses (27 Credits)**

#### Introduction to Management (5 Credits)

Completed or Applied Course: 11B ALC

#### Business/Management Elective (5 Credits)

Completed or Applied Course: 11B ALC

#### Small Group Management Electives (18 Credits)

Completed or Applied Courses:

Warrior Leader / Basic Leader

#### Open Electives (35 Credits)

Completed or Applied Courses:

11B10 OSUT, 11B ALC

 Purdue Global Online Courses

 Professional Military Education

For comprehensive consumer information, visit [Info.PurdueGlobal.edu](http://Info.PurdueGlobal.edu).

\* U.S. Department of Defense, Voluntary Education Program Readiness (For Education & Training), DoD Voluntary Education Program Update, March 2017.

† The 6-course determination is specific to Army soldiers and is based on the transfer of 63 quarter credit hours toward the 90-credit AAS in Small Group Management. Coursework reduction reflects an educational mapping based on the completion of enlisted professional military education (EPME), credit for occupation duties, and credit for additional sources of prior learning (such as functional training, CLEP/DSST exams, and other college credit). Credit awards will vary based on occupation, skill level, completed military courses as listed on your official Joint Services Transcript(s), and applicable prior learning that can apply toward degree requirements. Purdue Global does not guarantee transferability of credit from any of these sources. All credits must be validated on official transcript(s) to be eligible for transfer.

‡ The University can not guarantee that students will be granted admission to any future programs. Speak to an Advisor about transfer credit opportunities and see the University Catalog for the Prior Learning Assessment policy.

# Are you a GI Bill student?

## HERE'S WHAT YOU NEED TO KNOW ABOUT COVID-19

The U.S. Department of Veterans Affairs (VA) worked with Congress to pass special COVID-19 rules to protect your GI Bill® benefits and support you during this time.



### **My school changed my courses from resident (physically in-person) to online (distance learning). Will VA still pay my GI Bill benefits and MHA?**

If your school moves your resident courses to online solely due to COVID-19, you will continue to receive benefits, including Monthly Housing Allowance (MHA), at the resident rate until December 21, 2021, or until the school resumes normal operations of resident training, whichever comes first.



### **How do these protections impact me if I'm a new student?**

VA will afford these same protections if you are a new student. While there is no requirement that you must have a previous history of taking resident courses, you must at least be enrolled (at a rate of pursuit of more than 50%) in an officially "converted course" (a course which your school previously offered as resident training prior to COVID-19, but now offers online due to COVID-19) to continue receiving your benefits.



### **What if my school temporarily closed due to COVID-19? What happens to my education benefits?**

If your school is temporarily closed, VA will continue to pay your benefits through the end of the term or for 28 days after the school closure date, whichever is sooner. Upon school closure, you will receive a letter from VA updating you of any changes related to your benefits, including instructions on applying for restoration of entitlement for any VA education benefits you used for classes you took and didn't get credit for because of a school closure.

If you have questions about your specific circumstance, please [submit your question electronically](#) or contact the Education Call Center at: 1-888-442-4551 (domestic) or 001-918-781-5678 (from overseas) between 8 AM and 7 PM Eastern Time, Monday-Friday.

For more information, including details on Apprenticeship, On the Job Training (OJT), and Work Study, visit our [FAQs page](#).

JANUARY 2021

