

C-SH2FT

The Health and Wellness Division Newsletter



STAR BEHAVIORAL HEALTH PROVIDERS

ACCESS MENTAL HEALTH PROVIDERS WHO UNDERSTAND

The STAR Behavioral Health Providers (SBHP) initiative is building a network of mental health providers trained to understand the unique challenges faced by National Guard Service Members. These members face distinct challenges, such as responding to natural disasters, helping communities rebuild, and deployment. Recognizing these unique experiences, SBHP trains licensed mental health providers to understand military culture, the deployment cycle, and effective treatments for military-connected patients.

Who can access this service?

- National Guard Service Members
- Reservists
- Active Duty Service Members
- Veterans
- Military Families

How it Works

SBHP offers an online directory where military-connected individuals can search for behavioral health providers specifically trained to work with the military community.

To Find a Provider

1. Visit www.starproviders.org
2. Click on "Search Providers"
3. Follow the prompts to enter your location and other information. Then you will see a list of trained providers near you who meet your search criteria.
4. Contact your preferred provider using the "Connect to Provider" button.

OKNG Behavioral Health Specialists

The OKNG employs dedicated Behavioral Health Specialists available to assist OKNG service members. They are available at all times to provide a free and confidential service.

Dr. Gwendolyn Johnson; Phone (405) 239-0418
Angela Cunningham; Phone (405) 213-5196

For the Veteran Crisis Line, Dial 988 then Press 1

Upcoming Events

Kid's Camp

July 9 - 12

MRT Course

July 14 - 26

H2F - I Course

August 11 - 21

Fresh Food Market @ 137 SOW

August 3

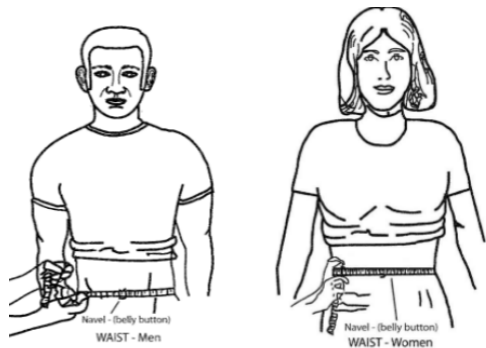
Summary

- STAR Behavioral Health
- Body Composition Screening
- Wellness Day Event
- Resources & Event Information
- Trivia Questions



BODY COMPOSITION SCREENING: SINGLE-SITE METHOD

Beginning June 8, 2024, the one-site circumference-based tape method will be the only authorized circumference-based tape method. Any Soldier who fails the circumference-based tape method after confirmation screening will be flagged.



At the initial counselling, a soldier may request a supplemental body fat assessment if reasonably available. The commander has the authority to determine whether the supplemental testing is reasonably available. For the supplemental body fat assessment to be valid, the system must be on a government facility to include: Military Treatment Facilities, Armed Forces Wellness Centers, Government Fitness Centers, State-Owned Facilities, & Public or Private Universities. The three supplemental body assessment systems include: The BOD POD, DEXA/DXA, and the INBODY 770.

BOD POD (Air Displacement Plethysmography)



Dual Energy X-Ray Absorption (DEXA/DXA)



INBODY 770 (Bioelectrical Impedance Analysis)



This new method of taping embodies the whole Soldier concept and helps to improve talent management. This method will help ensure all Soldiers maintain the level of physical readiness necessary to perform their duties.

TRIVIA QUESTIONS

Mental Toughness is just about your mind.

- True
- False

What is TRUE about optimism?

- a. It is only about seeing the world as “a glass half full”
- b. You ignore everything negative
- c. You appreciate the “good: and work to fix the “bad”
- d. All the above

How can stress be good for you?

- a. It is never good for you
- b. It can help motivate you
- c. It can help you learn and grow from past experiences
- d. B and C

WELLNESS DAY EVENT 2024: RECAP

The Wellness Day Event occurred on May 7, 2024; the first Tuesday of Mental Health Awareness Month. This annual event provides tools and education to full-time staff on holistic health and prevention techniques so that they can apply these principles within their units. Of the 54 participants who completed the survey, 83% strongly agreed or somewhat agreed that their knowledge of resources and services increased due to their attendance, and 70% strongly agreed that they would be able to confidentially apply the concepts provided to their own lives and to others.

This year’s event debuted the OKNG’s Integrated Primary Prevention Workforce and the Holistic Health and Fitness initiative. The overarching goal of the Health and Wellness Team is to create a culture within the OKNG that promotes help-seeking behaviors, reduces harmful behaviors, and creates an environment of increased readiness and retention.

This event not only provided attendees with valuable skills to promote total wellness but also offered a sense of community and support. This event served as a vital platform for education, support, and empowerment within the community and fostered a stronger, more resilient force.



RESOURCES & EVENT INFO



Want to learn more about our various resources or upcoming events?

Scan the QR Code for more information!