

C-SH2FT

The Health and Wellness Division Newsletter



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THE HEALTH AND WELLNESS CENTER

The demands placed on our service members and first responders are ever-growing; prioritizing their overall well-being is paramount for sustaining our fighting force. Recognizing this need, Governor Stitt of Oklahoma granted the Oklahoma National Guard \$23 million dollars to create a comprehensive wellness center. Construction is slated to begin Spring 2024 with projected opening in Fall of 2025. This center will offer a holistic approach to their overall wellness needs for these vital members of the community.

This wellness center will offer an array of services under one roof. The departments residing within the health and wellness center include: Holistic Health and Fitness (H2F), Integrated Primary Prevention Workforce (IPPW), Resiliency, Risk Reduction, and Suicide Prevention (R3SP), Behavioral Health, Equal Opportunity, State Equal Employment Manager, Sexual Assault Response Coordinator, Family Programs, and Chaplain Corps. By extending the services provided outside the physical realm, service members will be able to increase all areas of their well-being in one place. This establishment will foster a sense of community and camaraderie among service members. It will provide spaces for networking, team-building, classes, and more to increase our cohesion as a collective organization.

The Health and Wellness Center symbolizes a commitment to the well-being of those who sacrifice so much in service of their country. The journey towards holistic wellness for both our first responders and service members takes a significant step forward for a brighter, healthier future for Oklahoma.

Upcoming Events

Norwegian Ruck

April 12

OKC Memorial Marathon

April 26 - 28

Holistic Health & Fitness Workshop

May 7

TAG Wellness Day

May 7

Summary

- **The Health and Wellness Center**
- **IPPW**
- **Partnerships**
- **Ask the Dietician**
- **Resources & Event Information**
- **Recognition**



INTEGRATED PRIMARY PREVENTION WORKFORCE (IPPW)



The mission of the IPPW is to reduce the prevalence of sexual assault, domestic abuse, child abuse, harassment, retaliation, and suicide. They do this by building a prevention system within the Oklahoma National Guard that empowers leaders, service members, and community organizations to implement a comprehensive and data-driven prevention process to create long lasting and sustainable culture change.

This team focuses on primary prevention; it takes place before violence occurs to prevent harm. By getting ahead of the issue, the team can help create a positive impact on readiness and retention within our force.

Currently, the IPPW is gathering information for the Command Climate Assessments to evaluate the culture within the OKNG. One portion of this assessment comes from the Defense Organizational Climate Survey that service members complete each year. This information allows the team to help the command increase cohesion, connectedness, engagement and commitment, fairness, inclusion, leader support, morale, and work life balance. In the future, the IPPW will conduct listening sessions or focus groups to gather more information and amplify the voices of the OKNG service members.

RECOGNITION



We grieve the loss of Oklahoma’s own Chaplain Candidate, 2LT Pascal Burma. The Health and Wellness team gives our condolences especially to the family, friends, and service members directly impacted by this loss.



PARTNERSHIPS: NSIN & OSU

The Holistic Health and Fitness (H2F) Team has partnered with the National Security Innovation Network, a network of defense, academic entrepreneurial innovators who collaborate to solve national security problems in new ways. This program has partnered our team with Oklahoma State University to gather crucial baseline metrics. This collaboration seeks to evaluate the health culture of Oklahoma’s service members comprehensively, enabling our health team to develop tailored programs to address their unique needs more accurately.

By partnering with OSU, the H2F team aims to harness the expertise and resources of the academic community to gather data-driven insights into the health of Oklahoma’s service members. This partnership stands as an example of the transformative potential of collaborative efforts in pursuit of holistic health and fitness. Together our programs will foster positive outcomes for our service members and their communities.



ASK THE DIETICIAN

March is National Nutrition Month!
 Send us your questions to learn more about your nutrition!
 Contact: cody.o.simpson.mil@army.mil

RESOURCES & EVENT INFO



Want to learn more about our various resources or upcoming events?
 Scan the QR Code for more information!