Military Family Appreciation Month is a time to honor the sacrifices of our military families of Active, Guard, Reserve, Survivors, Veterans, and Retirees.

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.
COSMETOLOGY

Thursday, December 5, 2019 | 10:00 AM - 2:30 PM
Oklahoma Military Department
3535 NE Military Circle
Oklahoma City, OK 73111

The OKARNG Family Program Office is hosting FREE Holiday haircuts & services sponsored by CVTECH Cosmetology. Walk-ins welcome—first come, first Served.

Free Holiday Services
- Men, Women & Children Haircuts
- Makeup Touch Ups
- Hair Styling
- Express Manicures
- Face Painting


Canadian Valley Technology Center of El Reno thank you and your family for your military service!

Talking Circle

Tuesdays | 6:00 PM – 7:00 PM
Kickapoo Tribal Health Center – Behavioral Health 105365 S Hwy 102, McLoud, OK 74851

Come join us for a Wellbriety approach to healing for survivors of homicide.

For additional information, contact Christine McKinney at christine.mckinney@okkthc.com.

Car Seats and Booster Seats

Car seats and boosters provide protection for infants and children in a crash, yet car crashes are a leading cause of death for children ages 1 to 13. That's why it's so important to choose and use the right car seat correctly every time your child is in the car.

For additional information, visit https://www.nhtsa.gov/equipment/car-seats-and-booster-seats.

Protect Our Oklahoma's Youth

From the Vaping Epidemic

E-cigarettes are the most popular tobacco product among middle and high school students.

Learn what you need to know about the youth vaping epidemic.

For additional information, visit https://stopswithme.com/.
The Substance Abuse and Mental Health Services Administration (SAMHSA) collects information on thousands of state-licensed providers who specialize in treating substance use disorders, addiction, and mental health.

The website provides options to search for services focused on Veterans. The new locator also allows searches of programs based on payment option, age, languages spoken, and access to medication assisted treatment for an opioid use disorder.

To find a treatment facility near you, visit [https://findtreatment.gov/](https://findtreatment.gov/) or call 1-800-662-4357.

**Engaging SMVF Through Faith-Based Partnerships**

Thursday, November 14, 2019 | 12:30—2:00 PM

Faith-based organizations often serve as a trusted source of help and connection for many Service Members, Veterans, and Military Families (SMVF). An increasing number of faith-based organizations and leaders not only assist with the spiritual needs of SMVF but also provide support with many areas related to readjustment and strengthening resiliency, wellness, and recovery. They are often referred to as “force multipliers” due to their help and support to so many SMVF on the path to positive behavioral health and well-being.

This webinar will provide information that will help participants to engage, educate, inform, and partner with faith-based leaders, non-profit organizations, and communities in support of and responding to the behavioral health needs of SMVF.

To register for the webinar, visit [https://t.e2ma.net/click/mtvb6b/ymenao/q4u5qo](https://t.e2ma.net/click/mtvb6b/ymenao/q4u5qo).

**Workplace Suicide Prevention**

A call to action to all workplaces and professional associations – now is the time to implement the National Guidelines for Workplace Suicide Prevention.

For additional information, visit [https://workplacesuicideprevention.com/](https://workplacesuicideprevention.com/).

**NAMI Homefront**

NAMI Homefront is a FREE, six-session class for families, caregivers and friends of military service members and veterans with mental health conditions. The course is designed specifically to help families understand challenges and improve their ability to support their service member or veteran.

For additional information or to register, visit [https://www.nami.org/Find-Support/NAMI-Programs](https://www.nami.org/Find-Support/NAMI-Programs).

**Veteran Wellness Guide**

This guide is for Veterans who want to improve their well-being. To download the Guide, visit [https://www.mirecc.va.gov/visn16/veteran-wellness-guide.asp](https://www.mirecc.va.gov/visn16/veteran-wellness-guide.asp).

**Resources for Injury Prevention**

Injuries are a leading cause of lost duty time and separation from service, so you need to avoid injury during training and on deployment in order to achieve performance optimization. These resources can help you stay healthy and able to give 100% to your mission.

For additional information, visit [https://www.hprc-online.org/physical-fitness/injury-prevention/resources-injury-prevention](https://www.hprc-online.org/physical-fitness/injury-prevention/resources-injury-prevention).
Borrowing Basics

The holiday season is upon us. Let’s look at how loans, including credit cards, work. “The way you spend the holidays is far more important than how much - (Henry David Thoreau).”

Here are the key elements of borrowing -

- Principle—How much you borrow or charge.
- Interest Rate (APR)—What you have to pay to borrow.
- Term—How long the loan is for.
- Payment—How much you pay each month. It includes principal and interest. This amount is determined by items 1 thru 3.

If you use a credit card and pay it off completely each month there is no interest/finance charge. If you only pay the minimum it may take years to pay off and interest continues to accrue.

Contact your personal financial counselor at Tulsa: Roy Ames, (918) 210-5444, PFC2.OK.NG@zeiders.com; OKC East: (405) 323-8162, PFC3.OK.NG@zeiders.com; OKC West: Robert Lassota, (703) 635-8206, PFC.OK.NG@zeiders.com.

*All services are no cost, private, and confidential.*

Navy Family eLearning

Commander, Navy Installations Command (CNIC) just made it easier for Navy spouses to learn all they need to navigate their way through the Navy, in the palm of their hand.


Lung Cancer Awareness Month

November is Lung Cancer Awareness Month. With your support, we can raise awareness about lung cancer and turn the tide against this devastating disease.


PsychArmor’s Financial Wellness

Military and Veteran families face unique financial challenges, which can be stressful. We understand how that stress can impact everyday life and why it is important to manage. PsychArmor's Financial Wellness portfolio offers a variety of training courses and interactive planning tools to help Military and Veteran families build a path towards financial wellness. For additional information, visit [https://psycharmor.us19.list-manage.com/track/click?u=cedlb3a38795189f9bc9096f8&id=4ee1633d9b&c=54badf755b](https://psycharmor.us19.list-manage.com/track/click?u=cedlb3a38795189f9bc9096f8&id=4ee1633d9b&c=54badf755b).

Fighting Weight Strategies

These fighting-weight strategies can help Military Service Members maintain optimum body weight and condition for mission success.

For additional information, visit [https://www.hprc-online.org/nutrition/fighting-weight-strategies](https://www.hprc-online.org/nutrition/fighting-weight-strategies).
Providing Health Care for Military Veterans

Thursday, November 21, 2019 | 12:00 PM

The purpose of this knowledge-based live series is to further educate non-U.S. Department of Veterans Affairs (VA) providers and healthcare teams through an in-depth review of the whole health system of care, including elements of the model in action throughout the country, implementation and evaluation strategies, testimonials from Veterans receiving this care, and a discussion around provision of complementary and integrative health within the Veterans Health Administration (VHA) and in the community.

To register for the Webinar, visit https://t.e2ma.net/click/25jz7b/ymenao/i8yqq.

BHMC Oklahoma Partners with Psych Hub

In our efforts to provide best-in-class wellness resources, BHMC Oklahoma is proud to announce our partnership with Psych Hub, the trusted resource for mental health. Mental Health impacts everyone, and we are dedicated to providing clinically sound and engaging education for our community.

Psych Hub offers an extensive video library, providing evidence-based education on mental health, substance use, and suicide prevention. We are excited to share these videos with you. Join us in our efforts to educate and empower individuals, change the conversation and decrease stigma.


SAMHSA’s Homeless and Housing Resource Network

Thursday, November 14, 2019 | 12:00 PM – 1:15 PM

This webinar will feature the needs of service members and veterans and is intended to help practitioners, providers, and policymakers understand challenges faced by individuals with mental and/or substance use disorders who experience homelessness.

To register for the Webinar, visit https://t.e2ma.net/click/25jz7b/ymenao/2p7yqq.

10 Ways to Make Thanksgiving Dinner Healthy

Thanksgiving can be a hard time to make healthy choices, but here are some easy ways to make your holiday a little healthier.

For additional information, visit https://shapeyourfutureok.com/.

BHMC Oklahoma Marathon in a Month

Thanks to all who participated in Marathon in a Month!

Total Miles: 463.9

Are You a Veteran in Crisis?

Or concerned about one? Did you know that VA offers same day services in Primary Care and Mental Health at 172 VA Medical Centers across the country?

For the Make the Connection Resource Locator, visit https://maketheconnection.net/resources. Contact the Veterans Crisis Line at 1-800-273-8255 press 1, to Chat visit https://www.veteranscrisisline.net/get-help/chat, or Text 838255.
Financial Wellness Courses for Military Youth

Learning to be financially responsible is an invaluable skill, and especially beneficial when practiced earlier in life. Whether military children are in elementary school or about to go to college, PsychArmor’s three new Financial Wellness courses sponsored by Prudential will equip them with the knowledge to effectively budget, save, and invest money.

To view the courses, visit https://psycharmor.org/courses-for-financial-wellness/.

A Guide for Rural Health Care Collaboration and Coordination

Health Resources and Services Administration (HRSA), the primary federal agency for improving health care to people who are geographically isolated, economically or medically vulnerable, is proud to present this Guide to Rural Health Care Collaboration and Coordination. It discusses how rural providers can work together to identify the health needs in their communities, create partnerships to address those needs, and develop a “community-minded” approach to health care.

To access the guide, visit https://www.hrsa.gov/sites/default/files/h rsa/ruralhealth/resources/hrsa-rural-collaboration-guide.pdf.

FOCUS: Resilience Training for Military Families

FOCUS (Families OverComing Under Stress) provides resilience training to military children, families, and couples. It teaches practical skills to help families and couples overcome common challenges related to a military life. It helps build on current strengths and teach new strategies to enhance communication and problem solving, goal setting and creating a shared family story.

For additional information, visit https://www.focusproject.org/.

Oklahoma Caregiver Conference

Wednesday, November 13, 2019 | 8:30 AM-2:30 PM
Metro Technology Center
1900 Spring Lake Drive
Oklahoma City, OK 73111

Learn about respite programs, how to improve your health & wellness, ways to recharge, connect with other caregivers, and supports across the lifespan from children to older adults.


Someday is Today
Let’s Quit!

The time has come! November is Tobacco Cessation Month and November 21 is the Great American Smokeout. Now is the perfect time for Service members to quit.

For resources to quit tobacco, visit https://www.ycq2.org/.
Oklahoma drug and alcohol addiction treatment provider Valley Hope now provides treatment services and recovery support for Veterans as an approved TriWest Community Care Network provider.

Addiction to drugs and alcohol, clinically known as substance use disorder (SUD), is a treatable brain disease, characterized by a progressive and problematic pattern of substance use leading to significant impairment.

Valley Hope offers a full continuum of care that helps guide patients through every step of recovery, including detox, residential and outpatient treatment services, family counseling and continuing care. The Valley Hope experience is unique in its combination of a genuine compassionate care approach with an evidence-based treatment model, a method that has helped hundreds of thousands of people find successful recovery over the last 50 years.

Details about Valley Hope’s program for Veterans who are referred by the VA include:

- Admissions accepted 24/7
- Transportation from VA Medical Center Emergency Department to Valley Hope’s
- Cushing facility provided Monday-Friday, 8AM to 5PM
- Registered nurses on site 24/7
- Inpatient detox with Medication-Assisted Treatment
- Licensed master’s level clinicians
- Veteran Peer Support on-site
- Mobile recovery monitoring
- Psychiatric evaluations
- No out-of-pocket cost for Veterans referred by VAMC ED

Since 1967, Valley Hope has provided hope and healing to people and families impacted by substance use disorder. With residential and outpatient addiction treatment services in Cushing and OKC, Valley Hope has helped thousands of Oklahomans overcome addiction and lead successful lives in recovery.

For additional recovery resources, visit [https://valleyhope.org/](https://valleyhope.org/) or call (918) 225-1736.

Valley Hope accepts most insurances, including TRICARE and TRICARE West