

## **OK SHIP Mental Health and Substance Misuse Workgroup**

November 12, 2025

9:00 AM – 10:00 AM

**Facilitators:** Melissa Simms, RN, M.Ed, CCM, Community Engagement and Health Planning Manager, Oklahoma State Department of Health, and Erica Frazier, MS, LPC, Resilience Centered Engagement Coordinator, Oklahoma State Department of Health

### **Introduction and Welcome:**

*Spotlight from the Field: Volunteers of America:*

- Christina Erman from Volunteers of America spoke about the program. Her contact information is 580-730-8031, [cerman@voaok.org](mailto:cerman@voaok.org). They serve Cotton, Caddo, Kiowa, and Stephens counties.
- Adrienne Elder inquired about VOAOK partnering with support groups/life skills classes and using the Family Support Fund to provide gift cards to remove barriers to participation.

*Spotlight from the Field: Strong Minds Program ([Mangum Regional Medical Center](#)):*

- Brittney Niles provided details about the Strong Mind program. She shared a flyer for this program for aging adults (55+) experiencing emotional distress.
- The program offers group, individual, and family therapy, grief resolution, health/wellness training, medication management, and transportation.

*Data Pulse and Dashboards Discussion:*

- Melissa Simms reviewed updates and successes from the Mental Health and Substance Misuse Workgroup. This information was also shared at the Annual OK SHIP Meeting on October 2, 2025.
- [Mental Health Dashboard](#)
- [Substance Misuse Dashboard](#)

*Closing Checkout:*

- Josh Bouye shared a link for the [OK SHIP Partner Data Forms](#) and the 2026 OK SHIP Workgroup Meeting Calendar.

- Adrienne Elder suggested the value of micro-grants to incentivize local collaboration and requiring current funders/grant managers to include being an OK SHIP data partner.
- [Handle With Care OK](#): Adrienne Elder shared information about a quarterly training session via Zoom (\$25 cost), Wednesday, January 28, 2026.

*Adjourn:*

- Next meeting of OK SHIP is December 10<sup>th</sup> for the Diabetes workgroup.
- Next meeting for the Mental Health and Substance Misuse workgroup will be March 11<sup>th</sup>.
- Reminder: Please let up know if you would like to spotlight your work at an upcoming meeting by emailing Josh Bouye at [Joshua.Bouye@health.ok.gov](mailto:Joshua.Bouye@health.ok.gov)

## **VOAOK's Family Wellness and Recovery Center-Located in Lawton, OK**

Services for women that are pregnant and parenting also includes single parenting fathers

Substance Abuse and Mental Health Counseling

Individual and Family Sessions, (Group sessions-coming soon)

Case management Services

Maternal Mental Health Services

Peer Recovery Support Services

Parenting Skills Classes/Anger Management Classes/Life Skills Classes

Narcan education hub - supplies and training

Lending Library-curriculum and videos, can provide on site training on a variety of topics

### **RCORP Grant Activities**

RCORP Family Support Fund- if eligible and while funds are available\*\*\*\* Only available to participants living in RCORP service counties that are in recovery or in a treatment program with a partner (Cotton, Caddo, Kiowa, Stephens)

Provider Fund-can help eligible providers with training costs or materials

### **Residential and Halfway Substance Abuse care for Women with children**

(Coming Fall of 2026)



**Volunteers  
of America®**

**OKLAHOMA**

## Program Overview

The Strong Mind Program provides group treatment sessions in an outpatient setting. Our program provides support while assisting individuals and caregivers with emotional and mental health needs.

## Our Mission

We strive to help aging adults discover what brings them fulfillment and improve their quality of life, while maintaining their dignity, respect and confidentiality. We provide support for individuals with emotional and mental health needs.



*"A strong mind always hopes, and has  
always cause to hope."  
Thomas Carlyle*



## What is the Strong Mind Program?

The Strong Mind Program is aimed at adults 55+, who are experiencing emotional distress or psychological difficulties during this phase of their lives. Diagnosis and treatment are available for a wide range of disorders, including:

Anger

Anxiety

Changes in Eating or Sleeping

Cognitive Changes

Crying Spells

Depression

Excessive Irritability

Low Self-Esteem

Paranoia, Hallucinations, or  
Delusions

Social Isolation

Suicidal Thoughts

Unresolved Grief

## Treatment

The Strong Mind Program's treatment plans are individualized to meet the unique needs of the patients we serve.

Treatment is supervised by a psychiatrist and implemented by a multidisciplinary team of counselors and mental health technicians.



Each client is assessed to determine their individualized care plan, with group therapy as the primary focus. Some services offered include:

Assertiveness  
Training

Communication  
Counseling

Conflict Resolution  
Coaching

Grief & Loss  
Resolution

Group & Individual  
Therapy

Health & Wellness  
Training

Positive Life  
Training

Stress  
Management

Socialization

Transportation



# 2026 State Health Improvement Plan (SHIP) Calendar

January						
S	M	T	W	T	F	S
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February						
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April						
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November						
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December						
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27	28	29	30	31		

Key Workgroup Meetings: 2nd Wednesdays, 9-10am	
	Cardiovascular Disease (CVD) Meeting
	Drivers of Health Meeting
	Mental Health & Substance Misuse Meeting
	Diabetes Meeting
	2026 SHIP All Workgroup Annual Meeting - Oct. Date TBD
	<a href="#">Obesity State Plan Dashboard &amp; Meetings</a>