

STRENGTHENING OKLAHOMA



Addressing mental health needs in families

GARFIELD COUNTY EXTENSION

The last couple of years have been stressful, and while mental health issues have always been common, there has been a significant increase in mental health conditions in both adults and children since the pandemic.

Matt Brosi, Oklahoma State University Extension family sciences specialist, said many of the issues we are seeing deal with anxiety and depression.

“This highlights the increased need for attention for maintaining mental health and wellbeing and finding solutions to recognize and address mental health challenges,” Brosi said. “Starting with the family unit is good because it creates a solid foundation for both preventative process and mobilizing resources when needed.”

Research indicates parents are experiencing burnout at a higher rate, and balancing increased work demands outside of the home, especially post-covid, exacerbates this process. Add in other stressors such as single parenting, parent(s) with mental health issues and children with mental health issues (ADHD, anxiety, depression), significantly increases the susceptibility to burnout.

Brosi said parental burnout is leading to increased parent mental health issues, which can lead to utilizing maladaptive coping mechanisms, including substance abuse and utilizing



more punitive discipline practices with children.

“When there’s a breakdown in the parenting system, there are ripple effects in how relationships are managed. Burnout also affects a parent’s ability to effectively parent their children. This can result in child behavioral disruptions, externalization of stress and engaging in attention-seeking behaviors,” he said. “It can also cause children to internalize stress and feel isolated, therefore often leading to anxiety and depression.”

Recognizing and intervening the burnout process is key to improving both parent and child mental health outcomes.

In order for parents to address their own burnout, they must schedule time for their partner/significant other; practice setting and holding boundaries and saying no when possible; take time for self-care, especially exercise, sleep, mindfulness and hobbies; and stay

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GARFIELD COUNTY EXTENSION

In observance of Labor Day our office will be closed on Monday, September 5th, 2022.

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connected to other adults.

When dealing with adolescents, parents need to hold their boundaries and identify rules/expectations that are important to them, then let go of as many other things as possible, said Jordan Shuler, doctoral student in Human Development and Family Science at OSU.

“It’s important to be available to talk with adolescents on their own terms and try not to push for interactions,” Shuler said. “However, try to spend time in hobbies with your kids to create the possibility for interactions. Also, acknowledging and validating children’s emotions helps them understand their experiences are real, understood and accepted.”

Other ideas Shuler offers including being available to your teen and remind them they are safe and not alone; get to know your teen’s friends and dating partners by allowing them to spend time at your home; and rebuilding connections with your teen.

Shuler’s strategies for parents with pre-adolescent children include having regular routines for waking up, going to school and bedtime because this provides children with a sense of predictability and safety.

“Work to verbally acknowledge your child’s emotions, thoughts, beliefs and experiences,” he said. “This doesn’t mean you agree with them, but instead, shows you acknowledge the child has their own and those experiences are real.”

Identify activities your child enjoys and join them in their play. As with older children, set your boundaries according to what’s important to you and let go of other things. It’s important to balance parental warmth with firm boundaries; however, discipline behavior, not emotions. Discipline is an opportunity to teach rather than punish.

Shuler also said it’s important for parents to be a calm presence. This doesn’t mean not ever feeling sad, angry or disappointed. Parents need to acknowledge the emotion in themselves, but when expressing it, do so in a respectful, calm manner. This models to your children how to behave when experiencing uncomfortable emotions.

“Parents must realize they have to help themselves before they can be their best selves when parenting,” Brosi said. “This means taking care of your own needs as a parent, including getting professional help when needed to manage burnout, relationship issues and mental health challenges.”

Fall OHCE Tour

The Cultural Enrichment Committee has planned a great fall excursion. We will head out from the Extension Office at 8:30 am, **Thursday September 29** to travel to the Pawnee Bill Ranch and Museum. Lunch at Click’s and finish the afternoon at the Pawnee County Historical Society which is also the Dick Tracy Headquarters. There is no charge for attending, but each participant will be responsible for their admission to the attractions and lunch. Plans are to arrive back in Enid from 4-5 p.m. Call the office (580-237-1228) to reserve your space by September 26 and allow for carpool plans. Should be a great day.



Garfield County Fair

Fair books are now available at the office. The County Fair will be September 7th-12th. You must pre-enter by Wednesday August 31st at 5 p.m. Information is available in the Fair Book on how to pre-enter.

We will also need volunteers/groups to watch the exhibits at the fair. A sign-up sheet will be available at the board meeting, as well as other spots that need volunteers. Be sure and invite your neighbors and friends to exhibit at the Garfield County Fair. An abbreviated schedule follows. For more information check the official Fair Book.

August 31st - 5 p.m.	All pre-entries due
Sept 7th	All entries in place except Flowers, Foods and OHCE-Gift Basket and Table Setting in place by 6 p.m.
Sept 8th	Open class judging begins at 10 am with OHCE judging at 1 p.m. Chocolate Dessert Contest 6 p.m.
Sept 9th	Pie Baking Contest 10 am
Sept 10th	Best of Wheat Contest
Sept 11th	Release of Exhibits and Premium Pickup 2-4 pm

Garfield County Fair Sitting Work Schedule

Friday Sept 9th

9 am-noon	<u>*True Honest Workers</u>
noon - 3 pm	<u>*Pioneer Wheathearts</u>
3 pm -6 pm	<u>*Domes-ti-kates</u>
6 pm -9 pm	<u>*Open</u>

Saturday Sept 10th

9 am- noon	<u>*Members at Large</u>
noon - 3 pm	<u>*Casa La Mia</u>
3 pm -6 pm	<u>*Kremlin</u>
6 pm -9 pm	<u>*Open</u>

There are still a couple of openings if members are willing to volunteer, it will be welcomed.



Book/Magazine Exchange

Don't forget about the annual Book and Magazine Exchange at the county fair. Bring your extras and be sure and pick up some new reading materials.



Fair Bake Sale

A reminder to all OHCE members about the County Fair Bake Sale. We will have the Bake Sale starting after judging Thursday, September 8. You may designate your baked item to be sold at the Bake Sale following judging (a display slice will be retained) if so desired. We are also asking that members help by bringing homemade baked goods to be sold at the sale. Please mark them with prices. Individually wrapped cookies, bars, etc. will sell well too. All proceeds from this Sale are to benefit the OHCE Scholarships that are given by the Garfield County OHCE group each Spring. All kinds of goodies are welcomed.

Part 2 How to Make Your Home More Energy Efficient

- Refrigerators and freezers operate most efficiently when full, so keep your refrigerator and freezer as full as possible (using water bottles if nothing else). Be careful about overfilling them as this will reduce airflow and cause the appliance to work harder.
- Using dishwashers and clothes washers/dryers at night will keep the house cooler, reduce strain on the power grid during the peak usage hours of 4 PM and 6 PM and reduce the chance of an emergency!
- Turn off heated dry on your dishwasher and air dry instead.
- Set your refrigerator temperature to the manufacturer's recommendation to avoid excessive cooling and wasting energy.
- Don't leave bathroom or kitchen ventilation fans running longer than necessary. They replace inside air with outside.
- Replace your windows. If your home has single-pane windows, consider replacing them with more energy efficient windows, or adding solar shades or tinting film.
- Install a programmable thermostat that will automatically adjust the temperature according to your schedule.
- Turn off the lights when they're not in use. Lighting accounts for about 12% of a typical residential utility bill.
- Don't leave your mobile phone plugged in overnight. It only takes a couple of hours to charge.
- Turn off the oven a few minutes before cooking time runs out. Your food will continue to cook without using the extra electricity.
- Watch your appliance placement. Avoid placing appliances that give off heat, such as lamps or TVs, near a thermostat.
- Dress for the weather. When you're at home, dress in warm clothing in the winter and cooler clothing in the summer to stay comfortable without making your heater and AC work harder.

Source: DirectEnergy.com

Please take a few minutes to make some suggestions for the 2023 OHCE Leader Lessons. Topics should fall with the following areas:

- **Family Issues**
- **Resource Management**
- **Membership and Leadership Development**
- **Healthy Living**
- **Cultural Enrichment**

Additional topics for possible workshops topics are also welcome. Suggestions may be emailed or mailed as a group or individual to Joy Rhodes joy.rhodes@okstate.edu

Important- An item on the agenda for the upcoming County Fall Association meeting Tuesday October 18, 6:30 p.m. will be a proposed revision to the association by-laws. Because OSU Extension is partially federally funded and

OHCE is sponsored through the Family & Consumer Sciences program of OSU Extension, this change is necessary to align with federal guidelines:

Current:

Article III Membership

The GCOHCE, Incorporated does not discriminate by gender, race, color, age, disability, religion, national origin, economical circumstances, or status as a veteran in any of its policies, practices, or procedures.

Proposed:

Article III. Membership

The GCOHCE, Incorporated does not discriminate based on race, age, sex, color, national origin, marital status, sexual orientation, gender identity/expression, disability, or veteran status in any of its policies, practices, or procedures.

IMPORTANT NOTICE

OHCE News & Notes

Walktober 2022

Fall is a great time to get active and the Garfield County Area Healthy Living Coalition including the Rural Health Project, TSET, Garfield County OSU Extension and other local businesses are hosting a walking group/contest the month of October. Cost for the event is \$10 per person and includes a t-shirt, walking challenge app, Facebook group motivation/interaction, a weekly group walk (hosted by the Garfield County OSU Extension Office) and PRIZES. The Walking challenge runs October 1-31 but you must register by September 15. A team can be from 2-5 walkers. The Challenge Runner app is a great tool to motivate you and your team. So be sure and get your team together and give this fun event a go. Let's all get healthier in October.

Register online at <https://www.zeffy.com/en-US/ticketing/ab33d40f-7454-42d4-bde7-6217fdd583a1>



OHCE Board Meeting



The OHCE Board Meeting will be held Monday October 3, 9:30 am at the Conference Room. We will complete plans for our upcoming Fall Association meeting.

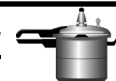
SAVE THE DATE-OHCE FALL ASSOCIATION MEETING-TUESDAY OCTOBER 18

Our Fall Association Meeting will be held Tuesday October 18th in the OSU Conference Room. We will start the meeting at 7 pm.

Save the Date

A small dinner and craft will start at 5 pm the cost will be \$5

Sign Up Using a Pressure Canner



A workshop will be held Tuesday, September 20th from 10-3. Cost is \$35. We will learn the ins and outs of using a Pressure Canner and preserve 2 different vegetables for use this fall/winter. There must be 5 participants to hold the class. Please sign up by September 14th.

Leader Lesson

Leader Lesson for your October meeting will be held Wednesday, **September 28, 2 p.m.** here in the Conference Room. Lindy Peterman from Kingfisher County will be sharing information on "Lighting in Your Home-What is New Out There". Come learn about the improvements and efficiency in lighting and how it can make your life easier.

Freezer Meals for Smaller Families

The Freezer Meals for Smaller Families will be held Monday, October 17th. An afternoon session 2-4 and an evening from 6-8 will be held. We will discuss how to plan/make nutritious and delicious meals for the freezer and in smaller sizes to provide variety in your diet. Cost is \$40 and will include 2-3 tasting samples and take home 6 main dishes for your freezer.

This newsletter is published monthly by the Garfield County OSU Extension Center and is one way of communicating educational information. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement is implied.

Joy Rhodes
Extension Educator, FCS/4-H Youth Dev.

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Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Joy Rhodes, FCS Educator at (580)237-1228 or joy.rhodes@okstate.edu at least two weeks prior to the event.



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EXTENSION**

Dates to Remember

Sept. 5th– Garfield Co. OSU Closed for Labor Day

Sept. 7-12th – Garfield County Fair

Sept. 20th– Pressure Canning Workshop 10 AM

Sept. 28th—Leader Lesson 2 PM

Sept. 29th– OHCE Fall Tour



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EXTENSION**

