



Behavioral Connection Between Mental Health and Substance Abuse

By: Trisha Gedon, OSU Sr. Communications Specialist

What influences the choices people make? Biological, social, psychological and behavioral aspects come into play. Ty Gregson, Oklahoma State University Extension opioid and substance misuse assistant specialist, said all behavior, even what most would consider to be an unwise choice, makes sense in context.

“It may sound unreasonable that behavior makes sense in context, but it actually means people don’t often do things that are destructive, unhealthy, unwise, risky or dangerous without reason,” Gregson said. “Behaviors are in response to something they don’t know how to resolve and often are destructive when people are the most at loss or overwhelmed. In other words, destructive behaviors are made as an attempt to solve a problem.”

There are three main issues people try to resolve through destructive behavior such as substance abuse: fitting in, finding relief and feeling wanted.

Gregson said relationships are a key part of development for teens and young adults. While discovering identity and relationships, individuals interact with other to try to discover this information while trying to fit in.

“When attempting to fit in, people may experience peer pressure. Do they succumb to peer pressure because they don’t know better, haven’t been taught other ways or are looking for help but haven’t found it? This can be an issue when there’s pressure to engage in risky behavior as adolescents are still learning,” he said.

Those who experience anxiety, depression or physical pain are searching for relief. Because these are common uncomfortable experiences, Gregson said people often attempt to eliminate the discomfort as quickly as possible. While understandable, the choices for quick relief may come with unfortunate consequences.

“While they work initially, our bodies become tolerant of most substances. This creates an unhealthy pattern because the body requires a larger dose to feel relief,” he said. “This pattern can be scary and destructive in finding relief.”

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TULSA COUNTY
EXTENSION



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If you receive the monthly newsletter by mail and would like to receive it by email, please call 918-746-3706. Receiving it by email would greatly reduce our printing and postage expenses.

Thank you!

Behavioral Connection... Continued

Strengthening Oklahoma Families/Tulsa County

Feeling wanted is a combination of fitting in and finding relief. People build attachments with others. Healthy attachments can lead to a strong sense of self, good social skills, reduced anxiety and improved cognitive development. When attachments aren't as strong, there can be behavioral problems, difficulty forming/maintaining relationships, struggling to focus, anxiety and engaging in risky behaviors. Gregson said people want to be loved, seen and appreciated, and when that need isn't being met, some people make poor choices to get relief or to be seen.

People must begin to recognize when and how they are using destructive or unhealthy behaviors to manage their feelings in order to find long-lasting solutions.

"Finding people who only want the best for you is important, along with finding people you can trust to share how you're feeling," he said. "It's vital to have people in your life who are willing to help you make the choices that will help you reach your potential. Healthy relationships also allow you to be that kind of person for someone else. Our goal is to be the people who provide safety, acceptance and support so all people can feel like they can reach their full potential."

For more information or training on these principles, contact Gregson at 405-744-3152.

FINANCIAL EMPOWERMENT WORKSHOP PARTNERING WITH CATHOLIC CHARITIES



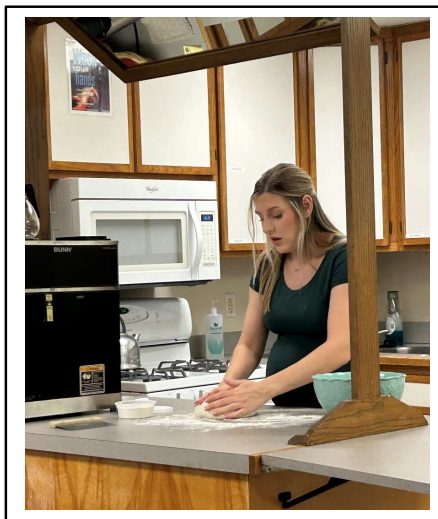
Congratulations to the participants of the Financial Empowerment Workshop hosted by Catholic Charities. Each participant completed a six-week course and received a \$50 gift card provided by Catholic Charities. Thank you to Cynthia Simon for all her hard work and dedication in putting together this class and helping to teach it.



A BIG
thank
you

SMALL ACREAGE WORKSHOP

Thank you to everyone that came to the Small Acreage Workshops for the fall. Participants had a wonderful time canning apple butter and getting sourdough starters to make their very own sourdough bread. Hannah and Stacey will provide an opportunity in March of 2025 for another round of Small Acreage Workshops.



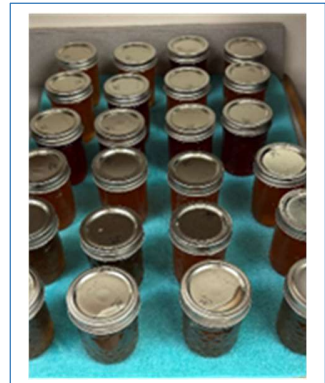
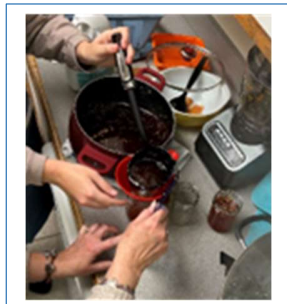
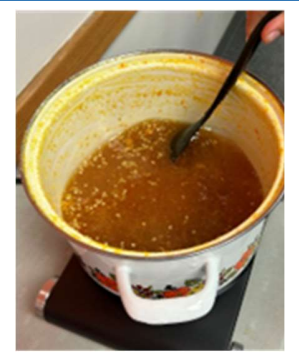
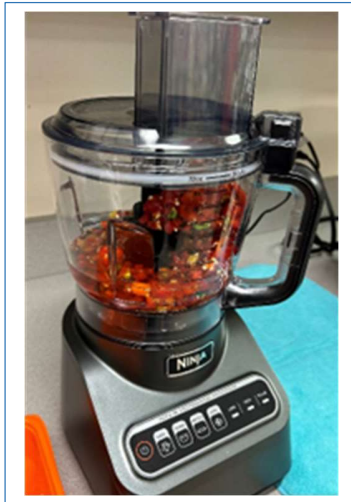
JELLY CANNING WORKSHOP

11.16.24



Our Easy Jelly Canning Workshop started with some peppers from our Master Gardeners! These wonderful peppers were produced in our Master Gardener Demo Gardens, and we thank them so much for providing them!

Thank you to everyone that came to our workshop! We made four different kinds of jalapeno jelly!



ROASTED PUMPKIN AND PUMPKIN SPICE MIX

Stacey Jones—Family and Consumer Sciences Educator
OSU Extension Center Tulsa County

INGREDIENTS:

2 TBSP olive oil
1 pie pumpkin (2 to 3 lbs.)
Seasoning of your choice

Pumpkin Spice Mix:

1 TBSP of ground cinnamon
1 tsp of ground ginger
1 tsp of ground nutmeg
1 tsp of ground allspice

INSTRUCTIONS:

1. Preheat oven to 400 degrees. Put parchment paper on a baking sheet.
2. Cut the top off of the pumpkin with the stem. Cut the pumpkin in half top to bottom. Scoop the seeds and strings out of the center. Cut into wedges about 3 inches wide. Brush on olive oil and seasoning as you prefer.
3. Roast in oven for 35-40 min until the pumpkin is lightly browned and soft. Take out and let rest about 10 minutes to peel off the skin.
4. Mash roasted pumpkin in a bowl with the pumpkin spice mix, or preferred seasonings.
5. Store unused seasoning mix for up to one year.

Serves: 12

Nutritional analysis per serving:

| | |
|----------------------|-----------------------|
| Calories: 171 | Carbohydrates: 25.8 g |
| Total Fat: 8.1 gm | Sugars: 11 g |
| Saturated Fat: 0.8 g | Protein: 4.0 g |
| Sodium: 4.0 mg | |

Check out our Channel 6 Cooking Corner
demonstration by clicking the link below:

<https://youtu.be/jCnjPLQGEII>



FAMILY & CONSUMER SCIENCES CALENDAR

All events will be held at the OSU Extension Office unless noted

Please observe that some event dates may have been changed

WORKSHOPS & ALL CLASSES - PRE-REGISTRATION REQUIRED - Call: 918-746-3706



December:

- 3 Co-Parenting for Resilience, 9 am @ OSU Tulsa (pre-register by 11-27-24)
- 11 OHCE Holiday Luncheon, 11 am – 1 pm @ OSU Tulsa (RSVP by **12-2-24** @ 918-636-6734)
- 13 OHCE Holiday Party for Families @ Tulsa County Transitional Living Center – More Info @ 918-408-6918
- 25-26 Christmas Holiday – Extension Office Closed

January:

- 1 New Year's Day – Extension Office Closed
- 13 OHCE Executive Board Meeting Zoom @ 7 pm
- 15 OHCE Business Meeting, 10 am, Installation of 2025 Officers/Perfect Attendance Awarded. Catered lunch at noon (Please RSVP for the lunch, to Debbie, by 1.10.25 @ 918-746-3706.)
- 15 OHCE Workshop: "How to Write an OHCE State Report," immediately following the luncheon.
- 20 Martin Luther King Jr. Day – Extension Office Closed
- 21 OHCE Leader Lesson Training 9 am @ OSU Tulsa (For: Feb/Mar/Apr/May) *Alternate Snow Date: 1.28.24
- 28 OHCE State Award Reports Due to Extension Office... Due to State Office on 31st.

February:

- 4 Co-Parenting for Resilience, 9 am @ OSU Tulsa (pre-register by 1-31-25)
- 17 President's Day – Extension Office Closed
- 21 OHCE NE District Meeting – Money Due!



**CHANNEL 6
COOKING CORNER**

December 23

January 29

@ Noon

Presented By: Stacey Jones
Tulsa County FCS Educator

OHCE UPDATES

OHCE HEALTHY LIVING

How Probiotics in Yogurt Support Healthy Digestion

Click the link below to see what you need to know about yogurt, probiotics and how they keep the microbes in your gut balanced and keep you healthy.

[https://mcpres.mayoclinic.org/dairy-health/how-yogurt-supports-healthy-digestion/?](https://mcpres.mayoclinic.org/dairy-health/how-yogurt-supports-healthy-digestion/)

Charline Romine
OHCE-TC Healthy Living Chairman

OHCE LEADER LESSON TRAINING

WHO: Members from each group

WHAT: Leader Lesson Training 2025
for Feb., Mar., Apr., May

WHEN: January 21, 2025, at 10 a.m. (Tuesday)
(Make-up weather date: 1-28-25)

WHERE: OSU Tulsa – North Hall–BS Roberts Room,
700 Greenwood Ave., Tulsa, OK 74106

OHCE UPDATES

SHOUT OUT FROM ELAINE
Tulsa County OHCE President



Happy Holidays to all! As I write this, we have just met to put together the 2025 calendar. It is fun to think of all the possibilities. There was some great brainstorming of ideas to make next year a fun and fruitful time. I know each of your groups has supported various charities and causes. That is what makes us so relevant to our communities. We do not exist in a vacuum and our can-do attitude keeps us young, if not in years, certainly in spirit. I want to thank my executive team – Deborah McIntyre and Mardi Dixon for their dedication to their positions. I also want to welcome the new team. We are your biggest cheerleaders and stand ready to help you take OHCE-TC to the top of the proverbial pyramid.

Share OHCE with a friend, *Elaine*

FAMILY ISSUES

We hope by now you have quite a stash of donations for the Tulsa County Transitional Living Center!

Here is a reminder of items we collected all year:
Baby Wipes, Hand Wipes, Hand Soap, Toothbrushes, Dental Floss, Hairbrushes, Combs, Shaving Lotion, Shaving Cream, Deodorant, Socks.

The shelter also provides Christmas gifts for all the children. If you would like to assist with this project, please purchase a Walmart gift card for the shelter to be used for last minute arrivals to the shelter. Write the dollar amount on the gift card.

Bring all items to the Holiday Luncheon, Dec. 11th!
Thank you for supporting this project all year long!

OHCE BUSINESS MEETING
January 15th @ 10 A.M.

DON'T MISS OUR 1ST BUSINESS MEETING OF THE YEAR! THE MEETING WILL INCLUDE NEW OFFICER INSTALLATIONS, PERFECT ATTENDANCE AWARDS, & BAKED-POTATO-BAR LUNCH PROVIDED BY THE FCS DEPT. THEN STAY FOR THE WORKSHOP, "HOW TO WRITE A STATE REPORT," IMMEDIATELY FOLLOWING LUNCH. MEETING HOSTED BY: KNIT 'N STITCH.

PLEASE RSVP FOR LUNCH @ 918-746-3706, BY 1-10-25.

TULSA COUNTY OHCE

12 Days of Christmas

2024 HOLIDAY POTLUCK LUNCHEON

**Wed, December 11th
11AM - 1PM**

OSU Tulsa
Conference Center
BS Roberts Room
700 N Greenwood Ave
Tulsa, OK

RSVP by 12/2 to
Coe Ann 918.636.6734

**Please bring Gift Cards
and items for the Tulsa
County Transitional
Living Center**

**Bring an
Ornament
to
Exchange**





OHCE UPDATES



Holiday Party

Tulsa County OHCE will host, on Dec. 13th, 6:00-8:00 pm, a Christmas Party for the families staying at the Tulsa County Transitional Living Center!

All OHCE members are asked to help by participating at the party with set-up, games, etc., or by donating cupcakes! For more info and to volunteer, call Shari, at 918-408-6918.



MERRY CHRISTMAS!

HAPPY HOLIDAYS!

AND

HAPPY NEW YEAR!!!



DEMO DAY
2024

A huge thank you to **Jean Parks** for organizing another wonderful Demo Day! Spectacular! And a huge thanks to **Linda Lawrence** for all the brunch food that she provided for everyone! Amazing! And finally, thank you to all the creative demonstrators! Awesome!

WE THANK YOU ALL!

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Family and Consumer Sciences
Tulsa County OSU Extension Service

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