

September 14, 2023

Resources for Safe and Healthy Communities

Morgan Hamilton, Healthy Brain Program
Manager- Chronic Disease Prevention
Services



Learning Objectives

- At the end of this session, participants should be able to identify resources to fulfill the Safe and Healthy Communities section of Certified Healthy Oklahoma.
 - Participants should be able to identify where to find resources to prevent falls and injuries.
 - Participants should be able to identify resources for those facing Alzheimer's disease and related dementias.
 - Participants will identify one new resource to promote in their community



Falls Prevention

HOME FALL PREVENTION CHECKLIST

Unintentional falls are the leading cause of injury death among adults aged 65 years and older. Most falls occur at home and happen in predictable, preventable ways. Use the checklist below to keep you or your loved one safe. [Learn more: falls.health.ok.gov](https://falls.health.ok.gov)

Bedrooms: Look at all your bedrooms.

- Is the light near the bed hard to reach?
 - Place a lamp close to the bed where it's easy to reach.
- Is the path from your bed to the bathroom dark?
 - Put in a night-light so you can see where you're walking.

Kitchen: Look at your kitchen and eating area.

- Are the things you use often on high shelves?
 - Move items in your cabinets. Keep things you use often on the lower shelves (about waist level).
- Is your step stool unsteady?
 - If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

Rooms and Hallways: Look at the floor.

- When you walk through a room or hallway, do you have to walk around furniture?
 - Ask someone to move the furniture so your path is clear.
- Do you have throw rugs on the floor?
 - Remove the rugs or use double-sided tape or a non-slip backing so the rugs won't slip.
- Are there papers, books, towels, shoes, magazines, boxes, blankets, or other objects on the floor?
 - Pick up things that are on the floor. Always keep objects off the floor.
- Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?
 - Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

Stairs and Steps: Look both inside and outside your home.

- Are there papers, shoes, books, or other objects on the stairs?
 - Pick up things on the stairs. Always keep objects off stairs.
- Are some steps broken or uneven?
 - Fix loose or uneven steps.
- Are you missing a light over the stairway?
 - Have an electrician put in an overhead light at the top and bottom of the stairs.
- Do you have only one light switch for your stairs (only at the top or at the bottom of the stairs)?
 - Have an electrician put in a light switch at the top and bottom of the stairs. You can get light switches that glow.
- Has the stairway light bulb burned out?
 - Have a friend or family member change the light bulb.
- Is the carpet on the steps loose or torn?
 - Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.
- Are the handrails loose or broken? Is there a handrail on only one side of the stairs?
 - Fix loose handrails or put in new ones. Make sure handrails are on both sides of the stairs and are as long as the stairs.

Bathrooms: Look at all your bathrooms.

- Is the tub or shower floor slippery?
 - Put a non-slip rubber mat on the floor of the tub and/or shower.
- Do you need some support when you get in and out of the tub or up from the toilet?
 - Have grab bars put in next to and inside the tub and next to the toilet.

Other Safety Tips:

- Keep emergency numbers in large print near each phone.
- Put a phone near the floor in case you fall and can't get up.
- Think about wearing an alarm device that will bring help in case you fall and can't get up.

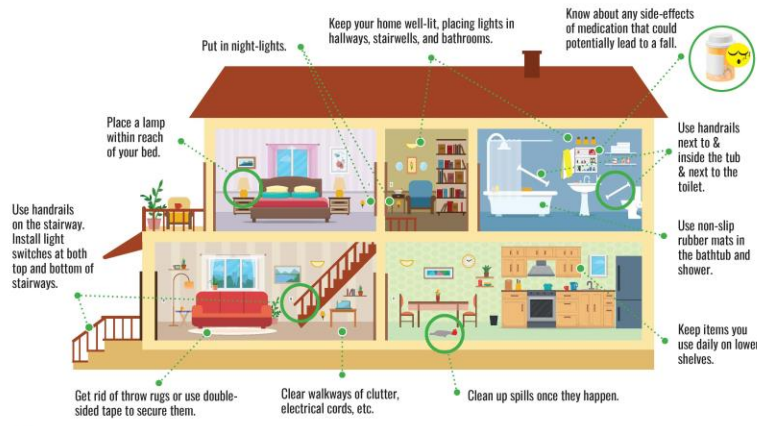
This checklist was developed by the Oklahoma State Department of Health (OSDH) as a public service. It is not intended to replace professional medical advice. For more information, visit falls.health.ok.gov. The Oklahoma State Department of Health (OSDH) is an equal opportunity provider and provider. 1-2020 copies were printed by Good and Beautiful at a cost of \$100,000. A digital file has been deposited with the Public Information Clearinghouse of the Oklahoma Department of Libraries in compliance with section 511A of Title 65 of the Oklahoma Statutes and is available for download at www.ok.gov/okages. (Updated 10/2021) (20101025)



Home Safety Guide

PREVENTING FALLS

Unintentional falls are the leading cause of injury death among adults aged 65 years and older. Most falls occur at home and happen in predictable, preventable ways. Here are home safety tips to keep you or your loved one safe.



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To receive more information on classes and how to prevent falls, Contact: Injury Prevention Services 405-271-3430

Moving for Better Balance in Oklahoma TAI CHI

Tai Chi Moving for Better Balance is an evidence-based fall prevention program that was designed to be used in community-based organizations. Accumulating evidence suggests that Tai Chi eight-form exercises are an effective means of improving balance, functional limitations, and muscle strength, which reduces the risk of falling. Tai Chi is a low-impact dance-like exercise that can be modified to meet the individual participant's needs and can be done in almost any location. It also helps to build confidence from the fear of falling, which is commonly found in older adults.

BENEFITS OF TAI CHI

- Improves Balance and Posture
- Improves Functional Limitations
- Strengthens Muscles
- Builds Confidence from the Fear of Falling
- Improves Mental and Physical Health (Positive attitudes, self-esteem and well-being)
- Improves Musculoskeletal Conditions (Reduction of arthritic symptoms; increases in flexibility and mobility)
- Improves Cardiovascular Functions
- Reduces Hypertension
- Improves the Quality of Sleep
- Enhances Stamina
- Increases Energy

RESOURCES

Oklahoma seniors are invited to join a local Tai Chi: Moving for Better Balance class. To receive more information on classes and how to prevent falls, contact the OSDH Injury Prevention Service at (405) 271-3430 or visit falls.health.ok.gov.

Injury Prevention Service
Oklahoma State Department of Health
1000 N. E. 10th Street
Oklahoma City, OK 73117
Phone: (405) 271-3430
falls.health.ok.gov

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MORE THAN 6 MILLION AMERICANS
ARE LIVING WITH ALZHEIMER'S.



Older Adult Services



alzheimer's  association[®]

800.272.3900 | alz.org[®]





Dementia
Friendly
Oklahoma

A dementia friendly community is where those individuals with the disease, their families and care partners feel supported, respected, and included to foster quality of life.



Businesses /
Organizations



Campuses



Restaurants



Faith
Organizations



Communities
Towns / Cities



Host an Educational Presentation
today to begin your journey to
becoming more **Dementia Friendly!**

Scan the QR code to sign up for a presentation.

Collateral Materials Available

- If you are interested in having these materials on hand, contact Morgan.
 - Morgan.Hamilton@health.ok.gov
 - Also available in Spanish



10 WARNING SIGNS OF ALZHEIMER'S

Currently, more than 5 million Americans are living with dementia. In collaboration with experts in the field, the Alzheimer's Association® created a list of warning signs to help identify symptoms that may be related to Alzheimer's or another dementia.

- Memory Loss that Disrupts Daily Life
- Challenges in Planning or Solving Problems.
- Difficulty Completing Familiar Tasks.
- Confusion with Place or Time.
- Trouble Understanding Visual Images and Spatial Relationships.
- New Problems with Words in Speaking or Writing.
- Misplacing Things and Losing the Ability to Retrace Steps.
- Decreased or Poor Judgement.
- Withdrawal from Work or Social Activities.
- Changes in Mood or Personality.

Note: It's possible for individuals to experience one or more of these signs in varying degrees. It is not necessary to experience every sign in order to raise concern.



Alzheimers Vs. Age-Related Changes

What's the Difference?

Warning signs of Alzheimer's dementia	Typical age-related changes
Poor judgement and decision making.	Making a bad decision once in awhile.
Inability to manage a budget.	Missing a monthly payment.
Losing track of the date or season.	Forgetting which day it is but remembering it later.
Difficulty having a conversation.	Sometimes forgetting which word to use.
Misplacing things and being unable to retrace steps to find them.	Losing things from time to time.

If you notice one or more signs in yourself or another person, it can be difficult to know what to do. However, these are significant health concerns that should be evaluated by a doctor, and it's important to take action to figure out what's happening.

Learn more at Oklahoma.gov/health or Alz.org.



STAYING SAFE: Steps to Take for a Person Living with Dementia

A comprehensive safety plan is important for a person living with Alzheimer's. Taking measures to improve safety can prevent injuries and help a person living with dementia feel at ease and maintain independence longer.

Visit alz.org/safety for a comprehensive offering of safety information, tips and resources.

Safety at Home

- Evaluate certain areas that may be more prone to safety hazards such as garages, work rooms or basements.
- Take precautions to avoid injuries during daily activities such as ensuring food is not too hot, install walk-in showers, or add texture stickers to slippery surfaces.
- Ensure all areas are well lit.
- Evaluate potentially dangerous objects to make sure they are not easily accessible, ie. stoves or power tools.
- Keep medication and harmful substances locked away.
- Consider removing weapons from the home.
- Learn how to help prevent falls at Oklahoma.gov/health/falls

Wandering and Getting Lost

- Six in 10 people living with dementia will wander and become lost; many do so repeatedly. Signs of wandering behavior:
 - Forgetting familiar places.
 - Returning from walks or drives later than usual.
 - Trying to "go home" when already at home.
 - Having a hard time locating familiar places.
 - Experiencing restlessness.
- Tips to reduce wandering:**
- Provide opportunities to engage in structured activities throughout the day.
 - Encourage exercise.
 - Place deadlocks high or low on exterior doors to prevent wandering at night.
 - Consider a GPS device if the person drives.
 - Reassure the person if he or she feels lost, abandoned or disoriented.

Driving Safety

- Driving demands good judgment and quick reaction time. Because of the progressive nature of Alzheimer's, a person living with the disease will eventually become unable to drive. It's helpful to have a conversation early on about how independence can be maintained when the person can no longer drive. Signs it may be time to stop driving:
- Forgetting familiar places.
 - Making poor driving decisions such as speeding or missing traffic signals.
 - Becoming angry or confused while driving.

Traveling

- A dementia diagnosis does not necessarily mean that it's time to stop traveling; however, doing so does require careful planning. The following may help facilitate a safe and enjoyable trip:
- Pack copies of important documents.
 - Stick to a familiar destination.
 - If staying in a hotel consider informing staff about your specific needs.
 - Contact the Alzheimer's Association® to find the nearest office that can provide assistance at your travel destination.

Emergency Preparedness

- Disaster situations can significantly impact everyone's safety, but they can be especially upsetting and confusing for individuals living with dementia. Being prepared for an emergency is crucial. Prepare an emergency kit that includes:
- Copies of important documents.
 - Extra clothes and medication.
 - Incontinence products if needed.
 - Identification items.
 - Water and food.
 - A favorite item of the person.

If an emergency occurs and you need to evacuate, make sure your plans are compatible with the specific needs of the person living with dementia. If an individual lives in a residential facility, learn about its disaster and evacuation plans. Find out who is responsible for evacuating the person in the event of an emergency.

Staying safe becomes increasingly important as Alzheimer's disease progresses. Visit alz.org/safety for more information and resources.



UNDERSTANDING ALZHEIMER'S & DEMENTIA

Based on 2022 Alzheimer's Association data, an estimated 67,000 Oklahomans are living with Alzheimer's dementia. 129,000 Oklahomans are estimated to be serving as unpaid caregivers for someone with Alzheimer's or dementia.



What is Alzheimer's and Dementia?

The terms "dementia" and "Alzheimer's" are often used as though they mean the same thing. They are related, but there are important differences between the two.

Dementia

Dementia is a broad ("umbrella") term for an individual's changes in memory, thinking or reasoning. There are many possible causes of dementia, including Alzheimer's. Visit alz.org to learn about other types of dementia.

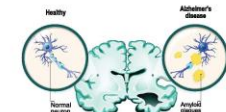
Alzheimer's

Alzheimer's disease is the most common cause of dementia. It makes up 60%-80% of all dementia cases. Alzheimer's is not a normal part of aging – it's a progressive brain disease, meaning it gets worse over time. It is marked by key changes and impacts memory, thinking and behavior.



What goes wrong in the brain?

The brain has three main parts: the cerebrum, cerebellum and brain stem. Each has a job to do to make the body work properly. There are about 100 billion nerve cells called neurons throughout the brain that send messages in order to make memories, feelings and thoughts.



Alzheimer's disease causes nerve cells to die. This causes the brain to lose tissue and the loss of function and communication between cells. These changes can cause the symptoms of Alzheimer's disease.

Scientists know nerve cell failure is part of Alzheimer's disease, but they don't yet know why this happens. However, they have identified certain risk factors that increase the likelihood of developing Alzheimer's.

Risk Factors

Age

After age 65, a person's risk of developing the disease doubles every five years. 32% of people age 85 or older have Alzheimer's.

Family History

People who have a parent, brother or sister with Alzheimer's are more likely to develop it than those who do not. The risk increases if more than one family member has the disease.

Genetics

Two types of genes influence whether a person develops a disease: risk genes and deterministic genes. Risk genes increase the chance of developing a disease. Deterministic genes cause a disease. This means anyone who inherits a deterministic gene will develop a disorder. Rare deterministic genes cause Alzheimer's in a few hundred extended families worldwide.

Race and Gender

Older Hispanics are about one-and-a-half times as likely as older whites to have Alzheimer's and other dementias, while older African-Americans are about twice as likely. Also, women live longer than men, making them more likely to develop Alzheimer's.

Age, family history and genetics are all risk factors we can't change. However, research is starting to show clues about other risk factors that may be able to influence. Learn 10 Ways to love your brain to help prevent cognitive decline by visiting the website.

Learn more at Oklahoma.gov/health or Alz.org



Collateral Materials Available Cont'd



10 WAYS TO MANAGE STRESS AND BE A HEALTHIER CAREGIVER

Are you so overwhelmed by taking care of someone else that you've neglected your own physical, mental and emotional well-being? To avoid putting your own health at risk, consider the following tips.

Take a Break.

Consider using respite care services to allow you a temporary rest while the person with Alzheimer's disease continues to receive care in a safe environment.

Seek community resources.

Locate dementia care resources in your area. Adult day programs, in-home assistance, companions and meal delivery are just some of the services that can help you manage daily tasks.

Become an educated caregiver.

As the disease progresses, it may become necessary to adopt new caregiving skills.

Learn more and access care training resources, including free online workshops.

Get help and find support.

Contact the Alzheimer's Association's 24/7 Helpline **800.272.3900**. If stress becomes overwhelming, seek help from a doctor or counselor.

Take care of your own health.

Making sure you are healthy can help you be a better caregiver.

Manage your level of stress.

Stress can cause physical problems and changes in behavior. Note your symptoms and discuss with a doctor, as needed.

Accept changes as they occur.

Becoming aware of community resources — from home care services to residential care — can make the transition easier. So will the support and assistance of those around you.

Make legal and financial plans.

Putting legal and financial plans in place after an Alzheimer's diagnosis allows the person with the disease to participate in decision-making. Having these plans in place can provide comfort to the entire family.

Know you're doing your best.

Remember that the care you provide makes a difference and that you're doing the best you can.

Visit your doctor regularly.

Take time to get regular checkups and pay attention to any exhaustion, stress, sleeplessness or changes in appetite or behavior. Ignoring symptoms can cause your physical and mental health to decline.

Signs of caregiver stress can include anger, anxiety, depression, exhaustion and health problems.

Remember you are not alone.

Visit Oklahoma.gov/health/OHBI or Alz.org for more caregiver resources.



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CONVERSATIONS ABOUT DEMENTIA

When someone is showing signs of dementia, it's time to talk.

Often, conversations with family about dementia and their changing behaviors can be challenging and uncomfortable.

Common difficult conversations are about: going to the doctor, deciding when to stop driving, making legal and financial plans.

Be Prepared:

- Develop a plan to gently position the discussion for a positive outcome.
- Sooner is better than later — don't wait for a crisis.
- Take notes about the changes you see in the person's behavior.
- Practice in advance.
- Try to be relaxed and comfortable when you have the discussion.

YOU ARE NOT ALONE.
For more information, visit Oklahoma.gov/health/OHBI or alz.org



Here are some tips for breaking the ice with your family so you can reduce the stress that accompanies the disease and get the support you and your family need.

Going to the Doctor

- Use words that are most comfortable for the person.
- Suggest Medicare's free Annual Wellness Visit.
- Suggest an outing and go to the doctor together.
- Invite family to communicate concerns and questions to the doctor.
- If still reluctant, try using a "therapeutic fib."

Deciding when to stop driving

- Plan ahead before an accident occurs.
- Express your concern about specific changes you noticed.
- Appeal to the person's sense of responsibility and concern for others.
- Offer alternate plans for transportation.
- Incorporate the voice of an esteemed professional and have empathy.

Making legal and financial plans

- Begin by explaining that you are in this together.
- Start by asking questions and gathering documents.
- Explain that these are standard plans that need to be made as we get older.
- Break the conversation into parts, and try different times and locations.
- Involve others as needed.

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STAGES OF ALZHEIMER'S DISEASE

Alzheimer's usually progresses slowly in three general stages: early, middle and late. In a medical setting, these stages are sometimes called "mild," "moderate" and "severe."

The symptoms of Alzheimer's worsen over time, but because the disease affects people in different ways, the rate of progression varies. On average, a person with Alzheimer's may live four to eight years after diagnosis, but some people live as long as 20 years.

FDA-APPROVED TREATMENTS FOR SYMPTOMS

Currently, there is no cure for Alzheimer's, but non-drug treatments and medications may help with memory, thinking and behavioral symptoms for a period of time. It's important to talk about treatments with your doctor, starting with non-drug options.

Visit Oklahoma.gov/health/OHBI or Alz.org for more caregiver resources.



Early Stage

In the early stage, a person may function independently, but people who know the individual well may begin to notice difficulties. These can include:

- Problems coming up with the right word or name for something.
- Trouble remembering names when introduced to new people.
- Difficulty with familiar tasks.
- Forgetting something that was just read.
- Getting lost in familiar places.
- Increasing trouble with planning or organizing.

Middle Stage

Middle-stage Alzheimer's is usually the longest and can last for many years. As the disease progresses, the person living with Alzheimer's will need more help. In this stage, symptoms will be noticeable to others and may include:

- Forgetting events or one's own personal history.
- Feeling frustrated, angry or withdrawn.
- Confusion about where they are or the day of the week.
- Trouble controlling bladder and bowels.
- Changes in sleep patterns.
- A higher risk of wandering and becoming lost.
- Personality and behavioral changes.

Late Stage

Major personality changes can happen in the final stage of Alzheimer's. The person will need a lot of help with daily activities and personal care. In the late stage, individuals may:

- Lose awareness of recent experiences as well as of their surroundings.
- Go through changes in physical abilities.
- This may affect their ability to walk, sit and eventually, swallow.
- Have more trouble communicating.
- Be at higher risk of infections, especially pneumonia.

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Questions?



September 14, 2023

Injury Prevention

Christian Bonds
Project Coordinator
Injury Prevention Service



Injury Prevention Service

- **Injuries are not accidents!**
 - "Accident" implies a chance event or something beyond human control
- **Injuries occur in predictable, preventable patterns**
 - Injuries can act like classic infectious disease – epidemics, seasonal variations, long-term trends, demographic distributions
- **Public health approach**
 - Define the problem
 - Identify risk factors
 - Develop and test interventions
 - Implement and evaluate programs
- **Types of injuries**
 - *Unintentional Injury*
 - Drug overdoses
 - Motor vehicle crashes
 - Falls
 - *Intentional Injury*
 - Suicides/attempts
 - Homicides/assaults
 - Domestic/sexual violence
 - *Undetermined Manner*

**Injuries
are not
accidents;
they're
predictable.**

**Injuries are
costly and
preventable.**

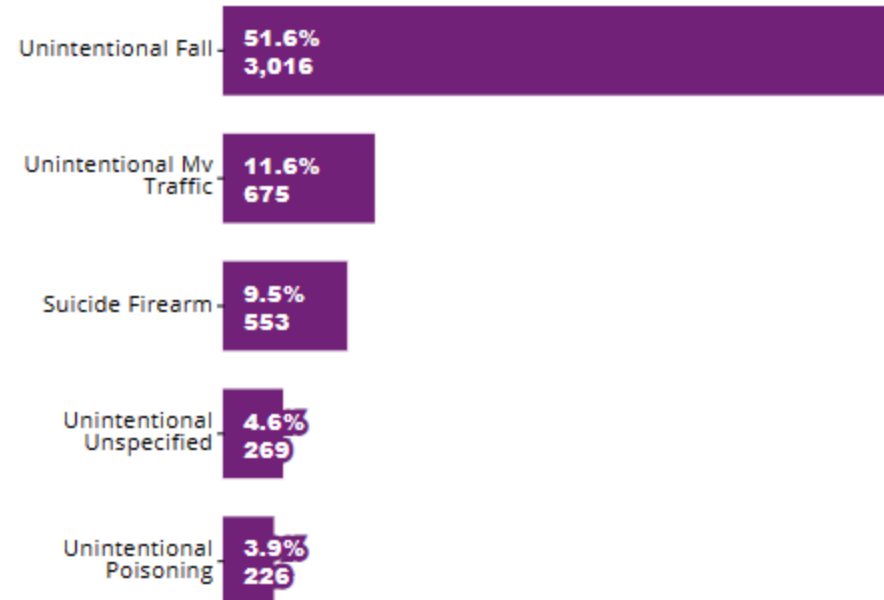
**Injuries are
the leading
cause of
premature
death.**



Injury Prevention for Older Adults

- Falls prevention
 - Tai Chi: Moving for Better Balance
 - Matter of Balance
 - STEADI toolkit
- Motor vehicle crash prevention
 - CDC MyMobility Planning Tool
 - CarFit
- Traumatic Brain Injury (TBI) prevention
 - CDC mTBI Guideline for Adults
 - Community education about TBI
 - Invisible injuries
- Mental health, social isolation, and loneliness

Top 5 Causes of Injury Death for Adults Aged 65 and Older in Oklahoma, 2016-2020



Source: CDC Web-based Injury Statistics Query and Reporting System



Injury Prevention for Schools

- Promoting protective factors in education
 - Positive role models
 - Supportive adults
 - Parental involvement
 - Caring community
 - Increased knowledge of child development
- Registries for evidence-based programs or promising practices
 - Substance use, victimization and exposure to violence, bullying, life skills, and youth violence
- Handle with Care

- Traumatic Brain Injury (TBI) prevention
 - Oklahoma concussion law
 - Concussion policy guides
- Motor Vehicle Safety
 - ATV
 - Car seats
 - Teen drivers
- Drowning prevention



Injury Prevention for First Responders

- Harm reduction for substance use
 - Naloxone
 - Fentanyl test strips
- Substance use disorder and stigma training
- Mindful First Responder program
- Child passenger safety
- ATV safety
- NEAR Science (Neurobiology, Epigenetics, Adverse Childhood Experiences, and Resilience)
- Mental Health First Aid
- De-escalation training

Protect Your Precious Cargo



Oklahoma's Child Passenger Safety Law

All children under age eight must be secured in a car seat or booster seat.



0-2 years: Must be in a car seat until at least two years of age and until the child reaches the weight limit of the car seat.



2-4 years: Must be in a booster seat until at least age 4 and until the child reaches the weight limit of the booster seat.



4-8 years: Must be in a booster seat until at least age 8 and until the child reaches the weight limit of the booster seat.

Children eight years of age and older (4'9") should use the vehicle's seat belt.

All children must sit in the back seat of a vehicle.

ALWAYS use the correct seat for the child's specific age and weight. Maximum weight limit for all seats is 65 lbs.

Naloxone

A Guide for Overdose Prevention

What is naloxone?
Naloxone (brand name Narcan and Evzio) is a medication that reverses opioid overdoses, including heroin, fentanyl, and all other prescription or illicit opioids. Naloxone is safe and effective, and has no effect on non-opioid overdoses.



Do rescue breathing or chest compressions.
Follow 911 dispatcher instructions.



After naloxone
Stay with the person until help arrives; naloxone does wear off.

Call your pharmacist to find the right form for you.

Naloxone is widely available to the public and can be administered by spraying medicine into the nose.



Naloxone • Atomizer
The combination of a pre-filled vial of naloxone with an attached nasal atomizer. The medication and atomizer are sold separately. Once assembled, naloxone is administered by spraying the medicine into the nose (intranasal).



Auto-Injectable
A pre-filled, ready to use dose of naloxone administered by pressing the medicine into the upper leg (similar to an insulin injector) which provides voice and visual feedback.

1-800-542-6840



Mindful First Responders



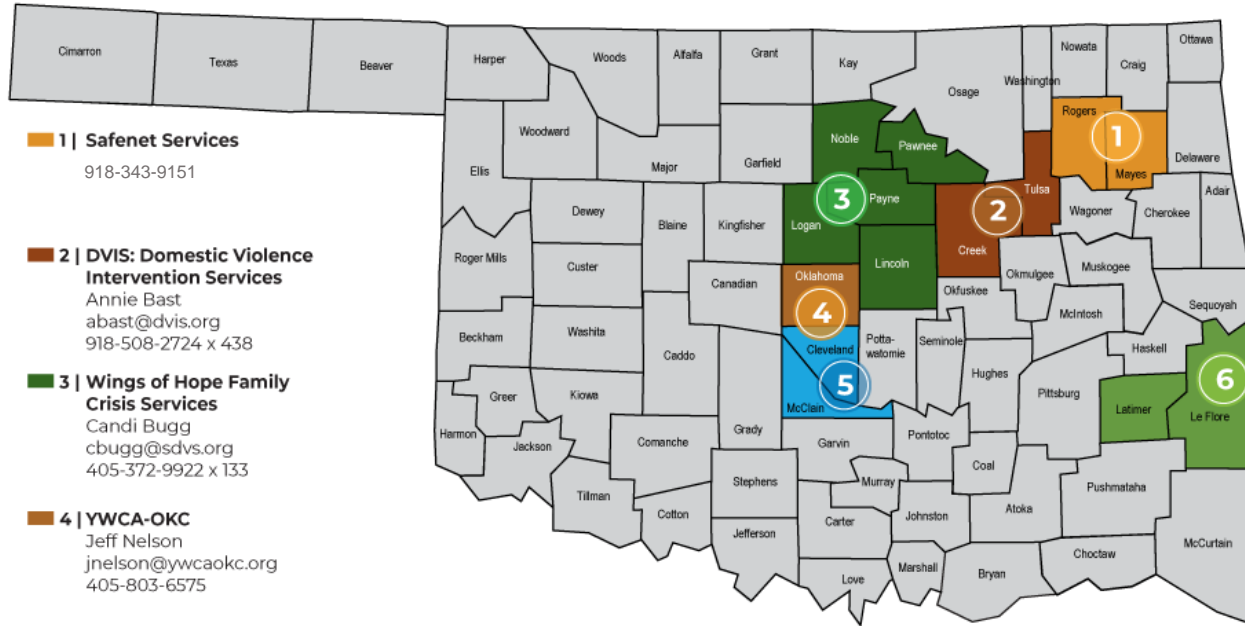
Built Environments and Injury Prevention

- **Community groups**
 - Self Healing Communities
 - Parent support groups
- **Advocacy and education**
 - Child abuse prevention awareness
 - Injury prevention awareness
- **Hotlines**
 - 988
 - OK Warmline 1-888-574-5437
 - OK Poison Center 1-800-222-1222
 - OK Safeline 1-800-522-7233
 - 211
- **Other Resources**
 - OSDH Family Support & Prevention Service
 - oklahoma.gov/health/fsps
 - OSDH Maternal and Child Health Service
 - Oklahoma.gov/health
 - Family resource centers
 - Violence free zones
 - Child Advocacy Centers
 - CDC Essentials for Childhood



Community Violence Prevention

Sexual Violence Prevention (SVP) Education in Oklahoma



1 | Safenet Services
918-343-9151

2 | DVIS: Domestic Violence Intervention Services
Annie Bast
abast@dvis.org
918-508-2724 x 438

3 | Wings of Hope Family Crisis Services
Candi Bugg
cbugg@sdvs.org
405-372-9922 x 133

4 | YWCA-OKC
Jeff Nelson
jnelson@ywcaokc.org
405-803-6575

5 | Women's Resource Center
Angela Vega
angela@wrcweb.net
405-857-2356

6 | LeFlore County Crisis Services
Crissy Keeton
wcseeducation19@gmail.com
918-658-5665



Questions?

Christian Bonds
Oklahoma State Department of Health
Injury Prevention Service



405.426.8440



Injury@health.ok.gov



<https://oklahoma.gov/health/ips>