



Newsletter

November Program Meeting

Wednesday, November 15 | 11:15am - 1:00pm|

Tulsa Country Club



Mental Health in the Workplace Presented by Dr. Rosette Elghossain

The way the world talks about mental health has shifted drastically in this post-COVID world. People now know the value of investing in mental health, especially in the workplace. In order to attract and retain good talent, companies are now reflecting on their mental health practices and offerings. At this program, learn how human resource professionals can be key partners in this movement and advocate for mental health resources for their people.

Sponsored by:



Register

December Learning Lab

Thursday, December 7 | 2:00pm - 4:00pm|

Location - TBD

Why am I finally going to take care of me in 2024?

Presented by Chris Zervas

If you told someone you were “doing fine” and they said, “Oh really?” What would you say? Have you spent the last 10 years of your HR career and life taking care of everyone but yourself? Because your stability directly impacts your leadership mobility, this lab will provide you with tools for setting SMART goals for developing your full potential and the potential of those you lead.

At this lab, you will be asked to dream about what life might look like, assess where you are right now, and come away with goals to address an area of your life that might need care. In order to help you accomplish your SMART goals, you will have an opportunity to walk away with an accountability partner and complimentary coaching.

Register

TAHRA Annual Awards Submit your nominations today!

Are you aware of an individual who has made significant contributions to the field of HR in 2023? Have you admired another HR professional as a role model for their peers? Join us in honoring and celebrating these outstanding individuals by nominating them for one of our prestigious annual awards!

For 2023, we are excited to receive nominations for four distinct individual awards: the Richard J. Messer Excellence in Human Resources Management Award, the New Professional Award, the Diversity, Equity, and Inclusion Award, and the HR Department of ONE Award.

Feel free to submit nominations for yourself or your colleagues (self-nominations are not only encouraged but expected) by completing a nomination form. The nomination process is quick and should require just a few minutes of your time. Winners will be honored with a charitable donation of their choice, a one-year TAHRA membership with prepaid program meetings, a commemorative plaque, and special recognition during our program, in our newsletter, and on our website. Award presentations will take place at our February 2024 program meeting.

Deadline to submit nominations is Monday, January 8.

[Click here for all the details about each award and the link to submit nominations.](#)



Special Limited Time Offer

We want YOU to join TAHRA!

As a token of appreciation for your service, TAHRA is offering veterans & active military members a free TAHRA membership* for 2024!

Now through December 31, 2023, veterans or active military personnel enrolling in TAHRA or renewing their membership will receive a free membership for 2024!

Please contact admin@tahra.org for more information

*For more information about membership requirements, go to tahra.org > Membership



Community Connections

There are so many ways to connect, support, and celebrate your people. Proactively providing information before it's requested can be a lifeline for people.

November 11th is Veterans and it's being celebrated the 10th. There are many ways you can connect and support veterans and their family members.

- **Oklahoma Veteran Alliance** www.csctulsa.org – they have their **Veteran Employer Network** membership and quarterly meetings. Their meetings are all about creating peer networking/learning for sharing best practices, tools, and resources on to create veteran-ready cultures.
- **Eagle Ops Foundation** www.eagleops.org – provides a state-wide

veteran calendar of events and numerous veteran engagement opportunities that can be shared with your veteran employee resources groups.

- **Broken Arrow Blue Star Mothers** www.babluestar.org – supports deployed members of the United States Armed Forces with care packages from home.
- **SHRM Veterans at Work Certificate Program** www.shrm.org – is a no cost online training course to educate staff on recruiting, hiring, retaining, and engaging veterans. This is open to anyone to complete.

Mental Health Awareness is another big area of need in Oklahoma.


- **COPES - Free Crisis Line** (918) 744-4800 www.fcsok.org – Tulsa's local crisis and emotional support helpline for F&CS clients, community, adults, and children.
- **Crisis Text Line** – text HOME to 741741 – website is www.crisistextline.org – this is good for individuals that are better communicating via text.
- **988 Suicide & Crisis Lifeline** – Oklahoma's statewide mental health lifeline call or text 988.

Situations and experiences can make asking for help difficult, but sharing or providing the information proactively may create critical connections for those in need.

- **DVIS** (918) 743-5763 – their phone is manned 24/7 and have counselors available to assist individuals. I can personally vouch for their knowledge and service because I called for help about a male friend that needed assistance. I was very impressed with the person that took my call and shared information with me for a friend that was too embarrassed to make the call.
- **National Sexual Assault Hotline** 888.656.4673 and www.rainn.org

This is a wide range of information that could be helpful to you or your staff. If you have additional resources or services you are interested in learning more about, let me know and I will be happy to connect and share information.

Denise Reid, SHRM-SCP
Community Relations
(918) 633-0073 or denise@denisereid.com





Welcome new members!

Kristen Wagner - Vast Bank
Tim Dombrow - Alera Group
Camille Hawley - Student
Audrina Gils - Norit Americas, Inc.
Kevin Coman - TTCU Federal Credit Union
Greer Ewing - Bass Pro Shops
Harrison Kosmider - McAfee & Taft
Sarah Scott - B-Sew Inn
Kristi Barnes - Safety Training Systems, Inc

Mark your calendar!

November 15 - Program Meeting
December 7 - Learning Lab

Membership renewals for 2024 are now open! Visit tahra.org to update your membership profile and renew!

[Calendar](#)

AFFILIATE OF



SOCIETY FOR HUMAN
RESOURCE MANAGEMENT

SHRM
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2021





[SHRM Website](#)

[HRCI Website](#)

[OKHR Website](#)

Tulsa Area Human Resources Association | PO Box 140958, Broken Arrow, OK 74014

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