



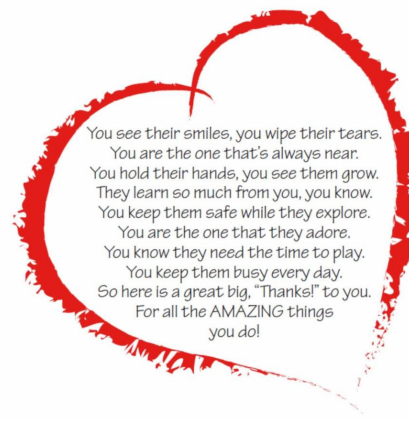
Great Plains Child Care Resource & Referral May Newsletter

May This Be The Best Month



Happy Provider
Appreciation Day!

GPCCRR
Appreciates all
YOU do!



May is Mental Health

Awareness Month



On April 7, 2025, GPCRR staff took part in the Oklahoma Partnership for School Readiness's fourth annual Invest N' Kids Day at the State Capitol, drawing over 225 early childhood advocates.

Participants—parents, caregivers, pediatric residents, and professionals—urged lawmakers to prioritize high-quality early learning as essential to child development and economic growth. They highlighted urgent challenges, including child care deserts, workforce shortages, and rising costs. Advocates also promoted key legislation to expand access, strengthen the workforce, and streamline family services. INK Day showcased the power of unified voices championing a stronger foundation for Oklahoma's youngest learners. Learn more at okschoollreadiness.org.

Your Mental Health Matters

Get tips and resources from NIMH to take care of your mental health.



National Institute of Mental Health

nimh.nih.gov/mymentalhealth

Your mental health matters! Good mental health can help you cope with stress and improve your quality of life. Get tips and resources from the @National Institute of Mental Health to help take care of your mental health. <https://go.nih.gov/MwlvqFY> #MentalHealthAwarenessMonth #MentalHealthMonth



If you or someone you know has a mental illness, is struggling emotionally, or has concerns about their mental health, use these resources to find help for yourself, a friend, or a family member: <https://go.nih.gov/yztm1y9>. #MentalHealthAwarenessMonth #MentalHealthMonth



Did you know you qualify for FREE Telehealth and Teletherapy just for being a Child Care Professional?

Recently, our state agency, OPSR has launched FREE access to Telehealth and teletherapy benefits to ALL child providers, their employees, and their dependents through Shared Services.

If you are a Family Child Care Home please contact Athena Jarvis and she can help you through the process. Ajarvis@gpccrr.org

This is an incredible opportunity and easy to sign up. Have staff and families that would like to sign up follow the link below.

The enrollment link for child care staff to complete: <https://www.surveymonkey.com/r/JK7K39V>.

For any questions or additional information needed, please utilize telehealth@okschoollreadiness.org.

You are welcome to reach out to CCRR staff and we will try to direct you as well.



WHY JOIN THE THRIVE NETWORK?

The Thrive Network provides free resources, professional development and peer connection for Oklahoma home child care providers and prospective providers. While you take care of working Oklahomans' families, we take care of you, supplying the support and guidance you need to be successful.

BENEFITS

- National Association for Family Child Care (NAFCC) Executive Level Membership
- NAFCC Accreditation Self-Study Kit with trained mentor support
- Free Telehealth and Teletherapy for you, your family and your assistants
- Access to specialized trainings like the Pyramid Model Community of Practice
- Subscription to shared services
- Subscription to Brightwheel (child management software)
- Monthly newsletter
- Monthly trainings tailored towards family child care home providers



Telehealth for Child Care Professionals

Getting to a doctor can be hard when your work day is dedicated to caring for children. Now, child care professionals, their employees, and their dependents can seek medical advice anytime, anywhere without a co-pay!

HOW IT WORKS

Talk directly with a physician or licensed mental health professional on your schedule, anytime, anywhere within minutes by phone, video, or mobile app - 24/7/365



TELEMEDICINE

24/7 access to a board-certified doctor for non-emergency care for your employees and their families anywhere, and anytime in order to get help with many common conditions, including: cold & flu, fever, rashes, asthma, allergies, sports injuries, sore throat, and more.

SERVICES OFFERED

- Unlimited use, no per-call fees or co-pays
- Services are completely confidential and available to employees and their dependents.
- Prescriptions called into your local pharmacy



TELETHERAPY AND MENTAL HEALTH

24/7 access to a experienced therapists, counselors, psychiatrists and behavioral health specialists to support many common issues, including: alcohol and substance use, stress, life changes, trauma, and more.



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Telehealth

Registration and Enrollment

How to participate in this free benefit:

Completed by CCR&R

1. At the beginning of the month, your local Child Care Resource and Referral Agency will send out a registration [link](#) to all child care centers and homes.

Completed by Program Director

2. Program Directors will send the registration [link](#) to their employees.

Completed by Individual

3. Employees wanting to participate will use the registration link to indicate that they are interested in receiving this benefit. This is to register employees only. Participants who register by the 15th of the month will be eligible to enroll in the benefit starting the first day of the following month. For example, if someone registers on October 12, they will be eligible to enroll in the free telehealth benefit November 1. If someone registers on October 30, they will be eligible to enroll December 1.

Completed by OPSR

4. By the end of that month, OPSR will register you to receive these benefits.

Completed by Individual

5. Starting on the first day of the month after you have registered, you will receive an e-mail from Optima Benefits and Payroll, which will detail how you will complete enrollment to receive these benefits. It is during this enrollment time that you can sign up your dependents.

For questions, please e-mail telehealth@okschoollreadiness.org.



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Help Oklahoma Thrive - Support working parents and your community by becoming a child care provider today!



Oklahoma State Regents for Higher Education Scholars Program

The Scholars program awards scholarships to eligible child care professionals to complete coursework in the area of child development or early childhood education, as well as the Child Development Associate (CDA) and Certified Childcare Professional (CCP) Credential Assessment. These scholarships enable child care providers in Oklahoma to improve their skills through education, receive an educational stipend.

More Information about Scholars



Check
www.OkRegistry.org for

upcoming trainings and events

[Okregistry](#)

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Be Sure to follow us on Facebook to follow our adventures, fun drawings and games, and keep to date on upcoming training and events



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