

# Oklahoma Standard



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OKLAHOMA  
PARTNERSHIP  
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READINESS

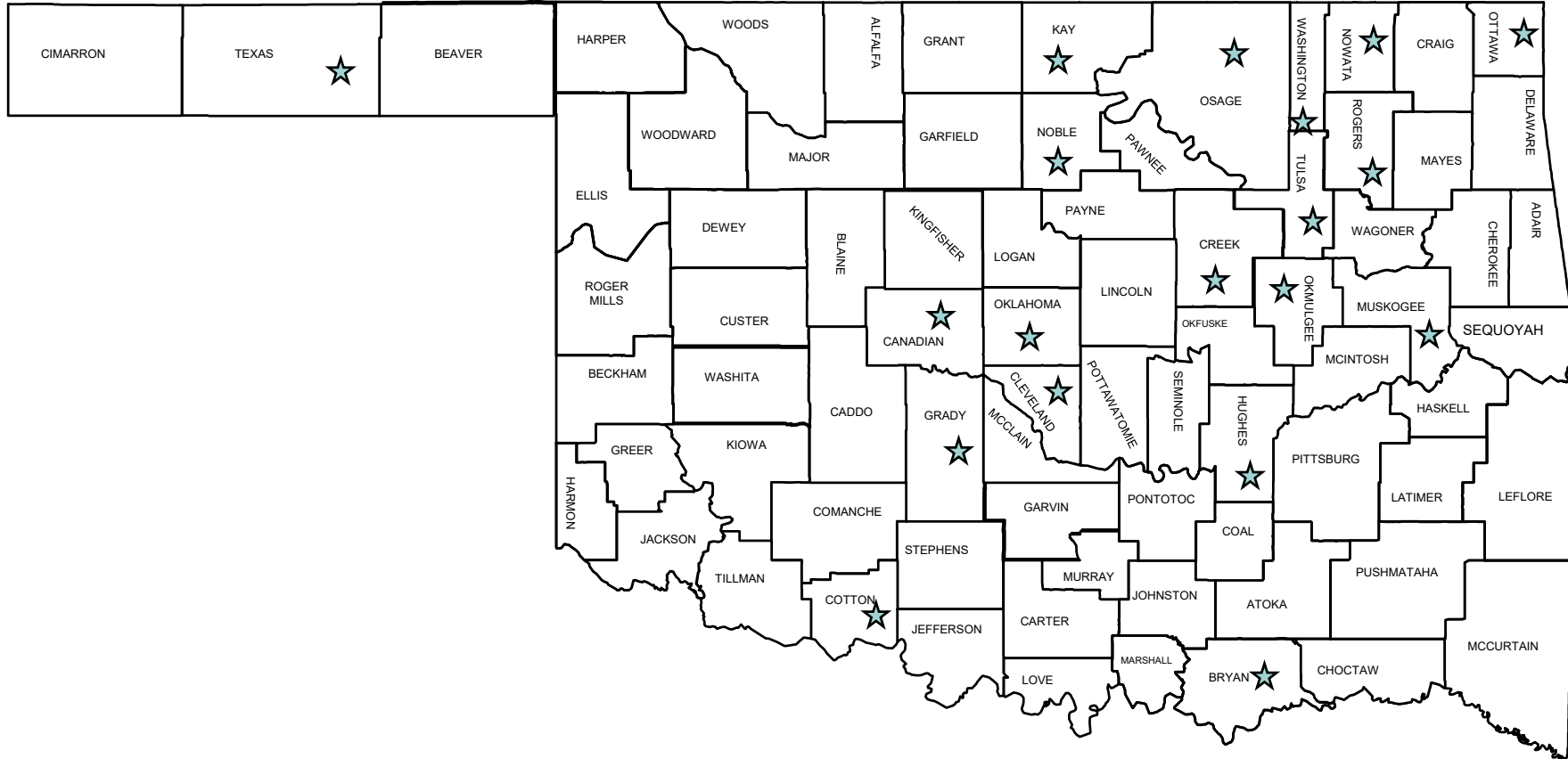


OKLAHOMA

# Oklahoma Standard Origins

- Project HOPE
- Hopeful Futures
- COVID-19

# Oklahoma Standard Story Gathering



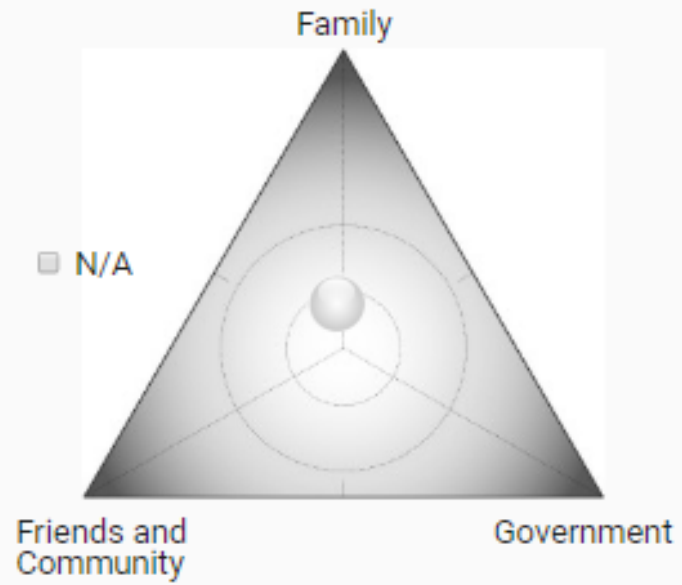
“ My daughter graduated from college and is home for the summer until her graduate program begins in August. She wanted to work and make some money to cover large expenses in the next 4 years. She found a job at a day care center and she was settling into the new job. However, last Saturday night, my daughter got a call from her supervisor saying that another staff member was positive for the COVID virus. That certainly rocked our world, but we remained hopeful. However, Sunday night, the chills and then the fever developed and then vomiting. On Monday, we took her to do a test and Tuesday, the results showed it was positive. Her fever has gone up and down and sometimes we think she is better and then it gets worse again. We are only on day 3, but hopeful she will feel better soon and that her dad and I also don't get it. Covid leaves a long trail. My co-workers are worried, my husband's co-workers are worried. We saw a group of friends on Saturday and they are worried. The reach keeps going. Its been months now since the virus arrived here and it seems we are no closer in knowing how it spreads. We know people are working on it, but the spread will be far reaching every day without a vaccine or treatment.

”

“ The struggle with work-life balance has been more real than ever. As a single mom with practically no child-support, the pressure to perform at work in order to avoid being laid-off has been a constant source of stress. At the same time, being present with my children has never been more important. The energy it takes to be a full-time mom and full-time employee has been difficult to find. Each day is an exhausting gauntlet which requires a level of patience that I can only find if I have sufficient sleep and alone time to recharge. When neither the sleep nor the alone time needs are met it becomes extremely difficult to persevere. The hardest part about this current situation is not knowing when it will be resolved. The open-ended timeline makes it very hard to cope with the stress and yet this is the exact right time to model appropriate stress management coping mechanisms for my young children. Each day is a beast of its own. Some days I find myself more fulfilled than I have been in my whole life and other days I crumple into a sad pile in my bed and pray for sleep. Regardless of which way I feel at the end of each day, I remain grateful. I am grateful for the opportunity to lead my children through this hot mess of a year and show them what living life is really all about. I am grateful for the reassessment of my commitments and the realization that I have spread myself too thin. I am grateful for every challenge with which we have been presented.

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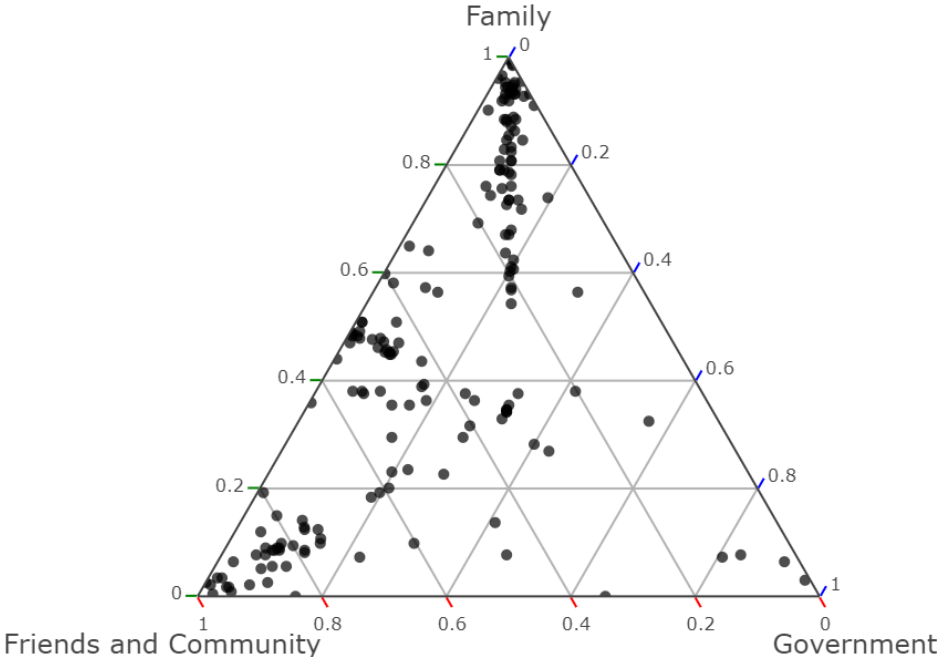
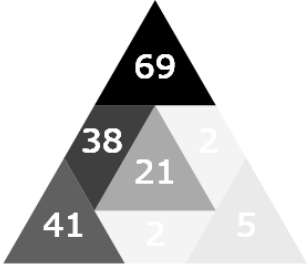
4. In the experience, who made sure people got what they needed?



# Responsibility to Meet Needs

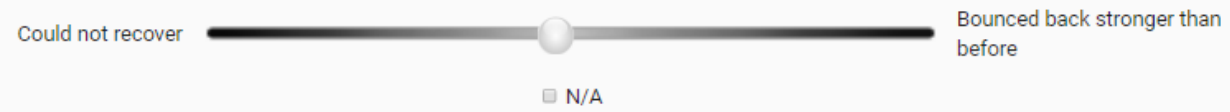
In the experience, who made sure people got what they needed?

- Friends and Community
- Family
- Government



## Interpret Your Experience: Sliders

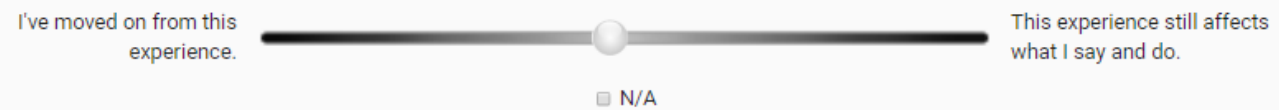
1. In the face of hardship, the family...



2. In the experience you shared, the family felt asking for help was...



3. Slide the marker to the statement that best fits the experience:

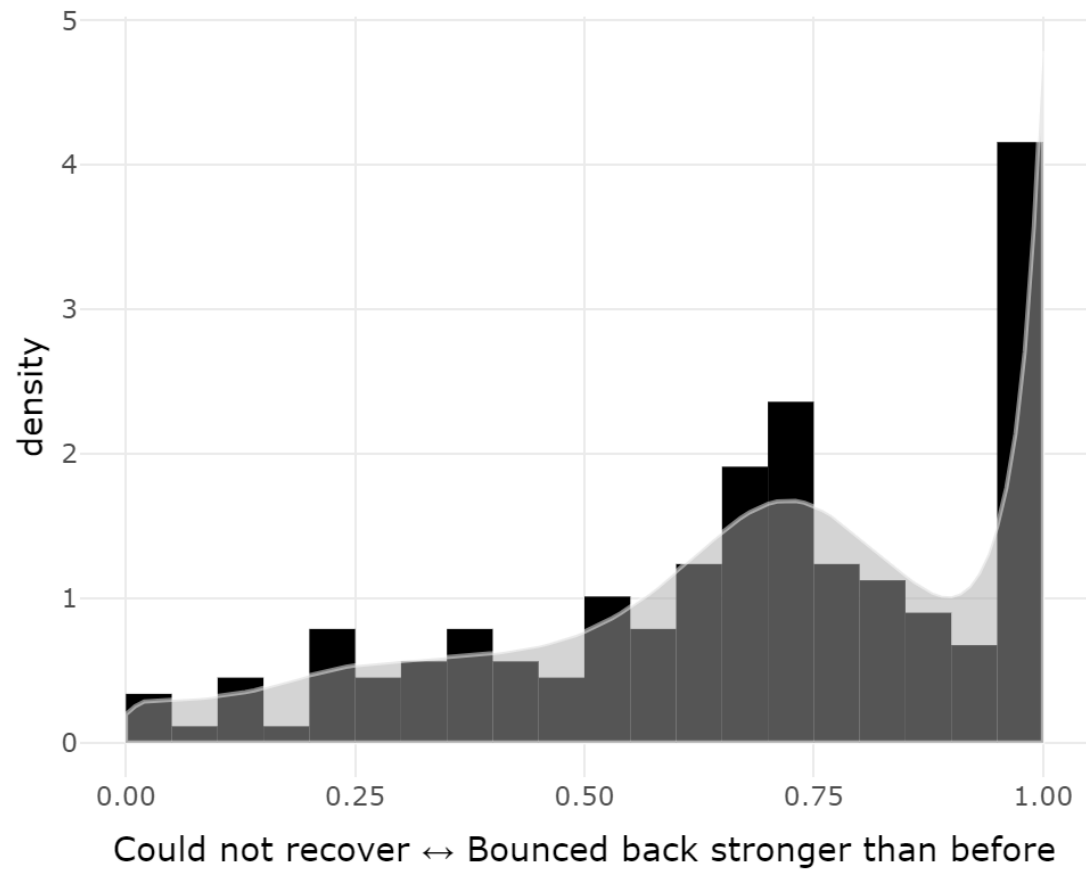




# Resilience

In the face of hardship, the family...

- Could not recover
- Bounced back stronger than before



# Get Involved

- **Fill out a story!**
- **Share the link with friends, family and networks**
- **Share link to potential organizational partners**

