



READY NOW

Prevention Bulletin

October 2019

BLUF: Provide Leaders with talking points relevant to Fort Drum's high risk trend areas.

October is Domestic Violence Awareness Month

How to build and maintain healthy relationships

Healthy relationships are an essential component to maintaining your mental health

COMMUNICATION

- Have the talk
- Open up the lines of communication
- Try to be direct about your situation and needs

FOCUS ON POSITIVES

- Avoid negative relationships and behaviour
- Surround yourself with a core group that you can rely on

BE MINDFUL

- Be aware that others may not know of or understand your illness
- Know that you are not a burden on others

SET GOALS

- Having goals to work toward will build trust and keep you motivated to move forward
- Create opportunities to strengthen your existing relationships and build new ones

SELF-CARE

- Be committed to your self-care
- Use the resources available to you (EFAP, medical professionals)

Army Substance Abuse Program (ASAP) (315) 772-6704

Alcohol consumption can increase the likelihood of intimate partner violence. According to the National Institute on Alcohol Abuse and Alcoholism, up to 57% of men and 27% of women were drinking when involved in domestic violence. Alcohol may encourage aggression and violence by disrupting normal brain function.

- One study using real and mock alcoholic beverages showed that people who believed they were consuming alcohol began to act more aggressively, regardless of what they were drinking.
- Multiple studies have found that domestic violence survivors have higher-than-average rates of suicidal thoughts, with as many as 23% of survivors having attempted suicide compared to 3% among populations with no prior domestic violence exposure.
- Individuals with alcohol use disorders and prior aggressive behavior are more likely to report suicidal thoughts or past suicide attempts.

75% of people who begin treatment for drug addiction report having performed various acts of violence

victims are more likely to use tobacco and marijuana

"I would never do that if I was sober."

victims are 70% more likely to abuse alcohol

Army Community Service (ACS) (315) 772-6556/6557 Family Advocacy Program (FAP)

You need to know and understand how domestic violence is defined:

When one person in an intimate relationship or marriage tries to dominate and control the other person. Specifically, it is a pattern of behavior resulting in emotional/psychological abuse, economic control, and/or interference with personal liberty that is directed toward a individual who is:

- A current or former spouse
- A person with whom the abuser shares a child in common
- A current or former intimate partner with whom the abuser shares or has shared a common domicile

Important to note, it is still domestic abuse if:

- The incidents of physical abuse seem minor when compared to those you have read about, seen on television or heard other women talk about.
- The incidents of physical abuse have only occurred one or two times in the relationship.
- The physical assaults stopped when you became passive and gave up your right to express yourself as you desire, to move about freely and see others, and to make decisions.
- There has not been any physical violence. Not all abusive relationships involve violence. Many men and women suffer from emotional abuse, which is no less destructive. Domestic abuse often escalates from threats and verbal abuse to physical harm to an individual. Abuse is a pattern of behaviors and as the behavior continues, the intensity often increases.

If you or someone you know needs advice and/or immediate support, call the 24/7 Victim Advocate Hotline 315-955-4321

Family Advocacy Program (MEDDAC) (315) 772-1074

Domestic Violence: Things to Consider

- Blocking someone's path (such as blocking doorways) and not letting them get away from an escalating argument often leads to increased risk for a serious incident to take place.
- Strangulation (choking) is one of the most lethal forms of domestic violence: unconsciousness or death can occur WITHIN SECONDS. If your partner has strangled you in the past, your risk of being killed by them is 10 times higher.
- Alcohol use does NOT cause domestic violence, however nationwide, 40-60% of domestic violence involves alcohol use prior to or during a domestic incident.



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MEDDAC Preventive Medicine (315) 772-6404



Flu Season is coming! Protect yourself

- Get the yearly flu shot.
- Also remember everyday actions to prevent getting sick:
- Wash your hands often especially in crowded areas
- Routinely clean frequently touched items
- Cover your cough or sneeze with the inside of your elbow

And finally if you do get sick:

Active duty soldiers: should follow sick call protocols

Everybody else: **STAY HOME** CDC recommends staying home for at least 24 hours after the fever is gone without the use of fever reducing medicine.

Flu shot availability is posted on the Fort Drum MEDDAC page. <http://www.drum.amedd.army.mil/>

Sexual Harassment Assault Response & Prevention Garrison SHARP - 315-774-0158

7 Stats about Domestic Violence & Sexual Abuse

1. Intimate partner sexual assault and rape are used to intimidate, control and demean victims and survivors of domestic violence.
2. Intimate partner sexual assault is more likely to cause physical injury.
3. Between 14% - 25% of women are sexually assaulted by intimate partners during their relationship.
4. Between 40% - 45% of women in abusive relationships will be sexually assaulted with that relationship.
5. Over half of women raped by an intimate partner were sexually assaulted multiple times by the same partner.
6. Women who are sexually abused by intimate partners report more risk factors.
7. Women who are sexually abused by intimate partners suffer severe and long-lasting physical and mental health problems

Contact SHARP Hotline (315-767-6128) if you are a survivor struggling with warning signs

THE OFFICIAL RESPONSIBLE DRINKING CAMPAIGN OF THE U.S. DEPARTMENT OF DEFENSE



re • spon • si • ble **drink • ing**
(verb)

Knowing your alcohol limits and sticking to them.
Not just legal limits - but personal limits too.

SERVE HONORABLY. **DRINK RESPONSIBLY.**

Drunk Driving Prevention Program (DDPP) (315) 775-8813

Friday & Saturdays 2000-0600

DDPP will drive DoD ID Card holders and their vehicle home.

This service is free and confidential.

Pre-registration is required.

**Make all SM put the DDPP Program number into their phones



Red Ribbon Week – October 23-31

Red Ribbon Campaign - committing to creating **DRUG-FREE AMERICA.**

For more information contact
ASAP, EAPC, at 315-772-2597

October 2019

For times and locations contact the programs listed

Domestic Violence Awareness Month (FAP)

- 11 – safeTALK Suicide Prevention Training (ASAP)
- 12 & 26 – Haunted Crawl (FMWR)
- 13 – Army 10 Miler
- 18 – MTN Monster Mas & USO Trunk or Treat (FMWR)
- 19 – BOSS Trip to Burrville Cider Mill (FMWR)
- 22-24 – NAF Auction (FMWR)
- 23-31 – Red Ribbon Week (ASAP)**
- 23 – Halloween Family Night at The Commons (FMWR)
- 25 – Trick or Treat with ACS (ACS)
- 28 - Free Zumba Class (FMWR)
- 31 – Halloween Bowl (FMAR)

APHN's Sexual Health Clinic – Free & Confidential
Mon -Fri 0900-1100 Bowe Troop Medical Clinic (BTMC)

Tuesdays: BOSS Tae Kwon do (Free) 7-8pm @ Magrath

Recurring Classes

- EFMP Playgroup (ACS)*
- 1st Term Financial TRG (ACS)*
- Little Eagles Playgroup (ACS)*
- Prime for Life (ASAP)*
- Tots Playgroup (ACS)*
- Stress Management (ACS) (AWC)*
- Parenting After Separation/Divorce (ACS)*
- Creating Calm/ Anger MGT (ACS)*
- Mountain Intervention Training (SHARP/ASAP/FAP/EO)*
- Resume Start to Finish (ACS)
- Sewing Class (ACS)*
- Parenting Classes (ACS)*
- Budgeting for Your Goals (ACS)*
- Check on Checking (ACS)*
- Unit Prevention Leader (ASAP)
- Gatekeeper (ASAP)*
- Welcome Tour (ACS)
- ESL (ACS)
- Upping Your Metabolism (AWC)*
- Fueling For Health (AWC)*
- Healthy Sleep Habits (AWC)*
- Meal in Minutes (AWC)*
- Walking Group (ACS)
- Federal Employment Class (ACS)

Classes with an (*) indicate Life Skills classes