



Safety Brief Bulletin

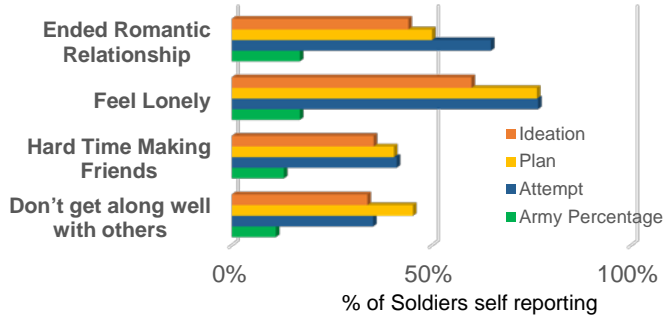


September 2018

BLUF: Provide Unit Command Teams with Safety Brief Talking points relevant to Fort Drum's high risk trend areas.

Fort Drum Soldiers who have self reported Suicide events & are dealing with 'loneliness'

Information take from Unit Risk Inventories (URI) completed FY18



Loneliness is a powerful emotion.

Tips to combat loneliness in Soldiers: Practice unconditional acceptance, positive reinforcement & two-way communication, express approval, use non-judgmental listening, be considerate, provide recognition, offer unit social opportunities, encourage inclusion, post on & off post recreational opportunities in common areas. **#Be there!**

Behavioral Health (BH) (315) 772-2778

- As the 11th leading cause of death in the U.S., the lives of more than 30,000 persons are cut short each year by suicide, with an estimated eight to 25 suicide attempts per every one suicide death.
- Research indicates that more than 90 percent of those who commit suicide have depression or another treatable behavioral or substance abuse disorder.
- Fort Drum has many resources available to aid those who might be struggling with suicidal thoughts. The chain-of-command and Chaplains are an excellent support and should be used as a resource to make sure a Soldier can get the help he or she needs.
- If you or someone you know has attempted suicide and there is a life-threatening emergency, call 911.
- For other urgent behavioral health concerns, specialists are available for walk-in appointments from 7:30 a.m. to 3:30 p.m. Monday through Friday at the Embedded Behavioral Health clinics.
- Routine behavioral health appointments can be made by calling the appointment line at 315-772-2778. Individuals in suicidal crisis can also contact a mental health provider through the **National Suicide Prevention Lifeline at 800-273-TALK (8255).**

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

Noticeable changes in behavior, isolating oneself, and drug use/ increased alcohol use are warning signs of suicide. Alcohol is present in about 30% of all actualized suicides.

- Binge drinking is defined as 5 drinks for men/4 drinks for women consumed in 2 hours at least once in a 2 week period.
- Alcohol increases impulsivity and decreases inhibition. Staying with the same group of friends and looking out for each other is recommended when consuming alcohol.
- Enhance Unit cohesion with team building activities and encourage responsible drinking to promote Soldier safety.
- Ensure Soldiers have the **National Suicide Prevention Lifeline at 800-273-TALK** programed into their phones.

Sexual Harassment Assault Response & Prevention (315) 774-2728

Begin having Battle Drill conversations with your Soldiers in preparation for Block Leave and the Holiday Season. No one likes to think of needing SHARP assistance while at home with loved ones but preparing our Soldiers prior to leave (or staying local) is essential. **Ask the hard questions:**

- Do you know who you would tell/trust?
- Are you aware of how to report?
- Do you know who/what # to call?
- Have you met/spoke with the VA so you would feel more comfortable talking to him/her if needed?
- Having these preparation for Execution talks will show Soldiers you care AND make a horrific circumstance slightly easier to reach out for help.

We are HERE and WE CARE!
SHARP 24/7 Hotline # 315-767-6128

MEDDAC Preventive Medicine (315) 772-6404

Getting ready for PT?? Remember supplement safety!!

- Remember it's ALWAYS better to eat real food instead of taking vitamins/supplements
- Supplements have no FDA regulations or oversight; can be waste of \$\$\$ and dangerous.
- Check out what you are taking at WWW.OPSS.org

Flu season is coming!!

- Getting the yearly flu vaccine is a first important step to protect against the flu. Stay protected by getting yourself and your family vaccinated. This coming season flu shot availability and clinics will be posted on the Fort Drum MEDDAC page.

[Http://www.drum.amedd.army.mil/SitePages/Home.aspx](http://www.drum.amedd.army.mil/SitePages/Home.aspx)

APHN's Sexual Health Clinic – Free & Confidential
Tue, Wed, & Thurs 0900-1100

Drunk Driver Prevention Program (DDPP) (315) 775-8813 Friday & Saturdays 2000-0600

- Explain that DDPP will drive DoD ID Card holders and their vehicle home. This service is free and confidential.
- **Make all SM put the DDPP Program phone number into their phones**



Safety Brief Bulletin Continued



Army Community Service (ACS) (315) 772-6556/6557

Don't sit around by yourself with nothing to do! Go out and explore the surrounding area, experience life and all it has to offer! The Fort Drum Relocation Readiness page is constantly promoting fun, and often free things to do in and around the local area. Check out the Rapid Review, which lists dates and times every week of activities on post and in the surrounding area. It is also possible to get the Rapid Review in your email every week. Simply call 772-6553 to sign up **THINK ACS FIRST!!** It's that easy. They really do have something for everyone! For more information call **772-ACS1 (2271)**.

'Off-Limits' Locations (IAW- Policy Memorandum #17-20) Existing Off-Limits due to activity

- The High Life Novelty Shop, 22220 US Rte. 11, Watertown, NY 13601
- Trip on the Wild Side, 671 Mill St., Watertown, NY 13601
- Zone Limited, 6717 Old Collamer Rd., East Syracuse, NY 13057
- Husky Property Management, 700 Mill St., Watertown, NY 13601

Existing Off-Limits due to safety concerns

- All water areas within and adjacent to Fort Drum are off-limits for swimming, except Remington Park and approved public swimming areas, which have lifeguards on duty.
- The portion of the Black River that borders Fort Drum is off-limits for all recreational activity, except fishing from the banks of the river.
- "Kings Falls/High Gorge" is off-limits for all recreational activity.

Additional Safety Tips

As we start to prepare for cold weather remember...

- Remember the three P's **PREPARE** for the trip, **PROTECT** yourself, **PREVENT** crashes on the road
- Slow down
- Increase following distance
- Know conditions all along the route
- Clear off ALL windows
- Clear off ALL lights and turn lights on
- Garrison Safety Office offers Winter Driving Course and Snow Thrower Operation Course, contact them today to sign up! 315-772-5352

For post information including delays you can call:
315-772-3786 (772-DRUM)

Additional Winter Safety Tips from New York State

- You can check winter road conditions at 511NY
- Wear a jacket, gloves, hat, boots and essentials for the weather, make sure your kids are dressed appropriately as well, it is always better to take layers off!
- Make sure you have the proper snow equipment: ice scraper/snow brush for your car, snow shovel, snow thrower for your home.
- Make sure your vehicle is winter ready: tires, antifreeze in radiator, windshield washer full, heater working well, snow brush.

September 2018

For times and locations contact the program listed

- TBD - Education Town Hall
- 1 – ATV Safety Class (FMWR)
- 6 – Super Sign Up (ACS)
- 6 – Putting the Puzzle Together (ASAP)
- 7 – Suicide Prevention Month Round Robin (ASAP)
- 8 – Madden Xbox 1 Tournament (FMWR)
- 8 – Home Run Derby (FMWR)
- 10 – Active Parenting for Teens (ACS)*
- 11 – Budgeting for your Goals (ACS)*
- 11 – Check on Checking (ACS)*
- 12 – Fueling for Health (AWC)*
- 12 – Creating a Kid Friendly & Health Home (ACS)*
- 12 – Career Portfolio & Interviewing (ACS)*
- 12 – Suicide Prevention Month ACE/ASAP Training (ASAP)
- 13 – Blended Retirement (ACS) *
- 14 – Blitz 5K (FMWR)
- 14 – Baby Basics (ACS)*
- 15 – Hiking – Ampersand Mtn (FMWR)
- 18 – Investing in your Future (ACS)*

- 18 – Domestic Violence the Musical (ACS)
- 18-19 – Gatekeeper Training (ASAP)
- 19 – Domestic Violence the Musical (ACS)
- 19 – Stress Management (AWC)*
- 20 – Resiliency Training levels 11-14 (ACS)
- 21 – Meals in Minutes (AWC)*
- 22 – Stars & Stripes Football at SU (FMWR)
- 24-26 – Middle Years (ACS)*
- 26 –26 – Suicide Prevention Month ACE/ASAP Training (ASAP)
- 27 – Anger Management (ACS)*
- 29 – Hiking – Blue Mtn (FMWR)

Classes with an (*) indicate Life Skills classes

Recurring Classes

- EFMP Playgroup (ACS)*
- 1st Term Financial Training (ACS)*
- Fueling for Health (AWC)*
- Little Eagles Playgroup (ACS)*
- Upping your Metabolism (AWC)*
- Meals in Minutes (AWC)*
- Prime for Life (ASAP)*
- Healthy Sleep Habits (AWC)*
- Connect the Tots Playgroup (ACS)*
- Stress Management (ACS)*
- Parenting After Separation/Divorce (ACS)*
- Creating Calm (ACS)*
- Mountain Intervention Training SHARP/ASAP/FAP/EO)*
- Stress Management (AWC)*
- Healthy Sleep Habits (AWC)*

**101 Days of Summer (ASAP)
National Suicide Prevention Month (ASAP)**

Plan ahead – Winter Driving safety & Snow Thrower classes start in October call Garrison Safety for DTG – 315-772-5352