



READY NOW

Prevention Bulletin

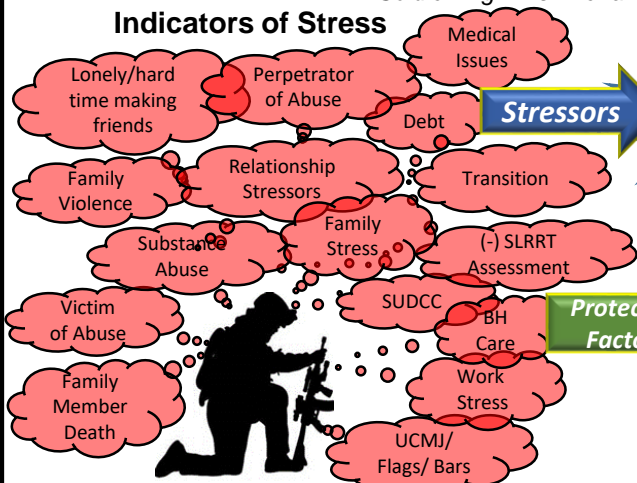
November
2018

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

Connecting the Dots to Prevent Soldier on Soldier Violence

Soldier High Risk Behaviors turn into Soldier on Soldier Violence

Indicators of Stress



Likely outcome if no intervention - Harm to others or Self

- Soldier on Soldier Violence/ Assault
- Sexual Assault
- Family Violence
- Suicide
- Stress related illnesses

These events are likely to increase from Jan-Mar due to training cycle & post leave time.

Interventions & Programs to Assist

Trust in Leadership	COC Home Visits	Chaplain/ Religious Supports	RT/MRT
Family/Friend Support	ASAP Prevention	Counseling (BH, SUDCC, CAFBHS)	Garrison Safety
ACS	MFLC	MEDDAC	SHARP

Identification of stress indicators is needed to intervene in a Soldier's decision cycle before they decide to harm themselves or others. Stressors come from a Soldier's family, Unit/work, and social environment.

Look for Soldiers "Living with Risk and Stress." Counseling, PDHA, and leader intervention are tools to assist Soldiers who are living with harmful stress.

DES
(315) 772-0565

Preventing Sexual Assaults

Make it Clear: State upfront, take away any false signals

Watch your drinks: Various products are available to help you detect drink tampering (contact ASAP for detection coasters)

Stick with your friends: Attend social gatherings with a group of trusted friends, watch out for one another

Trust your Gut: Many attackers are unwilling to pursue victims who are aggressive or loud

Preventing Assaults

If you are involved in a heated argument that appears to be turning violent, walk away.

- If you stay and fight "to prove something," you will only demonstrate poor judgment
- **Never** carry a firearm, knife, illegal weapon A weapon will escalate the situation & it could be used to harm yourself
- If you see an assault in progress, alert Military/Civilian Law enforcement; do not jump in

Preventing Suicide

Pay attention to indicators. There are some life events that make a person more likely to attempt suicide; some stressors to look for:

- Relationship stressors from family, friends or partners
- Family history of violence / suicide
- Victim or perpetrator of violence, bullying, humiliation, or abuse
- Serious illness including chronic pain, sleep deprivation or exhaustion with no end in sight

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

Soldier on Soldier Violence & Alcohol

Alcohol & drugs are implicated in an estimated 80% of offenses leading to incarceration in the US, such as domestic violence, DWI, property offenses, & public-order offenses.

- Studies of alcohol & aggressive behavior show people who are more irritable, have poorer anger control, & who display lower levels of empathy when sober are more likely to be aggressive when they have alcohol in their system
- Alcohol can affect information processing and your ability to determine how much threat is actually present in the environment
- Know your limits: Binge drinkers are at a higher risk of suffering from incapacitation, a blackout, or unconsciousness

Additional Safety Tips

- Over 60% of traffic accidents on the Installation occur during winter months
- Snow, ice, and wind by themselves add challenges to the task of operating a vehicle
- Before you turn the key: check the current and future road conditions and weather. The road conditions and post closure or early release can be found by calling 315-772-DRUM. If you intend on driving off-post, check <https://511ny.org> for road conditions, closures, and weather alerts
- Seatbelts must be worn by all occupants of your vehicle – they may save your life



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Sexual Harassment Assault Response & Prevention 24/7 Hotline 315-767-6128

SHARP Insider Threats: All Soldiers regardless of the environment (Theater or Garrison) must maintain a high state of alert, and identify and mitigate potential SHARP insider threats. Sexual assaults and/or sexual harassment that occur inside the formation destroys unit moral and unit readiness. Potential sexual predators cannot operate in organizations where the Army Values are embodied and ethical standards are upheld.

Prevention Tips

- Leader presence and intervention
- Leaders modeling the Army Values and ethical behaviors
- Address inappropriate sexual innuendo (jokes, Jodie calls)
- Intervene when you observe inappropriate behavior - "Trust your gut"

Drunk Driver 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.

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

Garrison Safety

(315) 772-5352

Offering Winter Driving & Snow Thrower Operation Course
(see dates and times below)

MEDDAC Preventive Medicine (315) 772-6404

Flu Season is Here!

Getting the yearly flu vaccine is an important step to protect against the flu. Get yourself and family vaccinated to be protected. Flu shot availability is posted on the Fort Drum MEDDAC page.

<http://www.drum.amedd.army.mil/sitepages/home.aspx>

Also remember everyday actions to prevent getting sick:

- Wash your hands often especially in crowded areas and after touching high contact items (ex. Doorknobs, keyboards, ATM machine)
- Routinely clean frequently touched items
- Cover your cough or sneeze with the inside of your elbow or with a tissue

And finally if you do get sick:

- Active duty Soldiers: should follow sick call protocols established by your unit
- Everybody else: **STAY HOME.** Anybody with flu like symptoms needs to minimize contact with others. CDC recommends staying home for at least 24 hours after the fever is gone without the use of fever reducing medicine (with the exception of getting medical care)

APHN's Sexual Health Clinic – Free & Confidential

Monday-Friday 0900-1100

Bowe Troop Medical Clinic (BTMC)

November 2018

For times and locations contact the program listed

November is Military Family Month

- 3 – Flag Football Tournament (FMWR)
- 3 – Scotch Doubles Bowling Tournament (FMWR)
- 7 – CLIF (FMWR)
- 7-8 – Scream Free Parenting (ACS)
- 8 – BOSS Invades Atkins (FMWR)
- 10 – Veterans Day Volleyball Tournament (FMWR)
- 13 – Winter Driving & Snow Throwing Course (SAFETY)**
- 14 – Family Night @ the Commons (FMWR)
- 15 – Blood Drive at BOSS (FMWR)
- 15 – Great American Smoke Out (MEDDAC)
- 15 – Overseas PCS Brief (ACS)
- 16 – Baby Basics (ACS)
- 17 – Mario Kart Tournament (FMWR)
- 17 – Thanksgiving Flag Football Tournament (FMWR)
- 21-23 – Macy's Thanksgiving Parade Trip (FMWR)
- 22 – BOSS Home for the Holidays (FMWR)
- 27 – Winter Driving & Snow Throwing Course (SAFETY)**
- 29-30 – Trees for Troops (FMWR)
- 29 – Tree & Menorah Light Ceremony (FMWR)
- 30 – Mustache Dash (FMWR)

BOSS Events (FMWR)

Thursdays: Free Pizza at BOSS 11:30 am to 1 pm, or while supplies last (No pizza on 29 November)

Tuesdays: BOSS Bowling 5-9pm

NFL Sunday Ticket every Sunday in October, doors open at noon Winner's Circle

Recurring Classes

- EFMP Playgroup (ACS)*
- 1st Term Financial Training (ACS)*
- Little Eagles Playgroup (ACS)*
- Prime for Life (ASAP)*
- Connect the Tots Playgroup (ACS)*
- Stress Management (ACS)*
- Parenting After Separation/Divorce (ACS)*
- Creating Calm (ACS)*
- Mountain Intervention Training (SHARP/ASAP/FAP/EO)*
- Resume Start to Finish (ACS)
- Sewing Class (ACS)
- Active Parenting for Teens (ACS)*
- Budgeting for Your Goals (ACS)*
- Check on Checking (ACS)*
- Unit Prevention Leader (ASAP)
- Gatekeeper (ASAP)*
- Welcome Tour (ACS)

***Classes with an (*) indicate
Life Skills classes***