



READY NOW

Prevention Bulletin

January
2020

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

Suicide Prevention

Who commits suicide in the military?

95%

Are Male
85% of the military is male

95%

Are Enlisted
83% of the military is enlisted

80%

Are White
70% of the military is white

47%

Are Under 25
36% of the military is under 25

41%

HAD RECEIVED
OUTPATIENT
BEHAVIORAL-
HEALTH SERVICES

34%

COMMUNICATED
THE INTENT TO
DIE TO SOMEONE

30%

HAD A FAILED
INTIMATE
RELATIONSHIP IN
THE PRIOR MONTH

20%

WERE PRESCRIBED
ANTIDEPRESSANTS

14%

HAD PREVIOUSLY
INJURED THEMSELVES

American Foundation for Suicide Prevention

- **20 Veterans** - die by suicide every day. 3.8 are active duty veterans.
- **Active Duty** - More Soldiers died by suicide 2003-2016 than by combat. The equivalent of 3 Brigade Combat Teams died by suicide during this time period.



Army Substance Abuse Program (ASAP)

(315) 772-6704

- Continued -

People frequently drink alcoholic beverages to warm up, after all alcohol gives us a warm, tingly sensation. Many people believe this means alcohol can warm a person up. Much research has found this to be untrue.

- Alcohol makes us feel warm because it dilates your blood vessels, which causes the blood to move closer to the skin, but also moves the person's body heat away from their core, causing the body to lose heat more rapidly.
- Alcohol is a known depressant, but it doesn't just depress emotions, it depresses the circulatory system. This means that warm blood from a person's core is taking longer to get to a person's extremities.
- Alcohol reduces the body's ability to shiver in the cold, which is one of the body's ways of warming itself.
- Alcohol impairs judgment. A person who feels warm and is intoxicated is less likely to take measures to protect against the elements.

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Fort Drum statistics show suicide events spike in January
Fort Drum FY18 Top Risk Factors

1. **Relationship Stressors** – break ups with partners, not making new friends, relationship stress with family members
 - * **Resources** – Behavioral Health; Child, Adolescent and Family Behavioral Health Services; Family Advocacy Program; Military Family Life Counselors; and Chaplains
2. **Military Work Stress** – low unit moral/ unit cohesion, poor work performance
 - * **Resources** – Behavioral Health, R2, Army Wellness Center, Army Community Service, Military Family Life Counselors, and Chaplains
3. **Legal History** – UCMJ Actions, pending Court Martial, perpetrator of abuse, civilian court actions
 - * **Resources** – Office of the Staff Judge Advocate, Behavioral Health, R2, Military Family Life Counselors, and Chaplains
4. **Substance Abuse** – Alcohol or drugs used in the attempt or completed suicide, recreational abuse of alcohol or drugs
 - * **Resources** – Behavioral Health, Army Substance Abuse Program, Substance Use Disorder Clinical Care, Military Family Life Counselors, and Chaplains
5. **Financial Stress** – mismanagement, over spending, lack of budgeting, debt
 - * **Resources** – Financial Readiness Program, Army Emergency Relief, Chaplains

To truly get after suicide events we must get after the risk factors associated with suicide events. Ensure Soldiers, Team Leaders and Families know the resources available to them. SMEs are willing to hold information sessions, trainings and classes to fit your units needs.



Garrison Safety

(315) 772-5352

Typical Victim of Cold Weather Injury

- Male
- E-4 or below
- From a warm climate
- Less than 18 months in service
- Use tobacco, alcohol, medications
- Neglects proper foot care



However, ANYONE can become a cold weather casualty!

Drunk Driving Prevention Program (DDPP)

(315) 775-8813

Fridays & 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



READY NOW Prevention Bulletin



Family Advocacy Program (FAP)

(315) 315-772-5914

Holiday Stress

- Do you find yourself not enjoying the holidays?
- Is your holiday season spent worrying?
- Are you overscheduling, overindulging and over spending and still not feeling satisfied?
- Are you having emotional reactions that are out of proportion to the situations?

You might be falling into a holiday trap. Ask yourself "what are my feelings about the holidays and gift giving?", "what do the holidays MEAN to me?", "what can I control?" and "what do I want my holidays to look and feel like?". You may notice that every year some events may cause negative reactions/emotions for you. Think about some common holiday traps, gift giving, over scheduling, tradition traps and the Hallmark perfect trap. Remember that you are in control of your thoughts which will influence your emotions and reactions. If you find yourself having those negative thoughts or you are feeling the negativity, take the time to insert some more positive thoughts. Take a few deep breaths for a count of 5 in and 5 out while focusing on a thought that brings you a feeling of gratitude. Of all the things you can do to shift your perception in life, gratitude is one of the most powerful. Developing your sense of gratitude has been shown to have a wide range of benefits, both mental (like a greater sense of well-being, and more emotional resilience) and physical (like a stronger immune system and better sleep). Then refocus on what YOU find most important and rejuvenating and make these your holiday priorities.

***** FAP has moved, stop by and see us in our new location *****

**10250 4th Armored Division Drive
(ASAP building)**

MEDDAC Preventive Medicine

(315) 772-6404



PREVENT MISUSE AND ABUSE

- Never share your medication.
- Never take medication that is not yours.
- Only take your medication as instructed.

USE PROPER STORAGE

- Do not store medication in the bathroom.
- Secure medication in a locked cabinet or drawer.
- Do not tell others what medication you take.



USE



Taking medication as directed by a health provider

MISUSE



Taking more medication than prescribed or sharing yours with someone else

ABUSE



Misusing your medication or taking another person's prescription to get "high"

Army Wellness Center

(315) 772-4570

Help set yourself and/or your Soldiers up for success with our new ACFT prep class!

- In the class, we will go over the proper explanation and preparation for each of the events in the ACFT, to include correct movement patterns and common mistakes.
- Additionally, we will show you supplemental exercises and stretches to help improve your performance. Our goal is to provide you with a safe and successful way to train for the ACFT!

January 2020

For times and locations contact the programs listed

8 – Slim the Mountain Registration Deadline (FMWR)

17 – Titus Mountain Ski Trip (FMWR)

7 & 21 – Winter Driving & Snow Thrower (Safety)

- Indoor playground open M-W

APHN's Sexual Health Clinic – Free & Confidential

Mon -Fri 0900-1100 Bowe Troop Medical Clinic (BTMC)

NFL Sunday Ticket every Sunday, doors open @ noon (FMWR)

Tuesdays: BOSS Taekwondo (Free) 7-8pm @ Magrath

Recurring Classes

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| <ul style="list-style-type: none"> • 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)* | <ul style="list-style-type: none"> • Budgeting for Your Goals (ACS)* • Check on Checking (ACS)* • Unit Prevention Leader (ASAP) • Gatekeeper (ASAP)* • Welcome Tour (ACS) • ESL (ACS) • Upping Your Metabolism (AWC)* • Healthy Sleep Habits (AWC)* • Meal in Minutes (AWC)* • Walking Group (ACS) • Federal Employment Class (ACS) • Spouses Welcome (ACS) • Fueling for Health (AWC) |
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Classes with an (*) indicate Life Skills classes