



READY NOW

Prevention Bulletin

March
2020

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

Spring Safety Tips

19 March 2020 is the 1st day of Spring, with it comes additional things to keep in mind to keep you safe!



Spring Driving Tips Watch for....

- Potholes
- People and Animals on the move
- Motorcycles
- Construction zones
- Inspect your tires checking tire pressure

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

Risky Behavior: How to Handle it.

Most of the Army is comprised of individuals under age 25. The parts of the brain that handle planning and impulse control does not completely mature until about age 25. While this stage of development is important in that it allows young people to explore their world and individuate as people, it also comes with great risk to both life and health. Young adults are more likely to make quick decisions without always thinking through the consequences.

Key points to consider:

- Taking risks is a typical part of growing up, exploring limits and testing abilities.
- Engaging in open conversations, rules, role-modelling and monitoring are ways to keep risk-taking teenagers safe.
- People need to explore their own limits and abilities, as well as boundaries set by their leaders.
- People need to express themselves as individuals. It's all part of the path to becoming independent young adults, with their own identities.

Common Risk Behaviors

- Unprotected sexual activity
- Sexting and other risky uses of social media
- Tobacco smoking, alcohol use and binge-drinking
- Illegal substance use
- Dangerous driving

Encourage safe risk-taking

- Talk about behavior and consequences
- Talk about values
- Keep an eye on and build a strong connection with your Soldiers
- Encourage a wide social network
- Help your Soldier handle peer pressure

Contact The Risk Reduction Program to schedule a Unit Risk Inventory; this will allow you to see your unit as a whole and the risks they are taking that are not getting reported!

315-772-6705

Family Advocacy Program (FAP) (315) 315-772-5914

Do you ever feel like you have a case of the "winter blues"? Don't brush off that yearly feeling as a simple case of seasonal funk. Take steps to keep your mood and motivation steady throughout the year.

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons — SAD begins and ends at about the same times every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody.

In most cases, Seasonal affective disorder symptoms appear during late fall or early winter and go away during the sunnier days of spring and summer. Less commonly, people with the opposite pattern have symptoms that begin in spring or summer. In either case, symptoms may start out mild and become more severe as the season progresses.

Signs and symptoms of SAD may include:

- Feeling depressed most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Experiencing changes in your appetite or weight
- Having difficulty concentrating
- Having problems with sleeping
- Feeling sluggish or agitated
- Low energy
- Oversleeping
- Feeling hopeless

It's normal to have some days when you feel down, but if you feel down for days at a time and you can't get motivated to do activities you normally enjoy, **see your doctor**. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol for comfort or relaxation, or you feel hopeless or think about suicide.

There are some things that you can do to combat SAD.

Regular exercise, a 30 minute walk can help. Check out classes/events with FMWR. Try a yoga class, it is a great way to introduce some relaxation and meditation strategies. Creating social situations can draw your attention away from your thoughts. **Join the Family Advocacy Program at our Car Show on 9 April or bring the kids to Chillfest on 15 April.** These are just a few of the activities that can get you out and interacting. There is always the option of reaching out to your primary care physician and getting additional therapeutic resources.

MEDDAC Preventive Medicine (315) 772-6404



Fort Drum, NY

NOT ALL SUPPLEMENTS ARE WHAT THEY CLAIM.

Make sure your supplement has been tested by a third-party organization and carries one of these seals:

Visit OPSS.org for more information about your supplement.

Seals: BSCG, INDEPENDENT SPORT, NSF, USP



READY NOW Prevention Bulletin



Your Spring Cleaning Safety Checklist

Inside

- Test smoke detectors
- Ensure fire extinguishers work
- Check carbon monoxide detectors
- Create or review your family emergency plan
- Update your first-aid and 72-hr kits
- Clean out your medicine cabinets
- Secure your home
- Replace air filters

Outside

- Watch for pests
- Check the pipes
- Prepare your yard
- Get ready for the thaw
- Clean chimneys and gutters
- Always think safety on the road

FREE

SAVE A LIFE EVENT

Responding to Opioid Overdose

Wednesday, 25 March 2020

1000-1130 & 1300-1430

Multi-Purpose Auditorium (MPA)

Why Attend:

- to become part of the solution to solving the opioid issue in the community
- to learn how to save a life during an overdose situation
- to receive education on crucial information related to opioids in your community

For more information
William Van Orman,
ASAP Specialist
(315) 772-6706

Spring Pet Safety



Plants

Lilies and other seasonal plants can be toxic to pets. Be mindful when choosing your garden or house plants.



Identification

Collar ID tags should be worn at during outdoor time. Make sure microchip information is up to date.



Cleaning Products

Cleaning products are potential poison threats to pets. Keep cleaners out of reach and secured at all times.



Wash & Disinfect

Clothing, toys, and hands should be cleaned if you think you or your pet have been exposed to a contaminant or show signs of allergies or illness.



Preventatives

Talk to your veterinarian about parasite protection and prevention against fleas, ticks and mosquitoes.



Grooming

Keeping your pet clean and groomed prevents skin irritations from allergies, fleas and ticks. It also keeps their temperature regulated.

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**

March 2020

For times and locations contact the programs listed

- 2 – BOSS Blood Drive (FMWR)
- 3, 12, 20, 24 – Stone Art Therapy (ASAP)
- 5 – BOSS Invades Atkins (FMWR)
- 10 – Dad's Group (ASAP)
- 15 – St. Patrick's Party –Bowling Ctr (FMWR)
- 16 – Greek Peak MTN Trip (FMWR)
- 17 – Managing Stress & Building Resilience at Work (ASAP)
- 20 – Baby Basics (ASAP)
- 21 – Maple Days
- 23 – Meditation Class (FMWR)
- 25 – Responding to Opioid Overdose (ASAP)
- 26 – Anger Management Class (ASAP)
- 2, 6, 9, 20, 23, 27 30 – Commanders Risk Reduction Dash Board Training (ASAP)

- Indoor playground open M-W (ending 30 March)

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

Recurring Classes

- EFMP Playgroup (ACS)*
- 1st Term Financial TRG (ACS)*
- Little Eagles Playgroup (ASAP)*
- Prime for Life (ASAP)*
- Tots Playgroup (ASAP)*
- Stress Management (ASAP) (AWC)**
- Parenting Support & Education (ASAP)*
- Creating Calm/ Anger MGT (ASAP)*
- Resume Start to Finish (SFL-TAP)
- 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)*
- Healthy Sleep Habits (AWC)*
- Meal in Minutes (AWC)*
- Federal Employment Class (SFL-TAP)
- Spouses Welcome (ACS)
- Fueling for Health (AWC)

Classes with an (*) indicate Life Skills classes