



April 5, 2013



Health Promotion and Wellness Friday Facts



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GOT SLEEP?



The Navy and Marine Corps Public Health Center is offering a webinar on one of the most talked about subjects - sleep. Please join us on May 1, 2013 from 1200-1300 EST to hear about one of the best things you can do to improve and to maintain your health - sleep.

At the conclusion of the webinar, the participants will be able to:

- Describe prevalence of sleep problems
- Review common sleep misconceptions
- Identify signs and symptoms of sleep problems and common sleep disorders
- Summarize health behavior strategies to help mitigate sleep disturbances

Presenters:

Ms. Leisel Romeo-Davis, RN, MSA, NMCPHC

Dr. Mark Long, Ed.D., NMCPHC

To register go to: <http://www.eventbrite.com/event/6120447423>

APRIL 11TH - NATIONAL ALCOHOL SCREENING DAY



April 11th is National Alcohol Screening Day! This day is used to increase awareness and educate on drinking habits, alcohol misuse and to help those in need of treatment. You can offer provider screenings or make the website below available for confidential screening. Think about what your command can do to promote Alcohol Screening Day. Find more information at: <https://www.mentalhealthscreening.org/events/national-alcohol-screening-day.aspx>

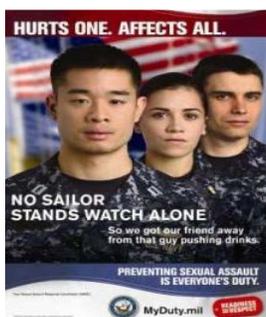
NAVY LAUNCHES NEW ALCOHOL PREVENTION PROGRAM, "KEEP WHAT YOU'VE EARNED"



The Navy recently launched a new campaign that promotes the responsible use of alcohol. The campaign, entitled "Keep What You've Earned" encourages responsible drinking by having Sailors focus on their career achievements and how much they can lose by making a poor choice about alcohol. The campaign was launched on 1 April, as a kick-off to Alcohol Awareness Month. To learn more about this campaign or to order materials, go to:

http://www.public.navy.mil/bupers-npc/support/nadap/campaign_events/drinkresponsibly/Pages/default.aspx

APRIL IS SEXUAL ASSAULT AWARENESS MONTH



Sexual Assault Awareness Month (SAAM) is in April and every Sailor has the opportunity to support this event by participating in a PSA video contest sponsored by OPNAV N1 Sexual Assault Prevention and Response Office. The Sexual Assault Prevention and Response Public Service Announcement Video Contest (SAPRPSA) is designed to encourage participation from Sailors across the Navy to get the SAPR word out. It challenges Sailors to focus their efforts on making PSAs that incorporate both DoD and Navy Sexual Assault Awareness Month (SAAM) themes, "We own it...We'll solve it...Together." and "Courage" respectively. Further, videos should be created under one of four Lines of Effort (LOEs):

1. Education and awareness
2. Prevention and intervention
3. Victim advocacy and resiliency
4. Investigation and accountability

Leading entries will be recognized by being broadcast on Direct-to-Sailor Television and provided to the American Forces Network and Pentagon channel. The goal of the SAPR PSA is to promote awareness of sexual assault in the Navy encouraging bystander intervention among viewers, and advocating victim assistance and support.

Visit www.sapr.navy.mil for the PSA Contest Rules and Regulations.

RESILIENCE MOBILE APP FOR MILITARY HEALTH CARE PROVIDERS

Military health care providers now have a mobile application to help keep them productive and emotionally healthy as they cope with burnout and compassion fatigue.

The Provider Resilience app, from the Defense Department's National Center for Telehealth and Technology (T2), is the first mobile application for health care professionals to build resilience for the stress in their lives.

The app opens with a dashboard that shows a "rest and relaxation" clock, a resilience rating and update buttons that provide easy access to the four main areas affecting the resilience rating: R&R clock, Burnout assessment, Professional Quality of Life Assessment and resiliency "builders and killers." The ProQOL scale, developed at Idaho State University, allows users to rate their secondary trauma. The personal resilience rating is a combination of the ProQOL assessment, vacation clock, burnout scale and a customizable list of questions that contribute to building or reducing resilience.

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A burnout scale lets users rate themselves on their feelings of being happy, trapped, satisfied, preoccupied, connected, worn out, caring, on edge, valuable and traumatized. The app's toolbox encourages users to reduce stress with restful breaks with educational videos, inspirational cards, patient testimonials and stretching exercises.

The Provider Resilience app's website is at <http://www.t2health.org/apps/provider-resilience>.

The app is free and available for Android and Apple mobile devices.

NMCPHC QUIK HITS FOCUSES ON THE EFFECTS OF CAFFEINE

Looking for a quick and efficient summary of the effects of caffeine? Try this Quick Hits from the NMCPHC at: <http://www.med.navy.mil/sites/nmcphc/Documents/newsalerts/nmcphc-quick-hits-March2013.pdf>