



April 25, 2014



Health Promotion and Wellness Friday Facts

TOBACCO CESSATION BENEFIT FOR DOD AND FEDERAL EMPLOYEES



Did you know that all federal employees have been covered by a tobacco cessation plan benefit since 2011? The benefits include counseling and free FDA-approved medications, with a provider's script, to aid with cessation. The benefit covers all forms of tobacco use- including smoking and smokeless products. For more information and frequently asked questions please visit:

<http://www.opm.gov/healthcare-insurance/special-initiatives/quit-smoking/>

NMCPHC HEALTH PROMOTION AND WELLNESS (HPW) ANNOUNCES SUMMER HPW TRAINING OPPORTUNITIES



The NMCPHC has two full weeks of HPW Training opportunities available during July and August, with registration now open for both. All HPW training for the remainder of FY14 can be viewed at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/health-promotion-training.aspx> (click on HPW Training at the end of the first paragraph). A link for each of the two weeks of training is provided on the HPW Training Schedule to request a quota to attend either training. The two weeks of training include:

I. Location: NEPMU5, San Diego, CA

- 7 July: ShipShape Program Facilitator Training- for individuals who have been assigned as ShipShape Program Facilitators. This training is required to facilitate the program. There is no rank or GS level requirement to attend this training.
- 8 July Tobacco Cessation Facilitator Training- Attendees must be at least an E-4 and tobacco free for at least 6 months prior to attending.

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- 9-11 July- Navy HP & Wellness Course- for E-6s and above or civilians GS-9 and above. Seats in the course are limited, with priority given to HP & Wellness staff at the Navy MTFs and others in leadership positions at larger fleet or operational commands (aircraft carriers, CNIC, NPC, etc.), Semper Fit Coordinators and Navy Reserve Component OHSU HP and Wellness Directors.

II. Location: NEPMU2, Norfolk, VA.

- 4 August: Navy HP Basics Course, Level II- for individual assigned as the HP Coordinator at smaller Fleet and Reserve Component commands. The 8.0 hour online Navy HP Basics Course, Level I on NKO is the required prerequisite training to attend the Level II course. Information on how to access the Level I course on NKO can be found at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/health-promotion-training.aspx>
- 5 August: Choose Healthy Options for Wellness (CHOW) Course- a full-day training, providing students with information on basic as well as more advanced nutrition topics.
- 6 August: ShipShape Program Facilitator Training- see description and requirements above.
- 7 August: Tobacco Cessation Facilitator Training: see requirements above.
- 8 August: Patient-centered Prevention Counseling: prepares students to deliver health behavior counseling that is focused on the patient's needs and interests.

UPCOMING SUICIDE PREVENTION COORDINATOR BASIC TRAINING WEBINARS



Per Navy instruction, [OPNAVINST 1720.4A](#), all commands must have a suicide prevention coordinator (SPC) appointed by the commanding officer (CO). The role of the SPC is to aid the CO in ensuring that the suicide prevention program is fully implemented. All SPCs are required to complete the SPC Basic Training webinar, a two-hour webinar designed to prepare SPCs with the resources and skills to assist their commands with meeting suicide prevention program needs. Visit the [SPC Training Page](#) to register for one of the upcoming webinars on 7 May and 28 May 2014. Each class is limited to 40 participants, so register early!

All Suicide Prevention Program related information and resources can be found at: www.suicide.navy.mil. Information to supplement your next GMT/Suicide Prevention Brief can be found on the Training Resources section. You can also visit [NMCPHC's HPW's Suicide Prevention page](#) for additional helping resources.

PSYCHOLOGICAL AND EMOTIONAL WELL-BEING PROMOTIONAL MATERIALS

The NMCPHC Health Promotion and Wellness (HPW) Department has a variety of posters and other marketing materials to assist you in your health promotion and wellness efforts. Print and hang the [All It Takes is One](#) poster in high traffic areas, and encourage your people to offer a helping hand to fellow Shipmates and Marines who may be in need of support. Sometimes all it takes to help someone is reaching out, offering to listen and at times helping to connect them with the services they need. There are many resources available. It is important to promote the use of the [Military Crisis Line](#) (1-800-273-8255, press 1) for crisis situations or even non-crisis situations when someone needs to talk through challenges or needs more information. Service members can call, text, or chat online with Military Crisis Line staff 24 hours a day, 7 days a week, 365 days a year.



SAMHSA RECOGNIZES 18-24 MAY 2014 AS NATIONAL PREVENTION WEEK



The Substance Abuse and Mental Health Services Administration (SAMHSA) will observe 18-24 May as [National Prevention Week](#) to increase community awareness of psychological health and substance abuse issues through community centered approaches. The theme of the week is “Our Lives, Our Health, Our Future.” Daily health themes will be observed including the promotion of mental health and the prevention of tobacco use, underage drinking, prescription drug abuse, alcohol abuse, and suicide. Visit [SAMHSA](#) to learn more about how to encourage healthy choices to build the resilience of your people and enhance their ability to effectively navigate life’s challenges. [NMCPHC’s HPW Department](#) has a variety of resources and tools for use during the week.



MEDLINEPLUS- HEALTH INFORMATION IN MULTIPLE LANGUAGES

If you are serving a diverse population with individuals who speak another language other than English as their primary language, the Medline Plus website may have resources that you can provide to your specific audience. Go to: <http://www.nlm.nih.gov/medlineplus/languages/languages.html> to find resources that may be helpful.

HEALTH TOOLS FROM OPERATION LIVE WELL



Health.mil, the official website of the Military Health System and the Defense Health Agency, now offers an assortment of online tools and mobile applications that can help guide, track and measure your journey to wellness. These include tools on such topics as Nutrition, mental Wellness, Physical Activity, Tobacco Cessation, Alcohol Awareness and miscellaneous topics. You’ll find this helpful resource at: <http://health.mil/Military-Health-Topics/Operation-Live-Well/Health-Tools>

IN THE NEWS

[Military Offers Apps for Healthy Living](#) - Health.mil

[Alcohol and Traumatic Brain Injury: A Deceptively Dangerous Combination](#) - Military Pathways

[Eat Right to Improve Your Mental Health](#) - Health.mil

[Surgeon General Says Brain Health a ‘New Frontier’](#) - Health.mil