



August 15, 2014



Health Promotion and Wellness Friday Facts



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NMCPHC HPW DEPARTMENT OBSERVES SEPTEMBER AS MENTAL HEALTH AND SUICIDE PREVENTION MONTH



National Suicide Prevention Week is 8-14 September, and the Navy recognizes September as Suicide Prevention Month. The 2014 theme for this year is “Every Sailor, Every Day.” Every day, each of us has the opportunity to encourage and support our fellow Sailors and Marines and those we lead in navigating life’s challenges. The HPW Department’s September health observance is Mental Health and Suicide Prevention. You can find resources

for use in your health promotion efforts in the [HPW September Toolbox](#), which contains posters, fact sheets, and infographics. HPW has also partnered with the [Navy Suicide Prevention Program](#) to offer additional resources during the month of September, including a targeted training webinar for command suicide prevention coordinators, health promotion coordinators, and other key individuals on new and updated tools to enhance local suicide prevention efforts. Additional information about this upcoming webinar will soon be available on the [HPW Webinars](#) web page.

UPCOMING OPNAV N171 SUICIDE PREVENTION COORDINATOR TRAININGS

Per 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 webinar training. The upcoming SPC Basic Training Webinars are scheduled for 26 August and 04 September 2014. Register on the [SPC Training Page](#) as soon as possible. All Suicide Prevention Program related information and resources can be found at <http://www.suicide.navy.mil>. Information to supplement your next GMT/Suicide Prevention Brief can be found on the [Training Resources](#) section. Additional helpful information can be found in the [Lifelink Newsletter](#). You can also visit the [HPW’s Suicide Prevention Web page](#) for other helping resources.



PSYCHOLOGICAL HEALTH AND RESILIENCE SUMMIT



The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury would like to invite you to participate in the Psychological Health and Resilience Summit, 17-19 September 2014. This cross-service training will focus on prevention and treatment of psychological health concerns affecting service members and their families and current and evolving best practices to enhance resilience and readiness. The summit includes more than 15 hours of educational program content. The training will be delivered in a hybrid format for both in-person and

virtual attendees. However, given that space for in-person attendance is severely limited; in-person attendance is by invitation only. All others are invited to attend virtually. Please register for this event and view the agenda and speaker information at the Psychological Health and Resilience Summit registration website [here](#). For more information or questions about registration, please contact the Event Planning Team at usarmy.ncr.medcom-usamrmc-dcoe.mbx.ph-resilience@mail.mil.

SHIPSHAPE PROGRAM FACILITATOR TRAINING WEBINAR REGARDING NEW FORMS FOR SHIPSHAPE REPORTING

In response to the comments and feedback from ShipShape Program Facilitators, NMCPHC has revised the ShipShape Program roster and reporting forms to make them both more comprehensive and easier to use. Overall changes include:

- One Microsoft Excel spreadsheet for all participant tracking and reporting data
- Drop down menus to improve data integrity
- Auto-population features to help calculate report data



In order to help with a smooth transition for the implementation of the new form, NMCPHC will be hosting two webinars, walking current facilitators through instructions for filling out the form, providing guidelines for form submission, and the timeline for the new form implementation.

The webinars will be **Thursday, 21 August (1500-1600 EST)** and **Thursday, 28 August (1000-1100 EST)**. The times are staggered to reach audiences on both coasts and abroad. If you cannot participate in either webinar, please contact NMCPHC at the email provided below; we will work with you to ensure you are prepared to implement the new reporting form.

To register to participate in the webinar, or if you have any questions or need to contact the NMCPHC ShipShape Program Coordinator, please send an email to: NMCPHCPTS-ShipShape@med.navy.mil.

PROGRESS TOWARD A TOBACCO-FREE MILITARY WEBINAR, AUGUST 19 FROM 1400-1500 ET

The Partnership for Prevention is sponsoring an educational webinar addressing tobacco control policies and practices within the U.S. military. Dr. Jonathan Woodson, Assistant Secretary of Defense for Health Affairs (Invited) and Colonel John Oh, Chief of Health Promotion for the Air Force Support Medical Agency, will review the history of tobacco use and the recent progress made within the U.S. military. The panel of experts also includes Captain Joseph McQuade who will share his experience in implementing tobacco cessation services within a major military hospital and Colleen Haydon who develops civilian-military tobacco control partnerships. This program is free of charge and open to all. Registration is necessary.

Presenters:

- Jonathan Woodson, MD, Assistant Secretary of Defense for Health Affairs (Invited)
- John Y. Oh, MD, MPH, Colonel, USAF, Chief, Health Promotion, Air Force Support Medical Agency
- Joseph G. McQuade, MD, Captain, USN, Former Director, Public Health, Naval Hospital Jacksonville

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- Colleen Haydon, MSW, MPH, Program Manager, Project UNIFORM
- Moderator: David Zauche, Partnership for Prevention

To register, visit: <https://cc.readytalk.com/cc/s/registrations/new?cid=7qdbcgpzqwdz>



IN THE NEWS

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