



November 21, 2014



Health Promotion and Wellness Friday Facts



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DECEMBER IS IMPAIRED DRIVING PREVENTION MONTH

Use the following resources to promote December as Impaired Driving Prevention Month:

- December HP Toolbox: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-december.aspx>
- NADAP's Give the Gift of a Designated Driver: http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/nadap/campaign_events/drinkresponsibly/Pages/GivetheGift.aspx
- Don't Be That Guy: <http://resources.thatguy.com/get-started>
- NADAP Pier Pressure mobile app: http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/nadap/campaign_events/drinkresponsibly/Pages/PierPressure.aspx



NAVY RELEASES GUIDANCE ON REDUCING ACCESS TO LETHAL MEANS

In accordance with a recent memorandum from the Under Secretary of Defense (Personnel and Readiness), the Navy has released guidance for commanders and health professionals on reducing access to lethal means (methods of suicide) through voluntary storage of privately-owned firearms. NAVADMIN 263/14 states that commanding officers and health professionals may ask Sailors, who are reasonably believed to be at risk for suicide or causing harm to others, to voluntarily allow their privately-owned firearms to be stored for temporary safekeeping by the command. The decision is entirely up to the Sailor, and the commanding officer or health care professional shall not offer incentives, disincentives, or coerce the Sailor into relinquishing their firearm. This guidance is part of a broader Department of Defense strategy to help prevent suicide and related tragedies in the military. Read more [here](#) on Navy.mil about the recently released guidance.

NAVIGATING STRESS DURING THE HOLIDAYS



With family gatherings and festive parties, the holiday season can be a time for catching up and celebration, but it can also be an especially stressful and demanding time for Sailors, Marines, and their families. Separation from loved ones during deployment, financial struggles, or relationship problems can cause stress, especially during the holiday season. The NMCPHC HPW Department has stress navigation resources that you can use to address this issue. Visit the NMCPHC [HPW](#)

[Psychological and Emotional Well-Being Web page](#) for stress navigation and other helpful resources. Navy Suicide Prevention Branch (OPNAV N171) also has resources to assist Sailors, Marines, and their families get ahead of holiday stress. Learn more about the 80/20 approach to stress (and spend) less this holiday season and other stress navigation tools in the [November Lifelink Newsletter](#) and the [Navy Operational Stress Control Blog](#).

NAVY SUICIDE PREVENTION (OPNAV N171) GUIDANCE FOR DEVELOPING A CRISIS RESPONSE PLAN

OPNAVINST 1720.4A requires all commands to develop and maintain a documented and tailored Crisis Response Plan. Crisis Response Plans are not “one size fits all” as each command will have unique circumstances. Command suicide prevention coordinators can use the guidance here to consider when developing or updating their command’s Crisis Response Plan. Command suicide prevention coordinators should visit the Navy Suicide Prevention Web page for additional information about training and to access other helpful resources. For additional suicide prevention resources, visit the NMCPHC [HPW Department’s Suicide Prevention Web page](#).

NAVY PETTY OFFICER SHARES HIS STORY ON THE ROAD TO RECOVERY

All Hands Magazine is featuring a four-part series about a Navy petty officer who came close to taking his own life but did not do so, thanks to the intervention of his leadership and the use of support networks. Read “Never Walk Alone” to learn more about this Sailor’s strength and resilience on the road to recovery. Check out the four-part series below:

- [Part 1](#)
- [Part 2](#)
- [Part 3](#)
- [Part 4](#)



800-342-9647

TOBACCO WEBINAR 12 NOVEMBER HAS BEEN ARCHIVED ON NMCPHC WEBSITE!



The NMCPHC webinar offered on 12 November, “Addressing Tobacco on a Military Installation: A Collaborative Approach to Reducing Use”, co-presented by the U.S. Air Force and USMC, has been posted on the NMCPHC website, in case you missed it. You’ll find it at:

<http://www.med.navy.mil/sites/nmcpHC/health-promotion/Pages/webinars.aspx>.

TEENS SHOW THEIR CREATIVITY FIGHTING TOBACCO USE

As part of November’s National Smoking Cessation Month and Lung Cancer Awareness Month, the Military Health System launched the Fight the Enemy video contest. Teens on military installations are encouraged to record videos that best express why they feel using tobacco products are the enemy to their health and development. Check out some of the submissions on the [Fight the Enemy Video Competition Page](#).

The Fight the Enemy contest is part of the Healthy Base Initiative (HBI), a demonstration project which examines select military installations’ efforts to support improved nutritional choices, increased physical activity, obesity reduction and decreased tobacco use. This project is part of Operation Live Well, a Department of Defense program that supports the National Prevention Strategy of improving Americans’ health and well-being through a prevention-oriented approach.

THAT GUY CAMPAIGN CONTINUES TO SHOW EFFECTIVENESS IN REDUCING BINGE DRINKING AMONG TARGET AUDIENCE



Now entering its tenth year, the That Guy campaign uses multiple research and measurement tools to track increases in campaign awareness as well as shifts in attitudes and changes in behavior related to binge drinking. Since the campaign's launch in 2006, research has shown awareness of the That Guy campaign is increasing while binge drinking rates among the campaign's target audience have been decreasing and are lower at installations consistently implementing the That Guy campaign.

For more details about the That Guy campaign's research, measurement and results to date, check out the latest That Guy POC Newsletter: <http://m1e.net/c?80385185-tx4CrwtAU4EZI%40204700734-3RFawt9iK72K6>.

To order That Guy materials at no-cost to your installation, visit: <http://m1e.net/c?80385185-tTt.slwBNwfTA%40204700735-KTA8bl08Pju4c>.