



October 11, 2013



## CONTENTS

- NMCPHC HPW Department's October Webinar: Tools to Enhance Psychological and Emotional Well-Being
- October is Mental Health Month
- Encourage Depression Screening During October
- Mental Health Resources for the Wounded, Ill and Injured (WII)
- NMCPHC is hosting a Virtual Smokeout Share Fair, 25 October 2013
- DoD Celebrates Red Ribbon Week
- In The News

# Health Promotion and Wellness Friday Facts



## NMCPHC OCTOBER WEBINAR: TOOLS TO ENHANCE PSYCHOLOGICAL AND EMOTIONAL WELL-BEING



The Navy and Marine Corps Public Health Center (NMCPHC) is sponsoring the webinar: "Tools to Enhance Psychological and Emotional Well-Being." Join us on 22 October 2013 from 1200-1300 EST when the National Center for Telehealth and Technology (T2) and NMCPHC Health Promotion and Wellness (HPW) Department will present mobile applications and web-based programs available to Sailors and Marines that assist in the development and increased use of positive coping

skills.

We invite Navy and Marine Corps leaders, health promotion staff and educators, and public health professionals to participate in this webinar to learn more about these resources and share them with the Sailors, Marines and beneficiaries they support.

Webinar speakers include:

- Dr. David Cooper, Ph.D., National Center for Telehealth and Technology
- Dr. Mark Long, Ed.D., Health Promotion and Wellness Dept., NMCPHC
- Brandi Alford, MPH, CHES, Health Promotion and Wellness Dept., NMCPHC
- Valerie Kirby, MS, Health Promotion and Wellness Dept., NMCPHC
- Moderated by: Ms. Kaleena Huggins, MPH, NMCPHC

The webinar is designated for Certified Health Education Specialists (CHES) to receive up to 1 Category 1 CECH. To register for the event, email Melinda Lockhart at [Melinda.Lockhart.ctr@med.navy.mil](mailto:Melinda.Lockhart.ctr@med.navy.mil).

## OCTOBER IS MENTAL HEALTH MONTH

---



October's health observance in the Health Promotion (HP) Toolbox focuses on psychological health. Based on the Mental Health, United States, 2010 publication, the Navy active duty military personnel self-reported their serious psychological distress (SPD) at 14.3%; 21.9% for possible depression; and 13% for further anxiety evaluation needed. This brings psychological health to the forefront of health issues.<sup>1</sup> In the toolbox you will find materials to assist educators and coordinators in promoting a healthy mental state. For example, the Plan of the Week Notes highlight the connection between a positive, healthy mental state and exercise, sleep, and the inappropriate use of anger.

Also this month, find materials on women and depression, as well as, suicide prevention. Post information around your worksite or use the Activities page for ideas promoting this very important topic. For example, under Activities, consider announcing the HPW Mental Health webinar scheduled for October 22nd. Additionally, we have included resources to link to under the Learn More section to find specific credible information for our Sailors, Marines and their family members on a variety of mental health topics. To learn more about what is in the October toolbox, follow [this link](#).

<sup>1</sup>U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA). Mental Health, United States, 2010. <http://www.samhsa.gov/data/2k12/MHUS2010/index.aspx> Published 2012. Accessed 8 October 2013.

## ENCOURAGE DEPRESSION SCREENING DURING OCTOBER

---



October 10th was National Depression Screening Day. Everyone can feel “down in the dumps” and experience sadness at times. These feelings usually pass, and people carry on with their lives. Depression is different because these feelings of sadness persist and can interfere with daily life.

Depression is a medical condition, and it is treatable, even in severe cases. It is important to identify and treat depression early in order to alleviate suffering and to prevent severe illness. The signs and symptoms of depression can vary from person to person and can include:

- Feelings of sadness
- Feelings of hopelessness
- Anxiety
- Irritability
- Decreased energy
- Difficulty concentrating
- Sleeping too much or too little
- Aches or pains

Some people may feel embarrassed about seeking help or even worry that telling others what they are feeling will negatively impact their career. Others may not know what they are experiencing is depression. It may be a service member's shipmates, leaders, friends and/or family who identify the signs of depression. Encourage Sailors, Marines, and their families to seek assistance when they need it, and let them know that seeking help is a sign of strength. Service members who are concerned that they or a loved one may be suffering from depression can visit Military Pathways at: <http://mentalhealthscreening.org/programs/military/ndsd.aspx> to take a free, anonymous online depression screening assessment. If you are in need of assistance, contact a medical provider or counselor. Visit the NMCPHC website at: <http://www.med.navy.mil/sites/nmcpHC/health-promotion/psychological-emotional-wellbeing/Pages/psychological-emotional-wellbeing.aspx> for additional psychological and emotional well-being resources.

For immediate support, service members can call the Military Crisis Line at: 1-800-273-8255 and press 1, text 838255 or chat live online at: <http://www.veteranscrisisline.net/ActiveDuty.aspx>. Service members can also contact Military OneSource which provides a variety of non-medical counseling services and resources. Contact Military OneSource at: 1-800-342-9647 or visit their website at: <http://www.militaryonesource.mil/>.

## MENTAL HEALTH RESOURCES FOR THE WOUNDED, ILL AND INJURED (WII)



Visit the NMCPHC HPW WII website for access to many of the mental health products, services and resources available to WII service members, care givers and their family members. Users can gain information and knowledge about mental health phobias, Post Traumatic Stress Disorder (PTSD), panic attacks and anxiety. A special area focusing on “Minding Your Mental Health” identifies the signs, symptoms, and treatment of PTSD which can affect anyone who has survived any type of trauma, such as war and combat, loss of a loved one, fire, and abuse. For additional information go to: <http://www.med.navy.mil/sites/nmcphc/wounded-ill-and-injured/Pages/health-promotion.aspx>.

## NMCPHC IS HOSTING A VIRTUAL SMOKEOUT SHARE FAIR, 25 OCTOBER 2013



November is Tobacco Free Living Month, and in preparation, the NMCPHC's Health Promotion and Wellness (HPW) Department is hosting a Virtual Smokeout Share Fair. The Share Fair is a forum for individuals to listen and share tobacco program experiences around the following tobacco-related topics: The Great American Smokeout, Innovative Tobacco Cessation Practices/Lessons Learned from Interventions, and a Question/Answer session on All



Things Tobacco.

When: Friday, 25 October 2013, 1200-1300 EST

Where: DCO and your phone!

Who: Navy and Marine Corps leaders, health promotion staff and educators, tobacco program managers and champions and public health professionals who work with, influence, support, and/or are interested in tobacco programming at the local level.

Over the next few days, a calendar invite will be sent out to RSVP to attend this unique forum. If you have questions, please contact [tobacco\\_cessation@nmcphc.med.navy.mil](mailto:tobacco_cessation@nmcphc.med.navy.mil) or call (757) 953-0959.

## DOD CELEBRATES RED RIBBON WEEK



Red Ribbon Week is October 23-31, 2013. It is the oldest and largest drug prevention campaign in the country. Red Ribbon Week serves as a vehicle for communities and individuals to take a stand for the hopes and dreams of our children through a commitment to drug prevention and education and a personal commitment to live drug free lives with the ultimate goal being the creation of drug free America.

On October 17, 2013, the DoD will hold its annual Red Ribbon Week Observance Ceremony at the Pentagon Hall of Heroes, including the presentation of the Community Drug Awareness Award and the DoD Fulcrum Shield Award. For more information about these awards, visit: [http://www.public.navy.mil/BUPERS-NPC/SUPPORT/21ST\\_CENTURY\\_SAILOR/NADAP/CAMPAIGN\\_EVENTS/Pages/RedRibbonWeek.aspx](http://www.public.navy.mil/BUPERS-NPC/SUPPORT/21ST_CENTURY_SAILOR/NADAP/CAMPAIGN_EVENTS/Pages/RedRibbonWeek.aspx)

Learn more about how you can promote Red Ribbon Week at your command and in your community at: <http://redribbon.org/about/>

## IN THE NEWS

- October is National Depression Awareness Month - Health.mil