



The JBLE - Eustis CHPC Quarterly Newsletter, Vol. 1 Issue 1

Community Resource Guide Link: <http://www.jble.af.mil/>

CHPC Contact Information: Darlean Basuedayva, HPO
darlean.m.basuedayva.ctr@mail.mil or JoAnne Dillard, HPPA
joanne.r.dillard.ctr@mail.mil

3rd Quarter Community Health Promotion Council (CHPC)

Ft. Eustis Community Health Promotion Council was officially established on 4 Apr 2014. The CHPC is a multidisciplinary forum with standard membership that allows key players in the community to work together on significant issues that face the well being of the installation and constituents.

The CHPC is the cornerstone and governance structure for the Ready and Resilient Campaign. The CHPC addresses five pillars of resiliency to include: Installation Prevention, Physical, Spiritual, Community and Behavioral Health. The structure of the CHPC includes five working groups, and an Executive Committee. Each working group meets on a monthly basis and

the Executive Committee meets every 45 days. Quarterly the CHPC meets and is chaired by the Senior Commander and facilitated by the Health Promotion Officer. The CHPC includes the Garrison Commander, Medical Treatment Center Commander, Brigade Commanders and appropriate subject matter experts from across the installation. This forum identifies goals and objectives and develops an implementation plan for approval by the Senior Commander. In addition, it provides feedback on policy implementation issues, current trends at the installation level, and recommendation for adjustments to priorities and resourcing.

With the establishment of the

CHPC, the installation's first Suicide Prevention Program Manager was appointed to integrate suicide prevention into the community, family and soldier support programs. Also the Community Strengths and Themes Assessment survey was completed by 1838 participants identifying top issues and risk factors on the installation. 27 Aug 2014 Quarterly CHPC meeting chaired by the Senior Commander provided the necessary priorities, objectives and guidance to promote a lifelong culture of health and wellness for the population of the installation.

Senior Commander's Corner

The Community Health Promotion Council is the avenue through which new ideas and risk migrations move through the installation and community to reach and support units, soldiers, family members, retirees as well as the community as a whole. With this process in place we are able to establish a collaborative organizational pattern that facilitates community wide planning, implementation and evaluation of activities to implement the Ready

and Resilient Campaign (R2C) that are consistent with Army and local community values and needs.

As we identify issues in our community, I want to find solutions that we can use to leverage a holistic approach to wellness.

I look forward to working with each of you as we integrate our installation resources to address our community needs.



- SHARP**
757-268-8967
- Family Advocacy Program (FAP)**
757-878-0807
- Military Family Life Consultants (MFLC's)**
757-817-9333
- Army Emergency Relief (AER)**
757-878-1118
- Survivor Outreach Services (SOS)**
757-878-38871
- DOD Safe Hotline**
1-877-955-5247
- DOD Child Abuse Safety and Violation Hotline**
1-800-336-4592
- Red Cross**
1-877-995-5247
- Suicide Prevention Lifeline**
1-800-273-8255
- Army OneSource**
www.armyonesource.com

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KIDS MOVE—Helping to Eradicate Childhood Obesity By Ann Shoemaker, Pediatrics, NP

In recognition of National Childhood Obesity Month, McDonald Army Health Center and ACS, is presenting the eighth session of KIDS MOVE in September, 2014. KIDS MOVE is a part of a national effort to eradicate childhood obesity in the United States and ensure young people get a healthy start in life.

KIDS MOVE, a family-oriented lifestyle program for overweight or obese children ages 6-17, includes a classroom program providing nutrition and behavior modification

classes as well as supervised physical activity. The program meets on Mondays and Wednesdays after school/work. The program consists of 2 six week sessions. For more information on the program contact Ann Shoemaker, DNP, CPNP at ann.e.shoemaker.civ@mail.mil or Whitney Worby, LSCW at (757) 314-4004.

Over the past several decades we have witnessed childhood obesity grow to epidemic proportions. Roughly one child in three is over-

weight or obese. The fight against childhood obesity gains momentum in September and the results can last a lifetime.



New Quit, Never Surrender: the Power of Resilience and Faith By Chaplain Dean Bonura

Recently former Olympian and POW survivor, Louis Zamperini, passed away at age 97. His life was extraordinary, a testament to the resiliency of the human spirit and power of faith.

He competed in the 1936 Olympics, breaking records. But when war broke out, he enlisted in the Army Air Corps. On a search and rescue mission, his own plane crashed in the Pacific, but he survived, adrift on the ocean for 47 days before being rescued by the Japanese. They immediately imprisoned him. Beaten, tortured, and deprived of

food and necessities, he survived and returned to the United States suffering from PTSD and deep-seated resentment toward his captors.

How do people like that survive and eventually thrive? How do they reintegrate back into society? Really, what makes someone resilient? Well, resilience is complicated and not a simple matter. It is nurtured by our values and sense of purpose. Fierce determination, an unwillingness to quit, and a deep, abiding faith in God are hallmarks of resilience. Zamperini had these; and they were reinforced by adversity. When faced with

the most severe trauma, he looked to God and found in God the strength he needed to not only survive but to thrive unhampered by the symptoms of PTSD. He is a model of faith and resilience, and inspiration for us all!



**I haven't failed. I've identified 10,000 ways this doesn't work.
- Thomas Edison**

“Are We Our Brothers’ Keeper?” By Dr. Elfi Pavia-Deporter, MD

The human financial cost of depression and suicide in America and the Army is staggering. Soldiers usually battle depression silently and commanders, spouses and other Soldiers may not be even aware of the very early and subtle signs of a person’s emotional distress and building crisis. What makes the battle against suicide even more perplexing is that Soldiers themselves do not even realize that they are at increased risk until they become actively suicidal and have entered a crisis state. Soldiers at increased risk for suicide may not even “feel depressed” but may seem a “bit angrier or more withdrawn”, their performance declines only slightly, they complain of increased physical pain, have more arguments with their family and coworkers and visits to the “Class 6” store become more frequent. Research has established about 23 factors, which increase a person’s risk for suicide” and the sheer number of these different variables make it difficult to recognize that somebody may become a statistic. We all participate in frequent suicide prevention briefings and feel reasonably comfortable that we can “spot the imminent warning signs” such as talking about plans to commit suicide or giving away possessions. However, the problem is that when a Soldier begins to talk about a plan to commit suicide or give away his/her possessions, they have entered the “final phase” and you may only have hours to pull them away from the final act of suicide.

The Behavioral Health Working Group (BHWG) of the “Community Health Promotion Council” proposes a process of early identification of Soldiers at increased risk for suicide across multiple agencies such as

behavioral health, substance abuse, family advocacy, law enforcement and commanders. The BHWG plans to administer a computerized psychological screening examination (“Behavioral Health Data Platform”) to “vulnerable” Soldier populations and offer them assistance long before the MPs show up at their house because of a domestic situation, receive a DUI or negative counseling statement because of their declining performance.

We would like to ultimately administer the computerized psychological screening examinations to all incoming Soldiers and offer them assistance from many different agencies to reduce their overall risk and improve the quality of their lives at home and work. I routinely complete “command directed mental health evaluations” to assist commanders in exploring psychological factors responsible for a Soldier’s problematic behavior. Commanders have to submit a formal written request in order for a Soldier to undergo a command directed mental health evaluation. In the process, commanders also send e-mails or request a personal meeting. A few weeks ago, a commander and literally four additional senior members of the Soldier’s command team requested to meet with me in order to help me understand their concern about their Soldier. I had to get more chairs in order to meet them in my office. I am sure they did not notice that I was touched and impressed by their concern for this Soldier, which was real and obvious.

This command’s dedicated senior leaders are willing to “become their brother’s keeper” long before he will become a statistic. In order to really address the problem of suicide in the

Army, we “have to become our brother’s keeper.” We cannot wait until a Soldier expresses the obvious signs of an imminent suicide and drop them off in behavioral health or the ER at Portsmouth Naval Hospital. I believe we should become involved with Soldiers who “struggle”, may have a “broken heart” or just seem overwhelmed by multiple demands and stressors. If we do that, we will eventually significantly reduce the number of Soldiers’, who commit suicide. People, who commit suicide do not want to die, they simply cannot bear the excruciating psychological pain of a broken heart, betrayal, loneliness, unrelenting physical pain, loss of self esteem or feeling abandoned by everyone.



**“Stop searching the world for treasure, the real treasure is in yourself.”
—Pablo Valle**



“The key is to keep company only with people who uplift you, whose presence calls forth your best.”

-Epictetus

Becoming Resilient by Ms. Donna Fontes

The Community Resiliency Team Working Group (CRTWG) began meeting on May 2014 as part of the JBLE-Fort Eustis Community Health Promotion Council (CHPC) initiative to integrate and synchronize the installation capabilities.

The primary mission of the CRTWG is to support the CHPC process for redundancy and void identification, population evaluation, program assessment, intervention coordination and priority setting towards a comprehensive installation approach to health promotion, risk reduction, suicide prevention, readiness, and resiliency.

The CRTWG's first initiatives include moving towards a community that understands and fully embraces a resilient life. Identifying resources to augment

and opportunities to include or tie resiliency to existing programs, ensuring the community is aware of the diverse programs that are available and expanding outreach will help to get us there.

To start we are working to identify all available Master Resiliency Trainers in the community and coordinating to utilize the resource within the Army's Comprehensive Soldier Fitness 2 (CSF2) Initiative. The CSF2 initiative provides 16 hours of mandated resilience training at in-processing to Soldiers as well as family members who would like to participate. Second, we are working to fulfill the Army's goal of selecting and training Spouse Master Resilience Trainers to outreach and expand the resilience message and education to the spouses in the community.

The monthly CRTWG meetings enable us to hear what the community is doing as a whole to make our community healthier. The goal is to make sure that we include every possible opportunity to reach folks in the community. The plan is to have all organizations represented. We want to work together to meet a common goal—a healthier more resilient community.

The CRTWG meetings are the 3rd Tuesday of every month at 1000 with the next meeting set for 19 Aug 14. Meetings are typically held at the Army Community Service (ACS), 650 Monroe Ave—Conference Room. For more information on upcoming CRTWG meetings, contact Donna Fontes at 757-878-5819, or e-mail donna.s.fontes.naf@mail.mil

JBLE's Installation Prevention Team by Ms. Lithia Carter

The Installation Prevention Team (IPT) is a working group of the Community Health Promotion Council (CHPC), which supports unit readiness by coordinating programs that improve physical, behavioral, and spiritual health throughout the Joint Base Langley-Eustis community.

The mission of the IPT is to collect and analyze risk reduction data factors affecting Soldiers, Family Members and Department of Army Civilians. The Risk Reduction IPT Membership consists of Drug Demand Reduction Program (DDRP), DDRP Prevention Coordinator, Risk Reduction

Program Coordinator, Prevention Medicine, Military Personnel Division, Behavioral Health, Security Forces, Installation Safety Office, Casualty Assistance, Family Advocacy Program, Army Community Services, Staff Judge Advocate and Health Promotion Officer.

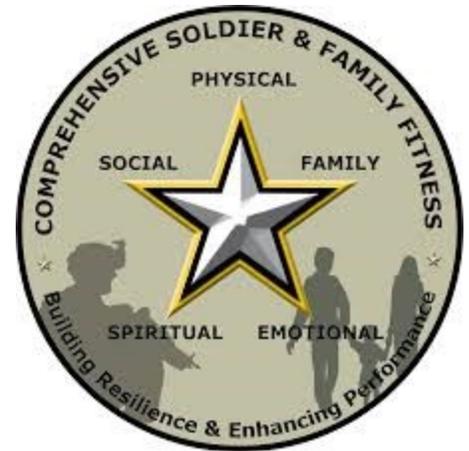


CSF2 by COL Michael Kasnic

The Comprehensive Soldier and Family Fitness (CSF2) program goal is to increase Soldier's, Department of the Army Civilian's and family members resilience and performance by building on the five dimensions of strength. The program consists of online self-awareness and self development utilizing the Global Assessment Tool (GAT 2.0) (<http://csf2.army.mil>) and Resilience Training. The GAT generates a confidential holistic assessment of physical and psychological health. It also encourages continuing good practices and identifies recommended resources to improve. Spouses and family members are strongly encouraged to take the GAT 2.0

and follow on resources. Completing the GAT 2.0 provides the user's RealAge® revealing their biological age based on their responses, compared to their calendar age. Participants can then take advantage of the resources within ArmyFit™ to increase resilience and well-being. Soldiers take the GAT annually, DACs and family members are encouraged to use this excellent tool. When Soldiers, DACs and family members all participate, they can encourage each other to maintain the positive practices they already employ and work on improving those that they have identified as focus areas based on the GAT 2.0. There are significant benefits to

having families collectively apply these skills to their daily lives. For more information on the GAT 2.0, visit <http://csf2.army.mil>. There will be a Master Resilience Trainer Course at JBLE from 16-27 March 2015. Spouses interested in the training are encouraged to attend. Spouses must be nominated by their spouses command, and be statutory volunteers per AR 608-1 (with agreements in place). A six month minimum length-of-service stipulation applies—(service to the local Army community). Completion of the Spouse Master Resiliency Training SOP packet is also required. Interested spouses should contact their spouses unit Master E



RELATIONSHIPS ARE STRESSFUL!!!! By A.J. Brandt, Family Advocacy Outreach Manager

As October is Domestic Violence Awareness Month, it is important to highlight the key component to a healthy relationship—effective communication! How can our community combat domestic violence and promote healthy relationships? One easy way is something you're doing right now—educating yourself through awareness! Additionally, couples can work on improving the communication within our relationships. Below are some easy tips to put in practice!

- **Communicate at a good time for both parties.** For example, don't jump on your partner as soon as he/she walks in the door from work. Find a good time that works for you both!
- **Talk Face to Face.** Serious matters should be discussed in person. When communicating with your partner, keep your body language in check and maintain eye contact. Don't watch TV or be on your phone. Show you care!
- **Use I statements verses you.** Using you can put your partner on the defensive. For example, say "I feel like we haven't been as close lately" instead of "you have been distant with me."

- **Admire your partner's strengths instead of focusing on the negative!**

If you need assistance with any of these matters, the Family Advocacy Program is here to help! Family Advocacy offers individual and couples counseling, parenting education, anger management and the New Parent Support Program. Additionally, Victim Advocates are available 24/7 at 637-4035 to respond to adult victims of domestic violence. Contact the Family Advocacy Program at 878-0807 for further assistance.

Word of the Quarter

"Rapport" - noun

- relation marked by harmony, conformity, accord or affinity



Put Your Mind to Work with the Puzzle of the Quarter -

with the Resilient Word Scramble:

sreileycin _____
 shgtnesntr _____
 mcnemucotai _____
 asensider _____
 rrutcsetu _____
 braecem _____
 etirnaetg _____
 turts _____
 iscpediiln _____
 petserc _____

taiulqy _____
 cnednfeoci _____
 intvisitaie _____
 innocaroodit _____
 uirtaplsi _____
 phylcsa _____
 vaioherbla _____
 rdknricositue _____
 tiyocmunm _____
 fylma _____
 rhgotw _____
 inigdy _____

“To catch the reader's attention, place an interesting sentence or quote from the story here.”

ASK CHPC

The Community Health Promotion Council would like your input and feedback. Do you have a question you would think needs to be answered in regards to making our community more ready and resilient? Ways to improve the newsletter? Topics you would like to see published?

darlean.m.basuedayva.ctr@mail.mil or

joanne.r.dillard.ctr@mail.mil

Your questions/topic could be featured in the next CHPC quarterly newsletter.

Contact the installation Health Promotion Team with your questions and/or ideas:

MARK YOU
CALENDAR
IMPORTANT
DATES TO
REMEMBER

SEPTEMBER 2014

MCDONALD ARMY HEALTH CENTER

KIDS MOVE 12-week Program, 8 Sep 14, (on-going) 1640-1730, McDonald Army Health Center, POC: Ann Shoemaker—ann.e.shoemaker.civ@mail.mil

Performance Triad 21 Day Challenge Closing Ceremony, 24 Sep 14, 1200-1300; McDonald Army Health Center

SPIRITUAL RESILIENCY

Spiritual Resiliency Reintegration Event for Soldiers and Families, 26 Sep 14, 0900-1500, Fort Eustis Club, POC: 878-1304

COMMUNITY EVENTS

Latin Night (Dance to the Rhythm), Fort Eustis Club, 2200-0200, Every Friday Night

Balfour Beatty Communities, Post-Wide Yard Sale, 20 Sep 14, 0800-1400)

Fort Eustis Mulberry Island Half Marathon/5K Run, 20 Sep 14, 0730-0930, Anderson Field House, POC: 838-0013 (www.jblejointsupport.com)

Fall Festival/Boys & Girls Club Kids Day, 20 Sept 14, 1000-1400, Fort Eustis Bowling Center, Dickman Street POC: 878-3501

Third Saturday Comedy, 20 Sep 14, 2000, Fort Eustis Club, POC: 878-5700

AIT Spouse Welcome Reception, 22 Sep 14, 0930-1030 & 1800-1900, Bldg 1024, FMI 878-3638

Instructor Facilitator Training, 23-26 Sep 0900-1600, ACS, Bldg 650, FMI 878-3638

National Hispanic Month, Celebration Luncheon, 24 Sep 14, 1130-1300, Fort Eustis Club, \$14.00 per person (to be paid in advance), POC 501-6170/6157/6173

Balfour Beatty Communities, Picture Frame Designing, 24 Sep 14, 1600-1700 (RSVP by 19 Sep 14), POC Jana Cooper, (757) 328-0691

Federal Employment Workshop, 25 Sep 14, 1000-1200, ACS Bldg 650, FMI 878-3638

Balfour Beatty Communities, Survey Thank You Party, 26 Sep 14, 1600-1700, POC Jana Cooper, (757) 328-0691

Toyland Grand Opening, Main Exchange, 27 Sep 14, 1100 (Manager specials, contests and activities for kids!)

Gold Star Mother's Day Tribute, 28 Sep 14, 0930-1100 Catholic Service, 1030-1200 Protestant Service, 1035-1055 Tribute, Regimental Memorial Chapel, POC (757) 878-3887/3963 (RSVP by 19 Sep 14)

Spouse Resilience Training, 29 Sep—2 Oct 14, 0900-1300, ACS, Building 650, FMI 878-3638

Stitcher's and Fiber Arts Club, 29 Sep 14, 1000-1400, ACS, Building 650, FMI 878-3638

Army Family Action Plan Conference, 8-9 Oct 14, 0800-1700 Army Community Service, Report Out 27 Oct 14, 1330-1500, Wylie Theater, Bldg 705, POC 878-3638

Native American Heritage Program hosted by DENTAC, 5 Nov 14, 1000, Wiley Theater

FAMILY ADVOCACY PROGRAM SERIES (757) 878-0803

Anger Management 8-week series begins 30 Sep 14, 1300-1430

Couples Communication 23 Sep 14, 1500-1600

OCTOBER 2014

CHPC Executive Meeting Co-Chaired by COL Bessler, COL Galbraith, & COL Lock, 2 Oct 14, 1300-1430, 210 Dillon Ave, CCR

CHPC Quarterly Meeting Chaired by MG Ridge, 17 Oct 14, 1300-1430, 210 Dillon Ave, CCR

FAMILY ADVOCACY PROGRAM SERIES (757) 878-0803

Active Parenting of Teens: 2, 9, 16 & 23 Oct 14, 1400-1600

Answer Key to Word Scramble:

resiliency, strengthen, communicate, readiness, structure, embrace, integrate, trust, discipline, quality, confidence, initiatives, coordination, spiritual, physical, behavioral, risk reduction, community, family, growth, dignity

1st Annual Golf Tournament, 6 Oct 2014, 0930 Shotgun start, Langley's Eaglewood Golf Course, \$80 per person, Registration: (757) 253-0676, Registration deadline 22 Sep 14. (All proceeds benefit the Big Brothers/Big Sisters of the Greater Virginia Peninsula.)

William and Mary and CNU College Tour, 4 Nov 2014, POC: 757-253-0676, Open to those in 9th and up, Application due by 28 Oct @ 3 pm

SEPTEMBER—OCTOBER 2014—UPCOMING EVENTS IN YORKTOWN, POQUOSON & NEWPORT NEWS

Yorktown

"Rhythms of the Riverwalk" Concert Series, Every Friday 1830—2030, POC (757) 890-3500

Oyster Roast at Water Street Grille, 21 Sep 14, 1300-1600, POC (757) 875-1522

Yorktown Art Stroll Chischiak Green, 28 Sep 14, 1100-1800, yorktownartsfoundation@gmail.com

Oktoberfest, Waterman's Museum, 4 & 5 Oct 14, 1000-2100, POC (757) 877-2641

Family Night: STEM, Yorktown Public Library, 7 Oct 14, 1800-1900

Yorktown Market Days and Fall Festival Celebration, Riverwalk Landing, 11 Oct 14, 0800-1500, POC (757) 890-3500

Re-enactment Play o the Yorktown, VA Tea Party of 1774, 12 Oct 14, POC (757) 254-4986

Yorktown Day, Yorktown Battlefield Visitor Center, 19 Oct 14, 1000-1400, POC (757) 898-2410

Family Night, Yorktown Public Library, 21 Oct 14, 1800-1900

Halloween at the Library, Yorktown Public Library, 31 Oct 14, 1000-1700

Family Night, Yorktown Public Library, 04 Nov 14, 1800-1900

York County Veterans Day Ceremony, 11 Nov 14, 1200-1300, POC (757) 890-3500

Family Night, Yorktown Public Library, 18 Oct 14, 1800-1900

Newport News

Teen Urban Literature Book Club, Newport News Public Library, 24 Sep 14, 1730, <http://nnpls.libguides.com/events>

Teen Movie Night, South Morrison Library, Newport News, 24 Sep 14, 1600, <http://nnpls.libguides.com/events>

Male Mentoring Program BB/BG & Zeta Lambda Chapter of Alpha Phi Alpha Fraternity, 24 Sep 14, 1630, <http://nnpls.libguides.com/events>

Shrinky Dink Fun!, Newport News Public Library, 24 Sep 14, 1800, <http://nnpls.libguides.com/events>

Open Mic Poetry Night, Barnes and Noble, 26 Sep 14 1900, POC (757) 249-2488

Local Arthur's Day, Newport News Public Library, 27 Sep 14, 1000-1400, <http://nnpls.libguides.com/events>

The Elf on the Shelf: Birthday Party Celebration, 27 Sep 14, Barnes and Noble, 27 Sep 14, 1400, POC (757) 249-2488

Don't Let the Crayons Quit! Will the Crayons Quit? Reveal Event, Barnes and Noble, 30 Sep 1400, POC (757) 249-2488

US Fleet Forces Concert Band, Fountain Plaza (City Center at Oyster Point), 17 Oct 14, 1800-2100

Workforce Series, Newport News Public Library, 01 Oct 14, 1400-1600, <http://nnpls.libguides.com/events>

Games On! Board, Card, Video Games Galore Just for Youth, Newport News Public Library, 07 Oct 14, 1630-1830, <http://nnpls.libguides.com/events>

Star Wars Reads Day, Barnes and Noble, 11 Oct 14, 1400, POC (757) 249-2488

"How to Make Your Comic Hero Iconic" for Teens, Presenter: Vince White, Newport News Public Library, 14-16 Oct 14, 1800, <http://nnpls.libguides.com/events>

Films by the Fountain—Evening Under the Stars, Fountain Plaza (City Center at Oyster Point), 18 Oct 14, 1900-2100 Movie: Top Gun

Hands On Learning Event Featuring Scoubiduo, 18 Oct 14, 1400, POC (757) 249-2488

MARK YOUR
CALENDAR
IMPORTANT
DATES TO
REMEMBER

City Center Oyster Roast with the Deloreans, Fountain Plaza (City Center at Oyster Point) 24 Oct 14, 1730-2030

Hands On Learning Event Featuring Zoob, 25 Oct 14, 1400, POC (757) 249-2488

Open Mic Poetry Night, Barnes and Noble, 28 Nov 14, 1900, POC (757) 249-2488

Upcoming Run/Walks

Colonial Heritage 5K Run/Walk (Friends of the Wounded Warrior Project), Colonial Heritage Active Adult Community, 13 Sep 14., register at RaceIt.com, Fee: \$15-\$30

Ford's Colony 8K Run/Walk & 1 Mile Fun Run/Walk, Montague Elementary School, 27 Sep 14, 0830, Fee: \$35-\$40, www.colonialroadrunners.org/entry/2014_Fords_Colony_8K.pdf

Crawlin' Crab Half Marathon & 5K, Oct 4-5, Fees and information available at www.crawlinrabhalf.com/

5th Annual Run for the Hills 10K & 1 Mile Fun Run, Sanford B. Wanner Stadium, 0830, Fees and additional information available at www.BeyoneBoobs.Org/10K

Anthem Wicked 10K & Old Point National Bank Monster Mile, 25 Oct 14, Fees and additional information available at www.Wicked10K.com