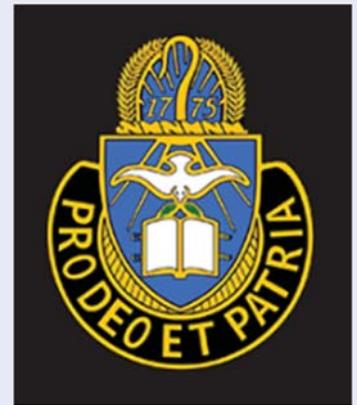


# Warrior & Family Support Newsletter

## Chaplaincy & Suicide Awareness

This newsletter contains official and unofficial information. The inclusion of unofficial information has not increased the cost to the Government, in accordance with DOD 4525.8M

SEPTEMBER 2016



### **Mission:**

The mission of the U.S. Army Chaplains Corps is to provide religious support to America's Army. Chaplains advise commanders to ensure the 'free exercise' rights for all Soldiers are upheld

2LT Christina Lemburg  
Warrior & Family  
Support Office  
1-800-432-6778

### **SACRED Attributes**

#### **Spirituality:**

Engage others to seek & explore their faith.

#### **Accountability:**

Encourage individuals to make sound moral & ethical decisions.

#### **Compassion:**

Love in word and deed.

#### **Religious Leadership:**

Influence others to live their faith.

#### **Excellence:**

Motivate individuals to do their best in all aspects of life.

#### **Diversity:**

Believe that our differences makes us stronger.

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# Deployment Cycle and the FRG



**Train Up/ Preparation & Mobilization:** FRG assists command with soldier and family preparation; contacts families to update rosters

**Deployment:** FRG assists command by helping families with stress of deployment and separation; helps refer families to resources if problems arise.

**Homecoming/Redeployment:** FRG assists command by preparing families for the soldiers' return; passes on information from command about return of soldiers

**Post Deployment and Reintegration:** FRG assists command by helping soldiers and families with reunion and reintegration.

**Home Station:** FRG assists command and families by helping families get to know each other, refers to resources when issues arise and helps families remain ready & resilient.

**FRGs are important during the ENTIRE  
life cycle of the unit– Get Involved Today!**



## THE NATIONAL ACTION ALLIANCE FOR SUICIDE PREVENTION RESPONDS TO [U.S. Department of Veterans Affairs DATA RELEASE<sup>i</sup>](#)

A statement prepared by The National Action Alliance for Suicide Prevention  
Contact: Liliya Melnyk, [lmelnyk@edc.org](mailto:lmelnyk@edc.org), National Action Alliance for Suicide Prevention

Washington, D.C. (July 7, 2016)— Earlier today, in a release of preliminary data from a forthcoming report, the U.S. Department of Veterans Affairs (VA) revealed that 20 veterans a day die from suicide. This includes data from all 50 states as well as US Territories, and is the largest veteran data set released to date. The release reveals that from 2001-2014 there was an 8.8% increase in suicide among veterans accessing care through the Veteran's Health Administration (VHA) whereas there was a 38.6% percent increase in suicide among veterans not accessing care from the VHA.

Similar to data recently released by the [CDC<sup>ii</sup>](#) reflecting increased rates of suicide across the general population, these data underscore the need for continued attention to reducing suicide among our nation's veterans. These data indicate the need for a collaborative approach between the VA and its many community partners dedicated to the mission of saving the lives of veterans. From such data we are better informed and equipped to guide our prevention, intervention, aftercare, and research efforts whether a veteran is being served by the VHA or in their home communities. Since suicide is an American public health challenge claiming over 40,000 lives a year, this challenge is not the sole domain of VA, but for all of us. While the VA is most suited to serve veterans who touch their systems, it is up to all of us to make sure every door is the right door for a veteran in need. A comprehensive approach between the VA and the community has the potential to save more lives. The VHA has recently expanded tele-mental health services, hired additional psychologists and psychiatrists, and increased the number of staff on the Veterans' Crisis Line. The [National Action Alliance for Suicide Prevention<sup>iii</sup>](#) (Action Alliance) applauds these efforts along with the VHA's ongoing commitment to work in close partnership with national and community partners to address the public health problem of suicide through a comprehensive approach that promotes health, healing, and recovery.

The Action Alliance is the public private partnership focused on advancing national suicide prevention efforts and is fortunate to have Carolyn Clancy, MD, VA Under Secretary for Health for Organizational Excellence, serving as our public sector co-chair, which further demonstrates VA's dedication to reducing suicide among veterans and all Americans. Suicide is an American health concern we all must work together to address.

Resources supporting these efforts include:

Key Resources for Service Members, Veterans, and Their Families:

- [Make The Connection<sup>iv</sup>](#) - An online resource designed to connect Veterans, their family members and friends, and other supporters with information, resources, and solutions to issues affecting their lives.

- [Veterans Health Council<sup>iv</sup>](#) - A service created to inform veterans and their families about health issues and benefits available to them, educate health care communities about the multiple health issues associated with military service, develop materials on veterans' health issues for medical schools, nursing schools, teaching hospitals, and related educational outlets, and advocate on behalf of veterans' healthcare initiatives.
- [Tragedy Assistance Program for Survivors \(TAPS\)<sup>vi</sup>](#) - TAPS offers care to those grieving the death of a loved one serving in the U.S. Armed Forces. Established in 1994, TAPS operates 24 hours a day, seven days a week through a national peer support network and provides connection to grief resources, all at no cost to surviving families and loved ones.
- Wounded Warrior Project's [Combat Stress Recovery Program<sup>vii</sup>](#) - The Combat Stress Recovery Program (CSRP) addresses the mental health and cognitive needs of warriors returning from war. CSRP provides military rehabilitation services at key stages during a warrior's readjustment process.
- [VA/DOD Clinical Practice Guideline for Assessment and Management of Patients at Risk for Suicide<sup>viii</sup>](#) - These comprehensive guidelines outline a framework for structured assessment of adults suspected to be at risk of suicide and the immediate and long-term management and treatment that should follow if an individual is found to be at risk.
- [Give an Hour<sup>ix</sup>](#) - Give an Hour's mission is to develop national networks of volunteers capable of responding to both acute and chronic conditions that arise within our society, beginning with the mental health needs of those who serve and their families. They are a nonprofit organization providing free mental health services to US military personnel and families affected by the conflicts in Iraq and Afghanistan.

#### Crisis Services:

- [Veterans Crisis Line<sup>x</sup>](#) - (1-800-273-8255; Press 1) Text to 838255. Resource offering 24/7 access to a skilled, trained counselor at a crisis center. This crisis line also serves active duty military.

While this release has a focus on veterans, there are also a variety of resources available for active duty military. Please note key resources for those currently serving in the armed services:

- [Defense Suicide Prevention Office<sup>xi</sup>](#) - The Defense Suicide Prevention Office (DSPO) provides advocacy, program oversight, and policy for Department of Defense suicide prevention, intervention, and postvention efforts to reduce suicidal behaviors in Service members, civilians and their families.
- [US Military Matters<sup>xii</sup>](#) - Offers free online training and resources for National Guard and Reserve members, loved ones, and prevention professionals.

This release provides a renewed call to action to address suicide in among our nation's veterans and among all Americans, recognizing that for every one person who tragically dies by suicide in the U.S., there are approximately 278 people who have experienced serious thoughts about killing themselves, and nearly 60 who have survived a suicide attempt, the overwhelming majority of whom will go on to live out their lives. These untold stories of hope and recovery are the stories of suicide prevention, stories which are informing the Action Alliance's efforts to prevent more suicides every day.

#### Media Partners:

Research shows that the media may influence suicide rates by the way they report on suicide. Evidence suggests that when the media tells stories of people positively coping in suicidal moments, more suicides can be prevented. We urge all members of the media working on these stories to refer to the

[Recommendations for Reporting on Suicide<sup>xiii</sup>](#) for best practices for safely and accurately reporting on suicide. For stories of persons with lived experience of suicidality and finding hope, refer to [www.lifelineforattemptersurvivors.org<sup>xiv</sup>](http://www.lifelineforattemptersurvivors.org).

Other resources for suicide prevention information:

- [American Association of Suicidology<sup>xv</sup>](#)
- [American Foundation for Suicide Prevention<sup>xvi</sup>](#)
- [National Suicide Prevention Lifeline<sup>xvii</sup>](#)
- [Suicide Awareness Voices of Education<sup>xviii</sup>](#)
- [Suicide Prevention Resource Center<sup>xix</sup>](#)

#### ABOUT THE NATIONAL ACTION ALLIANCE FOR SUICIDE PREVENTION:

The National Action Alliance for Suicide Prevention is the public-private partnership working to advance the National Strategy for Suicide Prevention and make suicide prevention a national priority. The Substance Abuse and Mental Health Services Administration, through the Education Development Center, Inc. (EDC) operates the Secretariat for the Action Alliance, which was launched in 2010 by former U.S. Health and Human Services Secretary Kathleen Sebelius and former U.S. Defense Secretary Robert Gates with the goal of saving 20,000 lives in five years. Contact Liliya Melnyk, [lmelnyk@edc.org](mailto:lmelnyk@edc.org)

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<sup>i</sup> <http://www.va.gov/opa/pressrel/pressrelease.cfm?id=2801>

<sup>ii</sup> <http://www.cdc.gov/nchs/products/databriefs/db241.htm>

<sup>iii</sup> <http://actionallianceforsuicideprevention.org/>

<sup>iv</sup> <http://maketheconnection.net/>

<sup>v</sup> <http://www.veteranshealth.org/>

<sup>vi</sup> <http://www.taps.org/>

<sup>vii</sup> <https://www.woundedwarriorproject.org/programs/combat-stress-recovery-program>

<sup>viii</sup> <http://zerosuicide.sprc.org/resources/vadod-clinical-practice-guideline-assessment-a>

<sup>ix</sup> <https://www.giveanhour.org/>

<sup>x</sup> <https://www.veteranscrisisline.net/>

<sup>xi</sup> <http://www.dsps.mil/>

<sup>xii</sup> <http://usmilitarymatters.org/>

<sup>xiii</sup> <http://reportingonsuicide.org/>

<sup>xiv</sup> <http://lifelineforattemptersurvivors.org/>

<sup>xv</sup> <http://www.suicidology.org/>

<sup>xvi</sup> <http://afsp.org/>

<sup>xvii</sup> <http://www.suicidepreventionlifeline.org/>

<sup>xviii</sup> <http://www.save.org/>

<sup>xix</sup> <http://www.sprc.org/>



## September is Suicide Prevention Month

September 2016 National Suicide Prevention Awareness Month which helps promote resources and awareness around the issues of suicide prevention, how you can help others and how to talk about suicide without increasing the risk of harm.

Suicidal thoughts can affect anyone regardless of age, gender or background. Suicide is the third leading cause of death among young people and is often the result of mental health conditions that effect people when they are most vulnerable. Suicidal thoughts and suicide occur too frequently but should not be considered common and can indicate more serious issues.



[Follow the Child and Youth Program on Facebook](#)

[Find out more](#)

## Steps Parents Can Take

Every day, about 12 youth die by suicide. For every adolescent death by suicide you hear about, about 25 suicide attempts are made. These are staggering statistics. We know that families, schools, peer groups, and communities are dramatically impacted when young people engage in suicidal behavior. We want to help you prevent these tragedies.

Parents can help prevent suicide by recognizing **warning signs**, identifying **risk factors** (characteristics that may lead a young person to engage in suicidal behaviors), promoting **protective factors** (characteristics that help people deal with stress and reduce their chances of engaging in suicidal behaviors), and knowing how to talk to their children and seek mental health services. You can empower your-



[Find out more](#)

# September Child & Youth Events

Child & Youth Office

Luther Mardock (402) 309-7330 & Niki McKinstry (402) 309-7338



**September - December; 1st and 3rd Tuesdays;**

**4:00 PM drop off, 6:30 PM pick-up**

Adventure Club is an after-school program for National Guard children ages 8 - 12. The club will be hosted by the Nebraska National Guard Child and Youth Program at the Nebraska Game and Parks Outdoor Education Center. Each time we meet kids will learn something new and have some recreational time. This is a great after school opportunity for kids to come learn and be active!

[Register on Eventbrite](#)



<https://www.eventbrite.com/e/adventure-club-tickets-27032251191>

## Outdoor Education Workshop

**September 24, 9:30-12:30**

A 3 hour outdoor education workshop will be held at the Nebraska Game and Parks Outdoor Education Center on September 24, 2016. Participants will learn about archery, outdoor cooking, and use the shooting range.



[Register on Eventbrite](#)



<https://www.eventbrite.com/e/outdoor-education-workshop-tickets-26642200539>

## Guard Teens Challenge Course

**September 17, 8:30 AM -12:30 PM**

All National Guard teens are invited to spend the morning on the UNL Challenge course in Lincoln, NE. Get to know other National Guard teens and learn about the Teen Council. This event is open to the dependents of active Army National Guard and Air National Guard service members.



[Register on Eventbrite](#)



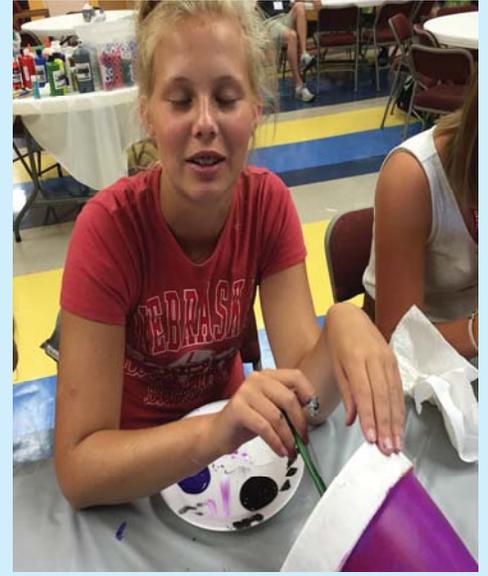
# Teen Council

We are actively seeking teens to be on the Nebraska National Guard Teen Council. The Teen Council is made up of youth ages 13-18 who are the dependents of either active Army or Air National Guard service members.

All eligible teens statewide are encouraged to apply to be on the Teen Council. Membership on the Teen Council will require participation in monthly Teen Council meetings and activities, either in person, by phone, or by video conference.

Members will have opportunities to participate in exclusive Teen Council events, spend time getting to know other Guard youth, and give back to their communities through service projects.

**For more information contact either Luther Mardock, Lead Child and Youth Program Coordinator, or Niki McKinstry, Child and Youth Program Coordinator.**



# Online Registration!

●●●●●●●●●●  
NOW AVAILABLE  
FOR ALL CHILD AND  
YOUTH PROGRAM  
EVENTS!

Find out about and register  
for upcoming events on:



**E** nengcyp.eventbrite.com



Eventbrite



## Teen Panel

The NE National  
Guard Teen  
Panel is looking for  
new members!

Contact:  
Luther Mardock, LCYPC  
(contractor)  
402-309-7330



The Nebraska National Guard Child  
and Youth Program needs volunteers!

We have many opportunities  
available!

*Contact:*

**LUTHER MARDOCK**

LCYPC (Contractor)

402-309-7330

neyouthprograms@gmail.com

# Information and Referrals

Did you know that the Nebraska National Guard Child and Youth Program and provide you with information and referrals for a wide variety of services for children and families?

**Contact us with questions about:**

Child Care (including Army fee assistance programs)

Respite Care

Primary and Secondary Education

Higher Education

Parenting

Army

Discounts on activities for children

Mental Health

Counseling

Deployment related issues

**... and much more!!!**



[Child & Youth Office](#)

Luther Mardock (402) 309-7330 & Niki McKinstry (402) 309-7338





*Critical*

**101 Days of** *Safety*

Think Before You Drink

## Stay Safe on Labor Day

*You work hard year round and deserve a day to relax.*

*Follow the low-risk guidelines to ensure your long weekend is safe and enjoyable with no regrets!*



If you will be on a boat, remember that alcohol will increase feelings of intoxication and lack of coordina-



If you will be operating a grill, be responsible to ensure that you don't start a fire or harm anyone.

### Low Risk Guidelines

One Standard Drink = 1.5 oz. of 80-proof spirits; 5 oz. of wine with 7-12% alcohol content or 12 oz. beer with 4-6% alcohol content.



- if you are underage, pregnant, at risk for alcoholism or operating a motor vehicle
- 1** is the maximum number of standard drinks in one hour
- 2** is the maximum number of standard drinks in one day for daily drinkers
- 3** is the maximum number of standard drinks in one day for occasional drinkers

**For more information, call Amanda Kushen (ADCO) 402-613-9023 or**

**Mark Darby (PC) at 402-309-7773**

**Accenture Federal Services**

## **Resilience Resides Where We Let It.**

**Resilience the ability to bounce back from adverse situations. We all have this elastic ability to come back from bad things if we allow ourselves the time and space for resiliency to grow. We have to create the space, a buffer zone, giving yourself the time to look at the situation and gain a different perspective. This buffer zone gives you the ability to evaluate, process, prioritize and engage your situation. Resiliency**

**noise of insecurity and counterproductive thoughts in your mind. You slow down enough to think about it. The Resiliency Skill Activation Thoughts, Consequences (ATC) allow time for our ATC is a method to think about and the Consequences Thoughts. Only under our control.**



**lives among the rity, uncertainty ductive thoughts in just have to slow hear it and let it ency Skill Activat-Thoughts, Consequences shows us how to allow resilience to thrive. to identify your an Activating Event quences of those our Thoughts are**

**control. Looking at the ATC of situations where we reacted out of proportion or in ways that we would like to change and evaluating what pushes our buttons and makes us tick can help us when similar Activating Events occur in the Future. Practicing ATC helps us to slow down when our Thoughts of an Activating Event generate counterproductive Emotions or Reactions. Learning to slow down gives you the time to find a different perspective the chance to evaluate your thoughts about the situation and have a different reaction (Consequence) to the event. ATC can also be used when counseling a Soldier, Family member, or DA Civilian with the aim of helping that person understand why he or she is feeling/reacting in a particular way. Resilience resides in all of us; it only needs a small amount of time within our thoughts to let it happen.**



## 4TH ANNUAL SUICIDE PREVENTION



# 5K RUN & 2 MILE WALK

## 5K RUN, 2 MILE WALK, AND CELEBRATION

THIS EVENT BENEFITS THE LINCOLN/LANCASTER COUNTY LOCAL OUTREACH TO SUICIDE SURVIVORS (LOSS) TEAM

SUNDAY, SEPTEMBER 18TH @ 12:30 PM  
ANTELOPE PARK - SHELTER 2  
CAPITAL PARKWAY & A STREET  
LINCOLN, NE 68502

### REGISTRATION (T-SHIRT INCLUDED)

REGISTER ONLINE: [WWW.EVENTBRITE.COM](http://WWW.EVENTBRITE.COM)

SEARCH: SURVIVING STIGMA TOGETHER

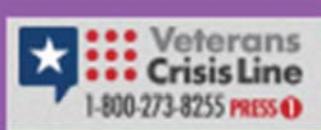
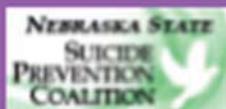
T-SHIRT GUARENTEED IF YOU REGISTER BEFORE SEPT. 4TH

18 & UNDER - \$10

19 & OVER - \$20

POST-RACE CELEBRATION ENTRY - FREE

FOR MORE INFO CONTACT: TERRI MARTI - 402-430-5582



# NEED HELP WITH FINANCIAL MATTERS?



## MAKE THE MOST OF YOUR MONEY

The Military and Family Life Counselor (MFLC) Program includes Personal Financial Counseling (PFC) to help you and your family manage finances, resolve financial problems and reach long-term goals such as getting an education, buying a home and planning for retirement.

### SUPPORT AND COUNSELING SERVICES

- » Confidential financial consultations for individuals and families
- » Referrals to military and community resources
- » Support for family members during deployment
- » Help with credit management and budgeting
- » Help navigating benefits



### TRAINING AND WORKSHOPS

- » Money Management
- » Budgeting and Developing Spending Plans
- » Debt and Credit Card Management
- » Consumer Rights and Obligations (dealing with creditors)
- » Financial Planning: Reaching Life Goals
- » Financial Readiness and Economic Security
- » Financial Readiness for Deployment
- » Transitioning to Civilian Life
- » Home Buying
- » Understanding Mortgages
- » Preventing Foreclosure
- » Kids and Money: Raising Financially Savvy Kids
- » Military Benefits, Pay and Entitlements
- » Savings and Investments
- » Retirement Planning
- » Estate Planning
- » Taxes



PFC services are no cost, private and confidential.

This service is available at **no cost** to all Service Members and their dependents, to include recent retirees, throughout Nebraska. Current service is available 1-14 August and 22 August - 30 September.

Call immediately to set an appointment.

Appointments available day, evening and weekends - please call, I'm happy to accommodate your schedule!

For questions you can also call the Warrior & Family Support Office at 402-309-7332.

**Personal Financial Counselor (PFC)**

**Ayo Samaiye**

(Cell Phone) 402-309-4281

PFC.NE.ANG@zeiders.com



**MFLC**  
Military & Family Life Counselor Program

# Family Programs Contact Information

## State Family Program Director

CPT Melissa Kramer  
2000 N. 33rd St, Lincoln  
(402) 309-7331

## Airman & Family Readiness

Karen Jordan  
155th Air Refueling Wing  
(402) 309-1588



## Alcohol & Drug Coordinators

Amanda Kushen (Lincoln)  
(402) 309-7325 and (402) 613-9023  
Mark Darby (Kearney)  
(402) 309-7773 and (308) 627-8233

## Resilience & Suicide Prevention Office

MSG Kelli Hatzenbuehler  
(402) 309-7343

## Suicide Prevention Program Manager

Bridget Pettaway  
402-309-7326

## Family Readiness Support Asst. (FRSA)

(402) 309-7435 or (402) 309-7326

## FRSA Trainer

Kim Ostermeyer (402) 309-7328

## Region 1 Family Assistance—Lincoln

Brandi Gettert  
(402) 309-7333 and (402) 318-8986

## Region 2 Family Assistance—Omaha

Bob Reichwein  
(402) 309-7086 and (402) 318-8989

## Region 3 Family Assistance - Wayne

Layne Beza  
(402) 309-8940 and (402) 318-8990

## Region 4 Family Assistance—Ashland/ Mead

Mary Mathiessen  
(402) 309-8074 and (402) 318--9000

## Region 5 Family Assistance—Kearney

Carey Wilson  
(402) 309-7747 and (402) 318-8994

## Region 6 Family Assistance—North Platte

Scott Halsted  
(402)309-8602 and (402) 318-8995

## Region 7 Family Assistance —Scottsbluff

Amy Reinpold  
(402)309-8566 and (402) 318-8992

## American Red Cross

1-877-272-7337

## Psychological Health Coordinator

Jodi Kohler  
2000 North 33rd St, Lincoln  
Cell: (402) 309-7434

## Tricare Resource NCOs

Nebraska Guard HRO Office  
(402) 309-8167 or (402) 309-8181

## Chaplain

LTC Houser (402) 326-4254

## Military OneSource

www.militaryonesource.mil  
1-800-342-9647

## Child & Youth Office

Luther Mardock & Niki McKinstry  
(402) 309-7330 & (402) 309-7338

## Employer Support of Guard (ESGR)

Bill Nelson and Peggy Brown  
(402) 309-7303 and (402) 309-7305

## Hero2Hired (H2H)

Richard Burch  
(402) 309-7441