MENTAL HEALTH AWARENESS

NMRTC CAMP PENDLETON MENTAL HEALTH

MENTAL CHECK

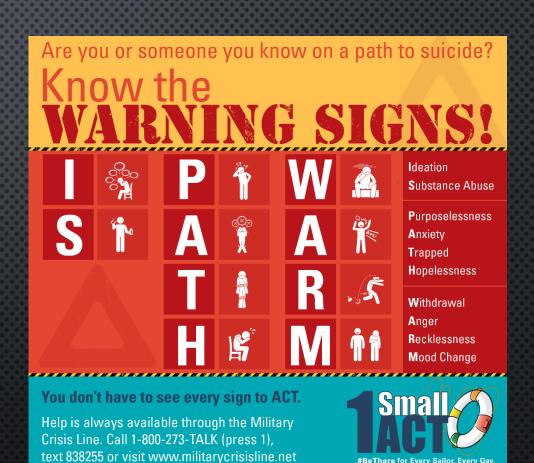
- How are you caring for yourself and others' mental health?
- CHECK IN ON YOUR MARINES AND SAILORS
- GET TO KNOW PEERS... LISTEN
- SHOW YOU CARE

PREVENTATIVE MEASURES

- DON'T ISOLATE
- AVOID DRINKING ALCOHOL
- COPING AND DISTRACTION TECHNIQUES
- GET TOGETHER WITH FRIENDS AND FAMILY
- ACKNOWLEDGE AND ACCEPT YOUR FEELINGS

WARNING SIGNS

- CHANGE IN CHARACTER
- LACK OF INTEREST/ENJOYMENT
- ISOLATION
- RECENT BREAKUP OR ILLNESS/DEATH IN THE FAMILY
- IRRATIONAL, ANGRY
- DIFFICULT TIME OF YEAR



Every Sailor, Every Day

navstress.wordpress.com

#BeThere for Every Sailor, Every Day

WHAT SHOULD I DO IF MY MARINE/SAILOR IS HAVING A CRISIS?

- DON'T PANIC, STAY CALM
- STAY WITH THEM/ON THE PHONE
- LISTEN
- ASK FOR CLARIFICATION
- ESCORT TO EMERGENCY ROOM OR MENTAL HEALTH

NAVAL HOSPITAL CAMP PENDLETON

SARP Treatment Programs Department

CBT Skills

CBT Skills Group is a training, based on a scientifically proven method, for building Resilience and improving coping skills. This training will help participants build awareness of unhelpful thoughts, unhelpful emotions and unhelpful behaviors, that contributes to and exacerbates the negative emotions that sometimes leads to elevated stress, anxiety, depression and poor physical health symptoms. This training provides you with the, "Awareness, Tools and know how" so you are equipped, self-sufficient and empowered to maintain and improve your mental, emotional and physical state of well-being.

SELF-REFERRALS WELCOME:

Please call: Front Office - 760-725-0063/ POC - 619-929-0071



Or email: Nicole.m.whittaker4.ctr@mail.mil

WHO: All Active Duty members and activated Reserve Components WHAT: CBT Skills Training

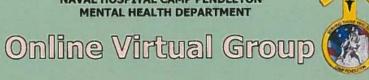
WHEN: Monday thru Thursday, 90 minute group sessions for 3 weeks.

WHERE: Area 27 / Lake O'Neill, Build. H201T, SARP Treatment Programs, Rm 114/ Virtual Svc. available also, inquire within

WHY: Assist individuals with reducing stress and building healthier, alternative coping strategies



NAVAL HOSPITAL CAMP PENDLETON



Daily Skills Class

Starting 01JUN2022, the class will be Monday - Friday 08:30-09:30

The purpose of this group is to provide "same day or next day" care to anyone seeking practical techniques for coping with and problem solving life's stressors. Each class is open for walk-ins with time for discussion followed by presentation of a practical "skill of the day" to be applied outside of group with constantly rotating topics. The class is open to people awaiting or attending individual care, as well as those who desire an "as needed" option for behavioral health support.

DROP-IN ANYTIME - SELF-REFERRALS WELCOME

Please call to enroll: Alyssa Mathisen 760-719-3659

The group is co-facilitated by Nazia Rahman, Ph.D. Clinical Psychologist and Suzanne Dirks, **Psych Tech**



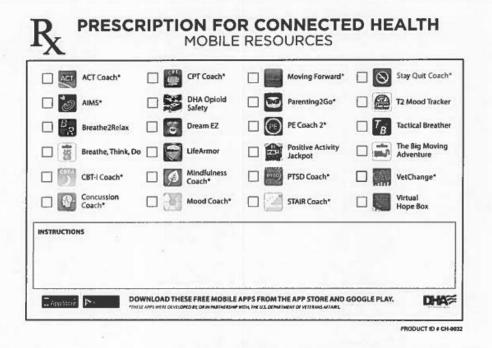
This group is open to Active Duty Service Members Only

RESOURCES

- MENTAL HEALTH TRIAGE @ NAVAL HOSPITAL (760) 719-3312
- COMMUNITY COUNSELING CENTER (760) 763-3222
- OSCAR TEAMS
- EMERGENCY ROOM

RESOURCES CONT./HOTLINES

- MILITARY ONE SOURCE: (800) 342-9647
- NATIONAL SUICIDE HOTLINE 988 OR 1-800-273-TALK (8255)
- VETERAN CRISIS LINE: TEXT 838255
- WARRIOR TOUGHNESS APP



QUESTIONS?



2022 MCCS REMAINING EVENTS

| OCTOBER | NOVEMBER | DECEMBER |
|------------------------------------|-----------------------------------|----------------------------------|
| 21 OCT - Drive Boo | 1 NOV - Tun Tavern Ten | TBD DEC - Winterfest Express |
| 21 OCT - Oktoberfest Pub 1795 | 19 NOV - MCX Tree Lighting | 25 DEC - FREE Holiday Stockings* |
| 28 OCT - Trick or Treat Car Parade | 19 NOV - Kids Turkey Trot | |
| 28 OCT - Halloween Glowball | 24 NOV - FREE Thanksgiving Meals* | |
| 29 OCT - Pumpkin Plummet | | |
| 30 OCT - Dunkin For Dunkin's | | |

*Active Duty Recreation Center Event

Find out more at: mccsCP.com





Operation Slow Down

PMO Traffic Section

SSgt LeDuc & Sgt Bresna 19 Oct 2022



What is operation slow down?

- Decrease traffic collisions through officer presence and increased patrols
- New traffic court adjudication matrix
- Renewed focus on special enforcement zones
- \$120,000 for new equipment related to speed enforcement



Traffic court matrix

speeding

- 1-10 mph over (3 Points)
- 11-15 mph over (4 points)
- 16-20 mph over (5 points and 3 month suspension & remedial)
- 21-30 mph over (6 points and 6 month suspension & remedial)
- 31+ mph over (6 points and 12 month suspension & remedial)

Traffic court

- Scheduled 30+ days out from date of citation
- Showtime 0730 in UOD, every Wednesday
- Building 22161
- Police records 760-725-0819



Statistics

CY 21

- 1,924 SPEEDING CITATIONS
- 3 FATAL TRAFFIC COLLISIONS
- 22 SERIOUS INJURY COLLISIONS

CY 22

- 3,809 SPEEDING CITATIONS
- 0 FATAL TRAFFIC COLLISIONS
- 8 SERIOUS INJURY COLLISIONS



Holiday concerns

- Increased off duty incidents, frequent for this time of year
- Increase in DUI, collisions and serious injury collisions
- Marines missing friends and family/ feeling alone during holidays
- Increase in weather related accidents
- More time off = More off-duty incidents



Awareness

- Talk with your Marines
- Understand the Traffic Matrix and the potential Mission Impact related to traffic offenses
- Increase awareness through education
- Proper Prior Planning Prevents...



Traffic Section

760-725-5928/5927

Justin.Leduc@usmc.mil

Building 1523