

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

Are you or someone you know on a path to suicide?
**Know the
WARNING SIGNS!**

I		P		W		Ideation Substance Abuse
S		A		A		Purposelessness Anxiety Trapped Hopelessness
		T		R		Withdrawal Anger
		H		M		Recklessness Mood Change

You don't have to see every sign to ACT.
Help is always available through the Military Crisis Line. Call 1-800-273-TALK (press 1), text 838255 or visit www.militarycrisisline.net

1SmallACT
#BeThere for Every Sailor, Every Day.

Every Sailor, Every Day
navstress.wordpress.com

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
MENTAL HEALTH DEPARTMENT



Online Virtual Group

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

R_x **PRESCRIPTION FOR CONNECTED HEALTH**
MOBILE RESOURCES

<input type="checkbox"/> ACT Coach*	<input type="checkbox"/> CPT Coach*	<input type="checkbox"/> Moving Forward*	<input type="checkbox"/> Stay Quit Coach*
<input type="checkbox"/> AIMS*	<input type="checkbox"/> DHA Opioid Safety	<input type="checkbox"/> Parenting2Go*	<input type="checkbox"/> T2 Mood Tracker
<input type="checkbox"/> Breathe2Relax	<input type="checkbox"/> Dream EZ	<input type="checkbox"/> PE Coach 2*	<input type="checkbox"/> Tactical Breather
<input type="checkbox"/> Breathe, Think, Do	<input type="checkbox"/> LifeArmor	<input type="checkbox"/> Positive Activity Jackpot	<input type="checkbox"/> The Big Moving Adventure
<input type="checkbox"/> CBT-i Coach*	<input type="checkbox"/> Mindfulness Coach*	<input type="checkbox"/> PTSD Coach*	<input type="checkbox"/> VetChange*
<input type="checkbox"/> Concussion Coach*	<input type="checkbox"/> Mood Coach*	<input type="checkbox"/> STAIR Coach*	<input type="checkbox"/> Virtual Hope Box

INSTRUCTIONS

DOWNLOAD THESE FREE MOBILE APPS FROM THE APP STORE AND GOOGLE PLAY.
*THESE APPS WERE DEVELOPED BY OR IN PARTNERSHIP WITH THE U.S. DEPARTMENT OF VETERANS AFFAIRS.

DHA

PRODUCT ID # CH-0032

QUESTIONS?

2022 MCCS REMAINING EVENTS

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

**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