DEPARTMENT OF DEFENSE SURVEY OF HEALTH RELATED BEHAVIORS AMONG ACTIVE DUTY MILITARY PERSONNEL

SERVICE PROGRAM OFFERINGS

MILITARY HEALTH SYSTEM
DECEMBER 2009

MHS MILITARY HEALTH SYSTEM

HEALTH RELATED BEHAVIORS SURVEY SERVICE PROGRAM OFFERINGS

The 2008 Department of Defense (DoD) Survey of Health Related Behaviors Among Active Duty Military Personnel assesses substance abuse, mental well-being, deployment issues, fitness, nutrition and weight management, and compares this data to select national health status goals.

The results of the survey are used to monitor health trends and to detect emerging health risks. The survey helps examine program effectiveness and determine level of emphasis to be placed on various programs moving forward.

With these survey results, the DoD, the MHS and U.S. Armed Services gain additional insight into behaviors that can be targeted to improve the physical and mental well being of our troops so that ultimately, service members can attain and maintain healthy lifestyles.

Listed below are key DoD and service programs addressing each of the survey's main sections.

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ALCOHOL

- Alcohol and Drug Abuse Prevention and Treatment Program (ADAPT) - The ADAPT program focuses on the prevention and treatment of substance abuse, offering substance abuse treatment services (group/individual), family programs (including individual and group counseling), military and civilian urinalysis testing programs, civilian employee assistance, referrals, and personnel training.
    - Web site: http://airforcemedicine.afms.mil/idc/groups/public/documents/webcontent/knowledgejunction.hcst?functionalarea=LeadersGuideDistress&doctype=subpage&docname=CTB_030401

- Army Center for Substance Abuse Programs (ACSAP) – ACSAP supports combat readiness by providing program oversight, supervision, inspection, integration, technical assistance, and training development for the operation and management of all elements of the Army's Substance Abuse Program (ASAP)
    - Web site: www.ascap.army.mil
- Coast Guard Directorate of Health Safety, Work-Life – The Directorate has a proactive Substance Abuse Prevention program. This program has 11 Substance Abuse Prevention Specialists who travel the country providing substance abuse prevention training to commands, supervisors and members. Each unit has a designated Collateral Duty Alcohol Representative (CDAR) to assist and educate members in an effort to deter abuse and aid/assist after an incident (or alcohol related incident).
    - Web site: http://uscg.mil/worklife/
- The Marine Corps Substance Abuse Program – Battalion Alcohol Skills Intervention Curriculum (BASIC) Training was designed to help unit and squad leaders increase the skills of young Marines who drink. This training is designed to build skills and provide information about alcohol use and to challenge assumptions that are commonly held about alcohol effects.
    - Web site: http://www.usmc-mccs.org/subabuse
- Navy and Marine Corps Public Health Center (NMCPHC) Alcohol and Drug Abuse Prevention – NMCPHC is the Navy and Marine Corps center for public health services. They provide leadership and expertise to ensure mission readiness through disease prevention and health promotion in support of the National Military Strategy.
    - Web site: www-nehc.med.navy.mil/Preventive_Medicine/alcoholabuse_prevention.aspx
- That Guy Campaign – That Guy is a multi-media campaign that uses online and offline communication with the goal of reducing excessive drinking among young servicemen. The campaign encourages young enlisted personnel to reject binge drinking because it detracts from the things they care about: family, friends, dating, sex, money, and reputation. The campaign uses humor to deliver a serious message and provides viral tools so you can be part of the effort to eradicate That Guy. The campaign is a reminder to everyone: Don't Be That Guy!
    - Web site: www.thatguy.com
- TRICARE Alcohol Awareness Site – Responsible alcohol consumption is one of the easiest lifestyle decisions TRICARE beneficiaries can make to maintain a quality life for themselves and their family members.
    - Web site: http://tricare.mil/alcoholawareness

CIGARETTES AND SMOKELESS TOBACCO

- Standardized AF tobacco prevention and cessation programs were implemented in FY09 to include:
  - On-site classes and education (American Cancer Society's FreshStart Program)
  - Web-based program (American Lung Association's (ALA) Freedom From Smoking Program)
  - Tobacco quit line (either free state quit line or funded ALA quit line)
  - Promotion of the DoD Quit Tobacco-Make Everyone Proud Campaign (www.ucanquit2.org)
- U Can Quit 2 - The Web site offers an innovative array of high-tech mechanisms and interactive tools to help service members follow through with their plans to quit. In the newly launched My QuitSpace, registered users can create a blog, either public or private, to document their journey and share their experiences. They may also download a customizable quit plan and quit calendar, adding personalized information, goals, tips and dates. There is also a Live Chat feature where users can get immediate real-time help from trained tobacco Cessation Coaches, 8:30 a.m. to 10:00 p.m. EST.
  - Web site: www.ucanquit2.org
- U.S. Army Center for Health Promotion and Preventive Medicine (USACHPPM) – USACHPPM has representation on the Alcohol and Tobacco Advisory committee which reviews DoD policy decisions related to tobacco use and makes recommended policy changes.
  - They recommended addressing spit as well as smoking tobacco along with emphasis of installations becoming tobacco free in DOD 1010.15.
  - They help promote DoD's Quit Tobacco-Make Everyone Proud Campaign (www.ucanquit2.org), and are working on developing a telehealth education initiative to provide tobacco cessation classes via the web.
  - Finally, USACHPPM has multiple educational tools for tobacco cessation, most notably the Great American Smoke Out Tool Kit (http://chppm-www.apgea.army.mil/dhpw/Population/Documents/GreatAmericanSmokeout2008RevisedArmyToolkit.pdf) and the Great American Spit Out Tool Kit (http://chppm-www.apgea.army.mil/dhpw/Population/Documents/GreatAmericanSpitOut2009USACHPPM_Toolkit.pdf). These tool kits provide Army health care personnel as well as Army personnel with reliable, evidence-based tobacco control information and resources. The tool kits are updated annually with resource links and nes articles for publication by installation news outlets.
  - Web site: http://chppm-www.apgea.army.mil/

ILLICIT DRUG USE

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    - Web site: http://uscg.mil/worklife/
- Commanders' Guide and Unit Prevention Leader Urinalysis Collection Handbook – The purpose of this guide is to assist commanders and Unit Prevention Leaders in developing and implementing a Unit Substance Abuse Program. It serves to standardize procedures for chain-of-custody collection and submission of urine specimens to the Forensic Toxicology Drug Testing Laboratory and to provide prevention and training tools and resources for the commander.
    - Web site: http://www.mccoymwr.com/Family/UPL%20CTP%20Handbook.pdf
- The Marine Corps Substance Abuse Program – Battalion Alcohol Skills Intervention Curriculum (BASIC) Training was designed to help unit and squad leaders increase the skills of young Marines who drink. This training is designed to build skills and provide information about alcohol use and to challenge assumptions that are commonly held about alcohol effects.
    - Web site: http://www.usmc-mccs.org/subabuse
- Naval Medical Center's Substance Abuse and Rehabilitation Program (SARP) – SARP's mission is to improve operational readiness, promote

healthy lifestyles, and treat problems related to alcohol and substance abuse. The program is designed to meet the individual needs of active duty personnel, family members, and retirees. Services include: screening, counseling, referrals to outpatient or inpatient programs, and professional training for other providers.

- Web site: http://www.bethesda.med.navy.mil/patient/health_care/behavioral_health_care/substance_abuse_and_rehabilitation_program_%28sarp%29.aspx

- Navy Alcohol and Drug Abuse Prevention (NADAP) Program Directory – This directory provides a listing of all alcohol and drug abuse prevention and treatment programs and contacts for the Navy and the Marine Corps. It was last updated in 2003.
  - Web site: http://www.uscg.mil/tcyorktown/sapta/Downloads/NADAP%20DIR%2014%20MAR%2003.pdf

- Navy and Marine Corps Public Health Center (NMCPHC) Alcohol and Drug Abuse Prevention – NMCPHC is the Navy and Marine Corps center for public health services. They provide leadership and expertise to ensure mission readiness through disease prevention and health promotion in support of the National Military Strategy. The alcohol and drug abuse prevention program coordinates efforts with NADAP and BUMED on alcohol, drug, and tobacco prevention issues for the Navy.
  - Web site: www-nehc.med.navy.mil/Preventive_Medicine/alcoholabuse_prevention.aspx

- Substance Abuse Counseling Center (SACC) - This link for Marine leaders offers general information about the Marine Corps Community Services (MCCS) SACC program. The SACC is responsible for providing drug and alcohol education and counseling for active duty, reserve, and retired personnel. Eligible family members over the age of eighteen are provided services on a space available basis. Services include assessments, outpatient counseling, intensive inpatient treatment, residential treatment, and training. Specific information about individual SACCs can be found at each installation.
  - Web site: http://www.usmc-mccs.org/LeadersGuide/SubstanceUse/Alcohol/generalinfo.cfm

EXERCISE, WEIGHT MANAGEMENT AND OBESITY

- Air Force Fitness Program – The goal of the program is to motivate Airmen to participate in a year-round physical conditioning program that emphasizes total fitness, to include proper aerobic conditioning, strength and flexibility training, and healthy eating. Health benefits from an active lifestyle will increase productivity, optimize health, and decrease

absenteeism while maintaining a higher level of readiness.
  - Web site: http://www.afpc.randolph.af.mil/affitnessprogram/index.asp

- *Army Move!* Online – *Army Move!* Online is a personalized weight management program that offers real-time (synchronous) distance learning instruction. The program was created to meet the need of Soldiers who are unable to seek care at a Medical Treatment Facility or who need flexibility in taking nutrition classes. *Army Move!* is comprised of up to 13 one-hour sessions, known as modules. The modules help to promote healthy behaviors, nutrition and physical activity and are taught by Registered Dietitians (65C) and Dietetic Technicians (68M).
  - Web site: http://chppm-www.apgea.army.mil/nnm/ArmyMove/ArmyMoveOnlineWeightManagementProgram.pdf

- Coast Guard Weight Management and Fitness Programs – Coast Guard weight and body fat standards exist to ensure members are fit for duty so that they are capable of performing CG operational missions, as well as for the personal health of Coast Guard members.
  - Web site: http://www.uscg.mil/hq/cg1/cg111/default.asp

- Navy Fitness Program – The Navy Fitness Program focuses on fitness as the "human side of Force Modernization," placing greater emphasis on total individual fitness. Base-level fitness and sports activities are designed to give everyone an active role regardless of interest, age or ability. The Navy Fitness program consists of two main elements:
  - Fitness Programs, which are traditional and innovative activities that improve the participant's functional capacity (e.g., instructional skill development, physical conditioning activities, recreational sports)
  - Awareness & Promotions to increase access to leisure and health education so patrons can make sensible lifestyle choices
  - Web site: http://www.mwr.navy.mil/mwrprgms/fitness.htm

STRESS AND RESILIENCE

- Army One Source – This Web site offers a variety of information, links, and resources on Army life and programs for Soldiers, family members, staff, and civilians. Army Community Services assist commanders by developing, coordinating, and delivering services for the military community which promote self-reliance, resiliency, and stability during war and peace.
  - Web site: www.myarmyonesource.com

- BATTLEMIND Training – BATTLEMIND is a soldier's inner strength to face fear and adversity with courage. Key components include self confidence and mental toughness. Training and information is targeted to all phases of the Warrior development cycle, Warrior life cycle and Warrior support

system.
  - Web site: https://www.battlemind.army.mil/

- Defense Centers of Excellence for Psychological Stress and Traumatic Brain Injury (DCoE) – Since the last HB survey in 2005, DCoE was stood up to meet the rising issues associated with psychological health and traumatic brain injury. DCoE leads a collaborative effort toward optimizing psychological health and traumatic brain injury treatment for DoD. Partnering with the Department of Veterans Affairs (VA) and an extensive network, DCoE is committed to the establishment of best practices and quality standards for leadership intervention; comprehensive outreach (Service member, family, unit and community); education and training; resilience and prevention; clinical care; telehealth and technology; program excellence; and relevant research. The DCoE orchestrates the network to best serve the urgent and enduring needs of Warriors and their families with psychological health and/or traumatic brain injury concerns.
  - DCoE Component centers include:
    - Center for Deployment Psychology (CDP) http://deploymentpsych.org/
    - Deployment Health Clinical Center (DHCC) http://www.pdhealth.mil/
    - Center for the Study of Traumatic Stress (CSTS) http://www.centerforthestudyoftraumaticstress.org/
    - National Intrepid Center of Excellence (NICoE) http://www.fallenheroesfund.org/National-Intrepid-Center-of-Excellence.aspx
  - DCoE Web site: http://www.dcoe.health.mil/

- Military OneSource – A 24 hour resource and available by phone or online, this free service is provided by the Department of Defense for active-duty, Guard, and Reserve service members and their families. The service is completely private and confidential, with few exceptions.
  - Web site: http://www.militaryonesource.com

- Military Homefront: Supporting Our Troops and Their Families – Military Homefront is the DoD Web site for official Military Community and Family Policy (MC&FP) program information, policy and guidance designed to help troops and their families, leaders, and service providers.
  - Web site: http://militaryhomefront.dod.mil/

- Navy Fleet and Family Support Centers – This web site provides information pertaining to a number of issues, including detailed information about Fleet and Family Support Center programs and a directory listing of the Centers.
  - Web site: https://www.nffsp.org/skins/nffsp/home.aspx

- Real Warriors Campaign – The campaign was launched in 2009 to help fight the stigma associated with seeking psychological health care and encourage service members to get appropriate treatment. The campaign highlights concrete examples of service members who have sought

treatment and are maintaining successful military careers. By sharing these stories, the campaign demonstrates that effective treatments are available for psychological health and traumatic brain injuries, and it educates service members and their families about the resources available to help keep their families emotionally strong.
  - Web site: http://www.realwarriors.net/

TRAUMATIC BRAIN INJURY (TBI)

- Defense and Veterans Brain Injury Center (DVBIC) – The mission of the Defense and Veterans Brain Injury Center (DVBIC) is to serve active duty military, their beneficiaries, and veterans with traumatic brain injuries (TBIs) through state-of-the-art clinical care, innovative clinical research initiatives and educational programs. DVBIC fulfills this mission through ongoing collaboration with military, VA and civilian health partners, local communities, families and individuals with TBI.
  - Web site: http://dvbic.org/
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    - National Intrepid Center of Excellence (NICoE) http://www.fallenheroesfund.org/National-Intrepid-Center-of-Excellence.aspx
  - DCoE Web site: http://www.dcoe.health.mil/
- The National Center for Telehealth and Technology (T2) - T2 emerged from the need to leverage high-tech technologies to advance world class care through innovation and to foster comprehensive programs that develop, evaluate, validate, standardize and deploy new and existing technologies for PH and TBI. Goals of T2 include ensuring that PH and TBI providers

are available to all DoD beneficiaries on a 24/7 basis, and providing effective and efficient access to care in remote or underserved areas with online or mobile services.
  - Web site: http://www.t2health.org/index.html

POST TRAUMATIC STRESS DISORDER (PTSD)

- Army Behavioral Health – When Soldiers return home, most will experience a brief readjustment period and a successful home transition. Some will need short or long-term counseling to assist in their transition. The Behavioral Health Web site provides advice and resources to help Soldiers, families and friends adjust, cope, get ready to deploy, transition to return home and more.
  - Web site: http://www.behavioralhealth.army.mil/
- Army One Source – This Web site offers a variety of information, links, and resources on Army life and programs for Soldiers, family members, staff, and civilians. Army Community Services assist commanders by developing, coordinating, and delivering services for the military community which promote self-reliance, resiliency, and stability during war and peace.
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    - National Intrepid Center of Excellence (NICoE) http://www.fallenheroesfund.org/National-Intrepid-Center-of-Excellence.aspx
  - DCoE Web site: http://www.dcoe.health.mil/
- Military Homefront: Supporting Our Troops and Their Families – Military

Homefront is the DoD Web site for official Military Community and Family Policy (MC&FP) program information, policy and guidance designed to help troops and their families, leaders, and service providers.
  - Web site: http://militaryhomefront.dod.mil/

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  - Web site: http://www.realwarriors.net/

- TRICARE Mental Health Resource Center – One stop information on TRICARE behavioral and mental health care benefits including links to resources, getting care information and information about TRICARE's assistance programs and telemental health benefits as well as an 80 page download "A TRICARE Guide: Understanding Behavioral Health Care."
  - Web site: http://www.tricare.mil/mentalhealth

- TRICARE Assistance Program (TRIAP) - On August 1, 2009, TRICARE launched a new demonstration program designed to improve behavioral health care for beneficiaries. The Web-based TRICARE Assistance Program (TRIAP) uses evolving telecommunication technologies to bring behavioral health care closer to the people who need it most. From the security of their homes, beneficiaries with a computer, Webcam, and the associated software can speak "face-to-face" with a licensed TRIAP counselor over the Internet at any time of the day or night.
  - Web site: http://www.tricare.mil/TRIAP

SUICIDE

- Air Force Suicide Prevention Program (AFSPP) – The program seeks to reduce the number and rate of active duty Air Force suicides, advocate a community approach to suicide prevention, provide assistance and guidance to organizations and individuals administering various components of the AFSPP, and identify factors contributing to the incidence of suicide and develop a response to reduce the impact of such factors.
  - Web site: http://afspp.afms.mil/idc/groups/public/documents/webcontent/knowledgejunction.hcst?functionalarea=AFSuicidePreventionPrgm&doctype=subpage&docname=CTB_018094&incbanner=0

- Army Suicide Prevention Program – The Army Suicide Prevention Office aims to improve readiness through the deployment and enhancement

of the Army Suicide Prevention Program policies designed to minimize suicide behavior, thereby preserving mission effectiveness through individual readiness for soldiers, their families, and Department of the Army civilians.
  - Web site: http://www.armyg1.army.mil/HR/suicide/default.asp

- Coast Guard Suicide Prevention Program – The Suicide Prevention Program provides training and response to suicidal behavior with an emphasis on awareness and prevention.
  - Web site: http://www.uscg.mil/worklife/suicide_prevention.asp

- DoD Suicide Prevention Task Force – On August 31, 2009, the Office of the Assistant Secretary of Defense for Health Affairs announced the names of 14 members who will serve on the Department of Defense Task Force on the Prevention of Suicide by Members of the Armed Forces. The congressionally directed task force will address trends and causal factors, methods to update prevention and education programs, suicide assessment by occupation, suicide incident investigations, and protective measures for confidential information derived from investigations for the department.
  - News Release: http://www.defense.gov/releases/release.aspx?releaseid=12941

- Marine Corps Suicide Prevention Program –
  - Web site: http://www.usmc-mccs.org/suicideprevent/

- Military Homefront: Suicide Prevention – The DoD knows that service and family members are faced with many significant challenges, such as multiple deployments, injury, and loss. These challenges can be stressful and may contribute to mental health issues. If left unchecked, mental health problems can become more serious and may possibly lead to thoughts of suicide. Becoming aware of the warning signs for suicide and how to get help when needed can keep service and family members well and reduce the likelihood that the risk of suicide will become a reality.
  - Web site: http://www.militaryhomefront.dod.mil/portal/page/mhf/MHF/MHF_HOME_1?section_id=20.40.500.585.0.0.0.0.0

- Military OneSource – A 24/7 Resource for Military Members, Spouses and Families. Military OneSource is provided by the Department of Defense at no cost to active duty, Guard and Reserve (regardless of activation status) and their families. It is a virtual extension of installation services. Visit Military OneSource today at www.militaryonesource.com or call 1-800-342-9647.
  - Web site: www.militaryonesource.com

- Navy Suicide Prevention Program –
  - Web site: http://www.npc.navy.mil/CommandSupport/SuicidePrevention/

- U.S. Army Center for Health Promotion and Preventive Medicine (USA CHPPM) Suicide Prevention Program – The USACHPPM Suicide Prevention Web site offers tools and resources to all service members and their families regarding the suicide awareness.
    - Web site: http://chppm-www.apgea.army.mil/dhpw/readiness/suicide.aspx

SEXUAL ASSAULT

- Marine Corps Sexual Assault Prevention and Response (SAPRO) – The SAPRO exists for many reasons, including, serving as the focal point for coordinating all sexual assault prevention and response actions within the Marine Corps, increasing reporting by addressing the specific needs of sexual assault victims and related issues through increased awareness and prevention, and ensuring sexual assault support personnel and services are provided to deployed personnel to the maximum extent possible.
    - Web site: http://www.usmc-mccs.org/sapro/index.cfm
- Navy Leader's Checklist: Sexual Assault and Rape – Incidents of sexual assault impact mission readiness and the core values of the Navy and are punishable under the Uniform Code of Military Justice (UCMJ) and other federal and local civilian laws. Sexual assault is an under-reported violent crime. The Navy's policy of sexual assault establishes immediate 24-hour response capability to victims of sexual assault regardless of location - ashore, afloat, or deployed to ensure timely access to services.
    - Web site: http://www-nehc.med.navy.mil/LGuide/Sexual/Sexual_Assault/index.htm
- Navy Sexual Assault Victim Intervention (SAVI) – The Navy was the first service to have a dedicated, funded program for sexual assault response. Established in 1994, the SAVI program offers a standardized, consistent, victim-sensitive system to prevent and respond to sexual assaults Navy-wide.
    - Web site: https://www.nffsp.org/skins/nffsp/display.aspx?ModuleID=371fd523-a4c5-4614-a482-c059e02e71b2&mode=user&Action=display_menu&ObjectID=b29c2498-849a-4395-b450-489c53aecf39
- Sexual Assault Prevention and Response (SAPR) – SAPRO is the organization responsible for all DoD sexual assault policy. The DoD does not tolerate sexual assault. The Department has implemented a comprehensive policy to ensure the safety, dignity and well-being of all members of the Armed Forces. The men and women serving throughout the world deserve nothing less, and their leaders — both military and civilian — are committed to maintaining a workplace environment that rejects sexual assault and reinforces a culture of prevention, response

and accountability. This Web site provides guidance and other information for victims of sexual assault, unit commanders, first responders, and others who deal with this sensitive issue. This site addresses confidentiality, reporting procedures and other elements of DoD's sexual assault policy as well as training information, safety tips, resources and links to related websites.

- Web site: www.myduty.mil OR www.sapr.mil

- U.S. Army Sexual Assault Prevention and Response Program (SHARP) – The Sexual Assault Prevention and Response Program reinforces the Army's commitment to eliminate incidents of sexual assault through a comprehensive policy that centers on awareness and prevention, training and education, victim advocacy, response, reporting, and accountability. Army policy promotes sensitive care and confidential reporting for victims of sexual assault and accountability for those who commit these crimes.
  - Web site: http://www.sexualassault.army.mil