

TRICARE BENEFICIARY BULLETIN #03– 798 WORDS – 02/19/09

LEAD MUSIC (:03)

THIS IS THE TRICARE BENEFICIARY BULLETIN, AN UPDATE ON THE LATEST NEWS TO HELP YOU MAKE THE BEST USE OF YOUR TRICARE BENEFIT. I'M AUSTIN CAMACHO (:10)

FIRST UP: A NEW 24-HOUR OUTREACH CENTER NOW PROVIDES INFORMATION AND REFERRALS TO MILITARY SERVICE MEMBERS, VETERANS, THEIR FAMILIES AND OTHERS WITH QUESTIONS ABOUT PSYCHOLOGICAL HEALTH AND TRAUMATIC BRAIN INJURY.

OPERATED BY THE DEFENSE CENTERS OF EXCELLENCE FOR PSYCHOLOGICAL HEALTH AND TRAUMATIC BRAIN INJURY (DCOE), WHICH FALLS UNDER TRICARE MANAGEMENT ACTIVITY, STAFF AT THE CENTER ARE AVAILABLE AROUND THE CLOCK, 365 DAYS A YEAR, BY PHONE AT 866-966-1020 AND BY E-MAIL AT RESOURCES-AT-D-C-O-E-OUTREACH DOT ORG.

THIS PROGRAM PROVIDES 24/7 SUPPORT TO CALLERS WITH QUESTIONS REGARDING PSYCHOLOGICAL HEALTH AND TRAUMATIC BRAIN INJURY. GETTING THE BEST POSSIBLE INFORMATION AND TOOLS, HASSLE-FREE, WILL EMPOWER AND STRENGTHEN WARRIORS AND THEIR FAMILIES TO SUCCESSFULLY MANAGE WHAT CAN BE CONFUSING AND DISTURBING CIRCUMSTANCES.

THE CENTER CAN DEAL WITH EVERYTHING FROM ROUTINE REQUESTS FOR INFORMATION ABOUT PSYCHOLOGICAL HEALTH AND TRAUMATIC BRAIN INJURY, TO QUESTIONS ABOUT SYMPTOMS A CALLER IS HAVING, TO HELPING A CALLER FIND APPROPRIATE HEALTH CARE RESOURCES.

THE DCOE OUTREACH CENTER IS STAFFED BY HEALTH RESOURCE CONSULTANTS AND NURSES, MOST WITH MASTER'S DEGREES. IN ADDITION TO ANSWERING QUESTIONS, STAFFERS REFER CALLERS TO CONTACT CENTERS IN OTHER PARTS OF THE DEPARTMENT OF DEFENSE, OTHER FEDERAL AGENCIES, AND

OUTSIDE ORGANIZATIONS WHEN APPROPRIATE. OTHER CONTACT CENTERS ALSO REFER CALLERS TO THE DCOE OUTREACH CENTER.

THE CENTER SERVES MEMBERS, LEADERS, VETERANS AND HEALTHCARE PROVIDERS OF ALL THE UNIFORMED SERVICES AS WELL AS THEIR FAMILIES.

DCOE PROMOTES RESILIENCE, RECOVERY AND REINTEGRATION OF SERVICE MEMBERS FACING PSYCHOLOGICAL HEALTH AND TRAUMATIC BRAIN INJURY ISSUES, AND WORKS TO ADVANCE RESEARCH, EDUCATION, DIAGNOSIS AND TREATMENT OF THESE CONDITIONS.

NEXT, SINCE LAUNCHING LAST AUGUST, AFTERDEPLOYMENT.ORG HAS GROWN TO PROVIDE MORE INFORMATION AND RESOURCES FOR SERVICE MEMBERS RETURNING FROM DEPLOYMENT, AS KAREN JAMES REPORTS.

AFTERDEPLOYMENT.ORG IS A FREE RESOURCE THAT CAN HELP VETERANS TRANSITION OUT OF THEIR DEPLOYMENT. THE UPDATED WEB SITE INCLUDES NEW CONTENT SUCH AS TWO NEW SELF-HELP WORKSHOPS IN THE “IMPROVING RELATIONSHIPS” PROGRAM. THESE WORKSHOPS PROVIDE SERVICE MEMBERS WITH VALUABLE TOOLS FOR OVERCOMING THE TENDENCY TO ISOLATE THEMSELVES FROM FRIENDS AND FAMILY, PLUS TOOLS TO HELP THEM BUILD RELATIONSHIP SKILLS AND RECONNECT WITH PARTNERS FOLLOWING A DEPLOYMENT.

AFTERDEPLOYMENT.ORG ADDED SELF-HELP WORKSHOPS AND ACTIVITIES IN SEVERAL SECTIONS, INCLUDING: “HELPING KIDS DEAL WITH DEPLOYMENT,” “SEEKING SPIRITUAL FITNESS,” AND “CONTROLLING DRUGS AND ALCOHOL.

OFFICIALS ARE PLEASED WITH THE DIVERSITY OF REGISTERED USERS ON AFTERDEPLOYMENT.ORG. STATISTICS INDICATE THAT THERE IS A BALANCE OF FAMILIES, PROVIDERS, VETERANS, AND ACTIVE DUTY SERVICE MEMBERS REGISTERED.

BUT REGISTRATION IS NOT REQUIRED ON
AFTERDEPLOYMENT.ORG. THE “EXPLORE THE SITE” BOX ON
THE TOP RIGHT OF THE PAGE IS A GATEWAY TO VIEW SITE
CONTENT ABOUT BEHAVIORAL POST-DEPLOYMENT RELATED
ISSUES.

FOR THE TRICARE MANAGEMENT ACTIVITY, I’M KAREN JAMES.

AND FINALLY, THIS IS “THROUGH WITH CHEW WEEK” AND, AS
ANN MARIE FELICIO REPORTS, TRICARE IS DEPLOYING ON-LINE
WEAPONS TO PROMOTE THE “GREAT AMERICAN SPIT OUT”
TODAY, FEB 19.

THE POPULAR MYTH IS THAT SMOKELESS TOBACCO PRODUCTS
ARE A SAFE ALTERNATIVE TO SMOKING. IN FACT, MOUTH
CANCER, CANCER OF THE PANCREAS, AND TOOTH LOSS ARE
ONLY A FEW OF THE SERIOUS CONDITIONS CONNECTED TO THE
USE OF SMOKELESS TOBACCO. MILITARY INSTALLATIONS ARE
JOINING IN THE ATTACK ON SMOKELESS, BUT FAR FROM
HARMLESS, SPIT OR CHEWING TOBACCO, OFTEN REFERRED TO

AS “DIP.”

TRICARE’S TOBACCO CESSATION WEB SITE, **WWW.U-CAN-QUIT-2 DOT ORG** IS THE ONLINE HEADQUARTERS FOR THE MULTI-YEAR CAMPAIGN CALLED, “QUIT TOBACCO – MAKE EVERYONE PROUD.” MILITARY INSTALLATIONS REGISTERED THEIR GREAT AMERICAN SPIT OUT EVENTS THERE TO PROMOTE THEM TO THE MILITARY COMMUNITY AND THOSE IN THEIR LOCAL AREA.

THE AWARD-WINNING UCANQUIT2 WEB SITE PROVIDES HIGH-TECH AND INTERACTIVE TOOLS TO HELP SERVICE MEMBERS FOLLOW THROUGH WITH THEIR PLANS TO QUIT. IN THE NEW MY QUITSPACE AREA OF THE SITE, REGISTERED USERS CAN CREATE A BLOG, EITHER PUBLIC OR PRIVATE, TO DOCUMENT THEIR JOURNEY OR SHARE THEIR EXPERIENCES. THEY MAY ALSO DOWNLOAD A CUSTOMIZABLE QUIT PLAN AND QUIT CALENDAR, ADDING PERSONALIZED INFORMATION, GOALS, TIPS AND DATES.

MANY SERVICE MEMBERS TRYING TO QUIT TOBACCO HAVE

QUESTIONS. IN RESPONSE TO THIS NEED, THE WEB SITE INTRODUCED AN ASK THE EXPERT FEATURE FOR THE GREAT AMERICAN SPIT OUT. CAPTAIN LARRY WILLIAMS, U.S. NAVY TOBACCO CLINICAL CESSATION CHAMPION, IS THE GUEST EXPERT THROUGHOUT THE MONTH OF FEBRUARY.

WILLIAMS WILL ANSWER QUESTIONS FROM TOBACCO USERS AND THOSE WHO SUPPORT THEIR INTENTION TO QUIT, INCLUDING HEALTH PROMOTION AND HEALTH CARE PROFESSIONALS ON MILITARY INSTALLATIONS.

VISITORS AT UCANQUTE.ORG CAN ALSO TAKE PART IN THE DISCUSSION BOARDS, AND READ A NEW ONLINE ARTICLE DEBUNKING THE MYTHS SURROUNDING SMOKELESS TOBACCO.

FOR THE TRICARE MANAGEMENT ACTIVITY, I'M ANNMARIE FELICIO.

AND THAT'S TODAY'S TRICARE BENEFICIARY BULLETIN. WE'LL HAVE MORE NEWS YOU CAN USE NEXT WEEK. ()

TAIL MUSIC (:03)