



D5 Work Life Newsletter

Coast Guard Health, Safety, and Work Life Field Office Portsmouth, VA



July–Sept. 2015

Suicide Intervention

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Suicide and suicide attempts affects people in all walks of life and are devastating for everyone involved. More than 32,000 people commit suicide each year in the U.S. alone? That is one suicide every 16 minutes.

How Do I recognize when someone is Suicidal?

Recognition is not always easy, some signs of suicidal ideation are obvious and some are not. [Noticeable signs](#) are direct statement about suicidal intent while [Subtle signs](#) are more subtle or hidden and not as obvious to other people. Some signs are extreme loneliness, feelings of rejection, changes in personality, and impaired decision-making. [Additional signs](#) may include the following: Loss of clear thinking, rigidity, an inability to problem-solve, elevated anxiety and feelings of sadness and confusion.

How Can I help someone who is Suicidal?

What should you do if you notice signs of helplessness and hopelessness in others and you think they may be at risk for suicide? Remember the acronym “ACT.” ACT represents a three step process for talking to a friend or coworker who is at risk of committing suicide:

- (A) Ask: Are you thinking of killing yourself?
- (C) Care: Listen with compassion and voice your concern.
- (T) Take action: Get them professional help or, if you determine that they are not in imminent danger, get them information about the available resources.

It takes courage to ask for help; if you ever find yourself where stress symptoms don't seem to be getting better, then reach out for assistance. Asking for help is not a sign of weakness; it shows true strength and courage.

The Coast Guard's CGSUPRT Program is available 24/7 to assist with mental health emergencies. Their toll free numbers are: 855-CGSUPRT (855-247-8778).

National Suicide Prevention Lifeline at 1-800-273-TALK (8255)



Please join the walk with thousands across the country in recognizing **THE NATIONAL SUICIDE PREVENTION WEEK!**

10th Out of the Darkness Community Walk September 12, 2015

(severe weather date: September 13, 2015) **at Mt. Trashmore, Virginia Beach**

Registration for your 2015 Walk will begin January 1, 2015. For more information about the Walk, you may call Chris Gilchrist, LCSW, founder and facilitator of the Hampton Roads S.O.S. Group for over 27 years and a member of the American Association of Suicidology. (757) 483-5111.

For additional questions please contact Employee Assistance office at 757-483-8424

Vacation Planning On A Budget



Recently, I discovered one of the best kept secrets for making a cost-effective vacation. I can enjoy family time while cutting down on all those major expenses involved with vacationing. Savor the power and rejuvenation of a vacation without the financial hardship. I discovered the *staycation*.

Merriam-Webster dictionary defines the staycation as “A vacation spent at home or nearby.” Staycations became increasingly popular during the economic downturn and the rising gas prices.

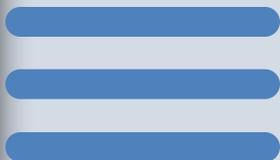
The benefits are many. Financially and emotionally, being the top two on my list. You know how expensive travelling can be, especially with children. Having to stay in a cramped room can defeat the desire to be stress-free. When you stay at home, you have the space and comfort of home, such as a kitchen to save on some of those meals or snacks.

Sometimes we take where we live for granted. Planning a staycation can get you to appreciate and experience what’s around you, take in the sites that are nearby. Best of all, you can do this at your own pace. There is nothing more stressful for me to be on a clock and rigid schedule while on a vacation, only feeling the need for a vacation afterwards. Although planning is important, flexibility is easier with a staycation. Kids can invite a friend for a day. You can split up one day, girls may want to have manicures while the boys go see a movie. You can have a different theme each day. Whatever it is, you make it your own.



Since summer break is fast approaching, I suggest starting to plan and getting excited about your staycation now and to set a budget. Get the family involved. Ask for input. Let each family member help plan. Older kids can make the plans for an entire day. Remember, it’s everyone’s vacation. Try to think like a tourist. Read local guidebooks, search local blogs and newspapers for ideas. Visit your ITT or MWR office for suggestions and discounts. AAA also has offices throughout and is a great source of information. The important thing is that you plan your staycation. Otherwise, it’s easy to default to doing chores and treating it like any other day.

Lastly, I want to leave you with some ideas to consider and to get your vacation planning juices flowing. Take advantage of base facilities, to include DoD. They usually have movie theaters, bowling alleys, and swimming pools. Dam Neck Naval Base in Virginia Beach has a nice clean beach without the crowds and with free parking. Consider season passes for amusement parks and water parks, and museums. You go twice and the passes will often pay for themselves. Active duty and their families can get free day admission to Busch Gardens once a year. Always inquire at restaurants, museums and parks for military discounts, AAA or other club discounts. The history in Williamsburg, Yorktown and Jamestown is rich. Miniature golfing is always a nice and laid back activity. Movies, bowling and museums are great indoor options for those rainy days. Remember to set a budget, involve the family in the planning, and enjoy the staycation experience!



Supporting Adults with Special Needs



At times, the needs of adult family members diagnosed with special medical needs are overlooked. There are a number of resources and organizations available to meet the needs of this population. If you are enrolled in the Special Needs Program and have an adult family member with a disability, or are an adult with a special need, these programs may be of assistance to you:

The Endependence Center is a community-based, non-residential Center for Independent Living (CIL), operated by and for individuals with disabilities in South Hampton Roads. The Endependence Center offers an array of independent living services to individuals with disabilities and to the community. These services include information and referral, peer counseling/individual advocacy, housing assistance/placement, Medicaid advocacy, and more. For more information, please visit their website, www.endependence.org.

The Arc of North Carolina and Virginia are two organizations that promote and protect the human rights of people with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community; additionally, these organizations strive to secure for all people with intellectual and developmental disabilities the opportunity to choose and realize their goals of where and how they learn, live, work, and play. More information can be found at www.arcnc.org and www.thearcofva.org.

Many city **Parks and Recreation Departments** offer therapeutic recreation programs which provide numerous opportunities for classes, field trips and general recreation. Activities for adults with disabilities can include, but are not limited to, swimming lessons, trips to museums and concerts, bowling, and cookouts. Various organizations in the community offer adults with disabilities opportunities for employment training, job placement, and assistance with independent living. Some include **Goodwill Industries** (www.goodwill.org), **Eggleston Services** (www.egglestonservices.org), **Wright Choices, Inc.** (wrightchoices.net), **Virginia Department for Aging and Rehabilitative Services** (www.vadrs.org), and the **North Carolina Department of Health and Human Services** (www.ncdhhs.gov/dvrs).

Health Promotions - Links

(use Ctrl + left click or cut and paste into your browser):

Not feeling well? Find the possible cause of your symptoms:

<http://symptomchecker.prevention.com/>

Get the latest on hundreds of vitamins and supplements:

<http://www.prevention.com/cda/categorypage.do?channel=health&category=vitamin.encyclopedia>

Daily Calorie Counter:

http://www.prevention.com/cda/toolfinder.do?tf_type=calorie_calculator&channel=weight.loss

Healthiest Food Finder:

http://www.prevention.com/healthiestfoods/?cm_mmc=Spotlight--08282009--Nutrition%20and%20Recipes--Healthiest%20Foods%20Finder



HUMAN RESOURCES

HEALTH, SAFETY & WORK-LIFE

CG-11

Clinic Information:

BASE PORTSMOUTH
4000 Coast Guard Blvd.
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CWO2 Marvin Pena
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USCG Training Center
1 US Coast Guard
Yorktown, VA 23690
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Mr. Terrence Tanner
(Office) 757-686-4036

Family Resources Specialist

Mrs. Kelly Beck
(Office) 757-686-4025
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Health Promotion Manager

Mr. Steven Harrell
Office) 609-898-6886

Transition Relocation Manager and Ombudsman Coordinator

Mrs. Jeanett Torrens
(Office) 757-686-4030



Need a Lifestyle Coach?

www.cgsuprt.com

855-CG SUPRT (247-8778)

Remember this call is free and confidential within the limits of the law!

Changing habits is easier when you have the information, tools and support that you need. Our professional coaches can help you reach your health goals and stick with them for life.

Our coaches can help with an array of health and wellness issues, such as: Weight loss • Fitness and exercise • Healthy eating • General health and wellness goals You can participate in sessions by phone or online, whichever you prefer. Our specially trained coaches can help you:

- Create an action plan to achieve your
- Eliminate roadblocks or barriers that goals stand in the way
- Identify your beliefs, values and vision
- Celebrate your success

Give CG SUPRT a call today!

Safe Helpline- Sexual Assault Support for the CG/DoD Community Click: www.SafeHelpline.org; Call: 877-995-5247; Text: 55-247 (inside the US); 202-470-5546 (outside the US)