

SEPTEMBER 2014

FORCECOM NEWSLETTER

HAPPENINGS AND INFORMATION FOR FAMILIES



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Howdy!

This newsletter covers 3 very important issues for the month of September. Please be sure read and use the links for more information.

Hope everyone had a good summer! Hard to believe it is already September!

Holly

FORCE READINESS COMMAND



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NATIONAL PREPAREDNESS MONTH

September is National Preparedness Month. Over the summer, we had tips on hurricane preparedness, but www.ready.gov also gives tips on how to be prepared for many scenarios, from natural disasters like earthquakes to man-made accidents, like a plant explosion. This applies not only to where you live, but as you travel; you need to know hazards of the area you are traveling.

- have a basic plan for home and travel. Include communication plan
 - ask school or work what their plan is for a disaster
 - know the possible disasters/ hazards for your area (hurricane, earthquake, tornado, forest fire, chemical leak, etc.)
 - make an emergency supply kit with enough supplies for you and your family (don't forget pets) for 3 days
 - Work-Life programs are available to assist you before, during or after an emergency
- www.uscg.mil/worklife or 1800-872-4957
- also visit the FEMA website at <http://www.fema.gov> or National Weather Service site at http://www.nws.noaa.gov/com/weatherreadynation/prepare.html#.VATg_WOK2So



BACK TO SCHOOL

Kids head back to the classroom the first week of September, if not before. This means an increase in morning and afternoon traffic, and school buses. Be aware of school zones. Allow yourself an extra few minutes if you drive through a school zone, or share a drive with school buses. Know your state law for school zones (some are cell-phone free zones). Be cautious of kids walking or riding bikes to school. Obey speed limits and school bus lights/ signs. A few reminders:

- it is illegal in all 50 states to pass a school bus stopped to load/unload kids
- in all 50 states, all traffic must stop for a bus on an undivided roadway
- state laws vary on divided roadway, but traffic behind the bus must always stop
- watch for crossing guards directing traffic and pedestrians

For more information, visit the website for the National Safety Council at http://www.nsc.org/safety_home/SafetyObservances/Pages/BackToSchoolSafety.aspx
Or www.safekids.org





USEFUL LINKS

www.achievementsolutions.net/achievementsolutions/en/cgsuprt/Home.do

www.uscg.mil/worklife/default.asp

www.uscg.mil/hwtr

www.uscg.mil

www.treasure.mil

www.Ready.gov

<http://www.uscg.mil/worklife/ready.asp>

September is National Suicide Prevention Month

The Coast Guard is committed to the well-being of its family. This month is Suicide Prevention Month, and the CG is addressing this very serious issue. Admiral Zukunft, MCPOCG Cantrell, and Captain Todd, Chaplain of the CG, have released a statement on ways to help our shipmates and prevent tragedy. <http://allhands.coastguard.dodlive.mil/2014/08/29/a-very-real-look-at-suicides-in-the-coast-guard/>

Suicide Warning Signs

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- ◆ Talking about wanting to die or to kill oneself.
- ◆ Looking for a way to kill oneself, such as searching online or buying a gun.
- ◆ Talking about feeling hopeless or having no reason to live.
- ◆ Talking about feeling trapped or in unbearable pain.
- ◆ Talking about being a burden to others.
- ◆ Increasing the use of alcohol or drugs.
- ◆ Acting anxious or agitated; behaving recklessly.
- ◆ Sleeping too little or too much.
- ◆ Withdrawing or feeling isolated.
- ◆ Showing rage or talking about seeking revenge.
- ◆ Displaying extreme mood swings.

Suicide is Preventable.

Call the Lifeline at 1-800-273-TALK (8255).

With Help Comes Hope

LINKS TO INFORMATION

Coast Guard Support: available 24 hours a day, 7 days a week. Toll free number: 1-855-CGSUPRT (247-8778)

Confidential professional counseling, education, and referral services to help you with variety of issues:

- marital problems
- work concerns
- child care
- K-12 education concerns
- pet care
- depression and anxiety
- career transitions
- adoption
- moving and relocation

<https://www.achievementsolutions.net/achievementsolutions/en/cgsuprt/Home.do>

Health, Safety, and Work Life Service Center (HSWL) There is an app available at the app store (iPhone and Android). The app has lots of great information to get you connected to many resources, as does the website.