

Soldier receives Purple Heart



Terrance Bandy
TAMC Public Affairs

Brig. Gen. Keith Gallagher and Command Sgt. Maj. William Franklin present the Purple Heart award to Sgt Darius King, 51st Transportation Company, 391st Transportation Battalion from Mannheim Germany.

King returned to Tripler Army Medical Center after receiving injuries while performing convoy operation April 28, 2011 in Iraq.

King is no stranger to Oahu, as he served two combat tours of duty with the 2nd Battalion 27th Infantry Regiment 3rd Brigade Combat Team from Schofield, Hawaii. He was joined by his wife and two children.

Ward Road Repair

Ward Road, which goes across the front of TAMC, will have major damaged areas repaved and repaired over the upcoming holiday weekend. There will not be access to Ward Road and the BUS will be rerouted to pick up at the Mountainside entrance bus stop. Work will begin on Friday and be completed by the end of the weekend.





SERGEANT AUDIE MURPHY CLUB

Are collecting Worn-Out **Shoes** for the HERSHEY'S Track & Field Games

When: 20 April 11 – 25 June 11

Where: Drop off to any **SAMC Member** or

Call 1SG Loper @ 433-1170 or SFC Trudden @ 433-1649

SAMC MEMBERS

SGM Johnson, Leon – G3 18TH MEDCOM	MSG(P) Taylor, Amanda -18TH MEDCOM
2LT Franklin, Brandi - Troop Command	2LT Wiggins, Antonio - Troop Command
1SG Loper, Natasha - Delta Company	1SG Perez, Kim -Alpha Company WTB
MSG Day, Isaac – Product Line DOHET	MSG Johnson, Michael –Product Line Surgery
SFC English, Joe - NCOIC Logistics	SFC Henard, Willie - NCOIC DENTAC
SFC Martinez, Christine -18TH MEDCOM	SFC Navarro, Jaime - NCOIC Preventive Medicine
SFC Trudden, Erin - NCOIC Lab	SSG Schmidt-Velez, Niretzy – NCOIC CMS

Athletic Shoes ONLY > Any brand OK

Tripler Army Medical Center

Strong Bonds Training

Married Couples

When: June 10-12, 2011

Where: Hale Koa Hotel

Waikiki Beach

What is included?

- **Relationship Training and Materials**
- **Hotel Stay for 2 Nights**
- **Continental Breakfast for 2 mornings**
- **Lunch and Dinner will be provided**

POC: SGT Shenea Andrews
808-433-2933



E Komo Mai



Survivor Outreach Services (SOS) and Operation Military Kids (OMK) cordially invite you to the 2011 SOS/OMK Family Camp. Our camp is for Families with children and teens (infants-age 19) who have lost a parent through Active Duty military service. It provides the opportunity for Families to participate in activities that rejuvenate the mind, body, and spirit in a relaxing, fun, and supportive environment. The camp will also provide Families the opportunity to meet other children and teens who have lost a parent through military service.



Dates:

July 15-17, 2011

Location:

Camp Erdman Wailua, HI

Cost: Free

**We kindly ask that one parent/caregiver per family attend the camp.*

For more information or to RSVP please contact,
Jenny Koranyi, SOS Coordinator, at 808.438.9285 or
Jennifer.Koranyi@us.army.mil

Please RSVP by June 10, 2011



FOR MORE INFORMATION ON OPERATION MILITARY KIDS, PLEASE CALL 956-4125, OR EMAIL: omk@otafor.kauai.edu



Public Health Nursing Evening Clinic Pilot Program



**JUNE 22 & 29
JULY 20 & 27**

**Clinic will remain open until 2100.
Patients will be seen by appointment only**

**Patients must complete Part I of PHA Assessment (via AKO)
prior to coming to their appointment.**

**POC: SGT Allison Lindsay
NCOIC Army Public Health Nursing
433-1464**

**PURPOSE: To better accommodate soldiers working "swing" shift and night shift hours,
as well as those who cannot leave their place of duty during the day to come to their appointment.**

Interested in furthering your professional education?

Army Nurse Corps officers interested in furthering their professional education may apply for selection to attend Long Term Health Education and Training (LTHET) graduate programs.

If selected by the LTHET Board and qualified academically for admission, officers will be given the opportunity to be fully funded to attend graduate school

as full-time students.

All officers attending LTHET will receive all pay and benefits while in school, regardless of the program.

LTHET INFORMATIONAL SESSION WILL BE HELD June 16 at 8 am in room 5a026, OB/GYN Conference Room, 5th Floor, A Wing.

Mass School Physicals 2011

**The Department of Pediatrics will be
conducting school physicals as
follows:**

**-Date: Saturdays on June 18th,
July 16th, and
August 6th**

- Walk-in basis only

-Time: 0900-1400

**-Location: Pediatrics
Clinic (808-433-0000)**



Feds Feed Families 2011 Campaign



**Feeding the
Community**

YOUR HELP IS NEEDED NOW MORE THAN EVER

When: June 1st, 2011 to August 31st, 2011

Where: All Hawaii Federal Agencies

What: Food Drive to collect food for the

Hawaii Food Bank, Oahu

Maui Food Bank

Kauai Food Bank

The Food Basket, Hawaii





AMR Teen Center Mentorship Program Army Teen Week Extravaganza

- Who:** Teens 11-17 years old who reside in the AMR, Fort Shafter, TAMC communities.
- When:** Week of 06/13/2011 through 06/17/2011.
- What:** Activities, Programs and Instruction to Empower Teenagers with the knowledge and skills to build their future.
- Where:** All programs begin and end at the AMR Teen Center.

AMR Teen Center - Teen Week Extravaganza *Empowering Teens with Knowledge and Skills to Build Their Future.*

A week of Activities, Programs and Interactive Instruction for teens to encounter a variety of life skills and opportunities to help them discover their life's direction. Participants must be registered with CYSS to enroll. Enrollment for CYSS services can be done at Parent Central Services. For more information on the Army Teen Week Extravaganza, please call the **AMR Teen Center at (808) 833-0920** or **SPC Giddens at (757) 633-7696**.

Limited to the first 40 teens.

Sign-up now!



www.himwr.com



Chaplain Thought of the Week: Resilience

Chap. (Maj.) Ibraheem Raheem
Chaplain Clinician TAMC
Tri-Service Addiction Recovery Facility
Department of Psychiatry

Resilience and adaptation are qualities that can be quite beneficial to us, yet we tend to struggle greatly with them. First, we tend to do our best to avoid situations in which we need to show these qualities, for they are very often unpleasant.

All of nature offers lessons on resilience, free of charge let us look at a few. Trees support many living things--fungus, vines, and lichen that teach us about enduring burdens. Other trees teach other lessons. Some trees grow around barbed wire fences others grow around nails, still others through a chain link

fences. These trees teach us how to accept irritation, difficulties and hardships by absorbing them and growing around them. Nature teaches us how to find ways to become resilient.

What are your obstacles? Decide today that the obstacles do not have to limit your growth. We can learn from the trees that stand their ground day after day. They grow to be strong but also remain flexible. It is not their strength that allows them to endure, but their flexibility.

Today's challenges require something from you, be it patience, understanding, strength, courage, or something else. The lessons of resilience are all around us in nature. I hope you are able to apply them in your life.



FRIDAY, JUNE 10, 2011
CORAL BALLROOM
HILTON HAWAIIAN VILLAGE

U.S. ARMY, PACIFIC 236TH ARMY BIRTHDAY COMMÉMORATION



WWW.USARPAC.ARMY.MIL/236BIRTHDAY



SEE YOUR UNIT REPRESENTATIVE FOR TICKETS

TAMC Unit representative is SSG Makowski, John
433-6746 or John.makowski@amedd.army.mil

FREE ALL DAY CIRCLE ISLAND TOUR

The Army Community Service (ACS) Shafter office conducts a free all-day circle island tour the third Saturday of each month for newly assigned Soldiers, civilian employees, and Family members who have PCS'd to Hawaii within the last six months prior to the tour dates.

The tour costs at least a \$75.00 if you sign up in Waikiki! The next tour is scheduled for June 18. Call 438-9285 by June 13 to sign up and obtain more information about the tour.

If you are interested in participating in the free tour, you can also send a message to michael.tanigawa@us.army.mil to request a tour brochure and directions to the pickup point at Shafter Flats.

Virtual Career Fair for vets

Courtesy of the FEDS HIRE FEDS, there will be a Virtual Career Fair for Veterans being held June 23, 2011 sponsored by Milcruit, the Military Officers Association of America and partners.

The fair is designed to bring veteran friendly public and private employers, veterans and spouses together as if in person, but from the comfort and convenience

of their home or office.

Veterans/ Jobseekers can register and enter the environment to visit employer booths, chat with recruiters, view/apply for jobs, and chat with peers in the networking lounge.

Participation is free for jobseekers . Register at: <http://www.veteranscareerfair.com/>

Tripler works to solve concerns by increasing employee parking

Terrance Bandy
TAMC Public Affairs

Morning traffic frustrations follow each of us drivers into work morning after morning. But, did notice that parking is opening up in more locations around the TAMC grounds?

One of the places that you may want to look

into is the mountain side parking structure.

Staff parking has been increased and the overhead shelter allows you the driver to return to a cooler vehicle before departure for the day.

Be mindful that there's only so much space, and the early bird gets the space.



Do you have something exciting going on in your department? Would you like to get your story out? Special event go untold in the Schofield and TAMC areas that other may find news worthy. So if you have something to say, contact Jan Clark at 808-433-2809.

Chap. (Maj.) Ibraheem Raheem
Chaplain Clinician TAMC
Tri-Service Addiction Recovery Facility
Department of Psychiatry

Recently there has been much talk about the end of the world. When I hear this sort of talk, I always ask, "What is the context referred to by end"?

Actually, for every end, there is a new beginning and new beginnings are all about change. To change, we must go through a transition zone. It is not easy being in transition. Thoughts, beliefs and habits are all in flux. It can create a sense of groundlessness, of being in a void that can be quite uncomfortable. When we are in this void, our first impulse will be to revert to

old habits because they feel comfortable.

The goal becomes hanging in there until the change goes away and things are back to the way they were. Realistically things never go back to the way they were. Understanding that transitions are part of the change process helps us muster the courage to put up with the discomfort, the uneasiness, and the overall void in our lives.

Change requires a "letting go" of what we have always known and done to allow in something new. We need to trust in ourselves and allow change to unfold a new reality for us. I invite you to exchange the term end with new beginning and embrace the change in your life today.

GRADUATE PROFESSIONAL HEALTH EDUCATION COMMENCEMENT

Class of 2011

**US ARMY 236th BIRTHDAY
RETREAT CEREMONY**

**Tripler Army Medical Center
Main Flagpole**

June 17, 2011

3:00 p.m.



*The Commanding General
Pacific Regional Medical Command
and Tripler Army Medical Center
requests the pleasure of your company at the
Graduate Professional Health Education Commencement
followed by a Retreat Ceremony commemorating the
236th Birthday of the United States Army
on Friday, the seventeenth of June
at three o'clock in the afternoon
Tripler Army Medical Center Flag Pole*

**RSVP by June 10, 2011
(808) 433-7787 or trm.protocol@usarmc.hawaii.mil**

**Military: Duty Uniform
Civilian: Aloha Attire**



HERSHEY'S TRACK AND FIELD GAMES OAHU STATE FINAL

THE HERSHEY YOUTH PROGRAM IS DESIGNED FOR THE BEGINNER ATHLETE



Meet Date: June 25, 2011 (Saturday)
Time: 8:00 a.m. – 1:30 p.m. (Approximate)
Place: Mililani High School Track & Field

REGULATIONS

ELIGIBILITY: Open to 9-14 year old girls and boys born between 1997-2002, who reside in Hawaii. Sex divisions based on gender and age as of December 31, 2011. All participants must compete in their gender and age group divisions.

ENTRY DEADLINE: FRIDAY, JUNE 17, 2011 – 4:00 P.M.
Send or mail to: HOPA HERSHEY TRACK & FIELD GAMES
c/o Sharon Tamata PHONE: 708-3877 FAX: 708-3052
1888 Ukauike St., Suite 300 email: gpc@hawaii.gov
Kapolei, HI 96707

EQUIPMENT: Shorts, t-shirts (Hershey), and shoes are required. Participants may not wear shoes designed for spikes. In field events, any shoes designed for track sports are not allowed. Starting blocks are not allowed.
PROOF OF AGE: Ages and birthdates must be verified and initialed by sponsoring playground, club, school, coach or parent. Age is determined by the age the youth will be on December 31, 2011.

GENDER: Please check the appropriate box: GIRL BOY

PLEASE TYPE OR PRINT IN BLACK INK

NAME _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____ PHONE NO. _____
DATE OF BIRTH: MONTH _____ DAY _____ YEAR (circle one) 1997 / 1998 / 1999 / 2000 / 2001/2002
PROGRAM: _____ COACH'S NAME _____ PHONE # _____
(Name of Sponsor For Program, Institution, School, Team, etc. Uninitialed)

T- Shirt Size: Youth Med ___ Youth Large ___ Adult Small ___ Adult Med ___ Adult Large ___ Adult Xlarge ___ Adult 2Xlarge ___

Circle participant's gender. Select up to three (3) events— not more than 2 running events.

GENDER	BIRTH YEAR	Select no more than 2 running events.					50' Long Jump*	Softball Throw*
GIRL	2001/2002	500M DASH	1000M DASH	2000M DASH	4000M DASH	4X100 RELAY**	E: 4', B: 4'6"	G: 50', B: 65'
BOY								

GENDER	BIRTH YEAR	Select no more than 2 running events.					50' Long Jump*	Softball Throw*
GIRL	1999/2000	1000M DASH	2000M DASH	4000M DASH	800M RUN	4X100 RELAY**	E: 4'6", B: 5'	G: 75', B: 90'
BOY								

GENDER	BIRTH YEAR	Select no more than 2 running events (the relay is a running event)					50' Long Jump*	Softball Throw*
GIRL	1997/1998	1000M DASH	2000M DASH	800M RUN	1000M RUN	4X100 RELAY	E: 5', B: 5'	G: 100', B: 110'
BOY								

*Note: Qualifying distance must be met to compete in the STANDING LONG JUMP AND SOFTBALL THROW EVENTS ** Does not advance to North American Final

4x100M RELAY – Limited to 2 teams per division per organization. If you are a member of a relay team, you must list the other members of your relay team. 1999/1999 and 2000/2001 relay teams do not advance to the North American Final.

TEAM NAME:			
1	2	3	4
ALT 1	ALT 2	ALT 3	

The undersigned participant, the participant's parent/legal guardian, or legal representative of the participant in the Hershey's Track & Field Games. In consideration of registration fee, the right of the participant to compete in the Hershey's Track & Field Games and the use by the participant of competing agency's facilities, and equipment, both the participant and the parent/legal guardian hereby acknowledge that the participant will be competing in the Hershey's Track & Field Games and accepting agency's facilities at the participant's sole risk. The participant is liable for any injury and on behalf of the participant, parent/legal guardian, and representative shall indemnify, defend and hold harmless the Hershey's Organizing, National Recreation and Park Association, Mililani High School, Hawaii Recreation and Park Association, Hawaii Association of OHA Track and Field, and Departments of Parks and Recreation, City and County of Honolulu, Hawaii County, Maui County, Kauai County, State of Hawaii including State property damaged, bodily injury which may be sustained by participants in the event(s). Waiver applies to all the participating agency for the Hershey's Track & Field Games to accept approval the participant's name under the program and for indemnification regarding the participant and to absolve the same from any and all claims in the manner. We understand that those participants who advance to the state level, and all athletes of this level do not automatically advance to the national level for the World/Junior Pan Am Meet.

Signed by Parent/Legal Guardian _____ Print Name _____ Date _____

In case of Emergency, Contact _____ @ _____ Relationship _____

Or _____ @ _____ Relationship _____

I have checked this application and confirm its accuracy (coach/parent/guardian's signature) _____

ENTRY DEADLINE: FRIDAY, JUNE 17, 2011 - 4:00 P.M.



President honors fallen heroes on Memorial Day



US Army photo

George Markfelder *Army News Service*

President Barack Obama laid a wreath at the Tomb of the Unknowns at Arlington National Cemetery, Va., paying a Memorial Day tribute to generations of Americans who have fought and died to defend the nation's freedom.

The president was accompanied by Joint Force Headquarters National Capital Region and U.S. Army Military District of Washington commanding general, Maj. Gen. Karl R. Horst, who also paid tribute to all fallen American heroes.

The president spoke shortly after the wreath ceremony to a full audience at the National Cemetery Amphitheater.

"To those of you who mourn the loss of a loved one today, my heart goes out to you. I love my daughters more than anything in the world, and I cannot imagine losing them. I can't imagine losing a sister or brother or parent at war.

The grief so many of you carry in your hearts is a grief I cannot fully know," said Obama.

"Our nation owes a debt to its fallen heroes that we can never fully repay," he said. "But we can honor their sacrifice, and we must. We must honor it in our own lives by holding their memories close to our hearts, and heeding the example they set."

The president mentioned the Gold Star family members attending the ceremony, and how great a debt the nation owes to them. Military families are considered "Blue Star" if they have family members in the U.S. armed forces, but they are considered "Gold Star" if family members died in service.

Also in attendance at the ceremony were members of the Tragedy Assistance Program for Survivors, or TAPS organization.

Dellona Selge, from Apple Valley, Minn., said she joined TAPS after her husband, Staff Sgt. Todd Selge was killed in action Sept. 3,

2009.

"It keeps you in the military family and it makes you feel better to be able to talk to others coming from the same place you are," said Selge. "TAPS has seminars for wives, siblings and mothers of fallen Soldiers and that keeping in touch with each other is a great help."

Other TAPS members in the audience echoed Selge's comments.

"TAPS is a family group that has everyone in it associated with the service member," said TAPS member Paulette Martone, from Prescott Valley, Ariz. "They give you a 1-800 number (1-800-959-8277) that you can call when you get into a situation and you need someone to talk to, and that really is all you need sometimes."

TAPS is a 24/7 tragedy assistance resource for anyone who has suffered the loss of a military loved one, regardless of the relationship to the deceased or the circumstance of the death.



We love our fans!

To celebrate reaching 5,000 fans in May, we'd like to honor you by hosting giveaways over the next five weeks. United Concordia will feature a different U.S. Branch of Service each week on our Facebook page and will give away service-specific teddy bears.

We'll salute each branch alphabetically, starting with the Air Force on May 23, inviting any of our fans to register for prizes during these weeks.

To enter, visit United Concordia's Facebook page at [facebook.com/TDP.ADDP](https://www.facebook.com/TDP.ADDP) between 9:00 a.m. Monday and midnight on Wednesday of the following weeks:

- June 6
- June 13
- June 20

Only one entry per person will be accepted.

This is a random drawing, so spread the word to your military family and friends!



Air Force



Army



Coast Guard



Marine Corps



Navy

Note: Employees of Highmark and its subsidiaries (to include United Concordia) are not eligible for this drawing.

Schofield Barracks Public Health Minute

Good morning and welcome back to the Public Health Minute. This informational paper is brought to you by the staff of Army Public Health Nursing here at Schofield Barracks. Please send any questions, questions for PeHNY, comments or concerns to Rosalind Griffin, RN, MSN, at rosalind.griffin@amedd.army.mil or call (808) 433-8677.

CURRENT EVENTS

On Friday, 27 May, there was a Family Fun and Fitness Fair held at the Schofield Barracks Commissary. There were great sales and health information for families to enjoy.

Congratulations to the winners of the APHN drawing. The entrants had to answer this question: What energy unit is defined as the heat required to raise the temperature of one kilogram of water by one degree Celsius? The answer was **One Calorie.**

**Elizabeth Terry won the grand prize of a gift basket with a video camera

** 2nd Place winners won a \$25 dollar voucher for the commissary and they were:

**Susanna Estaniqui

**Gina Iwen

**Ann Jordan.

Again, congratulations to the winners and thank you to all who participated in the drawing.

UPCOMING EVENTS

9 June 2011 - Commander's Conference Health Fair at Hilton Hawaiian Village

16 June 2011 – Men's Health Fair at TAMC in the Oceanside lobby

23 June 2011 - Men's Health Fair at Schofield Barracks PX

7 July 2011 – Wellness Fair at the Schofield Barracks PX

14 July 2011 - Wellness Fair at TAMC in the Oceanside Lobby

June is Men's Health month. So here is some information to help our male population have a happier, healthier, 2011.

THE TOP HEALTH SCREENINGS THAT ALL MEN SHOULD BE HAVING

Prostate Cancer – Prostate cancer is the most common cancer in American men, after skin cancer. It tends to be slow growing, but can also be aggressive as well. Screening tests can find the disease early, sometimes before symptoms develop and treatment is much more effective. Testicular Cancer

Testicular Cancer – This type of cancer is seen mostly in males between the ages of 20 and 54. The American Cancer Society recommends an exam whenever men visit their doctor for a routine physical exam. Doctors recommend regular self-exams to check for lumps, bumps or changes in shape or size of testicles.

Colorectal Cancer – This is the second most common cause of death from any cancer. Men have a slightly higher risk of developing this type of cancer when compared to women. The majority of colon cancers develop from colon polyps, growths on the inner surface of the colon.

Hypertension – Your risk for high blood pressure increases with age, simply because aging wears everything out, just like our cars. Hypertension occurs when the heart has to work harder to move blood through your circulation. Sedentary lifestyles increase this risk. Complications from hypertension include aneurysm, stroke, heart attack and kidney failure.

Cholesterol – A high level of cholesterol in the blood causes sticky plaque to build up in the walls of your arteries. Arteries get narrow and blood flow is decreased. This leads to heart attacks and strokes and can cause sudden death.

Bottom line – Get checked and know where you stand now, where you need to be in the future and make a plan on how to get there!!

Ask PeHNY

Hi PeHNY, I recently went to donate blood and got a call from a nurse saying that I have hepatitis C. What is that all about?

Signed AT A BLOOD LOSS

Dear AT A BLOOD LOSS,

Blood banks screen your blood several times after you donate it, so they may not have all their test results ready the same day that you see them. They refer your case to a public health nurse when they find anything suspicious so that you can be notified and rechecked.

Hepatitis C is a liver disease. "Hepatitis" means **inflammation of the liver**. Inflammation is the painful, red swelling that results when tissues of the body become injured or infected. Inflammation can cause organs to not work properly.

You could get hepatitis C through contact with an infected person's blood or from being born to a mother with hepatitis C, having sex with an infected person, being tattooed or pierced with unsterilized tools that were used on an infected person, getting an accidental needle stick with a needle that was used on an infected person or from sharing drug needles with an infected person.

Hepatitis is treated with medication, but can lead to liver failure. Some signs/symptoms of hepatitis C include jaundice, a longer than usual amount of time for bleeding to stop, swollen stomach or ankles, easy bruising, tiredness, fever, loss of appetite, diarrhea, light-colored stools or dark yellow urine. You should inform your healthcare provider if you develop any problems associated with your diagnosis.

Hi PeHNY, What types of services can I expect at Public Health Nursing? Signed Needy Newbie

Dear Needy Newbie, We are glad that you asked. Here at Public Health Nursing, you can learn about diet and exercise, physical and mental fitness, the hazards and pitfalls of STD's (sexually transmitted diseases), pick up some free condoms, learn about diabetes, hypertension, PTSD (post traumatic stress disorder), men and women's health, stress, get your blood pressure taken, find out what your body fat percentage is and lastly, you can find the answers to all of your health related questions. We have trained professionals waiting to assist you daily from 0730-1600, Monday thru Friday.

We are also available to come to your unit or FRG meeting to educate soldiers and family members alike on the self care program (where you can get free OTC meds from the pharmacy without seeing a provider first), ways to live healthier, and any other health topic of interest to your group.

Trivia Corner

If a train leaves Boston at 1015 and heads south at 75 mph, bypassing the first two stations, and waiting at the third station for 45 minutes, while at the same time a bus leaves grand central station at 1045 and heads north at 55 mph, bypassing two hippies and piano player, looking at the time factors, what vaccine helps to protect you from pertussis (whooping cough)?

What's the itchy skin condition tinea pedis better known as?

What hereditary blood defect is known as "the royal disease"?

The first person to answer all three questions wins a prize from APHN. Answers must be emailed so that their times will be recorded.

Public Health Facts

Public health is "the science and art of preventing disease, prolonging life and promoting health through the organized efforts and informed choices of society, organizations, public and private, communities and individuals

Historians tell us public health began with human waste sanitation thousands of years ago. Later, clean water was brought into the ancient City of Rome by its famous aqueducts.

The Chinese developed the practice of variolation following a smallpox epidemic around 1000 BC. An individual without the disease could gain some measure of immunity against it by inhaling the dried crusts that formed around lesions of infected individuals.

Other public health interventions include latrinization, the building of sewers, the regular collection of garbage followed by incineration or disposal in a landfill, providing clean water and

draining standing water to prevent the breeding of mosquitoes.

During the 20th century and early in the next, the dramatic increase in average life span is widely credited to public health achievements, such as vaccination programs and control of many infectious diseases including polio, diphtheria, yellow fever and smallpox; effective health and safety policies such as road traffic safety and occupational safety; improved family planning; tobacco control measures; and programs designed to decrease non-communicable diseases by acting on known risk factors such as a person's background, lifestyle and environment

In 1977, public health registered its greatest historical

feat. In that year, the eradication of one of the human species' most dreaded and lethal diseases, smallpox, was completed. The last case occurred in 1977 in the East African nation of Somalia and the eradication was certified by a Commission of the World Health Organization in 1979.

NOW you know!!!

We hope that you enjoyed this edition of the Public Health Minute. If you enjoyed it, tell your friends, if not, tell us. Mahalo Nui Loa

Rosalind Griffin, RN, MSN
Army Public Health Nursing, Bldg 673, 2nd Floor,
Schofield Barracks, HI 96857



Traffic update:

“With the heightened security measures at the entrance to Tripler Army Medical Center, staff and patients have endured long lines. In an effort to shorten entry wait time, from approximately 6 to 8 a.m., those in the left hand lane will be directed to turn left after passing the guardhouse. Once on Krukowski Street, ID cards will be checked and directions to either the Oceanside or Mountainside parking lots will be provided.”



We Are

JOIN US

THE ARMED SERVICES BLOOD PROGRAM

GIVE BLOOD TODAY

ASBP
Armed Services Blood Program

militaryblood.dod.mil

Oceanside 2nd Floor,
Room 2A207

TRIPLER BLOOD DONOR CENTER | 808.433.6148

TAMC
Department
of Psychology

Child and Family Psychology Service

Vol 1
Issue 1

Spring 2011

Child, Adolescent and Family Psychology Services at TAMC

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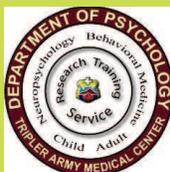


We are EVERYWHERE!!!

Child Psychology Services are integrated with a number of programs and departments at Tripler Army Medical Center (TAMC) as well as in the community. Child Psychology providers work closely with medical providers, other professionals, and families to help children and adolescents with social, emotional, and behavioral needs that affect their overall functioning. Services include the provision of psychological assessments (i.e. ADHD and learning disability assessment), individual therapy, group therapy, family therapy, prevention workshops, and consultation. Providers work from a biopsychosocial theoretical framework taking into account biological factors, psychological factors, and social factors.

Special points of interest:

- Description of Clinical Services and programs
- Introduction of department team and upcoming events.



Leadership Training

Child Psychology also offers tailored workshops via its Family Strong series. These workshops help to prepare soldiers and their family members for upcoming deployments and/or the return of soldiers from deployment. Couples Strong workshops are also provided to help couples strengthen their marital relationships. Trainings are also provided to school personnel serving large numbers of military dependents. Call us at the number below for more information.



If you have questions, you may call the TAMC Child and Family Services at 433-6060.

Prevention and Early Intervention

The child and Family Service offers preventative and early intervention services with the aim of community-based supports to military families at all cycles of deployment. Specific interventions are provided based on community requests. Services include workshops for families, couples, and military/family/school leadership and preparing for deployment, coping with deployments, managing re-integration, building resilience and consultation/referral regarding the array of services for particular

problem areas. Sample programs are detailed below:

Family Strong Series

The family Strong Series (FSS) program is managed via the Army Community Services (ACS) with services provided by interdisciplinary teams. FSS provides proactive support to military personnel and families thorough pre-deployment, deployment, and re-deployment, and post-deployment cycles. It also offers small, interactive classes designed to address the coping, emotional, spiritual, relational, financial, and transitional needs of soldiers, spouses, and children. It also

provides preventative education AND identification/referrals for those with greater needs.

Couples Strong Workshop

Couples Strong workshops are designed to support the development and growth of happy, healthy couple relationships. Couples learn and practice concepts and activities that promote healthy marital friendship, conflict regulation, and shared meaning in life. The workshop includes large group and couple formats, individualized coaching, and integration of military life issues impacting marriages.

Consultation/Education/Training

Consultation services are available to all health care providers, case managers, and educators (with permission of legal guardians) in order to assist with management and treatment of their pediatric patients/students. Psychological consultation may include assessment, education, brief intervention, or referral. In addition, information is provided to the referring provider to improve overall management and treatment of the patients' psychological or medical disorder.

“Psychological Consultation may include assessment, education, or brief intervention”



Please call us in order to learn more about our Consultation/Education/training Services at 433-6060

Child and Family Psychology offers an *American Psychological Association (APA)* accredited post-doctoral fellowship in Clinical Child Psychology. It additionally provides training experiences for the Department of Psychology's APA-accredited clinical psychology pre-doctoral internship and residency program. Child and Adolescent Psychology also provides pre-doctoral (practicum) training opportunities to graduate students enrolled in Clinical/Counseling Psychology programs.

Child and Family Service Information

Patient Care offered:

Psychological Assessment

Psychological assessments consist of clinical interviewing; psychological testing; data gathering; and report writing. This is accomplished, as appropriate, upon referral of a patient from a health care provider, or when indicated at the discretion of a staff psychologist during the course of evaluation and treatment of a patient.

Individual and Family Therapy

Individual and family therapy are offered for a wide range of childhood psychological disorders, psychological factors associated with medical disease, and disorders associated with environmental stressors (e.g. abuse, deployment). The Child and Family Psychology section of TAMC's department of psychology also provides group therapy for specifically targeted functions (e.g. parent training, social skills training, deployment education and support).

Research:

The Child and family psychology section works collaboratively with the Department of Psychology's research division to evaluate the effectiveness of services provided. In addition, child and Family Psychology is devoted to designing and studying methods, procedures, and interventions that promote, sustain, or enhance the biopsychosocial health of family members. Child and Family Psychology aspires to import, disseminate, and implement evidence-based treatments designed for youth and their families. Currently the Child and Family psychology Service is gearing up to launch a research protocol focused on examining the therapeutic effects of Parent and Child Interactive therapy with a military population.

Screen Time Budgets Recommended



While video games and television may provide that much-needed break for Mom and Pop, recent studies show that too much screen time may be associated with less psychological well-being and more health risks. A British researcher from the University of Bristol evaluated 1,000 children between the ages of 10 and 11 across a week with respect to time spent in front of a television or computer monitor. Those spending more than two hours per day were found to be 60% higher in levels of significant psychological problems. Physical activities were shown to be important too. If the children in the study exercised less than 1 hour per day, they reported even more psychological problems. One might think that the problems were caused by sitting still, but actually, activities like studying or reading did not seem to be connected to more psychological problems. While this study could not really show that screen time CAUSES psychological problems, it does suggest that it might be a good idea to budget Junior's time in front of that old tube and encourage not only more physical exercise, but maybe even some more social time as well!!!!

link.reuters.com/gas77m Pediatrics, online October 11, 2010.

"Individual and family therapy are offered for a wide range of childhood psychological disorders"

Meet Our Staff!!!

K. Beth Yano, PhD
Dr. Yano received her Doctoral degree in Clinical-Community Psychology at the University of Oregon. Her work includes therapies, consultation, training, supervision, and program development at TAMC and in community-based settings - (currently Schofield Barracks and West Ha-

waii Community Health Center). Her passion is working in integrative health systems that include primary care collaboration, community partnerships, holistic and systemic approaches, and preventive and early-intervention opportunities. She loves spending time with family and in



her second home – the ocean.

Geoffrey Chung, Ph.D.

Dr. Chung the Director of Training for the Clinical Child Psychology Specialty Practice Area, and a full-time faculty member within the TAMC Child Psychology Service. He earned his Doctorate in Clinical Psychology from the University of Oregon and completed his Clinical Psychology Internship and Child Fellowship at UC Irvine Medical Center, CA. He has over fifteen years of postdoctoral experience in Clinical Child Psychology, and has worked in a number of traditional and nontraditional treatment settings-- hospitals, mental health clinics, family's homes, family court, and schools. Dr. Chung has worked in several rural areas where he has adapted and tailored services to assess and treat under-served populations. In the Child and Family Service at TAMC, Dr. Chung is actively involved in the provision of direct care (assessment and intervention), consultation to medical providers and agencies, and prevention/outreach service to child/family agencies outside the hospital.

George Hanawahine, Ph.D.

Dr. Hanawahine is Chief of the Child & Family Psychology Service, and a full-time faculty member within the TAMC Child Psychology Service. He is a graduate of the University of Oregon Counseling Psychology program and completed his pre-doctoral internship at the University of Hawaii Counseling and Student Development Center and his post-doctoral fellowship here in the TAMC Child Psychology Service. Areas of interest include multicultural diversity, the treatment of children and adolescents who demonstrate antisocial, oppositional, and/or conduct disorder type of behaviors, and utilizing a multidisciplinary team approach to helping children and adolescents. Dr. Hanawahine is a member of the American Psychological Association and the Hawaii Psychological Association.



TAMC Child and Family Service

Tripler Army Medical Center
8th Floor, Oceanside
Primary Business Address
Your Address Line 2
Your Address Line 3

Phone: 555-555-5555
Fax: 555-555-5555
E-mail:

CALL US TO SCHEDULE A WORKSHOP!



Resource List

Abstinence/Relapse Dimension

1. Army Substance Abuse Program (ASAP)- 433-8700
2. Adolescent Substance Abuse Counseling- 655-9944
3. Alcoholics Anonymous (AA) Hawaii- 946-1438/www.hawaiiiaa.org
4. Narcotics Anonymous (NA) Hawaii- www.na-hawaii.org

Mental/Emotional Health Dimension

1. Military One Source- 800-342-9647
2. Soldier and Family Asst Center (SAFAC)- 655-6600
3. Adult Family Member Asst Center (AFMAC)- 433-8130
4. Marriage & Family Clinic- 433-8550
5. Soldier Assistance Center (SAC)/SELF - 433-8600/433-8880
6. Family Advocacy Program (FAP)- 433-8579
7. Suicide & Crisis Hotline (24 hour)-

832-3100

Social/Cultural Dimensions

1. Army Community Service (ACS)- 655-4227
2. Military Family Life Consultants- 222-7088
3. Housing Office (Schofield)- 275-3700
4. Housing Office (Fort Shafter)- 275-3800
5. Women, Infants, & Children (WIC)- 586-8175
6. Domestic Violence Hotline- 642-SAFE
7. Child Protection Services (CPS)- 832-5300
8. Domestic Violence Clearing House- 531-3771
9. In-Transition- 800-424-7877

Spiritual/Religious Dimensions

1. Family Life Chaplain (Schofield)- 655-9307

2. Family Life Chaplain (AMR)- 836-4599
3. After-hours Duty Chaplain- 655-8763

Legal/Financial Dimension

1. Judge Advocate General (JAG)- 433-5311
2. Legal Assistance/Power of Attorney- 655-8607
3. Army Emergency Relief (AER)- 655-4227

Occupational/Educational Dimension

1. Army Education Center- 655-4341/9388
2. SB Education Center- 655-0800
3. SB Library- 655-8002

Medical/Physical Dimension

1. TAMC Central Appt- 433-2778
2. TAMC ER- 433-6629
3. Acute Care Clinic- 433-8850
4. Poison Control- 800-222-1222