



Integrating behavioral health services under Army Behavioral Health Campaign Plan

Tanisha Brown
Schofield Barracks Health Clinic

SCHOFIELD BARRACKS - Schofield Barracks Health Clinic (SBHC) incorporated its behavioral health services under Army Medicine's new Comprehensive Behavioral Health System of Care Campaign plan to address the needs of Soldiers and Family Members throughout the deployment cycle.

"Each post had great initiatives that they were starting but there was no standardization. A Soldier would move from one post to another and not be able to receive the same type of treatment, said Lt. Col. Wendi Waits, chief of Behavioral Health Services at SBHC.

"The Comprehensive Behavioral Health System of Care Campaign plan was started to try and provide more of a top-down approach; a standardized approach so that each post would have essentially the same resources," she said.

Behavioral Health screenings for active duty Soldiers and the Child and Family Assistance Center (CAFAC) are two initiatives identified by the campaign

plan as requiring standardization.

The Warrior Behavioral Health Service, formerly known as the Soldier Assistance Center (SAC), provides behavioral health services for active duty Soldiers.

Warrior Behavioral Health Services (WBHS) offer a full range of psychiatric and psychological services for our active duty Soldier including individual and group treatment, medication management, psychological testing and prevention education," said Dr. Christine Fair, chief of Warrior Behavioral Health. WBHS also assesses Soldiers throughout the ARFORGEN touch points for behavioral health issues.

As the cumulative stress of deployments increased, the Army recognized the need to increase screening at various "touch points" throughout the deployment cycle.

Since 2003, SBHC has performed behavioral health screenings for all Soldiers deploying and redeploying from Hawaii, to include the Reserve and National Guard. From December 2010 to July 2011, SBHC screened

approximately 105,600 Soldiers during the Soldier Readiness Process (SRP).

The behavioral health screenings recently captured the attention of Japanese consulates in Honolulu. On July 7, hosted by Tripler Army Medical Center, Mr. Yoshihiko Kamo, counsel general of Japan and Dr. Hironshi Yamaguchi, medical attaché of the consulate general of Japan observed the behavioral health screening process for redeploying Soldiers. They also visited providers at the Warrior Behavioral Health Clinic to discuss techniques in identifying and treating post-traumatic stress.

"The Schofield Child and Family Assistance Center (CAFAC) are well-recognized throughout the Army as one of the two largest child and family assistance centers," Waits said. "The whole concept of CAFAC was started here in Hawaii. "

In 2004, leaders from Tripler Army Medical Center (TAMC), SBHC and the 25th Infantry Division developed a plan for the SAFAC to address access to care and increasing behavioral health concerns for deploying 25th ID

Soldiers and their Family Members at Schofield Barracks.

Today, “[The CAFAC] consists of the Adult Family Member Assistance Center (AFMAC) which is the spouse clinic, and then the Child and Adolescent Assistance Center (CAAC) which is for dependent sons and daughters,” Waits said. “The overall Army CAFAC model also includes school behavioral health, which we have [at Schofield] but which is owned by Tripler’s Department

of Psychiatry. So we’re working in conjunction with them to fulfill the role of the CAFAC.”

Other initiatives in progress under the campaign plan at Schofield Barracks are tele-behavioral health and embedded behavioral health programs.

“There are definitely a lot of resources available and we encourage people to come in and get the help that they need,” Waits said.

Suicide Prevention Lifeline is: 1-800-273-TALK

Mitigating Re-Deployment Related Behavioral Health Risks

Date: 9 September 2011

Time: 11:30

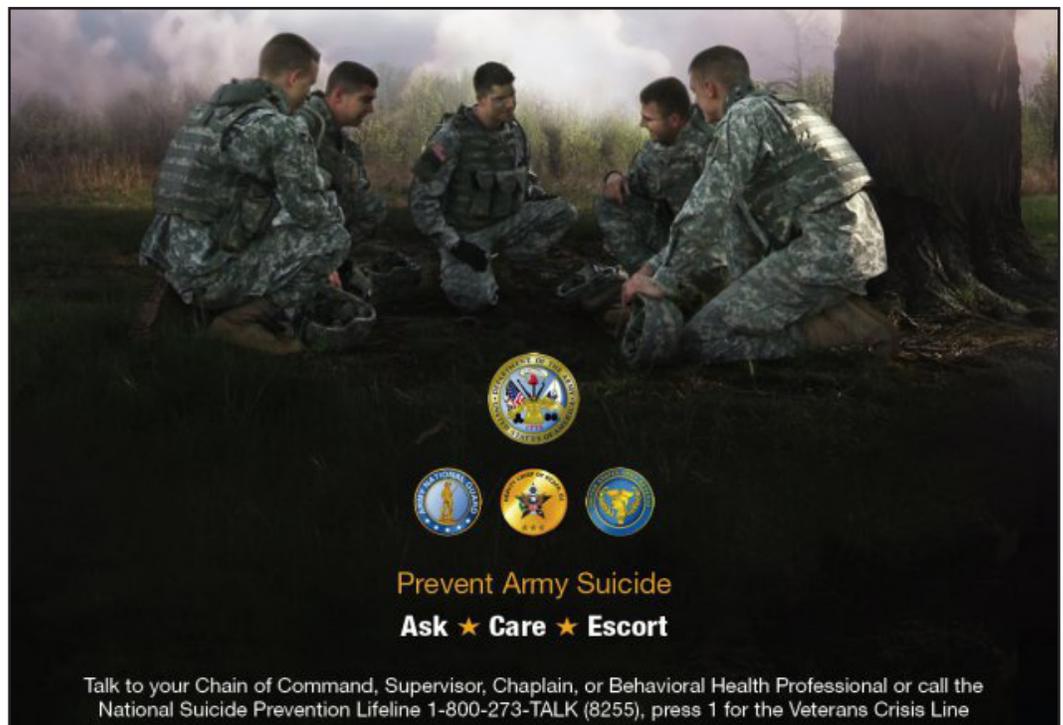
Location: TAMC Chapel (3rd Floor D-Wing)

Guest Speaker:

COL Derrick F.K. Arincorayan, PhD, BCD, LCSW

Chief, Department of Social Work Services

* Lunch to follow on the Chapel Lanai



Shoulder to Shoulder: Finding Strength and Hope Together

The following products are available for your use in support of Suicide Prevention Month (Sept 2011).

Tri-Signed Army Proclamation Announcing Suicide Prevention Observance <http://www.armyg1.army.mil/hr/suicide/docs/ProclamationSept2011.pdf>

Suicide Awareness video aimed at first line supervisors http://www.army.mil/article/63934/Suicide_awareness_video_aimed_at_first_line_supervisors

Trainer Facilitation Guide, Shoulder to Shoulder: Finding Strength and Hope Together <http://www.armyg1.army.mil/hr/suicide/docs/S2S-2011FacilitationGuide.pdf>

Trainer Presentation, Shoulder to Shoulder: Finding Strength and Hope Together <http://www.armyg1.army.mil/hr/suicide/docs/S2S-2011Training.ppt>

Diabetes Fair reaches out to patients

Jan Clark

TAMC Public Affairs Officer

TRIPLER ARMY MEDICAL CENTER - In an effort to reach out to our patients and help them better understand diabetes, the Tripler Army Medical Center Diabetes Team hosted a Diabetes Health Fair here Saturday.

“We have representatives from the Diabetes Team; including Public Health Nursing, Physical Therapy, Pharmacy and the Patient Education Center. They are here to educate our patients to of the complications associated with diabetes and provide the opportunity to touch base with their providers and check back in with their treatment team, said Capt. Joy Metevier, chief, Nutrition Outpatient Clinic, TAMC.

“We have three diabetes educators speaking in the Kyser Auditorium; a pharmacist talking about medication and a dietitian talking about the new “My Plate” website; and we have a diabetes educator who focuses on adult patient education,” she said.

Highlights include a special diabetic menu offered at lunch, foot checks, blood pressure checks, body mass index (BMI), blood sugar me-



Crystal Shaw-Bossola, University of Hawaii dietetic student and TAMC Red Cross volunteer conducts a cooking demonstration during the TAMC Diabetics Health Fair held Aug. 27.

ter information, and education materials, cooking demos, recipe samples, and of course hemoglobin A1c and blood lipid draws

“I love cooking and sharing my knowledge and sharing how to make easy, fun things that can be made at home. Today I have been able to teach patients the things they can have, especially in regards to the need for carbohydrates. It’s about limiting the amount of carbs, reading the labels and counting those carbs. If patients choose healthier desserts, those with less sugar, they can have more carbs to eat throughout the day,” said Crystal Shaw-Bossolua, University of Hawaii dietetic student and TAMC Red Cross volunteer, who jumped at the opportu-

nity to provide this service.

Tania Soch, wife of a retired Navy Petty Officer found the cooking demonstrations to be her favorite part of the day.

“I have been a diabetic about 25 years and I always liked to review, get assessments and attend classes. I like to learn about cooking because I love to cook and finding something different to make. I look always to find new recipes. This demonstration and the cookbooks available are really good and I appreciate the effort everyone has put into providing us this information,” she said.

Because patients have to manage their diabetes day-to-day on their own, the diabetes team exists to help them stay on track or get back on track. Diabetes is a difficult disease



Stephen Siller Tunnel To Towers Run – Pearl Harbor Follow in the footsteps of a Hero

Event Date: 11 September 2011

Location: Ford Island Bridge 5K Run

Start Time: 7 a.m.

Register at :

www.active.com/running/honolulu-hi/stephen-siller-tunnel-to-towers-run-pearl-harbor-2011

Open to the public

****All volunteers and participants must register online.**

The Tunnel To Towers Foundation continues to follow Stephen's footsteps to do good for those in need. Honoring his heroic life and death, the lives of his 342 firefighter brothers, all who perished on 9/11 and those Service Members who continue to fight.

Run, Jog or Walk in memory of those who gave their all...

Proceeds will benefit The Stephen Siller Foundation, USA Cares Hawaii Chapter and the Tripler Fisher House



– it is unforgiving.

With 10 Certified Diabetes Educators at Tripler, trained through a rigorous program, and specializing in managing diabetes, there is help available.

“Coming and learning about diabetes is a way for our patients to own the disease. If they don’t own it, it owns them,” said Hope Cooper-Oliver, patient educator. Patients can call the Patient Education Center for help. I take calls 24/7.”

For those patients who were unable to attend the health fair, the diabetes team recommends they touch base

with their primary care provider or representative from their diabetes team, Schofield or Tripler, and make sure they know their hemoglobin A1C – the most important lab for diabetes. And if they don’t know that number, they need to call their primary care provider and find out when their last lab was and get a check-up.

“We will also be offering diabetes refresher courses through the month of September. Through these refresher groups and the lab draws we hope to get patients reconnected to their diabetes treatment so that they can actively par-

ticipate in their care,” Metevier said.

For the new recommendations from the National Institute of Health and the United States Department of Agriculture regarding how Americans need to eat to maintain health, visit www.choosemyplate.gov.

For further information contact Metevier at the Nutrition Outpatient Clinic, at 433-5791.”



**INTRODUCING THE NEW
WARRIOR OHANA
MEDICAL HOME
NOW ENROLLING!**




Conveniently located off post, where you and your families live
Appointments when you want them, including the same day
Personal healthcare team where you are an **Active**, decision-making partner
Lab and **Pharmacy** services on site
E-Communication with your team
Open to family members of active duty

We are located at :
 91-1010 Shangrila Street, Suite 100
 Kapolei, Hawaii 96707-2102
 (808) 433-5401 / 5402

ARMY MEDICINE
 Advancing the Art of Healing



This photo was taken during the Silver Caduceus Society gathering at Camp Zama, Japan on August 24, 2011. The Medical Service Corps Soldiers in Japan were especially honored to have Maj. Gen. David Rubenstein and Brig. Gen. Keith Gallagher participate in this event. Rubenstein served as the guest speaker and provided information on the status of the Medical Service Corps, including its history, mission and vision. He also discussed the importance of recruiting and retention; coaching, building, and fielding the team; as well as communicating the wins; and how these topics relate to the strength of the Medical Service Corps. Photo shared courtesy of MEDDAC Japan.

TAMC DIABETES EDUCATION PROGRAM MERITS ADA RECOGNITION

HONOLULU, HI, July 26, 2011 – The prestigious American Diabetes Association Education Recognition Certificate for a quality diabetes self-management education program was recently awarded to the Diabetes Self-Management Education Program on July 26, 2011: Tripler Army Medical Center. The program was originally recognized in August 2005. ADA believes that this program offers high-quality education that is an essential component of effective diabetes treatment.

The Association's Education Recognition Certificate assures that educational programs meet the National Standards for Diabetes Self-Management Education Programs. These Standards were developed and tested under the auspices of the National Diabetes Advisory Board in 1983 and were revised by the diabetes community in 1994, 2000, and 2007.

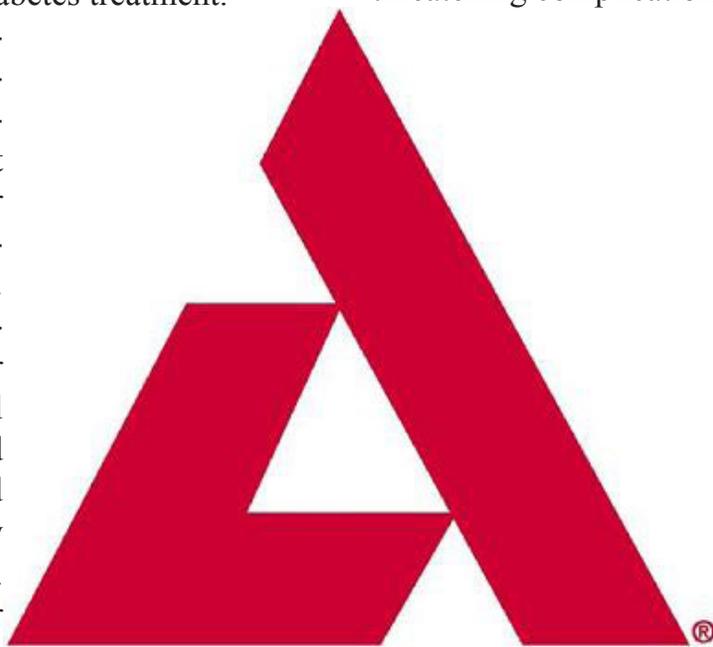
Programs apply for Recognition voluntarily. Programs that achieve Recognition status have a staff of knowledgeable health professionals who can provide participants with comprehensive information about diabetes management. "The process gives professionals a national standard by which to measure the quality of services they provide, comments Mona Kurashima, APRN, CDE, BC-ADM, Diabetes Nurse Practitioner/Program Coordinator. And of course, it assures the consumer that he or she will likely receive high-quality service." Education Recognition status is verified by an official certificate from ADA and awarded for four years.

According to the American Diabetes Association, there are 25.8 million people or 8.5% of the population in the United States who have diabetes. While an estimated 18.8 million have been diagnosed, unfortunately, 7.0 million people are not aware that they have this disease. Each day approximately 5,205 people are diagnosed with diabetes. Many will first learn that they have diabetes when they are treated for one of its life-threatening complications – heart disease and

stroke, kidney disease, blindness, and nerve disease and amputation. About 1.9 million new cases of diabetes were diagnosed in people aged 20 years or older in 2010 in the US. Diabetes contributed to 231,404 deaths in 2007, making it the seventh leading cause of death in the US. Overall, the risk for death among people with diabetes is about twice that of people of similar age but without diabetes.

The American Diabetes Association is the nation's leading non-profit health organization supporting diabetes research, advocacy and information for health professionals, patients and the public. Founded in 1940, the Association has an area office in every state and conducts programs in communities nationwide.

For more information, on Recognized education programs in your area or other American Diabetes Association programs, call your local ADA office or contact the ADA online at www.diabetes.org.



American Diabetes Association[®]
Cure • Care • Commitment[®]

Flu Vaccination Schedule:

Barbers Point Elem Oct. 21 8 a.m. to 12 p.m.
Moanalua Middle Oct. 25 8 a.m. to 12 p.m.
Kailua Inter Oct. 28 8:45 a.m. to 12:45 p.m.
Navy Hale Keiki Nov. 3 8:30 to 10:30 a.m.
Solomon Elem Nov. 3 8 a.m. to 1 p.m.
Hickam Elem Nov. 15 8:30 to 11:30 a.m.
Iroquois Elem Nov. 15 8 a.m. to 12 p.m.
Wheeler Elem Nov. 16 8:15 to 11:15 a.m.
Mokapu Elem Nov. 17 8:30 a.m. to 12:30 p.m.
Mokulele Elem Nov. 17 8 a.m. to 12 p.m.
Shafter Elem Nov. 18 8 to 11 a.m.
Pear Harbor Kai Dec. 1 8 a.m. to 12 p.m.
Hale Kula Elem Dec. 2 8 a.m. to 1 p.m.

Schofield Barracks Health Clinic
 Monday to Thursday, 7:30 to 11:30 a.m.
 Friday, 9 to 11:30 a.m.
 Monday, Wednesday and Friday, 1 to 3p.m.
 Tuesday and Thursday, 1 to 2 p.m.

Hickam Immunization Clinic
 Monday and Friday, 8 to 11:45 a.m., 1 to 4 p.m.
 Tuesday and Thursday, 7:30 to 11:45 a.m., 1 to 4p.m.
 Wednesday, 7:30 to 11:45 a.m., 1 to 2 p.m.
 Closed 3rd Thursday of every month

Mass Vaccinations at TAMC's Immunization/Allergy Clinic:

Exchanges:

Pearl Harbor NEX Oct. 14 9 a.m. to 2 p.m.
Hickam BX Oct. 15 9 a.m. to 2 p.m.
Pearl Harbor NEX Oct. 15 9 a.m. to 2 p.m.
Schofield PX Oct. 22 9 a.m. to 2 p.m.
Fort Shafter Oct. 28 9 a.m. to 2 p.m.
K Bay MCX Oct. 29 9 a.m. to 2 p.m.

General Population Sept. 9
TAMC Staff/DoD Civilians Sept. 16
General Population Sept. 23
TAMC Staff/DoD Civilians Sept. 30
TAMC Staff/DoD Civilians Oct. 14
General Population Oct. 21
TAMC Staff/DoD Civilians Oct. 28
 (These will be all day events, 7:30 a.m. to 3 p.m.)

Beneficiary Locations:

Navy Branch Clinic, Kaneohe Bay
 Monday, Tuesday, Wednesday and Friday,
 7:30 to 11:30 a.m., 1 to 3 p.m.
 Thursday, 7:30 to 11:30 a.m., 1 to 2 p.m.

Makalapa Clinic
 Monday to Friday, 7:30 a.m. to 5 p.m.
 1st Saturday of each month, 8 a.m. to 4:30 p.m.

Headquarters Clinic (Bldg 1750)
 Monday to Friday, 7 a.m. to 3:30 p.m.

TAMC Immunization Clinic
 Tuesday, 1 to 3 p.m.
 Wednesday and Friday, 9 to 11:30 a.m.





Warrior Ohana Medical Home
91-1010 Shangrila Street, Suite 100
Kapolei, Hi 96707-2102
(808) 433-5401/5402

Now accepting enrollment for families of Active Duty Service Members!!

The Warrior Ohana Medical home is a patient centered community based primary care clinic located in Kapolei Southwest of Kapolei High school.

Clinic hours of operation: 8:00 am – 4:30 pm M-F, closed federal holidays

Services include: full scope family medicine, behavioral health, pharmacy, lab, immunizations (includes walk in immunizations)

To enroll visit your nearest TRICARE Service Center M-F 7:30 am – 4:30 pm. TRICARE Service Centers are located at:

Tripler AMC, 1st Floor Oceanside Entrance, Room 1C007
Schofield Barracks, AHC, Bldg 676, Room 217
NMCL Pearl Harbor (Makalapa), Bldg 1514
Hickam AFB, 755 Scott Circle, Room A238

For information regarding enrollment please call: 1-888-874-9378.

“Lokahi ka ‘ohana i ka hale o ke ola pono.”

The family is united in the house of good health.

To make an appointment or for any questions, family members or their sponsors may call the clinic front desk: (808) 433-5401/5402.



Tripler Army Medicine Center is pleased to announce the opening of the Keiki Waiting Room at the Warrior Ohana Medical Home primary care clinic, located at Barbers Point.

Open from Monday to Friday, 8 a.m. to 12 p.m., the addition of the Armed Services YMCA Sponsored Children’s Waiting Room is made available to better serve our patient. To schedule reservations call (808) 624-5645.

Chaplain Thought of the Week: Learning to Wait

Chap. Pinto-Moura
Naval Health Clinic Hawaii
NAVY Liaison Chaplain at TAMC



Be happy with who you are and what you have. Let me ask you four simple questions:

1. Can you walk a flight of stairs all by yourself?
2. Can you hear the laughter of little children?
3. Can you see the sun arising early in the morning or setting over the horizon?
4. Can you ride a bike?

So many people long to do just one of the aforementioned items and yet we who can do them all, look past the true priceless value of each one of them. Maybe we don't have a million dollars but we do have friends we can count on. Maybe we don't have a lavish mansion, but we do have more than a house, we have a home.

The joy of life understands that happiness never

Quote: We are each gifted in a unique and important way. It is our privilege and our adventure to discover our own special light. ~Mary Dunbar

sits idle; it moves us forward as we find joy in helping others. Sydney J. Harris stated that, "Happiness is a direction, not a place." Happiness guides us forward as we learn the ability, take a negative and turn it into a positive. The Greek Stoic philosopher, Epictetus once said, "It's "not what happens to you, but how you react to it that matters." Learn to be happy. Learn the joy of laughter. Learn to be thankful for what you do have, and the refreshing cleansing feeling of saying to the world, "I am okay, I like who I am."



Particular behaviors and activities to report via iWATCH are:

- * People drawing or measuring important buildings
- * People asking questions about military movements
- * Vehicles left in no parking zones/vehicles

without registration or license plates

- * Suspicious packages left unattended or out of place
- * People asking questions about law enforcement, security forces, security measures, or sensitive information
- * People in restricted areas where they are not supposed to be

The F*O*C*U*S Program

FOCUS presents Deployment Club for Military Youth:



Deployments affect both the service member and the family as routines and roles are disrupted. Children may experience challenges before, during and after a parent's deployment.

The FOCUS Program

FOCUS (Families OverComing Under Stress) is a resiliency-building program designed for military families and children facing the multiple challenges of combat operational stress during wartime. FOCUS promotes family strengths and supports parents to help manage the challenges of military life. FOCUS was developed at the UCLA Semel Institute for Neuroscience and Human Behavior in collaboration with the National Center for Child Traumatic Stress and Children's Hospital Boston/Harvard Medical School.



FOCUS

Deployment Club!

For school-aged children (Ages 5-12)

In This Four Part Workshop Your Child Will Learn:

- Skills to cope with separation from a deployed parent
- Strategies for thinking before acting
- To develop emotional awareness & regulation
- Stress reduction techniques
- Tools for the challenges of living in a military family

PLUS they will:

- Meet and share with other children who are going through similar experiences
- Create a hands-on "toolbox" to send to or save for their deployed parent.

Thursdays, September 8th-29th
3:30 to 5:00 PM

Location:
Kalakaua Community Center -Schofield Barracks
2535 Waianae Uka, Wahiawa HI 96786

To register: Call or e-mail by September 1, 2011
808-257-7774 / Hawaii@focusproject.org

www.focusproject.org

FOCUS Hawaii

Revised: November 25, 2010



*If you have something - a story, a photo, an idea
- for TRIPLER 360, send it to jan.clark@us.army.mil
or terrance.bandy@us.army.mil*



Due to unforeseen circumstances, the Tripler Red Cross office will be manned minimally by volunteers from August 20th to September 26th. For all questions, please email us at tripler@hawaiiredcross.org or call and leave a message at 433-6631. Emails and messages will be checked on a regular basis by volunteers.

<http://freedomcare.com/>

The Freedom Care team specializes in combat PTSD, addiction, PTSD/addiction dual diagnosis, general psychiatric diagnoses, and woman's issues, including military sexual trauma and eating disorders.

Inpatient, residential, and partial hospital programs also welcome military spouses and children; in addition, we offer a specialized inpatient program developed exclusively for military youth.



AMR Youth Sports is in need of five coaches for teams, ages 9-14. Contact Scott Stenstrom at 836-1923 /497-9196 for more information.

Volunteers Needed



**I am on active duty status or a DOD beneficiary.
I am 18 – 65 years old.
I am overweight.
I am able to exercise on a stationary bicycle.**

If this describes you, you may be right for our new exercise study conducted at Tripler AMC!

Purpose of the Study

- To examine the effects of exercising while playing interactive video games versus exercising while watching television.

Length of Participation

- The exercise phase of the program is 4 months.

What is involved?

- We will do assessments (measurements and questionnaires) at the beginning, middle, and end of the 4-month period.
- The number of times you choose to exercise on the stationary bicycle during the 4 months is up to you.

Benefits

- Exercise while playing video games or watching television in a small, supervised environment.
- Research staff will show you how to use the equipment, track your progress, and stock your favorite video games.

Principal Investigator: MAJ Melba C. Stetz, Department of Psychology

Call 433-1651 for more information

Pregnancy Post partum Physical Training Program



Are you an active duty pregnant soldier or a soldier within the 180 day post partum period and assigned to TAMC, Fort Shafter, Pearl Harbor, Camp Smith or Hickam?

If so, you are eligible to participate in the PPPT program educational classes! The classes cover common pregnancy and postpartum related issues such as birthing, prenatal testing, contraception, breastfeeding, birth plans, newborn care, career planning, car seat safety, appropriate exercises while pregnant and during the postpartum period, the blues, nutrition, community services and resources and more! The education classes are full day (0700-1600) classes and have been scheduled for the following days with their respective locations:

31 August 2011, 10th floor conference room
3 October 2011, Chapel
4 October 2011, Chapel
9 November 2011, 10th floor conference room
8 November 2011, Chapel

If you have any questions about the classes, please contact Army Public Health Nursing, LTC Rebekah Sarsfield, Chief Army Public Health Nursing at 433-6834 or SGT Allison Lindsay, NCOIC at 433-1602.



Are you a cartoonist willing to provide our Tri-pler 360 with images that tell a story? If you're interested please contact us at jan.clark@us.army.mil or terrance.bandy@amedd.army.mil or call (808) 433-2809/5785.

The Need for Blood Never Takes a Vacation

Michelle Lele
TAMC, ASBP Blood Donor Recruiter

Summer is here, and the Armed Services Blood Program wants to remind you that we still need you! A decline in blood donations is typical during the summer as donors become busy with seasonal activities and sometimes overlook donating blood. The summer heat doesn't stop the need for the blood, the Tripler Blood Donor Center, Hawaii, is asking everyone who is eligible to donate to giving blood before going away.

One in seven people will need a blood transfusion sometime in their life. Blood donations are used every day for service members, veterans and their families around the globe.

Like all the Armed Services Blood Program blood donor centers, the Tripler Blood Donor

Center collects all blood types, but Type O Negative is always in high demand because it can be transfused to patients with any blood type, especially in emergency situations. Type O Negative donors can make the difference between an

bring a mobile team to your location and will work with you to help coordinate, recruit and schedule a successful blood drive.

Illness, accidents and diseases don't take a holiday and neither can blood donations. Tripler Blood Donor Center operates three to four mobile blood drives on different military installation each week. We try to make it most convenient for anyone that wants to donate. Your donation will truly make a lifesaving difference.



To learn more about the Armed Services Blood Program, to make an appointment or to organize a blood drive, please call

808-433-6148, or visit us online: www.militaryblood.dod.mil. To interact directly with some of our staff or to get the latest news, visit us here: www.facebook.com/militaryblood.

adequate blood supply and a summer shortage.

Can't donate? That's okay; we can still use your help. Try organizing a blood drive—the Tripler Blood Donor Center will gladly

DATES AND LOCATION

Sep 12 UH ROTC Air Force (0630-0930) 1311 Lower Campus Rd

Sep 13 NEX (1100-1500)

JEMS JOB FAIR

→ **2011** ←

Wednesday, September 21
9 am - 1 pm • Club Pearl
at Joint Base Pearl Harbor-Hickam

For more information visit www.JEMSjobs.com or
call the Military and Family Support Center
Pearl Harbor: (808) 474-1999
Hickam: (808) 449-0300

MCCS Marine & Family Programs:
(808) 257-7790

Open to members of the military community with
base access. (No children or strollers admitted.)



**Come network
with more than
100 companies!**

Directions to Club Pearl:

From H-1 Take Hickam AFB/Naval Base Exit to Nimitz Gate. Parking allowed in Bachelor Quarters areas and Bloch Arena parking lot.

