



# National Suicide Prevention Week

**Chap. (Col.) Sherman Baker**  
*Command Chaplain, TAMC*

The theme for this year Suicide Prevention Week is “Shoulder to Shoulder: Finding Strength and Hope Together.” (September 4-10, 2011)

Suicide prevention is everyone’s concern and everyone should be mindful in how suicide and suicidal behavior affect individuals of all ages, genders and races across our country. The risk factors continue to be mental illness, substance abuse, previous suicide attempts, changes in relationship, hopelessness, worthlessness, medical, financial, or legal problems, recent loss of loved one/unit member, access to lethal means, the stress of multiple deployments, changes in lifestyle, promotion pass-over and increase or decrease in job responsibilities.

This year’s theme focuses on the Army, DA Civilians and family members all coming together with the heart of preventing someone from

dying of suicide. Suicide is still the 11th leading cause of death in the US and the 3rd leading cause of death among 15 to 24 years-olds.

Chaplains and professional mental health providers are important assets in helping the Army prevent suicides, but as important is the first-line supervisors who can make the most impact in preventing suicides in the Army Family. Leaders are responsible for their personnel and play a vital role in preventing and managing distress. They must know their people and their organization and be aware of the resources available to assist them in dealing with the stressors of life.

The first-line supervisor has a role and that role is to connect with his/her people, as a Leader. You (the leader) must spend time with them and listen to what they have to say. Attentive, reflective listening may reveal the concerns that are causing distress. Send the message that you are interested in hearing about the member’s problem(s), be

supportive of them and assist them in identifying what help they might find most useful. Emphasize that seeking help in times of distress displays strength, responsibility and good judgment. Recommend individuals seek needed counseling through their first-line leaders, chaplain’s office, mental health professionals, or counselors from the different agencies (Army Substance Abuse Program, Family Advocacy Program, Army Emergency Relief, Staff Judge Advocate, etc.) throughout the military community.

Suicide is an Army-wide problem that can only be solved by the coordinated efforts of our leaders, program managers and service providers. Invest time in training. Get to know ACE (Ask-Care-Escort). ACE provides one with the awareness, knowledge, and skills necessary to intervene with those at risk for suicide.

**ACE:**

**A=Ask – If someone is thinking of Suicide.**

**C=Care – Listen, offer hope, and don't judge and**

**E=Escort – Take action, don't leave the person alone, escort them to assistance.**

Although a slight dip in 2010, suicides have risen in recent years among our service members. Regardless of the number of suicides, one suicide is one too many, and training and

awareness is the key in preventing someone from dying of Suicide. The majority of people who commit suicide present a number of warning signs before taking their own life.

Take an active interest in those around you and show you care not only by asking the question, but by listening to the response and then act.

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

Mitigating Re-Deployment Related Behavioral Health Risks

**Date:** 9 September 2011

**Time:** 11:30

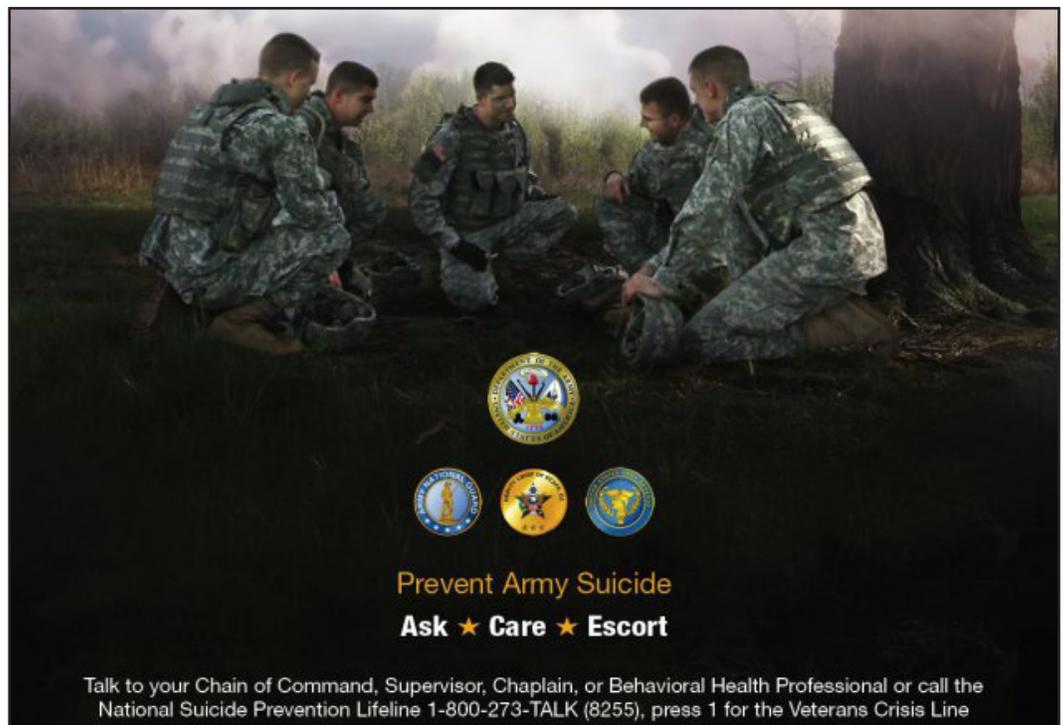
**Location:** TAMC Chapel (3rd Floor D-Wing)

**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](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>

# Chaplain Thought of the Week: Remembering 9/11

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



*Those who cannot remember the past are destined to repeat it.*

*Scripture: The Lord is my light and my salvation whom shall I fear? The Lord is the stronghold of my life of whom shall I be afraid? Psalm 27:1*

## Reflection:

The anniversary of September 11 produces negative images and special moments that will forever connect us to one another. Holding on to memories are a powerful way to keep important lessons alive in our hearts.

They often give strength to those who have suffered a tragedy, inspire us through remembering valiant and heroic acts and they can be a lasting legacy to guide future generations.

We can learn from the suffering and hardships of the past when we remember, "The Lord is our strong-

hold". Psalm 27 reminds us that there will be someone or something that seeks to cause fear in our lives.

The goal of the terrorist was to place fear in the hearts of Americans.

We must never allow the fear of terrorism defeat us. Focusing on faith in times of turmoil does not diminish or trivialize any losses that we have to endure or make light of the potential threats that lie ahead; however making our faith a priority, puts first the one thing that will remain steadfast and bring us through whatever we face.

*Prayer: Our Lord, as we remember our heroes as well as the horrors of September 11th, we ask that you to bring peace, wisdom and understanding to our lives like only you can bring. We ask that you bring healing and closure to our nation as we learn depend more upon you and put you first in times of difficulty.*



## 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](http://www.active.com/running/honolulu-hi/stephen-siller-tunnel-to-towers-run-pearl-harbor-2011)

**Open to the public**

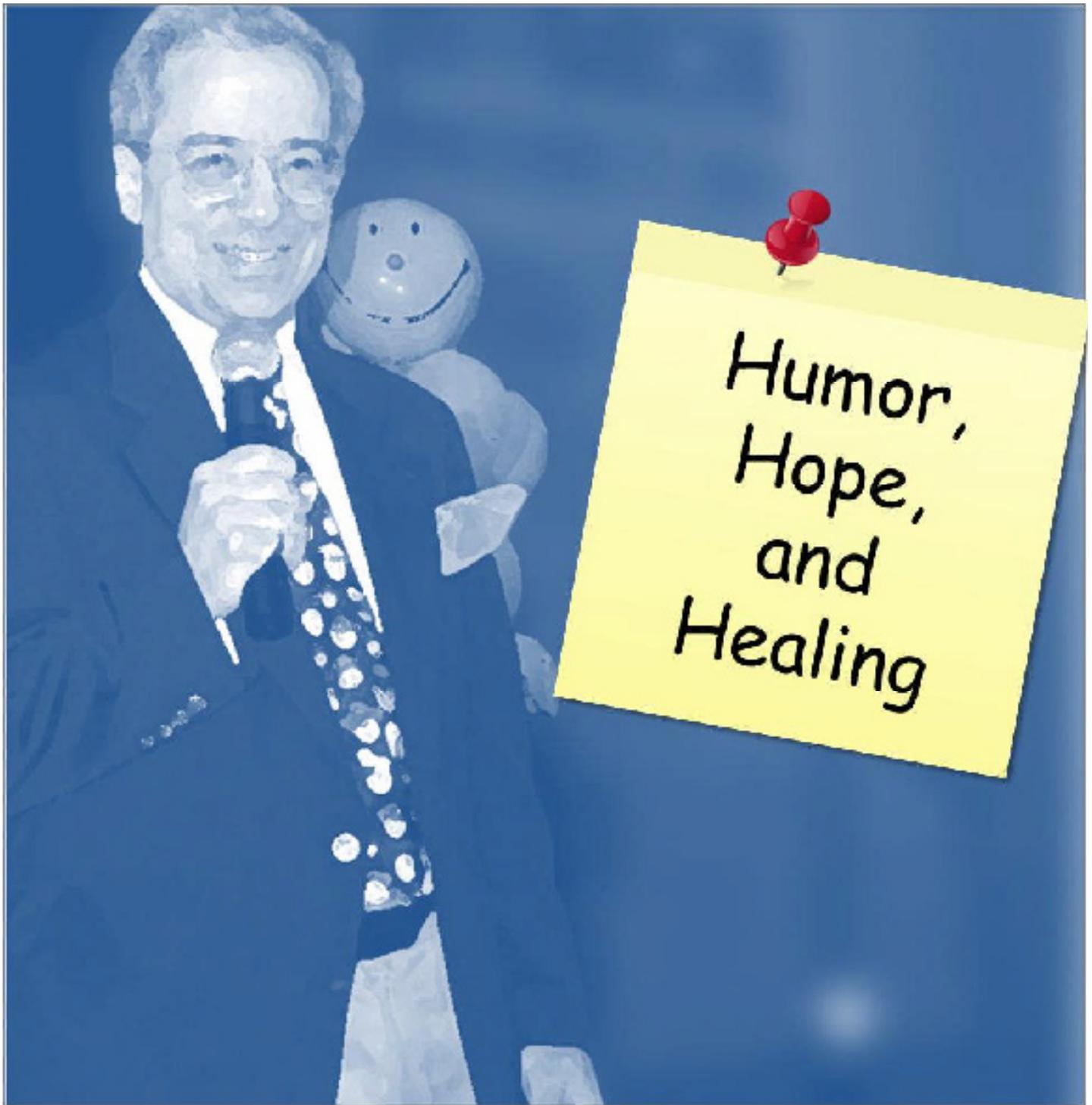
**\*\*All volunteers and participants must register online.**

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***





**Who:** Dr. Joel Goodman

**When:** 15 Sep., 1100

**Where:** *Kyser Auditorium*



Sponsored by the Navy's Operational Stress Control Program

# Autism Support Group Presents



Free Food

## Session 1:

### September 6:

Topic: “ Maintain Personal Integrity/Play To Your Strengths”

### October 4:

Topic: “ Build Your Ability To Keep Yourself Calm”

### November 1:

Topic: “ Feel In Control of Self, Environment, Children”

### December 6:

Topic: “ Keep Your Sense of Humor”



\*Free Childcare

**Where:** AMR Chapel, Family Night

**Date:** Tuesday, September 6th

**Dinner:** 5:30pm (FREE)

**Time:** 6:00pm—8:00pm

**\*Requires CDC Registration prior to care.**



## For More Information:

Flavia Seawright

Phone: (808) 438-9286

Flavia.seawright@us.army.mil

# 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.

## 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.

## 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.

### 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:

<b>General Population</b>	<b>Sept. 9</b>
<b>TAMC Staff/DoD Civilians</b>	<b>Sept. 16</b>
<b>General Population</b>	<b>Sept. 23</b>
<b>TAMC Staff/DoD Civilians</b>	<b>Sept. 30</b>
<b>TAMC Staff/DoD Civilians</b>	<b>Oct. 14</b>
<b>General Population</b>	<b>Oct. 21</b>
<b>TAMC Staff/DoD Civilians</b>	<b>Oct. 28</b>

(These will be all day events, 7:30 a.m. to 3 p.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.

**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**  
 Delivering Care. Inspiring Progress.

**iWATCH  
ARMY**

**iREPORT** **iKEEP US SAFE**

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.

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**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](http://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](mailto:jan.clark@us.army.mil)  
or [terrance.bandy@us.army.mil](mailto: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](mailto: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.

## 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, 10<sup>th</sup> floor conference room  
3 October 2011, Chapel  
4 October 2011, Chapel  
9 November 2011, 10<sup>th</sup> 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](mailto:jan.clark@us.army.mil) or [terrance.bandy@amedd.army.mil](mailto: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.



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

808-433-6148, or visit us online: [www.militaryblood.dod.mil](http://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](http://www.facebook.com/militaryblood).

## DATES AND LOCATION

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

Sep 13 NEX (1100-1500)