



Protecting Our Own

Resources for Alcohol Awareness:

Camp Lejeune SACC: 910-451-2865
New River SACC: 910-449-6110
Cherry Point SACC: 252-466-4875
Beaufort SACC: 843-228-1620



Force Preservation II MEF, G-10, Newsletter

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Child Abuse Prevention Month



The success of society relies on the healthy growth and development of all children. During April, National Child Abuse Prevention Month, II MEF Force Preservation encourages Marines, Sailors, and their families to come together to celebrate efforts to ensure all children have the safe, stable, nurturing environments they need to thrive. These types of relationships build healthy brain structure and functioning in children, forming a sturdy foundation for future success.

II MEF encourages all Marines/Sailors and families, to learn more about the short and long term effects of child abuse and neglect on the child and on the community during April. When children are abused or neglected, they are in a constant state of stress. In the absence of supportive relationships to help buffer the stress, they can have a toxic stress reaction. When this happens, harmful chemicals flood the child's brain and body causing damage to the developing brain, disrupting normal child development. This leaves children vulnerable, causing many of them to adopt risky social and health behaviors, such as smoking, sexual promiscuity at an early age, and illegal drug and alcohol use, among others. These risky behaviors lead to poor physical, emotional, and mental health and possibly even early death.

One of the most effective ways to prevent child abuse and neglect from occurring is to ensure all parents have the knowledge, skills, resources, and social support they need to provide safe, stable, nurturing environments for their children. The Family Advocacy Program (FAP) provides a variety of educational, preventative, and protective orientated trainings, courses, and seminars for new parents, parents, families, and couples.

Resources for Child Abuse Prevention:

Camp Lejeune FAP: 910-449-9563
New River FAP 910-449-6110
Cherry Point FAP: 252-466-3264
Beaufort FAP: 843-228-6126

Alcohol Awareness Month

Inside the Crosshairs

This April, during **Alcohol Awareness Month**, II MEF Force Preservation encourages you to educate yourself, your fellow Marines and Sailors, and your loved ones about the dangers of drinking too much alcohol.

Alcohol Awareness Month Event:
"Watch out For the Hook"
28 April, 0900-1030
Bldg 40, Camp Lejeune
Price: FREE

In II MEF, there have been **137** DUI's within the Fiscal Year to Date. To spread the word and prevent alcohol abuse in II MEF, **Force Preservation** is joining the National Effort across the country to observe Alcohol Awareness Month.

Drinking too much alcohol can have a negative impact on your personal life, career, family, social, health, and other areas of your life. **Join the 85% of Marines and Sailors who Drink Responsibly.**

Suicide Workshop:
Treating and Resolving Suicidal Thinking with Marines Training/ Workshop
21 April, 0900 - 1600
Bldg. 40, Camp Lejeune
Registration Deadline: 17 April
Price: Free

Drinking Responsibly includes:

- Having a sober designated driver: Arrive Alive Program, Taxi, Friend/Family Member, etc.
 - When going out, have a plan for the night and stick to it!
 - Do not drink to the point of blacking out.
- Don't drink on an empty stomach. Eat before and while you drink so that the alcohol will be absorbed more slowly.
 - Keep track of how much you drink.
 - Do not be afraid to say "No, thanks!" if someone offers a drink you do not want.

MAPIT DASHBOARD Trainings:
Alcohol Awareness
Alcohol Myths and Facts
Do the Math, Costs of Drinking
Baby Talk
Domestic Abuse Myths and Facts
Healthy Relationships
The Rough Patch

Look out for yourself, your fellow Marines, Sailors, friends and family by knowing the **Signs of Alcohol Impairment**. Once any sign of alcohol impairment is visible, **be the responsible Marine/Sailor** and stop drinking, and/or stop the person from drinking. Some signs include:

- Reduced inhibitions
- Slurred speech
- Motor impairment
- Balance and coordination problems
- Breathing problems
 - Sleepiness
 - Confusion
- Memory problems
- Concentration problems
- Poor judgment and decision making
- Aggressive behavior



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For more information on Alcohol Awareness contact the **II MEF Substance Abuse Program Manager Robert Davis** (robert.e.davis@usmc.mil), or your **Prevention Analyst and/or Specialist**.