



Protecting Our Own

Resources for Counseling Services

Camp Lejeune CCP:
910.451.2864
 New River CCP:
910.449.6110
 Cherry Point CCP:
252.466.3264
 Beaufort CCP:
843.228.6126



Force Preservation II MEF, G-10, Newsletter

July 2015 Volume 1, Issue 8

Bereaved Parents Awareness Month

The month of July is designated as **Bereaved Parents Awareness Month**. Often times we do not know what to say or **how to support** grieving parents, so the majority of the time... **we do nothing**. Take time this month to **learn** how to support Marines, Sailors, and their families who have lost a child. As a Mentor, familiarize yourself with **resources**, and how to **best support** your Marine/Sailor and the family.

Each year in the United States, the parents of over 50,000 children face the tragedy of losing a child. Rather than looking ahead and planning their children's futures, bereaved parents are often **trapped for years** in the memories of their children's lives. Bereaved parents, in comparison to parents who had not experienced the loss of a child, experience more **physical and emotional issues** including severe **depression**; mortality due to illness and **suicide**; and **failed marriages**.

The extent, the intensity, and the need for **professional help** depends upon the degree of problems and **coping resources** these parents have acquired prior to their loss. Individuals interested in helping bereaved parents recover are encouraged to engage them in constructive and rewarding activities which produce a sense of meaning and wellbeing.

Contact your local Family Advocacy Program, Community Counseling Center, or Prevention Specialist/Analyst for resources and contact information.

Synthetic Drug FLAKKA: Know the Facts!

Flakka is the **newest designer drug** to hit the underground market. Placed on the U.S. list of **illegal controlled substances** in 2014, flakka's popularity has surged, especially in Florida, where it arrives from China through the mail. The drug has also shown up in Ohio, Texas and Illinois. Other states, have begun issuing warnings about it.

Flakka, also known as gravel, has the chemical name alpha-pyrrolidinopentiophenone, or Alpha-PVP. The drug comes in the form of white or pink crystals that can be swallowed, snorted, injected or vaped. The drug has effects similar to MDMA (Ecstasy/Molly).

Symptoms: excited delirium, hallucinations that result in violent behavior, spikes in body temperature (up to 105-106 degrees Fahrenheit), paranoia, muscle break down, kidney complications potentially resulting in the need for long-term dialysis, and death.

Flakka can be **more addictive than meth** and some have said it is **more dangerous than cocaine** because it is difficult to control the exact dose an individual takes. Flakka is cheap. A dose can reportedly go for **\$3 to \$5**. One kilo (approx. 10,000 doses) can be ordered online from China, where it is **LEGAL**, for as little as \$1,500.

Ensure Marines, Sailors, and their families know about the rise of this drug, the dangers and symptoms of using the drug, and its illegal status in the United States.



The love between a parent and a child is forever.



Inside the Crosshairs

NEW MCCS PARENTING COURSE!

*Two Families Now:
 Effective Parenting
 During Separation and Divorce.*

This course is a resilient resource designed to strengthen and sustain family processes during the emotional stress of divorce. It helps support parents as they move through the immediate crisis of separation to longer term steps for moving forward as an individual, parent, and family.

Date: 24 July 2015
 Time: 0800-1200
 Location: Bldg 797, Rm 5
 Registration: 910-451-3536

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