

HEALTH CONNECT



CONNECTING PATIENTS FOR BETTER HEALTH

September 2019



Mental Health and Suicide Prevention Events

NMCP will be hosting the Mental Health and Suicide Prevention Health Fair, Sept 18, from 1000-1300 in bldg. 2, 2nd floor, main hall.

Morning of Hope Walk, Sept. 28 at 0800 located at Mt Trashmore

This initiative is locally sponsored by the Hampton Roads Survivors of Suicide Support Group Inc., a non-profit organization for those who have lost a loved one to suicide. With the intention of sparing others from their tragedy, members want to reach out to anyone touched by depression or by suicide.

The morning will include: complimentary breakfast; an informative and moving event; memory wall; family activities; loved ones names read in remembrance; a walk through a curtain of cranes; and licensed counselors for support.

Available resources, such as the Military Crisis Line, the Marine DSTRESS Line, and Military OneSource, provide information and counseling for stress and possible mental health challenges.

If you or someone you know is in immediate danger, call 911. If you or someone you know and love is contemplating suicide, seek assistance immediately by contacting the national Military Crisis Line at 1-800-273-8255, or the Marine DSTRESS Line is available at 1-877-476-7734.

Marine Corps DSTRESS Line is a hotline and live chat that provides professional and confidential counseling for Marines, Fleet Marine Force Corpsmen, attached Sailors, and their families. Use the live chat or call 1-877-476-7734.

Military OneSource provides comprehensive information for service members about its unique challenges. Visit the peer-to-peer program online or call 800-342-9647.

"Embrace the Suck" - Resilience Helps

Embrace the suck is a phrase used by the Navy SEALs. They use it to get them through the rough times by not complaining, questioning, or giving up.

Resilience helps get you through challenges in life. It helps to reduce the impact of stress and helps you bounce back. Resilience is about how you approach life and can be strengthened through practice. When you can develop resilience and balance your life, it will lead to a healthier, happier and more successful life.

How Do You Build Resilience?

1. Develop relationships – Relationships provide support and help to avoid isolation.
2. Develop personal skills – Important life skills include realistic thinking, optimism, living by personal values, gratitude, forgiveness, and generosity. Communication skills, such as conflict resolution and assertiveness, also promote successful relationships. Practicing these skills daily reduces negative emotions, which can cause internal stress.
3. Keep your health and fitness on track – Often, stress will cause poor lifestyle choices such as binge eating, drinking too much alcohol, not exercising, poor sleep habits, unhealthy self-medicating, tobacco use, etc. Making healthy choices will help to keep physical stress under control, and also keep the mind and body strong to deal with the challenges of life.

The Navy Marine Corps Public Health Center Relax Toolkit is a great resource for relaxing music, meditation, and healthy sleep guidance. To view the toolkit, click [NMCPHC Relax Toolkit](#).

Check out
NMCP
on social
media



Nurse Advice Line 24/7
800-TRICARE
(800-874-2273)

**Hampton Roads
Appointment Center**
(866) 645-4584

Emergency Room
(757) 953-1365

Pharmacy Refill
Local: (757) 953-MEDS (6337)
Toll Free: (866) 285-1008

Information
(757) 953-5008

Customer Service Office
(757) 953-2600

Relay Health Secure Messaging
<https://app.mil.relayhealth.com/>

Pain Management Awareness

NMCP Public Affairs Office

September is Pain Awareness Month. In 2001, a coalition of groups and organizations established September as the official month for the chronic pain community to receive national recognition. Organizations across the country come together during the month of September with the combined goal of bringing awareness to chronic pain and highlighting how pain affects individuals, families, communities, and the nation.

We all experience pain from time to time, but for many Americans pain is a chronic and difficult-to-treat condition.

Statistics About Pain

- 50 million Americans live with chronic pain.
- Of that number, 20 million live with high-impact chronic pain, or pain that significantly limits daily activities.
- These numbers do not include the millions of children living with pain.
- Pain costs the United States an estimated \$635 billion a year in terms of lost productivity and medical costs.
- Pain is the number one reason Americans visit the doctor.
- Pain is the leading cause of long-term disability in adults.
- The National Institutes of Health dedicates only two percent of its budget to pain research.
- Veterinary students spend five times as many hours learning about pain management as medical students.

Better pain management is also a major element in addressing the current opioid crisis. One of the most effective analgesics are the opioid medications. Unfortunately, the use of prescription opioids has skyrocketed in the past decade and in many cases people transitioned from using prescription opioids for managing acute pain to chronic abuse. Persons living with pain need safer and more effective alternatives for pain management.

This month, all healthcare facilities are working towards scientifically-sound, innovative, and effective solutions and continue to strive to promote pain education to the public and raise awareness about how chronic pain impacts us all. It is the intention of Pain Awareness Month to create hope and compassion for those with pain, and to constantly remind them they are heard.

HEALTHY WEIGHT

ShipShape Weight Management Program:

8-week intensive program for adults. To register, call the HRAC at (866) 645-4584.

Right Weigh: 4-week program for learning to manage your weight the right way. To register, call (757) 953-9247 or 953-1927.

For more information on Health Promotion and Wellness Department programs and resources, call (757) 953-1927.

TOBACCO CESSATION

Tobacco Cessation Class

1st and 3rd Tuesday
of every month from 1 – 3 p.m.

One-on-One Counseling

Call today to schedule!

For more information, call
(757) 953-1927 or 953-1934



Mental Health and Suicide Awareness Month

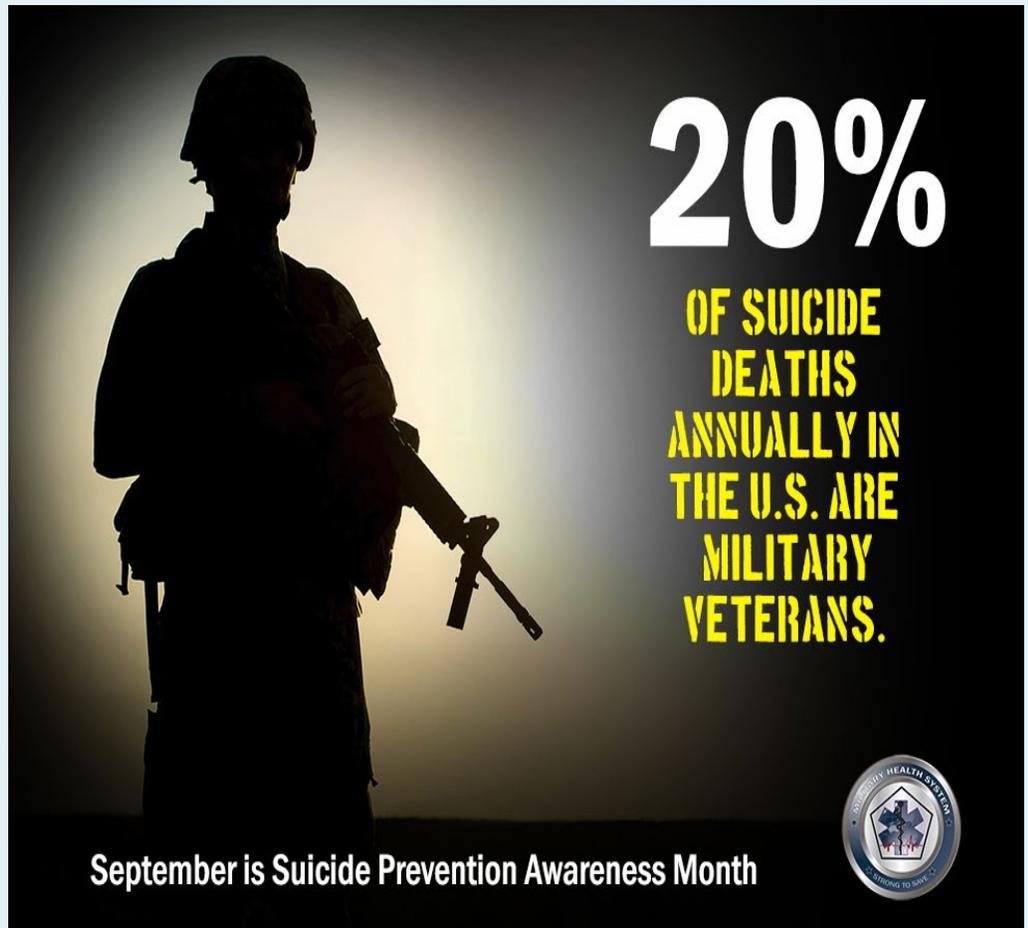
NMCP Public Affairs Office

September is National Suicide Prevention Awareness Month, a time to share resources and stories in an effort to shed light on this highly taboo and stigmatized topic. We use this month to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services. It is also important to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention.

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

In many cases, friends and families affected by a suicide loss are left in the dark. Too often the feelings of shame and stigma prevent them from talking openly.

Understanding signs of stress, depression and suicide can help identify and allow for early intervention to promote healing and resilience. The Mental Health and Suicide Awareness Month serves as a way to promote mental health and suicide



20%
OF SUICIDE DEATHS ANNUALLY IN THE U.S. ARE MILITARY VETERANS.

September is Suicide Prevention Awareness Month



GET CONNECTED

Download the NMCP app today and get access to:

- News and announcements
 - Interactive maps
 - Pharmacy wait times
 - Telephone directory
 - Relay Health
 - ICE feedback
- and so much more!**



awareness and prevention, and encourage service members and their loved ones to access psychological health and emotional well-being resources when needed.

Here are the five action steps for communicating with someone who may be suicidal...

ASK: Asking the question “Are you thinking about suicide?” communicates that you’re open to speaking about suicide in a non-judgmental and supportive way.

KEEP THEM SAFE: First of all, it’s good for everyone to be on the same page. After the “Ask” step and you’ve determined suicide is indeed being talked about, it’s important to find out a few things to establish immediate safety.

BE THERE: This could mean being physically present for someone, speaking with them on the phone when you can, or any other way that shows support for the

person at risk.

HELP THEM CONNECT: Helping someone with thoughts of suicide connect with ongoing supports (like the Suicide Prevention Lifeline, 800-273-8255) can help them establish a safety net for those moments they find themselves in a crisis.

FOLLOWUP: After your initial contact with a person experiencing thoughts of suicide and after you’ve connected them with the immediate support systems they need, make sure to follow-up with them to see how they’re doing.

While suicide prevention is important to address year-round, Suicide Prevention Awareness Month provides a time to come together with passion and strength around a difficult topic. The truth is, we all benefit from honest conversations about mental health conditions and suicide, because just one conversation can change a life.

118,000
patients with a PCM at one
of our 10 facilities

22
Medical Home
Port teams

440,000
patients we serve – active duty,
retired and families

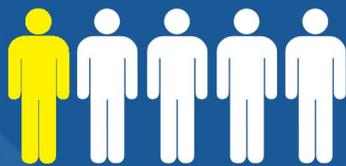
WHAT IS CHRONIC PAIN?

Chronic pain can be defined as pain that persists most days or every day for six months or more. For some individuals, pain can last a lifetime.

Chronic pain can take many forms:

-  MILD TO SEVERE
-  INTERMITTENT TO CONTINUOUS
-  ANNOYING TO DISABLING

Prevalence



50 MILLION

American adults, or 20 percent of the population, live with chronic pain.

20 MILLION American adults live with high-impact chronic pain, or pain that frequently limits life or work activities.

Pain is the **NUMBER ONE** reason Americans access the health care system.



Impact and cost



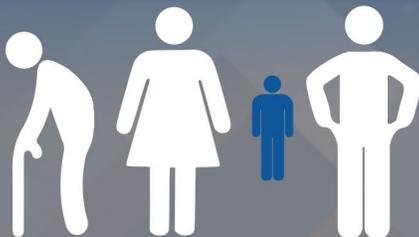
Chronic pain is **THE LEADING CAUSE** of long-term disability in the United States.



The nation spends up to **\$635 BILLION EACH YEAR** on chronic pain in terms of medical treatments, disability payments, and lost productivity.



Chronic pain has biopsychosocial implications. It is associated with **REDUCED QUALITY OF LIFE**, including increased risk of anxiety and depression.



CHRONIC PAIN PATIENTS ARE OFTEN OVERLOOKED AND UNDERTREATED.



Veterinary students **SPEND 5X** as many education hours focused on pain management as medical students.



At least **10 PERCENT** of all suicide cases in America involve someone with chronic pain.



For every **10,000 PEOPLE** with severe pain, there is only **ONE BOARD-CERTIFIED** pain specialist.



Patients receive an average of **ONLY 30% PAIN REDUCTION** from their various treatments.



The National Institutes of Health dedicates approximately **2 PERCENT** of its funding to pain research.



Studies have shown that **MINORITY GROUPS** and other marginalized populations are at risk of receiving suboptimal pain management.

To start fighting for change, visit www.uspainfoundation.org.

SOURCES

<https://www.cdc.gov/mmwr/volumes/67/wr/mm6736a2.htm>
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