



Exercise, Comradery, Fun and Readiness Headlines Installation Basketball and Shamrock Run Events



Intramural Basketball Winners



Congratulations are in order for 6MLMC on winning the 2025 Fort Detrick Intramural Basketball League. The 6th beat USAMRIID 66-62 in a close exciting game held March 17, 2025 at Odom Fitness Center. The League started play in January and consisted of 6th MLMC, USAMRIID, 21st Signal and USSF.



Shamrock Run Winners

Congrats the 1st place male runner Thomas Lidahl with a time of 19:51 and the 1st place female runner Michelle Lane with a time of 21:51 at the Fort Detrick Shamrock Run on March 15, 2025. Pictured above, both runners standing with the Garrison Commander Colonel Christopher Chung and the Commanding General Major General Paula Lodi.



All photos by FMWR

Improving Warfighter Readiness Using Augmented Reality

By Paul Lagasse, USAMRDC Public Affairs

FORT DETRICK, Md. — The Congressionally Directed Medical Research Programs' Traumatic Brain Injury and Psychological Health Research Program recently awarded a \$3.4 million grant to a team of Cleveland Clinic researchers to develop an innovative augmented reality tool for assessing whether Warfighters recovering from concussion are ready to return to duty. The new tool, called Troop Readiness Evaluation with Augmented Reality Return-to-Duty, or Troop READY, promises to provide answers more quickly and reliably than existing methods.

Concussion, also referred to as mild traumatic brain injury or mTBI, is a relatively common injury in the military. According to the DOD Traumatic Brain Injury Center of Excellence, over 80% of the TBI injuries sustained by Service Members between 2000 and 2024 were classified as mTBI. Service Members can experience an mTBI while on deployment, during training, and even when participating in a sport. Most injured Service Members are able to return to duty within two weeks. Military doctors currently follow a six-step protocol called the Progressive Return to Activity for safely returning an injured Service Member to duty, but the PRA has some shortcomings.

"The PRA is not 100% objective," explains Dr. Dwayne Taliaferro, CDMRP's TBIPHRP program manager. "While a medical professional guides the Service Member through the protocol, progress is dependent on the Service Member's self-assessment of the mildness or severity of their symptoms. Troop READY offers an opportunity to provide more objectivity in the PRA protocol."

Troop READY uses a Microsoft HoloLens 2 augmented reality headset and simulated M4 carbine assault rifle to generate a series of realistic and increasingly intensive scenarios that a patient must complete in order to simultaneously assess their cognitive and physical readiness. The exercises involve marching, shooting while standing and kneeling, and breaching and clearing a room. The patient's cognitive, motor, and task performance capabilities are then analyzed using specially trained machine learning algorithms to determine the severity of any detected symptoms.

Dr. Jay Alberts, director of Cleveland Clinic's Concussion Center, is leading the three-year project to further refine Troop READY, which he originally developed and tested under a previous CDMRP grant. In partnership with Microsoft Federal, Alberts and his team will use the new grant to improve the tool's ability to detect signs of mTBI and to recommend personalized treatment plans for patients that streamline their return to duty.

Under the TBIPHRP grant, Alberts and his team will conduct a usability study with volunteers to refine the simulation modules, which

will then be tested on a larger cohort of volunteers to identify baseline performance levels. Those baseline data will be used to train the machine learning algorithms to ensure a high degree of accuracy when assessing a patient's current condition and guiding their continued treatment.

Taliaferro says that Troop READY offers several potential advantages over existing methods for assessing mTBI recovery in Service Members. For example, doctors use a battery of neurocognitive tests called Automated Neuropsychological Assessment Metrics to assess a Service Member's readiness to return to duty. The computer-based ANAM assesses changes to a Service Member's attention, reaction time, memory, and decision-making abilities based on their answers to a series of survey questions. However, as a sit-down multiple-choice test, ANAM lacks the fidelity of an active 3D simulation.

"The Computer Assisted Rehabilitation Environment Laboratory at the National Intrepid Center of Excellence blends virtual reality with a treadmill, immersive video, surround sound, and even smells," Taliaferro says. "It is very powerful, but it's in a fixed location and not very portable. Whereas with Troop READY, you can deploy the goggle set and the mock weapon anywhere quickly."

In addition to helping Warfighters return to duty, the Troop READY tool has the potential to be adapted for use in other fields where mTBI is a risk, such as professional sports, construction, and law enforcement, says Taliaferro.

Before it can be deployed with the military or other users, Troop READY will need to be assessed by both the U.S. Food and Drug Administration and the DOD for its safety and readiness for use.

"CDMRP's role is to accelerate the development of products like Troop READY so that they can be properly evaluated to determine how, when, and where they can be deployed," explains Taliaferro.



A Microsoft HoloLens 2 headset is shown as part of a display at Fort Stewart, Georgia, during 3rd Infantry Division's Augmented Reality for Maintenance Training Executive Demo and Information Day, March 4, 2022. The Congressionally Directed Medical Research Programs' Traumatic Brain Injury and Psychological Health Research Program recently awarded a \$3.4 million grant to Dr. Jay Alberts, director of the Cleveland Clinic Concussion Center, to further refine the Troop READY tool, which uses a Microsoft HoloLens 2 augmented reality headset and a simulated M4 carbine, for use in assessing Service Members diagnosed with mild traumatic brain injury for readiness to return to duty. (photo credit: Sgt. Jose Escamilla, 3rd Infantry Division Public Affairs Office)

Army Emergency Relief– Helping Soldiers Since 1942

By Lanessa Hill, USAG Public Affairs Office



Medical Research and Development Command and Garrison Leaders fill out pledge forms as part of the Army Emergency Relief Kickoff on March 1, 2025 in the Community Activities Center on Fort Detrick. Pictured above from left to right, Command Sgt. Maj. Michael Dills and Maj. Gen. Paula Lodi of MRDC and Col. Chris Chung of the Garrison. Photo by Lanessa Hill, USAG Public Affairs

FORT DETRICK, Md.- Fort Detrick kicked off the annual Army Emergency Relief Campaign in the CAC this week. Known to many simply as AER, the program provides emergency financial assistance to active-duty Soldiers, retirees, and family members during times of valid emergency need.

The campaign to collect donations and inform Soldiers of AER runs from March 1- June 14, 2025. In 2024 more than 34,000 soldiers and retired soldiers received over 60 million in AER assistance. The program is 100% funded through donations by active duty, retirees, civilians, foundations and corporations.

Maj. Gen. Lodi, Commanding General United States Army Medical Research and Development Command and Fort Detrick stated she likes that everyone is made aware of the program during the campaign season and almost every cent donated goes back in the program and is used for assistance.

“First and foremost, the threshold of success is that everyone is contacted and made aware that the program exists either to donate to or be a recipient or benefactor of the program. Ninety cents of every dollar goes back to assistance efforts”, said Lodi.

Financial assistance can take many shapes. Some include:

- No interest loans with no fees

- grants based on individual needs.

There are over 30 different assistance categories including basic living (food, utilities, rent, temp housing), Medical (dental care for dependents, medical copays not covered by Tricare, Cranial Helmets), Privately Owned Vehicles (repairs, insurance, monthly payment, rental vehicle when POV is being repaired, and Unforeseen Emergencies such as funeral expenses, emergency travel, safe travel due to domestic violence, minor home repairs.

The top 5 most common categories of assistance are personal vehicle repairs, housing cost (ex. first month rent), emergency travel, utilities.

Our goal is to increase awareness of AER programs and benefits and talk to every soldier giving them the opportunity to participate in the campaign through their donation. Make AER a soldier first choice when seeking financial assistance and finally encourage and offer more soldiers the opportunity to donate to AER to help fellow soldiers in need.

The AER program is operated through the Army Community Services Program located in building 1520 on the first floor. Reach out to ACS by calling 301-619-3455 for ways to donate or for more information on assistance.

Navy vet-turned-Army Civilian participates in second Invictus Games

By C.J. Lovelace, AMLC Public Affairs

Although he literally no longer has a stomach, Carlos Valerio remains as hungry as ever for competition.

Valerio, a retired 21-year Navy hospital corpsman and current civilian employee at U.S. Army Medical Logistics Command, participated and medaled as a member of Team U.S. at the 2025 Invictus Games, held Feb. 8-16 in Vancouver and Whistler, Canada.

Valerio was one of 50 active-duty military and veterans who represented Team U.S., part of the 500-athlete field representing 25 different countries. Team U.S. earned gold, silver or bronze in nine of the 11 events during the international adaptive sporting competition, created for wounded, injured and sick current or former service members.

It marked the second time Valerio, a 48-year-old gastric cancer survivor, competed at the games. He first participated in the 2018 Sydney games in Australia.

“At Invictus, you see it on a global scale. You see that there’s so much need for recovery,” Valerio said. “And I think one of the best ways to do it is through sport.”

Valerio’s events included the biathlon and wheelchair basketball, earning a bronze medal as a member of a mixed-nation group called Team Unconquered.

It was the first time an Unconquered team has medaled at Invictus, Valerio said, adding that his impromptu participation on the basketball team was the best part of the experience. He initially planned to participate on the seated volleyball team, but a roster snafu kept him out of that competition.

“It ended up being six Americans and two Ukrainians,” he said of the Unconquered team, recounting the team’s preliminary games, including a last-second shot that allowed them to advance to the medal rounds.

“There was a lot of buzz about that and toward the last two games there was a lot of interviews, a lot of media,” Valerio said. “It was fun to see that and to provide that opportunity to the guys. It’s hard to medal at Invictus. For them to go for the first time and go home with a medal, it’s special.”

This year also marked a first for the games to feature winter-specific events, including six adaptive winter sports.

First held in 2014 and inspired by the Department of Defense’s Warrior Games, the Invictus Games promote the power of sport to support recovery, rehabilitation and generate a wider understanding and respect for those who serve their country.

‘I’m blessed’

Valerio’s personal road to recovery started in 2017, following a routine physical while still on active duty that led to some bad news. Doctors found a tumor on the upper part of his stomach and diagnosed him with stage two gastric cancer.

His options were a partial or complete removal of his stomach, plus several rounds of chemotherapy. Valerio and his doctors agreed that a full removal would be best.

“Most of your stomach function and absorption happens in the upper portion, so all I would have had left was the bottom,” he explained. “Now, it’s basically like I had gastric bypass.”

After a weeklong stay at Walter Reed National Military Medical Center in Bethesda, Maryland, to complete his surgery and subsequent treatments, Valerio began living out his “new normal,” like millions of other wounded, injured or sick service members and veterans.

Doctors told him he would likely have dietary restrictions, considering his stomach was essentially replaced by an elongated esophagus connected directly to his small intestine. But Valerio said he’s had nearly no issues since the procedure about eight years ago.

“I’m blessed,” he said. “I’m not really supposed to eat sugar, steak, milk, things that the body struggles to digest. But I have a really normal life. I eat what I want for the most part. The only thing I really have to balance is hydration versus nutrition. If I drink too much, I’m full and can’t eat. And vice versa. That’s the one big thing I still battle.”

Returning to battle after a significant injury, trauma or illness can often be a challenge for service members. The DOD Warrior Games was initially an outlet for Valerio as he started his recovery through sport, he said.

Valerio went to Chicago in the summer of 2018 to participate on the Navy’s team in cycling and air pistol/air rifle, earning a medal in the air pistol event.

“Based on my performance there, they nominated me to be a member of Team USA for Invictus,” said Valerio, who competed in cycling and sitting volleyball at the Sydney games in October 2018.

‘Not really about winning medals’

Valerio said his first experience at Invictus really opened his eyes to the need for healing through sport, not just in the U.S. but on a global scale.

look out for one another. It’s a great program and I hope to continue supporting in any way that I can.”

Invictus Cont. on Page 5

"It was awesome, just knowing all these people from different branches, different nations who experienced terrible things and are here to move forward and learn a new normal, a new way to function," he said.

"Sometimes people can fall into depression, this dark world (following a severe injury or illness) ... and then you see people realize there's still functionality and things you can do, and it's really amazing.

"It's not really about winning medals," Valerio said. "It's about realizing, 'hey, I can do this.' That's the best thing that comes out of these programs."

Valerio, a native of El Paso, Texas, and an operations and training specialist at AMLC headquarters at Fort Detrick, reflected on the experience at his second Invictus after returning home. Of course, the competition was fun, he said, but it's the relationships and camaraderie with fellow participants that will stick with him.

"It gives people the hope, a way to reach out and get help," Valerio said. "It just becomes a community, and part of that community is to look out for one another. It's a great program and I hope to continue supporting in any way that I can."



Carlos Valerio, right, high-fives a teammate during a wheelchair basketball match at the 2025 Invictus Games, held Feb. 8-16 in Vancouver and Whistler, Canada. As a member of Team U.S. for the second time, Valerio – a Navy veteran, Army civilian employee and gastric cancer survivor – competed in the biathlon and on a mixed-nation "Unconquered" team in basketball, earning a bronze medal. It was the first time an Unconquered team earned a medal at Invictus. (Photo Credit: Courtesy Carlos Valerio)



Fort Detrick Public Affairs professionals met with reporters and the editing team from the Frederick News Post on Feb. 26, 2025, as part of the USAG Public Affairs Roundtable. The roundtable which includes PAO's from across the installation and individuals with PAO duties, allows us to collaborate, discuss ongoing efforts, share command messages and identify any gaps in day-to-day operations. More importantly this allows us to know each other and further develop those relationships should we need each other in the event of an emergency. If you are new to Fort Detrick Public Affairs Office or take on public affairs duties and are interested in the roundtables, reach out to USAG PAO by calling 301-619-2018 or emailing us at usarmy.detrack.usag.mbx.pao@army.mil.

Introducing Fort Detrick's Personal Financial Counselor

By Lanessa Hill, USAG Public Affairs

FORT DETRICK, Md.- Current times have many struggling with achieving personal financial goals, but fortunately Fort Detrick has a new personal financial counselor who is eager to help anyone interested on learning how to meet those goals. Meet in Rebecca Carlson, Rebecca has over 15 years in the finance field, and this is her first installation. We sat down with Rebecca for a brief question-and-answer session to get a feel of what she hopes to do here and how she can help.

Q: What is your position here at Fort Detrick?

A: I am the new Personal Financial Counselor here at Fort Detrick. If you know Madeline Green, I am taking over for her. *(Everyone remembers Mrs. Madeline Green. You saw her everywhere and she continued to entertain us all so many times with her dollar bill necklaces and sunglasses. Last year she retired)*

Q: Are there specific educational requirements for this position?

A: I have a master's degree in personal finances and I hold the Accredited Financial Counselor (AFC) certification through the Association for Financial Counseling & Planning Education.

Q: What does that position require of you?

A: My focus is to assist Service Members and their families in achieving their financial goals. We can discuss debt, building/repairing credit, TSP, spending plans, large purchases, preparing financially to PCS, divorce, new babies, and anything in between.

An Army Personal Financial Counselor (PFC) provides essential financial support and education to service members and their families. Their responsibilities include:

- Financial Counseling: They assist service members in evaluating their financial circumstances and setting financial goals.
- Education and Tools: PFCs offer tools and education to help individuals and families achieve their financial objectives and overcome challenges.
- Support Services: They provide face-to-face appointments, group presentations, and referrals to military and community resources for budgeting, credit management, and navigating benefits.
- Professional Guidance: PFCs are trained professionals who help service members address their financial concerns and provide referrals to appropriate services⁴.

This role is crucial for enhancing the financial wellbeing of service members and their families.

Q: Any goals or what you hope to do while here?

A: My goal is to integrate myself into the units to ensure their financial success. As a fiduciary, I work in the best interest of the service member. I am not an advisor but am an educator.

Q: Can you assist anyone, contractors, active duty, DoD civilians, spouses?

A: I am a free and confidential service provided to Service members, and their immediate families.

Q: Will you host any training events or informational sessions?

A: I host multiple finance classes that change monthly, along with teaching whole unit classes. You can find information through the Fort Detrick Weeklies and the My Army Post App.

Financial literacy training provides the pathway for sustaining financial wellbeing and resiliency with benchmarks of meeting all financial responsibilities, building wealth, and obtaining a sound financial future and a secure retirement. PFCs are beneficial in providing service members with training and resources to help avoid debt and create practical solutions for financial goals.

Q: Where are you located?

A: I am in Army Community Services located in building 1520, room 125.



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Q: Any tips you can provide readers or resources you recommend?

A: Along with myself, below are a few of many great websites to gain information and guide service members.

Military OneSource <https://www.militaryonesource.mil/>

Office of Financial Readiness <https://finred.usalearning.gov/>

Personal Financial Counselors stay in their position for a minimum of 12 months, and then they can choose to stay in place or move to a new open position.

Personal Finance Counselor prohibited services.

While PFCs provide valuable services through a wide range of financial readiness capabilities, there are several services that are prohibited. Personal Finance Counselors cannot:

- Act as an agent for a military aid society in providing emergency financial assistance.

- Provide financial investment advice in specific investment funds/opportunities.
- Make financial or financially related decisions on behalf of a client to include, but not limited to, TSP asset allocations, designation of beneficiaries for assets, etc.

Perform inherently governmental functions such as certification training and responding to media queries on behalf of the government.

Personal Financial Counselors stay in their position for a minimum of 12 months, and then they can choose to stay in place or move to a new open position. We certainly hope Mrs. Carlson finds Fort Detrick as special as so many of us do and decides to stay as long as she can. Welcome to the Ft. Detrick team.

AMLC Integrated Logistics Support Center holds biannual summit

By C.J. Lovelace, AMLC Public Affairs

FORT DETRICK, Md. – Sustainment experts at U.S. Army Medical Logistics Command's Integrated Logistics Support Center held a biannual operational summit in February, synchronizing its directorates and focusing on enterprise-wide challenges.

The three-day event, hosted Feb. 25-28 at AMLC's Fort Detrick headquarters, featured updates on strategic efforts to address readiness issues and an abbreviated table-top exercise, focusing on ILSC plans and functions.

"This summit was really just a time for our workforce to come together and level set our priorities as we continue building out capabilities that promote medical readiness and support the operational force," ILSC Director Leigh Anne Alexander said.

AMLC serves as the Army's Life Cycle Management Command for medical materiel, with the ILSC providing global sustainment and readiness solutions for the warfighter through the synchronization of acquisition and sustainment activities throughout the life cycle.

During the event, ILSC team members provided briefings on AMLC's updated campaign strategy and key functions aligned to the ILSC, as well as status reports on several ongoing initiatives, such as Medical Logistics in Campaigning, or MiC, specifically the curation of the national medical materiel catalog and the Army's predictive logistics initiative. MiC aims to fully integrate Class VIII (medical materiel) into the Army's sustainment systems of record, enabling a common



operating picture and synchronized supply chain management throughout the enterprise.

The summit was capped off by a group exercise that brought together interdisciplinary teams to assess four different operational readiness scenarios that align with AMLC's current campaign plan priorities. Each team built an out brief that identified ILSC processes, gaps and requirements that would influence objects in the coming fiscal year.

"This team continues to get after the sustainment challenges the MEDLOG enterprise has historically faced and we're actively working to improve our system," said Maj. Tanishia Greene, military deputy director of the ILSC. "I'm encouraged by the growth and changes we've seen in these last few years, but we know there's much more work to be done as we continue to improve the medical readiness of our operational force."

Army Community Services Connects Military Spouses With Employment

By Lanessa Hill, USAG Public Affairs

FORT DETRICK, Md.- As we all know, the spouse of military member is the backbone of the family. Frequent moves require someone to take on responsibilities such as signing children up for their new schools, finding housing, packing up their old homes, reaching out to people at the new duty station for advice and many times, giving up careers to make sure the new location transitions are smooth, and the family dynamic is strong.

A frequent topic that continues to rear its head are the difficulties a military spouse often encounters when searching for employment because of the challenges associated with being in a military family, such as frequent moves. Often a second income is necessary for any family to stay above water, but employment of a military spouse provides a stable foundation for Soldiers to focus on the mission.

A priority of the Army is to take care of our families and recognizing that spouse employment is fundamental to the quality of life for many army families. Programs such as the Army's Spouse Education and Career Opportunities Program provides military spouses around the world with resources for career exploration, education, training and licensing, employment readiness and career connections. Through the SECO site, <https://myseco.militaryonesource.mil> spouses can find jobs, pursue education, learn about career paths, build resumes and even work one on one with a professional career coach. The site provides information that is organized in a way to easily find answers to questions.

Another resource is the Military Spouse Employment Partnership, <https://msepjobs.militaryonesource.mil/msep/>. This partnership provides resources through a corporate partner



ship initiative with government organizations, nonprofits and private companies who have committed to recruit, hire, promote and retain military spouses. Since its inception in 2011, the Military Spouse Employment Partnership has grown to include more than 950 employers and nonprofit organizations. In that time, MSEP partners have reported hiring more than 360,000 military spouses.

Here at Fort Detrick, Army Community Services is tasked with supporting our spouses and navigating the resources to find employment. Susan Treadwell is the point of contact for the Fort Detrick Army Readiness Program and says they are here to support spouses and continue to do just that. "Spouses reach out to ACS a few times a week and in the past two years, our office assisted more than 50 people," said Treadwell.

According to Treadwell, most often, clients are looking to get into the federal workforce. Some come with specific experience such as teaching or nursing and seek information on licensure. Many are just beginning their career search and don't know exactly what they want to do. So ACS provides those resources including operating a home based business.

Anyone searching for guidance and resources when searching for employment can reach out directly to ACS by visiting building 1520 between 8am-4pm or calling 301-619-3385.

AFMEDCOM Continues Modernization of Capabilities

AFMEDCOM Public Affairs

As the U.S. Air Force Medical Command (AFMEDCOM) presses ahead with the modernization of its medical capabilities, its priorities remain clear: ensuring mobility, adaptability, and sustainability in patient care across a range of operational settings. A recent round of field testing at Fort Detrick, Maryland, underscored this commitment, with AFMEDCOM's Capability Development Division spearheading efforts to assess cutting-edge technologies aimed at enhancing expeditionary medical support. At the helm was A5T, the division's operational test branch, which convened a cadre of subject matter experts to evaluate a solar canopy system tailored for remote medical operations. This trial signals a broader push to equip front-line medical teams with the tools needed to operate effectively in austere and unpredictable environments.

Solar Canopy: Powering Remote Medical Operations

As expeditionary medical teams extend their reach into contested environments, securing reliable and adaptable power sources has become a strategic imperative. AFMEDCOM is addressing this challenge by trialing a solar canopy system designed to sustain mobile medical units with a dependable and renewable energy supply.

AFMEDCOM's A5T test team recently conducted manufacturer training and system integration at Fort Detrick, pairing the solar canopy with TM-60 medical tentage. Engineered to operate primarily on solar power, with a traditional generator as backup, the system promises sustained energy independence while reducing reliance on traditional base operating support.

This dual-power approach dovetails with the Agile Combat Employment (ACE) model, which aims to enhance the resilience of "spoke" medical units operating across the vast PACAF and Indo-Pacific Command (INDOPACOM) areas of responsibility. By supplementing existing energy sources, the solar canopy could prove critical in powering life-saving medical equipment—including ventilators, monitors, sterilizers, and blood storage units—where conventional infrastructure is scarce or non-existent. If successful, such innovations could redefine battlefield medicine, ensuring that care remains uninterrupted even in the most austere conditions.

Shaping the Future of Expeditionary Medical Care

AFMEDCOM's test and evaluation efforts play a vital role in ensuring that both the U.S. Air Force and Space Force are equipped with the most effective tools to support warfighters across any operational

theater. The integration of technologies such as the solar canopy power solutions underscores the military's relentless drive to enhance medical adaptability. These innovations reflect the broader commitment of the Air Force Medical Service to delivering life-saving care—anytime, anywhere—while reinforcing the resilience and self-sufficiency required for modern expeditionary medicine. In an era of increasingly complex conflicts, such advancements are not merely desirable but essential.



Ready, Resilient and Sober

By Jenni Benson, USAG Public Affairs

FORT DETRICK, Md. -April is Alcohol Awareness Month, a time dedicated to raising awareness about the dangers of alcohol misuse, promoting healthy habits and educating the Fort Detrick community about the impact alcohol misuse has on your overall health and life, and to offer support to those struggling with alcohol addiction.

In the spirit of the Army values, we emphasize the importance of taking control of addictive behaviors to maintain operational readiness, ensure deployability, prioritizing well-being and the overall wellness of our people, our Soldiers, and Army families. These principles guide our efforts to address alcohol misuse to foster a healthier, more resilient community.

Alcohol misuse continues to be a significant issue in the United States. Each year, there are more than 178,000 alcohol-related deaths, making alcohol a leading **preventable** cause of death. Additionally, alcohol is associated with over 200 disease and injury-related conditions.

If you knew you could prevent alcohol related deaths for yourself or a loved one, would you? Of course you would! Tackling these statistics may seem daunting but there are steps to combat alcohol addiction, possibly saving the life of someone you love.

How you say?

Education is key.

Sir Francis Bacon said “ipse scientia potestas est” which translates to “knowledge itself is power”, learn about the risks associated with alcohol misuse and find ways to combat stress and anxiety.

Recognize the signs.

If you or someone you know is struggling with alcohol misuse, seek professional help early. Early intervention can prevent the escalation of addiction and related health issues. Drop the preconceived idea that seeking help means weakness, it could be the bravest thing you can do, for yourself, your unit, your coworkers, and/or your family. Stay tuned in the April edition of the Standard for more information on addressing the stigma we place on ourselves and others when it comes to addiction.

How do you know if you or someone you care about is experiencing problematic alcohol use, and where do you go to find help and support? Screen4Success is a free 10-minute online screening to look for signs of risk and help find support.

Check it out!

<https://www.samhsa.gov/talk-they-hear-you/screen4success>



The Wellness Room in ASAP is located in building 1520

Live the Army Values.

Living the Army Values—like loyalty, duty, respect, selfless service, honor, integrity, and personal courage—is all about showing up every day with a strong sense of responsibility, whether you're in uniform or serving as a civilian. These values guide actions and decisions, ensuring that every individual contributes positively to keeping the mission on track.

INTEGRITY: Being honest and accountable for one's actions, drink responsibly if you choose to drink, evaluate your drinking and address the issue if you find you are struggling with misuse.

RESPECT: Respecting yourself and others enough to recognize the impact alcohol misuse can have on you and your unit and reach out for support and the help you need.

DUTY: Maintaining readiness to conduct operations is crucial for the Army, and alcohol misuse can impair physical and mental readiness, affecting a Soldier's ability to perform his or her duties effectively. Not only that, but Soldiers must be fit and ready to deploy at any time, and alcohol misuse can hinder deployability by causing health issues and impairing judgment.

SELFLESS SERVICE: Putting the welfare of the Nation, the Army, and subordinates before yourself involves making sacrifices. Getting the care, you or someone else the help they need to address alcohol misuse demonstrates a Soldier's commitment to the greater good and the success and well-being of their unit.

HONOR and PERSONAL COURAGE: It takes honor and courage to confront and address alcohol misuse, whether in yourself or others. There are several resources available if you or someone you know needs help. Have the courage to ask and seek help, the mission and others depend on it.

By living these values, we create a culture of excellence and dedication that strengthens our nation's defense and supports our communities.

Be honest with yourself.

Do you use alcohol to cope with stress and anxiety?

There are many ways to combat stress and anxiety without turning to alcohol.

Here at Fort Detrick, the ASAP Wellness Room, a space dedicated to relaxation and reflection is available to you should you experience stress or need to step away for a few moments to regroup. The Fort Detrick Army Substance Abuse Prevention team has created this space located in Building 1520 just for you. If you haven't taken advantage of this resource, the ASAP team encourages you to come over for a visit.

The Wellness room is open during normal business hours, Monday – Friday from 8:30 a.m. – 4:30 p.m. It can be used in conjunction with Employee Assistance services or alone. Anyone wishing to use the room can do so, if not being used by another individual. "Our Wellness Room is a private space where you can sit with your thoughts and tend to your emotional wellbeing. As we are often in positions where we need to simply keep going, having a place where we can slow down and focus on ourselves, can be extremely beneficial to our mental health. Our hope is that the Fort Detrick community sees this as another tool to use on our journey to wellness," said Erika Bishop, Fort Detrick Employee Assistance Program Coordinator.

Additional ways to reduce stress and anxiety:

Exercise regularly: Physical activity releases endorphins, which are natural mood lifters. Take a walk, get fresh air, try something new like hiking, yoga, or turn on your favorite music and dance like no one is watching.

Practice mindfulness and meditation: Techniques such as deep breathing, meditation, and mindfulness can help calm your mind and reduce stress. Mindfulness doesn't mean having the concentration of a monk, it just means living in the moment, being present and aware of your thoughts.

Connect with other people: Spending time with friends, family or meeting new people can help with feelings of isolation.

Learn something or go someplace new: Take up a new hobby or engage in activities you enjoy, such as reading, painting, playing sports, playing an instrument, going to concerts or museums. The Fort

Detrick area offers a vast array of activities, events, restaurants, outdoor activities, such as going tubing down the Potomac, hiking at Cunningham Falls or Gambrill State Park, visiting historical sites like Harpers Ferry, WV or Gettysburg, PA. Living in such a dynamic location, it's hard to be bored.

Laugh: We've all heard the adage, "laughter is the best medicine," well studies have shown that is an accurate statement. Laughter really does work wonders when it comes to cutting down stress. The NIH study "Laughter as medicine: A systematic review and meta-analysis of interventional studies evaluating the impact of spontaneous laughter on cortisol levels." found that laughter can lower cortisol, a hormone your body makes when you're stressed. Whether it's watching a funny video or sharing a good laugh with friends, it helps your mind and body relax. So, next time you're feeling overwhelmed, maybe try seeking out something that'll make you laugh—it's good for your health and your mood!

Prioritize sleep: Quality sleep is essential for mental health and peak performance at work or home, whether civilian or active duty. Establish a regular sleep routine and make sleep a priority.

Tom Brady, retired NFL quarterback, and the player with the most Super Bowl wins in NFL history has emphasized the importance of sleep as part of his effective and holistic training program. "Sleep is all about recovering. So, if you're not sleeping, you're not recovering. And if you're going to break your body down a lot, you better find ways to build it back up. And the only way to do that is get a lot of sleep," said Brady.

For additional information on dealing with stress and mental health without turning to alcohol check out: <https://ownyourlimits.org/alcohol-and-your-life/what-alcohol-can-do-to-your-mood-and-mental-health/>

Raising awareness encourages open conversations and builds a community that prioritizes well-being and recovery. Use this month as an opportunity to make positive changes in yourself and support those on their journey to healthier living.

Being ready, resilient, and sober is crucial for success. Readiness means you're prepared for anything that comes your way, standing ready to face any challenge. Resilience helps you bounce back from challenges to keep performing at your highest level. And staying sober ensures you are thinking clearly and making smart decisions, which is crucial to maintain the trust and reliability the mission demands.

Be all that you can be - stay ready, resilient and sober.

News - Events - Training

- **Attention Fort Detrick Housing Residents**

Congressionally Mandated NDAA 3rd Party Inspection From April 7, 2025 to April 18, 2025

By now you have received several emails from the Army Housing Office Team! If you have not yet scheduled your Fort Detrick mandatory housing inspection, please schedule as soon as possible. Please try to schedule your inspection by 2 April 2025. You or a representative above the age of 18 (family, friend, neighbor, etc.) are required to be present during the inspection. If you do not take the time to schedule a time for your convenience, the Army Housing Office will schedule an "Escorted" inspection for your residence and will provide an Army escort to access your residence to complete these Congressionally mandated inspections on a date to be determined by the escort availability. Every home on Fort Detrick will be inspected so please go to the website and schedule your home before the April 2 deadline.

If you are unable or need assistance to schedule your home inspection, please contact army@housinginspections.info

- **Gate Operations**

ALL GATES - Message boards placed at all gates reflecting "Self-scan in use" when pedestal is in operation. DASG's may utilize hand scanners during peak hours to mitigate traffic congestion at gates. (Peak Hours: M-F 6-9am & 11:30am-1:30pm)

- **FMWR Facilities Now Open**

The Outdoor Track

The car wash

- **USAG Security Office Closure**

USAG Security Office will be closed April 2-4, 2025.

For assistance with clearances or to sign DD2875's please contact the Security Office prior to April 1, 2025.

If you have an Emergency Clearance that needs to be passed contact 21st Sig Bde (Ms. Ravas) at 571-588-0116.

If you have an emergency situation involving Security please call the USAG EOC at (301) 619- 3111 for assistance. Full service will resume on April 7, 2025.

- **Change of Location for Upcoming Newcomers Orientation**

The April 16 Newcomers Orientation **will be held in the Community Activity Center** (Bldg.

1529) and **NOT** the auditorium.

- **Calling all singers and instrumentalist**

Are you a service member who would like to share your talents with the Fort Detrick community? We are looking for Service Members willing to perform the National Anthem at ceremonies, observances and other community events.

If interested please call the USAG Public Affairs Office at 301-619-2018 or email us at usarmy.detrick.usag.mbx.pao@army.mil to submit your name.

For FMWR News and Events, visit www.detrick.armymwr.com, Instagram us at #DetrickMWR, and like us on Facebook at www.facebook.com/DetrickMWR.

- **Navy Federal Credit Union ATM's On Post**

Navy Federal Credit Union has placed two ATM's on Fort Detrick. The first machine is full service and is located in the lobby of building 1520. The second is in the Post Exchange and is withdrawal only. The new branch site in building 1520 is set to open May 5 with a ribbon cutting ceremony at 1 pm.

MILITARY APPRECIATION NIGHT

FLYING COWS™

B A S K E T B A L L

APRIL 12, 2025 @ 7 PM



VS



Hood College - Woodsboro Bank Arena

USE CODE **MILITARY** FOR
DISCOUTNED TICKETS



**ALL AGES!
EVERYONE
IS
WELCOME!**

**FORT
DETRICK
CHILD YOUTH
SERVICES
AMAZING
KIDS
FEST**

**APRIL 25TH
4 PM - 6 PM
ACTIVITIES**

**TALENT SHOW, PIE
EATING CONTEST,
OBSTACLE COURSES
AND MORE!**

**BLUE AND GRAY FIELD
FOR INFO CALL: 301-619-2538**



The Family Advocacy Program



Join us on 1 Apr 2025,
for the kickoff of

Child Abuse Prevention Month
featuring story time with Col Chung,
the bears, a mobile
library, snacks & more



1:00 to 2:00 pm
Neighborhood Center
6000 Ditto Ave Ft. Detrick, MD



CALL 301-619-0323 FOR MORE INFO
RSVP at <https://signup.com/go/QWdcENC>



#DetrickMWR
www.detrack.armymwr.com
www.facebook.com/DetrackMWR



School Support Services

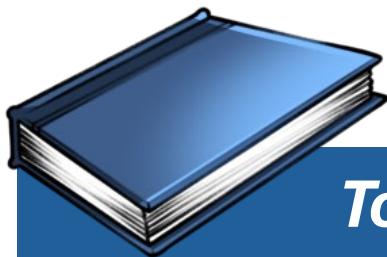
A Driving Force for Student Success

PARENT WORKSHOP

Location:

**Building 1520, Classroom 5C
Fort Detrick, MD 21702**

**17 April 2025
1500 - 1600 EST**



April is testing season!

- All materials will be provided
- Facilitator:
Fort Detrick's School
Liaison Officer
- Pre-registration required
*Simply call or send an email requesting to be
added to the participant's list. Space is limited.
Register by April 11, 2025.*

Topic: Taking the Stress out of Testing

Future Topics

- Military Interstate Compact Children's Commission (MIC3) - online only
- Setting Healthy Media Limits (May)
- College Ready (June)
- Kindergarten Here We come (July)
- Advocating for your Child (August)
- Parent Teacher Conference (October)

The purpose of this workshop is to help parents/families of school-age students understand types of testing, the purpose of testing, and how to read test results for assessments administered in Frederick County.

Feel free to bring one of your student's test results for an individual analysis!

For more information or to register for this workshop, contact the Fort Detrick School Liaison Officer



301-619-7143

detrick_schoolliaison@army.mil



SAAPM Walk Challenge

Who: Fort Detrick community (Service & Family member, DA Civilians and Contractors)

When: Tuesday, 29 April 2025 1100-1300

Where: Fort Detrick Blue and Gray Field

Come out and join us for some fresh air, exercise, and camaraderie in support of
Sexual Assault Awareness and Prevention Month.

Stop by the information booth to meet your SHARP representatives.

For more information, call **301-619-2837** or **7387**



To report a sexual assault through
Fort Detrick's 24/7 Sexual Assault Hotline, call **240-674-2802**



SOAR & EXPLORE!

MONTH OF THE MILITARY CHILD CELEBRATION EVENT

Join us for a day of fun, adventure & bonding for
veteran and military families!

Location: Urban Air, 5830 Ballenger Creek Pike, Frederick, MD

Exclusive Use of the Park!

Mini Go-Karts • Laser Tag • Sky Rider • Flip Zone
Spin Zone • Ropes Course • Climbing Walls • Wipeout
Leap of Faith • Basic Trampolines • Tubes-Indoor Playground
Battle Beam • Warrior Course

- Resource Tables & Giveaways!
- REGISTRATION REQUIRED – SIGN UP TODAY!
- \$10 CONCESSION VOUCHERS AND JUMP SOCKS INCLUDED FOR ALL ATTENDEES!
- All Attendees Must Complete Waiver



APRIL 18TH, 2025 10AM-1PM



The Steven A. Cohen
Military Family Clinic
at Easterseals



Maryland
Joins
Forces



Elizabeth Dole Foundation
CARING FOR MILITARY FAMILIES

Save the Date!

You are invited to the **Garrison Prayer Breakfast**



The Fort Detrick Garrison Religious Support Office coordinates a Prayer Breakfast for the Fort Detrick Community. It will be held at Fort Detrick Chapel (Multi-Purpose Room) from 0700-0800. Breakfast will be provided.

FIVE Ws:

- **WHO:** Fort Detrick Community
- **WHAT:** Garrison Prayer Breakfast (National Day of Prayer)
- **WHERE:** Fort Detrick Chapel (Multi-Purpose Room 1)
- **WHEN:** 01MAY25 from 0700-0800
- **WHY:** To pray for the Country and to develop the spiritual readiness IOT increase spiritual resiliency IAW with FM 7-22
- **Guest Speaker:** CH(COL) Bailey, Geoffrey

Question? Call the Chapel at 301/992-0015

Please **RSVP NLT 18APRIL 25** by sending an email to:
usarmy.detrick.usag.mbx.chapel@army.mil



UNLOCK
YOUR HEALTH

TOL decommissioning happening soon.

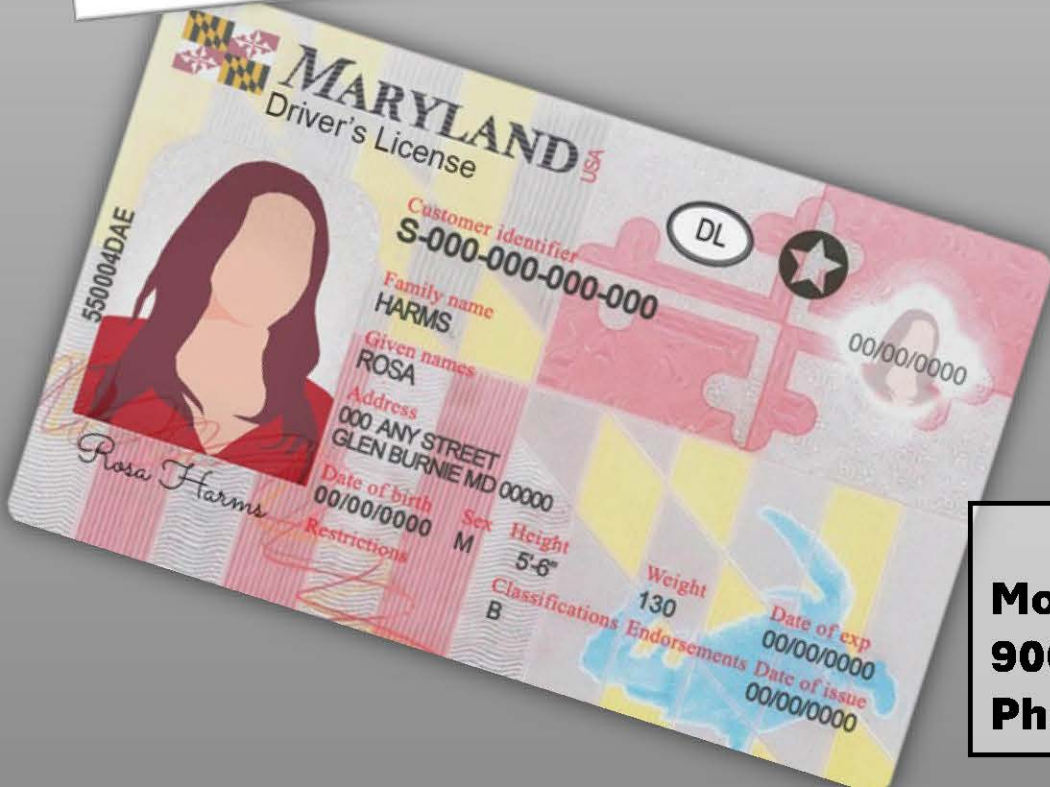
Download your records before decommissioning.
To get your records log into the TRICARE Online
patient portal and follow the prompts.

tricareonline.com

INSTALLATION ACCESS

For access to the installation, we encourage you to register ALL your valid identification cards. This includes your state ID/Driver's license, VA ID card, DOD retiree card, as well as your CAC/PIV card.

This will ensure you always have more than one ID card available that grants you access onto the installation.



VCC HOURS & LOCATION:
Mon-Fri, 0600-1600 hours
9000 Amber Drive, Frederick, MD
Phone: 301-619-0101

