Many people have fond childhood memories of coloring. The benefits of coloring include the improvement of fine motor skills, brain focus and an encouragement of creativity (Rhattigan, 2016). Additionally, coloring is a fun and an inexpensive way to pass time. At a certain age, however, most people put down their crayons permanently. However, research points to several benefits associated with adult coloring. According to Psychology Today (2018), benefits of adult coloring include an improved mood, enhancement of mindfulness, and a reduction in mental health stress. So go ahead, grab for those crayons and give it a try. You may be pleasantly surprised with how good you feel.


Several recent articles have been printed on the increased overdose deaths of opioid use. First, I want to mention a benefit of opioids if they are being taken as prescribed. The opioid medication will alleviate the individual’s pain and the individual may be able to function as they did prior to needing the medication. They may feel that their quality of life has been restored, which is a powerful motivator for use.

Opioids are primarily used for acute pain, however they may be used for long-term uses for chronic pain. According to the National Institute of Health (NIH), if one is taking opioids for chronic pain, they will need to be monitored closely because a portion of the people will develop physical dependence and about five percent will develop addiction.

Some of the most commonly prescribed opioids are oxycodone, morphine, hydromorphone, oxymorphone, hydrocodone, fentanyl, meperidine, codeine and methadone. Due to the high possibility of becoming dependent on opioids, it is a good idea to look at alternative drugs to manage pain.

The CDC reported that there were 70,236 drug overdose deaths in 2017, in which 47,600 (67.8%) were the result of opioid overdoses. (Graph from CDC, depicting the increase of opioid deaths).

The Community Resource Guide (CRG) is a comprehensive inventory of programs and services available to a military community. This guide includes a needs-based search engine that allows the Army Family to identify and access programs and services from any Army installation in the world. The CRG helps community members identify resources, programs, and services based on need or category.

The CRG also serves as a referral document for commanders, community leaders, and program managers (U.S. Army Public Health Center). The CRG can be accessed at [https://crg.amedd.army.mil/Pages/default.aspx](https://crg.amedd.army.mil/Pages/default.aspx), and can also be downloaded from the App Store for iOS devices.
Hooah! The Army is continuing to make the Soldier and the Army Family a priority by thinking outside the box. Our Army continues to think smarter and holistically by being Ready & Resilient (R2). What does a ready & resilient force look like? Got a mirror handy Soldier? Money, time, research, and feedback from Soldiers has helped narrow it down to three components that really matter in staying ready & resilient. An Army initiative rolled out a few years ago and continues to pick up steam. What is it? The Performance Triad is the ONE STOP SHOP for improving sleep, nutrition, and activity.

Check the site out and download the Army’s free app!

Learn about mindfulness coaching, breathing, exercises, relaxation techniques, and nutrition. Customize your workout routines, and even include the family in this healthy life-style.

https://p3amedd.army.mil
Data Driven Mitigations by John Wrenchey & Yancy Chandler, Suicide Prevention Program

Life’s stressors can sometimes lead to a person having thoughts of suicide. However there is no direct formula for any particular stressor, or set of stressors, which predict suicidal thoughts. Every person is different. There are, however, certain life events which can indicate an increased risk of also facing suicide.

Some of these potential life stressors are addressed in Unit Risk Inventory (URI). The URI was administered to about 60% of the USAG Rheinland-Pfalz last year. From those responses, the Suicide Prevention Program has seen that 7% of the Garrison indicating some form of suicidal thoughts.

Going even further, we looked at other corresponding at-risk behaviors. We found that there were stressors which increased the likelihood that that individual was also someone struggling with thoughts of suicide. The three most telling (from the URI) were ‘Doesn’t work well with others’, Feelings of discrimination or sexual harassment’, and indications of Family/Spousal abuse. Persons indicating these at-risk behaviors or feelings also show an increase in thoughts of suicide.

Commanders seeing these at-risk trends in their unit should not only consider training aimed at those behaviors, but in Suicide Prevention as well.

ASIST Workshop Schedule FY 19
Advanced registration is required for all ASIST Workshops

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<thead>
<tr>
<th>Day</th>
<th>Month</th>
<th>Location</th>
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<tbody>
<tr>
<td>21-22</td>
<td>February</td>
<td>Kaiserslautern</td>
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<tr>
<td>21-22</td>
<td>March</td>
<td>Kaiserslautern</td>
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<tr>
<td>25-26</td>
<td>April</td>
<td>Baumholder</td>
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<tr>
<td>16-17</td>
<td>May</td>
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<td>11-12</td>
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<td>3-4</td>
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<td>5-6</td>
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<tr>
<td>9-10</td>
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For more information please contact the Suicide Prevention Program at 314-493-4901 / 4915.
Unit Prevention Leader’s (UPL) Quarterly Meeting

UPLs are invited to attend the 2nd UPL Quarterly Meeting

26 February 2019 at 1330-1530

Topic: Drug Testing Unit Inspections
In person attendance

All UPLs and Commanders are encouraged to attend. Bldg. 2886 KL or Bldg. 8743 BH

Contact your local DTC office to register.

<table>
<thead>
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<th>Month</th>
<th>Dates</th>
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<td>Jun</td>
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<td>Aug</td>
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<tr>
<td>Sept</td>
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<td>Kaiserslautern</td>
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Drug Testing Coordinator and Unit Prevention Leader Course POCs

<table>
<thead>
<tr>
<th>Name</th>
<th>DSN:</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mr. Michael Ensch</td>
<td>531-3142</td>
<td>Baumholder ASAP</td>
</tr>
<tr>
<td>Mrs. Gabriela Estela</td>
<td>531-3143</td>
<td>Baumholder ASAP</td>
</tr>
<tr>
<td>Mrs. Mariana Ruelas</td>
<td>493-4904</td>
<td>Kaiserslautern ASAP</td>
</tr>
<tr>
<td>Mrs. Heike Jung</td>
<td>493-1710</td>
<td>Kaiserslautern ASAP</td>
</tr>
</tbody>
</table>
Meet The Staff

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