The Secretary of the Army, Mark T. Esper, signed a memorandum in May 2018 indicating the changes in mandatory Substance Abuse Awareness Training and Suicide Prevention. The annual training requirements established by HQDA have been eliminated. Substance Abuse Awareness Training and Suicide Prevention Training will be at the discretion of the commander. The goal of the memorandum is to enable commanders to prioritize their efforts on readiness and lethality.

Although Personal Readiness Training can be presented by Master Resiliency Trainers (MRT) or Basic Leader Course (BLC) Graduates, ASAP is available to assist the units meet their desired training. ASAP may assist by helping the NCO develop a presentation or conduct the presentation.

If our unit wants assistance from ASAP to help construct or conduct a presentation, please contact ASAP four weeks in advance because our schedule fills quickly.

December is National Drunk and Drugged Driving (3D) Prevention Month
National Highway Traffic Safety Administration

The holidays are a time for connecting with loved ones, traveling and sharing experiences. They also equal an increase in stress with long lines, extra work, and fewer light hours. Ensure enough “me” time during this season by practicing self-care.

咣Create a self-care routine. Regularly schedule activities such as meditation, exercise, or an enjoyable hobby at the same time every day so you get in the habit of taking care of yourself.

咣Have an attitude of gratitude. Express your appreciation for those people and experiences in your life that positively impact you. This may include telling them, sharing a note, or journaling.

咣Practice relaxation techniques. Listening to calming music, deep breathing, or using guided imagery are popular ways to relax. Find one that fits you and use it on a regular basis.

咣Watch your stress level. Keep a notebook and jot down your stress level throughout your day. Reflect at the end of each day. Does a pattern exist? Perhaps there is added stress around certain people, or while doing certain tasks. Be prepared to practice relaxation techniques during those stressful times.

咣Be aware of your physical health. Get enough sleep and eat a healthy diet. Drink low risk amounts of alcohol. Balance a sweet tooth during the holidays with nutritious foods.

The Commander’s Risk Reduction Dashboard (CRRD) provides Battalion and Company Commanders with reports on Soldiers with risk events and the risk event status of newly-arrived Soldiers. The information available to the Commander is limited to the Soldiers under his/her command.

The CRRD gives “Commanders the ability to detect, measure, and track unit-level risk behavior and to Identify Soldiers who are high risk in order to engage in prevention and intervention activities.”

The risk factors available within the CRRD include Accidents/Injuries, Alcohol Offense, Army Substance Abuse Program (ASAP) – Enrolled in Treatment, ASAP – Screened, Not Enrolled, Crimes Against Persons, Crimes Against Property, Crimes Against Society, Drug Offense, Illicit Drug Positive Test, Readiness Limiting Behavior Health Profiles, Domestic Violence, and Child Abuse.

The CRRD can be used in conjunction with the Soldier Leader Risk Reduction Tool (SLRRT) to determine a Soldier’s level of functioning and resources needed to mitigate those risks. All Battalion and Company Commander must be registered to gain access to their Soldier’s high-risk data. The CRRD can be accessed at https://crrd.army.mil

For more information on the CRRD, please contact Dr. Camille Owen at Camille.c.owen.civ@mail.mil, or call 493-4906.
Suicide Risk Reduction, by Yancy Chandler, Suicide Prevention Program Manager

Customizable #BeThere: Ready & Resilient Workshops are available! This customizable training workshop was developed to enhance and maintain mission readiness, improve quality of life and mitigate behavioral trends within units before they occur.

This workshop is a based on the high-risk behaviors identified through the Unit Risk Inventory (URI). This workshop is designed to target the top five high risk behaviors in the unit.

The intent of the Ready & Resilient workshop is to provide effective and preventative training to unit in a safe, productive, effective and interactive workshop. It will reinforce unit’s mission readiness and encourage Soldiers to actively engage at each station.

The Suicide Prevention Program is also offering monthly Applied Suicide Intervention Skills Trainings (ASIST) in order to support commanders in identifying primary and alternate Suicide Prevention Representatives (Gatekeepers). In accordance with the Senior Responsible Officers Suicide Prevention Action Plan every company will have a primary and alternate Suicide Prevention Representative that is trained in ASIST.

ASIST is a two-day workshop that provides participants the knowledge to provide guidance and support to a person with thoughts of suicide in ways that meet their individual safety needs. They will also learn to identify the key elements of an effective suicide safety plan and the actions required to implement the plan.

**ASIST Workshop Schedule FY 19**

<table>
<thead>
<tr>
<th>Day</th>
<th>Month</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>10-11</td>
<td>January</td>
<td>Baumholder</td>
</tr>
<tr>
<td>21-22</td>
<td>February</td>
<td>Kaiserslautern</td>
</tr>
<tr>
<td>21-22</td>
<td>March</td>
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<tr>
<td>25-26</td>
<td>April</td>
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<tr>
<td>16-17</td>
<td>May</td>
<td>Baumholder</td>
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<tr>
<td>6-7</td>
<td>June</td>
<td>Kaiserslautern</td>
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<tr>
<td>11-12</td>
<td>July</td>
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<tr>
<td>8-9</td>
<td>August</td>
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<tr>
<td>3-4</td>
<td>September</td>
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<tr>
<td>5-6</td>
<td>September</td>
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<tr>
<td>9-10</td>
<td>September</td>
<td>Baumholder</td>
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For more information please contact the Suicide Prevention Program at 314-493-4901 / 4915.
Unit Prevention Leader’s Corner, by ASAP DTC

Unit Prevention Leader’s (UPL) Quarterly Meeting

UPLs are invited to attend the first UPL Quarterly Meeting on 14 November 2018 at 1400-1530.

In person attendance: Bldg. 2886 KL or Bldg. 8743 BH

Contact your local DTC office to register.

All UPLs and Commanders are encouraged to attend, as modifications to the UA collection process have been made by headquarters. Changes are to be implemented immediately or can affect results of the specimens turned into the testing laboratories.

Available Unit Prevention Leader Courses

<table>
<thead>
<tr>
<th>Month</th>
<th>Dates</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Dec</td>
<td>3-7</td>
<td>Baumholder</td>
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<tr>
<td>Jan</td>
<td>7-11</td>
<td>Kaiserslautern</td>
</tr>
<tr>
<td>Mar</td>
<td>25-29</td>
<td>Baumholder</td>
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<tr>
<td>May</td>
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<td>Kaiserslautern</td>
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<tr>
<td>Jun</td>
<td>24-28</td>
<td>Baumholder</td>
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<tr>
<td>Jul</td>
<td>22-26</td>
<td>Kaiserslautern</td>
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<tr>
<td>Aug</td>
<td>12-16</td>
<td>Baumholder</td>
</tr>
<tr>
<td>Sept</td>
<td>9-13</td>
<td>Kaiserslautern</td>
</tr>
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</table>

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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