

CSWC-SL

MEMORANDUM FOR RECORD

SUBJECT: Community Health Promotion Council/Well Being Board (CHPC/WBB)
Minutes, 8 April 2015

Meeting Attendance:

Membership

Chair, CHPC/WBB*
CSM, USAWC
Director, SLDR, USAWC*
Chief of Staff, USAWC
Commander, DAHC*
Commander, DENTAC*
Commander, USAG*
CSM, USAG*
G3*
CBks Ministry*

DAHC/Behavioral Health*
DAHC Community Health RN
USAG Human Resources*
Public Affairs Office*
Army Community Service*
Military Family Life Coordinator
DPTMS, USAG*
Safety Office*
ASAP*
MWR*
DHR*
SLDR, USAWC
SLDR, USAWC
SLDR, USAWC
SLDR, MFP
EEO, USAG
Army Wellness Center
Security Manager
DPW – Chief Army Housing

Present/Represented

COL David Funk

Dr. Thomas Williams
Mr. Keith Norris
COL Rebecca Porter

LTC Kimberly Peeples

MAJ Nicole Brooks
CH (COL) Gregory D'Emma
CH (LTC) William Barbee
Dr. Ines Roe

Mr. Tom Zimmerman
Ms. Rebecca Myers
Ms. Michele Leader

Mr. John Knowles
Ms. Lauren Snyder (rep)

Ms. Dee Connelly
Mr. Joseph Mallis
Mr. Chris Kusmiesz
Ms. Lisa Riley

Ms. Jennifer Caywood

* Positions requiring attendance or designated representation.

1. Opening remarks from Chair, CHCP/WBB: COL Funk opened the meeting by welcoming Ms. Lisa Riley, the new SLDR Military Family Program coordinator, Ms. Lauren Snyder, MWR representative, and Ms. Michele Leader, the full time Military Family Life Coordinator with ACS. He discussed how CHCP/WBB members should look at their initiatives and address both the Manner of Performance (MOP) - "Am I doing the right things?", and the Manner of Execution (MOE) - "Am I doing things right?". We must look at our metrics to ensure we are meeting the Commandant's intent.
2. The 9 March 2015 meeting minutes were reviewed and accepted with a change made to the date for the middle and high school alcohol awareness presentation. This presentation will be given on 9 April, not 6 April.
3. Old Business: An AAR/Update of the April, May and June CHPC/WBB themed events and activities was completed. Jennifer added comments for a February theme.

February

a. COM: Wise Health Consumer Month (AWC) – Jennifer Caywood, AWC, stated that she looked into produce purchase numbers with the commissary manager. The latest data was for February 2015 and showed a decrease of \$6,000 from February sales in 2014. This data will be sent to LTC Peeples to bring to next Commissary/PX meeting for discussion of possible reasons for the decrease in produce sales.

April

b. COM: Month of the Military Child (ACS, CYSS) –The Family Fun Fair date was changed from 18 April to 25 April to coincide with Jim Thorpe Sports Days. There are daily themes and activities offered throughout the month of April. Tom Zimmerman has applied a marketing plan to emphasize these opportunities to the community. April 15th is a "Purple Up" theme to honor military children.

c. PROG: Sexual Assault Awareness and Prevention Month (ACS) –Ms. Beck has developed educational awareness opportunities for the community and USAWC and Garrison staff. There are displays, magnets in restrooms, and Banner articles. Gina is working with staff at Dickinson College and other Carlisle community resources. Sexual Assault training provided by Dickinson College was attended by staff members from Carlisle Barracks and was very well presented. There will also be a Dickinson College rep at the next Behavioral Health Working Group meeting.

d. PROG: Child Abuse Prevention Month (ACS) - Educational information will be incorporated into the Family Fun Fair on 25 April.

e. PROG: Alcohol Awareness Month with Alcohol Screening Day (ASAP) -This year's theme is, "For the Health of It, Early Education for Alcohol Awareness". There will be an alcohol awareness presentation for middle school and high school students on 9 April as well as Banner articles, digital signage, and handouts at DAHC to increase awareness. Alcohol avoidance during prom celebrations will be

emphasized. National Alcohol Screening Day is 10 April and ASAP is offering a self-screening on-line opportunity. This link is available on the USAWC home page.
f. PROG: Volunteer Recognition Month (ACS) – There will be a Volunteer Recognition Luncheon at LVCC on 30 April.

May – From the newly adopted 2015 R2C Wellness Themes

g.COM: Performance Triad & Stress Management (DAHC) – Jennifer (AWC) has ordered posters and brochures to emphasize the Performance Triad Themes of sleep, nutrition, and physical activity. These will be rolled out to the community by DAHC.

DAHC staff will work with the Physical Working Group to coordinate and synchronize opportunities.

h. COM: Army Heritage – AHEC is the lead and will host Army Heritage Days on 16 & 17 April.

i. COM: Military Spouse Appreciation (ACS) - ACS is planning to incorporate spouse recognition with the ACS's 50th birthday celebration in July. Tom Zimmerman will also highlight community spouses in First Choice and/or the Banner. Becky Myers will see if there is a larger Army Wide military spouse recognition event occurring in May. All spouses are invited to the CB Spouse Club's event entitled "Martinis and Makeovers" on 1 May.

j. COM: Motorcycle Safety Awareness Month (Safety) – Chris McCormick is developing a Motorcycle Safety Course at Letterkenny Army Depot and a group motorcycle ride.

k. PROG: High Blood Pressure Education Month - DAHC and AWC will publish articles on stress management and hypertension. BP screening will be offered on a walk in basis.

l. PROG: 101 Days of Summer – Universal Substance Abuse Awareness (ASAP) – ASAP plans a series of educational articles, classes and signage from Memorial Day through Labor Day emphasizing safe alcohol use with summer activities. ASAP is also working with the Cumberland and Perry County Drug and Alcohol Abuse Prevention Council for adult and parental training opportunities. John Knowles addressed the need for education on gambling addiction and awareness. The Safety Office plans activities during the month and throughout the summer.

June

m. COM: Family Transition and Sponsorship – LTC Peeples is developing and updating surveys and feedback opportunities, including DDE. Post maps are being updated and finalized by Tom Zimmerman and will be distributed throughout the community. Lauren Snyder will check with Liz Knouse about the Carlisle DCA giving info bags to incoming students and staff through ACS. These were provided last year and well received. COL Funk mentioned that the incoming class will have several family members who will need a variety of EFMP services. LTC Peeples stated she expects many geographical bachelors in the AY16 class, also.

n. COM: Army Profession (Army Birthday) - Living the Ethic- The G3 office is synchronizing a date for activities to coincide with the Garrison Change of Command.

o. COM: Summer Safety – DAHC will be publishing articles on tick and skin cancer prevention, pool and grilling safety, as well as men’s health issues in its newsletter.

4. New Business:

a. The Integrated Master Calendar (IMC) Report: 90 Day Well Being “Significant Events” was reviewed. COL Funk asked that individuals adding items to the IMC look carefully at what is the most pertinent wellbeing drop down option for the event. Often an event fits into more than one category.

b. COL funk briefed the Institute of Medicine (IOM) Report published in the Journal of the American Medical Association (JAMA). Military policies may not be the most effective to provide the optimal desired outcomes. Tasks from this report for the CHPC/WBB are: What interventions do we provide? How do we systematically evaluate performance measures? And the bottom line: I know my program is working because.....

c. LTC Peeples briefed the Carlisle Barracks Installation Planning Board which will present the final brief to the Commandant on 21 April. This board meets twice/year and reviews and updates Quality of Life and Institutional Support issues.

d. COL Funk stressed that all CHCP/WBB members should review the Commandant’s Strategic Plan Line of Effort 4- LOE4. Dr. Williams will email this to all members for review. Each individual should see how their initiatives contribute to and fulfill the LOE4 vision.

e. The *Physical Fitness and Spiritual Working Groups* presented updates:
Physical Fitness Working Group: Mr. Chris Kusmiesz reported on the Strength for Wisdom (S4W) program, providing updates on participation and future events. S4W will end for AY15 with a 10 event self-directed decathlon in May. Winners of the S4W Challenge will be determined following this event. The plan for AY16 S4W program will be available at the May CHPC/WBB meeting.

Spiritual Fitness Working Group: LTC (CH) Barbee provided information on upcoming events at the Chapel, including tonight’s geo-bachelor Korea meal dinner. He stated that the local VFW has the capacity to offer financial aid to Soldiers and he will share contact info with ACS. He emphasized that no referral can be made, just information made available, if needed. The Chapel is looking into activities to include single and younger Soldiers in community events, including the April Fun Fair.

Additional topic comments-

a. LTC Peeples, Chief of Staff office, and G6 are in discussion about the future of outside digital signage.

b. Becky Myers stated that Michele Leader is now a full time permanent Military Family Life Consultant with ACS and is able to see both children and adults.

c. John Knowles stated that the MOA between Garrison and Letterkenny Army Depot is signed. EAP services are available to the Carlisle Barracks community at Letterkenny.

5. COL Funk provided closing remarks.

6. With no other issues before the board, a motion was made and seconded, and the meeting adjourned at 1445.

7. Next CHPC/ WBB Meeting: Wednesday, 13 May 1330-1430, CCR. Future meetings are scheduled for the second Wednesday of each month, 1330-1430 in the CCR.

DAVE FUNK
COL, IN
Chair, WBB/CHPC