

ATWC-DPF

MEMORANDUM FOR RECORD

SUBJECT: Community Health Promotion Council/Well Being Board (CHPC/WBB)
Minutes, 11 February 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*
DPTMS, USAG*
Safety Office*
ASAP*
MWR*
DHR*
SLDR, USAWC
SLDR, USAWC

EEO, USAG
Army Wellness Center
Security Manager
DPW – Chief Army Housing

Present/Represented

COL David Funk
CSM Malcolm Parrish
Dr. Thomas Williams

Ms. Ines Roe (rep)

LTC Kimberly Peeples
CSM Charles Rosado

CH (COL) Gregory D'Emma
CH (LTC) William Barbee
Dr. Ines Roe
Ms. Jo Stepp

Mr. Tom Zimmerman
Ms. Rebecca Myers

Mr. John Knowles
Ms. Rebecca Myers (rep)

Ms. Dee Connelly
Mr. Joseph Mallis

Ms. Ginny Ivanoff
Ms. Jennifer Caywood

* Positions requiring attendance or designated representation.

1. Opening remarks from Chair, CHCP/WBB: COL Funk opened the meeting by extending a welcome to the new DAHC Community Health RN, Ms. Jo Stepp, and to the acting Chief of the DAHC Behavioral Health Clinic, Ms. Ines Roe. COL Funk provided a brief overview of the mission/vision of the CHPC/WBB with an emphasis on "Unity of Effort". He provided a short update brief on the Ready and Resilient Campaign and Strategic Plan LOEs to the new board members.
2. The 14 January 2015 meeting minutes were reviewed and approved as written.
3. Old Business: An AAR/Update of the January, February, March & April CHPC/WBB themed events and activities was completed.

January -

- a. COM: Health, Fitness, Spiritual Resolutions- Attendance at gym classes, gym usage, and Army Wellness Center (AWC) appointments have all increased since 1 January and continue to be well attended.
- b. PROG: Financial Seminar (Chapel) – The weekend seminar presented by Mr. Ray Porter, 17-18 January, had 70 attendees and received very positive reviews.

February –

- c. COM: American Heart Month with Wear Red Day (DAHC) – Friday, 6 February 2015. DAHC's awareness campaign focused on educational materials and heart health. The AWC also provided blood pressure screening opportunities all month.
- d. COM: (AWC): Wise Health Consumer Month- "Health Smart Items"- AWC placed tags on heart healthy grocery items and provided educational literature at the commissary.
- e. PROG: (Dental Clinic): National Children's Dental Health Month - CDC children will visit the dental clinic and have short exams done during the week of 23 February. Dentists also visit CDC to familiarize the children and provide fun, educational handouts.
- f. PROG: Children of Alcoholics Week (ASAP) – 8-14 February. The National theme is "Making a Difference, Honoring Recovery". ASAP provided an article in the Banner which also listed area support groups.

March

- g. COM: National Nutrition Month and National School Breakfast Week (AWC) - An educational article will be published in the DAHC newsletter and materials placed on the AWC bulletin board and on Facebook. Area schools all provide breakfasts to qualifying students. CDC provides breakfast to children with input from the DAHC dietitian. The AWC has approval to use the logo of the National Academy of Nutrition and Dietetics and they will tag healthy food choices,

incorporating this logo, as well as provide educational materials at the commissary.

- h. COM: Mental Health and Brain Injury (TBI) Awareness/ National Sleep Awareness Week (BH, DAHC) - The BH/DAHC staff will use electronic signage and displays, as well as Facebook and Banner articles, to promote the message of TBI Awareness & correct helmet usage. ASAP will work with DAHC and PAO to include information on self-medication. New sleep standards for various age ranges have recently been released which show a definite link between lack of sleep and behavioral and safety concerns. DAHC offers on-going sleep classes. These classes will be posted to the IMC. Both the Behavioral Health and the Physical Health working groups are currently working this initiative.
- i. PROG: National Colorectal Cancer Awareness Month (DAHC) - The HEDIS nurse will soon assume her new role at DAHC and provide educational information on recommended screenings to DAHC beneficiaries. It was suggested that DAHC consider adding a noon time lecture for all CB employees as well as students, providing health information & information on recommended health screenings.
- j. PROG: National Inhalants Awareness Week (ASAP) – 15-21 March. ASAP will provide education, a Banner article and electronic signage to increase awareness.

April

- k. COM: Month of the Military Child (ACS, CYSS) - Family Fun Fair & Easter Egg Hunt are planned. ACS currently has a couple of interns on their staff to provide help with this event.
- l. COM: Employee Health & Fitness/Physical Fitness & Sport Month (MWR) - PAO is working with MWR to develop videos of the fitness offerings on post as well as interviews with some of the gym fitness staff and trainers. The Student Welcome Page on the USAWC Portal can be updated to include these videos as well as other information the group would like to provide incoming students and families.
- m. PROG: Sexual Assault Awareness and Prevention Month (ACS) - Tom Zimmerman reports that updated Army sexual assault statistics have been released.
- n. PROG: Child Abuse Prevention Month (ACS)-NSTR
- o. PROG: Alcohol Awareness Month with Alcohol Screening Day (ASAP)-Banner articles, digital signage, handouts at DAHC will be used to increase awareness. ASAP has classes planned as well as developing a procedure for on-line self - screening.

4. New Business:

- a. The Integrated Master Calendar (IMC) Report: 90 Day Well Being “Significant Events” was reviewed and updated. Participants were again reminded that “community” events need to be coded with one of the five CHPC/WBB categories (e.g., Family, Social, Physical, Emotional, or Spiritual) on the IMC to ensure these events are displayed on the CHPC/WBB 90 day SIGACTS projected events and for the Community Calendar.
- b. LTC Peeples provided an update to the 2015 Monthly Wellness Themes emphasized by the CHPC/WBB. This is on-going with recommended changes due to LTC Peeples as soon as possible.
- c. The questions used in the AY14 end of year student survey on well-being services and programs was handed out and responses were reviewed. Any suggested changes to the survey should be sent to Dee Connelly or brought to the March CHCP-WBB meeting.
- d. The *Physical Fitness and Spiritual Working Groups* (WG) presented updates: Physical Fitness WG reports an upward trend in AWC utilization. AWC appointments increased by 29 appointments during January 2015 compared to January 2014. AWC utilization (includes follow-up appointments) increased by 28 appointments for the same period.
Spiritual Fitness Working Group: CH Barbee provided information on the WG’s recent meeting. The VFW is hosting a Prayer Breakfast on 28 February at 0900 in Mechanicsburg for all servicemen and women and veterans. The CB National Prayer Breakfast is scheduled for 26 February at LVCC. The chapel is providing support to the April Fun Fair. The chapel is offering a six session video event, open to all, entitled, “The Art of Marriage” at LVCC on March 6-7. CH Barbee reports that it may be difficult to get volunteers for Vacation Bible School this summer due to increased back-ground check requirements on volunteers.
- e. John Knowles, ASAP Program, reports that progress has been made with the Employee Assistance Program (EAP) issue at Letterkenny. He also reports that ASAP staff are having difficulty with identifying supervisors for employees requiring random drug screens. The list of supervisors provided by CPAC is not up-to-date resulting in lost time when attempting to make contact. LTC Peeples will work with the USAWC CofS office to resolve this issue.

5. COL Funk provided closing remarks thanking everyone for their many efforts in support of the community and well-being initiatives.

6. With no other issues before the board, a motion was made and seconded, and the meeting adjourned at 1500.

7. Next CHPC/ WBB Meeting: MONDAY, 9 March 1330-1430, CCR. This is a special time due to USAWC mission requirements. Future meetings are scheduled for the second Wednesday of each month, 1330-1430 in the CCR.

DAVE FUNK
COL, IN
Chair, WBB/CHPC