

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
Ms. 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 with a welcome to the new Community Health RN, Ms. Jo Stepp, and the acting Chief of the DAHC Behavioral Health Clinic, Ms. Ines Roe. COL Funk provided an 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 and March 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 had a vibrant campaign with educational materials and focus on heart health. The AWC provide BP screening opportunities.
- d. COM: (AWC): Wise Health Consumer Month- “Health Smart Items”- AWC placed tags on healthy 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 was “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, also. CDC provides breakfast to children with input from 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 face book and banner articles to get 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 to lack of sleep and behavioral and safety concerns. DAHC offers on-going sleep classes. These will be posted to the IMC. Both the Behavioral Health and the Physical Health working groups are currently working this initiative.
 - j. 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 adding a noon time lecture for all CB employees as well as students, providing health information & recommended health screenings.
 - k. PROG: National Inhalants Awareness Week (ASAP) – 15-21 March. ASAP will provide education, a Banner article and electronic signage to increase awareness.

APRIL

- l. 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.
- m. 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.
- n. PROG: Sexual Assault Awareness and Prevention Month (ACS) - Tom Zimmerman reports that updated Army sexual assault statistics have been released.
- o. PROG: Child Abuse Prevention Month (ACS)-
- p. PROG: Alcohol Awareness Month with Alcohol Screening Day (ASAP)-Banner articles, digital signage, DAHC handouts 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 four CHPC/WBB categories (e.g., Family, Social, Physical, Emotional) on the IMC to ensure these events are displayed on the CHPC/WBB projected events 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.
- c. The AY14
- d. The Behavioral Health, Physical Fitness and Spiritual Working Groups (WG) presented updates.

Behavioral Health: Ms. Ginger Wilson-Gines reports that the WG will target 2-3 areas to gather data and assess trends. These include 1. Services to Children, 2. Child and Spouse Abuse & 3. Substance Abuse. Included are referrals to outside providers, services offered on post and in the community, determining what other installations are doing and offering, continually working with ACS, ASAP, Family Advocacy Committee, the Child & Youth Military Family Life Consultant (ACS) and the child counselor (DAHC) who are due to be hired.

Spiritual Fitness Working Group: CH (LTC) Barbee provided information on the WG's recent meeting. The group identified base lines and metrics as well as identifying yearly chapel events and activities, grouping them into CHPC/WBB categories.

Physical Fitness Working Group: Chris Kusmiesz reported on the Strength for Wisdom activities and gym fitness classes. Many of the fitness classes have large attendance (especially yoga) and class offerings may be increased in number to accommodate demand. More TRX equipment has been purchased to allow more attendees. The WG is developing a plan to track gym usage by population dynamics. Mr. Kusmiesz and Mr. Rob Stanley are developing an analysis of the Performance Movement Analysis (PMA) trends. Ms. Caywood provided a report of Oct/Nov/Dec AWC statistics and is tracking trends seen during AWC assessments.

- e. Ms. Myers states that IF family members are eligible to receive services from the Military Family Life Counselor.
- f. Mr. Chris McCormick, CB Safety Manager, sends out a monthly email Knowledge Newsletter from the Army Safety Center.
- g. The National Prayer Breakfast will be held 26 February at LVCC from 0630-0830. The guest speaker is CH (MG) Donald Rutherford, Chief of Army Chaplains and former USAWC student.

5. COL Funk provided closing remarks thanking everyone for their many efforts in support of the community and well-being initiatives. He also reinforced the need for everyone to remain vigilant and responsive to the needs of our community.

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: 11 February 2015, 1330-1430, Garrison Conference Room. Future meetings are scheduled for the second Wednesday of each month, 1330-1430 in the CCR.

DAVE FUNK
COL, IN
Chair, WBB/CHPC