

DRAFT-PENDING BOARD APPROVAL

ATWC-DPF

MEMORANDUM FOR RECORD

SUBJECT: Community Health Promotion Council/Well Being Board (CHPC/WBB)  
Minutes, 8 October 2014

1. Meeting Attendance:

**Membership**

Chair, CHPC/WBB\*  
CSM, Command Group  
Director, SLDR, USAWC\*  
Chief of Staff, USAWC  
Commander, DAHC\*  
Commander, DENTAC\*  
Commander, USAG\*  
CSM, USAG  
G3\*  
CBks Ministry\*  
  
CSM, USAG\*  
DAHC/Behavioral Health\*  
USAG Human Resources\*  
Public Affairs Office\*  
Army Community Service\*  
MFLC, ACS  
DPTMS, USAG\*  
Safety Office\*  
ASAP\*  
MWR\*  
DHR\*  
SLDR, USAWC  
SLDR, USAWC  
SLDR, USAWC  
SLDR, USAWC, MFP  
EEO, USAG  
Army Wellness Center  
Security Manager  
DPW – Chief Army Housing

**Present/Represented**

COL David Funk  
  
Dr. Thomas Williams  
Mr. Keith Norris  
  
COL Michael Garvin  
LTC Kimberly Peeples  
  
CH (COL) Gregory D'Emma  
CH (LTC) William Barbee  
  
Ms. Ginger Wilson-Gines  
  
Mr. Tom Zimmerman  
Ms. Rebecca Myers  
  
Mr. Chris McCormick  
Mr. John Knowles  
  
Ms. Dee Connelly  
Mr. Joseph Mallis  
Ms. Jennie Clubb  
Ms. Laurel Cioppa  
  
Ms. Jennifer Caywood

\* Positions requiring attendance or designated representation.

## DRAFT-PENDING BOARD APPROVAL

COL Funk provided the opening remarks. He reviewed the Ready and Resilient Campaign (R2C) plan and emphasized LOE # 2 and the objectives related to resilience. He stressed the R2C Mission which states, “The Total Army integrates and coordinates Army programs and services, focuses education and training, transforms its assessment of individual fitness, and strengthens the Army Profession in order to increase resilience and improve unit readiness”. He stressed that resilience is who we are, not something we do and that the CHPC/WBB members are the pulse of what we do to synchronize all efforts.

He presented the following quote from the National Academy of Sciences publication on Building Health Workplace Capacity, which stresses the synchronization of efforts to see where we are now and where we are headed in the future.

“If you wish to help a community improve its health, you must learn to think like the people of that community. Before asking a group to assume new health habits, it is wise to ascertain the existing habits, how these habits are linked to one another, what functions they perform, and what they mean to those who practice them.”

The CHPC/WBB Board members reviewed the 13 August 2014 meeting minutes. A few changes were made and the August minutes were approved with these changes.

### 2. Old Business:

An AAR/update of the August and September CHPC/WBB themed events and activities was completed.

- a. COL (Ret) Thomas Salo had 118 attendees when he presented on Alcohol Awareness at the 14 August Dunham Clinic’s Commander’s Forum.
- b. Increased coordination with YS is needed next year prior to the Bike Safety Rodeo which occurred in August at the PX.
- c. LTC Peebles asked for more data on the number of children & their ages prior to the 2016 class arrival.
- d. The Vacation Bible School and Ice Cream Social at the chapel in August were well coordinated and well attended.
- e. ACS in-processed families individually, rather than as scheduled groups, which was very beneficial.
- f. Ms. Myers, ACS Director, reports an increase in family members enrolled in the EFM Program. She reports approximately 120 enrollees, with 30 of these needing specific case management.
- g. Ms. Ginger Wilson-Gines reports that a new child therapist will be arriving at DAHC in November.
- h. Mr. Keith Norris will contact the G1 to see if identifying EFMP enrollees is part of the pre-arrival in-processing procedure for the USAWC incoming class.

## DRAFT-PENDING BOARD APPROVAL

- i. Mr. John Knowles stated that the Suicide Prevention Task Force met nine times and training sessions began on 20 August with 118 attending COL Porter's training session at AHEC. Dr. Ines Roe, Behavioral Health (BH), DAHC, produced a Suicide Prevention video which was shown to various groups on multiple dates and the link remains posted on the USAWC Portal main page. The USAWC Faculty led the instruction of AY15 students by incorporating the mandatory training objectives into their seminar educational processes. There will be an AAR on the Suicide Prevention Training on 14 October. There were 1025 attendees for these trainings, an increase from 823 in 2013.
- j. The Drug Take Back Day held 27 September was very effective. Sixty-three people were involved with 126 pounds of medications turned in.
- k. DAHC held awareness activities for Childhood Obesity Awareness Month and National Cholesterol Awareness and Education Month.

### 3. Projected CHPC/WBB Themed Events were reviewed for OCTOBER and NOVEMBER.

#### OCTOBER

- COM (ASAP): Red Ribbon Campaign
- COM (ACS): Domestic Violence Awareness Month
- PROG (DAHC, BH): National Depression Screening Day
- PROG (DAHC): Breast Cancer Awareness
- PROG (EO): Disabilities Awareness Month
- PROG: Retiree Appreciation Day

#### NOVEMBER

- COM: Military Family Month (ACS)
- PROG: Great American Smoke Out (DAHC)
- PROG: Warrior Care Month (DAHC)
- PROG: American Diabetes Month (DAHC)
- COM: Army Family Action Plan (AFAP) Conference (ACS)

#### October Events:

- a. During the month of October The Red Ribbon Campaign for Drug and Alcohol Awareness will kick off with a youth poster contest. There will be "lunch and learn" activities scheduled for 29 October as well as pins handed out at the security gates.
- b. The *Oktoberfest* with Volksmarch, Domestic Violence Prevention, and Cyber Safety Awareness activities will be held 9-12 October at AHEC.
- c. Domestic Violence Awareness activities include signage, increased marketing and parenting classes offered by ACS, in addition to displays at *Oktoberfest*.

## DRAFT-PENDING BOARD APPROVAL

- d. National Depression Screening Day is 9 October. Dunham Clinic's BH office will offer an anonymous on-line depression screening resource, as well as an article in the Banner. Dr. Williams asked Ms. Cioppa, Military Family Program (MFP) Coordinator, to check on the possibility of adding the link to this resource to the on-line MFP website. Information on depression and available screening resources will also be provided during Retiree Appreciation Day on 11 October.
- e. Two presentations on bullying will be held at the YS beginning 9 October.
- f. For Breast Cancer Awareness Month, DAHC is holding a pink pumpkin decorating contest with the decorated pumpkins going to individuals undergoing breast cancer treatment. There is also increased post-wide advertising of this annual initiative.
- g. There will be a breakfast at LVCC on 30 October for Disabilities Awareness Month. Dr. Rory Cooper will be the guest speaker. Additional outreach activities include signage and Facebook postings.
- h. Multiple post wide activities are planned for the annual Retiree Appreciation Day on 11 October. This event has been widely advertised in both on and off post publications and signage.
- i. On 15 October the Army Wellness Center is offering an event entitled, "Lift to Empower" about myths and benefits of strength training in the AWC Classroom. This presentation is targeted to women of the community and will also offer nutrition information and demonstrations of some exercises. This activity was moved from its original scheduled date in August.
- j. Ms. Myers, ACS Director, stated that ACS will provide live streaming of spouse and family relevant portions of the *AUSA Conference* 13-14 October. The VTC location on Carlisle Barracks will be at the Chapel.

### November Events-

- a. Military Family Month will be celebrated by an ACS sponsored breakfast at LVCC on 14 November 0630-0900. Ms. Myers will work with Ms. Cioppa to ensure this event is well advertised.
- b. The DAHC has several educational activities planned for the Great American Smoke Out as well as offering on-going Tobacco Cessation classes. It was noted that there appears to be a higher number of resident students who are smokers this year.
- c. For Warrior Care Month DAHC is continuing to update all MEDPROS as well as actively trying to fill a vacant TBI Program Manager position at the clinic. LTC Peeples suggested that SFC Romero, DAHC NCOIC, and CSM Rosado, Garrison CSM, work together to provide activities and awareness of this initiative.
- d. DAHC has monthly on-going Diabetes Education classes.

## DRAFT-PENDING BOARD APPROVAL

- e. There will be a Veterans Appreciation with the Chaplain Prayer Breakfast at the Washington National Cathedral on 7 November. The guest speaker is ADM Michael Muller, USN (Ret). The USAWC chapel is providing a free bus for this event which will depart the Chapel at 0500 and return 1600. Spouses are welcome.

### 4. New Business:

- a. The Integrated Master Calendar Report: 90 Day Well Being “Significant Events” was reviewed. Dr. Williams asked each organization to enter all pertinent activities and events in the Enterprise Event Manager on the USAWC portal to ensure it shows in the SIG ACTS with the appropriate designation.
- b. The Spiritual Fitness Working Group activities were discussed. LTC Peeples suggested inviting the Dean, Command Team, and/or some faculty members to attend the monthly geographical bachelor dinners at the chapel.
- c. The other CHCP/WBB Working Groups are continuing to meet and develop their activities and agendas to present at the November meeting.
- d. CH Barbee mentioned that St. John’s Episcopal Church in Carlisle has asked for a speaker on 9 November to speak on Resilience in the Army.
- e. CH Barbee also mentioned that Safe Harbor and Project Share are asking for about 15 volunteers to assist with various projects on 22 November.
- f. Mr. John Knowles stated that one of the clinical social workers has resigned from ASAP and will not be replaced. Assistance from Letterkenny Army depot may be requested.

COL Funk provided closing remarks.

5. The meeting was adjourned at 1530.

6. Next CHPC/ WBB Meeting: 12 November 2014, 1330-1430, CCR. Future meetings are scheduled in the USAWC Battle Rhythm plan for the second Wednesday of each month, 1330-1430 in the CCR.

DAVE FUNK  
COL, IN  
Chair, WBB/CHPC