



# DMAVA HIGHLIGHTS

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July 3, 2013



Happy  
Independence Day!

## HIGHLIGHTS

# Program aids mental health care for transitioning troops

By Amaani Lyle, American Forces Press Service

ARLINGTON, Va. - Service members and veterans transitioning from the military to Veterans Affairs for treatment or between military treatment facilities now have access to greater consistency in psychological health and traumatic brain injury care, a Defense Department official said.

InTransition, a voluntary, confidential program, supports military members and their families undergoing a change of status, relocation, or return to civilian life, said George Lamb, outreach chief for the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury.

The Defense Department's mental health task force determined in 2007 that service members were vulnerable to dropping out of mental health treatment during their transition to civilian life, Lamb said. "So inTransition ... provides that supportive service, ... and in that process keeps the continuum of care, which builds on itself," he added.

Lamb said a 2012 health affairs report showed that only 54 percent of service members who screened positive for psychological health needs or traumatic brain injury in post-deployment health reassessments went to the VA facilities for treatment. "If you can address those needs early," he added, "there's more of a chance of success in alleviating or reducing the issues related to mental health."

Open to all service branches, including the Guard and reserves, inTransition is part of a Defense Department Health Affairs policy that identifies and screens every service member with a mental health need for referral to the program, Lamb said.

Service members have been receptive to inTransition, he added, noting that 98.7 percent of referrals accept and remain in the program.

The process is simple, beginning with a short phone call to connect the service member to an inTransition coach - a master's-level, licensed behavioral health technician who uses motivational interviewing, readiness and action planning to identify and address challenges, Lamb explained.

"We don't change any treatment planning; we want to make sure that their treatment plan maintains apace as they transition," Lamb said. "Our coach will help them develop a plan to get things



in place and ... give them coping skills to help that service member connect with their family."

Upon identifying the service member's new location and diagnosis, the coaches make connections to the gaining provider, and through sharing agreements, can confidentially transfer pertinent health information to streamline the transition, Lamb said.

Overseas members have 24-hour telephone access to inTransition coaches, who can address crises and direct them to the appropriate help and offer follow-up assistance.

The inTransition coaches also act as liaisons to assist members with employment assistance, housing and ongoing health care, Lamb said.

"A Military Medicine [professional journal] article in 2011 said 41 percent of the Guard and Reserve were employed by the time of their reintegration, and only 79 percent were employed full-time, Lamb said.

"They attribute that to having mental health issues and not addressing them when they go to seek employment. Continuing your mental health treatment makes you more stable, which is going to increase the likelihood that you're going to land a better job when you get back."

While 54 percent of referrals come from service members self-identifying, Lamb said, anyone - chaplains, first sergeants, friends and spouses - can refer an eligible person to inTransition.

For more information, call 1-800-424-7877 or from outside of the United States, call collect 1-314-387-4700.

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## *Veterans Haven celebrates Flag Day with a little help from some friends*

*Story by Gladys Krasicki, Veterans Haven vocational counselor*

Markus Kemmelmeier, a political science professor at the University of Nevada, once wrote, “In the United States, the act of displaying the flag is readily recognized as a statement affirming one’s allegiance to America and the American people [...]; As such (an act), the flag is of critical importance to the maintenance and reproduction of American identity as it connects Americans to their nation by reminding them what the United States stands for.”

That, my dear friends, is what Flag Day is all about, Americans taking a day during National Flag Week in expressing their loyalty to the ideals by which this nation was founded.

As a veteran of the United States Army who served 10 years and have gone to three overseas deployments, I will be the first to admit that many of us take more than a day in expressing our loyalty. Rather than just being quick to salute the American flag, we carry the American flag in our hearts and in our minds. We remember our fallen comrades who have served this nation proudly and those who shed their blood so that the American people could live in a free nation. For many of us who survived the struggle and won the war abroad, we come home battling the wars of our minds and sometimes become an unsung hero.

Therefore, this Flag Day was unique for all the veterans currently residing at Veterans Haven in Winslow, N.J.

For the past several weeks, a Home Depot team of veterans and volunteers have been taking an extensive inventory and made a list of material needed to update and repair Veterans Haven. This is a place that houses America’s finest experienced warriors and provides veterans with the necessary support to transition into society. Home Depot has also been ensuring that the most appropriate

measures are being met to provide veterans with quality products, services, and training so that veterans could be comforted with a quality of life that best reflects Home Depot’s patriotism. To put it in simple words, Home Depot came to fix our house. As if that was not enough, they also came and brought home cooked meals, their hearts and smiles, and served gladly their time to take notice of the many veterans that reside here.

“Simple, yet sweet. Oh my goodness, the food was delicious,” said Laura, a local resident.

“Man, you didn’t get to eat? I feel sorry for you! It was rather nice,” said Avis, another resident. “The music was playing, and they barbecued on them grills they donated over there. We had a good time eating and enjoying their company. It was simple, but it was the good... real good.”

As I walked down the hallways and see the older side of the building getting renovated, Gus smiled and asked, “So, how do you think it’s coming along?” which I responded with, “to be honest, it’s coming along quite excellent.”

After writing about how unique Flag Day was at Veterans Haven, I’d like to end with these final thoughts.

A contemporary American poet wrote about Flag Day, “When I am flown with my fellow banners, my head is a little higher, my colors a little truer.” Thus home improvement projects, a little color here or there, and even that feeling of being at home does make a person lift their heads on up with dignity and pride. Consequently, our family at Veterans Haven would like to express our sincere gratitude to Home Depot for their patronage and sense of national pride.

# HIGHLIGHTS

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**Active Military Appreciation Day**  
 July 6, rain date July 7  
 11:00 AM - 04:00 PM  
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 Free beach access, BBQ and DJ for all active military personnel and their families



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**July 13-14 Noon-7 PM**

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**MEMORIAL 5K**

**JULY 12, 2013 • 0730 HRS**

Joint Base McGuire-Dix-Lakehurst: Join us in coming together as a global community to run a 5K in honor of the crew of Shell 77 who lost their lives in the KC-135 crash on May 3<sup>rd</sup>, 2013

To sign up, go to [www.youcaring.com/honoringshell77](http://www.youcaring.com/honoringshell77)  
 Registration "fee" is a \$25 donation.  
 Leave your name and annotate "#racemcguire" in the comments section for an accurate head count!

**100% OF THE PROCEEDS WILL GO TO THE FAMILIES OF THE FALLEN**

Race will start at the covered pavilion outside the McGuire Fitness Center, and will be two-loops around the golf course.

**WE LOOK FORWARD TO SEEING YOU!**

POC: Andrea Judd  
 AMC Test & Evaluation Squadron  
[andreamjudd@gmail.com](mailto:andreamjudd@gmail.com)  
[www.facebook.com/shell77memorialrun](http://www.facebook.com/shell77memorialrun)

**TYLER VOSS**  
**VICTORIA PINCKNEY**  
**TRE MACKAY**

## New Army National Guard website features tailored health information

ARLINGTON, Va. - The Army National Guard announced June 27 the launch of Guard Your Health - <http://www.guardyourhealth.com> - a website developed to be a central place for Army National Guard Soldiers and family members to find information and resources on health topics and medical readiness.

The Guard Your Health website is tailored to the unique health and wellness needs and experiences of Army National Guard Soldiers and families. Website visitors can access health tips, expert commentary and community forums on topics such as nutrition, exercise, stress, sleep, dental health, readiness and family resilience.

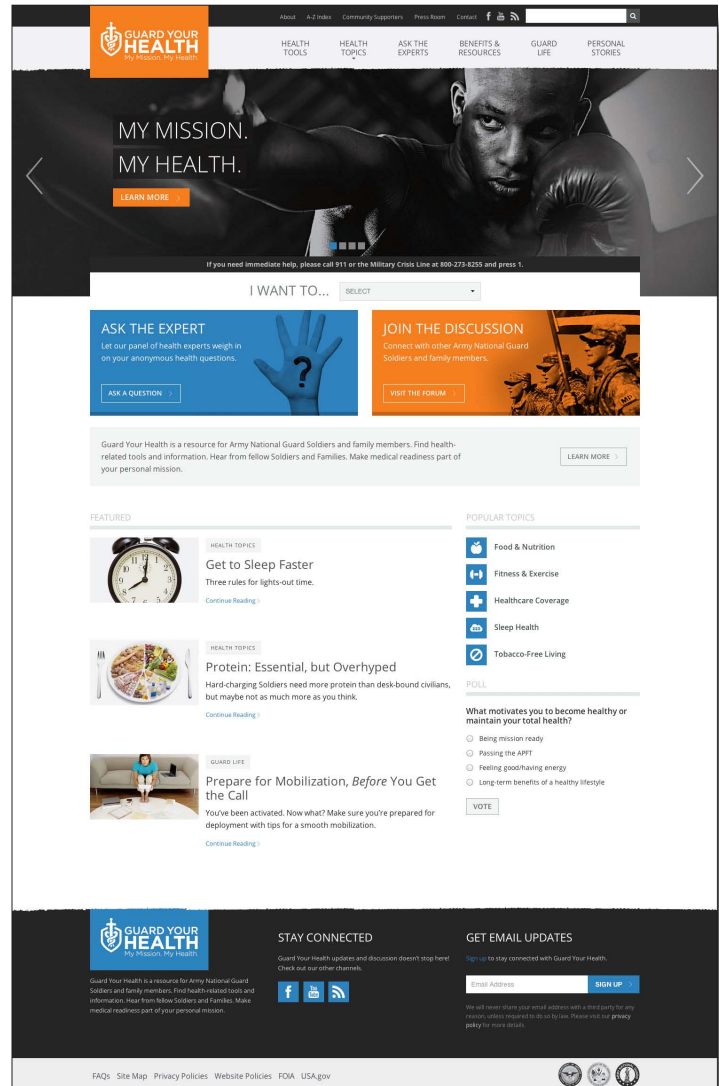
“Army National Guard Soldiers face unique challenges because of their dual responsibilities as citizens and Soldiers,” said Col. (Dr.) Anne Naclerio, Army National Guard chief surgeon. “The challenges weigh heavily on their lifestyle choices and can affect their comprehensive fitness and readiness. Guard Your Health is a one-stop shop of information tailored for Soldiers and their families, offering motivation and support to overcome challenges and make healthy decisions for the rest of their lives—for themselves, their families and their units.”

Naclerio also noted that the website motto, “My Mission. My Health.” was chosen by Soldiers across the country because it reflects the personal responsibility of each Soldier and family member to maintain health and readiness.

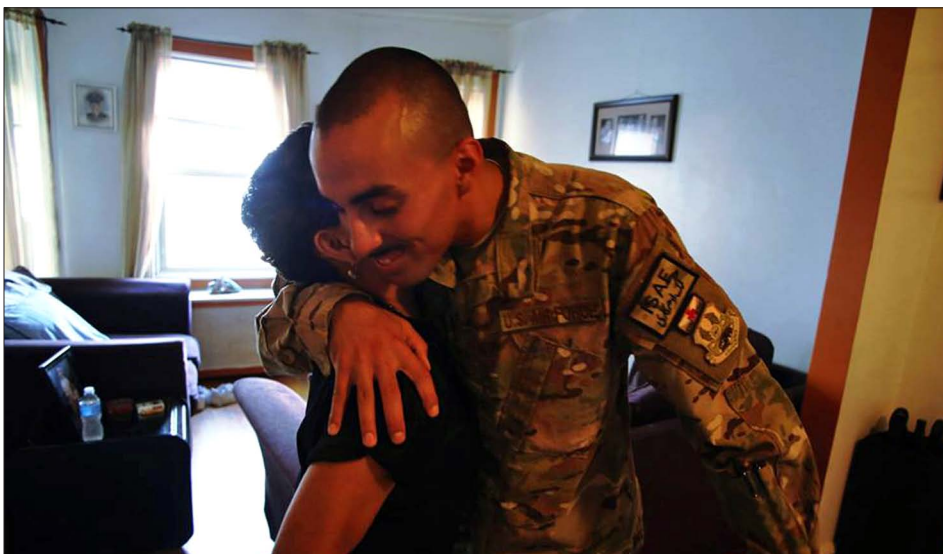
The website supports the Army National Guard Chief Surgeon’s efforts to build and sustain a resilient, adaptable and medically ready Citizen-Soldier force. The Chief Surgeon’s mission is to build medical readiness of the force in order to fulfill the Army National Guard’s state and federal missions.

Website content is tailored for Soldiers and their roles in the Army Guard and civilian communities. Beyond health articles, content includes a custom-developed Army Physical Fitness Test calculator, a tool to identify Soldiers’ and families’ eligible benefits and listings of free treatment and support resources available to the Army Guard community.

The website’s responsive design provides an optimal viewing experience across a variety of devices including desktop or laptop computers, tablets and smartphones. This optimization



will enable website users to view, share and act upon available resources from any location through the devices they use and carry every day.



**SURPRISE, SURPRISE!** Airman 1st Class Rafael Rodriguez, a civil engineer with the 108th Wing, surprises his parents, Rafael Rodriguez Sr. and Elba Ramirez, when he returns home from an approximate six month deployment to Afghanistan in support of Operation Enduring Freedom. Rodriguez landed in U.S. soil on the morning June 27, 2013 and then drove home to surprise his parents who were not expecting his return until July. During his deployment, Rodriguez, performed various base maintenance and moral projects at Bagram Airfield. (Photo by Staff Sgt. Armando Vasquez/Released)

# HIGHLIGHTS

US Family Health Care, a Tricare Prime option providing a civilian based managed care network, will be holding Question and Answer sessions to provide information for servicemembers and families.

## Joint Military and Family Assistance Center

1048 US Highway 206, Bordentown  
July 18 and 25  
12 to 3 p.m.

## NJ DMAVA

101 Eggerts Crossing Road, Lawrenceville, NJ 08648  
July 3, 10, 17 and 31  
10 a.m. to 4:30 p.m.

## 177th Fighter Wing

400 Langley Road, Egg Harbor Twp., NJ 08234  
July 16 and 30  
12 to 3 p.m.

## JB-MDL McGuire Library

2603 Tuskegee Airmen Ave, JB-MDL  
July 31  
12 to 3 p.m.

## Camden County Veterans Affairs

3 Collier Dr.-Lakeland Complex, Blackwood, NJ 08012  
July 8, 15, 22 and 29  
11 a.m. to 3 p.m.

## Pinelands Public Library

39 Allen Avenue, Medford, NJ 08055  
July 9 and 23  
10 a.m. to 3 p.m.

## Picatunny Arsenal

Army Community Services Bldg #119, Dover, NJ  
July 10  
1 to 3 p.m.

## Warfighter and Family Readiness Center

Bldg. 488, Highway 547, Lakehurst, NJ 08733  
July 24  
12 to 3 p.m.

Call 1-800-241-4848 option 3 or visit [www.usfhp.net](http://www.usfhp.net) for more information.



Air National Guard Youth 4-H Camp:  
August 20-22, 2013  
at Lindley G. Cook 4-H Youth Center for Outdoor  
Education, Branchville, NJ

The New Jersey National Guard Youth 4-H Camp is offered by the 4-H Air Force Military Partnership. We provide a safe and enjoyable environment for the youth of New Jersey Guard members. You can expect a fun-filled outdoor camping experience highlighting health & fitness, team building and communication.

The camp is open to youth, ages 10-14, based on the following criteria:

Tier 1: Children/Legal dependents of an Air National Guard member

Tier 2: Children/Legal dependents of other military branches and components

Reservation deposit: \$50.00 per youth (refundable at completion of camp if there are no damages)

Deadline for registration, permission form, and deposit: Thursday, August 1st

Transportation provided to and from camp from Air National Guard base in Egg Harbor Township and JMFC in Bordentown.

Please contact the National Guard Family Programs staff for registration:

Amanda Balas

609-324-7018

[amanda.m.balas.ctr@mail.mil](mailto:amanda.m.balas.ctr@mail.mil)

Jeanne Perry

609-761-6248

[jeanne.perry@ang.af.mil](mailto:jeanne.perry@ang.af.mil)

Douglas Ridgway

609-754-4479

[douglas.ridgway@ang.af.mil](mailto:douglas.ridgway@ang.af.mil)

<http://www.nj.gov/military/familysupport/youth/forms.html>

The 4-H Air Force Military Partnership is a collaboration of U.S. Air Force Child and Youth Programs and the National Institute of Food and Agriculture, U.S. Department of Agriculture through Kansas State University's special project number



The camp activities include the following:  
Archery  
Canoeing  
Crafts  
Hiking  
Campfire



The Lindley G. Cook 4-H Youth Center for Outdoor Education, a unit of the New Jersey Agricultural Experiment Station, is located on 108 beautiful acres in Stokes State Forest, Sussex County, N. J. The camp is operated by Rutgers Cooperative Extension and is owned by Rutgers University.

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