



# **Leadership Message**



# UMAPIT

Next Generation 3.0  
Unit Marine Awareness and Prevention Integrated Training



**MARINES**

**The Few. The Proud.**

# OBJECTIVES

- **Increase your awareness** of behavioral health topics.
- **Learn** that anyone can experience stress and that Marines have a responsibility to help others.
- **Build skills** to help you handle challenging situations and seek help for yourself and others when needed.
- **Apply** good decision making (Think/Decide/Act) to a variety of situations.



# Be Proactive



# Enhance Readiness (SMITR)

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***Strengthen*** individuals, units and families



***Mitigate*** risks & reduce or eliminate stressors



***Identify*** when you or others need help



***Treat*** with self-care, peer aid & unit or professional help



***Reintegrate*** after help is received





# Total Fitness



## MIND

- + Positive Attitude
- + Decision-making Skills
- + Coping Skills



## BODY

- + Adequate Sleep
- + Good Nutrition
- + Exercise



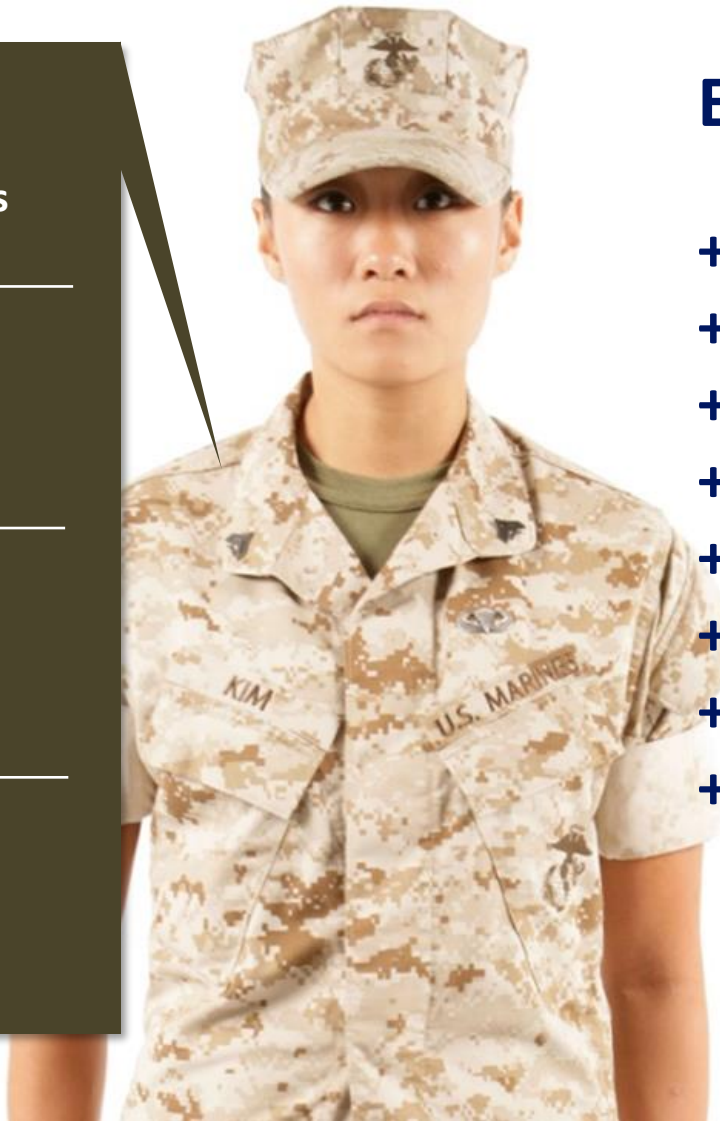
## SPIRIT

- + Motivation
- + Healthy Perspective
- + Sense of Humor



## SOCIAL

- + Core Values
- + Low-risk Drinking
- + Communication Skills



## EXTERNAL

- + Trusted Leaders
- + Healthy Peers
- + Healthy Relationships
- + Rules & Structure
- + Mission Focus
- + Unit Cohesion
- + Accountability
- + Opportunity



# Think-Pair-Share Discussion

**What are some ways you unwind, relax,  
and prepare yourself for challenges?**



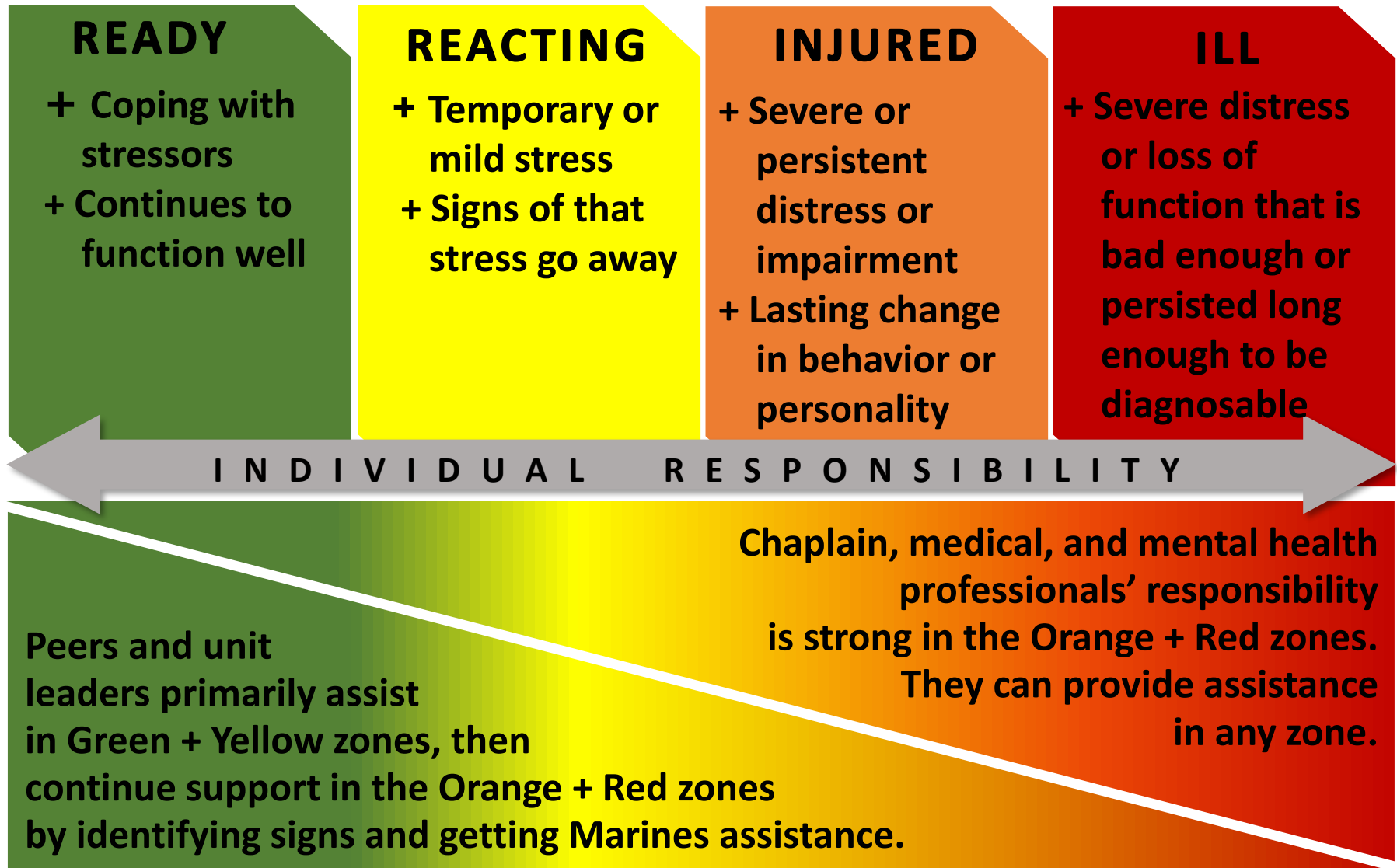
# **Stress**

**A physical, mental, or emotional response resulting from intense, adverse, or very demanding circumstances**





# Stress Continuum



# Green (Ready) Zone

- + Good to go
- + Prepared
- + Sleeping enough
- + Well-trained
- + Fit and tough
- + Sense of humor
- + Calm and steady
- + Eating well
- + Good decisions

- + Keep wellness a priority and work to stay in the “Green Zone.”
- + Grow your problem-solving and conflict management skills.
- + Monitor yourself and others (check in often) for signs of distress or loss of function.

If there is a **CHANGE IN BEHAVIOR** from normal personality, it may be Yellow Zone stress.



# Yellow (Reacting) Zone

- + Feeling anxious, sad or angry
- + Cutting corners on the job
- + Trouble with sleep
- + Withdrawing from friends and family
- + Worrying
- + Being short-tempered
- + Eating too much or too little
- + Inability to concentrate

- + Recognize when you or peers are in the Yellow Zone and take action to return to the Green Zone.
- + Promote use of peers, family, chain of command, chaplain, MCCS resources, and Military OneSource (800-342-9647) before issues become overwhelming.
- + Ensure adequate sleep & rest, PT, and nutrition.
- + Check in – **SAY SOMETHING** – and coordinate if needed.

If the distress looks **SEVERE OR PERSISTENT**,  
proceed to Orange Zone.



# Orange (Injured) Zone

- + More severe or persistent distress or impairment
- + Lasting personality change
- + Feelings of guilt or shame
- + Losing control of emotions or thinking
- + Difficulty with sleep
- + Unable to enjoy usual activities

- + Always consider professional help in this zone.
- + Connect to a chaplain or medical.
- + The earlier you get help, the higher the possibility you will heal.
- + Promote positive peer support.
- + Don't allow Marines to withdraw from others.
- + Mentor back to full duty and function.
- + Restore trust and respect.
- + Check in – SAY SOMETHING – and coordinate if needed.

If the distress significantly impacts CAREER OR RELATIONSHIPS, proceed to Red Zone.



# Red (ILL) Zone

- + Severe distress
  - + Loss of function persisting long enough to be diagnosable
  - + Requires intervention
  - + Unmanaged symptoms may significantly impact career and family
- 
- + Check in – SAY SOMETHING – and Coordinate if needed.
  - + If you think a Marine is in the Red Zone, refer him or her to medical.
  - + Only a qualified medical officer can diagnose disorders.
  - + Follow up and ensure treatment compliance.
  - + If possible, reintegrate with unit and restore to full duty.





# Decision Making



# What would you do?

- + You arrived at your new duty station a few months ago. You are still learning your job, but feel pretty supported by your peers and your unit.
- + Although you like the area, your day often consists of work and going back to your barracks room. You feel like there's something missing.
- + You have always been an active person – you played basketball, ran and worked out – but lately you've found yourself in a slump. You seem to have lost some motivation to be active.



# Think – Decide – Act

- ☐ What stress zone do you believe this Marine is in? Why?
- ☐ What choices does this Marine have?
- ☐ What are some resources that could help?
- ☐ How could the situation get worse if you're not proactive?



# Identify

**SUICIDE**

**DOMESTIC ABUSE**

**SUBSTANCE  
MISUSE**

**CHILD ABUSE and  
NEGLECT**



# Suicide Awareness

- Most people face life challenges.
- Suicidal behaviors are often signals that stress or stress injuries have overwhelmed an individual's current coping abilities and resources.
- Suicide does not discriminate.
- **Getting help early** increases the likelihood of a positive outcome.





# Critical Stressors

- Loss of a relationship and familial issues
- Job performance issues
- Anticipated disciplinary action
- Pending legal issues
- Financial issues
- Periods of transition
- Illnesses and chronic pain
- Barriers to health care or access to supportive relationships (geographical isolation, prejudice, stigma, loss of significant relationship)



# Behavior Changes

Take note of sudden behavior changes.

Here are some, but not all, you might see:

- Sleeping problems
- Social withdrawal
- Decreased work performance
- Increased alcohol consumption
- Decline in hygiene/appearance
- Reckless behavior
- Seeking means to kill themselves



# Online Suicide Warning Signals

Social media posts may help identify people at risk for suicide. Look for:

- Dramatic shifts between positive and negative emotional content (a **change** in words and actions)
- Posting about a stressful life event and then immediately posting about emotional distress and negative thoughts
- Posting about hurting oneself, death, dying, suicide, or self-destructive behavior

**Reach out to the Marine personally, or call 911  
if you believe it's an emergency.**



# Suicide: Safeguards

- Lean on established support system (family, friends, fellow Marines)
- Ask for help from Chaplain or counselors
- Voluntarily restrict access to lethal means during periods of distress
  - Use gunlocks or store private firearms away from home
  - Safely store medications and discard unused medications; maintain only non-lethal supply of medications
  - Check for ropes, belts, sheets, or other items that could be used for hanging



# R.A.C.E.



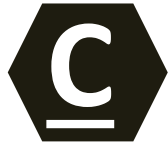
## ***Recognize the signals***

+ Be alert to changes in friends, family members, and Marines



## ***Ask the question***

+ “Are you thinking of killing yourself?”



## ***Care with words and actions***

+ Let your words and actions show that you’re listening

+ If you’re unsure about his or her state of mind, contact your chain of command or chaplain



## ***Escort to help***

+ Don’t let the person out of your sight; stay until help arrives or take the person directly to help

+ Resources include health professionals, Military OneSource (800-342-9647), Veteran's/Military Crisis Line 988, press 1, or Text 838255, and 911





# R.A.C.E. Demonstration



# R.A.C.E. Discussion

What happens after you ask “ Are you thinking about killing yourself?”

## **Possibility 3:**

The Marine answers, “No,” but you’re still concerned.

## **What should you do?**

- Talk to the Marine about behavior changes you’ve noticed
- Actively listen to what the Marine says
- Provide a list of resources
- Coordinate with others to provide assistance



# **Opening Discussion: Increasing Awareness of Substance Misuse**

**Think of a Marine  
who does not drink alcohol.**

**What is that Marine like? What do  
you admire about this Marine?**



# Substance Misuse

**Use of alcohol or wrongful use of a controlled substance (prescription medication, over-the-counter medication, intoxicating substance) to an extent that it has an adverse effect on:**

- + Performance, mission effectiveness
- + User's health, behavior, family, community, and the Marine Corps
- + Conduct, discipline, behavior (as evidenced by one or more acts of alcohol-related misconduct)

MCO 5300.17A Marine Corps Substance Abuse Program Order



# Prohibited Activities

## **Taking any prescription drug:**

- + Outside of the timeframe your doctor prescribed it
- + In excess of your directed dose
- + Prescribed to someone else

## **Taking banned performance-enhancing substances:**

- + Steroids
- + Some over-the-counter supplements

## **Using illegal substances, including but not limited to:**

- + Marijuana, ecstasy, cocaine, heroin, LSD, PCP, and synthetic cannabinoids





# Possible Warning Signs of Substance Misuse

- + Changes in behavior, job performance, mood, friends
- + Frequent intoxication; alcohol is focus of social or professional activities
- + Difficulty focusing; glazed appearance of the eyes
- + Uncharacteristically passive behavior or combative and argumentative behavior
- + Gradual deterioration in personal appearance or hygiene
- + Late for work or formation
- + Unexplained bruises and accidents
- + Irritability
- + Lapse of memory (blackout)



# Alcohol Awareness

Each of these is a standard drink\*:



12 oz

or



Single Shot  
(1.5 oz.)

or



5 oz



Cocktail with  
single shot  
(1.5 oz.)

## DAILY GUIDELINES FOR DRINKING ALCOHOL

**NO-RISK**



**MILK**

**LOW-RISK**



Or Less

**HIGH-RISK**



Or More

***\*Alcohol-impaired driving is always high-risk. Never drink and drive.\****



# What would you do?

- + Since arriving at your duty station you've noticed there is a lot of drinking in the barracks with some Marines.
- + Your roommate is a heavy drinker and often encourages you to drink.
- + Although you're over 21 and enjoy having a beer every now and then, you don't enjoy drinking often. You're going to school part time and also training for a special fitness event.
- + You haven't experienced this type of peer pressure since you were in high school. You want to be accepted in your new unit but just don't feel like you're fitting in without drinking.



# Think – Decide – Act

- ☐ What stress zone do you believe this Marine is in? Why?
- ☐ What choices does this Marine have?
- ☐ What are some resources that could help?
- ☐ How could the situation get worse if you're not proactive?



# Healthy Relationships

**Healthy relationships** include boundaries, communication, and respect. In healthy relationships, people feel supported, connected, and independent.



# Healthy Relationships

## Communication:

- ✓ Treat each other with respect
- ✓ Share in decision-making
- ✓ Forge a financial partnership
- ✓ Speak openly about thoughts and feelings
- ✓ Listen to each other; feel heard and supported
- ✓ Celebrate each other's successes

## Boundaries:

- + Trust each other
- + Spend time with family
- + Spend time with friends *and apart* from your partner
- + Don't pressure each other to do things



# How do you manage conflict?

**Conflict** is a normal part of all relationships, and everyone reacts differently to conflict. Negotiating is one of the best ways to resolve conflict and problems. Negotiating includes the following:

- Focus on the idea, not the person
- Allow others to finish statements and thoughts
- Emphasize shared values, viewpoints, and attitudes
- Show interest in others' viewpoints
- Don't let emotions run the discussion

**Showing kindness, understanding, respect, and caring enables individuals to create and sustain healthy relationships.**





# Domestic Abuse

**Domestic abuse is the use, attempted use, or threatened use of physical force or violence, or a pattern of behavior resulting in:**

- + Emotional or psychological abuse
- + Economic control
- + Interference with personal liberty

**This behavior is directed toward:**

- + A current or former spouse
- + A person with whom the abuser has a child
- + A current or former intimate partner with whom the abuser lives or has lived
- + A person who is or has been in a romantic or intimate relationship with the abuser and determined to be an intimate partner

DOD Instruction 6400.06/MCO 1754.11 A



# Indicators of Domestic Abuse

## Risk Factors:

- Background or history of abuse
- Marital conflict
- Low self-esteem
- Financial problems
- Heavy alcohol and/or drug use

## Warning Signs (things to look for):

- Isolation from friends and family
- Unreasonable jealousy
- Threats of violence
- Controlling behavior
- Fear of partner



# Restricted Reporting

**Adult domestic abuse victims who prefer confidential assistance without notifying law enforcement or military commands can contact a FAP clinician, FAP victim advocate, or health care provider to make a restricted report.**

► Some state and local laws require health care personnel to disclose incidents to law enforcement. Talk to a FAP victim advocate to learn more.

- Allows victims to work with a FAP counselor or FAP victim advocate to evaluate relationship choices, develop a safety plan, obtain resources and referrals, seek medical attention, and attend counseling sessions without law enforcement or command involvement.
  - These cases do not go to the Incident Determination Committee.



# Unrestricted Reporting

Domestic abuse victims can contact the Family Advocacy Program (FAP), law enforcement, or chain of command to make an unrestricted report.

- **Unrestricted reports result in command involvement.**
  - ▶ Reports are referred to law enforcement for possible investigation and protective orders.
- **An unrestricted FAP case is opened to provide safety and individual service planning.**
  - ▶ The case goes to the Incident Determination Committee.
- If a child witnesses domestic abuse, this results in an unrestricted report.
  - ▶ **All reports of child abuse and neglect are unrestricted.**

\*Once an unrestricted report is made, it cannot be restricted.



# Knowledge Check

**Which reporting option generates a referral for possible criminal investigation?**

*Do you know the local number for your 24/7  
FAP Advocate Helpline? XXX-XXX-XXXX*



# What would you do? – Part I

- + You and your spouse have had a number of arguments over the last few months, mostly about finances. Your work schedule also has been very demanding.
- + A few months ago you started having trouble sleeping and now you're lucky to get a couple hours of sleep each night.
- + You've been a high performer at work but seem to have trouble concentrating lately. You know you've been short-tempered with fellow Marines and your spouse.



# Think – Decide – Act

- ☐ What stress zone do you believe this Marine is in? Why?
- ☐ What choices does this Marine have?
- ☐ What resources, classes or services could help?
- ☐ How could the situation get worse if the Marine is not proactive?



# What would you do? – Part II

- + You thought about going to counseling or some classes but never made the call. You thought things would get better when work settled down.
- + This evening you came home from work exhausted.
- + After dinner you checked your bank account balances and saw you only have \$32 to last you until the next payday.
- + An argument began about money.
- + Your spouse became upset and threw a cellphone that hit you in the face and broke your glasses.





# Think – Decide – Act

- ☐ What stress zone do you believe this Marine is now in? Why?
- ☐ Do you believe this incident was domestic abuse? Why?
- ☐ Is a restricted report an option for this Marine? What resources can help?
- ☐ How could the situation get worse if the Marine is not proactive?



# **Challenges and Rewards of Parenting**

Parenting is tough, yet rewarding.

Think of a Marine you know who balances their professional and personal responsibilities of parenting well. What are some things you most admire about the Marine and his or her parenting style?



# Parenting pointers

- Nurture your child and develop a close bond.
- Get up to speed on how children develop at each age.
- Learn how to manage the daily stress of parenting without taking it out on children.
- Connect socially with other parents who have kids of the same age.
- Seek support from MCCS and community groups.

***To learn more about strengthening parenting skills, contact the New Parent Support Program or CCP.***



# Child Abuse and Neglect

Child abuse includes physical, sexual, or emotional abuse or neglect of a child.

## Warning signs (things you might notice):

- Child has bruising, burns, and other injuries without explanation.
- Caregivers withholding medical or dental care.
- Child misses a lot of days from school or day care.

***You are a mandated reporter of child abuse and neglect.  
Contact FAP and law enforcement to report  
any known or suspected cases.***

DOD Instruction 6400.06/MCO 1754.11 A



# Did You Know?

The following are examples of child abuse or neglect:

- + Dropping, pushing or shoving, grabbing or yanking limbs, shaking, spanking, or hitting child with an object or hand
- + Rape, sodomy, exposing a child to pornography, molestation
- + Berating or humiliating a child
- + Lack of supervision (**know your state and base's child supervision guidelines**)
- + Exposure to physical hazards
- + A child witnessing domestic abuse

**For more information, see MCO 1754.11A.**

**It is critical to seek help for yourself or for others  
before a situation escalates.**



# What would you do?

- + You and your spouse are having a scheduling conflict that will impact childcare.
- + You need to leave for work by 0530, but your spouse had duty and will not get home until 0600. Your childcare provider does not open until 0630.
- + The baby is usually sleeping during this time so you think it will be OK to leave the baby alone. It's only 30 minutes.



# Think – Decide – Act

- ☐ What stress zone do you believe this Marine is in? Why?
- ☐ What choices does this Marine have?
- ☐ What are some resources that could help this Marine family learn more about parenting?



# Connect with Help

PEERS &  
CHAIN OF  
COMMAND

CHAPLAIN

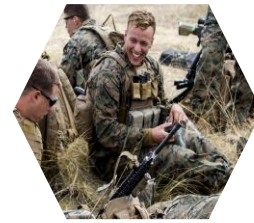
MEDICAL/  
MCCS  
+ Medical Clinic  
+ Hospital  
+ Medical Personnel  
+ Counselor  
+ Corpsman

Military  
OneSource  
800-342-9647  
[militaryonesource.mil](http://militaryonesource.mil)





# RESOURCES



**OSCAR Team Members:** XX, XX, XX

**Chaplain & RPs:** XX, XX, XX

**Medical Staff:** XX, XX, XX

**Suicide Prevention:** Veteran's/Military Crisis Line 988, press 1, or Text 838255 (for OCONUS number, please check facilitator guide and add OCONUS numbers)

**Substance Abuse Counseling Center, SACC:** Phone, Website

**Community Counseling Program:** Phone, Website

**Family Advocacy Program:** Phone,

**Department of Veteran Affairs:** <http://www.mentalhealth.va.gov/mst>

**New Parent Support Program:** Phone, Website

**Military Family Life Counselor, MFLC:** Phone, Website

**Embedded Preventive Behavioral Health Specialists:** Phone, Website



# Reintegration



Successful **reintegration** after seeking help means a Marine returns to the unit, or returns to his or her specific job, **grows** from challenging experiences, and **rebuilds** competence and confidence with help from command and peers.



# Give Support

- Communicate an attitude of respect and trust.
- Help the Marine refocus on the mission and rebuild confidence.
- Ensure others don't undermine any Marine's reputation.

**Marines who are in treatment or have recently completed treatment are still at risk and need continued support.**



# SUMMARY

## *We have:*

- Increased our awareness of behavioral health topics.
- Discussed that all Marines experience stress, and Marines have a responsibility to help other Marines.
- Practiced skills and decision-making to help us handle challenging situations and seek help for ourselves and others.



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