



Psychological Health Advocacy Program



Visit us on the Web: <http://afrc.phap.net>
Find us on Facebook: <http://www.facebook.com/afrc.phap>
Follow us on Twitter: http://www.twitter.com/afrc_phap

“THE CONNECTOR” Quarterly Newsletter, April 2014



Ethanol, commonly known as alcohol, found in beer, wine and spirits (like whiskey, gin, scotch, vodka, etc.) is a psychoactive drug that has a depressant effect. Alcohol, consumed across cultures, often used to help and promote social interaction, is popular, generally accepted and legal.

However, for millions of individuals and family members, alcohol is a source of devastating pain and loss. Alcohol is addictive and the state of addiction to alcohol is known as the disease of alcoholism.

Alcoholism places an enormous emotional, physical and financial burden on family members and children of the person who is addicted to alcohol: 75% of domestic abuse is committed while one or both members are intoxicated and family members utilize health care twice as much as families without alcohol problems. Emotional and physical abuse often occurs as a result of parents or spouses losing control with family members because of alcohol. Drinking and driving causes 16,000 deaths per year, and thousands more injuries. Up to 75% of the crimes are committed by people under the influence of alcohol.



Alcohol Is the Most Commonly Used Drug

Alcohol is popular, socially accepted, and legal. Yet it is the most frequent cause of individual and family pain and suffering.

Kids with pervasive family or school-related stress, poor coping skills, and family members with drug or alcohol problems are also at increased risk. Teens that experiment with alcohol before age 15 are four times more likely to become alcohol dependent when they are older than those that wait until age 20. Which is why education and prevention are so critically important to reducing alcohol-related problems and alcoholism.

HOPE LINE: 800-622-2255 24 Hour Affiliate Referral
To find a local affiliate or take a free assessment go to: www.ncadd.org

NCADD Affiliates offer a range of services including help for individuals and family members. If you are concerned about your own alcohol or other drug use or that of someone you care about—a child or other

relative, a friend or co-worker—please make the contact. You will be able to speak to someone who will listen, assess your needs and provide information about available services, costs and how to deal with another person’s alcohol and/or drug use. Help is just a call or visit away—Make the contact now!



Children’s Mental Health Awareness There are approximately 2 million military children, ranging in ages from newborn to 18 years old; 1.3 million military children are school-aged. Care of military children sustains our fighting force, and strengthens the health, security, and safety of our nation’s families and communities. *Continue to next page*

Military children are our nation's children. Living in either military or civilian communities, in urban, suburban, or rural settings, military children experience unique challenges related to military life and culture. These include deployment-related stressors such as parental separation, family reunification, and reintegration. Some children also experience the trauma of welcoming home a parent who returns with a combat injury or illness, or of facing a parent's death. Recent research reveals an increase in military child maltreatment and neglect since the start of combat operations and deployments to Afghanistan and Iraq.

Research also indicates that although most military children are healthy and resilient, and may even have positive outcomes as a result of certain deployment stressors, some groups are more at risk. Among those are young children; some boys; children with preexisting health and mental health problems; children whose parents serve in the National Guard, are reserve personnel, or have had multiple deployments; children who do not live close to military communities; children who live in places with limited resources; children in single-parent families with the parent deployed; and children in dual-military parent families with one or both parents deployed.

To find more information visit:
<http://www.nctsn.org/>



The Sexual Assault Prevention and Response Program reinforces the Air Force's commitment to eliminate incidents of sexual assault through awareness and prevention training, education, victim advocacy, response, reporting and accountability. The Air Force promotes sensitive care and confidential reporting for victims of sexual assault and accountability for those who commit these crimes.

Sexual assault is criminal conduct. It falls well short of the standards America expects of its men and women in uniform. Specifically, it violates Air Force Core Values. Inherent in our core values of Integrity First, Service before Self, and Excellence in All We Do is respect: self-respect, mutual respect and respect for our Air Force as an institution. <http://www.afpc.af.mil/library/sapr/>

Effects of Sexual Assault according to safehelpline.org. Sexual assault is a personal and destructive crime. Its effects can be psychological, emotional, and/or physical, and they may be brief in duration or last a very long time. While there is not one "normal" reaction to sexual assault, here are some of the more common effects that sexual assault victims may experience. **Depression, Eating Disorders, PTSD, Self Harm, Sleep Disturbances, Substance Abuse, and Suicide.**

It's never too late to get help. Even if the attack happened years ago, Safe Helpline can still help. Many victims do not realize they need help until months or years later. Safe Helpline can also connect you with the Sexual Assault Response Coordinator (SARC) on your installation/base, and other military and civilian resources in your area.

*If you or someone you know has been sexually assaulted:
Call the 24/7 Worldwide, Secure, and Confidential DoD Safe Helpline at
877-995-5247
Or visit
<https://safehelpline.org/>
for a Secure and Confidential chat*



HeartsApart.org

Was created to keep families connected while our military men and women are serving abroad. Through the efforts of our community's finest photographers, HeartsApart.org provides our soon to be

deployed servicemen and women with pictures of their spouses and children. The photographs are printed on waterproof and durable bi-folded cards, which fit securely in their uniform pocket. HeartsApart.org believes that our military personnel deserve and need the memory of their families to carry them through the difficult times that lie ahead. The HeartsApart.org program is offered at no cost to those participating in our portrait sessions.

The goal of HeartsApart.org is simple. As long as servicemen and women are in harm's way and separated from their families, we will be taking pictures. There is no end to the project - just a commitment to continue to serve our Armed Forces while they continue to serve us.

To schedule your free family photo visit: <http://www.heartsapart.org>

Contact Us : AFRC.PHAP@US.AF.MIL | PHAP 24/7 Call Center : 1-888-810-2400