



Marine & Family Programs



November 2011

Schedule of Events/Workshops

03, 08, 14, 18, 22, 30 Nov **Warrior Transition Training**
0830-1130

01, 15 Nov **Stress Management**
0830-1600

02, 16 Nov **Anger Management**
0830-1600

04 Nov **Building Alcohol Skills Intervention Curriculum**
0800-1200

09 Nov **Suicide Awareness (Families)**
1830-2030

17 Nov **Alcohol 101**
0830-1130

RESILIENCE EDUCATION

Happiness

We all want to find happiness! Research Psychologist and author Sonja Lyubomirsky says “Happiness isn’t a knock of good fortune that we must await, like the end of a rainy season. Neither is it something that we must find, like a freeway exit or a lost wallet, if only we knew the secret path and if only we could acquire the right job or find the right boyfriend.... I prefer to think of the *creation* or *construction* of happiness because research shows that it’s in our power to fashion it for ourselves.” (The How of Happiness, p 15) Research suggests that the foundation for happiness is formed by savoring the past, present, and future. Of course there are many details about how we do this effectively but this gets the process of happiness underway in our lives.

Here a few things you can do right now to increase your happiness: You can remember the good things that have happened in your past and you can rewrite your bad memories by thinking of the good that came out of them. Happiness in your present can be found by stopping to savor and appreciate the small things in life: a child’s laughter, a

blooming flower, the taste of your favorite dessert. Happiness in your future comes by anticipating the possibilities of good things yet to come.

How about finding happiness in intimate relationships?

To be sure, mate selection is very important—and we have a workshop (21 Dec, 08 Feb, etc) specifically to help singles in this process. The title is “How to Avoid Falling for a Jerk or Jerkette”. This is an extremely fun and interactive workshop where we explore the five elements of attachment with the goal of having a better understanding of how to give away our hearts without losing our minds. Falling in love does not have to be just a roll of the dice! We really can engage our brains and use logic with some understanding and reflection about what is important to us as we meet new people and eventually come to love deeply the right person.

And for those already in an intimate relationship, there are several fantastic programs offered at Camp Lejeune to help us develop together in our couples communication, conflict resolution, and problem

solving skills; as well as learning strategies to keep the fun, friendship, and sensuality alive and strong for the rest of our lives. Check out the “Marriage Enrichment Workshop: Using the P.R.E.P. Approach” at Marine Corps Family Team Building for a superb skills-based workshop (not counseling or therapy). Also, at CREDO Camp Lejeune there are two distinctly different Marriage Enrichment Weekend Retreats that are conducted off-site over a weekend. These three programs would be expensive on the outside, but are free to military couples!

And, to help us deal with subjects that often block our happiness, we have numerous short half-day and full-day workshops: Stress Management, Anger Management, Healthy Communication in Relationships, Improving Self-Esteem, Alcohol 101, and RELAX! Get more details and check out our schedule of upcoming workshops at : www.mccslejeune.com/health/index.html.

Research

It is well known that drugs, even those prescribed by a physician, can impair perception, judgment, motor skills, and memory. Recent surveys have shown how pervasive drugged driving has become in the United States.

[The National Roadside Survey of Alcohol and Drug Use by Drivers](#), a nationally representative survey by the National Highway Traffic Safety Administration (NHTSA), found that in 2007, approximately one in eight weekend, nighttime drivers tested positive for illicit drugs. Moreover, approximately one in twelve high school seniors responding to the 2010 [Monitoring the Future Study \(MTF\)](#) reported driving after smoking marijuana within two weeks prior to the survey interview. These results highlight the scope of drugged driving in America and reinforce the importance of reducing all drug abuse. [Drug Testing and Drug-Involved Driving of Fatally Injured Drivers in the United States: 2005-2009](#) (PDF)

An ONDCP analysis of 2009 data from the National Highway Traffic Safety Administration's (NHTSA) Fatality Analysis Reporting System (FARS) census, which shows that roughly one in four (23 percent) of fatally injured drivers who tested positive for drugs were under the age of 25. Additionally, based on data from 2005 to 2009, almost half (42 percent) of fatally injured drivers who tested positive for marijuana were under the age of 25.

[Drug Involvement of Fatally Injured Drivers](#) (a 2010 NHTSA fact sheet)

The Fatality Analysis Reporting System (FARS), a census of fatal motor vehicle traffic crashes in the United States, contains a number of variables to describe drug involvement for those in fatal crashes. Overall, 3,952 fatally injured drivers tested positive for drug involvement in 2009.

What You Can Do

Drugged driving poses threats to public safety, as evidenced by the number of fatal crashes each year on our Nation's highways. Here are some things you can do to encourage safe driving:

Activity Guide

[Teen Drugged Driving: Parent, Coalition and Community Group Activity Guide](#) (PDF)

This guide provides coalitions, prevention groups and parent organizations with: the facts on the dangers and extent of teen and young adult drugged driving; parent and community activities for effective prevention; resources to further assist in prevention activities.

Partner Programs

Successful substance-abuse prevention programs, combined with public education and penalties for those who fail to comply with the law, will continue to receive support in the effort to reduce the public safety threat of drugged driving. Here are some programs from our Federal partners:

[Over the Limit. Under Arrest.](#) (Department of Transportation) – An effort to crack down on impaired driving.

[The Drug Evaluation and Classification program \(DEC\)](#) (Department of Transportation) – A program that aids State and local jurisdictions in detecting and arresting drugged drivers and provides training to prosecutors and judges in the prosecution of drugged drivers.

[Drug-Free Communities Support program \(DFC\)](#) – Funding hundreds of coalitions around the country, the DFC program helps communities identify and respond to local substance abuse issues.

[National Youth Anti-Drug Media Campaign](#) – A campaign aimed at preventing and reducing youth drug use across the country by increasing teen exposure to anti-drug messages with a highly visible national media presence and on-the-ground activities, including a number of free online resources to help prevent drugged, drunk, and distracted driving among teen-



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Resources

ONDCP Fact Sheet: [Working to Get Drugged Drivers Off the Road](#) (PDF)

National Institute on Drug Abuse (NIDA): [InfoFacts: Drugged Driving](#)

U.S. Drug Enforcement Administration (DEA): [Get the Facts about Drugged Driving](#)
[National Criminal Justice Reference Service \(NCJRS\)](#): Impaired Driving Special
Feature

Great American Smokeout

The American Cancer Society is marking the 36th Great American Smokeout on November 17 by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life—one that can lead to reducing cancer risk. Quitting smoking is not easy, but it can be done. To have the best chance of quitting successfully, you need to know what you're up against, what your options are, and where to go for help.

Health concerns usually top the list of reasons people give for quitting smoking. This is a very real concern: smoking harms nearly every organ of the body. Half of all smokers who keep smoking will end up dying from a smoking-related illness. In the United States alone, smoking is responsible for nearly 1 in 5 deaths, and about 8.6 million people suffer from smoking related lung and heart diseases.

Based on data collected in the late 1990s, the US Centers for Disease Control and Prevention (CDC) estimated that adult male smokers lost an average of 13.2 years of life and female smokers lost 14.5 years of life because of smoking. Each year, smoking causes early deaths for about 443,000 people in the United States. And given the diseases that smoking can cause, it can steal your quality of life long before you die. Smoking-related illness can limit your activities by making it harder to breathe, get around, work, or play.

Why quit now? No matter how old you are or how long you've smoked, quitting can help you live longer and be healthier. People who stop smoking before age 50 cut their risk of dying in the next 15 years in half compared with those who keep smoking. Ex-smokers enjoy a higher quality of life. They have fewer illnesses like colds and the flu, lower rates of bronchitis and pneumonia, and feel more healthy than people who still smoke. (American Cancer Society, 2011)

Resources:

- A Tobacco Cessation Program is available at Naval Hospital Health Promotion & Wellness Program, Bldg 4, (910) 451-3712.
- 1-800-QUIT-NOW. A free, phone-based service with educational materials and coaches that can help you quit smoking or chewing tobacco.

**For more information, please contact our
office at 451-2865.**