



Joint Wellness and Resilience Directorate

J9 Info for Service Members and Families

November 2023

Introducing the NEW J9!

Changing to meet your needs:

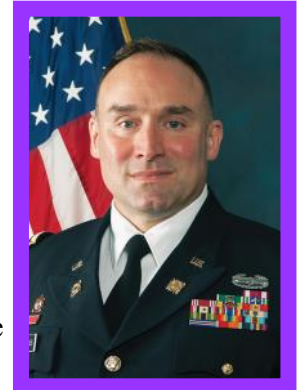


Lt Col Penny Ripperger,
J9 Director

Over the last year, the J9 (formally called Service Member Support), has expanded the services it offers to Service Members and Families.

Not only do we offer the traditional services of J9, consisting of Family Programs and Badger Yellow Ribbon, but we have expanded our efforts into a Prevention and Wellness Division, and a state-wide Sexual Assault Prevention and Response Division.

In the last 12 months the directorate has almost doubled in size to more than 75 full-time members ready to serve you.



LTC Derrek Schultheiss,
J9 Deputy Director

Executive leadership within the Directorate includes Lt Col Penny Ripperger, J9 Director and new to the team and just back from deployment, we are thrilled to welcome LTC Derrek Schultheiss, J9 Deputy Director.

One Directorate - Three Divisions:

Prevention and Wellness Division:

This division is comprised of the Integrated Primary Prevention Workforce focused on implementing a public health approach to address violence, the Comprehensive Health & Wellness team, which connects the five pillars of health and offers a myriad of programs for Service Members and Families and the Resilience, Risk Reduction and Suicide Prevention Programs – vital tools that support unit readiness factors, such as substance use and suicide prevention.



Dr. Lisa Kluetz,
Integrated Primary Prevention
Workforce Manager



CW3 Aaron Hunnel,
Comprehensive Health & Wellness
Director



Ms. Vicki Cushman Edgren,
Risk Reduction & Suicide
Prevention Director

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<https://www.facebook.com/WIJ9Directorate/>

Need Support? Call us at 1-800-292-9464, Option 1

Service Member Support Division:

This division includes programs focused on Service Members and their Families, to include Soldier & Family Readiness Specialists positioned all over the state, Child and Youth Program, which offers a wide assortment of camps and activities to build military youth resiliency, the Badger Yellow Ribbon program focused on reintegration events for Service Members and the Survivor Outreach Program with an aim to assist families of military fallen.



Ms. Debbie Sohns,
Service Member Support
Division Director



Ms. Kelly Donner,
Sexual Assault Prevention
& Response Officer

Sexual Assault Prevention and Response Division:

This is joint team that provides confidential resources, referrals, outreach and training to Service Members of the Wisconsin Air and Army National Guard. In addition, this team of Sexual Assault Response Coordinators (SARCS) and Victim Advocates (VAs) provide unconditional support and assistance to victims and adult military dependents of sexual assault and trauma.

24/7 WI National Guard SAPR Helpline: 608-469-2627

24/7 128th ARW SAPR Helpline: 414-430-1086

24/7 115th FW SAPR Helpline: 608-516-9087

24/7 Volk Field SAPR Helpline: 608-387-5692

Stay in touch!

We are looking for ways to stay connected to best meet your needs. Please contact us:

1-800-292-9464, Option 1 | <https://www.wisconsinmilitary.org> | <https://www.facebook.com/WIJ9Directorate/>

J9 Spotlight - **Warrior Resilience and Fitness Program**

Lt Col Penny Ripperger | J9 Director

Warrior Resilience and Fitness (WRF) is committed to providing resources, network community partners, increasing suicide intervention skills, and Army leader integration to reduce risks across the force. While it's integrated with many joint initiatives within the directorate, it is one of the few J9 programs focused solely on Army services.

WRF encompasses prevention, referral to assessment services, education, risk reduction, leadership training, and assessment vouchers, which positively impact retention efforts and enhance combat readiness. It offers services that are aimed to lower risk and mitigate factors that contribute to self-destructive behaviors and provide essential support for commanders to help ensure the safety of Service Members and their Families.

WRF services include informational briefs about substance abuse and suicide prevention. In addition, the program supports Soldier Readiness Processing (SRP) events by providing Unit Risk Inventories to identify risk areas among units and develop Risk Mitigation Plans with commanders based off the results.



Pictured (left to right): Samantha Maass, Brooke Wespetal, Vicki Cushman Edgren

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J9 Spotlight -

Warrior Resilience and Fitness Program (cont.)

Meet the **NEW** WRF Team:

Vicki Cushman Edgren is the new Resilience & Risk Reduction Suicide Program (R3SP) Director for the WRF program. Her duties are to oversee the Suicide Prevention Program and the Substance Abuse Program for the WIARNG. “An important part of my job is to ensure we are meeting the requirements under the regulations and to ensure commanders know what is expected and what we can do to help them when they have Soldiers at risk,” said Cushman Edgren.

Service to others is not new to her. “I started volunteering with the 115th Fighter Wing and created a Family Program while my first husband served at the unit fulltime. We raised three children through his 30 years of service and lived and breathed the military way of life.”

This dedication led her to begin working with the State Family Program Office as a federal technician.

Cushman Edgren is passionate about ensuring military Families have the resources and tools at their fingertips to help them while their Service Member wears the

uniform. In her free time, Cushman Edgren enjoys spending time with her grandkids, gardening, cooking, hiking, biking, traveling. “I LOVE fishing! A bad day on the lake is still a better day than pretty much anything,” she said.

Samantha Maass serves as the new Suicide Prevention Coordinator (SRC) on the WRF team. Part of her position includes giving briefs about suicide and substance abuse, providing resources to Soldiers and training suicide prevention officers. Maass has an amazing husband, named Benjamin who she describes as ‘her rock’ and she feels lucky to get to call him her husband and father to their beautiful, but crazy 3 year-old daughter, Everleigh. “I love spending time outside with my family going on hikes, fishing, and going on canoe rides down the river in our hometown. I also love listening to country music. Country music makes me feel balanced and relaxed,” said Maass.

Maass has a bachelor’s and associate degree in early childhood education and has been teaching for about a decade. “Teaching young children had been a passion of

mine, but my new calling card for wanting to help others in any way I can has been my new passion.

When I hear that someone is feeling upset, I’m always there to listen, offer time away so we can do something together, and give advice if it’s wanted. Ever since I became a mom, the mama bear side of me comes out and I want to protect those close and around me,” she said.

Brooke Wespetal serves as the new Risk Reduction Coordinator (RRC) on the WRF team. She attended the University of Wisconsin Madison where she received a bachelor’s degree in psychology. “I am very excited to have the opportunity to be in this role to conduct the Unit Risk Inventories at SRPs and the personal readiness briefs, informing Soldiers on suicide and substance abuse prevention,” said Wespetal.

In addition, she is responsible for implementing the My Prime for Life Army Substance Abuse program, and providing resources for Soldiers who struggle with suicidal ideations and substance abuse. “I am grateful for the opportunity to provide assistance to Soldiers and the amazing team that I have to do so,” she said.

New Army WRF Programs -

TAKE A LOOK

My Prime For Life is the new Army Substance Abuse Prevention program. This is an online program that Soldiers enroll in to learn about substance abuse through a biological and social lens. The program is a self-assessment and intervention training tool to allow individuals to begin exploring their high-risk alcohol and drug use attitudes and behaviors on their own time. My Prime For Life is a promising practice according to studies because it is an evidence-based program that has proven to be effective by researchers.



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New Army WRF Programs - TAKE A LOOK (cont.)

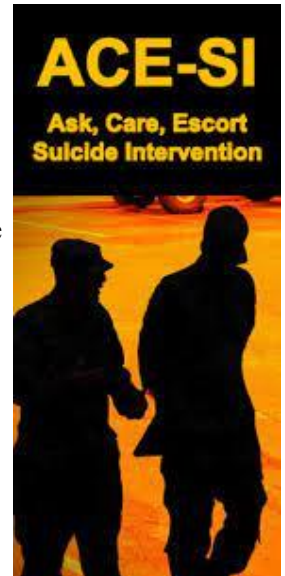
The three learning units of Exploring, Reflecting, and Protecting will examine the perception of personal risk of Soldiers, illustrate the progression toward addiction and allow the Soldiers to assess where they might be on that path, and to assist in guiding the Soldiers in their preparation for personal change. This intervention program was researched by the Prevention Research Institute and is dedicated to reducing challenges caused by high-risk alcohol and drug misuse. The Prevention Research Institute has been working with the military since the 1980s.

Ask Care Escort – Suicide Intervention (ACE-SI) is a new suicide prevention and intervention program required for ARNG members. This program is replacing the Applied Suicide Intervention Suicide Training (ASIST) course and works as gatekeeper training, meant to reinforce key suicide intervention concepts in mid-level Army Leaders in order to encourage subordinate trust and help-seeking behavior.

ACE-SI assists leaders in identifying Soldiers at risk for suicide so they can intervene and connect them to appropriate resources. This training is based on scientific literature regarding suicide and best practices in intervention efforts.

To learn more, contact the Warrior Resilience and Fitness (WRF) Team at (608) 242-3424 or read here: https://www.army.mil/article/249992/using_ace_si_training_to_be_a_light_for_those_struggling_with_their_mental_health

Help is Available: Suicide and Crisis Lifeline - Dial 988



Month of the Military Family

Mr. Jerry Hook | Airmen and Family Readiness Program Manager



We are so grateful for everything our military families do every day, but especially during this month of the military family, thank you to each and every

family. Our military asks a lot of our Service Members with deployments, TDYs, long hours, Drills, Annual Training, and challenging demands like domestic operations, contingency operations, support to things like COVID Testing, election support, clean up from storms, etc... Many times it is the military families who are supporting the Service Members who make sure that the children get to sporting events, doctors visits, friends houses, off to college or school visits, and so much more.

I use the term military family in a very broad sense because in some cases it goes far beyond the spouse and children to extended family, friends, and even other service members who come together to make things run smoothly. Whether service members are single or married they have military families who help them along

the way and we want to make sure they are recognized as such.

Military families sacrifice so much due to the demands of military life. It is so important that we recognize military families sacrifices, strength and resilience that you provide our Wisconsin Army and Air National Guard families are the best. We know how difficult things can get when there are so many demands placed on Soldiers and Airmen. Thank you for everything you do every day to support our Service Members.

DoD recognizes the tremendous sacrifices and support families provide to their service members and as such they have implemented changes Family Leave policies over the last year. If you have not seen information on the new policy here's an article that explains it <https://www.ngaus.org/newsroom/dod-expands-military-parental-leave-program>



Reserve Component Maternity Leave Available to Wisconsin Service Members

Staff Sgt. Alice Ripberger

Madison, Wis. - In a big win for Service Members, Reserve Component Maternity Leave (RCML) is now available to Wisconsin National Guard Service Members. RCML authorizes traditional Service Members to be paid for 12 unit training assemblies (UTAs) post childbirth, and they may use it flexibly in the year that follows. This leave is available for future drills and can be applied retroactively back to June 9, 2022, for any Service Member who gave birth, did not attend drill and did not get paid by their unit.

Sgt. 1st Class Savannah Wanek — a state training manager and Parenthood, Pregnancy and Postpartum (P3) non-commissioned officer in charge — stated that she is excited to see this policy implemented into the day-to-day operations of units. On the surface, this change may appear to be minor in the grand scheme of policy changes, but the Wisconsin National Guard has never been able to pay its traditional Service Members for maternity leave until now. By providing paid time off from drill requirements, the Wisconsin National Guard better supports Guard families, alleviates some financial strain and reduces stress on its female Service Members.

“Wisconsin immediately hit the ground running to implement RCML after the National Guard Bureau published the policy in December 2022,” Wanek said. “February drill marked the first opportunity for M-Day Service Members to be excused but marked present under RCML.”



Wisconsin National Guard Soldiers with their children. The Wisconsin National Guard is working to increase workplace flexibilities and support policies to improve work-life balance and support Guard parents. Photos courtesy of Maj. Kim Roeloffs

Wanek said that Service Members who qualify for retroactive RCML should talk to their unit's readiness non-commissioned officers who will submit a WING Form 8 on their behalf. Unit P3 advisors are available to assist with creating a leave plan, coordinating approval from the command team and ensuring that everyone is on the same page. Service Members will work with their units to identify how to allocate their 12 unit training assemblies (each drill day is two UTAs) within the year following a birth event.

Wanek said that she personally supervised a Soldier who chose not to drill in January anticipating the RCML policy.

“Once that guidance was published, we were able to retroactively pay her which meant that she used eight UTAs, leaving her with four to use for the February drill weekend,” she said. “At any given time, the number of Soldiers who fall under RCML is small, but it is important to the Wisconsin Guard that no birth parents fall through the cracks.”

This initiative is just one example how the National Guard is working to support all of its Service Members as they balance the many demands of work and family life.



Wisconsin National Guard's Chief Warrant Officer 2 Jordan Pitzer observes a rifle range during her pregnancy. Reserve Component Maternity Leave (RCML) is now available to Wisconsin National Guard Service Members and authorizes traditional Service Members to be paid for 12 unit training assemblies post-childbirth. This leave is available to future drills and can be applied retroactive back to June 9, 2022, for any Service Member who gave birth, did not attend drill and did not get paid by their unit. Wisconsin National Guard photo by Sgt. 1st Class Mandi Chojnacki

Honoring and Supporting Those Who Serve

Ms. Marie Moua | Soldier & Family Readiness Specialist

November is a special month for recognizing and appreciating the sacrifices and contributions of military Families. It's a time to pay tribute to the unsung heroes who stand alongside our Service Members, offering unwavering support and resilience in the face of unique challenges.



Military Family Appreciation Month, observed each November, serves as an annual reminder of the vital role played by military Families in our nation's defense. It's a time to acknowledge their sacrifices, resilience, and the unique challenges they face. Families are the bedrock of our armed forces, providing unwavering support, even in the face of frequent relocations, deployments, and the uncertainties of military life.

The life of a military family is marked by a series of challenges. Frequent moves, long separations due to deployments, and adapting to new communities can place enormous stress on family life. These challenges often lead to missed birthdays, anniversaries, and other significant milestones. Moreover, the stability of healthcare, education, and employment can be disrupted by the demands of military service.

Resources for Families:

There are numerous resources and organizations dedicated to supporting military families. Here are some:

Soldier and Family Readiness Specialists (SFRS): The WI Army National Guard has ten Specialists located in eight armories around the state. The SFRS team supports Service Members and their Families with resources and referrals to community-based resources. Learn more at: <https://wisconsinmilitary.org/fac/>

Air National Guard: 608-245-4654 (115th FW) or 414-944-8249 (128th ARW)

Military OneSource: This Department of Defense program provides a wide range of services, including counseling, financial guidance, and educational support for military families. <https://www.militaryonesource.mil/>

National Military Association (NMFA): NMFA is a non-profit organization offering support, education, and advocacy for military families. They provide resources and scholarship programs. Serving Military Families Since 1969. Visit: <https://www.militaryfamily.org/>

Blue Star Families: This organization focuses on building strong communities for military families through initiatives for employment, education, wellness, and more at <https://bluestarfam.org/>

Fisher House Foundation: Fisher House Foundation provides housing support to military and veteran families, and this assistance is often available to National Guard Families as well. <https://www.fisherhouse.org/>

National Guard Employment Network (NGEN): NGEN provides military families with career readiness and job placement. All services are provided at no cost. To get started contact the Soldier & Family Readiness Team at 1-800-292-9464 opt 1 or at <https://wisconsinmilitary.org/career-opportunities>



Goodbye Vicki.... Hello Vicki

Lt Col Penny Ripperger | J9 Director



After almost 15 years of leading the way as the Director of the Wisconsin Badger Yellow Ribbon (BYR) Program and one of the most nationally renowned leaders of Yellow Ribbon at NGB, Ms. Vicki Cushman Edgren is trying something new as J9's newest Resilience & Risk

Reduction Suicide Program (R3SP) Director. Before she left her BYR position, we asked her for some insight after so many years in this transformative program:

How was the BYR Program started in Wisconsin?



BYR was stood up in Wisconsin in early 2009 and we had been sent three contractors to do admin/event creation/event planning etc. for the program. I was working in the State Family Program at that

time and I was asked by leadership to move over and run the Yellow Ribbon Reintegration Program (YRRP) that was recently mandated by Congress. The term Badger Yellow Ribbon or BYR was invented by our State, most states did and still do call it the YRRP. Before that, Yellow Ribbon didn't exist other than what we in the State Family Program in WI were already doing, briefings to Soldiers and Airmen before they deployed and to the families while they were deployed.

In 2008 Congress mandated the YRRP to help Service Members returning from active-duty deployments that were not returning to an active-duty base or post in their home

states that was set up to help them with benefits, warrior to civilian transition, and reintegrating with family and friends. At that time, the 32nd Brigade was deployed with 3,000 soldiers gone and they were told while deployed that they HAD to do these mandatory events in-person after they returned. Phase I, Phase II, and Phase III.



In May of 2009, I was asked to take the new program and develop it for Wisconsin. We have used the feedback from Service Members and leadership over the years to create and mold the program into what BYR is today.

Why did Congress see a need for this program?

National Guard and Reserves were deploying in record numbers and not coming back to an active-duty base or post in their state. They were often coming home and going on unemployment, not knowing they had rights to protect them.

Some were having trouble returning to school and many has PTSD and/or combat stress-related problems and did not know where to go and who to ask for help.



In the beginning we still had Service Members in active warzones. We developed a communication plan and ways for Families to get information if something occurred overseas to help calm the rumor mill as the internet was not great back then and many people were glued to the TV for updates. We set up a phone tree process so families were called to let them know if something happened – that their soldier was okay and more information would follow as released.

What are you most proud of while running BYR for ~15 years?

Getting information to the families who had no idea what to expect, to include the who, what, where, and when of military life. At the beginning we had almost NO family attendance, but when the 121st out of Milwaukee deployed, we had been marketing the program hard and we ended up having hundreds of family members register for pre-deployment events. The word was getting out to the families!! When the 2-127 and 1-128 Battalions deployed in 2018/2019, we had record numbers of families attending.



Goodbye Vicki.... Hello Vicki (cont.)

To get families information has been my main goal and it alleviated a lot of family stress.

What will you miss most?

Families! As a previous military Family Member myself, I understand as I knew nothing about benefits, where to go for questions, and how to help navigate the National Guard world. Those attending BYR are SO appreciative of the information as they usually have no knowledge of the military, and usually their Service Member has not informed them of much. Also, the friendships I developed with some wonderful agency reps, but thankfully I will stay connected with them.

Why is BYR important?

BYR is vital because it helps the Service Members and Families know what resources they have available to them before, during, and after the deployment cycle and how to use them. It is important for everyone to have the information to be able to contact resources when they need to get specific questions answered. Service Members coming back from a deployment need to know what benefits they have, that may have short suspense.

BYR should be seen as an important tool to help prepare Service Members and their Families for the transition from civilian to military and military back to civilian life. It is essential for Command to have buy-in to the importance of the program and all the resources available to help their Service Members and Families during a confusing and stressful time.





Get to know your Victim Advocates (VA)

WI National Guard 24/7 Helpline: (608) 469-2627

Find out more: <https://ng.wi.gov/programs/sapr>

Hello! I'm CPT Ronald Zaleski, the full-time Human Resource Officer and Victim Advocate for the 105th CAV. Out of uniform I spend most of my time volunteering for charity events through the Knights of Columbus and my church. I also volunteer through Badger Honor flight and the Sauk County Local Emergency Planning Committee as a representative of Baraboo. For fun I like to run, hike, and drive around on my Harley-Davidson.

I currently have a home in Baraboo, WI where I live with my Maine Coon Cat, Zelda. The reason I wanted to become a SAPR Rep is because I believe part of my calling is to help others, especially when they need it the most.

During Duty Hours (M-F) you can reach me at: ronald.j.zaleski3.mil@army.mil or (608) 242-3992



Hello! I'm SFC Kalie Bach (132 Brigade Support Battalion, Portage WI).

I have been a Victim Advocate with the WIARNG since 2020. I am currently the Senior Supply NCO for the 132d BSB in Portage, WI. I am also a graduate student in Carroll University's Master of Science in Behavioral Health Psychology program. After graduation, I will be eligible for state licensure as a licensed professional counselor, where I plan to continue my work in advocacy. My education in psychology, victimology, trauma-informed care, and societal issues allows me to be knowledgeable and influential in helping survivors in our organization. My advocacy background also includes work in child abuse and neglect cases, and work with parents and families in the WIARNG with the P3 program. I have a husband of (almost) 10 years, 2 sons, and 1 more on the way!

I am available anytime at (414) 507-2678 or via email kalie.l.bach.mil@army.mil

Weekend Drill Child Care Program

Mr. Jd Engelhardt | Lead WI Child and Youth Program Coordinator

We are excited to announce WIARNG is helping pilot a new Weekend Drill Child Care Program. To attend one of the upcoming Q&A sessions and learn more please register at:

Nov 2 at 10am: <https://childcareinfosession10.eventbrite.com>

Nov 3 at 6:30pm: <https://childcareinfo630.eventbrite.com>

Nov 5 at 2pm: <https://childcareinfosession2pm.eventbrite.com>

Sessions will be recorded and links will be shared in the December newsletter. You can find out more at: <https://www.childcareaware.org/fee-assistancerespite/military-families/army/arngwdcc/>



Safety in Your Sights

Mrs. Shawna Wyman |
Soldier & Family Readiness Specialist



Wisconsin offers a variety of hunting seasons throughout the year, including small game, turkey, bear, deer and more. Sadly, during the 2022 deer gun hunt, eight

firearm-involved injuries were reported: including one death. Out of those eight reports **THREE** involved children 16 or under, including the tragic passing of an 11 year old boy.

With many seasons open or coming open soon, now is the time for you, and your children, to ensure you are practicing safe hunting.



The Wisconsin Department of Natural Resources has a variety of resources and tips to help all hunters, regardless of age or experience, stay safe. You can visit <https://dnr.wisconsin.gov/topic/Hunt> for a list of seasons, hunting hours and regulations, information on where to buy a license, how to register for Hunter Education and Safety, plus much more.



As you head out don't forget you are never too experienced to ignore safety precautions and think about the TABK.

- T** – Treat every firearm as if it is loaded;
- A** – Always point the muzzle in a safe direction;
- B** – Be certain of your target, what's before it and what's beyond it;
- K** – Keep your finger outside your trigger guard until you are ready to shoot.

Wishing you a safe, and successful hunt.

Mothers Against Drunk Driving

Mrs. Jesse Klement |
Soldier & Family Readiness Specialist

Mothers Against Drunk Driving (MADD) of Wisconsin provides many services to victims of drugged or drunk driving crashes at no cost. MADD is more than just mothers. They are fathers, sisters, brothers, families, and friends. They are made up of people like you who care about making an impact in Wisconsin to keep your loved ones safe.

Behind every drunk and drugged driving statistic is a person whose life was full of family and friends, love and life, joy and laughter. Mothers Against Drunk Driving has several ways you can help create a future of No More Victims ®

Every statistic is a person. These numbers are a painful reminder of the lives we lose to drunk and drugged driving every single day. Wisconsin reports the 8th highest drunk driving rate in the country. In WI, as of 2022, **494,939** drivers had a first offense OWI conviction per the Wisconsin Department of Transportation (DOT). Drunk drivers account for **28 percent** of American traffic fatalities. Per the WI DOT there were almost **23,000** convictions for operating while intoxicated (OWI). Mothers Against Drunk Driving of Wisconsin states, someone is injured or killed in an impaired driving crash every 79 seconds in Wisconsin. **Every 79 seconds**. Let that sink in a bit.

Mothers Against Drunk Driving is an organization that many schools sponsor. Visit www.madd.org/wisconsin to learn more about resources including contact information to get involved or even start a MADD group in your area.

**Don't be a statistic - Get a designated driver -
Save your life and the lives of others.**



Events

★ NOVEMBER ★ WARRIOR CHALLENGE

PRESENTED BY:



WHEN

Tuesdays, November 7, 14, 21, 28
1530-1630

WHERE

JFHQ Drill Floor

WHO ALL Are Welcome

DETAILS

- YOGA FUNDAMENTALS FOR BEGINNERS AND EXPERIENCED YOGIS
- JOIN US FOR A 4-WEEK SERIES EXPLORING THE PHYSICAL AND MENTAL HEALTH BENEFITS OF YOGA
- EACH WEEK WILL INCLUDE A 60-MINUTE YOGA CLASS WITH IN-DEPTH INSTRUCTION ON A "WARRIOR" POSE
- BRING A YOGA MAT IF YOU HAVE ONE OR USE JFHQ FITNESS MATS

THE CHALLENGE

ATTEND ALL 4 SESSIONS TO COLLECT WARRIOR I, WARRIOR II, WARRIOR III AND PEACEFUL WARRIOR TO EARN A YOGAJOES MISSION PATCH



INSTRUCTOR:

SMSGT (RET) JAMIE BUTCHER IS A REGISTERED YOGA TEACHER AND A VOLUNTEER WITH VETERANS YOGA PROJECT
LEARN MORE:
WWW.VETERANSYOGAPROJECT.ORG



THE UNIVERSITY OF WISCONSIN-
GREEN BAY

VETERANS Week

November 6 - 10, 2023

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

November 6: POW Table Ceremony, Leona Cloud Commons, University Union, 12:30PM

Ceremony to honor and recognize the sacrifices of those Americans who have been prisoners of war and to remind the nation of those still missing in action.

November 7: Veteran Brunch, Mary Ann Cofrin 227, 11:00AM - 1:00PM

In recognition of the Phoenix who have served our country, we invite you to join us. All are welcome to stop by for a hot breakfast, pastries, coffee and more.

November 8: ROTC Rappel Event, Kress Event Center, 8:00AM to 12:00PM

Come watch ROTC Cadets and UWGB/ROTC Leadership, rappel from the rafters of the Kress Event Center basketball court!

November 10: Chancellor's Reception, STEM Innovation Center, 4:00-6:00

Please join Chancellor Mike Alexander and Veteran Services Coordinator Nicole Stockman as they take the opportunity to recognize current students who are active duty, reserves, Veterans or the spouse or child of a Veteran.

★ ★ ★

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT:
NICOLE STOCKMAN @ STOCKMAN@UWGB.EDU

Explore Wehr Nature Center



With Operation Recon Nature
FREE Naturalist-guided hikes for
Veterans & their families

FALL HARVEST

Friday, October 27th 5 - 6 pm Adult Veterans
Saturday October 28th 3 - 4 pm Veterans & Families

LATE FALL HIKE

Saturday, November 18th 3 - 4 pm Gather together!
Adult Veterans and their Families

WINTER SOLSTICE

Saturday, December 16th 3 - 4 pm Gather together!
Adult Veterans and their Families



Please register: friendsofwehr.org
& go to calendar of events
Questions? 414.425.8550
holly.walz@milwaukeecountywi.gov



MILITARY APPRECIATION NIGHT

SATURDAY, NOVEMBER 4
7:00PM
MADISON VS OMAHA

BOB SUTER'S CAPITOL ICE ARENA
2616 PLEASANT VIEW ROAD, MIDDLETON, WI 53562






LINK TO RSVP FOR COMPLIMENTARY TICKETS:
<https://forms.gle/vPF9cQgK4jrFegp8>
(copy & paste)

OR SCAN QR CODE:





**IN SUPPORT OF
BADGER HONOR FLIGHT**



QUESTIONS: ANDREW@MADCAPSHOCKEY.COM





For more information: visit veteransbonanzalax.com or call 608-785-9719

VETERANS BONANZA

- ☒ Federal, State and Local Resource Expo
- ☒ Flu shots offered by Tomah VA *must be enrolled in VA Healthcare
- ☒ Meet with a County Veteran Service Office
- ☒ **MUCH MORE!**

DATE/TIME: November 4, 2023 10AM - 4PM

LOCATION: The La Crosse Center, 300 Harborview Plaza


Moments Hospice
1st Community Credit Union


Bubba's Meats
Habitat for Humanity La Crosse Area


UW-La Crosse


Delta Dental
7 River's Region Chapter of Credit Unions


Dewayne Aasen Memorial
Western Technical College


Goodwill
Brynaas Sales & Service


IBEW 14



Veterans Day Discount

Check with your local businesses regarding 2023 Veterans Day Discounts.

The information provided does not constitute an endorsement of this organization, its products or services by the Wisconsin National Guard, Department of Defense, Department of Army, or Department of Air Force.



AS A THANK YOU FOR YOUR SERVICE, ENJOY **50% OFF**
ALL OIL CHANGES ON NOVEMBER 11TH FOR ALL ACTIVE, VETERAN AND RETIRED MILITARY.

JIFFY LUBE SIGNATURE SERVICE[®] OIL CHANGE
50% OFF
OFFER ONLY VALID AT JIFFY LUBE OF SUN PRAIRIE
610 SPRING STREET
SUN PRAIRIE, WI 53590
• Any Oil Change
USE PROMO CODE: **MILITARY50**

COUPON REQUIRED. NO APPOINTMENT NECESSARY. Not valid with any other offer or discount, including fleet accounts. Extra charge for antifreeze/coolant top-offs. Includes up to 5 qts. of motor oil. Visit JiffyLube.com for service descriptions. Jiffy Lube[®] recommends following manufacturer recommendations, where applicable, for maintenance schedules and service intervals. Not all services are offered at each Jiffy Lube[®] location. Please check with your local Jiffy Lube[®] service center for specific services offered. Valid November 11, 2023 only.

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**THAT'S A
JOB FOR
JIFFY**



IF YOU CAN'T MAKE IT ON 11/11, WE HONOR OUR HEROES EVERY DAY WITH 25% OFF FOR ALL ACTIVE, RETIRED AND VETERAN MILITARY.



HARTFORD POLICE DEPARTMENT EMPLOYMENT OPPORTUNITY



The Hartford Police Department is a community-based policing agency that is COMMUNITY PROUD. We are looking for individuals to join our team as we provide professional police services to the citizens of Hartford. accepting applications for PATROL OFFICER. The 2023 salary starts at \$29.63/hour rising to \$36.66/hour, Wisconsin Retirement System, and with a competitive and comprehensive benefit package.

Application deadline is 2pm on October 27, 2023.

QUALIFICATIONS: U.S. Citizen; At least 18 years of age; Valid Wisconsin driver's license; No felony or domestic abuse convictions; Must possess the ability to perform essential functions of a law enforcement officer. Applicants must possess a minimum of an associate degree, 60 college credits from an accredited institution of higher learning, or college credits from an accredited institution of higher learning and waived credits from Wisconsin Department of Justice Training and Standards that total 60 credits. Preference may be given to applicants possessing Wisconsin Law Enforcement Training & Standards Board Certification, or are eligible for certification.

For more information and to apply, visit our website at <https://ci.hartford.wi.us/217/employment-opportunities>. Complete the application form (DJ-LE-330) with answers to Section 6 A-C as well as a Waiver Authorizing Disclosure of Information and Releasing Liability. Include a current resume. Women and minorities are encouraged to apply. Questions may be directed to 262-673-2600.

THE CITY OF HARTFORD IS AN EQUAL OPPORTUNITY EMPLOYER

VIRTUAL MILITARY OPEN HOUSE & CAREER FAIR

DOC Secretary Kevin Carr invites you to learn more about the mission, services and various career opportunities offered by the Wisconsin Department of Corrections. Join us virtually for a short presentation, followed by a discussion about how we can work together.

We are proud to support veterans and active duty personnel. DOC consistently exceeds USERRA guidelines and is fully prepared to work with those who have deployment, enlistment or training commitments.



**1 OUT OF 10
DOC EMPLOYEES
ARE VETERANS**

Join Us
Wednesday,
November 8, 2023
12-1pm CDT



Please scan the
QR code above for a
Microsoft Teams link
to join the virtual
meeting.

apply at
wisc.jobs



WISCONSIN NATIONAL GUARD

CHILD & YOUTH PROGRAM *Newsletter*

November 2023

Resources

Here are some resources to use during the holiday or places to donate if you can!

Classic Thanksgiving Recipes!

Check out this website for some food recipe ideas on turkey day!

<https://www.delish.com/holiday-recipes/thanksgiving/g3023/traditional-thanksgiving-menu/>

Military base Thanksgiving

Check with your local military installation to see what it has planned for Thanksgiving

Upcoming Events

Operation Express Nov 4th
Yourself

Operation Emotional Nov 4th
Intelligence

Fall Field Craft Nov 10th - 12th

Thanksgiving Nov 23

Salvation Army

Many Salvation Army locations hand out holiday food baskets, make sure to check if your local SA does!

Blue Star Museum

Blue Star museums help connect military families through the state and nation and often have knowledge of available resources.

Soldiers Angels

Soldiers Angels are committed to helping veterans, deployed soldiers, and families. They hold monthly food drives

Operation Homefront

<https://operationhomefront.org/holiday-meals-for-military/>

For More Information Please Follow Our Facebook Page : [Wisconsin National Guard Child and Youth Program](#)

OCTOBER 2023

COMPREHENSIVE HEALTH & WELLNESS

MONTHLY NEWSLETTER



> UPCOMING CHW COURSE SCHEDULE



BASIC COURSE

19 Apr 24 - 03 May 24
26 Jul 24 - 09 Aug 24

LEADERS COURSE

23 Oct 23 - 27 Oct 23
26 Feb 24 - 01 Mar 24
08 Jul 24 - 12 Jul 24

EXECUTIVE COURSE

22 Apr 24 - 23 Apr 23

CHW Basic Course (2 Weeks)

> *All Service Members*

Improve your life, health, and wellness with practical tools and strategies covering the five pillars of health and wellness.

CHW Leaders Course (5 Days)

> *E4 and Above*

Hone your competencies for behavior change and management of health and wellness culture to help those you lead effectively.

CHW Executive Leaders Course (1.5 Days)

An immersive experience for executive military leaders (E9, W5, O6 and above, and GS15) to develop high-level skills in organization, emotional intelligence, and strategic planning.

Learn more about CHW courses at wisconsinmilitary.org/chwcourses/
Share the below button ↓ with your Readiness/Training NCO or Unit Training Managers to register for upcoming CHW courses.

[CLICK HERE FOR COURSES REGISTRATION](#)



NEWSLETTER HIGHLIGHTS

- > Upcoming CHW Course Schedule
- > Upcoming CHW Events
- > CHW Provider Client Testimonial
- > Unleash the Coach Within You

Want to learn more?

FIND **CHW** ONLINE



COMPREHENSIVE
HEALTH & WELLNESS

> UPCOMING CHW EVENTS

Understanding Financial Wellness: Strategies for a Healthy Money Mindset with Lindsay Bryan-Podvin

Join CHW for an engaging and interactive Learning Lab on **Tuesday, October 31st, from 1200 to 1300 CDT** with **Lindsay Bryan-Podvin**, a leading expert in financial wellness. Lindsay is a financial therapist, speaker, and author specializing in helping individuals build positive relationships with their money.



In this session, you'll:

- ▶ Cultivate self-compassion after financial setbacks
- ▶ Discover strategies for healthy money conversations
- ▶ Learn to budget for long-term financial sustainability

Lindsay Bryan-Podvin

[CLICK TO REGISTER](#)



Mental



Physical



Spiritual



Social



Financial



SAVE THE DATE(S): Upcoming CHW Learning Labs

▶ **LINDSAY BRYAN-PODVIN:**
What is Financial Wellness?
31 October 23
[CLICK HERE TO REGISTER](#)

▶ **JEANNIE GAINSBURG:**
LGBTQ+ Etiquette
and Common Bloopers
29 November 23

▶ **SGT KEVIN BRIGGS:**
Strategies for Suicide
Awareness and Prevention
20 December 23

Mental Might with Kathryn: Discussions, Movement, and Reflection

Are you ready to elevate your well-being and boost your mental resilience?

Join us **virtually on Wednesdays at 0600** for engaging discussions on various mental health topics. Our sessions will kick off with a 🗣️ lively conversation, followed by 🏃 30 minutes of your chosen exercise to stimulate both body and mind. Afterward, we'll 🧘 regroup to wrap up any lingering thoughts and cool down together. **Explore topics like fear, self-compassion, and resilience.**



[CLICK HERE TO REGISTER](#)



> CLIENT SPOTLIGHT

CHW Provider Client Testimonial

Discover the benefits of working with CHW providers. Our team is here to support you in achieving your goals, whether it's passing body composition standards, finding a new job, or securing suitable housing. **The results speak for themselves:**

"I first started working with CHW at the **Basic Course**. After the course, I connected with Dena, Mike, and Charles. **After a few months, I passed the Army body composition standards.** I worked with Mike, updating my resume, job hunting, and finding an apartment. **I currently have a new job with a significant compensation increase and a good apartment that fits my budget.** Having a team in my corner helps me with accountability and accomplishing my goals."

- Army Corporal, & CHW Client

Having a team in my corner helps me with
accountability & accomplishing my goals

- Army Corporal

! **Ready to take the next step in your journey?** Click [HERE](#) to schedule a no-cost appointment.

> CHW COACHING ACADEMY

Unleash the Coach Within You

Do you have 1 hour a month to commit to developing your coaching skills? Unlock your coaching potential and accelerate your professional growth at no cost with CHW's Coaching Academy! **Interested?** Complete our **Coaching Academy Interest Form**. Enroll in the CHW Coaching Academy anytime; it's never too late to start your coaching journey.

[CLICK HERE TO LEARN MORE](#)





WIARNG FY 2024

CHAPLAIN CORPS RETREAT EVENTS

SAVE THE DATE

Conference includes lodging, materials, meals, & childcare at no cost

Soldiers can request an STA for drill with Commander Approval.

27-29 OCT 2023

Speed of Trust: Married Couples

Location: (WI Dells - **TBD**)

Registration open until: 10/13/2023



<https://bsrt.army.mil/events/event-detail/?id=17f9942a-744e-ee11-be6e-001dd8031355>

19-21 JAN, 24

Curriculum: TBD (Families)

Location: TBD

Registration: Pending

17-19 MAY, 24

Curriculum: TBD (Single Soldiers)

Location: TBD

Registration: Pending

17-19 MAY, 24

Curriculum: TBD (Married Couples)

Location: TBD

Registration: Pending

16-18 AUG, 24

Curriculum: TBD (Married Couples)

Location: TBD

Registration: Pending

What is BSRT?

BSRT (formerly Strong Bonds) is a retreat conducted to maximize engagement with topics that impact readiness.

These retreats provide a fun, safe, and secure environment in which to address the impact of deployments, and military

Checking for the event will be Friday afternoon. Most sessions occur Saturday. Sunday morning will be a conference conclusion and release by noon.

POC:

Mr. Ray Armitage

Religious Support Analyst

raymon.h.armitage.civ@mail.mil

Office: 608-242-3741

CH (CPT) Mark Hanson

WI State Support Chaplain

mark.j.hanson.mil@army.mil

Cell: 608-630-1660

Office: 608-242-3450

Event MOI, welcome letter, and other registration details forthcoming



HOLISTIC WELLNESS CHALLENGE



PRESCRIPTION DRUG MISUSE RISKS IT ALL

CHALLENGE your Service members to adopt at least one of the recommended resources to prevent prescription drug misuse.

PROTECT YOURSELF & OTHERS

When taken as directed, prescription drugs can manage or relieve symptoms, like pain or sleeplessness. **When misused, prescription drugs can cause harm or lead to death.** Use these tips to protect yourself, family (especially children), and pets from accidental or intentional misuse:

- Dispose of unused medications, so you aren't tempted to take or share them; and others don't accidentally swallow them.
- Promptly treat injuries or illnesses to reduce long-term prescription drug use.
- Know how and when to take medications, and when to stop.
- Talk to a doctor about non-drug alternatives, like acupuncture or physical therapy.
- Safely store drugs in a medication lock box.

FACTS & FIGURES: DID YOU KNOW?

- 6% of Americans over the age of 12 misuse prescription drugs¹
- 12% of prescription drug misusers are addicted¹
- Prescription drugs are the third-most abused substance after marijuana and cocaine¹
- The types of prescription drugs people abuse most are painkillers, stimulants, sedatives, and tranquilizers¹

PRESCRIPTION DRUG MISUSE IMPACTS WELL-BEING



Physical

- Sudden weight gain or loss
- Bloodshot eyes
- Tremors
- Slurred speech



Behavioral

- Sudden mood swings or agitation
- Lack of motivation
- Hyperactivity
- Paranoia



Social

- Sudden change in activities or interests
- Legal problems
- Financial difficulties
- Relationship issues

SUPPORT THOSE IN NEED



Addiction is a condition due to a combination of social, biological, and psychological factors. If someone can't stop taking a medication despite experiencing the signs and symptoms of misuse, they may have an addiction and should **seek immediate help by dialing 988 then press 1.**

Addiction is a physical need, not a weakness. It often leaves people feeling alone in their struggle. Anyone can offer support by:

- Listening without judgment
- Being patient and encouraging
- Respecting privacy and setting boundaries

CONTACT US

For more information on prescription drug misuse or other topics, email us at: ng.ncr.ngb.mbx.resiliency-branch@army.mil



PRESCRIPTION DRUGS SHOULD HELP NOT HARM

What does it mean?

- Prescription drug misuse can mean one of three things:
 - Not following a provider's directions, like taking more at a time or using more frequently than prescribed.
 - Taking someone else's drug even if for minor issues, like pain or sleeplessness.
 - Using a drug for a reason other than its prescribed use, like taking ADHD (attention deficit hyperactivity disorder) meds to stay awake.

Why does it matter?

- Misuse can cause physical and mental harm, lead to a discharge or separation from the military, or result in accidental death or suicide.

What can you do?

- Proactively reach out to Service members showing signs and symptoms.
- Create a safe environment for them to talk openly and seek help.
- Discourage drug sharing and emphasize the need to follow doctors' orders.
- Know when and how to safely dispose of medications.
- Recommend medication lock boxes to store drugs safely and easily.
- Stress that struggling with misuse or addiction is not a sign of weakness and asking for support shows true strength.

MISUSE & THE WORKPLACE

Drug misuse is an unhealthy behavior that can create an unsafe environment putting Service members and the mission at risk.

Service members are encouraged to take the Defense Organizational Climate Survey (DEOCS) to assess command culture.

Reminder, the DEOCS must be initiated by OCT 31 to meet the NOV 30 deadline.



RESOURCES TO RECOMMEND



Too Much to Lose shares information and free promotional materials related to prescription drug misuse <https://toomuchtolose.org>



Army Directive 2021-21 outlines use of prescribed controlled medications https://armypubs.army.mil/epubs/DR_pubs/DR_a/ARN32521-ARMY_DIR_2021-21-000-WEB-1.pdf



Air Force Instruction 44-121 outlines the Alcohol and Drug Abuse Prevention and Treatment Program https://static.e-publishing.af.mil/production/1/af_sg/publication/afi44-121/afi44-121.pdf



Military OneSource offers 24/7 access to free, confidential support <https://www.militaryonesource.mil>



Substance Abuse and Mental Health Services Administration provides 24/7 free and confidential treatment referral and support <https://www.samhsa.gov/find-support>



National Prescription Drug Take Back Day is October 28, 2023; search for a local collection site/event <https://www.dea.gov/takebackday>



Search for a year round drug disposal site near you https://www.deadiversion.usdoj.gov/drug_disposal



Consult the flush list of meds that can be disposed of in the toilet or instructions for discarding in the trash <https://www.fda.gov/drugs/safe-disposal-medicines/disposal-unused-medicines-what-you-should-know>



Operation Supplement Safety contains the DoD Prohibited List and other tools provided by the Uniformed Services University <https://www.opss.org>



SPOTLIGHT: CONNECTEDNESS AND RELATIONSHIP EDUCATION (CARE)

- CARE builds trust between leaders and subordinates to develop ready and resilient Service members.
- The training helps leaders identify and mitigate risk factors for substance misuse to protect Service members from experiencing adverse outcomes.
- For more information, email: ng.ncr.ngb-arng.mbx.ngb-j1-partnerships@army.mil

REFERENCES:

1. National Center for Drug Abuse Statistics, <https://drugabusestatistics.org>