

COMMUNITY CORNER

Confidential alcohol treatment pilot program being implemented on post

By Col. Kevin Brown
GARRISON COMMANDER

A sign of strength is knowing when to ask for help. It takes courage to talk to someone and to learn how to manage problems in healthy, productive ways.

A confidential alcohol treatment pilot program has been implemented at Fort Riley to help those who want to seek treatment for alcohol problems.

Officially named the Confidential Alcohol Treatment and Education Pilot, CATEP was designed to empower Soldiers,

who have alcohol problems, to seek help confidentially.

Under the Army Substance Abuse Program regulation, AR 600-85, there is a mandatory commander notification for self-referrals.

CATEP, which began in 2009 at Schofield Barracks, Hawaii, Fort Lewis, Wash., and Fort Richardson, Alaska, eliminates mandatory commander



Col. Brown

notification for self-referrals. Fort Riley was chosen to be added to the CATEP program this year because of its high deployment rates. Fort Carson, Colo., and Fort Leonard Wood, Mo., also were added to the pilot program this year.

CATEP is for all Soldiers, regardless of rank. Soldiers must self-refer themselves to the program and not have any past drug or alcohol-related incidents on record over the past 12 months.

The goal is to help treat Soldiers early before alcohol misuse reaches the point of requiring a

mandatory referral to ASAP.

How do you know if you or someone you know should seek help?

According to the National Institute on Alcohol Abuse and Alcoholism, alcoholism is only one type of alcohol problem.

"Alcohol abuse can be just as harmful. A person can abuse alcohol without actually being an alcoholic – that is, he or she may drink too much and too often, but still not be dependent on alcohol."

Have you ever felt like you should cut down on your drinking? Do you get mad when

people criticize your drinking? Have you ever felt guilty about drinking? Do you crave a drink first thing in the morning?

If you answered yes to these questions, contact CATEP. If you qualify for the program, a counselor will meet with you, even after duty hours, to develop a treatment plan that may last from one week to one year.

Fort Riley is committed to helping its Soldiers build their resiliency. Improving Soldiers' overall health by reducing high-risk behaviors like alcohol abuse is one way to improve resiliency and maintain the strength of

America's Army.

We want you to seek the help you need.

To talk to the CATEP counselor, send an e-mail to rle.dhr.catep@conus.army.mil or call 785-239-5047/240-5127. For more information on CATEP, visit www.riley.army.mil and click on "Services," "Soldier Services," and then the CATEP link.

To comment on this column or suggest a topic for Community Corner, send an e-mail to rle.post.newspaper@conus.army.mil.

ASAP, expert speaker talk teen violence at area schools

By Shandi Dix
1ST INF. DIV. POST

In preparation for Red Ribbon Week, officials with the Fort Riley Army Substance Abuse Program traveled to area high schools with Phil Chalmers Oct. 19 and 20.

Chalmers is a youth advocate and an expert on juvenile homicide and mass murder. He has been writing books and conducting speaking engagements since 1985, focusing on youth culture and negative entertainment. Since 2005, Chalmers also has spoken to teens about violence and school safety.

Because military dependents are enrolled in about 15 surrounding area schools, it is important to include all of Fort Riley's Family members as often as possible, said Nicole Sizemore, prevention coordinator with ASAP, about why the program was presented to off-post schools.

Chalmers visited White City,

Hope, Abilene and Chapman high schools, as well as the Junction City High School Freshman Success Academy, Junction City's alternative school and Saint Xavier High School, Junction City.

"Chalmers spoke on many subjects to include substance abuse and how closely all these high risks areas are associated," Sizemore said.

Chalmers is known for giving edgy, out-of-the box live presentations that are both entertaining and shocking by using the perfect mix of biting humor, first-hand crime details, in-depth crime scene photos and interviews with the perpetrators themselves, Sizemore said.

Over the years, Chalmers has interacted with teen killers, school shooters, sexual predators and serial killers like Charles Manson and the Jonesboro school shooter, Mitchell Johnson.

Focusing on recreational sex, purity, chemical abuse, teen vio-

lence and suicide, Chalmers' destructive decision presentations are geared toward junior and senior high students.

Using a gloves-off technique, Chalmers addresses the increasing rate of drug and alcohol use among teens, showing the after effects of those who use and abuse chemicals, Sizemore said.

During his presentations, Chalmers used several before and after photos of drug users, along with photos of the consequences of drunken driving.

Chalmers was recommended as a speaker by the principal at El-Saline High School, Brookville, Kan., after it was mentioned the impact Chalmers had on the student body there, Sizemore said.

It's also "more bang for the buck, when you get a guest speaker to address the entire high school versus trying to come up with activities and prizes," she said.

Chalmers also is the author of many books and DVDs.



COURTESY PHOTO

Phil Chalmers speaks to students at the Junction City High School Freshman Success Academy Oct. 20 as a kick-off event for Red Ribbon Week. Chalmers is a youth advocate and an expert on juvenile homicide and mass murder.

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are greatly improved.

The sooner motorists are alerted to something, like a child moving up ahead, the sooner they can react.

Secondly, parents and guardians can help children remember to "stop, look left right left and listen" before stepping off the curb, even where there is a traffic signal.

Accompany children when they walk to and from school as often as possible.

Lastly, remind children to avoid jaywalking and crossing from between parked vehicles. Crosswalks are safer and more visible, especially after dark. Motorists also can help by paying special attention to safe driving rules in low-light conditions.

Most importantly, be alert if on the road driving after dark. Watch carefully for children who may be walking or riding their bikes.

Always drive at a safe speed, especially on unlit or winding roads or when using low beams. Never pass a stopped school bus with its stop arm extended and red lights flashing.

To help increase the ability to see at night, be sure to take off sunglasses at dusk. Wipe off headlights regularly and keep the windshield clean, both inside and out.

Adjust the rearview mirror to the "night" setting to avoid headlight glare. If high beams are needed on an unlit road, be sure to turn them off when another car approaches.

1ST HBCT

The 1st Heavy Brigade Combat Team Family Readiness groups will hold meetings throughout November and December. For more information please call the unit family readiness support assistance at the phone numbers included below.

STB

For more information, con-

tact 785-240-4337.

All-Battalion FRG Meeting – 6 p.m. Nov. 15, Army Community Service Annex. Guest speaker will be from Hearts Apart.

All-Battalion FRG Meeting – 6 p.m. Nov. 15, ACS Annex for a holiday potluck.

101ST BSB

For more information, call 785-239-1772.

Co. A – FRG Meeting 6:45 p.m. Nov. 16 and Dec. 14, ACS Annex

Co. B – FRG meeting 6:30 p.m. Nov. 16, Battalion Conference Room; 5:30 p.m. Dec. 15, ACS Annex

Co. C – FRG Meeting and potluck 2 p.m. Nov. 20, Forsyth Neighborhood Center.

1ST BN, 5TH FA REGT.

For more information, con-

tact 785-239-9288.

HHB – FRG Meeting 7 p.m., Nov. 23, Building 7102; Gift Wrap Fundraiser 3 to 9 p.m. Dec. 8; Holiday Brunch Dec. 11

Btry. A – FRG Meeting 6 p.m. Nov. 16, ACS Annex; Holiday Brunch 10 to 1 p.m. Dec. 18 ACS Annex

Btry. D – Gift Wrap Fundraiser 3 to 9 p.m. Dec. 14 and 9 a.m. to 3 p.m. Dec. 22

Btry. G – Spouses Night 6

p.m. Nov. 18, Spin City; FRG Meeting 6:30 p.m. Nov. 30, Forsyth Neighborhood Center meeting room; Brunch with Santa Dec. 4

1ST BN, 16TH INF. REGT.

For more information, call 785-239-6687.

HHC – FRG Meeting 6:30

See FRG, page 19

HOUSE
FILL AD