

# FORGING THE FUTURE:



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## Friday FACTS

8 March 2002

"Leadership, Partnership, and Championship"

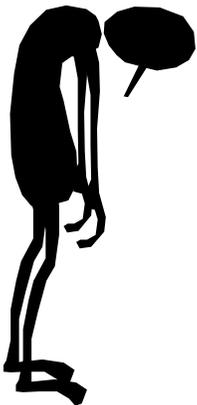
### National Alcohol Screening Day

The fourth annual National Alcohol Screening Day will take place on April 11, 2002! The screening, education and outreach program may be conducted by clinics, hospitals, primary care as well as rehabilitation centers! Participating sites will receive brochures, educational and screening materials, a publicity guide and implementation directions. Funding from government agencies result in no cost to the participating sites! If interested please contact <http://www.mentalhealthscreening.org>

### National Anxiety Disorders Day

Problems with anxiety are often unrecognized and thus do not receive appropriate care and treatment. How many individuals at your command and in your catchments area are suffering from an anxiety disorder? To promote awareness, early intervention and education on anxiety, consider participating in the National Anxiety Disorders Day Screening program! Partner with primary care, mental health, FFSC, MCCS and community agencies to sponsor this event at your base and in the local area! Call 1-888-442-2022 for more information and to participate in this behavioral health program.

### Depression: The role of family and friends



Depression affects not just those who have it, but also those who care about them — family, friends and co-workers. If someone you care about is depressed, then one of the most important things you can do for yourself and for that person is to learn all you can about depression and its treatment. Whether the person who's depressed is a parent, a spouse, a companion, a child or a friend, your being informed will aid your desire and ability to help, alleviate some of your fears and uncertainties, and give you

strategies for coping.

Going through an episode of depression with another individual can be a very difficult experience. It requires patience and courage on both your parts. For more on how to help someone who is depressed visit <http://www.mayoclinic.com/findinformation/conditioncenters/invoke.cfm?>

### The Crews Into Shape challenge has begun!

This year 39 teams have accepted the challenge.

- 1 BDC Yorktown
- 1 Tricare Prime Norfolk
- 1 Portsmouth HP
- 1 NPMU6 Hawaii
- 1 BDC Dam Neck
- 4 Groton
- 6 BDC Norfolk
- 10 NH Charleston
- 1 NH Jacksonville
- 6 NH Beaufort
- 6 BMC Atlanta
- 1 BDC Portsmouth

Again we have some fun and creative team names: March Madness, Slenderellas, Dam Neck Dental Dynamos,

Salubrious 7, Gladys Knight & the Paps, Mighty Molars, Dental Drillers, Coumadin Cowgirls, Mocha Swirl, the Gunz, to name a few. We have some great prizes for the top 4 winning teams. Good luck and have fun on your quest for higher performance.



"To be capable of steady friendship or lasting love, are the two greatest proofs; not only of goodness of heart, but of strength of mind."

- William Hazlitt, essayist (1778-1830).