



UMAPIT 2.0

Unit-Based Marine
Awareness and Prevention
Integrated Training



Proactive Strategies





Your Role

Enhance Overall Readiness For Yourself & Others



Promote Strength & Resilience



Manage Challenges Before They Become Overwhelming



Identify Issues Early



Connect With Help



Support After Assistance Is Received



Promote: **Total Fitness & Protective Factors**

MIND



- + Positive Attitude
- + Decision Making Skills
- + Coping Skills

BODY



- + Adequate Sleep
- + Good Nutrition
- + Exercise

SPIRIT



- + Motivation
- + Healthy Perspective
- + Sense of Humor

SOCIAL



- + Core Values
- + Low-risk Drinking
- + Communication Skills



EXTERNAL

- + Trusted Leaders
- + Healthy Peers
- + Healthy Relationships
- + Rules & Structure
- + Mission Focus
- + Unit Cohesion
- + Accountability
- + Opportunity



Manage: Risk Factors

- + Bad decision making or poor coping
- + Peers engaging in problem behavior
- + Financial, legal problems
- + NJP, administrative action
- + Poor unit cohesion
- + Relationship issues
- + Loss of loved one
- + Substance misuse
- + Risk taking, sensation seeking
- + Social isolation, low self-esteem
- + Hazing or bullying
- + Unresolved anger
- + Feeling trapped
- + Humiliation, embarrassment





Skill: **Self-Support**

Preparing for challenges and managing situations as they arise is **OUR RESPONSIBILITY.**

- + Take a pause
- + Visualize a better outcome
- + Know your triggers
- + Say positive coping statements
- + Use (4-count) breathing
- + Use progressive muscle relaxation





Exercise: Self-Support & Coping

Discuss

- + What are some ways you unwind, relax, and prepare yourself for challenges? Think about mental, physical, spiritual, and social ways.





Skill: Decision Making



OBSERVE

- + Collect Info + Environment
- + Context + Time Constraint
- + Impact to Self/Others
- + Perceptions
- + Consequences
- + Other Inputs



ORIENT

- + Experiences + Outcomes
- + Biases + Values
- + Ethics + Perceptions
- + Morals + Beliefs
- + Advice



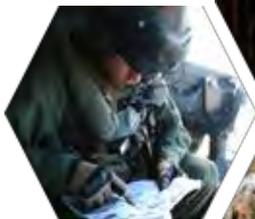
DECIDE

- + Move Forward With Best Guess



ACT

- + Implement
- + Cycle Back





Exercise: Decision Making

- + On leave, you and four friends rent a sailboat off the coast of Florida. You have some sailing experience that goes way back but, this is the **first time in a while that you've been out for a multi-day sail.**
- + **After a day and a half of sailing the boat's** navigation system and lights fail.
- + **You go for your bag of essentials but it's** knocked off the boat by strong wind before you can reach it.
- + To gain your bearing, you check your watch and the location of the sun above, you look out across the bow and notice what looks like some type of landmass on the horizon.
- + **By a quick check of your map, you think you've** identified where you are. You realize you have three options, you may only choose one to get back on course.

- A) Use the sun and stars as your navigation system.
- B) Use the landmass as a point of reference.
- C) Measure the current to predict/plot the course to your destination.



Alternate Exercise: Decision Making

- + You're travelling to [insert major city, such as Washington, D.C.] to be in the sword detail for your best friend's wedding—it starts five minutes from now. You're driving and your phone says you are 20 minutes out because of the damn city traffic. You planned for delays, that didn't help, and you forgot your cellphone charger. Your road rage is building up and you're sweating in your dress blues.
- + As you're driving, you notice your phone is nearly dead, you probably can't make a call without it shutting off. Your GPS isn't tracking, maybe a result of all the buildings.
- + You're unsure of your next turn, which frustrates you more. All the street parking is taken, so getting out of your car for directions is a challenge. Fortunately, you remember the name of the church and have a general idea of where the reception is located. You realize you have three options, you may only choose one since you have very limited time.

- A) Drive until you find parking, then run into a building to ask for directions.
- B) Based on what you saw from the map and your past experience with the area, guess your way to the church where the wedding is being held.
- C) Roll down your window and find someone who can help get you re-oriented (maybe they have a cell phone you can use).



Alternate Exercise: Decision Making

- + You leave work early on Friday to hike with a friend. From previous hikes, you remember the trails. You plan a route and take your phone.
- + About two hours into the hike, your friend **realizes the trail isn't going where you'd planned. You're getting further away but your phone's GPS is not updating.**
- + You both navigate up a steep gradient of challenging rocks. On the boulders, you lose track of the trail and your buddy slips, getting their leg snagged between rocks. Your buddy is yelling, their leg is badly broken. You go to assist and see a rattlesnake spring out to bite your friend.
- + **You kill the snake and you'd call for help but your phone isn't working. Remembering the direction you came from is hard, it's getting dark, and it all looks the same.**
- + Your instinct is to get your friend out of the rocks. You realize you have three options, you may only choose one as your buddy needs help.

- A) Leave your friend to find a location where you get a phone signal to contact help and emergency services.
- B) Leave your friend to locate the trail, go back to get them, and drag them along the trail until you locate a phone signal.
- C) Waste no time, pull your friend out, drag them along the first trail you find, and keep moving until you locate a phone signal.



Skill: Peer Support

- + Positively influence
- + Lead by example
- + Offer insight
- + Share valuable experience
- + Know the available resources
- + Get peers to assistance





Exercise: Peer Support

- + You find a friend pacing his room, ranting about a text he got from someone back home. The text says his girlfriend, the mother of his 2 year old, left the mall with **another guy, and they looked, "pretty friendly."** He freaks out and busts his cell phone against the wall.
- + **This isn't the first rumor he has heard about his girlfriend.** He once told you no one else would play **father to his daughter and he can't understand why she won't just marry him so they can all be together.**
- + **Your friend's roommate tries to get him out to blow off some steam.** He says there's a party in town, there will be a lot of girls there, and your friend just needs to get laid and show his girlfriend that two can play that game. **Your friend is pissed and you can tell he's tempted by the offer.**



Alternate Exercise: Peer Support

- + Your buddy recently lost a close friend in a car accident. **For weeks, you've noticed that she's quieter than usual and staying more to herself.**
- + **You're surprised when you hear she was involved in a fight at a local bar.** You heard the story from another Marine in the barracks who witnessed it. When she tells you her version, she makes it sound like the other Marine blew it out of proportion.
- + A couple days later, you contact her to PT together but **she's noticeably intoxicated and it's only about an hour after work.** She tells you she has some guilt about losing her friend and asks, "how can someone just die?" You have a decision to make, it wouldn't feel right to tell her to go to sleep it off and forget about it.



Exercise: Peer Support

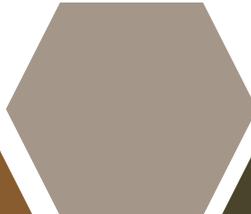
Discuss

- + What issues do we see? Just the facts.
- + What are the less apparent issues?
- + How do you start a conversation with this friend?
- + How do you immediately support this friend?
- + Days, weeks, and months in the future, how do you continue supporting this friend?



Identify

**COMBAT &
OPERATIONAL
STRESS**



**INTIMATE
PARTNER ABUSE &
CHILD
MALTREATMENT**



**SUBSTANCE
MISUSE**



SUICIDE





Identify: Combat and Operational Stress

Changes in physical, mental functioning, or behavior resulting from the experience of combat, its aftermath, or from stress that may impact us at home, in garrison, and during non-combat military operations.

Warning signs (things you might see)

- + Changes in behavior, mood, appearance
- + Difficulty sleeping
- + Anxiety
- + Unusual, persistent sadness, irritation, anger



Tool: The Stress Continuum

Ready

- + Coping with stressors
- + Continues to function well

Reacting

- + Temporary or mild stress
- + Signs of that stress go away

Injured

- + Severe or persistent distress or impairment
- + Lasting change in behavior or personality

Ill

- + Severe distress or loss of function that is bad enough or persisted long enough to be diagnosable

Individual Responsibility

Peers and unit leaders primarily assist in Green + Yellow zones, then continue support in the Orange + Red zones by identify signs and getting Marines assistance.

Chaplain and medical responsibility is strong in the Orange + Red zones where professionals have the most impact. They can provide assistance in any zone.



Tool: The Stress Continuum

Green (Ready) Zone

+ Good to go + Well trained + Prepared
+ Fit and tough + Cohesive units + Ready families

- + Promote strong connection to unit, family, community
- + Teach problem-solving and conflict resolution
- + Express disapproval of risky activities
- + Monitor for signs of distress or loss of function

If there is a CHANGE IN BEHAVIOR from the Marine's usual patterns proceed to Yellow Zone.



Tool: The Stress Continuum

Yellow (Reacting) Zone

- + Distress or mild impairment + Anxious or irritable
- + Short-term behavior change

- + Promote use of peers, chain of command, chaplain, medical/MCCS resources, and the DSTRESS Line (1-877-476-7734) before issues become overwhelming
- + Discuss stressors in small units; maintain empathy
- + Ensure adequate sleep and rest

If the distress looks SEVERE OR PERSISTENT

proceed to Orange Zone.



Tool: The Stress Continuum

Orange (Injured) Zone

- + More severe or persistent distress or impairment
- + Lasting personality change

- + Refer to chaplain or medical, follow up to ensure they are connected
- + Promote positive peer support
- + **Don't allow Marines to withdraw from others**
- + Mentor back to full duty and function
- + Restore mutual trust and respect

If the distress significantly impacts CAREER OR RELATIONSHIPS proceed to Red Zone.



Tool: The Stress Continuum

Red (III) Zone

+ Severe distress or loss of function persisting long enough to be diagnosable + Requires intervention + Unmanaged symptoms may significantly impact career and family

- + If you think a Marine is in the Red Zone, refer him or her to medical
- + Only a qualified medical officer can diagnose a Marine in the Red Zone who may have post-traumatic stress, anxiety, depression, addictive disorder, etc.
- + Follow up and ensure treatment compliance
- + If possible, reintegrate with unit and mentor back to full duty



Exercise: Identifying Stress

Discuss

- + What stress zone do you think this Marine is in?
- + What follow-up actions might support this friend?
 - ▶ You find a friend pacing his room, ranting about a text he got from someone back home. The text says his girlfriend, the mother of his 2 year old, left the mall with another guy, **and they looked, “pretty friendly.” He freaks out and busts his cell phone against the wall.**
 - ▶ **This isn't the first rumor he has heard about his girlfriend.** He once told you no one else would play father to his **daughter and he can't understand why she won't just marry him so they can all be together.**



Alternate Exercise: Identifying Stress

Discuss

- + What stress zone do you think this Marine is in?
- + What follow-up actions might support this friend?
 - ▶ Your buddy recently lost a close friend in a car accident. **For weeks, you've noticed that she's quieter than usual and staying more to herself.**
 - ▶ **You're surprised when you hear she was involved in a fight at a local bar. A couple days later, you contact her to PT together but she's noticeably intoxicated and it's only about an hour after work.**
 - ▶ She tells you she has some guilt about losing her friend and asks, "how can someone just die?"



Identify: Substance Misuse

Use of alcohol or wrongful use of a controlled substance (prescription medication, over-the-counter medication, intoxicating substance) to an extent that it has adverse effect on:

- + Performance, conduct, discipline, mission effectiveness
- + User's health, behavior, family, community, and the Marine Corps
- + Or leads to unacceptable behavior as evidenced by one or more acts of alcohol-related misconduct



Substance Use Disorder: Warning Signs

- + Changes in behavior, job performance, mood, friends
- + Frequent intoxication
- + When availability and consumption of alcohol becomes the focus of social or professional activities
- + Difficulty focusing; glazed appearance of the eyes
- + Uncharacteristically passive behavior; combative and argumentative behavior
- + Gradual deterioration in personal appearance or hygiene
- + Late for work or formation
- + Unexplained bruises and accidents
- + Irritability
- + Lapse of memory (blackout)



Substance Misuse: Prohibited Activities

Taking any prescription drug

- + Outside of the timeframe your doctor prescribed it
- + In excess of your directed dose
- + Prescribed to someone else

Taking banned performance-enhancing substances

- + Such as steroids
- + Some over-the-counter supplements

Using illegal substances, including but not limited to

- + Marijuana, ecstasy, cocaine



Identify: Alcohol Risk

High-risk = 3 or more standard drinks/day

Low-risk = 2 standard drinks/day, 1 standard drink/hour

No-risk = 0 standard drinks/day

**Each of these is a
standard drink =**



or



or



or





Identify: Intimate Partner Abuse

Use, attempted use, threatened use of physical force or violence. Or a pattern of behavior resulting in:

- + Emotional or psychological abuse
- + Economic control
- + Interference with personal liberty

This behavior is directed toward:

- + A current or former spouse
- + A person with whom the abuser has a child
- + A current or former intimate partner with whom the abuser lives or has lived



Intimate Partner Abuse: Indicators

Risk Factors

- + Background or history of abuse
- + Marital conflict
- + Low self-esteem
- + Financial problems
- + Alcohol or substance use disorder

Warning Signs (things you might see)

- + Isolation from friends and family
- + Unreasonable jealousy
- + Threats of violence
- + Controlling behavior
- + Fear of partner



Intimate Partner Abuse: Unrestricted Reporting

Victims can contact the Family Advocacy Program (FAP), law enforcement, or chain of command to make an unrestricted report

- + Unrestricted reports result in command involvement
 - ▶ May result in law enforcement investigation and protective orders
- + An unrestricted FAP case is opened to provide safety and treatment planning
 - ▶ The case goes to the Incident Determination Committee
- + If a child witnesses intimate partner abuse this results in an unrestricted report
 - ▶ **All reports of child maltreatment are unrestricted**
- + Once an unrestricted report is made- it cannot be restricted



Intimate Partner Abuse: Restricted Reporting

Adult victims who prefer confidential assistance that does not notify law enforcement or military commands, can contact a FAP clinician, FAP victim advocate, or health care provider to make a restricted report

▶ Some state and local laws require healthcare personnel to disclose incidents to law enforcement, including California

- + Allows victims to work with a FAP counselor or FAP victim advocate to evaluate relationship choices, develop a safety plan, obtain resources and referrals, seek medical attention, and attend counseling sessions
 - ▶ These cases do not go to the Incident Determination Committee
- + The report is no longer confidential if commands or law enforcement become aware of an incident or allegations



Identify: Child Maltreatment

Physical, sexual, emotional abuse, or neglect of a child:

- + By a parent, guardian, foster parent, or caregiver
- + Under circumstances indicating that the child's welfare is harmed or threatened

Warning signs (things you might see)

- + Bruising, burns, other injuries without explanation
- + Withholding medical or dental care
- + Inadequate school attendance

***You are a mandated reporter of child maltreatment.
Contact FAP to report known or suspected cases.***

DOD Instruction 6400.06/MCO 1754.11



Exercise: Identify

- + Cpl Thompson is an avid gamer, his wife works nights, and they have a 1 year old son. Thompson loves to drink a few beers and play X-**Box. You're an occasional player and one night Thompson invites you** over to show you a thing or two about cheats and advancing levels. **You go and while you enjoy yourself, Thompson's intensity while playing feels a little strange, he played for 4 hours straight and didn't** acknowledge his son the whole time. His wife complains about him often spending more than 6 hours a night playing. Maybe this **explains why Thompson isn't sleeping well and he overreacts to** minor things.
- + Your unit has a family cookout and Thompson will not go because he plans to finish as the top contender in a weekend tournament. His wife is working all weekend and he plans to keep his son at home. This situation concerns you. Jokingly you tell Thompson not to be so focused on gaming that he forgets to feed his son. Laughing your **comment off Thompson says, "you worry too much, loosen up."**



Alternate Exercise: Identify

- + Even though Daniels hasn't said much about it, you know his separation from his wife is really bothering him.
- + You remember him telling you in boot camp that once he got married it was for life. He told you his parents jacked up their marriage and he refused to be like them.
- + **His high school track coach, a retired Marine, who'd been married for 28 years, was a great role model, and the reason he enlisted.**
- + You know Daniels and his wife fight a lot. You heard they were in debt and that one of them might be cheating.



Exercise: Identify

Discuss

- + What issues do we see? Just the facts.
- + What are the less apparent issues?
- + What stress zone do you think this Marine is in?
- + How do you immediately support this friend?
- + What are helpful resources for this situation?
- + What follow-up actions might support this friend?



Identify: Suicide

Deaths by suicide and related non-fatal events often occur in association with:

- + Relationships and work-related stressors
- + Pending disciplinary action
- + Illness such as depression
- + Periods of transition in duty status
- + Between duty stations



Suicide: Indicators

Risk Factors

- + Previous suicide attempt
- + History of drinking/using drugs
- + Mental health issues or diagnosis
- + History of physical, sexual, or emotional violence/abuse
- + Family history of mental health diagnoses and/or suicide
- + Unresolved anger
- + Access to firearms

+ Triggering Events =

- + Relationship problems/recent breakup
- + Financial problems
- + Legal problems
- + NJP or administrative action
- + Loss of loved one
- + Feeling trapped
- + Humiliation or embarrassment
- + Sense of being an outsider, social isolation

Warning Signs

- + Talk of feeling hopeless or worthless
- + Sudden mood changes
- + Reckless behavior
- + Social withdrawal or isolation
- + Increased talk of dying/death
- + Loss of interest in activities or things that used to be enjoyable



Tool: **R.A.C.E.**

R

Recognize the signs

+ Be alert to changes in friends, family members, and Marines

A

Ask the question

+ "Are you thinking of killing yourself?"

C

Care with words and actions

+ Let your words and actions show that you're listening
+ If you're unsure about his/her state of mind, contact your chain of command or chaplain

E

Escort to help

+ Don't let the person out of your sight, stay until help arrives or take the person directly to help
+ Resources include health professionals, DSTRESS Line (1-877-476-7734), National Suicide Prevention Lifeline (1-800-273-TALK (8255)), and 911



Demonstration: **R.A.C.E.**



Exercise: R.A.C.E. Scenario 1

- + Your friend is a Sgt separating from the Marine Corps because he was passed up for promotion; he can no longer stay in. He wanted to make the Marine Corps a career and is having a difficult time adjusting.
- + He is 2 years married, has one stepchild aged 4 with special needs, and a baby on the way. He is angry when he gets home; as well as distant, and no longer talks to his spouse. His spouse wants to plan **their move back home but can't seem to say anything that doesn't start an argument.**
- + He isolates himself by playing on his computer into the night and drinks more than usual at home. You were told that during a mess night the Marines from his unit noticed his behavior changed drastically.



- + What warning signs did you recognize?



- + What might you ask this Marine to start the conversation?
- + **Ask, "Are you thinking of killing yourself?"**



- + Show that you care



- + Escort this Marine to chain of command, chaplain or a health professional, or call the DSTRESS Line (1-877-476-7734), National Suicide Prevention Lifeline (1-800-273-TALK (8255), or 911
- + Stay with this Marine until help is received



Exercise: R.A.C.E. Scenario 2

- + A female Cpl in your unit is single and lives in the barracks with a roommate. This is her 2nd duty station. She is on restriction and about to face an NJP due to a drinking and driving incident.
- + She got into a traffic accident while under the influence and sustained **injuries to her knee and back**. She's been on light duty for months and is in constant pain.
- + To stop the pain, she is drinking and taking over-the-counter night time pain medication with her prescribed pain medication.
- + She was told she will not be able to deploy with her unit due to her medical and legal situation. She has been talking about being useless, and wishes the situation would just end.
- + The **Cpl's** roommate has noticed a slight difference in her appearance **and mood but isn't concerned**.



- + What warning signs did you recognize?



- + What might you ask this Marine to start the conversation?
- + **Ask, "Are you thinking of killing yourself?"**



- + Show that you care



- + Escort this Marine to chain of command, chaplain or a health professional, or call the DSTRESS Line (1-877-476-7734), National Suicide Prevention Lifeline (1-800-273-TALK (8255), or 911
- + Stay with this Marine until help is received



Connect with Help

**PEERS &
CHAIN OF
COMMAND**

CHAPLAIN

**MEDICAL /
MCCS**

+ Medical Clinic + Hospital
+ Medical Personnel
+ Counselor
+ Corpsman



**DSTRESS
LINE**
1-877-476-7734
dstressline.com





Connect: Local Resources

OSCAR Team Members: XX, XX, XX

Chaplain & RPs: XX, XX, XX

Medical Staff: XX, XX, XX

Suicide Prevention Officer: XX, XX

Substance Abuse Counseling Center, SACC: Phone, Website

MCCS counseling facilities: Phone, Website

Community Counseling Program: Phone, Website

Family Advocacy Program: Phone, Website

Military Family Life Counselor, MFLC: Phone, Website

Embedded Preventive Behavioral Health Specialists: Phone,
Website





Give Support

Successful reintegration means a Marine returns to the unit, or returns to his or her specific job, growing from challenging experiences.



- + Communicate an attitude of respect and trust
- + Quickly return Marines to MOS-appropriate duties from limited duty or treatment
- + Refocus back on the mission and rebuild confidence
- + **Ensure others don't undermine any Marine's reputation**
- + Marines in treatment or having recently completed treatment are still at risk and need support



UMAPIT 2.0

Unit-Based Marine
Awareness and Prevention
Integrated Training