

NORTHEAST OHIO RISFAC NEWSLETTER
REGIONAL INTER-SERVICE FAMILY ASSISTANCE COMMITTEE



September 2017



Northeast Ohio RISFAC Meeting Schedule

Oct 19, 2017@ 630pm

American Red Cross
3747 Euclid Avenue
Cleveland, OH 44115



Jan 18, 2018@ 630pm

Summit County Veterans
Service Office
1050 E Waterloo Road
Akron, OH 44306

New editions of the Buckeye Guard digital magazine and video show are now available at <http://ong.ohio.gov/BuckeyeGuard.html>.

The Buckeye Guard magazine focuses on recent partnership activities around-the-world, including:

- . A multinational, air-to-air and air-to-ground exercise in Hungary with five European nations
- . Soldiers from multiple Ohio Army National Guard units traveled to Serbia this summer for a multinational event focused on peacekeeping operations

Special features in the video show:

- . The Ohio National Guard is bringing together more than 100 public and private entities together to take an innovative approach at strengthening cybersecurity
- . Live fire training prepares members of the 1-134th Field Artillery Regiment for their next mission

Do you have a story idea for the online magazine or video show? Contact Public Affairs at ng.oh.oharnng.mbx.pao@mail.mil.

RISFAC Coordinators
Troop & Family Assistance
Center

Joyce Stingel (Contractor)
(614)336-6337
JOYCE.E.STINGEL.CTR@MAIL.MIL

Crystal Pirolozzi (Contractor)
(614)336-4310
CRYSTALPTFAC@GMAIL.COM

Look for all these flyers and more on the RISFAC website

<http://homefront.ohio.gov/RISFAC/Region1.aspx>

September is Suicide Prevention Month. Every Veteran's life matters!

The VA is working to eliminate suicide and promote health among Veterans, no matter where they receive their care. The theme this year is BE THERE. A Caring Community is the best way to prevent suicide. Everyone has a role in preventing suicide with small acts of kindness and support to let others know that they are not alone. This year, please remember that Suicide Prevention really starts with one simple act of support and concern.

Here is a video to view and share about ways to Be THERE for those who need us. It includes ways to share Suicide Prevention information on social media and provides links for resources.

<http://spc.veteranscrisisline.net/suicide-prevention-month/>

There are a lot of ways to show support and send messages to educate about care and treatment especially if you notice significant changes in mood or behavior.

- * Sleeping a lot more or a lot less
- * Quicker to anger
- * More withdrawn from family and friends
- * Drinking more or using drugs
- * Engaging in high-risk behaviors
- * Expressing feelings of hopelessness or saying loved ones would be better off without them around

Be aware of the signs of a crisis. If you notice these signs, encourage immediate attention from a mental health professional:

- * Thinking about hurting or killing oneself
- * Looking for ways to kill oneself
- * Talking about death, dying, or suicide
- * Self-destructive behavior, such as drug abuse or the dangerous use of weapons

You can reach out to the Veterans Crisis line or encourage your Veteran to call.

* [1-800-273-8255](tel:1-800-273-8255) and Press 1 for the Veterans Crisis Line

* Chat at VeteransCrisisLine.net

* Send a text to 838255

Another resource is [MakeTheConnection.net](https://maketheconnection.net/) at <https://maketheconnection.net/> which provides stories to encourage seeking help and provides guidance and resources.

Because Veteran suicide is recognized as a public health crisis, The National Strategic Public-Private Partnerships Office of Mental Health and Suicide Prevention Office has developed a Veteran Outreach Toolkit to end suicide among Veterans by partnering to expand the scope of prevention by reaching out to non-enrolled Veterans, increasing connection to others, enhancing care in the community, and expanding awareness. It is reported that 14 of the 20 who die by suicide are not connected to the VA for their care. Please share this with other professionals and community members:

Here is the link for the Outreach Toolkit.

<https://www.va.gov/nace/docs/myVAoutreachToolkitPreventingVeteranSuicidesEveryonesBusiness.pdf>

If you need Suicide Prevention materials or supplies, please let me know. Together, we can make a difference!!!

Thanks for Being THERE. Take care.



TALKING WITH A VETERAN IN CRISIS

You don't have to be an expert to ask if someone is going through a difficult time or having thoughts of suicide. If you notice changes in a Veteran's behavior or moods and you think they might be in crisis, it's time to respond. The simple act of having a conversation can help save a life.

Here are some ways to approach a conversation with a Veteran who may be suicidal.

First, assess the situation to determine if the Veteran may be in **imminent danger**. Check to see if there are any harmful objects in the area, such as firearms, sharp objects, or lethal drugs. Those at the highest risk for suicide often have a specific suicide plan, the means to carry out the plan, a time set for doing it, and an intention of following through with it.

Asking whether a Veteran is having thoughts of self-harm or suicide may seem extreme, but it is important. Although many people may not show clear signs of intent to harm themselves before doing so, they will likely answer direct questions about their intentions when asked. **Remember, asking if someone is having suicidal thoughts will not give them the idea or increase their risk.**

However, some of those who are at risk may not admit that they plan to attempt suicide. In case the Veteran won't talk about it, be sure to look for warning signs in the box to the right.

Warning Signs of Imminent Suicide Risk

Acting recklessly or engaging in risky activities that could lead to death, such as driving fast or running nail fights -- *swearingly* without thinking.

Showing violent behavior such as punching holes in walls, getting into fights, or engaging in self-destructive violence; giving rage or uncontrolled anger, or seeking revenge.

Giving away prized possessions, putting affairs in order, tying up loose ends, and/or making out a will.

Seeking access to firearms, pills, or other means of harming oneself.

If you and/or the Veteran are not in imminent danger, start a conversation to help the Veteran open up and to find out how you might be able to help. You can ask questions such as:

- "When did you first start feeling like this?"
- "Did something happen that made you begin to feel this way?"

When responding to answers from a Veteran, remember that simple, encouraging feedback goes a long way in showing support and encouraging help-seeking:

- "You're not alone, even if you feel like you are. I'm here for you, and I want to help you in any way I can."
- "It may not seem possible right now, but the way you're feeling will change."
- "I might not be able to understand exactly what you're going through or how you feel, but I care about you and want to help."

Even for Veterans who do not appear to be suicidal, it is important to direct them to resources to help them face mental health challenges and more.

For more information about the Veterans Crisis Line, visit VeteransCrisisLine.net.


For more information about VETS mental health resources, visit www mentalhealth.va.gov.

For access to more than 400 stories of strength and recovery from Veterans and their family members, visit MentalHealthConnection.net.

Safety Issues:

- If you believe a Veteran is at high risk and has already harmed himself or herself, you need to call local emergency services at 911.
- **Never** negotiate with someone who has a gun. Get to safety and call 911.
- If the Veteran has taken pills or harmed himself or herself in some way, call 911.

Veterans who are in emotional distress and are showing warning signs for suicide can be connected to the 24-hour Veterans Crisis Line. Call 1-800-273-8255 and Press 1, use the online chat, or text to 838255. Crisis, specially trained responders are available to provide free, confidential support 24 hours a day, 37 days a month, 365 days a year. Responders are available to speak to Veterans and their caregivers, family members, or friends.



ANSWERING THE CALL

The simple act of talking with a Veteran by phone can help save a life. For a Veteran in crisis — whose emotional struggle and health challenges may lead to thoughts of suicide — those conversations can mean the difference between a tragic outcome and a life saved. When talking to a Veteran, listen for signs of distress or other clues that might indicate that they need immediate help.

Determine if the caller is in distress.

Signs of Distress:

- Emotional crying, loud yelling
- Making concerning statements like:
 - My family would be better off if I wasn't here.
 - I can't go on like this.
 - No one can help me.

1. Remain calm and listen.

2. Ask the question: "Sometimes when people are (upset/angry/frustrated) they think about suicide. Are you thinking about killing yourself or someone else?"

YES
Suicidal, homicidal, or in crisis

NO
NOT suicidal, homicidal, or in crisis

3. Route caller to appropriate local resources.

You can find resources in your area, including local Suicide Prevention Coordinators and crisis centers, using our Resource Locator here: VeteransCrisisLine.net/ResourceLocator.

3. Assess whether the Veteran is at imminent risk, and determine if he or she has already inflicted self-harm or injured others or has an immediate plan to do so, with access to means.

If you are a staff member of a Veterans Service Organization, suicide prevention organization, or another type of support group:

- Notify your supervisor (or other staff) of the situation.
- Try to obtain the Veteran's phone number, name, and location.
- Have your supervisor (or other staff) immediately contact 911 for a safety check.
- Remain on the phone with the caller until emergency personnel arrive.

If you work for a support organization or you are a friend, family member, or acquaintance of the Veteran:

- Try to find out where the Veteran is located and whether anyone else is nearby.
- Verify the Veteran's phone number and, if possible, the last four digits of their Social Security number.
- Explain that you will connect a Veterans Crisis Line staff member into the call.
- Call 1-800-273-8255, Press 1.
- Complete a warm transfer: When the VCL responder answers, identify yourself, explain what is going on, and provide the Veteran's information.
- Inform the Veteran that you will hang up and he or she is in good hands with the VCL responder.
- Make sure the Veteran is on the call with the VCL responder before hanging up.
- If you work for a VSO, a suicide prevention organization, or similar, notify your supervisor per facility procedure or protocol.

For more information about the Veterans Crisis Line, visit VeteransCrisisLine.net.

Good Evening Red Cross Service to Armed Forces Partners,

The American Red Cross is looking for volunteers that are interested in supporting our disaster activities throughout the country as well as disaster clients here in Northeast Ohio. If you, or someone you know, is interested in volunteering, an application can be completed at www.redcross.org/volunteer. For those interested in responding with the Red Cross in a hurricane affected area, please note that our "deployments" are two weeks in length and require you to be a Red Cross trained volunteer.

Training courses to prepare prospective volunteers for potential deployment are listed below. Interested individuals will need to attend on both dates listed. To register, please email Jessica.tischler@redcross.org; someone from the Red Cross will confirm with you and provide additional details.

- * September 14 & 15 Youngstown from 9:00 am- 4:00 pm
- * September 21 & 22 Cleveland from 9:00 am- 4:00 pm
- * September 27 & 28 Akron from 5:00- 9:00 pm
- * October 5 & 6 Cleveland from 9:00 am- 4:00 pm
- * October 11 & 12 Cleveland from 9:00 am- 4:00 pm
- * October 19 & 20 Wooster from 9:00 am- 4:00 pm
- * October 26 & 27 Cleveland from 9:00 am- 4:00 pm

If there is a delay in our response, please be patient, we will get back with you as quickly as possible.

Kind Regards,
 Jessica Tischler, MPA | Regional Director
 Service to the Armed Forces & International Services Programs
 American Red Cross
 Northeast Ohio Region
 3747 Euclid Avenue, Cleveland, OH 44115
 216-426-7525 (office) | 216-496-2998 (cell)
jessica.tischler@redcross.org

Calling all military members! Marsh & McLennan Agency is hosting a Military Appreciation Golf Outing for our USO October 2, 2017.

We have had some very generous donors who selected the "Pay it Forward" option upon registration. Which means they want to offer a spot for a military member to golf at our outing at no charge!

We have 16 slots available and its first come first serve - you can register as a single player and we will match you with other military members of you can register as a team of military members.

Thank you for your service!

Monday October 2, 2017 at NCR Country Club – South Course (16 openings)

<https://marsh-mclennan-uso-golf-outing.eventbrite.com>

Get signed up now and come join the fun!

Back to School Commissary Sidewalk Sale

In lieu of the commissaries' annual fall stateside Customer Appreciation Case Lot Sale, the Defense Commissary Agency will host a worldwide Back to School Sidewalk Sale in August and September! This sale will offer a variety of products at significant savings to include club pack items, cases of your favorite cereals, bottled water, and much, much more.

##Wright-Patterson AFB: Sep. 28-30

##Pittsburgh Area: Aug. 31 - Sep. 2



Please join the USO, Kroger and Coca-Cola Consolidated for a special Message In A Bottle event celebrating our service men and women and their families at the Cincinnati Reds Great American Ballpark. The event will be inside the ballpark at the Kroger Fan Zone on **Sept 19 from 5 – 6:15pm.**

Get your tickets here!

<https://2017-cincinnati-reds-military-appreciation.eventbrite.com>

The event will include:

Free tickets to the game

One food voucher per ticket to exchange for a "Porkopolis" in the Kroger Fan Zone. For the **September 19th** game, the Kroger Meal Deal includes a hot dog, Coca-Cola, a bag of Kettle chips and a Frigo Cheese Head String Cheese. (\$9.25 Value!)

Raffle prizes

Coca-Cola bag with a special Message In A Bottle

Patriotic performance by the USO Show Troupe

Coca-Cola cheers at the bottom of the 3rd inning

To register, click here. Five-dollar donation/contribution fee will be required. Tickets can be redeemed at the Great American Ballpark on **Sept 19 at 4:45pm** in front of the admin building. There will be a USO table there with USO volunteers distributing the tickets. Once inside the ballpark, please proceed to the Kroger Fan Zone to receive your special gifts and experience this event in your honor.

Plan to stay for post-game Fireworks!

****Please Note****

The above \$5 charge is our effort to reduce the high number of "no shows" for events such as these. You may cancel your tickets and request a refund up to 48 hours prior to the event, if you do not cancel your order by then or do not show up, you \$5 per ticket charge is not refundable. This \$5 charge is not intended to cause a financial hardship. If you are not able to afford the fee, send an email to staff@usocso.org. Thank you for your efforts in helping us use these awesome tickets provided by our sponsors!

If you have questions or concerns contact Sue Ann Carroll, USO of Central & Southern Ohio, Community Relations Manager @ sueann@usocso.org

MILITARY APPRECIATION

To show our appreciation to all US service personnel, all retired and active military members are invited to attend the American International Motorcycle Expo presented by Nationwide for FREE on Saturday, September 23rd and Sunday, September 24th.

BRING THIS AD and a valid form of military I.D. to the Info Center near the entrance to the AIMExpo presented by Nationwide show floor to claim your ticket.

Our appreciation and gratitude to you and your families. We'll see you at the Expo!

OVER 26 MANUFACTURERS ON DISPLAY!

OVER 500 EXHIBITORS SHOWCASING 2018 NEW MODELS, GEAR, PARTS AND ACCESSORIES

FREE DEMO RIDES AT AIMEXPO OUTDOORS!

RETRO AFFAIR VINTAGE BIKE CONTEST

CHAMPIONSHIP OF THE AMERICAS CUSTOM BIKE COMPETITION

FREE MOTORCYCLE PARKING!

23-24 SEPTEMBER
2017
GREATER COLUMBIAN CONVENTION CENTER

BRING THIS AD FOR FREE ENTRY*

*Available to attend and purchase tickets on-site on Saturday, September 23rd and Sunday, September 24th, 2017. Offer valid for the USA and its possessions only.

SPONSORED BY

The Powersports Expo

1-855-527-2697

Veterans online shopping benefit

NEW SHOPPING BENEFIT SALUTES OUR VETERANS

Coming soon: the veterans online shopping benefit — online military exchange shopping privileges for those who served.

What is the veterans online shopping benefit?

Starting this Veterans Day, Nov. 11, 2017, honorably discharged veterans will have access to tax-free online shopping privileges at military exchanges.

What can be purchased?

Eligible veterans can purchase nearly all products on the Exchange Services' online retail environment—with the exception of uniforms, alcohol and tobacco products.

Who is eligible?

This lifetime online benefit will be available to all honorably discharged veterans of all Military Services of the U.S. Armed Forces.

Benefit begins Veterans Day, Nov. 11.

The Department of Defense is proud to extend this benefit to veterans in recognition of their service. Online shopping will also help fund quality-of-life programs, supporting service members and their families.



Check out Military OneSource for future updates and information.
800-342-9647 • MilitaryOneSource.mil

MILITARY ONESOURCE

Service Deserves Its Rewards*

Hero Rewards*

"The service provided by the Homes for Heroes program was outstanding! I would highly recommend any military or public service personnel to utilize this program!"
— Scott B. from Ottumwa, IL

NO Red Tape
NO Hidden Fees
NO Catch

Sign Up Today!
HomesForHeroes.com

Local Specialist:
Tiffany Manser
Keller Williams
330-949-9195
tmanser2@kw.com

On average, our heroes receive over \$1,500 when buying or selling a home.

Example Rewards:

Home Purchase Price	\$150,000	\$250,000	\$350,000
Hero Rewards Check*	\$1,050	\$1,750	\$2,450

Buying a Home
When you work with our affiliate real estate specialists and buy a new home, you will receive a Hero Rewards check from Homes for Heroes.

Selling a Home
When you work with our affiliate real estate specialists to sell your home, you will receive reduced real estate service fees.

Homes for Heroes® Inc. is a licensed real estate company in the state of Wisconsin | 2017 Homes for Heroes. All Rights Reserved. Homes for Heroes is a registered trademark. Any reproduction or reuse without written permission is expressly prohibited by law. *Rewards are available in all states. Rewards offered are based on sale price of home. Rewards offers are subject to change without notice. Restrictions, terms, and conditions. You must be enrolled with Homes for Heroes and be represented at closing by a Homes for Heroes real estate affiliate to be eligible for rewards. Contact Homes for Heroes for 800-342-9647.



Military OneSource is your one-stop shop for round-the-clock access to information. Service members, their families and survivors are eligible for free access to the website, call center and online support 24/7/365. Conveniently access military-focused, non-medical counseling professionals. Get year-round tax guidance for filing extensions and more with MILTax. The Spouse Education and Career Opportunities (SECO) program offers support, guidance and information relevant to every stage of the military spouses' careers. Attend a virtual Military OneSource overview to learn about these programs and more!

Call. Click. Connect.
800-342-9647
www.MilitaryOneSource.mil

Ohio State Consultant-Adam
Kaufman
adam.kaufman@MilitaryOneSource.com
614-593-9462

**You must register to attend these virtual sessions. After your request has been approved, you will receive instructions for joining the meeting.

Upcoming Virtual Opportunities

<u>Wed., Aug. 09</u>	11:00am	Utilizing Social Media for Employment (Register by clicking on the dates to the left)
<u>Wed., Aug. 16</u>	6:00pm	
<u>Wed., Aug. 10</u>	6:00pm	Deals for Wheels (Register by clicking on the dates to the left)
<u>Wed., Aug. 23</u>	11:00am	
<u>Wed., Sep. 6</u>	6:00pm	How to Write a Professional Resume (Register by clicking on the dates to the left)
<u>Wed., Sep. 13</u>	3:30pm	
<u>Wed., Sep. 14</u>	6:00pm	Smart Consumer: Keeping Control of your Money (Register by clicking on the dates to the left)
<u>Wed., Sep. 26</u>	11:00am	

St. Philip Neri Family Center 5th Annual Community Career and Resource Fair

Over 50 employers and 20 Community Based Resources.
Job opportunities in the following fields:

- Full/Part Time Employment Opportunities
- Veteran Services
- Employment Agencies
- Child Care Services
- Educational / Training Providers
- Health Care Providers
- Manufacturing
- Community Resources



Proper attire is a must - Please bring 20-30 resumes

Thursday, September 21st, 2017
10am to 3pm
799 E. 82nd Street
Cleveland, Ohio 44103

For more information:
Employment and Training Services (216) 426-9870 ex. 24
Ms. Angelique Shy - Business Developer (216) 391-4415 ex. 15
www.ccdocle.org/ets

Pre-registration: www.ccdocle.org/events/5cc



Wickliffe Country Place
Part of the Legacy Health Services Group



CATHOLIC CHARITIES
Diocese of Cleveland

Please Join Us for a Dynamic Group Discussion

Building Healthy Relationships: Addressing Unresolved Anger

Wednesday, Sep. 20, 2017, 2-3 p.m. ET

Facilitated by: Sophia Taylor, PhD, LPCMH

Military OneSource is pleased to offer dynamic group discussions where you can see, text and chat with licensed counselors and a small group of other service members and their families online.

Did you know that anger and the way it is expressed is a language unto itself? Just as pain or a fever may indicate an injury or an illness, anger is your body's signal that something is wrong.

Join us for a discussion where we will explore triggers for anger and how unmet needs can result in unresolved anger and a cycle of conflict. We will also explore positive ways to manage and resolve anger.

Register for the event online

<https://militaryonesource.com/us/webinar/register/1907f02e47e4726800240680884979>

About the facilitator

Sophia Taylor, PhD, LPCMH is a licensed professional counselor. She is a clinical quality auditor with the Military One Source program and is a proud veteran of the United States Navy. Dr. Taylor has provided counseling services to children and adults in residential, community and academic settings.

Please note

This event requires a device that will allow you to install the Zoom application ahead of time as well as access to a commercial internet server rather than a government server. For best results, please register using a personal email account.

Information on upcoming dynamic group discussions

Please Join Us for a Dynamic Group Discussion

Building Healthy Relationships: Coping With Stress as a Military Couple

Wednesday, Oct. 18, 2017, 2-3 p.m. ET

Facilitated by: Tami Walker, LMHC

Military OneSource is pleased to offer dynamic group discussions where you can see, text and chat with licensed counselors and a small group of other service members and their families online.

All couples face a variety of stressors. Military couples may add deployments, frequent moves and other aspects of military life to their list of challenges. In this video discussion we will explore ways that people cope with stress and how that impacts relationships, with a special emphasis on military couples. Space is limited, so please register soon.

Register for the event online

<https://militaryonesource.com/us/webinar/register/e5932e0c0e040c3458867d4481e157>

About the facilitator

Tami Walker, LMHC, holds a master's degree in clinical psychology and is a licensed mental health counselor. Prior to joining the Military OneSource team in 2015, she worked in research, helping to develop new medications to treat mental illness. Tami has experience with counseling and assessment of children, adults, and families.

Please note

This event requires a device that will allow you to install the Zoom application ahead of time as well as access to a commercial internet server rather than a government server. For best results, please register using a personal email account.

Information on upcoming dynamic group discussions

YSU Jersey Auction

Proceeds fund scholarships for YSU's student veteran population

Win a game-worn, special-edition YSU football jersey – and honor a veteran by choosing the name that goes on the player's back at the Nov. 18 game.

Visit YSUjerseyauction.com to learn more ... and bid!

Trumbull County Veteran Services hosts

Power Breath Meditation Workshop

- ✓ Better Sleep Quality
- ✓ Improved Mental Clarity
- ✓ Stress Relief
- ✓ Deep Mental Relaxation
- ✓ Optimal Performance

FREE Workshop for Veterans, Current Service Members, and their Families

The Power Breath Meditation Workshop is a mind-body program that emphasizes techniques to build resiliency. It offers practical breath based tools that decrease stress, anxiety, anger, and sleep problems resulting in improved overall well-being.

Five-day workshop: Attendance to all sessions is required

September 25 - 29, 2017
 September 25th & 26th: 1:00pm - 3:00pm
 September 27th - 29th: 1:00pm - 3:30pm
 Venue: Veteran Services 253 E. Market Street

Space Is Limited. To Register Contact Herman Brewer
 Email: VSRBREUER@ctrumbull.oh.us

www.pwht.org

*** PROJECT ***
Welcome Home Troops
 Resilience Training for Optimum Performance

Registrations Due: 8th Sept. 2017

The University of Akron Student Veterans of America & American Legion Post 808 Proudly Present

2nd Annual Military Charity Ball to Benefit Wags 4 Warriors

Date: October 14, 2017
Time: 5:30pm - 11:30PM

Location: Quaker Square 135 S Broadway St. Akron, OH 44308
Attire: Black Tie with military decorations (Tuxedos preferred) or Class A/B Military Dress Uniform

-Dinner -Photo booth/DJ -Silent Auction

Tickets are available online at <https://commerce.cashnet.com/orgmilvet> or through Daryl Mauder at djm202@zips.uakron.edu for \$35.00 each.

If you would like to donate please visit <https://commerce.cashnet.com/orgmilvet> or through Quentin Brown at qcb2@zips.uakron.edu

Proceeds from the event will go to Wags4Warriors, The University of Akron Student Veterans Association and American Legion Post 808.