



ARMY RESILIENCE DIRECTORATE

MEDIA UPDATE
Feb. 17-23, 2023

NEW ASAP and R2 Awareness Materials Are Now Available!

Register for a free Products on Demand account here:

<https://marcomcentral.app.pti.com/Ironmark/ARDmaterials>.

Follow the New Users - Click Here to Register link and fill out and submit the form. The materials are free, and some are also available for digital download.

NEW SAAPM 2023 *Intervene We Are a Team: There is US in TrUST. Can They Trust in You?*

The SAAPM 2023 microsite has resources to promote intervention and prevent unwanted sexual behavior. To download awareness materials, visit <https://www.armyresilience.army.mil/SAAPM-2023/index.html>.

Keeping a Journal Can Be Good Medicine

Resilience is about coping with setbacks and finding the strength to respond to life's challenges. Among the setbacks people confront is losing a loved one. To learn how to make a strong recovery after misfortune strikes, visit <https://www.armyresilience.army.mil/ard/blog.html>.

The Army's **Step Up for Your Brother** campaign encourages leaders to create an environment where sexual violence is not tolerated. Men are less likely to report incidents or seek help, often fearing the stigma of male sexual harassment and sexual assault. The campaign includes resources to help Soldiers build a culture of prevention. Download materials here:

https://marcomcentral.app.pti.com/Ironmark/ARDMaterials/login.aspx?uigroup_id=591698.

The stories quoted in the ARD Media Update are provided for situational awareness. Statistics, data and quotes used by these media sources have not been checked for accuracy or approved/endorsed by the U.S. Army Resilience Directorate. Verify all information with official Army sources before quoting or citing.

VIDEO: Allegations of Sexual Assault Under Investigation at New Hampshire National Guard

SYNOPSIS: There have been allegations of sexual assault in the New Hampshire National Guard. The Guard confirmed two investigations are underway.

REPORTER: Tim Callery, WMUR

<https://www.wmur.com/article/allegations-sexual-assault-nh-national-guard/42959081>

ARTICLE: Female Soldiers Twice as Likely to Be Diagnosed With Mental Health Conditions in Theater Than Males, Study Finds

SYNOPSIS: A new study found female Soldiers were diagnosed with a mental health condition at more

than twice the rate of male troops while deployed to a combat theater. Females also exceeded the rate for males in all 12 of the mental health categories the study examined.

REPORTER: Patricia Kime, *Military.com*

<https://www.military.com/daily-news/2023/02/22/female-soldiers-twice-likely-be-diagnosed-mental-health-conditions-theater-males-study-finds.html>

ARTICLE: Retired Combat Veteran and Army Spouse Works to Help Soldiers Suffering Mental Health Issues

SYNOPSIS: Retired Army Maj. Annette Whittenberger experienced things in combat that changed her forever. She now supports other Soldiers suffering from service-related mental health issues like post-traumatic stress and depression.

REPORTER: John Clark Herald, *Fort Hood Herald*

https://kdhnews.com/fort_hood_herald/retired-combat-veteran-and-army-spouse-works-to-help-soldiers-suffering-mental-health-issues/article_a0ab7214-b23b-11ed-bb41-a355f27913fe.html

ARTICLE: 'You Can't Fix the Problem if You're in Denial': The Military's Surge of Fentanyl Overdoses

SYNOPSIS: Carole De Nola, a Gold Star mother whose son died of a fentanyl overdose, has appealed to Congress for attention in recognizing the toll fentanyl — a synthetic opioid — is taking on service members.

REPORTER: Kelsey Baker, *Military.com*

<https://www.military.com/daily-news/2023/02/17/you-cant-fix-problem-if-youre-denial-military-surge-of-fentanyl-overdoses.html>

ARTICLE: Interactive DUI Prevention Training Sends Sobering Message

SYNOPSIS: Driving under the influence of alcohol is the top crime affecting Fort Wainwright, Alaska. There has been a significant increase in DUI arrests since 2019. In 2022, from April to June, 37 Soldiers were arrested for DUI. To reduce drunken driving incidents and save lives, the Fort Wainwright Police Department has developed a new interactive training program to educate Soldiers on the effects alcohol has on their driving ability.

REPORTER: Eve Baker, *Army.mil*

https://www.army.mil/article/264189/interactive_dui_prevention_training_sends_sobering_message

ARTICLE: Fatal Overdoses High at These Army Posts, Overall Rate Decreasing

SYNOPSIS: Though the Army saw a reduction in overall drug overdose death rates in recent years, Soldiers at five Army installations are dying of drug overdoses at more than double the rate of other DOD personnel.

REPORTER: Davis Winkie, *Army Times*

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<https://www.armytimes.com/news/your-army/2023/02/21/fatal-overdoses-high-at-these-army-posts-overall-rate-decreasing>

ARTICLE: Why the Pentagon Is Warning Troops to Stay Away From Those Poppy Seed Bagels

SYNOPSIS: "Recent data suggests certain poppy seed varieties may have higher codeine contamination than previously reported," said the warning from Gilbert Cisneros, the Pentagon's top official for personnel.

REPORTER: Tom Vanden Brook, *USA Today*

<https://www.usatoday.com/story/news/politics/2023/02/21/pentagon-poppy-seed-bagel-drug-warning/11313425002/>

ARTICLE: Fort Bragg Leads Department of Defense in Drug-Related Deaths

SYNOPSIS: Fort Bragg, North Carolina, had the most drug-related deaths in the DOD, according to a letter released by Sen. Edward Markey.

REPORTER: Rachael Riley, *The Fayetteville Observer*

<https://www.fayobserver.com/story/news/military/2023/02/21/dod-confirms-31-drug-deaths-at-bragg/69914273007/>

ARTICLE: Fort Drum Earns DOD Certification for Military Family Readiness

SYNOPSIS: Fort Drum, New York, has earned a certification for its military Family readiness programs. The military installation earned this certification through the DOD after meeting all national standards for its community support services such as Army emergency relief, relocation readiness, mobilization and deployment, family advocacy, the Exceptional Family Member Program, the Financial Readiness Program and the Army Substance Abuse Program.

REPORTER: Isabella Colello, *InformNNY*

<https://www.informnnny.com/abc50-now/fort-drum-earns-dod-certification-for-military-family-readiness/>

ARTICLE: Quality of Life Takes Center Stage at Fort Polk

SYNOPSIS: Three ribbon-cutting ceremonies took place at the Joint Readiness Training Center and Fort Polk, Louisiana, highlighting quality-of-life improvements across the installation. Fort Polk garrison commander, Col. Sam Smith, stated, "This is a great quality of life enhancement that is in line with our Army and Brig. Gen. Gardner's first priority, which is to care for our people, and make Fort Polk a great place to live, work, deploy from and come home to."

REPORTER: Chuck Cannon, *DVIDS*

<https://www.dvidshub.net/news/438953/quality-life-takes-center-stage-fort-polk>

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