



# DPRR

## MEDIA UPDATE

Aug. 11-17, 2023

### 2023 Suicide Prevention Month

September is Suicide Prevention Month. The Army observes this occasion by raising awareness about suicide and promoting resources to prevent death by suicide. This year's theme, You Are a Light in Somebody's Life, highlights the critical role that relationships and interpersonal connections with Family, friends and the community play in prevention. Print and digital materials in this campaign include fact sheets, posters, horizontal and website banners, and social media posts for Facebook, Twitter and Instagram. Visit the SPM microsite to learn more. <https://www.armyresilience.army.mil/SPM-2023/index.html>

### Workplace and Gender Relations Survey

Active, reserve and National Guard Soldiers are urged to take the voluntary Workplace and Gender Relations Survey to share their experiences with sexual harassment, sexual assault and gender discrimination in the military. Command teams and SHARP professionals should encourage Soldiers to complete this important survey and give them time during the day to do so. Results affect Army programs and policy. To take the survey, visit [DODsurveys.mil](https://DODsurveys.mil).

### 2023 Summer Strengthening Social Media Toolkit

The 2023 Summer Strengthening Social Media Toolkit can help program managers, public affairs officers and other stakeholders lead local social media campaigns to strengthen resilience across the force. Campaign messages focus on preventing suicide and other harmful behaviors by sustaining strong connections and building new ones, addressing lethal means safety and increasing awareness of alcohol risk factors. The toolkit also highlights the 5 Dimensions of Personal Readiness for enhancing resilience. Help Soldiers stay resilient this summer by downloading this essential resource. <https://marcomcentral.app.pti.com/Ironmark/ARDMaterials>

### Connect With Us Through Social Media

Stay informed about DPRR by following and liking us on [Facebook](#), [Twitter](#), [Instagram](#) and [LinkedIn](#). As an Army member, enhance prevention, build resilience and improve readiness while keeping up to date on events, policies and program changes.

### Upcoming Event

**Aug. 30:** August outreach webinar: Stress and Physical Performance, with Whitney Tramel, senior health education administrator for the Consortium for Health and Military Performance

**Times:** 11 a.m. and 2 p.m. ET

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### Registration is required.

To register for the 11 a.m. webinar, visit:

[https://strategyconsultingteam.zoomgov.com/webinar/register/WN\\_LWYckoncSX2ex0bmsTd6lw](https://strategyconsultingteam.zoomgov.com/webinar/register/WN_LWYckoncSX2ex0bmsTd6lw).

To register for the 2 p.m. webinar, visit:

[https://strategyconsultingteam.zoomgov.com/webinar/register/WN\\_sskdntnJQikIMEFnNB3sWg](https://strategyconsultingteam.zoomgov.com/webinar/register/WN_sskdntnJQikIMEFnNB3sWg).

*The stories quoted in the DPRR 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. Verify all information with official Army sources before quoting or citing.*

**ARTICLE:** Deputy Chief of Staff G-9, Senior Enlisted Adviser Visit Europe Communities, Units

**SYNOPSIS:** The Army's deputy chief of staff, G-9, Lt. Gen. Kevin Vereen, and his senior enlisted adviser, Sgt. Maj. Michael Perry, visited garrisons and units in Germany.

**REPORTER:** Mark Heeter, *Army.mil*

<https://www.army.mil/article/269060>

**ARTICLE:** Woman Who Helped Mutilate and Conceal Vanessa Guillén's Body Sentenced to 30 Years in Prison

**SYNOPSIS:** Cecily Aguilar, the Texas woman who admittedly helped to mutilate and conceal the body of Soldier Vanessa Guillén, was sentenced to 30 years in prison following a lengthy court hearing, the U.S. Attorney's Office in Western Texas said.

**REPORTER:** Nicole Acevedo, *NBC News*

<https://www.nbcnews.com/news/latino/woman-helped-mutilate-conceal-vanessa-guillens-body-sentenced-30-yrs-p-rcna99761>

**ARTICLE:** Army National Guard General Fired in Wake of Sexism Investigation

**SYNOPSIS:** The Army National Guard's top personnel officer, who oversaw sexual assault prevention and equal opportunity programs, was fired following a service investigation into complaints of sexism.

**REPORTER:** Matthew Adams, *Stars and Stripes*

<https://www.stripes.com/branches/army/2023-08-11/army-national-guard-general-fired-sexism-allegations-11015615.html>

**ARTICLE:** Pentagon Review Calls for Reforms to Reverse Spike in Sexual Misconduct at Military Academies

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**SYNOPSIS:** The U.S. military academies must improve their leadership, stop toxic practices such as hazing and shift behavior training into the classrooms, according to a Pentagon study aimed at addressing an alarming spike in sexual assaults and misconduct.

**REPORTER:** Lolita C. Baldor, *The Associated Press*

<https://apnews.com/article/military-academies-sexual-assault-report-8753bdc6ba693836e787ee4dca5194d5>

**ARTICLE:** Workshop, 5K Aim to Address Suicide

**SYNOPSIS:** Patrick Cobb, a reservist Army chaplain and pastor at Montesano Presbyterian Church, is implementing a Suicide Prevention Program 2023, featuring a 5K run on Sept. 9 and a suicide prevention workshop on Aug. 22 and 23, with potentially more to follow.

**REPORTER:** Clayton Franke, *The Daily World*

<https://www.thedailyworld.com/news/workshop-5k-aim-to-address-suicide/>

**ARTICLE:** Wellness Summit Prescribes Holistic Approach to Health

**SYNOPSIS:** In recognition of both Suicide Prevention Month (in September) and Domestic Violence Month (in October), Army Community Service is sponsoring a Sept. 20 wellness summit that will address the five pillars of wellness—social, mental, financial, physical and community—according to Tim Rolfe, family advocacy program manager.

**REPORTER:** Rebecca Sallee, *Redstone Rocket*

[https://www.theredstonerocket.com/news/article\\_e9c8433e-3bf0-11ee-a52f-8320cb28f4a4.html](https://www.theredstonerocket.com/news/article_e9c8433e-3bf0-11ee-a52f-8320cb28f4a4.html)

**ARTICLE:** Fort Sill Reinforces Zero Tolerance on Drug Use: A Commitment to Readiness and Discipline

**SYNOPSIS:** In line with the Army's steadfast commitment to maintaining a strong and disciplined force, Oklahoma's Fort Sill takes seriously the service's zero-tolerance policy on drug use, offering a wide range of prevention measures, assistance and educational programs to inform Soldiers and their Families about substance misuse.

**REPORTER:** Christopher Wilson, *Army.mil*

[https://www.army.mil/article/269050/fort\\_sill\\_reinforces\\_zero\\_tolerance\\_on\\_drug\\_use\\_a\\_commitment\\_to\\_readiness\\_and\\_discipline](https://www.army.mil/article/269050/fort_sill_reinforces_zero_tolerance_on_drug_use_a_commitment_to_readiness_and_discipline)

**ARTICLE:** Fort McCoy Holds 2023 Wellness Fair; Hundreds Attend

**SYNOPSIS:** Installation community members came out in droves for the 2023 Fort McCoy Wellness Fair, organized by the Directorate of Family and Morale, Welfare and Recreation. Agencies, vendors and sponsors promoted many means to physical and mental health, such as spiritual fitness, healthy diet options, dental care, massage therapy, recreation opportunities and health insurance options.

**REPORTER:** Scott Sturkol, *Army.mil*

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[https://www.army.mil/article/269091/fort\\_mccoys\\_holds\\_2023\\_wellness\\_fair\\_hundreds\\_attend](https://www.army.mil/article/269091/fort_mccoys_holds_2023_wellness_fair_hundreds_attend)

**ARTICLE:** Writer Builds Team With Help From Ready and Resilient Performance Center

**SYNOPSIS:** The Army talks a lot about resiliency, but what exactly does that mean? According to the service's Directorate of Prevention, Resilience and Readiness, there are five dimensions, or pillars, of resiliency: physical, emotional, social, spiritual and family. Sustaining healthy behaviors across these dimensions is essential to personal readiness.

**REPORTER:** Jean Graves, *Army.mil*

[https://www.army.mil/article/269138/writer\\_builds\\_team\\_with\\_help\\_from\\_ready\\_and\\_resilient\\_performance\\_center](https://www.army.mil/article/269138/writer_builds_team_with_help_from_ready_and_resilient_performance_center)

**ARTICLE:** Annual Vacation Bible School Strengthens Community and Spiritual Resilience at Fort Meade

**SYNOPSIS:** The yearly Vacation Bible School is an opportunity for military-connected Families to foster spiritual growth and bond with others in their community.

**REPORTER:** Gloriann Martin, *Army.mil*

[https://www.army.mil/article/269155/annual\\_vacation\\_bible\\_school\\_strengthens\\_community\\_and\\_spiritual\\_resilience\\_at\\_fort\\_meade](https://www.army.mil/article/269155/annual_vacation_bible_school_strengthens_community_and_spiritual_resilience_at_fort_meade)

**ARTICLE:** Women Warriors of the Mountain Foot March 2023

**SYNOPSIS:** Soldiers, Family members and Civilians participated in the Women Warriors of the Mountain Foot March, hosted by the 10th Mountain Division Sustainment Brigade at Fort Drum, New York. The event served to encourage women serving in the ranks of the 10th Mountain Division and to promote cohesion, mental and physical health, and leadership development.

**REPORTER:** Spc. Kade Bowers, *Army.mil*

[https://www.army.mil/article/269038/women\\_warriors\\_of\\_the\\_mountain\\_foot\\_march\\_2023](https://www.army.mil/article/269038/women_warriors_of_the_mountain_foot_march_2023)

**ARTICLE:** Obesity Among US Soldiers Swelled to Almost 25% During Pandemic, Study Finds

**SYNOPSIS:** American Soldiers piled on the pounds during the pandemic, with about three-quarters of the roughly 192,000 active-duty subjects analyzed in a newly published study deemed overweight or obese during a nine-month stretch.

**REPORTER:** Phillip Walter Wellman, *Stars and Stripes*

<https://www.stripes.com/branches/army/2023-08-16/army-weight-gain-study-11066153.html>

**ARTICLE:** Military Base to Be Renamed for Oswego's Mary Walker

**SYNOPSIS:** In a ceremony on Aug. 25 at Fort A.P. Hill in Virginia, the Army will redesignate one of its forts that bears the name of a Confederate general to honor Dr. Mary E. Walker, the pioneering surgeon, women's rights advocate and Medal of Honor recipient from Oswego County.

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**REPORTER:** Ken Sturtz, *Oswego County News Now*

[https://www.oswegocountynewsnow.com/news/military-base-to-be-renamed-for-oswego-s-mary-walker/article\\_eb30cec8-3c7f-11ee-8938-8f11d14b205d.html](https://www.oswegocountynewsnow.com/news/military-base-to-be-renamed-for-oswego-s-mary-walker/article_eb30cec8-3c7f-11ee-8938-8f11d14b205d.html)