

PREVENTION IN ACTION

INTEGRATED PREVENTION

INTEGRATED PREVENTION SUPPORTS READINESS AND BUILDS RESILIENCE

The Marine Corps is building an integrated prevention system that aligns resources to elevate the resilience of every Marine.

Prevention efforts focus on promoting positive behaviors. Instead of communicating what not to do, we are focusing on educating Marines and families on what to do.

Initially, the Prevention Workforce included 65 Embedded Preventive Behavioral Health Capability (EPBHC) personnel and 19 Health Promotions personnel. The Marine Corps is adding 26 Primary Prevention Integrators (PPIs). PPIs will increase collaborative efforts at commands that previously did not have EPBHC, including installations.

An Integrated Prevention Strategy Operational Planning Team (OPT), met April 17–21 and included 44 subject matter experts across Manpower and Reserve Affairs (M&RA), Marine and Family Programs Division, M&RA Business and Support Services, Marine Corps Installations Command, Marine Corps Recruiting Command, Marine Corps Directorate of Analytics & Performance Analytics, Training and Education Command, installation Marine Corps Community Services (MCCS), and the Fleet Marine Forces, including embedded personnel.

The OPT agreed the Marine Corps needs “an effective and adaptable Service-level integrated prevention system that fosters collaborative efforts amongst the MCCS portfolio and works with, and through commanders to build the



MAGTFTC/MCAGCC TWENTYNINE PALMS SMP

Marines in Twentynine Palms volunteer at a pet adoption event during the Single Marine Program's Days of Service. Volunteering provides numerous benefits.

resiliency of the Force and increase mission readiness.”

Working groups will continue to meet and craft an Integrated Prevention Strategy.

Increasing positive behaviors and preventing harmful behaviors may sound difficult, but it can be achieved if everyone works together. Everyone must understand what they can do to positively impact themselves and those around them. Small steps every day can make a big impact.

Department of Defense Instruction 6400.09 defines the six areas of focus for integrated primary prevention:

- Healthy relationships (e.g., respectful professional and personal relationships, appropriate boundary setting)
- Responsible alcohol use (e.g., social resistance skills)
- Healthy coping (e.g., problem-solving skills)
- Emotional intelligence (e.g., managing strong emotions in a non-destructive manner, identifying and addressing

- bias, exhibiting empathy)
- Effective communication (e.g., conflict management, assertive communication of sexual boundaries and consent, bystander intervention)

- Resilience (e.g., mindfulness)

The Role Leaders Play

Leaders can support integrated prevention efforts by:

- Prioritizing prevention efforts, to include skill-building.
- Normalizing the experience of stress; ensuring Marines build coping skills to combat stress.
- Encouraging help-seeking.
- Setting a good example by practicing self-care.
- Prioritizing mental wellness.
- Openly discussing and keeping healthy boundaries.
- Promoting importance of achieving and maintaining Marine Corps Total Fitness.
- Genuinely getting to know your Marines. Check in regularly and follow through.

GLOSSARY

Harmful behaviors: Behaviors that negatively affect readiness and may cause harm (e.g., sexual assault, harassment, suicide, substance misuse, domestic abuse, child abuse, problematic sexual behavior in children and youth, and unhealthy physical behaviors such as obesity and smoking).

Risk factors: Characteristics that increase the likelihood of a person experiencing harmful behaviors.

Protective factors: Characteristics that directly decrease the likelihood of, or buffer a person from experiencing, harmful behaviors and can promote resilience, health, and overall well-being.

Integrated primary prevention:

Activities that address multiple harmful behaviors in a cohesive, comprehensive approach that promotes unity of effort, avoids unnecessary duplication, and lessens training fatigue.

Prevention stakeholders might include, but aren't limited to: USMC Leaders, Alcohol Prevention Specialists, Chaplains and Religious Ministry Team members, Child and Youth Programs (CYP) Training & Curriculum Specialists, Combat and Operational Stress Control (COSC) Representatives, Command Financial Specialists (CFSS), Deployment Readiness Coordinators (DRCs) and Uniformed Readiness Coordinators (URCs), Equal Opportunity Advisors (EOA), Equal Opportunity Representatives (EOR), Exceptional Family Member Program (EFMP) Family Case Workers, EFMP Training Education & Outreach Specialists, Family Advocacy Program (FAP) Prevention & Education Specialists, Marine Corps Family Team Building staff, Marine for Life staff, New Parent Support Program Home Visitors, Personal Financial Managers (PFMs), Resilience and Wellness Specialists, School Liaisons, Sexual Assault Prevention and Response Victim Advocates (SAPR VAs), Sexual Assault Response Coordinators (SARCs), Suicide Prevention Program Coordinators and Officers (i.e., SPCCs and SPPOs), and Transition Readiness Program staff.

STRENGTHEN PROTECTIVE FACTORS TO PREVENT HARMFUL BEHAVIORS

This chart explores how a variety of protective factors strengthen against a range of harmful behaviors. This is not a comprehensive list. More research on protective factors is ongoing, and it is possible that these protective factors might also help prevent additional harmful behaviors. All of these protective factors will strengthen Total Fitness (physical, mental, social, and spiritual fitness).

When planning prevention efforts, target these protective factors to get after multiple harmful behaviors. Contact local Prevention Workforce personnel and other prevention stakeholders for help in stepping up prevention efforts in your area.

PROTECTIVE FACTORS	LESS LIKELY TO EXPERIENCE CERTAIN HARMFUL BEHAVIORS							
	CHILD ABUSE	DOMESTIC ABUSE	HARASSMENT	HAZING	SEXUAL VIOLENCE	SUBSTANCE MISUSE	SUICIDE-RELATED BEHAVIOR	YOUTH VIOLENCE
Life skills (Ability to make friends, resolve conflicts, use coping skills, problem-solve, manage stress, regulate emotions, and express care about how actions affect others)	✓	✓			✓		✓	✓
Higher self-esteem and self-confidence	✓	✓		✓			✓	✓
Social connections / social support / positive social relationships	✓	✓		✓	✓	✓	✓	✓
Peer support/positive peer relationships, mentoring, and leadership support				✓	✓			✓
Community cohesion, involvement, connectedness / unit and neighborhood cohesion	✓	✓			✓		✓	✓
Positive, healthy culture or climate			✓	✓		✓		✓
Access to positive activities/programs (e.g., community that de-glamorizes alcohol consumption, positive school climate, recreational activities, safe spaces, volunteering)	✓					✓		✓
Coordination of services/resources	✓	✓			✓	✓	✓	
Social norms that reinforce bystander behavior, helping others, volunteerism			✓	✓	✓			✓

TRAINING OPPORTUNITIES

- Prevention in Action: Stakeholders: Self-paced course on MarineNet

POLICY REFERENCES

- Department of Defense Instruction (DoDI) 6400.09: DoD Policy on Integrated Primary Prevention of Self-directed Harm and Prohibited Abuse or Harm
- DoDI 6411: DoD Integrated Primary Prevention Policy for Prevention Workforce and Leaders
- NAVMC1700.41: Marine Corps Dedicated Prevention Workforce

TEACH KIDS MINDFULNESS TO COPE WITH BIG EMOTIONS



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When parents and children are feeling big emotions, it's good to find some calm.

Simple mindfulness activities can help.

Mindfulness is noticing what's going on outside and inside of us with acceptance and kindness.

As mindful parents, we can be curious and open to understanding what our children are feeling and experiencing.

The mindfulness exercises here are designed to help both parent and child experience a sense of calm and connection.

Balloon Breath – Imagine a balloon above your head as you fill your lungs with air and slowly let it out.

Starfish Breathing – Help your little one trace their hand as a guide to deep breathing.

Calming Glitter Bottle – Look up the directions online to create your own glitter bottle. Shake it up and enjoy the calm as you watch the glitter settle.

Five Senses Exercise – Use all your senses to focus on the present moment.

Pleasure Gazing – Take a few minutes to notice all the details of your child's beautiful face.

Breathing with a Buddy – Rock a stuffed animal to sleep with some gentle belly breathing.

— [Taken from Zero to Three. Mindfulness Practices for Families](#)

ABOUT THE NEWSLETTER

The United States Marine Corps' Marine & Family Programs Division publishes Prevention in Action.

The contents of this quarterly newsletter are for informational purposes only and not intended to be a substitute for professional medical advice, diagnosis, or treatment.

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solely to deliver the newsletter. Opt out at any time by responding to the sender.

To suggest topics or questions, email hqmcprevention@usmc.mil to suggest topics or ask questions.

To access hot links, right-click on link, copy link, and paste it into a browser window.

Build New Skills While Helping Your Community

Have you ever thought "I'd like to make some changes about myself?"

Do those changes include finding new skills, hobbies, or talents?

Volunteering is an excellent way to begin new personal growth.

Have you always wanted to try your hand at customer service? Volunteer for a Marine Corps program and learn from the best when it comes to customer service.

What about refreshing those skills learned in class years ago, like accounting? As an example, The Navy-Marine Corps Relief Society could really use your assistance as a volunteer.

The opportunities to try new

things and rebuild skills is limitless.

Volunteers have the amazing benefit of helping others while developing valuable skills and creating personal growth within themselves.

Volunteers can use the skills they build to achieve future career goals.

An added bonus of volunteering is meeting new people and expanding your professional network.

If you're not sure where to start, reach out to your installation **Volunteer Program**.

Six months from now you'll appreciate that you answered the call to volunteer.

MCCS Programs Can Help You Strengthen Group Resilience

Resilience refers to the capacity one has to recover quickly from difficulties. But what is it called when the "one" becomes "many"?

Collective resilience holds people together with social bonds that facilitate recovery and coping mechanisms by providing support to those with similar experiences.

We all face obstacles that may require us to adapt or cause us to shift from our norms. What can we do to be collectively resilient?

Get connected. Marine Corps Community Services (MCCS) offers programs and resources for Marines and families. Engage with **Deployment Readiness Coordinators (DRC)** or Uniformed Readiness Coordinators (URC) to learn about resources to foster connections with people experiencing similar life events.

Semper Fit and the **Single Marine Program** offer opportunities to meet new people.

Marine Corps Family Team Building's L.I.N.K.S. program can help you build networks of support. Learn about local offerings at Welcome Aboard and Newcomer briefs.

Encourage learning and growth. Storytelling is powerful and



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nurtures an environment of shared understanding.

Join a coffee hour with the **Exceptional Family Member Program (EFMP)** or a play group to connect with others and learn about different strategies to navigate and cope with challenges.

Take part in your **Child and Youth Program** Parent Board or check out **School Liaison** resources for helping young people connect with peers.

Celebrate the wins. Overcoming adversity takes conscious effort. Celebrating your progress—whether major or minor—can boost your morale.

Building collective resilience takes everyone getting involved.

Check out the many **MCCS services** available and get started.



FIVE TIPS TO MITIGATE STRESS

Even the most resilient and prepared Marines deal with stress—no one is immune. Just as we continuously invest in exercise to improve our physical readiness, we must continuously monitor how we deal with stress to ensure our mental readiness. Learning to mitigate stress in healthy ways will go a long way in helping live a healthy and positive life.



SLEEP

Most people require a minimum of six to eight hours of sleep each day to replenish the chemicals in their brains and bodies needed for clear-headed thinking, steady emotions, optimal immune system functioning, and resilience to stress. Make sleep a priority by powering down your cell phone or video games an hour before bed, limiting caffeine four hours prior to trying to sleep, and try keeping a consistent bedtime. Contact Semper Fit for assistance in developing a healthy sleep plan.

Get the “feel good” hormones flowing by working out. Physically fit Marines tend to have lower heart rates and lower risk for stress injury than those less fit. Marines who are physically fit are better able to sustain mental focus and cognitive readiness in challenging technical roles. Research shows that physically fit individuals are more resilient to various stressors due to the benefits of increased self-confidence and self-esteem. Physical fitness can also increase levels of naturally occurring antidepressant and anti-anxiety hormones in the body. Lace up those shoes and go for a run! Your body and mind will thank you.

FITNESS



NUTRITION



Prolonged hunger raises baseline stress levels and causes higher pulse rates and blood pressure, even at rest. This places food-deprived Marines at greater risk for deterioration of mental performance and possible stress injury. Food is a resilient resource that should be treated with the same respect as all other resources for health and well-being. Learn more about ways to fuel the body and mind with healthy nutrition from **Semper Fit's Health Promotion**.

Learning how to use financial resources to solve problems or neutralize threats to your well-being is an important skill. Contact your local **MCCS Personal Financial Management Program** to learn more about financial readiness.

FINANCES



PEER-TO-PEER SUPPORT



It's no surprise that research shows Marines prefer talking to their friends when they need help. Checking in regularly with your fellow Marines boosts morale for both of you.

To learn more about these tips and other ways to mitigate stress, talk to your local **Operational Stress Control and Readiness (OSCAR)** Team Members who have been specially trained to know how to best support their fellow Marines.