

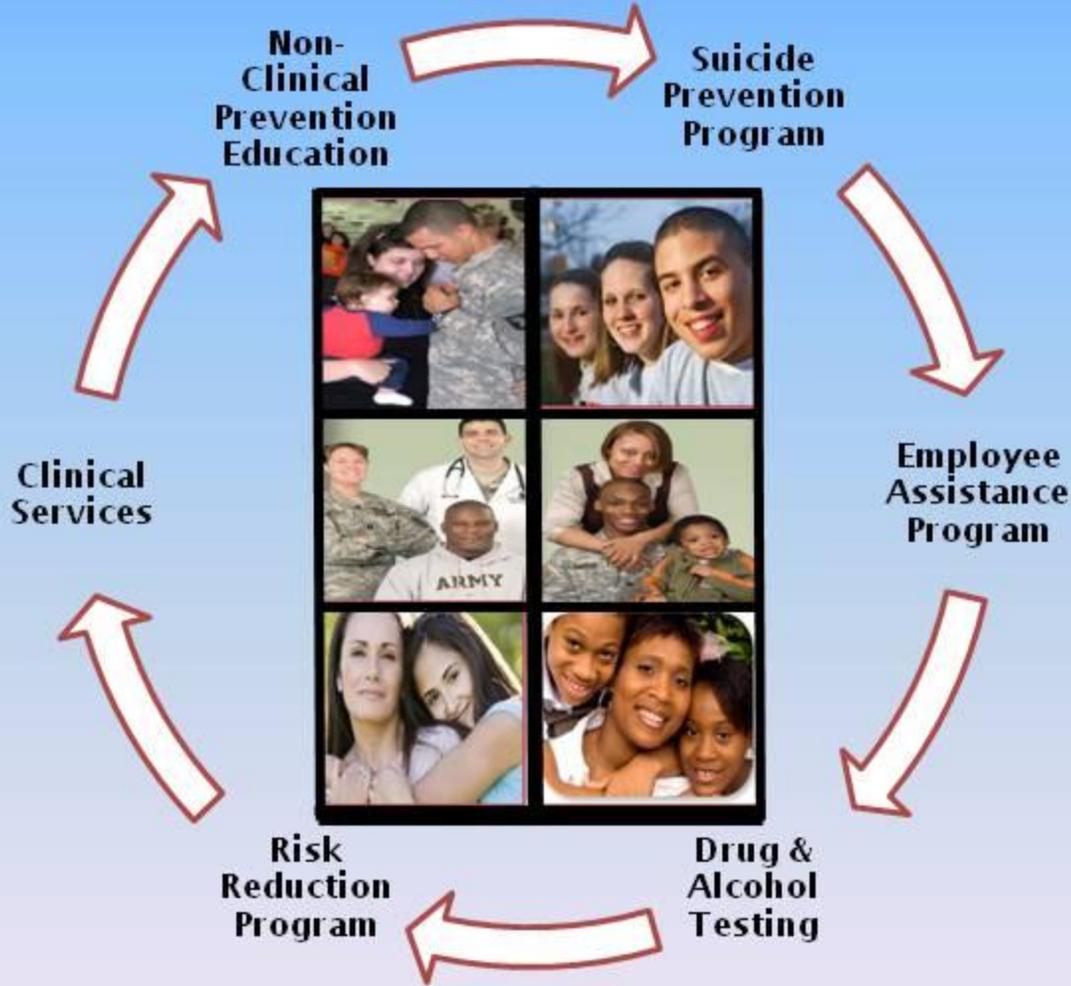
Spring 2011  
1<sup>st</sup> edition

# NTC & FORT IRWIN NEWSLETTER



## Army Substance Abuse Program

Strengthening Overall Fitness & Effectiveness



Conserving Manpower & Enhancing Combat Readiness



# Army Substance Abuse Program

Strengthening the  
Total Army Family's  
Overall Fitness &  
Effectiveness

WHO WE ARE    WHAT WE DO    OUR PROGRAMS



Conserving Manpower &  
Enhancing the Combat Readiness of Soldiers



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WHO WE ARE

WHAT WE DO

OUR PROGRAMS

## WHO WE ARE

*Our Mission*

*Our People*

### *Who We Are*

*The ASAP (formerly the Alcohol and Drug Abuse Prevention and Control Program) was established by Executive Order on 28 September 1971 for the purpose of identifying and treating alcohol/drug abuse problems.*

### *Our Mission*

*We focus on the most pressing challenges facing the NTC and Fort Irwin and forge collective action for the total force fitness of our Soldiers, Family Members and Civilian Workforce.*

### *Our People*

*ASAP's greatest assets are our engaged and influential Program Managers, our diverse and dedicated staff, and our renowned Community Partnerships.*



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## WHO WE ARE

*Our Dedicated  
Staff Spotlight*

### *Valencia R. Barnes*



Valencia R. Barnes is the Employee Assistance Program (EAP) Coordinator. She has worked at Fort Irwin for over three years. Beginning with ACS, she worked for two years as the Family Advocacy Program Manager.

Valencia has a great deal of experience working with diverse populations. Her experience includes extensive case management ranging from foster children to developmentally disabled adults. She was a clinical counselor intern for the County of San Bernardino, and the San Bernardino County Superintendent of Schools, counseling juvenile delinquents and young adults, ages 10 -25. As a graduate student, she was an instructor of Psychology of Personal and Social Adjustment at California State University in San Bernardino. Valencia taught the Pre-Release Class at the Victor Valley Medium Correctional (Men's) Facility. She was the Program Director for an adult day program. Additionally, Valencia is a six year Air Force veteran, and served in Operation Desert Storm. Valencia believes confidentiality is foremost in counseling. Her catchphrase is, "My office is mini Las Vegas...what happens there stays there." Always flexible, Valencia is ready to meet your schedule – in or out of her office.



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# Army Substance Abuse Program Crawford's Corner

Perry Crawford PhD, LPC, LADC



## The Four Hills of Life

**T**he title for this article comes from the teachings of my ancestry as part of the Clan of the Crow (Scotland) which included many names and variations of spelling including Crow, Craw, Crau, and others in various compounds. The beliefs and teachings parallel those of the Native American Crow Nation

(Apsaalook) in the United States as discovered by Scottish fur traders who Married into tribes from the early 1800s into the early 1900s.

The four hills of life are found in the teachings of tribal and clan peoples around the world, where they are also known as the four corners. They are most commonly known as physical, mental, emotional, and spiritual (some cultures break these down to five, six, or seven realms). Symbols depicting these four elements of life are found in art, music, carvings and sculptures, crafts, ceremonies, and stories globally. They are exemplified in a host of ways in scriptures, ancient writings, the teachings of philosophers, clergy, faculty, and parents through the ages. Putting them into practice consistently affords peace of mind and joy, even through challenges.

Harmony in life is achieved by climbing each of the four hills, or tending to each of the four corners daily. Taking daily actions toward goals in each area (with none being neglected) is key to a balanced life, living it well one day at a time.

Spirituality is the least understood and most often neglected element, hence the saying, "If the spirit is broken, everything is broken." The key to defining it for yourself will be the focus of the next article.

Complete the chart on the next page to take stock of where you stand and how you would like to progress in each area.



Physical    Mental    Emotional    Spiritual



# Army Substance Abuse Program Crawford's Corner

**Perry Crawford PhD, LPC, LADC**

## The Four Hills of Life

WHERE I AM NOW

LONG TERM GOAL

DAILY ACTION TO GET THERE

Physical

Mental

Emotional

Spiritual



Physical    Mental    Emotional    Spiritual



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**WHAT WE DO**

**OUR PROGRAMS**

## WHAT WE DO

*Arranging*

*(Re) Framing*

*Marshaling*

### *What We Do*

Our primary objective is to restore individuals to full productive performance. ASAP engages the Fort Irwin Community's most challenging issues by:

#### ARRANGING

Arranging meetings for discreet conversations for Soldiers, Civilians and Family members. ASAP serves as a trusted installation hub for providing new and holistic paradigms for maintaining health, readiness and performance.

#### (RE) FRAMING

Reframing issues to look for strategic win-win solutions in which the individual, Family, and organization can sustain optimal well-being and performance under all conditions.

#### MARSHALING

Marshaling support networks from both the installation and private sectors. ASAP leverages its access to multidimensional health and fitness experts to defuse current conflicts and preserve the health of the Total Army Family.



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# Army Substance Abuse Program Team-Building Organizational Day



**As part** of the NTC/Fort Irwin ASAP re-engineering process, we have incorporated weekly team-building activities on Thursday mornings. And on 3 March we decided to shift from the business-as-usual approach and set the scene at Walker Hot

Springs, a destination just off Fort Irwin Road that was certain to inspire us all.

Clifford Walker met us at the gate and escorted us through a tour of the property. He recalled how that in years gone by Soldiers from Fort Irwin would help with the property upkeep as part of their ASAP Rehabilitation Program, and that it's been three years since such an opportunity had been taken.

It was evident the Walkers were excited to have us conduct our team-building on their property, as they decided to join in our activities for the first hour at their spring area. There Kathy Williams led us in a "brain-teaser" exercise that required everyone's thinking outside-the-box. As everyone was already immersed in a different environment, the collective thinking was both more creative and passionate.

We didn't sit for long, as Kathy moved the team in a more action and interaction direction. She positioned everyone in a circle and gave us a small ball to pass completely around the circle within the time constraint of three seconds. First effort took 20 seconds, as everyone had positioned themselves within their own boundaries and comfortable distances.





# Army Substance Abuse Program Team-Building Organizational Day



After much brainstorming, Nathalie Gonzalez, our Clinical Program Assistant and youngest member of the ASAP team, came up with the solution which required everyone to move in as close as possible and then pass the ball around. We then beat the three second rule. Now that we were up and moving together as a unit, our Clinical Program Manager, Ms. Lupita Encinias, had us tied up in knots by crossing hands over and under, which required teamwork in order to become

untangled. Suddenly, an assortment of new ideas of what each person wanted and how to get there began to reveal themselves. At such close proximity to each other, the blowing breeze was definitely welcomed as we worked in the hot sun to become one circle. What was amazing is that we didn't end up as one circle, but, as two circles hooked together – that was very unique!

Next, Dr. Crawford brought out his Helium Stick and led us in an exercise that literally confused everyone, in an illusionary sort of way, as to what we thought we were seeing was not actually there. It was lots of fun! Eventually we gathered together and began to talk about our goals as a united team. Possibilities began to flow: what did we want to accomplish as a program that would benefit the installation? What about obstacles? In conclusion it was a great experience voiced by the staff, and one we hope to repeat every year.







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**WHO WE ARE**    **WHAT WE DO**    **OUR PROGRAMS**

## OUR PROGRAMS & STAFF



### *Our Programs*

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**Prevention Education Manager**                      **380-1366**  
**Ronney Hester**

**Employee Assistance Manager**                      **380-9092**  
**Valencia Barnes**

**Suicide Prevention Program Manager**              **380-9446**  
**Mike Duncan**

**Drug Testing Coordinator**                              **380-4034**  
**Liz Sinclair**



**Conserving Manpower &  
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# SAFE SUMMER



*What Have You Done to Save a Life Today?*

## 100 DAYS OF SUMMER

★ PLAN BEFORE YOU PARTY  
DESIGNATE A SOBER DRIVER  
FRIENDS DON'T LET FRIENDS DRIVE DRUNK

PLAN BEFORE YOU PARTY THIS SUMMER

DESIGNATE A SOBER DRIVER ★

FRIENDS DON'T LET FRIENDS DRIVE DRUNK



✓ Ask trusted managers and supervisors to be on the lookout for people who have had too much to drink and are unable to drive or need assistance getting home.