



Message from the CO

COs, XO's, Dept Heads, Leaders at all levels,

This edition of Encompass has a dual theme: [Suicide Prevention Awareness Month](#) and the roll out of [Fiscal Year 2013 Tuition Assistance policy](#), which was released Oct. 2. Suicide is a serious problem with no time bounds. While we focus on prevention, we must pay attention to the holistic health and wellness of our Sailors at ALL times. As leaders, we are also charged with developing our Sailors personally and professionally. [Voluntary education](#) (VOLED) is a great means of helping Sailors grow. The policy for FY-13 Tuition Assistance, a popular VOLED program, has been updated and brings back Clock Hour Programs. Bottom line: Have your Sailors visit their local [Navy College Office](#) or call the [Virtual Education Center](#) toll free. Know the professionals to go to for advice and counseling, whether it's [navigating life stressors](#) or the best path to [completing a college degree](#). At CPPD, we want Sailors to not only survive, but to thrive.

– CAPT J.P. Newcomer

CMC Corner

This past month I attended a funeral for a very close shipmate who committed suicide. I would have never imagined my friend would or could have done that. We'd talked just two days earlier, discussing an upcoming trip to a pro football game and joking about whose team was better. Now I'm left asking myself if there were any signals ... ANY [warning signs](#) I missed. Looking back, I don't think I missed any signals. But I wasn't looking for them, either. While someone [thinking about suicide](#) may not give signals, usually there are some. Make sure you and your Sailors are able to recognize minor changes that could be suicide risk signals. Ask the hard [questions](#) right away! Don't be left asking yourself, "Did I miss something?" at a shipmate's memorial service.

– CMDCM Ken Schmidt

Quick Hits

- [NAVADMIN 259/12](#)
- [CO's Suicide Prevention and Response Toolbox](#)
- [Military Mental Health](#)
- [NAVADMIN 305/12](#)

Go to

- [Navy Knowledge Online](#)
- [Navy College Program](#)
- [Virtual Education Center](#)

Contact Us

- [CPPD Feedback](#)

Call us Toll-Free

- [Virtual Education Center](#)
1-877-838-1659



Personal Development

As fall approaches and another season of holidays, it's a good time to refresh our awareness of [suicide prevention](#). Shipmates and family members will be the [first to notice](#) when someone is distressed, struggling or having difficulty coping with life. We can all be first responders and seek out help. Typical [warning signs](#) are unusual communication such as threats of "ending it," hints or notes; increased alcohol and substance use; difficulty sleeping, anxiety and agitation; mood changes and uncontrolled anger; or acting without regard for consequences. Remember to [A-C-T](#): ASK if someone is in trouble. CARE by listening and expressing your concern and respect. TREAT by obtaining [professional assistance](#) as soon as possible; do not leave your shipmate alone. Suicide prevention is [everyone's responsibility](#).

Professional Development

The Navy's [Suicide Prevention](#) campaign focuses mostly on the model [Ask-Care-Treat](#) (ACT). Through this effort, countless lives have been impacted. That said, suicide is still the second-leading cause of death in the Navy. For this reason, an additional effort is being implemented called Applied Suicide Intervention Skills Training ([ASIST](#)). ASIST moves beyond the preliminary prevention methods of ACT into intervening in the situation that's overwhelming an individual in distress. Chaplains and other intervention instructors are currently training our Fleet to not only ACT but intervene throughout the process as a first responder until professional [help](#) arrives. While prevention attempts to recognize and divert suicidal thinking, intervention connects, seeks to understand, and provides the assistance necessary to meet specific individual needs in that moment. Contact a chaplain or [CREDO](#) office for more information.

Voluntary Education

The Navy knows the value of [voluntary education](#) (VOLED) yet understands VOLED funds are finite. To provide opportunity to as many Sailors as possible, we continue to offer [Tuition Assistance](#) (TA) up to master's degrees along with vocational and technical programs. Per [NAVADMIN 305/12](#), the [Virtual Education Center](#) (VEC) will resume authorizing TA for program courses offered in clock hours as well as semester and quarter hours. Navy will also use [Department of Veterans Affairs](#) criteria for approving non-college degree schools as an added TA funding eligibility standard. This has the benefit of ensuring Sailors have the option to use the GI bill [TA Top-Up](#) program if course costs exceed the fiscal year TA cap. [VA approved programs](#) are listed online. An education plan is still required for a degree or certificate/diploma program.

Key Messages/BLUF

- ◆ Suicide prevention is an all hands evolution, all of the time – prevention depends on leadership.
- ◆ People are our most valuable asset. Promoting a lifestyle of total fitness – physically, mentally, socially and spiritually – reinforces the Secretary of the Navy's 21st Century Sailor and Marine Initiative and supports the Sailing Directions of the Chief of Naval Operations.
- ◆ CPPD's voluntary education program is a conduit for equipping Sailors with strong analytical skills, the ability to make informed decisions, and avenues to pursue their life-long educational and credentialing goals.