

Guest Contributor



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“The greatest hurdle to encouraging help-seeking behavior is the negative stigma attached to seeking behavioral health care. It takes a strong and courageous person to admit to having emotional problems and to seek help.”

We look forward to sharing more information with you in newsletters to come and would also like to remind you to please inform us of address or phone number changes toll free at 888-590-6064 or email them to ONGStudy@SRBI.com.

Thank you again for your continued support!

**Please note: In our last newsletter, we may have addressed you by the incorrect rank. We sincerely apologize! We now update your rank in our files each time you complete an annual survey.*

Dear Guard Member,

Thank you again for your participation and support for the Ohio National Guard Study. Since our last newsletter, the study team has been very busy conducting interviews and giving presentations on the de-identified study data to the leadership of the Guard; TATRC (the oversight division at the Department of Defense); and the study’s Scientific Advisory Board.

A total of 2,616 service members enrolled in the first year of the study, which ended in November 2009. As of May 18th (about 6 months into Year 2) 1,162 Telephone Survey interviews have been completed & 163 of the randomly selected subset In-Person interviews have been completed.

Recently, the study team received approval to collect a DNA saliva sample from each study participant who is willing. This is done through an at home kit sent through the mail to those who agree to take part. You will receive more information about this optional genetics study the next time you speak with a telephone interviewer from Abt SRBI.

Chaplain Nick Chou has graciously agreed to be our guest contributor for this edition, as we wanted to share with you resources available throughout the state.

Sincerely,

Joe Calabrese, MD
Coordinating Center Principal Investigator

Devotional Thought from Chaplain Chou

What would you think about a boxer who was fighting a 12 round fight, but never used his corner? He never went to his corner to sit on his stool to rest, never got a drink of water, never got towed off, and never got any coaching or encouragement from his trainer. You might think that he was foolish at best. But sometimes in life we act like that boxer.

Life sends us through a school of hard knocks and we think we can just tough it out all alone. Sometimes you get knocked down and you are just trying to make it to the end of the round. When that bell rings, don’t ignore your resources. Use your corner. Because the next round is starting soon and you are fighting to win.

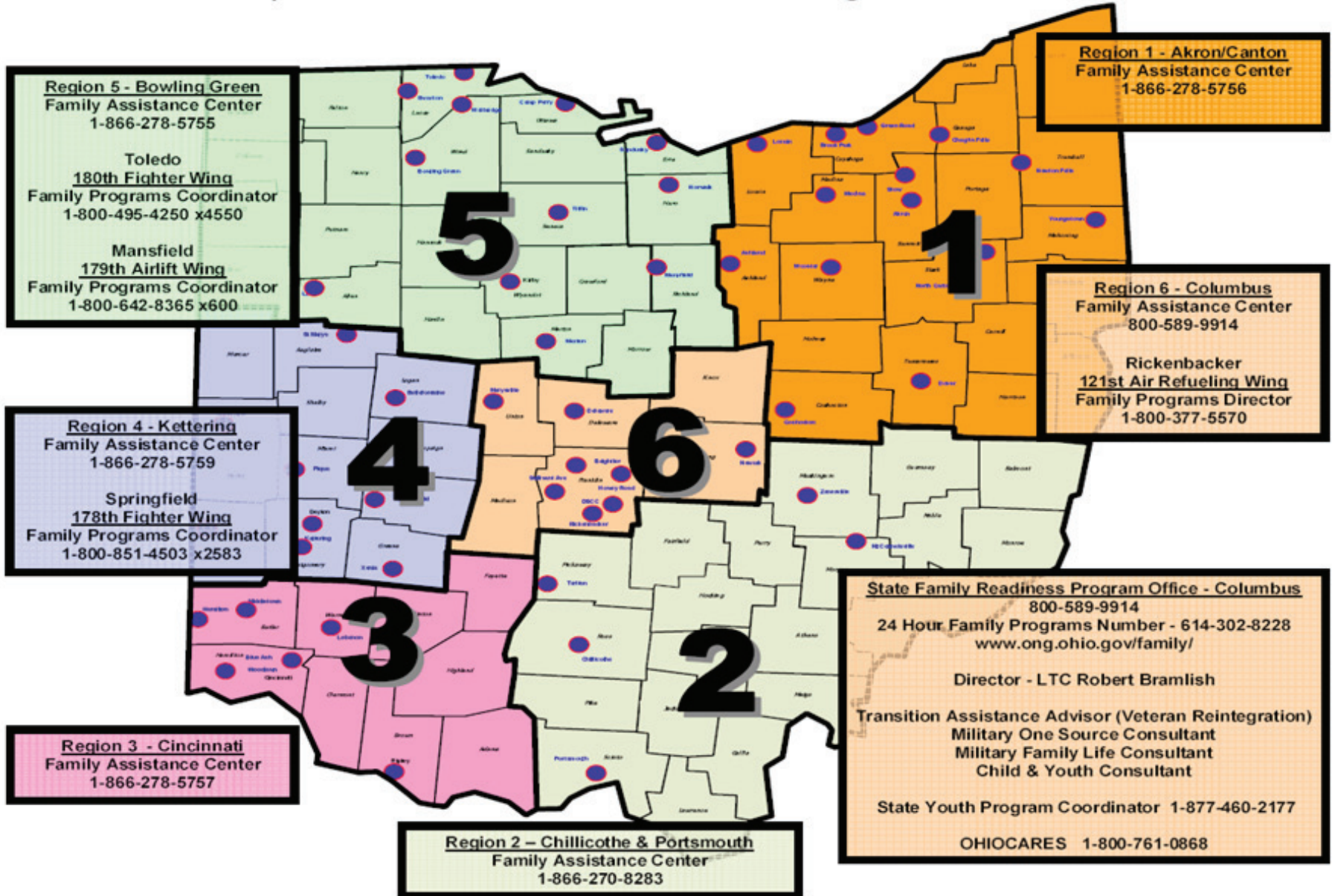
One of your resources is OHIOCARES. OHIOCARES is a one stop shop for behavioral health counseling referral. There are many behavioral health resources out there for service members. OHIOCARES can help you navigate those resources in order to find the one that best fits your needs. **Call OHIOCARES at (800)761-0868 or visit our website at <http://www.ohiocares.ohio.gov/>**

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Family Assistance Centers

If you are in need of other resources (such as financial, job search, legal, Family Programs, etc), then please contact your local Family Assistance Center.

To Support Military Families, or to Refer Families in Need of Assistance, Call the Family Assistance Center in the Region Where You Reside!



"When Called, We Respond with Ready Units"