

Cougar Tales – 8 Oct



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2020 HOLIDAY ASSISTANCE PROGRAMS

Army and Air Families Welcome



ADOPT-A-FAMILY

Registration Begins October 1

Adopt-A-Family Registration

Closes: Nov 23

Holiday Meal Assistance Closes:

Nov 14 and Dec 14

To Register: Website Link:

<https://co.ng.mil/Family/Holiday>

For More information:

Briana Ontiveros:

briana.d.ontiveros.nfg@mail.mil

720-250-1963

Laine Dennison:

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720-250-1193



MEAL ASSISTANCE

NOV/DEC



The CONG Holiday Assistance Programs are brought to you by the Colorado National Guard Foundation Inc., which is a 501 (c) 3 non-profit organization. For more information on the Foundation, visit congfoundation.com

Click here for full PDF:
https://control.m360mobile.com/uploads/1021/images/thumb/references/pdf/HolidayAssistanceFlyer2020_1602190656.pdf

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Preventing Intimate Partner Violence

What is intimate partner violence?

Intimate partner violence (IPV) is abuse or aggression that occurs in a close relationship. "Intimate partner" refers to both current and former spouses and dating partners. IPV can vary in how often it happens and how severe it is. It can range from one episode of violence that could have lasting impact to chronic and severe episodes over multiple years.

IPV includes four types of behavior:¹

- **Physical violence** is when a person hurts or tries to hurt a partner by hitting, kicking, or using another type of physical force.
- **Sexual violence** is forcing or attempting to force a partner to take part in a sex act, sexual touching, or a non-physical sexual event (e.g., sexting) when the partner does not or cannot consent.
- **Stalking** is a pattern of repeated, unwanted attention and contact by a partner that causes fear or concern for one's own safety or the safety of someone close to the victim.
- **Psychological aggression** is the use of verbal and non-verbal communication with the intent to harm another person mentally or emotionally and/or to exert control over another person.

Several types of IPV behaviors can occur together. IPV is connected to other forms of violence, and causes serious health issues and economic consequences. By using a public health approach that addresses risk and protective factors for multiple types of violence, IPV and other forms of violence can be prevented.²

How big is the problem?

IPV is common. It affects millions of people in the United States each year. Data from CDC's National Intimate Partner and Sexual Violence Survey (NISVS) indicate:³

- About 1 in 4 women and nearly 1 in 10 men have experienced contact sexual violence, physical violence, and/or stalking by an intimate partner during their lifetime and reported some form of IPV-related impact.
- Over 43 million women and 38 million men experienced psychological aggression by an intimate partner in their lifetime.

IPV starts early and continues throughout the lifespan. When IPV starts in adolescence, it is called teen dating violence (TDV). TDV affects millions of US teens each year. About 11 million women and 5 million men who reported experiencing contact sexual violence, physical violence, or stalking by an intimate partner in their lifetime said that they first experienced these forms of violence before the age of 18.³



What are the consequences?

IPV is a significant public health issue that has many individual and societal costs. About 41% of female IPV survivors and 14% of male IPV survivors experience some form of physical injury related to IPV.⁴ IPV can also extend beyond physical injury and result in death. Data from U.S. crime reports suggest that 16% (about 1 in 6) of homicide victims are killed by an intimate partner. The reports also found that nearly half of female homicide victims in the U.S. are killed by a current or former male intimate partner.^{5,6} There are also many other negative health outcomes associated with IPV. These include a range of conditions affecting the heart, digestive, reproductive, muscles and bones, and nervous system, many of which are chronic in nature.⁷ Survivors can experience mental health problems such as depression and posttraumatic stress disorder (PTSD).⁸ They are at higher risk for engaging in health risk behaviors such as smoking, binge drinking, and sexual risk behaviors.⁹

Although the personal consequences of IPV are devastating, there are also many costs to society. The lifetime economic cost associated with medical services for IPV-related injuries, lost productivity from paid work, criminal justice, and other costs was \$3.6 trillion. The cost of IPV over a victim's lifetime was \$103,767 for women and \$23,414 for men.¹⁰

How can we stop it before it starts?

Supporting the development of healthy, respectful, and nonviolent relationships and communities has the potential to reduce the occurrence of IPV. It also can prevent the harmful and long-lasting effects of IPV on individuals, families, and communities. CDC developed a technical package that includes multiple strategies and approaches to help stop IPV before it starts. It also includes approaches that provide support to survivors and decrease the harms of IPV. Ideally, the strategies and approaches would be used in combination with each other at many levels of society to prevent IPV.¹¹



Teach safe and healthy relationship skills

- Social-emotional learning programs for youth
- Healthy relationship programs for couples



Engage influential adults and peers

- Men and boys as allies in prevention
- Bystander empowerment and education
- Family-based programs



Disrupt the developmental pathways toward partner violence

- Early childhood home visitation
- Preschool enrichment with family engagement
- Parenting skill and family relationship programs
- Treatment for at-risk children, youth, and families



Create protective environments

- Improve school climate and safety
- Improve organizational policies and workplace climate
- Modify the physical and social environments of neighborhoods



Strengthen economic supports for families

- Strengthen household financial security
- Strengthen work-family supports



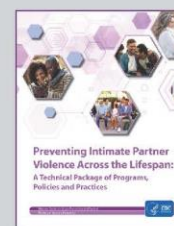
Support survivors to increase safety and lessen harms

- Victim-centered services
- Housing programs
- First responder and civil legal protections
- Patient-centered approaches
- Treatment and support for survivors of IPV, including teen dating violence

Preventing Intimate Partner Violence Across the Lifespan:

A Technical Package of Programs, Policies, and Practices

A **technical package** is a collection of strategies based on the best available evidence to prevent or reduce public health problems. The **strategy** lays out the direction and actions to prevent intimate partner violence. The **approach** includes the specific ways to advance the strategy through programs, policies and practices. The **evidence** for each of the approaches in preventing intimate partner violence and associated risk factors is also included.



References

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11. Nilon, P. H., Kearns, M., Dills, J., Rambo, K., Irving, S., Ammend, T., & Gilbert, L. (2017). Preventing Intimate Partner Violence Across the Lifespan: A Technical Package of Programs, Policies and Practices. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.

Child Care Fee Relief for Military Families

The National Military Association Child Care Fee Relief for Military families (Financial relief for Childcare Cost) Exclusively for military families.

Families that rely on child care to go to work, work from home, or work on your education can now for child care fee reimbursement of up to \$1,500 to help cover the costs. Fee reimbursements can be used to help pay the cost of before or after school care, daycare, private sitters, and more. The first round of applications for reimbursements will be accepted starting September 28 through October 12.

Eligible families are those:

- On active duty, activated reserves, or National Guard on active Title 10 or Title 32 orders for six months or longer
- In pay grades E1 – E6
- With children ages 13 and under
- With a spouse who is employed (minimum 15 hours per week) or currently pursuing a degree (minimum 6 credit hours) or professional pursuit (licensure or certification — minimum 15 hours per week)
- Priority will be given to families with a deployed or extended TTDY service member TDY service member, dual military families, and/or single service members
- service member, dual military families, and/or single service members.

Additional details can be found via the following link: <https://www.militaryfamily.org/child-care-fee-relief/>

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State Tuition Assistance

Slide Show available on Wing App under
Helpful Resources → How To's → Apply for Tuition Assistance

Or – copy this link to your browser:

https://control.m360mobile.com/uploads/1021/images/thumb/references/pdf/StateTAPresentation0812_1602189407.pdf

POC:

Joni Fernandez

State Tuition Assistance Administrator

Department of Military and Veterans Affairs

6848 S Revere Parkway

Centennial, Co 80112

Work-720-250-1550

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Colorado Public Radio is hosting a live “Back from Broken” event: Soldiering On: A military man’s addiction and mental health recovery journey, Thursday, Oct. 8, 6:30 p.m. to 8 p.m. MST. CPR will be talking to Iraq War veteran John Evans about his courageous life story of military service and recovery from alcoholism and PTSD.

In 2003, Evans was a combat medic serving in Iraq, an experience that traumatized his world view. Once he came home, Evans became a heavy drinker, and eventually he was hospitalized due to suicidal thoughts, which were brought on by years of emotional suffering. Now sober and in recovery, Evans helps other veterans find resources for addiction and mental health treatment.

This will be a virtual event taped for a future episode of “Back from Broken”, a recovery podcast by Colorado Public Radio. Veterans, their families and civilians are invited to participate in the event, which will include questions from the audience.

Date: Thursday, Oct. 8.

Time: 6:30 to 8 PM MST.

Please RSVP here: <https://shindig.com/login/event/americanhomefront>

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Mile High First Sergeants TOP GOLF TOURNAMENT November 2, 2020

Proceeds for the benefit of Operation Warm Heart and local
Air Force Families!

** 1st three Teams signed up & Paid before October 12, 2020
will receive additional 6 raffle tickets towards prizes**

Tournament Itinerary:

COVID-19 precautions will be followed

0900 – 0930: 30 Min Warm Up/Buffer served
0930 – 0945: Welcome/Tournament Greeting & Explanation
0945 – 1200: Team Tournament (Top Collective Score)
1230 – 1300: Awards Presentation/Closing Remarks
1300 – Event Concludes

Included in entry fees:

2 Round Tournament
Rise & Shine Gourmet Breakfast Buffet

Fundraiser Events:

50/50 Raffle
LOTS OF GREAT PRIZES

140thfirstsergeant@gmail.com

Registration and payment cut off October 30, 2020



\$390.00 Per Teams of 6

Pay with VENMO:

COANG First Sergeants

@COANG1Sgts



Scan QR Code for payment

In Comments Provide:

List of Team Members
&
Team Name

EVENT LOCATION

10601 East Easter Ave,
Centennial, CO 80112

Click here for full PDF:
https://control.m360mobile.com/uploads/1021/images/thumb/event/pdf/1Sgt_Top_Golf_Flyer_2Nov2020.pdf

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