

NAVAL HOSPITAL CAMP PENDLETON



HEALTHWATCH

&

NEWSLETTER



vol.1, no.1

"Health in Garrison. Readiness in Deployment."

Mar. 2004

NHCP Corpsmen deploy with 1stMarDiv

by *JOSN Dustin Q. Diaz*
Staff journalist/photographer

The first group of hospital corpsmen from here reported to the 1st Marine Division, Jan. 21, for duty in support of Operation Iraqi Freedom (OIF) II.

The 64 corpsmen are Medical Augmentation Program (MAP) personnel and came from Branch Medical Clinics Barstow and Port Hueneme as well as the hospital. They will train with the Camp Pendleton-based division prior to deployment. The corpsmen are scheduled to remain in Iraq, supporting the Division's nine battalions, until the next rotation of military personnel later this year.

According to Medical Mobilization Department Head, LCDR Lee A. Kiolbasa, 16 of the 64 corpsmen are returning to Iraq after deploying there in support of Operation Iraqi Freedom mid-last year.

Hospital Corpsman 3rd Class Charles San Luis said he is nervous about going back to the Arabian Gulf area, but that it won't deter him from doing his job.

"It's our job; we gotta go back," San Luis said. "No one looks for war, but that's what we train for."

San Luis added that the first time he was in Iraq, it was



Photo by
HM3 Hivalia McCree

27 of the 64 hospital corpsmen from the Naval Hospital Camp Pendleton attended Friday Morning Colors where the Naval Hospital Executive Officer, CAPT C.A. Wilson, wished them the best. They will deploy with Camp Pendleton-based 1st MarDiv.

"dirty, hot and scary," and it may still be. But he's more optimistic because of improved conditions.

"Last time we didn't shower for 30 to 40 days straight," San Luis said. "This time around we won't be as susceptible to disease."

Naval Hospital Camp Pendleton takes control of Third Party monies

by *JOSN Dustin Q. Diaz*
Staff journalist/photographer

Several departments at the Naval Hospital, and its outlying clinics, received reward checks on Jan. 22nd for their efforts in reclaiming funds from

third-party insurance companies.

NHCP Commanding Officer CAPT Richard R. Jeffries, and Resource Support Service Director LCDR Shirley Maxwell, awarded the checks in conjunction with the Third Party

Collection (TPC) program.

The TPC program is a Department of Defense policy that requires Military Treatment Facilities (MTFs) to collect funds from a third-party insurance company when a beneficiary has another insurance provider in addition to TRICARE or Medicare.

The hospital started a Third Party

On line, On track: Naval Hospital set for Service, Readiness in 2004 !

Welcome to NHCP! 2004 is shaping up to be like 2003 with the addition of a new TRICARE Contract to implement this coming July.

NHCP had a most successful 2003 and you are well on the way to being recognized as THE Military Treatment Facility to emulate. We do things right! NHCP Governing Board is looking towards another highly successful and rewarding year in 2004. There are many challenges and opportunities to excel at starting with preparations for OIF II. We have received the official orders from N931 and BUMED for MAP support. Many of our staff will be called upon to once again make a difference in a far away country. I know they will astound the world just like our folks did in OIF I.

The Fleet Hospital will take the “tip of the spear” position sometime in 2004. If Navy Medicine is called upon to support a military situation with a Fleet Hospital, they will most likely get the call!

I look forward to serving with all of you again in 2004! **Your Skipper**



CAPT R.R. Jeffries
Commanding Officer
Naval Hospital Camp Pendleton

Resources to help military children cope with deployment stress

by *Mary Medina*

CDR, NC, USN

Command Family Readiness Officer

The Marine Corps Community Service' OneSource has set up facilities to help children of military families to cope with deployment-related stress. Entitled 'Child's Stress and Grief', some immediate help can be provided through the MCCS web site at www.mccsonesource.com, user ID: Marines, password: Semper Fi.

If you would like to talk to a MCCS OneSource consultant for assistance with issues related to emotional well-being, please call 800-869-0278.

This service is provided 24/7. It is provided by your organization and is completely confidential.

Specific areas of help are:

- Helping 5- to 10-Year-Olds Manage Everyday Stress
- Helping a Child Cope with Loss and Grief
- Helping a Child Cope With the Death of a Parent
- Helping a Child Manage Fears After a Traumatic Event
- Helping a Young Child Cope with Parent's Deployment

- Helping Your Child Overcome Fears
- Helping Your Preschooler Deal with Stress
- Helping Your Teenager Cope After a Traumatic Event
- Mental Disorders in Children
- Stress Reactions to Media Coverage of Traumatic Events
- Supporting Your Child in Times of Workplace Uncertainty
- Symptoms and signs of depression in children and adolescents
- The Role of Depression in Adolescent Obesity
- Counseling and Advocacy Program
- Books for Children, Adolescents, and Parents on Death and Dying
- Books on Children's Fears and Anxieties
- Books on Grief and Traumatic Loss
- Children's depression
- Bouncing Back: Staying resilient through life's challenges
- Talking with Children About Violence and War
- The Single Parent Handbook
- AARP Coping with Grief and Loss
- About Our Kids
- American Psychological Association

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TPC, 1

Collection Incentive (TPCI) program October 2003 to reward departments that aggressively collect third-party funds, according to Collection Agent Department Head Jim Peterman. Departments collecting more than \$2,000 directly receive a quarter of those funds back to spend on improving care and needs above and beyond allocated budgets.

"People with outside insurance need to be identified regardless of where they are seen in the hospital," Peterman said.

Deputy Comptroller Patricia Smith added that not enough patients with third-party insurance have turned in their supplemental carrier's information. "This new program is making the

departments more aggressive in seeking out that third-party information."

"It's always nice to reward the people in my command for good work, and this is a way to provide a little more incentive to get back those needed funds" said CAPT Jeffries as he presented 12 checks during the command's leadership meeting.

"This is a start, even though it's a small one, to what could be a very big program," Maxwell said.

Checks awarded ranged in amounts from \$574 for Ophthalmology to \$2,737 for Emergency Medicine.

"We made the most money this time," said Emergency Medicine Clinic Department Head CDR Karl Trefflinger. "And we're going to try to

keep it that way."

CAPT Jeffries said he has high expectations for the amount of money that can be recovered through this program.

"We're looking at giving out these checks quarterly," CAPT Jeffries added. "But if everyone does too well, and we have to do it monthly, that's fine with me!"

The TPC program was established in 1986 as part of the Consolidated Omnibus Budget Reconciliation Act, or COBRA. It applies to all active duty family members and retirees, and their family members.

More information about NCHP and this program can be found at <http://www.cpen.med.navy.mil/>.

CORPSMAN, 1

Kiolbasa agreed, saying there will be an in-theater PX, hot chow, and internet and phone services. Conditions and quality of life have improved since the corpsmen were there last he added.

Hospital Corpsman 3rd Class Zach Impastato said he has been deployed to Djibouti, Jordan and East Timor in the past. Each time it has been "life-changing," and he expects taking part in OIF II to be no different he said.

"This'll be my fourth time overseas," Impastato said. "I've been with the Marines every time, so I can't complain. The Marines take care of me, and I'll take care of them."

Naval Hospital Camp Pendleton Commanding Officer, CAPT Richard Jeffries, echoed the same sentiments in a speech he gave the corpsmen the morning of their departure.

"You're going to be with the safest group in the world – the Marine

Corps," Jeffries said.

He encouraged the corpsmen by telling them that they were carrying out a "new kind of mission, where medicine will be a high priority." That it was just this kind of mission that made him decide the Navy was what he wanted to do as a career, he added.

Hospitalman Shawn Bruner said the reality of the situation "doesn't really hit you until something like this happens." But this deployment was the kind of thing he signed up for.

"If anything, I'm looking forward to the experience," Bruner added. "All I know is that it's going to be out of this world."

1st Marine Division is the oldest and most decorated Division in the United States Marine Corps, and has been involved in every major conflict since World War I.

The Division is made up of 1st, 5th, 7th, and 11th Marine Regiments. 1st

Combat Engineering Battalion, 1st Light Armor Reconnaissance, 3rd Amphibious Assault Battalion, and 1st Marine Division Band also help make up the Division.

Camp Pendleton is located next to the ocean, about 45 miles north of San Diego.

To learn more about 1st MarDiv, visit their website at www.pendleton.usmc.mil/, 1st MARINE DIVISION under major commands.

For more information about Naval Hospital Camp Pendleton, see the command website at www.cpen.med.navy.mil/.

Your inputs for the Naval Hospital Camp Pendleton Healthwatch & Newsletter are welcomed. They should be submitted to Journalist Chief Stephen K. Robinson at skrobinson@cpen.med.navy.mil.

Hospital Announcements and News Briefs

Assistant Ombudsmen needed

by *Mary Medina*

CDR, NC, USN

Family Readiness Officer

The Ombudsman Program is an integral part of this command's official family readiness program and is the primary communication link between the Commanding Officer and the families of deployed personnel. The Ombudsman Program enables the command to achieve a higher state of "family readiness" which in turn supports command and individual readiness. With families functioning in a higher state of family readiness, individual Sailors are better able to perform their assigned missions more efficiently and safely.

Who are Assistant Ombudsmen (also known as Key Volunteers in the U.S. Marine Corps)? They are a spouse of a member of the command, who serves as the primary point of contact for designated families, usually 10-15 families. They are the Commands "personal link" to its families.

What are the functions of the Assistant Ombudsman: (a) To provide a personal communication link between the CO and command families; (b) To provide information on local programs/services to families, and (c) To provide information and referral, when necessary, to a variety of organizations. Part of the Ombudsman Program here at Naval Hospital includes the assignment of a Command Family Readiness Officer and Assistant Family Readiness Officers. Family Readiness Officers are an active duty member of the command. The FRO's primary function is to serve as the point of contact, for routine matters, between the command and the Ombudsman and Assistant Ombudsmen (Key Volunteers). The FRO provides oversight and coordinates all family readiness issues for the CO. The following is a list of trained Family Readiness Officers and the Command Ombudsman here at Naval Hospital Camp Pendleton.

Command FRO: CDR Mary Medina, NC, USN (725-0951)

Assistant FRO: LTJG Christian Melendez (725-8232); HMC Michael Roberts; (725-6621); HM1 Edgardo Ferrer (725-1342); and HM2 Shelton Tapley (725-3550).

Command Ombudsman: Loren Mareno.

The command is actively seeking new Assistant Ombudsmen to help the families of our currently deployed staff. If you want to make a difference in the lives of our deployed families, please ask your spouses to contact any of the names listed above. Training is provided through Marine Corps Family Team Building.

Key Volunteer training scheduled

by *Mary Medina*

CDR, NC, USN

Family Readiness Officer

Once again we have received an overwhelming amount of requests for KV Basic and KV Coordinator training. To support this demand, we are offering one additional KV Basic, and one additional KV Coordinator class each, on Feb. 21st, to our schedule.

Key Volunteer Basic Training

- Sat., Feb. 21st @ 8:30 a.m. - 4:30 p.m., in the MCFTB Classroom
- Sat., Feb. 21st @ 8:30 a.m. - 4:30 p.m., in the RDC Classroom
- Tue. & Wed., March 2nd & 3rd @ 6 - 9 p.m., in the MCFTB Classroom
- Sat., March 20th @ 8:30 a.m. - 4:30 p.m., in the MCFTB Classroom.

Key Volunteer Coordinator Training

- Tue., Feb. 10th @ 8:30 - 11:30 a.m. in the MCFTB Classroom.
- Tue., March 9th, @ 8:30 - 11:30 a.m., in the MCFTB Classroom.
- Tue., May 11th @ 6 - 9 p.m., in the MCFTB Classroom.
- Sat., Feb. 21st the KV Basic classes will be held in MCFTB's classroom, Bldg. 1345 and in the RDC's classroom, Bldg. 1344. Advanced registration is necessary. Call Marianne Espinoza at 725-6637 or 725-9052.