



The CLB 252 Supply Company with a majority of Supply Management Unit (SMU) Marines, maintained operational readiness to support II MEF units by processing and issuing Class IX repair parts during the Field Exercise 19.1 from 18-25 June. Intermediate supply teams learned how to operate with adjacent companies in a field environment. Adjacent company attachments, such as Medical Logistics (MEDLOG) established forward procedures for storage distribution of Class IIX material and established and tested a field expedient Theater Medical Information Program (TMIP) for use. Material Management Distribution Center (MMDC) Distribution Liaison Cell (DLC) Team set-up a Portable Deployment Kit (PDK) in order to provide visibility of inbound and outbound cargo. MMDC and P3 (Preservation, Packaging, and Packing) assisted Supply Company in the transfer and palletization of cargo to safely transport and deliver sustainment cargo back to the unit without being damaged. While in the field the company took part in team-building exercises which fostered camaraderie and esprit de corps. Overall, the company's cohesiveness improved, provided cross-training time to maximize additional training opportunities, and gained valuable leadership from each other during the field operation.

Tap, Rack, Bang

P3



Social Media Safety Toolkit

Learn how you can use social media to support service members in distress...
Read more on pg. 3

Mobile App

P4

mHEALTH TOOLS

MOBILE APPS

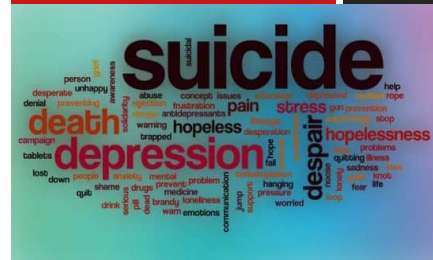


Using Technology to Save Lives

There are many mobile apps that help you stay on top of your physical and mental toughness game...Read on pg. 4

Monthly Theme

P5



September is Suicide Prevention Awareness Month

We all have been affected by suicide in one way or another. Learn how to recognize the signs...
Read more on pg 6

MONTHLY ACTIVITIES: Remember to check this link every week to see the updated list with lots of fun and free activities for your, your friends, and family! Don't sit in your barracks room all weekend, enjoy what the area has to offer!



ISSUE POINTS:

P2 Resiliency Campaign

P3 Tap, Rack, Bang

P4 Mobile App

P5 Letter from the Editor, ASIST

P6 Good Leaders

P7 Chaplain's Corner



2DMLGMAG
NEWSLETTER



LtCol Wills, Commanding Officer 2d Supply Battalion



SgtMaj Morris, Sergeant Major 2d Supply Battalion

A message on Resiliency and Awareness

During September, this important newsletter is highlighting our efforts to prevent suicide within 2d MLG. As I reflect on this topic, I can't help but gravitate towards the message of our CG and his direction to all to simply be "Good Leaders." Good Leaders establish an environment within their work section, platoon, or company, where it is absolutely expected and normal to request assistance when in distress. Leaders expect those that are physically injured to get themselves down to the RAS and have their ailment treated. It should be no different for those suffering from mental distress caused by a wide range of stressors. We as Marines and Sailors must always be ready to assist those who are in situations that seem unsolvable or unbeatable. Within 2d Supply Battalion, I challenge all leaders to be armed and ready with

the training needed to address a Marine or Sailor experiencing mental duress. This is often tough, as today's challenges can be complex. As a commander I often seek our "Good Leaders" who have taken the time to be trained, but most importantly, who have a genuine interest in assisting others in need. Our MLG staff along with your battalions offer many leadership development opportunities that prepare you to assist those in need – Be that "Good Leader," seek out the training, and create that environment where Marines and Sailors thrive.

**LtCol Joseph Wills,
2d Supply Battalion**

"Have a Positive Mental Attitude"... We have heard this over and over again, whether we are a young or seasoned Marine or Sailor. Having the right or wrong attitude affects everything and everyone around us. It can even change the very environment that OUR Marines, Sailors, and even our families have to operate in. The right attitude can help create and foster an environment that allows everyone the ability thrive and succeed. As we take the time to focus our efforts this month on the prevention of suicide, I would ask you to have the right attitude going into the fight and be the "Good Leaders" that our Marines and Sailors deserve to have. Semper Fidelis

**SgtMaj Franklin Morris,
2d Supply Battalion**



Tap, Rack, Bang

What are your immediate actions for your internal "weapon malfunction?" How do you get yourself back to being loaded and ready to fire for your next "mission?" We want to know!

The Tap: Suicide Prevention Efforts

We have all been affected by suicide in one way or another. For that reason, it is important to know how to help others or even ourselves if we are confronted with this situation. Learn how to Offer support and assistance if the following signs are present:

- Thinking about hurting or killing him/herself
- Experiencing excessive rage, anger or desire for revenge
- Seeking access to pills, weapons or other means of harming him/herself
- Having feelings of anxiety, agitation or hopelessness
- Talking or writing excessively about death, dying or suicide
- Repeatedly reliving past stressful experiences
- Unable to sleep or sleeping all the time
- Experiencing dramatic changes in mood
- Withdrawing from friends, family or society
- Feeling there is no reason for living
- Engaging in significant alcohol or drug use
- Feeling trapped, like there is no way out
- Engaging in risky behavior, such as driving recklessly
- Showing distinctive or drastic changes in behavior

Retrieved from health.mil... Scan the QR code to read more



Use this Social Media Safety Toolkit to reach out to someone who is exhibiting warning signs and show support.

There are processes in place to get those individuals assistance. #BeThere



SOCIAL MEDIA SAFETY TOOLKIT

For Veterans, Their Families, and Friends



#BeThere

The Rack: Using Technology for a Good Cause

Technology has been very useful in today's society, and like most things, it has its challenges as well. Chief Navy Counselor Grant Khanbalinov takes technology to the next level by providing active support to Sailors in distress. Read this inspiring article to learn how he uses social media to save lives. Think about what you can do to use technology in a positive way. Maybe next time you see someone post a status requesting help, don't keep scrolling, offer support. What are other positive ways to utilize social media?



The Bang: Who is Your Support?

Make sure you have at least three options of whom you can turn to when in a crisis. If you are unable to contact them or anyone in your chain of command or social circle, use the numbers below. You are not alone.

MLG Contacts

Unit OSCAR Team Members
Unit ASIST Trained Team Members
Unit Uniformed Victim Advocates
MLG Psychiatry: 910-451-6628/6667
MLG Psychiatry cell: 910-333-7224
MLG Chaplain: 910-546-2057

Camp Lejeune Contacts

Camp Lejeune Duty Chaplain (must contact CDO for connectivity): 910-451-2414
Community Counseling Center: 910-451-2864
Camp Lejeune Sexual Assault Prevention and Response: 910-750-5852

National Contacts

Military Crisis Line: 1-800-273-8255, Select Option 1
National Suicide Prevention Lifeline: 1-800-273-TALK (8255), Select Option 1
D-Stress 24-hour line: 877-476-7734
Military One Source 1-800-342-9647

For unit numbers check
2ndmlg.marines.mil or scan the QR code.





Load up your ammo with all of these apps available to you to ensure that you are at your best, monitoring your health and accessing resources when you are in need. There is an app for everyone!

mHEALTH TOOLS

MOBILE APPS

- | | | |
|---|--|--|
| <input type="checkbox"/>  BREATHE2RELAX
Manage stress by learning and practicing deep-breathing exercises | <input type="checkbox"/>  CBT-i COACH
Use with cognitive behavioral therapy for insomnia (CBT-i) to improve your sleep | <input type="checkbox"/>  ACT COACH
Add acceptance and commitment therapy (ACT) tips to daily life |
| <input type="checkbox"/>  CPT COACH
Use with cognitive processing therapy (CPT) to reduce PTSD symptoms | <input type="checkbox"/>  DREAM EZ
Based on imagery rehearsal therapy (IRT) can help diffuse nightmares | <input type="checkbox"/>  CONCUSSION COACH
Identify concussion symptoms and cope with related problems |
| <input type="checkbox"/>  LIFEARMOR
Take self-assessments and learn more about topics like PTSD, anger, depression and more | <input type="checkbox"/>  MINDFULNESS COACH
Learn to practice mindfulness meditation to live in the present | <input type="checkbox"/>  FEEL ELECTRIC!
Help your grade-school children identify and express their feelings |
| <input type="checkbox"/>  MILD TBI POCKET GUIDE
Access this handy reference when assessing and treating symptoms of mild TBI | <input type="checkbox"/>  PARENTING2GO
Strengthen your relationships with your children | <input type="checkbox"/>  MOVING FORWARD
Learn problem-solving techniques that help you make better decisions |
| <input type="checkbox"/>  PFA MOBILE
Get support as a responder when your job is to provide psychological first aid (PFA) | <input type="checkbox"/>  POSITIVE ACTIVITY JACKPOT
Find local activities to improve your mood and avoid negative thinking | <input type="checkbox"/>  PE COACH
Use with prolonged exposure (PE) therapy to improve results |
| <input type="checkbox"/>  PTSD COACH
Get support in managing PTSD symptoms | <input type="checkbox"/>  STAY QUIT COACH
Get help either while in smoking cessation treatment or to prevent relapse | <input type="checkbox"/>  PROVIDER RESILIENCE
Use when dealing with burnout and compassion fatigue |
| <input type="checkbox"/>  TACTICAL BREATHER
Learn to use breathing to control your response during times of stress | <input type="checkbox"/>  THE BIG MOVING ADVENTURE
Help prepare military children emotionally for the stress of moving | <input type="checkbox"/>  T2 MOOD TRACKER
Monitor your emotional health by tracking your moods over time |
| | | <input type="checkbox"/>  VIRTUAL HOPE BOX
Helps reduce symptoms of depression with a digital version of hope box therapy |

WEBSITES

- | | | |
|---|--|---|
| <input type="checkbox"/>  afterdeployment
afterdeployment.dcoe.mil
Resources for psychological health and personal growth | <input type="checkbox"/>  PARENTING
veterantraining.va.gov/parenting
Resources to strengthen your parenting skills | <input type="checkbox"/>  SESAME STREET for Military Families
sesamestreetformilitaryfamilies.org
Resources for families with young children |
| <input type="checkbox"/>  MOVING FORWARD
veterantraining.va.gov/movingforward
Resources to improve your decision-making | <input type="checkbox"/>  MILITARY KIDS CONNECT
militarykidsconnect.dcoe.mil
Resources for military children and their parents |   |

Developed by the National Center for Telehealth & Technology, a Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury Center.
Released: Aug 2016

Use #2DMLGMAG or 2dmlgmag@usmc.mil to tell us your thoughts!

Share your story with the MLG MAG! Every month we will ask a question and one service member from each MLG unit will be randomly selected and awarded a 72-hour liberty for sharing!

Comedian Bernie McGrenahan shared his life story during two shows on 19 September, 2019 at the Base Theatre. Over 900 Marines and Sailors attended the event and over 100 crowded around him after each show to hear more. This was a funny yet powerful way to learn about the effect of risky drinking and reckless behaviors. How many of you were there? In what ways could you relate, and how did Bernie's story impact you?

In honor of suicide prevention month, tell us if you have ever helped someone in distress. Do you have ideas to help prevent suicide amongst our Navy and Marine Corps family?



Letter from the Editor



Welcome to the fifth edition of the 2d MLG MAG! We are excited to continue providing you awesome information and resources to keep your arsenals loaded. This month we are showcasing 2d Supply Battalion! Read about their accomplishments and messages in honor of Suicide Prevention Month. This topic is very important for me, and it is not just because I am a psychologist. Suicide is something that affects everyone, not just the person who makes that ultimate decision. It is a systemic issue that needs to be taken seriously, and I want you all to know how deeply invested 2d MLG is with regard to combatting this difficult topic. It all starts with genuine leadership and concern. Physical and mental toughness is imperative, but also be courageous enough to admit when you are struggling so that someone can help pick you up when you are down.

We encourage you to use this newsletter as a communication tool with your Marines and Sailors. Start a book club or have frank conversations about why suicide prevention is important for you. Educate one another on the topics that impact us and our Navy and Marine Corps family so that we can always feel part of the team and be mission ready!

--LT Claudia Cespedes, Embedded Psychologist, MLG Psychiatry, OSCAR Platoon

Amnesty Can



Tell us how we are doing! Do you have ideas for future newsletters? Do you want to feature one of your Marines or Sailors in a future issue? Feedback, questions or comments about our content, let us know! Submit your inquiries via 2DMLGMAG@usmc.mil

5

NEWSLETTER



ASIST 2-day workshop for suicide prevention

The ASIST workshop is an applied science approach to help gatekeepers to become willing, ready, and able to provide emergency first aid to persons at risk of suicidal behavior. During the two day workshop, participants will examine their attitudes about suicide, learn how to effectively recognize and review the risk of suicide, and develop new and/or reinforce existing intervention skills. Over one million gatekeepers have received ASIST training; with 99.9% saying they would recommend ASIST to their colleagues.

Upcoming dates: 18 September, 23 October, and 03 December (lunch is included). Recommended for ALL service members. Regardless of rank or position, this is not your typical suicide prevention brief. Everyone should experience it firsthand!

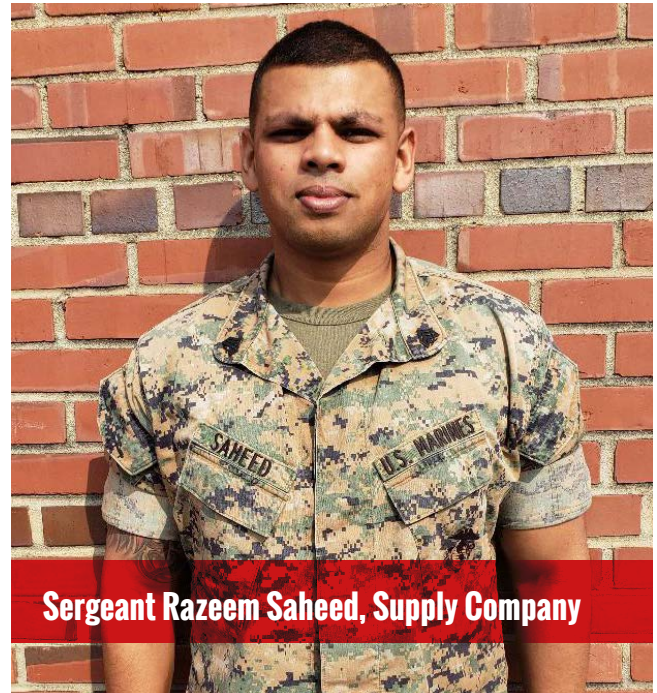




The following Service Members are being recognized this month due to their ability to exemplify the Good Leader qualities put forth by Brig Gen Stewart. Read below to find out why they are examples of outstanding service and leadership.

“There are 86,400 seconds in a day. Make them count.”

Sgt Saheed is highly efficient and highly knowledgeable Marine who does not accept mediocre performance from his peers and subordinates. He has an intense personal desire to serve the organization to the maximum capacity by attending and obtaining several additional military occupational specialties that allows not only the Company, but the Battalion to train and sustain both administrative and operational requirements. Saheed currently holds the billets of NCOIC of the Rations section Storage Platoon, Battalion MAIT, and Battalion Marine Corps Instructor of Water Survival. He is often sought out for advice from all levels of command and is a critical to mission success and the development of all the Marines of the Battalion. Saheed's keen judgement, meticulous administrative skills, and is a tireless worker who always puts the needs of others before his own which is very evident by the high performance and morale of all Marines he comes in contact with. He leads from the front and sets the example of a model leader and Marine. Saheed's sustained superior performance has been an inspiration and has fostered deep respect from his leadership and is well deserving of any and all recognition.



Sergeant Razeem Saheed, Supply Company

“The race is not for the swift, but it is for those who keep running.”

HM1 Mikal Benitou's leadership skills thrive within one word: intuition. With recent personnel turnover and existing leadership absences, HM1 Benitou seamlessly assumed the role of the Medical Logistics Company (MEDLOG) Senior Enlisted Leader which is an E-8 Billet. In that role, she has demonstrated thorough, conclusive insights into MEDLOG challenges including staffing rotations, demands and risks around key end of fiscal year financial decision points, and insights into workload demands between units and MEDLOG. Her intuitive nature and military experience combine in a Sailor that understands and analyzes consequence before action which affords her the ability to carefully consider outcome and act or advise on action. This trait alone displays a true hallmark of leadership - HM1 is keenly aware of the responsibilities of both her rank, current role, and previous roles. She is well respected by seniors, subordinates, and peers and is a superior Sailor.



HM1 Mikal Benitou, MedLog Company



Every edition will feature a message from the Chaplain's corner. This month we are featuring Chaplain Lara C. Byrd.

With football season right around the corner you might find yourself thinking about going to games and choosing some good seats. The club seats at any athletic venue are choice accommodations. Simulated leather coverings on the seats enhance the extra wide frames complete with cup holders. If you get thirsty, with just a nod, the waiter will come and fill your beverage or meal order. Even better are the box seats or suites. Here, in a specified area, an affluent ring of prestige and power surrounds the playing field. The suites provide every amenity imaginable. You can watch the game in air-conditioned comfort while enjoying a gourmet buffet provided by the Stadium staff. Your own dual screen televisions and plush sofa allow for viewing instant replays not provided to the other patrons. Box seating is appropriately named. For the proper amount of money, you can "box" out all of the lesser saints. The owners of the stadium understand human nature.

A word of confession is in order. I like to sit in the good seats! Don't we all? I am seduced, as are many, by the various ways our world is designed to welcome some and exclude others. This doesn't mean we can't have our plush box seats at the football stadium or our designer clothes. What it means is that we shouldn't use those things as a way to separate ourselves from our neighbors.

While serving in a local parish, I was at my desk when I was interrupted by a visitor. All he wanted was some help filling out several applications for employment. I quickly helped the man so that I could get back to what I was doing. He was very thankful and politely left. A couple of weeks later the same man came back to visit. This time he needed help filling out some paperwork from the government in an effort to receive financial assistance. My heart began to break as I thought how hard this man was trying to get somewhere in life despite the constant road blocks. He left his job in Atlanta to return home to care for his aging mother. As his story began to unfold he shared with me that his "caseworker" said she would help him fill out the paperwork, but had been unavailable/unwilling to do so. I took him to the Social Security office to try and help him. After an hour and a half of waiting and talking with this man I honestly have felt that my life had been enriched, and I didn't even really do anything. The man came to me! Think what our lives might be like if we truly did reach out to others and didn't wait for them to come to us.

An old rabbi once asked his students how a person could recognize when night ends and the day begins.

One sincere disciple ventured, "Is it when from a long distance away you can finally tell the difference between a dog and a sheep?"

"No" said the Rabbi.

"Is it when you can tell from a long distance the difference between a date palm and a fig tree?" another suggested.

"No," said the Rabbi. "Let me tell you the answer. It is when you can look into the face of any human creature and see, in the face of this supposed stranger, your sister or your brother. Until then night is still with us."

May the day dawn in each of our lives today!