CONFIDENTIALITY WITH CHAPLAINS: 
SAILORS HOLD THE KEY

"Confidentiality can be particularly important when a Sailor or Marine may feel they have nowhere to turn during a personal crisis, or if they're concerned about command involvement or an impact on their career."
- Rear Admiral Mark L. Tidd, Chief of Navy Chaplains

WASHINGTON (NNS) -- In a recent poll on Navy Personnel Command’s website, 63 percent of 5,049 respondents did not believe that what they say to a chaplain is confidential, and 65 percent of 2,895 respondents believe that Navy chaplains are required to report certain matters to the command.

In light of these results and other anecdotal evidence, Chief of Chaplains Rear Adm. Mark L. Tidd saw an opportunity to roll out an official campaign to help educate service members, leadership and families across the Navy and Marine Corps on SECNAV Instruction 1730.9: Confidential Communications to Chaplains.

This policy was established on Feb. 7, 2008 to protect the sacred trust between an individual and a chaplain.

Per Navy policy, service members and families have the right and privilege to confidential communication with a Navy chaplain; Chaplains have the obligation and responsibility to protect and guard the confidential communications disclosed to them; and commanders honor and support the unique, confidential relationship between an individual and a chaplain.

Chaplains cannot be compelled by the command, medical professionals or others to disclose what a service member or family member shares in confidence.

"What you say to us stays between us, unless you decide differently - You hold the key," said Tidd. "That being said, chaplains will always assist in guiding an individual to the appropriate resources and will not leave an individual alone when the individual or others are at risk," Tidd added.

Chaplains serve as advocates to help individuals get the support needed to overcome the challenges they face before matters escalate. [...]"

For more information, visit the new confidentiality page of www.chaplain.navy.mil for FAQs and resources. Read the full article on confidentiality on Navy.mil here.
prior to memorial day weekend, navy region mid-atlantic installations conducted a keep what you've earned send-off to remind fellow shipmates of the hard work and accomplishments that have distinguished them as navy sailors.

sailors offered enthusiasm and encouragement to consider the consequences of overindulging in alcohol during their festivities by holding up signs at exit gates as uniformed and civilian personnel embarked on their three day holiday weekend. commands throughout the region have been proactively supporting keep what you've earned, navy alcohol and drug abuse prevention's replacement for the now defunct "right spirit" alcohol deglamorization campaign.

increased substance use and substance abuse are not only risk factors for suicide (impairing judgment and increasing impulsivity), but are warning signs that a shipmate may be headed down a self-destructive path. everyday interactions—like the memorial day send-off—can help remind sailors that their peers care about them and want to see them continue to thrive in the navy. these efforts send the message that alcohol misuse is not as socially accepted as it once was.

who will be next in the spotlight? nominate your proactive spc, caring shipmate or leader, or your entire command for their efforts to build a sense of community and prevent suicide. email your nomination to caroline.miles.ctr@navy.mil.
Hey tough guys - you may bask in your ability to thrive under pressure, but are you addressing all the tools needed to help you lead a healthy and productive life? Maintaining mission readiness starts with a solid personal foundation. This June for Men’s Health Month, U.S. Navy Bureau of Medicine and Surgery’s Deputy Public Affairs Officer, Paul R. Ross, is chronicling his adventures as a “typical man” striving to live a completely healthy lifestyle. Even if your hands aren’t well manicured like Ross’s—or you don’t trade in your NWUs for argyle socks and skinny ties on the weekends—you’re sure to find some humor and motivation in his quest to strengthen his physical and psychological health. Proper nutrition and fitness, and paying a visit to your doctor regularly (which men are 24% less likely to do according to the Agency for Research and Healthcare Quality), are all a part of keeping your body in optimal shape. Whether you’re facing a challenging mission, personal stress, or are just trying to stay fit, remember that a healthy mind and a healthy body are your two greatest assets.

Follow Mr. Ross’s successes and setbacks (they both build resilience!) to “Get Healthy Like a Man” on Navy Medicine Live. Read more here.

Happy 1st Birthday LifeLink!
We’re celebrating 12 issues this month! Thank you for all of your support, feedback and engagement. Keep spreading the word to your shipmates about resources to help them thrive, not just survive.

More News You Can Use

- Resiliency Week to Promote Care for the Caregiver DC Military
- Reaching Vets in the Golden Hour of Mental Health Injuries DCoE Blog
- Art Therapy Showcases Healing and Promise at Lejeune Stars and Stripes
- The Results are in: 2011 DoD Health Related Behaviors Survey HPRC
- Staying Active and Fit During Extended PCS Lodging Military OneSource
- The Doctor is in: Make Nutrition Work for You DOD Live
- Wives, Husbands Thanked at Military Spouse Appreciation Night Navy.mil
- Happy belated Father’s Day! Here’s a good laugh for you dads, courtesy Jeff Bacon, creator of Broadsie: Happy Hollerin’ Day