



RAFB

Helping Agencies



[\(Click here for Mission Partners Info\)](#)

[\(Click here CAF info\)](#)

[Airmen Against Drunk Driving \(AADD\): 478-222-0013](#)

[Airmen & Family Readiness Center: 478-926-1256](#)

[Behavioral Health Optimization Program\(BHOP\): 478-222-1190](#)

[Chapel: 478-926-2821](#)

[Civilian Health Promotions Services \(CHPS\): 478-327-8030](#)

[Civilian Personnel Office \(CPO\): 478-222-0601](#)

[Employee Assistance Program \(EAP\): 800-222-0364 1 & 2](#)

[Exceptional Family Member Program \(EFMP\): 478-926-1259](#)

[Force Support Squadron \(FSS\): 478-926-5491](#)

[Health and Wellness Center \(HAWC\): 478-327-8480](#)

[In-Transition: 800-424-7877](#)

[Labor-Management Help Line \(for Managers\): 844-648-4357](#)

[Legal Assistance: 478-926-9276](#)

[Medical Clinic: 478-327-7850](#)

[Mental Health Clinic/Alcohol Drug Abuse Prevention & Treatment/Family Advocacy Program/Drug Reduction & Demand: 478-327-8398](#)

[MiCare: 866-735-2963 \(Account Assistance Number\)](#)

[Military & Family Life Consultant \(MFLC\): 478-538-1732](#)

Adult Services [1](#) / [2](#) Child Services [1](#) / [2](#)

[Military One Source: 800-342-9647](#)

[National Suicide Prevention Lifeline: 800-273-TALK \(8255\)](#)

[Occupational Medicine: 478-327-7590](#)

[Security Forces: 911 \(Emergency\): 478-926-2187](#)

[Sexual Assault Response Coordinator \(SARC\): 478-327-7272](#)

[Tricare: 800-444-5445](#)



Helping Airmen
in Distress

Workshop Menu
for Commanders

Community
Spiritual
Resources

Mental Health
Service Finder
(AD/Civ/Dep/Ret)



[Click here for the
Airmen/Green Dot
Saves Form](#)





My Military Communities

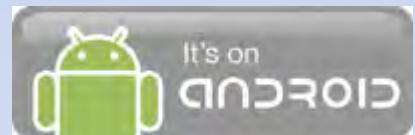
My Military Communities (MyMC²) provides a one-stop shop for Airmen, Soldiers, Sailors, & Marines to find all organizations and events at a given installation. The app interfaces with pre-existing organizational Facebook pages to read in events and contact information, and then displays them within a single application that is user-friendly and easy to navigate.

Introduction Video

<http://www.youtube.com/watch?v=DcZgm6VSsQQ>

You can click on the following links that will take you to the download page in the **App Store** and **Android Market**

(these links are not accessible on gov't computers)



Or, you can scan this **QR code** and it will take you directly to the download page in your phone



iOS



Android



Behavioral Health Optimization Program (BHOP)

What is the Behavioral Health Optimization Program?

The Behavioral Health Optimization Program (BHOP) is available to you in your Patient-Centered Medical Home (PCMH) as part of your comprehensive health care. The service uses an internal behavioral health consultant (IBHC) and a behavioral health care facilitator (BHCF) to provide help when stress, worry, or emotional concerns about physical or other life problems interfere with your daily life.

Who is the Internal Behavioral Health Consultant?

The IBHC is a psychologist or social worker specifically trained to work as a member of your PCMH team. This team approach allows the PCMH team and patients to consider physical, behavioral, and emotional aspects of health. In this clinic the IBHC is Ms. Gina Carlton, LCSW.

Who is the Behavioral Health Care Facilitator?

The BHCF is a licensed nurse specifically trained to work as a member of your PCMH team. This person works to provide support to PCMs who prescribe medications for psychiatric conditions. This person will provide education on common side effects and monitor medication adherence and progress on overall treatment.

What problems can they help me with?

Diabetes	Headaches	Chronic Pain
Losing weight	Sleep problems	Alcohol Problems
Depression	Fatigue	Stress Mgmt.
Fibromyalgia	Relationship problems	Worry/Anxiety
Smoking Cessation	Work Stress	

The BHOP team works closely with your primary care providers to help them develop a treatment plan that addresses the physical, behavioral, and emotional aspects of your health. They can provide recommendations to your medical providers and help you develop skills, change habits, and use available resources to better manage problems affecting your health and well-being.

How do I schedule a BHOP appointment?

You can discuss with your primary care manager the desire to access this service. If your PCM believes you would benefit from a consultation with the BHOP team, the PCM team will help you schedule an appointment. However, you can also schedule an appointment for yourself by calling Ms. Carlton at 222-1190 or 472-1190.

Employee Assistance Program Overview

Information on Employee Assistance Program (EAP) Services and Benefits

Personal and family problems can diminish your health, your happiness, and your ability to be at your best for yourself and your family. With the help of your EAP, provided by Federal Occupational Health, you can resolve these problems and become happier, healthier, and even more effective at home and at work.

Convenient Access by Phone or on the Web

Employees can call 1-800-222-0364 (888-262-7848 TTY) from anywhere in the United States to receive immediate assistance, 24 hours a day, 365 days a year. You can also obtain information and resources online at www.FOH4You.com. At the FOH4You site, you will have easy access to educational materials, self-assessment tools, and specific information on available EAP services.

Financial and Legal Services

FOH's EAP includes **FREE** consultation with financial experts and licensed attorneys to provide assistance with your legal and financial questions.

Services include help with living will and health care power of attorney, housing or real estate matters, estate planning, education funding, retirement planning, and investment strategies.

Counseling Services

Licensed or credentialed professional counselors provide face-to-face, short-term counseling to employees and family members. Counselors can also provide referrals to community resources based on client needs, health insurance coverage, and financial resources.

Health and Wellness Presentations and EAP Orientations

We can make health and wellness presentations and EAP orientations support both supervisors and employees.

Health and wellness presentations include such topics as conflict resolution, substance abuse prevention, balancing work and life, time and stress management, and more.

The employee orientation sessions discuss the features and benefits of the EAP, how the EAP functions, and how to access and use the EAP. The supervisor orientation includes useful information about when and how supervisors refer employees to the EAP, documentation, crisis management, privacy, and confidentiality.

Supervisor and Risk Management Consultation

EAP counselors provide guidance and consultation so that supervisors and managers can effectively identify, interact with, and refer employees with performance or conduct issues to the

program. FOH counselors are available 24/7 to discuss performance concerns and the appropriate EAP intervention.

Critical Incident Response

Exposure to threats, acts of violence, natural disasters, injury, or death requires immediate response. EAP's professionally trained critical incident stress management (CISM) counselors assist in management consultations, CISM services, and follow-up with the organization and individuals are provided as appropriate.

Confidentiality

The EAP is confidential in accordance with both state and federal laws, including the Privacy Act of 1974 and applicable Confidentiality Regulations (42 CFR 1A2). However, when clients disclose life-threatening situations, such as child or elder abuse, or threats of serious harm to themselves or others, counselors must report these disclosures as required by law.

For more information call 1-800-222-0364 (1-888-262-7848 TTY), or visit our website at www.FOH4You.com.

Robins AFB:

Lynn Irvine 327-7883

Jamie Tillit 327-7577

EAP

We care, just call.

1-800-222-0364
1-888-262-7848 (TTY)
www.FOH4You.com





Robins Air Force Base
MFLC
478-538-1732





MILITARY AND FAMILY LIFE COUNSELOR PROGRAM

Military families face unique challenges. They may struggle with issues such as deployment-related stress, reintegration and pressures of managing parenting and finances while a loved one is deployed.

To support military families facing these or additional challenges, the MFLC program:

- » Provides short-term, non-medical counseling services to service members and their families at no cost
- » Provides psycho-education to help military service members and their families understand the impact of deployments, family reunions following deployments and other stresses related to the military life
- » Augments existing military support services
- » Offers flexible service delivery
- » Can provide services on or off of military installations
- » Can provide services to individuals, couples, families and groups

With the exception of child abuse, domestic abuse and duty to warn situations services are private and confidential.

ABOUT MILITARY AND FAMILY LIFE COUNSELORS

- » Masters or Doctorate-level licensed counselors
- » Work with families, individuals, couples and children
- » Work with existing military and family support programs to complement services provided

NON-MEDICAL COUNSELING SERVICES

Life skills

- » Anger management
- » Communication
- » Relationship issues
- » Conflict resolution
- » Parenting
- » Decision-making skills

Military lifestyle

- » Deployment stress
- » Coping skills
- » Homesickness
- » Relocation adjustment
- » Reintegration
- » Separation
- » Building resiliency
- » Sadness, grief and loss





I have seen a vast improvement in my children's emotional well-being. I attribute this change to [the MFLC] and her support group.

It has been the key factor in getting my children through this terribly sad and emotional time in their lives.

Neither I nor my husband could even begin to thank her enough for what she has done for [my children]. My husband is due home in about two weeks, and we all are thankful for that day to come. When he does return, he will come to group to personally thank [the MFLC], along with pictures of happy children welcoming home their Daddy, a United States Marine.

With utmost respect, a Military Spouse



CYB-MFLC

CHILD AND YOUTH BEHAVIORAL MILITARY AND FAMILY LIFE COUNSELOR PROGRAM

Robins Air Force Base
CYB MFLC
478-538-5439





WHO ARE CYB-MFLCs AND WHAT DO THEY DO?

CYB-MFLCs are

- » Masters or Doctorate-level licensed counselors specializing in child and youth behavioral issues
- » Available at no cost to assist children and youth, parents, family members and staff of child and youth programs
- » Available to provide short-term, non-medical counseling support

Services are private and confidential with the exception of child abuse/neglect, domestic abuse and other duty-to-warn situations.

HOW DO CYB-MFLCs MAKE A DIFFERENCE?

CYB-MFLCs provide a wide range of support to military children and youth, family members and staff who work with children by

- » Engaging in activities with children and youth
- » Providing behavioral interventions in classrooms, at camps and in Child Development Centers to assist staff in setting and managing boundaries
- » Modeling behavioral techniques and providing feedback to staff
- » Being available to parents and staff to discuss interactions with children and other concerns
- » Facilitating psycho-educational groups

ISSUES ADDRESSED BY CYB-MFLCs

- » School adjustment
- » Deployment and separation
- » Reunion adjustment
- » Sibling and parent-child communication
- » Behavioral concerns
- » Fear, grief and loss





Wingman/Green Dot "Intervention" Submission Form



Installation:

Date of Intervention (month/year):

Personnel Category (specify military/civilian/contractor of potential at-risk individual):

Duty Status at the Time of Intervention (ON or OFF duty):

Relationship of Wingman to perceived at-risk individual (e.g., co-worker, supervisor, friend, family member, random bystander):

POTENTIAL at-risk behavior identified (e.g., safety, suicide, sexual assault, substance abuse, health intervention):

Action taken to deter potential at-risk behavior (describe the Wingman's action to intervene):

Outcome (describe the result of the Wingman's intervention):

Resources utilized (e.g., helping agencies on/off base, other people, equipment, etc.):

Additional Information/Comments:

Submitted by:

Name

Rank/Grade

Phone

E-mail

NOTE: These submissions are to remain anonymous. Do **NOT** include potentially identifiable information for either the Wingman who intervened or the person they assisted. Submit completed form to the installation Community Support Coordinator (CSC) or the installation Prevention Specialist (SPPV). Email robins.resiliency@us.af.mil.

Mental Health Services Finder

Civilian

Please verify insurance plan, benefits and any out of pocket expenses before receiving services

Aetna (Search: Mental health)	1-877-459-6604
APWU Health Plan Nationwide/ValueOptions (website not available)	1-888-700-7965
Blue Cross & Blue Shield Service (Search: Mental Health)	1-888-630-2583
Compass Rose Health Plan (Search: Psychiatrist)	1-877-988-3589
Employee Assistance Program	1-800-222-0364
Foreign Service Benefit Plan (Search: Psychiatrist)	1-800-593-2354
GEHA (Search: Psychiatry)	1-888-257-4342
Humana (Search: Medical-Your network/plan)	1-800-448-6262
Kaiser Foundation Health Plan (Search: Psychology)	1-800-464-4000
MHBP - Value Plan (Search: Psychiatrist)	1-800-410-7778
MHBP - Std Nationwide (Search: Behavioral Health/Clinical Psychology)	1-800-410-7778
NALC Nationwide/Value Option Nationwide	1-877-468-1016
Rural Carrier Benefit Plan (Search: Doctor-Behavioral Health)	1-800-638-8432
SAMBA Nationwide (Search: Plan-Psychiatry)	1-800-638-6589
United HealthCare Insurance Company (Search: Plan-Mental health)	1-877-835-9861

Active Duty

AFB Mental Health Clinic	78 MDG Bldg 700A	COMM 327-8398/DSN 497-8398
Military Family Life Consultant (website not available)		478-538-1732
Military One Source		1-800-342-9647

Dependents

Please verify insurance plan, benefits and any out of pocket expenses before receiving services

TRICARE /ValueOptions-Mental Hlth (Search: Mental Health/specialty)	1-800-700-8646
Military Family Life Consultant (website not available)	478-538-1732
Military One Source	1-800-342-9647

Retiree


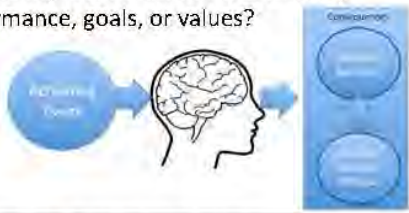


Please verify insurance plan, benefits and any out of pocket expenses before receiving services

TRICARE /ValueOptions-Mental Hlth (Search: Mental Health/specialty)	1-800-700-8646
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Comprehensive Airmen Fitness Resilience Skills Overview



Goal/When to use it		How do you use it?	
Awareness	Counting Blessings	To cultivate gratitude, build optimism and positive thinking, help you cope with daily hassles and stress, and improve quality of life. <i>When to use it:</i> <ul style="list-style-type: none"> Set aside time on a regular basis In moments of stress—to counter negative thinking 	<ul style="list-style-type: none"> Write down at least 3 things that went well Reflect on each item. <ul style="list-style-type: none"> Why did it go well? How did you or others in your life contribute to this blessing? 
	A → B → C	Activating event → Brain → Consequences The goal of A → B → C is to be aware of how your brain drives reactions to an event. <i>When to use it:</i> <ul style="list-style-type: none"> When you need a better understanding of why you reacted to an event in a certain way. When you don't think your reactions were helpful in the situation. In the moment, use it to slow down and ensure your reactions don't interfere with your performance, goals, or values 	<ul style="list-style-type: none"> Describe the activating event. Be specific and objective. Record your brain's interpretation and the consequences—emotional reactions and physical/behaviors. Ask: Did my reactions interfere with my performance, goals, or values? 
	Check Your Playbook	To be aware of what influences unproductive patterns or uncharacteristic consequences that interfere with your performance, goals or relationships <i>When to use it:</i> <ul style="list-style-type: none"> If your reactions interfere with your performance, goals or relationships If you have an uncharacteristic reaction If you are stuck in an unproductive pattern 	<ul style="list-style-type: none"> Describe the Activating Event Record how your brain interpreted the event and the consequences. What might have influenced this reaction? What is most important to you? Do you need a new play? 
Action	Balance Your Thinking	To help you perceive situations accurately and take action based on the evidence <i>When to use it:</i> <ul style="list-style-type: none"> When your brain is driving reactions that interfere with your goals, values or performance When you are stuck in a cognitive trap or need to improve decision-making 	 <ul style="list-style-type: none"> Check for Balanced Thinking: <ul style="list-style-type: none"> Examine the evidence Check for a double-standard Phone-a-friend Determine if you need to revise your interpretation based on the new evidence.
	Instant Balance Your Thinking	To attack unbalanced thoughts quickly so you can focus on your performance in the moment <i>When to use it:</i> <ul style="list-style-type: none"> When you need to defuse doubt and anxiety so you can focus on your performance When preparing for a challenging task, event, or interaction 	<ul style="list-style-type: none"> Use Balance Your Thinking strategies. <ul style="list-style-type: none"> Provide evidence against the belief Check for a double-standard Decide if the thought is relevant to the task you need to accomplish Use your experience, training, past accomplishments to combat your unbalanced thinking
	Capitalizing on your Strengths	To identify your strengths, spot strengths in others and find opportunities to use your strengths <i>When to use it:</i> <ul style="list-style-type: none"> When facing a challenge On a regular basis 	<ul style="list-style-type: none"> Know your Signature Strengths Identify how others are using Strengths Find ways to develop and use your Signature Strengths

Goal/When to use it		How do you use it?									
Action	Accomplishing Goals To gain a sense of purpose and feeling of control; helps to prioritize. This skill also allows us to find opportunities to live our values. <i>When to use it:</i> <ul style="list-style-type: none">Set aside time on a regular basisWhen you need a sense of directionWhen you need to create a plan for getting from where you are to where you want to be 	<ul style="list-style-type: none">Define your valuesSet goals based on your valuesChart your course<ul style="list-style-type: none">Set subgoals—immediate, short-term & long-termConsider potential obstacles and strategies to overcomeShare your goalsTake action and revisit goals as needed									
	Mindfulness To acknowledge and cope with negative aspects of events that you can't control and disengage from negative thoughts that interfere with our performance, values or goals. Mindfulness also allows you to refocus on aspects where you do have control and take action. <i>When to use it:</i> <ul style="list-style-type: none">When your brain is clouded by negative thoughts or beliefs that prevent you from acting based on your values	<ul style="list-style-type: none">Anchor Yourself physicallyNotice Three Things around youNotice any thoughts and emotions swirling around in your head.Allow your thoughts and emotions to move like waves, ebbing and flowing.Take action based on your values. 									
Acceptance	Meaning-making To help shed light on difficult situations and find ways to grow and benefit from adversity <i>When to use it:</i> <ul style="list-style-type: none">After you've faced adversity, stress, and daily hassles.	<ul style="list-style-type: none">After facing adversity, reflect on opportunities to find meaning:<ul style="list-style-type: none">What else could this situation mean?Can anything good come from it?What lessons can I learn & apply to the future?Did I develop any strengths as a result?									
	Spiritual To strengthen the beliefs, principles or values that sustain our sense of well-being and purpose <i>When to use it:</i> <ul style="list-style-type: none">Set aside time on a regular basisWhen you need a sense of direction or renewal 	<ul style="list-style-type: none">Identify your essential spiritual beliefs.Identify a simple phrase that will remind you of your essential beliefs. (Spiritual Reminder)Meditate on one's Spiritual Reminder to gain perspective and acceptance									
Physical	Physical To understand how the link between physical and mental fitness improves performance, leadership, and overall health; identify and apply tools to effectively manage physical and mental energy. <i>When to use it:</i> <ul style="list-style-type: none">Everyday 	<ul style="list-style-type: none">Choose a varied diet consisting of "real foods."Regulate intake of calories to exercise level.Exercise when stressed, have "brain drain" or to improve overall health and fitness.Supplements will never replace hard work, discipline and sleep.Recover energy by using daily boosters and rejuvenation tools to fill your energy tank.									
	Interpersonal problem-solving To address problems in a manner that still shows respect for the relationship; lowers the intensity and makes it easier to find a resolution or come to a compromise they can each live with. <i>When to use it:</i> <ul style="list-style-type: none">When you need to find a resolution to a problem.	<ul style="list-style-type: none">Define the problem (use the wind-up approach)Ask for the other person's perspectiveWork together to generate solutionsEvaluate the solutionsChoose a solution and seal the agreement 									
Social	Good Listening and ACR The goal of Good Listening is to make someone feel safe in speaking to you as a confidante. <i>When to use it:</i> <ul style="list-style-type: none">When someone comes to you with news—good or bad	<ul style="list-style-type: none"><u>A</u>ttend with genuine interest<u>B</u>e responsive to what is said<u>C</u>are about the other person<u>D</u>on't interrupt<u>E</u>ncourage the person to say more.									
	The goal of Active Constructive Responding (ACR) is to build, strengthen, and maintain important relationships <i>When to use it:</i> <ul style="list-style-type: none">When someone shares good news	<ul style="list-style-type: none">Ask questions about the event, show enthusiasm, and seek additional details. <table><tr><th></th><th>Constructive</th><th>Destructive</th></tr><tr><td>Active</td><td>Shows authentic interest & support, ask questions</td><td>Brings up negative aspects</td></tr><tr><td>Passive</td><td>Distracted or understated support</td><td>"One-upping" distracts from the news</td></tr></table>			Constructive	Destructive	Active	Shows authentic interest & support, ask questions	Brings up negative aspects	Passive	Distracted or understated support
	Constructive	Destructive									
Active	Shows authentic interest & support, ask questions	Brings up negative aspects									
Passive	Distracted or understated support	"One-upping" distracts from the news									

Commander's Workshop Menu

The following workshops below can be delivered at the unit level, in location of your selection, during unit Wingman Day events or at any time to address unit concerns. Please contact the POC indicated next to each workshop description to arrange for the briefing to be held for your organization. Contact POC a minimum of two weeks prior to requested date to ensure availability of presenter; unless otherwise indicated.

If you need assistance finding additional resources not listed below you may contact the installation Community Support Coordinator for assistance at DSN 497-7692.

Health and Wellness (Page [1](#), [2](#), [3](#))

Stress and Change Management (Page [1](#), [2](#))

[Anger Management](#)

[Mental Health Services](#)

[Grief](#)

[Personal Relationships](#)

[Workplace Relationships](#)

Family Support and Parenting (Page [1](#), [2](#))

Military Support (deployment, relocation, separation, etc.)

(Page [1](#), [2](#), [3](#))

[Employment and Finances](#)

[Sexual Assault Prevention and Response](#)

Resiliency Skill Sets (Page [1](#), [2](#))

Health and Wellness

***Comprehensive Airman Fitness Physical Resiliency Overview- 20 Minute Brief** on tips to ensure Physical Resiliency with an overview of Supplement Safety. We will discuss the DOD Website for Operation Supplement Safety and educate Airmen on how to get up to date accurate information on all supplements enabling informed usage decisions. Please contact the Health and Wellness Center to schedule this briefing. Phone 478-222-6907 or e-mail stuart.bapties@us.af.mil.

***HAWC Services Brief- 10 Minute Brief** providing an overview of services available from the Health and Wellness Center in the Area of Nutrition, Physical Fitness, Tobacco Cessation, Weight Management, and Disease Management. Please contact the Health and Wellness Center to schedule this briefing. Phone 478-222-6907 or e-mail stuart.bapties@us.af.mil.

***Performance Nutrition Brief- 90 Minute Brief** on fueling your body for performance. This brief teaches nutrition for energy management that enables participants to optimize metabolism and ensure peak performance. This class is designed for our Active Duty, Guard and Reserve warrior athletes and anyone who wants more energy each day! This class is a PREREQUISITE for the Bod Pod; however, only military members can utilize the Bod Pod. This is an interactive class and we ask that you have a minimum of 25 Members attending the brief, along with access to Power Point and an area for teaching props. Please contact the Health and Wellness Center to schedule this briefing. Phone 478-222-6907 or e-mail stuart.bapties@us.af.mil.

***Tobacco Cessation Brief- 20 Minute Brief** on why we use tobacco, the reasons that it can be so hard to QUIT and how it affects a Units Mission Readiness. An overview of local free options and tools to be long term successful QUITTING will be presented along with a discussion of available Tobacco Cessation Medications Side effects and availability. Please contact the Health and Wellness Center to schedule this briefing. Phone 478-222-6907 or e-mail stuart.bapties@us.af.mil.

***Alcohol 101: Tolerance, Myths/Facts, Basic Education-** Learn how to minimize the negative consequences of substance related mishaps to the individual, family, and organization. Please contact the Mental Health Clinic to schedule this briefing. Phone: 478-497-8398.

***How to Improve Sleep-** Learn about proper sleep hygiene techniques needed to obtain a deep, restorative night's rest. Please contact the Mental Health Clinic to schedule this briefing. Phone: 478-497-8398.

***Civilian Health Screenings:** Civilian Health Promotion Services (CHPS) offers a variety of health screenings for civilian employees. Please contact CHPS to schedule one of the screenings listed below. Phone: 478-327-8030.

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Classes Open to: * All ID Card Holders / * Mil Only / * Civ

Health and Wellness

***Civilian Health Promotion Services (CHPS)** offers a variety of workshops that address all areas of wellness. Primary audience should be civilian employees. However, military are welcome to attend. Please contact CHPS to schedule one of the briefings listed below. Phone: 478-327-8030.

<u>Diet and Nutrition</u>		
• Food Safety – Avoiding a Recipe for Disaster	• Supermarket Savvy	• Digestive Health
• Fad Diets: The Good, the Fad, and the Ugly	• Portion Distortion	• Salt and Sodium
• Healthy Eating on the Go	• Nutrition: Back to the Basics	• Spice it Up
• Holiday Health & Safety	• Fad Diets: The Good, the Fad, and the Ugly	• Dietary Supplements
<u>Fitness</u>		
• Overcoming Gym Intimidation	• Personal Goal-Setting for a Healthy Lifestyle	• Walking for Health: The Basics
• Exercise and Arthritis	• Exercise Across the Lifespan	
<u>General Health and Wellness</u>		
• The Importance of Sleep	• Allergies, Asthma, Colds, and Flu	• Managing Chronic Pain
• Memory Loss	• Holiday Health & Safety	• Preventing Type 2 Diabetes
• Aches and Pains of Arthritis	• Managing Chronic Pain	• Simple Strategies to Manage Stress
• Healthy Homes	• Bone and Joint Health	• Women's Health
• Men's Health	• Swing Shift Health	• Warning Signs of Heart Attack and Stroke
• Summertime Safety	• Alternative and Complementary Medicine	• Brushing Up on Oral Health
• Health and Happiness	• Immunizations and Vaccinations	• Preventing Common Cancers

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Classes Open to: * All ID Card Holders / * Mil Only / * Civ

Health and Wellness

***Cardiac Risk Profile (CRP) Screening:** Our CRP Screening is performed via finger stick and yields immediate results. The screening takes less than 10 minutes to complete and will give readings of Total Cholesterol, HDL, LDL, Triglycerides, Blood Glucose, and Blood Pressure. For the most accurate results, we recommend fasting 8-12 hours. Drinking water is encouraged prior to the screening. This service is open to DoD Civilians once each fiscal year. You may schedule a CRP screening at our office located in Building 207, or we can come to your site for a screening.

***Blood Pressure Screening:** You may have your blood pressure checked by CHPS staff at any time. This service is offered on its own or in conjunction with a CRP Screening.

***InBody Body Composition Screening:** Our InBody 230 provides a complete analysis of body composition. The machine uses bioelectrical impedance to measure body fat and lean body mass, including muscle mass. The InBody machine is portable and we are happy to come to your location. This service is open to DoD Civilians only. Please be sure to comply with the following guidelines for an accurate body composition screening:

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Classes Open to: * All ID Card Holders / * Mil Only / * Civ

Stress and Change Management

***Occupational Stress**-Learn how to better identify and characterize your sources of stress and learn new, more productive skills for stress management. Areas of topics available for discussion are emotional management, dealing with environmental factors, communication, and goal setting. Please contact the Mental Health Clinic to schedule this briefing. Phone: 478-497-8398.

***Stress Management Class**-Learn relaxation techniques, ways to challenge your thinking, and problem solving skills to lead to a greater stress tolerance level and improved self-care. Please contact the Mental Health Clinic to schedule this briefing. Phone: 478-497-8398.

***Balancing Work and Personal Life** -A hectic, unbalanced lifestyle can prevent enjoyment of personal relationships, interfere with productivity at work and harm our health. This seminar helps participants assess how their numerous roles can be managed to create an integrated life. Please call the Employee Assistance Program (EAP) at 800-222-0364 to schedule briefing.

***Burnout and Stress Management** -When someone experiences stress, or when stress lasts too long, it can be harmful; burnout is one possible outcome. This seminar addresses ways to prevent burnout. Please call the Employee Assistance Program (EAP) at 800-222-0364 to schedule briefing.

***Contending with Change** -The seminar is designed to help participants understand the effects of change, assess their own attitudes about change, and learn practical techniques for dealing with change. Please call the Employee Assistance Program (EAP) at 800-222-0364 to schedule briefing.

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Classes Open to: * All ID Card Holders / * Mil Only / * Civ

Stress and Change Management



***Coping with Downsizing and Job Loss-**

This seminar identifies common stress symptoms experienced during downsizing and job loss and offers strategies for addressing those symptoms. *Please call the Employee Assistance Program (EAP) at 800-222-0364 to schedule briefing.*

***Ups and Downs of the Holiday Season -**

During the holiday, expectations about the “way it should be” and reality often collide. This seminar explores how to cope with the pressures of the holiday season, and offers strategies to reduce stress. *Please call the Employee Assistance Program (EAP) at 800-222-0364 to schedule briefing.*

***Life in Balance: Relaxation and Stress**

Relief- Objectives for this presentation include maintaining a good work/life balance, identifying stressors, recognizing the signs and symptoms of stress, practicing stress management strategies, reducing overall stress, and developing relaxation skills. *Please contact the Military Family Life Counselor at 478-538-1732 to schedule briefing.*

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Anger Management



***How to Go on an Anger Diet-**Designed to provide quick tips on ways to effectively manage and control anger. *Please contact Family Advocacy to schedule this briefing. Phone: 478-497-8398.*

***Anger Happens-** Anger can lead to behaviors we regret, and it can also affect our health. This presentation focuses on understanding what happens to us when anger is triggered, and ways to address our strong reactions. *Please call the Employee Assistance Program (EAP) at 800-222-0364 to schedule briefing.*

***Anger Management-** This presentation is geared towards adults who need help managing anger. Topics include defining anger, identifying one's "anger style," increasing self control through personal awareness, practicing techniques to manage one's own anger, and adopting new strategies to calm other angry people. *Please contact the Military Family Life Counselor at 478-538-1732 to schedule briefing.*

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Mental Health Services

- *Employee Assistance Program Overview/Employee Orientation-** Provides an overview of services, this presentation focuses on the nature of the EAP as a voluntary, confidential, and free benefit to employees. *Please call the Employee Assistance Program (EAP) at 800-222-0364 to schedule briefing.*
- *Employee Assistance Program Overview/Supervisor Orientation-** Providing an overview of services, this presentation focuses on the nature of the EAP as a voluntary, confidential, and free benefit to employees. In addition, it underscores the EAP as a consultative resource and offers practical tips for dealing with employees when they are experiencing problems in the workplace. *Please call the Employee Assistance Program (EAP) at 800-222-0364 to schedule briefing.*
- *Depression: What It Is and How to Help** -The primary focus of this seminar is to educate participants about the warning signs and dangers of depression, and how it can be treated. *Please call the Employee Assistance Program (EAP) at 800-222-0364 to schedule briefing.*
- *Stress and Trauma Exposure: Strategies for Coping**-Those individuals who work with victims and survivors of traumatic events may experience strong reactions as a result of hearing about or helping those who've been affected by trauma. This presentation is designed to offer information about strategies to prevent and manage the effects of "secondary trauma." *Please call the Employee Assistance Program (EAP) at 800-222-0364 to schedule briefing.*
- *Domestic Violence: Effects on the Workplace.** Domestic violence affects the individual employee, and has an impact on the workplace as well. This presentation identifies those potential effects, and suggests approaches that colleagues and agencies can take to address the issue. *Please call the Employee Assistance Program (EAP) at 800-222-0364 to schedule briefing.*
- *Dynamics of Addiction** -Addiction is a topic that is often associated with substance abuse, but many behaviors can also become addictive, including shopping, working, and computer use, to name a few. This presentation looks at a range of addictive behaviors, the differences between a habit and an addiction, and the steps in changing behavior. *Please call the Employee Assistance Program (EAP) at 800-222-0364 to schedule briefing.*

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Grief

* **Navigating Loss** -Changes, both positive and negative, can create a sense of loss. This seminar addresses different types of losses, our responses to them, and what we can do to care for ourselves and others when experiencing a loss. *Please call the Employee Assistance Program (EAP) at 800-222-0364 to schedule briefing.*

* **Survivor's Guilt**- The goal of this presentation is to teach people how to comfort the bereaved. Topics include the stages of grief, physical and emotional reactions to grief, the characteristics and effects of survivor's guilt, tips for helping grieving people, and special considerations for when the bereaved is a long distance away. *Please contact the Military Family Life Counselor at 478-538-1732 to schedule briefing.*

* **Supporting the Bereaved at Home and Down Range**- Objectives for this presentation include understanding the symptoms and effects of survivor's guilt, developing coping strategies, and utilizing tips for helping children and adolescents recover. *Please contact the Military Family Life Counselor at 478-538-1732 to schedule briefing.*



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Personal Relationships

***Relationship Strength: Know the Communication**-Quick overview about communication techniques that will make or break a relationship. Gives pointers on how to recognize those styles that will sabotage intimacy. *Please contact Family Advocacy to schedule this briefing. Phone: 478-497-8398.*

***How Not to Fall For a Jerk(ette)**-Highlights the characteristics of what not to look for in a partner and focuses on two tools that will allow for healthy relationship development. *Please contact Family Advocacy to schedule this briefing. Phone: 478-497-8398.*

***Building a Healthy Marriage**- Participants in this presentation will learn to create and maintain a healthy marriage through the development of communication skills, conflict resolution strategies and personal boundaries. *Please contact the Military Family Life Counselor at 478-538-1732 to schedule briefing.*

***Mission Based Marriages**- This presentation is driven by the idea that a marriage should be focused on a specific vision of the future. Objectives include defining the beliefs and values that give meaning and direction to marriage, understanding what the family does and where it's going, knowing the steps required to achieving goals for the family, utilizing strategies for strengthening and protecting the marriage, and practicing effective problem-solving techniques as a couple. *Please contact the Military Family Life Counselor at 478-538-1732 to schedule briefing.*

***Healthy Relationship Skills for Singles**- This presentation teaches single people how to prepare for a relationship. Objectives include clarifying one's expectations and priorities in a relationship, choosing the right person to enter a relationship with, understanding the right reasons for entering a long-term relationship, and practicing strategies for choosing and developing a healthy relationship. *Please contact the Military Family Life Counselor at 478-538-1732 to schedule briefing.*

***Matri-Money: Money and Marriage**: The purpose of this presentation is to address financial concerns that may present challenges to married couples. Objectives include exploring emotional connections to financial matters, utilizing goal setting strategies, and practicing effective communication. *Please contact the Military Family Life Counselor at 478-538-1732 to schedule briefing.*

***Recovering from Divorce**: Topics covered in this presentation include the definition of divorce, the stages of grief/loss, possible physical and emotional reactions to divorce, coping strategies, tips for discussing a divorce with outside parties, techniques for discussing divorce with children, and recommendations for navigating divorce in a healthy way. *Please contact the Military Family Life Counselor at 478-538-1732 to schedule briefing.*

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Workplace Relationships

***Relationship Strength: Know the Communication**-Quick overview about communication techniques that will make or break a relationship. Gives pointers on how to recognize those styles that will sabotage intimacy. Please contact Family Advocacy to schedule this briefing. Phone: 478-497-8398.

***FOUR LENSES**-designed to learn about your unique temperament and the temperaments of others. This assessment will also help you understand others in your organization. There is a cost associated to conduct this workshop due to the cost of the books, which the units requesting the training would need to purchase. This training would need to be requested and prearranged at least 30 days prior to workshop. Please contact the Airman and Family Readiness Center to schedule this workshop by phone 478-926-1256.

***Dealing with Conflict** -This presentation offers general information about the sources and symptoms of conflict so that participants may identify their own conflict management style and learn practical ways to navigate conflict. Please call the Employee Assistance Program (EAP) at 800-222-0364 to schedule briefing.

***Dealing with Difference** -This presentation heightens awareness of the impact of difference; helps participants distinguish between categorizing and stereotyping; and offers tips to address dealing with difference in the workplace. Please call the Employee Assistance Program (EAP) at 800-222-0364 to schedule briefing.

***Effective Communication** -Communication is more than just talking. Participants will learn general skills to help them communicate more effectively using the skills of active listening, validating and positive assertiveness. Please call the Employee Assistance Program (EAP) at 800-222-0364 to schedule briefing

***Three Cs of Communication**- This presentation seeks to help participants improve verbal and nonverbal communication through the use of the "Three C's" (communication, collaboration, and commitment). Please contact the Military Family Life Counselor at 478-538-1732 to schedule briefing.

***Communication Training**- This presentation focuses on providing participants with communication strategies and guidelines. Topics include the components of communication, verbal and nonverbal communication, the characteristics of an active listener, tips for communicating over long distances, typical roadblocks to effective communication, and the importance of being assertive. Please contact the Military Family Life Counselor at 478-538-1732 to schedule briefing.

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Family Support and Parenting

***A Humorous Look at Parenting**-Focuses on challenges and triggers that will cause parents to lose their cool while offering ways to remain in control. Provides tips for practical skills that can be used immediately for more effective parenting. *Please contact Family Advocacy to schedule this briefing. Phone: 478-497-8398.*

***Robotic Shaken Baby Syndrome Prevention: How to Handle the Inconsolable Crying-** Shaken Baby Syndrome education is provided through a demonstration with a mechanized doll that fully displays the impact of this 100% preventable form of child abuse. This program is geared to make all caregivers of infants aware of the dangers and impact of shaking a baby and just how easy it is to cross the threshold of harm. *Please contact Family Advocacy to schedule this briefing. Phone: 478-497-8398.*

***The Art of Parenting** -Parents of children of all ages can learn practical tips for setting and enforcing limits, --communicating with kids, identifying when children need professional help, and other essential elements of effective parenting. *Please call the Employee Assistance Program (EAP) at 800-222-0364 to schedule briefing.*

***Effective Discipline for Children (ages 2-5, 6-9, 10-12, and 13-18)**- The purpose of this presentation is to help parents discipline children effectively. Topics include recognizing the characteristics of child development, maintaining good communication, practicing effective methods of discipline, establishing rules and consequences, dealing with aggressive behavior, working with other caregivers, taking care of oneself in order to better care for one's children, and knowing when to seek help. *Please contact the Military Family Life Counselor at 478-538-1732 to schedule briefing.*

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Family Support and Parenting



***From Couplehood to Parenthood-** This presentation aims to prepare parents for the transition into parenthood. Topics include ways parents can expect their lives to change after the arrival of a child, possible causes of conflict between new parents, techniques for avoiding conflict before it escalates, tips for making a smooth transition, and strategies for dealing with the deployment of a new father. *Please contact the Military Family Life Counselor at 478-538-1732 to schedule briefing.*

***K-12 Education/Exceptional Family Member Program (EFMP)-Workshops** can be given on a variety of issues such as:

- Common Core
- Military Child Interstate Compact
- Test Taking Information
- IEP/504
- Respite Care

Please contact the EFMP Coordinator at 478-926-1259 or the School Liaison Officer at 478-327-5524 to schedule any EFMP or education related briefings.

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Military Support **(deployment, relocation, separation, etc.)**

***Smooth Move 101** -Offers tips on ensuring a successful PCS: *Please contact the Airman and Family Readiness Center to schedule this workshop by phone 478-926-1256.*

***TRANSITION ASSISTANCE 101**- This briefing is designed to inform service members and family members of the requirements and resources available to them during their transition from active duty, guard, or reserve. (*note: All separating service members should begin the transition assistance program one year prior to date of separation. All retiring service members should begin the process two years prior to date of retirement.*). *Please contact the Airman and Family Readiness Center to schedule this workshop by phone 478-926-1256.*

***Challenges Faced by Dual Military Couples**- When both halves of a couple are in the military, the relationship will have to weather many difficult situations. This presentation highlights the positive aspects of being a dual military couple, the challenges that the couple may face, and the various ways in which they can cope with those challenges. *Please contact the Military Family Life Counselor at 478-538-1732 to schedule briefing.*

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Military Support (deployment, relocation, separation, etc.)

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***Workshops for Military Parents**-The Child and Youth Military Family Life Counselor (MFLC) is available to offer many presentations specific to assisting children of military members. *Please contact the Child and Youth MFLC to schedule any family/parenting workshops by phone 478-538-5439.*

Topics include:

- A Children's Guide to Coping with Disasters
- A Guide to Helping Children Manage Anger
- Building Resiliency in Children
- Challenges of Changing Schools
- Children and Moving
- Children and Separation Issues of Deployment
- Helping Children Deal with Deployment
- Welcome Home: Reconnecting with Your Child After Deployment
- Communication for Teens
- Conflict Resolution
- Dealing with Peer Pressure
- Stress Management
- Sibling/Parent Relationships: Building Healthy Relations
- Teen Dating

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Military Support **(deployment, relocation, separation, etc.)**

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***Workshops for Military Members and their Spouses**-The Adult Military Family Life Counselor (MFLC) is available to assist with a variety of workshops addressing unique challenges faced by military members and their families. *Please contact the Adult MFLC at 478-538-1732 to schedule any of these briefings (please note these briefings can be conducted on the weekends and after hours and can be included in pre and post deployment family events).*

- Combat Related Stress Reactions
- Post Combat Risk-Taking Behaviors
- Coping with Challenges of Transitioning Home
- From Combat to Home
- Family Reunion-Deployment Reintegration
- Maintaining a Healthy Marriage During Deployment
- Making Marriage Work After Deployment
- Reigniting the Passion After Deployment
- The Military Spouse-Commander and Chief on the Home Front
- Parenting Skills for the Single Service Member
- Pre-deployment and the Single Service Member
- Coping with Challenges While on R & R
- Coping with Transitions
- Deployment Survival
- Reintegration
- Issues Family Face When the Military Member Deploys



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Employment and Finances

***Employment assistance Workshops**-Are designed for transitioning service members, civilians, and family members. The workshops will supply participants with a tool box to assist them with job hunting skills, resume writing techniques, and interview skills. The workshops can be tailored towards the audience.

Workshops are available in the following areas:

- Writing a Winning Resume
- Tips on Writing a Federal Resume
- Interview with Confidants

Please contact the Airman and Family Readiness Center to schedule this workshop by phone 478-926-1256.

***PERSONAL FINANCIAL MANAGEMENT**- Offers information, education and counseling to help individuals reach and maintain financial stability and realize financial goals. Workshops are available in the following areas:

- Money & Credit Management Class
- Budget Analysis
- Home Buyer's Seminar
- Savings and Investing

Please contact the Airman and Family Readiness Center to schedule this workshop by phone 478-926-1256.

***Retirement: Into the Unknown** -This presentation expands awareness of retirement as a major life transition and helps prospective retirees plan for its emotional repercussions. NOTE: This is not a seminar on retirement rules or benefits. Please call the Employee Assistance Program (EAP) at 800-222-0364 to schedule briefing.



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Sexual Assault Prevention and Response (SARC)

*Unit tailored briefings can be delivered to address current concerns or trends. Training can include sexual assault prevention measures, available reporting options, and overview of support resources. *Contact the installation SAPR Office at 497-7272 to schedule briefing.*

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Resiliency Skill Sets

***Air Force resilience training-** is designed to sustain a thriving resilient Air Force Community that fosters mental, physical, social, and spiritual fitness. Air Force resilience training modules can be delivered by your unit Resilience Training Assistant (RTA). You can also request unit/audience tailored resilience training to be delivered by an installation Master Resilience Trainer. See below for current list of Resilience Skill sets and goal of each lesson. *For a current list of RTAs or to arrange for a guest Master Resilience Trainer and unit tailored training please contact the Community Support Coordinator at 478-327-7292.*

***Counting Blessings-**The goal of Counting Blessings is to build positive thinking, help you cope with the daily hassles and stress, and improve quality of life.

***ABC-**The goal of ABC is to examine how your thoughts contributed to your Reactions. ABC can help assess if you thoughts were helpful in the particular situation and can help you think about how to approach future similar situations.

***Balance Your Thinking-**Sometimes our thoughts can bias our viewpoint, leading to patterns of reactions that are unproductive. Balance Your Thinking allows you to examine the evidence and determine if you are missing critical information.

***Check Your Playbook-**The goal of Check your Playbook is to discover patterns in your thoughts or reactions that might interfere with your goals or productivity.

***Good Listening and Active Constructive Responding-**The goal of Active Constructive Responding is to express involvement, excitement, or enthusiasm about another person's positive event. The goal of Good Listening is to make someone feel safe in speaking to you as a confidante.

***Interpersonal Problem Solving-**The goal of Interpersonal Problem Solving is to help confront problems in manner that still shows respect for the relationship. It lowers the intensity and makes it easier for two people to find a resolution to the problem or come to an understanding or compromise they can each live with.

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Resiliency Skill Sets



***Accomplishing Goals**-Accomplishing Goals gives us a sense of purpose and a feeling of control over our lives.

***Acceptance**-The goal of Acceptance is to acknowledge that sometimes there are negative aspects of events you can't control. Rather than avoiding, acknowledge the discomfort so you focus on taking action.

***Spiritual Resilience**-The goal of Spiritual Resilience is to promote an understanding of spiritual resilience and provide an opportunity for students to strengthen their spiritual fitness.

***Physical Foundation: Fuel for Resilience**-Our physical well-being is strongly linked to our resilience and emotional well-being. The Physical Foundation of Resilience focuses on healthy nutrition and sleep management to ensure optimal performance.

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