

Robins Rev-Up

DECEMBER 2018

SUCCESS HERE = SUCCESS THERE!



BREAKFAST WITH SANTA!

Team Robins children enjoy a very special breakfast, Page 4

ROBINS REV-UP

SUCCESS HERE = SUCCESS THERE!

EDITORIAL STAFF

COL. LYLE DREW

78TH AIR BASE WING COMMANDER

FAYE BANKS-ANDERSON

78TH ABW PUBLIC AFFAIRS DIRECTOR

GEOFF JANES

OPERATIONS CHIEF/EDITOR

SHELLIE-ANNE ESPINOSA

COMMAND INFORMATION SECTION CHIEF

PHOTOGRAPHERS

MISUZU ALLEN
ED ASPERA
TOMMIE HORTON

STAFF WRITERS

HOLLY LOGAN-ARRINGTON
JONATHAN BELL

THERE ARE OPTIONS

Mental Health assistance available to civilian and Guardsmen.

Page 3

A NEW TRADITION

Robins holiday tree honors fallen.

Page 5

LIKE STEEL, I RISE

Helping agency contact information provided.

Page 6



ON THE COVER

Members of Team Robins jingled all the way to the Heritage Club Saturday to have breakfast with Santa Claus. (U.S. Air Force photos by MISUZU ALLEN) For more photos, see page 4.

COMMANDER'S ACTION LINE

ROBINS.ACTIONLINE@US.AF.MIL DSN 468-2886

The Commanders Action Line is an open-door program for Team Robins personnel to give kudos, ask questions or suggest ways to make Robins a better place to live, learn, work and play. The most efficient and effective way to resolve a problem or complaint is to directly contact the responsible organization.

That gives the organization a chance to help you, as well as a chance to improve its processes. If you do contact the Commanders Action Line, please fully explain whom it is you want to recognize and why, what you have a question about, or your suggestion. Discourteous or disrespectful submissions will not be processed. Commander's Action Line items of general interest to the Robins community will be printed in the Robins Rev-Up.

78th Comm Group First Response Center – 478-926-4357 or DSN 468-4357

78th Civil Engineer Service Call Desk – 478-327-7447 or DSN 497-7447

78th Force Support Squadron CC– 478-926-5023 or DSN 468-5023

78th Medical Group Patient Advocate – 478-327-8475 or DSN 497-8475

78th ABW Safety Office — 478-926-6271 or DSN 468-6271

78th Security Forces Squadron CC – 478-926-3212 or DSN 468-3212

Civilian Personnel Customer Service – 478-222-0601 or DSN 472-0601

Comptroller Front Office – 478-926-4462 or DNS 468-4462

Family Housing – 478-926-3776 or DSN 468-3776

Equal Opportunity – 478-926-2131 or DSN 468-2131

Household Goods – 478-222-0114 or DSN 472-0114

Inspector General Complaints – 478-222-0818 or DSN 472-0818

Inspector General Inspections – 478-327-5523 or DSN 497-5523

Sexual Assault Response Coordinator (SARC) – 478-327-7272 or DSN 497-7272

Vehicle Dispatch (Transportation) – 478-926-3493 or DSN 468-3493

SUBMISSION GUIDELINES

The Robins Rev-Up is published electronically the last week of each month. Submissions must be received by 4 p.m. Wednesday, the week prior to publication. They should be emailed to 78abw.pa.office@us.af.mil.

If a more timely submission is needed, it will be posted on the official Robins Air Force Base website at www.robins.af.mil.

Submissions should be of broad interest to the base populace. For information, call 478-926-2137.

Contents of the Robins Rev-Up are not necessarily the official views of, nor endorsed by, the U.S. government, Department of Defense or Department of the Air Force.

The appearance of hyperlinks, does not constitute endorsement by the Department of Defense, Department of the Air Force.

HOW TO CONTACT US

Robins Public Affairs, Bldg. 270
Robins Air Force Base, Georgia, 31098
Fax 478-926-9597
Phone: 478-926-2137
Email: 78abw.pa.office@us.af.mil

CALL FOR HELP

Robins offers options for mental health

By Holly Logan-Arrington
Robins Public Affairs

Sometimes life can bring on more problems than one person can handle on their own.

The Mental Health Clinic is a well-known source for active and retired military members, but Robins' civilians and Guardsmen also have places to turn when crises arise. The Occupational Medicine Services Clinic, the 116th Air Control Wing director of Psychological Health and the Employee Assistance Program all offer options for mental health fitness.

Occupational Medicine Services Clinic and Fast Forward Clinic

Dr. Felisha Garcia, a licensed clinical psychologist at the base's Occupational Medicine Services Clinic and Fast Forward Clinic, is charged with meeting the mental health needs of Robins' Defense Department civilians.

"I provide individual therapy," she said. "I also conduct mental health evaluations, fitness for duty and security clearance testing, and substance abuse evaluations. I often provide practical guidance to supervisors and commanders regarding their distressed employees."

Garcia said she's able to help in times of crises as well.

"I engage in crisis intervention and train staff to assist patients," she said. "I provide training and presentations on mental health issues, and promote suicide prevention awareness and outreach."

Civilians have some flexibility with treatment.

"My services are unlimited, so patients tend to complete treatment and evaluations with me," she said. "I refer them to the Employee Assistance Program or to off-base providers if a patient wants to be seen off the installation or closer to their home. I also refer off-base when a patient needs more intensive treatment or additional services."

Garcia said she encourages patients to become their own therapists with her help along the way.

"Life's challenges can be overwhelming but there is no need for people to go through them alone when we can work together as a team," she said. "My goal is to provide patients with a safe and supportive environment to recognize and use their strengths to better themselves and their work. Knowing yourself can help me tailor treat-

ment to your needs."

At times, getting professional help is necessary, Garcia said.

"Sometimes you're too close to a problem to see clearly, so it's helpful to receive feedback from an outside source to get a different perspective and more helpful solutions," she said. "When someone breaks their leg, they don't hesitate to seek medical treatment. The same should occur when you experience a trauma, anxiety, death or depression."

The Occupational Medicine Services Clinic is staffed with providers who perform physicals, assist walk-ins, and make referrals.

The Fast Forward Clinic is the first and only clinic in the Air Force to be placed on the flight line directly with employees.

"The premise is that if you bring the services to the people, they will use them more often," Garcia said. "We mainly take care of employees from the ALC at the Fast Forward Clinic, but I can see any civilian at this office as well."

The Fast Forward Clinic has rehabilitation specialists, a nurse practitioner, support staff and will soon be getting an audiology technician.

The rehabilitation specialists are geared toward helping employees with injuries through their recovery process.

The Occupational Medicine Services clinic is located in Bldg. 207, and at the Fast Forward clinic is in Bldg. 49 on the flight line.

To schedule an appointment, call 478-327-7590.

Psychological Health for the Air National Guard, 116th Air Control Wing

Dr. William White, is a clinical psychologist with the Air National Guard in the 116th Air Control Wing, and can assist Guardsmen and their immediate family members.

White generally treats Guardsmen and their families regardless of duty status. However in emergency situations, no client will be turned away.

The Air National Guard Psychological Health Program advocates promotes focused activities facilitating the prevention of mental health issues, early intervention, crisis response and post-incident recovery.

"My primary role is to serve as the subject matter expert to 116th Air Control Wing leadership and the Air National Guard on the psychological health," White said.

White provides consultation on workplace issues, like unit cohesiveness, conflict in the unit, unit stressors and other matters.

"These issues may affect individual or unit performance," he said. "My consultation with leadership may include coaching and change management."

"I also tailor briefings and trainings to address identified issues."

White said it's important people realize getting help is a good thing. To make an appointment, call 478-201-1328 or visit his office in Bldg. 2094, Room 159.

Employee Assistance Program, Federal Occupational Health Employee Assistance and Work Life Program

The Employee Assistance Program and the Federal Occupational Health Employee Assistance and Work Life Program are available to help Robins' civilians, their spouses and dependents make it through life's challenges.

To make an appointment, call 1-800-222-0364. For more information on EAP, visit www.FOH4you.com.

Editor's note: To read the full story, visit the base's official website at www.robins.af.mil.

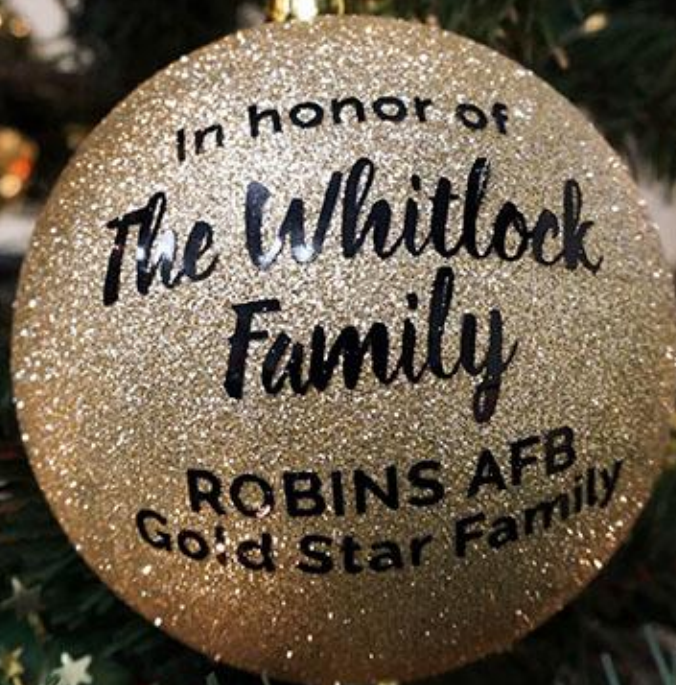




Breakfast with Santa

Members of Team Robins jingled all the way to the Heritage Club Saturday to have breakfast with Santa Claus. The event was sponsored by the 78th Force Support Squadron and included breakfast and a chance to meet the big man with the beard himself. Breakfast consisted of pancakes, waffles, scrambled eggs and more. Arts & Crafts were also on the menu as well as other events for the children to enjoy. (U.S. Air Force photos by **MISUZU ALLEN**)





Robins holiday tree honors fallen

By Jonathan Bell
Robins Public Affairs

The Robins Air Force Base Airman & Family Readiness Center staff started a new tradition this year to honor the memory of the fallen airmen of Middle Georgia.

The center staff put up a holiday tree that has personalized ornaments for each service member who has passed. There are six red ornaments honoring those from Air Force Families Forever, and six gold ornaments for Gold Star families in our area.

The Air Force Families Forever program supports families of Airmen who passed while serving on active duty, while the Gold Star program supports the families of airmen who died in combat.

The tree at the A&FRC was inspired by the Gold Star families' tree at the White House in Washington, D.C.

"We wanted to bring that tradition to Robins," said Candace Franks, community readiness specialist with the Rob-

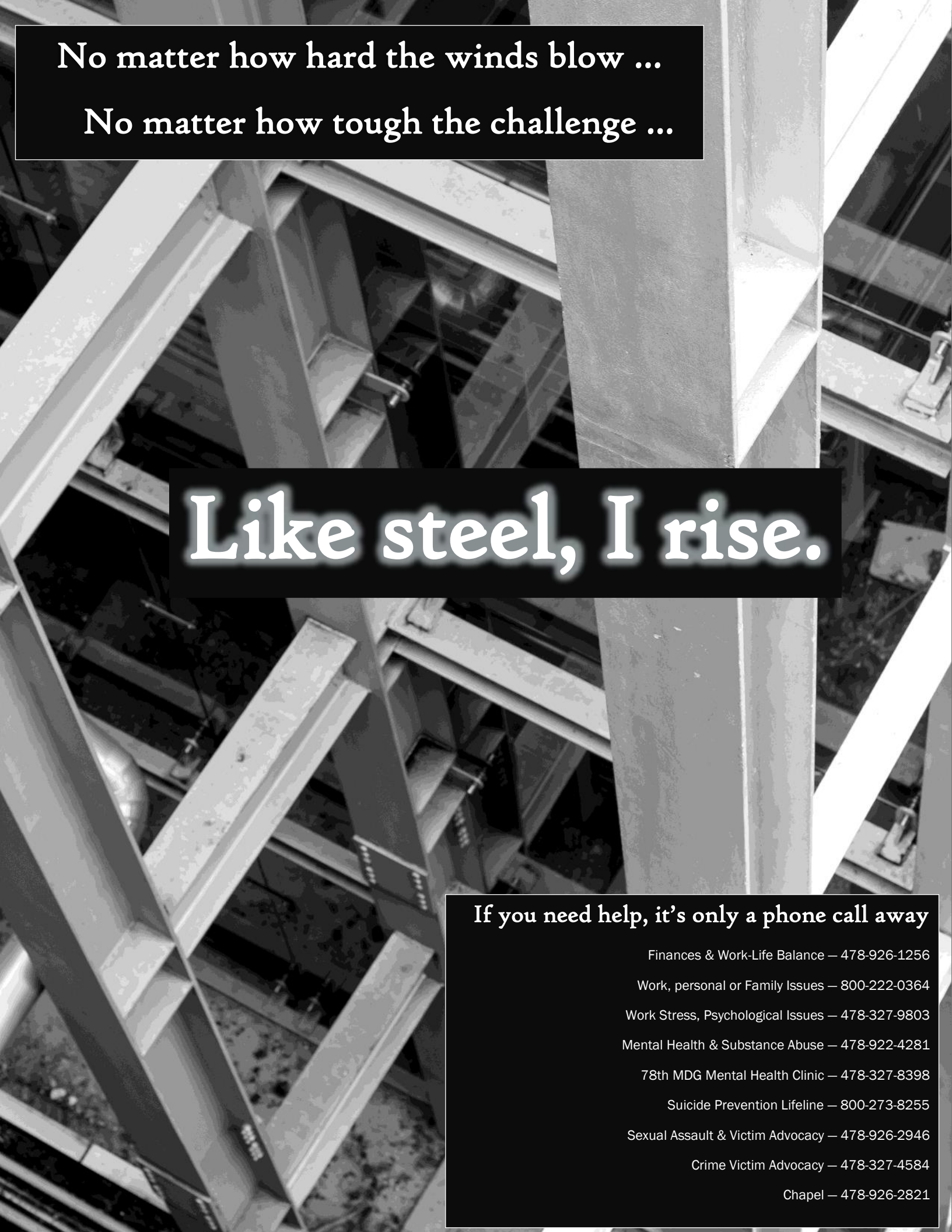
ins A&FRC. "Our hope is that next year we can invite the families to the center and remind them that they're not forgotten during the holiday season."

Each of the ornaments was specially made for the individual families.

"I think that just makes it more special, and that's how we want the families to feel," said Lindsey Brown, community readiness specialist with the Robins A&FRC.

The tree is currently on display in the center's classroom, and is now an annual tradition for the A&FRC.





No matter how hard the winds blow ...
No matter how tough the challenge ...

Like steel, I rise.

If you need help, it's only a phone call away

Finances & Work-Life Balance — 478-926-1256

Work, personal or Family Issues — 800-222-0364

Work Stress, Psychological Issues — 478-327-9803

Mental Health & Substance Abuse — 478-922-4281

78th MDG Mental Health Clinic — 478-327-8398

Suicide Prevention Lifeline — 800-273-8255

Sexual Assault & Victim Advocacy — 478-926-2946

Crime Victim Advocacy — 478-327-4584

Chapel — 478-926-2821