

Briefing Topics for Enhancing Individual and Organizational Health

Purpose: To give unit leadership awareness of resources they can utilize in venues such as commander's calls, flight meetings, unit training, etc. to improve the work environment

Method: Contact any of the agencies below to discuss how we can meet your needs. Not seeing what you want? Bring it to our attention and we will make it happen.

Aerospace Physiology: (574-7827)

- Fatigue/Fatigue Countermeasures
- Attention Management
- Situational Awareness

Airman and Family Readiness Center (AFRC): (764-3990)

- Personal Financial Management, Air Force Aid Society
- Family Life Education – Relationship Briefings
- True Colors Team Building
- Deployment Matters: Pre-deployment, sustainment, reintegration
- Readiness Outreach Consultants in YOUR unit
- Exceptional Family Member Programs (EFMP)

Behavioral Health: (764-6840)

- Alcohol or Drug Use Education: Responsibilities, Assessment, Treatment
- Frontline Supervisor Training (FST) – half-day training on preventing suicide
- Stress Management and Enhancing Relaxation Skills
- How to Improve Sleep

Chaplain Corps: (764-7847)

- Marital Satisfaction
- Working Through Grief
- Spiritual Fitness

Equal Opportunity: (764-5878/77)

- Human Relations Education (HRE) to include Sexual Harassment
- Unit Climate Assessments (UCAs)/Out & About Program
- "True Colors" (for Conflict Resolution/Team Building)
- Alternate Dispute Resolution (ADR) – Facilitation/Mediation

Family Advocacy: (764-2427)

- Intimate Partner Violence (physical and emotional abuse)
- Child Abuse/Neglect (physical, emotional and sexual abuse)
- New Parent Support Program

Health and Wellness Center: (764-6321)

- Nutrition
- Physical Fitness
- Anger Management
- Tobacco Cessation

Military Family Life Consultants: (777-4172)

- Can discuss services offered including various trainings and confidential counseling

Sexual Assault Response Coordinator: (764-7272)

- Prevention and Services focused on Sexual Assault

Special Needs Coordination (EFMP-Medical): (225-5950)

- Provides information to units regarding leader support of families with special needs

Traumatic Stress Response Team: (764-6840)

- Prevention and response services addressing potentially traumatic events

Websites to Promote Healthy People, Healthy Workplaces

For a virtual extension of installation services: www.militaryonesource.com

Installation Guide: www.militaryhomefront.com

Reducing Barriers to Seeking Care, Pre and Post-deployment Reintegration and many other relevant resources for AD and Family members: <http://afterdeployment.org/>

<http://realwarriors.net>

<http://www.dcoe.health.mil/>

<http://www.t2health.org>

Anonymous Mental Health Screening: <http://www.militarymentalhealth.org/Welcome.aspx>

Anonymous Alcohol Screening: <http://www.drinkingiq.org>

On-line Anonymous Mental Health Counseling: Call 1-800-404-5085 to begin or view website:

<https://www.hnfs.net/bene/authorizations/behavioralHealth/TRICARE+Assistance+Program+Web+Based+Counseling.htm>

General Mental Health (secular perspective): <http://www.apa.org/>

Psychological and Family Health (Judeo-Christian perspective): <http://www.focusonthefamily.com/>

Psychologically Healthy Workplace initiative: <http://www.phwa.org/>

Suicide Prevention and work stress prevention (Leadership tools):

http://afspp.afms.mil/idc/groups/public/documents/webcontent/knowledgejunction.hcst?functionalarea=AFSuiicidePreventionPrgm&doctype=subpage&docname=CTB_018149&incbanner=0

Traumatic Brain Injury: <http://www.traumaticbraininjuryatoz.org/>

<http://www.dvbic.org/>

Post-Traumatic Stress Disorder (PTSD): <http://www.centerforthestudyoftraumaticstress.org/>

<http://www.ptsd.va.gov/public/index.asp>

<http://www.t2health.org/vwproj/>

POC: CDR Bryan Davidson/Chair, Integrated Delivery System/764-9596