



# -1st Armored Division-

*"AMERICA'S TANK DIVISION"*

## 4-60<sup>th</sup> ADAR Behavioral Health Resources



- 15 JULY 1940 -

- FORT BLISS, TX -



# List of Behavioral Health Resources

\*\*SELECT THE LINK IN THE LIST FOR ADDITIONAL INFORMATION\*\*

- ◆ [Military Family Life Counselor \(MLFC\)](#)
- ◆ [Religious Support Services](#)
- ◆ [Equal Opportunity \(EO\)](#)
- ◆ [Sexual Harassment/Assault Response & Prevention \(SHARP\)](#)
- ◆ [United Service Organization \(USO\)](#)
- ◆ [Army Wellness Center \(AWC\)](#)
- ◆ [Army Community Services \(ACS\)](#)
- ◆ [Reynolds Army Health Clinic \(RAHC\)](#)
  - [Urgent Care Clinic \(UCC\)](#)
  - [Family Advocacy Program \(FAP\)](#)
  - [Child and Family Behavioral Health Services \(CAF BHS\)](#)
  - [Patient Advocate Office](#)
  - [Ombudsman](#)
- ◆ [75<sup>th</sup> Behavioral Health Team](#)
- ◆ [Virtual Behavioral Health Care](#)
  - [Doctors On Demand](#)
  - [Telemynd](#)
- ◆ [Other Behavioral Health Resources](#)
  - [Steven A. Cohen Military Family Clinic Lawton](#)
  - [Lawton Vet Center](#)
  - [Military One Source](#)
  - [Veteran Crisis Line](#)
- ◆ [Emergency Room - Off Post Services](#)
- ◆ [Emergency On Call 24 Hour Numbers](#)
- ◆ [Suicide Prevention: Warning Signs and Risk Factors](#)



# Military & Family Life Counselor (MFLC)



## MILITARY & FAMILY LIFE COUNSELING

### 4-60<sup>th</sup> MFLCs

Jennifer Stringham  
Jennifer.K.Stringham@leidos.com  
580-919-1798

Rosemarie Jones  
Rosemarie.e.jones@leidos.com  
405-432-6345

Bldg 3423, Babcock Rd. Rm 110  
Fort Sill, OK 73503

**\*\*Please leave a voicemail with name and number. Allow 1 business day for a call back\*\***

### Public School MFLC for Dependent (Lawton, Elgin, Cache)

Contact your child's principal to set up a meeting with their on site MFLC.

### SERVICES OFFERED

Anger management  
Communication  
Conflict resolution  
Deployment  
Grief and loss  
Marriage and couples  
Parenting  
Transitions  
Stress Management

- ✓ Confidential
- ✓ No Documentation in Medical Record
- ✓ Short-term counseling
- ✓ Serving Soldiers and Military Families



# Religious Support Services

Chaplain
CH (1LT) Rushfeldt, Heather 4-60 <sup>th</sup> Chaplain Contact number: (580) 445-7136 Bldg 3415, Webster St. 2 <sup>nd</sup> Floor Fort Sill, OK 73503
CH (MAJ) Northway, Lisa Contact number: (559) 916-1315 Frontier Chapel: 4121 Thomas St *Use the back entrance*
On-Call Duty Chaplain (580) 442-2101 (580) 442-2102

## PASTORAL COUNSELING

Crisis  
Grief  
Spiritual  
Marriage and couples  
Transitions  
Stress Management

- ✓ 100% Confidential
- ✓ Serving Soldiers and Military Families

## Religious Support Operations

Chapel Services  
Religious Education  
Spiritual Counsel  
Religious Literature  
Volunteer Opportunities  
Marriage and Family Therapy

[Return to Top](#)



# Equal Opportunity (EO)



The Army's Equal Opportunity (EO) program formulates, directs, and sustains a comprehensive effort to maximize human potential to ensure fair treatment for military personnel, family members and civilians without regard to race, color, gender, religion, age, disability or national origin.

## 4-60<sup>th</sup> EO Representative

SSG Boone, Jasmine  
(580) 291-7779

[jasmine.r.boone2.mil@army.mil](mailto:jasmine.r.boone2.mil@army.mil)

Brigade EO Office  
Bldg 3415, Webster St.  
Fort Sill, OK 73503  
24/7 Hotline: (580) 919-1635



[Return to Top](#)



# SHARP / SARC



# SHARP<sup>SM</sup>

SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION

The Sexual Harassment/Assault Response and Prevention (SHARP) Program Office directs the Army's efforts in the prevention of and response to sexual harassment, sexual assault and associated retaliatory behaviors. It integrates Army SHARP policy and ensures effective communications with internal and external stakeholders. More information here:

<https://www.armyresilience.army.mil/sharp/>

Available Services for Unrestricted Reporting Option	Available Services for Restricted Reporting Option
<ul style="list-style-type: none"> <li>■ SAPR Support Services</li> <li>■ Health Care</li> <li>■ Mental Health Care</li> <li>■ Forensic Exam (if indicated)</li> <li>■ Legal Consultation &amp; Representation through SVC/VLC</li> <li>■ Spiritual Support</li> <li>■ Command Response</li> <li>■ Investigation</li> <li>■ Prosecution</li> </ul>	<ul style="list-style-type: none"> <li>■ SAPR Support Services</li> <li>■ Health Care</li> <li>■ Mental Health Care</li> <li>■ Forensic Exam (if indicated)</li> <li>■ Legal Consultation &amp; Representation through SVC/VLC</li> <li>■ Spiritual Support</li> <li>■ Catch a Serial Offender (CATCH) Program</li> </ul>

**DoD Safe Helpline**  
Sexual Assault Support for the DoD Community

Call: 877-995-5247  
Text: 55-247

4-60 <sup>th</sup> ADA Representative
<p>Sandra Combs (580) 695-5141 <a href="mailto:sandra.j.combs2.civ@health.mil">sandra.j.combs2.civ@health.mil</a></p> <p>Sharp Resource Office BLDG 2913, Cluster Rd. Rm.124 Fort Sill, OK 73503 24/7 Hotline: (580) 317-4277</p>



# United Service Organizations (USO)



The USO's mission is to keep our service members connected to family, home, and country throughout their service to the nation. We serve service members and their families.

LOCATION	
3265 Crane Ave 580-442-2812	<a href="https://oklahoma.uso.org/fortsill">Visit their website to view upcoming events</a>
Open 7 days a week M-F 0900 – 1700 Weekends 0900 – 1900	<a href="https://oklahoma.uso.org/fortsill"></a>
✓ Serving Soldiers and Military Families	



# Army Wellness Center (AWC)



The AWC approach to service is holistic. AWC staff members take into account all of an individual's physical, psychological and social circumstances when providing services. A holistic approach is important because a person's health cannot be fully addressed unless we consider the whole person.

SERVICES OFFERED	LOCATION	POC
Health Assessment Review Physical Fitness Nutrition Stress Management General Wellness Tobacco Education	Bldg. 2934 Marcy Road 580-442-0680  M-Th 0730-1630 Fri: 0730-1530 Closed for lunch 1200-1300	Seann Hightower, M.A.T., ACSM EP-C, PNL1 Supervisory Health Educator U.S. Army Public Health Center
<p>Check out their webpage for Monthly groups / trainings schedule:  <a href="https://www.facebook.com/FortSillAWC/">https://www.facebook.com/FortSillAWC/</a></p>		



# Army Community Service (ACS)



The mission of ACS is to facilitate the commander's ability to provide comprehensive, standardized, coordinated and responsive services that support Soldiers, Department of the Army civilians, and Families regardless of geographical location and to maximize technology and resources, eliminate duplication in service delivery and measure service effectiveness.

LOCATION
4700 Mow-Way Road 580-442-4916
<ul style="list-style-type: none"> <li>✓ Supports Soldiers &amp; Families</li> <li>✓ DA Civilians</li> </ul>

## SERVICES OFFERED

Army Emergency Relief (AER)  
 Army Family Action Plan  
 Army Volunteer Corps  
 Domestic Abuse Victim Advocacy Program  
 Family Advocacy Program (FAP)  
 Exceptional Family Member Program (EFMP)  
 Learn About Army Life- Army Family Team Building  
 Mobilization & Deployment/Family Readiness  
 Group Training (FRG)  
 New Parent Support Program  
 Relocation Information  
 New to the Community  
 Survivor Outreach Services  
 Military Family Life Counselors (MFLC)

Visit their website or social media page for additional information  
<https://sill.armymwr.com/programs/army-community-service>

<https://www.facebook.com/FortSillACS>

[Return to Top](#)



# Reynolds Army Health Clinic (RAHC)

Behavioral Health Services



Our priority at Reynolds Army Health Clinic is to provide safe, quality and compassionate care to our nation's heroes. From our warfighters, to our spouses and children back home, to our retirees, we are one team dedicated to ensuring all our nation's heroes receive world-class medical care in a Culture of Excellence. <https://reynolds.tricare.mil/>



## Urgent Care Clinic (UCC)

**Behavioral Health Services:**  
On-Call Behavioral Health Provider

**Medical Services:**  
Routine Medical Care  
Point of Care Testing  
Laboratory Services  
Radiology  
Pharmacy

**7 Days a Week 7:00a.m. - 6:00p.m.**  
**4301 Wilson St, South entrance, 3rd floor**  
**Front Desk: 580-558-2770**

**Off-post Urgent Care Clinics under TRICARE network**  
Lawton/Fort Sill area  
(available for TRICARE Beneficiaries)

**WellFast Urgent Care**  
1902 E Gore Blvd, Lawton Ok 73501  
580-357-4200

**Xpress Wellness Urgent Care**  
6744 NW Cache Rd, Lawton Ok 73505  
580-536-9355

**Access Medical Center**  
3428 NW Cache Rd, Lawton Ok 73505  
580-595-7207

[Return to Top](#)



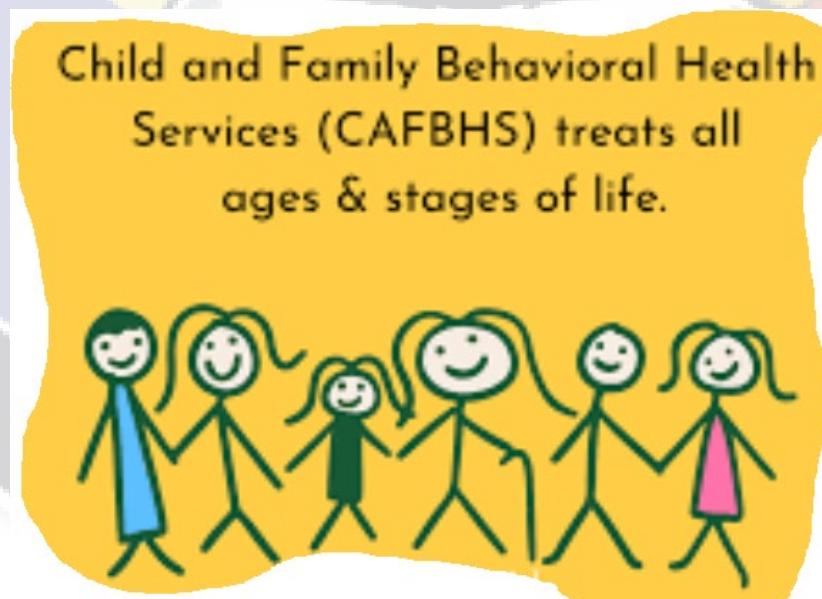
# Reynolds Army Health Clinic (RAHC)

Behavioral Health Services



CAFBHS / FAP offers individual and group counseling and classes that promote and maintain healthy and resilient families and relationships, focusing on posttraumatic growth and resiliency vs. disorders and diagnoses. Soldiers and family members can self-refer to this clinic for individual, marital, and family counseling.

Family Advocacy Program (FAP)	
<b>Counseling:</b>	Individual Marital Family
<b>Group Therapy:</b>	Anger in Families Parenting Skills
<b>Monday - Friday 7:30a.m. - 4:00p.m.</b> <b>3445 Koehler Loop</b> <b>Front Desk: 580-558-8557</b>	



Child and Family Behavioral Health Services (CAFBHS)	
<b>Counseling:</b>	Individual Marital Family Group
<b>Classes:</b>	Stress Management/Anger Reduction Conflict Resolution Parenting Skills Warrior & Family Resiliency & Thriving Post Traumatic Stress
<b>Monday - Friday 7:30a.m. - 4:30p.m.</b> <b>4301 Wilson St, South Entrance, 3rd Floor</b> <b>Front Desk: 580-558-8425</b>	



# Reynolds Army Health Clinic (RAHC)

## Behavioral Health Services



### Patient Advocate Office

The Patient Advocates assist patients and family members resolve their healthcare concerns by serving as a liaison between the patient and staff.

Patient Advocates at 558-2390/3176  
Email the [Patient Advocate Office](#)



### Ombudsman Program

The Ombudsman is a neutral, independent and impartial resource for Service Members and their Families. The Ombudsman will help resolve any issue, to include medical, personnel, finance, legal, transition, and Veterans Administration matters.

Paulette Anderson  
[paulette.anderson.civ@health.mil](mailto:paulette.anderson.civ@health.mil)  
 580-558-2592 / 580-458-9039  
 4301 Wilson St., South Entrance Room 1H148  
 Email the [Ombudsman](#)



# 75th Behavioral Health Team



The 75<sup>th</sup> Behavioral Health team provides services to Active-Duty service members that are assigned to the 75th Brigade & Battalions. Soldiers can self-refer to this clinic, if needed. The BH team specializes in treating combat-related symptoms such as sleep, mood, depression, anxiety, and other issues. Various assessment and psychotherapeutic interventions are also available.

## 75<sup>th</sup> Behavioral Health Team

<b>Behavioral Health Officers</b>	CPT Katie Lamwers, DSW, LCSW, LCDC 1LT Wiley, Vonthisha, LCSW
<b>Behavioral Health Specialist</b>	SGT Ysanuelle Ofrecia
<b>Clinic Chief</b>	Sarah Hurd, LCSW

## SERVICES OFFERED

Individual Counseling/Therapy  
SUDCC treatment  
Specialty groups  
Psychological testing  
Case management  
Mental Status Evaluations for chapters, mail/arms rooms, schools, etc.

**Monday - Friday 7:30a.m. - 4:30p.m.  
4301 Wilson St, South Entrance, 3rd Floor  
Front Desk: 580-558-3169**

[Return to Top](#)





# Virtual Behavioral Health Care

Family Members (No referral needed).

\*Active Duty Service Members must get a referral / approval from BH Clinic\*



SERVICES OFFERED	
ALL VIRTUAL CARE:	
Urgent Care	
Behavioral Health	
Psychology	
Psychiatry	
<ul style="list-style-type: none"> <li>✓ 24/7 access to doctors, psychiatrists, psychologists, therapists, and other medical experts</li> <li>✓ Smartphone, Tablet, Computer</li> </ul>	
Phone: (800) 997-6196	
<a href="https://doctorondemand.com/microsite/humanamilitary/">https://doctorondemand.com/microsite/humanamilitary/</a>	
*To begin services Download App on your electronic device	



SERVICES OFFERED	
ALL VIRTUAL CARE:	
Behavioral Health	
Psychology	
Psychiatry	
<ul style="list-style-type: none"> <li>✓ 100% secure sessions conducted via video</li> </ul>	
Phone: 866-991-2103	
<a href="https://www.telemetrynd.com/military">https://www.telemetrynd.com/military</a>	



# Steven A. Cohen Military Family Clinic (Lawton)

Family Members (No referral needed).

\*Active Duty Service Members must get a referral / approval from BH Clinic\*



## The Steven A. Cohen Military Family Clinic at Red Rock

Provide a comprehensive array of services for all ages, including psychiatric services, military services, individual and group therapy, family therapy, traditional outpatient services, PACT services, HIV testing and prevention education, crisis intervention, crisis stabilization services, court-related services, MAT services, case management, residential substance use treatment for women, and more.

SERVICES OFFERED
Depression Stress & Anxiety
Post-Traumatic Stress Disorder Sleep Problems
Hypervigilance Anger Grief & Loss
Transitional Challenges Relationship & Family Difficulties
<ul style="list-style-type: none"> <li>✓ Veterans</li> <li>✓ Military Families</li> <li>✓ Service Members</li> </ul>
<b>M-Th 8:00a.m. – 6:00p.m., F 8:00a.m.- 2:00p.m.</b> <b>4202 S.W. Lee Blvd, Bldg. B</b> <b>Front Desk: 580-771-2662</b> <b>Email: CVN@red-rock.com</b>



# Lawton Vet Center



# VET CENTER

EST. 1979

Connection.  
Camaraderie.  
Community.

Vet Centers are small, non-medical, counseling centers conveniently located in your community. They're staffed by highly trained counselors and team members dedicated to seeing you through the challenges that come with managing life during and after the military.



SERVICES OFFERED
Couples and family
Grief and bereavement
Military Sexual Trauma
PTSD
Anger
Depression
Returning Service Member Care
✓ Veterans
✓ Military Families
✓ Service Members
✓ Confidential
<b>M &amp; F 8:00am – 4:30pm, Tu-Th 8:00am- 7:30pm</b>
<b>10 SW 2nd St. Ste 4</b>
<b>Front Desk: 580-585-5880</b>
<b><a href="https://www.va.gov/lawton-vet-center/">https://www.va.gov/lawton-vet-center/</a></b>

[Return to Top](#)



# External Resources



## MILITARY ONE SOURCE

### SERVICES OFFERED

24/7 gateway to trusted information, resources and confidential help. When MilLife happens, it's your "first line of support" — giving service members and military families tools to stay well and thrive.

#### Mental Health Support:

Relationships

Family

Money

PCS

Major Changes

Personal Goals

✓ Free and confidential for service members and military families.

Phone: 800-342-9647

<https://www.militaryonesource.mil/>



**Veterans Crisis Line**  
DIAL 988 then **PRESS 1**

### SERVICES OFFERED

Take a Self-Check Assessment

<https://www.vetselfcheck.org/welcome.cfm>

#### These Signs Require Immediate Attention:

- Thinking about hurting or killing yourself
- Looking for ways to kill yourself
- Talking about death, dying, or suicide
- Self-destructive behavior, such as drug abuse, risky use of weapons, etc.

✓ Free and confidential for service members and military families.

988, press 1

Online chat by texting 838255

<https://www.veteranscrisisline.net/get-help-now/chat/>



# Emergency Services Off Post



## Memorial Health System of Southwest Oklahoma

3401 West Gore Blvd  
Lawton, OK 73505  
Phone: 580-355-8620

<https://www.memorialhealthswok.com/>

## (Only ER with Behavioral Health Services)

5602 SW Lee Blvd  
Lawton, OK 73505  
Phone: 580-531-4700  
<https://swmconline.com/>



# Emergency On Call 24 Hour Numbers

Victim Advocate 24 hour On Call Phone	580-574-0871
Sexual Assault Victim Advocate	580-917-4277
Child/Elder Abuse Hotline	800-522-3511
American Red Cross	877-272-7337
Lawton Police Department	580-581-3270
Fort Sill Military Police	580-442-2103
Resource Help Line	877-362-1606
Local Resource Finder	<a href="https://findhelp.org/">https://findhelp.org/</a>



# Suicide Prevention Information

## Suicide Prevention: Warning Signs & Risk Factors

### Warning Signs:

When a Soldier presents with any combination of the following, the buddy or chain of command should be more vigilant. It is advised that help should be secured for the Soldier.

- Talk of suicide or killing someone else
- Giving away property or disregard for what happens to one's property
- Withdrawal from friends and activities
- Problems with girlfriend (boyfriend) or spouse
- Acting bizarre or unusual (based on your knowledge of the person)
- Soldiers in trouble for misconduct (Art-15, UCMJ, etc.)
- Soldiers experiencing financial problems
- Soldiers who have lost their job at home (reservists)
- Those soldiers leaving the service (retirements, ETSs, etc.)

When a Soldier presents with any one of these concerns, the Soldier should be seen immediately by a helping provider.

- Talking or hinting about suicide
- Formulating a plan to include acquiring the means to kill oneself
- Having a desire to die
- Obsession with death (music, poetry, artwork)
- Themes of death in letters and notes
- Finalizing personal affairs
- Giving away personal possessions



### Risk Factors:

Risk factors are those things that increase the probability that difficulties could result in serious adverse behavioral or physical health. The risk factors only raise the risk of an individual being suicidal it does not mean they are suicidal.

The risk factors often associated with suicidal behavior include:

- Relationship problems (loss of girlfriend/boyfriend, divorce, etc.).
- History of previous suicide attempts.
- Substance abuse.
- History of depression or other mental illness.
- Family history of suicide or violence.
- Work related problems.
- Transitions (retirement, PCS, discharge, etc.).
- A serious medical problem.
- Significant loss (death of loved one, loss due to natural disasters, etc.).
- Current/pending disciplinary or legal action.
- Setbacks (academic, career, or personal).
- Severe, prolonged, and/or perceived unmanageable stress.
- A sense of powerlessness, helplessness, and/or hopelessness.

### Suicidal Risk Highest When:

- The person sees **no way out** and fears things may get worse.
- The predominant emotions are **hopelessness and helplessness**.
- **Thinking is constricted** with a tendency to perceive his or her situation as all bad.
- Judgment is impaired by use of **alcohol or other substances**.



TA-075-0711

<http://phc.amedd.army.mil>  
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