



-1st Armored Division-

"AMERICA'S TANK DIVISION"

4-60th 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 (CAFBHS)
 - Internal Behavioral Health Consultant (IBHC)
 - Patient Advocate Office
 - Ombudsman
- ◆ Embedded Behavioral Health- Team A (EBH-A)
- ◆ Virtual Behavioral Health Care
 - Doctors On Demand
 - Telemetry
- ◆ 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 Religious Support Services Family and Life Counselor (MFLC)



4-60 th 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
<p>CH (CPT) Napoleon Butler 4-60th Chaplain Contact number: (423) 902-6607 Bldg 3415, Webster St. 2nd Floor Fort Sill, OK 73503</p>
<p>CH (MAJ) Blanford, Jeremy A. Installation Family Life Chaplain Contact number: (580) 483-5197 Frontier Chapel: 4121 Thomas St *Use the back entrance*</p>
<p>On-Call Duty Chaplain (Dispatch Line) (580) 442-2101 (580) 442-2102</p>

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



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. For more information

4-60th ADAR EO Representative

SSG Boone, Jasmine
 (580) 291-7779
jasmine.r.boone2.mil@army.mil

Brigade EO Office
 Bldg 3415, Webster St.
 Fort Sill, OK 73503





SHARP / SARC



Call: 877-995-5247

Text: 55-247

4-60th ADAR Representative

SHARP Representative:
SFC Reynolds, Travis
(325) 205-0683

Victim Advocate:
1LT Barnes, Jacob
(703) 819-7216

Sharp Resource Office BLDG 2913, Cluster
Rd. Rm.124
Fort Sill, OK 73503



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



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	<p data-bbox="1847 896 2415 972">Visit their website to view upcoming events</p> <p data-bbox="1880 1029 2382 1065">https://oklahoma.uso.org/fortsill</p>
<p data-bbox="1289 818 1595 915">3265 Crane Ave 580-442-2812</p> <p data-bbox="1217 989 1671 1143">Open 7 days a week M-F 0900 – 1700 Weekends 0900 – 1900</p>	
<p data-bbox="1123 1175 1747 1272">✓ Serving Soldiers and Military Families</p>	



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
Check out their webpage for Monthly groups / trainings schedule: https://www.facebook.com/FortSillAWC/		



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

There are two TRICARE network Urgent Care Clinics in the Lawton/Fort Sill area that are 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



Army Community Service (ACS)



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

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.

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



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)

Counseling:

Individual
Marital
Family

Group Therapy:

Anger in Families
Parenting Skills

Monday - Friday 7:30a.m. - 4:00p.m.

4301 Wilson St, South Entrance, 3rd Floor

Front Desk: 580-558-8557

Child and Family Behavioral Health
Services (CAFBHS) treats all
ages & stages of life.



Child and Family Behavioral Health Services (CAFBHS)

Counseling:

Individual
Marital
Family
Group

Classes:

Stress Management/Anger Reduction Conflict
Resolution
Parenting Skills
Warrior & Family Resiliency & Thriving
Post Traumatic Stress

Monday - Friday 7:30a.m. - 4:30p.m.

4301 Wilson St, South Entrance, 3rd Floor

Front Desk: 580-558-8425



Reynolds Army Health Clinic (RAHC)

Behavioral Health Services



Internal Behavioral Health Consultant (IBHC)

Internal behavioral health consultant (IBHC) work in a primary care behavioral health model of service delivery.

Stress
Worry
Emotional concerns
Smoking Cessation
Lifestyle Changes
Grief
Depression
Anxiety
Anger



No referral Needed- Call Clinic to schedule
RAHC IBHC: Mr. Stanley Liggett, LCSW

Monday - Friday 7:30a.m. - 4:00p.m.
4301 Wilson St., Team Integrity
Front Desk: 580-558-8248

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 580-558-2793
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
580-558-2592 / 580-458-9039
4301 Wilson St., South Entrance Room 1H148
Email the [Ombudsman](#)



Embedded Behavioral Health Team A (EBH A)



The Embedded Behavioral Health clinic is located within the footprint of the 75th BDE and provides services to Active-Duty service members only within the 75th Brigade & 4-60th ADAR. Soldiers can self-refer to this clinic if needed. The Embedded Behavioral Health team specializes in treating combat-related symptoms such as sleep, mood, depression, anxiety, and other issues for Active-Duty service members. Various assessment and psychotherapeutic interventions are also available.

75 th Behavioral Health Team	
Behavioral Health Officers (BHO)	CPT Katie Lamwers, DSW, LCSW, LCDC
Behavioral Health Techs (BHT)	SGT Wiat Ziegler SPC Ysanelle Ofrecia
EBHA Clinic Chief	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. 3445 Koehler Loop Front Desk: 580-442-4678



Virtual Behavioral Health Care



Family Members (No referral needed).

Active Duty Service Members must get a referral / approval from EBH A



SERVICES OFFERED

ALL VIRTUAL CARE:

Urgent Care
Behavioral Health
Psychology
Psychiatry

- ✓ 24/7 access to doctors, psychiatrists, psychologists, therapists, and other medical experts
- ✓ Smartphone, Tablet, Computer

Phone: (800) 997-6196

<https://doctorondemand.com/microsite/humanamilitary/>

*To begin services Download App on your electronic device

SERVICES OFFERED

ALL VIRTUAL CARE:

Behavioral Health
Psychology
Psychiatry

- ✓ 100% secure sessions conducted via video

Phone: 866-991-2103

<https://www.telemetry.com/military>



Steven A. Cohen Military Family Clinic (Lawton)



Family Members (No referral needed)

Active Duty Service Members must get a referral / approval from EBH A



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

- ✓ Veterans
- ✓ Military Families
- ✓ Service Members

M-Th 8:00a.m. – 6:00p.m., F 8:00a.m.- 2:00p.m.
4202 S.W. Lee Blvd, Bldg. B
Front Desk: 580-771-2662
Email: CVN@red-rock.com



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

M & F 8:00am – 4:30pm, Tu-Th 8:00am- 7:30pm
10 SW 2nd St. Ste 4
Front Desk: 580-585-5880
<https://www.va.gov/lawton-vet-center/>



External Resources



MILITARY
ONSOURCE

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

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/>

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



Comanche County Memorial Hospital

3401 West Gore Blvd

Lawton, OK 73505

Phone: 580-355-8620

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

Southwestern Medical Center (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



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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