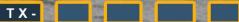


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List of Behavioral Health Resources



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

- Military Family Life Counselor (MLFC)
- <u>Religious Support Services</u>
- Equal Opportunity (EO)
- <u>Sexual Harassment/Assault Response &</u> <u>Prevention (SHARP)</u>
- 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)
 - <u>Child and Family Behavioral Health Services</u> (CAFBHS)
 - Internal Behavioral Health Consultant (IBHC)
 - Patient Advocate Office
 - <u>Ombudsman</u>

- Embedded Behavioral Health- Team A (EBH-A)
- Virtual Behavioral Health Care
 - Doctors On Demand
 - <u>Telemynd</u>
- 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

<u>Factors</u>

Military Religious Support Services Family and Life Counselor (MFLC)



MILITARY& FAMILY LIFE COUNSELING

OLD IRONSIDE

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		

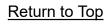
Public School MFLC for Dependent (Lawton, Elgin, Cache)

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

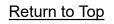
Crisis Grief Spiritual Marriage and couples Transitions Stress Management ✓ 100% Confidential

PASTORAL COUNSELING

 ✓ 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)



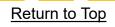


The Army's Equal Opportunity (EO) program formulates, directs, and sustains a comprehensive effort to maximize human potential to ensure fair treatment for military personnel, family members and civilians without regard to race, color, gender, religion, age, disability or national origin. For more information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



Sexual Assault Support for the DoD Community Call: 877-995-5247

Text: 55-247

4-60th ADAR Representative

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

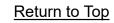
Victim Advocate: 1LT Barnes, Jacob (703) 819-7216

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 U	nrestricted Reporting Option	Available Services for	Restricted Reporting Option
 SAPR Support Services Health Care Mental Health Care Forensic Exam (if indicated) 	 Legal Consultation & Representation through SVC/VLC Spiritual Support Command Response Investigation Prosecution 	 SAPR Support Services Health Care Mental Health Care Forensic Exam (if indicated) 	 Legal Consultation & Representation throug SVC/VLC Spiritual Support Catch a Serial Offende (CATCH) Program





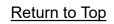
United Service Organizations (USO)





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.







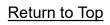
Army Wellness Center (AWC)





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: <u>https://www.facebook.com/FortSillAWC/</u>		





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. <u>https://reynolds.tricare.mil/</u>



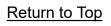
Urgent Care Clinic (UCC) Behavioral Health Services: On-Call Behavioral Health Provider Medical Services: Routine Medical Care Point of Care Testing Laboratory Services Radiology Pharmacy

> 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

- Supports Soldiers & Families
- ✓ DA Civilians

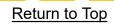
The mission of ACS is to facilitate the commander's ability to provide comprehensive, standardized, coordinated and responsive services that support Soldiers, Department of the Army civilians, and Families regardless of geographical location and to maximize technology and resources, eliminate duplication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

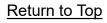
> Monday - Friday 7:30a.m. - 4:00p.m. 4301 Wilson St, South Entrance, 3rd Floor Front Desk: 580-558-8557

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 Confli	ct
Resolution	
Parenting Skills	
Warrior & Family Resiliency & Thriving	
Post Traumatic Stress	
Monday - Friday 7:30a.m 4:30p.n 4201 Wilson St. South Entrance, 2rd 5	

Monday - Friday 7:30a.m. - 4:30p.m. 4301 Wilson St, South Entrance, 3rd Floor Front Desk: 580-558-8425



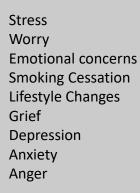


Reynolds Army Health Clinic (RAHC)

Behavioral Health Services

Internal Behavioral Health Consultant (IBHC)

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





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 <u>Patient Advocate Office</u>



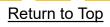


Ombudsman Program

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 <u>Ombudsman</u>





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Embedded Behavioral Health Team A (EBH A)



Return to Top



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 Ysanuelle 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	

"America's Tank Division"





Virtual Behavioral Health Care



<u>Family Members (</u>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

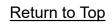
Psychology

Psychiatry

✓ 100% secure sessions conducted via video

Phone: 866-991-2103

https://www.telemynd.com/military





Steven A. Cohen Military Family Clinic (Lawton)



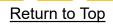
<u>Family Members</u> (No referral needed) *Active Duty Service Members must get a referral / approval from EBH A*



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 \checkmark **Military Families** Service Members \checkmark 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



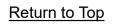


Connection. Camaraderie. Community.

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

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

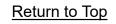
These Signs Require Immediate Attention:

- 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/

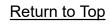


Southwestern Medical Center (Only ER with Behavioral Health Services)

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





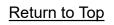




Emergency On Call 24 Hour Numbers



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



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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.

USAPHC

http://phc.amedd.army.mil Approved for public release; distribution unlimited.

