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OLD IRONSIDES

-1st Armored Division-

"AMERICA'S TANK DIVISION"

4-60th ADAR Behavioral Health Resources



-15 JULY 1940-

-FORT BLISS, TX-



List of Behavioral Health Resources

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Military & Family Life Counselor (MFLC)



**MILITARY & FAMILY
LIFE COUNSELING**

4-60th 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

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Religious Support Services

Chaplain

CH (CPT) Napoleon Butler

4-60th Chaplain

Contact number: (426) 902-6607

Bldg 3415, Webster St. 2nd 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



Equal Opportunity (EO)



4-60th 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
24/7 Hotline: (580) 919-1635

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.





SHARP / SARC



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/>



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

Available Services for Unrestricted 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

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
- Catch a Serial Offender (CATCH) Program

4-60th ADA Representative

Sandra Combs
 (580) 695-5141
sandra.j.combs2.civ@health.mil

Sharp Resource Office BLDG 2913, Cluster Rd. Rm.124
 Fort Sill, OK 73503
 24/7 Hotline: (580) 317-4277

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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	Visit their website to view upcoming events https://oklahoma.uso.org/fortsill
3265 Crane Ave 580-442-2812 Open 7 days a week M-F 0900 – 1700 Weekends 0900 – 1900	
✓ 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
Check out their webpage for Monthly groups / trainings schedule: https://www.facebook.com/FortSillAWC/		



Army Community Service (ACS)



LOCATION

4700 Mow-Way Road
580-442-4916

- ✓ Supports Soldiers & Families
- ✓ DA Civilians

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>

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.



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

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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. 3445 Koehler Loop Front Desk: 580-558-8557



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





75th Behavioral Health Team

UNCLASSIFIED



The 75th 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 th Behavioral Health Team	
Behavioral Health Officers	CPT Katie Lamwers, DSW, LCSW, LCDC 1LT Wiley, Vonthisha, LCSW
Behavioral Health Specialist	SGT Ysanelle Ofrecia
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. 4301 Wilson St, South Entrance, 3rd Floor Front Desk: 580-558-3169



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

- ✓ 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.telemetrynd.com/military>



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

- ✓ 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 ON-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/>



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
Local Resource Finder	https://findhelp.org/



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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