RESOURCE & INFORMATION GUIDE

Joint Readiness Training Center and Fort Polk

U.S. ARMY

ARMY COMMUNITY SERVICE
ACS
Real-Life Solutions for Successful Army Living

AIRBORNE

Army Community Service & Prevention Center

Home of the Joint Readiness Training Center

"People, Passion, Purpose"

"Fort Polk First"

1591 Bell Richard Ave Bldg. 920 Fort Polk, Louisiana 71459

(726) 780-1073

ARMY COMMUNITY SERVICE & PREVENTION CENTER

Army Community Service and Prevention Center (ACSPC) specializes in the readiness and success of Soldiers and Families. Whether you're a Soldier getting ready for deployment, new to the installation, or just curious as to what resources are available to you, the ACSPC is here to help! We have a number of financial counselors, mental health counselors, victim advocates, and resources that promote self-resilience, resilience, and stability during war and peace.

Hours of Operation:

Monday through Friday

0800-1630

Closed Saturday, Sunday & Federal Holidays

Scan here to complete an interest form:

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ARMY EMERGENCY RELIEF (AER)
BLDG 920 | (726) 780-0384

Army Emergency Relief (AER) is the U.S Army's own nonprofit organization that provides emergency financial assistance to Active Duty or Retired Army Soldiers and their Families, as interest free loans or grants based on financial need. This program also offers educational scholarships and extends to widowers, orphans, dependent children and spouses of active, retired, or deceased Soldiers.

Visit **ArmyEmergencyRelief.org** to learn more.

What Kind of Financial Emergencies Does AER Assist With?

- Rent/Mortgage
- Health & Wellness
- Family Support
- Utilities/Deposits
- Food
- Emergency Travel
- Dental/Medical Expenses
- Car Seats
- Vehicle Repair/Replacement
- Essential Furniture
- Funeral Expenses
- Non-Receipt of Pay/Loss of Funds
- Minor Home Repairs
- Cranial Helmets

Is There a Limit on How Much Emergency Assistance I Can Request From AER?

AER can meet each of your valid emergency needs.

What Kind of Assistance Should I Expect?

- An interest-free loan
- A grant if repayment of the loan will cause undue hardship
- Financial Assistance that is partially a loan and partially a grant
- Scholarship Programs for spouses and dependent children

Where Do I Get Started on Obtaining Financial Assistance From AER?

Applications and instructions are available for financial assistance and all scholarships on the QR code below or on the AER website at
https://www.armyemergencyrelief.org/resources/

What Should I Provide?

- A Valid Military ID Card
- Power of Attorney Documents (If spouse)
- Emergency Leave Fort/Leave Fort/PCS orders
- Substantiating documents (e.g. LES, Car Repair Estimate, Rental Agreement, Utility Bill, etc.)

Can My Spouse Obtain Financial Assistance from AER While I'm Away?

- A spouse can obtain financial assistance as long as they hold power of attorney.

After-Hour, Weekend and Holiday AER Requests

- All requests for AER assistance during off-hours are processed by The American Red Cross Hero Care Network. They can be contacted by phone, online or via smart phone application.

Call **(877) 272-7337**

Visit **www.redcross.org/HeroCareNetwork**

Download the Red Cross Hero Care mobile app

ARMY FAMILY ACTION PLAN (AFAP)
BLDG 920 | (726) 780-1073

The Army Family Action Plan (AFAP) is a year-round program dedicated to improving the quality of life for all members of the military community by allowing everyone to voice their ideas, concerns, or suggestions. Some examples of improved programs and services that have been implemented are Army Family Team Building, Better Opportunities for Single Soldiers as well as the Thrift Savings Plan.

How Does AFAP Work?

You tell us what you think – Using submission forms obtained from ACSPC or found on armyfamilywebportal.com.

AFAP listens and acts – Once an issue is received, it is reviewed, discussed and submitted for action.

Together we find a solution – Although some issues take time or are proven unattainable, every issue with merit is reviewed, monitored, and tracked until a resolution is found. Most issues can be handled locally and are sent to the appropriate directorate for resolution. The issues that are unattainable are forwarded to the forces command level. If the issue is not resolved at that level, then it may be forwarded to that headquarters department of the Army.

Scan below to submit an issue:

ARMY FAMILY TEAM BUILDING (AFTB)

https://olms.armyfamilywebportal.com/

Army Family Team Building (AFTB) is a computer-based Family training and readiness program that provides participants with a better understanding of Army culture, as well as the skills and resources needed to become resilient, self-sufficient members of the military community.

Whether you're new to the Army or want to brush up on skills, get a leg up with AFTB. This training program takes you step by step through Army culture, connects you to helpful resources, and empowers you to become a self-reliant member of the Army Family. AFTB training moves through three phases:

AFTB Building Personal Growth (Level G)

Learn how to improve your personal relationships, communication, and stress-management skills. Discover how teams form and grow, how to solve problems, and how to resolve personal conflict. You'll also learn about Army traditions, customs, courtesies, and protocol.

AFTB Military Knowledge (Level K)

Learn about Army life and how to maneuver through daily challenges, understand Army acronyms, use community resources, attain better financial readiness, and appreciate the impacts of the Army mission on daily life.

AFTB Leadership Knowledge (Level L)

Thrive in the Army and civilian life by expanding leadership skills, polishing communication techniques, and learning to mentor others into leadership positions. Learn how to find your leadership style, run an effective meeting, manage group conflict, and coach and mentor others.



ARMY VOLUNTEER CORPS (AVC)
BLDG 920 | (726) 780-1073

The Army Volunteer Corp (AVC) seeks innovative ideas and processes to improve the quality of life at Fort Polk using volunteer agencies. We offer quality volunteer work experience in environments where volunteers are appreciated and valued. Administrative, medical, mentoring, teaching and coaching are a few of the opportunities that are available. You can volunteer for a day, an evening, for a one-time event or for ongoing activities for as long as you desire.

Why Volunteer?

For the volunteer – Build your resume, contribute to the community, meet new people, share expertise, gain new skills and work experience, and be challenged.

For the community – Develop new programs, sustain programs, enrich the quality of life for Soldiers and their families, price and ownership.

Recognition – Volunteer of the Quarter, Installation Impact awards, national and agency awards.

How Do I Sign Up?

Complete a volunteer registration packet, which includes Volunteer Agreement DD Form 2793 and if you are under 18, the Parental Permission Form DA Form 5671. Register online at **https://www.armymwr.com/programs-and-services/personal-assistance**

Each agency offers orientation and training. Training may include first aid, office administration, tax preparation, train the trainer, coaching skills, etc. Volunteers may attend the volunteer manager/supervisor training as well. The Volunteer Corps coordinator can help you to find an opportunity that matches your interests or talents and assist you with the application process.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)
BLDG 920 | (726) 780-1162

Exceptional Family Member Program (EFMP) is a mandatory enrollment program under AR 608-75 that provides comprehensive support to Family members with any physical, emotional, developmental, or intellectual disorder that requires special treatment, therapy, education, training, or counseling, and meets criteria. Soldiers with Exceptional Family Members are required to register for EFMP and keep enrollment information current. This way, Family needs will be considered during the assignment coordination process. Updates are required every 3 years.

Who must enroll in the program?

EFMP is a mandatory program for Servicemembers identified as having a dependent with exceptional medical, educational, behavioral, or mental health needs.

- Active Army
- U.S. Army Reserve (USAR) Soldiers in the Active Guard Reserve (AGR) Program
- Army National Guard (ARNG) AGR personnel serving under authority of 10 USC and 32 USC.

Department of the Army civilian employees do not enroll in the program. But are eligible for EFMP Family Support Services.

Who is eligible?

Spouses and children of Servicemembers (Active Duty, USAR, AGR, Title 10, Title 32) from all branches of services, who have medical conditions (physical, emotional, developmental, or intellectual) which require specialty care and those who have special education needs, requiring an individualized Education Plan (IEP). Extended Family members added to the sponsor's DEERS needing EFMP services may also enroll.

When is EFMP Action Required?

DOW EFMP Required Actions: Renew Enrollment every 3 years. Updated enrollments are needed when new diagnosis occurs, if a change is needed to housing accommodations, specialists, when an IEP is updated or changed. Disenrollment may occur for divorce

(court order provided), a child is no longer DEERS recipient or in the home, or when ongoing healthcare and/or school special education services are no longer required.

EFMP Family Support Services: Services are elective and may be accessed at any time. Service members are invited during in/out processing to provide their Family POC contact information to offer specialized support. Family Support Services are also available to Retired Families, DoD Civilians, and all Families with installation access.

Where can I find EFMP Services?

EFMP Family Support Services: Army Community Service Prevention Center (1591 Bell Richard Ave) Contact: **(726) 780-1162** or **(726) 780-1073**

For enrollment, update, disenrollment, or a schedule family member travel screening, service members must initiate a packet through **EFMP.army.mil**

Legal Assistance

Legal assistance is available to all ID card holders. Available to discuss and/or assist with the following EFMP related concerns: due process for special education, completing DA or DD forms, guardianship or incapacitation, family support matters, and immigration. The Installation Legal Office is located at 7090 Alabama Ave, Bldg. 1454. Call to schedule an appointment, **(726) 780-1138**.



FAMILY ADVOCACY PROGRAM (FAP)

BLDG 920 | (726) 780-1072

The U.S. Army Family Advocacy Program (FAP) helps Soldiers and their Families recognize and prepare for the unique challenges of military lifestyles. Our services include seminars, workshops, counseling, and intervention to help strengthen the relationships of Army Families. FAP is dedicated to the prevention domestic abuse, child abuse, and neglect of Soldiers and their Families through offering education, prompt reporting, investigation, intervention, and treatment.

Prevention Education Classes

Dynamics of Family Violence – Annual training requirement for all Soldiers, per AR 608-18.

Parenting with Love & Logic – This class provides adults with practical tools to use with their children setting them up to have healthy, respectful relationships.

Anger & Stress Management – This class teaches warning signs of anger and how to better communicate in heated moments.

Cooperative Parenting – This class teaches helpful strategies for parents who are coparenting, endorsing positive relationships and leaving the children out of the middle.

Prevention & Relationship Education Program (PREP) – This class helps couples to preserve and enhance commitment, communicate effectively, and work as a team to solve conflicts.

Stop the Violence Workshop –This class educates on the policies and procedures for prevention, reporting, and identification of domestic violence and child abuse.

Active Parenting for Stepfamilies – This class helps couples work together to raise children in a blended Family using communication and negotiation skills.

How to Avoid Falling in Love with a Jerk – A fool proof way to follow your heart without losing your mind.

TO REPORT CASES OF SUSPECTED/KNOWN SPOUSE/INTIMATE PARTNER ABUSE

CALL HOPELINE (726) 780-2615 (OPERATIONAL 24 HOURS/7 DAYS A WEEK)

TO REPORT CASES OF SUSPECTED CHILD ABUSE/NEGLECT IN THE STATE OF LOUISIANNA

CALL 1-855-4LA-KIDS (1-855-452-5437)



FINANCIAL READINESS PROGRAM (FRP)
BLDG 920 | (726) 780-0384

The Financial Readiness Program's mission is to provide financial literacy training and education, personal financial counseling, and Information and Referral services to assist Servicemembers and Families in developing skills and strategies to fulfill their financial obligations, meet their financial goals, and maintain their financial and mission readiness.

During a personalized session, our Financial Readiness Program (FRP) counselors will review your relevant documents, provide you with an individualized assessment, and work with you to develop a personalized spending plan. Our FRP counselors can also provide structured debt management plans to Service Members, particularly those who are at risk, or have security clearance concerns.

Who We Serve

We primarily serve Service Members, retired military personnel, DoD civilians, and their dependents. We also proudly serve Gold Star families and survivors. We serve DoD contractors on a space available basis.

Financial Counseling Topics

- Banking, Credit, and Debt Management Strategies
- Budgeting
- Consumer Decisions
- Evaluating Financial Planning Services
- Financing Goals
- Insurance Needs
- Investing
- Financial Record Keeping
- Major Purchases
- Preparing for Transition
- Retirement planning (BRS, lump sum, TSP, and SBP)
- Savings (emergencies, periodic expenses, and long-term goals)
- Tax Considerations

Information and Referral (I&R)

- Estate Planning
- Powers of Attorney, Wills, and Trusts
- Predatory lending and practices prohibited to the Service Members Civil Relief Act and the Military Lending Act
- Contract execution and dispute resolution (sales, credit, and housing)

Common Military Trainings

Financial milestone training. Certificates are issued upon completion. Mandatory for required Soldiers. Available to family members, retirees and DoD civilians. DoD contractors may attend on a space available basis.

Continuation Pay – This course will help Servicemembers in the Blended Retirement System with 8-11 years of service understand what Continuation Pay is, how to apply for it and how best to use it.

Disabling Condition – This course will help Servicemembers understand and manage the financial implications of dealing with a disabling sickness or condition.

Divorce – This course is designed to help Servicemembers considering divorce make smart, informed financial moves so they can emerge from their divorce with greater financial confidence.

First Child – This course is designed to help Servicemembers organize their finances efficiently and prepare them for the changes that come with a growing family.

Marriage – This course will help Servicemembers organize their finances, adjust to life as a married person and get on the same financial page as their partner to improve communication and minimize stress.

PCS – This course is designed to help Servicemembers better understand and prepare for a Permanent Change of Station (PCS) move.

Post-Deployment – This course will help Servicemembers think about their attitudes toward money and consider how their finances may be affected after returning from a deployment.

Pre-Deployment – This course is designed to help Servicemembers navigate finances before, during, and after deployment and learn more about some of the benefits and potential financial pitfalls of deployment.

Vesting In the TSP – This course is designed to help Servicemembers better understand Vesting in the Thrift Savings Plan (TSP).

Ancillary Trainings

Topic-based training. Certificates are not issued upon completion. Available to Service Members, retired military personnel, DoW civilians and their family members. DoW contractors may attend on a space available basis.

Credit Management – Provides learners with the knowledge to build and protect their credit health and reduce the cost of credit. FRP will provide the information resources and

strategies necessary to make informed decisions about obtaining credit and establish good habits for using credit wisely.

Promotion – This course will help prepare Servicemembers for the financial aspects of a promotion and teach them how to take advantage of certain opportunities to improve their situation.

Emergency Financial Preparedness – Provides learners with knowledge that can help them identify the information and resources they need to be physically and financially ready for an emergency or natural disaster.

Home Buying – Designed to increase the knowledge of first-time home buyers on the home buying process and financial considerations when deciding to buy a home.

Planning for Your Financial Future – Provides information resources and strategies necessary to develop personal financial goals and adjust personal spending to attain those goals

Saving and Investing – Introduces learners to saving and investing terminology, types of saving and investing accounts in terms of risk, liquidity, rate of return and types of retirement accounts in terms of contribution limits, taxes, and withdrawals. Provides all necessary information to distinguish between Roth IRA and Traditional IRA options.

Tax Considerations – Covers the terminology associated with federal income taxes, where the information needed to prepare IRS Form 1040 U.S. Individual Income Tax Return comes from and where figures are entered on the form.

Car Buying – Designed to develop knowledge and skills that will enable learners to conduct adequate research on a new car purchase; to determine how much they can afford to spend on a car and to negotiate effectively when purchasing their new ride.

Exploring Digital Assets – Provides service members with the information and resources needed to make informed decisions about owning Digital and Crypto assets, understand high-level tax implications of Digital and Crypto assets, understand high-level tax implications of Digital and Crypto assets, and increase their knowledge regarding Digital and Crypto asset-related fraud and scams.

Consumer Advocacy

Pre-Purchase – Contract review, consumer education and best practices when making a major purchase or investing.

Consumer Complaints – Are referred to the Consumer Financial Protection Bureau, Federal Trade Commission, and the Better Business Bureau.

Credit – FRP can pull free credit reports and FICO scores.

MILITARY FAMILY LIFE COUNSELORS (MFLC)
BLDG 920 | (318) 592-9601 (318) 592-9671 (228) 313-7205

Military and Family Life Counselors (MFLC) are a key outreach service to Soldiers and Families. Enhanced community Family support services offer licensed clinical social workers and psychologists to address various issues that Soldiers and Families may face.

Who is eligible?

- Servicemembers, spouses, Family members, and children.

What do services include?

- Counseling services include confidential intervention for grief, loss, anger, depression, marital and family issues or everyday stressors.

Is it confidential?

- Yes, no records are kept and remain anonymous. You can walk into the Army Community Service & Prevention Center and be assisted upon arrival with no appointment.

MOBILIZATION DEPLOYMENT & STABILITY SUPPORT OPERATIONS (MDSSO)

BLDG 920 | (726) 780-1092

Mobilization Deployment & Stability Support Operations educates Soldiers and Families about deployment related challenges they may face, and the services available to them to cope with such challenges. This program helps support community readiness during deployments and emergencies. We ensure programs align with unit deployment support and assist unit commanders with readiness.

Units that are away from home station longer than 30 days are required to conduct an ACSPC Pre-Deployment brief.

NEW PARENT SUPPORT PROGRAM (NPSP)

BLDG 920 | (726) 780-1551

NPSP is a free, voluntary service that offers education and support to Fort Polk parents expecting a baby or with a child 0-3 years of age. Our team of registered nurses (RNs) and a social worker (LCSW), understand the stressors of parenting and the unique challenges of raising a Family in the military. We provide encouragement and education throughout

pregnancy, after delivery, and during all stages of development for your newborn and young child.

Services

Home Visitation – Parenting information and support provided in the comfort of your own home. Education and resources for pregnancy, newborn care, breastfeeding, growth and development, home safety, nutrition, sleep issues, positive discipline, potty training, and parenting in the military.

Baby Boot Camp – A fun and interactive hands-on class about feeding, diapering, bathing, and soothing your newborn. For expectant parents in their 1st and 2nd trimester.

Infant Massage – A hands-on class for you to learn how to sooth your infant with massage. Infant massage may also help with crying, digestion/gas issues, growth and development, and creating a stronger bond between you and your little one.

Play Morning – This event occurs every 1st and 3rd Thursday of each month at the Fort Polk Play Town & Cafe from 1000 to 1100. Giving space to allow moms, dads, and their children to join other young children and their parents in a child-centered setting for children to interact and learn through play.

RELOCATION READINESS PROGRAM (RRP)
BLDG 920 | (726) 780-0386

Moving is a part of life for Soldiers, civilian government employees and their Families. Relocation Readiness is here to help with a comprehensive support system. Providing mindful information, guidance and assistance to help minimize the impact on Families and Soldiers relocating stations or exiting the Army.

Resources and Services

Military OneSource – An automated system with information on installations worldwide. You can create a customized calendar based on your needs and schedule, as well as find driving directions and information about entitlements and out-of-pocket costs, schools and other local community resources.

Individual Counseling – Your Relocation Readiness Program Manager can address specific issues with you one-on-one and give you guidance and suggestions to help resolve any problems that may come along with your move.

Sponsorship Support – Relocation Readiness provides guidance and materials for military personnel appointed as sponsors within the military units.

Citizenship and Immigration Services – Your Relocation Readiness Program Manager can act as a liaison when Families seek guidance on the citizenship and residency application process.

Relocation Orientation (CONUS) - This highly recommended briefing is offered to Soldiers and Family members who are relocating from the installation.

Overseas Orientation Briefing (OCONUS) - This orientation is designed to help familiarize departing personnel with their new overseas duty station and community. They can help you understand the local culture, transportation, geography, climate, government, economy, language, recreation, family life, food, customs and tourism offerings. Workshops available for transferees returning from overseas to the U.S where you'll get information about the PCS process and procedures, finance entitlements, shipping household goods, port call, Family travel, legal assistance for claims, and shipping your automobiles and pets.



SURVIVOR OUTREACH SERVICES PROGRAM
BLDG 920 | (726) 780-1073

The Survivor Outreach Services Program provides long-term support to Family members of Fallen Soldiers by offering assistance, providing information, and connecting Family members to outreach organizations both inside and outside the Department of Defense. After a loved one is lost, unresolved issues or questions may surface months or years afterward, Survivor Outreach Services will always be available.

SOS Support Coordinator (SC)

- Provides long term support for Survivors and helps maintain a connection to the Army for as long as the Family member desires.

SOS Financial Counselor (FC)

- Works closely with the Support Coordinator to ensure the needs of the Survivor are met. The FC provides financial advice on Individual money management counseling, financial education and training information and referral.

VICTIM ADVOCACY PROGRAM (VAP)

BLDG 920 | (337) 718-8837

The Victim Advocacy Program (VAP) provides clients with emergency and follow-up support services to adult victims of domestic abuse/violence. Establishing immediate lodging, safety moves, obtaining civilian and military protection orders, and helping clients navigate systems. Upon the request of a client, VAP also provides accompaniment to court proceedings, hearings/court martial trials, meetings with lawyers, police and/or command.

Victim Advocates work to provide services aimed at supporting clients and to empower them to make and carry out decisions to improve the quality of life for themselves and their children.

Services Available

Restricted Reporting (Option 1) – Allows an individual who meets VAP criteria and who is experiencing violence in his/her relationship to receive medical treatment, advocacy services, and clinical and pastoral counseling. This option keeps all personal information disclosed and the Soldier's command is not notified of the abuse and is unable to offer assistance and protection.

Under this reporting option, the offender is not held accountable and the abuse may continue. If an assessment reveals a high risk for future injury, a restricted report may not be granted.

Unrestricted Reporting (Option 2) – Victims of domestic abuse who want to pursue an official investigation of an incident should report the abuse to law enforcement, or the alleged offender's Commander. The unrestricted reporting option provides a victim with the widest array of services available including but not limited to command involvement, law enforcement involvement, medical treatment, advocacy services, and counseling services.

Safety Move – A safety move to a victim's choice of place can be conducted along with transitional compensation as long as the victim does not remain in contact with the perpetrator.

Military Protection Orders (MPO) – Unit Commanders may issue a Military Protection Order (MPO) to ensure the safety of service members, family members, and other individuals from the threat of domestic violence. An MPO is a written lawful order issued by a

commander that orders a Soldier to avoid contact with his or her spouse or children. The commander should provide a written copy of the order within 24 hours of its issuance to the protected person, the Military Police and civilian law enforcement. An individual should report violations of the MPO to law enforcement.

Civilian Protection Orders (CPO) – A Civilian Protection Order (CPO) is an order signed by a Judge that directs an individual to stop abusing, stalking, harassing and/or committing acts of sexual violence against another individual. An individual may file a CPO against current or former spouse, someone that an individual shares a child in common, an individual with whom you have shared a residence with, someone related to you by blood or marriage of someone with whom you have dates or had intimate relations.

Transitional Compensation

A congressionally mandated program, which authorizes temporary financial support and other benefits for Family members who are victims of domestic violence and/or child abuse/neglect, whose Soldier is either court martialed or chaptered, due to the offense and the victim is no longer living with the Soldier offender.

TO REPORT CASES OF SUSPECTED/KNOWN SPOUSE/INTIMATE PARTNER VIOLENCE CALL VICTIM ADVOCACY DOMESTIC VIOLENCE HOTLINE (OPERATIONAL 24 HOURS/7 DAYS A WEEK) (337) 718-8837



ARMY SUBSTANCE ABUSE PROGRAM (ASAP)

BLDG 920 | (726) 780-1140

The Army Substance Abuse Program mission is to strengthen the overall fitness and effectiveness of the Army's workforce, to conserve manpower and enhance the combat readiness of Soldiers.

Services

Prime for Life Class – A mandatory alcohol and drug prevention education course for Soldiers referred to the ASAP for substance-related incidents or enrolled in Substance Use Disorder Clinical Care (SUDCC).

- Assesses personal risk perception and attitudes toward alcohol and drugs.
- Examines the progression toward addiction and helps participants assess their own risk level.
- Provides guidance for making personal changes, building support systems, and creatine a plan for success.

Prevention Education, Risk Reduction, Suicide Prevention, and Biochemical Testing.

Rehabilitation Services are authorized for all eligible personnel as directed by AR 600-85 and AR 40-68. The program supports Tricare, medical and mental health treatment providers, as well as other public and private agencies by accepting referrals for consultation, evaluation, and treatment.

EMPLOYEE ASSISTANCE PROGRAM

BLDG 920 | (726) 780-1073

The Employee Assistance Program is a program that provides free screening, referral, short-term counseling and follow-up services to employees and their Families regarding work/life balance difficulties. This program provides consultation to management and preventative education to organizations.

Who is eligible for EAP services?

- DOD Civilian Employees
- Retired Military Personnel
- Retired Civilian Employees
- Family members of active-duty personnel and retirees

SUICIDE PREVENTION

BLDG 920 | (726) 780-1187

Be alert and engage with a Soldier or Family member before they become overwhelmed by life's stressors and risk factors. The Army conducts a mandatory annual suicide prevention training (AR 600-63) for all Soldiers using the Ask, Care, Escort (ACE) training module to increase awareness of risk factors, warning signs, and available resources as well as

intervention. Suicidal thoughts or actions are a sign of extreme distress and should not be ignored.

Examples of warning signs to look for:

- Talking about wanting to die or disappearing
- Talking about feeling empty or hopeless and having no reason to live
- Talking about feeling trapped or feeling as if there are no solutions
- Talking about feeling like a burden to others
- Saying goodbye to friends and family
- Displaying extreme mood swings, suddenly changing from very sad to very calm or happy
- Using alcohol or drugs more often

When someone needs help, remember the following:

Ask – if the person is thinking about harming themself.

Care – About the person by listening and reassuring them that immediate help is available.

Escort – And encourage proactive use of resources.

For ACE training resources visit,

https://www.armyresilience.army.mil/suicide-prevention/pages/about.html

If you or someone you know need help, call the Suicide & Crisis Lifeline

Dial 988 and press 1 for the Military Crisis Line

Or visit **https://chat.988lifeline.org/**



INTEGRATED PREVENTION ADVISORY GROUP (I-PAG)

BLDG 920 | (726) 780-0964

The Integrated Prevention Advisory Group is the Army's new primary prevention workforce. It is an additive workforce and will not replace current personnel working to prevent or respond to harmful behaviors. The I-PAG's primary objective is to build the service's integrated prevention system. The prevention system is the backdrop against which prevention planning, implementation and evaluation take place. This program will support leader-led efforts to improve prevention activities (policies, programs and practices) intended to increase protective factors, build positive organizational environments, and prevent harmful behaviors from occurring within the Army. Using a community-oriented approach, the I-PAG will work with the Army commanders to implement integrated measures across the service that reinforce the safety, health and well-being of Soldiers, Civilians and their Family members. Additionally, the I-PAG will collaborate with organizational, installation-based, and nonclinical providers to advise leaders on the best evidence-based actions to pursue that may lead to increased supportive environments that encourage help-seeking behaviors.

SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION (SHARP)

BLDG 920 | (726) 780-1457

The Sexual Harassment/Assault Response and Prevention Program is a proactive initiative to eliminate sexual harassment and assault within the Army. All reports are kept confidential and secure and are treated with sensitivity in a supportive environment. Eligible individuals are active-duty Army Soldiers, members of the Army Reserve and Army National Guard in a Title 10 status or an active-duty for training status, their dependents, and Army Civilians. Victims are eligible if the perpetrator is a U.S. servicemember on active duty or in an active duty for training status.

Special Victim Services

Special Victims Counsel (SVCs) – A lawyer specially trained to provide legal counsel to eligible victims of sexual assault and domestic violence.

Legal Assistance Attorneys – Assist clients, including victims of domestic violence, with Family law matters such as separation, divorce, financial nonsupport, child custody, and visitation.

Special Victim Prosecutors (SVPs) – Skilled trial attorneys who assist with prosecuting sexual assault and domestic violence crime cases.

Special Victim Paralegals – Trained and skilled paralegals who work alongside SVCs and SVPs.

Special Assault Investigators (SAIs) – Criminal Investigation Division (CID) investigators are responsible for certain offenses, to include sexually based offenses and special victims.

Victim Witness Liansons (VWLs) – Trained facilitators and coordinators who provide information and assistance in obtaining victim and witness services.

Sexual Assault Response Coordinators (SARCs) – Serve as the single point of contact for coordinating appropriate and responsive care for sexual assault victims.

SHARP Victim Advocates (VAs) – Provide crisis intervention, support, referrals, ongoing nonclinical services, coordination between agencies, and explain reporting options, empowering victims to make informed and educated decisions.

THE DOD SAFE HELPLINE PROVIDES 24/7 SUPPORT BY PHONE OR ONLINE FOR SEXUAL ASSAULT SURVIVORS IN THE MILITARY COMMUNIITY. IT IS ANONYMOUS, CONFIDENTIAL, AND SECURE.

HELPLINE: (877) 995-5247 www.safehelpline.org

ARMY SEXUAL HARRASMENT/ASSULT RESPONSE AND PREVENTON (SHARP):
www.armyresilience.armymil/sharp/

ARMY SPECIAL VICTIMS' COUNSEL:

www.jagcnet.armymil/SVCounsel

FAMILY ADVOCACY PROGRAM-CLINICAL (FAP-C)
BLDG 920 | (726) 780-2185

The Family Advocacy Program Clinical (FAP-C) is referral based and command directed program. This team of social workers provides assessment and treatment of child abuse/neglect, domestic violence/abuse, and problematic sexual behavior of children and youth (PSB-CY). This program was designed to break the cycle of abuse by identifying abuse as early as possible, ensure each reported incident is assessed for risk of further abuse, ensure victims of abuse receive a clinical assessment, and provide treatment for all affected Family members.

Services

Effects of Domestic Violence/Abuse - Offered to families affected by domestic violence/abuse in a home where there are children present.

Offenders Group – Offered to those who have an active referral with FAP.

Fire Evacuation Plan

