



Volume 1, Issue 3
May 2022

Helping Agencies Newsletter

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Who are the Kirtland AFB Helping Agencies?

- We promote individual and family well-being, resilience, and mission readiness.
- We collaborate to communicate resources to enhance wellbeing across the mental, social, spiritual, and physical spectrum.
- We're here for you!

In observation of
CHILD ABUSE PREVENTION MONTH

You are invited to



on

29 April from 1030-1400

At Hardin Field

Come join the fun! There will be food trucks, kid friendly activities, games, bouncy houses, military static displays to include aircraft, fire engine, EOD, and Education & Awareness Resources for parents.



If you have any questions please contact the Violence Prevention Program director via email at edith.wegner@us.af.mil

Kirtland Air Force Base Privatized Housing Resident Advocate



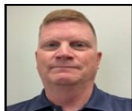
Tenant Resources for Resolving Disputes in Privatized Housing



KFH and Maxwell Maintenance
Routine work order: Rent Café app.
Urgent/emergency W/O: (505) 551-3855



KFH Community Director
Kelley Lee
Office: (505) 551-3855
kelley.lee@huntcompanies.com



Military Housing Office
Charles Crisler
Office: (505) 846-0186
charles.crisler.1@us.af.mil



377 ABW Resident Advocate
Stephen Kowal
Office: (505) 846-1100
Duty Cell: (505) 420-8369
stephen.kowal@us.af.mil



Air Force Helpline
1-800-482-6431



377 ABW Legal Office
Office: (505) 846-4217

The Resident Advocate's office is located at 377 ABW Headquarters, wing D, across from the drug testing office

Walk-ins welcome, 0900 - 1400 M-F and by appointment

2000 Wyoming Blvd. SE,
Albuquerque, NM 87123
Bldg. 20604

Informal Dispute Resolution Process

If you encounter a problem with your home, communicate as follows:

- First** Immediately notify the Landlord and submit a work order if the issue is maintenance related.
- Second** Escalate request to Community Director if issue not resolved.
- Third** Request assistance from the Military Housing Office (MHO).
- Fourth** Engage the assistance of the Resident Advocate.
- Fifth** If issue has still not been resolved, contact Air Force Helpline.
- Sixth** Consult independent legal counsel if this is a legal matter that cannot be resolved following these steps.

Tenant may also involve their chain of command. Tenant may involve Resident Advocate throughout this process, as necessary. Tenant may seek independent legal advice at any time.

Resident Advocate Services

- Advocate for residents regarding housing issues.
- Consult on landlord/tenant rights, laws, regulations, etc.
- Mediate with KFH on behalf of residents.
- Facilitate discussions between MHO, KFH and residents.
- Escalate issues to base leadership.
- Work with base agencies to resolve resident issues.
- Help navigate the Exceptional Family Member Program.

Join the Kirtland AFB privatized housing resident council!

An excellent way to round out your EPR/OPR along the lines of “Championed Airmen neighbors as volunteer housing councilmember to improve quality of life for XX military families.”

The council meets quarterly and can help resolve ambiguities in housing rules and regulations, alleviate community concerns (speeding, neighborhood eyesores, etc.), and host morale-boosting, fun activities.

Contact **Stephen Kowal at 505-420-8369**, your resident advocate, to get an application, a copy of the charter, and to answer all your questions.

How do YOU feel?

No/Minimal Distress	Low Distress	Moderate Distress	High Distress
<p>PREVENTION</p> <p>★True North 505-846-4117/853-6992 Chaplains : 505-853-5000 Gravity/Social Connections for E-1-E4 505 853-5000</p> <p>Military & Family Life Counselors Adult: 505-415-4027/440-2481/730-0080; Child & Youth: 505-350-6762/280-9016 or 239-896-4076; MFLC at 150 SOW ANG 505-288-1672; MFLC at Sandia Elementary School 505-639-3524</p> <p>★Alcohol and Drug Abuse Prevention and Treatment (ADAPT) 505-846-3305</p> <p>Violence (Suicide & Sexual Assault) Prevention 505-846-0288</p> <p>Community Support Program/Resiliency 505-846-6427</p> <p>New Parent Support Program 505-846-0139</p> <p>Friends, peers, supervisors, mentors, coaches</p>	<p>★SHARE with a Friend or Supervisor</p> <p>★True North 505-846-4117/853-6992 New Mexico Crisis & Access Line 1-855-662-7474 (Crisis) or 1-855-466-7100 (Peer Support) Agora Crisis Center Line 505-277-3013 MilitaryOneSource.mil 1-800-342-9647</p> <p>Options: In-person counseling, by phone, or online chat Chaplains: 505-853-5000</p> <p>Military & Family Life Counselors Adult: 505-415-4027/440-2481/730-0080; Child & Youth: 505-350-6762/280-9016 or 239-896-4076; MFLC at 150 SOW ANG 505-288-1672; MFLC at Sandia Elementary School 505-639-3524</p> <p>AF Employee Assistance Program AF Civ (APF & NAF), Guard, Reserve, and Family Members 1-866-580-9078 www.afpc.af.mil/EAP</p>	<p>★True North 505-846-4117/853-6992</p> <p>Availability/access varies by unit</p> <p>★Primary Care Behavioral Health (BHOP/IBHC)</p> <p>505-846-3200/Ask your PCM</p> <p>★Family Advocacy Program</p> <p>505-846-0139</p> <p>Domestic Abuse Victim Advocate</p> <p>24/7 Hotline: 505-445-7100</p> <p>★ADAPT: 505-846-3305</p>	<p>★Specialty Mental Health Clinic Group and Individual Therapy 505-846-3305 ADAPT: 505-846-3305</p> <p>★Crisis Walk-in (0730-1530) If after hours: Nearest ER or call 911</p> <p>Military Crisis Line (24/7) DSN Phone Dial 118 1-800-273-8255 (Press 1) Text 838255 Chat Online at www.veteranscrisisline.net</p>
<p>Focus areas at this level:</p> <ul style="list-style-type: none"> Self-care Sleep Exercise Nutrition Social Support Stress Management Cognitive Restructuring Substance use education 	<p>Common concerns at this level:</p> <ul style="list-style-type: none"> Sadness/Feeling down Anger/Frustration Relationship difficulties Job stress/School stress Anxious about future Life transition stress 	<p>Common concerns at this level:</p> <ul style="list-style-type: none"> Persistent Sadness Major relationship changes Sleep difficulties Significant life transitions Anxiety affecting performance Notable negative events occur Deployment stress Family difficulties Alcohol/substance use issues 	<p>Common concerns at this level:</p> <ul style="list-style-type: none"> Thoughts about death/Dying Thoughts about suicide Thoughts of killing others Severe anger Persistent Depressed mood Lack of energy/Motivation Hopelessness/Helplessness Social isolation Severe nightmares Anxiety or panic most days Alcohol or substance problems
<p>Sexual Assault Victim Advocate Local: 505-846-7272 DoD Safe Helpline (24/7): 1-877-995-5247</p>			
<p>★These venues, under specific conditions, have the potential to report limited information to Command to ensure safety is a priority. Chaplains have 100% privileged communication and are not mandated reporters.</p>			

Provided by your Kirtland AFB Mental Health Clinic.

“How Do You Feel?” offers agency and telephone contact information tailored to distress level.



Summer Refresh Cooking Demo

Presented by Kirtland AFB
Health Promotion Dietitian

Date: 12 May 2022

Time: 1200 - 1300

Location: Base Chapel
1950 2nd St SE
Kirtland AFB

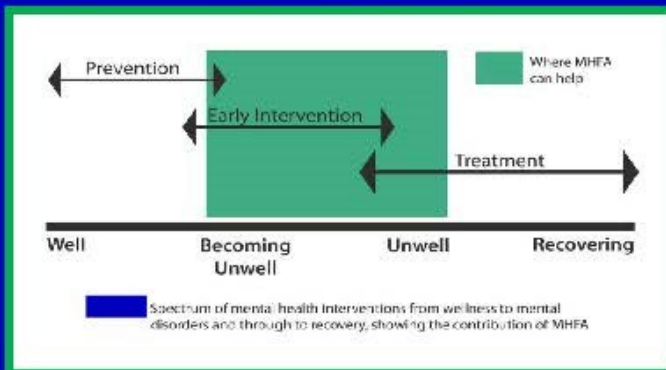
Need some new and refreshing ideas for cooking this summer? Join the health promotion dietitian in presenting a healthy cooking demo accessible to all of Kirtland AFB! We'll make some fresh and exciting summer dishes and provide nutrition education about the featured ingredients along the way.

Space is limited - Please RSVP to reserve your spot:
Laura Makarewicz - Health Promotion Dietitian
laura.k.makarewicz.ctr@mail.mil
505-846-1483



Take a course. Save a Life.

Strengthen your community! Because sometimes first aid is not a bandage, CPR, or calling 911. Sometimes first aid is the help you can offer to someone.



Mental Health First Aid is an 8 hour course designed to:

- Give you tools that will assist in identifying, understanding, and responding to mental health concerns.
- Offer helpful information that can support you in helping someone that is experiencing mental health concerns, substance use challenges, suicidal ideation, and personal crisis situations.
- Introduce people to the common mental health experiences people often encounter.
- Teach a 5-step action plan that you can use to assist people in both crisis and non-crisis situations.
- Fights stigma associated with mental illness.

Training Details:

Date: Wednesday, May 18, 2022

Time: 8:00 a.m. – 5:00 p.m.

Location: Kirtland Air Force Base
Base Education Center, room 110, Building 20602
2000 Wyoming Blvd SE, Albuquerque, NM 87116

Cost to you: **Free – Sponsored by KAFB**



Register online through EventBrite

<https://www.eventbrite.com/e/mental-health-first-aid-for-kafb-tickets-304173169137>

Provided in Training:

Training, Resources, Book, Supplemental Materials

Participants: Open to military personnel, veterans, KAFB family members, & KAFB Civilian Personnel

Plan Ahead: 30 minute lunch. Lunch is NOT provided. Please plan to bring your own lunch.

Helping Agencies— Local & National



150th Special
Operations Wing Airman &
Readiness Programs 505-853-
5668

Agora Crisis Center Line 505-
277-3013

Air Force Wounded Warrior
Program 505-846-0741

Airman & Family Readiness
Flight 505-846-0741

Alcohol & Drug Abuse Preven-
tion & Treatment 505-846-
3305

Alcohol/Substance Abuse
<http://www.samhsa.gov>

American Red Cross 505-265-
8514 or 1-877-272-7337 or
480-313-1296 or 505-262-6162

Area Defense Counsel 505-
846-5553

Blue Grit Podcast
<https://www.resilience.af.mil/Highlights-and-Events/>

Chaplain Services 505-853-
5000

Child Development Center and
Youth Center 505-846-1103 or
505-853-5521 or 505-853-5437

Command Post 505-846-3777

Community Support Coordina-
tor 505-846-6427

Depression/Suicide Lifeline Chat
<http://www.suicidepreventionlifeline.org>

Diversity, Equity, and Inclusion 505-
846-1041

Domestic Abuse Victim Advocate
(24/7) 505-445-7100

Domestic Violence Shelter—Safe
House 505-247-4219

Employee Assistance Program 1-866-
580-9078

Equal Opportunity 505-846-5369

Exceptional Family Member Program
505-846-3244

Family Advocacy Program 505-846-
0139

Health Promotion 505-846-1186 or
505-846-1483

Inspector General 505-846-2411

Kirtland Against Drunk Driving 505-
238-2070

Kirtland Spouses' Club [kirtland-
spousesclub.com](http://kirtland-spousesclub.com)

Mental Health Clinic 505-846-3305

Military Crisis Hotline 1-800-273-
8255 (Press 1)

Military Family Life Counselors
Adult: 505-415-4027 or 505-440-2481
or 505-730-0080 Child & Youth: 505-
350-6762 or 505-280-9016 or 239-896-
4076 MFLC at 150 SOW ANG 505-
920-3473 MFLC at Sandia Elementary
School 505-639-3524

Military OneSource 1-800-342-9647

National Suicide Prevention Lifeline
1-800-273-8255

New Mexico Crisis and Access Line
1-855-662-7474 (Crisis) or 1-855-466-
7100 (Peer Support)

New Mexico Poison Control Center
505-272-2222

Nurse Advice Line (Tricare) 1-800-
874-2273

Personal Financial Counseling 505-
846-0741

Public Affairs 505-846-5991

Rape Crisis Center of Central New
Mexico 505-266-7711

Recovery Care Coordinator, AF
Wounded Warrior Program 505-846-
3289

Resident Advocate 505-846-1100

Retiree Activities Office 505-846-
1536

School Liaison Program 505-494-
0020 or 505-846-6477

Sexual Assault Response Coordinator
505-846-7272

Sexual Assault Response Coordinator
for 150 SOW Air National Guard
505-241-9791

True North Program 505-846-4117 or
505-846-4484

Vets4Warriors Peer Support 1-855-
838-8255

Victims' Counsel 202-763-5494 or
202-731-3192

Violence Prevention Program 505-
846-0288

Workplace Bullying Institute
<http://workplacebullying.org>

Military Family Life Counselors—Serving our Military Members and their Families with non-medical Counseling!

Adult-serving MFLCs

505.730.0080

505.415.4027

505.440.2481

Child & Family-serving MFLCs, also known as CYB

Maxwell CDC 505.350.6762

Gibson CDC 505.280.9016

Youth Center 239.896.4076

National Guard and Reserves 505.920-3473

Sandia Elementary School 505.639.3524



Learn. Grow. Explore.

WHAT IT IS AND HOW IT WORKS:

Leadership Pathways is professional and personal development for leaders of all levels.

The purpose is to increase your knowledge and ability to be a strong, resilient Wingman.

The Leadership Pathways program includes voluntary classes/events/programs offered on Kirtland AFB.

Kirtland Leadership Pathways is open to AD Military, their Spouses, and DoD Civilians.

Military members and DoD civilian employees who earn 200 points will be eligible for a Leadership Pathways Certificate of Accomplishment and a Leadership Pathways Coin.

Airmen who earn 500 or more points may be considered for an Air Force Achievement Medal and/or a Special Day Pass, with the concurrence and support of their leadership.



Contact Teresa Reinhard at teresa.reinhard@us.af.mil for more information.



Helping Agencies display positive messages at the Wyoming Gate as folks drive onto Kirtland AFB! To see our 60 second Team Kirtland video, visit <https://www.dvidshub.net/video/837674/supporting-agencies-psa>



Diversity, Equity, & Inclusion and Affirmative Employment, with the support of KAFB EOD, host a Show & Tell with Rio Grande High School Students to demonstrate AF careers.