

Inside this issue:

Chaplain's Message 1

New Parent Support Program 2

Family Advocacy 3

Military OneSource—MyCAA 4

Helping Agency Directory 5

Military OneSource Quizzes 6

Domestic Abuse Victim Advocate 7

True North Religious Support 8

Down to Zero RUCK Suicide Prevention 9

What are Microaggressions?

Honoring Vets 11

Personal Financial Counselor 12

# Helping Agencies Newsletter



## Add some Spring to your Step: A message from Chaplain Jason Knudeson

Have you noticed the incredible new life budding and blooming all around us?

We just moved into a home which is at 7500' and we've had almost 30 days of snow this season. But, this morning I saw my first tulip blossom! Amazing since we've had freezing temps up until about a week ago!

How are you embracing Spring? Creation is inviting us to join it in ex-

periencing new life and rebirth. This is a great time to invest in your spiritual life. Why not start a new practice or renew a practice you used to enjoy? Here are some suggestions to get your inner self 'springing':

+select an audiobook to listen to that challenges you to grow spiritually.

+ask a friend or family member to join you in a nature hike; here are a couple of trails you might enjoy.

<https://www.cabq.gov/parksandrecreation/open-space/lands/elena-gallegos-open-space>

<https://www.cabq.gov/parksandrecreation/open-space/lands/paseo-del-bosque-trail>

+attend a worship service or study group that will encourage and inspire you (many worship centers also have on-line services).

The promise of new life is all around us, even in our desert. Let this new life inspire you to new spiritual heights!



## Kirtland AFB Helping Agencies

- We promote individual and family wellbeing, resilience, and mission readiness.
- We collaborate to communicate resources to enhance wellbeing across the mental, social, spiritual, and physical spectrum.

- Affirmative Employment/Special Observances
- Chaplain Corps
- Child & Youth Services
- Civilian Health Promotion Service
- Employee Assistance Program
- Equal Opportunity

- Family Advocacy
- Health Promotion
- Diversity, Equity, & Inclusion
- Inspector General
- Mental Health
- Military & Family Readiness Center
- Military Family Life Counselors

- NM ANG Family Services
- Prevention Workforce
- Recovery Coordination Program
- Resident Advocate
- School Liaison Program
- Sexual Assault Response Coordinator
- True North Program
- Victims' Counsel

# New Parent Support Program

The New Parent Support Program (NPSP) is a voluntary Department of Defense program for TRICARE families who are expecting (pregnant or adopting), or have a child up to the age of 36 months.

It is not just for first-time parents! NPSP is a home visitation based program, and services can be provided anywhere within the Albuquerque area.

The program provides education ranging from pregnancy through toilet training, and helps parents deal with the joys and challenges of being a healthy military family.

There are also monthly classes: Baby Basics (how to care for a newborn), and Dads 101 (how to support and prepare for fatherhood).

Class size is limited; please call 505-846-0139 to register. The Family Advocacy Nurse (FAN) for this program is Deborah O'Sullivan. Deborah can be contacted at 505-846-6743 or at [doborah.j.osullivan.civ@health.mil](mailto:doborah.j.osullivan.civ@health.mil).

|                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Baby Basics</b></p> <p><b>3rd Tuesday</b><br/><b>0900-1100</b></p> <p><b>Call to register:</b></p> <p> <b>505-846-0139</b></p> |  <p><b>Learn how to care for your newborn: bathing, diapering, and more!</b></p>                                                                                                                                                                                              |
|                                                                                                                                      | <p>New Parent Support Program (NPSP)</p> <p>Home visitation services for military families</p> <p>Call 505-846-6743 for additional information or to enroll</p>  <p>"Healthy Families on Track"</p>                                                                          |
| <p><b>Dads 101</b></p> <p><b>2nd Tuesday</b></p> <p><b>1300-1500</b></p> <p><b>Call 505-846-0139 to register</b></p>                                                                                                    |  <p><b>Topics:</b></p> <ul style="list-style-type: none"><li>• The pregnant dad</li><li>• Labor and delivery</li><li>• Baby care</li><li>• Postpartum dad</li><li>• Parenting </li></ul> |

# Family Advocacy **Playgroup**

Tuesdays  
10:00-11:00  
Gravity Center



Please call Family Advocacy at  
**846-0139** for additional information.

Bernie McGrenahan is coming to Kirtland AFB 10 May, 0900—1000, Base Movie Theater!

Bernie is a comedian by trade, and he has a powerful and personal message to share regarding alcohol misuse and the suicide of his 19 year old brother.. His focus in on resiliency, wellness, and risk reduction.

Come and laugh, but also learn some powerful life lessons. Open to all base personnel and their significant others.

To register, [Prevention Coordination Specialist - Home \(dps.mil\)](http://dps.mil)



### Attention Active Duty Spouses

Need money to start or continue your education? You may be eligible for \$4000 of free scholarship money. Eligibility for the MyCAA scholarship just expanded to spouses of:

E1-E6

O1-O3

**MILITARY**  
**ONE SOURCE**

Contact Deb Roane, NM Military OneSource State Consultant  
505-241-9688 [Debra.roane@militaryonesource.com](mailto:Debra.roane@militaryonesource.com)

## Get Started With MyCAA

**!** The MyCAA Scholarship helps you be successful on your path with:

- An individualized coaching session with a SECO career coach
- An Education and Training Plan
- Up to \$4,000 of tuition assistance
- Valuable SECO tools, such as the Traitify Personality Assessment

Your My Career Advancement Account and My Spouse Education and Career Opportunities account work together to help you meet your education and career goals. The MyCAA Scholarship application process leverages your MySECO profile and connects you to a career coach to help you make smart educational decisions and prepare you for a career that works with your military family's mobile life.

## 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 Prevention & 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

Civilian Health Promotion Services 505-853-1522

Command Post 505-846-3777

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 Medical 505-846-3244, Family Support 505-853-1707

Family Advocacy Program 505-846-0139

Health Promotion 505-846-1186

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 or 988

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

Prevention Workforce 505-846-6427

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

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

## MILITARY ONE SOURCE

Take a quiz and learn something new about yourself!

Here are just **SOME** of the great quizzes available on the Military OneSource website:

[Are You a Good Friend?](#)

[Are You a Good Listener?](#)

[Are You an Emotional Eater?](#)

[Are You an Overthinker?](#)

[Are You Happy at Your Job?](#)

[Are You Too Attached to Digital Media?](#)

[How Do You Cope With Anger?](#)

[How Healthy Is Your Romantic Relationship?](#)

[How Does Your Child Cope With Stress?](#)

[Do You Have a Good Work/Life Balance?](#)

[Does Your Communication Style Help or Hurt You?](#)

[Healthy Dating Relationship](#)

[How Is Your Self-Talk?](#)

[How Strong Are Your Parenting Skills?](#)

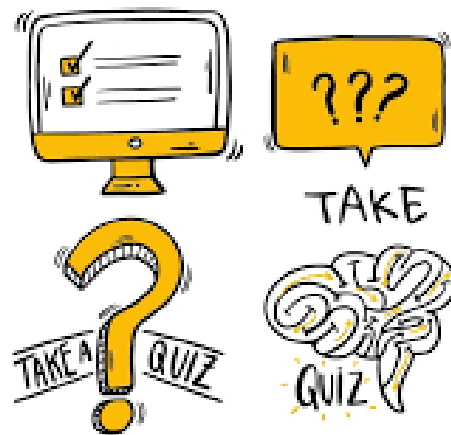
[How Optimistic Are You?](#)

[How Organized Are You?](#)

[How Well Do You Handle Change](#)

[How Well Do You Manage Stress](#)

[And tons more quizzes!!!](#)



## Domestic Abuse Victim Advocate 24/7 Crisis Hotline 505-445-7100

Domestic abuse can include verbal, emotional, sexual, intimidation, threats, isolation, extreme jealousy, and physical violence. The DAVA can provide comprehensive services including, but not limited to: safety planning, risk assessment, support during community appointments, and access to additional resources.

### **RESTRICTED REPORTING: PRESERVES PRIVACY & LIMITS WHO'S INVOLVED**

- Command and law enforcement not involved.
- Maintain privacy; access medical treatment, victim advocacy, counseling and support.

You **MUST** report **ONLY** to:

- Military health care provider
- Family Advocacy Program Manager
- Domestic Abuse Victim Advocate
- Clinical Treatment Provider



### **REPORTING TO OTHERS MAY TRIGGER COMMAND OR LAW ENFORCEMENT INVOLVEMENT**

### **UNRESTRICTED REPORTING: COMMAND & LAW ENFORCEMENT INVOLVED**

- Launches an official investigation.
- Access command support, medical treatment, victim advocacy, counseling and support.
- Incidents will be reported to:
  - Command
  - Law enforcement
  - Family Advocacy Program

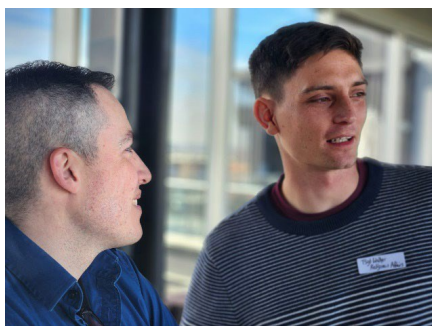
**ALL REPORTS OF CHILD ABUSE ARE UNRESTRICTED AND WILL BE INVESTIGATED.**

**For domestic violence emergencies, call 911.**

## “Day in the Life” of a True North Religious Support Team Member for the 58 SOW/MXG



Chaplain Lance “Lionheart” Brown here, with my Religious Affairs, TSgt Wallace “Danny” Pallicer. As a Religious Support Team (RST), we find ourselves privileged to serve as embedded assets of the True North Program and care for the 58 Special Operations Wing (SOW)/Maintenance Group (MXG) Airmen and their families. Each day is filled with dynamic ministry and service opportunities to facilitate the free exercise of religion for all of the members entrusted to us, regardless of spiritual background. As sentries to this constitutional right, we are able to empower military members through soul care that strengthens all physical, mental, emotional, and social spheres.



(Ch Brown & TSgt Walker, 58 SOW Team Building)

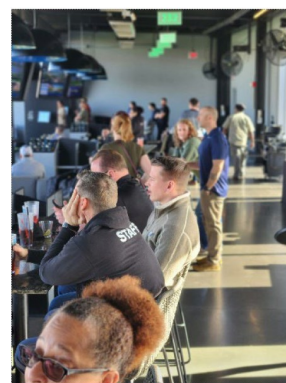


(TSgt Pallicer, Prepping Hotdogs at Dorm Outreach)

The beauty of the embedded Religious Support Team is the vast amount of one-on-one face time we have with our members. This allows for deeper relationships to be built because of the close proximity to minister to those with whom we essentially live, breath, and share space with in our work environment. The 100% Confidentiality afforded to members who speak with us, protected by IAW Military Rule of Evidence 503, only reinforces the trust that allows for any conversation to be discussed with vulnerability, security, and personal pastoral connection. This unique aspect of our service supports our ability to bolster the inner resiliency of our Members.



(Ch Brown & TSgt Pallicer, Providing Religious Support for 58 SOW members)



(RST hosted Resiliency Opportunity)

Our mission is to meet people where they are; therefore our care for them takes many forms. It may be talking through a spiritual or mental health crisis, providing a pick-me-up word of encouragement, or a snack. We provide pastoral care through counseling, life coaching, and retreats for Singles, Couples, and Families. The focus is the Member's genuine wellbeing. Each day there is care to provide, and I ask for God's hand of blessing as the ministry takes form in a variety of ways



# DOWN TO ZERO RUCK 2023

**FREE yoga with the  
Veteran's Yoga  
Project @1030  
(bring your own mat)**

**When: Thursday, 25 May 2023**

**Where: Hardin Field, Kirtland AFB**

**Time: 0700 - 1530**

**Anyone with Base access is encouraged to  
participate, spectate, or enjoy!**

**Kids Activities @  
field**

**Helping Agencies  
Information Fair**

Join us for a Suicide  
Prevention Information  
Fair with resources and  
activities for all

Working to connect  
Team Kirtland to  
resources and our  
community to get  
suicides down to zero.

Helping Agencies that will be present:

True North  
Violence Prevention  
Military One Source  
Civilian Employee Assistance  
Sandia National Laboratories Support Services  
Wounded Warrior  
Diversity, Equity, & Inclusion Program  
Youth Programs  
DHA Caregiver Resource Coordinator  
Civilian Health Promotions  
Veteran's Yoga Project  
Loving Thunder  
American Legion  
Paws & Stripes  
Raymond G. Murphy Veteran's Affairs Hospital  
And more!

For more information about paid ruck event registration and  
costs, contact: [downtozeroruck@gmail.com](mailto:downtozeroruck@gmail.com)

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## Diversity, Equity, Inclusion, & Accessibility Information

What is microaggression?

A comment or action that **subtly** and **often unconsciously or unintentionally** expresses a prejudiced attitude toward a member of a marginalized group (such as race, ethnicity, gender, age, sexual orientation, socioeconomic class, citizenship status, disability, religion). Microaggressions can be verbal, behavioral, or environmental.

Some examples of microaggressions:

### **Verbal Microaggression:**

Asking a lesbian co-worker, “Who is the man in your relationship?”

Complimenting a non-white colleague’s English under the assumption they weren’t born and raised in an English-speaking country.

Making stereotyped comments, such as telling a Black person, “you like fried chicken, right?”

Continuing to use words or phrases that others find offensive (Indian giver, that’s so gay, I jewed him down, You’re not a real man, You’re being oversensitive, Man Up, Blacklist, Peanut Gallery).

### **Behavioral Microaggression:**

Assuming the older coworker is not able to use or learn to use technology.

Excluding a coworker with a disability from an event due to the assumption that they are not capable of participating.

Mistaking a Latinx colleague for a service worker.

### **Environmental Microaggression:**

Environment that does not plan for employees with disabilities (seen or unseen) in meeting or at work events.

Not supporting people of color to advance into leadership roles.

Paying men more than women.

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## ***Bridging the Generation Gap***

*26 April*

1100am-1200pm MST

**Zoom Link: <https://www.zoomgov.com/j/16138892274>**

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# Memorial Day Static Display 2023

*26-29 May at Hardin Field*

Every year men and women observe Memorial Day to honor those who died while serving in the U.S. military. This Memorial Day the Military and Family Readiness Flight will be placing a static display at Hardin Field for service members and their families to come honor their lost loved ones. The display will be up from 26 May – 29 May.

If you have lost a loved one (family member, wingman, teammate, etc.) contact Terra Breault at [terra.breault@us.af.mil](mailto:terra.breault@us.af.mil) or 505-853-1717. The fallen service member can be from any base, branch or unit. Individuals can come take pictures, bring flowers, etc., to leave and honor those they've lost.

All items will need to be removed prior to the morning of 30 May. Any items that remain will be removed and the items will not be returned.

# It Pays to Visit a Personal Financial Counselor

- ✔ Are you interested in planning your financial future?
- ✔ Do you need financial peace of mind to better focus on the mission?
- ✔ Are you ready to boost your monetary might?



Take advantage of the no-cost, personal support services that Personal Financial Counselors (PFCs) offer and make the most of your money today as you develop your financial plan for the future.

Support and counseling services include face-to-face appointments with individuals and families, group presentations, referrals to military and community resources, support for family members during deployments, and help with budgeting, credit management and navigating benefits.

PFCs offer a wide range of training and workshops on topics such as money management, budgeting and developing spending plans, debt and credit card management, consumer rights and obligations, homebuying, retirement and estate planning, taxes and more.

PFCs are:

- Accredited professionals
- Available by appointment at your installation Family Center
- Flexible, providing their services one-on-one, at group briefings and at events

You work hard; let your financial status reflect that hard work. Reach out to your installation's Family Center to make an appointment with a PFC who can help you develop a healthy financial future.

## Follow the Office of Financial Readiness

-  <https://www.facebook.com/DoDFINRED>
-  <https://www.twitter.com/DoDFINRED>
-  <https://www.instagram.com/DoDFINRED>
-  <https://www.youtube.com/DoDFINRED>
-  <https://FINRED.USAEARNING.GOV>
-  <https://www.medium.com/@DoDFINRED>

## Local Contact Information

Aaron Arner, CFP®  
Personal Financial Counselor (PFC)  
Military & Family Readiness Center (M&FRC)  
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