



Helping Agencies Newsletter

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**MILITARY
ONE SOURCE**

800-342-9647

It seems like school starts earlier and earlier each year! Are you ready for it or are you dreading it? Let Military OneSource help you have the BEST school year ever! We have tips, ideas, and resources for you!

Check out these articles on the Military OneSource website:

www.militaryonesource.mil

Ease Back-to-School Transitions with a Military OneSource Education Consultant

www.militaryonesource.mil>Log in>Account>Member Connect>Search:

EASING FROM SUMMER VACATION BACK TO SCHOOL

BACK TO SCHOOL: MENTAL WELLNESS

HELP YOUR FAMILY MANAGE BACK-TO-SCHOOL STRESS

BACK TO SCHOOL NIGHT: TIPS FOR PARENTS

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!

For more information on back-to-school resources, contact your New Mexico Military OneSource State Consultant Deb Roane 505-241-9688.
Debra.roane@militaryonesource.com



Baby Basics

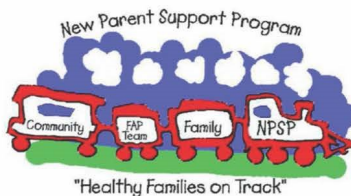
A class for TRICARE military families who are pregnant or adopting and want to learn the basics of newborn care!

3rd Tuesday of every month, 0900-1100

377 MDG, New Parent Support Program Office

Enrollment limited to 6 participants per class

Call Family Advocacy at 505-846-0139 to register to attend





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.

**Join Me In Welcoming
Ms. Christina Gilroy to Kirtland AFB
Personal Financial Counselor**

Ms. Gilroy is an accredited financial counselor through the Association for Financial Counseling and Planning Education.

Office is located in the Military Personnel Flight Suite, Room 115.

Normal office hours are 0715-1600, Monday – Friday, closed Federal Holidays.

Support the total force by providing service members and their families with the tools, education and counseling to achieve financial well-being through personal financial goals, which increases their abilities to successfully navigate the unique military life cycle.

The Personal Financial Counselor is available to the following:

- Active Duty
- Retired or honorably discharged (up to 180 days after retired/discharged)
- Reserve Forces
- Family Members (which include spouses & children)
- National Guard
- Survivors
- Coast Guard
- DoD Cvilian Expeditionary Workforce

Available to present personal financial readiness information at Commanders' Calls or unit gatherings.

Call to schedule an appointment at: (505) 414-5169 or Email pfc.kirtland.usaf@zeiders.com.



*Your Employee Assistance Program (EAP)
Your Life's Journey Made Easier*

A free benefit to Air Force Civilian employees (including household members and dependents) and Air Force Supervisors and Managers.

- Confidential—individual information is not reported back to your employer
- Available to all your household members and dependents
- Toll-free number at 1-866-580-9078 or our website Magellanascend.com; Available 24 hours a day/7 days a week.

EAP services are provided at no cost to employee

Programs

<p>Work-Life Services – referrals to service providers and discounts on child and adult care, education, home improvement, etc.</p> <p>Counseling – meet with a licensed professional for support with stress, anxiety, grief, substance misuse and more</p>	<p>Legal assistance and financial coaching expert consultation and online resource library</p> <p>Online training and self-care programs – improve your health and overall emotional well-being</p> <p>Manager support – consult with experts on workplace topics</p>
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Common reasons people use EAP

Managing stress, enriching relationships, supporting a healthy lifestyle, work conflict, better work-life balance, anger management, alcohol or substance use concerns, coping skills, parenting and childcare (and many more)! You can also get help with legal assistance, financial coaching, and identity theft resolution.

<p>What can I expect when I call EAP?</p> <p>Toll-free accessibility and confidential assistance with all life areas including confidential telephonic consultation and referrals in addition to Manager support services and workplace support services. We also have an easily accessible website that is available to you 24/7 seven days a week.</p>	<p>What can I expect when I visit the website?</p> <p>Online you'll find a variety of resources and information to help you manage work and life, such as: üParenting üFinance/legal üHealth and wellness üHouse and home üTravel üPet ownership üEducation üCareer üLifeSmart discount center (offering hundreds of discounted services for you and your family.</p>
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EAP Field Consultant, Laura Swofford, LMFT

Your Kirtland AFB EAP Field Consultant is a Licensed Marriage and Family Therapist in the state of New Mexico. She has 15 years of experience in mental health as therapist working with a variety of individuals, children, families and couples from different backgrounds. Laura uses cognitive behavioral therapy, dialectical behavioral therapy, client-centered, and motivational interviewing. She has experience working with individuals struggling with mood dysregulation, low self-esteem, addiction and impulsive behaviors, anxiety, history of trauma, and chronic conditions.

Laura Swofford, LMFT's office hours are Tuesday—Thursday, 07:30—1600 at Consolidated Support, building 20245, room 119 (in the Kirtland AFB Welcome Center).

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>

Did you know the New Parent Support Nurse can help you with...

- Questions about pregnancy, parenting, and relationships?
- Questions about breastfeeding or nutrition?
- Questions about baby's growth and development?
- Questions about sleep or tantrums or toilet training?

If you are expecting (pregnant or adopting) or have a child under 36 months and have these or any other questions, call the Family Advocacy Nurse at 505-846-6743/505-846-0139 or email: deborah.j.osullivan.civ@mail.mil



The New Parent Support Program (NPSP) is a voluntary Department of Defense program for TRI-CARE 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 metropolitan 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.

The Family Advocacy Nurse (FAN) for this program is Deborah O'Sullivan. Deborah can be contacted at 505-846-6743 or at deborah.j.osullivan.civ@mail.mil.

Family Advocacy **Playgroup**

Tuesdays
10:00-11:30
Gravity Center



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