

MacDill Integrated Resilience Team

Courtesy of MacDill Integrated Resilience Office

Updates and Information

Happy 2022 Team MacDill IRTs- I hope this quarter's newsletter finds you well and thriving in the new year. A few items of note-

The schedule for the rest of the 2022 **Wingman Day** events are provided. This is a tremendous means to leverage IRTs.

The schedule for **IRT building opportunities** is on page 3- I'm looking for feedback on what trainers/skill sets you feel would be beneficial to add to the teams.

Please let me know how best you and your **teams can be supported** by our

office. All feedback and suggestions can be sent to me any time.

The next **Resilience Training Assistant Course** is scheduled for 22-24 Feb- send names for slots soonest!

Expect a calendar invite for an **IRT team meeting** early March .

I appreciate all you do!



Q1 CY22
Lisa.williams.22@us.af.mil
813-828-9338/695-2491
931-980-5633
8208 Hangar Loop rm 12

Special points of interest:

- New resilience schedule
- New SafeTALK & ASIST classes
- IRT building sessions
- Resources to assist

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Core Competency Requirements

The IRT Orientation, Facilitation Basics and 3hr SAFETalk are all **required** for every IRT member.

The SafeTALK (3hr course) schedule is on page 3. Please ensure you register and complete this core competency requirement- you'll find it tremendously helpful. The 2 day ASIST training is also available in lieu of safe-

TALK. Use the QR code to see dates and self register.

Upcoming IRT Orientation & Facilitation Basics Schedule:

17 Feb 0900hrs
17 Mar 0900hrs

Join ZoomGov Meeting
<https://www.zoomgov.com/j/16154471911>
Meeting ID: 161 5447 1911

One tap mobile
+16468287666,,1615447
1911# US (New York)
IRT Leads can also schedule sessions for their teams- for the convenience of your new team members



IRT Coaching/Training Sessions

If you would like some onsite coaching sessions for IRTs in your unit– please reach out!

- If facilitation skills are rusty!
- If RTAs need a refresh!
- If safeTALK trainers, True Colors trainers etc... haven't taught in awhile and need some skill building!
- If Life Coaches haven't shared some of the skills they've learned and want an assist on building something!

Email lisa.williams.22@us.af.mil to set up times

Think outside the box! Little things can be impactful. IRTs need not sponsor big events... small touchpoints and checkins can make all the difference.



CY22 IRT Skills Enhancement Sessions via ZoomGov

All sessions are via zoom from 1500-1545hrs

15 Feb (Tues)	Icebreakers
17 Feb (Thurs)	Troubleshooting during Facilitation
17 Mar (Thurs)	Conflict Management
21 Apr (Thurs)	Intro to Conducting Focus Groups
24 May (Tues)	Effective Use of Questions
29 Jun (Wed)	Group Dynamics

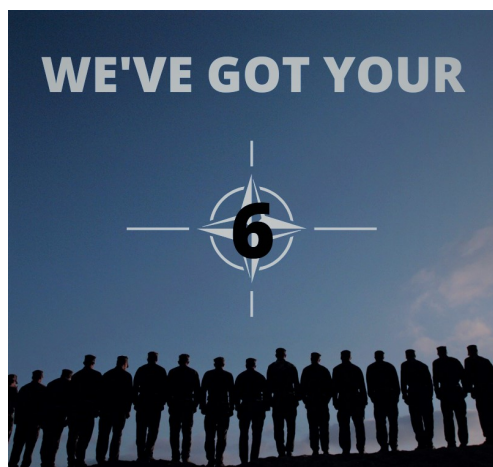
Join ZoomGov Meeting <https://www.zoomgov.com/j/16154471911>
Meeting ID: 161 5447 1911

WINGMAN DAY SCHEDULE

22 Apr Physical Pillar
Sports Day

29 Jul Mental/Social
Wingman University

14 Oct Mental/Social
Miles for Life– A Call to Action



6 ARW "We've Got Your 6"

Helping Agencies want to partner with your unit IRTs for walk abouts and informal feedback. We can offer in unit trainings, focus groups and facilitated discussions upon request

Please reach out if you are interested in having us coordinate this in your unit– I'll bring cookies! (and apples for the healthy focused folks)

Opportunities to Build your IRTs

Resilience Training Asst Course	22-24 Feb	1000-1700	virtual (must pre-register)*
Resilience Training Asst Course	28-31 Mar	0730-1630	face to face (must pre-register)
Resilience Training Asst Course	10-12 May	1000-1700	virtual (must pre-register)*
Resilience Training Asst Course	23-25 Aug	1000-1700	virtual (must pre-register)*
Resilience Training Asst Course	18-20 Oct	1000-1700	virtual (must pre-register)*
Resilience Training Asst Course	14-17 Nov	0730-1630	face to face (must pre-register)*

*Coaching/teachback session, IRT orientation and safeTALK will be completed separately

Suicide/Violence Prevention Implementer T4T	31 Mar-1 Apr	0730-1630	face to face (must pre-register)
Suicide/Violence Prevention Implementer T4T	17-18 Nov	0730-1630	face to face (must pre-register)

Master Resilience Training Course -contact Integrated Resilience Office for schedule (RTAC is a pre-req)

Victim Advocate Course -contact the SAPR office

Please provide feedback on additional options: Life Coach, True Colors, Proscan, Conflict Management, etc... suggestions are welcome– send to Lisa.williams.22@us.af.mil



Consider this...

Coordinate with the Integrated Resilience office (IRO) for an information resource table for a high traffic area– enhance your unit members' knowledge of resources and encourage early help seeking

Your IRT Leads

OG Marvin Rottenburg and Christopher Haynes

MXG vacant

AMXS Vacant

MXS Kenneth Gagin (primary)/Anastacia Rodriguez (primary/ Matthew Doney (alternate)/ Ehud Torres (alternate)

MSG Joseph Edington

CES Natalia Benavides and Ashton Holloway

CS Keisha Tomlinson and Kimberly Brooks

CONS Jamal Phillipsl & Andrew Heath/Gabrielle DiMaio,

FSS Penny Cornell and Ashley Green

LRS Brian Wilson alt Corey Ricker

SFS Avery Skipalis and James Byers

MDG Alan Weary

HCOS Mercedes Alfaro

MDSS Jasmine Scott & Tonia Griffin

OMRS Kimberly Duenas and Austin Weinkam Wright

WSA/CPTS Ryan Borrello & Rasheem Cephas

Please share what your IRTs are doing so I can share those ideas in this monthly information newsletter

Safetalk Training Schedule

14 February (Monday) 0900-1200

24 March (Thursday) 0900-1200

24 March (Thursday) 1300-1600

- Pre-registration required
- Seating is limited
- Additional sessions

<https://booknow.appointment-plus.com/4yljrxe/10>



Applied Suicide Intervention Skills Training (ASIST)

21-22 March 0800-1600hrs (both days)

18-19 May 0800-1600hrs (both days)

Limited seating

FMI contact your IRO at lisa.williams.22@us.af.mil

<https://booknow.appointment-plus.com/4yljrxe/10>

RESILIENCE REFRESH

No registration Required
Open to anyone 18yrs and up
1130-1215

15 Feb Gratitude
17 Feb Values Based Goals
17 Mar Bring Your Strengths
21 Apr Reframe & Balance Your Thinking
24 May Celebrate Good News
29 Jun Mindfulness

VIRTUAL- ZOOMGOV

<https://www.zoomgov.com/j/16154471911>
Dial 1-646-828-7666 Meeting ID: 161 5447 1911

Resilience Refreshers via zoom

**PLEASE SHARE
ALL THE
INFORMATION
IN THE NEWS-
LETTERS, TO
YOUR UNIT
MEMBERS**

Resilience Classes

Open to all- in classroom

0800-1400hrs

Pre-registration required

FMI Contact Integrated Resilience Office



813-828-9338/ lisa.williams.22@us.af.mil

23 March
5 May
11 August
13 October
8 December

Registration



SCAN ME

Face to Face classes- open registration!



AMC: We Care...We Connect

Topic: Wellness

GOAL: To foster an environment that promotes overall health

FACILITATOR NOTES:

Tools to Prepare Yourself

1. Visit the websites below to read more about wellness:

<https://www.militaryonesource.mil>

<https://magellanscend.com/>
2. Read and Discuss: "What is Wellness?" by the Global Wellness Institute.

<https://globalwellnessinstitute.org/what-is-wellness/>
3. Consider: Share a way that you practice wellness in your life.

THE EXTRA MILE:

Additional Resources

1. Visit the AFPC Spouse Resilience Toolkit Physical Resilience Module (this is not just for spouses!).
<https://www.afpc.af.mil/Airman-and-Family/Spouse-Resilience/>
2. Reach out to your MRT/RTA to facilitate a conversation about Values-Based Goals and/or Physical Resilience.
3. Have your Employee Assistance Program (EAP) or your Military Family Life Counselor (MFLC) come out to teach a class on managing stress.

FRAMING THE CONVERSATION

The Air Force utilizes the framework of Comprehensive Airman Fitness (CAF) to support the wellbeing of our personnel by focusing on 4 primary domains: social, mental, physical and spiritual wellness. This is a holistic framework for how we view and maintain fitness and represents more than a static state of being (i.e. being happy, being healthy), but an active process of making choices on a daily basis that impact our overall health and wellbeing.

Finding opportunities to enhance wellness in the workplace is one way to invest in your people. If you place emphasis on the overall health of your Airmen by fostering a supportive environment, employees will be more productive because they feel valued.

This month, take time to find out what your team is interested in by talking to a variety of groups (i.e. junior/senior civilians, junior/senior enlisted and officers, Key Spouses, Family members, non-traditional leaders). Evaluate how you are currently supporting your Airmen and their families and make it a goal to offer consistent opportunities for wellness.

SUGGESTED DISCUSSION POINTS:

1. What does wellness mean to you?
2. What do you do to support your own wellness?
3. How can you support your co-workers wellness?

MISSION CHALLENGE: HOW TO APPLY THE LESSON

Additional Challenges

- Block out an hour during the work week for your members to focus on their wellness outside of the work center and/or provide an opportunity for members to share their self-care.
- Schedule a squadron/unit Wellness day
- Utilize your local Health Promotion POC or explore CHPS at <https://www.usafwellness.com> for a plethora of resources, food/exercise tips, and healthy recipes.

AMC: We Care...We Connect is a resource to encourage open and genuine small group discussions at all levels within your unit based on the values and culture represented by the United States Air Force. This resource is meant to supplement concepts learned in traditional formalized training and allows for increased engagement between Airmen.

1. Recommended timeframe is typically 15-30 minutes. Topics may vary in length.
 - a. These are conversation starters, led by supervisors who know their personnel best.
 - b. IRT members can be used as an assist to these small group discussions
2. Discussions can be conducted informally or during an existing forum at the leader's discretion. Ideally the discussions should occur within naturally forming small groups/teams in work centers/sections.
3. These discussions focus on deliberate and meaningful topics to be conducted in small groups.
 - a. This effort is designed to keep our MAJCOM focused on a synchronized message each month.
 - b. Conversations focus on various topics and touch upon core values, resilience, inclusion, connectedness, culture of care, & prevention.

Share these Workshops for Building Boundaries in support of Teen Dating Violence Awareness Month



BUILDING — BOUNDARIES

The Spring Of Tampa Bay's 9th Annual Teen Summit

ABOUT TEEN SUMMIT

- The Spring's Annual Teen Summit is a 100% FREE & virtual event for youth, parents, educators, & community partners to learn about dating violence & healthy relationships.
- Each youth who attends a workshop will receive a \$10 gift card voucher!

REGISTER

For more details and to register, click on the title of a webinar, use the QR code, or visit linktr.ee/springprevention



For any questions, please contact The Prevention Team at Prevention@TheSpring.org

YOUTH WORKSHOPS

- **NAME THAT RED FLAG!**
Saturday, February 12th | 10am - 12pm
- **THE FUTURE IS SELF-CARE**
Thursday, February 17th | 5:30pm - 7:30pm
- **CONSENT. IT'S NOT JUST FOR SEX!**
Saturday, February 26th | 10am - 12pm

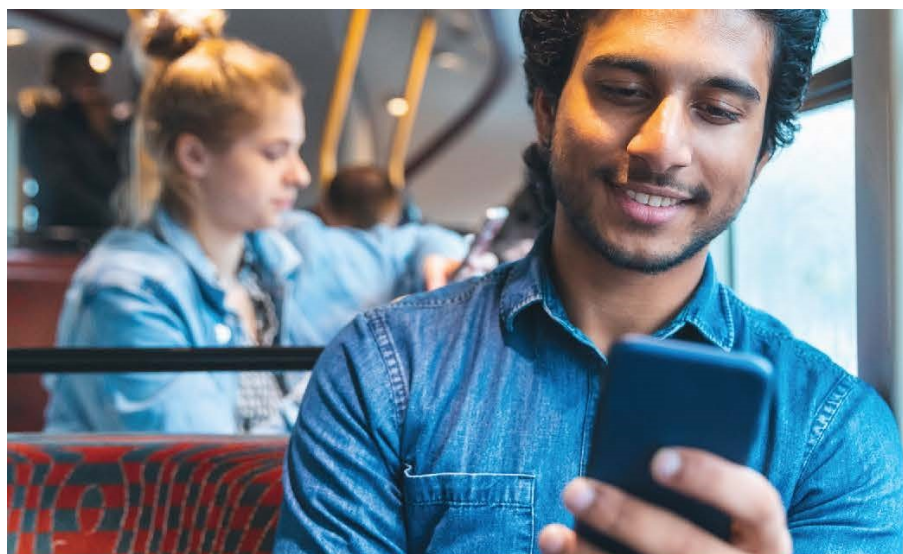
ADULT WORKSHOPS

- **TEEN DATING VIOLENCE 101**
Friday, February 11th | 10am - 12pm
- **JUSTICE-INVOLVED YOUTH & DV**
Friday, February 25th | 10am - 12pm

24/7
Domestic Violence
Crisis Hotline
(813) 247-SAFE (7233)



The Prevention Team is generously funded by The Williams Stamps Parish Fund & the Florida Department of Children & Families.



SCAN ME

Magellan
HEALTHCARE.

Momentum

Being social media savvy

By now, most people understand the benefits and risks of social media use. While staying connected and informed is quite convenient today, staying safe remains very important.

- Set your social media profiles to private to limit who can view your information.
- Before posting information or photos online, think twice about whether you'd be comfortable with anyone seeing that content—even if you believe the content will be protected by security settings.
- If someone harasses or threatens you online, remove them from your friends list, block them and report them to the site administrator.
- Don't post any personal data online, as this could enable others to use that information to steal your identity, access your data or commit other crimes such as stalking. Also, never reveal where you're vacationing, shopping or traveling.
- When accepting friends online, choose people who you already know and trust.
- Recognize that taking breaks from social media can be healthy.

Digital emotional wellbeing

Tap into an enhanced way to improve your wellness and manage challenging health conditions like anxiety, depression, chronic pain and sleep problems. It's the Digital Emotional Wellbeing program. Available via mobile app and your member website, the program helps you track your mood, sleep, stress and pain, plus integrate healthy activities into your daily routine as you progress.

Contact your program

24/7/365

for confidential, no-cost help
for you and your household
members.

Live Webinar—On Wednesday, February 9, join us online for *Social Status: Keeping a Safe and Healthy Relationship with Social Media*. Register [here](#).

Air Force EAP
1-866-580-9078 (TTY 711)
www.AFPC.AF.MIL/EAP



30 Day Self Love Challenge

- | | |
|--|--|
| <input type="checkbox"/> Buy yourself flowers | <input type="checkbox"/> Learn a new skill |
| <input type="checkbox"/> Go sugar-free for the day | <input type="checkbox"/> Unplug from your phone |
| <input type="checkbox"/> Write down 5 goals for the month | <input type="checkbox"/> Take a romantic bath |
| <input type="checkbox"/> Write down 5 affirmations and affix them to your mirror | <input type="checkbox"/> Do a random act of kindness |
| <input type="checkbox"/> Take the scenic route home | <input type="checkbox"/> Splurge on some \$\$ body lotion |
| <input type="checkbox"/> Have a game night w/ friends | <input type="checkbox"/> Meditate for 5 minutes |
| <input type="checkbox"/> Treat yourself to a nice meal alone | <input type="checkbox"/> Organize a junk drawer or area |
| <input type="checkbox"/> Write a letter to your younger self | <input type="checkbox"/> Write a letter of forgiveness to yourself or someone else |
| <input type="checkbox"/> Call a long lost friend | <input type="checkbox"/> Get some extra zzz's |
| <input type="checkbox"/> Visit a bookstore | <input type="checkbox"/> Stretch for 30 mins |
| <input type="checkbox"/> Go for a walk and listen to music | <input type="checkbox"/> Donate 5 pieces of clothing you haven't worn in a year |
| <input type="checkbox"/> Write down 5 things that make you happy | <input type="checkbox"/> Make a vision board |
| <input type="checkbox"/> Revisit a childhood hobby | <input type="checkbox"/> List 5 things you're grateful for |
| <input type="checkbox"/> Tackle a bad habit | <input type="checkbox"/> Listen to a new podcast |
| <input type="checkbox"/> Give yourself a facial | <input type="checkbox"/> Roll down your windows and turn up your music |

tag @fredandfar and we'll share you!
check off the ones you've done!

A go-to site for great information regarding resilience, suicide prevention and other helping resources
www.resilience.af.mil

Save it as a favorite!



Team MacDill Know Your Resources!

Level of Severity



- **Master Resiliency Trainers/Integrated Resilience Teams (IRTs) (MRTs, contact IRO for POCs- 828-9337/9338/9339):** peers, listening ear/teach general resiliency skills, help connect to resources
- **Health Promotion (828-4739):** nutrition/fitness counseling, lifestyle changes, smoking cessation
- **Military & Family Readiness Center (MFRC, 828-0145):** vocational/career/edu counseling, financial counseling, family resources, various self and relationship improvement workshops.
- **Military One Source (1-800-342-9647):** Virtual/In-person counseling, online chat health coach
- **Chaplaincy (828-3621 option 3):** individual/couples counseling, marriage/family retreats, ChapApp
- **Military & Family Life Consultant (MFLC, 813-998-4519/816-3061):** individual/couples counseling
- **Family Advocacy (827-4739):** New Parent Support Program (NPSP), parenting and relationship classes, marital/family therapy, anger management
- **PCBH (formerly BHOP, 813-827-CARE):** brief, solution-focused behavioral consultation for a variety of concerns (stress, pain, sleep)
- **Mental Health (827-9170):** crisis walk in, individual/group therapy, educational classes, ADAPT (substance abuse treatment), medication management, psychological testing
- **Military Crisis Line (24/7):** Crisis intervention, DSN Phone Dial 118; 1-800-273-8255 (press 1); Text 838255; Chat online at www.veteranscrisisline.net

****We generally recommend to start from the top and work your way down, as applicable****

Agency Highlight!

Military & Family Readiness Center (M&FRC)



The Military & Family Readiness Center are a caring, committed and professional team supporting global readiness through information, education, and community services. They provide programs and services that empower ALL Department of Defense individuals and families (*of all branches of service*) to develop life-enhancing skills, resilience, and self-sufficiency through their military journey.

Programs Include (not full list)

Emergency Financial Assistance

Exceptional Family Member Program (EFMP)

Military Family Life Counselors (MFLCs)

Personal Financial Readiness

Transition Assistance Program (TAP)

Casualty Assistance & Survivor Benefit Program

Information & Referral

Key Spouse Program

Personal & Family Readiness

Voting Assistance Office

Volunteer Resource Program

Relocation Assistance

Find our schedule & program descriptions here!

<https://macdillfss.com/military-family-readiness/>

8105 Condor St. Bldg. #18

Monday, Tuesday, Friday 0800-1600 hrs & Thursday 1100-1600 hrs

fsc.frontdesk@us.af.mil

813-828-0145

D&I Information and Resources-https://eim2.amc.af.mil/org/6arw/integrated_resilience_office/Leaders%20Resources/Home.aspx

Leader's Resources- https://eim2.amc.af.mil/org/6arw/integrated_resilience_office/Leaders%20Resources/Home.aspx

Team MacDill Helping Agencies

Alcohol & Drug Abuse Prevention & Treatment (ADAPT)	813-827-9170
Behavioral Health Optimization Program (BHOP)	813-827-CARE
Chapel	813-828-3621 option 3
Child and Youth Services	813-828-3332/0795/2244
Civilian Health Promotions (CHPS/Civilian employees)	813-828-0026
Civilian Employee Assistance Program (EAP) (www.AFPC.AF.MIL/EAP)	866-580-9078
Domestic Abuse Victim Advocate	813-279-1320 (DAVA Line)
Exceptional Family Member Program Family Support (EFMP)	813-828-0122
Equal Opportunity Office	813-828-3333
Family Advocacy Program	813-827-9172
Health Promotion (Active Duty, Retirees, Spouses, Civ Employees)	813-828-4739
Healthcare to Health (H2H/Retirees & Family members)	813-827-9405/9809/7442
Integrated Resilience office	813-828-9338/9339
Legal Office	813-828-4421
MacDill Public Affairs	813-828-2215
MacDill Police/Security Forces	813-828-3691
Medical APPT Line	813-827-CARE (2273)
Mental Health	813-827-9170
Military & Family Readiness Center	813-828-0145
Military and Family Life Consultant	813-816-3061
Military OneSource	1-800-342-9647
Red Cross	1-877-272-7337
School Liaison Office	813-828-0146
Sexual Assault Prevention & Response Office	813-828-7272
Tragedy Assistance Program for Survivors (TAPS)	1-800-959-TAPS (8277)
MacDill Primary Website	www.macdill.af.mil
Quality of Life Events	www.macdillfss.com
927 ARW Director of Psychological Health	813-828-0016
927 ARW Airmen and Family Readiness Center	813-828-2709
SOCOM Family Programs	813-826-3742
CENTCOM Family Programs	813-529-0539
SOCCENT Family Programs	813-828-4235/0361
MARCENT Family Programs	813-827-4344
JCSE Family Programs	813-828-3050