

MacDill Integrated Resilience Team

Courtesy of MacDill Integrated Resilience Office

Sep/Oct 2021
 Lisa.williams.22@us.af.mil
 813-828-9338/695-2491
 931-980-5633
 8208 Hangar Loop rm 12

Updates and Information

September and October are big awareness and prevention months. September is suicide prevention month and October–Domestic Violence Awareness and Prevention. This is a great opportunity to take advantage of some of the events and trainings offered by the Integrated Resilience office and Installation Helping Agencies or to conduct some focused efforts in these areas.

“We’ve Got Your 6” has launched. If you would like a resource table, a unit visit, assistance with small group discussions

or an onsite training please reach out.

The FAP office has a fantastic discussion tool called A Walk in Their Shoes– an interactive discussion based on real life domestic violence scenarios. Call FAP at 827-9172 FMI or to schedule.

This edition has some information you may find helpful to share– We Care We Connect focuses on LGBTQ Cultural Competence and EAP provides great information on Caring for a loved one in crisis.

Remember IRTs are not



just about coordinating events– information & referral, execution of Leadership resilience plan, Gratitude boards, newsletters...

Special points of interest:

- Sep/Oct events
- Coaching Sessions
- SafeTALK classes starting 22 Sep
- Lunch and Learns continue via zoom
- 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.

SafeTALK classes start 22 September. Use the QR code to see dates and self register.

2021 IRT Orientation & Facilitation Basics Schedule:

14 Sep	1900-2030
5 Oct	1500-1645
4 Nov	0800-0930
2 Dec	1800-1930

Join ZoomGov Meeting
<https://www.zoomgov.com/j/16154471911>
 Meeting ID: 161 5447 1911
 One tap mobile
 +16468287666,,16154471911
 # US (New York)

IRT Leads can also schedule sessions for their teams–for the convenience of your new team members



IRT Coaching/ Training Sessions

This is an opportunity to learn more about the various helping agencies more information on programs, services, and outreach as well as skills enhancement for facilitation, recognizing personnel in distress and coaching sessions for facilitation skills.

IRT members can come any time during the scheduled block for facilitation coaching, skills building, helping agency information etc... These sessions are meant to support whatever you need to be a successful IRT.

Prior to each session I'll send specifics for part of that session otherwise it's whatever you need it to be!

Registration is required for these– use the scan me or <https://booknow.appointment->

plus.com/4yljrxe/10

Or email me with subject line “IRT COACHING”

22 Sep 0800-0900


4 Oct 1530-1630

19 Oct 0800-0900

8 Nov 1530-1630

15 Nov 0800-0900

13 Dec 1530-1630

Consider this...
Partner with your UNITE funds POCs to infuse some IRT good stuff in those events.

CY21 Skills Enhancement Lunch & Learns

All sessions are via zoom from 1130-1215hrs

9 Sep Intro to Focus Groups

7 Oct Effective Use of Questions when Facilitating

4 Nov Intro to Group Dynamics

2 Dec Good Listening

Join ZoomGov Meeting <https://www.zoomgov.com/j/16154471911>

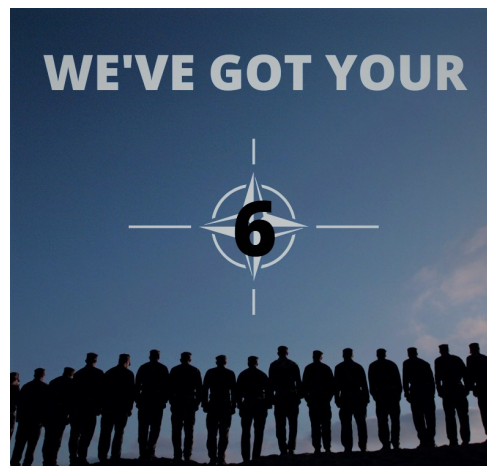
Meeting ID: 161 5447 1911

One tap mobile

6 ARW “We’ve Got Your 6”

Helping Agencies want to partner with your unit IRTs for walkabouts and informal feedback.

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)



IRT Team Meetings with Integrated Resilience Office

Please reach out so I can meet with any IRTs for which I haven’t had a sit down yet. I am looking for feedback on the best way our office can support, your challenges– what’s working... and what’s not. I want to hear the good, the bad and the

ugly. IRT Leads are coordinating dates and times so please watch for that information from them.

You should also feel free to reach out to me with anything– cell is 931-980-5633.

Opportunities to Build your IRTs

Resilience Training Asst Course Teachbacks on 1 or 2 Nov	25-28 Oct	0800-1500	face to face (must pre-register)
Resilience Training Asst Course	16-18 Nov	1030-1700	virtual (must pre-register)
Resilience Training Asst Course Teachbacks on 10 Dec	6-9 Dec	0800-1500	face to face (must pre-register)
Suicide Prevention Implementer T4T Teachback 2 Nov (morning only)	28 Oct AND 1 Nov	0800-1500	face to face (must pre-register)
Suicide Prevention Implementer T4T Teachback 13 Dec (morning only)	9-10 Dec	0800-1500	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		



Consider this...

IRTs shouldn't just be about events– set up a “*Hunt the Good Stuff*” or “*good News*” board in a high traffic location.

OG Rottenburg, Marvin & Haynes, Christopher

MXG Tanner, Juwayne and Parra, Giovanni

AMXS Vacant

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

MSG

CES Natalia Benavides and Holloway, Ashton

CS MSgt Adrian Lopez

CONS Phillips, Jamal & Heath Andrew/DiMaio, Gabrielle

Your IRT Leads

FSS SSgt Penny Cornell and Ashley Green

LRS **Wilson**; alt MSgt Corey Ricker

SFS Skipalis, Avery and Byers, James

MDG Weeden, Victor and Weary, Alan

HCOS Alfaro, Mercedes

MDSS Scott, Jasmine & Griffin, Tonia

OMRS Fuentes, Kshena

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

September & October Prevention Month IRT Utilization Tips

- ⇒ Coordinate with helping agencies for in unit discussions and education
- ⇒ Request helping agency suicide prevention and domestic violence education and resource tables
- ⇒ Contact Family Advocacy for “In Their Shoes” facilitated discussions
- ⇒ Utilize We Care We Connect Discussion tools for small group discussions
- ⇒ Build a Gratitude Board in a common area
- ⇒ Host a storyteller event
- ⇒ Volunteer or build teams to participate in the 29 October Miles for Life event (*see below for more information*)
- ⇒ Get involved in “MacDill Rocks!” (*see pg 7 for more information*)



Safetalk Training Schedule

22 Sep (Tuesday)	0900-1200	<ul style="list-style-type: none">• Pre-registration required• Seating is limited• Additional sessions will be added
	1230-1530	
4 Oct (Monday)	0900-1200	
	1230-1530	
19 Oct (Tuesday)	0900-1200	
	1230-1530	
8 Nov (Monday)	0900-1200	
	1230-1530	
15 Nov (Monday)	0900-1200	
	1230-1530	
13 Dec (Monday)	0900-1200	
	1230-1530	



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

Applied Suicide Intervention Skills Training (ASIST)

7 & 8 October 0800-1600hrs (both days)

Limited seating

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

Mark Your Calendars!

Next Virtual IRT Team Meeting

9 Nov 0800hrs

1st Annual MacDill AFB Miles for Life

Call to Action Relay In Support of
Military/Veteran Suicide & Violence Prevention

29 October 2021

First 100 people signed up receive a t-shirt!
Teams (1-10 people) can register up until event kick off
All teams are eligible to win the
MacDill "Traveling Trophy"

FMI or to register a team to participate, contact the Integrated Resilience Office
at Lisa.Williams.22@us.af.mil



Save the Date

A Way to Use your IRT Miles for Life 29 October 2021

- Volunteer to assist with Miles for Life!
- Mark your calendars: next meeting Friday, 6 August at 0800hrs in the Wing Conference Room (8208 Hangar Loop)
- How can you help?
- Volunteer for the Planning Team
- Recruit to form a team (2-10 people) or 10 teams!
- When flyers and marketing are complete, share it in your unit

A few other simple ways to support your unit...

- Make sure your unit members know who you are– coordinate to be recognized at a CC Call so your fellow Wingmen know who you are
- Reach out to helping agencies for information for a resource table

Violence Prevention

September- Suicide Prevention
October- Domestic Violence Prevention

Sep-Oct

We've Got Your 6

Care Team in-unit visits, training & outreach

Contact Integrated Resilience office to schedule

Walk in their Shoes Discussion Tool- sponsored by FAP

#MacDillRocks

Through 31 October

Training and Classes

Spouse Suicide Prevention Tng via zoom- 23 Sep, 5 Oct

ASIST training: 13-14 Sep, 7-8 Oct*

SafeTALK classes: 22 Sep, 4 Oct, 19 Oct*

**Pre-registration required*

10 Sep

World Suicide Prevention Day

Wear Teal & Purple to show support

20 Sep

Dorm Dweller- You're Not Alone Info Event

29 Oct

Miles for Life- A Call to Action- 29 October

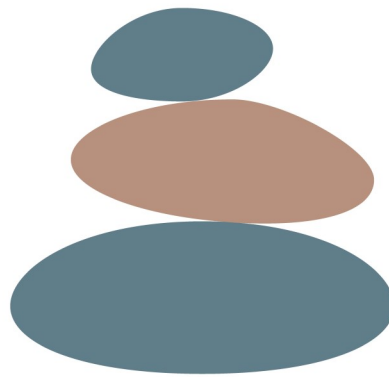
Connect to Protect... Help is within reach

FMI Contact Integrated Resilience Office 813-828-9338

lisa.williams.22@us.af.mil

MacDill AFB is joining the Department of Defense (DOD) in promoting Suicide Prevention Month to educate the military community about suicide prevention, resources, and steps everyone can take to protect one another against suicide. Please start looking for those rocks on 15 September 2021 throughout the base!

One message at the right moment can change your whole day... outlook... life



M A C D I L L R O C K S
C O N N E C T T O P R O T E C T

- *Watch for painted rocks across MacDill AFB... keep the rock or share it with someone who might need it*
- *Scan QR code and add your pic in the comments & you'll be submitted for a random drawing*



Suicide Prevention Virtual Run

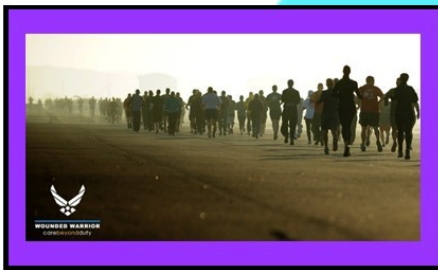
September is National Suicide Prevention Awareness Month. Each day, approximately 22 current/former service members take their own lives.

Even Heroes Need Help!

To show support, the Health Promotion Flight is hosting a FREE all ages virtual 1M-5K-10K-13.1-26.2 run/walk for 22 days.

Complete your run anytime between Sep 22nd and Oct 13th. Race can be completed on any track, trail, or road of your choice, and any fitness app can be used for tracking.

Everyone with base access will earn HAWC swag for participating!



WE CARE, WE CONNECT!

Want a commemorative medal like this? For \$22 you can get one! Go to <https://www.virtualrunevents.com/product/stop-veteran-suicide> (no purchase necessary; no DoD endorsement intended)



To sign-up, scan the QR code or go to https://docs.google.com/forms/d/e/1FAIpQLSe62u8sF8rSNiAO839DL3k4LpN5tAODB-WHkrxnkgt1Z5gESw/viewform?vc=0&c=0&w=1&flr=0&usp=mail_form_link.

You can also contact us via telephone 828-4739 or our Facebook page at www.facebook.com/MacDillHAWC.



VIRTUAL- VIA ZOOM

*Spouse Suicide
Prevention Training*

23 Sep 21 7:00pm

5 Oct 21 9:00am

4 Nov 21 1:00pm

2 Dec 21 11:00am

FMI and to register, contact
MacDill Integrated Resilience at
6ARW.CVB.CommunitySupport@us.af.mil or call/text
813-695-2491

Please share this opportunity for spouses– training in risk factors, bystander interventions and resources.

We Care We Connect Topic

Please note—this We Care We Connect topic is not to be used for the annual suicide prevention training. “We are Connected” (pg is the suicide prevention discussion topic



AMC: We Care...We Connect

Topic: Cultural Competence: LGBTQ+

GOAL: Airmen who interact effectively with different cultures and demonstrate cultural competence by being respectful and responsive to the health, beliefs, practices and linguistic needs of diverse groups

FACILITATOR NOTES

TOOLS TO PREPARE YOURSELF

1. This conversation tool is designed to allow supervisors the flexibility in facilitating an important discussion on perspectives. The discussions and concepts can be incorporated into individual conversations, office meetings (virtual or in-person) or a short group chat using ZoomGov or MS Teams.
2. Remember to demonstrate good listening skills, ask for varying perspectives and where those perspectives may stem from.
3. Make sure your Airmen have a safe space to talk; encourage openness. Allow airmen to discuss topics most affecting them.
4. Start the important conversations surrounding inclusion by reviewing the following:
 - a. LGBTQ+ History Timeline: <https://www.glsen.org/sites/default/files/LGBTQ-History-Timeline-References.pdf>
 - b. Gender Terminology: <https://www.glsen.org/activity/gender-terminology>
 - c. Pronoun Guidance at <https://www.vanderbilt.edu/lgbtqi/resources/pronoun-guidance> and <https://www.medicalnewstoday.com/articles/gender-pronouns>

THE EXTRA MILE:

Additional Resources

1. Discuss the importance of using correct/preferred pronouns for each individual to promote an inclusive environment.
2. Review and discuss the Additional Resources on page 2.

MISSION PLAN

HOW TO EXECUTE

FRAMING THE CONVERSATION

Many People often use the terms "sex" and "gender" interchangeably. However, "Sex" refers to the physical differences between male, female and intersex. Sex is assigned at birth based on physiological characteristics, including genitalia and chromosome composition. "Gender" is a physiological orientation that drives socially-constructed characteristics, norms, roles and relationships. It also involves how a person identifies and is not solely made up of binary forms. Instead it is a broad spectrum and may include transgender, non-binary or gender neutral (source: <https://www.medicalnewstoday.com/articles/232363#identity-and-expression>). Learning more about this broad spectrum can enhance our awareness and our ability to create an inclusive environment.

Depending on the resource used, LGBTQ+ includes, but may not be limited to, Lesbian, Gay, Bisexual, Transgender, Two-Spirit, Queer, Questioning, Intersex, Asexual, +Pansexual, +Agender, +Gender Queer, +Bigender, +Gender Variant, +Pangender (see Additional Resources for links to definitions). Initials and various terms are always evolving, so do not focus on memorizing a list, but learn the meaning of the terms and use the term each individual prefers.

While most people who fall outside the LGBTQ+ community want to be supportive and inclusive, many aren't sure where to start. Being unfamiliar often leads to fear of saying the wrong thing or doing something offensive. This can lead to avoidance behavior and can be ostracizing and possibly perceived as discriminatory to those on the receiving end.

SUGGESTED DISCUSSION POINTS:

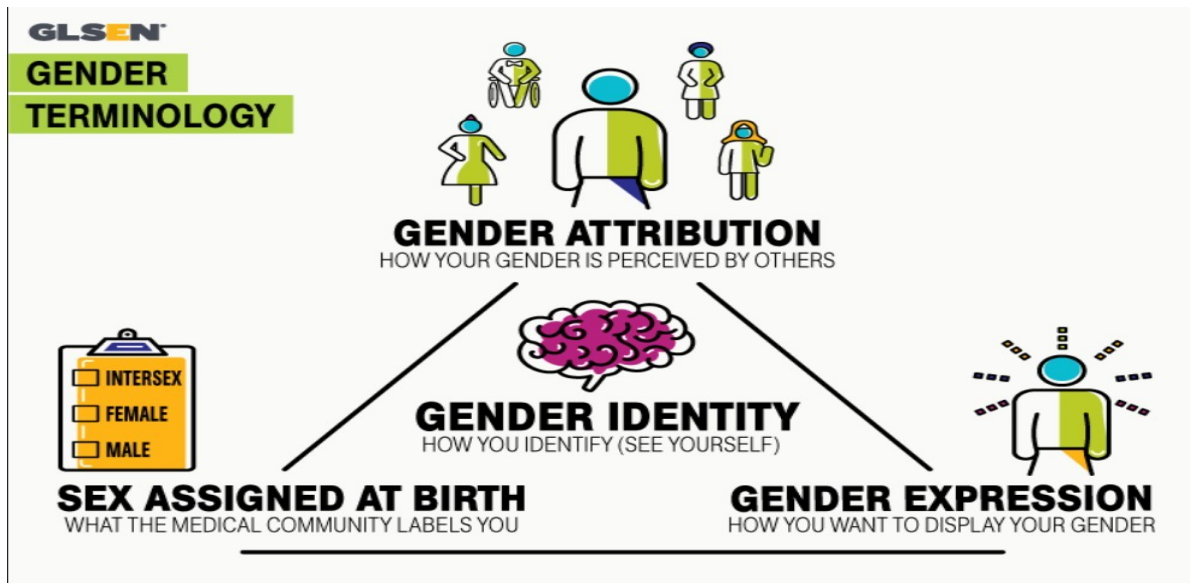
1. Review the gender terminology on page 2 and discuss the differences between each term: gender attribution, sex assigned at birth, gender expression, and gender identity.
2. What changes have occurred in the Air Force since Don't Ask Don't Tell was repealed? What hasn't changed and how can we make a difference together?
3. Discuss biases or stereotypes that might come up for LGBTQ+ Airmen. How might you intervene and model inclusiveness?

MISSION CHALLENGE: HOW TO APPLY THE LESSON

1. Incorporate "what are your preferred pronouns" into conversations with people you know and in the introductions to new people. Then share your own as part of the Introduction.
2. Take the Harvard Implicit Association Test (Transgender and Sexuality Test): <https://implicit.harvard.edu/implicit/takeatest.html>
3. Review Common Ally Questions and discuss some you can apply: <https://www.kent.edu/lgbtq/common-ally-questions>
4. Review and discuss Approaching Intersectional Conversations: <https://www.thetrevorproject.org/wp-content/uploads/2020/07/intersectional-conversations.pdf>

AMC We Care...We Connect is a resource to encourage open, genuine small group discussions at all levels within your unit on the values and culture that represent the Air Force. This is meant to supplement concepts learned during traditional formalized training and allows 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.



Additional Resources

1. Definition Infographics: <http://identityalaska.org/wp-content/uploads/spectrum-handout-infographic-572x750.jpg> and <https://pbs.twimg.com/media/EKOTxHAUYAA9BPC.jpg>
2. The Lesbian, Gay, Bisexual, Transgender, Queer, or Questioning (LGBTQ) Initiatives Team (LIT) will review and analyze guidelines, programs, data, and other information for barriers to employment, advancement, and retention of LGBTQ+ employees and applicants and military members. It will also serve as an MERG for LGBTQ civilian employees and military members. Col Shannon Phares, LIT BAWG Lead, shannon.phares@spaceforce.mil Additional POC: david.smith.289@us.af.mil
3. Promoting LGBTQ+ Equality in the Workplace: <https://prideatwork.ca/wp-content/uploads/2017/09/Beyond-Diversity-LGBT-Guide.pdf>
4. Workplace Statistics for LGBTQ+ Employees: <https://www.catalyst.org/research/lesbian-gay-bisexual-and-transgenderworkplace-issues/>
5. Executive Order on Advancing Racial Equity and Support for Underserved Communities Through the Federal Government: <https://www.whitehouse.gov/briefing-room/presidential-actions/2021/01/20/executive-order-advancing-racial-equity-and-support-for-underserved-communities-through-the-federal-government/16133>
6. The Conversation.Com Article on Conversion Therapy: <https://theconversation.com/conversion-therapy-is-discredited-and-increases-risk-of-suicide-yet-fewer-than-half-of-us-states-have-bans-in-place-161330>

For more resources, contact:

For more resources, contact:

Installation/Wing Diversity & Inclusion (D&I) Leads: Your installation D&I Leads can provide additional resources on current D&I efforts and a forum for you and your Airmen to bring ideas and concerns regarding diversity and inclusion, so that we can work toward embracing diversity to foster a culture of inclusion, connectedness and trust.

Equal Opportunity (EO) Office: Your installation EO office is the subject matter expert on discrimination and can assist in facilitating small group discussions and is a valuable resource for you with regard to fair and equal treatment of all

Community Support Coordinator (CSC): Your installation CSC can provide additional resources and classes, i.e. True Colors, EQ, PDP and resilience skills training, to enhance your ability to switch lenses and view various perspectives.



SCAN ME



Momentum

Caring for a loved one in crisis



When a loved one is at risk

Sometimes a person who's integral to our life will experience an emotional or substance use crisis that puts their well-being at risk. (With just under 50,000 Americans dying from suicide annually, such risks are real.)

If your loved one appears to be traveling a self-destructive path, try to react with compassion, kindness and support.

- Identify warning signs. A person may be feeling suicidal if they mention having lost hope, feeling unbearable discomfort, wanting life to end, being a burden to or withdrawing from others, and/or being deeply depressed.
- Gently ask them to talk. Studies show that asking and talking about someone's suicidal feelings—in a non-judgmental way—helps generate relief, not further risk.
- If you believe someone might harm themselves, strive to remove potential suicide means such as weapons or stockpiled medications.

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

Contact your program

24/7/365

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

Live Webinar—Join us online Wednesday, September 8 for *Supporting Others Through Their Mental Health and Substance Use Concerns*. Register [here](#).

Tips for tough talks

Make sure to be there. It's vital to stop, listen and truly hear what the other person is feeling. Ask how you can help. If they're clearly struggling but aren't yet ready to talk, let them know you're available to listen anytime.

Ask the tough questions. Sometimes, preventing suicide involves having difficult conversations with the people who matter most to us. Don't shy from asking questions such as, "Do you have thoughts or plans about suicide?"

Your words matter. People typically feel less depressed, less self-destructive, less overwhelmed and more hopeful after speaking to someone who cares, listens without judgment, expresses concern and offers help.

Mind Your Mental Health

September is Suicide Prevention Awareness Month

This observance raises awareness and connects individuals experiencing suicidal ideation to treatment services, in addition to offering support to those previously affected by suicide.

- Suicidal thoughts can affect anyone regardless of age, gender or background. Suicide often stems from an untreated mental health condition.
- If a person seems in danger of hurting themselves, call 911 immediately.
- If you're concerned about a suicide but don't know what to do, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). Trained counselors are available 24/7 to speak with you or your loved one.
- If you're uncomfortable talking by phone, send a text to the National Alliance on Mental Illness at 741-741 for free crisis support via text message from a crisis counselor.
- Reassure the at-risk individual with words such as, "I might not be able to understand exactly how you feel, but I care about you and want to help."

Visit www.MagellanHealthcare.com/About/MYMH or call your program for confidential mental health resources.

Working on Wellness

Enjoy National Family Health & Fitness Day

- On Saturday, September 25, this observance emphasizes that being active regularly can stave off the harmful physical risks that accompany inactive lifestyles for all ages.
- Parents should serve as role models for being active and provide children with opportunities for increased physical activity, while limiting sedentary pursuits such as TV, computer and smartphone time. Exercising together can lift everyone up.

Showing Support

Treatment for severe depression is crucial

- Many external factors can lead a person to consider self-harm—from bullying to relationship breakups to financial crises. However, the internal impact on a person's emotions—depression—can drive self-destructive thoughts.
- While securing the safety of an at-risk person is vital, their depression also requires attention. Although some people resist obtaining depression treatment, it's just as important as treatment for other medical conditions.



Managing Work-Life Balance

Add some autumn activities and healthy eating

Get ready for a fun fall. Plan some enjoyable weekend activities with your family so you can all de-stress. As a group, try a weekend camping trip, a long bike ride, a woodsy hiking adventure or a river kayak excursion. Find a local ranch that offers horseback riding. Back at home, make a new commitment to healthy eating, and do some cooking together. Pursuing health goals as a family can be fun!

Agency Highlight- The Family Advocacy Program

The Family Advocacy Program is responsible for the prevention of and response to child abuse and neglect and domestic abuse/intimate partner violence in military families. It works with civilian social service agencies, military and civilian medical providers, law enforcement, legal personnel, chaplains, and child and youth programs to provide a coordinated community response. The goal of the program is to promote the prevention, early identification, reporting and treatment of child and spouse abuse.

Program services vary by installation, but generally include:

- Public awareness campaigns, education and support for couples and parents
- Parenting support at every age and stage, including New Parent Support Program home visits for expectant parents, new parents and families with young children
- Safety planning, advocacy and support for domestic abuse victims
- Clinical treatment for offenders and all affected family members as appropriate

FAP directly provides or coordinates a range of services for individuals and families impacted by violence, abuse and neglect. Program services may vary by installation. FAP services are designed to:

- Identify and build on individual and family strengths, through services such as parenting support for every age and stage, including New Parent Support visits for expecting and new parents.
- Increase protective factors that have been found to reduce risk, through community-based public awareness campaigns, education and support for military couples and parents

Promote the safety and well-being of service members and their families, through safety planning, advocacy and crisis support for victims of domestic/intimate partner abuse, and clinical treatments for victims, abusers, and all affected family members, as appropriate

Prevention, Education and Outreach


Family Advocacy Program prevention, education and outreach services vary by installation and may be offered in coordination with military or civilian partners. Contact your installation Family Advocacy Program or Military and Family Support Center for local listings. Services may include the following:

- Life skills education and training on topics including healthy ways to manage stress and relationship conflict
- Seminars on healthy relationships, communication and conflict resolution

Parenting support, including the New Parent Support Program, playgroups, and online learning opportunities such as *Thrive*, to help parents build skills in raising children at every age and stage

Counseling or referrals to services tailored to meet specific service member, spouse, or partner needs and schedules

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****

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	813-388-0918/373-2529
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