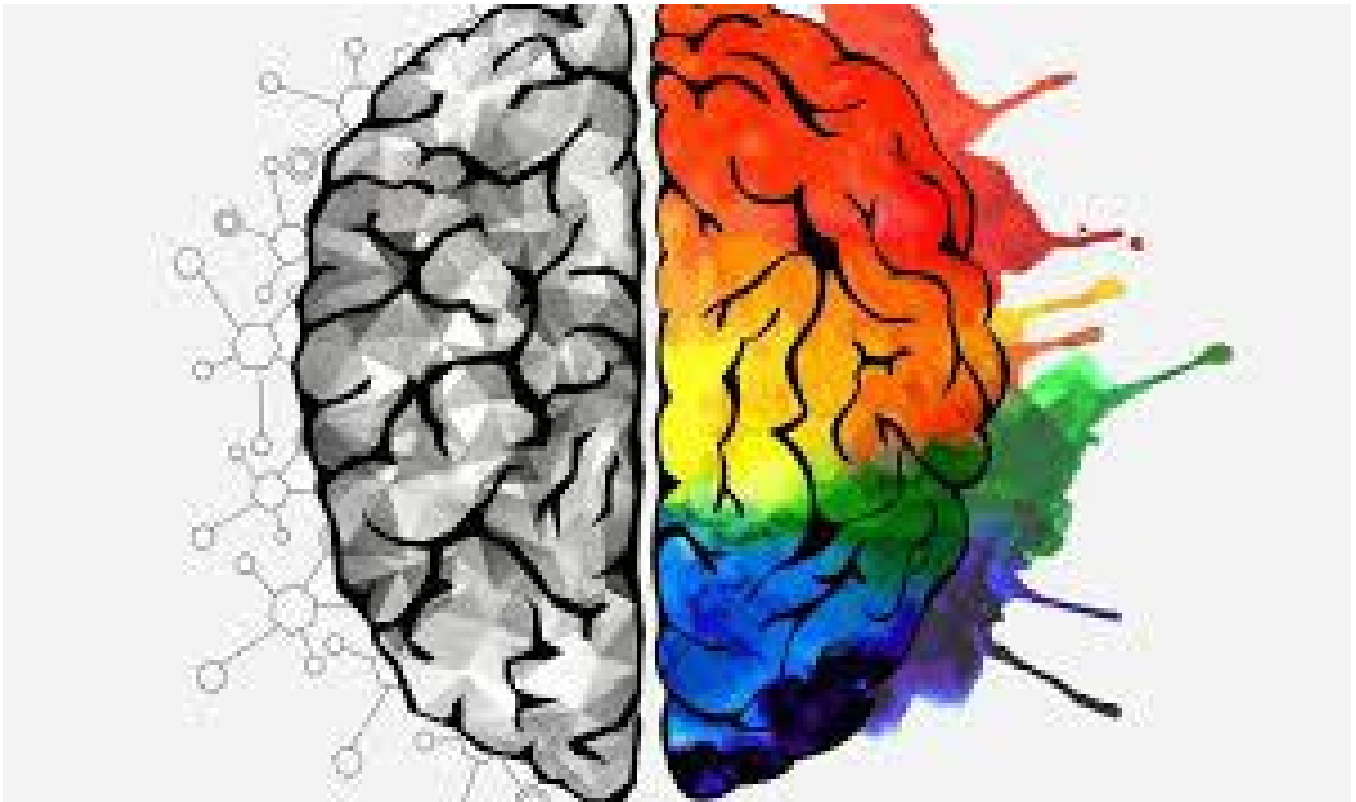


Behavioral Health Resource Book



Raymond W Bliss Army Health Center
Fort Huachuca

EMERGENCY NUMBERS:

Any Type of Emergency: 911

Suicide And Crisis Lifeline: 988

National Suicide Prevention Line: 1-800-273-TALK (8255)

Nazcare Hope Line Network: 1-800-SUICIDE (784-2433)

Nazcare Warm Line: 1-888-404-5530

Nurse Wise Crisis Line: 1-866-495-6735 or text HOME to 741741

Veterans Crisis Line: 1-800-273-8255 press 1



SUPPORT NUMBERS:

Wellness Connections: 520-459-2624

Care Net Pregnancy Center: 520-459-5683

Alcoholics Anonymous (AA): 520-459-0031 or 1-800-780-9758

Narcotics Anonymous (NA): 520-881-8391

The Trevor Project (LGBTQ+): 1-866-488-7386

National Alliance on Mental Illness (NAMI): 520-459-3228



COCHISE COUNTY AGENCIES:

Community Partner Integrated Healthcare: 520-226-9002

Southeastern Arizona Behavioral Health Services: 520-458-3932

Community Health Associates (Bisbee): 520-366-3603

Telecare: 520-459-9929

Telecare Crisis Line (24/7): 520-210-1259



SHELTER NUMBERS:

Good Neighbor Alliance (Sierra Vista): 520-439-0776

Tin Town Shelter (Bisbee): 520-432-7839

House of Hope (Women & Children Only) (Douglas): 520-364-2465

Forgach House (Women & Children Only) (Sierra Vista): 520-458-9096





Arizona Complete Health

Contact Information:

www.azcompletehealth.com or call at 1-888-788-4408

24-Hour Crisis Line

1-866-495-6735

How Do They Work?

Arizona Complete Health is your one stop shop for all your health questions and concerns. Their purpose is at the center of everything they do, Transforming the Health of the Community, One Person at a Time. Arizona Complete Health believes healthier individuals build healthy families and thriving communities.

What Do They Offer?

Arizona Complete Health offers varieties of health care options from cover health services to housing resources. Arizona Complete Health-Complete Care Plan is an integrated health plan for members served by Arizona's Medicaid program, the Arizona Health Care Cost Containment System (AHCCCS). As an integrated plan, our health plan covers both your physical and behavioral health benefits.

Confidentiality?

When you call our crisis line what you say is confidential. Arizona Complete Health's privacy policy is as follows "To serve as your insurance carrier, we will ask you to provide us with personal information about you. We only use your personal information to help you apply for health insurance. We do not sell, trade or give away your personal information to anyone. Additionally, we use industry-leading technologies to ensure the security and confidentiality of the personal information you provide us."

Raymond W. Bliss Army Health Center



Contact Information:

Main Call Line: (520) 533-9200

Behavioral Health: (520) 533-5161

How Does It Work?

The Raymond W. Bliss Army Health Center (RWBAHC) Behavioral Health (BH) Department offers a wide range of services, from basic evaluations to more complex psychotherapy. Appointments are offered on both a face-to-face and a virtual manner.

What Do They Offer?

The Raymond W. Bliss Army Health Center (RWBAHC) Behavioral Health (BH) Department offers a wide range of services, from basic evaluations to more complex psychotherapy. Appointments are offered on both a face-to-face and a virtual manner.

- Multi-Disciplinary BH Care Team (Multi-D)
- Family Advocacy Program (FAP)
- Substance Use Disorder Clinical Care (SUDCC)
- Sexual Assault/Traumatic Event Treatment
- Integrated BH Consultants (IBHC)

Confidentiality?

When you get to the office for your appointment you sign two forms, a DD Form 2005 Privacy Act Statement and a Telehealth Consent Form. The Privacy Act Statement requires patient acknowledgement of Privacy Act practices. The Telehealth Consent Form provides authorization to receive or record telehealth services.



Military and Family Life Counseling Program

Contact Information:

(800) 342-9647

(Call this number and ask for MFLC)

How Does It Work?

Military families face unique challenges. They may struggle with issues such as deployment-related stress, reintegration and pressures of managing parenting and finances while a loved one is deployed.

What Do They Offer?

To support military families facing these or additional challenges, the Military and Family Life Counseling Program:

- Provides short-term, non-medical counseling services to service members and their families at no cost.
- Provides psychoeducation to help military service members and their families understand the impact of deployments, family reunions following deployments and other stresses related to the military life.
- Can provide services to individuals, couples, families and groups.
- Augments existing military support services.
- Offers flexible service delivery.
- Can provide services on or off post.

Confidentiality?

With the exception of child abuse, domestic abuse, and duty to warn situations all services are private and confidential.



Non-Medical Counseling Services Provided:

There are two types of non-medical counseling services that the Military and Family Life Counseling Program provides.

LIFE SKILLS:

- Anger Management
- Communication
- Relationship Issues
- Conflict Resolution
- Parenting
- Decision-Making Skills



MILITARY LIFESTYLE:

- Deployment Stress
- Coping Skills
- Homesickness
- Relocation Adjustment
- Reintegration
- Separation
- Building Resiliency
- Sadness, Grief, and Loss

About Military and Family Life Counselors:

- Masters or Doctorate-level licensed counselors
- Work with families, individuals, couples and children
- Work with existing military and family support programs to complement services provided

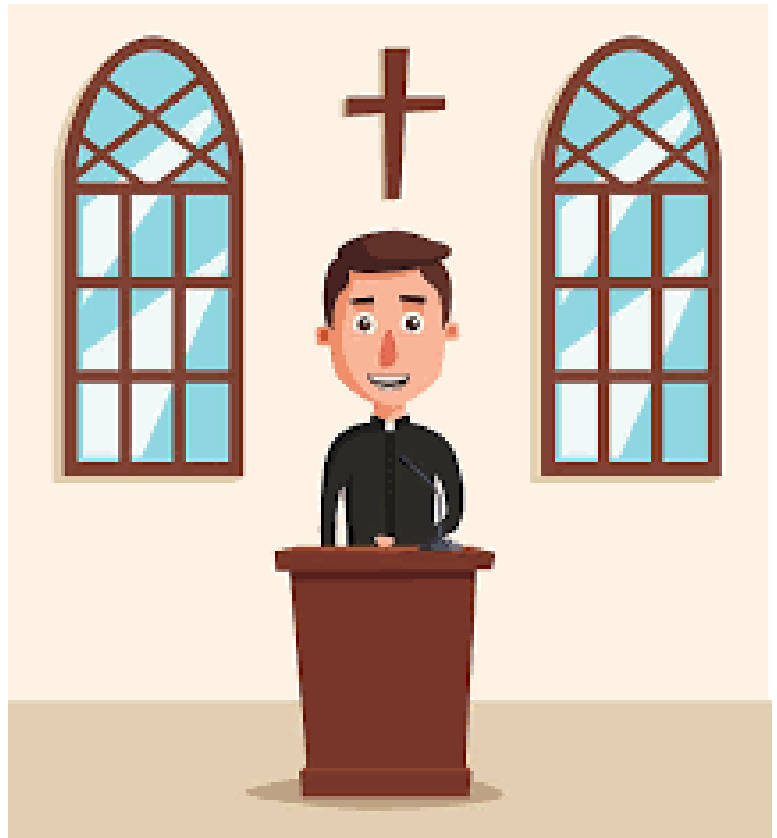


Military Chaplain

Contact Information?

Chaplain: (520) 533-4711

Main Post Chapel: Bldg. 52060,
Healy Ave, Fort Huachuca, AZ 85613



How Does It Work?

Chaplains offer spiritual care in the clinical setting. "Spiritual care" has to do with issues of meaning, hope, and transcendence that are often more pronounced during illness, injury, birth and death.

What Do They Offer?

The chaplain's responsibilities include performing religious rites, conducting worship services and providing 100% confidential counseling. Chaplains advise service members on religious, spiritual and moral matters. They also give spiritual guidance and pastoral care to patients and their families. As representatives of religious traditions, chaplains in hospitals and medical centers use the insights and principles of psychology, religion, spirituality, and theology.

Confidentiality?

Rule 503 of the Military Rules of Evidence states that communications made as a "formal act of religion or as a matter of conscience" to either a chaplain or a chaplain assistant while serving in the capacity of spiritual advisor are considered 100% confidential and are not to be shared with third parties.



Contact Information?

(520) 533-5311

How Does It Work?

The AWC is a U.S. Army Medical Command initiative overseen by the Army Public Health Center. The AWC is staffed by health educators who deliver primary prevention programs. (Primary prevention occurs before disease, injury or disability occurs.) Referrals can be made to AWC by medical providers or unit commanders. Self-referrals are always welcome and can be made by contacting AWC directly.

What Do They Offer?

Army Wellness Centers (AWC) provide programs and services that improve and sustain health, performance, and readiness of the Total Army delivered by highly trained health professionals. They offer educational classes like General Stress Management, Healthy Sleep Habits, Staying Fit Home and Away, Performance Optimization, Fueling for Health, Upping Your Metabolism, and Meals in Minutes. They also offer individual classes like Body Composition Analysis, Resting Metabolic Rate Testing, VO2 Fitness Testing, and Individual Stress Management Training.

Confidentiality?

The information that is obtained during your Army Wellness Center (AWC) visit will be treated as privileged and confidential as described in the Health Insurance Portability and Accountability Act of 1996. It is not to be released or revealed to any person except your referring physician without your written consent.



Canyon Vista Medical Center

Contact Information?

(520) 263-2000

How Does It Work?

Canyon Vista Medical Center is a Joint Commission Accredited 100-bed acute care hospital in Sierra Vista, Arizona. CVMC was founded in 1963 as Western Baptist Osteopathic Hospital in the outskirts of Sierra Vista.

What Do They Offer?

Canyon Vista Medical Center is a healthcare center that offers a wide array of services and medical specialties for patients of this community.

Acute Care Services

Active treatment for a severe injury, episode of illness, urgent medical condition or during recovery from surgery

Behavioral Health

Behavioral Health's Adult Psychiatric Inpatient Program provides 24-hour care. Using a multidisciplinary approach to treatment, our team of experienced professionals includes psychiatric providers, nurses, technicians, and social services who are all trained in treating adults with mental health conditions

Case Management

Helping patient and families deal with health care problems that develop during illness, and plan a continued return to normal health after discharge

Emergency Services

Expert emergency care available 24 hours a day, every day, from broken bones to life-threatening conditions

Women & Children's Services

Comprehensive care that combines medical expertise, innovative technology and a full range of services designed for women. We offer a full spectrum of maternity care including labor and delivery, prenatal care, lactation support services and more.

Confidentiality?

You can expect that all communication and records pertaining to your care will be treated as confidential except in cases when reporting is permitted and required by law. You will have to provide written consent for the release of information in your medical record or financial record.



Military One Source

Contact Information:

(800) 342-9647

How Do They Work?

The mission of Military OneSource is to contribute to force readiness and quality of life by providing policies and programs that advance the well-being of service members, their families, survivors and other eligible members of the military community.

What Do They Offer?

Military life is different from civilian life with its unique challenges. To help our military community, Military OneSource will arrange non-medical counseling and support 24/7, wherever you are, worldwide.

- Private, non-medical counseling. This free, confidential counseling can help you take charge and address issues that can come from stressors such as deployment and reintegration, parenting, marital problems, grief and loss, and financial concerns – without affecting the service member's career. Counseling is available from experienced counselors trained in military life.
- Consultations and coaching. Experienced consultants offer special assistance on elder care, family members with special needs, wounded warrior care, adoption, education and more – even a personal health and wellness coach. You can contact us 24/7 to arrange assistance.
- Live Chat: Trained Military OneSource consultants provide personalized information 24/7/365 via Live Chat. Type in your question and receive a response with the information you need. Live chat makes the existing Military OneSource services even easier to access.

Meet the Military OneSource call center team that works to connect you to your best MilLife.

Confidentiality?

They are confidential and anonymous meaning, even a family member can receive counseling without the service member's knowledge.



Wellness Wednesdays

With CPT JULIETTE T. JACOBI,
MS, OTR/L, CHT, CRTS

Contact Information:

To sign up for this group

just use the QR code given.

How Do They Work?

Sign up for Wellness Wednesday group classes using the QR code below. Army Occupational Therapist, CPT Jacobi, facilitates the groups and will help guide you through various training and practice modules. Group content focuses on life skills that address improving social skills, self-awareness, enhancing resiliency, managing stress or anger, and much more.

What Do They Offer?

Wellness Wednesday classes a variety of group topics such as:

- Stress Management
- Mindfulness
- Communication Styles
- Assertive Communication
- Sleep Hygiene
- Setting Healthy Boundaries
- Healthy Relationships
- Relationships/ Love Languages
- Role Setting
- Productive Thinking
- Combat Distorted Thinking
- Avoiding Thinking Traps
- Real Time Resilience

Plus, many more!



Confidentiality?

When you attend a Wellness Wednesday all discussed content is confidential however, there are some limits of confidentiality. Disclosure of any safety concerns such as harm to self or others, any form of current abuse or sexual assault, and if you are involved in legal actions/proceedings command may be notified and further protective actions may be taken.

Thoughts 101

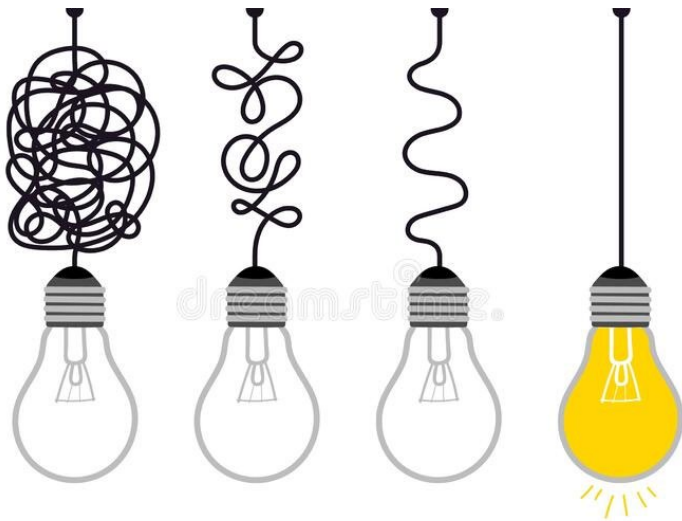
Contact Information:

(520) 533-5161



How Do They Work?

Thoughts 101 is a 6-week group therapy course with Mrs. Madden that will teach you how to reframe and sort through your thoughts. This group can act as a support network and system. Other members of the group or Mrs. Madden will often help you come up with specific ideas for improving and understanding your thoughts. Regularly talking and listening to others also helps you put your own problems in perspective.



What Do They Offer?

Thoughts 101 will cover the following:

- Reframing Thoughts
- Decatastrophizing
- Unhelpful Thinking Styles
- Facts Or Opinions
- Putting Thoughts on Trail
- Socratic Questions

Confidentiality?

When you attend a Thoughts 101 course all discussed content is confidential however, there are some limits of confidentiality. Disclosure of any safety concerns such as harm to self or others, any form of current abuse or sexual assault, and if you are involved in legal actions/proceedings command may be notified and further protective actions may be taken.

S.H.A.R.P.

(Sexual Harassment Assault Response Program)

Contact Information:

Ft Huachuca SHARP Hotline: (520) 732-3736

SARC Office: (520) 538-8649

SARC Cell: (520) 678-7079

SARC E-mail: trinity.t.peterson.civ@army.mil



How Do They Work?

The Army's Sexual Harassment/Assault Response & Prevention program, known as SHARP, exists so the Army can prevent sexual harassment and sexual assaults before they occur. The main goal is to create a climate that respects the dignity of every member of the Army family. SHARP strives to increase prevention and victim care, reduce the stigma of reporting, refine and sustain response capability, protect the victim, enhance investigation and prosecution capabilities, increase training and resources, and provide community outreach.

What Do They Offer?

The SARC is responsible for coordinating local implementation of the SHARP Program. The SARC conducts the intake for all sexual harassment complaints and ensures the initiation of a formal investigation. The SARC can conduct the intake for sexual assault reports. They can also assign a Victim Advocate to a victim of sexual harassment/assault. The Victim Advocate is a person who is there to provide information and support. They can conduct the intake for a report of sexual assault or be assigned by the SARC.

Confidentiality?

All communication with both a SARC and Victim Advocate is confidential and cannot be disclosed without the consent of the client.



M.E.O.

(Military Equal Opportunity)

Contact Information:

Ft Huachuca MEO Hotline: (520) 249-0451

Juliana E. Morrison: (520) 533-5305

Luis A. Nicolas: (520) 533-1717

How Do They Work?

The main goals of the MEO program are to build and maintain a cohesive, combat-ready Army which is focused and determined to accomplish its mission, provide support to military personnel and their family members, within the limits of the laws of localities, ensure MEO exists for all Soldiers, ensure every Soldier is treated with dignity and respect.

What Do They Offer?

MEO has six types of discrimination color, sex, racial, religious, national origin, and sexual orientation discrimination.

- Color Discrimination occurs when an individual is treated differently based on the lightness, darkness or toner color of the person.
- Sex Discrimination occurs when an individual is deprived of an opportunity because of their sex.
- Racial Discrimination occurs when an individual is treated differently because of their racial group, racial characteristics.
- Religious Discrimination occurs when an individual is treated more or less favorably because of their religious beliefs or practices.
- National Origin Discrimination occurs when an individual is treated less favorably because of their origin, ethnicity or accent.
- Sexual Orientation Discrimination occurs when an individual is treated more or less favorably because of one's emotional or physical attraction to the same and/or opposite sex.

MEO also covers bullying and hazing.

Confidentiality?

MEO's confidentiality depends on the type of report you choose. If you choose an informal complaint, it doesn't initiate a full investigation, this may be more appropriate if you just want the behavior to be stopped. If you choose a formal written complaint, it must be within 60 days of the incident and will initiate a full investigation.

RWBAHC

