

## 2018 Grand Forks Air Force Base DOD Civilian Resource Quick Reference Guide

<b>I NEED HELP WITH</b>	747-3241 A&FRC	747-4460 ADAPT	747-5673 Chaplain Confidential	800-222-0364 Employee Assistance Program <i>(24/7)</i>	747-3200 Equal Opportunity	701 787-8535 Grand Forks Social Services	747-6112 Health Promotion	701 795-3000 Northeast Human Services Center	701 775-0525 Northeast Human Services Crisis Line <i>24/7</i>	747-7272 SAPR	747-4484 School Liaison Office
Abuse/Neglect											
Alcohol/Drugs											
Anger Issues											
Anxiety/Panic/Stress											
Depression											
Deployment											
Finances											
Grief/Death											
Marriage/Family											
Nutrition/Fitness											
Parenting											
Relationships											
Sexual Assault											
Discrimination & Sexual Harassment											
Special Needs											
Suicidal/Homicidal Thoughts											
Tobacco Cessation											
Unlawful											
Work/School											

The Airman & Family Readiness Center (Bldg 207) and Base Chapel (Bldg 208) offer individual appointments as well as classes.

A list of community resources titled Your Town can be picked up at the Airman & Family Readiness Center.

Contact your medical insurance provider for added services.

**Airman & Family Readiness Center (A&FRC)** - Provides assistance to all active duty service members, retirees, civilian employees, and family members of eligible users. The A&FRC serves as an advocate for family needs and is a resource for front line supervisors and commanders on family members and work life issues. Community Readiness Consultants (CRCs) are assigned to each squadron and work directly with commanders and the community.

**Alcohol and Drug Abuse Prevention and Treatment (ADAPT)** - The clinic provides educational briefings, substance abuse awareness seminars, assessment for alcohol and drug problems, DUI classes, outpatient treatment services and aftercare groups. Prevention programs along with support group information are available. The clinic offers substance abuse evaluations and screenings for active duty members. Referrals are available for services that are not provided by this clinic. DOD civilian employees are entitled to certain services

**Chapel** - The Chapel provides numerous opportunities for worship, religious education, pastoral care and fellowship through the assigned chaplains and chaplain assistants, religious education coordinators, musicians, vocalists and other volunteers. Services are provided at both chapels. Numerous opportunities exist for folks to volunteer their time and talents in many capacities for the benefit of the chapel, base, and local community.

**Employee Assistance Program (EAP) - Convenient Access by Phone or on the Web - 1-800-222-0364** (TTY: 1-888-262-7848) from anywhere in the United States to receive immediate assistance, 24 hours a day, 365 days a year or website: [www.FOH4You.com](http://www.FOH4You.com) **Financial and Legal Services**: FREE consultation with financial experts and licensed attorneys to provide assistance with your legal and financial questions. Services include help with living will and health care power of attorney, housing or real estate matters, estate planning, education funding, retirement planning, and investment strategies. **Counseling Services**: Licensed or credentialed professional counselors provide face-to-face, short-term counseling to employees and family members. Counselors can also provide referrals to community resources based on client needs, health insurance coverage, and financial resources. Counselors are available 24/7 to discuss performance concerns and the appropriate EAP intervention. **Confidentiality**: The EAP is confidential in accordance with both state and federal laws, including the Privacy Act of 1974 and applicable Confidentiality Regulations (42 CFR 1A2). When clients disclose life-threatening situations, such as child or elder abuse, or threats of serious harm to themselves or others, counselors must report these disclosures as required by law.

**Equal Opportunity (EO)** - Processes complaints of unlawful discrimination and sexual harassment for DoD civilian employees & active duty military members (to include active duty family members and retirees), provides subject matter expertise regarding Equal Opportunity and Treatment barriers. Services offered: Civilian and military complaint processing, informal assistance, organizational assessments, human relations education, guided facilitation, counseling, team building, referral services and advisors to ethnic/special observance programs.

**Grand Forks Social Services** - Offers resources, support and services for the following: Autism, child support, children and family, public assistance, children's health insurance program (CHIP), behavioral mental health and services for individuals with disabilities.

**Health Promotion (HP)** - Provides health promotion activities for the entire base populace (active duty, reserve and guard, retirees, family members, DoD civilians and contractors) to help people change their lifestyle behaviors and make good choices leading to optimal health and quality of life.

**Northeast Human Services Center** - Services available for marriage and family relationships.

**Northeast Human Services Crisis Line** - 24/7 services available for the following: Sexual assault, transitional stress, anxiety, panic, worry, depression, substance abuse, suicidal/homicidal thoughts.

**Sexual Assault Prevention Program (SAPR)** - The SAPR program reinforces the Air Force's commitment to eliminate sexual assaults through awareness and prevention training, education, victim advocacy, response reporting and accountability. The Air Force promotes response with compassion and confidential reporting for victims of sexual assault and accountability for those who commit the crime.

**School Liaison Office (SLO)** - The SLO can act as the first point of contact for military families transitioning into a new community. School Liaison services are designed to focus on education through direct and proactive partnerships with local schools and will tailor transition assistance to the military family's current needs. You can get connected to a SLO at any Air Force base and in all branches of service.