



# Misawa AB Resiliency Resources



Resiliency Element

Mental Health Clinic

Family Advocacy Program

ADAPT Clinic

Health and Wellness Center (HAWC)

Chaplain

Military & Family Life Consultants

Airman & Family Readiness Center

Adolescent Substance Abuse Counseling Services (ASACS)

SARC, Equal Opportunity & Inspector General

WIC Overseas

Alcoholics Anonymous (AA)

Base Education Center

American Red Cross

Civilian Personnel Office Job Openings

Force Support Squadron- Programs and Services

Volunteering Opportunities



# Resiliency Element

**Re·sil·ience** [ri-zil-yuhns] *ability to withstand or recover quickly from difficult conditions.*

**We deliver education & care to *all* Misawa organizations**

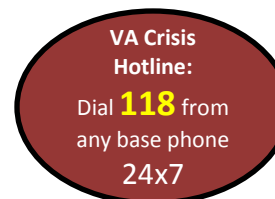
## ■ Briefings/Group Discussions

- Stress coping techniques
- Suicide Prevention
- Depression Mitigation
- Substance Misuse Prevention & Education
- Holiday/Winter Time Blues
- Dating and Relationships- “Jerk/Jerkette”
- Pre Deployment Preparation
- Reintegrating from Deployment
- Domestic Violence & Reporting Procedures
- General Information/Services offered

## ■ Classes Offered:

- New Parent Support Program:
  - “Wee Play” Play group
  - Baby Care Basics
  - Breastfeeding classes (with WIC)
  - Basic Training for Dads
  - 1-2-3 Magic!
- Anger Management
- Stress Management
- Marital Communication
- Latchkey Class
- Japan – US Couples Reconnection

- Open Monday – Friday 0730-1630 hours
- Services available for all DoD Beneficiaries
- **226-3230**





# Mental Health Clinic

## Behavioral Health Evaluations, Treatment and Therapy

- Psychology
  - Clinical Social Work
  - Psychiatry
- 
- Suicide prevention program
  - Traumatic Stress Response (TSR)
  - Special Duty (MTI/MTL/SERE/PRP) Clearances
- 
- Open Monday – Friday 0730-1630 hours
  - Services available for all adult DoD Beneficiaries
  - Building 96 across parking lot from Med Group
  - Call **226-3230** for more information
  - Mental Health Providers are available 24/7 via the Command Post/UCC

VA Crisis  
Hotline:  
Dial **118** from  
any base phone  
24x7

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# Family Advocacy Program

## Education, Prevention and Treatment of Abuse and Neglect

### ■ Couples Counseling

Confidential prevention based counseling for couples and families

### ■ New Parent Support Program

- Wee Play- play group
- Baby Care Basics
- Breastfeeding Classes (WIC)
- Basic Training for Dads
- Child Birth Class (MNU)

### ■ Weekly classes:

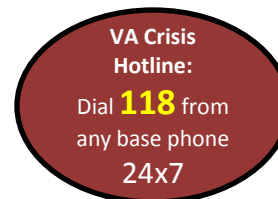
- Stress Management
- Anger Management

### ■ Parenting Classes

- Latchkey Training
- Parenting classes (Step-Teens)
- 123 Magic!

**Call for more information!**

- Open Monday – Friday 0730-1630 hours
- Services available for all DoD Beneficiaries
- Building 96 across parking lot from Med Group
- **226-2123**





# Alcohol & Drug Abuse Prevention & Treatment (ADAPT) Program

## Substance Misuse Prevention, Education, and Treatment

### Services Available at Misawa AB:

- Evaluation
- Education
- Level 1.0 Treatment
- Aftercare Treatment

All other services available and coordinated through ADAPT

- Open Monday – Friday 0730-1630 hours
- Services available for all DoD Beneficiaries
- Building 96 across parking lot from Med Group
- **226-3230**

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# Health and Wellness Center (HAWC)



## Diet Therapists, a Dietician and an Exercise Physiologist (pending)

### Services and Programs Offered:

- Be Well fitness improvement program
- Body GEM Testing (resting metabolic rate test)
- Heart Care Class
- Tobacco Cessation
- Exercise Prescription (pending)
- Portion off the Pounds
- Body Fat Assessments
- PTL Certification Classes
- Monthly Health observance outreach activities

- Open Monday – Friday 0730-1630 hours
- Services available for all adult DoD Beneficiaries
- Bldg 697 next to the Misawa Inn
- Call **226-6550** for appointments

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# Misawa Chaplain Corps



## Misawa AB Chaplaincy Services and Programs

Religious Services  
and Programs  
Schedules

- Couples Counseling
- Family Counseling
- One on One Counseling Services  
(All counseling with the Chaplain is 100% confidential because of privileged communication)
- Study groups
- Men's, woman's, youth and children's groups

- Services available for all DoD Beneficiaries
- Building 358 across from Sollars Elementary School
- **226-4630**
- Chaplains are available 24/7 via the Command Post or UCC

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# Military & Family Life Consultants (MFLCs)

## Short Term, Situational Counseling Services

- Masters or PhD Level Licensed Clinical Counselors
- Individual, couples, family & groups settings
- Sessions are not documented, no records are kept

Anger management  
Communication  
Relationships  
Parenting

Deployment Stress  
Coping Skills  
Loss and Grief  
Separation

- **Child and Youth Behavioral Program**

- Licensed clinical counselors specializing in child/youth behavior issues
- Child/Youth MFLC contact: **226-5552** or cell 080-3750-5808

- Regular Hours: Monday – Friday 0730-1700
- Services available for all DoD Beneficiaries
- Located in the Torii Building at the A&FRC
- **226-2147** or cell **090-2885-8902**

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# Airman & Family Readiness Center (A&FRC)

## Overview of Programs and Services Offered

[A&FRC  
Webpage](#)

- Employment Assistance
- Discovery Resource Center
  - CAC & non-CAC enabled computers w/wifi
  - Federal Job Assistance
  - College Scholarship Assistance
  - Resumes/Cover Letters
- Transition Assistance Program (TAP)
- Air Force Aid Society
  - Give Parents a Break Program
  - Zero interest loans for emergencies
- Casualty Assistance Program
- Relocation Assistance Program
- Personal Financial Management (PFMP)
- Deployment Readiness Program
- Family Life Education
  - Heartlink Program (New Military Spouses)
- Multi Cultural Programs
  - Japanese Cooking classes
  - Survival Japanese Language classes
  - Outside the Gate- Tours of the local Area
  - Cultural Education Classes
- Survivor Benefit Plan

- Open Monday – Friday 0730-1630 hours
- Torii Building 656
- Services available for AD, Dependents, Federal Civilian, NAF & JN DODEA employees and Retirees
- **226-4735**

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# Adolescent Substance Abuse Counseling Services (ASACS)

- High School based program for DODD Schools
- Life Skills Education for students:
  - Peer Pressure
  - Decision Making
  - Problem-Solving
  - Stress Management
  - Coping Skills
  - Substance Misuse Prevention
- Parent education and community workshops
- Screening, individual and family counseling
  - For teens at risk, e.g. poor school performance, family conflict, etc.
  - For current substance misuse in teens

- Mon-Fri 0800-1500 and as scheduled
- Jennifer Gurski, LCSW, CAS, Edgren High School
- **226-4250**

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# Sexual Assault Response Coordinator

Bldg 674 Open 0730-1630, available 24/7, **226-7272**

[DOD's SAPRO Webpage](#)

"To ensure victims are protected, treated with dignity and respect and receive timely access to appropriate treatment and services"

# Equal Opportunity

Bldg 674 Open 0730-1630, **226-3669**

[DOD's Equal Opportunity Webpage](#)

"The 35 FW Military Equal Opportunity Office is here to improve the mission effectiveness of the 35th Fighter Wing by fostering a positive human relations climate based on the concept that everyone must be treated with respect and dignity regardless of race, color, national origin, religion or gender."

# Inspector General

Bldg 674 Open 0800-1600, **226-3692**

[DOD's IG Hotline Webpage](#)

"To enhance 35th Fighter Wing productivity by providing a responsive complaint system characterized by objectivity, integrity and impartiality."

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# Woman, Infant & Children Overseas (WICO)

WIC Overseas is a nutrition education and supplemental food program that provides:

- Nutritional counseling and education
- Supplemental nutritious foods
- Nutritional screening and testing

Eligibility screening can be done over the phone!

- Open Monday – Friday 0730-1600 hours
- Services available for approved AD, civilians and dependents
- In Building 696, across street from Misawa Inn
- **226-5592**

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# Misawa Alcoholics Anonymous (AA) Group



“Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism... Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.”

[www.aa.org](http://www.aa.org)

VA Crisis  
Hotline:

Dial **118** from  
any base phone

24x7

- Meetings held Tuesdays and Saturdays @ 1930 hrs
- Located in building 696 next to the WIC office
- POCs: Adam 0176-54-4985, Kyle 616-5056, Sam 616-5394

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# American Red Cross

- Emergency Messages
  - Health & Safety Training in First Aid/CPR and Babysitter's Training
  - Information and Referral Services
  - Assist the Military with Disaster relief when a natural disaster or house fire occurs.
  - Volunteer Training & Placement
    - Hospital
    - Dental Clinic
    - ARC Instructors
    - Post Office
- 
- Open Monday – Friday 0730-1630 hours
  - Services available for all DoD Beneficiaries
  - **226-3016**

Misawa American  
Red Cross Facebook  
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