

COMMUNITY RESOURCES (FORT HOOD)

The USAOTC Family Program

Operational Test Command is a unique Integrated Family Support Network:

We work to strengthen and enhance the overall well being of the unit by leveraging and communicating various resources that can provide support to all individuals.

Education, employment, resources, communication, support, unit & FRG events, and wellness are vital to the well being of our members and Families. We aim to connect you with resources that will empower, mentor, and build resilience for all members.

By leveraging the resources and programs that can benefit all members, we hope to instill a sense of enhanced community spirit that will ultimately benefit the entire community population.

Please take a moment to “like” us on facebook, at www.facebook.com/USAOTC

For more information about the USAOTC Family Program, please contact the Family Program Assistant at usarmy.hood.atec.mbx.otc-frg@mail.mil or call (254)288-9964

Ready and Resilient is the Army's holistic approach to total healthcare for its Soldiers, Family members, and civilians, both on and off the battlefield. The major components of Ready and Resilient are medical and personnel readiness. The major components are filtered through nine major topic areas - physical, environmental, behavioral, medical and dental, psychological, social, family, spiritual, and nutritional health. Each area further centers on maintaining, improving, restoring, and/or sustaining good health, strengthening resiliency, and preventing illness and injury. Ready and Resilient programs and medical innovations are on the cutting edge of medicine and are saving lives on the battlefield and in civilian communities.

For more information check out www.army.mil/readyandresilient

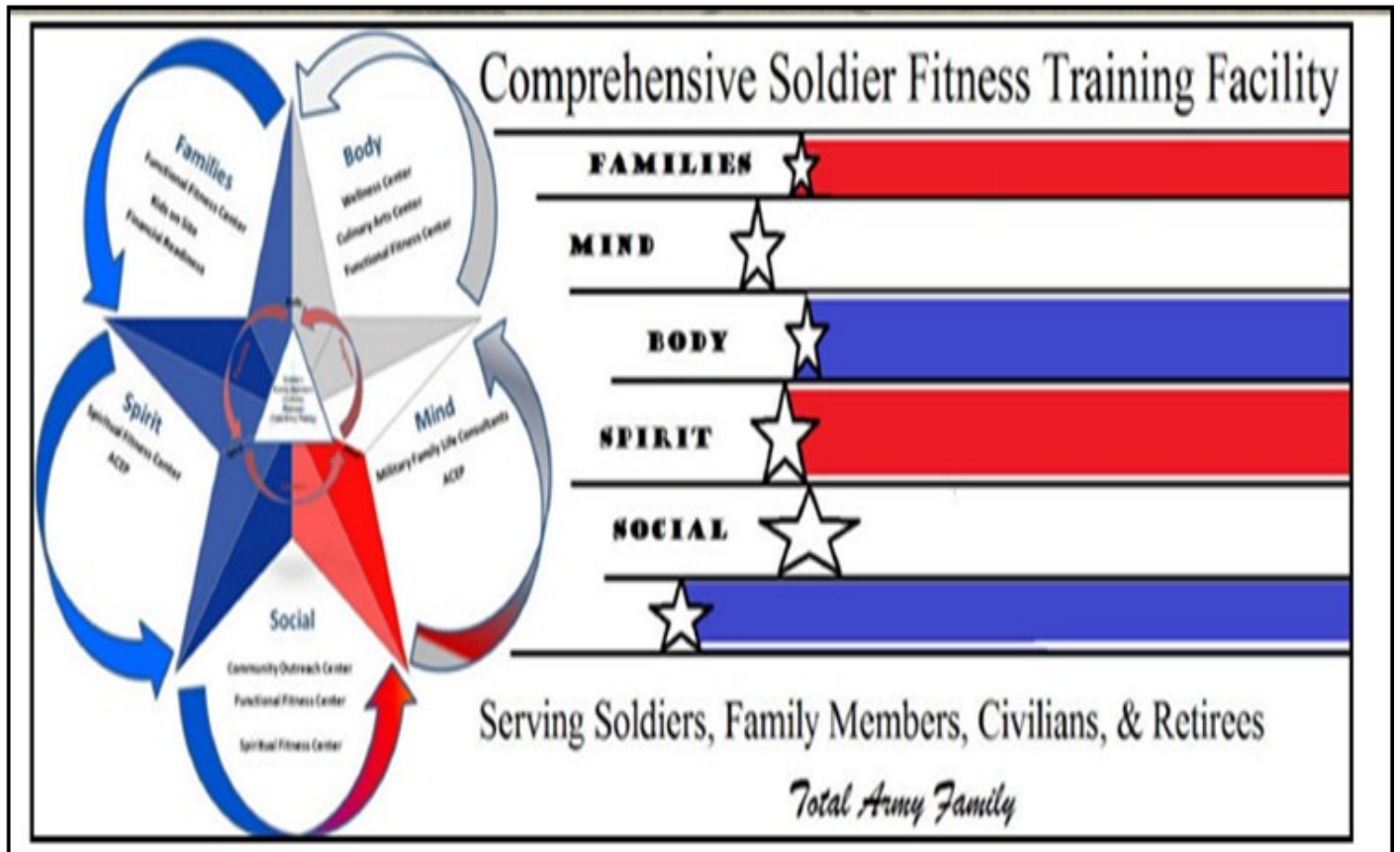
Comprehensive Soldier Fitness Training Facility:

<http://www.hood.army.mil/csf-tf/index.aspx>

The Comprehensive Soldier Fitness Training Facility develops resiliency in the Fort Hood Community through educational and holistic Mind, Body, and Spirit programs in order to promote resiliency and overall comprehensive fitness.

Our mission is to build a Fort Hood

Community of balanced, healthy, and Self Confident Soldiers, Family Members, Civilian Employees, and Retirees, prepared to excel in an era of high operational tempo and persistent conflict.



ACS: 254-287-4227



Army Community

Service (ACS) provides comprehensive, coordinated, and responsive advocacy and prevention; information and referral; financial; employment; Soldier and Family Readiness; special

needs; and relocation assistance services that support the resilience and well-being of **Soldiers, Retirees, DoD Employees and Families**. For more information go to

http://hoodmwr.com/acs/ACS_CSFTF.html



Fort Hood Community Resource Guide:

COMMUNITY RESOURCE GUIDE
SERVING FORT HOOD AND THE SURROUNDING COMMUNITIES
FOR SOLDIERS, RETIREES, DA CIVILIANS AND THEIR FAMILIES

The community resource guide is a Health Promotion initiative intended to serve the total Army Family here at Fort Hood - Soldiers, Family Members, Civilians, and Retirees.

Scroll down the list on the left to find both on-and-off-post resources to match your need. Once you have clicked on the need, scroll down the center portion to see a complete list of the appropriate programs and agencies.

Health Promotion integrates and consolidates all prevention, well-being, holistic programs and initiatives through the Health Promotion Council, which identifies gaps and overlaps in health and well-being services in order to support Comprehensive Soldier Fitness and Fort Hood Community Needs.

Spot-Lighted Services

Suicide Prevention Program

The Suicide Prevention Program falls under the Army Substance Abuse Program (ASAP), a manpower conservation program committed to prevention, education, identification, treatment, rehabilitation, evaluation, and research. The Suicide Prevention Program reduces the risk of suicide for Active Army and Reserve Component Soldiers, Army civilians, and Army Family members.
(254) 287-7575 www.hood.army.mil/dhr/asap/

Shoulder to Shoulder
I WILL NEVER QUIT ON LIFE

Prevent Army Suicides
Reach Out ★ Talk ★ Listen

Talk to your Chain of Command, Chaplain, or Behavioral Health Professional or call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Suicide Prevention Campaign
Thinking of Suicide?
Take a Hand...

Healthy Force Combatting High Risk Behaviors

EMERGENCY INFO

Police-Fire-Ambulance: 911
CRDAMC Emergency Room: 254-288-8338
Metroplex Emergency Room: 254-519-8103
Poison Center: 800-222-1222
Domestic Violence: 800-283-8401

CRISIS LINE

Chaplain's Crisis Line: 254-287-2427
Installation Victim Advocates' 24-Hour Crisis Hotline: 254-702-4953
Families in Crisis: 888-799-7233
Local 24-Hour Crisis Hotline: 800-283-8401

PREVENTION LINE

Suicide Prevention Lifeline: 800-273-8255
Crime Stoppers: 800-729-8477

LOCAL NUMBERS

Police Non-emergency: Copperas Cove: 254-547-4273
Harker Heights: 254-953-5400
Killeen: 254-501-8800
Military: 254-287-2176
Family Housing Maintenance: 254-532-3133
American Red Cross: 254-287-0400

EXTERNAL LINKS

Bell County Public Health District
Bell County Services
Coryell County Services
Texas Joint Family Support Assistance Program (JF SAP)
Local Hospitals
Killeen Airport
Army Acronyms

2.1.1 TEXAS

Did you know?

The Suicide Prevention Program falls under ASAP, a manpower Conservation program committed to prevention, education, identification, treatment, rehabilitation, evaluation, and research.

The program reduces the risk of suicide for Active Army and Reserve components Soldiers, Army Civilians, and Army Family Members. For more information Call (254) 287-7575 or visit www.hoodmwr.com/ACS/apb.html

Fort Hood Van Pool Program

The Mass Transportation Benefit Program (MTBP) provides reimbursement (up to \$125 per rider per month) for mass transit commuting costs “in order to reduce Federal employees’ contribution to traffic congestion and air pollution and to expand their commuting alternatives”. The only qualified “Mass Transportation” here at Fort Hood is the Van Pool program.

The Mass Transportation Benefit Program provides reimbursement for mass transit commuting costs “in order to reduce Federal employees’ contribution to traffic congestion and air pollution and to expand their commuting alternatives” (Executive Order 13150, April 2000).

Fort Hood currently has 7 vans running in the program. The vans pickup Soldiers and DA Civilians in areas such as Harker Heights, Copperas Cove, Georgetown and Round Rock. The vans vary in schedule according to the riders' work days. Many vans operate on a Soldier's PT schedule, while others operate on more of a standard Government work day. New vans are forming all the time. New vans are best formed with 5-7 people who have the same schedule, work in the same area on Fort Hood and live in the same general area.

Participants must ride the van at least 50% of their scheduled work days and must not have any disciplinary issues to qualify for the benefit. Vans are provided by contractors enrolled in the program and driven by the Soldiers and/or Civilians in the van pool. There is no minimum/maximum distance of commute specified by the program.

Applications should be returned by the 24th of each month for submittal for benefits beginning in about 30 days.

CONTACT THE FORT HOOD VAN POOL POC: 254-287-5468

Eligible MTBP participants receive a subsidy for their commuting expenses while using Qualified Means of Transportation. At Fort Hood, TX, the only qualified means of transportation available is the Van Pool program.

The maximum allowable benefit is \$125 per month. If your commuting costs exceed \$125 per month, you are responsible for the amount above \$125. The MTPB is centrally funded by HQDA; there is no cost to the local installation.

Who is eligible?

- All Army Active Component (AC) military service members.
- Army Reserve Component (RC) military service members (Army Reserve and Army National Guard) who are currently on active duty.
- DA Federal civilian employees, including part-time federal employees and interns.
- DA Non-Appropriated Fund (NAF) personnel employed by a duly constituted Army Non-Appropriated Funded Instrumentality (NAFI) under the control of the Secretary of the Army and organized under the provision of AR 215-1 (Military Morale, Welfare, And Recreation Programs And Non-Appropriated Fund Instrumentalities), (e.g., NAFI activities managed by the U.S. Army Family and Morale Welfare and Recreation Command).

Check out their Facebook page at <https://www.facebook.com/FortHoodVanPoolakaArmyMassTransitBenefitProgram>

Additional information on the program: <http://asafm.army.mil/offices/ASA/MassTrans.aspx?OfficeCode=1000#WhatsNew>

Military & Family Life Consultants (MFLC): *Need To Talk To Someone?*

Military and Family Life Consultants (MFLC) provide solution-oriented consultations to individuals, couples, families, and groups. The Military and Family Life Consultant (MFLC) Program is designed to provide support and assistance to active duty Soldiers, National Guard & Reserves, military Family Members and civilian personnel. Military and Family Life Consultants can help people who are having trouble coping with concerns and issues of daily life.

Some Examples of Issues Include:

Adjustment/Transition
Stress
Anxiety/Sadness
Deployment Cycle Issues
COMMUNICATION
Aggression
Work/Parenting
Grief/loss

MFLC Solutions:

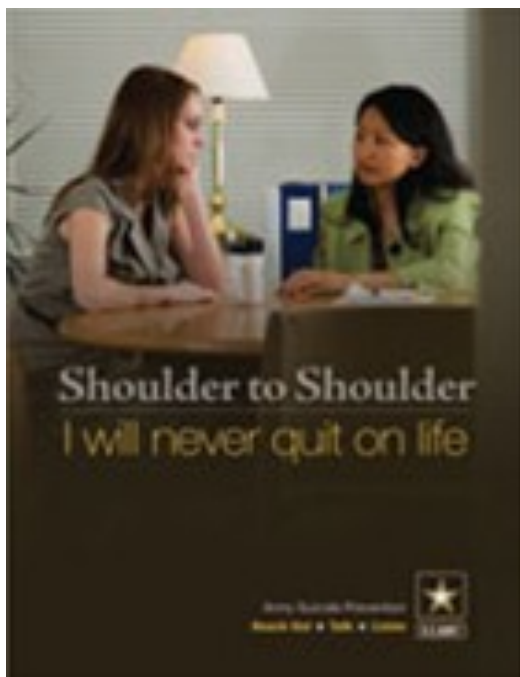
Flexible appointment times
Flexible meeting locations
*Confidential
No records kept
FREE

*Duty to warn does not apply in cases of threat to self, others, and any reportable abuse issues.

Email: mflc.fthood@gmail.com

Office: 254-553-4705

Army G-1, Suicide Prevention Program:



Suicide Prevention Program:

For Soldiers, Families, and DoD civilians

Mission: To improve readiness through the development and enhancement of the Army Suicide Prevention Program polices designed to minimize suicide behavior: thereby preserving mission effectiveness through individual readiness for Soldiers, their Families, and Department of the Army civilians.

National Suicide Prevention Lifeline

(800) 273-8255 (TALK)

National Suicide Hotline

(800) 784-2433 (800-SUICIDE)

Safe Helpline - Sexual Assault Support for the DoD Community

(877) 995-5247

For more information visit: armyg1.army.mil/hr/suicide



Physical - Add superfoods to your grocery list such as broccoli, eggs, beets, blueberries, tomatoes and eat oily fish such as salmon three to four times per week to help build your nutritional resilience and keep your brain working optimally.



Emotional - Grab the challenge, not the way out of the challenge. As Winston Churchill put it, "A pessimist sees the difficulty in every opportunity; an optimist sees an opportunity in every difficulty".



Family - Family resilience can be developed when parents model healthy family behavior such as having dinner together and engaging everyone in affirming, healthy conversation.



Social - Know your personal strengths and which traits strengthen the character of those around you. Use those strengths to work well with others in a give and take manner. This can lead to good working relationships and strong friendships.



Spiritual - Take a break from your busy schedule to meditate on what is really important to you.

**CYSS OFFERS FAMILY CHILD CARE :
Call 254-287-5448**

Family Child Care Flexible hours, personal attention, low child-to-adult ratio, in a Family setting, Ages four weeks - 12 years old

Family Child Care Offers: Army certified homes on/off-post; Background clearance and caregiver training; Independent contractors - set own hours and fees; Subsidy program for fee categories I and II; Full and part day care, before and after school, hourly care, extended hours and long term care available

All Children must be registered with CYSS to use Family Child Care
To register or make an appointment, call the Central Enrollment Registry at 254-287-8029, or to stop by their office, located in Bldg. 283 on Battalion Avenue

Available to military, department of the army civilians and contractor staff children; retirees' children (on space availability basis).