
Leader's Toolbox for Guard Member and Family Care

*To Let Our Leader's
Know Who to Call*

A South Carolina National Guard Resilience
and Risk-Reduction (R3) Section Product

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FOOD BANK – BARNWELL/THRIFT SHOP

CONTACT PERSON: Cheryl Azouri Long
Amy Coto

ADDRESS: 1644 Jackson Street, Barnwell, SC 29812

LOCATION: 1644 Jackson Street, Barnwell, SC 29812

TELEPHONE NUMBERS: (803) 541-1245
(803) 541-1247 (Fax)

HOURS: 8:00 AM to 5:00 PM (Monday-Thursday)
8:00 AM to 1:00 PM (Friday)
Please Call Prior to coming Thrift Shop Hour
Change

SERVICES: Food pantry is maintained by the AXIS I Center of
Barnwell. Referrals can be from services agencies
and organizations such as churches.

POPULATION SERVED: Anyone in need (Need to call in advance if outside of Barnwell)

FOOD BANK – HARVEST HOPE/EMERGENCY FOOD PANTRIES

CONTACT PERSON: Various Personnel

ADDRESS:

1. 2220 Shop Road
Columbia, SC 29202
2. 1775 12TH Street Extension
Cayce, SC 29033

TELEPHONE NUMBERS: (803) 254-4432 ext. 1132 (803) 794-1627

HOURS: 0900-1500 Mon-Fri Closed: Sat/Sun

SERVICES:

- Harvest Hope Food bank provides for the needs of hungry people by gathering and sharing quality food with dignity, compassion and education.
- Harvest Hope Food Bank’s Emergency Food Pantries (EFP) provides hunger relief to people in need by serving them a five to six day supply of food. The Harvest Hope food package includes non-perishable and perishable items such as vegetables, fruit, bread, meats, pastries, dried goods and other donated items intended to provide the basis for balanced and nutritious meals.
- We help clients with information about accessing other necessities such as transportation, utilities and employment. We also assist clients in filling out SNAP (formally known as Food Stamps) applications by appointment only.

POPULATION SERVED: Anyone in need



Harvest Hope Food Bank Emergency Food Pantries

2220 Shop Road
Columbia, SC 29202
(803) 254-4432 ext 1132

1775 12th Street Extension
Cayce, SC 29033
(803) 794-1627



Harvest Hope Food Bank's Emergency Food Pantries (EFP) provides hunger relief to people in need by serving them a five to six day supply of food. The Harvest Hope food package includes non-perishable and perishable items such as vegetables, fruit, bread, meats, pastries, dried goods and other donated items intended to provide the basis for balanced and nutritious meals.

We help clients with information about accessing other necessities such as transportation, utilities and employment . We also assist clients in filling out SNAP (formally known as Food Stamps) applications by appointment only.

HOURS OF OPERATION	
Monday	9:00 a.m.—3:00 p.m.
Tuesday	9:00 a.m.—3:00 p.m.
Wednesday	9:00 a.m.—3:00 p.m.
Thursday*	9:00 a.m.—3:00 p.m.
Friday	9:00 a.m.—3:00 p.m.
Saturday/Sunday	CLOSED
BUSINESS HOURS	
Monday-Friday	8:30 a.m. — 4:30 p.m.

*Open late the last Thursday of each month — from 5:30 p.m. until 7:00 p.m.

** We will be closed the 1st business day of each month

TO BE SERVED, please bring:

- **Picture ID** — We need to know who you are. (Exception: if you don't have a picture ID, we will accept anything with your name such as a Medicaid card or library card.)
- **Social Security Card**—We need to know the social security numbers for each individual in your household. (Exceptions: If you don't have a card with you, you will still be served once. We don't discriminate based on immigration status so we never require cards from illegal immigrants.)

- *Harvest Hope Food Bank provides for the needs of hungry people by gathering and sharing quality food with dignity, compassion and education.*
- *This year Harvest Hope distributed approximately 22 million pounds of food through a network of over 400 member agencies throughout 20 counties in central South Carolina. These include food pantries, soup kitchens, group homes, emergency shelters and after-school programs. With the help of these agencies and broad community support, Harvest Hope served more than 1,773,987 individuals this year.*
- *We are a 501(c)(3) charitable organization. Our EIN is 57-0725560.*
- *For more information, please call us, schedule a tour, or visit our website at: **www.harvesthope.org***



HARVEST HOPE FOOD BANK PARTNER AGENCY PROGRAM

Did you know that South Carolina ranks #2 in terms of food hardship (lack of money to buy food), according to the Food Research and Action Center (FRAC).

Each week Harvest Hope Food Bank provides assistance to thousands of hungry people in our service area. We accomplish this by distributing food and related products to more than 476 non-profit member agencies in 20 counties of central South Carolina.

*Please go to our website www.harvesthope.org and click on “Need Help” and you can locate a partner agency in a county near you!



SOUTH CAROLINA FOOD BANK ASSOCIATION

Harvest Hope Food Bank is also a member of the South Carolina Food Bank Association. This group is made up of all the Food Banks that service counties in South Carolina. Please contact the Food Bank in your service area for assistance and they will be glad to connect you with one of their partners for assistance.

Harvest Hope Food Bank-Columbia
2220 Shop Road, Columbia, SC 29201
(803) 254-4432

Service area: Calhoun, Chester, Fairfield, Kershaw, Lexington, Newberry, Orangeburg, Richland, Saluda & Sumter

Harvest Hope Food Bank-Pee Dee
2513 West Lucas Street, Florence, SC 29501
(843) 661-0826

Service area: Clarendon, Chesterfield, Darlington, Dillon, Florence, Lee, Marion & Marlboro

Harvest Hope Food Bank-Greater Greenville
2818 White Horse Road, Greenville, SC 29611
(864) 281-3995

Service area: Greenville and Laurens

Low Country Food Bank
2864 Azalea Drive, Charleston, SC 29405
(843) 747-8146

Service area: Berkley, Beaufort, Charleston, Colleton, Dorchester, Georgetown, Hampton, Horry, Jasper & Williamsburg

Second Harvest of Metrolina
500-B Spratt Avenue, Charlotte, NC 28206
(704) 376-1785

Service area: Cherokee, Lancaster, Spartanburg, Union & York

Golden Harvest Food Bank
13 Enterprise Avenue, Aiken, SC 29805
(803) 648-0752

Service area: Abbeville, Aiken, Allendale, Anderson, Bamberg, Barnwell, Edgefield, Greenwood, McCormick, Oconee & Pickens

COUNTERDRUG TASK FORCE SUBSTANCE ABUSE SECTION (SA)

CONTACT PERSON: SFC Kennedy, Danielle

SGT Bray, Abbott

ADDRESS: Joint Substance Abuse Program

1225 Bluff Rd. or 1 National Guard Road

Columbia, SC 29201

LOCATION: Bluff Road Armory

TELEPHONE NUMBERS: (803) 806-1520 (803) 806-2773

HOURS: 0730-1600 Monday, Wednesday, Friday

0730-1700 Tuesday and Thursday

SERVICES: Test All Army and Air Soldiers:

We provide Unit Prevention Leader (UPL) training. The schedule is posted on the SC Web. We provide training once a quarter during drill and anytime during the week. The course certification is good for one year. We teach UPL how to conduct testing at Unit level. To include: Pre-Collection Process, Collection Process, Post Collection Process, Correction Process, and Packaging and Delivering Process.

Soldier Referrals:

If a Soldier admits to having a drug or alcohol addiction and if the unit decides to keep the Soldier, we have a list of rehab facilities that they must attend.

POPULATION SERVED: All SCARNG and SCANG and Unit Chain of Command

DEPARTMENT OF DEFENSE SAFE HELPLINE

CONTACT PERSON: Various Personnel

ADDRESS: 2000 L Street, NW
Washington, DC 20036

LOCATION: *Attn:* DoD Safe Helpline
Suite 406

CONTACT: (877) 995-5247
www.SafeHelpline.org
Text: 55-247 (inside the U.S.)
(202) 470-5546 (outside the U.S.)

HOURS: 24/7

SERVICES: Department of Defense (DoD) Safe Helpline is a groundbreaking crisis support service for members of the DoD community affected by sexual assault. Safe Helpline provides live, one-on-one advice, support, and information to the worldwide DoD community. The service is anonymous, secure, and available 24/7 — providing victims with the help they need, anytime, anywhere.

POPULATION SERVED: Department of Defense personnel

DIRECTOR OF PSYCHOLOGICAL HEALTH – ARMY

CONTACT PERSON: Mrs. Wendy Graham

ADDRESS: Army:
The Adjutant General Complex
1 National Guard Rd
Columbia, SC 29201-4766

LOCATION: Army:
The Adjutant General Building
2nd floor, Medical Section

TELEPHONE NUMBERS: Mrs. Wendy Graham (803) 429-1315

HOURS: 8:00-4:00 pm 24/7 Crisis Response to Critical Incidents

SERVICES: Conducts Resiliency Training for all phases of the ARFORGEN Cycle. Licensed mental health provider with the ARNG population. Provides Case Management and assessment for Guard Members and their Families who are experiencing life stressors or psychological health challenges. Also provides referral and follow-up services. Wellness education and leadership training can also be provided.

POPULATION SERVED: Soldiers, Families, and unit Chain of Commands in need of assistance.



DIRECTOR OF PSYCHOLOGICAL HEALTH - AIR

CONTACT PERSON: Jeffrey N. Rose Ed.S. LMFT

ADDRESS: 1325 South Carolina Road Suite # 1
McEntire Joint National Guard Base
Eastover, South Carolina 29044

LOCATION: Wing HQ Room 153

CONTACT INFO: VoIP: 803-647-8085

DSN: 583-8085

Cell: 803-608-6297

Email: Jeffrey.rose.1@ang.af.mil

SERVICES:

Provide mental health assessment referral and associated non-medical support services for pre and post deployment members and their families.

Aggregate, coordinate, and manage health counseling and resource services and other psychosocial health resources within the State.

Liaison with other Wing Psychological Health and Resiliency Programs.

Coordinate the Community Action Information Board (CAIB) and report findings, psychological health statistics and updates to the State as required.

Liaison with the leadership on all behavioral and psychological health initiatives/policies.

Oversee and coordinate mental health access through the National Guard State offices for on and off-site assessments, problem solving, educational and motivational activities, referrals, monitoring, behavioral health consultation, and follow-up psychological health services.

Be responsible for assuring the delivery of quality psychological and behavioral clinical, consultative referral services.

Be the point of contact (POC) for follow up and treatment tracking of members with traumatic brain injury (TBI) and post-traumatic stress disorder (PTSD).

Provide, conduct, and oversee case management services for members returning from deployment.

EMPLOYER SUPPORT OF THE GUARD AND RESERVE

CONTACT PERSON: Don Shumpert
Derek Shumpert
Joseph Smoak

ADDRESS: The Adjutant General Complex
1 National Guard Rd
Columbia, SC 29201-4766

LOCATION: The Adjutant General Building
1st floor, admin services

TELEPHONE NUMBERS: Don Shumpert (803) 806-1291
Derek Shumpert (803) 543-8557
Joe Smoak (803) 667-2219

HOURS: 0730-1600, Monday-Friday

SERVICES: Provide mediation between Reserve component members and their employers when required; provide USERRA briefs to deploying service members; conduct annual briefings to reserve component units; assist unit ESR with USERRA issues and training; ***refer unemployed service members to appropriate agencies***; provide USERRA training to both civilian and government agencies.

POPULATION SERVED: SCARNG, SCANG, USAR, USAFR, USNR, USMCR, CGR and the Public Health Service



Tips for National Guard and Reserve Members

Page 1

Most employment challenges can be avoided by being candid with your employer about your obligations as a member of one of the Reserve Components. Don't take your employer's support for granted.

Here are some tips on how to keep the boss on your side:

Talk to your boss. No matter what your military assignment or specialty, tell your employer about it. Many people hold down military jobs that relate directly to their civilian careers. Your boss would be pleased to know that your military training can enhance your civilian job skills.

Federal Law. Know your rights and responsibilities as outlined by the Uniformed Services Employment and Reemployment Rights Act (USERRA). Federal law guarantees the right to take time off from work to meet your military responsibilities. The more that you, your boss, and your personnel office know about USERRA, the less chance for misunderstandings. ESGR is a free resource and can help you understand your rights and responsibilities governed by USERRA, and assist your employer with USERRA compliance.

Annual Training and Drill Schedules. Don't make your boss guess about your National Guard or Reserve duties. The earlier you inform your boss about drill schedules, annual training plans, and any extra time-off requirements, the easier things will go. Remember, when possible you must give your employer advance notice of any military service, including drills. Giving employers the maximum lead-time enables them to make plans to accommodate your absence.

Non-Training Active Duty. Many Reserve Component members perform tours of active duty that are not for training. This can range from short active duty tours, support exercises, or years of active duty in the Active Guard Reserve (AGR). Under USERRA, prior notice of this type of duty must be given to your employer. Remember that most duty of this type is subject to a cumulative 5-year time limit after which you no longer have reemployment rights under USERRA with your employer.

MORE IMPORTANT TIPS FOR RC MEMBERS ON PAGE 2

ESGR, 1555 Wilson Blvd., Suite 200, Arlington, VA 22209-2405

1-800-336-4590

www.esgr.mil

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Fact Sheet Number 4



Tips for National Guard and Reserve Members

Page 2

Emergency/contingency duty. As a Reserve Component member if you are activated involuntarily for war or a national emergency your period of service will not count against the cumulative 5-year limit established under USERRA. In most cases, voluntary duty is also exempt from the 5-year limit if it is in direct support of a contingency operation.

Scheduling. If you miss work while you perform military service, your employer is not obligated to reschedule you to make up the time lost. However, if employees who miss work for non-military reasons are afforded opportunities to make up the time lost, you must be treated in the same manner. Further, you cannot be required to find a replacement worker for the shift(s) you will miss as a condition of being given the time off by your employer to perform military service.

Vacation and Accrual. Federal law allows you the option to use earned vacation while performing military service, but you cannot be required to do so. The only case where you could be required to use your vacation would be if your company has a planned shutdown period when everyone must take vacation, and your military service coincides with that period of time. Your employer is not required to provide for vacation accrual while you are absent from work performing military service, unless accrual is permitted for employees on nonmilitary leave of absence of similar length.

Pay. Although some private and many government employers provide full or partial civilian pay to employees absent on military duty, the law requires only an unpaid leave of absence be provided by the employer. Federal employees are entitled to time off at full pay for certain types of active or inactive duty in the National Guard or as a Reserve of the Armed Forces. More information is available from the Office of Personnel Management site at www.opm.gov.

Reward the Boss. Show appreciation for supportive employers by nominating your boss for a Patriot Award. It's free and an easy way to say thanks. The Department of Defense will send your boss a personally prepared certificate of appreciation if you, the National Guard or Reserve member, just apply for it. The certificate comes mounted in a handsome folder, bearing the DoD seal embossed in gold. Take time to do your best to "brag" about your boss. Visit www.esgr.mil to nominate your employer.



Employer Support of the Guard and Reserve (ESGR)

Page 1

Why is employer support important? Almost half of our military force resides in the Reserve Component which is comprised of the National Guard and Reserve. The men and women who serve in the Reserve Component are unique in that they also have civilian employers. Support of America's employers and the employees they share with the nation ensures the viability of the all-volunteer force, and thus our national security.

Employer Support of the Guard and Reserve (ESGR) is a Department of Defense agency that seeks to develop and promote a culture in which all American employers support and value the military service of their employees. It does so by *recognizing outstanding support, increasing awareness of the law, and resolving conflicts through mediation.*

Who we help: Employers and members of the National Guard and Reserve.

What we do: Staff and hundreds of volunteers within ESGR's 56 Field Committees throughout the U.S provide the following services:

Information: We inform and educate service members and their civilian employers regarding their rights and responsibilities under the Uniformed Services Employment and Reemployment Rights Act (USERRA). Statutory authority for USERRA resides with the Department of Labor, and ESGR serves as a neutral, free resource to employers and service members. Many of ESGR's resources are available at www.esgr.mil.

Employers:

Regulations: Find copies of the USERRA Statute, law reviews, the Federal Code of Regulations for USERRA Implementation, and even a non technical guide to understanding the law.

Posters: Employers are required to provide a notice of rights to persons entitled to the rights and benefits under USERRA. To meet this requirement, you can download free USERRA Notices for both federal and non-federal workplaces to display.

Training: Free online training helps you better understand USERRA.

Briefs: An ESGR volunteer can visit your workplace and provide USERRA briefings.

MORE IMPORTANT INFORMATION ABOUT ESGR ON PAGE 2



Employer Support of the Guard and Reserve (ESGR)

Page 2

Service members:

Resources: ESGR provides military leave absence forms, sample letters, service policies, and tips to help you avoid employment challenges.

Understanding of the law: Confused? We can help! ESGR provides wallet cards and other resources to help you understand your rights and responsibilities under USERRA. ESGR volunteers attend mobilization/demobilization briefings to answer questions. Call ESGR toll-free at 1-800-336-4590 or contact your local National Guard or Reserve unit for more information.

Recognition: We applaud employers who practice personnel policies that support employee participation in the National Guard and Reserve.

Employers:

Join thousands of American employers who visibly confirm their support for their National Guard and Reserve employees by signing a Statement of Support. Visit www.esgr.mil to request your Statement of Support.

Service members:

Show appreciation for supportive employers by nominating your boss for a Patriot Award. It's free and an easy way to say thanks. Visit www.esgr.mil to nominate your employer.

Mediation: Trained ombudsmen provide information, consultation and mediation concerning USERRA compliance.

We have hundreds of trained volunteer ombudsmen throughout the country ready to provide free mediation. Our success rate is high and we usually resolve conflicts since most cases are due to a misunderstanding, rather than a violation of the law.

Our national customer service center is operational from 8 am to 8 pm Eastern Standard Time, Monday through Friday, to provide answers to USERRA questions or refer cases to a trained ombudsman. Call our customer service center toll-free at 1-800-336-4590. Questions may also be sent via email to USERRA@osd.mil.

ESGR, 1555 Wilson Blvd., Suite 200, Arlington, VA 22209-2405

1-800-336-4590

www.esgr.mil

13_08 / B123-08

Fact Sheet Number 1

EMPLOYMENT SERVICES

CONTACT PERSON: Mr. John Govan

ADDRESS: 700 Taylor Street
Columbia, South Carolina 29201

LOCATION: SC Department of Employment and Work Force
One Stop Center

TELEPHONE NUMBERS: Cell: (803) 239-8706 Office: (803) 737-4450
Email: jgovan@dew.sc.gov

HOURS: 9:00 a.m. until 5:00 p.m. (Appointments accepted after 5:00 p.m.)

WORKFORCE CENTER HOURS: 8:30 a.m. until 8:00 p.m.

SERVICES:

1. Unemployment Insurance Claims Filing/Jobs Registration
2. Employment Readiness Training/ Occupational Credentialing (Workforce Investment Act)
3. Employment/Under-employment Assistance
4. Veterans Transition Officers/South Carolina Department of Employment and Workforce
5. Assistance in Resume Writing, Job Searching and Labor Market Information
6. On-site Professional Workshop (Free to the general public)

USEFUL LINKS: www.midlandsonestop.org; www.sconestop.org;
www.midlandsworkforce.org

POPULATION SERVED: Soldiers, Families, and unit Chain of Commands in need of assistance.

FAMILY ASSISTANCE CENTER COORDINATOR AND SPECIALISTS

LEAD CONTACT PERSON: Ms. Sherry Marsh (State Family Assistance Coordinator)

ADDRESS: 1225 Bluff Rd
Columbia, SC 29201

Location/Site Contact Person/Telephone Numbers:

FAMILY ASSISTANCE CENTER SPECIALISTS

COLUMBIA

Mr. Elliott Powell Cell: (803) 275-7222
Gov. Cell: (803) 521-1037

ROCK HILL

Mrs. Rose Lemmons-Berry Office: (803) 372-7917
Cell: (803) 606-8295

UNION

Mr. Steve Sinclair Office: (803) 806-2170
Cell: (803) 606-7329

GREENVILLE/GREENWOOD

Mr. TC Speaks Office: (803) 806-2615
Cell: (864) 387-9245

CLINTON

Mrs. Nora Messick Office: (864) 833-1091
Cell: (864) 387-9247

NORTH CHARLESTON

Mr. Tommy Myers Office: (803) 609-6580

MULLINS

Mr. Jimmy Smithey Cell: (803) 667-1012

SUMTER/COLUMBIA

Mrs. Nancy Jordan Cell: (803) 720-4144

CAMDEN

Mrs. Debbie Wyckoff Office: (803) 806-1325
Cell: (803) 429-4382

GRANITEVILLE

Ms. Yvette Woodall Office: (803) 806-1973
Cell: (706) 373-2017
Ms. Marsh Office: (803) 806-1641
Cell: (803) 667-2059

HOURS: On call 24/7

SERVICES:

COORDINATOR - Overall management for the Family Assistance Centers. Assists with schedules for all events, to include Yellow Ribbon. Coordinates all Strong Bond events. Advises and councils on all matters relating to Family Programs. Coordinates Youth Camp Activities. Monitors all Family Programs/Yellow Ribbon and Youth Camp accounts. Coordinates all relative activities between, FACs, FRAs, FRSA's and Yellow Ribbon Team.

SPECIALISTS - Located in Armories throughout the state, manned by contractors, available to assist Families and service members, in all areas. Priority given to deployed Families and Soldiers. Available to assist any branch of service.

POPULATION SERVED: Military Families, Soldiers, and unit Chain of Command.

FAMILY PROGRAMS OFFICE - ARMY

CONTACT PERSON: Mrs. Debra McNamee (State Family Program Director)

ADDRESS: 1225 Bluff Rd
Columbia, SC 29201

LOCATION: Bluff Rd. National Guard Armory

TELEPHONE NUMBERS: Mrs. McNamee (803) 806-1750 / (803) 667-1432

HOURS: 0800-1700, Monday-Friday

SERVICES: Mrs. McNamee serves as the Joint Force Headquarters (State) staff advisor on Family readiness, quality of life and other Family Program matters, which includes identifying and recommending priorities. Manages and implements the Family readiness and Family assistance system to ensure that Family Programs elements and support services are provided to military and Family members. Manages and implements Family readiness training and information, referral, and follow-up service for all phases of mobilization and deployment mission in response to Family needs. Maximizes utilization of the local community, state, regional, national resources, and networks to provide a safety net for Families. Serves as the subject matter expert and advisor to the Family Assistance Center operation during periods of activation and deployment.

POPULATION SERVED: Service Members, Families, and unit Chain of Commands in need of assistance.

FAMILY PROGRAMS OFFICE - AIR

CONTACT PERSON: Mrs. Terry DeLille (Airmen & Family Readiness Program Manager)

ADDRESS: 1325 South Carolina Road Stop 31
McEntire Joint National Guard Base
Eastover, SC 29044

LOCATION: Headquarters Building, Room 117

TELEPHONE NUMBERS: Mrs. DeLille 803-647-8089 / 803-201-6012

HOURS: 0800-1630, Mon-Fri

SERVICES: Serves through information/referral to ensure properly resourced baseline funding for ANG Family Programs to improve information and referral capabilities. Provides Deployment Cycle Support in all phases of the deployment cycle and ensures reintegration initiatives of the Airmen. Family Programs align, augment, and enhance existing reintegration instructions and policies while providing sustainment support services for Wings, GSUs, and all branches of service through personnel, Family, Unit, and Community Readiness. Identifies resources, opportunities of awareness, and application of Life Skills Education, Consultation, and Transition Guidance. Interfaces within each wing/state Service Delivery Models; such as Inter Service Family Assistance Council, Community Action Information Board or like entities, parent MAJCOM, sister service Family Programs offices and State Joint Forces Headquarters. Provides volunteer communication as well as direction and guidance to develop a clear and shared vision for volunteers while developing a strategic roadmap which involves funding, execution, and program development. Maximizes utilization of the local community, state, regional, national resources, and networks to provide a safety net for families.

POPULATION SERVED: Airmen, Soldiers, Families, Wing and Unit Leadership in need of assistance.

FAMILY SERVICES – MILITARY FAMILY AND LIFE CONSULTANTS (TO INCLUDE CHILDREN)

CONTACT PERSON: Mrs. Kelly Earley [LISW – CP]
Mrs. Lisa Mustard [Ed.S, LMFT]

ADDRESS: Work from home

TELEPHONE NUMBERS: Mrs. Earley (803) 834-0013
Mrs. Mustard (803) 521-2206

HOURS: 24/7

SERVICES: The Military and Family Life Consultant is a licensed mental health professional who provides non-medical, short-term, solution-focused counseling services to military individuals, couples, Families, and groups. Facilitates educational groups addressing life skills and military lifestyle topics, including but not limited to: deployment and reunification, communication, stress management, couple related issues, grief/loss, and parenting. Acts as a liaison in local community to expand partnerships to bridge the gap between need and current program delivery for military guard and reserve components, in efforts to connect military Families with each other and with appropriate resources. The Child and Youth Military Life Consultant is a licensed mental health professional who provides non-medical, short-term, solution-focused counseling and training to military Families, children and youth (ages 0-18), in individual, group and family settings. Facilitates educational groups in addition to raising Family and community awareness about the effects of deployment and reunification on children and youth, to include educating and training parents, teachers, school counselors, and other professionals. Explores new partnerships, expands weekend and short-term programs and services, and partners with appropriate programs/resources for children and youth.

POPULATION SERVED: Military Families, children and youth ages 0-18.



KEY FACTS ABOUT THE MFLC PROGRAM

- » Provides short term, situational, problem-solving counseling services to Service Members and their families
- » Provides psycho-education to help military Service Members and their families understand the impact of stress, deployments, family reunions following deployments and the stresses of military life
- » MFLC services augment existing military support services
- » Flexible service delivery
 - Outreach/Rotational
 - On-Demand
- » Services can be provided on or off military installations
- » Services provided to individuals, couples, families, and groups
- » Children's Support Program addresses military impact on children
- » MFLCs are mandated reporters of child abuse, domestic abuse and duty-to-warn situations
- » Services are otherwise confidential and private

NON-MEDICAL COUNSELING SERVICES

- ### LIFE SKILLS
- » Anger Management
 - » Communication
 - » Relationship Issues
 - » Productivity at Work
- ### MILITARY LIFESTYLE
- » Deployment Stress
 - » Coping Skills
 - » Relocation Adjustment
 - » Loss & Grief
 - » Homesickness
 - » Separation
 - » Building Resiliency
 - » Reintegration: Warrior to Citizen

ABOUT MILITARY & FAMILY LIFE CONSULTANTS

- » Masters or Ph.D. level Licensed Clinical Counselors
- » Work with families, individuals, couples and children to provide non-medical problem identification and counseling services
- » Address relationships, stress management, grief after loss, occupational and other individual and family issues, providing crisis intervention when needed
- » Work with existing Military Family Support programs to complement services provided

MFLC is intended to serve all Services and Guard/Reserve components.



GUARD/RESERVE COMPONENT SERVICES

To maximize the support available to Guard and Reserve Service Members while preparing for the issues surrounding pre-deployment, mobilization and post-deployment, the MFLC Program:

- » Provides psycho-educational presentations, briefings and counseling support for drill weekends & family events for the National Guard & Reserve Component on a variety of topics, including:
 - Deployment
 - Reunion and Reintegration
 - Communication
 - Grief and Loss
- » Provides services including:
 - Reintegration Briefings
 - Educational & Consultant Services to Families
 - Mobilization Briefings
 - Reunion & Reintegration Briefings
 - Pre-Deployment Events for Service Members
 - Deployment Presentations for Younger Audiences
 - Marriage Enrichment
 - Stress Reactions & Coping Mechanisms



The ongoing war on terror and the subsequent increase of deployments have heightened the stress placed on military families. They struggle with issues such as single parenting resulting from deployment, childcare, financial stability, fluctuating family income and frequent relocations. In response, the Department of Defense (DoD) established the Military & Family Life Consultant, or MFLC, Program to provide non-medical, short term, situational, problem solving counseling services.

The MFLC Program addresses issues that occur across the military lifestyle and helps Service Members and their families cope with normal reactions to the stress resulting from deployments, war, and reintegration.

A growing number of military personnel and their families are reporting emotional problems resulting from deployment stress.

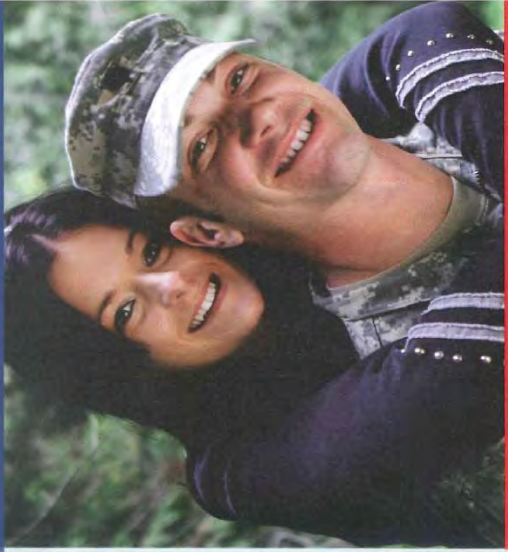


I have seen a vast improvement in my children's emotional wellbeing. I attribute this change to [MFLC counselor] and her support group.

It has been the key factor in getting my children through this terribly sad and emotional time in their lives.

Neither I nor my husband could even begin to thank her enough for what she has done for [my children]. My husband is due home in about two weeks, and we all are thankful for that day to come. When he does return, he will come to group to personally thank [MFLC] along with pictures of happy children welcoming home their Daddy, a United States Marine.

With utmost respect, a Military Spouse



Available to all military branches

MILITARY & FAMILY LIFE CONSULTANT PROGRAM

*Supporting Service Members
& Their Families*



HIDDEN WOUNDS

ADDRESS: 4840 Forest Drive
Columbia, SC 29206

LOCATION: Suite 6B, #317

TELEPHONE NUMBERS: 1-888-4HW-HERO
(803) 403-8460
www.hiddenwounds.org

HOURS: 24/7

SERVICES: The mission of Hidden Wounds, a non-profit organization, is to provide peace of mind and comfort for military personnel suffering from combat stress injuries such as PTSD, TBI, and other psychological post war challenges until such time as the Veteran's Administration or the Veteran's Affairs agencies are prepared to deliver long-term services to our clients through government programs. Hidden Wounds seeks to save lives through fundraising efforts and awareness campaigns that allow Hidden Wounds to provide counseling. Hidden Wounds acts as a liaison between counselors, veterans, and Families, and to provide publicity to dispel fear, lower the stigma, and grant the will to overcome emotional and psychological challenges to our military heroes.

POPULATION SERVED: Military personnel in need

ORGANIZATIONAL GOALS AND OBJECTIVES

The singular goal of Hidden Wounds, is to stem the rising rate of suicide associated with soldiers diagnosed with PTSD and other related mental ailments.

This goal will be achieved by accomplishing the following objectives:

- Develop a network of trained counselors, psychologists, and psychiatrists to act as interim/emergency service providers in response to the VA's overload or unavailability.
- To provide family members of soldiers an awareness of our services through a concerted effort of VA and Vet Center sponsored meetings and materials.
- To increase public awareness through various fundraising activities, public appearances, events, and advertising to collect the funds necessary to carry out the overall mission.
- To obtain past and current statistical data for military and veteran related suicides for the area(s) in which we operate as a baseline measure of our effectiveness in the coming years.

**HELPING HEROES BATTLE
THE INVISIBLE WAR AT HOME.**



DONATE

Help veterans battle the invisible wounds from psychological post-war challenges.

Please mail your tax deductible donation to:

HIDDEN WOUNDS

4840 Forest Drive

Ste 6B, #317

Columbia, SC 29206

INFO@HiddenWounds.ORG

1.888.4HW.HERO

803.403.8460 phone

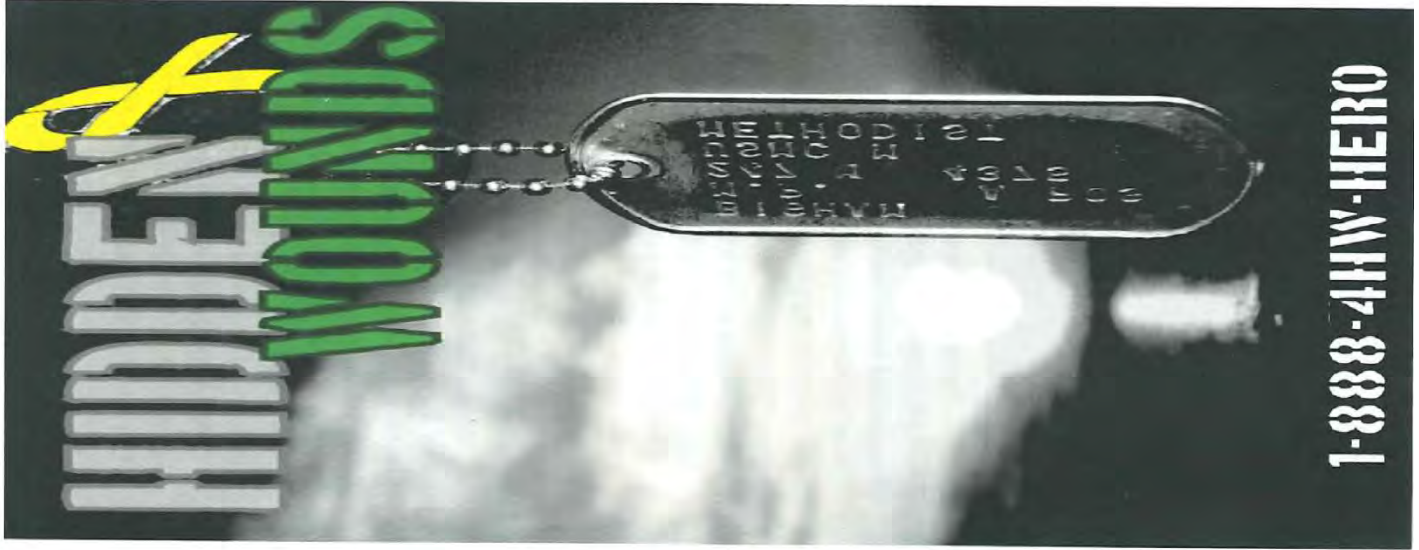
866.764.4030 fax

[Facebook.com/HiddenWounds](https://www.facebook.com/HiddenWounds)

[Twitter.com/HiddenWounds](https://twitter.com/HiddenWounds)

WWW.HIDDENWOUNDS.ORG

A Non-Profit Organization



MISSION STATEMENT

The mission of Hidden Wounds, a non-profit organization, is to provide peace of mind and comfort for military personnel suffering from combat stress injuries such as PTSD, TBI, and other psychological post war challenges until such time as the Veteran's Administration or the Veteran's Affairs agencies are prepared to deliver long-term services to our clients through government programs. Hidden Wounds seeks to save lives through fundraising efforts and awareness campaigns that allow Hidden Wounds to provide counseling. Hidden Wounds acts as a liaison between counselors, veterans, and families, and to provide publicity to dispel fear, lower the stigma, and grant the will to overcome emotional and psychological challenges to our military heroes.



TARGET MARKET

The target market for our services is veterans from all branches of the military referred to us by the VA, Vet Centers, or other public or private agencies, who have been diagnosed with PTSD or other psychological challenges that contribute to suicidal tendencies.

Additionally, we attempt to reach out to potential clients and their families through advertising, co-sponsored meetings, fundraisers, and community events.



Founded in loving memory of
Iraq War Veteran, Marine,
Lance Corporal Mills Palmer Bigham

**"I feel like everyone can see what I've done. I CAN'T LIVE THIS WAY."
-MPB**

WHAT IS PTSD?

Post Traumatic Stress Disorder (PTSD) is an anxiety disorder that can occur after you have been through a traumatic event. A traumatic event is something horrible and scary that you see or that happens to you. During this type of event, you think that your life or others' lives are in danger. You may feel afraid or feel that you have no control over what is happening.

Symptoms:

- Reliving the event
- Avoidance
- Numbing
- Hyper-arousal or feeling keyed up.

People with PTSD may also have other problems. These include: Drinking or drug problems, hopelessness, shame, or despair, employment problems, relationship problems, or physical symptoms.

TREATMENT CAN HELP YOU GET BETTER!

Suicide Hotline
1-800-273-TALK (8255)
Press 1 Veterans

WWW.HIDDENWOUNDS.ORG

MILITARY FUNERAL HONORS

CONTACT PERSON: Mr. Berry Gambrell (Military Funeral Honors State Coordinator)
1SG Peter House

ADDRESS: The Adjutant General Complex
1 National Guard Rd
Columbia, SC 29201-4766

LOCATION: The Adjutant General Building
1st Floor, Administrative Services

TELEPHONE NUMBERS: Mr. Gambrell (803) 806-4311 (803) 667-2349
1SG Peter House (803) 429-6952

HOURS: 0730-1700, Monday-Friday

SERVICES: Provides Military Funeral Honors for Army, Air Force, Navy, Coast Guard and Marines.

POPULATION SERVED: All active duty and reserve component Service Members currently serving and all eligible Veterans.

MILITARY ONE SOURCE

CONTACT PERSON: Mrs. LaTarsa Williams [MSW]

TELEPHONE NUMBERS: Mrs. Williams (803) 873-8333
Toll Free 1-800-342-9647
En espanol llame al 1-877-888-0727
TTY/TDD 1-866-607-6794

HOURS: Mrs. Williams 0730-1600, Monday-Friday
Military One Source 24/7

SERVICES: Mrs. Williams is an expert on the resources available in the communities where service members and their Families reside, including information on benefits, etc. Consultants will travel throughout the state as appropriate to meet with Families and unit Family support staff to assess needs, from relationships with community resources, and provide or refer to services.

Military One Source provides education, relocation, parenting, stress - you name it - Military OneSource is here to help you with just about any need. Available by phone or online (www.militaryonesource.com), our free service is provided by the Department of Defense for active-duty, Guard, and Reserve service members and their Families. The service is completely private and confidential, with few exceptions.

POPULATION SERVED: Service Members, Families, and unit Chain of Commands in need of assistance.



What can Military OneSource do for you?

Real help, Anytime, Anywhere 24 Hours a Day, 7 Days a Week

Services are private and provided by the Department of Defense at no cost to you.

CONSULTATION, RESEARCH and REFERRALS: Relocating to a new community, looking for quality child care, spouse employment, help with home repairs, or have a special needs issue? Perhaps you need to talk about family issues, sharpen your communication skills, or manage stress. Call or e-mail a Master's-level consultant today! No question too small. No issue too big.

INTERPRETATION AND TRANSLATION: In more than 140 languages. Written documents can be translated and interpretation services are provided.

COUNSELING: You have access to 12 in-person non-medical counseling sessions right in your own community at no cost to you. The 12-session limit applies to Face-to-Face counseling through our Affiliate Providers, Short-Term Solution-Focused Telephonic Consultations, and Online Consultations. Licensed counselors can help with issues such as:

- Coping with deployment and return
- Parenting and family matters
- Adjusting to your new location
- Grief and loss
- Marital and couples concerns
- Combat stress and more...

You will get a privacy statement explaining the limits on confidentiality when you call the service and see a counselor. Counseling is only available in the United States.

EDUCATIONAL MATERIALS: Whether you're a new parent, dealing with relationship issues, or buying your first car, Military OneSource has booklets, CDs and audiotapes to help. Order your free copies online or by phone.

INTERACTIVE WEB SITE: You'll find locators for education, child care, and elder care; useful newsletters; informative articles; referrals to military and community resources; financial calculators; Webinars; relocation tools; audio podcasts; access to consultants; and much more!

Military OneSource is available for all active-duty, Guard and Reserve (regardless of activation status), and their families.

www.militaryonesource.com

Stateside: 1-800-342-9647

En español llame al 1-877-888-0727

TTY/TDD accessible 1-866-607-6794

Overseas: access code,*800-3429-6477

*Use access code before dialing the toll free number.

Access codes can be found online.



Military OneSource Support Anytime

No Question Too Small.
No Issue Too Big.

Private
Counseling
Referrals

Call Today

1-800-342-9647

No cost to active duty,
Guard and Reserve
and their families.



Military OneSource

No question too small.
No issue too big.

1-800-342-9647

Be at your best every day!

Take advantage of these no cost services:

- ★ Referrals to private, local counseling
- ★ Telephonic problem solving
- ★ Language translation
- ★ Self assessments
- ★ On-line financial calculators
- ★ Order self-help booklets and CDs
- ★ Referrals to community services
- ★ Referrals to installation programs

You name it.

We can help - 24/7!



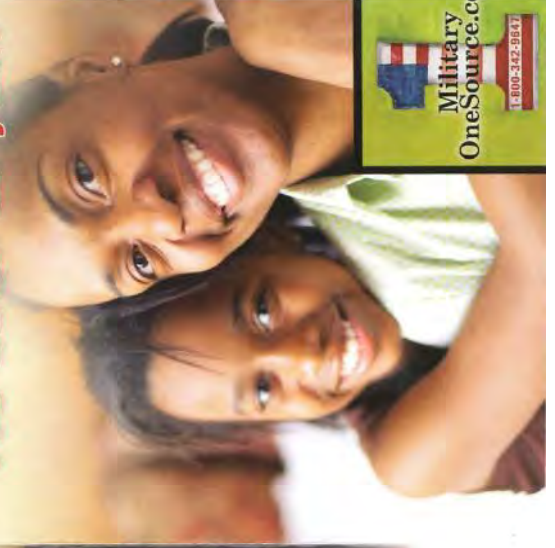
www.MilitaryOneSource.com

Military OneSource Counseling

**NEED TO TALK?
1-800-342-9647**

Military OneSource:
*Your trusted source for
referral to a private
local counselor.*

No cost to you!



Need to Talk?

1-800-342-9647

Counselors can help you with:

- ★ Problem solving
- ★ Coping with stress
- ★ Financial management
- ★ Family issues
- ★ Marital communications
- ★ Dealing with family separations
- ★ Parent child communications
- ★ Combat stress
- ★ Deployment and reunion
- ★ Crisis situations
- ★ Grief and loss

Counseling available for:

- ★ Individuals
- ★ Couples
- ★ Families
- ★ Children

No cost to you.

Military OneSource Counselors

Our counselors are located in your local community. They are:

- ★ Professional
- ★ Licensed
- ★ Knowledgeable of military life
- ★ Private
- ★ Pre-paid; no cost to you

Call Today

1-800-342-9647

Overseas:

***800-3429-6477**

(*Country access codes can be found online)

"The counselor really helped me deal with the stress of being a temporary single parent."

Army Spouse, Fort Bragg, NC

"She really helped me figure out how to plan and stick to a budget while my husband was deployed."

USMC spouse, Quantico, VA

"We didn't know how hard coming home would be. It was very helpful for my wife and 16 year old son to talk with a counselor."

Air Force Reservist, TX



www.MilitaryOneSource.com

Anytime, Anywhere

Military OneSource information and referral services are available to you at no cost 24/7:

- ★ Private, Local Counseling Referrals
- ★ Telephonic Problem Solving
- ★ Help with Money Matters
- ★ Locate Child Care
- ★ Smooth Move to Your Next Duty Station
- ★ Deployment and Reunion Support
- ★ Local Schools Information

Talk to a consultant —

from anywhere in the world toll free:

Visit our website for overseas, Spanish and hearing impaired toll free telephone numbers.

Call Today

1-800-342-9647

Or online:

www.MilitaryOneSource.com



OPERATION: MILITARY KIDS

CONTACT PERSON: Christina DeVoe (OMK Coordinator)
Sharon Lone (OMK Program Assistant)
Barbara Brown (State Military Liaison & OMK Director)

TELEPHONE NUMBERS: Ms. DeVoe (843) 833-1354
Ms. Lone (864) 993-1711
Ms. Brown (803) 968-0388

HOURS: 0900-1700, Monday-Friday closed on federal holidays

SERVICES: South Carolina's Operation: Military Kids program supports Families and youth of military personnel, emphasizing reaching out to Families of deployed Army National Guard and Army Reserve soldiers. SC OMK is providing positive youth development programming for the youth and helping mobilize communities to support Families of deployed military members. We are reaching the kids through Speak Out for Military Kids, Hero Packs and the Mobile Technology Lab. We have built a strong coalition with various agencies and volunteer groups across the state. The coalition consists of 4-H (both state and local), Boys and Girls Clubs, Army, Air Force and Navy Reserves, American Legion, schools, military installations, and more.

POPULATION SERVED: The children of National Guard and Military Reserve personnel.

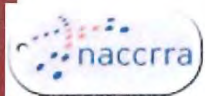
Operation: Military Kids

Military families in our own backyard.

Operation Military Kids (OMK) is a collaborative effort of 4-H, Army CYS, National Association of Child Care Resource and Referral Agencies (NACCRRA), Boys and Girls Clubs, American Legion, Military Child Education Coalition & others.

Operation Military Kids:

- Builds community capacity to support geographically dispersed military families and children.
- Creates community support networks for military youth “in our own backyard” when military parents are deployed.
- Promotes awareness of the public on the impact of the deployment cycle on military, families, kids and the community as a whole.
- Supports military kids coping with the stress of knowing their deployed parents may be in harms way.
- Collaborates with schools to ensure that staff is attuned to the unique needs of military students.
- Delivers educational, recreational and social programs for military youth living in civilian communities.
- Becomes a part of the ongoing deployment support services for military children and youth.



Clemson University Cooperative Extension Service offers its programs to people of all ages, regardless of race, color, gender, religion, national origin, disability, political beliefs, sexual orientation, marital or family status and is an equal opportunity employer.

* OMK Coordinator

Christina DeVoe
813.833.1351
devoe@clemson.edu

* OMK Program Assistant

Sharon Lone
864.993.1711
sharonl@clemson.edu

For more information about SC OMK

or how to become involved, please
visit our website,

<http://www.secyd4h.org/omk>
<http://www.operationmilitarykids.org>

←Or Contact→

State Military Liaison & OMK Director

Barbara Brown
803.968.0388
babrwn@clemson.edu

OUR MILITARY KIDS

CONTACT PERSON:	Various Personnel
ADDRESS:	6861 Elm Street, Suite 2A McLean, VA 22101
TELEPHONE NUMBERS:	(703) 734-6654 toll free (866) 691-6654
HOURS:	0900-1700, Monday-Friday closed on federal holidays
SERVICES:	Our Military Kids provides substantial support in the form of grants to the children of National Guard and Military Reserve personnel who are currently deployed overseas, as well as the children of Wounded Warriors in all branches. The grants pay for participation in extracurricular activities and tutoring programs that nurture and sustain children while a parent is away in service to our country or recovering from injury.
POPULATION SERVED:	The children of National Guard and Military Reserve personnel who are currently deployed overseas, as well as the children of Wounded Warriors in all branches

OUR MISSION

When a military officer was asked what he needed in Iraq, he said, "Please don't send cookies, care packages or socks. Just help take care of our children." Our Military Kids is heeding his plea.

Our Military Kids provides tangible support to the children of deployed and severely injured National Guard and Military Reserve personnel through grants for enrichment activities and tutoring that nurture and sustain the children during the time a parent is away in service to our country. Our Military Kids grants are made to honor the sacrifices military parents make and to ensure that their children have access to activities and support that help the children better cope with challenges arising during a parent's deployment or recovery from severe injury.



OUR STORY

Comfort. Stability. Routine. Fun! All children need these ingredients to thrive but especially those who have a parent deployed in military service to our



country. Our Military Kids was founded in 2004 to recognize and support National Guard and Reserve families with a grant program for children's activities and tutoring. Along with the sacrifice of having a parent away in service for months at a time,

many of these families are so stretched financially that they cannot afford the fees for sports, fine arts and academic help so crucial to their children's sense of well-being.

Our Military Kids grants, averaging \$400, with a \$500 limit per child, reach children with immediate and direct assistance, paying for activities that renew their minds and spirits and relieve them of the stress, anxiety and worry they can experience when a military parent is on a tour of duty away from home or is recovering from injury.



Thanks to the generosity of foundations, corporations and hundreds of individuals, Our Military Kids has been able to fund a grant request for every eligible child.

OUR KIDS

There are thousands of children between the ages of three and eighteen years with a Reserve or National Guard parent in active service. These families are making enormous sacrifices for our country and Our Military Kids is dedicated to minimizing the sacrifices their children must make at home.



This is where Our Military Kids grants come in, helping children like seven year old Maa, who missed her father terribly while he was serving overseas. Children with a parent deployed to a war zone worry constantly about their parent's safety. Such anxiety can make it difficult to focus on school work. Our Military Kids provided Maa with a grant for a summer enrichment program which helped keep her on track academically for the upcoming school year.

Sandra felt much-needed recognition from Our Military Kids when she received a grant to take dance. Her mother, who was severely injured while serving in Iraq, wrote, "By helping my daughter to continue with her dance classes Our Military Kids helped her to grow personally and to continue on the road of building a great sense of confidence and self-esteem. You not only helped her but you also helped me in so many ways as I continue the recovery process."



HOW IT WORKS

- ★ Eligible families, with children who are three years old through high school age, complete a simple one page application available for download at www.ourmilitarykids.org.
- ★ Send the application, along with the following, to Our Military Kids: a copy of the deployment orders; a copy of the child's military ID card OR Form 1172, Application for Uniformed Services Identification (DEERS Form) OR a copy of the child's birth certificate (if the parent who is deployed is listed as the mother or father on the birth certificate); and a flyer or other information that lists the activity and the fee for the activity.
- ★ Grant will cover up to 6 months instruction, lessons or tutoring for one future or ongoing activity/program with a maximum grant award of \$500.00 per child. A child may receive a second award if it has been at least 6 months since the last grant award and the parent is deployed for at least 365 days.
- ★ Our Military Kids evaluates each request and, provided all requirements are met, provides a grant award paid directly to the service provider.
- ★ Our Military Kids recognizes the child's service to our country by sending a certificate of appreciation and a patch of recognition to each child with their grant award notification.

For further information, contact:

Our Military Kids
6861 Elm Street, Suite 2A
McLean, VA 22101

www.ourmilitarykids.org
703-734-6654 ★ 703-734-6503 (fax) ★ 1-866-691-6654
omkinquiry@ourmilitarykids.org



WHAT ARE OUR MILITARY KIDS DOING???

Having fun and working hard at: Acting • painting and drawing • ballet • band • choir • dance • playing drums • French horn • piano • guitar • trumpet • violin • voice lessons • modeling and participating in a Teen Pageant • enjoying the outdoors through enrichment camps and scouting camps • playing baseball • basketball • football • t-ball • softball • soccer • volleyball • running cross country • excelling in fencing • figure skating • bowling • boxing • golf • gymnastics • ice hockey • horseback riding • lacrosse • martial arts • motocross • pole vaulting • scuba diving • skiing • tennis • wrestling • yoga • education and enrichment camps • driver training programs • reading • science and space camps • academics with special tutors

—AND JUST BEING KIDS!



Our Military Kids
6861 Elm Street, Suite 2A
McLean, VA 22101

703.734.6654

www.ourmilitarykids.org



SUPPORTING NATIONAL GUARD
AND MILITARY RESERVE FAMILIES

One Child at a Time

CFC#12357

PALMETTO EMPLOYEE ASSISTANCE PROGRAM (PALMETTO EAP)

CONTACT PERSON: Mrs. Debbie Graham, CEO Consultant

ADDRESS: 116 Main St.
Chester, SC 29706

LOCATION: Palmetto EAP

TELEPHONE NUMBERS: Mrs. Graham (803) 374-0277

HOURS: 0830-1700, Monday-Friday

SERVICES:

- “TAP” – Technician Assistance Program
- Six counseling sessions per contract period (Sept. 20, 20__ - Sept. 19, 20__)
- Counseling sessions under EAP – free no out-of-pocket cost
- May continue counseling beyond EAP covered sessions under insurance and self pay.
- Statewide treatment provider network
- Assessment and Referral

POPULATION SERVED: SC National Guard Technicians and their Dependents

REAL WARRIORS – REAL BATTLES – REAL STRENGTH

CONTACT: Outreach Center (866) 966-1020
Email: resources@dcoeoutreach.org
Forums: www.realwarriors.net/forum
Chat: www.realwarriors.net/livechat

HOURS: 24/7

SERVICES: The Real Warriors Campaign is an initiative launched by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) to promote the processes of building resilience, facilitating recovery and supporting reintegration of returning service members, veterans and their families.

The Real Warriors Campaign promotes help-seeking behavior among service members and veterans with invisible wounds and encourages service members to increase their awareness and use of these resources. To reach the broadest audience possible, the campaign features a variety of strategies including outreach and partnerships, print materials, media outreach, an interactive Web site and social media. The campaign features stories of real service members who have sought treatment and are continuing to maintain successful military or civilian careers. In addition, DCoE established the DCoE Outreach Center, a 24/7 call center staffed by health resource consultants to provide confidential answers, tools, tips and resources about psychological health and traumatic brain injury.

POPULATION SERVED: All military components and their Families.

7 TOOLS

THAT REINFORCE PSYCHOLOGICAL STRENGTH

Free, confidential resources for members of the National Guard and Reserve

REAL WARRIORS * REAL BATTLES REAL STRENGTH

"From the beginning of this conflict, we have asked a tremendous amount of our citizen soldiers. They have done everything asked of them and more."

— Secretary of Defense Robert M. Gates

The Real Warriors Campaign is designed to combat the very real stigma about seeking mental health care by providing free and confidential resources for accessing support and treatment. It is important to note that treatment works and that the earlier you access treatment the better.

1 CALL THE DCOE OUTREACH CENTER

866-966-1020

REACHING OUT FOR HELP is a sign of strength. Members of the National Guard and Reserve who aren't located at or near a military installation can always call one of the trained health resource consultants at the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE). They are available 24/7 to talk, listen and provide confidential guidance about resources for getting help.



2 LOG ON TO REAL WARRIORS LIVE CHAT

www.realwarriors.net/livechat



REGARDLESS OF YOUR CURRENT STATUS or component, you can connect instantly with the DCoE Outreach Center by logging on to www.realwarriors.net/livechat. Trained health resource consultants are available around the clock to provide free, confidential guidance about recovery resources for activated warriors, as well as those who are currently in a civilian environment.

3 WATCH WARRIORS SHARE THEIR STORIES

www.realwarriors.net/multimedia

WATCH EMPOWERING VIDEOS of service members who had the courage to seek care for their traumatic brain injury or psychological concerns, and are maintaining careers in both military and civilian life. Remember to check www.realwarriors.net/multimedia frequently for new videos of warriors who have sought and received care.



4 SHARE YOUR STORY ON OUR MESSAGE BOARDS

www.realwarriors.net/forum



EXPERIENCING PROBLEMS related to combat stress or traumatic brain injury is common. Interacting with others who have shared similar experiences can be a helpful part of the recovery process. No matter where you are, you can always visit the dedicated National Guard and Reserve section of the message boards to share your story and exchange tips with others.

5 EDUCATE YOURSELF

www.realwarriors.net/guardreserve

THE REAL WARRIORS CAMPAIGN website features articles written just for Guardsmen and Reservists about important resources that can help you address the unique challenges of being a citizen soldier. Topics covered include: taking advantage of the Post-9/11 GI Bill, reintegrating into civilian employment and planning for financial readiness.

"It's time we made everyone in uniform aware that the act of reaching out for help is, in fact, one of the most courageous acts and one of the first big steps to reclaiming your career, your life and your future."

—Adm. Mike Mullen,
Chairman of the Joint Chiefs of Staff

6 GET SUPPORT DURING TRANSITIONS

www.health.mil/intransition



ARE YOU LOOKING at an upcoming change in status, new orders, relocation or return to civilian life? If the answer is yes, and you are currently receiving mental health care, transferring to a new provider can be easier than you think. The InTransition Mental Health Coaching and Support Program will assign you a personal coach who will provide one-on-one support, connect you with your new provider and empower you with tools to continue making healthy life choices.

7 ATTEND YELLOW RIBBON PROGRAM EVENTS

www.yellowribbon.mil

MAKING THE CHANGE from civilian to warfighter and back is both exciting and challenging. The Yellow Ribbon Program helps National Guard and Reserve members and their families before, during and after deployments. The Yellow Ribbon Program offers access to resources, benefits information and referrals for health, well-being, financial management and employment issues through one- and two-day events. National Guard and Reserve members and their families can find out more about Yellow Ribbon Program events by contacting their chain of command or by visiting www.yellowribbon.mil/events.html.



REACHING OUT IS A SIGN OF STRENGTH

You Are Not Alone

TALK to a health resource consultant:
Call 866-966-1020 or log on to
www.realwarriors.net/livechat

ATTEND Yellow Ribbon Program events listed on www.yellowribbon.mil

CONNECT with other military Guardsmen and Reservists:
www.realwarriors.net/forum

ENGAGE with Real Warriors Campaign social media tools:
www.twitter.com/realwarriors and
www.facebook.com/realwarriors

SPEAK with a personal coach during transitions:
www.health.mil/intransition

To order additional copies visit
www.realwarriors.net/materials/order.

RESILIENCY AND RISK REDUCTION (R3) SECTION

CONTACT PERSON: LTC Taube Roy
MAJ Bryan Wright

ADDRESS: The Adjutant General Complex
1 National Guard Rd
Columbia, SC 29201-4766

LOCATION: The Adjutant General Building
3rd Floor, R3 Section

TELEPHONE NUMBERS: LTC Roy (803) 673-9457
MAJ Wright (803) 394-3026

HOURS: 0730-1700, Monday-Friday

SERVICES: Conducts, coordinates, and hosts Resiliency training for all phases of the ARFORGEN Cycle. Produces and updates state Resilience, Risk-Reduction, and Suicide Prevention (R3SP) products such as Leader's Guides, Soldier/Airman Questionnaire, etc. Project managers, case management battle tracking, and R3SP advisors for state R3SP Council. Case management for South Carolina National Guard Soldiers and Airmen.

POPULATION SERVED: All South Carolina National Guard Members and their Families.

FIRE TEAM CONCEPT

Fire Team Concept

Part 1: Fire Team Concept Explained

In military organizations the most someone can effectively lead directly is 3-5 people which is the same size of a fire team. This is the "Fire Team Leader". In addition the "FIL" should also implement a battle buddy system, with the battle buddy being there to know the Guard Member personally and care for them almost like a brother. This is the "Fire Team Concept" and it holds true for all sizes and types of units up from a fire team through to major commands. This allows for redundant over watch to ID, prevent, and guide the Guard Member to the appropriate resources for help.

Fire Team Concept

Part 2: "At Risk" Indicators

Employment/Unemployment Problems, Financial Issues, Legal Trouble, Family/Relationship Problems, Expresses Depression or Suicidal Thoughts, Anger Problems, Risky Behaviors, Sleep Problems, Recent Death or Suicide of Someone close, Drastic Change in Work Performance or Attitude

Fire Team Concept

Part 3: ID Techniques

- > Section time set aside each drill dedicated to talk with Guard Members
- > Use of a simple Soldier/Airman questionnaire that can be updated every drill that identifies "at risk" indicators
- > Use and monitor an effective unit battle buddy system
- > Observation of Guard Member's actions; situational awareness of those having trouble "fitting in"

CONTINUED, FIRE TEAM CONCEPT

FIRE TEAM CONCEPT, CONTINUED

Fire Team Concept

Part 4: Treatment Techniques

1. Hear the Soldier/Airman out; express concern over challenges/behavioral changes
2. Advise the Soldier/Airman to the appropriate resources to get some help
3. Offer to be with the Soldier/Airman as he or she contacts the resources
4. Insure the Soldier/Airman has a "battle buddy" with the section
5. Advise the unit Chaplain R3SP Team; give the Chaplain the battle buddy's name/POC information
6. Call the Soldier/Airman at least once between drills and see how they are doing
7. The Chaplain or a member of the R3SP Team that he or she assigns may also make follow-up calls to the Soldier/Airman
8. Continue to follow-up with the Soldier/Airman and the Chaplain as the situation is resolved

MSC RESILIENCY TEAM CONCEPT

Typical Major Subordinate Command and Resilience, Risk Reduction, and Suicide Prevention (R3SP) Team Members

- Chief Of Staff or Deputy Commander
- Command Sergeant Major
- Director of Psychological Health
- Military and Family Life Consultant
- Master Resilience Trainer
- Chaplain
- Suicide Intervention Officer / NCO
- Medical Readiness NCO

Resiliency, Risk-Reduction, and Suicide Prevention (R3SP) Program



Everyone needs help sometimes. The initial reaction to Soldiers and Airmen who display "at risk" behaviors may be they do not need help; they just need to grow up. We urge leaders to think about it and after nine and a half years of being at war these Soldiers and Airmen are the few that actually showed up and have stayed around. Let us dedicate quality time to maintain our Guard Members and Families.

-Resiliency Workshop Group Observation

WHAT IS RESILIENCY?

Definition: Resiliency can be defined as having the ability to grow and thrive in the face of challenges and bounce back from adversity.

Purpose and Scope: The purpose of the Resilience and Risk Reduction (R3) Section is to establish and implement the Resilience, Risk Reduction, and Suicide Prevention (R3SP) Program within the SCNG. The scope of the R3SP Program is within all units of the Army and Air Guard ("purple") with the Resilience and Risk Reduction (R3) Section falling under the J1.1 Directorate, Soldier/Airman/Family Case Directorate.

Our Mission: The SCNG R3SP Campaign Plan will be implemented by the R3 Section immediately to become the core framework by which SCNG units and leaders should direct actions necessary to implement immediate but enduring solutions that will promote resilience amongst our Airman, Soldiers and Family Members, develop and enhance leader skills to recognize and mitigate high stress and at-risk factors, and facilitate the longer term reduction in SCNG at-risk behaviors and suicidal actions.

2011 Vision: Establish the R3SP Program statewide this year and continue implementation on the following years with the vision of constant R3SP Program improvement. This in turn will mean immediate care and long term quality "Soldier/Airman" care for our Guard Members and Families.

Commander's Intent: The Commander's Intent is to promote resilience in our Guard Members and Families, and develop leaders who can recognize high stress or risk factors in our ranks and mitigate them through interaction, intervention, and appropriate treatment.

WHY IS RESILIENCY NEEDED?

- Over 10,000 South Carolina Guard Members have deployed since 11SEP01; approximately 1/3 of the Guard Members have deployed multiple times
- There is a high prevalence of Guard Member suicides, legal issues, unemployment, homelessness, etc. National Guard Members have these issues without the built in health support infrastructure and full time employment that is available to the active component; *current socio-economic conditions and high OPEMPO create prevalence among those who have deployed as well as those who have not.*

APPROPRIATE RESOURCE REFERRALS

Military One Source:

1-800-342-9647

www.MilitaryOneSource.com

Unit Chaplain // State Chaplain

(COL) Stephen Shugart 803.667.2750

Military Family Life Consultants:

Kelly Early 803.834.0013

Lisa Mustard 803.521.2206

NG Director of Psychological Health:

803.429.1315

Unit Medical Readiness NCO

Resilience and Risk Reduction Program Manager

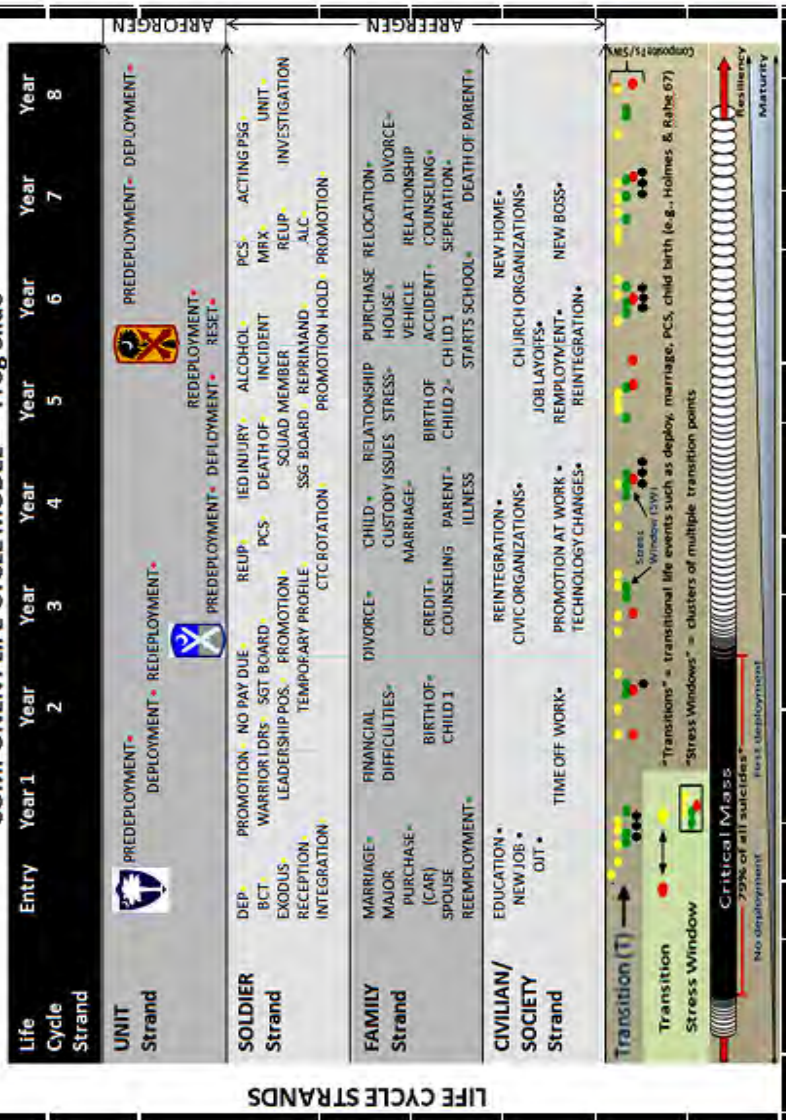
LTC Taube Roy 803.673.9457

R3SP "TWO PILLARS" CONCEPT

The South Carolina Resilience, Risk Reduction, and Suicide Prevention (R3SP) Program



COMPONENT LIFE CYCLE MODEL – "Frog Slide"



SEXUAL ASSAULT PREVENTION AND RESPONSE (SAPR) PROGRAM

CONTACT PERSON: JFHQ Sexual Assault Response Coordinator (JFHQ SARC):
Vacant
JFHQ Alternate Sexual Assault Response Coordinator (JFHQ Alt SARC):
Grace M. Parsons, RN

ADDRESS: 1 National Guard Road
The Adjutant General Building - 2nd Floor
Columbia, SC 29201

LOCATION: TAG (see above)

TELEPHONE NUMBER: Grace M. Parsons: (803)806-2477 office, (803)586-4704 cell

OFFICE HOURS: 0800-1630 Monday-Friday

SERVICES: The Sexual Assault Response Coordinator (SARC) coordinates the design and delivery of sexual assault services to increase awareness. Coordinates sexual assault awareness and prevention education briefs and workshops to increase the understanding of what constitutes sexual assault, to reinforce that it is a crime, and to ensure that personnel know the full range of reporting options. Handles case record management and makes sure that the new restricted reporting requirements are properly executed. Collects and reports data and provides updates to victims. Conducts training and provides consultation for Victim Advocates.

POPULATION SERVED: All SCNG Soldiers and Airmen, as well as legal spouses.

RESOURCES: www.sapr.mil, www.safehelpline.org (24/7 hotline)

SOUTH CAROLINA ALCOHOL AND DRUG ABUSE AUTHORITIES BY COUNTY

ABBEVILLE

Mr. David D. Matthews, Executive Director
Cornerstone
112 Whitehall Street
P.O. Box 921
Abbeville, SC 29620
Phone: (864) 366-9661
FAX: (864) 459-5314
E-Mail: david_matthews_cs@yahoo.com

AIKEN

Mr. H. Herbert Mattocks, Executive Director
Aiken Center
1105 Gregg Highway
Aiken, SC 29801
Phone: (803) 649-1900
FAX: (803) 643-2926
E-Mail: info@aikencenter.org

ALLENDALE

Mr. Ronald Rickenbaker, Interim Director
(see "Colleton" for contact information)
New Life Center
570 Memorial Avenue
P.O. Box 806
Allendale, SC 29810
Phone: (803) 584-4238
FAX: (803) 584-0370
E-Mail: newlifehampton@gmail.com

ANDERSON

Ms. Karen B. Beck, Director
Anderson/Oconee Behavioral Health Services
226 McGee Road
Anderson, SC 29625
Phone: (864) 260-4168
FAX: (864) 261-7543
E-Mail: aobhs@bellsouth.net

BAMBERG

Mr. Richard S. Fowler, Director
Dawn Center
608 North Main Street
P.O. Box 907
Bamberg, SC 29003
Phone: (803) 245-4360
FAX: (803) 245-4360 (*call before faxing*)
E-Mail: sbolton@tccada.state.sc.us

BARNWELL

Ms. Cheryl Azouri Long, Executive Director
Axis I Center of Barnwell
1644 Jackson Street
Barnwell, SC 29812
Phone: (803) 541-1245
FAX: (803) 541-1247
E-Mail: info@axis1.org

BEAUFORT

Mr. Douglas H. "Bud" Boyne Jr., Director
Beaufort County Alcohol and Drug Abuse Department
1905 Duke Street (29902)
P.O. Box 311
Beaufort, SC 29901
Phone: (843) 255-2000
FAX: (843) 255-9406
E-Mail: bray@bcgov.net

BERKELEY

Mr. Jerome E. Tilghman Jr., Executive Director
Ernest E. Kennedy Center
306 Airport Drive
Moncks Corner, SC 29461
Phone: (843) 761-8272
FAX: (843) 719-3025
E-Mail: ekcenter@infoave.net

CALHOUN

Mr. Richard S. Fowler, Director
Dawn Center
Herlong Extension Industrial Park
P.O. Box 322
St. Matthews, SC 29135
Phone: (803) 655-7963
FAX: (803) 655-7963 (*call before faxing*)
E-Mail: sbolton@tccada.state.sc.us

CHARLESTON

Mr. Mark S. Cowell, Director
Charleston Center
5 Charleston Center Drive (29401)
P.O. Box 31398
Charleston, SC 29417
Phone: (843) 958-3300
FAX: (843) 958-3498
E-Mail: mcowell@charlestoncounty.org

CHEROKEE

Ms. Beth Powell, Executive Director
Cherokee County Commission on Alcohol and Drug Abuse
201 West Montgomery Street
Gaffney, SC 29341
Phone: (864) 487-2721
FAX: (864) 487-2764
E-Mail: cccadabp@bellsouth.net

CHESTER

Ms. Maria Bates, Executive Director
Hazel Pittman Center
130 Hudson Street
P.O. Box 636
Chester, SC 29706
Phone: (803) 377-8111
FAX: (803) 581-5380
E-Mail: mbates@hazelpittmancenter.com

SOUTH CAROLINA ALCOHOL AND DRUG ABUSE AUTHORITIES BY COUNTY

CHESTERFIELD

Mr. Paul W. Napper, Executive Director
Alpha Center
1218 East Boulevard
P.O. Box 838
Chesterfield, SC 29709
Phone: (843) 623-7062
FAX: (843) 623-7112
E-Mail: pnapper@alphacentersc.com

CLARENDON

Ms. A. Ann Kirven, Executive Director
Clarendon Behavioral Health Services
14 North Church Street
P.O. Box 430
Manning, SC 29102
Phone: (803) 435-2121
FAX: (803) 435-8856
E-Mail: akirven@clarendonbhs.com

COLLETON

Mr. Ronal Rickenbaker, Director
Colleton County Commission on Alcohol and Drug Abuse
1439 Thunderbolt Drive
P.O. Box 1037
Walterboro, SC 29488
Phone: (843) 538-4343
FAX: (843) 538-7613
E-Mail: rickenbaker@colletonadac.com

DARLINGTON

Mr. Winston H. McElveen, Director
Rubicon Inc.
510 East Carolina Avenue (29550)
P.O. Box 2076
Hartsville, Sc 29551
Phone: (843) 332-4156
FAX: (843) 332-4159
E-Mail: winstonmr@bellsouth.net

DILLON

Mr. W.T. O'Connor, Director
Trinity Behavioral Care – Dillon Office
204 Martin Luther King Jr. Blvd.
Dillon, SC 29536
Phone: (843) 774-6591
FAX: (843) 774-1409
E-Mail: dccada@bellsouth.net

DORCHESTER

Mr. Samuel J. Miller, Director
Dorchester Alcohol and Drug Commission
500 North Main Street, Suite 4
Summerville, SC 29483
Phone: (843) 871-4790
FAX: (843) 871-8579
E-Mail: tfsmith@dadc.org

EDGEFIELD

Mr. David D. Matthews, Executive Director
Cornerstone
603 Augusta Road
P.O. Box 41
Edgefield, SC 29824
Phone: (803) 637-4050
FAX: (803) 637-4047
E-Mail: dmmatthews@cornerstonecares.org

FAIRFIELD

Mr. Vernon Kennedy, Executive Director
Fairfield Behavioral Health Services
200 Calhoun Street
P.O. Box 388
Winnsboro, SC 29180
Phone: (803) 635-2335
FAX: (803) 635-9695
E-Mail: fcsac@chestertel.com

FLORENCE

Mr. Randy Cole, Chief Executive Officer
Circle Park Behavioral Health Services
601 Gregg Avenue (29501)
P.O. Box 6196
Florence, SC 29502
Phone: (843) 665-9349
FAX: (843) 667-1615
E-Mail: rcole@circlepark.com

GEORGETOWN

Mr. William J. Walker, Director
Georgetown County Alcohol and Drug Abuse Commission
1423 Winyah Street (29440)
P.O. Box 515
Georgetown, SC 29442
Phone: (843) 527-3125
FAX: (843) 527-1697
E-Mail: wwalker@gcadac.org

GREENVILLE

Mr. Adam Brickner, Executive Director
The Phoenix Center
1400 Cleveland Street (29607)
P.O. Box 1948
Greenville, SC 29602
Phone: (864) 467-3790
FAX: (864) 467-2631
E-Mail: abrickner@phoenixcenter.org

GREENWOOD

Mr. David D. Matthews, Executive Director
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1612 Rivers Street
P.O. Box 50209
Greenwood, SC 29649
Phone: (864) 227-1001
FAX: (864) 227-3619
E-Mail: dmmatthews@cornerstonecares.org

SOUTH CAROLINA ALCOHOL AND DRUG ABUSE AUTHORITIES BY COUNTY

HAMPTON

Mr. Ronald Rickenbaker, Interim Director
(see "Colleton" for contact information)
New Life Center
102 Ginn Altman Avenue, Suite C
Hampton, SC 29924
Phone: (803) 943-2800
FAX: (803) 943-2267
E-Mail: newlifehampton@gmail.com

HORRY

Mr. John Coffin, Executive Director
Shoreline Behavioral Health Services
2404 Wise Road (29526)
P.O. Box 136
Conway, SC 29528
Phone: (843) 365-8884
Admin. FAX: (843) 365-6697
Clinical FAX: (843) 365-6685
E-Mail: john.coffin@shorlinebhs.org

JASPER

Mr. Ronald Rickenbaker, Interim Director
(see "Colleton" for contact information)
New Life Center
113 East Wilson Street
P.O. Box 1362
Ridgeland, SC 29936
Phone: (843) 726-5996
FAX: (843) 726-4313
E-Mail: newlifehampton@gmail.com

KERSHAW

Mr. Paul W. Napper, Executive Director
Alpha Center
709 Mill Street
Camden, SC 29020
Phone: (803) 432-6902
FAX: (803) 432-6890
E-Mail: pnapper@alphacentersc.com

LANCASTER

Mr. Walter J. Quinn, Director
Counseling Services of Lancaster
114 South Main Street (29720)
P.O. Box 1627
Lancaster, SC 29721
Phone: (803) 285-6911
FAX: (803) 286-6697
E-Mail: csl@infoave.net

LAURENS

Mr. Leland J. Nelson, Executive Director
GateWay Counseling Center
219 Human Services Road
Clinton, SC 29325
Phone: (864) 833-6500
FAX: (864) 833-6905
E-Mail: lnelson@gatewaycounseling.org

LEE

Mr. Paul W. Napper, Executive Director
The Lee Center Family Counseling and Addiction Services
108 East Church Street
Bishopville, SC 29010
Phone: (803) 484-6025
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E-Mail: pnapper@alphacentersc.com

LEXINGTON

Ms. Deborah "Debbie" Francis, President & Chief
Operating Officer
LRADAC
134 North Hospital Drive
West Columbia, SC 29169
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FAX: (803)
E-Mail: clewis@lradac.org

MARION

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Marion, SC 29571
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MARLBORO

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211 North Marlboro Street, Second Floor
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McCORMICK

Mr. David D. Matthews, Executive Director
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504 North Mine Street
P.O. Box 337
McCormick, SC 29835
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FAX: (864) 852-3148
E-Mail: david_matthews_cs@yahoo.com

NEWBERRY

Mr. Dan L. Hilton, Executive Director
Westview Behavioral health Services
800 Main St. and 909 College St.
P.O. Box 738
Newberry, SC 29108
Phone: (803) 276-5690
FAX: (803) 321-2234
E-Mail: dhilton@westviewbehavioral.org

SOUTH CAROLINA ALCOHOL AND DRUG ABUSE AUTHORITIES BY COUNTY

OCONEE

Ms. Karen B. Beck, Director
Anderson/Oconee Behavioral Health Services
691 South Oak Street
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ORANGEBURG

Mr. Richard S. Fowler, Director
Dawn Center
910 Cook Road (29118)
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Orangeburg, SC 29116
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FAX: (803) 531-8419
E-Mail: sbolton@tccada.state.sc.us

PICKENS

Mr. Bob Hiott, Executive Director
Behavioral Health Services of Pickens County
309 East Main Street
Pickens, SC 29671
Phone: (864) 898-5800
FAX: (864) 898-5804
E-Mail: rehiott@bhspickens.com

RICHLAND

Ms. Deborah "Debbie" Francis, President & Chief
Operating Officer
LRADAC
2711 Colonial Drive (29203)
P.O. Box 50597
Columbia, SC 29250
Phone: (803) 726-9300
FAX: (803)
E-Mail: clewis@lradac.org

SALUDA

Mr. G. Daniel Neel, Executive Director
Saluda Behavioral Health system
204 Ramage Street
Saluda, SC 29138
Phone: (864) 445-2968
Phone: (864) 445-3827
FAX: (864) 445-9592
E-Mail: sbhs01@earthlink.net

SPARTANBURG

Mr. David L. Forrester, Executive Director
Spartanburg Alcohol and Drug Abuse Commission
187 West Broad Street, Suite 200 (29306)
P.O. Box 1252
Spartanburg, SC 29304
Phone: (864) 582-7588
FAX: (864) 582-8119
E-Mail: david@sadac.org

SUMTER

Mr. Glenn Peagler, Executive Director
Sumter County Commission on Alcohol and Drug Abuse
115 North Harvin Street, 3rd Floor (29150)
P.O. Box 39
Sumter, SC 29151
Phone: (803) 775-6815
Phone: (803) 775-2727
FAX: (803) 773-6232
E-Mail: gpeagler@sumterccada.org

UNION

Ms. Chrissy Mobley, Executive Director
Union County Commission on Alcohol and Drug Abuse
201 South Herndon Street
P.O. Box 844
Union, SC 29379
Phone: (864) 429-1656
FAX: (864) 429-1667
E-Mail: uccada@uccada.org

WILLIAMSBURG

Ms. Jackie Scott Graham, Director
Williamsburg County Department on Alcohol and Drug
Abuse
115 Short Street
P.O. Box 506
Kingstree, SC 29556
Phone: (843) 355-9113
Phone: (843) 355-7123
FAX: (843) 355-9389
E-Mail: jgraham@wcdada.org

YORK

Ms. Janet Martini, Executive Director
Keystone Substance Abuse Services
199 South Herlong Avenue
P.O. Box 4437
Rock Hill, SC 29732
Phone: (803) 324-1800
FAX: (803) 328-3831
E-Mail: pkeenan@keystoneaod.org

SOUTH CAROLINA DEPARTMENT OF MENTAL HEALTH
Mental Health Centers and Clinic Offices

<p><u>AIKEN-BARNWELL MENTAL HEALTH CENTER</u> (3K) 1135 Gregg Highway Aiken, SC 29801 Phone & After Hrs: 803-641-7700 Fax: 803-641-7709 or 803-641-7713 (Medical Director) Richard L. Acton, ACSW Interim Executive Director Cell: 803-667-2627 Counties Served: Aiken, Barnwell</p> <p>Clinics: Hartzog Center 431 West Martintown Road North Augusta, SC 29841 Phone: 803-278-0880 Fax: 803-278-6791 Clinic Director: Karen Gaines, MA</p> <p>Polly Best Center 916 Reynolds Road Barnwell, SC 29812 Phone: 803-259-7170 Fax: 803-259-2934 Clinic Director: Edwin Elledge, MSW</p>	<p><u>ANDERSON-OCONEE-PICKENS</u> (3H) <u>MENTAL HEALTH CENTER</u> 200 McGee Road Anderson, SC 29625 Administration & Clinical: Phone & After Hrs: 864-260-2220 Fax: 864-260-2247 Program Managers: Clinic Services: Eric Turner, M.Div. Community Services: Sheryl Smith, M.Ed. Kevin W. Hoyle, MA, Executive Director Cell: 864-650-3000 Counties Served: Anderson, Oconee, Pickens</p> <p>Clinics: Child & Adolescent Clinic 515A Camson Road Anderson, SC 29625 Phone: 864-716-2316 Fax: 864-716-2329 Clinic Director: Joan Reina, M.Ed., LPC</p> <p>Oconee Clinic 115 Carter Park Drive Seneca, SC 29678 Phone: 864-885-0157 (Also for After Hrs) Fax: 864-882-3974 Clinic Director, Eric Turner,</p> <p>Pickens Clinic 314 West Main Street Pickens, SC 29671 Phone: 864-878-6830 (Also for After Hrs) Fax: 864-878-5396 Clinic Director: Elizabeth Virgil, RN, C</p>
<p><u>BECKMAN CENTER FOR MENTAL HEALTH SVCS.</u> (3J) 1547 Parkway, Suite 100 Greenwood, SC 29646 Phone: 864-229-7120 Fax: 864-229-5526 After Hours: Call the clinic phone number in your county Melanie Gambrell, LPC, Executive Director Cell: 803-480-4986 Counties Served: Abbeville, Edgefield, Greenwood, Laurens, McCormick, Newberry, Saluda Clinics: Abbeville Clinic 101 Commercial Drive Abbeville, SC 29620 Phone: 864-459-9671 Fax: 864-459-2487 Clinic Director: Frank Jones, LMSW</p> <p>Edgefield Clinic 409 Simpkins St. Edgefield, SC 29824 Phone: 803-637-5788 Fax: 803-637-0753 Clinic Director: Cheryl Lindler, MS</p> <p>Greenwood Clinic 1547 Parkway, Suite 200 Greenwood, SC 29646 Phone: 864-223-8331 Fax: 864-223-3706 Clinic Director: Cherry Parker, M.Ed. (Adult Clinic) Tacey Perillo, LMFT (CAF Clinic)</p>	<p><u>BECKMAN CENTER FOR MENTAL HEALTH SVCS.</u> Clinics: Laurens Clinic 442 Professional Park Rd. Clinton, SC 29325 Phone: 864-938-0912 Fax: 864-938-0926 Clinic Director: Donna Stover, RN</p> <p>McCormick Mental Health Clinic 202 Hwy. 28 North P O Box 1556 McCormick, SC 29835 Phone: 864-465-2412 Fax: 864-465-3325 Clinic Director: Betty Speech, LMSW</p> <p>Newberry Clinic 2043 Medical Park Dr. Newberry, SC 29108 Phone: 803-276-8000 Fax: 803-276-6669 Clinic Director: Heather O'Dell, MRC</p> <p>Saluda Clinic 206 Travis Avenue Saluda, SC 29138 Phone: 864-445-8122 Fax: 864-445-9546 Clinic Director: Barbara Bowman-Thomas, MRC</p>

<p><u>BERKELEY COMMUNITY MENTAL HEALTH CENTER (3W)</u> 403 Stoney Landing Road P O Box 1030 Moncks Corner, SC 29461 Phone & After Hrs: 843-761-8282 888-202-1381 (Outside Moncks Corner) Fax: 843-761-7308 Debbie T. Calcote, MA, Executive Director Beeper: 800-249-7472 County Served: Berkeley County</p>	<p><u>CATAWBA MENTAL HEALTH CENTER (3G)</u> 223 E. Main Street, Suite 300 Rock Hill, SC 29730 Phone: Administration: 803-328-9600 Fax: 803-329-7141 Paul J. Cornely, Ph.D., MPH, Executive Director Cell: 803-280-0024 Counties Served: Chester, Lancaster, York</p> <p>Clinics: Catawba Family Center 250 Piedmont Blvd. Rock Hill, SC 29732 Phone: 803-329-3177/866-452-5152 Fax: 803-329-3319 Clinic Director: Rae Ann Alepa, MS</p> <p> Chester Clinic 524 Doctors Court Chester, SC 29706 Phone: 803-581-8311 (Also After Hrs.) 800-475-1984 Fax: 803-385-2440 Clinic Director: Nadine Lewandowski, MS Ed.</p> <p> Lancaster Clinic 1906 Hwy. 521 Bypass S. Lancaster, SC 29720 Phone: 803-285-7456 (Also After Hrs.) 800-475-1979 Fax: 803-285-5514 Clinic Director: Paige Walther, MS, LPC</p> <p> York Adult Services Clinic 166 Dotson Street Rock Hill, SC 29732 Phone: 803-327-2012 (Also After Hrs.) 800-252-2168 Fax: 803-327-4198 Clinic Director: Nadine Lewandowski, MS Ed.</p>
<p><u>CHARLESTON/DORCHESTER COMMUNITY MENTAL HEALTH CENTER (3B)</u> 2100 Charlie Hall Blvd. Charleston, SC 29414 Phone: 843-852-4100 Fax: 843-852-3640 After Hours: 843-414-2350 Deborah Blalock, LPCS, Executive Director Cell: 843-209.9938 Counties Served: Charleston, Dorchester</p> <p>Clinics: Charleston County West Ashley 2100 Charlie Hall Blvd. Charleston, SC 29414 Phone: 843-852-4100 Fax: 843-573-2393 Clinic Director: Valerie O'Neal, RN</p> <p> CAF Services 2100 Charlie Hall Blvd. Charleston, SC 29414 Phone: 843-852-4100 Fax: 843-852-3640 CAF Director: Jennifer Roberts, LPC</p>	<p><u>CHARLESTON/DORCHESTER COMMUNITY MENTAL HEALTH CENTER</u></p> <p>Clinics: Dorchester County Clinic 106 Springview Lane Summerville, SC 29485 Phone: 843-873-5063 Fax: 843-851-2110 Clinic Director: Steve Miller, MA</p>

<p><u>COASTAL EMPIRE COMMUNITY MENTAL HEALTH CENTER (3M)</u> 1050 Ribaut Road Beaufort, SC 29902 Administration: 843-524-8899 Fax: 843-524-8179 Ramon D. Norris, MS, Executive Director Cell: 843-521-3565 Counties Served: Allendale, Beaufort, Colleton, Hampton, Jasper Clinics: Allendale County Clinic 603 Barnwell Highway, P.O. Box 514 Allendale, SC 29810 Phone: 803-584-4636 Fax: 803-584-5065 Area Coordinator: Christy Jinks, MA</p> <p style="padding-left: 40px;">Beaufort County Clinic 1050 Ribaut Road Beaufort, SC 29902 Phone: 843-524-3378 After Hrs.: 1-800-922-7844 (for all Counties) Fax: 843-524-1879 Clinic Director: Jerry Stewart, MA</p> <p>Colleton County Clinic 507 Forest Circle P.O. Box 578 Walterboro, SC 29488 Phone: 843-549-1551 Fax: 843-549-5637 Area Coordinator: Angie Salley, MA</p>	<p><u>COASTAL EMPIRE COMMUNITY MENTAL HEALTH CENTER</u></p> <p>Clinics: Hampton County Clinic 65 Forest Drive P.O. Box 1491 Varnville, SC 29944 Phone: 803-943-2828 Fax: 803-943-4568 Interim Area Coordinator: Colleen Goff, MA</p> <p>Hilton Head Clinic P. O. Box 23079 (mailing address) 151 Dillon Rd. Hilton Head, SC 29925 Phone: 843-681-4865 Fax: 843-681-6267 Area Coordinator: Omega Smalls-Francis, MA</p> <p>Jasper County Clinic 1510 Grays Hwy. P.O. Box 1016 Ridgeland, SC 29936 Phone: 843-726-8030 Fax: 843-726-8207 Area Coordinator: Hank Kovalanchik, MSW</p>
<p><u>COLUMBIA AREA MENTAL HEALTH CENTER (3D)</u> 2715 Colonial Drive Columbia, SC 29203 Mailing Address: P O Box 4440 Columbia, SC 29240-4440 Phone: Administration: 803-898-4802 Fax: 803-898-4007 Clinical & After Hrs.:803-898-8888 Fax: 803-343-0727 Robert L. Bank, M.D., Executive Director Beeper: 803-654-1863 Counties Served: Fairfield, Richland Clinics: Adult Clinic Services 1800 Colonial Drive Columbia, SC 29201 Phone: 803-898-0123 Fax: 803-253-4090 Clinic Director: Deanna McNeil, M.D.</p> <p>Child, Adolescent & Family Services 2715 Colonial Drive Columbia, SC 29203 Phone: 803-898-4777 Fax: 803-898-4855 CAF Director: Monica McConnell, Ph.D.</p> <p>Fairfield County Clinic 1073 US Hwy 321 By Pass South Winnsboro, SC 29180 Phone: 803-737-3039 or 803-635-4689 Fax: 803-635-8056 Clinic Director: Eric Hartley, LISW-AP/CP</p>	<p><u>GREENVILLE MENTAL HEALTH CENTER (3A)</u> 124 Mallard Street Greenville, SC 29601 Phone & After Hrs.: 864-241-1040 Fax: 864-241-1215 Al C. Edwards, M.D., Executive Director County Served: North Greenville County</p> <p>Clinic: Foothills Family Resources 5 Main Street Slater, SC 29683 Phone: 864-836-2911 Fax: 864-836-1105 Clinic Director: Clare McLain, Nurse Practitioner</p>

<p><u>LEXINGTON COUNTY COMMUNITY MENTAL HEALTH CENTER (3T)</u> Administration: 301 Palmetto Park Boulevard Lexington, SC 29072 Phone: 803-996-1500 Fax: 803-996-1510 Ex. Director Fax: 803-996-1511 Personnel Fax: 803-996-1512 Richard L. Acton, ACSW, Executive Director Cell: 803-667-2627 County Served: Lexington</p> <p>Clinics: Adult Services 301-A Palmetto Park Blvd. Lexington, SC 29072 Phone: 803-359-3545 Fax: 803-359-2111 Clinic Director: Robert Hardee, Jr., MSW, LISW</p> <p>Batesburg-Leesville Clinic 120 W. Church Street, Suite A Batesburg-Leesville, SC 29006 Phone: 803-532-8414 Fax: 803-532-4570 Clinic Director: John Kennedy, LMSW</p> <p>CAF Services 305 Palmetto Park Blvd. Lexington, SC 29072 Phone: 803-359-7206 Fax: 803-359-7291 Clinic Director: Debra C. Lyles, MA, LPC/S</p> <p>Gaston Clinic 3965 Fish Hatchery Road Gaston, SC 29053 Phone: 803-755-2261 Fax: 803-755-9982 Clinic Director: June Westerlund, ACSW, LISW-CP</p>	<p><u>ORANGEBURG AREA MENTAL HEALTH CENTER (3R)</u> 2319 St. Matthews Road Orangeburg, SC 29118 Phone: 803-536-1571 Director's Fax: 803-531-7798 Adm. Fax: 803-536-1463 Bessie B. Abraham, MSW, LISW, Executive Director Counties Served: Bamberg, Calhoun, Orangeburg</p> <p>Clinics: Bamberg County Clinic 5573 Carolina Hwy. P O Box 276 (mailing address) Denmark, SC 29042 Phone: 803-793-4274 Fax: 803-793-4275 Clinic Director: Kelvin Myers, MA</p> <p>Calhoun County Clinic 112 Guess Lane St. Matthews, SC 29135 Phone: 803-874-2301 Fax: 803-655-5388 Clinic Director: Tina McDowell, MA</p> <p>Orangeburg County Clinic 1375 Gilway Extension P.O. Box 505 (mailing address) Holly Hill, SC 29059 Phone: 803-496-3410 Fax: 803-496-9185 Clinic Director: Nancy Ellis, MA</p>
<p><u>SPARTANBURG AREA MENTAL HEALTH CENTER (3C)</u> 250 Dewey Avenue Spartanburg, SC 29303 Phone & After Hrs. 864-585-0366 800-277-1366 Fax: 864-585-9208 TTY: 864-585-7458 William S. Powell, M.D., Executive Director/Medical Director Beeper: 864-579-6643 Counties Served: Cherokee, Spartanburg, Union</p> <p>Clinics: Cherokee Mental Health Clinic 125 East Robinson Street Gaffney, SC 29340-3723 Phone: 864-487-2710 (V/TTY) Fax: 864-487-2729 Interim Clinic Director: Kathryn W. Browning, RN, MHSA</p>	<p><u>SPARTANBURG AREA MENTAL HEALTH CENTER</u></p> <p>Clinics: Union Mental Health Clinic 130 Medical Sciences Drive P.O. Box 129 Union, SC 29379-0129 Phone: 864-427-1224 (V/TTY) Fax: 864-429-0627 Clinic Director: Gary Moneyppenny, LMFT</p>

<p><u>TRI-COUNTY COMMUNITY MENTAL HEALTH CENTER</u> (3N)</p> <p>1035 Cheraw Highway P.O. Box 918 Bennettsville, SC 29512 Phone: Administration: 843-454-0841 Fax: 843-454-0635 Program Manager: Cynthia Maxwell, LMSW Clinical: 843-454-0442 Fax: 843-454-0212 After Hours: 800-334-9847 TDD 843-454-0825 Murry G. Chesson, MA, LPC/S, LMFT/S Interim Executive Director Personal Cell: 843-222-5642 Counties Served: Chesterfield, Dillon, Marlboro</p> <p>Clinics: Chesterfield Clinic 207 Commerce Ave. P.O. Box 471 Chesterfield, SC 29709 Phone: 843-623-2229 Fax: 843-623-2553 Clinic Director: Tracy Teal, LMSW</p> <p>Dillon Clinic 1324 Commerce Road P.O. Box 929 Dillon, SC 29536 Phone: 843-774-3351 Fax: 843-774-2622 Clinic Director: Robin Bethea, MS</p>	<p><u>WACCAMAW CENTER FOR MENTAL HEALTH</u> (3P)</p> <p>164 Waccamaw Medical Park Drive Conway, SC 29526 Administration: Phone: 843-347-5060 Fax: 843-347-3959 Murry G. Chesson, MA, LPC/S, LMFT/S Executive Director Personal Cell: 843-222-5642 Counties Served: Georgetown, Horry, Williamsburg</p> <p>Clinics: Georgetown County Clinic 525 Lafayette Circle Georgetown, SC 29440 Phone: 843-546-6107 (Also After Hours) Fax: 843-527-2800 Clinic Director: Beverly Doris Prince, MA, LPC/S</p> <p>Horry County Clinic 164 Waccamaw Medical Park Drive Conway, SC 29526 Phone: 843-347-4888 Fax: 843-347-4102 Clinic Director: Linda Wright, BSN, MP</p> <p>Williamsburg County Clinic 501 Nelson Boulevard Kingstree, SC 29556 Phone: 800-354-5456 843-354-5453 Fax: 843-354-3322 Clinic Director: Maritta (Janice) Smith, MA, LISW</p>
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Revised 02.02.2011

SOUTH CAROLINA MILITARY FAMILY CARE ASSOCIATION, INC.

SCMFCA POC: Mrs. Michele Canchola

ADDRESS/LOCATION: The SCMFCA is an all volunteer outreach. There are no salaries or overhead costs. This is a virtual organization who meets online daily to respond to requests and on teleconference calls. Every penny received is spent on Soldier/Family care.

CONTACT INFO: Cell #: (864) 221-8788
Email: mrs.canchola@us.army.mil
Fax: 1.803.279.8770

HOURS: Seven days weekly, days/evenings.

SERVICES: The SCMFCA provides emergency relief to South Carolina resident military members and their Families in the event of unusual or unpreventable hardship. To protect the dignity of Soldiers and Families, only Commanders can ask for assistance. Because the SCMFCA is all volunteer, the authorizers depend on Commanders to be the eyes and ears of all requests with detailed information. Requests for financial assistance to stop evictions or utility shut-offs can be made by submitting a completed SCMFCA Request Form and accompanying documentation of updated past due bills. Request Forms can be obtained through the SCMFCA POC or the SCARNG Family Program office. *Requests with Soldiers' or Families personal information should be sent via the most confidential means and only directly to the SCMFCA by the Commander.* The SCMFCA works diligently to enhance the quality of life for SC military members and their Families who pay the costs of freedom for our great nation. Assistance provided are grants with no expectation of reimbursement by those helped.

POPULATION SERVED: All branches and components of SC military residents and Families. The SCMSFCA is tax exempt, organized under IRS 501(c) 3. All donations are tax deductible.



Emergency Funding Assistance Request Form

With respect to the dignity of Soldiers and Families served, all inquiries and requests should come directly from commanders. Please do not have Soldiers or Families call.

Soldier (include Rank) or Family Member Name _____ Soldier's Unit _____

Home Address: Street _____ City _____ Zip _____

Telephone # _____ Cell or other phone # _____

Alternative Contact Person and Telephone # if available _____ Relationship to Soldier _____

Has individual received assistance from this fund before? Yes No If yes, when? _____

List: 1) past due dollar amount(s), 2) payable to who [bill collector(s)], and 3) account number(s) [copies of bills must accompany request]: _____

Why is Soldier/Family in need (what brought them 'here')? _____

Is Soldier employed? Monthly salary? _____ Is Soldier Married? If married, is spouse employed? If yes, monthly salary? _____ How many *dependent* children in the home? _____
Do circumstances impede Soldier's military duty? Yes No
Who is helping Soldier complete this form: _____

Rank/Name _____ Relationship to Soldier _____ Phone Number _____

Request must be forwarded by the Commander. For consideration of requested funds, please secure signatures and fax 1) this completed form, 2) copies of bills, AND 3) unit Commander's email address and cell # to the SCMFCA via confidential means: Contact Mrs. Canchola at 864-221-8788 or mrs.canchola@us.army.mil – Fax: 1-803-279-8770

I understand this form is being submitted on my behalf and I request this assistance:

Soldier's Signature (or Family Member's Signature if Soldier is mobilized/deployed) _____ *Date* _____

I understand this form is being submitted on my Soldier's behalf and attest all information above is accurate:







Commander's Signature _____ *Work Phone* _____ *Cell Phone* _____ *Date* _____

Commander's printed name and email address: _____

The SCMFCA supports all military personnel and their Family members throughout South Carolina and is an all volunteer, charitable corporation pursuant to Section 501(C) 3 of the Internal Revenue Code.



CHAPLAIN – UNIT MINISTRY TEAM

FULL TIME STAFF:	Chaplain (COL) Steve Shugart	803-667-2750
	Chaplain (CPT) Joshua White	803-543-6049
	1LT Cecil Costadoni	803-667-2069
ADDRESS:	The Adjutant General Complex 1 National Guard Rd Columbia, SC 29201-4766	
LOCATION:	The Adjutant General Building 3 rd Floor	
M-Day MSC CHAPLAINS:	 59 TH Troop Command	CH (MAJ) Martin Riser 803-528-9307
	 228 Signal Brigade	CH (LTC) Eric Turner 864-506-2450
	 263 AAMDC	CH (COL) John Tatum 404-376-4860
	 218 MEB	CH (LTC) Joel Burke 803-451-1620
	 59 th Aviation Troop CMD	CH (MAJ) Stan Cruse 843-509-6419
	 218 th Regiment	CH (MAJ) Roy Butler 803-931-6670
HOURS:	0730-1600, Monday-Friday	Emergency Calls 24/7
SERVICES:	Provides spiritual guidance, marriage and Family counseling, individual counseling, and pre-marital counseling. Conducts, coordinates, and hosts spiritual and family resiliency training events. Provides training to unit chaplains on issues pertaining to marriage and Family. Assists unit chaplains in providing marriage and parenting training to military personnel and their Family members. Referrals to other helping agencies as necessary.	
POPULATION SERVED:	SCARNG, SCANG, member Families, and Unit Chain of Commands.	

169 FIGHTER WING CHAPLAIN CORPS

CONTACT PERSON: Chaplain David H. Sturgeon
Chaplain Brian Bohlman
Chaplain Shane Moore

TELEPHONE NUMBERS: CH Sturgeon 803-348-7392
david.sturgeon@ang.af.mil sturgeondavid@bellsouth.net
CH Bohlman 803-546-0343 803-356-7548
brian@jointheang.com
CH Moore 864-838-6122 864-461-7725
Patrick.moore.2@ang.af.mil shanemoore.scang@yahoo.com

HOURS: Office Hours 0730-1700, On Call 24/7

SERVICES: Relationships – Spiritual, religious, in relation God or a higher power.
Marriage, Family issues, children, single adult issues or personal issues with others.
Personnel – Work related concerns, military or civilian, addictions or drinking problems, re-integration concerns, PTSD, ethical/moral issues, physical or emotional problems, Suicide prevention.

POPULATION SERVED: South Carolina Air National Guard Members

SURVIVOR OUTREACH SERVICES (SOS)

CONTACT PERSON: Ashley Young

Beth Carney

ADDRESS: 1225 Bluff Rd

Columbia, SC 29201

LOCATION: Room 148

TELEPHONE NUMBERS: Ashley Young (803) 806-2959 / (803) 526-3793

Beth Carney (806) 806-1565 / (803) 316-0906

HOURS: 0800-1700, Monday-Friday

SERVICES: Functions as the long term support personnel for Survivors. SOS Coordinators facilitate support groups, provide life skills education, and connect Survivors with counseling resources. These Coordinators work closely with the Benefits Coordinators, Casualty Assistance Officers, and Army Long term Family Case Management. SOS's mission is to keep the Surviving Families connected to the military Family for as long as they desire.

POPULATION SERVED: Military Survivors residing in the state of South Carolina

OUR PURPOSE is to deliver on the Army's commitment to Families of the Fallen. Survivor Outreach Services (SOS) connects you with people who can help you cope with your loss.

Many times after you have lost a loved one, there are unresolved issues or questions that may surface months or years after the loss. The Army is dedicated to fulfilling the Family Covenant by providing support to Surviving Families for as long as they desire.

SURVIVOR OUTREACH SERVICES

SOS demonstrates the Army's commitment to Families of the Fallen by providing support and standardized services to Active, Reserve, and Army National Guard Families.



The Hall Family, Survivors since 2007.

SOS is a holistic and multi-agency approach to delivering these services by providing access at garrisons and communities closest to where Families live. Benefits Coordinators, Financial Counselors, and Support Coordinators are professionals available to deliver individualized support and attention to Survivors across the nation.

OUR MISSION

- Expand and improve services to Survivors
- Define roles and responsibilities for all agencies and all components
- Improve responsiveness and streamline the assistance process for Families
- Provide access to Benefits Coordinators, Financial Counselors and Support Coordinators locally, and Long Term Family Case Management

BENEFITS COORDINATORS

Benefits Coordinators will provide expertise on local, state and Federal benefits. They also work with Casualty

Assistance Officers, providing the Surviving Family with assistance to understand and apply for their benefits.

FINANCIAL COUNSELORS

Financial Counselors provide assistance to Surviving Families through investment and estate planning education. Financial counselors work closely with Benefits Coordinators, Army Long Term Family Case Management, and legal assistance to address the needs of Surviving Families.



The Alexander Family, Survivors since 2005.

SUPPORT COORDINATORS

Support Coordinators function as the long term support personnel for Survivors. Support Coordinators facilitate support groups, provide life skills education, and connect Survivors with counseling resources. These Coordinators work closely with Benefits Coordinators, Casualty Assistance Officers, and Army Long Term Family Case Management to ensure Survivors receive their necessary services.



FOR MORE INFORMATION:

Visit MyARMYOneSource.com, click on "Family Programs and Services" for the Surviving Families link.

SOS SUPPORT COORDINATOR:

TRANSITION ASSISTANCE ADVISOR

CONTACT PERSON: Randy Moon

ADDRESS: The Adjutant General Complex
1 National Guard Rd
Columbia, SC 29201-4766

LOCATION: The Adjutant General Building
2nd Floor

TELEPHONE NUMBERS: Office: (803) 806-1555
Cell: (803) 667-2555

HOURS: 0730-1600, Monday-Friday

SERVICES: Provides information and assistance to Guard Members and their Families in understanding and obtaining benefits and services through the Veterans Administration and the military health system. Coordinates with appropriate Veterans Administration, TRICARE, Veteran Service Organizations, and other resources to provide required information and assistance. Participates in the mobilization and demobilization process to brief/advise Guard Members and their Families on available entitlements and information resources. Researches and resolves issues associated with entitlements when Guard Members and/or their Family members encounter problems.

POPULATION SERVED: All South Carolina National Guard Members and their Families.

DEPARTMENT OF VETERANS AFFAIRS – VET CENTERS

CONTACT PERSON: Various

ADDRESS: 1710A Richland Street, Columbia, SC
14 Lavinia Avenue, Greenville, SC
5603-A Rivers Avenue, N. Charleston, SC
To Be Determined, Myrtle Beach, SC (Office to open summer 2011)

TELEPHONE NUMBERS: (803) 765-9944 (Columbia)
(864) 271-2711 (Greenville)
(843) 789-7000 (N. Charleston)
(843) 465-0713 (Myrtle Beach – temporary number)

HOURS: 0800-1630, Monday-Friday

SERVICES: Readjustment counseling in a wide range of psycho social services offered to eligible Veterans and their Families in the effort to make a successful transition from military to civilian life. This includes individual and group counseling for Vets and their Families, bereavement counseling, military sexual trauma counseling, substance abuse assessment and referral, etc.

POPULATION SERVED: Combat veterans and their Families.

Welcome Home!



We are the people in the U.S. Department of Veterans Affairs who welcome home war veterans with honor by providing quality readjustment services in a caring manner. Vet Centers understand and appreciate Veterans' war experiences while assisting them and their family members toward a successful post-war adjustment in or near their community.

You Served Proudly, Let Us Serve You



Walk on in!

Contact Us

Locations in all 50 states plus Guam, Virgin Islands & Puerto Rico

Find your nearest location by going online:

www.VetCenter.va.gov or call...

National Vet Center Line (866) 496-8838 (GWOT VET) (24/7)

National Suicide Hotline (800) 273-8255 (TALK) Veterans Press 1

Services provided in:

Columbia, SC (803)-765-9944

Charleston, SC (843) 789-7000

Greenville, SC (864) 271-2711

**Department of
Veterans Affairs**



Vet Center

Readjustment Counseling Service



Counseling, outreach, and referral services for a satisfying post-war readjustment

“Keeping the Promise”

Our Mission

Vet Centers serve veterans and their families by providing a continuum of quality care, which adds value for veterans, families and communities. Care includes professional readjustment counseling, community education, outreach to special populations, the brokering of services with community agencies, and providing a key access link between the veterans and other services in the U.S. Department of Veterans Affairs.

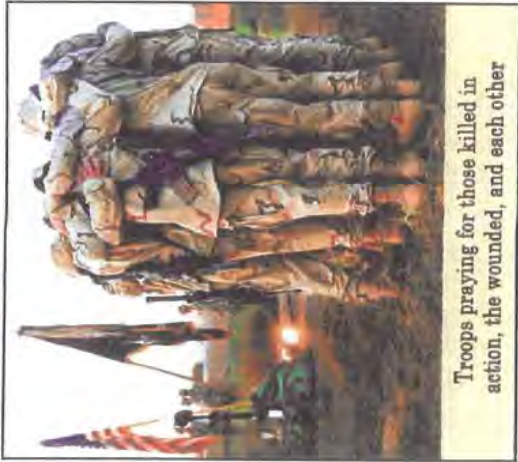
Background of Readjustment Counseling Services

The Vet Center program was established by Congress in 1979 out of recognition that a significant number of Vietnam veterans were still experiencing readjustment problems. Today, over 230 Vet Centers across the U.S., Puerto Rico, Virgin Islands and Guam serve ALL combat veterans and their families. We have evolved over the years and look forward to serving you!



Confidentiality and Privacy

The Vet Center staff respects the privacy of all veterans, and we hold in strictest confidence all information disclosed in the counseling process. No information will be communicated to any person or agency without written consent except in necessary circumstances to avert a crisis. (Privacy Act of 1974)



Troops praying for those killed in action, the wounded, and each other

Veterans returning from combat zones may experience

- Marriage/ Relationship Problems
- Medical Issues
- Financial Hardships
- Endless Questions from Family/ Friends
- Guilt or Shame
- Lack of Structure
- Feelings of Isolation
- Nightmares or Sleeplessness
- Lack of Motivation or Forgetfulness
- Anger, Irritability, or Rage
- Alcohol or Substance Abuse
- Depression or Anxiety Attacks

The Vet Center Can Help!



Services Provided

- Individual Readjustment Counseling
- Group Meetings & Counseling
- Military Sexual Trauma Counseling
- Bereavement Counseling
- Mental & Family Counseling
- Substance Abuse Information and Referral
- Community Education
- Liaison with Community Agencies



Eligibility for Services

Readjustment counseling: Veterans from the following periods of hostilities:

- World War II - Dec. 1941 to Mar. 1946
- Korean War - June 1950 to July 1954
- Merchant Marines - Dec. 1941 to Aug. 1945
- Vietnam War - Feb. 1961 to May 1975
- Lebanon - Aug. 1982 to Feb. 1984
- Grenada - Oct. 1983 to Nov. 1983
- Panama - Dec. 1989 to Jan. 1990
- Persian Gulf - Aug. 1990 to...
- Somalia - Sept. 1992 to...
- Former Yugoslavia - Dec. 1995 to...
- Global War on Terrorism - Sept. 2001 to...

Sexual trauma counseling- Veterans of any era who experienced sexual trauma or harassment while serving on active duty (gender neutral).

Bereavement counseling: Family members of armed forces personnel who died in service to our country. Also eligible are family members of Reserve and National Guard personnel who died while on federally activated duty.

VET JOBS

CONTACT PERSON: Various Personnel

ADDRESS: VetJobs, Inc.
P.O. Box 71445
Marietta, GA 30007-1445

TELEPHONE NUMBERS: 1-877-VetJobs (1.877.838.5627)

Office: (770) 993-5117

FAX: (770) 993-2875

HOURS: 0730-1600, Monday-Friday

SERVICES: VetJobs has thousands of employers who have used the site to identify candidates from the transitioning military and veteran market. VetJobs averages more job postings than any other military or intelligence related job board! The Employment Assistance section has guidance on how to organize a job search, write a resume, interview and identify your next employer. VetJobs publishes a monthly newsletter for veterans called the Veteran Eagle. The newsletter has vital information about employment and the market, as well as topics of interest to people who have been associated with the military. Many military personnel who transition to the civilian sector often feel they are under-employed for up to four years after separation. This is frequently because a) the hiring companies do not fully appreciate the technical skills and leadership ability of a person who has served in the military or b) the military person was not fully knowledgeable of how to approach the civilian job market. Over the last nine years, VetJobs has changed this situation. VetJobs is for ALL uniformed personnel, enlisted and officer, who has served in one of the military branches of the United States. VetJobs also assists the family members of anyone who has served in the military. The VetJobs military definition includes: Air Force, Army, Coast Guard, Department of Defense Civilians, Marine Corps, Merchant Marine, Navy, National Guard, National Oceanic and Atmospheric Administration, Public Health Service and the Reserves.

POPULATION SERVED: The VetJobs military definition includes: Air Force, Army, Coast Guard, Department of Defense Civilians, Marine Corps, Merchant Marine, Navy, National Guard, National Oceanic and Atmospheric Administration, Public Health Service and the Reserves.



VetJobs is exclusively sponsored by the Veterans of Foreign Wars of the United States.



In Service to America



Hope4Heroes
"They defended us, now it's our turn"

VetJobs is endorsed by Vietnam Veterans of America, Naval Reserve Association, Veterans of Modern Warfare, Student Veterans of America and Hope4Heroes.

What VetJobs does for you

- Totally free to transitioning military, veterans and their family members
- Leading military job board on the Internet, especially for jobs requiring security clearance
- Largest world wide jobs database of employers who want to hire veterans and their family members
- Employment Assistance section has extensive materials on how to launch a job search, successfully pass interviews, write résumés, write cover letters and other information used during a career search
- Career Advisor and Career Testing
- Extensive data base of resources for veterans
- Extensive data base of resources for spouses
- Candidates can post résumés to be searched by employers
- Veteran Eagle career newsletter
- Comprehensive listing of military related job fairs



VetJobs is your source for finding quality jobs in the civilian marketplace!

VetJobs is for all members of the "Military Family", defined as officers, enlisted, and civilians along with their family members of the United States Air Force, Army, Coast Guard, Department of Defense, Marine Corps, Merchant Marine, National Guard, Navy, NOAA, Public Health Service and Reserves.

WHY VETJOBS?

Six years WEDDLE's User's
Choice Award Recipient

Four years Workforce
Management Magazine
Top Ten Recruiting Site

Seven years AIRS Top
Recruiting Site



VetJobs

PO Box 71445
Marietta, GA 30007-1445
o 877-838-5627 (877-Vet-Jobs)
o 770-993-5117
f 770-993-2875



The source for
transitioning military,
veterans and their
family members for finding
quality jobs in the civilian
marketplace!

www.vetjobs.com

877-838-5627

VetJobs.com Inc.
PO Box 71445
Marietta, GA 30007-1445

DEPARTMENT OF VETERANS AFFAIRS – VETERANS HEALTH ADMINISTRATION

CONTACT PERSON: Faela Maney – Columbia

Jan Bolger - Charleston

ADDRESS: William Jennings Bryan Dorn VA Medical Center, 6439 Garners Ferry Road, Columbia, SC 29209

Ralph A. Johnson VA Medical Center, 109 Bee Street, Charleston, SC 29401

LOCATION: There are also Community Based Outpatient Clinics in Aiken, Anderson, Beaufort, Florence, Goose Creek, Greenville, Myrtle Beach, Orangeburg, Rock Hill, Spartanburg, and Sumter

TELEPHONE NUMBERS: Faela Maney (803) 776-4000 (Columbia)

Jan Bolger (843) 577-5011 (Charleston)

HOURS: 24 hours

SERVICES: The Veterans Health Administration is the component of the US Department of Veterans Affairs (VA) that implements the medical assistance program of the VA through the administration and operation of numerous VA outpatient clinics, hospitals, medical centers and long-term healthcare facilities.

POPULATION SERVED: Veterans



Returning combat veterans have five years special eligibility for VA health care. For details about benefits and services or transitioning Operations Enduring Freedom and Iraqi Freedom veterans, visit the Department of Veterans Affairs Seamless Transition website at

<http://www.seamlesstransition.va.gov/>.

All veterans are encouraged to enroll in the VA health care system. Eligibility for VA benefits is based upon discharge from active military service under other than dishonorable discharge. A representative from our eligibility staff, State Department of Veterans Affairs employee or staff member at the Veterans Affairs Regional Office will be able to determine eligibility for care. Veterans who are 50% service-connected or higher will be given the highest priority.

To begin the enrollment process, complete an Application for Health Care Benefits, VA Form 10-10EZ.

You can submit the form online at:
<https://www.1010ez.med.va.gov/sec/vha/1010ez/>

or print the form and mail it to us at:

Ralph H. Johnson VA Medical Center
Eligibility Unit (Rm B189)
109 Bee Street
Charleston, SC 29401

- We will provide the very best care for our nation's heroes.
- We will maintain and expand veterans' health care services.
- Every veteran will be personally satisfied with the care they receive based on the outcome.

We're glad to say

Welcome
HOME

and we are here to serve you.



1-866-839-4651



109 Bee Street
Charleston, SC 29401
1-888-878-6884
www.charleston.va.gov

Welcome
HOME



**A Guide for Returning
Combat Veterans**

A Warm Welcome

That's what awaits you at Ralph H. Johnson VA Medical Center. It is our privilege to provide you with the best available medical care in the Lowcountry and to assist you as you transition from active duty service member to veteran. Our seamless transition team is here to provide individualized case management to make sure your medical needs are met and to help you return to a fully productive civilian life.



- Inpatient and outpatient primary, specialty and mental health care
- Nursing home care
- Medical evaluation for military service exposure including Gulf War Syndrome, Agent Orange, ionizing radiation and certain other environmental hazards
- Traumatic Brain Injury/blast injury care
- Physical rehabilitation, prosthetics, dental, and pharmacy
- Specialized women veterans health care
- Readjustment counseling
- Sexual trauma counseling
- Alcohol and drug dependency treatment
- Outreach programs for homeless veterans
- Case management for seriously ill or injured veterans

Seamless Transition Team



Renee Reagan, LISW-CP
Program Manager
(843) 789-6568
Renee.reagan@va.gov



Meredith Miller, LMSW
Social Work Case Manager
(843) 789-6565
Meredith.miller2@va.gov



David Weeks, RN, BC
Nurse Case Manager
(843) 789-6646
David.weeks3@va.gov



Patrick O'Leary
Transition Patient Advocate
(843) 789-6648
Cell: (843) 297-7913
Patrick.oleary@va.gov

Veteran Assistance Contacts

Vet Center, Charleston
Don Healey, Team Leader
5603A Rivers Ave
North Charleston, SC 29406
(843) 747-8387

Vet Center, Savannah
Larry Marks, Team Leader
308A Commercial Dr
Savannah, GA 31406
(912) 652-4097

Veterans Benefits Administration Regional Office
Carl Hawkins, Director
1801 Assembly Street
Columbia, SC 29201

Department of Veterans Affairs
www.va.gov

Ralph H. Johnson VA Medical Center
www.charleston.va.gov

Department of Veterans Affairs for OIF/OEF Veterans
www.vba.va.gov/EFIF

www.seamlesstransition.va.gov
Department of Defense Web Portal for Military Transitioner www.dodtransportal.org

For more information

The Best Health Care for Our Nation's Heroes

COMMUNITY BASED WARRIOR TRANSITION UNIT (CBWTU) / WARRIOR TRANSITION UNIT (WTU)

CONTACT PERSON: SSG Elaina Williams
SSG Fabrienne Payne

ADDRESS: The Adjutant General Complex
1 National Guard Rd
Columbia, SC 29201-4766

LOCATION: The Adjutant General Building
2nd Floor, Medical Section

TELEPHONE NUMBERS: SSG Williams (803) 806.2220
SSG Payne (803) 806.2907

HOURS: 0730-1700, Monday-Friday

SERVICES: As the SCARNG WTU Liaison, we provide the following services: publish a weekly and monthly report of all SCARNG CBWTU/WTU Soldiers; visit Soldiers at the WTU sites; assist in coordinating WTU visits for units and for the General with his staff; keep an open communication with the CBWTU/WTU Soldiers to ensure they are being taken care of in regards to healthcare, promotion, etc. by their WTU location as well as their home unit; and track Soldiers who have been injured in Theater.

POPULATION SERVED: We primarily serve all of the SCARNG CBWTU/WTU Soldiers. We are also available for their families.



YELLOW RIBBON REINTEGRATION - ARMY

CONTACT PERSON: Mr. Terry O'Connor (Yellow Ribbon Reintegration Coordinator)
Mr. Larry Crowe (Yellow Ribbon Reintegration Team)
SSG Deana Bizette (Yellow Ribbon Reintegration Team)

ADDRESS: 1225 Bluff Road, Columbia SC

LOCATION: Bluff Road Armory Room 138

TELEPHONE NUMBERS: Mr. O'Connor (843) 423-3271 / (803) 667-2075
Mr. Crowe (803) 806-2111 / (803) 577-9321
SSG Bizette (843) 423-3271

HOURS: Generally 8am – 4:30 pm

SERVICES: Assist in the development and implementation of the Reintegration Program. The subject matter expert for Command information and coordination pertaining to Yellow Ribbon throughout South Carolina. Coordinate with ESGR and Reserve POC on any employer issues. Provide information to Command leadership and follow up as required. Develop Commander's Reunion and Reintegration communication plan.

POPULATION SERVED: Soldiers, Families, and unit Chain of Commands in need of assistance.



YELLOW RIBBON REINTEGRATION – AIR

CONTACT PERSON: Melissa Mitrik (Coordinator)

ADDRESS: 1325 South Carolina Rd, Suite 151
Eastover, SC 29044

LOCATION: McEntire JNGB

TELEPHONE NUMBERS: Mrs. Mitrik 803-647-8017 ext. 3214 803-493-5093

HOURS: 0800-1630

SERVICES: Assist in development and implementation of the reintegration program. The subject matter expert conduit for Command information and coordination pertaining to Yellow Ribbon throughout South Carolina. Coordinate with Employer Support of the Guard and Reserve (ESGR) and Reserve point of contacts on any employer issues. Provide information to Command leadership and follow up as required. Develop Commander's Reunion and Reintegration Communication Plan.

POPULATION SERVED: South Carolina Air Guard Members, Families and unit Chain of Commands in need of assistance.

YOUTH PROGRAMS

Contact Person: Mr. James Harris, Jr. (Youth Program Coordinator)
Ms. Kathleen DaCamara

Address: 1 National Guard Rd
Columbia, SC 29201

Location: Bluff Rd Armory Room 137

Telephone Numbers: Mr. Harris (803) 667-2056 / (803) 806-2172
Ms. DaCamara (803) 521-1038 / (803) 806-4025

Hours: 0800-1700

Services: Coordinates all Youth Activities within the State. Develops activities to be conducted during Youth Leadership training. Works with various State and Federal agencies on youth projects. Coordinates Child Care for Yellow Ribbon events.

Population Served: Resource and referral for Families and children.