

FACT SHEET

Army Well Being

What is it?

Providing for the well-being of the Army Family is a fundamental leadership obligation. Army Well-Being holistically integrates and continuously assesses services and programs which provide for the needs of its people and supports senior leaders in determining priorities in support of their Joint Warfighting human capabilities requirement.



Army Well-Being directly links to the relevance and readiness of our Army, focused on the support of the Army Family (Soldiers [active duty, Army National Guard and Army Reserve] Department of the Army Civilians, Veterans, Retirees and Families) before, during, and after deployment.

What has the Army done?

In 2005 the Army continued to identify, assess, and evaluate the way the Army supports Well-Being and quality of life for our Soldiers, Civilians and their families. The Army placed special emphasis on programs and services that support the needs of U.S. Army Reserve and Army National Guard Soldiers and their families.

This emphasis is commensurate with the expanding contribution of those components to the overall Army mission and represents a needed paradigm shift from installation based to community centric support systems. Additionally, the Army expanded support for our severely wounded Soldiers and their families through the Army Wounded Warrior Program.

More information about Army well-being is available on the web at

<http://www.army.mil/wellbeing>.

Fort Hood Sentinel Special Edition

In a recent speech, Lt. Gen. Ray Odierno, commander, III Corps and Fort Hood, pointed out the post will reach a point this fall, with the 1st Cavalry Division and III Corps deploying, much of 13th Sustainment Command (Expeditionary) already gone and the 4th Infantry Division on its way back, at which more than 70 percent of Fort Hood's Soldiers will be absent from Central Texas.

When Fort Hood's Soldier population reaches that point, it will be the first time in the installation's history when nearly everyone is in a state of transition, including the arrival of new units like the 3rd Armored Cavalry Regiment and the 36th Engineer Brigade.

And it's this state of transition **The Fort Hood Sentinel** recently addresses with a "Welcome Home & Farewell" special edition. With so many Soldiers going, and so many Soldiers returning and arriving for the first time, it is quite possible the Army families left in the wake of all of this movement will experience feelings ranging from concern to confusion.

Fort Hood has many services and programs designed to assist Soldiers and families during these deployments, training and re-deployment cycles. The post offers many family support programs, and programs geared especially to children. Our local communities also have much to offer in support of our Soldiers and families.

The Fort Hood Sentinel has done its part to ease concerns, eliminate confusion and provide as much information as possible to help Soldiers and families. For those families still facing deployment, the newspaper staff included articles to provide a checklist of things Soldiers and families need to do before "wheels up."

There are articles about how to get connected with family and post resources, articles about preparing children for a parent's deployment, about building family rituals that strengthen ties to deployed Soldiers and much more.

For those families and Soldiers who are dealing with re-deployment, there are stories about new facilities and services offered at Fort Hood and reminders about those that already exist. Stories about units that recently joined the Fort Hood family, about things to do in and around the post and still more.

The special edition also contains a look back at the work done in- theater over the past year, and a respectful remembrance of the Soldiers who left Fort Hood and made the ultimate sacrifice.

The Sentinel staff is certainly aware of the ebb and flow of the sea of Soldiers and family members who are loyal readers, and they dedicated this issue to them. They've done their part to inform you, to address the concerns and ease the confusion that comes with the constant movement that characterizes today's Army.

Read and reference the entire special edition regularly on the web at

<http://www.forthoodsentinel.com/>

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Current as of Feb. 15, 2007*