

Fort Riley Leaders Guide to Combating Risk Behaviors



“We Stand as One”

This guide is intended as a tool to help leaders at all levels.

It will help you:

Recognize risk behaviors in your formation

Support and direct your Soldiers to Resilience Resources on Fort Riley

Help-seeking behavior is the result of initiative, problem solving, effective communication and compassionate leadership.

*General Peter W. Chiarelli
Generating Health & Discipline in the Force Report 2012*

Resource Numbers

(All are 785 area code)

Alcoholics Anonymous	785-235-2226
Army Emergency Relief	239-9450
American Red Cross Fort Riley	239-1887
- After hours emergency #	877-272-7337
Army Community Service	239-9435
Army Substance Abuse Program	239-5075
- Confidential Self Referral	240-6223
Behavioral Health (IACH)	239-7291
Casualty Assistance	239-3741
Chaplains	
- 24 hour Hotline	239-HELP (4357)
- Division Chaplain	239-0355
- Installation Chaplain	239-3359
- Family Life	239-3436
- IACH	239-7871
Hospitals	
- Irwin Army Community Hospital	239-7667
- Geary Community Hospital	238-4131
- Mercy Regional Health Center	776-3322
Legal Assistance	239-3117
MFLC Counselor	221-9483
Military One Source	800 342-9647
Mind Fitness Center (stress/relaxation)	240-6257
New Parent Support	239-9435

Police, Fire or Ambulance: 911
Fort Riley (MPs) 239-6767
Junction City Police 762-5912
Manhattan Police 537-2112
SHARP (Soldier Sexual Harassment or Assault) 307-9338
Suicide Prevention Lifeline 800-273-TALK (8255)
Text to: 838255
Taxis - Riley Ride 239-5614
(Has established stops, \$2.50 one way to Aggieville)
- Military Taxi 239-2636
- Civilian Taxi 785-238-6161 or 785-537-2080
(From Custer Hill, est. \$30 to Aggieville; \$15 to Junction City)
Victim Advocate 785-307-1373

MY UNIT

Staff Duty Phone: _____

Unit CFNCO is _____

Phone: _____

Unit Chaplain is _____

Phone: _____

Unit Gate Keeper is: _____

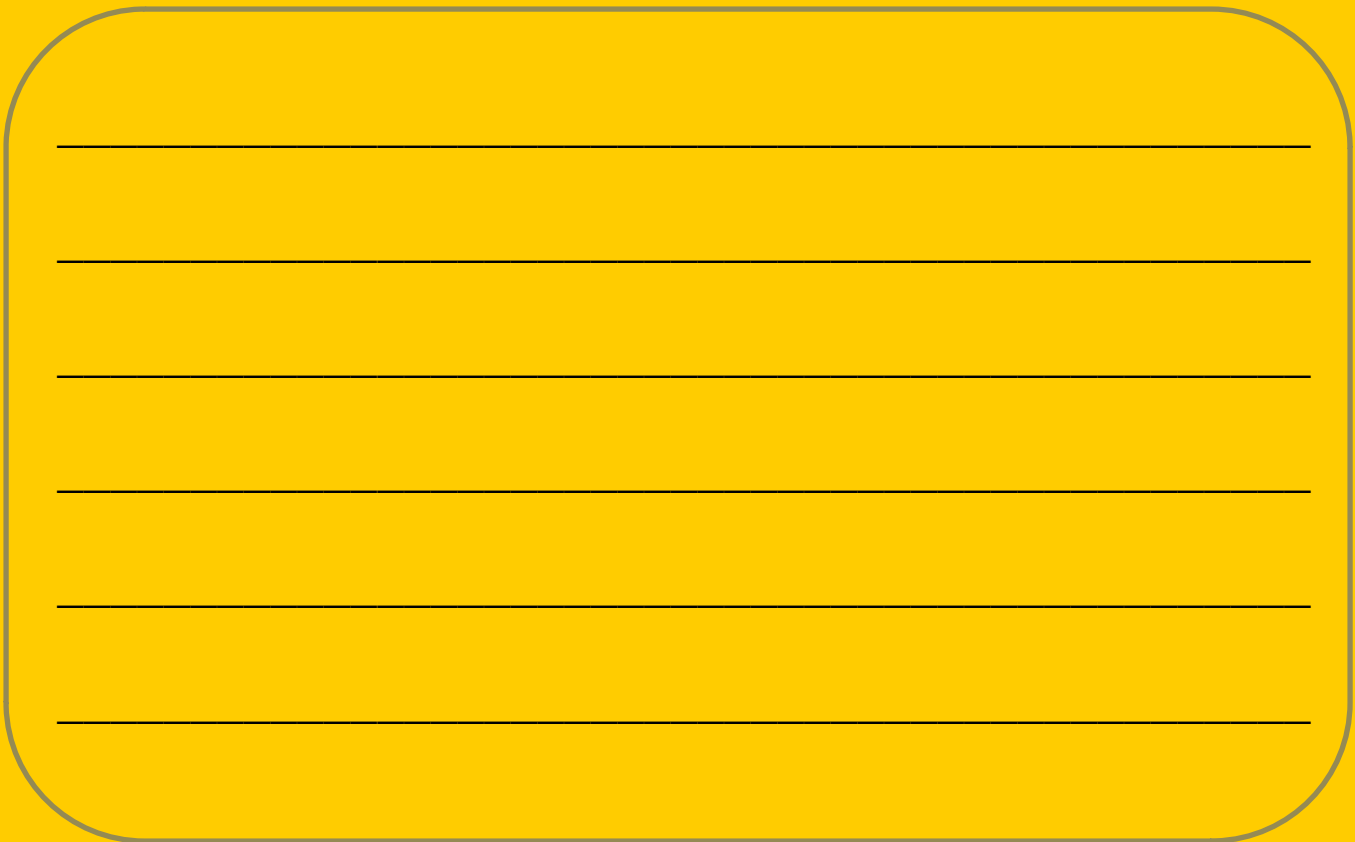
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One of the most important lessons learned in recent years is that we cannot simply deal with health or discipline in isolation; these issues are interrelated and will require interdisciplinary solutions. For example, a Soldier committing domestic violence may be suffering from undiagnosed post-traumatic stress. He may also be abusing alcohol in an attempt to self medicate to relieve his symptoms.

The reality is there are a significant number of Soldiers with a foot in both camps—health and discipline—who will require appropriate health referrals and disciplinary accountability. This will require us to sharpen our surveillance, detection and response systems to ensure early intervention.

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Known Risk Factors

(Not in order of frequency)

Military Work Stress

Relationship Problem

Legal History

Substance Abuse Service Use

Physical Health Problems

Victim of Abuse

Financial Stress

Perpetrator of Abuse

Spouse/Family/Friend Death

Family Advocacy Program Use

Spouse/Family/Friend Suicide

Family Member Health Problem

Additional Factors:

- Transition
- Multiple pharmaceuticals