



# Community Resource Guide

January 1

# 2014

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Here you will find community specific resource guides to help recognize and resolve Soldier, Civilian, and Family Member issues, concerns, and challenges. Updated April 2014.

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## Attention Deficit Disorder

*Div/Dept: Educational Developmental Intervention Services (EDIS)*

Service(s): Support Group

Description: Support Group for parents, teachers and HCP dealing with children with ADHD

Target Audience: AD, FM, CIV, Retirees

Schedule: Monthly, call for schedule

Contact Info: Bliedorn

DSN: 468-7811

*Div/Dept: Behavioral Health (SWS)*

Service(s): Support and Counseling

Description: Counseling services are available to families with a focus on problems exhibited by children including depression, anxiety, school problems, deployment issues, and anger.

Target Audience: Children and Adolescents

Schedule: Call for appointment

Contact Info: Bleidorn DSN: 468-7811, CIV: 09802-83-7811

## Alcohol Related Issues

*Div/Dept: Adolescent Substance Abuse Counseling Service (ASACS)*

Service(s): Individual, family and group counseling

Description: Comprehensive counseling services providing prevention education and treatment for substance abuse disorders and for social/emotional risk factors for substance abuse.

Contact Info: Katterbach Bldg 5924 at **Ansbach Middle High School**

DSN: 467-2808, Civ: 09802-83-2808

*Div/Dept: Army Substance Abuse Program (ASAP)*

Service(s): Counseling

Description: Therapeutic Counseling for drug and alcohol issues

Target Audience: Active Duty

Schedule: Call for Appt

Contact Info:

Bldg 5817 @ Katterbach Kaserne, DSN: 467-1710/2852, Civ: 09802-83-1710/2852

Bldg 6510 @ Storck Barracks, DSN: 467-4566, Civ: 09841-83-4566

*Div/Dept: Army Substance Abuse Program (ASAP)*

Service(s): Class

Description: Drug and Alcohol prevention training for first line

Target Audience: Active Duty

Schedule: Call for Appt

Contact Info:

Bldg 5817 @ Katterbach Kaserne, DSN: 467-1710/2852, Civ: 09802-83-1710/2852

Bldg 6510 @ Storck Barracks, DSN: 467-4566, Civ: 09841-83-4566

## Anger Management

### *Div/Dept: Adolescent Substance Abuse Counseling Services (ASACS)*

Service(s): Individual, family and group counseling

Description: Counseling provides prevention services for issues of anger, stress, poor self-esteem, grief/loss and risk factors for substance abuse.

Target Audience: Ansbach Middle/High School students

Contact Info: Katterbach, Bldg 5924 at **Ansbach Middle High School**

DSN: 467-2808, Civ: 09802-83-2808

### *Div/Dept: Army Community Center (ACS)*

Service(s): Education

Description: Managing Anger and Stress effectively to improve communication.

Target Audience: AD, Family Members, Retirees, CIV

Schedule: Call for schedule

Contact Info: Bldg 5817A @ Katterbach Kaserne

DSN: 467-2883/2846, Civ: 09802-83-2883/2846

### *Div/Dept: Army Community Center (ACS)*

Service(s): Class

Description: Advanced skills and specialty classes (including teen anger classes) geared to address more specific life circumstances that lead to problem behaviors.

Target Audience: AD, Family Members, Retirees, CIV

Length: 1200-1600

Schedule: 3rd Tuesday of every month

Contact Info: Bldg 5817A @ Katterbach Kaserne

DSN: 467-2883/2846, Civ: 09802-83-2883/2846

### *Div/Dept: Social Work Service (SWS)*

Service(s): Counseling

Description: Group and individual therapy for individuals who have difficulty managing their emotions in relation to family violence. This is not a class.

Target Audience: AD, FM

Schedule: Call for Appt

Contact Info: Katterbach

DSN: 467-2850, CIV: 09802-83-2850

### *Div/Dept: Social Work Service(SWS)*

Service(s): Counseling and support

Description: Supportive counseling to enable families to resolve conflicts, strengthen communication, reduce marital discord, strengthen parental roles, prevent family violence and provide necessary coping skills in regard to deployment issues.

Target Audience: Two parent families, single parent families and blended families

Schedule: Call for Appt

Contact Info: Katterbach

DSN: 467-2850, CIV: 09802-83-2850

## **Blended Families**

*Div/Dept: Adolescent Substance Abuse Counseling Service (ASACS)*

Service(s): Individual, family, and group counseling.

Description: Counseling provided for issues of grief/loss, major life transitions, self esteem, family communications, parenting skills and risk factors for family substance abuse.

Target Audience: Ansbach Middle/High School students and their families.

Schedule: Ongoing

Contact Info: Bldg 5924 at **Ansbach Middle High School**

DSN: 467-2808, Civ: 09802-83-2808

*Div/Dept: Army Community Service (ACS)*

Service(s): Seminar

Description: Making a strong Army Family. Three levels of training.

Target Audience: AD, Family Members, Retirees, CIV

Schedule: Call for Schedule

Contact Info: Bldg 5817A @ Katterbach Kaserne

DSN: 467-2883/2846, Civ: 09802-83-2883/2846

## **Breast Feeding**

*Div/Dept: Army Community Service (ACS)*

Service(s): Breast Feeding Support

Description: Through a variety of programs, a team of experienced professionals who have extensive knowledge of the issues confronting parents today, will help you learn to cope with everyday demands of parenthood, stress, isolation, deployment, reunion, & other essential family skills through one on one home or office visits.

Target Audience: For Parents Who are Excepting and/or have Children Up to 3 Years of Age (moms & dads)

Schedule: Call to schedule an appointment.

Contact Info: Bldg 5817A @ Katterbach Kaserne,

DSN: 467-2883/2846, Civ: 09802-83-2883/2846

*Div/Dept: Woman, Infants, & Children (WIC)*

Service(s): Education

Description: Increase nutritional wellness and awareness through education and free healthful foods. People qualify for the program by meeting guidelines.

Target Audience: Pregnant, breastfeeding, and post partum women and children under 5 years old

Fees: Free if you qualify

Schedule: Ongoing

Contact Info: Bleidorn

DSN: 468-7739

Website: <http://www.ansbach.army.mil/webpages/newcomers.aspx>

## **Car Seat Safety**

*Div/Dept: Community Health Nurse*

Service(s): Car Seat Safety usage

Description: Proper procedure and safety procedures for infant, youth car seat safety

Target Audience: AD, FM, Dep, CIV

Contact Info: 467-2512, Katterbach

Website: <http://ermc.amedd.army.mil/MTFs/Katterbach/Katterbach.html>

## **Child Abuse & Neglect**

*Div/Dept: Army Community Service (ACS)*

Service(s): Class

Description: Regularly scheduled classes, and by request briefings, for units, FRGs and other groups interested in learning more about DV prevention.

Target Audience: AD, Family Members, Retirees, CIV

Schedule: Call for schedule

Contact Info: Bldg 5817A @ Katterbach Kaserne

DSN: 467-2883/2846, Civ: 09802-83-2883/2846

*Div/Dept: Social Work Service (SWS)*

Service(s): Screening

Description: Evaluation and treatment for rape, child and adult physical abuse, child sexual abuse, child neglect and deployment related issues which have reached crisis proportions.

Crisis intervention services for situations involving rape, child and adult physical abuse, child sexual abuse and child neglect are available 24 hours a day, 7 days a weeks through SWS.

Target Audience: AD, FM, CIV, Dep, Children

Length: 24 hrs a day, 7 days a week

Schedule: Contact SWS during normal duty hours. Call the MP's to make a report.

Contact Info: Katterbach

DSN: 467-2850, CIV: 09802-83-2850

Contact Info: Illesheim

DSN: 467-4993 CIV: 09841-83-4993

## **Children Rearing**

*Div/Dept: Army Community Service (ACS)*

Service(s): Education

Description: Implementing programs to prevent family problems first.

Target Audience: AD, Family Members, Retirees, CIV

Contact Info: Bldg 5817A @ Katterbach Kaserne

DSN: 467-2883/2846, Civ: 09802-83-2883/2846

*Div/Dept: Army Community Service (ACS)*

Service(s): Class

Description: Through a variety of programs, a team of experienced professionals who have

extensive knowledge of the issues confronting parents today, will help you learn to cope with everyday demands of parenthood, stress, isolation, deployment, reunion, & other essential family skills through one on one home or office visits.

Target Audience: For Parents Who are Excepting and/or have Children Up to 3 Years of Age (moms & dads)

Schedule: Call for schedule

Contact Info: Bldg 5817A @ Katterbach Kaserne

DSN: 467-2883/2846, Civ: 09802-83-2883/2846

#### *Div/Dept: Educational Developmental Intervention Services (EDIS)*

Service(s): Support Group

Description: Support Group for parents, teachers and HCP dealing with children with ADHD

Target Audience: AD, FM, CIV, Retirees

Schedule: Monthly, call for schedule

Contact Info: Bliedron

DSN: 468-7811

#### *Div/Dept: Social Work Services (SWS)*

Service(s): Counseling, therapy

Description: A therapy group dealing with parenting issues in regard to child abuse and neglect. Focus on parenting history, child development, behavior management, healthy coping skills and healthy marriages.

Target Audience: Parents who have substantiated cases of child abuse/neglect as well as parents who are high risk.

Length: 8 weekly, 2 hour sessions

Schedule: Call for Appt

Contact Info: Katterbach

DSN: 467-2850, CIV: 09802-83-2850

Contact Info: Illesheim

DSN: 467-4993, CIV: 09841-83-4993

#### *Div/Dept: Social Work Services (SWS)*

Service(s): Support group, counseling

Description: Support group for first time parents of infants dealing with the emotional and educational aspects of becoming a parent. Focus on infant development, balancing family and career, deployment and separation issues, coping with feelings and stress, and identifying **resources**.

Target Audience: First time parents of infants B-12 months

Length: 8 weekly, 2 hour sessions

Schedule: Call for Appt

Contact Info: Katterbach

DSN: 467-2850, CIV: 09802-83-2850

Contact Info: Illesheim

DSN: 467-4993, CIV: 09841-83-4993

## **Children: Special Needs**

*Div/Dept: Army Community Service (ACS)*

Service(s): Education and support

Description: Exceptional Family Members, Children With Special Needs

Target Audience: AD, Family Members, Retirees, CIV

Schedule: Call to schedule Appt

Contact Info: Bldg 5817A @ Katterbach Kaserne

DSN: 467-2883/2846, Civ: 09802-83-2883/2846

*Div/Dept: Educational Developmental Intervention Services (EDIS)*

Service(s): Support Group

Description: Support Group for parents, teachers and HCP dealing with children with ADHD

Target Audience: AD, FM, CIV, Retirees

Schedule: Monthly, call for schedule

Contact Info: Bliedorn

DSN: 468-7811

## **Cholesterol**

*Div/Dept: Health Clinic (HC)*

Service(s): Screening

Description: Deployment Readiness, Depression, Heart Care, Hearing Conservation, Hypertension, Injury Prevention, Nutrition Education, Self Care, Stress Management, Women's Issues, Weight Management

Target Audience: AD, Family Members, Retirees, CIV, LN

Schedule: Call for appt

Contact Info: Katterbach and Storck Clinics

DSN: Health Clinic: 0800-914-6113, DSN:467-3398

Storck: DSN 467-4512/4588, CIV: CIV 09841-83-4512/4588

Dental: 467-2806/2723, CIV: 09802-83-2806/2723

Website: <http://ermc.amedd.army.mil/MTFs/Katterbach/Katterbach.html>

## **Community Safety**

*Div/Dept: Garrison Safety Office*

Service(s): Class, Education

Description: Safety Training

Target Audience: AD, all employees CIV and LN

Schedule: Call for info

Contact Info: Barton

DSN: 468-1670, CIV: 0981-183-1670

## **Conflict Resolution**

*Div/Dept: Adolescent Substance Abuse Counseling Service (ASACS)*

Service(s): Individual, family and group counseling

Description: Counseling provided for issues of anger, stress peer conflict and risk factors for substance abuse. Counseling promotes effective communication skills. social skills and



emotional regulation skills.

Target Audience: Ansbach Middle/High School students and their families

Contact Info: Katterbach, Bldg 5924 at **Ansbach Middle High School**

DSN: 467-2808, Civ: 09802-83-2808

#### *Div/Dept: Chaplain Services (CH)*

Service(s): Counseling

Description: Develop individual, family, and **community** spiritual health through a religious regimen of self-disciplined programs:

Target Audience: AD, FM, Dep

Contact Info: Bldg 5819@ Katterbach Kaserne, DSN: 467-2785/3670, Civ: 09802-83-2785

Bldg 6643 @ Storck Barracks, DSN: 467-4642/4826, Civ: 09841-83-4642/4826

Bldg 5843 @ Bismarck Kaserne, DSN: 467-2235/2090, Civ: 09802-83-2235/2090

Website: <http://www.ansbach.army.mil/webpages/newcomers.aspx>

#### *Div/Dept: Social Work Service(SWS)*

Service(s): Counseling

Description: Counseling, classes on anger and stress management

Target Audience: AD, FM, CIV, Retirees

Schedule: Call for Appt

Contact Info: Katterbach

DSN: 467-2850, CIV: 09802-83-2850

## **Couples Counseling**

#### *Div/Dept: Chaplain Services (CH)*

Service(s): Counseling

Description: Develop individual, family, and **community** spiritual health through a religious regimen of self-disciplined programs

Target Audience: AD, FM, Dep

Schedule: Call for more information

Contact Info:

Bldg 5819@ Katterbach Kaserne, DSN: 467-2785/3670, Civ: 09802-83-2785

Bldg 6643 @ Storck Barracks, DSN: 467-4642/4826, Civ: 09841-83-4642/4826

Website: <http://www.ansbach.army.mil/webpages/newcomers.aspx>

#### *Div/Dept: Social Work Services (SWS)*

Service(s): Counseling

Description: Reduce marital discord and improve relationships.

Target Audience: Married couples

Schedule: Call for appt

Contact Info: Katterbach Bldg 5817 (2<sup>nd</sup> Floor), Storck Bldg 6510 (3<sup>rd</sup> Floor)

DSN: 467-2850, CIV: 09802-83-2850

Storck DSN: 467-4993, CIV: 09841-83-4993

## **CPR Training**

*Div/Dept: American Red Cross (ARC)*

Service(s): Class

Description: Covers adult, infant & child CPR and AED training and basic first aid including sudden illness, choking, burns, cardiac emergencies and bleeding. AED Class as requested.

Target Audience: AD, Family Members, Retirees, CIV, LN

Fees: \$55.00

Length: 6.5 hours

Schedule: Bi-monthly – generally 4<sup>th</sup> Saturday of the month due to Instructor Availability

Contact Info: Bldg 5817 @ Katterbach Kaserne Duty hours 0800-1600

DSN: 467-2136/1760, Civ: 09802-83-1760

After Hours: DSN 99-1-877-272-7337 Civ: 011-49-1-877-272-7337 (EMERGENCIES ONLY)

Website: <http://www.ansbach.army.mil/webpages/newcomers.aspx>

*Div/Dept: Health Clinic (HC)*

Service(s): Education

Description: Training for CPR/First Aid, Advanced Cardiac Life Support

Target Audience: AD, FM, CIV, Retirees

Contact Info: Katterbach

DSN: Health Clinic: 0800-914-6113, DSN:467-3398

Storck: DSN 467-4512/4588, CIV: CIV 09841-83-4512/4588

Dental: 467-2806/2723, CIV: 09802-83-2806/2723

Website: <http://ermc.amedd.army.mil/MTFs/Katterbach/Katterbach.html>

## **Crisis Intervention**

*Div/Dept: Army Community Service (ACS)*

Service(s): Service

Description: Professionals trained to provide a variety of crisis intervention services.

Target Audience: AD, Family Members, Retirees, CIV

Schedule: Call to Schedule an appointment

Bldg 5817A @ Katterbach Kaserne

DSN: 467-2883/2846, Civ: 09802-83-2883/2846

*Div/Dept: Army Community Service (ACS)*

Service(s): Class

Description: Regularly scheduled classes, and by request briefings, for units, FRGs and other groups interested in learning more about DV prevention.

Target Audience: AD, Family Members, Retirees, CIV

Schedule: Call to schedule appt.

Contact Info: Bldg 5817A @ Katterbach Kaserne

DSN: 467-2883/2846, Civ: 09802-83-2883/2846

*Div/Dept: Chaplain Services (CH)*

Service(s): Counseling

Description: Develop individual, family, and **community** spiritual health through a religious regimen of self-disciplined programs: 1. Chapel worship services 2. Religious education

classes 3. Retreats 4. Prayer groups 5. Bible/Catechism studies

Target Audience: All soldiers and family members and DoD civilians

Length: On-going and special programs

Schedule: As requested by individuals, spouses, or unit leaders

Contact Info: Bldg 5819@ Katterbach Kaserne, DSN: 467-2785/3670, Civ: 09802-83-2785

Bldg 6643 @ Storck Barracks, DSN: 467-4642/4826, Civ: 09841-83-4642/4826

Website: <http://www.ansbach.army.mil/webpages/newcomers.aspx>

### *Div/Dept: Social Work Service (SWS)*

Service(s): Screening

Description: Evaluation and treatment for rape, child and adult physical abuse, child sexual abuse, child neglect and deployment related issues which have reached crisis proportions.

Crisis intervention services for situations involving rape, child and adult physical abuse, child sexual abuse and child neglect are available 24 hours a day, 7 days a week through SWS.

Target Audience: AD, LN, CIV, Dep, children

Length: 24 hrs a day, 7 days a week

Schedule: Report to the MPs in an emergency. Contact SWS during normal duty hours to schedule an appt.

Contact Info: Katterbach

DSN: 467-2850, CIV: 09802-83-2850

Contact Info: Illesheim

DSN: 467-4993, CIV: 09841-83-4993

## **Deployment Readiness**

### *Div/Dept: American Red Cross (ARC)*

Service(s): Emergency Notifications

Description: Unit and FRG Briefings and Emergency Notifications from CONUS to OCONUS and via deployment theatre

Target Audience: AD, Family Members, Retirees, CIV, LN

Schedule: Call for info

Contact Info: Bldg 5817@ Katterbach Kaserne, Duty hours 0800-1600

DSN: 467-2136/1760, Civ: 09802-83-1760

After Hours: DSN 99-1-877-272-7337 Civ: 011-49-1-877-272-7337 (EMERGENCIES ONLY)

Website: <http://www.ansbach.army.mil/webpages/newcomers.aspx>

### *Div/Dept: Army Community Service (ACS)*

Service(s): Education

Description: Dispersment of **community** information: classes, special events etc...

Target Audience: AD, Family Members, Retirees, CIV

Length: Varies

Schedule: Call for information

Contact Info: Bldg 5817A @ Katterbach Kaserne, Storck Barracks, Bldg. 6510

DSN: 467-3601/2883, CIV: 09802-83-3601/2883

Storck DSN: 467-4555, CIV 09841-83-4555

### *Div/Dent: Chaplain Services (CH)*

Service(s): Class

Description: Develop individual, family, and **community** spiritual health through a religious regimen of self-disciplined programs: 1. Chapel worship services 2. Religious education classes 3. Retreats 4. Prayer groups 5. Bible/Catechism studies

Target Audience: All soldiers and family members and DoD civilians

Length: On-going and special programs

Schedule: As requested by individuals, spouses, or unit leaders

Contact Info:

Bldg 5819@ Katterbach Kaserne, DSN: 467-2785, Civ: 09802-83-2785

Bldg 6643 @ Storck Barracks, DSN: 467-4642/4826, Civ: 09841-83-4642/4826

*Div/Dept: Force Health Protection/FHP  
Public Health Nursing/PHN*

Service(s): Screening/Education

Description: Immunizations, Pre/Post Deployment Health Briefings

Target Audience: AD

Schedule: Call for more info

Contact Info: Katterbach Force Health Protection Office:

**Contact Info:** Katterbach Force Health Protection Office:

DSN 467-2728 or CIV 0980-283-2728

Katterbach Public Health Nurse:

DSN 467-3400 or CIV 0980-283-3400

Illesheim (Storck) Force Health Protection Office:

DSN 467-4512 or CIV 0984-183-4512

Illesheim (Storck) Public Health Nurse:

DSN 467-4383 or CIV 0981-183-4383

**Website:**

<http://ermc.amedd.army.mil/katterbach/index.cfm>

<http://ermc.amedd.army.mil/illesheim/index.cfm>

*Div/Dept: Legal Services (JAG)*

Service(s): Consult

Description: Family, Immigration, Consumer Law, Real Property, Military Administration, Estate Planning- Wills, POA, SGLI, Trusts, and Elder Law, Notary Services, Tax Assistance, Claims, Trial Defense Services, Military Justice

Target Audience: AD, FM, CIV, Retirees

Schedule: Mon – Thur: 0900-11:45, 13:00-16:00 – Friday 13:00-16:00- Closed American Holidays and Training Holidays

Contact Info: Katterbach Bldg 5817A 3<sup>rd</sup> Floor, Storck Bldg 6506 2<sup>nd</sup> Floor

DSN: 467-2103, CIV 09802-83-2103

Storck: DSN: 467-4576, CIV: 09841-83-4576

Website: <http://www.ansbach.army.mil/webpages/newcomers.aspx>

*Div/Dept: Social Work Services (SWS)*

Service(s): Counseling

Description: Counseling services are available to families with a focus on problems exhibited by children including depression, anxiety, school problems, deployment issues, and anger. General counseling services are offered at Social Work Services. Through the Family Advocacy component of SWS counseling services are also offered to children who are abuse/neglect victims

Target Audience: Children and Adolescents and parents/AD /FM/and CIV

Schedule: Call for appt

Contact Info: Katterbach Bldg 5817 (2<sup>nd</sup> Floor), Storck Bldg 6510 (4th Floor)

DSN: 467-2850, CIV: 09802-83-2850

Storck DSN: 467-4993, CIV: 09841-83-4993

#### *Div/Dept: Dental Clinic*

Service(s): Deployment Readiness

Description: Multiple Health Concerns, Screenings and Counseling for proper dental hygiene

Target Audience: AD

Schedule: Call for appointment

Contact Info: Katterbach and Storck

Dental: 467-2806/1720, CIV: 09802-83-2806/2723

## **Depression**

#### *Div/Dept: Chaplain Service (CH)*

Service(s): Counseling

Description: Identify typical signs of a suicidal person and means of assisting them. Enable soldiers to recognize and overcome suicidal conditions in themselves and others

Target Audience: AD, FM, Dep

Schedule: call for more information

Contact Info:

Bldg 5819@ Katterbach Kaserne, DSN: 467-2785/3670, Civ: 09802-83-2785

Bldg 6643 @ Storck Barracks, DSN: 467-4642/4826, Civ: 09841-83-4642/4826

Website: <http://www.ansbach.army.mil/webpages/newcomers.aspx>

#### *Div/Dept: Health Clinic (HC)*

Service(s): Screening

Description: Our service is designed to treat the active duty soldier, their family members, retirees and other citizens employed in a support capacity by the Department of Defense.

Target Audience: AD, Family Members, Retirees, CIV, LN

Schedule: Call for appt

Contact Info: Katterbach and Storck

DSN: Health Clinic: 0800-914-6113, DSN:467-3398

Storck: DSN 467-4512/4588, CIV: CIV 09841-83-4512/4588

Dental: 467-2806/2723, CIV: 09802-83-2806/2723

Website: <http://ermc.amedd.army.mil/MTFs/Katterbach/Katterbach.html>

#### *Div/Dept: Social Work Service(SWS)*

Service(s): Counseling

Description: Supportive counseling to enable families to resolve conflicts. strengthen

communication, reduce marital discord, strengthen parental roles, prevent family violence and provide necessary coping skills in regard to deployment issues.

Target Audience: Two parent families, single parent families and blended families

Schedule: Call for Appt

Contact Info: Katterbach Bldg 5817 (2<sup>nd</sup> Floor), Storck Bldg 6510 (4thFloor)

DSN: 467-2850, CIV: 09802-83-2850

Storck DSN: 467-4993, CIV: 09841-83-4993

Website: <http://www.ansbach.army.mil/webpages/newcomers.aspx>

## **Domestic Violence**

*Div/Dept: Army Community Service (ACS)*

Service(s): Class

Description: Regularly scheduled classes, and by request briefings, for units, FRGs and other groups interested in learning more about DV prevention.

Target Audience: AD, Family Members, Retirees, CIV

Schedule: Call for schedule

Contact Info: Bldg 5817A @ Katterbach Kaserne

DSN: 467-2883/2846, Civ: 09802-83-2883/2846

*Div/Dept: Army Community Service (ACS)*

Service(s): Education

Description: Implementing programs to prevent family problems first..

Target Audience: AD, Family Members, Retirees, CIV

Schedule: Call to schedule Appt.

Contact Info: Bldg 5817A @ Katterbach Kaserne

DSN: 467-2883/2846, Civ: 09802-83-2883/2846

*Div/Dept: Social Work Service (SWS)*

Service(s): Screening

Description: Evaluation and treatment for rape, child and adult physical abuse, child sexual abuse, child neglect and deployment related issues which have reached crisis proportions.

Crisis intervention services for situations involving rape, child and adult physical abuse, child sexual abuse and child neglect are available 24 hours a day, 7 days a weeks through SWS.

Target Audience: AD, LN, CIV, Dep, children

Length: 24 hrs a day, 7 days a week

Schedule: Contact the MPs to make a report in an emergency. Contact SWS to schedule an appt. during duty hours.

Contact Info: Katterbach

DSN: 467-2850, CIV: 09802-83-2850

Contact Info: Illesheim

DSN 467-4993 CIV 09841-83-4993

Website: <http://www.ansbach.army.mil/webpages/newcomers.aspx>

## **Drug Related Issues**

### *Div/Dept: Adolescent Substance Abuse Counseling Services (ASACS)*

Service(s): Class

Description: The course emphasizes positive coping skills such as positive communication, problem-solving skills, stress and anger management, as well as education about gateway drugs: smoking, alcohol and marijuana.

Target Audience: All seventh and eighth grade students at the middle/high school.

Schedule: The course is taught in the health class at the high school and in tutorial at the middle school.

Contact Info: Katterbach Bldg 5924 at **Ansbach Middle High School**

DSN: 467-2808, Civ: 09802-83-2808

### *Div/Dept: Army Substance Abuse Program (ASAP)*

Service(s): Counseling

Description: Therapeutic Counseling for drug and alcohol issues

Target Audience: Active Duty

Schedule: Call for Appt

Contact Info:

Bldg 5817 @ Katterbach Kaserne, DSN: 467-1710/2852, Civ: 09802-83-1710/2852

Bldg 6510 @ Storck Barracks, DSN: 467-4566, Civ: 09841-83-4566

### *Div/Dept: Army Substance Abuse Program (ASAP)*

Service(s): Education

Description: Drug and Alcohol prevention training for first line

Target Audience: Active Duty

Schedule: Call for Appt

Contact Info:

Bldg 5817 @ Katterbach Kaserne, DSN: 467-1710/2852, Civ: 09802-83-1710/2852

Bldg 6510 @ Storck Barracks, DSN: 467-4566, Civ: 09841-83-4566

## **EFMP**

### *Div/Dept: Army Community Service (ACS)*

Service(s): Education

Description: Exceptional Family Members, Children With Special Needs

Target Audience: AD, Family Members, Retirees, CIV

Schedule: Schedule: Call for appt

Contact Info: Bldg 5817A @ Katterbach Kaserne

DSN: 467-2883/2846, Civ: 09802-83-2883/2846

### *Div/Dept: Educational Developmental Intervention Services (EDIS)*

Service(s): Counseling

Description: Counseling, support for parents with special needs and developmental issues

Target Audience: AD, FM, CIV, Retirees

Schedule: Call for Appt

Contact Info: Bleidorn

DSN: 468-7811



*Div/Dept: Social Work Services*

Service(s): Counseling

Description: Counseling services are available to families with a focus on problems exhibited by children including depression, anxiety, school problems, deployment issues, and anger. A group is currently offered through Social Work on site at the High School for Young Men's Issues. General counseling services are offered in the SW Department in the hospital and our services are coordinated with EDIS and Mental Health. Through the Family Advocacy component of SWS counseling services are also offered to children who are abuse/neglect victims.

Target Audience: Children and Adolescents

Schedule: Call for appt

Contact Info: Katterbach Bldg 5817 (2<sup>nd</sup> Floor), Storck Bldg 6510 (3<sup>rd</sup> Floor)

DSN: 467-2850, CIV: 09802-83-2850

Storck DSN: 467-4993, CIV: 09841-83-4993

## **Family Issues Support Services**

*Div/Dept: American Red Cross (ARC)*

Service(s): Emergency

Description: Information and Referral Services for Emergency Notifications from CONUS to OCONUS and via deployment theatre

Schedule: Call for info

Contact Info: Bldg 5817 @ Katterbach Kaserne, Duty hours 0800-1600

DSN: 467-2136/1760, Civ: 09802-83-1760

After Hours: DSN 99-1-877-272-7337 Civ: 011-49-1-877-272-7337 (EMERGENCIES ONLY)

Website: <http://www.ansbach.army.mil/webpages/newcomers.aspx>

*Div/Dept: Army Community Service (ACS)*

Service(s): Class

Description: Making a strong Army Family.

Target Audience: AD, Family Members, Retirees, CIV

Schedule: Call for Schedule

Contact Info: Bldg 5817A @ Katterbach Kaserne

DSN: 467-2883/2846, Civ: 09802-83-2883/2846

*Div/Dept: Army Community Service (ACS)*

Service(s): Education

Description: Dispersment of **community** information: classes, special events etc...

Target Audience: AD, Family Members, Retirees, CIV

Schedule: Call to schedule appt.

Contact Info: Bldg 5817A @ Katterbach Kaserne

DSN: 467-2883/2846, Civ: 09802-83-2883/2846

*Div/Dept: Army Community Service (ACS)*

Service(s): Support

Description: Through a variety of programs, a team of experienced professionals who have



extensive knowledge of the issues confronting parents today, will help you learn to cope with everyday demands of parenthood, stress, isolation, deployment, reunion, & other essential family skills through one on one home or office visits.

Target Audience: For Parents Who are Excepting and/or have Children Up to 3 Years of Age (moms & dads)

Schedule: Call to schedule an appointment.

Contact Info: Bldg 5817A @ Katterbach Kaserne

DSN: 467-2883/2846, Civ: 09802-83-2883/2846

#### *Div/Dept: Chaplain Services (CH)*

Service(s): Support

Description: A program created for the resilient Army family. Unit programs available

Target Audience: AD, Family Members, Retirees, CIV, LN

Schedule: Contact your chaplain for more info

Contact Info:

Bldg 5819@ Katterbach Kaserne, DSN: 467-2785/3670, Civ: 09802-83-2785

Bldg 6643 @ Storck Barracks, DSN: 467-4642/4826, Civ: 09841-83-4642/4826

Bldg 5843 @ Bismarck Kaserne, DSN: 467-2235/2090, Civ: 09802-83-2235/2090

Website: <http://www.ansbach.army.mil/webpages/newcomers.aspx>

#### *Div/Dept: Chaplain Services (CH)*

Service(s): Counseling, class

Description: Develop individual, family, and **community** spiritual health through a religious regimen of self-disciplined programs: 1. Chapel worship services 2. Religious education classes 3. Retreats 4. Prayer groups 5. Bible/Catechism studies

Target Audience: All soldiers and family members and DoD civilians

Length: On-going and special programs

Schedule: As requested by individuals, spouses, or unit leaders

Contact Info:

Bldg 5819@ Katterbach Kaserne, DSN: 467-2785/3670, Civ: 09802-83-2785

Bldg 6643 @ Storck Barracks, DSN: 467-4642/4826, Civ: 09841-83-4642/4826

Website: <http://www.ansbach.army.mil/webpages/newcomers.aspx>

#### *Div/Dept: Club Beyond "Club"*

Service(s): Support Services

Description: Weekly large group meeting where teens can hear about God's love in a non-threatening, fun environment.

Target Audience: 6th - 12th Grade

Contact Info:

Bldg 5819@ Katterbach Kaserne, DSN: 467-2785, Civ: 09802-83-2785

Bldg 6643 @ Storck Barracks, DSN: 467-4642/4826, Civ: 09841-83-4642/4826

#### *Div/Dept: Club Beyond "Club" (CH)*

Service(s): Support Services

Description: Same sex ""small groups"" are led by staff and volunteers throughout the week all year. Students discuss topics they deal with and learn what the Bible has to say about their lives. Periodic Dav Trips: for activities such as swimming. skating. and amusement parks.

High School Leadership Camp, Middle School outreach camp and ski camp, High School Service Project, Italy Beach Break, and more.

Target Audience: 6th - 12th Grade

Contact Info:

Bldg 5819@ Katterbach Kaserne, DSN: 467-2785, Civ: 09802-83-2785

Bldg 6643 @ Storck Barracks, DSN: 467-4642/4826, Civ: 09841-83-4642/4826

### *Div/Dept: Club Beyond "Club" (CH)*

Service(s): Support Services

Description: Club Beyond needs adult leaders to work with youth. The CB Booster Club is a private organization that Prays for, Provides for, and Participates in the chapel sponsored Club Beyond youth ministry.

Target Audience: Adults involved in chapel who love youth.

Schedule: Ongoing need for volunteers. The CB Booster Club meets the second Tuesday of each month from 7:00-8:30 pm at Leighton Chapel.

Contact Info:

Bldg 5819@ Katterbach Kaserne, DSN: 467-2785, Civ: 09802-83-2785

Bldg 6643 @ Storck Barracks, DSN: 467-4642/4826, Civ: 09841-83-4642/4826

### *Div/Dept: Army Substance Abuse Program (ASAP)*

Service(s): Support Services

Description: Therapeutic Counseling for drug and alcohol issues

Target Audience: Active Duty

Schedule: Call for Appt

Contact Info:

Bldg 5817 @ Katterbach Kaserne, DSN: 467-1710/2852, Civ: 09802-83-1710/2852

Bldg 6510 @ Storck Barracks, DSN: 467-4566, Civ: 09841-83-4566

## **Financial Counseling**

### *Div/Dept: Army Community Service (ACS)*

Service(s): Counseling

Description: Checkbook and Budget Management

Target Audience: AD, Family Members, Retirees, CIV

Schedule: Call to schedule appt

Contact Info: Bldg 5817A @ Katterbach Kaserne

DSN: 467-2883/2846, Civ: 09802-83-2883/2846

### *Div/Dept: Legal Services (JAG)*

Service(s): Consult

Description: Family, Immigration, Consumer Law, Real Property, Military Administration, Estate Planning- Wills, POA, SGLI, Trusts, and Elder Law, Notary Services, Tax Assistance, Claims, Trial Defense Services, Military Justice

Target Audience: AD, FM, CIV, Retirees

Schedule: Mon – Thur: 0900-11:45, 13:00-16:00 – Friday 13:00-16:00- Closed American Holidays and Training Holidays

Contact Info: Katterbach Bldg 5817A 3<sup>rd</sup> Floor. Storck Bldg 6506 2<sup>nd</sup> Floor

DSN: 467-2103, CIV 09802-83-2103

Storck: DSN: 467-4576, CIV: 09841-83-4576

Website: <http://www.ansbach.army.mil/webpages/newcomers.aspx>

## First Aid Class

*Div/Dept: American Red Cross (ARC)*

Service(s): Class

Description: Covers adult, infant & child CPR and AED training and basic first aid including sudden illness, choking, burns, cardiac emergencies and bleeding. AED Classes as requested.

Target Audience: AD, Family Members, Retirees, CIV, LN

Fees: \$55.00

Length: 6.5 Hours Schedule: Bi-monthly- Generally 4<sup>th</sup> Saturday of the month due to Instructor Availability.

Contact Info: Bldg 5817@ Katterbach Kaserne Duty Hours 0800-1600

DSN: 467-2136/1760, Civ: 09802-83-1760

After Hours: DSN 99-1-877-272-7337 Civ: 011-49-1-877-272-7337 (EMERGENCIES ONLY)

Website: <http://www.ansbach.army.mil/webpages/newcomers.aspx>

*Div/Dept: Health Clinic (HC)*

Service(s): Class

Description: Training for CPR/First Aid, Advanced Cardiac Life Support

Target Audience: AD, FM, CIV, Retirees

Contact Info: Katterbach and Storck

DSN: Health Clinic: 0800-914-6113, DSN:467-3398

Storck: DSN 467-4512/4588, CIV: CIV 09841-83-4512/4588

Dental: 467-2806/2723, CIV: 09802-83-2806/2723

Website: <http://ermc.amedd.army.mil/MTFs/Katterbach/Katterbach.html>

## Fitness

*Div/Dept: Health Promotion (HP)*

Service(s): Civilian Fitness

Description: Allows Full Time DA Civilian employees to use up to 3 hours of their work week in physical training for a one-time 6 month period. View Package online

Target Audience: DA Civilian Employees

Schedule: March and September

Contact Info: Barton

DSN: 468-7863

*Div/Dept: DFDIRECTORATE OF FAMILY, MORALE, WELFARE, AND RECREATION (DFMWR)*

Service(s): Fitness

Description: Activities to support fitness and nutritional health

Target Audience: AD. FM. CIV. Retirees

Contact Info: Katterbach, Storck  
DSN: 467-2771/2810, CIV: 09802-83-2771/2810  
DSN: 467-4582, CIV: 09841-83-4582

## Gambling

*Div/Dept: Chaplain (CH)*

Service(s): Education

Description: Train soldiers in moral virtues and Army values to live and lead by good character and good conduct

Target Audience: AD, FM, Dep

Schedule: Call for more information

Contact Info:

Bldg 5819@ Katterbach Kaserne, DSN: 467-2785, Civ: 09802-83-2785

Website: <http://www.ansbach.army.mil/webpages/newcomers.aspx>

## Grief Counseling

*Div/Dept: Adolescent Substance Abuse Counseling Service (ASACS)*

Service(s): Counseling

Description: Individual, group and family therapy for teens 13-18 who have issues related to alcohol or drug use. Provide prevention services for issues like anger, stress, self-esteem issues and grief and loss.

Target Audience: 12-18 youth FM

Contact Info: Katterbach, Bldg 5924 at **Ansbach Middle High School**

DSN: 467-2808, Civ: 09802-83-2808

*Div/Dept: Chaplain Services*

Service(s): Counseling

Description: Develop individual, family, and **community** spiritual health through a religious regimen of self-disciplined programs: 1. Chapel worship services 2. Religious education classes 3. Retreats 4. Prayer groups 5. Bible/Catechism studies

Target Audience: All soldiers and family members and DoD civilians

Length: On-going and special programs

Schedule: As requested by individuals, spouses, or unit leaders

Contact Info:

Bldg 5819@ Katterbach Kaserne, DSN: 467-2785, Civ: 09802-83-2785

Bldg 6643 @ Storck Barracks, DSN: 467-4642/4826, Civ: 09841-83-4642/4826

Website: <http://www.ansbach.army.mil/webpages/newcomers.aspx>

*Div/Dept: Social Work Service (SWS)*

Service(s): Grief Counseling

Description: Evaluation and treatment for rape, child and adult physical abuse, child sexual abuse, child neglect and deployment related issues which have reached crisis proportions.

Crisis intervention services for situations involving rape, child and adult physical abuse, child sexual abuse and child neglect are available 24 hours a day, 7 days a weeks through SWS.

Target Audience: AD. LN. CIV. Dep. children

Length: 24 hrs a day, 7 days a week  
Schedule: Contact SWS during normal duty hours, or MP Station in case of emergency.  
Contact Info:  
DSN: 467-2850, CIV: 09802-83-2850

## **HEALTH PROMOTION AND WELLNESS**

**Div/Dept:** *Public Health Nursing/PHN*

**Service:** Education

**Description:** The promotion of healthy ideas and concepts to motivation individuals to adopt healthy behaviors. Examples include: heart health, nutrition, managing chronic conditions such as diabetes or asthma.

**Target Audience:** AD, FM, CIV, Retirees

**Schedule:** Call for an appointment

**Contact Info:** Katterbach Public Health Nurse:  
DSN 467-3400 or CIV 0980-283-3400  
Illesheim (Storck) Public Health Nurse:  
DSN 467-4383 or CIV 0981-183-4383

**Website:** <http://ermc.amedd.army.mil/katterbach/index.cfm>  
<http://ermc.amedd.army.mil/illesheim/index.cfm>

## **Heart Care**

**Div/Dept:** *American Red Cross (ARC)*

**Service(s):** Class

**Description:** Covers adult, infant & child CPR and AED training and basic first aid including sudden illness, choking, burns, cardiac emergencies and bleeding. AED Class as requested.

**Target Audience:** AD, Family Members, Retirees, CIV, LN

**Fees:** \$55.00

**Length:** 6.5 hours

**Schedule:** Bi-monthly – generally 4<sup>th</sup> Saturday of the month due to Instructor Availability

**Contact Info:** Bldg 5817@ Katterbach Kaserne Duty hours 0800-1600

**DSN:** 467-2136/1760, **Civ:** 09802-83-1760

**After Hours:** DSN 99-1-877-272-7337 Civ: 011-49-1-877-272-7337 (EMERGENCIES ONLY)

**Website:** <http://www.ansbach.army.mil/webpages/newcomers.aspx>

**Div/Dept:** *Health Clinic (HC)*

**Service(s):** Screening

**Target Audience:** AD, Family Members, Retirees, CIV, LN

**Schedule:** Call for appt

**Contact Info:** Katterbach. Storck

DSN: Health Clinic: 0800-914-6113, DSN:467-3398  
Storck: DSN 467-4512/4588, CIV: CIV 09841-83-4512/4588  
Dental: 467-2806/2723, CIV: 09802-83-2806/2723  
Website:<http://ermc.amedd.army.mil/MTFs/Katterbach/Katterbach.html>

## Hearing Conservation

*Div/Dept: Health Clinic (HC)*

Service(s): Screening

Schedule: Call for appt

Target Audience: AD, Family Members, Retirees, CIV, LN

Contact Info: Katterbach, Storck

DSN: Health Clinic: 0800-914-6113, DSN:467-3398

Storck: DSN 467-4512/4588, CIV: CIV 09841-83-4512/4588

Dental: 467-2806/2723, CIV: 09802-83-2806/2723

Website: <http://ermc.amedd.army.mil/MTFs/Katterbach/Katterbach.html>

## HIV / AIDS

*Div/Dept: Health Clinic (HC)*

Service(s): Screening

Description: HIV / AIDS

Target Audience: AD, Family Members, Retirees, CIV, LN

Schedule: Call for appt

Contact Info: Katterbach, Storck

DSN: Health Clinic: 0800-914-6113, DSN:467-3398

Storck: DSN 467-4512/4588, CIV: CIV 09841-83-4512/4588

Dental: 467-2806/2723, CIV: 09802-83-2806/2723

Website: <http://ermc.amedd.army.mil/MTFs/Katterbach/Katterbach.html>

*Div/Dept:* *Public Health Nursing/PHN*

**Service(s):** Screening/Education

**Description:** HIV/AIDS awareness, understanding and prevention training

**Target Audience:** AD, FM, CIV

**Schedule:** Call for more information

**Contact Info:** Katterbach Public Health Nurse:

DSN 467-3400 or CIV 0980-283-3400

Illesheim (Storck) Public Health Nurse:

DSN 467-4383 or CIV 0981-183-4383

**Website:** <http://ermc.amedd.army.mil/katterbach/index.cfm>

<http://ermc.amedd.army.mil/illesheim/index.cfm>

## **Hypertension**

*Div/Dept: Health Clinic (HC)*

Service(s): Screening

Description: Deployment Readiness, Depression, Heart Care, Hearing Conservation, Hypertension, Injury Prevention, Nutrition Education, Self Care, Stress Management, Women's Issues, Weight Management

Target Audience: AD, Family Members, Retirees, CIV, LN

Schedule: Call for appt

Contact Info: Katterbach, Storck

Health Clinic: 0800-914-6113, DSN:467-3398

Storck: DSN 467-4512/4588, CIV: CIV 09841-83-4512/4588

Dental: 467-2806/2723, CIV: 09802-83-2806/2723

Website: <http://ermc.amedd.army.mil/MTFs/Katterbach/Katterbach.html>

## **Injury Prevention**

*Div/Dept: Health Clinic (HC)*

Service(s): Screening

Description: Deployment readiness, Heart care, hearing conservation, Injury Prevention, Men's and Women's Issues, mTBI, Physical Therapy, Post Traumatic Stress Disorder, Self Care, Stress Mgmt, Tobacco Cessation, Worksite Ergonomics, Weight Management, Dental Readiness

Target Audience: AD, Family Members, Retirees, CIV, LN

Schedule: Call for appt

Contact Info: Katterbach, Storck

DSN: Health Clinic: 0800-914-6113, DSN:467-3398

Storck: DSN 467-4512/4588, CIV: CIV 09841-83-4512/4588

Dental: 467-2806/2723, CIV: 09802-83-2806/2723

Website: <http://ermc.amedd.army.mil/MTFs/Katterbach/Katterbach.html>

*Div/Dept: Garrison Safety Office*

Service(s): SASOHI's (Standard Army Safety And Occupational Health Inspection, Training Classes

Description: Target Audience: AD, all employees CIV and LN

Contact Info: Barton

DSN: 468-1670, CIV: 0981-183-1670

*Div/Dept: Occupational Health*

Services: Education

Description: LN Medical & Pregnancy Surveillance exams. Periodic Medical Surveillance Exams. (AD/DAC). Pre-deployment exams (Civilian) & Fit For Duty Exam (Civ. & LN).

Work Site visits. Hazard-Specific Training

Target Audience: ALL

Schedule: Call for appointment

Contact Info: Bliedorn, Bldg 5251 Rm 206

DSN: 468-7318 CIV: 0981-183-7318



## LTBI/TB DISEASE INTERVENTION

**Div/Dept:** *Public Health Nursing/PHN*

**Services:** Screening/Treatment/Education

**Target Audience:** AD, FM, CIV, Retirees

**Description:** Early intervention and treatment, education, and support for patients with LTBI/TB

**Contact Info:** Katterbach Public Health Nurse  
DSN 467-3400 or CIV 0980-283-3400  
Illesheim (Storck) Public Health Nurse  
DSN 467-4383 or CIV 0981-183-4383

**Website:** <http://ermc.amedd.army.mil/katterbach/index.cfm>  
<http://ermc.amedd.army.mil/illesheim/index.cfm>

## Lactation Support

**Div/Dept:** *Woman, Infants, & Children (WIC)*

**Service(s):** Education

**Description:** Increase nutritional wellness and awareness through education and free healthful foods. People qualify for the program by meeting guidelines.

**Target Audience:** Pregnant, breastfeeding, and post partum women and children under 5 years old

**Fees:** Free if you qualify

**Length:** None as long as you qualify for the program

**Schedule:** Ongoing

**Contact Info:** Bleidorn  
DSN: 468-7739

**Website:** <http://www.ansbach.army.mil/webpages/newcomers.aspx>

## Leadership, Moral

**Div/Dept:** *Army Community Services (ACS)*

**Service(s):** Class

**Description:** Training of FRG/FRLs for tactical units

**Target Audience:** Family Members/active duty soldiers

**Schedule:** Call for schedule.

**Contact Info:** Bldg 5817A @ Katterbach Kaserne  
DSN: 467-2883/2846. Civ: 09802-83-2883/2846



### *Div/Dept: Chaplain Services (CH)*

Service(s): Class

Description: Train soldiers in moral virtues and Army values to live and lead by good character and good conduct. 1. Basic morals and ethical decision-making 2. Sexual ethics 3. Medical ethics

Target Audience: Soldiers and leaders

Length: 1-3 classes (1 hr each)

Schedule: call for information

Contact Info:

Bldg 5819@ Katterbach Kaserne, DSN: 467-2785/3670, Civ: 09802-83-2785

Bldg 6643 @ Storck Barracks, DSN: 467-4642/4826, Civ: 09841-83-4642/4826

Website: <http://www.ansbach.army.mil/webpages/newcomers.aspx>

## **Marital Counseling**

### *Div/Dept: Chaplain Services (CH)*

Service(s): Counseling

Description: Couples Counseling, Marital Difficulties, Marital Counseling, Parenting Skills

Target Audience: AD, FM, Dependent

Schedule: Call for appointment

Contact Info:

Bldg 5819@ Katterbach Kaserne, DSN: 467-2785/3670, Civ: 09802-83-2785

Bldg 6643 @ Storck Barracks, DSN: 467-4642/4826, Civ: 09841-83-4642/4826

Website: <http://www.ansbach.army.mil/webpages/newcomers.aspx>

### *Div/Dept: Social Work Services (SWS)*

Service(s): Couples Therapy

Description: Therapy to enable families to resolve conflicts, strengthen communication, reduce marital discord, strengthen parental roles, prevent family violence and provide necessary coping skills in regard to deployment issues.

Target Audience: Two parent families, single parent families and blended families.

Schedule: Call for appt

Contact Info: Katterbach

DSN: 467-2850, CIV: 09802-83-2850

Contact Info: Illesheim

DSN: 467-4993, CIV: 09841-83-4993

## **Marital Difficulties**

### *Div/Dept: Army Community Service (ACS)*

Service(s): Class

Description: Regularly scheduled classes, and by request briefings, for units, FRGs and other groups interested in learning more about DV prevention.

Target Audience: AD, Family Members, Retirees, CIV

Schedule: Call to schedule appt

Contact Info: Bldg 5817A @ Katterbach Kaserne

DSN: 467-2883/2846, Civ: 09802-83-2883/2846

*Div/Dept: Army Community Service (ACS)*

Service(s): Class

Description: Communicating Effectively

Target Audience: AD, Family Members, Retirees, CIV

Schedule: Call for schedule

Contact Info: Bldg 5817A @ Katterbach Kaserne

DSN: 467-2883/2846, Civ: 09802-83-2883/2846

*Div/Dept: Army Community Service (ACS)*

Service(s): Education

Description: Implementing programs to prevent family problems first.

Target Audience: AD, Family Members, Retirees, CIV

Schedule: Call for schedule

Contact Info: Bldg 5817A @ Katterbach Kaserne

DSN: 467-2883/2846, Civ: 09802-83-2883/2846

## **Mild Traumatic Brain Injury (mTBI)**

*Div/Dept: Health Clinic (HC)*

Service(s): Screening

Description: Multiple Health Concerns, Screenings and Counseling

Target Audience: AD, Family Members, Retirees, CIV, LN

Schedule: Call for appt

Contact Info: Katterbach, Storck

DSN: Health Clinic: 0800-914-6113, DSN:467-3398

Storck: DSN 467-4512/4588, CIV: CIV 09841-83-4512/4588

Dental: 467-2806/2723, CIV: 09802-83-2806/2723

Website: <http://ermc.amedd.army.mil/MTFs/Katterbach/Katterbach.html>

## **Men's Issues**

*Div/Dept: Health Clinic (HC)*

Service(s): Screening

Description: Alcohol/Drug Related, cholesterol screening, deployment readiness, depression, domestic violence, EFMP, Heart care, hearing conservation, HIV/Aids, HTN, Injury

Prevention, Men's and Women's Issues, mTBI, Physical Therapy, Post Traumatic Stress

Disorder, STDs, Self Care, Stress Mgmt, Suicide Prevention, Teen Issues, Tobacco Cessation, Worksite Ergonomics, Weight Management, Dental Readiness

Target Audience: AD, Family Members, Retirees, CIV, LN

Schedule: Call for appt

Contact Info: Katterbach, Storck  
DSN: Health Clinic: 0800-914-6113, DSN:467-3398  
Storck: DSN 467-4512/4588, CIV: CIV 09841-83-4512/4588  
Dental: 467-2806/2723, CIV: 09802-83-2806/2723  
Website: <http://ermc.amedd.army.mil/MTFs/Katterbach/Katterbach.html>

*Div/Dept: Social Work Services (SWS)*

Service(s): Support Group

Description: Therapy group dealing with family violence and relationship issues. The goal is to break the pattern of abusive and violent relationships.

Target Audience: Men with Family Advocacy spouse abuse cases and high risk SWS cases.

Schedule: Call for appt

Contact Info: Katterbach Bldg 5817 (2<sup>nd</sup> Floor), Storck Bldg 6510 (4th Floor)

DSN: 467-2850, CIV: 09802-83-2850

Storck DSN: 467-4993, CIV: 09841-83-4993

## **New Parenthood**

*Div/Dept: Army Community Service (ACS)*

Service(s): Education

Description: Through a variety of programs, a team of experienced professionals who have extensive knowledge of the issues confronting parents today, will help you learn to cope with everyday demands of parenthood, stress, isolation, deployment, reunion, & other essential family skills through one on one home or office visits.

Target Audience: For Parents Who are Excepting and/or have Children Up to 3 Years of Age (moms & dads)

Schedule: Call to schedule an appointment.

Contact Info: Bldg 5817A @ Katterbach Kaserne

DSN: 467-2883/2846, Civ: 09802-83-2883/2846

Div/Dept: Educational Developmental Intervention Services (EDIS)

Service(s): Support Group

Description: Support Group for parents, teachers and HCP dealing with children with ADHD

Target Audience: AD, FM, CIV, Retirees

Schedule: Monthly, call for schedule

Contact Info: Bliedorn

DSN: 468-7811

*Div/Dept: Social Work Services (SWS)*

Service(s): Therapy Group

Description: A therapy group dealing with parenting issues in regard to child abuse and neglect. Focus on parenting history, child development, behavior management, healthy coping skills and healthy marriages.

Target Audience: Parents who have substantiated cases of child abuse/neglect as well as parents who are high risk.

Length: 8 weekly, 2 hour sessions  
Schedule: Call for Appt  
Contact Info: Katterbach Bldg 5817 (2<sup>nd</sup> Floor), Storck Bldg 6510 (3<sup>rd</sup> Floor)  
DSN: 467-2850, CIV: 09802-83-2850  
Storck DSN: 467-4993, CIV: 09841-83-4993

*Div/Dept: Social Work Services (SWS)*

Service(s): Support Group

Description: Support group for first time parents of infants dealing with the emotional and educational aspects of becoming a parent. Focus on infant development, balancing family and career, deployment and separation issues, coping with feelings and stress, and identifying **resources**.

Target Audience: First time parents of infants B-12 months

Length: 8 weekly, 2 hour sessions

Schedule: Call for Appt

Contact Info: Katterbach Bldg 5817 (2<sup>nd</sup> Floor), Storck Bldg 6510 (3<sup>rd</sup> Floor)

DSN: 467-2850, CIV: 09802-83-2850

Storck DSN: 467-4993, CIV: 09841-83-4993

EDIS Bliedorn DSN: 468-781, CIV: 0981-183-781

## **New Comer Orientation**

*Div/Dept: Army Community Services (ACS)*

Service(s): Orientation

Description: People Encouraging People

Target Audience: AD, FM, CIV, Retirees

Schedule: Monthly

Contact Info: Bldg 5817A @ Katterbach Kaserne

DSN: 467-2883/2846, Civ: 09802-83-2883/2846

## **Nutrition Education**

*Div/Dept: Dental Clinic (DENTAC)*

Service(s): Nutrition Education

Description: Multiple Health Concerns, Screenings and Counseling for proper dental hygiene

Target Audience: AD

Schedule: Call for appointment

Contact Info: Katterbach, Storck

Dental: 467-2806/1720, CIV: 09802-83-2806/1720

*Div/Dept: Directorate Of Family, Morale, Welfare, And Recreation (DFMWR)*

Service(s): Education

Description: Activities to support fitness and nutritional health

Target Audience: AD. FM. CIV. Retirees

Schedule: Call for info  
Contact Info: Katterbach, Storck  
DSN: 467-2771/2810 , CIV: 09802-83-2771/2810

*Div/Dept: Health Clinic (HC)*

Service(s): Nutrition Education

Description: Activities and education to support nutritional health

Target Audience: AD, Family Members, Retirees, CIV, LN

Schedule: Call for appt

Contact Info: Health Clinic: 0800-914-6113, DSN:467-3398,

Storck: DSN 467-4512/4588, CIV: CIV 09841-83-4512/4588

Dental: 467-2806/2723, CIV: 09802-83-2806/2723

Website: <http://ermc.amedd.army.mil/MTFs/Katterbach/Katterbach.html>

*Div/Dept: Women, Infants, & Children (WIC)*

Service(s): Education

Description: Increase the nutritional education of populations within the **community**.

Target Audience: AD, Family Resource Groups

Contact Info: Bleidorn

DSN: 468-7739

## Oral & Dental Health

*Div/Dept: Dental Clinic (DENTAC)*

Service(s): Screening

Description: Multiple Health Concerns, Screenings and Counseling for proper dental hygiene

Schedule: Call for appointment

Katterbach DSN: 467-2806/1720, CIV: 09802-83-2806/1720

Storck DSN: DSN 467-4500/4757, CIV: 09841-83-4500/4757

## Parental Skills

*Div/Dept: Adolescent Substance Abuse Counseling Service (ASACS)*

Service(s): Counseling

Description: Individual, group and family therapy for teens 13-18 who have issues related to alcohol or drug use. Provide prevention services for issues like anger, stress, self-esteem issues and grief and loss.

Target Audience: 12-18 youth FM

Contact Info: Katterbach Bldg 5924 at Ansbach Middle High School

DSN: 467-2808, Civ: 09802-83-2808

*Div/Dept: Army Community Service (ACS)*

Service(s): Class

Description: Regularly scheduled classes, and by request briefings, for units, FRGs and other groups interested in learning more about DV prevention.

Target Audience: AD, Family Members, Retirees, CIV

Schedule: Call to schedule appt

Contact Info: Bldg 5817A @ Katterbach Kaserne  
DSN: 467-2883/2846, Civ: 09802-83-2883/2846

*Div/Dept: Chaplain Services (CH)*

Service(s): Support Group

Description: Family Life Chapel

Target Audience: AD, FM, Dependents

Contact Info: Bldg 5819@ Katterbach Kaserne, DSN: 467-2785/3670, Civ: 09802-83-2785

Bldg 6643 @ Storck Barracks, DSN: 467-4642/4826, Civ: 09841-83-4642/4826

Website: <http://www.ansbach.army.mil/webpages/newcomers.aspx>

*Div/Dept: Educational Developmental Intervention Services (EDIS)*

Service(s): Support Group

Description: Support Group for parents, teachers and HCP dealing with children with ADHD

Target Audience: AD, FM, CIV, Retirees

Schedule: Monthly, call for schedule

Contact Info: Bleidorn Housing Area, Bldg. 5083

DSN: 4687811, CIV: 0981-183-7811

*Div/Dept: Social Work Services (SWS)*

Service(s): Support group

Description: A therapy group dealing with parenting issues in regard to child abuse and neglect. Focus on parenting history, child development, behavior management, healthy coping skills and healthy marriages.

Target Audience: Parents who have substantiated cases of child abuse/neglect as well as parents who are high risk.

Length: 8 weekly, 2 hour sessions

Schedule: Call for Appt

Contact Info: Katterbach Bldg 5817 (2<sup>nd</sup> Floor), Storck Bldg 6510 (3<sup>rd</sup> Floor)

DSN: 467-2850, CIV: 09802-83-2850

Storck DSN: 467-4993, CIV: 09841-83-4993

*Div/Dept: Women, Infants, & Children (WIC)*

Service(s): Education

Description: Parenting Skills, New Parents, Child Rearing

Target Audience: AD, FM, CIV

Contact Info: Bleidorn Bldg 5090, Storck Bldg 6510

DSN: 468-7739, CIV: 0981-183-7739

Storck DSN: 467-4601, CIV: 09841-83-4601

Website: <http://www.ansbach.army.mil/webpages/newcomers.aspx>

Pet Care/Pets

Div/Dept: Public Health Command District - Northern Europe

Service(s): veterinary care to privately owned pets of the U.S. Army Ansbach Garrison

Description: Providing basic veterinary care to privately owned pets to include vaccinations, de-worming, and preventative products. Additionally providing

routine sick calls and surgeries (spays, neuters, dentals). No emergency capabilities.

Target Audience: Active duty Soldiers, family members and civilian contractors with access to use the medical facilities, must have medical listed on back of ID card.

Schedule: Monday-Thursday 0830-1600, Friday 1300-1600. Closed Friday 0830-1300 for training.

Contact Info: Phone: 09802-83-3179 or email: [usarmy.ansbach.vtf@mail.mil](mailto:usarmy.ansbach.vtf@mail.mil)

Website: <http://phc.amedd.army.mil/organization/Pages/VeterinaryTreatmentFacilities.aspx>

## Physical Therapy

*Div/Dept: Health Clinic (HC)*

Service(s): Physical Therapy

Description: Multiple Health Concerns, Screenings and Counseling

Target Audience: AD, Family Members, Retirees, CIV

Fees: free for AD, varies

Schedule: Call for appt

Contact Info: Health Clinic: 0800-914-6113, DSN:467-3398

Storck: DSN 467-4512/4588, CIV: CIV 09841-83-4512/4588

Dental: 467-2806/2723, CIV: 09802-83-2806/2723

Website: <http://ermc.amedd.army.mil/MTFs/Katterbach/Katterbach.html>

## Pregnancy

*Div/Dept: Army Community Service (ACS)*

Service(s): Education

Description: Through a variety of programs, a team of experienced professionals who have extensive knowledge of the issues confronting parents today, will help you learn to cope with everyday demands of parenthood, stress, isolation, deployment, reunion, & other essential family skills through one on one home or office visits.

Target Audience: For Parents Who are Expecting and/or have Children Up to 3 Years of Age (moms & dads)

Schedule: Call to schedule an appointment.

Contact Info: Bldg 5817A @ Katterbach Kaserne

DSN: 467-2883/2846, Civ: 09802-83-2883/2846

*Div/Dept: Public Health Nursing/PHN*

Service(s): Screening and Education

**Description:** Education and support for managing a pregnancy in Germany. Classes are done in conjunction with the New Parent Support Program. Several classes are available: OB Orientation (managing the 1<sup>st</sup> and 2<sup>nd</sup> trimester), Before the Baby (3<sup>rd</sup> trimester), New Parent Support, and Lactation Counseling.

**Target Audience:** AD. FM. CIV



**Schedule:** Call for an appointment and current class schedule  
**Contact Info:** Katterbach Public Health Nurse  
DSN 467-3400 or CIV 0980-283-3400  
Illesheim (Storck) Public Health Nurse  
DSN 467-4383 or CIV 0981-183-4383

**Website:** <http://ermc.amedd.army.mil/katterbach/index.cfm>  
<http://ermc.amedd.army.mil/illesheim/index.cfm>

*Div/Dept: Health Promotion (HP)*

Service(s): Pregnancy Post Partum Training for train-the-trainer

Description: Must be senior enlisted (E-6 and above) Soldiers or DoD civilian. Must have been designated to serve in a P3T leader position. Medical or fitness training or experience, i.e., previous P3T exercise leader experience or having completed the new MFT course, is optimal. The target audience is unit NCOs and health care providers involved in P3T Program implementation.

Target Audience: Active Duty

Length: 21 hours

Contact Info: Lisa Young, Public Health- dhpwebcontacts2@amedd.army.mil

DSN: 584-4656

CONUS: 410-436-4656

*Div/Dept: Social Work Service (SWS)*

Service(s): Counseling

Description: Supportive counseling to enable families to resolve conflicts, strengthen communication, reduce marital discord, strengthen parental roles, prevent family violence and provide necessary coping skills in regard to deployment issues.

Target Audience: Two parent families, single parent families and blended families

Schedule: Call for Appt

Contact Info: Katterbach

DSN: 467-2850, CIV: 09802-83-2850

*Div/Dept: Woman, Infants, & Children (WIC)*

Service(s): Education

Description: Increase nutritional wellness and awareness through education and free healthful foods. People qualify for the program by meeting guidelines.

Target Audience: Pregnant, breastfeeding, and post partum women and children under 5 years old

Fees: Free if you qualify

Contact Info: Bleidorn

DSN: 468-7739

Website: <http://www.ansbach.army.mil/webpages/newcomers.aspx>



## Post Traumatic Stress Disorder (PTSD)

### *Div/Dept: Army Community Service (ACS)*

Service(s): Education

Description: Provides **resources** and support for those who are diagnosed or suspect they are experiencing Post Traumatic Stress Disorder. Can also provide awareness briefing on Post Traumatic Stress Disorder.

Target Audience: Soldiers, families, DoD civilians

Contact Info: Bldg 5817A @ Katterbach Kaserne

DSN: 467-2883/2846, Civ: 09802-83-2883/2846

### *Div/Dept: Chaplain Services (CH)*

Service(s): Counseling

Description: Identify typical signs of a suicidal person and means of assisting them. Enable soldiers to recognize and overcome suicidal conditions in themselves and others

Target Audience: Soldiers, families, DoD civilians

Schedule: As requested by unit commander

Contact Info:

Bldg 5819@ Katterbach Kaserne, DSN: 467-2785/3670, Civ: 09802-83-2785

Bldg 6643 @ Storck Barracks, DSN: 467-4642/4826, Civ: 09841-83-4642/4826

Website: <http://www.ansbach.army.mil/webpages/newcomers.aspx>

### *Div/Dept: Health Clinic (HC)*

Service(s): Screening

Description: Alcohol/Drug Related, cholesterol screening, deployment readiness, depression, domestic violence, EFMP, Heart care, hearing conservation, HIV/Aids, HTN, Injury Prevention, Men's and Women's Issues, mTBI, Physical Therapy, Post Traumatic Stress Disorder, STDs, Self Care, Stress Mgmt, Suicide Prevention, Teen Issues, Tobacco Cessation, Worksite Ergonomics, Weight Management, Dental Readiness

Target Audience: AD, Family Members, Retirees, CIV, LN

Schedule: Call for appt

Contact Info: Katterbach and Storck

DSN: Health Clinic: 0800-914-6113, DSN:467-3398

Storck: DSN 467-4512/4588, CIV: CIV 09841-83-4512/4588

Dental: 467-2806/2723, CIV: 09802-83-2806/2723

Website: <http://ermc.amedd.army.mil/MTFs/Katterbach/Katterbach.html>

### *Div/Dept: Social Work Services (SWS)*

Service(s): Counseling

Description: Therapy group dealing with family violence and relationship issues. The goal is to break the pattern of abusive and violent relationships.

Target Audience: AD, CIV, FM

Schedule: Call for appt

Contact Info: Katterbach Bldg 5817 (2<sup>nd</sup> Floor), Storck Bldg 6510 (3<sup>rd</sup> Floor)

DSN: 467-2850, CIV: 09802-83-2850

Storck DSN: 467-4993, CIV: 09841-83-4993

## Retiree Issues

*Div/Dept: Army Career and Alumni Program*

Service(s): Education

Description: The ACAP can assist in providing information for retiring and retired Soldiers, their families and, ultimately, surviving spouses. Before retirement, visit your ACAP for assistance and for special program items such as the installation retiree council, the annual Retiree Appreciation Day and installation retiree newsletter.

Target Audience: Retirees

Schedule: Monday - Friday 0800-1200 & 1230-1630

Contact Info: Katterbach, Bldg 5818

DSN: 467-3312, CIV: 09802-83-3312

## Risk Management

*Div/Dept: Garrison Safety Office*

Service(s): Class

Description: Safety Training

Target Audience: AD, all employees CIV and LN

Contact Info: Barton

DSN: 468-1670, CIV: 0981-183-1670

## Self Care

*Div/Dept: Adolescent Substance Abuse Counseling Services (ASACS)*

Service(s): Counseling

Description: Individual, group and family therapy for teens 13-18 who have issues related to alcohol or drug use. Provide prevention services for issues like anger, stress, self-esteem issues and grief and loss.

Target Audience: 12-18 youth FM

Contact Info: Katterbach, Bldg 5924 at **Ansbach Middle High School**

DSN: 467-2808, Civ: 09802-83-2808

*Div/Dept: Army Community Service (ACS)*

Service(s): Education

Description: Through a variety of programs, a team of experienced professionals who have extensive knowledge of the issues confronting parents today, will help you learn to cope with everyday demands of parenthood, stress, isolation, deployment, reunion, & other essential family skills through one on one home or office visits.

Target Audience: For Parents Who are Excepting and/or have Children Up to 3 Years of Age (moms & dads)

Schedule: Call to schedule an appointment.

Contact Info: Bldg 5817A @ Katterbach Kaserne

DSN: 467-2883/2846, Civ: 09802-83-2883/2846

*Div/Dept: Health Clinic (HC)*

Service(s): Screening

Description: Multiple Health Concerns, Screenings and Counseling

Target Audience: AD, Family Members, Retirees, CIV, LN

Schedule: Call for appt

Contact Info: Katterbach and Storck

DSN: Health Clinic: 0800-914-6113, DSN:467-3398

Storck: DSN 467-4512/4588, CIV: CIV 09841-83-4512/4588

Dental: 467-2806/2723, CIV: 09802-83-2806/2723

Website: <http://www.ansbach.army.mil/sites/services/medical.asp>

## **Self Esteem**

*Div/Dept: Adolescent Substance Abuse Counseling Service (ASACS)*

Service(s): Self Esteem Therapy

Description: Individual, group and family therapy for teens 13-18 who have issues related to alcohol or drug use. Provide prevention services for issues like anger, stress, self-esteem issues and grief and loss.

Target Audience: 12-18 youth FM

Contact Info: Bldg 5924 at Ansbach Middle High School

DSN: 467-2808, Civ: 09802-83-2808

*Div/Dept: Social Work Service(SWS)*

Service(s): Counseling

Description: Supportive counseling to enable families to resolve conflicts, strengthen communication, reduce marital discord, strengthen parental roles, prevent family violence and provide necessary coping skills in regard to deployment issues.

Target Audience: Two parent families, single parent families and blended families

Schedule: Call for Appt

Contact Info: Katterbach

DSN: 467-2850, CIV: 09802-83-2850

## Single Parenting

*Div/Dept: Adolescent Substance Abuse Counseling Service (ASACS)*

Service(s): Counseling

Description: Individual, group and family therapy for teens 13-18 who have issues related to alcohol or drug use. Provide prevention services for issues like anger, stress, self-esteem issues and grief and loss.

Target Audience: 12-18 youth FM

Schedule: Ongoing

Contact Info: Katterbach, Bldg 5924 at Ansbach Middle High School

DSN: 467-2808, Civ: 09802-83-2808

*Div/Dept: Army Community Service (ACS)*

Service(s): Class

Description: Regularly scheduled classes, and by request briefings, for units, FRGs and other groups interested in learning more about DV prevention.

Target Audience: AD, Family Members, Retirees, CIV

Schedule: Call to schedule appt

Contact Info: Bldg 5817A @ Katterbach Kaserne

DSN: 467-2883/2846, Civ: 09802-83-2883/2846

*Div/Dept: Social Work Service(SWS)*

Service(s): Counseling

Description: Supportive counseling to enable families to resolve conflicts, strengthen communication, reduce marital discord, strengthen parental roles, prevent family violence and provide necessary coping skills in regard to deployment issues.

Target Audience: Two parent families, single parent families and blended families

Schedule: Call for Appt

Contact Info: Katterbach

DSN: 467-2850, CIV: 09802-83-2850

Contact Info: Illesheim

DSN 467-4993 CIV 09841-83-4993

## Spiritual Fitness

*Div/Dept: Chaplain Services*

Service(s): Support Group

Description: Develop individual, family, and **community** spiritual health through a religious regimen of self-disciplined programs: 1. Chapel worship services 2. Religious education classes 3. Retreats 4. Prayer groups 5. Bible/Catechism studies

Target Audience: All soldiers and family members and DoD civilians

Length: On-going and special programs

Schedule: As requested by individuals, spouses, or unit leaders

Contact Info:

Bldg 5819 @ Katterbach Kaserne, DSN: 467-2785/3670, Civ: 09802-83-2785

Bldg 6643 @ Storck Barracks. DSN: 467-4642/4826. Civ: 09841-83-4642/4826

## STD Counseling

*Div/Dept: Public Health Nursing/PHN*

**Service(s):** Screening, Treatment, and Education

**Description:** Follows STD guidelines IAW CDC recommendations for the screening and treatment of STDS. Provides STD education upon request to bring awareness and promote prevention.

**Target Audience:** AD, FM, CIV, Retirees

**Schedule:** Call for an appointment

**Contact Info:** Katterbach Public Health Nurse

DSN 467-3400 or CIV 0980-283-3400

Illesheim (Storck) Public Health Nurse

DSN 467-4383 or CIV 0981-183-4383

**Website:** <http://ermc.amedd.army.mil/katterbach/index.cfm>  
<http://ermc.amedd.army.mil/illesheim/index.cfm>

*Div/Dept: Health Clinic (HC)*

**Service(s):** Screening and counseling

**Description:** Multiple Health Concerns, Screenings and Counseling

**Target Audience:** AD, Family Members, Retirees, CIV, LN

**Schedule:** By Appointment Only

**Contact Info:** Katterbach and Storck

DSN: Health Clinic: 0800-914-6113, DSN:467-3398

Storck: DSN 467-4512/4588, CIV: CIV 09841-83-4512/4588

Dental: 467-2806/2723, CIV: 09802-83-2806/2723

## Stress Management

*Div/Dept: Adolescent Substance Abuse Counseling Service (ASACS)*

**Service(s):** Counseling

**Description:** Individual, group and family therapy for teens 13-18 who have issues related to alcohol or drug use. Provide prevention services for issues like anger, stress, self-esteem issues and grief and loss.

**Target Audience:** 12-18 youth FM

**Contact Info:** Katterbach, Bldg 5924 at **Ansbach Middle High School**

DSN: 467-2808, Civ: 09802-83-2808

*Div/Dept: Army Community Center (ACS)*

**Service(s):** Class

**Description:** Regularly scheduled classes for those interest in learning to manage stress ore effectively.

**Target Audience:** AD. Family Members. Retirees. CIV

Schedule: Call for schedule  
Contact Info: Bldg 5817A @ Katterbach Kaserne  
DSN: 467-2883/2846, Civ: 09802-83-2883/2846

*Div/Dept: Social Work Service(SWS)*

Service(s): Counseling  
Description: Counseling, classes on anger and stress management  
Target Audience: AD, FM, CIV, Retirees  
Schedule: Call for Appt  
Contact Info: Katterbach  
DSN: 467-2850, CIV: 09802-83-2850  
After Hours: DSN 467-1760, 431-2334 Civ: 07031-15-2334

*Div/Dept: Social Work Services*

Service(s): Class  
Description: Supportive counseling to enable families to resolve conflicts, strengthen communication, reduce marital discord, strengthen parental roles, prevent family violence and provide necessary coping skills in regard to deployment issues.  
Target Audience: Two parent families, single parent families and blended families  
Schedule: Call for Appt  
Contact Info: Katterbach Bldg 5817 (2<sup>nd</sup> Floor), Storck Bldg 6510 (3<sup>rd</sup> Floor)  
DSN: 467-2850, CIV: 09802-83-2850  
Storck DSN: 467-4993, CIV: 09841-83-4993

## **Suicide Prevention**

Suicide Prevention Program (Army Substance Abuse Program)

Service(s): Education, Training

Description: Tailored training, education, and resources for small and large groups to improve readiness through the development and enhancement of the Army Suicide Prevention Program policies designed to minimize suicide behavior; thereby preserving mission effectiveness through individual readiness.

Target Audience: Soldiers, Family Members, Department of the Army Civilians

Schedule: Call for appointment

Contact info: DSN: 467-4847/467-1710, CIV: 09841-83-4847/09802-83-1710

Website: <http://www.eur.army.mil/SuicidePrevention/>

*Div/Dept: Chaplain Services*

Service(s): Counseling

Description: Identify typical signs of a suicidal person and means of assisting them. Enable soldiers to recognize and overcome suicidal conditions in themselves and others

Target Audience: Soldiers, families, DoD civilians

Length: Call for counseling

Schedule: As requested by unit commander

Contact Info:

Bldg 5819@ Katterbach Kaserne, DSN: 467-2785, Civ: 09802-83-2785

Bldg 5843 @ Bismarck Kaserne, DSN: 467-2235/2090, Civ: 09802-83-2235/2090

*Div/Dept: Health Clinic (HC)*

Service(s): Screening, Treatment

Description: Multiple Health Concerns, Screenings and Counseling

Target Audience: AD, Family Members, Retirees, CIV, LN

Schedule: Call for appt

Contact Info:

DSN: Health Clinic: 0800-914-6113, DSN:467-3398

Storck: DSN 467-4512/4588, CIV: CIV 09841-83-4512/4588

Dental: 467-2806/2723, CIV: 09802-83-2806/2723

*Div/Dept: Social Work Services*

Service(s): Screening

Description: Evaluation and treatment for rape, child and adult physical abuse, child sexual abuse, child neglect and deployment related issues which have reached crisis proportions.

Crisis intervention services for situations involving rape, child and adult physical abuse, child sexual abuse and child neglect are available 24 hours a day, 7 days a weeks through SWS.

Target Audience: AD, LN, CIV, Dep, children

Length: 24 hrs a day, 7 days a week

Schedule: Call for an appointment

Contact Info: Katterbach Bldg 5817 (2<sup>nd</sup> Floor), Storck Bldg 6510 (3<sup>rd</sup> Floor)

DSN: 467-2850, CIV: 09802-83-2850

Storck DSN: 467-4993, CIV: 09841-83-4993

## **Teen Issues**

*Div/Dept: Adolescent Substance Abuse Counseling Service (ASACS)*

Service(s): Counseling

Description: Individual, group and family therapy for teens 13-18 who have issues related to alcohol or drug use. Provide prevention services for issues like anger, stress, self-esteem issues and grief and loss.

Target Audience: 12-18 youth FM

Contact Info: Katterbach, Bldg 5924 at **Ansbach Middle High School**

DSN: 467-2808, Civ: 09802-83-2808

*Div/Dept: Social Work Services*

Service(s): Counseling

Description: Counseling services are available to families with a focus on problems exhibited by children including depression, anxiety, school problems, deployment issues, and anger. A group is currently offered through Social Work on site at the High School for Young Men's Issues. General counseling services are offered in the SW Department in the hospital and our services are coordinated with EDIS and Mental Health. Through the Family Advocacy component of SWS counseling services are also offered to children who are abuse/neglect victims.

Target Audience: Children and Adolescents

Schedule: Call for appt

Contact Info: Katterbach Bldg 5817 (2<sup>nd</sup> Floor), Storck Bldg 6510 (4th Floor)

DSN: 467-2850, CIV: 09802-83-2850

Storck DSN: 467-4993, CIV: 09841-83-4993

## Time Management

*Div/Dept: Army Community Service (ACS)*

Service(s): Class

Description: Making a strong Army Family. Three levels of training.

Target Audience: AD, Family Members, Retirees, CIV

Contact Info: Bldg 5817A @ Katterbach Kaserne

Schedule: Call for schedule

DSN: 467-2883/2846, Civ: 09802-83-2883/2846

## Tobacco Cessation (Adult/Teen)

*Div/Dept: Adolescent Substance Abuse Counseling Service (ASACS)*

Service(s): Class

Description: The course emphasizes positive coping skills such positive communication, problem-solving skills, stress and anger management, as well as education about gateway drugs: smoking, alcohol and marijuana.

Target Audience: All seventh and eighth grade students at the middle/high school.

Schedule: The course is taught in the health class at the high school and in tutorial at the middle school.

Contact Info: Katterbach, Bldg 5924 at **Ansbach Middle High School**

DSN: 467-2808, Civ: 09802-83-2808

*Div/Dept: Community Health Nursing (CHN)*

*Div/Dept: Public Health Nursing/PHN*

**Service:** Classes

**Description:** Individual or group classes to provide education and resources to support individuals interested in becoming tobacco free.

**Target Audience:** AD, FM, CIV, Retirees

**Length:** Varies



**Schedule:** Call for more information or to schedule an appointment

**Contact Info:** Katterbach Public Health Nurse  
DSN 467-3400 or CIV 0980-283-3400  
Illesheim (Storck) Public Health Nurse  
DSN 467-4383 or CIV 0981-183-4383

**Website:** <http://ermc.amedd.army.mil/katterbach/index.cfm>  
<http://ermc.amedd.army.mil/illesheim/index.cfm>

*Div/Dept: Health Clinic (HC)*

Service(s): Classes

Description: Ongoing classes to promote tobacco cessation in our **community**

Target Audience: AD, Family Members, Retirees, CIV, LN

Schedule: Call for appt

Contact Info: Katterbach and Storck

DSN: Health Clinic: 0800-914-6113, DSN:467-3398

Storck: DSN 467-4512/4588, CIV: CIV 09841-83-4512/4588

Dental: 467-2806/2723, CIV: 09802-83-2806/2723

Website: <http://ermc.amedd.army.mil/MTFs/Katterbach/Katterbach.html>

## Travel Medicine

### TRAVEL MEDICINE

*Div/Dept: Immunizations Clinic/IMMS*

*Force Health Protection/FHP*

**Service(s):** Screening/Education/Administration Vaccines

**Description:** Immunizations and Pre/Post Deployment Health Briefings specific to assigned region.

**Target Audience:** AD

**Contact Info:** Katterbach Force Health Protection Office:

DSN 467-2728 or CIV 0980-283-2728

Katterbach Immunization Nurse:

DSN 467-3284 or CIV 0980-283-3284

Illesheim (Storck) Force Health Protection Office:

DSN 467-4512 or CIV 0984-183-4512

Illesheim (Storck) Clinic:

DSN 467-4383 or CIV 0981-183-4383

**Website:** <http://ermc.amedd.army.mil/katterbach/index.cfm>

<http://ermc.amedd.army.mil/illesheim/index.cfm>

## **Water Safety**

*Div/Dept: Garrison Safety Office*

Service(s): Education

Description: Safety Training

Target Audience: AD, all employees CIV and LN

Contact Info: Barton

DSN:468-1670, CIV: 0981-183-1670

## **Women's Issues**

*Div/Dept: Army Community Service (ACS)*

Service(s): Women's Issues class

Description: Discuss and learn skills to communicate with your partner for life.

Target Audience: AD, Family Members, Retirees, CIV

Schedule: Call for schedule

Contact Info: Bldg 5817A @ Katterbach Kaserne

DSN: 467-2883/2846, Civ: 09802-83-2883/2846

*Div/Dept: Health Clinic (HC)*

Service(s): Women's Issues

Description: Alcohol/Drug Related, cholesterol screening, deployment readiness, depression, domestic violence, EFMP, Heart care, hearing conservation, HIV/Aids, HTN, Injury Prevention, Men's and Women's Issues, mTBI, Physical Therapy, Post Traumatic Stress Disorder, STDs, Self Care, Stress Mgmt, Suicide Prevention, Teen Issues, Tobacco Cessation, Worksite Ergonomics, Weight Management, Dental Readiness

Target Audience: AD, Family Members, Retirees, CIV, LN

Schedule: Call for appt

Contact Info: Health Clinic: 0800-914-6113, DSN:467-3398

Storck: DSN 467-4512/4588, CIV: CIV 09841-83-4512/4588

Dental: 467-2806/2723, CIV: 09802-83-2806/2723

*Div/Dept: Social Work Services (SWS)*

Service(s): Support Group

Description: Therapy group dealing with family violence and relationship issues. The goal is to break the pattern of abusive and violent relationships.

Target Audience: Women with Family Advocacy spouse abuse cases and high risk SWS cases

Schedule: Call for appt

Contact Info: Katterbach Bldg 5817 (2<sup>nd</sup> Floor), Storck Bldg 6510 (4th Floor)

DSN: 467-2850, CIV: 09802-83-2850

Storck DSN: 467-4993, CIV: 09841-83-4993

## **Worksite Ergonomics**

*Div/Dept: Health Clinic (HC)*

Service(s): Treatment

Description: Multiple Health Concerns, Screenings and Counseling

Target Audience: AD, Family Members, Retirees, CIV, LN

Contact Info: Katterbach and Storck

DSN: Health Clinic: 0800-914-6113, DSN:467-3398

Storck: DSN 467-4512/4588, CIV: CIV 09841-83-4512/4588

Dental: 467-2806/2723, CIV: 09802-83-2806/2723

*Div/Dept: Garrison Safety Office*

Service(s): Education

Description: Varies

Target Audience: AD, Family Members, Retirees, CIV, LN

Contact Info: Barton

DSN: 468-1670, CIV: 0981-183-1670

## **Worksite Safety**

*Div/Dept: Garrison Safety Office*

Service(s): Worksite Safety Issues

Description: Safety Training and Assessments

Contact Info: DSN: 468-1670, CIV: 0981-183-1670

## **Worksite Violence**

*Div/Dept: Army Community Service (ACS)*

Service(s): Education

Description: Implementing programs to prevent family problems first.

Target Audience AD, Family Members, Retirees, CIV

Contact Info: Bldg 5817A @ Katterbach Kaserne

DSN: 467-2883/2846, Civ: 09802-83-2883/2846

## **Weight Management**

*Div/Dept: Directorate Of Family, Morale, Welfare, And Recreation (DFMWR)*

Service(s): Education

Description: Activities to support fitness and nutritional health

Target Audience: AD, FM, CIV, Retirees

Contact Info: Katterbach and Storck

DSN: 467-2771/2810, CIV: 09802-83-2771/2810

Storck DSN: 467-4582, CIV: 09841-83-4582

*Div/Dept: Women, Infants, & Children (WIC)*

Service(s): Education

Description: Increase the nutritional education of populations within the **community**.

Target Audience: AD, Family **Resource** Groups

Contact Info: Bleidorn Bldg 5090, Storck Bldg 6510

DSN: 468-7739, CIV: 0981-183-7739

Storck DSN: 467-4601, CIV: 09841-83-4601

Website: <http://www.ansbach.army.mil/webpages/newcomers.aspx>

*Div/Dept: Health Clinic (HC)*

Service(s): Screening, Counseling

Description: Multiple Health Concerns, Screenings and Counseling

Target Audience: AD, Family Members, Retirees, CIV, LN

Schedule: Call for appt

Contact Info: Katterbach and Storck

DSN: Health Clinic: 0800-914-6113, DSN:467-3398

Storck: DSN 467-4512/4588, CIV: CIV 09841-83-4512/4588

Dental: 467-2806/2723, CIV: 09802-83-2806/2723