

Fort Wainwright Resource Guide to Reduce Harmful Behaviors



How to Use this Guide

*If a Soldier, Family member or DA civilian needs immediate help, **call 911**.* Otherwise, this guide is designed to help determine the best course of action for someone in need and to understand and address harmful behaviors by exploring both Risk Factors (RF) and Protective Factors (PF). The guide is broken up into three main sections. The first is “Harmful Behaviors.” This section provides an overview of signs, symptoms and changes in behavior that might be observed when an individual is going through a serious situation. The resources in this section are listed in order of urgency. The next section is “Risk Factors;” RFs are known to contribute negatively to a person’s life to possibly predispose them to a harmful behavior. Recognizing and addressing RFs early is key to preventing harmful behaviors. The resources in this guide can help reduce RFs to an individual or group. The last section is “Protective Factors;” as the name suggests, PFs help protect individuals or groups from harmful behaviors. Fostering PFs increase the ability to avoid risks and promote healthy behaviors. The resources in this section will do exactly that. Lastly, the back of the guide contains many key phone numbers on Fort Wainwright (FWA). Use this guide to help direct in times of need but also to be proactive and protect your formation from harmful behaviors and RFs. By using this guide as a framework for proactive decision-making, you can contribute to an overall better and positive environment for all individuals across the FWA community.

This is a living document, **for the most up to date version**, please visit:

<https://11thairbornedivision.army.mil/Resources/>
“FWA Resource Guide to Reduce Harmful Behaviors”

Or

MyArmyPost App
Select “*Explore*” at the bottom
Ensure “*Resources*” is highlighted at the bottom
Type “*Integrated*” into the search bar at the top
Select “*Integrated Prevention Advisory Group (I-PAG)*”
Scroll down – select “*Resource Guide*” under Contacts

For document additions/corrections please contact: Heather Poynter at Heather.a.poynter.civ@army.mil or
Janneane Moody at Janneane.d.moody.civ@army.mil

Disclaimer: The United States Army does not endorse, recommend, or promote any specific individual, organization, or entity listed herein. This compilation is intended solely as a resource to provide information about both Army and no-cost non-Army tools and services that may assist in reducing harmful behaviors. Inclusion in this list is not an endorsement or approval by the Army of non-Army entities.

Table of Contents

Harmful behaviors	3
Suicide.....	3
Sexual assault.....	4
Sexual harassment.....	6
Domestic abuse	7
Child abuse.....	8
Retaliation	10
Risk Factors.....	11
Alcohol abuse/ Substance abuse.....	11
Stress	12
Finances	13
Frequent workplace hostility.....	14
Racially harassing behavior	15
Protective Factors	15
Proper firearm storage.....	16
Engaged and committed leadership	16
Unit connectedness	17
Fitness.....	17
Healthy relationships	18
Positive parenting.....	19
Behavioral Health Resources	20
Military Family Life Counselors	21
Survivor Outreach Services (SOS)	22
Chaplain Corps.....	22
Emergency Services	23

Harmful behaviors

Suicide

Signs/ changes/ behaviors/ indicators
Talking about- wanting to die, great guilt/shame, being a burden to others
Feeling- empty, hopeless, trapped, no reason to live, extremely sad, more anxious, agitated, full of rage
Changing behavior- making a plan/ researching way to die, withdrawing from friends, taking on dangerous risks, displaying extreme mood swings, eating/sleeping less or more, using drugs/alcohol more often, makes a will
Experiences a severe life stressor recently
Has attempted suicide or demonstrated suicidal behavior in the past

****If you believe someone is in danger, call 911 immediately**** For support and resources related to mental health crises, including thoughts of suicide, please see below for agency and contact info.

Agency	Program	Population	Contact Information
Department of Emergency Services (DES)	Emergency Services	All	Emergencies: 911 Non-Emergency: (907) 353-7526
Alaska Suicide Hotline	24 hr hotline	All	(907) 563-3200
National Suicide Prevention Lifeline	24 hr hotline	All	988 1-800-273-8255
Chaplains	Counseling/ Guidance	Active Duty Family members	See Chaplain contacts as guide
Army Substance Abuse Program (ASAP)	Annual Suicide training (ACE-SI, ACE-Base); postvention education and support	All	Mike Patton (907)-361-1381 michael.f.patton4.civ@army.mil
Army Substance Abuse Program (ASAP)	Commander Risk Reduction Tool (CRRT); Unit Risk Inventory	Commander / CSM Company Commander/ 1SG	Dave Abel (907)-361-1378 david.a.abel8.civ@army.mil

R2 Performance Center	ENGAGE; Ask, Care, Escort Suicide Prevention train the trainer (T4T)	All	1051 Gaffney Rd APT 7 (907)-353-5804 (907)-353-5801 Mike Dahl
--------------------------------------	--	-----	--

Sexual assault

Signs/ changes/ behaviors/ indicators
Chronic health issues- chronic pain, headaches, back pain, pelvic pain, GI issues, cardiovascular, reproductive health issues, sleep disorders, weight change
Behavioral- Avoidance, substance misuse, harmful sexual behavior, self-harm, withdrawal or isolation
Mental Health- PTSD, Anxiety, Depression, Dissociation, Personality disorders, Psychosis symptoms, unexplained crying spells
Inability to concentrate, indecisiveness
Loss of interest and loss of pleasure in activities previously enjoyed

****If you believe someone is in danger, call 911 immediately**** For support and resources related to sexual assault please see below for agency and contact info.

Agency	Program	Population	Contact Information
Department of Emergency Services (DES)	Emergency Services	All	Emergencies: 911 Non-Emergency: (907) 353-7526
Sexual Harassment Assault Response Program (SHARP)	FWA 24/7 Sexual Assault Crisis Hotline	Active duty, GS Civilians and dependents 18+, under 18-call FAP or OCS	(907)-353-7272
Sexual Harassment Assault Response Program (SHARP)	DoD Safe Helpline	All	877-995-5247 Text your location for your nearest SARC to 55-247 www.safehelpline.org (confidential chat feature)
STAR Sexual Trauma	Alaska 24/7 Crisis Line	All	24-Hour Crisis Line (907)-276-7273 800-478-8999
RAINN (Rape, Abuse & Incest National Network)	National Hotline	All	1-800-656-4673 https://hotline.rainn.org/ (confidential chat feature)

Interior Alaska Center for Non-Violent Living (IACNVL)	Programs to intervene and prevent domestic violence, sexual assault, suicide, and other violent crimes	All	Office hours: (907)-452-2293 After hours: 800-478-7273
Sexual Harassment Assault Response Program (SHARP)	Command Team assessments	Command Team	Ms. Eldotha Fields FWA Supervisory Sexual Assault Response Coordinator GOV Cell: (907)-854-6182 eldotha.w.fields.civ@army.mil
Sexual Harassment Assault Response Program (SHARP)	Sexual Assault reports; Sexual Assault Awareness and Prevention month events; Bystander intervention training	All	Ms. Eldotha Fields FWA Supervisory Sexual Assault Response Coordinator GOV Cell: (907)-854-6182 eldotha.w.fields.civ@army.mil
Sexual Harassment Assault Response Program (SHARP)	Train-the Trainer for unit leaders	NCOs and above	Ms. Eldotha Fields FWA Supervisory Sexual Assault Response Coordinator GOV Cell: (907)-854-6182 eldotha.w.fields.civ@army.mil
Army Substance Abuse Program (ASAP)	Commander Risk Reduction Tool (CRRT), Unit Risk Inventory	Commander / CSM Company Commander/ 1SG	Dave Abel (907)-361-1378 david.a.abel8.civ@army.mil

Sexual harassment

Signs/ changes/ behaviors/indicators
Sleep disturbances and loss of appetite
Distrust
Withdrawn
Depression and anxiety
Can exhibit signs of PTSD
Chronic pain- headaches

****If you believe someone is in danger, call 911 immediately.** For support and resources related to sexual harassment, please see below for agency and contact info.

Agency	Program	Population	Contact Information
Department of Emergency Services (DES)	Emergency Services	All	Emergencies: 911 Non-Emergency: (907) 353-7526
Sexual Harassment Assault Response Program (SHARP)	FWA 24/7 Sexual Assault Crisis Hotline	Active duty, GS Civilians and dependents 18+	(907)-353-7272
Sexual Harassment Assault Response Program (SHARP)	DoD Safe Helpline	All	877-995-5247 Text your location for your nearest SARC to 55-247 www.safehelpline.org (confidential chat feature)
Sexual Harassment Assault Response Program (SHARP)	Annual trainings; Sexual harassment complaints; Bystander intervention training	All	Ms. Eldotha Fields FWA Supervisory Sexual Assault Response Coordinator GOV Cell: (907)-854-6182 eldotha.w.fields.civ@army.mil
Army Substance Abuse Program (ASAP)	Commander Risk Reduction Tool (CRRT), Unit Risk Inventory	Commander / CSM Company Commander/ 1SG	Dave Abel (907)-361-1378 david.a.abel8.civ@army.mil

Domestic abuse

Signs/ changes/ behaviors/ indicators

Signs of physical abuse: black eyes, bruises on the arms, limbs, or neck, sprained wrists, broken bones, unexplained pain

Emotional signs of domestic abuse: increased levels of anxiety, increased levels of irritability and anger, low self-esteem, lack of interest in usual hobbies, fatigue, increased crying, suicidal ideation, unpredictable mood swings

Behavioral signs of domestic abuse: sleeping habits change, change in appetite, using substances, isolating themselves, withdrawing from social events, avoiding activities

**** If you believe someone is in danger, call 911 immediately.** For support and resources related to domestic abuse, please see below for agency and contact info.

Agency	Program	Population	Contact Information
Department of Emergency Services (DES)	Emergency Services	All	Emergencies: 911 Non-Emergency: (907) 353-7526
Interior Alaska Center for Non-Violent Living (IACNVL)	Programs to intervene and prevent domestic violence, sexual assault, suicide, and other violent crimes	All	(907)-452-2293 800-478-7273
National Domestic Violence hotline		All	1(800)799-7233
Family Advocacy Program (FAP)-ACS	FAP Domestic Abuse Victim Advocacy Hotline	All	(907)-353-7317
Family Advocacy Program (FAP)-ACS	Desk-side Briefings	Command Team	(907)-353-7317
Family Advocacy Program (FAP)-ACS	Safety planning; Domestic Violence Awareness Month; Domestic abuse reports; Intervention to	All	(907)-353-7317

	discontinue abuse cycles, help individuals to safely leave relationships		
--	--	--	--

Child abuse

Signs/ changes/ behaviors/ indicators
In children- headaches, stomach aches, bed-wetting, nightmares/ sleep disturbances
Change in- appetite, weight loss
Bruises on soft parts of body, lower back
Exhibiting- pain when going to the toilet, self-harm, behavioral issues that were not present in the past, regression in developmental achievements, developmental delays, excessive rocking/ head banging (self-stimulatory behaviors)
Withdrawn

****If you believe someone is in danger, call 911 immediately. **** For support and resources related to child abuse, please see below for agency and contact info.

Agency	Program	Population	Contact Information
Department of Emergency Services (DES)	Emergency Services	All	Emergencies: 911 Non-Emergency: (907) 353-7526
Interior Alaska Center for Non-Violent Living (IACNVL)	Programs to intervene and prevent domestic violence, sexual assault, suicide, and other violent crimes	All	(907)-452-2293 800-478-7273
Office of Children Services (OCS)	Report Child Abuse	All	(907)-451-2650 751 Old Richardson Hwy. #300 Fairbanks, AK 99701
Resource Center for Parents and Children (RCPC)	Provides children who may have experienced maltreatment and their non-offending	Children and non-offending parent	(907) 374-2850 rcpc@rcpcfairbanks.org

	family members support and advocacy during investigations		
Clinical Family Advocacy Program	Assessments Group Therapy (Marital, Men's, Women's, Parenting, and Effects of Violence on Children. Therapeutic Assistance in Domestic Violence cases. Individual and Marital Counseling	Soldiers, dependents, Family members	(907) 361-6299/361-6284
Family Advocacy Program (FAP)-ACS	Intervention to discontinue abuse cycles, help individuals to safely leave relationships; Safety planning	All	(907)-353-7317
Family Advocacy Program (FAP)-ACS	Child Abuse Prevention Month- April; Non-clinical case management and support; Child abuse reports	All	(907)-353-7317

Retaliation

Signs/ changes/ behaviors/ indicators
Sudden changes in assignments or schedule, transfer to a less desirable position or shift
Unjust negative performance evaluations
Exclusion from team projects or communications
Denial of promotions, increased monitoring or scrutiny
Acts of cruelty, oppression or maltreatment

**** If you believe someone is in danger, call 911 immediately.** For support and resources related to retaliation, please see below for agency and contact info.

Agency	Program	Population	Contact Information
Military Equal Opportunity (MEO)	Command Climate Assessments	Commanders	MSG Timothy Hall (907) 353-9234 timothy.j.hall24.mil@army.mil MSG Stephen McElroy (907) 353-6628 Stephen.K.McElroy.mil@army.mil
Military Equal Opportunity (MEO)	Complaint Processing	All	MSG Timothy Hall (907) 353-9234 timothy.j.hall24.mil@army.mil MSG Stephen McElroy (907) 353-6628 Stephen.K.McElroy.mil@army.mil
Military Equal Opportunity (MEO)	Conflict Resolution	All	MSG Timothy Hall (907) 353-9234 timothy.j.hall24.mil@army.mil MSG Stephen McElroy (907) 353-6628 Stephen.K.McElroy.mil@army.mil
Equal Opportunity Office (EEO)		Civilians	Teneeshia Marshall (907) 353-6917 Bldg. 1045 1060 Gaffney Rd Fort Wainwright, AK 99703
Inspector General (IG)		Soldiers, DA Civilian, Family members	Christopher Polk or MAJ Nolan (907)-353-6204 usarmy.jber.usarak.list.usarak-ig@army.mil

Risk Factors

Factors that increase the likelihood of self-directed harm and prohibited abusive or harmful acts.

Alcohol abuse/ Substance abuse

Agency	Program	Population	Contact Information
Soldiers Against Drunk Driving (SADD)	Designated drivers on call between 11 p.m. – 4 a.m. Friday-Saturday and holiday weekends	All on FWA with valid military IDs	(907)-353-4145
Army Substance Abuse Prevention (ASAP)	Annual ASAP Prevention Training	Every Soldiers once per FY.	Amanda Beus (907)-361-1376 amanda.l.beus.civ@army.mil
Army Substance Abuse Prevention (ASAP)	Alcohol and Drug Awareness Leaders Course using 6 hour Prime for Life curriculum; Soldier In processing ASAP brief	All	Amanda Beus (907)-361-1376 amanda.l.beus.civ@army.mil
Army Substance Abuse Prevention (ASAP)	ADAPT Prime for Life 12 hour course	Anyone with an alcohol offense	Amanda Beus (907)-361-1376 amanda.l.beus.civ@army.mil
Army Substance Abuse	Brief Company Commander's 1SG Course	Company Commander/ 1SG	Wade Falconburg (907)-361-1377 Wade.m.falconburg.civ@army.mil

Prevention (ASAP)			
Army Substance Abuse Program (ASAP)	Commander Risk Reduction Tool (CRRT); Unit Risk Inventory	Commander / CSM Company Commander/ 1SG	Dave Abel (907)-361-1378 david.a.abel8.civ@army.mil
Army Substance Abuse Program (ASAP)	Drug testing	Military and Civilians	Spencer O'Dell (907)-361-7857 Spencer.e.odell.civ@army.mil
Substance Use Disorder Clinical Care (SUDCC)	Self, medical or commander referred substance abuse program	Soldiers	(907) 361-6284

Stress

Agency	Program	Population	Contact Information
1 BCT Holistic Health and Fitness Performance Team (H2F)	Mental performance briefings held upon request- Stress Management; Individual sleep education/ training	All 1/11 BCT Soldiers	CPT Jessica Murray www.h2f40below.com
Armed Forces Wellness Center (AWC)	Educate all leadership, NCO -> Command teams on healthy lifestyle and	Leadership on FWA	(907)-361-2234

	behavior change		
Military Equal Opportunity (MEO)	Command Climate Assessments	Command Team	MSG Timothy Hall (907) 353-9234 timothy.j.hall24.mil@army.mil MSG Stephen McElroy (907) 353-6628 Stephen.K.McElroy.mil@army.mil
Army Community Service (ACS)	Employment Readiness Program (ERP)	All	(907)-353-4227
Army Community Service (ACS)	Relocation Readiness Program (RELO)/ LEVY		(907)-353-4227

Finances

Agency	Program	Population	Contact Information
Army Community Service (ACS)	Financial Readiness Program (FRP)	All	(907)-353-4227
Army Community Service (ACS)	Army Emergency Relief (AER)	Soldiers	(907)-353-4369 (907)-353-3459 877-272-7337 (after hours emergency travel)
MAC Federal Credit Union on FWA	Virtual lending office (loan officer, financial advisor)	All	(907) 456-1253 (877) 883-1253 www.macfcu.org
Army Community Service (ACS)	Personal Financial Counselor	All	(907)-353-4227

Midnight Sun Women, Infant and Children (WIC)	Nutritional support for pregnant, postpartum, breastfeeding women, infants and children up to five years old	Women, Infant and children under 5	(907) 500-8451 Walk in hours- Tues/Thurs 12pm-5pm Doh.dpa.wic.services@alaska.gov 1025 W Barnette St Fairbanks AK 99701 Inside Fairbanks Public Health Center
Inspector General (IG)	Resolution/help with military pay issues	Soldiers, DA Civilian, Family members	Christopher Polk or MAJ Nolan (907)-353-6204 usarmy.jber.usarak.list.usarak-ig@army.mil
American Red Cross	Emergency Travel funds	Soldiers, dependents	(907)-353-7234 BLDG 1024, Apple St redcross@wainwright.army.mil

Frequent workplace hostility

Agency	Program	Population	Contact Information
Military Equal Opportunity (MEO)	Conflict Resolution	Soldier	MSG Timothy Hall (907) 353-9234 timothy.j.hall24.mil@army.mil MSG Stephen McElroy (907) 353-6628 Stephen.K.McElroy.mil@army.mil
Military Equal Opportunity (MEO)	Complaint Processing	All	MSG Timothy Hall (907) 353-9234 timothy.j.hall24.mil@army.mil MSG Stephen McElroy (907) 353-6628 Stephen.K.McElroy.mil@army.mil
Equal Employment Opportunity (EEO)	Compliance and Program Evaluation Training and Education	Civilians	Teneeshia Marshall (907) 353-6917 Bldg. 1045 1060 Gaffney Rd Fort Wainwright, AK 99703

Inspector General (IG)	Inspect, investigate, assist and teach/train	Soldiers, DA Civilian, Family members	Christopher Polk or MAJ Nolan (907)-353-6204 usarmy.jber.usarak.list.usarak-ig@army.mil
Employee Assistance Program (EAP)	Confidential referral program	Civilians	(907) 361-1377

Racially harassing behavior

Agency	Program	Population	Contact Information
Military Equal Opportunity (MEO)	Conflict Resolution	Soldiers	MSG Timothy Hall (907) 353-9234 timothy.j.hall24.mil@army.mil MSG Stephen McElroy (907) 353-6628 Stephen.K.McElroy.mil@army.mil
Military Equal Opportunity (MEO)	Complaint Processing	All	MSG Timothy Hall (907) 353-9234 timothy.j.hall24.mil@army.mil MSG Stephen McElroy (907) 353-6628 Stephen.K.McElroy.mil@army.mil
Equal Employment Opportunity Office (EEO)	Complaint Program Management	Civilians	(907) 353-6917 Bldg. 1045 1060 Gaffney Rd Fort Wainwright, AK 99703
Equal Employment Opportunity Office (EEO)	Training and Education	Civilians	(907) 353-6917 Bldg. 1045 1060 Gaffney Rd Fort Wainwright, AK 99703

Protective Factors

Individual or environmental characteristics, conditions, or behaviors that reduce the effects of stressful life events. These factors increase the ability to avoid risks and promote healthy behaviors.

Proper firearm storage

Program	Population	Contact Information
Arms Storage	Barracks Soldiers	Unit guidance
Fort Wainwright Privately Owned Firearms Registration	All population living on the installation with POFs	AMIM-AKL FORM 1, APR 2022, and USARAK FORM 410e, Feb 2011
24 hr Visitor Center storage	Any visitor to the installation	Fort Wainwright Visitor Center (907) 361-6144
72 hr temporary storage	DoD affiliated personnel	Fort Wainwright Provost Marshall Office (907) 353-7526

** If you are a Soldier, you must provide all completed privately owned firearms registration documents to your Unit Commander. Unit Commander will sign all applicable areas of the privately owned firearms registration documents. Unit Commander returns the signed privately owned firearms registration documents to the registrant. If not a Soldier, Registrant will email completed and signed privately owned firearms registration documents to usarmy.wainwright.id-pacific.mbx.des-le-desk@army.mil or present the form in person to the Police Desk SGT at the Fort Wainwright Police Department (3025 Montgomery Road) **

POFs and ammo are not to be stored in on-post temporary lodging/billeting, including the IHG hotel

Engaged and committed leadership

Agency	Program	Population	Contact Information
R2 Performance Center	Gaining Resilience in Training (GRIT); ENGAGE; Squad Leader Development Course (SLDC); Executive resilience courses	Active Duty	1051 Gaffney Rd APT 7 (907)-353-5804 (907)-353-5801 Mike Dahl

Unit connectedness

Agency	Program	Population	Contact Information
Better Opportunities for Single Service Members (BOSS)	Quality of life, Community Service and Recreation/Leisure	Single Soldiers	(907)-353-7648
Army Community Service (ACS)	Army Volunteer Corps Coordinator (AVCC)	All	(907)-353-4227
R2 Performance Center	Team Building; Great Teams	Active Duty	1051 Gaffney Rd APT 7 (907)-353-5804 (907)-353-5801 Mike Dahl

Fitness

Agency	Program	Population	Contact Information
1BCT Holistic Health and Fitness Performance Team (H2F)	Best Ranger, Medic, Sapper, Engineer, etc. Team support	1/11 BCT Soldiers	www.h2f40below.com
1BCT Holistic Health and Fitness Performance Team (H2F)	Body composition measurements (InBody)	1/11 BCT Soldiers	CPT Emily Lauer www.h2f40below.com
1BCT Holistic Health and Fitness Performance Team (H2F)	Running technique training upon request	1/11 BCT Soldiers	MAJ Brent Call www.h2f40below.com
1BCT Holistic	Fastest, Fittest, Strongest Wolf	1/11 BCT Soldiers	John Tinker www.h2f40below.com

Health and Fitness Performance Team (H2F)	monthly competitions		
1BCT Holistic Health and Fitness Performance Team (H2F)	Individual appointments with Strength and Conditioning Coaches	1/11 BCT Soldiers	www.h2f40below.com
Armed Forces Wellness Center (AWC)	Bodpod; Resting Metabolic Rate Testing; Resting Metabolic Rate Testing; Biofeedback/Stress management; V02 Fitness Testing	All	(907) 361-2234
R2 Performance Center (R2PC)	Mastery Coaching; Biofeedback; ACFT, boards, Army school prep, Competition prep, E3B	Active Duty	1051 Gaffney Rd APT 7 (907)-353-5804 (907)-353-5801 Mike Dahl

Healthy relationships

Agency	Program	Population	Contact Information
FWA Chaplain Family Life Center (CFLC)	Conflict Resolution	All	(907)-353-3476 CH (MAJ) Kenneth Gillespie BLDG 3429 3429 Rhineland Ave
FWA Chaplain Family Life Center (CFLC)	Marriage, divorce, separation, blended family support,	All	(907)-353-3476 CH (MAJ) Kenneth Gillespie BLDG 3429 3429 Rhineland Ave

	extended family support, recovery from infidelity		
FWA Chaplain Family Life Center (CFLC)	Deployment cycle adjustments	All	(907)-353-3476 CH (MAJ) Kenneth Gillespie BLDG 3429 3429 Rhineland Ave
Strength at Homes	Online couples counseling	Soldiers and spouse	Margo Turner (726)-610-9749 (617)-398-7402 Strengthathomecouples@gmail.com

Positive parenting

Agency	Program	Population	Contact Information
Lactation Consultant	Breastfeeding support	Nursing mothers	(907) 361-4000
Resource Center for Parents and Children (RCPC)	RCPC provides various parenting education classes and support for families	Families	(907) 456-9030 nsnyder@rcpcfairbanks.org
Family Advocacy Program (FAP)- ACS	New Parent Support Program- Tiny Tummies, Parenting Pals, Cooking with babies, Grow & Giggle, Infant massage classes	Parents (to include pregnancy) Children up to 3 years	(907)-353-7317

Obstetrics & Gynecology (OB/GYN)	Centering Pregnancy	Pregnant women and partner	(907)-361-5353, Option 4, Option 1
1BCT Holistic Health and Fitness Performance Team (H2F)	Pregnant and Post-partum Physical Training (P3T) held daily	Pregnant women and postpartum 1/11 BCT	CPT Murray www.h2f40below.com
Army Community Service (ACS)	Exceptional Family Member Program (EFMP): Family Fun Nights; Exceptional Family Member Program (EFMP): Lunch & Learn	EFMP families	(907)-353-4460
Fort Wainwright Chaplain Family Life Center (CFLC)	Parent-child relationship	All	(907)-353-3476 CH (MAJ) Kenneth Gillespie BLDG 3429 3429 Rhineland Ave

Behavioral Health Resources

Agency	Program	Population	Contact Information
Outpatient Behavioral Health Clinic		Active Duty	(907) 361-6059
Resource Center for Parents and Children (RCPC)	RCPC's Behavioral Health program specializes in evidence-	Family Members	(907) 456-2866 rcpc@rcpcfairbanks.org

	based practices. Our master's level clinicians offer a variety of trauma treatment modalities to help children and families heal from trauma.		
Military OneSource	Online counseling	Soldiers and dependents	1-800-342-9647
Psychological Health Resource Center - 24/7	Toll Free calling counseling		1-866-966-1020
Midnight Sun Women, Infant and Children (WIC)	Nutritional support for pregnant, postpartum, breastfeeding women, infants and children up to five years old	Women, Infant and children under 5	(907) 500-8451 Walk in hours- Tues/Thurs 12pm-5pm Doh.dpa.wic.services@alaska.gov 1025 W Barnette St Fairbanks AK 99701 Inside Fairbanks Public Health Center

Military Family Life Counselors

MFLC's are available to help all Service Members, Spouses, Family Members, children and staff to address marriage or relationship issues / Stress & Anxiety / Situational Depression / Grief and Loss / Daily Life Issues. Consultations are free and anonymous / No records kept! MFLC's are available after-hours, weekends, and can arrange for off-site meetings convenient to the client.

Unit	Contact Information
1-25	907-308-9951

1-52	907-201-4290
1/11 HHC BDE	907-308-9413
25 BSB	907-206-1864
70 BEB	907-214-1072
5-1 CAV	907-753-6742
2-8 FA	907-312-6146
1-24 IN	907-215-0497
1-5 IN	907-753-6714
Kamish Medical Center	907-206-1304
17 CSSB	907-215-0235
General Adult Rotational	907-251-5286

Youth Services	Contact Information
CDC 1- CYB	907-308-0548
Youth Center CYB	907-482-0835
Arctic Light Elementary	907-251-8261
Ladd Elementary	907-201-0319
Tanana Middle and Lathrop High School	907-406-9422
North Pole High and Middle School	907-251-8458
CYB/ Adult Rotational	907-802-0822

Survivor Outreach Services (SOS)

The Survivor Outreach Program works with survivors of Active and Activated Guard/Reserve Duty deaths to connect them with services and people who help cope with loss, resolve financial challenges, and seek information and referral services to transition to civilian life.

Agency	Contact Information
Army Community Service (ACS)	907-384-0272

Chaplain Corps

Unit	Contact Information
Emergency On-Call Duty Chaplain	907-353-4180/4184/1899
Garrison Religious Support Office	907-353-6112
FWA Community Pastor	907-361-4261
Religious Support Resource Management	907-353-3476
Religious Education Director	907-353-2702
Bassett Army Community Hospital Chaplain	907-361-5002 907-347-1538

1/11 BCT Chaplain	406-366-7883
1-5 IN	907-353-2534
1-24 IN	907-353-2705
5-1 CAV	907-353-4300
2-8 FA	907-353-1506
25th BSB	907-353-2687
70th BEB	907-353-7019
1-25	907-353-2514
1-52	907-353-3531

Emergency Services

Unit	Contact Information
Directorate of Emergency Services	911
Fort Wainwright Emergency Management	907-353-9755
Fort Wainwright 24/7 Police Desk	907-353-7526
Fort Wainwright Non-emergency Fire Dispatch	907-353-9170
Fairbanks and North Star Borough Emergency Management	907-459-1481

JAG

Unit	Contact Information
Fort Wainwright Legal Assistance Office	907-353-6518
Trial Defense Services	907-353-6522