

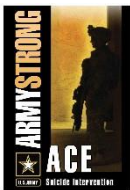


Wyoming National Guard

RESOURCES HANDBOOK

December 2022

SOLDIER CARE



SHARPSM

SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION

Soldier First Aid

MEDICAL CRISIS:

Dial 911

Implement immediate care- (Medics, Combat Lifesavers, etc.)

BEHAVIORAL HEALTH CRISIS

Dial 988

Military Suicide Prevention: 1-800-273-8255 (TALK)

* **Touch Free “Hey Siri or Hey Google”** – I am feeling suicidal for immediate connection to the National Suicide Prevention Lifeline

Crisis Text Line: text “WYO” to 741-741

WY ARNG Director of Psychological Health
307-772-5279 307-772-5067

WYARNG FT Chaplain 307-772-5197

WYOMING CRISIS CENTERS - HOTLINES

Cheyenne: Volunteers of America 1-866-437-2862

Cheyenne: Safehouse Services 307-634-8655

Cheyenne: VA Medical Center 307-778-7550

Cheyenne: VA Vet Center 307-778-7370

Laramie: SAFE Project 24hr Hotline 307-745-3556

Casper: Central Wyoming Counseling 307-237-9583

Casper: VA Vet Center 307-261-5355

Sheridan: VA Medical Center 307-672-3473

Sheridan: N. Wyoming Mental Health 307-674-4405

Powell: Crisis Intervention Services 307-754-7959

Cody: Crisis Intervention Services 307-587-3545

Evanston: Pioneer Counseling Svs 307-789-7915

Rock Springs: SW Counseling Svs 307-352-6680

GRIEF-LOSS

WY ARNG Full Time Chaplain 307-772-5197

Tragedy Assistance Program for Survivors (TAPS)
1-800-959-8277,

WY ARNG Survivor Outreach Services 307-772-5563

SAMHSA National Helpline 800-662-4357

HOUSING-FOOD-PAY-PERSONNEL-GENERAL ISSUES

WY ARNG Soldier-Family Support Center 307-772-5208

Soldier and Family Readiness Specialists 307-772-5017

WY ARNG Pay and Personnel Hotline 307-274-0764

WYMD Personal Financial Counselors
Cheyenne – Glenn Lyons 307-772-5362
Casper –

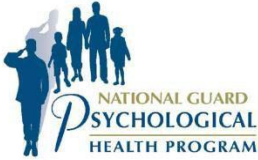
Military OneSource 1-800-342-9647

** Non-Medical Counseling 12 free sessions per issue

**WYMD Sexual Harassment/Assault Response and
Prevention - SHARP 307-772-5106**

**WYMD Equal Opportunity and Treatment – State Equal
Employment Manager 307-772-5245**

WY ARNG JAG 307-772-5966



WY ARNG DIRECTOR OF PSYCHOLOGICAL HEALTH

**Kristin Malone, LPC, LAC 307-772-5067
307-772-5279**

Mission:

The Director of Psychological Health (DPH) works to ensure that psychological health throughout the Wyoming Army National Guard is effectively addressed. The DPH ensures service members have timely access to quality care and resources. They respond to command directed evaluations for service members at risk of harming themselves or others, crisis intervention, behavioral health stressors, and other WYARNG needs.

Services:

- ◆ Assist Service Members and their families through information, assessments, referrals, clinical case management, education, and short-term counseling
- ◆ Crisis Intervention / risk assessment / suicide risk assessment
- ◆ Traumatic / Critical Event Management
- ◆ Command consultation
- ◆ Readiness, Resiliency and Wellness education (Yellow Ribbon, Coping with Deployment & Reintegration workshops, Sexual Harassment / Assault Response, Suicide Prevention and others)
- ◆ Mental Health Coordination and Referral service

Behavioral Health Resources



<http://veteranscrisisline.net/>



Licensed mental health professionals provide free counseling services, for as long as help is needed, to members of the military, veterans, and their loved ones.

www.giveanhour.org



TAPS is 24/7 tragedy assistance resource for anyone who has suffered the loss of a military loved one, regardless of the relationship to the deceased or the circumstance of the death.

<http://www.taps.org/> 800-959-8277

Veterans Centers in Wyoming provide readjustment counseling and care for veterans and family members.

<http://www.va.gov/directory> 1-877-WAR-VETS



Connects Soldiers and families to national, state and local services. www.nrd.gov



Provides self-care solutions for post-traumatic stress, depression, substance abuse, suicide and other behavioral health challenges commonly faced after a deployment.

<https://www.afterdeployment.org/>



Promote building resilience, facilitating recovery and supporting reintegration of returning service members, veterans and their families.

www.realwarriors.net/ 1-866-966-1020



Provides coaching and support to Soldiers receiving mental health care while going through a change in status, relocation or return to civilian life.

<https://www.pdhealth.mil/resources/intransition>

WY ARNG COORDINATED CARE TEAM

Directorate of Psychological Health

307-772-5279 307-772-5067

- **A Coordinated Care Team (CCT) has been established with the primary mission of helping Soldiers in our ranks facing challenges that they may not have a clear path to resolution.**
- **Soldiers will be referred to the CCT in one of two ways.**
- **First, any flagged Soldier for adverse administrative actions will be referred to the Directorate of Psychological Health on a weekly basis in order to assess and address actions that that will increase the likelihood of continued service in the National Guard.**
- **Second, any commander can refer any Soldier to the CCT that they believe could benefit from the services provided by the team.**

WY ARNG CHAPLAIN SUPPORT

CH Matthew Sullivan

307-772-5197

Mission:

The Chaplain Corps cares for the soul of the Army, by ensuring the constitutionally-mandated free exercise of religion, by delivering spiritual and religious care directly to Soldiers, their Families, and Army Civilians, and by providing moral leadership.

Services:

*Nurture the Living, Care for the Wounded,
Honor the Dead.*

• RELATIONSHIP ENHANCEMENT:

Strong Bonds is a unit-based, chaplain-led program which assists commanders in building individual resiliency by strengthening the Army Family. The core mission of the Strong Bonds program is to increase individual Soldier and Family member readiness through relationship education and skills training.

• **SPIRITUAL CARE:**

Chaplains are experts in the area of spiritual fitness, and eagerly provide spiritual fitness assessments, guidance, and instruction if desired, as well as prayer and other means of support. Chaplains may conduct pre-marital counseling and perform wedding ceremonies.

• **COUNSELING:**

Chaplains are unique, and have a distinct service. We provide confidential counseling and support on a wide variety of topics. This service is for Soldiers of any religion or no religion at all. Common subjects include marriage and relationship issues, grief and loss, life coaching, depression/suicidal thoughts, anger management, divorce recovery, command climate issues, etc.

• **CRISIS RESPONSE:**

Chaplains are not first-responders, but are often involved in crisis management. Activities include critical incident stress management, hospital calls, funerals, unit memorials, and crisis counseling.



WY ARNG SUICIDE PREVENTION

Melissa Lords 307-772-5337
307-772-5224

Prevention and Intervention Training

ACE is the approved model for Soldiers and Leaders to use when a Soldier is thinking of suicide.

Information to collect when taking a crisis call:

1. Name of person calling and contact information
2. If different, the suicidal person's name
3. Location and phone number for suicidal person

Following guidelines for assessing risk:

Level 1: Person is thinking of suicide: **Call 988**
Call Chaplain, DPH/Behavioral Health, or Suicide Prevention Coordinator

Level 2: Person is planning or is in the process of executing the attempt: **Call 911**

Level 3: Person has attempted the suicide and did not complete: **Call 911**

ACE Cards can be acquired by contacting the Suicide Prevention team listed above



National Suicide Prevention Lifeline:
1-800-273-8255 (TALK)

Ask your buddy

- Have the courage to ask the question, but stay calm
- Ask the question directly: Are you thinking of killing yourself?

Care for your buddy

- Calmly control the situation; do not use force; be safe
- Actively listen to show understanding and produce relief
- Remove any means that could be used for self-injury

Escort your buddy

- Never leave your buddy alone
- Escort to chain of command, Chaplain, behavioral health professional, or primary care provider
- Call the National Suicide Prevention Lifeline

TA - 095 - 0510

USAPHC <http://phc.amedd.army.mil/>





ASAP
ARMY SUBSTANCE
ABUSE PROGRAM

WY ARNG SUBSTANCE ABUSE PREVENTION

Alyssa McCann 307-772-5058
307-772-5224

Substance Abuse: While in a duty status knowingly possessing, using, distributing or being under the influence of any intoxicating substance that is inhaled, injected, consumed, or introduced into the body in any manner to alter mood or function except for use of prescribed medication, tobacco products and command sanctioned use of alcohol.

This includes any use of illegal drugs or use of prescription medication without a current prescription, and excess use of or dependency upon alcohol or other legal mood or function altering substance.

References

AR 600-85 Substance Abuse
TAG Policy on Alcohol Use

SUBSTANCE ABUSE PREVENTION SERVICES

Prevention:

- Prevention education to units
- Help Soldiers find personalized educational services

Risk Reduction:

- Analyze and assess individual, unit and state risk
- Advise commanders regarding methods and on best practices to reduce risk

Intervention:

- Make referrals to facilities which meet program requirements
- Help Soldiers with limited funds or insurance find options for treatment

Outreach:

- Building community partnerships
- Leverage community resources for Soldier Care



WY ARNG RESILIENCE

SSG Robinson 307-772-5584

Resilience: The ability to grow and thrive in the face of challenges and bounce back from adversity. Resilience is developed through learned skills that enhance a person's self-awareness, self-regulation, optimism, mental agility, strength of character and relational connection.

Master Resilience Trainers (MRT): the primary trainers for resilience education. MRT's must attend a two week certification course. To apply for MRT training, contact the State Resilience Program Coordinator.

Resilience Modules: There are 14 total training modules. Each module is focused on a specific resilience based skill. Each skill be trained to Soldiers within a 24 month period as mandated by NGB. Training is tracked by each unit.

Global Assessment Tool (GAT) and Soldier Fitness Tracker (SFT) Soldiers can go to the below link to take the GAT. Once taken, they can review results and recommendations in the SFT.

<https://armyfit.army.mil/>

WY ARNG SEXUAL ASSAULT PREVENTION and RESPONSE

MSG Motley 307-772-5106

Sexual harassment and assault threatens the integrity and mission readiness of our force. We all play a vital role in the success of prevention and response efforts. Sexual assault is a violation of our Army Values and an assault on our Army way of life.

Purpose: The Sexual Assault Prevention and Response (SAPR) program goal is to eliminate incidents of sexual assault by instituting a comprehensive policy that centers on awareness and prevention, training and education, victim advocacy, response, reporting, and accountability.

The goals of the SAPR program are to:

- Establish sexual assault training and awareness programs to educate Service members
- Ensure leadership understands their roles and responsibilities regarding care/treatment of victims and investigating/reporting allegations
- Create an environment that encourages victims to report incidents of sexual assault
- Establish a system for victims to receive the needed care and treatment
- Ensure all sexual assault crimes are thoroughly investigated and offenders are held accountable
- Ensure reporting systems track sexual assault trends and effectiveness of response capabilities
- Ensure compliance with NGB policies

Sexual Assault Resources



Provides live, one-on-one support and information that is confidential, anonymous, secure, and available worldwide, 24/7— anytime, anywhere. www.safehelpline.org

DoD Safe HelpRoom Peer-to-Peer support which allows sexual assault survivors in the military to connect with one another in a moderated and secure online environment. www.SafehelpRoom.org

Unrestricted Reporting is recommended to victims of sexual assault who desire medical treatment, counseling and an official investigation of the crime.

Restricted Reporting is recommended to victims of sexual assault who wish to confidentially disclose the crime to specifically identified individuals and receive medical treatment and counseling without triggering the official investigation process.

Victims who make a restricted report can change to an unrestricted report at any time



SOLDIER & FAMILY SUPPORT SPECIALISTS

Lead: Mr. Marc Hernandez 307-772-5017
Southern WY: Mr. Scott Cook 307-630-3358
Central WY: Ms. Tami Dietz 307-630-6966
Northern WY: Ms. Trudy Zaffarano 307-286-9992

Soldier and Family Support Specialists are dedicated and trained staff that assist service members and/or families with information, resources and referrals during times of crisis or need.

Specialists are tied into local community, state and federal resources throughout Wyoming. They have outstanding partnerships with various social service and support agencies.

Assistance provided can include but is not limited to: TRICARE; Financial; Legal issues; Employment assistance; DEERS; Community Outreach; Crisis Intervention and referrals; Housing/Homelessness Issues; Food insecurity just to name a few.

Contact them for immediate assistance!

MILITARY ONESOURCE

Military OneSource, from the Department of Defense, is your 24/7 gateway to trusted information, resources and confidential help, such as:

- Confidential Non-Medical Counseling - 12 sessions, per person, per issue
- Stress Relief Tools – Chill Drills App, CoachHub, MoodHacker and more!
- Building Healthy Relationships
- Document Translation
- Financial Counseling
- Health and Wellness Coaching
- Spouse Education and Career Opportunities
- Peer-to-Peer Consultations

When MilLife happens, Military OneSource is your “first line of support” — giving service members and military families tools to stay well and thrive.

One source connecting you to your best MilLife

www.militaryonesource.mil or call: 800-342-9647



PERSONAL FINANCIAL COUNSELORS

A FREE MILITARY BENEFIT to help you manage finances, resolve financial problems and reach long-term goals such as getting an education, buying a home and planning for retirement.

Glenn Lyons 307-772-5362

Finance resources: For reliable, non-biased financial information and education.

Department of Defense Financial Readiness:
<https://finred.usalearning.gov/>

Army Financial Readiness Program
<https://www.financialfrontline.org/>

New Career Milestone Financial Training Requirements!

Use this to access:



Road to FINANCIAL READINESS

Think of your financial journey as a road trip. You'll need a plan to get there, regular fill-ups and maintenance to get where you need to go. And you will have assistance available along the way.



You will receive financial training at each of these touchpoints:

Initial entry training

Learn about financial readiness, create and understand a spending plan, learn how to read your Leave and Earnings Statement, review your retirement system and make a plan for paying off debt.

Review your spending plan, maximize savings, minimize debt, understand the impact of your credit score on your long-term plans and reassess Thrift Savings Plan contributions.

Invest as wisely as possible, review your spending plan, maximize savings, minimize debt and understand the impact on taxes.

Arrival at first duty station

Register for all benefits, complete general financial training, update your financial plan, focus on emergency savings, attend workshops on key topics, and save by using your commissary, fitness center and recreation program offerings.

At each duty station

Plan ahead for PCS expenses, review changes to your pay, benefits and taxes, consider cost-of-living expenses, and update your financial plan.

Meetings in Thrift Savings Plan*

Invest as much cash as possible, identify long-term financial goals and create steps to reach them, maximize contributions now for a greater payoff in retirement and attend workshops on investing offered by your Military and Family Support Center.

Update your financial plan and goals, review insurance policies, reach out to the Exceptional Family Member Program and revisit your plan for long-term savings.

Disabling condition/death

Register your child in the Defense Enrollment Eligibility Reporting System, update health, dental and life insurance policies, review and adjust your spending plan, and consider opening a college savings plan.

Birth and adoption

Divorce

Update your DEERS information, update paperwork and insurance policies, notify creditors, and review and adjust your spending plan.

Marriage

Register your spouse in DEERS, update health, dental and life insurance policies, identify joint financial goals and adjust your spending plan accordingly.

Leadership training

Understand the value of financial readiness and its impact on mission readiness, identify financial red flags in your service members, get to know available financial readiness resources, and understand the impact of debt on job performance, such as on clearances, which could impact promotions.

Pre- and post-deployment training

Update paperwork and insurance policies, consider freezing your credit report and setting up credit alerts, review and adjust your spending plan, increase savings, understand any changes in pay and allowances, meet with a personal financial manager/counselor and review the Savings Deposit Program.

Recurring required training

Review and adjust your spending plan with every change you face throughout the military life cycle, always look to increase savings and perform regular reviews of your credit report.

Career transition

Examine your goals, spending plan and savings, notify civilian employers (for reserve component members coming off of active duty), meet with your personal financial manager/course or attend transition workshops and review unemployment options for retired pay, if enrolled in the Bencel Retirement System.



Your personal financial manager/counselor is available through your Military and Family Support Center for education and training at each stage of your journey. Turn to them to learn more about money management, including saving, investing, retirement planning, and credit and debt management.



For more financial tips on the go, download the SenSe app. As you reach new milestones and complete service-required trainings, look to the Office of Financial Readiness [website](#) for more information and follow @DoDFINRED on:

*Only applies to those enrolled in the Bencel Retirement System. To learn more about the BRS, go to <http://militarypay.defense.gov/BencelRetirement>

EMPLOYER and EMPLOYMENT SUPPORT

Employer Support - Sue Graham 307-772-5376

Employment - Russel Grayson 307-772-5163
- Marc Hernandez 307-772-5017



Facilitates positive relationships between National Guard/Reserve members and their employers; increases awareness of applicable laws and policies; resolves service member/employer conflicts; <http://www.esgr.mil/>



IVET Increases employment for those with military service and helps them achieve work-life balance as they transition to the workforce.
<http://www.ivetsolutions.org>

Follow Us On Facebook!



NOTES

