



152d Airlift Wing Installation Community Action Team (ICAT)

Chain of Command, Supervisor or First Sergeant	Director of Psychological Health	Wing Chaplain	Military Family Life Counselor	Sexual Assault Response Coordinator	Airman and Family Readiness	Equal Opportunity	Health Promotions	Air Force Aid Society	Legal Officer	Key Spouse Program	American Red Cross	Work for Warriors	Personal Financial Counselor	Military One Source	State Mental Health Professional	152d Force Support Squadron
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<b>A N X I E T Y</b>	<b>SUICIDE IDEATION</b>	*	*	*	*									*	*	
	Depression	*	*	*	*									*	*	
	Anxiety	*	*	*	*									*	*	
	Loneliness/Isolation	*	*	*	*									*	*	
	Loss of Family Member/Friend	*	*	*	*		*							*	*	*
	Sadness	*	*	*	*									*	*	
<b>A B U S E</b>	Abuse or Trauma	*	*	*	*									*	*	
	<b>SEXUAL ASSAULT/RAPE</b>						*		*					*		
	<b>SEXUAL HARASSMENT</b>	*					*		*					*		
	Domestic Violence	*	*	*	*									*	*	
<b>S T R E S S O R S</b>	Dating Violence	*	*	*	*									*	*	
	Divorce/Separation	*	*	*	*		*		*			*	*	*	*	*
	Anger Management	*	*	*	*									*	*	
	Conflicts (Interpersonal)	*	*	*	*									*	*	
	Family Counseling		*	*	*								*	*	*	
	Couples Counseling	*	*	*	*								*	*	*	
	Strengthening Marriage	*	*	*	*								*	*	*	
	Relationship Challenges	*	*	*	*									*	*	
	Stress	*	*	*	*		*						*	*	*	
	Low Self Esteem	*	*	*	*									*	*	
	Individual Counseling	*	*	*	*		*						*	*	*	
	Deployment Anxiety	*	*	*	*		*							*	*	
	Alcohol or Drug Misuse	*	*	*	*		*							*	*	
	Retirement/Separations	*	*	*	*		*		*	*		*	*	*	*	*
Getting Married	*		*	*		*							*		*	
<b>E N V I R O N M E N T</b>	Discrimination	*		*	*		*		*				*			
	Hostile Work Environment	*		*	*		*	*	*				*			
<b>F I N A N C I A L</b>	EFMP/Special Needs	*			*		*		*			*	*		*	
	Finance Emergency Need	*					*		*				*		*	
	Finance (Personal)						*		*				*		*	
	Car Buying/Loan	*					*						*	*		
	Home Buying	*					*						*	*		
	Spouse Employment Assistance						*				*	*	*	*		
<b>S E L F - C A R E</b>	Newcomer/Sponsorship	*	*	*		*	*	*	*	*	*	*	*	*	*	
	Fitness/Exercise	*							*				*		*	
	Weight Management	*							*				*		*	
	Nutrition Education	*					*		*				*		*	
	Tobacco/Smoking Cessation						*		*				*		*	
	Mediation	*	*	*	*								*	*		
	Sleep Difficulties		*	*	*								*	*		
<b>J A G</b>	Power of Attorney	*						*	*				*	*	*	
	Wills	*						*	*				*	*	*	

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**Emergency Service**

- Police/Fire/Ambulance 911
- Suicide Prevention Hotline (24hr) 1-800-273-8255
- Veteran Crisis Line - 1-800-273-8255 Press #1 or Text 838255
- National Domestic Violence Hotline 1-800-799-7233
- National Sexual Assault Hotline 1-800-656-4673
- Child and Youth (North) 1-775-384-5805
- Military OneSource (MOS) 1-800-342-9647
- Air Force Aid Society (Travis AFB) 1-707-424-4349
- Red Cross 1-877-272-7337
- Northern NV Vet Center 1-775-323-1294
- Southern NV Vet Center 1-702-791-9170
- Southern NV Vet Center 1-702-791-9100

**152d Air Wing Support**

- Airman and Family Readiness: (A&FRPM) - (Mr. Barton) O:4585/C: 775-287-4768
- Director of Psychological Health (DPH) - (North) O: 9307 C: 775-420-8817
- Director of Psychological Health (DPH) (South) - O702-856-4936
- Military Family Life Counselor (MFLC) - (Dr. Souza) C: 571-621-4835
- State Mental Health Professional - Mr. Gossett C: 775-544-0365
- Sexual Assault Response Coordinator - (Ms. Middleton/Ms. Randel) C: 775-240-5822/C: 775-384-5840
- Wing Chaplain - (Chaplain Crandell) O: 4651 C: 209-324-4904
- Wing Chaplain - (Chaplain Tilson) C: 775-770-4881
- Intel Chaplain - (Chaplain Gilliam) O: 8785 C: 775-750-9008
- Equal Opportunity Hotline: - O: 775-886-7600
- 152d FSS Services Superintendent - (SMSgt Hill) O: 775-788-4575
- Legal Officer - O: 775-788-4516 O: 9357
- Health Promotion - (SMSgt Stewart) O:775-788-9420
- Personal Financial Counselor - (Robert " Bob" Spinelli) C: 775-447-5239
- NV National Guard Work for Warriors (North/South) O: 775-384-5848/O: 702-856-4951
- Key Spouse Program e-Mail Address: 152kvmmentor@gmail.com

**Airman and Family Readiness:** Provides information and referral services, as well as assistance addressing the following topics: financial education, transition and relocation, Air Force Aid Society, Exceptional Family Member Program (EFMP) family support, school liaison questions, voting program, spouse employment, deployment support, and the key spouse program.

**The Director of Psychological Health (DPH):** works to strengthen operational capabilities by normalizing help seeking behaviors through outreach, prevention, and early intervention driving resilience. DPH's serve as the Wing or other assigned leadership's principal consultant and advocate for psychological health. They provide mental health assessments, referral to appropriate mental health services, coordination of clinical services, resiliency education, and other services addressing the psychological health of service members and their family members. Psychological fitness is an integral part of a member's total health and wellness. The DPH program is here to help members and their families develop and enhance their psychological fitness. Whether you need someone who will listen, or you need assistance in finding the appropriate resources, the DPH program is here to help.

**Chapel Counseling Services:** All discussions with a Chaplain are **absolutely 100% confidential** (UCMJ privileged communication) and cover a wide variety of issues including individual counseling, relationship and family concerns, work issues, stress and anger management, suicidal ideations, spiritual concerns, and ethical issues.

**Equal Opportunity (EO):** The mission of EO is to improve mission effectiveness by promoting an environment free from unlawful discrimination and sexual harassment in the workplace. Equal opportunity should be offered to all people, military or civilian, regardless of race, color, religion, sex, national origin, or sexual orientation, and age or disability (civilian).

**Family Advocacy Programs:** Addresses the prevention and treatment of domestic violence and child abuse. Provides direct services that include crisis intervention and safety planning, counseling, risk assessment, and training in the field of domestic violence and child abuse. The program includes prevention and education services, clinical counseling, case management, victim advocacy, parenting classes, new parent support programs, anger management, healthy relationship education, and effective communication seminars.

**Personal Financial Counselor:** Certified Personal Financial Counselors are available to help you and your family manage finances, resolve financial problems, and reach long-term goals such as buying a home, planning for retirement, or taking that dream vacation!

**Air Force Aid Society:** is a non-profit, charitable organization that is the official charity of the United States Air Force. The three-pronged charter supports the Air Force mission by

1. providing worldwide emergency assistance to members and their families,
2. sponsoring educational assistance programs, and
3. offering base community programs that improve Airman/family welfare

**Vet Center:** Reserve and National Guard Service Members who have served combat theater or area of hostility or who have experienced sexual trauma or harassment.

**Military and Family Life Counselor (MFLC):**

Experienced, licensed mental health professionals, Masters or Ph.D. level, provide non-medical counseling services, coaching, education and trainings to military service members, couples, families and groups. MFLCs can meet you anywhere (with the exception of your home).

**Licensed Clinical Social Worker (LCSW):** A LCSW is a fully credentialed embedded mental health provider responsible for the application of social work/psychological procedures and techniques, including diagnostic interviewing to determine relevant evidence based treatment of psychological pressures and issues of concern in support of the individual, couples and the family. The LCSW is also available to support efforts of the Operational psychologist with regards to unit outreach, resourcing and prevention to help promote resilient behaviors, reduce stigma, encourage help-seeking behavior, prevent negative outcomes, enhance mission effectiveness, early intervention and facilitate access to and navigation through the healthcare system.

**Military One Source:** Non-medical counseling is available through Military OneSource. They offer many different types of counseling, including face-to-face counseling, online counseling, telephonic counseling, financial counseling, international calling counseling, health and wellness coaching.

**Sexual Assault Prevention and Response (SAPR):** The SAPR office provides command support, prevention education, and 24/7 victim response.

**Health Promotion:** Is the art and science of helping individuals, commands and the military community improve their health-related behaviors and outcomes. Health Promotion provides a range of evidenced-based interventions via programs and services that facilitate healthy living as the default lifestyle choice and social norm. Health Promotion fosters a culture and environment that values health and wellness; empowers individuals and organizations to lead healthy lives; and improves the health, mission readiness and productivity of the military community.

**Key Spouse Program:** is an official Air Force Unit Family Readiness Program designed to enhance readiness, personal/family resiliency and establish a sense of Air Force community. Key Spouses are commander-appointed and serve as a vital resource to command teams in an effort to support Air Force families. The strategic vision is to increase resiliency and unit cohesion amongst military members and their families throughout the military life cycle.

**Legal Officer:** is committed to helping airman, retirees, and their family members by providing no cost legal advice and assistance in preparing legal documents.