

IDS SERVICE DIRECTORY

TABLE OF CONTENTS

Access Eielson

Airman & Family Readiness Center
Alaska 4-H
Chapel
Equal Opportunity
Family Advocacy
Family Member Programs
HAWC
Mental Health Clinic
168 ARW Family Programs

Airmen & Family Readiness Center

Air Force Aid Society

Air Force Aid – Financial Assistance
Bundles For Babies (Great Expectations)
Car Care Because We Care
Child Care For PCS Program
Child Care For Volunteers
Give Parents a Break
Respite Care
Youth Employment Skills (Y.E.S.)

Job Search Assistance

Spouse Employment
Transition Assistance Program (TAP)
Seminar

Family Life and Education

“Cheechako” Winter Orientation
Colours Workshop
Cooking Classes
Family Budgeting
Great Expectations
Heart Link Spouse Orientation Program
Kids Cooking Classes

Family Readiness

Hearts Apart
Bowling For Deployed/Remote Families
Deployment Briefing
Dining Facility
Deployed and Remote Family Socials
Reunion Seminar
Home Connection Video/Telephone
Connection
Movie Pass

Financial Planning and Wellness

Financial Counseling

Relocation Assistance

Kids on the Move
Loan Closet
Smooth Move
Sponsorship Training
Teens on the Move
Toy Kits For Kids

Retiree Information

Alaska 4-H

Chapel

Altar Society
Altar Servers
AWANA Children’s Program
Baptisms
Religious Education
Rite of Christian Initiation of Adults (RCIA)
Catholic Youth Ministries
Catholics Seeking Christ (CSC)
Children’s Church and Nursery Ministry
Extraordinary Ministers of the Eucharist (EME)
Lectors
Military Council of Catholic Women (MCCW)
Bible Studies and Prayer Groups
Library
Marriage – Catholic/Protestant
Marriage Counseling
Music and Choir Ministry
Protestant Men of the Chapel (P.M.O.C.)
Protestant Sunday-School Program
Protestant Women of the Chapel (P.W.O.C.)
Protestant Youth of the Chapel (P.Y.O.C.)
Sacrament of Reconciliation
Sacristans
North Star Café
Airmen’s Dinners
Catholic Mass
Protestant Contemporary Worship Service
Rosary Makers
Ushers
Vacation Bible School

Equal Opportunity Office (EO)

Special Emphasis Events
Cultural Diversity
Discrimination
Sexual Harassment
Mediation
Complaint Processing

Family Advocacy Program

Family Maltreatment Program
Family Advocacy Strength-based Therapy services (FAST)
The New Parent Support Program (Polar Babies)
Family Advocacy Outreach Program
1-2-3 Magic
Boys and Girls Town Common Sense Parenting
Baby Sign Language
Dads: The Basics
Fighting for Your Marriage (P.R.E.P)
Parenting University

Family Programs

Child Development Center
School-Age Program
Youth Center
Family Child Care

Health and Wellness Center (HAWC)

Automatic Blood Pressure and Weight Machine
Body Fat Analysis
Fitness Prescription
Gait Analysis
Health Information
Heart Smart Class
Light Therapy
Nutrition and Fitness 101
Nutrition Consultation

Pre/Post Natal Fitness and Nutrition
Sleepless in Alaska
Tobacco Cessation Course

Mental Health Clinic

Alcohol and Drug Abuse Prevention and Treatment
(A.D.A.P.T.)
Mental Health Clinic
Suicide Prevention

168 ARW Family Programs

What is Access Eielson?

Access Eielson is a multidisciplinary team of helping agencies, which under the guidance of the Community Action Information Board (CAIB), works together to provide a collaboration of preventative services to the Eielson Air Force Base community. These programs and services are designed to promote spiritual growth, mental and physical health, and strong individuals, families and communities.

Community Action Information Board (CAIB)

The Community Action Information Board serves as the Eielson Community forum for identifying and resolving individual and family related quality of life issues, needs and resources. Access Eielson Agencies, as well as other base agencies and individuals who have a direct impact on the quality of life programs for the Eielson AFB community make up the membership of the CAIB. For more information call Major Jennifer Halter, or current Access Eielson chairperson at 377-2178.

Heart Link Spouse Orientation Program

Air Force spouses are a very important part of the Air Force family. The Heart Link Spouse Orientation program is a fun filled interactive orientation program for new Air Force spouses. Participants will have the opportunity to meet the Wing Commander and other new spouses while they learn about the programs and services available to them and their families. Lunch will be provided and childcare scholarships are available. For more information, contact the Airman & Family Readiness Center.

Access Eielson Agencies

A.D.A.P.T

*2630 Central Avenue
377-3071*

Airman & Family Readiness Center

*2631 Wabash Avenue
377-2178*

Alaska 4-H

*2631 Wabash Avenue
377-5191*

Chapel

*452 North Street
377-2130*

Equal Opportunity

*354 Broadway Avenue
377-1357*

Family Advocacy

*2630 Central Avenue
377-4041/4042*

Family Member Programs

*354 Broadway Street
377-2857*

HAWC

*Baker Field House
377-9355*

Mental Health Clinic

*2630 Central Avenue
377-3071*

168 ARW Family Programs

*375 Tanker Rd
377-8715*

AIRMAN & FAMILY READINESS CENTER

2631 Wabash Ave, Suite 1

377-2178

Mon – Fri: 0730 – 1630

Air Force Aid Society (AFAS)

The “official Air Force charity” provides assistance to Air Force families in three different ways. First, AFAS provides emergency financial assistance to active and retired Air Force personnel and their families. Secondly, the society provides funds to pay for several community enhancement programs. Last, AFAS provides assistance with education costs for Air Force family members.

Emergency Financial Assistance

AFAS provides most assistance by loan and less often, by a grant or a loan/grant combination. Assistance may be given for food, rent, emergency leave travel expenses, loans to assist with funerals for active duty dependant death, repair of only means of transportation, fire and other disasters, and limited amounts for medical/dental expenses not covered by TRICARE.

Community Enhancement Programs

Bundles and Books for Babies (Great Expectations) is an informative program for active duty AF families in their third trimester. The AF Aid Society pays for a layette, both parents may attend.

Car Care Because We Care pays for a visual safety inspection and oil and lube change for the family’s primary vehicle for the following: (1) spouses of active duty AF members deployed for more than 30 days, or remote tour, (2) first term airmen at their first duty station (one time only).

Child Care for PCS Program pays for up to 20 hours of free child care (per child) for families of all ranks with PCS orders from or to Eielson, within 60 days of arrival or departure. Family Child Care (FCC) homes are the authorized providers of this care.

Child Care for Volunteers pays for childcare expenses in licensed FCC homes for volunteers supporting the local AF Community but must be approved by the AFASO before arranging care.

Give Parents a Break hosted at the base Child Development Center (CDC). Active duty Air Force families eligible for this program include those where the parent is feeling stress due to: the military member being deployed or TDY, having a child with special needs, and emergency situations (i.e. illness of a family member, family recently moved to the base, unique circumstances or hardships). Certificates can be picked up at the AFRC, SQ CC/CCF, Family Advocacy, Chapel, or CDC.

Respite Care This program is for active duty Air Force families who have a family member with special needs. AFAS assistance for respite care is based upon need.

Youth Employment Skills (Y.E.S) offers high school-aged dependents of active duty members an opportunity to learn valuable work skills, have a positive impact on the community. Students work in volunteer positions on base where they earn dollars for post-secondary education and money for the base community to support youth programs.

Customer Resource Center

The customer resource area has computers, and printers that are available to assist customers with word processing, resume/cover letter writing, and employment/company research. Accesses to job postings for the surrounding area are available.

Job Search Assistance

Spouse Employment Program

This program helps Air Force members and their family members enhance their marketability. Throughout this program, the Air Force spouse can learn the skills and techniques required for a successful job search. Assistance with job applications and resume development is available.

Transition Assistance Program (TAP) Seminar

A three-day workshop on interviewing, resume writing, job search tips, transitioning from military to civilian life and VA benefits. Recommended for all military members AT LEAST one to two years before leaving the military and again within three months of retiring.

By making an appointment with the Transition Assistance Program manager, it is possible to have your personal resume reviewed, have a one-on-one career counseling session with skills assessment, education, and career planning, and gain assistance in achieving your vocational and educational goals.

Family Life and Education

Family life and education programs are designed to help singles, couples, and families adapt to current and future changes in their lives, as well as enhance quality of life.

“Cheechako” Winter Orientation

A comprehensive, information-packed seminar offered for all Eielson personnel and their families. Get prepared mentally and physically for the beautiful, yet harsh and cold interior winters. Find out how to drive safely, dress appropriately, combat cabin fever, care for your pets, stay well, and learn about the area recreational activities.

Colours Workshop

Class to help participants gain insight to their own personality and to use this information to improve family and work relationships. Offered at worksites and spouse functions.

Cooking Classes

Cooking classes are held throughout the year and are geared toward the novice. During the summer months, the Alaskan Cooking Series is offered, which introduces participants to “Alaskan Cuisine.” Topics include: how to cook moose, caribou, salmon and halibut, as well as preserving Alaska’s bounty of wild berries. Other cooking topics in the past have included: Italian, holiday recipes, Greek, Korean, Southern, German, and Cajun.

Family Budgeting

Learning how to take charge of your finances by mastering a few basic management skills, you will be able to stabilize your economic situation and live within your means.

Great Expectations

Focusing on topics that take you from your last trimester up to baby’s first year of life. Topics include: labor and delivery, budgeting, caring for your newborn, breastfeeding and nutrition, child safety, bringing baby home, parenting styles and your baby’s first days.

Heart Link Spouse Orientation Program

Heart Link is a spouse orientation program with the objective of strengthening military families and enhancing mission readiness by increasing spouse awareness of the Air Force mission, customs, traditions, protocols, and available resources and services. Heart Link is a Wing Commander's program. Free childcare is available.

Kids Cooking Class

Cooking classes exclusively for kids.

Family Readiness

The Hearts Apart Readiness Program is designed to enhance mission readiness through personal and family preparations during times of deployment, remotes, or extended TDYs. The goal of this program is to assist families through several programs and services to limit the stress and anxiety with separations.

Bowling for Deployed/Remote Families

The bowling alley offers 3 free games weekly for Hearts Apart Program Participants. The bowling alley keeps the list of remote/deployed families.

Deployment Briefing

A briefing designed to educate individual units on preparing and coping with actions associated with deployment and separations.

Dining Facility

The Eielson dining facility opens its doors for the Hearts Apart program participants to eat dinner.

Deployed and Remote Family Socials

This is a great opportunity to meet other families of deployed members, gain valuable information on family separation and have dinner on the A&FRC. Entertainment for the kids will be provided.

Reunion Seminar

The focus of the Reunion Seminar is to help couples recognize and work through the often-stressful transitions many families face after the homecoming of the military member. This seminar is offered monthly.

"Home Connection" Video/Telephone Connection (VTC)

The VTC connection is designed to help keep families connected to their deployed military member. Contact your spouse at his/her deployment location to set up the best date and time to place your call. Please be sure that the location is on-line with VTC. The majority of locations have the VTC setup at the A&FRC. **There are some desert locations that are not able to support VTC due to inadequate phone lines.** The Eielson AFB A&FRC Center VTC is located at the Gold Rush Inn. Visit the Gold Rush Inn and request the "Home Connection Room" at the front desk.

Movie Pass

Single members tasked with supporting a TDY of 30 days or more will receive a free phone card prior to leaving and an AAFES movie pass upon returning.

Financial Planning and Wellness

Financial Counseling

Personal financial counseling sessions are designed to assess and evaluate individual or family financial situations. The consultant will help make people aware of alternatives, either by helping them see how they can get out of financial crises or how to make productive use of their resources.

Relocation Assistance

This program was designed to help military members and their families make their move as smooth as possible. Working hand-in-hand with other base agencies, we are able to offer workshops, internet information, base videos, and computer programs to help you make your move.

Kids on the Move (Ages 5-9)

Designed to assist children and their parents in coping with the stress associated with the relocation process. We provide materials, ideas and referrals to make the moving experience more pleasant. The program is very interactive and the focus is feelings, fears, and frustrations.

Loan Closet

This helpful resource provides relocating families with the necessities to make anywhere feel a little more like home. We offer dish kits, microwaves, televisions, ironing boards, and futons to check out, among many other household items. Loans are available for guests and other special conditions to military members with some restrictions.

Smooth Move

This is a mandatory class for all military members transitioning out of Eielson, and offers information from Transportation, Legal, Patient Affairs, Finance and Housing, as well as advice, to make your move trouble-free. Additionally, we also offer video and base brochure kits about your next duty station to check out.

Sponsorship Training

Designed to give you the latest information so you can be effective and responsive as you assist the relocating member and their family.

Teens on the Move (Ages 10-15)

If you are a teenager who is faced with moving, your life may feel like it has been turned upside down. This class will help to reduce the stress associated with a move and increase your ability to adapt to a new environment.

Toy Kits for Kids

The A&FRC Loan Closet has expanded to include toys for children of relocating families. If you have shipped all of your child's favorite things or are waiting for them to arrive, come in and check out a toy kit to keep them occupied.

Retiree Information

The A&FRC is a point of contact for retirees located within the interior of Alaska.

ALASKA 4-H
2630 Central Avenue
377-5191

Alaska Training and Recreational Activities for Cool Kids (TRACKS) was established in 1999 to provide Eielson youth the opportunity to experience high-adventure activities coupled with interactive life skill learning. TRACKS, a collaboration between the Cooperative Extension Service and Eielson helping agencies, is open to youth 3rd through 12 grade. Programs are offered throughout the year and include both indoor and outdoor activities. Volunteers are always needed for the programs.

CHAPEL
452 North St.
377-2130

The base chapel seeks to accommodate all religious faiths and offers a variety of religious, social, and educational programs. There are two Protestant chaplains, one Catholic chaplain, and three chaplain assistants. Retreats and religious emphasis days are conducted throughout the year. Opportunities for spiritual and personal growth are offered in areas such as couple enrichment and interpersonal relationships. The religious education program – Protestant and Catholic – includes classes for all ages Sunday mornings, as well as small group Bible studies. Catholic mass and Protestant Contemporary services are celebrated regularly. Arrangements for marriage, baptism and other spiritual rites are made with individual chaplains. Marriage preparation with a Protestant chaplain takes at least three months. The requirements for Catholic marriage preparation are six months as specified by the local diocese of Fairbanks.

Any information on chapel activities can be obtained by calling 377-2130.

Altar Society

Launder and maintain the linens used for the parish Eucharist. Contact the chapel if interested.

Altar Servers

Through their participation in serving at the table of the Lord, altar servers act out in sacred drama a truth which brings deep fulfillment in life; a life spent in service is rich and full.

AWANA Children's Program

Participants typically meet once a week throughout the school year. The focus of the curriculum is on the presentation of the gospel and learning Scripture to build a biblical foundation for young people's faith. Most programs include a group teaching time, individual one-on-one time with a leader to review the lessons learned that week and a time for games.

Baptisms

Catholic: By appointment with priest.

Protestant: By appointment with chaplain of like faith group.

Bible Studies and Prayer Meetings

A variety of Bible studies and prayer meetings take place in the Eielson community. Contact the chapel for current days, times and locations.

Library

The Chapel library has a wide selection of Bibles, study guides, Christian fiction, humorous and music cassettes, videos of all kinds, including intensive video studies. The library is constantly growing and changing. Materials may be checked out for a period of two weeks.

Marriage

Catholic

By appointment with the priest, six months pre-marital preparation before marriage.

Protestant

By appointment with the chaplain, at least three months for required pre-marital preparation.

Counseling

By appointment with squadron or worship service chaplain. May request chaplain you prefer. Counseling is confidential.

Airmen Dinners

Airmen dinners are held at the North Star Cafe, Building 2333, and are free. Contact the chapel for dates and times.

Catholic

Catholic chaplain's office is located at the Chapel, 452 North St. Phone: 377-2130, Fax: 377-1358. Contact the chaplain for dates and times of worship services.

Baptisms

The Catholic chaplain welcomes requests for performance of baptisms, but certain requirements must be met. Parents must attend a pre-baptismal class.

Catholic Religious Education

Pre-school through eighth grade meet at Chapel September through May. Contact chapel for dates and times.

Catholic Parish Schedule

Sunday mornings held in the Sanctuary. Weekday mass is held in the Blessed Sacrament Room. Contact chapel for dates and times.

Military Council of Catholic Women (MCCW)

Contact chapel for information.

Catholic Youth Ministries

Contact chapel for information.

Eucharistic Ministers of Holy Communion

The fundamental invitation to ministers of Eucharist is discipleship. It is an invitation to serve in the liturgical assembly, extended by the priest to people who are willing to offer this important service to the wider parish body.

Lectors

Ideally, the goal for every person who responds to the invitation to become a lector is to grow in their love and understanding of scripture. In that way, the Sacred Word they proclaim will be the same Word at work within them.

Parish Council

The primary task of the parish council is to assist the priest in shepherding the community through the growth of parish ministry. Essentially, parish council members gather to ask a fundamental question, "Where are we ministering well and what can we do better?"

Music Ministry

Music is refreshing at parish liturgies and good music is absolutely essential. Every parish grows when the congregation sings with full hearts and voices, and every parish needs people with musical gifts to step forward in this vital area.

Rite of Christian Initiation of Adults (RCIA)

The formal catechesis for those considering joining the Catholic church begins in September and then, for those who choose, the celebration of the Sacraments of Baptism, Confirmation, and Eucharist takes place at the Holy Saturday Vigil Mass prior to Easter Sunday.

Weddings

The Catholic chaplain welcomes your requests for performance of weddings, but certain requirements must be met. The chaplain requires six months of pre-marital counseling, as recommended by the local diocese. Because only one Catholic chaplain is assigned at Eielson, please make your requests for special events such as these as early as possible.

Jewish

Weekly services are held at the Congregation of Or HaTzafon, 1744 Aurora Dr., Fairbanks. Call the synagogue at 479-2165.

Protestant

Protestant chaplain offices are located in the Chapel, 452 North Street. Contact the Chapel for times and dates of worship services.

Phone: 377-2130, Fax: 377-1358.

Baptisms and Dedications

The Protestant chaplains welcome your requests for performance of baptisms, but certain requirements must be met. For baptisms, the chaplain may require pre-baptismal instruction. Also, the chaplain can only perform baptisms in accordance with his or her denominational guidelines. Most chaplains do perform infant dedications if desired as well.

Bible Study

Contact the chapel for dates and times of weekly Bible study.

Child's Church and Nursery Ministry

This is a ministry where worship service parishioners assist in leading, teaching and caring for your children/infants during the worship service.

Choir/Praise Team

If you enjoy singing, consider using your gift in one of our choirs! We offer:

- Contemporary Service Praise Team
- Youth Choir

Contact chapel for dates and times.

Protestant Men of the Chapel (PMOC)

A men's fellowship offering opportunities for growth in the areas of interpersonal relationship thought a three-prong approach: men equipping men through studies, fellowship and community works project.

Protestant Women of the Chapel (PWOC)

An all-inclusive group of women's fellowship facilitating spiritual life, outreach, woman ministering woman, cooperation, and giving. Call chapel for meeting times and dates.

Religious Education

A wide selection of classes are offered weekly at Crawford Elementary School. The nursery program serves children from birth to two years old. Sunday School classes are available for pre-school (3-4 years old) through adult. Contact the chapel for further information.

Ushers

A ministry of high priority: making a positive first impression for visitors. Ushers and greeters receive training in "Mentoring People Who Meet People."

Weddings

The Protestant chaplains welcome your requests for performance of weddings, but must perform weddings within denominational requirements. Each chaplain requires pre-marital counseling so plan at least three months prior to the wedding ceremony.

North Star Café

The North Star Café is a chapel-sponsored and supported ministry designed to improve the quality of life and overall morale for the Eielson community through fellowship, outreach, careers, lifestyle evangelism and special events. All dormitory Airmen are welcome to attend. The café is located in the basement of dormitory building 2333. Contact the Chapel for hours of operation.

EQUAL OPPORTUNITY OFFICE (EO)

354 Broadway Avenue
3rd Floor – Amber Hall
377-1357

Special Emphasis Events
Cultural Diversity
Discrimination
Sexual Harassment
Mediation
Complaint Processing

FAMILY ADVOCACY PROGRAM

2630 Central Ave
377-4041

Family Advocacy Program (FAP)

The mission of the Family Advocacy Program is to build healthy communities by implementing programs designed for the prevention and treatment of child and spouse abuse. The Family Advocacy Program seeks to:

- Provide primary prevention services to all Air Force personnel.
- Provide secondary prevention services to populations at risk for family violence.
- Identify and treat incidents of child and spouse maltreatment.
- Prevent child and spouse abuse.

Family Maltreatment Program

The Family Maltreatment Program supports Air Force Readiness by improving duty performance and effectiveness of Air Force members by identifying, assessing, and treating situations involving family maltreatment. Treatment includes individual and marital therapy, group intervention for offenders and victims of abuse, parenting classes and marriage enrichment classes.

Family Advocacy Strength-Based Therapy Services (FAST)

FAST services include voluntary marriage and family therapy. The program is designed to provide psychosocial assessment and intervention to families at risk for family maltreatment.

The New Parent Support Program (NPSP)

The NPSP on Eielson is called Polar Babies and is designed to provide voluntary support services to anyone who is pregnant or any family with children from birth to three years.

Polar Babies offers:

Home, Office, or Hospital Visits

Telephone Consults

Community Referrals

Educational Materials/Information on areas such as Newborn Care, Breast/Bottle Feeding, Child Development, Discipline, and Child Proofing

Breast Feeding Support

The "What to Expect" Series of Book

Family Advocacy Outreach Program

The Outreach Program is designed to prevent child and spouse maltreatment from occurring on Eielson. A variety of prevention services are offered throughout the year including:

1-2-3 Magic Parenting Class

This is a class for parents of children ages 2-10 using humor to address the difficult task of child discipline. Learn how to stop and control obnoxious behavior and start good behavior while strengthening your relationship with your child.

Boys and Girls Town Common Sense Parenting

This is a class for parents of children ages 8 and up facing family challenges such as siblings who constantly bicker, a child having trouble in school or a defiant teen. Learn techniques that will aid you in building good family relationships, prevent and correct misbehavior, improve behavior and teach self-control.

Baby Sign Language

Baby sign language is a way to communicate with your baby before your baby can speak by teaching them a few basic gestures or signs. It's a way to bridge the gap between their gurgling stages to the time when they can actually talk. Baby sign language teaches babies to build on their natural tendency to gesture. It enhances communication, builds stronger connections in families, and reduces a pre-verbal baby's frustration when he can't get his point across.

Dads: The Basics

This class offers expecting and new fathers an opportunity to learn basic information about becoming a dad and your role as a father from experienced dads. You'll receive answers to questions and get information related to pregnancy, labor and delivery, communicating with your spouse, caring for an infant, keeping your baby safe and managing family issues that result from deployment.

Fighting for Your Marriage (P.R.E.P.)

Prevention and Relationship Enhancement Program (P.R.E.P.) workshops that focus on developing skills couples need to enhance their marriage. Topics discussed include: the merger of two personalities; expectations; communication; problem solving; putting the fun and friendship back into your marriage; how the birth of a child affects your marriage; keeping the

romance alive; learning the languages of love; staying in love after you have children; and the keys to staying together forever.

Parenting University

A fall parenting program co-sponsored by the base school, Airmen & Family Readiness Center and Family Advocacy with topics that are the most requested by parents are presented by both on and off base speakers. It is designed to inform parents on the latest research in a variety of parenting topics.

FAMILY MEMBER PROGRAMS

Child Development Center (CDC)

The CDC is a modern facility located at 2449 French Creek Drive. The Center is a nationally accredited early childhood program, which offers appropriate childcare and preschool. The CDC offers a safe environment with a professional staff that is caring, loving and happy. The center accepts children from 6 weeks to 5 years of age. Reservations for drop-ins are made on a first-come, first-served basis, depending upon availability. Breakfast, lunch and snacks are available at no extra charge. Fees are charged on a sliding scale based on the current year family income. Except for the respite care program and special openings, the center is closed Saturdays, Sundays and federal holidays. Call 377-3237.

School-Age Program

Eielson has one of the finest school-age care programs in Pacific Air Forces. The program is nationally accredited and Air Force certified. The curriculum and activities focus on opportunities for fostering experimental learning and independence. The program accepts children kindergarten to 12 years, and is at 2572 Central Avenue, next to Burger King. When the academic school year concludes, children can attend an all-day summer camp. Programs have a maximum enrollment of 140 children and are usually filled to capacity. Fees are on a sliding scale, based on current year family income. The facility is open 6:30 a.m. to 6 p.m. Monday – Friday and 5:30 a.m. to 7:30 p.m. during exercises, and is closed Saturdays, Sundays and federal holidays. Call 377-KIDS (5437).

Youth Center

The youth center provides a wide variety of constructive programs and leisure-time activities for youth ages 5 – 18. The center sponsors many athletic activities, including: soccer, baseball, softball, t-ball, football, cheerleading and basketball. Instructional programs include gymnastics, ballet, acrobatics, piano and karate. The youth program is affiliated with Boys and Girls Clubs of American and many national programs are conducted daily. The center is also home to the Teen Center, which includes a snack bar open for lunch each day during the school year. High school students can have lunch in the lounge area (complete with music), then enjoy video games or use the computer room. The youth/teen center is located at 714 Ravens Way, next door to Crawford Elementary, and across the street from Ben Eielson Junior/Senior High School. Call 377-3194/3034.

Family Child Care (FCC)

The FCC office is in the Community Center. Providers are licensed by the MSG/CC to provide developmental care in their homes. Ratios are 1:6 and they take care of ages 2 weeks up. There are additional programs to meet parental needs: nights/weekend care, return from deployment, subsidy assistance, etc. Providers offer care equal to CDC but in a home environment. Call 377-3635.

HEALTH AND WELLNESS CENTER (HAWC)

Baker Field House

377-9355

All programs are open to Active Duty, DoD Civilians, Retirees and Family Members

Automatic Blood Pressure and Weight Machine

Fully automated, self-serve machine registers blood pressure and weight. Can store twenty readings and prints out a summary and/or basic tips on reducing blood pressure.

Body Fat Analysis

Body fat percentage is assessed by taking 3 or 7 site skin-fold measurements and circumference measurements. Offered *by appointment* to anyone 18 years and older.

Fitness Prescription

Personalized fitness prescription programs are offered to individuals cleared by or referred by a physician for exercise. This can be an office visit or hands-on session utilizing fitness center equipment.

Gait Analysis

A systematic study of your body movements/mechanics. This tool is used to assess your motion and plan to help you run more efficiently and to identify posture-related or movement-related problems in people with injuries. Offered *by appointment*.

Health Information

Need more information about a specific health topic? Stop by the HAWC for health information, brochures, or to view videos. Topics include exercise, nutrition, stress management, men's health, women's health, Diabetes, children's health, blood pressure, cholesterol, osteoporosis...and more

Heart Start

How do I keep my heart healthy? Cholesterol and blood pressure numbers are discussed to enhance understanding of what the numbers mean and how to keep them at healthy levels.

Light Therapy

Need a quiet place to relax? Enjoy the massage chair and "Happy Light" (full spectrum light therapy), which can assist in the prevention of Seasonal Affective Disorder (SAD).

Nutrition and Fitness 101

Learn the basics to a healthier you! Both nutrition and fitness concepts are covered to either get you started or redirect your habits.

Nutrition Counseling

Appointments for individualized nutrition assessments and counseling can be arranged for weight loss or gain, cholesterol, hypertension, Diabetes, pre-/post-natal and/or healthier eating habits.

Pre/Post Natal Fitness and Nutrition

Provides nutrition and fitness information for safe and effective exercise during pregnancy and postnatal. Pregnancy Physical Readiness Questionnaire must be completed by the healthcare provider and participant prior to attendance.

Sleepless in Alaska

Between the midnight sun and the endless night, sleep schedules can be off kilter. Learn more about sleep physiology, misconceptions, biological clock, common disorders and the effects of light/dark and the cycles in the Arctic and tips to get back on schedule.

Tobacco Cessation Course

A four-week program to help individuals quit using tobacco (4, one hour sessions). Covers the addictive process, health issues, behavior changes, stress reduction and relapse prevention. Medications available when approved by a provider. Lunchtime and evening classes available.

MENTAL HEALTH CLINIC

2630 Central Ave
377-3071

ALCOHOL AND DRUG ABUSE PREVENTION AND TREATMENT PROGRAM (ADAPT)

Educating the base population on the responsible use of alcohol is the emphasis of the ADAPT program. ADAPT offers assessment, treatment, individualized substance abuse education and referral assistance, with a targeted population of active duty members. Briefings are available upon request.

MENTAL HEALTH CLINIC

The Mental Health Clinic provides a full range of mental health services to Airmen and family members of the Eielson Air Force Base community, including individual, group counseling, command directed evaluations, consultation and information and referral to other agencies and clinics. The clinic is comprised of licensed psychologists and clinical social workers. Individuals requesting medication are referred to their Primary Care Manager or to an off-base provider.

Confidentiality

All visits in the Mental Health Clinic are confidential except for Airmen referred by a command

directed Mental Health evaluation. Privacy of medical records is governed by the applicable federal and Air Force regulations.

Referrals:

There are four ways an Airman or family member may be referred to the Mental Health c clinic:

- 1) Command Directed Mental Health Referrals (active duty)
- 2) Medical referrals are made by healthcare providers to the mental health care providers requesting evaluation, treatment and/or guidance related a patient's mental health issues.
- 3) Self referrals are when an Airman or family member seeks mental healthcare based on one's own free will.
- 4) Referrals from other agencies. Airmen and family members may be referred for a full range of mental health services by other agencies in the community, e.g., Airman & Family Readiness Center and Chaplains.

SUICIDE PREVENTION

Suicide prevention training is accomplished through the Air Force ADLS training website. Commanders may request in person briefings tailored to their units needs.



**168 Air Refueling Wing
Family Program Office**



The AKNG Family Programs Office strives to enhance quality of life for members, their families and the community in which they live.

The 168 ARW Wing Family Program Coordinator, Kristie Harrison, is the first point of contact for Airman and their families who are looking for services provided by the Alaska National Guard (AKNG) State Family Programs Office. The Wing Program Office can provide assistance with many services to benefit Airman and Families. A few of these services are:

- Crisis Assistance and Referral
- Legal Information and Referral
- Emergency Financial Assistance
- TRICARE Referral
- Military Benefit Information
- Family Readiness Group training
- Various Training opportunities
- Strong Bond Marriage and Family Events
- Personal Finance Counselor (PFC)
- Military Family Life Consultant (MFLC)
- Child and Youth Program
- Suicide Prevention Program

- Strong Bonds Marriage and Family Events
- Survivor Outreach Support (SOS)
- Military One Source Representative
- Education Assistance and other resources.

The 168 ARW Family Program Office is located in the Alaska Air National Guard Headquarters, 375 Tanker Rd, Eielson Air Force Base. Office hours are Mon – Fri; 7:00 am to 15:30, all UTA weekend. You can call phone number is (907) 377-8715.

Other Useful Phone Numbers:

AKNG State Family Program Office
907-428-6663 or 1-888-917-3608 (Available 24X7 for emergencies)

Military Family Life Consultant (MFLC)
Adult MFLC 907-382-1408
Child & Youth MFLC 907-382-1795
Mflc.jfsap.ftrich@gmail.com

Personal Financial Counselor (PFC)
pfc.jfsap.ftrich@gmail.com
907-854-5263
Pfc.jfsap.ftrich@gmail.com

Military One Source
Militaryonesource.com
1-800-342-9647

