

Services for Family Members and Retirees

In order to ensure the highest level of access for our active duty members, services for family members and retirees are offered through the Mental Health Clinic on a space available basis. Family members and retirees have a choice of seeking services through the Mental Health Clinic, Tri-Care and Military One Source. Family members and retirees are able to attend the various classes offered through the Mental Health Clinic.

Mental Health Clinic

The Mental Health Clinic offers some individual counseling services for adult family members. Appointments can be scheduled by calling **294-7411**.

Tri-Care

In order to ensure the highest level of access for our dependent and retiree population, self referral services for individual counseling and psychiatric care are scheduled in the civilian community through TRI-CARE. Please phone **1-888-874-9378** for more information or to schedule an appointment.

Military One Source

Family members may also seek marital, family and individual counseling through Military One Source. Military One Source will assess members' needs and assist with scheduling members with a community provider in the local area. Please call Military One Source for more information or to schedule an appointment at **1-800-342-9634**.

Additional Helping Agencies

Airman and Family Readiness Center

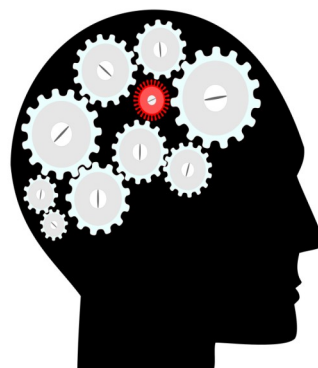
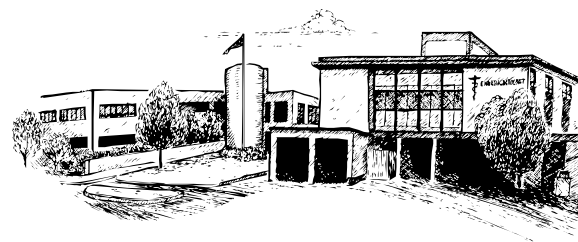
(402) 294-4329

Chaplain's Office

(402) 294-6244

HAWC

(402) 294-5977



Ehrling Bergquist Clinic
2501 Capehart Road
Offutt, NE 68113

Phone: 402-294-7411
DSN 271-7411
Mon-Fri 0730-1630

Mental Health Flight



Mental Health Clinic/ADAPT
(402) 294-7411

Family Advocacy Clinic
(402) 294-7886

The Mental Health Clinic Services

The Mental Health Clinic offers a wide variety of services to support our military members and their families.

Services include:

- Individual Counseling
- Marital counseling
- Group Therapy
- Educational Classes
- Relaxation Interventions
- Psychological Testing
- Psychiatric/Medications

Educational Classes

- Healthy Thinking
- Sleep Hygiene

Group Therapy

- PTSD

Other Services

- Command consultations
- Traumatic Stress Response

Alcohol Drug Abuse Prevention and Treatment (ADAPT)

The primary objective of the ADAPT program is to promote readiness, health and wellness through the prevention and treatment of substance abuse; and to minimize the negative consequences of substance abuse to the individual, family, and organization.

Warning signs of Problematic Substance

Use...

- Negative impact on relationships with friends and/or family
- Used to cope with stress or mood
- Decreased work or school performance
- Loss of memory
- Health problems
- Legal problems
- Drinking more alcohol than planned
- Frequent hang-overs
- Planning activities around alcohol use
- Difficulty refraining from drinking

How to seek services...

- Self Referral
- Medical Referral
- Commander Referral

Family Advocacy Program

The Family Advocacy Clinic offers a wide variety of services to support our military members and their families.

Services available:

- Marital Counseling
- New Parent Support Program

Educational Classes

- Anger Management
- Dads 101
- Parenting Classes
- Relationship Classes

Resources

Moms, Pops and Tots play group: 294-6247

WIC at Offutt AFB: Mon/Thurs only: 294-3063

Boy's Town Nat. Hotline: 1-800-448-3000

Child Abuse Hotline: 1-800-652-1999

Child Development Center: 294-2203

Domestic Violence Coordination Council

of Greater Omaha: 402-398-9928

Family Child Care: 294-9016

The National Domestic Violence Hotline:

1-800-799-SAFE (7233)

Women Against Violence hotline/YWCA:
402-345-7273

Youth Programs: 294-5152
