

Services for Family Members and Retirees

In order to ensure the highest level of access for our family members and retirees, services for individual counseling and psychiatric care are offered in the community. The appointment is scheduled by you with an in-network community provider elected by you. No referral is required. Contact TRICARE WEST at **1-844-866-9378** for assistance in selecting a community mental health provider.

Mental Health Clinic

The Mental Health Clinic offers family enrichment programs as well as couples-/marital counseling services through our Family Advocacy Program. Appointments can be scheduled by calling **402-294-7886**.

Military One Source/

Military & Family Life Counselors

Family members at Offutt AFB may also seek marital, family and individual counseling through Military One Source and Military & Family Life Counselors [MFLC]. MilitaryOne Source will assess members' needs and assist with scheduling family member with a community provider in the local area. Please call Military One Source for more information or to schedule an appointment at **1-800-342-9647**.

Adult and Youth MFLCs provide direct counseling services and can be reached at **402-690-1509 (Adult)/
402-681-5133 & 402-669-8854 (Youth)**.

Additional Helping Agencies

Airman and Family Readiness Center

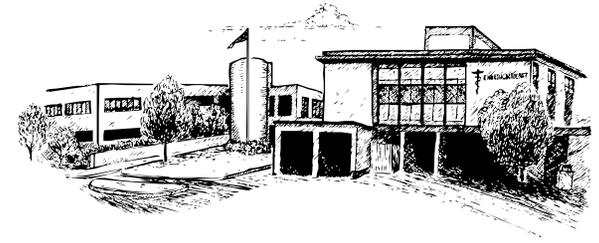
(402) 294-4329

Chaplain's Office

(402) 294-6244

HAWC

(402) 294-5977



Mental Health Flight



Ehrling Bergquist Clinic
2501 Capehart Road
Offutt, NE 68113

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



Mental Health Clinic/ADAPT
(402) 294-7411

Family Advocacy Program
(402) 294-7886

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
- Medication Management

Educational Classes

- Healthy Thinking
- Sleep Hygiene

Group Therapy

- Trauma/Life Stress/Grief/Resilience

Other Services

- Command Consultations
- Disaster Mental Health Response

Alcohol Drug Abuse Prevention and Treatment (ADAPT) Program

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
- Use to cope with stress or mood
- Decreased work or school performance
- Loss of memory
- Health problems
- Legal problems
- Consuming more of the substance and/or alcohol than planned
- Frequent hangovers
- Planning activities around substance-/alcohol use
- Difficulty refraining from use
- Physiological symptoms appear when not in use of the substance-/alcohol

How to Seek Services...

- Self Referral
- Medical Referral
- Commander Referral

Family Advocacy Program

The Family Advocacy Program offers a variety of services aimed at building healthy families and communities.

Services available:

- Couples/Marital Counseling
- New Parent Support Program
- Domestic Abuse Victim Advocacy

Educational Classes

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