



55th Wing  
Offutt AFB, NE

# COMMUNITY ACTION TEAM (CAT) BRIEFING AND TRAINING MENU



**JANUARY 2025**



## Protective Factors Key

**Cohesion:** Cohesion assesses whether individuals in a workplace care about each other, share the same mission and goals, and work together effectively. Cohesive organizations are linked to improved readiness and retention, and a lower likelihood of sexual assault, sexual harassment, and suicide.

**Connectedness:** Connectedness measures perceptions of closeness to a group and satisfaction with one's relationship to others in the group. Higher connectedness is linked to improved readiness, higher retention, and a lower likelihood of suicide.

**Engagement and Commitment:** This factor measures the extent to which one finds their work fulfilling and is committed to their job and organization. Engaged and committed individuals demonstrate enthusiasm for, and dedication to, the work that they do. Higher levels of engagement and commitment are linked to improved readiness, higher retention, and a lower likelihood of suicide.

**Fairness:** Fairness is the perception that formal and informal organizational policies, practices, and procedures regarding information sharing, job opportunities, and promotions are based on merit, inclusion, equality, and respect. Organizations with fair treatment are linked to improved readiness, higher retention, as well as a lower likelihood of sexual harassment and racial/ethnic harassment and discrimination.

**Inclusion:** Inclusion indicates whether individuals are treated fairly and respectfully, have equal access to opportunities and resources, and can contribute fully to the organization's success. Inclusive work environments ensure that it is safe for an individual to voice their different opinions, perspectives, and/or suggestions. Inclusive organizations are linked to a lower likelihood of racial/ethnic harassment and discrimination, improved readiness, and higher retention.

**Leadership Support:** Leadership Support is the perception that leaders build trust, encourage goal attainment and professional development, promote effective communication, and support teamwork. Organizations with supportive leaders are linked to improved readiness, higher retention, as well as a lower likelihood of sexual assault, sexual harassment, and suicide.

**Morale:** Morale is the confidence, enthusiasm, collective pride, and willingness to persist in the activities of the group. Organizations with high morale are linked to improved readiness, higher retention, and a lower likelihood of sexual assault.

**Safe Storage of Lethal Means:** Safe Storage for Lethal Means measures whether one would keep a firearm safely stored (i.e., unloaded or in a secure storage container/device) if they had one in their living space. Keeping lethal means safely stored is linked to a lower likelihood of suicide.

**Transformational Leadership:** This factor measures the perception that leaders encourage, inspire, and motivate others to meet new challenges and accomplish tasks beyond what they felt was possible. Characteristics of a transformational leader include idealized influence or charisma, inspirational motivation, intellectual stimulation, and individualized consideration. Organizations with transformational leaders are linked to improved readiness and higher retention.

**Work-Life Balance:** This factor measures one's perception that the demands of their work and personal life are compatible. Having work-life balance is linked to higher retention, improved readiness, and a lower likelihood of suicide.

**Briefings and trainings that address the protective factors rated low in the DEOCS**

Menu Item	Cohesion	Connectedness	Engagement and Commitment	Fairness	Inclusion	Leadership Support	Morale	Safe Storage of Lethal Means	Transformational Leadership	Work-Life Balance
1-2-3 Magic	X	X	X				X			
Accomplishing Goals Workshop			X							
Active Military Life and Resiliency Skills	X	X	X			X	X			X
Air Force Aid Society			X				X			
Air Force Families Forever	X	X	X				X			
ASIST	X	X				X		X		
Bundles for Babies	X	X	X				X			
Dads 101	X	X	X				X			
Dealing with Difficult People	X					X	X			
Developing the Frontline Supervisor									X	
EAP Overview										X
Emotional Intelligence				X		X	X		X	
Employment Services			X				X			
Establishing Purpose			X				X			X
Gallup Strengths Training			X		X	X	X		X	X
Generational Differences	X	X			X					
Growth Mindset			X				X		X	
Healthy Coping Skills							X			X
Human Performance Workshop	X	X								
Mental Health Toolkit						X				
Parenting with Love and Logic	X	X	X				X			
Personal and Work Life	X	X	X			X	X			
Personal Financial Readiness			X				X			
Prevention and Relationship Education Program (PREP)	X	X	X				X			
Family/Personal Readiness			X				X			
Reframing Your Thinking							X			
Relocation Assistance Program			X				X			
Reporting Options (SAPR)	X	X	X	X		X	X		X	
safeTALK		X						X		
Transition Assistance Program			X				X			
True Colors	X	X					X			
Wingman Intervention Training	X	X								
Winter Blues										X
Women, Infant, Children			X				X			

## Risk Factors Key

**Alcohol Impairing Memory:** Alcohol Impairing Memory measures how often, during the last three months, one was unable to remember what happened the night before due to drinking alcohol. Frequent memory loss due to alcohol is linked to a higher likelihood of sexual harassment, sexual assault, and suicide.

**Binge Drinking:** Binge Drinking measures how often, during the last three months, one consumed 5 or more drinks on one occasion. This pattern of drinking alcohol within 2 hours brings blood alcohol concentration (BAC) to 0.08 percent or higher for typical adults. Frequent binge drinking is linked to a higher likelihood of sexual harassment, sexual assault, and suicide.

**Passive Leadership:** This factor measures the perception that leaders avoid decisions, do not respond to problems, fail to follow up, hesitate to act, and are absent when needed. Organizations with passive leaders are linked to lower levels of readiness and retention, as well as a higher likelihood of sexual harassment.

**Racially Harassing Behavior:** This factor measures prejudicial, stereotypical, or negative attitudes and opinions based on perceived sex or gender that occurred over the past three months. Sexist behaviors also include verbal and/or nonverbal behaviors that convey insulting, offensive, or condescending attitudes based on the perceived gender of the individual. These behaviors are similar to DoD's policy definition of gender discrimination; however, the DEOCS does not measure whether the behaviors limit or harm the respondent's career, which is required to meet the policy definition of gender discrimination. The presence of sexist behaviors in organizations is linked to a higher likelihood of sexual harassment and sexual assault, as well as lower levels of readiness and retention.

**Sexually Harassing Behavior:** This factor measures unwelcome sexual advances and offensive comments or gestures of a sexual nature that occurred over the past three months. These behaviors are similar to DoD's policy definition of sexual harassment; however, the DEOCS does not measure whether the respondent's experiences were sufficiently persistent and severe to meet the legal definition of sexual harassment based on DoD policy. The presence of sexually harassing behaviors in organizations is linked to a higher likelihood of sexual harassment, racial/ethnic harassment and discrimination, sexual assault, suicide, as well as lower levels of readiness and retention.

**Stress:** Stress measures the feeling of emotional strain or pressure. Stressed individuals may feel unable to predict or influence valued and prominent aspects of their lives. Higher levels of stress are linked to a higher likelihood of suicide, as well as lower levels of readiness and retention.

**Toxic Leadership:** This factor measures the perception that leaders disregard input, ridicule others, and have self-promoting tendencies. Toxic Leadership also includes behaviors that are demeaning, marginalizing, and/or coercive. Organizations with toxic leaders are linked to a higher likelihood of sexual assault and suicide, as well as lower levels of retention and readiness.

**Workplace Hostility:** Workplace Hostility measures the degree to which individuals in the workplace act in a hostile manner towards others. It includes behaviors such as insults, sarcasm, or gestures to humiliate a member as well as perception of others interfering with one's work performance. Organizations with frequent workplace hostility are linked to lower levels of readiness and retention, as well as a higher likelihood of sexual harassment, sexual assault, and racial/ethnic harassment and discrimination.



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## Briefings

The following Offutt AFB organizations can create tailored briefs upon request:

**Equal Opportunity**

(402-294-3709)

**Religious Support Team**

**(Chaplains)**

(402-294-6244)

**Military & Family**

**Readiness Center**

402-294-4329

**Integrated Resilience  
Office**

(402-232-9731)

**Sexual Assault Prevention  
and Response (SAPR)**

(402-232-9999)

**True North / Operational  
Support Team**

\*If applicable, contact your  
provider\*

**Human Performance  
Center**

(402-294-5974)

## Harmful Behaviors

### Digital Citizenship

*Session Length by Request*

Navigating online/digital environments has become a staple in our daily lives. This course provides information and skills to do so safely, responsibly and respectfully- as well as possible consequences to our “real lives” if something happens in the digital world.

**For more information contact: Integrated Resilience Office (402-232-9731)**

### Difficult Conversations

*Session Length by Request*

Have your toughest conversations with less stress and more success. Learn how to raise tough issues without triggering defensiveness, manage strong emotions in a conversation, keep your balance no matter how the other person responds, and get to the heart of the matter in ways that promote learning and build relationships.

**For more information contact: Integrated Resilience Office (402-232-9731)**

### Healthy vs Unhealthy Relationships (How Not to Date a Jerk)

*Session Length by Request*

Learn the “Dos and Don’ts” of modern dating. How to avoid ending up with someone who is...well, a jerk, and how to grow your own skills within a relationship to make sure you don’t become that person.

**For more information contact: Integrated Resilience Office (402-232-9731)**

## Reporting Options

*Session Length by Request*

Brief discussing the different reporting options and mandatory reporting guidelines available for SAPR program.

**For more information contact: SAPR (402-232-9999)**

## safeTALK

*4hr Sessions*

LivingWorks safeTALK is a training that equips people to be more alert to someone thinking of suicide and better able to connect them with further help.

**For more information contact: Integrated Resilience Office (402-232-9731)**

## Tech-Facilitated Sexual Violence

*Session Length by Request*

Tangible tools and skills to combat nonconsensual distribution of intimate images, sextortion, and similar topics.

**For more information contact: SAPR (402-232-9999)**

## Interpersonal Relationships

### Active Military Life and Resiliency Skills

*Session Length by Request*

A community-based program designed to help participants prepare for the unique challenges associated with military life. Topics may include: Improving communication and conflict resolution skills, strengthening relationships and exploring family roles, developing emotional regulation skills, enhancing financial skills, and more!

**For more information contact: Integrated Resilience Office (402-232-9731)**

### Dealing with Difficult People

*Session Length by Request*

Providing skills and strategies to get along with people who think and act differently than ourselves.

**For more information contact: Integrated Resilience Office (402-232-9731)**

### Emotional Intelligence

*Session Length by Request*

Learn the basics of managing your emotions and understanding the emotions of people around you. There are five key elements to EI: self-awareness, self-regulation, motivation, empathy, and social skills.

**For more information contact: Integrated Resilience Office (402-232-9731)**

### Motivational DNA

*Session Length by Request*

Discover what drives you & your significant other, as well as what makes you both hit the brakes, and quick start tips for accelerated success!

**For more information contact: Human Performance Center (402-294-5974)**



## True Colors

*Session Length by Request (Min. 1 hour)*

True Colors teaches military personnel at all levels how to communicate more effectively and how to apply techniques for maximum impact within their base, at home, and in their communities.

**For more information contact: Integrated Resilience Office (402-232-9731)**

## Mental Wellness

### Clean Spaces, Clear Mind

*Session Length by Request*

Building Resiliency Through a Tidy Living Environment; Touches on how a clean space improve our resilience with a tie in discussion on values and goals.

**POC: Integrated Resilience Office (402-232-9731)**

### Driven to Win, United to Fight!

*Session Length by Request*

Empowering brief to uplift the human spirit and create unity in the workplace.

**For more information contact: Human Performance Center (402-294-5974)**

### Employee Assistance Program Overview

*Civilians Only*

*Session Length by Request*

Comprehensive services for Air Force civilians to help manage you and your household members very day challenges. Services are free and confidential from coaching to self-care and improvement programs. All Air Force civilian personnel—including non-appropriated funds, or NAF, employees; Guard and Reserve; and family members may use the program at no charge to the individual or family member.

**POC: Integrated Resilience Office (402-232-9731)**

### Growth Mindset

*Session Length by Request*

Develop your talents through hard work, good strategies, and input from others.

**For more information contact: Integrated Resilience Office (402-232-9731)**

### Healthy Coping Skills

*Session Length by Request*

Gain an understanding of appropriate coping skills for life disruptions or stress and learn about resources available for dealing with concerns both personally and while on duty.

**For more information contact: Integrated Resilience Office (402-232-9731)**

### Reframing your Thinking

*Session Length by Request*

Teaching tangible skills to reframe your initial thoughts into a more positive or helpful state of mind.

**For more information contact: Integrated Resilience Office (402-232-9731)**

## Stress (tailored topic)

*Session Length by Request*

Tailored briefs about recognizing and responding to stress at request. Some existing examples include:

### Stress (Holidays)

Common holiday stressors, pitfalls and ways to prepare/respond to them.

### Stress (and How to Cope)

Tangible coping skills for dealing with stress both personally and while on duty.

### Stress (Your Superpower)

Learn to identify positive stress vs negative stress in your life. How can we approach stressful situations to get the most out of it?

**For more information contact: Integrated Resilience Office (402-232-9731)**

## Winter Blues

*Session Length by Request*

Recognize the signs of "winter blues". Learn how to avoid common mistakes that leave us feeling worse, positive coping mechanisms and when to reach out for additional support.

**For more information contact: Integrated Resilience Office (402-232-9731)**

## Physical Wellness

### Healthy Body

#### Strategies for Regular Exercise & Superior Results

*Session Length by Request*

Discover how to get-r-done and get-r-done well.

**For more information contact: Human Performance Center (402-294-5974)**

### Healthy Lifestyle

#### The ABC's & M&M's of Motivation

*Session Length by Request*

Discover the power of three simple actions steps you can apply to make any dream, wish, desire, ambition, intention, or goal come true!

**For more information contact: Human Performance Center (402-294-5974)**

## CHPS Orientation

*Session Length by Request*

*Civilians Only*

Our commitment is to improve your quality of life, reduce your risk of preventable health conditions, increase your awareness of nutrition and health, and provide you opportunities for lifestyle changes through screening and education. Come learn what CHPS can do for you!

**For more information contact: Civilian Health Promotion Services (402-232-1216)**

## Cornerstones of Health & Human Performance

*Session Length by Request*

Discover the top 4 habits that contribute to a thriving life and the top 3 actions you can take that contribute to each.

**For more information contact: Human Performance Center (402-294-5974)**

## Sleep is My Superpower!

*Session Length by Request*

Discover the importance of & strategies for improving the quality of your sleep.

**For more information contact: Human Performance Center (402-294-5974)**

## How to Get from Point A to Point B

*Session Length by Request*

Participants not only learn the components of a “Well Thought Out Plan” but create one through guided discussion and use of a Wellbeing Improvement Workbook. Applicable for any dream, wish, desire, ambition, intention, or goal participants have.

**For more information contact: Human Performance Center (402-294-5974)**

## Wellness on a Mission Series

*Session Length by Request*

*Civilians Only*

The Wellness on a Mission Series will be broken up into 4 sessions. These sessions work together to reach the overall goal of the program – to help individuals achieve and maintain a healthy weight, and live the longest, healthiest lives possible. We will do this by providing helpful tools and information about smarter food choices, physical activity recommendations, healthy sleep practices, and stress management techniques.

**For more information contact: Civilian Health Promotion Services (402-232-1216)**

## Nutrition

### Strategies for Sound Nutrition & Improved Body Composition

*Session Length by Request*

Discover how to get-r-done and get-r-done well.

**For more information contact: Human Performance Center (402-294-5974)**

### Sugar Shock

*Session Length by Request*

In this class, come discover the truth about sugar, why sugar seems to be everywhere, how much is too much, common foods and ingredients to avoid, and if some types of sugar are better than others.

**For more information contact: Human Performance Center (402-294-5974)**

## Supermarket Savvy

*Session Length by Request*

Whether it is learning to plan ahead, learning to make a shopping list, or learning what labels to look at, staying on budget and getting the best quality food for the least amount of money is in our reach. Join this class to learn endless tips on how to become supermarket savvy.

**For more information contact: Human Performance Center (402-294-5974)**

## Personal Health

### Do You Know Your Numbers?

*Session Length by Request*

*Civilians Only*

"Join CHPS where we will discuss heart healthy foods, tips for maintaining weight, recommendations for physical activity, and the effects of stress, tobacco, and alcohol on your heart.

**For more information contact: Civilian Health Promotion Services (402-232-1216)**

## Professional Development

### Accomplishing Goals

*Session Length by Request*

Accomplishing goals isn't as difficult as it might feel. The way to reach your goals, no matter if they're short-term goals or long-term goals is to implement a strategy, create a plan and stick to it.

**For more information contact: Integrated Resilience Office (402-232-9731)**

### Dealing with Difficult People

*Session Length by Request*

Providing skills and strategies to get along with people who think and act differently than ourselves and it's application to supervisory level positions.

**For more information contact: Integrated Resilience Office (402-232-9731)**

### Developing the Frontline Supervisor

*Session Length 60 minutes only*

*Military & civilian*

Interactive participation is the focus of this group-style training. A non- attributive & controlled environment encourages attendees to discuss attributes of effective leaders and obstructions to effective leadership. This training defines, discusses & highlights the negative impact on Airmen in the workplace when ineffective leadership persists. Attendees will be better equipped to address/neutralize unprofessional behaviors by peers & leaders. Basic knowledge & respect is the key to unlocking barriers to C.A.R.E. (Communication, Attitude, Referent Power & Empathy). This course uses interactive discussions, role-playing and slides to help facilitate training.

**For more information contact: Equal Opportunity Office (402-294-3709)**

## Emotional Intelligence

*Session Length by Request*

Learn the basics of managing your emotions and understanding the emotions of people around you. There are five key elements to EI: self-awareness, self-regulation, motivation, empathy, and social skills.

**For more information contact: Integrated Resilience Office (402-232-9731)**

## Human Empowerment Training for Supervisors

*90 min minimum requirement*

Provides guidance on how to address and assist troops on a personal level for enhanced wellbeing, work productivity, and increased peace & happiness, inside & outside the workplace. Participants are guided through the use of a Wellbeing Improvement Workbook as a tool they can use throughout their career.

**For more information contact: Human Performance Center (402-294-5974)**

## Establishing Purpose

*Session Length by Request*

Finding your “Why”. Clarity of purpose sharpens focus, increases confidence, and promotes life satisfaction. Connect with your own unique purpose and mission.

**For more information contact: Integrated Resilience Office (402-232-9731)**

## Gallup Strengths Training

*Session Length by Request (multiple sessions offered)*

Start this training by completing the online assessment, then follow-up with group trainings and/or individual coaching sessions to: discover what you naturally do best, learn how to develop your greatest talents into strengths, use your personalized results and reports to maximize your (teams) potential. This can be done one-on-one or with a work center.

**For more information contact: Integrated Resilience Office (402-232-9731)**

## Grumpy Customers Service Skills

*Session Length by Request*

Brush up on customer service skills! Learn about different types of challenging customers you may encounter and how to assist them with their unique needs.

**For more information contact: Integrated Resilience Office (402-232-9731)**

## Negotiation & Dispute Resolution (NDR)

*5, 15, 30, and 60 minute sessions*

*Military & civilian; recommended for Commander/Director/Civilian calls, First Sgt/Top 3 meetings, or Professional Development courses.*

The Air Force chose Mediation as a neutral process to address and resolve workplace disputes, grievances, and EO complaints. This course explores the benefits gained by using a trained neutral mediator to help open lines of communication previously closed. This informal and confidential program can help resolve issues at the lowest possible level without fear of reprisal. Slides and interactive discussions help facilitate this training course.

**For more information contact: Equal Opportunity Office (402-294-3709)**

## True Colors

*Session Length by Request (Min. 30 minutes)*

True Colors teaches military personnel at all levels how to communicate more effectively and how to apply techniques for maximum impact within their base, at home, and in their communities.

**For more information contact: Integrated Resilience Office (402-232-9731)**

## Resilience

### Active Military Life and Resiliency Skills

*Session Length by Request*

A community-based program designed to help participants prepare for the unique challenges associated with military life. Topics may include: Improving communication and conflict resolution skills, strengthening relationships and exploring family roles, developing emotional regulation skills, enhancing financial skills, and more!

**For more information contact: Integrated Resilience Office (402-232-9731)**

### GRIT Resilience Mindset

*Session Length by Request*

The power of passion and perseverance. Learn how finding your "Why?" and retraining your brain can lead to increased ability to overcome challenges and soar to success.

**For more information contact: Integrated Resilience Office (402-232-9731)**

### Growth Mindset

*Session Length by Request*

Develop your talents through hard work, good strategies, and input from others.

**For more information contact: Integrated Resilience Office (402-232-9731)**

### Stress (tailored topic)

*Session Length by Request*

Tailored briefs about recognizing and responding to stress at request. Some existing examples include:

#### Stress (Holidays)

Common holiday stressors, pitfalls and ways to prepare/respond to them.

## Stress (Your Superpower)

Learn to identify positive stress vs negative stress in your life. How can we approach stressful situations to get the most out of it?

## Stress (and How to Cope)

Tangible coping skills for dealing with stress both personally and while on duty.

**For more information contact: Integrated Resilience Office (402-232-9731)**

## Workplace Culture

### Equal Opportunity & Treatment (EOT)

*5, 15, 30, 60, and 120 minute sessions*

*Military & civilian; recommended for Commander/Director/Civilian calls, First Duty Station, Newcomers, or Professional Development briefings.*

This interactive training takes a proactive approach to educate civilian & military personnel on what constitutes discrimination in regards to the protected classes of race, color, religion, sex, national origin, age, disability & reprisal. In addition to Title VII complaints processing, EO Counselors work with managers and employees to create a harmonious work environment that is free from discrimination. Our goal is to ensure fair and equitable treatment is provided to all personnel.

**For more information contact: Equal Opportunity Office (402-294-3709)**

### Generational Differences

*Session Length by Request*

Learn to navigate the multi-generational workplace and all the barriers that come with it. This course will cover basic assumptions, stereotypes and perspectives to help you better understand the people you work with day in and out. You will leave equipped with leadership tools that promote stronger connections and generational intelligence.

**For more information contact: Integrated Resilience Office (402-232-9731)**

### 7 Point Refresher

*30, 60, and 120 minute sessions*

*Military & civilian personnel; recommended for remedial, refresher, or special emphasis training*

This training defines what a professional workplace should look like when referencing EOT. The course discusses how each person has a right to come to work without feeling as if they have to endure unprofessional behavior in their workplace and provides guidance on the "zero-tolerance" policy. Interactive discussions & role-play help facilitate the importance of creating a professional workplace.

**For more information contact: Equal Opportunity Office (402-294-3709)**

### Prevention of Sexual Harassment (POSH)

*30 and 60 minute sessions*

*Military & civilian personnel; recommended for annual or refresher training.*

This training defines and explores general employment-related sexual harassment issues. We discuss the definition of sexual harassment as it is legally defined by the Equal Employment Opportunity Commission (EEOC) and provide examples of how sexual harassment may appear in the workplace. This training also outlines steps that should be taken when reporting sexual harassment and preventive measures that should be taken to eliminate on the job sexual harassment. This course uses slides, role-playing, and interactive discussions to help identify and demonstrate sexual harassment issues.

**For more information contact: Equal Opportunity Office (402-294-3709)**

# Classes (Pre-scheduled)

## ASIST

*2 Days of Sessions*

LivingWorks ASIST is a two-day in-person workshop featuring powerful audiovisuals, discussions, and simulations. At a LivingWorks ASIST workshop, you'll learn how to recognize when someone may be thinking about suicide, and how to provide a skilled intervention and develop a safety plan with the person to connect them to further support.

**For more information contact: Religious Support Team (402-294-6401)**

## Bundles for Babies

One session class focusing on preparing for your new baby, what to expect in those early days, and military resources/classes for families.

**For class schedule contact: Military and Family Readiness Center (402-294-4329)**

**Dads 101** Explore physical and emotional aspects of pregnancy. Prepare expectant fathers for their new role as Dad from experienced fathers.

**For class schedule contact: Family Advocacy (402-294-7886)**

## Focus on Fitness

For anyone wishing to take their cardiovascular and muscular fitness to the next level. Discover very unique training methodologies that save time and produce superior results as well the most common training errors that limit improvement and how to avoid them. Participants have the option of applying the classroom information in our 45-Day Fitness Frenzy Challenge

**For class schedule & instructions visit:** <https://www.offutt.af.mil/Resources/Human-Performance-Center/>

## Notification and Federal Employee Antidiscrimination and Retaliation Act of 2002 (No FEAR Act) *60-minute session*

This training is mandated for all Federal employees to inform them of the rights, remedies and protections available to them under Federal anti-discrimination and whistleblower protection laws IAW Public Law 107-174, Title I. Slides and interactive discussions are used to help identify and demonstrate various issues covered under the No FEAR Act.

**For class schedule contact: Equal Opportunity Office (402-294-3709)**

**1-2-3 Magic** Effective discipline for children 2-12. Stop obnoxious behavior, deal with the six kinds of testing and manipulation, handle misbehavior in public.

**For class schedule contact: Family Advocacy (402-294-7886)**

**Parenting with Love and Logic** Teaching parents to teach children responsibility (ages 8-18).

Identify four steps to responsibility, Recognize who has the control, Set limits, Use emphatic responses.

**For class schedule contact: Family Advocacy (402-294-7886)**

## Prevention and Relationship Enhancement Program (PREP)

Relationship skills for all active duty members and their partners (regardless of dependent status).

Improve communication, enhance intimacy, learn to work as a team, increase happiness and decrease stress.

**For class schedule contact: Family Advocacy (402-294-7886)**

## safeTALK

*4hr Sessions*

LivingWorks safeTALK is a training that equips people to be more alert to someone thinking of 15 suicide and better able to connect them with further help.

**For more information contact: Integrated Resilience Office (402-232-9731)**



## Strategies for Diet and Exercise

Discover how to increase your daily energy level and improve your body composition by applying information shared on how to establish sound nutrition, regular exercise, quality sleep, and healthy thinking habits. Participants have the option of applying the classroom information in our Soar into Health 4-Week challenge.

**For class schedule & instructions visit:** <https://www.offutt.af.mil/Resources/Human-Performance-Center/>

## Sleep is My Superpower

This is a 37-min video recorded class you can watch at <https://www.offutt.af.mil/Resources/Human-Performance-Center/>. After viewing you can also download a participant workbook and apply the classroom instruction in our 14-Day Superpower Sleep Challenge.

## The Thriving Life Workshop

For Conquering Stress, Controlling Emotions, and Creating Motivation for Inspired Living and Increased Peace & Happiness! Participants have the option of applying the classroom instruction in our Thriving Life 30-Day Enrichment Program.

**For class schedule & instructions visit:** <https://www.offutt.af.mil/Resources/Human-Performance-Center/>

## Wingman Intervention Training

Providing Airman and Civilians with the skills and confidence they need to safely intervene when they see fellow Airmen entering into potentially harmful situations, both on and off duty.

**For class schedule contact: Integrated Resilience Office (402-232-9731)**

# Clubs / Groups

## Christian Fellowship Exercise Club

Exercise with like-minded people in this energetic, music pumping, motivationally led class to fuel your spiritual, social, mental, and physical wellbeing. All fitness levels welcome.

**No pre-registration necessary:** simply show up at the Offutt Field House Aerobic Room for fellowship between 4:45 to 5:00 and exercise from 5:00 to 5:45 the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday each month.

## Walk-n-Talk Club

Designed to provide incentive for individuals and/or small groups in the workplace to take walking breaks during the workday to enhance their social wellbeing, mental wellbeing, and physical wellbeing.

**Download your participation sheet with instructions at:** <https://www.offutt.af.mil/Resources/Human-Performance-Center/>

## Events

### Annual New Year 8-Week Body Composition Improvement Challenge

Designed to provide incentive for participants to improve their body composition. Offered in early January each year through the Offutt Fieldhouse with cash incentive for top performers.

**For participation instruction visit:** <https://www.offutt.af.mil/Resources/Human-Performance-Center/>

### Community Poker Walk

Designed to bring people together to enjoy a fun experience walking by providing cash incentive for the top and worst poker hands gathered during the walk. Offered in the Spring each year and conducted at the Offutt Parade Grounds.

**For participation instruction visit:** <https://www.offutt.af.mil/Resources/Human-Performance-Center/>

## Programs/Services

### Air Force Families Forever (AFFF)

Long-term survivor aftercare program established to provide support to family members of deceased Regular Air Force and Reserve Component Airmen who died in an Active Duty, Inactive Duty for Training (IDT), or Annual Training (AT) status.

**POC: Military and Family Readiness Center (402-294-4329)**

### Air Force Aid Society (AFAS)

Provides emergency financial assistance to Air Force members through interest-free loans for the purpose of: Basic Maintenance (food, shelter, utilities, etc.), Emergency Repairs to Essential Vehicle, Emergency Travel, Falcon Loans up to \$1000 for approved purposes.

**POC: Military and Family Readiness Center (402-294-4329)**

### Airman's Attic

Provides various household essentials and donated goods for airman and family members when first arriving on station or when they are dealing with financial limitations.

**POC: Open Tuesdays 1200-1600, Thursdays 1400-1800 (402-294-3318)**

### Bod Pod Appointments

Discover what your body composition is and how to improve it, as well as your amount of lean mass and fat mass, along with your estimated basal metabolic rate and caloric expenditure. Appt takes approximately 20 minutes, however; additional time is provided for discussion. For best accuracy, try not to eat, drink, or exercise 2 hours prior.

**POC: Human Performance Center (402-294-5977)**

### 8 Week Bod Pod Challenge

Designed to provide individuals incentive to improve their body composition. All participants receive a packet containing information, guidance, and tools on measures they can take to improve their body composition.

**POC: Human Performance Center (402-294-5977)**

## Employee Assistance Program

### *Civilians Only*

Comprehensive services for Air Force civilians to help manage you and your household members very day challenges. Services are free and confidential from coaching to self-care and improvement programs. All Air Force civilian personnel—including non-appropriated funds, or NAF, employees; Guard and Reserve; and family members may use the program at no charge to the individual or family member.

**POC: EAP (866-580-9078)**

## Employment Services

Assists military spouses, military members, family members, and veterans in obtaining meaningful and lasting employment. Resume Fundamentals Workshops, Spouse Employment Assistance, Military Spouse Scholarship Opportunities, Federal Employment Assistance, Evaluating KSAs & Competencies, Interviewing & Networking, Personalized Resume Reviews, Career/Job Fairs.

**POC: Military and Family Readiness Center (402-294-4329)**

## Exceptional Family Member Program (EFMP)

Respite care, EFMP events and workshops, Assists families in finding resources, EFMP Educational Events & Workshops.

**POC: Military and Family Readiness Center (402-294-4329)**

## Family/Personal Readiness Services

Provides information and education on: Evacuee Repatriation, Assists Families/Singles during disasters, deployment and mobilizations, Pre-Deployment preparation, Reunion/Reintegration services.

**POC: Military and Family Readiness Center (402-294-4329)**

## The HeRO Challenge

Designed to provide incentive for individuals to attend all the Human Performance Center classes.

**For participation instruction visit:** <https://www.offutt.af.mil/Resources/Human-Performance-Center/>

## Mental Health Toolkit

Comprehensive toolkit for leadership.

**POC: Integrated Resilience Office (402-232-9731)**

## Personal and Work Life

Provides information and programs designed to help single and married military members and their dependents adapt to current and future changes in their lives and find that perfect work/life balance. Includes: Heart Link spouse orientation workshop, Key Spouse Training, Wounded Warriors support, etc.

**POC: Military and Family Readiness Center (402-294-4329)**

## New Parent Support Program

Assists military families with support, offers expectant parents and parents of newborn and young children the opportunity to learn new skills as parents and to improve existing parenting skills in the privacy of their homes. The New Parent Support Program's services are free to active-duty service members and their families who are expecting a child or have at least one child aged 3 and younger.

**POC: Family Advocacy (402-294-7886)**

## Relocation Assistance Services

Assists members and their dependents with PCS and travel: Assists new arrivals to Offutt AFB with community information, Right Start Newcomers Orientation, Smooth Move Program.

**POC: Military and Family Readiness Center (402-294-4329)**

## Sexual Assault / Harassment Focus Groups

SAPR is available upon request to complete focus groups regarding sexual assault or sexual harassment within the workplace.

**POC: SAPR (402-232-9999)**

## Personal Financial Readiness

We provide a variety of financially focused services to ensure your financial success! Departing the Dorms, Car Buying Workshop, Home Buying Workshop, Investing 101, TSP Made Easy, Dump Your Debt, PFR Touchpoint Courses, One-on-one financial counseling.

**POC: Military and Family Readiness Center (402-294-4329)**

## Soar Into Health 4-Week Challenge

Designed to provide incentive for participants in the Strategies for Diet & Exercise class to execute 28 Habits of Health for 28 days that focus on healthy thinking, sound sleep, regular exercise, and sound nutrition practices, that will improve their daily energy level and body composition.

**For participation instruction visit:** <https://www.offutt.af.mil/Resources/Human-Performance-Center/>

## Star Performer Award

Designed to provide incentive for individuals to complete all the Human Performance Center programs.

**For participation instruction visit:** <https://www.offutt.af.mil/Resources/Human-Performance-Center/>

## 45-Day Fitness Frenzy Challenge

Designed to provide incentive for participants in the Focus on Fitness class to execute a uniquely tailored 45-day exercise regimen to improve their cardiovascular fitness and muscular fitness.

**For participation instruction visit:** <https://www.offutt.af.mil/Resources/Human-Performance-Center/>

## The Thriving Life 30-Day Enrichment Program

Designed to provide participants in the Thriving Life Workshop incentive to dive deeper in it's subject matter and the opportunity to focus on applying lifestyle skills to improve their overall well-being.

**For participation instruction visit:** <https://www.offutt.af.mil/Resources/Human-Performance-Center/>

## Transition Assistance Program (TAP)

Congressionally mandated program for all separating and retiring service members, to help prepare them for their transition into the civilian sector.

**POC: Military and Family Readiness Center (402-294-4329)**

## The Weight Loss Warrior 16-Week Support Program

Designed to provide incentive for participants in the Strategies for Diet & Exercise class to obtain long lasting support, guidance, and accountability to improve their body composition through a fully comprehensive program featuring five coaching sessions.

**For participation instruction visit:** <https://www.offutt.af.mil/Resources/Human-Performance-Center/>

## Women, Infant and Children (WIC)

Nutrition education, counseling, screening and referrals to health services.

**POC: Military and Family Readiness Center (402-294-3063) 2nd, 3rd and 4th Thurs 0830-1100/1300-1600 or (402) 451-3130 at Charles Drew Center**

# Products

## Wellbeing Improvement Workbook

Contains six essential tools an individual can use to establish a well thought out plan and guidance on how to execute the plan to move themselves from point A to point B regarding any aspect of their total wellbeing. **Download the Workbook at** <https://www.offutt.af.mil/Resources/Human-Performance-Center/>

## Body Composition Improvement Guide

Unveils everything an individual needs to be aware of to improve their body composition.

Download the Guide at <https://www.offutt.af.mil/Resources/Human-Performance-Center/>

# Trainings

## Advanced Unit PT Leader Training

Designed specifically for AD Unit PTL's to increase their knowledge on and skills for executing safe, fun, and primarily effective individual, small group, or large group exercise sessions.

**For participation instruction visit:** <https://www.offutt.af.mil/Resources/Human-Performance-Center/>

## Efficient Running Clinic

Designed to increase participants awareness of their current running economy by capturing them run on video. Participants are educated on the mechanics of efficient running, the value of learning how to run efficiently, and skills to execute efficient running. Open to all, but highly encouraged for individuals having trouble meeting their AF cardiovascular fitness standards.

**For participation instruction visit:** <https://www.offutt.af.mil/Resources/Human-Performance-Center/>

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