

U.S. AIR FORCE ACADEMY INTEGRATED SERVICES

ALCOHOL, DRUGS, OR TOBACCO

Alcohol & Drug Abuse Prevention Treatment (ADAPT)

Chaplain Corps

EAP

Medical Clinic

Mental Health

Military OneSource

Peak Performance Center

SUICIDAL THOUGHTS

Chaplain Corps

Family Advocacy

EAP

Medical Clinic

Mental Health

Peak Performance Center

Suicide Hotline

GRIEF

Chaplain Corps

Family Advocacy

EAP

Mental Health

Peak Performance Center

Military & Family Life Counselor

MARRIAGE/FAMILY

Chaplain Corps

Family Advocacy

EAP

Military & Family Life Counselor

Military OneSource

Peak Performance Center

ANXIETY

Chaplain Corps

EAP

Mental Health

Military OneSource

Peak Performance Center

Military & Family Life Counselor

RELATIONSHIPS

Chaplain Corps

Equal Opportunity

Family Advocacy

EAP

Mental Health

Military & Family Readiness Center

Military OneSource

Military & Family Life Counselor

SADNESS, PANIC OR DEPRESSION

Chaplain Corps

Family Advocacy

EAP

Mental Health

Military & Family Life Counselor

Military OneSource

SEXUAL ASSAULT

Chaplain Corps

Family Advocacy

Medical Clinic

Mental Health

Peak Performance Center

Sexual Assault Prevention & Response (SAPR)

SEXUAL HARASSMENT

Chaplain Corps

Equal Opportunity

Family Advocacy

Medical Clinic

Mental Health

Peak Performance Center

FINANCES

Chaplain Corps

Military & Family Readiness Center

Military OneSource

FITNESS

Chaplain Corps

Health Promotions

WORK, SCHOOL OR STRESS

Chaplain Corps

EAP

Medical Clinic

Mental Health

Military & Family Readiness Center

Peak Performance Center

Military & Family Life Counselor

For emergencies dial 911, contact the Suicide Prevention at 988 or Command Post at 719-333-2633, available 24/7.

Accessing support services is generally considered confidential and each agency will disclose any limits of confidentiality to you prior to initiating services.

All services are available to military family members with the exception of ADAPT, EAP, and Mental Health.

CONTACT NUMBERS

Alcohol & Drug Abuse Prevention Treatment (ADAPT)	719-333-5177
Chaplain Corps	719-333-3300
Equal Opportunity	719-333-4258
Family Advocacy	719-333-5207
EAP (Employee Assistance Program)	866-580-9078
Medical Clinic	719-333-1111
Mental Health	719-333-5177
Military & Family Life Counselor (MFLC)	719-333-3444
Military & Family Readiness Center	719-333-3444
Military OneSource	www.MilitaryOneSource.mil
Peak Performance Center	719-333-2107
Sexual Assault Prevention & Response (SAPR)	719-333-7272
Suicide Hotline	988



U.S. AIR FORCE ACADEMY INTEGRATED SERVICES

Alcohol and Drug Abuse Prevention and Treatment (ADAPT):

Assesses active duty members for substance related disorders, based on self or command referral. Provides prevention briefings for First Term Airmen Course and to duty sections upon request. Provides counseling to active duty members for substance related concerns.

Military & Family Readiness Center (M&FRC):

Member and family support programs providing consultation, assistance, information, and possible referrals to appropriate agencies depending on individual circumstances. Provide programs and services to identify, assess, and minimize challenges to unit cohesion; strengthen operational readiness; and enable the development and sustainment of resilient, ready military members and families.

Primary Care Behavioral Health (Formerly BHOP):

Offers early identification of behavioral health needs. Counsels individuals experiencing problems such as sleep, stress, grief, anxiety, and depression. Services are provided by a Mental Health Provider within the Primary Care setting.

Chapel Counseling Services:

All discussions with a Chaplain or a Religious Affairs Airman are absolutely 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 Program (FAP):

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.

Inspector General (IG):

The IG welcomes complaints from all sources, and will either address your complaint or refer your case to the appropriate channels for your complaint. We are always available to discuss your concerns or answer questions.

Employee Assistance Program (EAP):

EAP is a professional service that provides problem solving, coaching, information, consultations, counseling, resource identification, and support to all APE and NAF government civilian employees and members of their household.

Mental Health Clinic:

The Mental Health Clinic offers services for active duty members and cadets. They provide evidence-based treatment for managing life stressors including (but not limited to) anxiety, depression, and trauma.

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).

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.

Peak Performance Center (PPC):

PPC offers services for cadets only. They provide evidence-based education for managing life stressors including (but not limited to) anxiety, depression, and school. They also focus on the full spectrum of performance optimization.

Sexual Assault Prevention and Response (SAPR):

The SAPR office provides 24/7 confidential trauma-informed care, advocacy, and ongoing nonclinical support.