

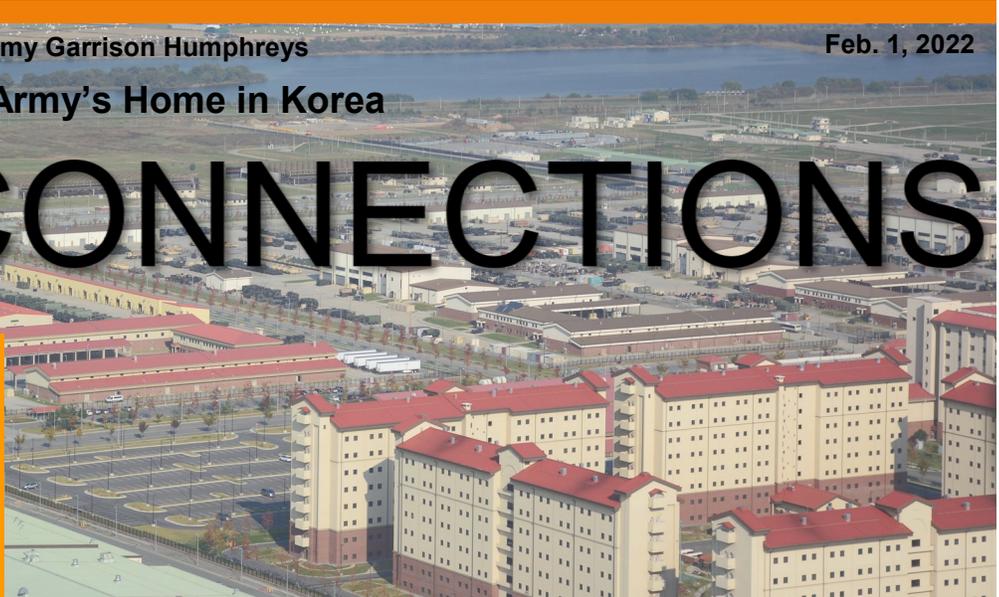
The Army's Home in Korea



CONNECTIONS

In this issue:

- Physical health for mental wellness (p. 2)
- Around the Garrison (p. 3)
- Camp Humphreys community resources (p. 5)
- DoD and VA mobile apps to support service members and families (p. 6)
- Happenings at Humphreys (p. 6)



Mentally healthy: transform your life by renewing your mind

By Sgt. Courtney L. Davis, U.S. Army Garrison Humphreys Public Affairs Office

CAMP HUMPHREYS, Republic of Korea – U.S. Army Garrison Humphreys, along with military communities around the world, continues to cope with the impacts of the coronavirus pandemic, in addition to the daily demands of work and home life. Three mental health programs on Camp Humphreys recently shared their current and upcoming resources and prevention programs that can help Humphreys community members keep a healthy state of mind, because stress is inevitable and asking for help keeps you strong.

“Mental health is considered a medical need like going to the dentist. If you had a toothache, would you not go to the dentist right away? Seek medical treatment and take care of the problem? Mental health needs are just a normal part of life. We may encounter stress or frustration or crisis. We can’t control how the stressors enter our life, but we can change how we look at asking for help,” said Olivia Bourke, a Family Advocacy Program specialist with the U.S. Army Garrison

Humphreys Army Community Service office.

On Camp Humphreys, there are programs and resources to help families, service members, civilians, and retirees overcome their stressors to keep them in the best state of mind. Military and Family Life Counselors are a great way to start. MFLCs are licensed social workers and therapists who provide individual and group sessions for service members and their families.

“The great thing about having those MFLCs available is you can come into ACS and see anyone of our rotational providers and they won’t document in your medical records, so there is a bit of confidentiality,” said Bourke, a Louisville, Kentucky, native. “I like to tell folks if you just need to talk to someone that is a great place to start.”

In addition to rotational MFLCs, many units on Camp Humphreys have an embedded MFLC who specifically provides support to them, Bourke added. The MFLC roster is readily available at ACS as well as on the USAG Humphreys ACS Facebook page.

(continued on p. 4)

MENTAL HEALTH
Stress is inevitable. Asking for help makes you strong!

U.S. Army Garrison Counseling Resources

- FAMILY ADVOCACY PROGRAM**
DSN: 737-5799
- EAP**
Employee Assistance Program
DSN: 757-2363
- MILITARY & FAMILY LIFE COUNSELING**
Facebook: USAG Humphreys ACS
- Behavioral Health**
Warrior BH DSN: 737-5177
Jenkins Clinic DSN: 737-5791
BDAACH DSN: 737-5668/5844

TRANSFORM YOUR LIFE BY RENEWING YOUR MIND

Physical health for mental wellness

By Kelly M. Pickett, U.S. Army Garrison Humphreys Public Affairs Office

CAMP HUMPHREYS, Republic of Korea – Physical health is an important component of mental health. In addition to resources such as physical fitness centers, outdoor running and bicycling paths, and swimming pools, U.S. Army Garrison Humphreys also hosts an Army Wellness Center, a component of the Ready and Resilient Program, to support the overall well-being of the community, particularly while dealing with the global pandemic.

“Physical health problems significantly increase our risk of developing mental health problems, and vice versa,” said June Park, the Area III Community Ready and Resilient Integrator from the Eighth Army Ready and Resilient Program.

She explained that R2 offers resources and programs to support the wellness of service members, civilians, and family members. These include physical fitness assessments, health coaching, body composition and metabolic analysis, general wellness classes, and unit briefings.

These programs, available at the Army Wellness Center, address health from several angles, including physical fitness. Multiple medical studies have proven that physical exercise has a positive effect on mental health.

MENTAL HEALTH BENEFITS OF EXERCISE



“Aerobic exercises, including jogging, swimming, cycling, walking, gardening, and dancing, have been proved to reduce anxiety and depression,” stated a [2006 article](#) in the Primary Care Companion to the Journal of Clinical Psychiatry.

“Exercise improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function,” the article continued. “Exercise has also been found to alleviate symptoms such as low self-esteem and social withdrawal.”

The R2 program is a holistic and collaborative system that provides training and education for service members, civilians, and family members to strengthen the physical, psychological, social, spiritual, and family preparedness of the community, added Park.

“Ready and Resilient provides the foundation for individuals to build and sustain personal readiness and resilience,” according to the [Army Resilience Directorate](#).

The [Camp Humphreys Army Wellness Center](#) is located in building 578, across the street from the education center. You can also reach them at DSN 737-5758.

	AWC Mission
	Army Wellness Centers provide programs and services that improve and sustain health, performance, and readiness of the Total Army delivered by highly trained health professionals.
	Who is Eligible
	<ul style="list-style-type: none"> • Active Duty Military & Dependents • Retirees & Spouses • Reserve/National Guard • DA/DOD Civilians
	Unit-Level Assessments
	We are able to provide unit-level assessments encompassing our six core programs. Contact us to set up an assessment.

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Garrison Commander

Command Sgt. Maj. Benjamin Lemon
Garrison Senior Enlisted Leader

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Public Affairs Director

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Editor, Command Information Chief

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Around the Garrison

Photos by Sgt. Courtney L. Davis, U.S. Army Garrison Humphreys Public Affairs Office



Lt. Col. Shamecca Scott, installation director of psychological health with Brian D. Allgood Army Community Hospital.



Olivia Bourke, a Family Advocacy Program specialist with the U.S. Army Garrison Humphreys Army Community Service, prepares to welcome guests to the ACS lobby Jan. 13, 2022.



Maj. Charles William, chief behavioral health officer assigned to 65th Medical Brigade clinical operations.



Maj. Cassandra Webb, the deputy installation director of psychological health with Brian D. Allgood Army Community Hospital.



Kristine D. Del Toro, a registered nurse with the Army Community Service new parent support program, shows where mental health resources and pamphlets are available in the ACS lobby at Maude Hall Jan. 26, 2022.

Connect with USAG Humphreys



HEALTHY, continued from page 1

Maybe communicating your feelings and thoughts is difficult to do, so resources like the Family Advocacy Program can provide you with the tools to unclutter your mind and release your thoughts in a healthy manner.

“We really work to build up families with the tools for parenting or with couples communication or trying to understand how to better communicate with their partner or with their friends, so those are pretty good resources our team provides,” said Bourke. “Within the FAP, we want to build strong families to help our Soldiers – whether they are married or single – sort of build up those prevention tools so they can deal with their stress or what’s going on with their lives in a healthy way.”

When you need to take a knee and receive help beyond what an MFLC, chaplain, or the FAP can do, you can receive a referral from your counselor or you can refer yourself to the behavioral health clinic. Located at Brian D. Allgood Army Community Hospital, the clinic provides inpatient and outpatient care for service members, civilians, families, and retirees.

“Our inpatient services are going to be available to everyone: GS employees, civilian contractors, command and non-command sponsored dependents, and our retirees. They can also receive emergent behavioral health services through the ER, where behavioral health providers are on call 24 hours a day,” said Maj. Cassandra Webb, deputy installation director of psychological health with BDAACH.

“In addition, we are only able to see command sponsored and active duty service members for ongoing therapy on the outpatient side,” continued Webb, a Jackson, Mississippi, native. “We can incorporate acute services for non-command sponsored and retirees. We just won’t be able to follow-up with them regularly. Once we stabilize them for the acute services, we can then turn around and direct them towards host nation

resources that are available.”

Behavioral health’s intensive outpatient program will be starting Feb. 7 for service members who need more frequent sessions.

“We will be transitioning to five days a week for four weeks. We will provide intense behavioral health treatment for Soldiers that require more than once a week sessions. Access to this service normally comes from their primary treating provider,” said Lt. Col. Shamecca Scott, the installation director of psychological health with BDAACH and a Baltimore, Maryland, native. “They are referred to this service. Again, the services that are offered are more so like emotional regulation, learning, adapting

“One of the ways to break the stigma is for seniors to be honest about their own behavioral health issues. I find that is most effective. When commanders are preaching that it’s okay if you need to take that knee and get the help, ‘we will advocate for you,’ it helps to reduce stigma.”

coping skills, and stress management, and it’s done in a group setting.”

Civilian employees can go to the Employee Assistance Program for non-clinical counseling and prevention programs. According to Bourke, this program falls under Camp Humphreys’ Army Substance Abuse Program. EAP also helps civilians navigate the resources available to them in the surrounding Korean community.

“Specific to civilian employees, I will always tell people that a great place to start is EAP,” said Bourke. “They are just a really great resource for everything.”

Maj. Charles Williams, the chief behavioral health officer assigned to 65th Medical Brigade clinical operations, added that retirees can contact the Military OneSource Seoul counseling

center, You & Me Psychological and Consultation Services, and Doctor on Demand for behavioral health assistance.

Behavioral health professionals agree, leadership can have a large impact on their subordinates by being transparent about their own struggles. By sharing their stories, leaders can encourage others to seek help and reduce the stigma often associated with seeking mental health treatment.

“One of the ways to break the stigma is for seniors to be honest about their own behavioral health issues. I find that is most effective. When commanders are preaching that it’s okay if you need to take that knee and get the help, ‘we will advocate for you,’ it helps to reduce stigma,” said Williams, a Pompano, Florida, native. “It’s a constant battle to inform people that when you come to behavioral health you are acting strong because it takes someone with great strength to admit ‘I can’t do it all myself.’”

There are resources out there ready to help, and these garrison organizations want the community to know how to find them.

“We have a segment on AFN where we do mental health Mondays, which is once a month. Maj. Williams did this last time where we are promoting and informing the community about behavioral health services. We are also involved with MFLCs, as well, and so that is also published on the ACS Facebook page,” said Scott. “We have resources published in the ISOFAC for those Soldiers that have been diagnosed with COVID who are currently isolated. We have resources that are available in the COVAX center and the reception center for the individuals who are PCSing to Camp Humphreys, so that way they can be aware of behavioral health resources that are on post.”

Camp Humphreys Community Resources

Family Advocacy Program
DSN 737-5799

Military and Family Life Counselors
[USAG Humphreys ACS Facebook](#)

Employee Assistance Program
DSN 755-1086

Unit Ministry Teams on call
Cell 010-9496-7445

Crisis Response

On post DSN 911 / Cell 031-690-7911
Off post 119

Korea-Wide Suicide Crisis Lifeline (USFK)
DSN 118 / Cell 080-8555-118

Suicide Hotline (Military and Veteran)
Cell 050-337-4673 (press 1)
1-800-273-8255 (press 1)

Crisis Online Chat
www.veteranscrisisline.net/get-help/chat

Behavioral Health Resources

2nd Division Sustainment Brigade and rotational units under 2ID

Warrior Behavioral Health Clinic
DSN 737-5177

2nd Combat Aviation Brigade and 1st Signal Brigade
Jenkins Behavioral Health Clinic
DSN 737-5791

All other service members and command sponsored dependents
Brian D. Allgood Army Community Hospital
DSN 737-5668/5844

Medical Emergencies

Emergency Room at BDAACH, building 3030
Domestic Violence Victim Advocacy Helpline
DSN 153 / Cell 050-3364-5997

Financial Readiness Program – Army Emergency Relief

DSN 757-2363

Employment Readiness Program
DSN 757-2363

Tips for Healthy Sleep

- Keep a regular sleep schedule. Go to bed at the same time and wake up at the same time.
- Create a bedtime routine to “wind down.”
- Only use the bed for sleep and intimacy. Avoid working on the computer or watching TV while in bed.
- If you don't fall asleep within 30 minutes, get out of bed and do something relaxing. Keep lights dim and do not use electronics. Return to bed when sleepy.



Quarantined Together: Communication Strategies For You and Your Family

COVID-19 may have you spending more time with your spouse/partner or other family members. Feeling cooped up together might raise tensions. Here are tips to communicate better:

Stay Connected

- Establish routines.
- Plan positive activities together.
- Show interest and empathy and share your own concerns.

- Create this plan when calm/relaxed.
- Agree on code or signal. Use it when starting to get angry.
- Decide duration (e.g., 30 min). Set a timer.
- Choose where to meet afterward, with no distractions.

Agree on a Time-Out Plan

Time-Out Ground Rules

- No phones, TV, computers, electronics, sleeping, alcohol.
- Slow down your breathing.
- Perspective taking: Consider all possible ways of looking at the problem.
- Plan what to say.

Come Back Together

- Listen. Make eye contact. Face them. Show your care.
- Change “Me vs. You” into “Us vs. The Problem.” Face The Problem together so you both win.
- Be specific about what is bothering you.
- Don't blame. Stay away from “always,” “never,” or “should.”
- Stay in the here and now. Don't bring up the past.



Looking for more ideas to stay healthy and active?

Check out the Army Resilience Directorate [Ready and Resilient Resource and Activity Guide](#).

Camp Humphreys Army Wellness Center Classes

- **Upping Your Metabolism** – tips to improve body composition and increase metabolism
 - **Healthy Sleep Habits** – the science of sleep and how to achieve better quality of sleep
 - **Meals in Minutes** – how to create quick and healthy meals to help improve nutrition each day
 - **Stress Management** – tips to manage stress and improve resiliency
 - **Fueling For Health** – understand dietary guidelines and food labels and learn the basic components of nutrition
 - **Staying Fit Home and Away** – discuss the components of exercise, barriers to activity, and develop an action plan for home use
 - **Retire Strong** – discuss the benefits of remaining active and healthy for retirees
- Call to schedule: DSN 737-5758
- Create a healthy sleep environment- dark, quiet, and cool but comfortable temperature.
 - Limit caffeine intake to the morning and <400mg.
 - Avoid naps. Naps make it harder to sleep the next night.
 - Do not exercise within 4 hours of bedtime.
 - Avoid alcohol, heavy meals, and significant liquid consumption before bed.
 - Talk to your health care provider before taking OTC medications or supplements for sleep.
 - Download the “CBT-I Coach” app for more information on healthy sleep strategies.

DoD and VA Mobile Apps

Support for Service Members and Their Families



BREATHE2RELAX
Manage stress and anxiety with deep-breathing exercises.



LIFEARMOR
Discover 16 psychological health issues common in the military.



MINDFULNESS COACH**
Learn nine different forms of mindfulness meditation.



PTSD COACH**
Identify and understand PTSD symptoms.



PTSD FAMILY COACH**
Helps family members understand what their loved one with PTSD is experiencing.



CONCUSSION COACH**
Identify and manage concussion symptoms.



STAY QUIT COACH**
Get support for quitting smoking and preventing relapse.



TACTICAL BREATHER
Learn breathing techniques to control heart rate emotions and concentration.



VIRTUAL HOPE BOX
Collect and store meaningful items that give you comfort and hope.



T2 MOOD TRACKER
Monitor your emotional health and see how it affects your life.



THE BIG MOVING ADVENTURE*
Prepare your young child for a move.



BREATHE, THINK, DO WITH SESAME*
Teach your child to problem-solve.



SESAME STREET FOR MILITARY FAMILIES*
Explore military life with your preschool child with the Muppet® characters.

*Developed by Defense Health Agency Connected Health with Sesame Workshop.
**Developed by Defense Health Agency Connected Health with the Department of Veterans Affairs

For more information visit health.mil/ConnectedHealth

Camp Humphreys Tax Assistance Center

Open Feb. 1 to April 22 in Maude Hall (building 6400), room R301, the center will provide tax assistance kiosks for self-help tax filing available to service members and their families filing jointly to prepare their 2021 federal and state income tax returns using tax software provided by Military OneSource. Trained personnel will be present to assist service members with the software. One-on-one tax preparation assistance, as provided in past years, will not be available.

The center will provide referrals for other on- and off-post tax preparation options to all U.S. Forces Korea-affiliated personnel not eligible to receive assistance. All services provided by the tax center are free. For [more information](#), please contact Camp Humphreys Client Legal Services at 757-2621 or 757-2622.

HAPPENINGS AT HUMPHREYS

- [Free Virtual STOMP Workshops](#) throughout February with EFMP at 9 a.m.
- [Army Emergency Relief](#) campaign kicks off on March 1.
- [ACS Lunch and Learn: Maximize Your Savings](#) virtual seminar March 12 at 12 p.m.
- [USAG Humphreys Performance Summit](#) on March 24 at 9 a.m.
- Classes in woodworking, art, framing, 3D printing, and more at the [Arts and Crafts Center](#).

Click the provided links for more details and information.