Fort Liberty Supporting Military Families Collaborative – Standing by, Ready to Serve!



right to seek solutions to problems, concerns, and unmet healthcare needs. The Patient Relations team is committed to assisting you, as a beneficiary, and WAMC staff with resolving concerns, education, and information resource sharing. Our goal is to become the premier military treatment facility and rank number one in customer service and satisfaction among all medical treatment facilities. We are here to help you navigate care and services across the WAMC Healthcare System.

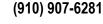


The Womack Army Medical Center (WAMC) Patient and Family Partnership Council (PFPC) is a forum for beneficiaries to meet, share and hear from WAMC Leaders & experts on benefits and services available to them, learn about trending medical topics and innovations, and provide feedback on your care experiences. If you have ideas to help improve our healthcare delivery system, please consider attending and possibly becoming a member. Primary care enrollment with a WAMC clinic is a requirement. Hope to see you soon!

Everyone reacts to stress and traumatic experiences differently. While some have reactions that can be seen as normal responses to life events, others may experience signs or symptoms of more serious conditions. Mental health and substance misuse conditions can affect anyone; you are not alone. Womack Army Medical Center Department of Behavioral Health has many resources available to help Service Members and Family Members who need it.

(910) 907-6825

(910) 570-3345





Womack Department of Pastoral Care provides spiritual care to Womack patients and staff members.

Chapel Fellowship/Services Bible Study Bereavement Support







Womack EFMP

Enterprise EFMP

Want to make sure that your medical needs will be met at your next duty station? Did you just start services and now it's time for a PCS move? Would you like to attend trainings and support groups related to your health condition? Then check out **Womack Army Medical Center Exceptional Family Member Program (EFMP)!** At medical EFMP, we will document your medical specialty and behavioral health care needs so that they can be considered in the reassignments process. To get started, **logon to Enterprise EFMP and create a case**.

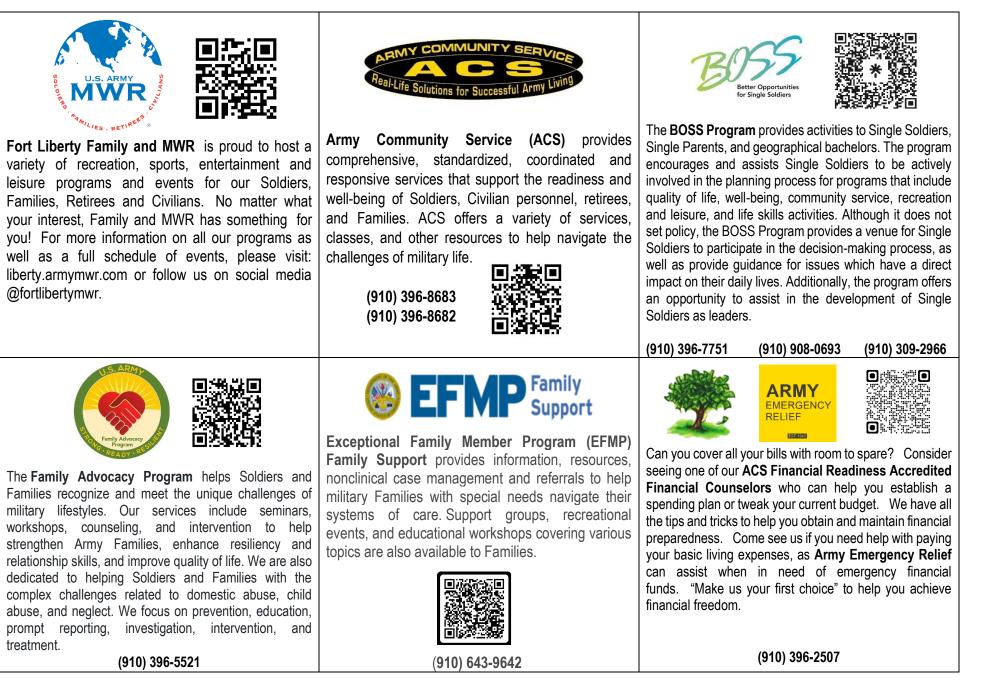
(910) 907-3367





The **Armed Forces Wellness Center** uses today's fitness testing technology to help you reach your wellness goals! Schedule an appointment with us to test your metabolic rate, VO2 training zones, manage your stress, and measure body fat percentage (BodPod and InBody770). One-on-one nutrition coaching appointments are available to help you decrease your body fat percentage and set macronutrient and weight loss goals. Let our certified strength coaches build you a customized workout plan and demonstrate lifts. No referral needed - we service active duty soldiers, family members, spouses, retirees, and DoD civilians.

(910) 643-2101







Ready and Resilient (R2) provides the foundation for individuals to build and sustain personal readiness and resilience. R2 provides training and education resources to active duty, reserve, and National Guard Soldiers, as well as family members and Department of the Army Civilians at 33 R2 Performance Centers across the Army enterprise.



(910) 908-4459

The Religious Support Office Team stands ready to

care for you and your family's spiritual and religious

needs. We have a robust and diverse schedule of

offerings. If you do not see what meets your religious

needs listed, please contact your unit chaplain or

the Religious Support Office so we may assist you.





FOR THE PEOPLE WHO SERVE."

The United Service Organizations (USO) is the leading nonprofit dedicated to strengthening the well-being of the people serving in America's military and their families. Since 1941, the USO has been by the side of service members throughout their military service. Impactful support is provided through our 250+ locations around the world, a robust care package delivery program, global entertainment, military spouse, and youth programming, and much more, all made possible by donors, corporate partners, volunteers, and staff.

(910) 495-1437

RANSITION

GO EARLY, GO OFTEN



provides 24/7 global emergency communication services and other support to active duty and veterans across the country and around the world. The American The Transition Assistance Program (TAP) is a Red Cross has an app and online, congressionally mandated program. TAP is responsible self-service tool called the Hero for providing Soldiers with counseling, employment, Care Network. This FREE tool educational workshops, and seminars required to achieve the Veterans Opportunity to Work (VOW) Act 2011,

gives military families more flexibility and expanded access to help during times of crisis.



American **Red Cross**

Service to the Armed Forces





usarmy.liberty.usag.mbx.dhr-tap@army.mil

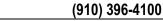




religious worship services that meet all over the Career Readiness Standards (CRS) mandated installation. Please browse our page for current compliance as outlined in the NDAA, AR 600-81, and DOD

1332.35.





The American Red Cross

spouses, retirees, and DOD civilians.

Army Substance Abuse Program (ASAP) aims to minimize the negative effects of substance

misuse/abuse and to maximize efforts to increase

awareness of protective factors and resources

contributing to well-being. The ASAP provides drug

testing and risk reduction services to active duty

service members but can also provide suicide

prevention services and prevention coordination

services to both active duty personnel and their

families. The Employee Assistance Program

provides referrals and short-term counseling to





Military OneSource is a U.S. Department of Defense program that provides resources and support to activeduty, National Guard and Reserve service members and their families. Can be accessed anywhere in the world. Available 24 hours a day, 7 days a week at no cost to users. Services include non-medical counseling, specialty consultation (for example, wounded warrior, special needs, language and document translation, simultaneous interpretation, adult disability, elder care, education, health and wellness coaching, Peer-to-Peer support and financial counseling).

(800) 342-9647

MILITARY& FAMILY LIFE COUNSELING



The **Military and Family Life Counseling Program** provides free, confidential non-medical counseling to service members, their families, and survivors on or near installations. Military and Family Life Counselors (MFLC) deliver valuable counseling services, briefings, and presentations to the military community. MFLCs help service members and their families navigate issues such as improving relationships at home and work, stress management, adjustment difficulties, parenting, and grief or loss. Adult and child and youth behavioral MFLCs are assigned to units, schools, child development centers and other locations worldwide.

(910) 432-3742 or (910) 396-8682





To add/update information, please contact:

Outreach Program Coordinator Child & Family Behavioral Health Womack Army Medical Center

(910) 907-6487