



ARMY MEDICINE

One Team...One Purpose!

Conserving the Fighting Strength Since 1775

Behavioral Health Resources Fort Sill

Disclaimer: This is not an all-inclusive list. Resources for behavioral health are the subject of the information listed in this document. Please consult with a mental health or other medical professional for personalized guidance and support. Remember that self-care and seeking help when needed are important steps in maintaining good mental/physical health.



****SELECT THE LINK IN THE LIST FOR ADDITIONAL INFORMATION****

- ◆ Military Family Life Counselor (MLFC)
- ◆ Religious Support Services
- ◆ Equal Opportunity (EO)
- ◆ Sexual Harassment/Assault Response & Prevention (SHARP)
- ◆ United Service Organization (USO)
- ◆ Army Wellness Center (AWC)
- ◆ Army Community Services (ACS)
- ◆ Reynolds Army Health Clinic (RAHC)
 - Urgent Care Clinic (UCC)
 - Family Advocacy Program (FAP)
 - Child and Family Behavioral Health Services (CAFBHS)
 - Internal Behavioral Health Consultant (IBHC)
 - Patient Advocate Office
 - Ombudsman
- ◆ Behavioral Health Clinics
- ◆ Virtual Behavioral Health Care
 - Doctors On Demand
 - Telemetry
- ◆ Other Behavioral Health Resources
 - Steven A. Cohen Military Family Clinic Lawton
 - Lawton Vet Center
 - Military One Source
 - Veteran Crisis Line
- ◆ Emergency Room- Off Post Services
- ◆ Emergency On Call 24 Hour Numbers
- ◆ Suicide Prevention: Warning Signs and Risk Factors



MILITARY & FAMILY LIFE COUNSELING

BRIGADE	CONTACT
75th Field Artillery Brigade	1. Jennifer Stringham (580)-919-1798 2. Rosemarie Jones (405)-432-6345
31st Air Defense Artillery Brigade	1. Vernon Butler- (580) 919-7779
434th Field Artillery Brigade	1. Ranikki (Nikki) Carter- (580) 235-9651 (1/79 th , HHB) 2. Amanda Todd- (580) 279-7724 (1-22 nd , 1-40 th , HHB) 3. Keshia Davis- (580) 484-5552 (95 th , HHB) 4. Reanna Tselee- (405) 435-0003 (1/31 st , HHB)
428th Field Artillery Brigade	1. Keshia Davis- (580) 484-5552 2. Reanna Tselee- (405) 435-0003 (1-30 th) 3. Ranikki (Nikki) Carter- (580) 235-9651 (1/78 th)
Other	1. Rebecca Kendrick- (580) 447-6173 (USAG, FCoE, MARDET, EOD) 2. Reanna Tselee- (405) 435-0003 (RACH)
Please leave a voicemail with name and number. Allow 1 business day for a call back	

SERVICES OFFERED
Anger management Communication Conflict resolution Deployment Grief and loss Marriage and couples Parenting Transitions Stress Management
<ul style="list-style-type: none"> ✓ Confidential ✓ No Documentation in Medical Record ✓ Short-term counseling ✓ Serving Soldiers & Military Families

Public School MFLC for Dependent (Lawton, Elgin, Cache)

Contact your child's principal to set up a meeting with their on site MFLC.



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Religious Support Services



Provide religious support across the full spectrum of training and operations at Fort Sill. Ensure all military personnel, family members, and civilians have access to free exercise of religion to include spiritual, moral and ethical leadership.

BRIGADE	CONTACT
75th Field Artillery Brigade	CH (MAJ) Ryan McKinnon (580) 574-1387
31st Air Defense Artillery Brigade	CH (MAJ) Brian Phipps 580-442-8108
434th Field Artillery Brigade	CH (MAJ) Jae Chang 580-442-5753
428th Field Artillery Brigade	CH (CPT) Jason Garlock 580-442-0020
30th Air Defense Artillery Brigade	CH (MAJ) James Steelman 580-442-5444
Installation Family Life Chaplain	CH (MAJ) Jeremy Blanford 757-375-6542
Garrison Chaplain	CH (MAJ) Lisa Northway 580-442-3319

PASTORAL COUNSELING
Crisis Grief Spiritual Marriage and couples Transitions Stress Management
✓ 100% Confidential ✓ Serving Soldiers & Military Families

Religious Support Operations
Chapel Services Religious Education Spiritual Counsel Religious Literature Volunteer Opportunities Marriage & Family Therapy



The Army's Equal Opportunity (EO) program formulates, directs, and sustains a comprehensive effort to maximize human potential to ensure fair treatment for military personnel, family members and civilians without regard to race, color, gender, religion, age, disability or national origin. For more information

EO Hotline
580-483-6648



Brigade	Contact
75 th Field Artillery Brigade	SFC Kory Martinez 580-442-4211
31 st Air Defense Artillery Brigade	MSG Marques Brown 580-558-1090
434 th Field Artillery Brigade	SFC Tara Haywood 580-442-4747
428 th Field Artillery Brigade	SFC Joseph Houde 580-442-2116
30 th Air Defense Artillery Brigade	580-442-1862
Installation	EO PM: SFC Shane Sanford 580-442-6968 EOAs: SFC Joshua Barmer 580-442-3127 SFC Derek Thomas 580-442-4108 SFC Leeza Casanova 580-442-6295 SFC William Perkins 580-442-5895



SHARPSM

SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION

The Sexual Harassment/Assault Response and Prevention (SHARP) Program Office directs the Army's efforts in the prevention of and response to sexual harassment, sexual assault and associated retaliatory behaviors. It integrates Army SHARP policy and ensures effective communications with internal and external stakeholders. More information here: <https://www.armyresilience.army.mil/sharp/>

BRIGADE	CONTACT
75 th Field Artillery Brigade	SARC: 580-919-1669 VA: 580-919-1672
31 st Air Defense Artillery Brigade	SARC: 580-442-8131 VA: 580-442-8019
434 th Field Artillery Brigade	SARC: 580-442-9567 VA: 580-442-6985
428 th Field Artillery Brigade	SARC: 580-442-4564 VA: 580-442-6280
30 th Air Defense Artillery Brigade	SARC: 580-442-3310 VA: 580-442-2398
Reynolds Army Health Clinic	SARC: 580-558-8334
Installation	SARC: 580-558-0115 VA: 580-558-0117
Garrison	SARC: 580-442-2567 VA: 580-442-2567

Fort Sill SHARP Hotline
580-917-4277

For More Information Visit:
<https://sill-www.army.mil/sharp/>

Available Services for Unrestricted Reporting Option		Available Services for Restricted Reporting Option	
<ul style="list-style-type: none"> SAPR Support Services Health Care Mental Health Care Forensic Exam (if indicated) 	<ul style="list-style-type: none"> Legal Consultation & Representation through SVC/VLC Spiritual Support Command Response Investigation Prosecution 	<ul style="list-style-type: none"> SAPR Support Services Health Care Mental Health Care Forensic Exam (if indicated) 	<ul style="list-style-type: none"> Legal Consultation & Representation through SVC/VLC Spiritual Support Catch a Serial Offender (CATCH) Program





The USO's mission is to keep our service members connected to family, home, and country throughout their service to the nation. We serve service members and their families.

LOCATION	
<p>3265 Crane Ave 580-442-2812</p> <p>Open 7 days a week M-F 0900 – 1700 Weekends 0900 – 1900</p>	<p>Visit their website to view upcoming events</p> <p>https://oklahoma.uso.org/fortsill</p>
<p>✓ Serving Soldiers & Military Families</p>	



The AWC approach to service is holistic. AWC staff members take into account all of an individual's physical, psychological and social circumstances when providing services. A holistic approach is important because a person's health cannot be fully addressed unless we consider the whole person.



SERVICES OFFERED	LOCATION	POC
Health Assessment Review Physical Fitness Nutrition Stress Management General Wellness Tobacco Education	Bldg. 2934 Marcy Road 580-442-0680 M-Th 0730-1630 Fri: 0730-1530 Closed for lunch 1200-1300	Seann Hightower, M.A.T., ACSM EP-C, PNL1 Supervisory Health Educator U.S. Army Public Health Center

Check out their webpage for Monthly groups / trainings schedule:
<https://www.facebook.com/FortSillAWC/>



The mission of ACS is to facilitate the commander's ability to provide comprehensive, standardized, coordinated and responsive services that support Soldiers, Department of the Army civilians, and Families regardless of geographical location and to maximize technology and resources, eliminate duplication in service delivery and measure service effectiveness.

LOCATION	
4700 Mow-Way Road 580-442-4916	
✓	Supports Soldiers & Families
✓	DA Civilians

SERVICES OFFERED
Army Emergency Relief (AER) Army Family Action Plan Army Volunteer Corps Domestic Abuse Victim Advocacy Program Family Advocacy Program (FAP) Exceptional Family Member Program (EFMP) Learn About Army Life- Army Family Team Building Mobilization & Deployment/Family Readiness Group Training (FRG) New Parent Support Program Relocation Information New to the Community Survivor Outreach Services Military Family Life Counselors (MFLC)
<p align="center">Visit their website or social media page for additional information</p> <p align="center">https://sill.armymwr.com/programs/army-community-service</p> <p align="center">https://www.facebook.com/FortSillACS</p>



Our priority at Reynolds Army Health Clinic is to provide safe, quality and compassionate care to our nation's heroes. From our warfighters, to our spouses and children back home, to our retirees, we are one team dedicated to ensuring all our nation's heroes receive world-class medical care in a Culture of Excellence. <https://reynolds.tricare.mil/>

Urgent Care Clinic (UCC)

Behavioral Health Services:

On-Call Behavioral Health Provider

Medical Services:

Routine Medical Care

Point of Care Testing

Laboratory Services

Radiology

Pharmacy

4301 Wilson St, South entrance, 3rd floor

7 Days a Week 0700-1800

Front Desk: 580-558-2770

There are two TRICARE network Urgent Care Clinics in the Lawton/Fort Sill area that are available for TRICARE Beneficiaries.

WellFast Urgent Care

1902 E Gore Blvd, Lawton Ok 73501

580-357-4200

Xpress Wellness Urgent Care

6744 NW Cache Rd, Lawton Ok 73505

580-536-9355



CAFBHS / FAP offers individual and group counseling and classes that promote and maintain healthy and resilient families and relationships, focusing on posttraumatic growth and resiliency vs. disorders and diagnoses. Soldiers and family members can self-refer to this clinic for individual, marital, and family counseling.

Family Advocacy Program (FAP)

Counseling:

Individual
Marital
Family

Group Therapy:

Anger in Families
Parenting Skills

4301 Wilson St, South Entrance, 3rd Floor
Monday-Friday: 0730-1600
Front Desk: 580-558-8557

Child and Family Behavioral Health Services (CAFBHS) treats all ages & stages of life.



Child and Family Behavioral Health Services (CAFBHS)

Counseling:

Individual
Marital
Family
Group

Classes:

Stress Management/Anger Reduction Conflict Resolution
Parenting Skills
Warrior & Family Resiliency & Thriving
Post Traumatic Stress

4301 Wilson St, South entrance, 3rd floor
Monday-Friday: 0730-1630
Front Desk: 580-558-8425



Internal Behavioral Health Consultant (IBHC)

Internal behavioral health consultant (IBHC) work in a primary care behavioral health model of service delivery.

- Stress
- Worry
- Emotional concerns
- Smoking Cessation
- Lifestyle Changes
- Grief
- Depression
- Anxiety
- Anger



No referral Needed- Call Clinic to schedule
RAHC IBHC: Mr. Stanley Liggett, LCSW

4301 Wilson St., Team Integrity
Monday-Friday: 0730-1600
Front Desk: 580-558-8248

Patient Advocate Office

The Patient Advocates assist patients and family members resolve their healthcare concerns by serving as a liaison between the patient and staff.

Patient Advocates at 558-2390/3176
Email the Patient Advocate Office



Ombudsman Program

The Ombudsman is a neutral, independent and impartial resource for Service Members and their Families. The Ombudsman will help resolve any issue, to include medical, personnel, finance, legal, transition, and Veterans Administration matters.

Paulette Anderson
paulette.anderson.civ@health.mil
580-558-2592 / 580-458-9039
4301 Wilson St., South Entrance Room 1H148
Email the Ombudsman



ARMY MEDICINE

Behavioral Health Clinics

BRIGADE	CONTACT	SERVICES	LOCATION
75th Field Artillery Brigade	Embedded Behavioral Health- A 3445 Koehler Loop Monday-Friday: 0730-1630 580-442-4678	Individual Counseling Substance Use Treatment Specialty Groups Administrative Evaluations	Clinic Chief: Sarah Hurd BHO: CPT Katie Lamwers
31st Air Defense Artillery Brigade	Embedded Behavioral Health-B 3161 Hoskin Road Monday-Friday: 0730-1630 580-442-3084	Individual Counseling SUDCC treatment Specialty Groups Administrative Evaluations	Clinic Chief: Terry Martinez BHO: (Vacant)
434th Field Artillery Brigade	RAHC Multi-Disciplinary* (Cadre/Permanent Party) 4301 Wilson Street Monday-Friday: 0730-1630 (580) 558-8262 Forward Clinic (Trainees) 6008 Gordon Street Monday-Friday: 0730-1630 508-448-7259	Individual Counseling Substance Use Treatment Specialty Groups Psychological Testing* Administrative Evaluations	RAHC Multi-D: David Dodd Forward Clinic Chief: Mathew Kappel BHO: MAJ Shaina Escribano
428th Field Artillery Brigade 30th Air Defense Artillery Brigade Other	RAHC Multi-Disciplinary* (Cadre/Permanent Party) 4301 Wilson Street Monday-Friday: 0730-1630 (580) 558-8262 Forward Clinic (Trainees) 6008 Gordon Street Monday-Friday: 0730-1630 508-448-7259	Individual Counseling Substance Use Treatment Specialty Groups Psychological Testing* Administrative Evaluations	RAHC Multi-D: David Dodd Forward Clinic Chief: Mathew Kappel BHO: MAJ Gloria Ernest



Family Members (No referral needed).
 *Active Duty Service Members must get a referral / approval from BH clinic



SERVICES OFFERED
ALL VIRTUAL CARE: Urgent Care Behavioral Health Psychology Psychiatry
<ul style="list-style-type: none"> ✓ 24/7 access to doctors, psychiatrists, psychologists, therapists, and other medical experts ✓ Smartphone, Tablet, Computer
Phone: (800) 997-6196 https://doctorondemand.com/microsite/humanamilitary/ *To begin services Download App on your electronic device

SERVICES OFFERED
ALL VIRTUAL CARE: Behavioral Health Psychology Psychiatry
<ul style="list-style-type: none"> ✓ 100% secure sessions conducted via video
Phone: 866-991-2103 https://www.telemetrynd.com/military



VET CENTER EST. 1979

*Connection.
Camaraderie.
Community.*

Vet Centers are small, non-medical, counseling centers conveniently located in your community. They're staffed by highly trained counselors and team members dedicated to seeing you through the challenges that come with managing life during and after the military.



SERVICES OFFERED

Couples and family
Grief and bereavement
Military Sexual Trauma
PTSD
Anger
Depression
Returning Service Member Care

- ✓ Veterans
- ✓ Military Families
- ✓ Service Members
- ✓ Confidential

M & F 8:00am – 4:30pm, Tu-Th 8:00am- 7:30pm

10 SW 2nd St. Ste 4

Front Desk: 580-585-5880

<https://www.va.gov/lawton-vet-center/>



MILITARY ONESOURCE

SERVICES OFFERED

24/7 gateway to trusted information, resources and confidential help. When MilLife happens, it's your "first line of support" — giving service members and military families tools to stay well and thrive.

Mental Health Support:

- Relationships
- Family
- Money
- PCS
- Major Changes
- Personal Goals

✓ Free and confidential for service members and military families.

Phone: 800-342-9647
<https://www.militaryonesource.mil/>



SERVICES OFFERED

Take a Self-Check Assessment
<https://www.vetselfcheck.org/welcome.cfm>

These Signs Require Immediate Attention:

- Thinking about hurting or killing yourself
- Looking for ways to kill yourself
- Talking about death, dying, or suicide
- Self-destructive behavior, such as drug abuse, risky use of weapons, etc.

✓ Free and confidential for service members and military families.

988, press 1
Online chat by texting 838255
<https://www.veteranscrisisline.net/get-help-now/chat/>



ARMY MEDICINE

Emergency Services Off Post



Comanche County Memorial Hospital

Southwestern Medical Center (Only ER with Behavioral Health Services)

3401 West Gore Blvd
Lawton, OK 73505
Phone: 580-355-8620
<https://www.ccmhhealth.com/>

5602 SW Lee Blvd
Lawton, OK 73505
Phone: 580-531-4700
<https://swmconline.com/>





Victim Advocate 24 hour On Call Phone	580-574-0871
Sexual Assault Victim Advocate	580-917-4277
Child/Elder Abuse Hotline	800-522-3511
American Red Cross	877-272-7337
Lawton Police Department	580-581-3270
Fort Sill Military Police	580442-2103
Resource Help Line	877-362-1606



Suicide Prevention: Warning Signs & Risk Factors

Warning Signs:

When a Soldier presents with any combination of the following, the buddy or chain of command should be more vigilant. It is advised that help should be secured for the Soldier.

- Talk of suicide or killing someone else
- Giving away property or disregard for what happens to one's property
- Withdrawal from friends and activities
- Problems with girlfriend (boyfriend) or spouse
- Acting bizarre or unusual (based on your knowledge of the person)
- Soldiers in trouble for misconduct (Art-15, UCMJ, etc.)
- Soldiers experiencing financial problems
- Soldiers who have lost their job at home (reservists)
- Those soldiers leaving the service (retirements, ETSS, etc.)

When a Soldier presents with any one of these concerns, the Soldier should be seen immediately by a helping provider.

- Talking or hinting about suicide
- Formulating a plan to include acquiring the means to kill oneself
- Having a desire to die
- Obsession with death (music, poetry, artwork)
- Themes of death in letters and notes
- Finalizing personal affairs
- Giving away personal possessions



Risk Factors:

Risk factors are those things that increase the probability that difficulties could result in serious adverse behavioral or physical health. The risk factors only raise the risk of an individual being suicidal it does not mean they are suicidal.

The risk factors often associated with suicidal behavior include:

- Relationship problems (loss of girlfriend/boyfriend, divorce, etc.).
- History of previous suicide attempts.
- Substance abuse.
- History of depression or other mental illness.
- Family history of suicide or violence.
- Work related problems.
- Transitions (retirement, PCS, discharge, etc.).
- A serious medical problem.
- Significant loss (death of loved one, loss due to natural disasters, etc.).
- Current/pending disciplinary or legal action.
- Setbacks (academic, career, or personal).
- Severe, prolonged, and/or perceived unmanageable stress.
- A sense of powerlessness, helplessness, and/or hopelessness.

Suicidal Risk Highest When:

- The person sees **no way out** and fears things may get worse.
- The predominant emotions are **hopelessness and helplessness**.
- **Thinking is constricted** with a tendency to perceive his or her situation as all bad.
- Judgment is impaired by use of **alcohol or other substances**.

TA-075-0711



<http://phc.amedd.army.mil>
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