The Fort Knox Commander’s Ready and Resilient Council (CR2C) continues to address the following critical needs identified in early 2019, based on the 2018 Community Strengths and Themes Assessment (CTSA) results: Physical Readiness, Stress, and Relationships (family, work, social).

CR2C specialized Work Groups are continuing to work with our Unit Readiness Teams to put action to key installation needs. The CR2C is stressing the need for leaders to share wellness resources and information with everyone in their organization. To assist with this, the CR2C wishes to share the following resources to be pushed to the lowest level.

**PHYSICAL READINESS RESOURCES**

**WORRIED ABOUT THE ARMY COMBAT FITNESS TEST (ACFT)?** Soldiers can reference the Army’s ACFT microsite at [www.army.mil/acft](http://www.army.mil/acft), which includes various resources including video demonstrations, proper techniques, safety tips, FAQs, ACFT Equipment List, ACFT Field Testing Manual, and ACFT Training Guide. The ACFT Training Guide provides exercises, drills, and sample training aids that will help develop strength, endurance, and mobility using common strength training methods found in current Army doctrine (FM 7-22). Additionally, the Center for Army Lessons Learned has published an ACFT Handbook, which discusses the six events, testing procedures, and a training guide. The exercises can be done anywhere and with equipment that is not resource-intensive. The current FM 7-22 and your master fitness trainer can provide additional guidance.

**FIT4PERFORMANCE** is a series of classes designed to work with Active Duty Soldiers to maintain and/or achieve Army Body Composition Standards. Nutrition Services at Ireland offer the classes in conjunction with the Army Wellness Center. The program is multidisciplinary & focuses on all aspects of the Performance Triad (Nutrition, Activity, & Sleep). The weekly sessions provide Soldiers the accountability, assistance in setting realistic and achievable goals, & provide hands on advice that will help them to be successful. Classes meet weekly on Tuesday afternoons at Ireland Army Health Clinic and require a reservation. For reservations, call (502) 624-0408. Per AR 600-9, all Army Body Composition Program (ABCP) flagged Soldiers are required to attend the introduction session in order to receive the mandatory nutrition counseling by the dietitian. POC is the Clinical Dietetics Branch Chief at (502) 624-0408.

**FORT KNOX ARMY WELLNESS CENTER (AWC)** offers individualized services to build and sustain good health and improve the overall healthy lifestyles of Soldiers, Family members, Retirees, DA Civilians, & Contractors. The AWC empowers participants to set their own health goals and achieve them. It addresses lifestyle change in areas that affect both short- and long-term health, engaging people in their “life-space” – the places where they live, work, relax, and rest. AWC staff members have a holistic approach taking into account an individual’s physical, psychological, and social circumstances when providing services. To get started, contact the Fort Knox AWC at (502) 626-0408, or visit them 0730-1600hrs, Monday – Thursday, Fridays – Clients with appointments 0730-1200hrs at 545 Eisenhower Ave., Bldg. 1489, Fort Knox. Walk-ins welcome from 0745 to 0815hrs, Monday – Thursday.
OPERATION SUPPLEMENT SAFETY (OPSS) is a DOD-wide initiative designed to educate service members and retirees, their Family members, leaders, healthcare providers, and DOD Civilians about dietary supplements so they can make informed choices. FDA does not evaluate supplements for safety, quality, or effectiveness before supplements are put on the market. Some supplements may be adulterated with prescription and/or illegal drugs or other ingredients not allowed in dietary supplements. To check your supplement if it is listed in the DOD prohibited dietary supplement list or for more information visit www.opss.org.

THE COMMAND SAFETY TEAMS ACROSS THE INSTALLATION ARE DILIGENTLY MAKING A DIFFERENCE FOR PUBLIC SAFETY FOR THE HEALTH AND WELFARE OF SOLDIERS, FAMILY MEMBERS, AND THE COMMUNITY. It's most important that all Soldiers and Civilians be aware and know what their safety responsibilities are and who to contact when confronted with suspected safety known hazards and suspected dangers in their home and at their place of work. The Fort Knox Installation Safety Office instills safety with three key elements: Engaged Leadership, Responsible Soldiers and Employees, and Committed Teammates. Our primary focus is for the safety of the community and its workforce by way of employing known practices and methodologies for incident and mishap prevention. For public safety assistance, advice, or to report unsafe hazards contact the Fort Knox Installation Safety Office by email at usarmy.knox.imcom-atlantic.list.safety-office@mail.mil or via phone at (502) 624-3381 / 4303 / 4407.


STRESS MITIGATION RESOURCES

FORT KNOX EMPLOYEE ASSISTANCE PROGRAM (EAP) ASSISTS DEPARTMENT OF THE ARMY CIVILIANS AND SUPERVISORS WITH PERSONAL WELLNESS. Services include assistance with Resiliency Training, Team Building, Life Skills Training, Screening and Referral, Follow-Up, Alcohol in the Work Place Training, Workplace Violence Prevention Training, and Stress Management Tips. No referrals are required. For more information, contact the Employee Assistance Professional at either of his two offices: 1) ASAP Office, Building 1224, 94 Pershing Drive, (502) 624-8361 or 2) HRC Building 6-1-064, (502) 613-4713.

THE CAREER SKILLS PROGRAM is a Department of Defense initiative that assists transitioning Service Members in obtaining employment after leaving the service. These programs include vocational skills training for apprenticeships, on-the-job training, job shadowing, employment skills training, and internships. Fort Knox currently has several Career Skills Programs (CSP) available to Service Members who meet the criteria and are within 180 days from separation. The CSP Coordinator may be reached at (502) 624-8246.
THE ARMY SUBSTANCE ABUSE PROGRAM (ASAP) SUPPORTS AND ENHANCES MILITARY READINESS WHILE DETERRING SUBSTANCE ABUSE AND OTHER DESTRUCTIVE BEHAVIORS FOR THE TOTAL ARMY FAMILY. Services include Personal Readiness Training (Substance Abuse & Suicide Prevention Training), Alcohol and Drug Prevention Education, Unit Prevention Leaders’ Training, Risk Reduction/Mitigation, Biochemical Testing (Urinalysis collection and testing), and the Civilian Employee Assistance Program. For more information, visit the Fort Knox ASAP Office at Building 1224, 94 Pershing Drive, Fort Knox, KY 40121 or call (502) 624-7031, 0730-1630hrs, Monday-Friday. Anyone in distress, please call 911 or visit the nearest emergency room or contact THE NATIONAL SUICIDE PREVENTION LIFELINE at 1-800-273-8255, 24/7 for free, confidential services. For more information visit https://suicidepreventionlifeline.org/.

THE U.S. ARMY WOUNDED WARRIOR PROGRAM (AW2), a major component of the Army’s Warrior Care and Transition Program supports severely wounded, ill, and inured Soldiers, Veterans, their Families, and caregivers with the recovery and reintegration process to reach a state of self-sufficiency. Upon arriving at the Warrior Transition Unit (WTU), Soldiers who qualify for AW2 are assigned an AW2 Advocate. The AW2 Advocate guides the Soldier/Veteran throughout the recovery and transition process and educates the Soldier/Veteran on the benefits and resources available. Specific assistance include action plan development for life after transition, government agency coordination, Continuation on Active Duty / Continuation on Active Reserve (COAD/COAR) support, career guidance, provide educational opportunities, and Medical and Physical Evaluation Board (MEB / PEB) guidance. For more information, please contact the Fort Knox AW2 Advocate at (502) 624-0573 / 821-5451 or visit https://wct.army.mil/ or https://wct.army.mil/modules/veterans/v2-advocates.html.

RELATIONSHIP RESOURCES

FORT KNOX R2 PERFORMANCE CENTERS provide performance and resilience training to Soldiers, Family Members, and DA Civilians. Trainings include Performance Enhancement Training, Resilience Training, Prime Course (E3-E5), ENGAGE, Not In My Squad (NIMS), Executive Resilience and Performance Courses (ERPC), Army Resiliency Directorate approved and supported research and new content validation, ARNG & USAR requirements, ROTC Summer Camps, and Warriors in Transition Unit (WTU) trainings. For more information, contact Fort Knox R2 Performance Center Manager at (502) 624-3222.

FORT KNOX RELIGIOUS SUPPORT OFFICE (RSO) OFFERS A WIDE RANGE OF SERVICES TO HELP ALL MEMBERS OF THE FORT KNOX COMMUNITY WITH THEIR SPIRITUAL HEALTH. Upcoming events include the following: 1) Strong Bonds Couples’ Retreat scheduled for 14-16 June to improve communication skills, stress management, and trust concerns. 2) Financial Peace University offered on 16-17 May 2019 to help Soldiers and DoD Civilians with financial difficulties. 3) Morale Leadership Luncheon scheduled for 29 May 2019, 1130-1300hrs at Saber and Quill. 4) On a daily basis, couples and Fort Knox Community members can visit the RSO for assistance with relationship and communication skills (counseling). For more information, visit the RSO at Bldg. 4768, 226 South 8th Armored Division Drive, Fort Knox or call (502) 624-5255 or visit https://www.knox.army.mil/garrison/supportoffices/rsos/Default.aspx. A Chaplain can be reached after duty hours at (502) 552-3450.
THE MILITARY AND FAMILY LIFE COUNSELING (MFLC) PROGRAM PROVIDES CONFIDENTIAL, NON-MEDICAL, SHORT-TERM COUNSELING SERVICES AT NO COST.

Military and Family Life Counselors (MFLC) provide solution-oriented consultations to individuals, couples, families, and groups. MFLCs can help people who are having trouble coping with concerns and issues of daily life. Some examples include adjustment/transition, marital/couples' stress, anxiety/sadness, deployment cycle, communication, aggression at work, parenting, and grief/loss. MFLCs offer flexible appointment and meeting locations, and are confidential with no written records. To schedule an appointment, please contact any of the following Fort Knox MFLCs: 19th EN BN Soldiers and Families may call (270) 206-0856. HRC & 4th CAV Soldiers and Families may call (270) 823-2955. 1st TSC Soldiers and Families may call (502) 378-2283. All other Soldiers and Families may call (270) 955-3850. For 24/7/365 counseling services, please call Military OneSource at (800) 342-9647 or visit www.militaryonesource.mil for additional military resources.

KEEP YOUR MIND MISSION READY – MAY IS MENTAL HEALTH AWARENESS MONTH.

Mental health, or psychological health, encompasses the well-being of mind, body, & spirit, and contributes to overall health and resilience. Concerns affecting the functioning, readiness and optimal health of our nation’s returning service members and their Families (i.e., adjustment, depression, post-traumatic stress, anxiety, and substance misuse) have caused military leadership to search for answers to improve understanding, diagnosis, treatment and prevention. In May, the Military Health System, as well as agencies and leaders across the Department of Defense (DoD) are emphasizing the importance of mental health and sharing mental health resources available to our military communities. Mental Health resources include Psychological Health Center of Excellence, http://www.pdhealth.mil/; Real Warriors, http://www.realwarriors.net/; Tricare, https://tricare.mil/mentalhealth; Military One Source (24/7/365; anytime), (800) 342-9647; Fort Knox Behavioral Health Clinic (502) 626-6188 / 8153, https://www.iach.knox.amedd.army.mil/HealthcareServices/SitePages/Behavioral%20Health.aspx.

THE ARMED FORCES’ SEXUAL HARASSMENT / ASSAULT RESPONSE AND PREVENTION (SHARP) PROGRAM is the Armed Forces’ integrated, proactive effort to end the crimes of sexual harassment and sexual assault within our ranks. Sexual harassment and sexual assault have no place in the Armed Forces. If you have been the victim of sexual harassment or sexual assault, you have a voice, you have rights, and we are here to help. We have certified Sexual Assault Response Coordinators (SARCs) and Victim Advocates (VAs) available 24/7 to help with reporting, victim support, prevention, training, and awareness efforts. For more information about SHARP visit http://www.sexualassault.army.mil/ or call the Fort Knox 24/7 SHARP Hotline (502) 851-3779 or the DoD Safe Helpline (877) 995-5247 or https://safehelpline.org/.

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The POC for Fort Knox CR2C / Ready and Resilient (R2) efforts is the ASAP Manager / Community Ready and Resilient Integrator (CR2I), who can be reached at (502) 624-7031. Additional resources are available in the Fort Knox Community Resource Guide, located on the Fort Knox Website under “Fort Knox Information” or https://cr2.amedd.army.mil/guides/tradoc/knox/Pages/default.aspx.