

Mission of the Air National Guard (ANG) Psychological Health Program (PHP)

The overall mission of the ANG PHP is to increase individual and unit readiness and wellbeing through the promotion of psychological health and resilience. This is done by focusing on the following three areas:

- 1. Strategic Services: Operational Leadership Consultant** The ANG PHP will provide consultation to operational leadership on psychological health issues and vertical integration of Military Service and Department of Defense – (DoD) wide psychological health initiatives and population-health monitoring.
- 2. Strategic Services: Community Capacity Building** The ANG PHP will contribute to DoD and Military Service development of a strategic plan for delivery of comprehensive services to support psychological health. It will promote the availability of and access to an adequate continuum of care to ANG members. Additionally, it will ensure clinical mental health services being provided are integrated with other counseling and supportive services at the installation level, and from Federal, State, and territory, as well as military and non-military organizations external to the installation (e.g., Military OneSource, Military and Family Life Consultants, and TRICARE Network).

3. Direct Client Services

The ANG PHP will ensure coordination of clinical, counseling, and other services promoting the psychological health of service members and their families. It will provide an installation-level subject matter expert to coordinate clinical and counseling services and resources as well as ensure military medical personnel and line leaders are aware of the referral options available for particular psychosocial, spiritual, and family issues.

Resources

Northport VA Medical Center
79 Middleville Road
Northport, NY 11768
(631) 261-4400
www.northport.va.gov

Military OneSource
1800-342-9647
www.militaryonesource.mil

NY Wingman Project
1800-273-8255
www.NY.wingmanproject.org



106th Rescue Wing Psychological Health Program



"That others may live"



Jenna DeBono, LMHC

Wing Director of Psychological Health

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Comm: (631) 723-7467, DSN: 456-7467

NY Wingman Project

ACE

Ask

Ask directly: "Are you thinking of killing yourself?"

Care

Intervene. Control the situation. Use active listening. Remove the means to do self-injury.

Escort

Get them to a primary care provider, chaplain, or other healthcare professional.

If you'd like to talk to someone about helping a friend or family member, please call the National Suicide Prevention Lifeline at 1-800-273-8255. Trained volunteers will speak with you about how to help your friend the best way you can.

The Wingman Project Mobile App.

Learn ACE
Set Wingman Reminders
Get information on the Suicide Lifeline

www.NY.wingmanproject.org



Comprehensive Airman Fitness

The Comprehensive Airman Fitness (CAF) program is a preventive program that seeks to enhance psychological resilience among all members of the USAF and ANG community, which includes airmen, family members, and USAF civilians. CAF is not a medical treatment program. Rather, CAF helps those community members who are psychologically healthy face life's adversities— including combat and prolonged separation from loved ones— by providing evidence-based training.

Mobile Apps
t2health.org/mobile-apps

Available on the App Store | GET IT ON Google play

APPS FOR SERVICE MEMBERS, VETERANS AND THEIR FAMILIES

- T2 Mood Tracker**
An electronic diary to rate your moods and track progress over time.
- Breathe2Relax**
Deep-breathing exercises to manage stress.
- PTSD Coach**
Learn about and manage your PTSD symptoms.
- Positive Activity Jackpot**
Plan enjoyable activities to improve your mood.
- Tactical Breather**
Get control over stress through regulated breathing.
- LifeArmor**
Take self-assessments and learn about PTSD, sleep, anger, depression and more.
- BioZen**
Use the therapeutic benefits of biofeedback.
- At Ease**
A game to help kids cope with stress.