



Seymour Johnson AFB

Community Action Team

Pathways to Resilience

Table of Contents

Introduction	3
Community Action Team.....	4
Resiliency Topics.....	5
Financial Readiness.....	8
Employment.....	12
Exceptional Family Member Program (EFMP)- Family Support.....	14
Parenting.....	16
Stress/Anger Management.....	17
Communication.....	18
Readiness.....	21
Relocation.....	22
Transition Assistance Program (TAP).....	23
Nutrition & Fitness.....	24
Interpersonal Problem Solving.....	27
Counseling.....	33
Legal Readiness.....	34



INTRODUCTION

The purpose of this guide is to provide an overview of tools available to establish and maintain a climate of resilience on Seymour Johnson AFB. If you're naturally strong, but never work on your body – your strength will wither. If you're naturally smart but don't work on your mind, your intelligence will be stunted. If you're a natural leader but never work on the tools of leadership – you will fail. Wingmanship disappears if you don't consciously try to advance and no one says "hope we keep high morale and teamwork" without doing something to make it happen. Resilience is the exact same way. Airmen, family members and civilian employees are encouraged to use this guide to strengthen their mental, physical, social and spiritual ability to cope with adversity, adapt to change, recover, learn and grow from setbacks.

WHY PERSONAL RESILIENCE?

- * Increases self-worth and self-esteem
- * Better coping with daily hassles, stress and trauma
- * Improves health and sleep
- * Gain sense of purpose and feeling of control
- * Helps prioritize
- * Find opportunities to live values
- * Better control of consequences
- * Controls reactions that interfere with your performance, values, goals, or relationships
- * Strengthens beliefs, principles, or values that sustain sense of well-being and purpose
- * Increased longevity
- * Stronger social alliances to assist during times of adversity

Community Action Team

The Community Action Team (CAT) is a group of all installation service agencies that develops a comprehensive, coordinated plan for integrating and implementing community outreach and prevention programs (e.g., financial, relationship, family maltreatment, sexual assault, equal opportunity, suicide prevention, substance abuse, health promotion, tobacco cessation, etc.), with the goal of enhancing resilience in military communities. The CAT improves the delivery of human service programs by establishing a seamless system of services through collaborative partnerships and coordinated activities. Our classes, workshops and seminars provide the “pathway to resilience” – the ability to bounce back and grow from adversity in whatever form it comes. Leaders can further emphasize organizational resilience by ensuring a healthy balance between the mission and mental/physical/spiritual/social domains. Leaders who are able to encourage resilience within their organizations have a positive, long-term, strategic effect on operational excellence. The CAT meets monthly. For more information contact the Community Support Coordinator at 919-722-4492.



RESILIENCY

Master Resilience Trainers: Master Resilience Trainers (MRTs) are available upon request to come out to your organization and provide an engaging and rich discussion on a variety of skillsets. For a listing of MRTs please contact the Community Support Coordinator at 722-4492.

Interpersonal Problem Solving

TIME: 45 minutes

COURSE DESCRIPTION: Helps address problems in a manner that still shows respect for the relationship, lowers the intensity, and makes it easier for two people to find a resolution to the problem or come to an understanding or compromise they can each live with.

SCHEDULING: Please contact any Resilience Trainer to set up a class for within your unit or contact the Community Support Coordinator at 722-4492.

Values Based Goals

TIME: 45 minutes

COURSE DESCRIPTION: Helps people prioritize what is important and developing their sense of purpose. Identifies someone's true values and allowing them to create goals from those values. Creates a larger awareness for people to find opportunities for living a meaningful life.

SCHEDULING: Please contact any Resilience Trainer to set up a class for within your unit or contact the Community Support Coordinator at 722-4492.

Balance Your Thinking

TIME: 45 minutes

COURSE DESCRIPTION: Improves decision making skills based on perceiving all information/evidence accurately. Improves performance professionally and personally by strengthening communication skills. Overall allows someone to make better decisions to support their values.

SCHEDULING: Please contact any Resilience Trainer to set up a class for within your unit or contact the Community Support Coordinator at 722-4492.

RESILIENCY

Gratitude: Look for the Good

TIME: 30 minutes

COURSE DESCRIPTION: Helps build optimism and positive emotions by paying attention to the good things. Helps individuals cope with daily hassles and stress and improves social relationships.

SCHEDULING: Please contact any Resilience Trainer to set up a class for within your unit or contact the Community Support Coordinator at 722-4492.

Bring Your Strengths

TIME: 45-50 minutes

COURSE DESCRIPTION: Research shows that bringing our strengths to the table improves performance and helps us stay more engaged in what we do, and brings a sense of meaning and purpose. Leaders who recognize the strengths of the people on their team improve both individual and team performance. Prerequisite: Individuals must complete the Values In Action Strengths Assessment (VIA) prior to the class. It is a free survey with 120 questions. Individuals may print out results or pull it up on their phones.

SCHEDULING: Please contact any Resilience Trainer to set up a class for within your unit or contact the Community Support Coordinator at 722-4492.

ReFrame: Control how you react

TIME: 45 minutes

COURSE DESCRIPTION: The goal of ReFrame is to help identify how your thoughts about an event contribute to your reactions – how you think about something drives how you react to it. Understand the difference between your thoughts, emotional reactions, and physical reactions. This skill helps improve your performance, act based on your values and strengthens your relationship.

SCHEDULING: Please contact any Resilience Trainer to set up a class for within your unit or contact the Community Support Coordinator at 722-4492.

RESILIENCY

Celebrate Good News

TIME: 45 minutes

COURSE DESCRIPTION: Skills strengthens relationships. Celebrating good news provides a boost of positive emotion for both you and the person you are supporting – and those positive conversations lay important groundwork for times when someone needs your support. Skill provides examples of ways to celebrate good news and what are responses that “deflate”.

SCHEDULING: Please contact any Resilience Trainer to set up a class for within your unit or contact the Community Support Coordinator at 722-4492.

Mindfulness

TIME: 45 minutes

COURSE DESCRIPTION: This skill helps you stay present and engaged. It improves focus and the ability to focus on what is important. Additionally it helps you stay calm so you can take action during stressful times. Research has demonstrated that mindful practices are linked to better quality sleep and physical health. Mindful people also feel better about the work they do and are happier with their lives.

SCHEDULING: Please contact any Resilience Trainer to set up a class for within your unit or contact the Community Support Coordinator at 722-4492.

Physical Resilience

TIME: 30 minutes

COURSE DESCRIPTION: The goal of this skill is to help you strengthen your focus and attention by better understanding physical resilience. This skill focuses on creating strong sleep habits and setting values-based goals for your physical resilience.

SCHEDULING: Please contact any Resilience Trainer to set up a class for within your unit or contact the Community Support Coordinator at 722-4492.

FINANCIAL READINESS

Faith Based Financial Classes

TIME: 1 hour/ week for 9 weeks

COURSE DESCRIPTION: Financial Peace University is a Christian based financial class that uses biblical principles to teach individuals how to eliminate debt, invest, save and budget their income.

SCHEDULING: Classes are based upon need and requested through the chapel. Classes will be advertised when available. For questions please contact the chapel at 722-0315.

Bundles for Babies

TIME: 3 hours

COURSE DESCRIPTION: Financial awareness of the cost for raising a child. Labor, delivery, and caring for your newborn. Stress management for new parents and Car seat safety. Participants receive a \$50.00 gift card from AFAS.

SCHEDULING: Please contact the M&FRC at 722-1123.

Moving off Base 101

TIME: 90 minutes

COURSE DESCRIPTION: Essential financial tips to be successful when moving out of the dorms.

SCHEDULING: Please contact the M&FRC at 722-1123.

First Duty Station Officer Training

TIME: 1 hour

COURSE DESCRIPTION: Financial briefing for First Duty Station Officers. Training includes: pay and entitlements, banking and allotments, checkbook and debt management, budgeting and saving, retirement planning, insurance, credit management, car buying, PCS finances, financial counseling, investment tools, and personal and family readiness.

SCHEDULING: Please contact the M&FRC at 722-1123.

FINANCIAL READINESS

Savings & Investing

TIME: 60 minutes

COURSE DESCRIPTION: Workshop will cover overview of Thrift Savings Plan (TSP), the importance of starting EARLY to invest and the role of compound interest. How to enroll in TSP and the various funds and investment options.

SCHEDULING: Please contact the M&FRC at 722-1123.

Exercising Your Money Muscle

TIME: 90 minutes

COURSE DESCRIPTION: Course will show you how the online calculator or Smartphone App PowerPay will give you the tools to develop a personalized, self-directed debt elimination plan. Discover how quickly you can become debt free, and how much you can save by using different PowerSave options.

SCHEDULING: Please contact the M&FRC at 722-1123.

Understanding Credit

TIME: 90 minutes

COURSE DESCRIPTION: Provides information on the purpose of credit, using credit and credit cards wisely, and interpreting credit reports and credit scores.

SCHEDULING: Please contact the M&FRC at 722-1123.

FINANCIAL READINESS

Buying a Home Seminar

TIME: 90 minutes

COURSE DESCRIPTION: Provides information on the cost and process involved in purchasing a home, including various mortgage options.

SCHEDULING: Please contact the M&FRC at 722-1123.

Money Behaviors

TIME: 90 minutes

COURSE DESCRIPTION: Discusses how habits, attitudes, and behaviors developed throughout life influence the daily decisions a person makes, including financial decisions. It provides strategies for modifying/changing unsatisfactory “money behaviors” to productive “money behaviors.”

SCHEDULING: Please contact the M&FRC at 722-1123.

Holiday Spending

TIME: 90 minutes

COURSE DESCRIPTION: How to make the most of your money for the holidays

SCHEDULING: Please contact the M&FRC at 722-1123.

Money and Stress

TIME: 90 minutes

COURSE DESCRIPTION: Keeping tabs on your financial health. Are money troubles causing you stress? Being stressed about money can hurt your health.

SCHEDULING: Please contact the M&FRC at 722-1123.

FINANCIAL READINESS

Personal Financial Counselors (PFCs)

TIME: Varies, 1 on 1 appointments

COURSE DESCRIPTION: PFCs are here to help you and your family manage finances, resolve financial problems and reach long-term goals such as getting an education, buying a home and planning for retirement. Personal Financial Counseling services are no cost, private and confidential.

SCHEDULING: Please contact the PFC at (919) 630-3845, (919) 722-1123, or PFC.SJNC.USAF@zeiders.com.

Personal Financial Counselor Training and Workshops

TIME: 1 hour

COURSE DESCRIPTION: Various workshops are available on demand for the following topics:

- Financial Planning for Deployment
- Developing Your Spending Plan
- Retirement Planning
- Saving and Investing
- Managing Credit and Debt
- Stretching Your Money
- Strategies for Home Buying
- Thrift Savings Plan (TSP)
- PFC Services Overview

SCHEDULING: Please contact the PFC at (919) 630-3845, (919) 722-1123, or PFC.SJNC.USAF@zeiders.com to set up a class within your unit or for individual counseling services.

EMPLOYMENT

Civilian Resume and Mock Interviews

TIME: 2.5 hours

COURSE DESCRIPTION: Resume writing for private sector positions and mock interviews to obtain tips and tricks.

SCHEDULING: Please contact the M&FRC at 722-1123.

Federal Resume and Job Search

TIME: 150 minutes

COURSE DESCRIPTION: Resume writing for Federal Government positions and how to search for jobs.

SCHEDULING: Please contact the M&FRC at 722-1123.

Interview Skills: Positive Impression

TIME: 2 hours

COURSE DESCRIPTION: Presenting a positive impression during an interview. Covers interview skills starting from the preparation to post interview.

SCHEDULING: Please contact the M&FRC at 722-1123.

Job & Information Fairs

TIME: 3 hours

COURSE DESCRIPTION: Job seekers can meet face to face with employers and other resources for jobs and education opportunities.

SCHEDULING: Please contact the M&FRC at 722-1123.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) – FAMILY SUPPORT

EFMP Roundtable Meeting

TIME: 90 minutes

COURSE DESCRIPTION: EFMP Round Table meeting are for families with special needs. Purpose is to provide support and information on resources on the base and in the community.

SCHEDULING: Quarterly, please contact EFMP-FS at 722-7337.

EFMP 101

TIME: 1 hours

COURSE DESCRIPTION: EFMP Workshop for families who want to learn more about the program the benefits of enrollment, where to go for support. What is TRICARE/ECHO program? What is respite?

SCHEDULING: Quarterly, please contact EFMP-FS at 722-7337

EFMP Educational Activities

TIME: Varies

LOCATION: Varies

COURSE DESCRIPTION: Activities to build and maintain resilience, quality of life and wellbeing well having fun. Activities include Outdoor recreation , Horseback riding , STEAM Camp, Aquarium visit, Paint & Design etc

SCHEDULING: Based on funding please contact EFMP-FS at 722- 7337

PARENTING

Parenting with Love & Logic

TIME: 3 weeks, 2 hr sessions/Tuesdays 1300-1500

COURSE DESCRIPTION: All parents occasionally need some help and advice when they are having a tough time with their kids, sometimes we need some suggestions on how to handle normal growth and development. Join other parents in sharing and learning what works best in others homes. Parents of children 3 years and older.

SCHEDULING: Please contact the M&FRC at 722-1123 or Family Advocacy at 722-1878 to sign up.

Dads: The Basics

TIME: Quarterly from 1200-1600

COURSE DESCRIPTION: Fun, informative, interactive group for men who are new fathers or are expecting, first or third child.

SCHEDULING: Please contact Family Advocacy at 722-1878.

Parenting The Newborn

COURSE DESCRIPTION: Two-session class for expectant parents or parents with newborns. Information covers development, safety and day-to-day care of infants.

SCHEDULING: Call the Family Advocacy office to sign up @ 722-1878.

Breastfeeding Class

TIME: Tuesday's 1800-2100

COURSE DESCRIPTION: Education for singles or couples who are expecting and desire information on breastfeeding their infant.

SCHEDULING: Please contact Family Advocacy at 722-1878 to sign up.

Moms, Pops & Tots:

TIME: Meets every Monday from 1000-1200

COURSE DESCRIPTION: Play group for children ages 0-3 at the Family Life Center (FLC)

SCHEDULING: No sign up required. Please contact Family Advocacy at 722-1878 for questions.

STRESS/ANGER MANAGEMENT

Balancing Work, Life and Command

TIME: 45 minutes

COURSE DESCRIPTION: Participants will learn the unique stresses of responsibility and methods of managing stress and finding balance between career and family.

SCHEDULING: Please contact the Military and Family Life counselor at 919 886-3346 or 919 722-7184.

Anger Management: From Combat to Home

TIME: 45 minutes

COURSE DESCRIPTION: Participants will learn what is anger, what triggers anger, combats skills and anger, and the art of anger management back home.

SCHEDULING: Please contact the Military and Family Life counselor at 919 886-3346 or 919 750-4101.

Anger Group

TIME: 2 hr sessions for 6 weeks, 1000-1200 hours

COURSE DESCRIPTION: Participants will learn what is anger, what triggers anger, combats skills and anger, and the art of anger management back home. Class length is 6 weeks, 2 hour sessions on Friday's at the Family Life Center.

SCHEDULING: Please contact Family Advocacy at 722-1878.

Mindfulness

TIME: 45 minutes

COURSE DESCRIPTION: This skill helps you stay present and engaged. It improves focus and the ability to focus on what is important. Additionally it helps you stay calm so you can take action during stressful times. Research has demonstrated that mindful practices are linked to better quality sleep and physical health. Mindful people also feel better about the work they do and are happier with their lives.

SCHEDULING: Please contact any Resilience Trainer to set up a class for within your unit or contact the Community Support Coordinator at 722-4492.

COMMUNICATION

Identifying Your Personality - 4 Lenses Assessment

TIME: 120 minutes

COURSE DESCRIPTION: Four Lenses can be utilized to enhance work and personal relationships by teaching participants how to understand their personality and communication styles.

SCHEDULING: Please contact the M&FRC at 722-1123.

Couples Communication - PREP

TIME: *6 weeks*: 2 hour sessions (Individual couple sessions are also available)

COURSE DESCRIPTION: PREP was designed to teach couples communication and problem solving skills found to be linked to effective marital functioning. PREP focuses on areas of communication, conflict management, affect regulations, commitment, expectations, intimacy enhancement, and gender differences.

SCHEDULING: Call Family Advocacy at 722-1878 to sign up.

FISH! Training

TIME: 2 hours

COURSE DESCRIPTION: Learn how to make the job fun for you, your coworkers and your customers. The FISH! Philosophy is a set of simple, practical tools to help you create the work culture you've been looking for. It's a way to build stronger relationships that equip you to face your challenges more effectively. The FISH! Philosophy fulfills the most basic needs of human beings who, in turn, fulfill the needs of the organization—more connected teams, better communication, extraordinary service and higher retention.

SCHEDULING: Please contact the MFRC at 722-1123.

COMMUNICATION

Heart Link

TIME: 3.5 hours

COURSE DESCRIPTION: Introduction to the Air Force lifestyle, Seymour Johnson AFB, and our local community. Free childcare when funding permits.

SCHEDULING: Please contact the M&FRC at 722-1123.

Resiliency Retreats

COURSE DESCRIPTION: The chapel hosts various resiliency retreats such as single Airman Retreats, marriage retreats, and single parent retreats. The Chapel worshipping communities offer faith based retreats. Retreats are as needed or upon request based on funding available.

For information on retreats please call the chapel at 722-0315.

Communication and Assertiveness Training

TIME: 45 minutes

Course Description: Participants will learn components of communication, verbal and nonverbal communication, communication guidelines, being an active listener, communicating long distance, roadblocks to communication, and assertiveness and its importance in communication.

Scheduling: Please contact the Military and Family Life counselor at 919 886-3346 or 919 722-7184.

Interpersonal Problem Solving

TIME: 45 minutes

COURSE DESCRIPTION: Helps address problems in a manner that still shows respect for the relationship, lowers the intensity, and makes it easier for two people to find a resolution to the problem or come to an understanding or compromise they can each live with.

SCHEDULING: Please contact any Resilience Trainer to set up a class for within your unit or contact the Community Support Coordinator at 722-4492.

READINESS

Redeployment & Reintegration

TIME: 1.5 hours

COURSE DESCRIPTION: All returning Warriors must attend Reintegration Briefing.

SCHEDULING: Please contact the M&FRC at 722-1123.

Pre-Deployment & Remote Tour Briefing

TIME: 1 hour

COURSE DESCRIPTION: Mandatory for all Remote / TDYs over 30 days. Spouses are encouraged to attend. Mandatory voting assistance information was provided.

SCHEDULING: Please contact the M&FRC at 722-1123.

Hearts Apart Bowling Night

TIME: 4 hours

COURSE DESCRIPTION: Bowling activity for Deployed and Remote Tour families

SCHEDULING: Each Monday evening from 1700 – 2100 (may be affected by Federal holidays). Please contact the M&FRC at 722-1123.

Hearts Apart Dinner & Social

TIME: 2 hours

COURSE DESCRIPTION: Dinner and activities for families of deployed and remote families.

SCHEDULING: Quarterly, 1st month of the quarter, contact the M&FRC at 722-1123 for more information.

RELOCATION

Newcomers Orientation

TIME: 8 hours

COURSE DESCRIPTION: Orientation & Information Fair for Newcomers; Breakout session for Spouses. Held the third Tuesday of every month.

SCHEDULING: Please contact the M&FRC at 722-1123.

ABC's of PCS'ing

TIME: 2.5 hours

COURSE DESCRIPTION: Information to help you navigate a PCS.

SCHEDULING: Please contact the M&FRC at 722-1123.

TRANSITION ASSISTANCE PROGRAM (TAP)

TAP 5-day DoL workshop: -

TIME: 8 hours each day

COURSE DESCRIPTION: To prepare members for the transition to civilian life.

SCHEDULING: Please contact the M&FRC at 722-1123.

Pre-separation Briefing:

TIME: 3.5 hours

COURSE DESCRIPTION: To prepare members for the possibility to begin the transition to civilian life.

SCHEDULING: Please contact the M&FRC at 722-1123.

Higher Education 2-day Track:

TIME: 2 - 8 hours days

COURSE DESCRIPTION: Educate members on their education benefits and how to fully utilize them.

SCHEDULING: Please contact the M&FRC at 722-1123.

Career Exploration & Planning 2-day Track:

TIME: 2 - 8 hour days

COURSE DESCRIPTION: Educate members about acquiring a certification or skill for employment.

SCHEDULING: Please contact the M&FRC at 722-1123.

Boots 2 Business 2-day track:

TIME: 2 - 4 hour days

COURSE DESCRIPTION: AD members or spouses who are interested in starting their own business or franchise.

SCHEDULING: Please contact the M&FRC at 722-1123.

Deployment of Labor Employment 2-day Track:

TIME: 2 - 8 hour days

COURSE DESCRIPTION: Prepares members as they transition out for finding a job in the civilian work force.

SCHEDULING: Please contact the M&FRC at 722-1123.

Nutrition & Fitness

Body Fat Analysis:

TIME: By appointment only

COURSE DESCRIPTION: This course is open to all members of our community and will provided information about the person's body composition status.

SCHEDULING: Please contact the Health Promotion Team at 722-0407.

Running Gait Analysis:

TIME: By appointment only

COURSE DESCRIPTION:

For all community members who want to enhance their run, and Airmen interested in increasing their AF PFT run time, the gait analysis is designed to assist your needs.

SCHEDULING: Appointment needed. Please contact the Health Promotion Team at 722-0407.

Lunch with the Dietitian:

TIME: By appointment only

COURSE DESCRIPTION: Designed for the airman, especially those who utilize the Dining Facility. If you have questions on how to best use the Go for Green system, have a meal with the Registered Dietitian at the DFAC.

SCHEDULING: Please contact the Health Promotion Team at 722-0407.

Prenatal Nutrition Class:

TIME: 1st & 3rd Thursday every month at the Family Life Center at 0900

COURSE DESCRIPTION: This class is especially designed for expecting parents and expecting mothers. New "Moms and Dads" are to be provided with information on exercise and healthy food choices during and after pregnancy. The pregnancy nutrition class is offered bi-monthly on Thursday mornings in the Family Life Center, and taught by our Registered Dietitian in concert with Family Advocacy, Tricare, and Dental.

SCHEDULING: Please contact the Health Promotion Team at 722-0407 for scheduled dates.

Nutrition & Fitness

Tobacco Cessation:

TIME: No formal course available. See resources below.

COURSE DESCRIPTION: Airmen are encouraged to choose cessation, in doing so individuals promote a healthier and tobacco free environment. Consider use of the following initiatives to reduce tobacco use:

- American Lung Association (ALA)
Help line 1-877-695-7848
- Freedom from smoking online course
Visit <http://www.ffsonline.org>
- Quit Tobacco. Make Everyone Proud!
Visit <http://www.ucanquit2.org>

SCHEDULING: Contact the Health Promotions Team to learn about upcoming tobacco education classes and support groups at 722-0407.

Nutrition Classes:

TIME: 8 week class, Mondays at 0800 at the Family Life Center. Tuesdays at 0930 at the Family Life Center

COURSE DESCRIPTION: Re4m is open to all members of our community and will provide information on the basics of good nutrition. Topics include strategies for good nutrition, eating healthy on the go, supplement safety, pre/post work out meals, maintaining a healthy body weight, and healthy snacking. This is an 8 week class with a 1:1 session with the dietitian included.

SCHEDULING: Please contact the Health Promotion Team at 722-0407 for scheduled dates.

Supplement Education:

TIME: By appointment only

COURSE DESCRIPTION: Supplement education is offered to give you specific strategies to optimize human performance using optimal nutrition and safe dietary supplement augmentation.

SCHEDULING: Please contact the Health Promotion Team at 722-0407 to register.

Nutrition & Fitness

Smart Cart:

TIME: By appointment only

COURSE DESCRIPTION: Smart cart commissary tours are designed to help individuals identify healthy options at the grocery store. This tour is led by the Registered Dietitian who will provide guidance on healthy food options, food label reading, budget friendly food items, foods easy to prepare for dormitory living, healthy food for on the go and healthy lunch bag items. This tour is open to all commissary beneficiaries.

SCHEDULING: Please contact the Health Promotion Team at 722-0407 for more information.

PCBH Sleep Class:

TIME: Schedule via appt line, 4-session series

COURSE DESCRIPTION: PCBH sleep class (4-session series) utilizing Cognitive Behavioral Therapy to address sleep disturbances.

SCHEDULING: Schedule via the MDG appt line at 722-1802.

Interpersonal Problem Solving

Interpersonal Problem Solving – Seeing the Point

TIME: 15 minutes (15-20 people/small group)

COURSE DESCRIPTION: Seeing the Point is an excellent introduction to training in creative thinking, creative problem-solving and innovation skills and interesting and engaging way of introducing the concept of 'alignment' and energy: The solution to the puzzle is a visual representation of doing more with less.

SCHEDULING: Please contact anyone at the Equal Opportunity office 919-722-1180/1181/1183/11841 for additional details or tailored training to meet your needs.

Interpersonal Problem Solving River Crossing

TIME: 45 – 60 minutes (15 people/small group)

COURSE DESCRIPTION: The goal of River Crossing is to move the entire group across the river, using only the "planks of wood" provided and without falling in the river. The learning objective is to develop support within the group – emotional and physical; clarify communication and decision making; examine leadership-how and why leadership may shift during planning and completion of task and balance planning with action as a group solving problems.

SCHEDULING: Please contact anyone at the Equal Opportunity office 919-722-1180/1181/1183/11841 for additional details or tailored training to meet your needs.

Interpersonal Problem Solving-Marshmallow Challenge

TIME: 30 minutes (12 – 40 people)

COURSE DESCRIPTION: This activity involves several teams competing to assemble the tallest freestanding structure in a given time period with set materials. The learning objective is to explain the importance of a well-functioning team.

SCHEDULING: Please contact anyone at the Equal Opportunity office 919-722-1180/1181/1183/11841 for additional details or tailored training to meet your needs.

Interpersonal Problem Solving

Interpersonal Problem Solving-Toxic Waste

TIME: 30 - 45 minutes (10 people) (can rotate to accommodate more)

COURSE DESCRIPTION: This is a popular, engaging small group initiative activity which always provides a rich teamwork challenge. Involves thinking, imagination, action, fantasy, risk and an attractive solution. The challenge is to move the toxic waste contents to the "neutralization" container using minimal equipment and maintaining a safe distance within a time limit.

SCHEDULING: Please contact anyone at the Equal Opportunity office 919-722-1180/1181/1183/11841 for additional details or tailored training to meet your needs.

Interpersonal Problem Solving-Minefield

TIME: 30 - 45 minutes (15-30 people)

COURSE DESCRIPTION: Imagine navigating a space filled with objects you can't step on. Now imagine the same task but without your eyesight. The only thing you have to guide you is a peer's voice leading you through. Your peer can see the mine field ahead, and you must rely completely on their instructions to make it through the obstacle. Notes: Activity needs a large amount of open space to conduct activity.

SCHEDULING: Please contact anyone at the Equal Opportunity office 919-722-1180/1181/1183/11841 for additional details or tailored training to meet your needs.

Interpersonal Problem Solving-The Lifeboat

TIME: 45 - 60 minutes (20 – 35 people)

COURSE DESCRIPTION: Personnel are on a sinking cruise ship that was headed to the Bahamas. As the ship is sinking, members have a certain amount of time to make decisions on who is allowed on the lifeboat based on limited information given about each member on the boat. Those that are left on the sinking cruise ship will likely go down with the ship and die. Notes: Activity needs a large amount of open space to conduct activity.

SCHEDULING: Please contact anyone at the Equal Opportunity office 919-722-1180/1181/1183/11841 for additional details or tailored training to meet your needs.

Interpersonal Problem Solving

Interpersonal Problem Solving-Building a Bridge

TIME: 40 - 50 minutes (8 – 24 people)

COURSE DESCRIPTION: Using the materials provided, two teams must work together to build a bridge, with each sub-team constructing half the bridge each. During the challenge, teams cannot see each other and must rely on their communication skills to build an identical design. The learning objective is to develop communication skills, problem solving and creative thinking, active listening, cooperation and teamwork.

SCHEDULING: Please contact anyone at the Equal Opportunity office 919-722-1180/1181/1183/11841 for additional details or tailored training to meet your needs.

Interpersonal Problem Solving-Pass the Chicken

TIME: 45 – 65 minutes (6 – 60 people)

COURSE DESCRIPTION: This activity is designed to have every player at every table touch every Audible Object individually and pass it to every other player as quickly as possible. Over 4 to 5 rounds of play, teams will discover ways to improve their performance. The underlying goal, of course, is to improve the process (how they get the job done) and reduce the amount of time necessary to complete a task that meets all of the stated objectives.

SCHEDULING: Please contact anyone at the Equal Opportunity office 919-722-1180/1181/1183/11841 for additional details or tailored training to meet your needs.

Interpersonal Problem Solving-Colourblind

TIME: 65 minutes (6 – 16 people)

COURSE DESCRIPTION: Each participant is blindfolded and issued with a number of small plastic pieces. The brief suggests that the group has to identify the colour and shape of two pieces that were removed from the complete set of plastic pieces before they were distributed amongst the participants. The participants cannot transfer or exchange their pieces with each other and are reliant upon high quality verbal communication only, to solve their problem. At the end of the exercise they must identify a single 'group' answer to the problem.

SCHEDULING: Please contact anyone at the Equal Opportunity office 919-722-1180/1181/1183/11841 for additional details or tailored training to meet your needs.

Interpersonal Problem Solving

Interpersonal Problem Solving-Jenga

TIME: 30 minutes (4 – 20 people)

COURSE DESCRIPTION: In this team building activity, the team has to build a structure using wooden blocks. What they don't know is that they then have to remove blocks without compromising their structure! This activity is a great metaphor for how it's necessary for the various parts of the organisation to support each other, and how removing or leaving certain functions out can cause things to fall apart.

SCHEDULING: Please contact anyone at the Equal Opportunity office 919-722-1180/1181/1183/11841 for additional details or tailored training to meet your needs.

Interpersonal Problem Solving-Building Blocks

TIME: 30 - 60 minutes (10 – 60 people)

COURSE DESCRIPTION: This game encourages problem solving and helps groups learn to communicate effectively. This activity requires very little context, however, it can take between 30-60 minutes. In fact, the minimal directions and explanation are essential to the process. Have participants sit in a circle. Dump the blocks in a pile on the floor, leaving the container somewhere in the circle. Tell your group, "This is a game that will help us think about how our group works collectively. We'll go around the circle and take turns moving the blocks. There are two rules: move only one block at a time, and no one talks."

SCHEDULING: Please contact anyone at the Equal Opportunity office 919-722-1180/1181/1183/11841 for additional details or tailored training to meet your needs.

Interpersonal Problem Solving

Interpersonal Problem Solving-True Colors

TIME: 60 - 90 minutes (10 – 25 people)

COURSE DESCRIPTION: True Colors® is a model for understanding yourself and others based on your personality temperament. The colors of Orange, Gold, Green, and Blue are used to differentiate the four central True Colors® personality styles. Each of us has a combination of the four True Colors that make up our personality spectrum, usually with one of the styles being the most dominant. By identifying your personality (and the personalities of others), True Colors provides insights into different motivations, actions, and communication approaches. Note: The EO office has a limited number of available activity books. Please check with EO staff on book availability. Unit could potentially need to cover the cost of \$9.95 per person. Cost covers activity booklet with cards for members to keep.

SCHEDULING: Please contact anyone at the Equal Opportunity office 919-722-1180/1181/1183/11841 for additional details or tailored training to meet your needs.

Interpersonal Problem Solving-Conflict Dynamic Profile Assessment

TIME: 30 - 90 minutes (1 – 15 people)

COURSE DESCRIPTION: The Conflict Dynamics Profile (CDP), an assessment instrument measuring conflict behaviors, is an excellent resource to increase self-awareness and improve conflict management skills. The CDP is unlike any other assessment tool in that it focuses specifically on conflict behaviors, rather than styles. It helps individuals and teams understand how they respond to conflict, what triggers can escalate conflict, and how to manage conflict more effectively. Note: This activity is not free, cost is \$35.00 per person. Cost covers survey, report, and individual development guide.

SCHEDULING: Please contact anyone at the Equal Opportunity office 919-722-1180/1181/1183/11841 for additional details or tailored training to meet your needs.

Interpersonal Problem Solving- Resiliency Program Skillset

TIME: 45 minutes

COURSE DESCRIPTION: Helps address problems in a manner that still shows respect for the relationship, lowers the intensity, and makes it easier for two people to find a resolution to the problem or come to an understanding or compromise they can each live with.

SCHEDULING: Please contact any Resilience Trainer to set up a class for within your unit or contact the Community Support Coordinator at 722-4492.

Counseling

Chaplains (Privileged Counseling)

Chaplains are available upon request to provide counseling dealing with relationship issues such as pre-marital and marital issues, crisis intervention and spiritual and faith based matters. To set up an appointment with a chaplain please call 722-0315. All counseling is privileged and confidential.

Military and Family Life Counselor Program

- Masters or Doctorate-level licensed counselors
- Provides short-term , non-medical counseling services to service members and their families
- Provides psycho-education to help military service members and their families understand the impact of deployments, family reunions following deployments and other stresses related to the military life
- Can provide services on or off of military installations
- Can provide services to individuals, couples, families and groups
- With the exception of child abuse, domestic abuse and duty to warn situations, services are private and confidential.
- Presentation available; anger management, communication, conflict resolution, deployment, grief and loss, marriage and couples, parenting, returns and reunions and stress management. MFLC contact information 919 886-3346 or 919 750-4101

Military One Source

Sometimes the care of friends and family isn't enough to pull you through a difficult stretch. Military OneSource is committed to promoting readiness and resilience in military members and families. Confidential non-medical counseling provides service members and their loved ones with resources and support to address a variety of issues and build important skills to tackle life's challenges. Sessions are available through the Military and Family Life Counseling Program at installations worldwide and through Military OneSource. Learn more about who we serve and eligibility requirements or call Military OneSource 800-342-9647 to speak with a consultant 24 hours a day, seven days a week, from anywhere in the world.

Counseling

Primary Care Behavioral Health(PCBH)

Short-term behavioral health counseling within the Primary Care setting, designed to optimize your overall health. Flexible resource available for Active Duty and Dependents. Specially trained psychologists and social workers assist with developing a team-based approach to treating all aspects of your health – biological, psychological, and social. Brief 20-30 min appts aimed at addressing factors that limit your overall health. Schedule appts via the MDG appt line at 722-1802.

Legal Readiness

Legal: The 4th Fighter Wing legal office offers a variety of services to active duty members to promote the greatest degree of legal readiness possible. The legal office provides active duty servicemembers, dependents, and retirees powers of attorney and notaries on a walk-in basis from 0730-1630 Monday through Friday. The legal office assists Airmen in their protections and responsibilities under the Servicemembers Civil Relief Act, Uniformed Services Employment and Reemployment Rights Act of 1994, family law, landlord/tenant issues, consumer law, and taxation. Lastly, we prepare and execute wills, advance medical directives, and healthcare powers of attorneys on Wednesdays. All other legal assistance appointments are available Mondays, Tuesdays, and Thursdays.

Contact Legal at 919-722-5322 for questions or to schedule an appointment.