

MENTAL HEALTH CLINIC

The mental health clinic is located in building 3458 in the 87th Medical Group, 2nd floor, room 2B01.

Mental health services are currently only available for all active duty service members of all branches.

Program Objective: Services provided at the mental health clinic include individual, group and psycho-educational treatment for stress, depression, anxiety, marital discord, military duty issues, adjustment difficulties, loss or death, family difficulties, management of anger and physical pain, communication problems, sleep disturbance, and other mental health-related concerns. Psychology services provide stress management classes and traumatic stress pre- and post-exposure briefings. Psychology services also provide extensive consultation to command and civilian entities on mental health issues. Military evaluations for Air Force special clearances or duty are arranged as required by Air Force instruction or policy.

Appointments: New patients scheduling their first appointment with the Mental Health Clinic require a brief assessment, called “triage,” which is done by a mental health technician. Triage may be conducted either in person or by telephone and are for the purpose of ensuring that you receive the appropriate level of care. If you are seeking services on your own (voluntarily), you are not required to see your primary care manager first nor do you require a referral from them.

To ensure quick and timely service prior to scheduling an appointment, please make sure you have enrolled in TRICARE at our facility.

Walk-in Services: The Mental Health Clinic offers walk-in hours Monday through Friday starting at 1200-1530. Walk-in hours are for urgent care only (for example, suicidal or homicidal ideation, or experiencing significant levels of distress). All patients will be screened prior to seeing the walk-in provider.

After Hours Mental Health Emergencies: If you experience an emergency outside of clinic operating times (between 1630-0700) you should report to the nearest emergency room or call 911.

Cognitive Skills Program: This is a three-part class that teaches the basic principles of Cognitive Behavioral Therapy (CBT). CBT helps people to identify unhealthy thought patterns and adopt more helpful thoughts, attitudes, and beliefs. Participants will learn new strategies to incorporate into their lives to improve their moods and day-to-day functioning. Classes are also open to dependents.

Special Duty Evaluations:

Recruiting (Air Force)

Evaluations generally require a medical record review only. If you require an appointment after your medical record is reviewed then someone from the

Mental Health Clinic will contact you. Anytime you are ready to be a recruiter please stop by to drop your paperwork off at our front desk.

MTI/MTL/Sniper School (Air Force)

All three of these evaluations require a mental health appointment. If you are applying to be a MTI, your spouse will also require an evaluation. Appointments for these types of special duty evaluations will require additional time on your part and ours due to their lengthy requirements. Start the process early if you are thinking of applying.

Special Duty Evaluations (All other branches)

Due to the nature of Army special duty clearances, all Army special duty evaluations are conducted at Keller Army Hospital in West Point, NY. The Behavioral Health Clinic at Keller can be reached by calling 845-938-3441. Special duty clearances for members of other services will be conducted by the nearest military treatment facility of the Service member's branch.

Additional Mental Health Options for Care (including family members):

Military OneSource

In addition to offering 24/7 information and resources, Military OneSource can provide a referral for in-person counseling. When there is a need, a consultant can refer a Service member or eligible family member to a licensed professional counselor in the local community for twelve sessions per issue at no cost to the military or family member. Call 800-342-9647 for more information.

Military Family Life Consultants (MFLCs)

Military & Family Life Consultants are available to service members and their families:

- o Deployment/reintegration issues
- o Marriage and relationship issues
- o Parenting/sibling and family issues
- o Stress and anxiety
- o Grief and loss
- o Daily life issues

Call 1-800-977-7595 for more information.