



PERFORMANCE
R2CENTER

R2 Performance Center

R2 Performance Center

Phone: (315) 772-4928 or (315) 774-2321

Services Offered:

R2 Performance Experts have been engaged in teaching resilience (MRT) and performance skills to Soldiers, Family members and DA Civilians for more than seven years.

- Training focuses on increasing awareness of how the mind affects behaviors, and teaches mental skills that can be operationalized (used by individual/self-application)
- Coached to other Soldiers, Family members and DA Civilians

Learning these skills and making them a part of their daily lives results in enhanced **resilience**, optimized **performance** and sustained personal readiness.

Resilient Soldiers, Family members and Army Civilians perform better, which results in improved **unit readiness** and better lives.

The training provided by Performance Experts focuses on Soldiers' abilities rather than limitations, helping them build **confidence** and **optimism**, which are critical competencies to have when going through recovery and transition.



Army Wellness Center

Army Wellness Center

Phone: (315) 772-4608 or (315) 772-4528

Service Offered: Provides customized prevention programs and services to build and sustain optimal health and improve the overall lifestyles of Soldiers, Family members, Retirees, and DA Civilians to empower participants to set and achieve health goals. Core Programs - Health Assessment Review, Physical Fitness, Healthy Nutrition, Stress Management, General Wellness Education, Tobacco Education.



Religious Support

Religious Support

Phone: Religious Support Office: (315) 772-5591
Division Chaplain's Office: (315) 772-6905

Services Offered: Worship services, pastoral counseling, weekly ladies groups, Bible studies, youth group, children's religious education, and other religious services.



Department of Behavioral Health (DBH)

Department of Behavioral Health (DBH) is located at multiple sites throughout post. Contact DBH for locations.

Phone: (315) 772-2778

Services Offered: DBH provides outpatient assessment, diagnosis and treatment for behavioral health and traumatic brain injury rehabilitation. Specific programs include: Screening for TBI, Depression, PTSD, Anxiety, ADHD and other behavioral health conditions; Individual and Group Counseling; Medication Management; and evaluation and treatment for partner relational problems and domestic violence. A Behavioral Health Triage Clinic is available during regular duty hours for Soldiers with urgent behavioral health issues at each DBH clinic. Referrals to inpatient care at other facilities are available as determined by the treatment team. Consultation and training is available for command teams and units to address organizational challenges, resilience, and behavioral health promotion.

Substance Use Disorder Clinic (SUDCC) is located in BLDG T-26 First Street W.

Phone: (315) 772-3301

Services Offered: Assessment and treatment of substance use disorders for Soldiers, Family members (pending availability) & retirees (pending availability).

Child, Adolescent and Family Behavioral Health Services (CAFBHS)

Phone: (315) 772-1074/1079

Services Offered: Provide integrated Behavioral Health systems of care to achieve optimal social, emotional and behavioral functioning in Army Children and Families.



Garrison Safety Office

Accident Prevention and Risk Management

Phone: (315) 772-0310/3022

Services Offered: Army Traffic Safety Program for Mandatory Motorcycle Training for Soldiers. Winter Driving and Snow Blower classes, Garrison & Tactical Safety support for both Soldiers and DA Civilians and providing Community, Home, Recreation & Family Safety.

Fort Drum Prevention Programs Informational Guide



The **Installation Prevention Council (IPC)** and the Garrison Commander want to help you find the services you need while serving at Fort Drum. This tri-fold lists the services and contact numbers for resources on post that help support you, your Family members and Civilian employees.



Soldier & Family Readiness Center (SFRC)

10250 4th Armored Division Dr.

Army Substance Abuse Program (ASAP)

Phone: (315) 772-6704

Facebook: <https://www.facebook.com/FortDrumASAP/>

ASAP Specialist

Phone: (315) 772-6706/2371

Services Offered: Designs educational and awareness programs, develops and updates lesson plans. Provides resources for proactive unit drug and alcohol awareness, education, and training programs.

Drug Testing

Phone: (315) 772-9017/3855/8802/4636

Services Offered: Drug testing deters Soldiers from using and abusing drugs and enables commanders to assess the security, military fitness, good order and discipline of their units.

Risk Reduction Program (RRP)

Phone: (315) 772-6705

Services Offered: Commander's tool designed to identify and reduce Soldiers high-risk behaviors. POC for Commander's Risk Reduction Toolkit, Unit Risk Inventories, Command Consults, Brigade and Battalion Wellness Meetings obtained to take appropriate actions.

Suicide Prevention Program (SPP)

Phone: (315) 772-9018

Services Offered: Provides resources for suicide intervention skills, prevention and follow-up in an effort to reduce the occurrence of suicidal behaviors.

Exceptional Family Member Program (EFMP)

Phone: (315) 772-5476

Services Offered: Assists with the special physical, emotional, developmental, and intellectual needs by providing community support services such as resources, information and referral, advocacy, support groups, respite care and relocation assistance.



SFRC continued...

Family Advocacy Program (FAP)

Phone: (315) 772-5914

<https://www.facebook.com/FTdrumFAP/>

Services Offered: Provides education and training, outreach and crisis intervention in order to prevent abuse or neglect and strengthen Families and communities.

New Parent Support Program (NPSP)

Phone: (315) 772-0748/4070/3571/2933

Services Offered: Provides guidance to parents and caregivers of infants and toddlers on positive parent-child interaction and age appropriate activities to enhance the child's development and build on parenting skills.

Victim Advocates (VA)

Phone: (315) 772-5605 Hotline: (315) 955-4321

Services Offered: Provides non-clinical advocacy services and support to victims of domestic violence.

Family Readiness Center (FRC) 11042 Mt Belvedere Blvd.

Outreach Services

Phone: (315) 772-6557

Information & Referrals

Phone: (315) 772-6556

Army Emergency Relief (AER)

Phone: (315) 772-6560

<https://www.facebook.com/FortDrumArmyEmergencyRelief>

Services Offered: Provides emergency financial assistance to active duty Soldiers, Retirees and Family members during times of valid emergency need in the form of interest-free loans and/or grants to those who qualify.

Employee Assistance Program (EAP)

Phone: (315) 772-2597

Services Offered: Assist Civilian employees and Family members to identify and resolve personal problems that may affect their job performance & daily life. This includes Stress & Anger Management classes, Stone Art Therapy, Communication and more.

Financial Readiness Program (FRP)

Phone: (315) 772-2919/0050

www.facebook.com/Fort-Drum-Financial-Readiness-ACS

Services Offered: Provides education, counseling and support services to assist Soldiers and their Families with their financial affairs.

FRC continued...

Mobilization & Deployment (MOB/DEP)

Phone: (315) 772-2848/0470/0509

Services Offered: Pre-planning for Family assistance designed to ensure that a comprehensive, realistic, effective, and coordinated assistance delivery system is in place prior to military operations.

Relocation Readiness Program (RELO)

Phone: (315) 772-6566/6553

Services Offered: Relocation planning and information to help with a smooth transition.



**MILITARY & FAMILY
LIFE COUNSELING**

**Military & Family Life
Counselors (MFLC)**

Military Family Life Counselors (MFLC)

Phone: (315) 350-1868 / 315-481-8878

Service Offered: Provides short term counseling services for Soldiers, Family Members and Retirees. MFLCs are embedded in all of the brigades, located in local schools, CYSS, and have a rotational team located at the FRC providing support and participating in community events.



**Sexual Harassment
Assault Response
Program (SHARP)**

Sexual Harassment Assault Response Program (SHARP)

Division SHARP

Phone: (315) 774-2728

Garrison SHARP (located inside FRC)

Phone: (315) 774-0158

24/7 SHARP Hotline: (315) 767-6128

Service Offered: Provides support and advocacy for victims of sexual harassment and/or assault as well as prevention and awareness training.

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