2BCT 10MTN Resource List

Call 911 if someone is an immediate threat to themselves or others.

Mountain CARES
10th MTN Resources

Contact List

Mental Health Services	
2BCT Embedded Mental Health	315-772-6703
10th MTN On-Call Chaplain	315-772-8620
Division Mental Health (Wilcox BH)	315-772-0215
2BCT Military and Family Life Counselors (MFLC)	315-481-9698 / 317-0000
Military One Source	1-800-342-9647
Ft Drum Child, Adolescent & Family Behavioral Health (CAFBHS)	315-772-1074
Family Advocacy Program (FAP)	315-772-5914
Substance Use Disorder Clinical Care (SUDCC)	315-772-3301
Samaritan Mental Health	315-779-5060
Crisis Lines	
Emergency Services	911
Military / Veteran Crisis	*988 + 1
Mobile Crisis	315-782-2327 / 315-405-0696
Suicide Prevention Lifeline	800-273-8255 (Talk)
10th MTN SHARP Hotline	315-767-6128
Veterans Affairs (VA) Help Line	1-888-457-4838
FAP Victim Advocate	315-772-5605 / 8934
Fort Drum Crisis Hotline	315-955-4321
DOD Safe Helpline (Sexual Assault Reporting)	1-877-995-5247
Medical	
Guthrie AHC	315-772-2778
Bowe TMC	315-772-4795 / 5478
Conner TMC	315-772-7059
Armed Forces Wellness Center	315-772-4608 / 4528
Stone Dental Clinic	315-772-5576
2BCT H2F	315-772-3524

Financial	
Financial Readiness Program (FRP)	315-772-5196
Army Emergency Relief (AER)	315-772-6560
Installation Military Financial Office	315-772-5529
Legal	
Legal Assistant Office	315-772-5261
10th MTN Judge Advocate General's (JAG) Office	315-772-6369 / 3067
Inspector General	315-772-5492
Readiness & Specialized Programs	
Front Desk MP Station	315-772-5156
Better Opportunities for Single Soldiers (BOSS) Program	315-772-7807
Family Resource Center	315-772-6556
10th MTN SHARP Resource Center	315-774-2196 / 2728 / 2143
Family and Morale, Welfare, Recreation (FMWR)	315-772-5685
Exceptional Family Member Program (EFMP) - Family Support	315-772-5476
Clark Hall - EFMP Enrollment	315-772-4653
New Parent Support Program	315-772-6929
Soldier and Family Readiness Center	315-772-6704
inTransition	800-424-7877
Community Resources	
Women, Infant, Child Program (WIC)	315-782-9222
Maternal Child Health Care	315-786-3770
Postpartum Resource Center of NY	1-855-631-0001
Family Counseling Services	315-782-4483
Watertown Vet Center	315-782-5479
Samaritan Hospital Main Campus	315-785-4000
Food Resources See QR Code in document	

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Note: Any QR codes with this document can only be access by Screenshot-> Photos-> Tap and Hold the QR code -> Click link! Thank you!

2BCT Embedded Mental Health

Your Embedded Mental Health (EMH) Clinic: What We Do for You

The EMH clinic is your dedicated, local resource for comprehensive mental health care, integrated directly into your brigade's footprint to ensure easy and rapid access to support. Our mission is to support your operational readiness by providing effective mental health assessments and treatments. Here are the core services we offer:

Service	Description
Individual & Group Therapy	Confidential one-on-one or group sessions to help resolve or improve symptoms related to stress, mood, anxiety, and other behavioral health conditions.
Medication Management	Our qualified prescribers can provide evaluations and manage medications to help resolve or improve psychiatric symptoms, often in conjunction with therapy.
Command Support & Consultation	We work directly with your command to provide consultation on behavioral health concerns, conduct Command-Directed Evaluations (CDEs), and offer feedback on a Soldier's fitness for duty.
Specialty & Administrative Evaluations	We conduct required behavioral health evaluations for specific military duties and situations, such as for security clearances, recruiting or drill sergeant duty, and administrative separations.
Crisis & Traumatic Event Response	Our teams can respond to traumatic events within your unit to provide management and support. During duty hours, we offer walk-in services for acute crises, like suicidal thoughts.

Understanding 2BCT EMH Role: What We Don't Do

To ensure you get the right care at the right time, it's also important to understand the services that fall outside the scope of an EMH clinic

We Don't...	Why and Where to Go Instead
Provide 24/7 Emergency Services	EMH clinics are not emergency rooms. For any behavioral health emergency after duty hours (such as suicidal thoughts or violent behavior), you should go to the nearest hospital Emergency Room or call 911.
Treat Family Members or Civilians	EMH clinics are exclusively for assigned Active-Duty service members. Family members and children have access to other excellent resources, such as the Multi-Disciplinary (Multi-D) clinic, Child and Family Behavioral Health Services (CAFBHS), or the Family Advocacy Program (FAP).
Handle Disciplinary Issues	While we can help you manage stress or other issues, failing to report for duty or disrespecting superiors are disciplinary issues handled by your chain of command. A behavioral health diagnosis does not excuse misconduct.
Treat Normal Emotional Responses	Feeling sadness, anger, or frustration are normal parts of the human experience. Coping with these emotions with the support of your team, family, or chaplain is encouraged. We are here when these emotions become overwhelming or persistently interfere with your life and duties.
Offer Non-Medical Life Counseling	For non-clinical issues like financial stress or general relationship advice, resources like the Military and Family Life Counselors (MFLC), Army Community Service (ACS), or Military OneSource are often the best place to start.

Contact Information:

Appointment Line: **315-772-6703**

Location: **10262 4th Armored Division Drive, Fort Drum NY 13602**

2BCT Military and Family Life Counselors (MFLC)

Your Military & Family Life Counselors: What We Do for You

MFLC provides free, confidential, non-medical counseling to service members, their families, and survivors. Our counselors are highly qualified professionals trained to understand the unique challenges you encounter. We are here to provide a trusted, private space to talk through life's challenges. Here are the core services we provide:

Service	Description
Short-Term, Non-Medical Counseling	We deliver face-to-face counseling to help you address issues such as improving relationships at home and work, stress management, adjustment difficulties, preparing for a move, parenting skills, and coping with grief and loss.
Strictly Confidential & Private	Our services are confidential, and we keep no formal records. This allows you a safe and private space to discuss concerns without it being part of your official military or medical file.
Flexible & Accessible Support	Our counselors are available to meet both on and off the installation, in schools, and at Child Development Centers, making it easy to connect with us. We can meet with you individually, as a couple, or as a family.
Unit & Community Education	We provide briefings to the military community on topics relevant to your well-being, such as stress management, communication, and deployment readiness.
Referrals to Other Resources	If your needs go beyond our scope, we can provide a warm hand-off and connect you to the right resources, like military chaplains, Army Community Service (ACS), or clinical behavioral health providers.

What We Don't Do

The MFLC program is designed for short-term, non-medical support. To ensure you get the right care, it's important to understand the services that fall outside our scope.

We Don't...	Why and Where to Go Instead
Provide Mental Health Diagnosis or Treatment	MFLCs provide non-medical counseling. We do not assess for or treat clinical conditions like PTSD, Major Depression, or other psychiatric disorders. For diagnosis and treatment, you should see the Embedded Mental Health (EMH) clinic.
Prescribe or Manage Medication	As non-medical providers, we cannot prescribe medication. If you need an evaluation for medication, please contact the EMH clinic or your primary care provider.
Handle Emergencies or Crises	MFLC is not an emergency service. For any behavioral health emergency, such as suicidal thoughts or acute distress, please go to the nearest hospital Emergency Room or call 911 immediately.
Keep Clinical Records	Our services are designed to be confidential and off-the-record. We do not maintain therapy files or document sessions in your medical records.
Address Substance Abuse Issues	Clinical treatment for substance abuse is a specialized service. If you are concerned about your or someone else's substance use, you should contact the Substance Use Disorder Clinical Care (SUDCC) program.
Get Involved in Command Functions	We do not provide Command-Directed Evaluations (CDEs) or fitness-for-duty assessments, nor do we report to your command (except in cases of duty-to-warn, such as harm to self/others or illegal activity). Command-related evaluations are handled by the EBH clinic.

Contact Information:

Appointment lines: **315-481-9698/ 315-317-0000**

Military OneSource

What is Military OneSource?

Military OneSource is a free, official War Department resource for service members, eligible family members and select others, offering trusted information, tools and benefits to support military life.

Military OneSource: **1-800-342-9647** https://www.militaryonesource.mil/

Expert help is available 24/7 by phone or live chat, with free counseling offered both in person and online. Link to: phone or live chat

- **Confidential counseling**: Get support for a variety of issues and build skills to tackle life's challenges by phone or secure video calls and live chat.
- **Budgeting and saving**: Access tools and guidance to help you create budgets, save money and build long-term financial stability.
- **Education and employment**: Learn about advancement opportunities for every military family member.
- **Health and wellness**: Learn how we can help you manage your physical and mental health—including preventative care, fitness and nutrition.
- **Parenting**: Find affordable, quality childcare, learn about adoption and foster care and help your children excel in school.
- **Healthy relationships**: Whether you're single, dating or married, find tools and programs to help you feel more connected.
- **Moving and PCS**: Find resources for every step — before, during and after PCS moves, CONUS or OCONUS.
- **MWR, discounts and travel**: Discover programs and perks designed for your off-duty time.

Get Answers from Experts 24/7

Connect with experts who understand the military lifestyle and everything that comes with it. We're here for you with support and guidance, personalized coaching, or confidential counseling.

MILITARY ONESOURCE

Family Life Chaplain

24/7 Emergency Chaplain Support
☎: (315) 772-8620

Protestant Services	Catholic Services
Gospel Service Sunday School, 10:00 AM Worship Service, 11:00 AM Po Valley Chapel **Traditional Service** Sunday, 11:00 AM Riva Ridge Chapel **Chapel Next Service** Sunday, 11:00 AM Main Post Chapel	(All at Main Post Chapel) **Mass** Saturday, 5:00 PM Sunday, 9:00 AM **Daily Mass** Monday- Friday, 12:00 PM **Eucharistic Adoration** All Fridays, 5:15 PM **Confession** Saturday, 4:00PM
Jewish Services	**Islamic Services**
Shabbat Friday, 6:00 PM Main Post Chapel	**Jum'ah** Friday, 12:30 PM Main Post Chapel
Latter Day Saints Bible Study	**Liturgical Services**
Tuesday, 6:00 PM Riva Ridge Chapel	Thursday, 7:00 PM Riva Ridge Chapel
Pagan Service	
Weekly Service - Riva Ridge Chapel 5:30 p.m.	

What Does the Chaplain Do?

Army Chaplains provide embedded spiritual leadership and emotional support to all Soldiers and their families, regardless of religious affiliation. They offer professional counseling for a wide range of issues, including stress, relationship challenges, and ethical dilemmas, while serving as a primary resource for building personal resilience. Most significantly, Chaplains provide 100% absolute confidentiality under military law, offering a unique, judgment-free environment where Soldiers can discuss sensitive matters without any information being shared with the chain of command or reflected in official records.

Armed Forces Wellness Center

Previously: Army Wellness Center

Core Services to Optimize Your Performance

Health & Fitness Assessments: Go beyond the scale. Get a clear picture of your health with our state-of-the-art technology.

- **Body Composition Analysis (Bod Pod):** Accurately measure your body fat and muscle mass in a quick, two-minute test.
- **Metabolic Testing:** Discover your unique metabolic rate to create a precise nutrition plan for your weight management goals.
- **Fitness Testing:** Assess your cardiovascular fitness (VO2), strength, and flexibility to establish personalized heart rate training zones.
- **Nutrition & Weight Management:** Learn to fuel your body for peak performance. We offer a range of support from general education to specialized clinical care.
- **Individual Counseling:** Meet one-on-one with a Registered Dietitian for personalized Medical Nutrition Therapy (MNT) for specific health conditions (referral may be required).
- **Stress Management & Resilience:** Gain control over your stress response and enhance your mental readiness.
- **Introductory Class:** Learn the fundamentals of stress and master relaxation techniques like deep breathing and meditation.
- **Individual Biofeedback Training:** In one-on-one sessions, use advanced biofeedback technology to see your body's stress response in real-time and perfect techniques to manage it.
- **Sleep Education:** Improve your energy, recovery, and readiness by optimizing your sleep.
- **Healthy Sleep Habits Class:** Learn strategies and develop healthy routines for better sleep quality.
- **Individual Sleep Coaching:** Get personalized assistance to address your specific sleep challenges.
- **Tobacco & Nicotine Cessation:** Ready to quit? We provide the support you need to succeed.
- **Free Cessation Class:** Get a comprehensive overview of the quitting process, medications, and strategies to manage triggers.
- **Long-Term Support:** Benefit from a six-month follow-up program and one-on-one counseling to help you stay tobacco-free for good.

Contact Information:

To schedule appointments for Fitness, Stress, and Sleep services,
call: **(315) 772-4608 or (315) 772-4528**
Location: **Building 10550, 5th Armored Division Drive**

Family Advocacy Program (FAP)

Who is Eligible?

All services are FREE and available to all Soldiers, their Family Members, and DoD Civilians.

Prevention & Education Programs to Strengthen Your Family

FAP provides education, classes, and workshops designed to build healthy relationships and enhance life skills.

- **New Parent Support Program (NPSP):** Voluntary home visitation program for families expecting a child or with children up to 3 years old.
- **Home Visits**: Receive guidance and support from registered nurses and social workers in the comfort of your own home.
- **Parenting Workshops**: Attend classes like "Baby Basics," "Terrific Toddlers," and "Scream Free Parenting" to build your skills.
- **Playgroups**: Join weekly playgroups to help your children develop social skills and connect with other parents.
- **Baby Bundles**: Receive a bundle of donated goods and educational resources after your baby is born.
- **Relationship & Life Skills Workshops**: Strengthen your relationships and personal resilience with our diverse classes.
- **Couples & Relationship Enrichment**: Learn the "Five Love Languages" in a "Cook With Your Mate" class or attend workshops on healthy communication and marriage enrichment.
- **Stress & Anger Management**: Get the tools to recognize triggers and manage stress and anger in a healthy, positive manner.
- **Parenting Education**: A wide range of classes are available to assist with parenting children of all ages, from infants to teens, including a four-week Positive Parenting Series.
- **Victim Advocacy Program**: Confidential and comprehensive support for victims of domestic abuse.
- **24/7 Crisis Support**: Trained professional victim advocates are available around the clock to provide crisis intervention and non-clinical support.
- **Safety Planning**: Assistance with creating safety plans and accessing safe shelter options.

Information & Accompaniment: Receive information on reporting options (Restricted and Unrestricted) and accompaniment through medical, investigative, and legal processes.

Contact Information:

FAP Main Line (for class registration & general info): **(315) 772-5914**
Victim Advocate (Duty Hours): **(315) 772-5605 or (315) 772-8934**
24/7 Domestic Violence Crisis Line: **(315) 955-4321**
Location: Soldier and Family Readiness Center (SFRC), **Bldg. 10250, 4th Armored Division Drive**

Women, Infant, Child Program (WIC)

Healthy Food, Healthy Families

The Women, Infants, and Children (WIC) program provides healthy foods, nutrition education, breastfeeding support, and healthcare referrals to support growing families in our community. WIC is here to help ensure the health and well-being of income-eligible families with young children.

Who is Eligible for WIC?

WIC is a free nutrition program for:

- Pregnant individuals
- New mothers (up to 6 months postpartum, or 12 months if breastfeeding)
- Infants and children under the age of 5
- Fathers, grandparents, foster parents, and other legal guardians of a child under 5

What Does WIC Provide?

- eWIC Card for Healthy Foods: Receive monthly benefits on an eWIC card, which works like a debit card, to buy nutritious foods like:
- Milk, cheese, tofu, and eggs
- Fruits and vegetables
- Whole-grain bread, tortillas, and brown rice
- Cereal, juice, and peanut butter
- Infant formula, cereal, and baby food
- Nutrition Counseling & Health Education: Meet with nutritionists to discuss your family's health, receive personalized nutrition advice, and get tips for staying healthy.
- Breastfeeding Support: Get support from Certified Lactation Counselors and Breastfeeding Peer Counselors. WIC also offers free breastfeeding support groups for all moms in the area.
- Referrals to Other Services: WIC connects families to other healthcare and community services to support your overall well-being.

How to Apply:

Appointments can be made in person or over the phone.

What you will need for your appointment:

- Proof of identity, income, and residency
- Immunization records for children
- A completed medical referral form from your healthcare provider (if available)

Contact Information:

Watertown WIC Office Phone: **(315) 782-9222**
Location: **238 Arsenal Street, Watertown, NY 13601**
Hours of Operation: Monday - Friday: 7:30 AM – 5:00 PM

Watertown Vet Center

Serving Those Who Served

The Watertown Vet Center offers a wide range of social and psychological services to help Veterans and Service members make a successful transition from military to civilian life. We provide confidential help for Veterans and their families, as well as for those who have experienced sexual trauma during their military service.

Who is Eligible?

Our services are confidential and provided at no cost to eligible Veterans, Service members, and their families. You are eligible if you:

- Served in any combat zone or area of hostility.
- Experienced military sexual trauma (MST), regardless of gender or era of service.
- Provided direct medical care or mortuary services to casualties of war.
- Served as a member of an unmanned aerial vehicle (UAV) crew that provided support to combat operations.
- Are a Vietnam Veteran who served between 2/28/1961 and 5/7/1975.
- Served on active military duty in response to a national emergency or major disaster.
- Are a current or former member of the Coast Guard who participated in a drug interdiction operation.
- Are a family member of a Veteran or Service member who is eligible for Vet Center services

Confidential Services We Provide

- **Counseling & Support**
- **Individual & Group Counseling:** For Veterans, Service members, and their families.
- **Family Counseling:** For military-related issues.
- **Bereavement Counseling:** For families who have lost a loved one while on active duty.
- **Military Sexual Trauma (MST) Counseling:** For both men and women.
- **Substance Abuse Assessment & Referral:** Connection to specialized care.
- **Community & Connection**
- **Community Engagement:** We provide education and outreach to the community and connect Veterans with resources.
- **Referrals:** We can connect you with other VA benefits and community resources, including help with filing claims.

Contact Information:

Location: **142 J.B. Wise Place, Watertown, NY 13601**
Phone: **(315) 782-5479**
24/7 Vet Center Call Center: **877-WAR-VETS (877-927-8387)**
Hours of Operation: Monday - Friday: 8:00 AM – 4:30 PM

2BCT Holistic Health and Fitness (H2F)

Optimizing Soldier Performance and Readiness

The Holistic Health and Fitness (H2F) program is a comprehensive, integrated system designed to empower and equip Soldiers to take charge of their health, fitness, and well-being. The 2BCT H2F team is dedicated to optimizing individual performance, preventing injury, and ensuring our "Commando" Soldiers are physically and mentally prepared to fight and win.

Your 2BCT H2F Team & Services

The 2BCT has a dedicated H2F team of specialists embedded within the brigade to provide direct support to Soldiers. This team includes:

- Strength and Conditioning Coaches: Experts who design and lead physical training programs, focusing on proper form and technique to maximize performance and prevent injuries.
- Occupational Therapists: Help with injury prevention and recovery, including providing education on topics like sleep hygiene.
- Registered Dietitians: Offer guidance on proper nutrition to fuel performance and maintain a healthy lifestyle.
- Cognitive Performance Specialists: Provide training to enhance mental readiness and resilience.
- Physical Therapists: Assist with the rehabilitation of injuries to get Soldiers back in the fight.

Services Offered

- Unit & Individual Training: H2F staff work with units and individual Soldiers to instill the importance of proper exercise form, sleep, and nutrition.
- Injury Prevention & Recovery: With a focus on reducing preventable injuries, the H2F team provides education and resources to keep Soldiers healthy. Data shows that units with H2F have a 14% decrease in musculoskeletal injuries.
- Sleep Education: The H2F team provides education on the importance of sleep for recovery and performance and can connect Soldiers with sleep counselors.

Get Connected

All newly arrived Soldiers are introduced to the H2F program during in-processing at the 10th Mountain Reception Company. For more specific support, reach out to your unit leadership or the H2F team members embedded in your battalion.

Contact Information:

2nd BCT H2F: **315-772-3524**

Address: **10263 Fourth Armored Division Dr Fort Drum, NY 13602**

Food Resources for Fort Drum



Army Emergency Relief (AER) at Fort Drum

Soldiers Helping Soldiers in Times of Need

Army Emergency Relief is the Army's own emergency financial assistance organization, dedicated to helping Soldiers and their Families navigate valid, unforeseen financial crises. AER provides a safety net in your time of need with dignified and confidential assistance.

Who is Eligible for Assistance?

- Active-duty Soldiers (single or married) and their dependents.
- Members of the National Guard and Reserve on continuous active duty for more than 30 days and their dependents.
- Soldiers retired from active duty for longevity or physical disability, and their dependents.
- Surviving spouses and orphans of eligible Soldiers who died on active duty or after retirement.

How AER Helps

AER provides financial assistance for valid emergencies to help reduce stress and allow Soldiers to focus on their mission.

Type of Assistance: Help is provided as an interest-free loan, a grant, or a combination of both.

- What it Covers: Assistance is available for essential needs, including but not limited to:
  - Food, Rent, or Utilities
  - Emergency Travel
  - Vehicle Repair or Insurance
  - Funeral Expenses
  - Medical or Dental Expenses not covered by TRICARE
  - Essential Furniture

How to Apply for Assistance

During Duty Hours: Assistance is provided on a walk-in basis.

What to Bring:

- Valid Military ID Card
- Latest End-of-Month Leave and Earnings Statement (LES)
- Supporting documents for your emergency (e.g., emergency leave form, car repair estimate, lease, utility bill).

After-Hours Emergencies: For emergencies outside of normal business hours, contact the American Red Cross at (877) 272-7337.

Contact Information:

Phone: **(315) 772-6560 / 6559 / 6557**
Hours of Operation: Monday - Friday: 7:30 AM – 4:30 PM
Location: **Bldg. 11042 Mount Belvedere Boulevard Fort Drum, N.Y. 13602**

Fort Drum Financial Readiness Program

Your Partner in Financial Success

The Army Community Service (ACS) Financial Readiness Program is your resource for achieving financial stability and reaching your personal goals. We provide free, confidential counseling and training to help you take control of your finances, reduce debt, and build a secure future for you and your family.

Who is Eligible?

Our services are FREE and available to all Soldiers, their Family Members, Retirees, and DoD Civilians.

Services We Offer to Enhance Your Financial Readiness

Confidential Financial Counseling: Meet one-on-one with a certified financial counselor to create a personalized plan. We can help you with:

- Creating a personal budget and spending plan
- Debt management and elimination strategies
- Improving your credit score
- Understanding the Thrift Savings Plan (TSP)
- Saving for major purchases (car, home, etc.)
- Preparing financially for a PCS, deployment, or transition

Army Emergency Relief (AER): AER provides emergency financial assistance to Soldiers and their Families in times of valid, unforeseen need.

- How it Works: Assistance is provided as an interest-free loan, a grant, or a combination of both.
- What it Covers: Helps with essentials like rent, utilities, emergency travel, funeral expenses, car repairs, and more.
- How to Apply: Contact our office to schedule an appointment with an AER officer.

Financial Education Classes & Workshops: We offer a variety of classes to build your financial knowledge, including mandatory training for First-Term Soldiers and workshops on topics relevant to all stages of your career.

Consumer Affairs & Advocacy: Protect yourself from predatory practices. Our counselors can:

- Review contracts and legal documents before you sign.
- Assist with resolving consumer complaints.
- Provide information on your consumer rights

Contact Information:

To schedule an appointment or for more information, call: **(315) 772-5196 / 5058**
Hours of Operation: Monday - Friday: 7:30 AM – 4:30PM
Location: **Bldg. 11042, Mount Belvedere Boulevard Fort Drum, N.Y. 13602**

Better Opportunities for Single Soldiers (BOSS) Program

Our Mission

The Better Opportunities for Single Soldiers (BOSS) program at Fort Drum is dedicated to enhancing the morale, welfare, and overall quality of life for single Soldiers. We provide a supportive social network and a wide range of recreational, educational, and community service opportunities. Our goal is to help Soldiers de-stress, build relationships, and develop life skills in a positive and engaging environment.

Who We Serve

BOSS is open to all single Soldiers, including:

- Single parents
- Geographical bachelors
- National Guard and Reservists on active-duty status for more than 30 days
- All ranks, both enlisted and officers

*While our priority is single Soldiers, married Soldiers are always welcome to participate in our activities.

Get Involved

- Meetings: Learn more about BOSS and how you can get involved by attending our monthly meetings. They are open to all BOSS representatives and single Soldiers.
- When: First Tuesday of every month at 3 p.m.
- Where: BOSS Center
- Become a Representative: Each battalion and company has a BOSS representative who communicates with their unit and the BOSS council. If you are interested in becoming a representative and taking on a leadership role, attend a meeting to learn more.

What We Offer

The BOSS program is built on three pillars: Quality of Life, Community Service, and Recreation & Leisure. We organize a variety of events and activities in each of these areas.

- **Quality of Life & Life Skills**: We offer a variety of life skills workshops and events to help Soldiers develop personally and professionally. Past and recurring events include:
- **Mindfulness and Stress-Relief:** Events like our "Mindfulness Paint" session help Soldiers creatively express their emotions and learn stress-reduction techniques.
- **Fitness Challenges:** "Stronger Together" workouts and other fitness events promote physical and mental resilience.
- **Educational Seminars:** We host seminars on topics such as financial readiness, career development, and more.
- **Community Service:** Giving back to the community is a core part of the BOSS program. We provide regular opportunities for Soldiers to volunteer, such as:
- **Feed the Vets:** Help support local veterans by volunteering at the Watertown "Feed the Vets" food pantry.
- **SPCA Trips**: Volunteer your time at the Jefferson County SPCA.
- **Blood Drives:** Support the American Red Cross by donating blood at our blood drives.
- **Recreation & Leisure:** BOSS offers a wide range of fun and engaging recreational activities. These events are a great way to meet new people and explore the local area. Some examples include:
- **Outdoor Adventures:** Join us for hiking, horseback riding, and other outdoor excursions.
- **Sports and Gaming:** We organize various sports tournaments, such as powerlifting competitions and video game tournaments.
- **Social Events:** We host a variety of social gatherings, from cookouts to trips to local attractions.

The BOSS Center

Our BOSS Center is a dedicated space for single Soldiers to relax, socialize, and participate in our programs. It is a place where you can connect with fellow Soldiers and feel like you are part of a community.

Contact Information:

Phone: **(315) 772-7807**
Hours of Operation: Monday - Sunday: 11 a.m. to 7 p.m.
Federal Holidays and DONSAs (days of no scheduled activities): 1 p.m. to 7 p.m.
Location: **Bldg. 10650 5th Armored Division Drive, Fort Drum, NY 13602**

SHARP Coordinator

YOUR VOICE. YOUR CHOICE. YOUR CONTROL.

The Army's SHARP (Sexual Harassment/Assault Response & Prevention) program is your shield and your advocate. We are committed to fighting for a culture of dignity and respect, free from sexual harassment and assault. You are not alone. We have your back.

KNOW YOUR REPORTING OPTIONS:

You are in control. Choose the path that is right for you.

RESTRICTED REPORTING = CONFIDENTIAL SUPPORT	UNRESTRICTED REPORTING = OFFICIAL INVESTIGATION
This is a 100% confidential option. It allows you to get the help you need without triggering an official investigation or notifying your command. **WHAT YOU GET:** ➢ Full access to medical care & counseling. ➢ A dedicated Victim Advocate (VA) to support you.	This option provides you with all the same support, PLUS it launches an official law enforcement investigation to hold offenders accountable. **WHAT YOU GET:** ➢ Full access to medical care & counseling. ➢ A dedicated Victim Advocate (VA) to support you. ➢ An official investigation by law enforcement. ➢ Command is notified and can offer support

WHO TO TALK TO:

- SARC or VA
- Your Chain of Command
- Law Enforcement (CID/MP)

GET HELP NOW - 24/7 & CONFIDENTIAL

Reach out anytime. A trained professional is ready to help.

🚨 Fort Drum SHARP 24/7 Hotline: **(315) 767-6128**

Your unit SARC and Victim Advocate are always available to provide direct, immediate support.

DOD Sexual Assault Self Helpline

Support for Survivors of Sexual Assault

The DoD SAFE Helpline is the Department of Defense's sole, secure, and confidential crisis support service for members of the DoD community affected by sexual assault. Help is available 24/7, worldwide.

Our Services are Always:

- Confidential: Your privacy is our priority.
- Anonymous: You do not have to share any personally identifying information.
- Secure: We use secure technology to protect your communication.
- Available 24/7: Get help anytime, day or night, from anywhere in the world.

Who We Support

- The SAFE Helpline is available to all members of the Department of Defense community, including:
- Active-Duty Service Members
- National Guard and Reserve Members
- Veterans
- DoD Civilians
- Adult Family Members

What We Provide

- Crisis Intervention Support: Immediate, confidential help from trained professionals.
- Information on Reporting Options: Understand the difference between Restricted and Unrestricted Reporting.
- Connection to Resources: We can connect you with your local Sexual Assault Response Coordinator (SARC), Victim Advocate (VA), or civilian resources for long-term support.
- Safe Help Room: A moderated, secure group chat service where you can connect with and support other survivors.
- Self-Care Tools: Access exercises and information to help you on your path to healing.

Contact Information:

You are not alone. Trained professionals are ready to provide one-on-one support.

CALL: 877-995-5247
Call anytime for confidential, anonymous support.
The phone number is safe to call from the U.S. and worldwide via DSN.

CLICK: SAFEHelpline.org
Visit the website to start a secure, one-on-one chat session with a trained staff member.

DOWNLOAD: The "SAFE Helpline" App
Get the free mobile app to connect with support and access self-care exercises to help you heal.

Family and Morale, Welfare, and Recreation (FMWR)

Your Source for Fun, Fitness, and Family Activities!

The Directorate of Family and Morale, Welfare, and Recreation (DFMWR) provides a wide variety of programs and services to enhance the quality of life for Soldiers, Families, Retirees, and Civilians at Fort Drum. From fitness and recreation to family support and entertainment, MWR is here for you!

Sports, Fitness & Aquatics

Stay active and healthy with our state-of-the-art facilities.

- Fitness Centers: Fort Drum has three fitness centers: Magrath Sports Complex, Monti Physical Fitness Center, and Atkins Functional Fitness Facility. They offer cardio equipment, weight rooms, basketball courts, and fitness classes.
- Magrath Pool: Enjoy a 25-meter indoor pool for PT, open swim, and various aquatic programs.
- Intramural Sports: Get competitive and join a league! The Intramural Sports Office is located in the Magrath Sports Complex

Recreation & Leisure

Explore new hobbies and enjoy your downtime with these great options.

- Outdoor Recreation: Rent equipment for your next adventure or join a guided trip. Services include equipment rentals and exciting programs.
- Remington Park: This premier recreational area features a beach for swimming, paddle boats, and kayaks during the summer. It also offers cottages, cabins, and an RV campground for recreational lodging.
- Pine Plains Bowling Center: Enjoy bowling, food, and fun for the whole family.
- Robert C. McEwen Library: Check out books, movies, video games, and use the public computers. The library also offers children's programming and online resources.
- Automotive Skills Center: Get access to tools, instruction, and space to work on your vehicle at a low cost.

For Families & Children

MWR provides a robust support system for Fort Drum families.

- Child & Youth Services (CYS): Offers a wide range of programs including Child Development Centers (CDCs), Family Child Care, School Age Centers, and Youth Sports & Fitness.
- Army Community Service (ACS): Provides numerous support programs for individuals and families.

Entertainment & Dining

- The Peak: A great venue for events and social gatherings.
- Sip of Glory Coffeehouse & Mountain Peak Ice Cream: Grab a coffee or a sweet treat.

Single Soldier Programs

Better Opportunities for Single Soldiers (BOSS): This program gives single Soldiers a voice and provides opportunities for community service and recreation.

Website: For a full list of programs, events, and facility hours, visit https://drum.armymwr.com/

Inspector General

GOT A PROBLEM? NEED ANSWERS?

When your chain of command can't solve the issue, we can. The Inspector General (IG) is your impartial and confidential resource for resolving complex problems within the U.S. Army.

We are the eyes and ears of the Commander, here to ensure fairness for all.

WHEN SHOULD YOU CONTACT THE IG?

If you've tried your chain of command and still need help, or if you feel you can't go to your chain of command, we are your next step. We assist with issues of:

- Fraud, Waste, and Abuse
- Mismanagement & Misconduct
- Injustice & Impropriety
- Violations of Law or Policy

Our mission is to be an unbiased fact-finder, not to take sides. We help Soldiers, Family Members, Civilians, and Retirees.

YOUR CONFIDENTIALITY IS GUARANTEED.

"What is said to the IG, stays with the IG."

We are a safe and confidential channel for you to voice your concerns without fear of reprisal. Your privacy is protected.

HOW WE HELP: THE FOUR IG FUNCTIONS

- **ASSIST**: We help you navigate the system and find solutions to your problems.
- **INVESTIGATE**: We conduct formal investigations into non-criminal allegations to find the facts.
- **INSPECT**: We ensure Army systems are working and units are ready.
- **TEACH & TRAIN**: We help the force understand Army standards and how the IG can help

Contact Information:

PHONE: **(315) 772-6740**
LOCATION: **Bldg. 10011, South Riva Ridge Loop Fort Drum, NY 13602**
HOURS: Monday - Friday, 9 AM – 5 PM
(Walk-ins are always welcome)
https://home.army.mil/drum/index.php/contact/inspector-general

Free Mental Health Applications

App Name	Focus Area	Description
PTSD Coach	Trauma & Stress Management	Developed by the VA, this app provides tools, educational resources, and self-assessments to help users manage daily stress and symptoms associated with PTSD.
Mindfulness Coach	Stress Reduction	Also from the VA, this app teaches mindfulness techniques to help reduce stress, improve emotional balance, and ground users in the present moment.
AIMS for Anger Management	Anger Management	This tool allows users to track, address, and manage irritability and anger, helping them maintain control and reduce frustration in their daily lives.
Virtual Hope Box	Coping & Distraction	This app contains simple, interactive tools to assist users with coping, relaxation, positive thinking, and guided distraction.
Breathe2Relax	Anxiety & Stress Relief	This app trains users on diaphragmatic or "belly breathing" techniques, which have proven benefits for overall mental health, panic management, and stress reduction.
MindShift CBT	Anxiety & Worry	Uses evidence-based Cognitive Behavioral Therapy (CBT) exercises to help individuals gently challenge negative thought patterns and cope with anxiety or social panic.
What's Up?	Emotional Regulation	Combines CBT and Acceptance and Commitment Therapy (ACT) principles to help users cope with difficult emotions, manage distress, and track habits.
Safety Plan	Crisis Intervention	Allows users to create a custom, step-by-step action plan to keep themselves safe when experiencing severe distress or thoughts of self-harm.
CBT-i Coach	Insomnia & Sleep Readiness	Developed in collaboration between the VA and the DHA, this app provides a structured program to help users improve their sleep habits, track sleep quality, and learn techniques to quiet the mind before bed.
ACT Coach	Psychological Flexibility	Based on Acceptance and Commitment Therapy, this app helps users manage difficult thoughts and feelings by staying mindful and taking action aligned with their core values.

Keep this in mind: While these apps are excellent tools for daily maintenance, stress reduction, and resilience building, they are not a replacement for professional clinical care.