

THE JRTC AND FORT POLK

GUARDIAN

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QUALITY OF LIFE LINES OF EFFORT



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Family Child Care program offers employment opportunity, Family flexibility

By **CHRISTY GRAHAM**

Public Affairs Specialist

FORT POLK, La. — For military working parents, finding the right childcare option for their children is paramount to Family and mission success.

At the Joint Readiness Training Center and Fort Polk, military Families and Department of Defense civilian employees have several choices for care at the Child Development Centers, but lesser known to the public is the Family Child Care Program, which offers in-home child care on the installation.

Alisa Edwards, Child and Youth Services administrator, explained FCC providers are not only held to the same standards as the CDCs, but they are afforded the same support in terms of training, field trips and supplies.

"Families can rest assured that any FCC provider is receiving the same training as caregivers in any of the CDCs, and they undergo monthly inspections, ranging from fire and safety to health checks," Edwards said.

Some of the major benefits for working military Families are the in-home care of an FCC provider offers smaller class ratios, a home-like environment and flexible schedules that can meet the needs of parents who have shift work schedules, given their FCC provider meets the requirements to offer extended care.



Milka Karanja (second on right), Fort Polk FCC provider, takes the children she cares for to Fort Polk's Splash Park, July 29, to enjoy water play on a summer morning.

The benefits of the program also extend beyond what the Families receive.

"Before coming to work in the centers, I was an FCC provider. I was able to be present for my boys, but I was also earning an income as I cared for other children," Edwards said.

Milka Karanja, Fort Polk FCC provider, said she's been a provider for eight years and loves her work.

"The best part of being an FCC provider is the ability to work with children from home," Edwards said.

CYS offers FCC providers reoccurring training, child care center furnishings, art supplies, books and toys for the children.



Olivia Fisher (right) and Ailey Coffe (center) attempt to splash Milka Karanja (left), Fort Polk FCC provider, at Fort Polk's Splash Park, July 29.

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Cover photo: Led by the 79th Infantry Brigade Combat Team, approximately five thousand soldiers from 21 states and territories, including Puerto Rico, and our coalition partners of Mexico, participate in field exercises at the Joint Readiness Training Center at Fort Polk. JRTC trains brigades to conduct large-scale operations in the most realistic, demanding, rigorous battlefield environment. The operations are designed to challenge units to increase readiness and support globally deployable missions. (Photo Courtesy 79th Infantry Brigade Combat Team)

Child care

Continued from page 1

CYS also helps providers organize field trips for kids. They facilitate trips to the Alexandria Zoo and regular trips to Fort Polk's Allen Memorial Library and Splash Park.

Another benefit for FCC providers are military and United States Department of Agriculture subsidies.

"Each month, we help FCC providers calculate their totals and fill out the appropriate forms to receive their subsidies, which is in addition to what the Families pay for care to the individual providers," Edwards said.

If someone is interested in being certified as an FCC provider, they can begin by calling CYS Services. Once CYS staff takes their information, they will be scheduled for a two-hour orientation, which covers the rules, regulations, steps and required forms to complete the certification process.

"If they decide they are interested in continuing, they will complete and return the required forms and undergo the necessary background checks, a Family interview, health screening, training and finish the process by setting up their home — with the help of CYS — and receive their pre-inspections," Edwards said.

Interested in becoming an FCC provider? The next orientation is scheduled for Aug. 4.

For more information or to register for orientation call (337) 531-1955.

Milka Karanja (right), Fort Polk FCC provider, watches Ailey Coffee (left) and Donald Hetland (second on left) as they enjoy a warm summer morning at Fort Polk's Splash Park.



CHRISTY GRAHAM/ GUARDIAN

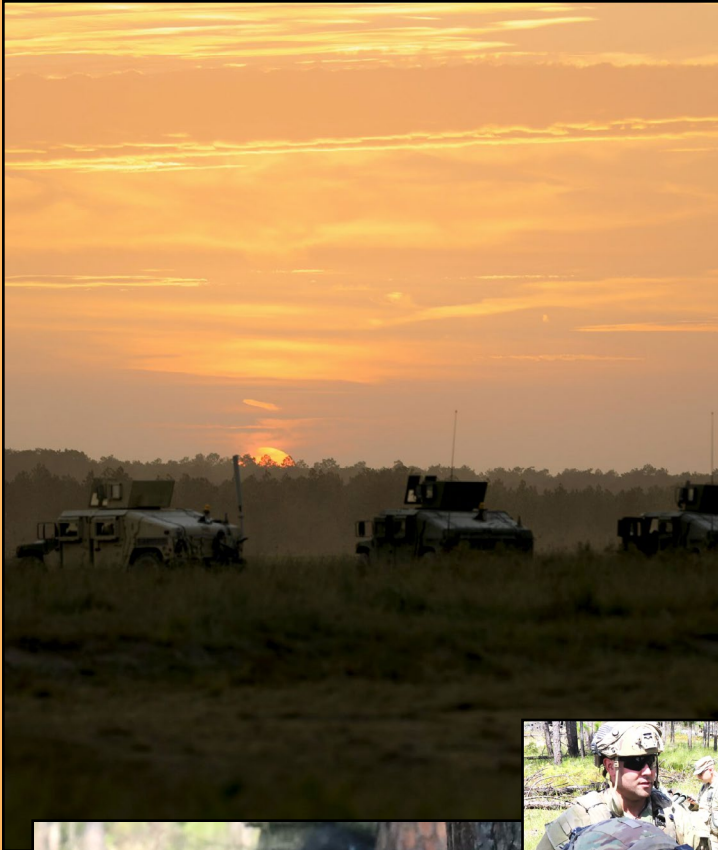
Milka Karanja (left), Fort Polk FCC provider, watches Donald Hetland (left) wait to be dumped with water at Fort Polk's Splash Park, July 29.



Milka Karanja (left), Fort Polk FCC provider, enjoys a warm summer morning with the children in her care at the Fort Polk Splash Park, July 29.



Fort Polk's Joint Readiness Training Center hosts multi-national rotation



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COURTESY 79th INFANTRY BRIGADE COMBAT TEAM



RAYMOND BERNARD/PAO

Change of Command

A Change of Command ceremony for Headquarters and Headquarters Company, United States Army Garrison, Fort Polk was held July 13 in the 1st Battalion, 5th Aviation Regiment Hangar, as Capt. Robert F. Sweeney relinquished command to Capt. Brandon S. Owlett.



Change of Responsibility

A Change of Responsibility ceremony for Headquarters and Headquarters Company, United States Army Garrison, Fort Polk was held July 14 in the 1st Battalion, 5th Aviation Regiment Hangar, as 1st Sgt. Kantonio Brownlee relinquished responsibility to 1st Sgt. Juan Aguilar.



CHUCK CANNON/GUARDIAN

Infantry mortar course

The Mobile Training Team Infantry Mortar Leader Course is taking place over the next few weeks. Soldiers across the 18th Airborne Corps including 3rd Brigade Combat Team, 10th Mountain Division, 3rd ID, 101st Airborne and 82 Airborne are at Fort Polk to take the course. As part of the course, Soldiers were learning how to set and use the M2 aiming circle July 18. The aiming circle assists Soldiers in setting up the mortars in the same direction.



ANGIE THORNE/GUARDIAN



ANGIE THORNE/GUARDIAN

Housing Town Hall

Installation leadership and housing officials hosted a Housing Town Hall in the Dogwood Terrace community July 27. Residents were able to share their housing questions and concerns, maintaining the open dialogue between the Fort Polk community and JRTC and Fort Polk leadership.



Aspire to August's anti-terrorism awareness month aspects

DPTMS

FORT POLK, La. — The Army has designated August as Anti-terrorism Awareness Month. It's an opportunity to train, educate and increase Fort Polk's overall awareness. With the commemoration of the 21st anniversary of the terrorist events of 9/11, it's important to remain vigilant.

Violent extremism poses a critical threat to the homeland and U.S. military operations overseas. Acts of violent extremism undermine the rule of law and the protection of human and civil rights. The threat is not limited to a single political, religious or ideological background.

Regardless of its motivation, violent extremism can have devastating effects on both civilian and military communities — as evidenced by the attacks at Fort Hood and the Washington Navy Yard, among others.

Although violent extremism is not a new phenomenon, rapid changes in online communications continues to evolve the threat. Violent ideologies and propaganda are now more accessible than ever, making it more difficult to identify and stop extremists before they act.

To prevent terrorism, the U.S. must stay ahead of terrorists and be on guard in their own community for violent extremism. A wide variety of domestic violent extremism movements pose a threat to the U.S. For example, white supremacists, ecoterrorists, anti-government or radical separatist groups.

Some individuals become active members in groups such as terrorist organizations and hate groups and take action within their affiliated group's purview.

Others, however, often referred to as "lone wolves," don't have direct connection with a specific group, but are inspired by the group's rhetoric or group-sponsored violence.

For example, in San Bernardino, Calif., 14 people were killed and 22 seriously injured. The perpetrators were violent extremists inspired by jihadist terrorist groups, but not directed by them and not part of any terrorist cell or network. Nonetheless, affiliating with any specific group or espousing extremist beliefs does not mean an individual will commit violent acts.

Police and local law enforcement, Joint Readiness Training Center and Fort Polk community leaders, friends, families, co-workers, teachers, retirees and community services play an important role in preventing vulnerable individuals from beginning on the path to radicalization and violence.

Education, awareness and dialogue are important tools for prevention. The overarching theme for fiscal year 2022 is anti-terrorism support to the warfighter.

This cross-cutting theme, combined with specific quarterly theme focus areas, seeks to address infrastructure protection, cybersecu-

Maintain Vigilance

Protect yourself, your family, and your community

Summertime! A time for outdoor activities, travel, vacations, and moves to new duty locations. It is also a time when we may let our guard down—given all of the distractions around us. We are good at protecting ourselves against the obvious dangers, but may overlook the hidden threats. Make summer fun and safe by staying vigilant, alert, and aware of your surroundings. Get in the practice scanning your surroundings and know what to do if you spot suspicious activity.

Be aware of your surroundings.
Protect yourself, your family and your community.

Always Ready, Always Alert
Because someone is depending on you

COURTESY U.S. ARMY

rity, strategic support areas, global threat hot spots, adversarial use of advanced technology and anti-terrorism support to contingency operations.

The 2022 focus areas are to help guide commanders on how to recognize and report suspicious activity and take actions to prevent terrorist activities. This year, cyber threat awareness and prevention; vetting visitors at Army activities; protection of standalone facilities and anti-terrorism strategies are the focused themes.

The AT Branch will also focus their efforts on heightening awareness and vigilance in order to protect the JRTC and Fort Polk community from acts of terrorism.

The goal is for all Soldiers, civilians and Family members to understand the concepts, principles, roles, responsibilities and suspicious activity reporting procedures.

Last year, Fort Polk's AT Awareness and iWatch programs were introduced. The iWatch mission is to get the word out to Soldiers, Families, civilians and contractors about how they can help prevent terrorism and protect the community.

AT posters and brochures, as well as the branch's presence at different installation venues this month will ensure that every Soldier and Family member knows what suspicious

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Anti-terrorism

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behavior and indicators are, and understand the importance of reporting suspicious activities.

The Fort Polk community must understand the terrorist threat, take actions to detect and deter terrorists and report suspicious activities. Fortunately, Fort Polk has an Army community that wants to help secure the installation and protect the country.

Many people have noticed something that raised their suspicions and made that call to (337) 531-2677 (COPS). Thanks goes out to those concerned heroes. It only takes one report to prevent something atrocious.

Every member of the Army community plays a part in this fight. They can prevent terrorism by increasing awareness and vigilance. If every individual recognizes and reports suspicious activities, everyone will succeed as a team ... the Army team.

If you have any questions regarding AT awareness and iWATCH call (337) 531-0413/6007 or email mitchell.smith3.civ@army.mil/ adam.t.lynn.civ@army.mil. Remember, if you "See Something ... Say Something!" Report all suspicious activities to (337) 531-2677 (COPS) or the anti-terrorism hotline at (337) 531-6584.

Stay Alert. Have a Plan.
Report Suspicious Activity
August is



Antiterrorism Awareness Month

See Something. Say Something!
Fort Polk Military Police 337-531-2677 or 911



Use Auto Skills

Joint Readiness Training Center and Fort Polk leadership cut the ribbon on the Auto Skills Center July 25 after investments in the center's concrete flooring, equipment and lifts were completed. The center also has a new tractor with forklift capabilities and a 14-ton lift to accommodate larger trucks!

Follow the link <https://bit.ly/3b40jbl> for more information about the Auto Skills Center.

CHRISTY GRAHAM/GUARDIAN

Equal Employment Opportunity program provides fair, neutral options

By **ANGIE THORNE**
Public Affairs Specialist

FORT POLK, La. — People clash. They have different opinions, personalities and lifestyle choices. When those ideologies don't mesh in a social situation, conflict can occur or people can walk away with the option of never seeing each other again.

However, discord is not that easy to shrug off in a work environment. When people don't see eye to eye on a daily basis, the result can be a toxic work environment.

That's why the Fort Polk Equal Employment Opportunity Office exists.

The office is located at 7090 Alabama Ave., building 1454, (within the Judge Advocate General Corps offices next to the new Playtown Cafe).

The EEO mission — as per Joint Readiness Training Center and Fort Polk policy — states employees and job applicants are to be free from discrimination in employment based on race, color, religion, sex, national origin, age (40 or older), mental or physical disability, genetic information or reprisal for prior EEO activity.

To help accomplish that mission, EEO provides a wide range of services including training, advisory services, alternate dispute resolution, complaints processing and more.

April Evans, EEO manager, said the goal is simple — fair treatment for Fort Polk civilians.

"That includes applicants for government service, those already employed by the government and those who may be terminated or moved in the future," Evans said. "One group we don't service, when it comes to complaints, is civilian contractors. They have to go through their contracting officer representative."

Evans said EEO's door is always open and her team reinforces their professionalism.

"We aren't for the employee; we aren't for management; we are strictly for the program," Evans said. "We are a neutral party here to listen. That's what we stand for."

Evans said they will walk a client through the process if the person feels they have been discriminated against.

"You have to have a basis for your complaint such as race, religion, age or one of the other nine protected categories and an issue when you come to our office," Evans said.

EEO will give the complainant options. For instance, if they want to talk to their supervisor about the issue, that's encouraged.

"We want that relationship and communication in place to try resolving the issue at the lowest level," Evans said.

In the event the issue does not fall under EEO's purview, they can still provide help in other ways.

"We know it takes courage to walk through our doors. We never want anyone, regardless of grade, who they work for or where they work, to leave and say, 'that was a waste of my time,'" Evans said. "Instead, we want them to say, 'Wow, EEO couldn't help me, but they gave me a plethora of resources that could help me.'"

If they do have a valid grievance, the EEO complaint process has two parts — a pre-complaint (or informal phase) and a formal complaint stage. Both are governed by the same laws and regulations, using the same discrimination to address the claims raised by individuals.

There are several requirements that must be met before a complaint can move on to the formal stage.

- An individual must act upon the feeling of having been discriminated against by contacting an EEO official within 45 calendar days with the intent to initiate a pre-complaint.

- The EEO official will ask questions about the issue and offer options such as an alternate dispute resolution through mediation or traditional counseling.

- If resolution is achieved, a negotiated settlement agreement will be written and signed by the aggrieved and a management official.

- If resolution is not achieved, the EEO counselor will conduct a final interview with the aggrieved and provide a notice of right to file a formal complaint.

A formal complaint must be filed within 15 calendar days of the date the aggrieved received the notice.

- The first step in the formal process is for the EEO officer to decide whether to accept or dismiss the complaint.

- If accepted, it will be referred to the Department of Defense Civilian Personnel Management Service Investigations and Resolutions Division for a formal investigation.

- If dismissed, the complainant can appeal to the Office of Federal Operations, Equal Opportunity Commission, an independent

Federal agency with the final decision on all administrative complaints of discrimination. Education and training is key to the EEO mission.

"Our office teaches, trains, conducts surveys and focus groups as part of preventive measures when it comes to discrimination," Evans said.

At the end of the day, Evans said EEO provides an ear to listen when someone feels discriminated against and has something to say.

"We give those supervisors and employees options about what they can do when they perceive an issue," Evans said.

Another service EEO offers is mediation with or without an EEO complaint.

"If you and your supervisor or coworker just don't get along, you still have to be professional and work together. You have to find a way to get along. We have certified mediators that can try to help resolve the conflict," Evans said.

Evans emphasized how the tenets of equal opportunity guide the EEO in their mission.

"I'm very passionate about my job. The people on my team work and support EEO and feel it's more than just a job. It's about trying to change behaviors and mindsets, as well as support those being discriminated against," Evans said.

"We aren't the enemy and we're not trying to get anybody in trouble, but if someone does something wrong or illegal, there are consequences."

For more information call (337) 531-1799.



From left to right: Fort Polk's Equal Employment Opportunity team are Willie Chandler, Equal Employment specialist, April Evans, Equal Employment manager and Robert Cini, Equal Employment specialist.



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Suicide prevention initiative puts people first at JRTC

By JEAN CLAVETTE GRAVES
BJACH Public Affairs Officer

FORT POLK, La. — The Joint Readiness Training Center and Fort Polk kicked off the first iteration of safeTALK suicide prevention training during newcomers orientation July 25 at the Education Center.

In an effort to implement the senior mission commander's "Putting People First" priority, assigned personnel will participate in the four hour face-to-face training by March 31, 2023.

Christa Zayas, suicide prevention program manager at JRTC and Fort Polk, said the commanding general's initiative is to have 100% of the installation trained to help all Soldiers better understand warning signs and help those who may be having suicidal ideations.

"Every Monday we will present safeTalk to in-processing Soldiers," Zayas said. "We also have more than 50 safeTalk trainers at the unit level. These trainers will start the safeTalk initiative within their organizational foot print to reach the commanding general's goal."

The workshop teaches participants how to prevent suicide by recognizing signs, engaging someone and connecting them to an intervention resource for further support with the goal being to prevent suicide by elevating the level of awareness within the community.

"People will be able to recognize signs and understand what to do when someone they know is having suicidal ideations," Zayas said. "This training will empower them to ask tough questions. SafeTALK gives participants a better understanding of what to do and how to react to someone who may be thinking of suicide."

The training is also scheduled to be offered to Family members Sept. 9, 16 and 22 to coincide with Suicide Prevention month. SafeTALK is also available to children aged 14 to 17 with parental consent and upon request.

Maj. Jeremiah Snyder, the family life chaplain at the garrison Religious Support Office, is one of four trained safeTalk instructors on hand.

"Chaplains are some of the trainers, but we have trained personnel from a variety of military occupational specialties and ranks who will conduct training for new personnel at their units," Snyder said.

While there have been a variety of different suicide prevention trainings offered to Army personnel over the years, Snyder said safeTalk is some of the best he's seen.

"This training goes deeper than other products. Feedback so far is Soldiers feel more empowered to act, respond and intervene by becoming aware, taking action, engaging in conversations and understanding the hints suicidal individuals are giving out. Often times it takes people on the outside noticing



Maj. Jeremiah Snyder, the family life chaplain at the garrison Religious Support Office, provides safeTALK suicide prevention training during newcomers orientation July 25 at the Joint Readiness Training Center and Fort Polk.

a suicidal person, recognizing the signs and then connecting with them. I call it being politely intrusive. Being blunt and asking if they are thinking about killing themselves," Snyder said.

Recipients of the training won't be required to do a lot of intervention themselves, but rather know the appropriate resources with which to connect the person in crisis.

"I think everyone needs this training and I'm very excited about the commanding general's concept," Snyder said. "I find there is a greater impact training the junior enlisted Soldiers because often a battle buddy will turn to their peers when they are having thoughts of suicide. They aren't going to go up the chain of command, they are going to go to the person immediately to their right or their left."

Lt. Col. Alexander Ragan, installation director of psychological health for JRTC and chief of behavioral health at Bayne-Jones Army Community Hospital, said the Army has experienced a decrease in suicides this year, however compared to the five year data active duty suicide rates are trending higher.

"I don't know the exact reasons for the decrease, but I can speculate that we are doing better at capturing suicidal ideations earlier," Ragan said. "There are three stages to an intervention plan: asking for help, offering help, accepting the help. Accepting help is the hardest. Providing safeTalk training to every-

one will give more Soldiers the tools necessary to know what questions to ask and what resources to offer those considering suicide."

BJACH is taking it a step further.

"In addition to getting everyone trained, our commander has created an internal resiliency working group," Ragan said. "We are trying to determine how we as leaders are taking care of our team to better take care of our patients."

Ragan said BJACH wants people to be happy and find satisfaction coming to work.

"In relation to safeTalk training and suicide prevention, there are so many things we can do to help build resilience in our community," Ragan said. "From a behavioral health perspective, there is a continuum of help: self-help, buddy aid, professional non-medical help, primary care and specialty services."

The safeTalk program is designed to give peers tools to recognize when someone they care about is suffering and help them in a meaningful way.

"As a people first initiative, safeTalk training is designed to give individuals more and more confidence when someone comes to them in pain," Ragan said. "This training will help each of us know what to do and where to take a suicidal person for additional support."

To schedule safeTALK training for your organization call (337) 531-6787 or email christa.m.zayas.civ@army.mil.

Primary care behavioral health program connects physical, mental health

By JEAN CLAVETTE GRAVES

BJACH Public Affairs Officer

FORT POLK, La. — Behavioral health consultants in primary care clinics at Bayne-Jones Army Community Hospital aim to better address the mental and physical health of service members, Families and retirees at the Joint Readiness Training Center and Fort Polk.

Col. Anthony Noya, BJACH's patient-centered medical home chief, said the Defense Health Agency recognizes the link between behavior and mindset as it relates to overall health.

"The primary care behavioral health program provides additional resources to our clinicians and patients who would benefit from additional services related to the behavioral aspect of their health," Noya said. "PCBH is a force multiplier in the field of primary care and it is a quintessential tool for us as we strive to ensure access to safe, high quality care for our beneficiaries, emphasizing outcomes and readiness."

According to [health.mil](https://www.health.mil), the PCBH approach used by BJACH is standardized across the Department of Defense, integrating behavioral health services with specially trained personnel in patient-centered medical homes.

Anna Pinkelman, a licensed clinical social worker and a behavioral health consultant at BJACH PCMH, said it is a team-based primary care approach to manage behavioral health problems and influence health conditions from a biopsychosocial viewpoint.

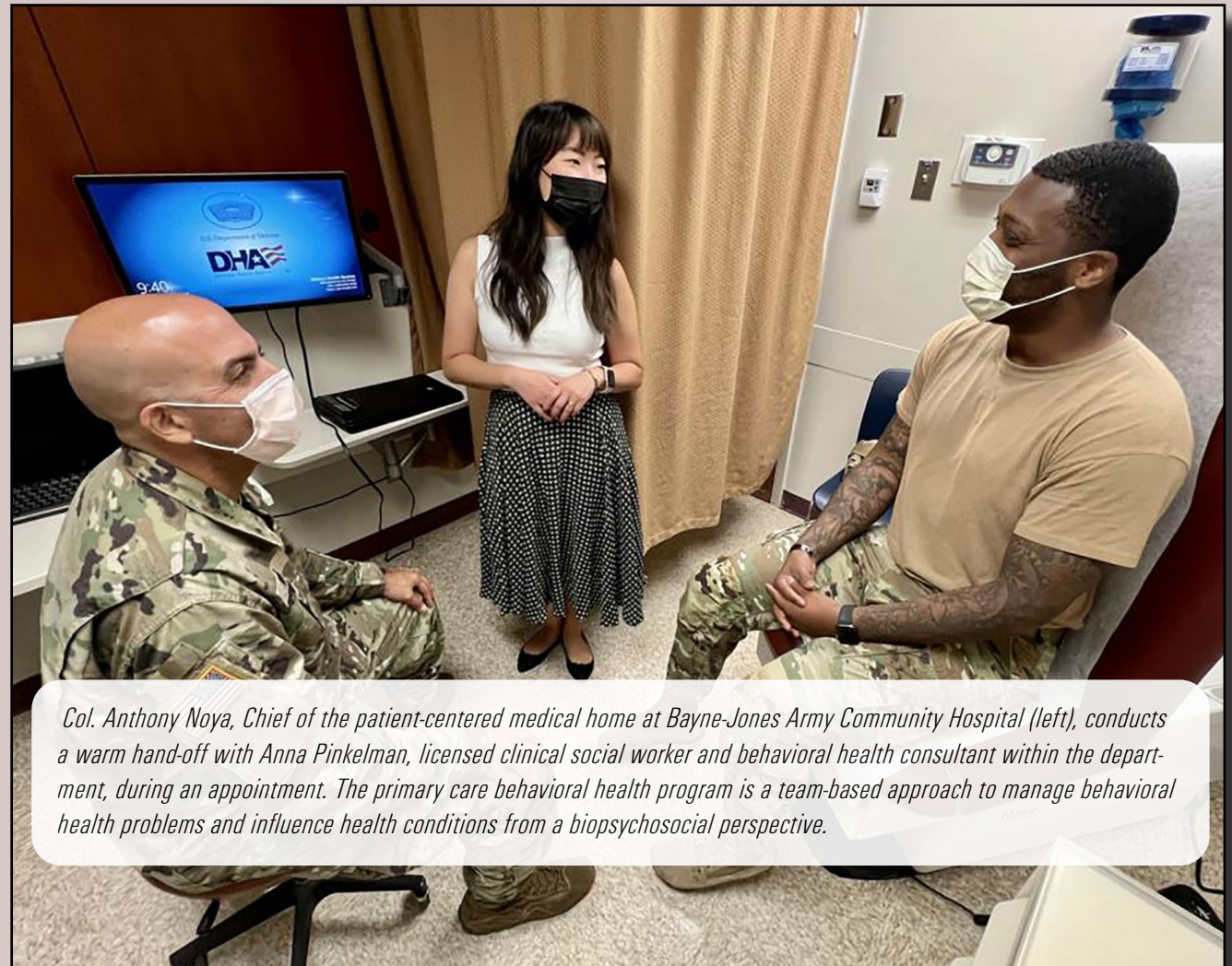
"The main goal of the program is to enhance the primary care team's ability to manage and improve health conditions utilizing low-intensity and brief interventions," Pinkelman said. "I can deliver preventative care that might be a secondary result from a physical health condition. I develop a treatment plan in conjunction with the primary care manager and extend services that may not be accomplished during an appointment."

In addition to addressing mental health symptoms, behavioral health consultants can assist with pain, sleep, preventive care needs, chronic disease and social problems.

"As a primary care extender and consultant, I can assist by engaging patients in treatment to identify behaviors that impede their care or bring awareness of day-to-day symptoms or behaviors that impair their quality of life," Pinkelman said.

Identifying factors and behaviors that contribute to poor or inadequate disease management can support a reduction of emergency room visits, need for extensive specialty referrals and decrease chances of worsening symptoms.

Sharon Hitchens, a licensed clinical social worker at the Fontaine Troop Medical Clinic, said there has always been a connection between physical and mental health. When



Col. Anthony Noya, Chief of the patient-centered medical home at Bayne-Jones Army Community Hospital (left), conducts a warm hand-off with Anna Pinkelman, licensed clinical social worker and behavioral health consultant within the department, during an appointment. The primary care behavioral health program is a team-based approach to manage behavioral health problems and influence health conditions from a biopsychosocial perspective.



Anna Pinkelman, licensed clinical social worker and behavioral health consultant with Bayne-Jones Army Community Hospital patient centered medical home, discusses coping strategies with an adolescent patient. The primary care behavioral health program provides same day services to patients 11 years of age and older to enhance the primary care team's ability to manage and improve health conditions.

patients become aware of the connection, motivation to improve their overall health is enhanced.

"As a BHC, I educate patients on that connection," Hitchens said. "Patients are referred to me for complaints about anxiety, depression, pain, family or relationship problems, headaches, anger, stress and tobacco cessation, but sleep problems are by far the most common referrals I receive."

Patients are typically referred by any health care provider in their primary care clinic, but they can also be referred by other clinics, refer themselves or refer others.

"A warm hand-off between the provider and a PCBH is encouraged but not always possible," Hitchens said. "Patients can make appointments while at the clinic."

Hitchens said being a PCBH is rewarding.

"I've seen patients improve daily functioning after two to four short visits in their primary care clinic," Hitchens said. "By having us in primary care clinics, we make it easier for patients to access behavioral health resources. Sometimes we provide a gateway to more traditional psychotherapy treatment if needed."

Hitchens said some patients would never agree to specialty behavioral health services without the recommendation from their primary care manager.

"Primary care behavioral health consultants help to decrease the stigma of receiving behavioral health services," Hitchens said.

To schedule an appointment at primary care behavioral health, stop by the front desk at your primary care clinic or call (337) 531-3011.

Social wellness improves health, well-being

By JEAN CLAVETTE GRAVES
BJACH Public Affairs Officer

FORT POLK, La. — July is Social Wellness Month and the Bayne-Jones Army Community Hospital public affairs officer discussed the topic of social wellness with the chief of behavioral health, Lt. Col. Alexander Ragan.

Q: The Defense Health Agency describes social wellness as critical to overall well-being, suggesting relationships can offer critical support during challenging times. In your own words, what exactly is social wellness?

A: Social wellness is the relationships we have with others and how we interact with them. It is how we are able to recognize when people are struggling and how we offer support to each other. It involves getting to know those around us, letting them get to know us and building upon that connection for a nurturing, healthy and supportive relationship. In short, it is connecting with others and maintaining that connection.

Q: As a licensed clinical social worker and chief of behavioral health at BJACH, do you see a lot of patients who are suffering due to lack of social outlets and networks?

A: Yes, we do see some people for anxiousness and stress related to their struggles connecting with or the loss of connection to others. It impacts their day-to-day lives. The last few years have been challenging to maintain social wellness.

Connection with others can be challenging in general, but during COVID-19, we have had to be purposeful and creative to find, develop and sustain those connections. At first, social distancing was difficult for most of us, but we became used to it. It became our new normal.

Now, as we are able to be around more people in social settings, we are having to dust off our ability to connect with each other. Some of us feel fearful when in social settings, while others are completely comfortable connecting again. This apprehension should not be ignored. There are some things you can do for your unease and facilitate connecting with others.

Some ways to maintain or improve your social wellness and address the nervousness includes limiting social media, using video calling apps and having regular check-ins with Family and friends, either face-to-face or over the phone.

Slowly introduce yourself to more social events like going to the park, outside restaurants or simply having a conversation when you get a cup of coffee or while waiting in line at the grocery store.

Q: Why is social wellness so important?

A: Connection to others is necessary for a person's optimal health.



Soldiers from Bayne-Jones Army Community Hospital take advantage of off duty hours with friends. They practice social wellness by going to the gym, bowling alley, movie theater and volunteering with the Joint Readiness Training Center and Fort Polk Better Opportunity for Single Soldiers program. Pictured from left: Sgt. Andres Perez, BJACH operating room specialist, Spc. Kevin Garrison, BJACH radiology specialist and Spc. Nicole Acuna, BJACH preventive medicine specialist, take a post-work out selfie at Wheelock Fitness Center.

The benefits of good social wellness lower rates of anxiousness and depressive symptoms, raises self-esteem, promote greater empathy toward others and create stronger, more trusting and cooperative relationships.

To learn more about improving your social wellness visit: <https://www.military-onesource.mil/national-guard/psychological-health-program/social-wellness/>

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eGuardian
at (337) 531-7203

JEAN GRAVES/BJACH PAO

IPPS-A leader course

The Joint Readiness Training Center and Fort Polk is facilitating the required IPPS-A Release-3 Leader Course. The training will take place each Thursday from 3:30-5 p.m. at the After Action Review Theater, building 1456. Leaders and managers at all levels are required to complete the Release-3 training. The next session takes place Aug. 4. The last session takes place Nov. 17.

Home based business

Fort Polk's monthly Home Based Business event takes place Aug. 6 at Army Community Service, 920 Bell Richard Ave., from 9 a.m.-noon. Stop by to browse everything from clothes and jewelry to homemade cookies and more.

New Public Health hours

The Department of Public Health, Occupational Health Section, has new daily hours of operations. The Occupational Health section, located at 8099 Georgia Ave., building 3515, will open at 7:30 a.m. and close at 4 p.m. Civilian employees can call 531-6131 to schedule appointments.

Anger management

Fort Polk Army Community Service, 1591 Bell Richard Ave., building 920, hosts an anger, stress and crisis management class. The class helps

people learn to identify triggers and potential stressors, along with positive methods of coping. The next class is held from 11 a.m.-noon Aug. 29. If you are interested, call (337) 531-0636/1938.

PCS app redesign

The Army invites you to explore the redesign of the Army Permanent Change of Station Move App now known as the "My PCS App."

This user-friendly app improves the PCS experience for Soldiers, civilians and their Families, while enhancing their quality of life.

The "My PCS App" is for the Soldier — by the Soldier. Download the app today from your Google Play Store or Apple Store.

- The Google link:

play.google.com/store/apps/details?id=com.tradocmobile.MyPCS

- The Apple link

apps.apple.com/us/app/my-army-pcs/id1623381230

- You can contact them at:

usarmy.pentagon.hqda-dcs-g-4.mbx.g43-hhg-app@army.mil

- Follow them on milSuite:

HQDA G4 News Page www.milsuite.mil/book/community/spaces/sustainnet/news

[items/hqda-g4-news](https://www.army.mil/items/hqda-g4-news)

- Follow them on Facebook:

U.S. Army Logistics, HQDA G-4

- Check them out on YouTube:

www.youtube.com/channel/UCChoNMw0sstGAKLYyTJUXw

Garrison innovation program

Do you have a good idea? Don't let it go to waste.

The Plans, Analysis and Integration Office wants the Fort Polk community to know that the garrison team is not only listening, but also taking action on many of the great ideas that have already been submitted through the Garrison Innovation Program.

Yours could be next. The program works by asking individuals to share their concepts to increase efficiency and enhance garrison processes for the Fort Polk community.

Submit your ideas through the Fort Polk Interactive Customer Evaluation system. The PAIO Garrison Innovation Program link: ice.disa.mil or use the QR code.



#FortPolkThingsToDo

Aug. 5: Glo Fest, Shreveport.

GloFest is held at the plaza at Riverview Park, 600 Clyde Fant Parkway, at 7 p.m. Admission is free.

The fest features a light show on the Bakowski Bridge of Lights on the Texas Street Bridge, viewed from the plaza at Riverview Park. The bridge doesn't GLO until 9 p.m., but there will be an arts market, food truck market, entertainment and fun starting at 7 p.m. Park across the street between Sci-Port Discovery Center and the J. Bennett Johnston Visitor Center, or in the garage at Bally's Shreveport Casino and Hotel.

<https://www.sbfunguide.com/event/sbc-glofest/11393/>

Aug. 6-7: Satchmo SummerFest, New Orleans French Quarter.

Satchmo SummerFest is an annual festival honoring Louis "Satchmo" Armstrong, the legendary jazz musician born and raised in New Orleans, whose raspy voice and instrumental skills are known far and wide. Satchmo is a beloved figure in New Orleans, and his influence on the genre of jazz, music in general, and the city of New Orleans is prevalent across the Crescent City. The weekend features food, drink, special events including seminars and lectures and live music with bands on three stages, starring some of New Orleans' top traditional musicians. Many of them will pay

their tributes to Armstrong and his music.

<https://www.neworleans.com/event/satchmo-summerfest/3303/>

Through Aug. 13: Historic City Hall, presents National Geographic's "Women: A Century of Change," Lake Charles. National Geographic presents a touring exhibition celebrating women worldwide. The show is divided into six chapters — beauty, joy, love, strength and hope — and comprises a selection of images taken from the National Geographic archive, focusing on past, present and future challenges in different countries and historical periods.

Another section of the exhibition is dedicated to intimate shots and biographies of iconic women, scientists and celebrities. Historic City Hall is open Tuesday through Saturday, 10 a.m. to 6 p.m. Admission is free.

<https://www.cityoflakecharles.com/departement/division.php?fDD=3>

Aug. 20-21: 2022 Pro Watercross National Championships, Lake Charles. Don't miss the Pro Watercross National Championships.

Action-packed competition will take place on North Beach of Lake Charles. Watercross is motocross on Personal Watercrafts or jet skis. Athletes compete on unpredictable liquid tracks varying from oceans to rivers to lakes.

www.visitlakecharles.org/event/pro-watercross-national-championships

[cross-national-championships/36555/](https://www.shrimppetroleum.org/cross-national-championships/36555/)

Sept. 1: Louisiana Shrimp and Petroleum Festival, Morgan City.

The event is the oldest chartered harvest festival in Louisiana honoring the two industries that built the area. Activities include an arts and crafts show, live music, children's activities, carnival, a blessing of the fleet, street parade, 5K run/walk, fireworks, car show, art show, an outdoor mass, and plenty of food. This event is free.

<https://www.shrimppetroleum.org/events-info>

Sept. 15-Nov. 15: Frogmore Plantation picking and ginning, Frogmore. Experience the cotton harvest as you drag a sack through the fields or watch your guide demonstrate the art of picking cotton. Call (318) 757-2453 for times and dates to verify the modern gin operation.

<https://www.frogmoreplantation.com>

Sept. 16-17: Le Tour De Bayou, Alexandria.

Take part in the multi level event for cycling, running and family fun. Run or ride beautiful scenic byways and party on the bayou. All rides are lead and followed by assistance vehicles and there are plenty of stops along the routes. After the rides, enjoy live entertainment, food, fun and southern hospitality. Registration is open now to take part in this fun event.

<https://www.bikereg.com/le-tour-de-bayou>

BOSS BEACH Bash



August 19 | 9am to 4pm

Toledo Bend Army Recreation Park

Free food, kayaking, boat rides, fishing, dunk tank, games and more!

Shuttle services will be provided from Home of Heroes Rec Center

Single Soldiers Only | 337-531-1948

HOME OF HEROES SOLDIER RECREATION PRESENTS



**Every 3rd
Wednesday**

at Home of Heroes Soldier
Rec Center
from 6PM to 9PM

FREE

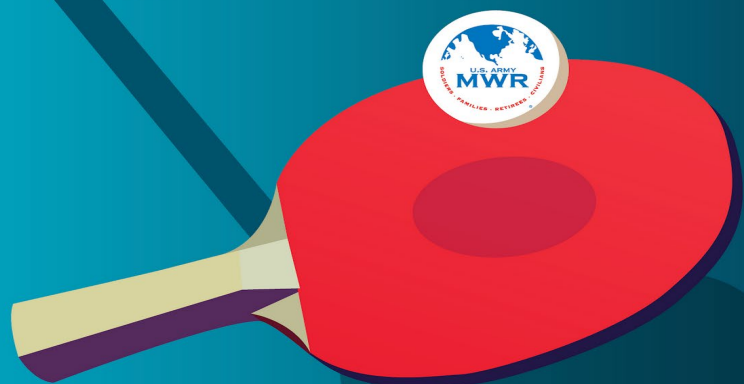
**Chocolate Chip Cookies &
Vanilla and Chocolate Milk
Shakes**

*1st come, 1st served
(as long as they last)*

for single soldiers only



HOME OF HEROES REC CENTER
PRESENTS
**Home of Heroes Rec Center
August 5th @ 6 PM**



**PING
PONG
TOURNAMENT**

**Come challenge yourself and test
your skills!**

**WHO WILL BE THE
BEST?**



BOSS AUGUST EVENTS



SELF DEFENSE CLASSES 6PM

101 S 3RD STREET, LEESVILLE, LA 71459

AUG 5, 12, 19

AUG 5

PING PONG TOURNAMENT 6PM

HOME OF HEROES REC CENTER



SKEET SHOOTING 10AM

MWR SHOOTING COMPLEX

AUG 7

AUG 8

SOUP KITCHEN 4:30PM

808 E 1ST STREET, DERIDDER, LA 70634



CONFLICT RESOLUTION 6PM

HOME OF HEROES REC CENTER

AUG 10

AUG 12

MOVIE NIGHT 6PM

HOME OF HEROES REC CENTER



SHAKE 'N BAKE 6PM

HOME OF HEROES REC CENTER

AUG 17

AUG 17

YU-GI-OH TOURNAMENT 6PM

HOME OF HEROES REC CENTER



BEACH BASH 9AM

TOLEDO BEND ARMY RECREATION PARK

AUG 19

AUG 20

HUMANE SOCIETY 10AM

19301 LAKE CHARLES HWY, DERIDDER, LA 70534



BASIC MAINTENANCE 6PM

AUTO SKILLS CENTER

AUG 22

AUG 24

NARUTO GAME NIGHT 6PM

HOME OF HEROES REC CENTER



KARAOKE NIGHT 6PM

HOME OF HEROES REC CENTER

AUG 26

AUG 26

CARIBBEAN NIGHT 8PM

ANVIL BAR



DUNGEONS & DRAGONS 6PM

HOME OF HEROES REC CENTER

AUG 31

SINGLE SOLDIERS ONLY | SIGN UP REQUIRED | (337) 531-1948

AAFES provides more than century of quality customer service

By **KEITH HOUIN**
Public Affairs Specialist

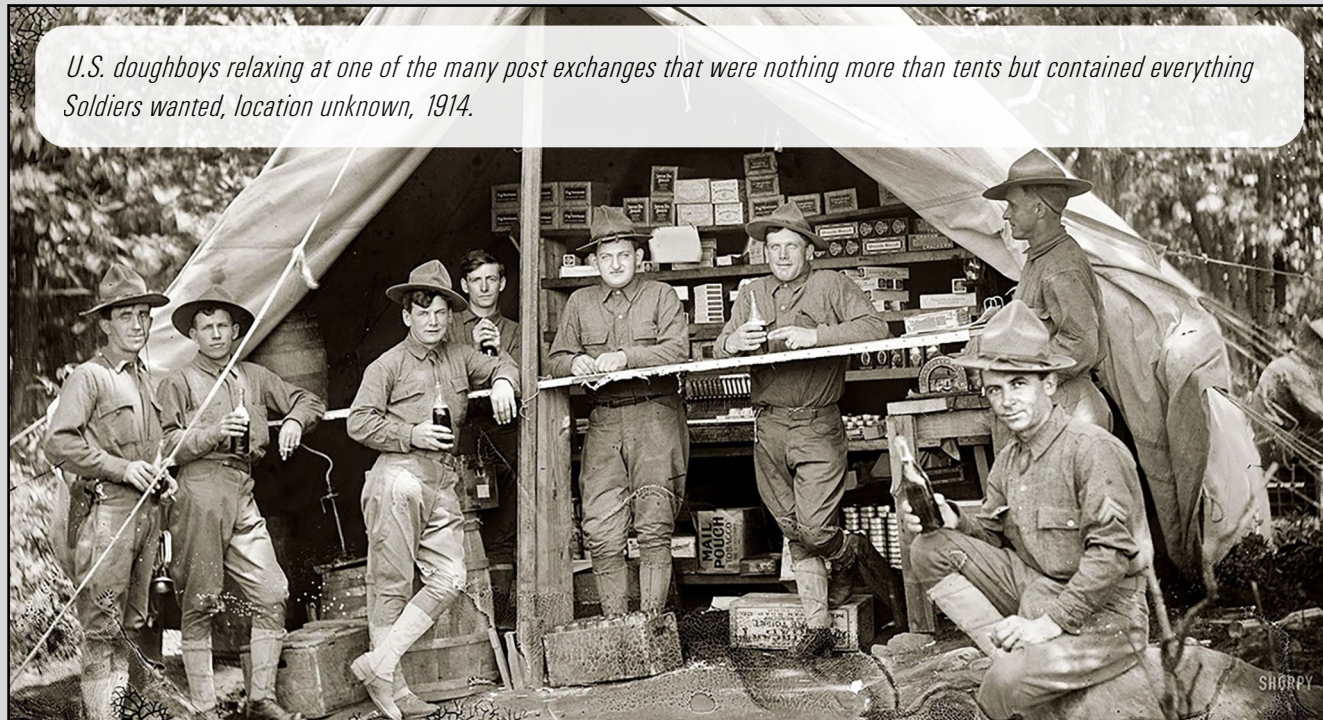
FORT POLK, La. — As the Army & Air Force Exchange Service marked its 127 years of service and support to America's military July 25, the command's mission remains the same: provide quality goods and services at competitively low prices and generate earnings to support Morale, Welfare and Recreation programs.

On July 25, 1895, the War Department issued General Order 46 directing post commanders to establish an exchange at every post where practicable.

Since then, AAFES has delivered a comprehensive and customer-focused benefit to troops and their Families at installations throughout the U.S. and around the world.

Since its establishment, AAFES has been involved in every major conflict from the Spanish-American War through current operations, and several dozen humanitarian and disaster relief contingencies.

Today, AAFES runs more than 4,000 facilities and continues to help improve the quality of life for our Soldiers and Families at military installations world-wide. The Exchange is the 54th largest retailer in the United States, and 100% of Exchange earnings support military communities. In the last 10 years, the Exchange benefit has provided \$3.5 billion in earnings



for critical military quality of life programs.

The Fort Polk Exchange's commitment can be seen through recent openings of Slim Chicken, Dunkin' Donuts and Baskin-Robbins ice cream.

"Bringing Dunkin' and Baskin-Robbins to the community is part of the Exchange's long-standing commitment to improving the quality of life at Fort Polk," said General Manager Tammar Tracey. "The Exchange looks forward to continuing to make Fort Polk a better

place to live and work."

AAFES is a joint command of the U.S. Army and U.S. Air Force, and is directed by a Board of Directors who is responsible to the Secretaries of the Army and the Air Force through the Service Chiefs of Staff. AAFES has the dual mission of providing authorized patrons with articles of merchandise and services and of generating non-appropriated fund earnings as a supplemental source of funding for military MWR programs.



ANGIE THORNE/GUARDIAN

ACS birthday fun

The Joint Readiness Training Center and Fort Polk wished Army Community Service a happy birthday as it commemorated its 57 years of serving Soldiers and Army Families July 26.



Main Post Chapel hosts summer **VBS** Space Camp



Fort Polk's Main Post Chapel hosted its vacation bible school, "Space Camp, A VBS that is out of this world," July 18-22. The concept and content of the VBS program was created by the Fort Polk Religious Education and Religious Support offices and the chapel community. The program is military focused and dedicated to the 1.6 million military kids across the globe who will face the challenges of a permanent change of station move in the next three years. Though tackling tough subjects, the little astronauts attending VBS seemed to be having a blast as they listened, learned, sang, played and prayed their way through the week.





➤ Check out the 'Army Substance Abuse Program – JRTC & Fort Polk' Facebook page each Monday in August for tips and techniques on managing stress in the workplace.

➤ For more information about the Employee Assistance Program, call 337-531-1964 / 2031.

➤ 3 in 5 employees report negative impacts of work-related stress
➤ Chronic stress may lead to headaches, exhaustion, forgetfulness, anxiety, and depression

➤ Exercise reduces the negative effects of stress
➤ Regular physical activity can increase confidence, improve mood, and improve your sleep
➤ Effective time management can reduce stress

➤ Effectively managing stress can lead to improved health
➤ Organization benefits include fewer missed days, increased productivity, less turnover, and fewer worker's compensation cases



Future leaders visit PAO

Members of Fort Polk's Forging New Leaders course were able to take a peek behind the curtain of the Public Affairs Office, 7033 Magnolia St, building 4919, July 22. The class was given a synopsis of the tasks PAO performs including disseminating information through social media and the eGuardian.



ANGIE THORNE/GUARDIAN



Fort Polk Soldiers punished for disciplinary issues

OSJA

FORT POLK, La. — The preamble to the Manual for Courts-Martial states, “The purpose of military law is to promote justice, to assist in maintaining good order and discipline in the armed forces, to promote efficiency and effectiveness in the military establishment, and thereby strengthen the national security of the United States.”

At the Joint Readiness Training Center and Fort Polk, the commanding general and subordinate commanders take good order and discipline seriously.

Across Fort Polk, the following disciplinary issues continue to be prevalent: Driving under the influence of alcohol, wrongful use/possession of controlled substances, fraternization, sexual assault and underage drinking.

Below are the most recent examples of adverse legal actions for units within the Fort Polk jurisdiction.

- A specialist assigned to 519th Military Police Battalion was separated from the Army with a general discharge for driving under the influence of alcohol and being drunk on duty. A general discharge may result in a loss of benefits and could cause difficulty obtaining civilian employment.

- A private assigned to 519th Military Police Battalion was separated from the Army with an under other than honorable conditions discharge for domestic violence. An OTH discharge may result in a loss of most benefits and could cause significant difficulty obtaining civilian employment.

- Four Soldiers assigned 1st Battalion, 509th Infantry Regiment were separated from the Army with general discharges for wrongful use of tetrahydrocannabinol (THC).

- A specialist assigned to 1st Battalion, 509th

Infantry Regiment received a field grade Article 15 for breaching medical quarantine and failing to report to their appointed place of duty. They received a punishment of reduction to the grade of E-1, forfeiture of one half of one months pay for two months, 45 days of extra duty, 45 days of restriction and an oral reprimand.

- A Soldier assigned to 115th Field Hospital received a permanently filed General Officer Memorandum of Reprimand for driving while under the influence of alcohol.

- A Soldier assigned to 2nd Battalion, 4th Infantry Regiment received a permanently filed GOMOR for refusing to be vaccinated against COVID-19.

Alligator Lake

SUNDAY FUNDAY

at the park

August 7 at 12 PM

Alligator Lake Recreation Park

Join us for a day out at Alligator Lake! We'll have bounce houses, water slides, activities on the softball field, popcorn, snow cones for sale, games such as football toss, an inflatable basketball game, a dunking booth and more!

For more information please call

337-531-5332

Check VIN numbers

The Directorate of Emergency Services Traffic Division will release the following vehicles to Family Morale, Welfare and Recreation for disposal, if they remain unclaimed. Vehicles are listed with the last four of their VIN number. If one of these vehicles belongs to you, please contact the Fort Polk Police Traffic Division at (337) 531-1806, 6675 or 2677.

1988	Chevrolet	3500	4195
2011	Dodge	Avenger	1373
2014	Nissan	Altima	6092
2016	Kia	Reo	5808
2008	Ford	Explorer	3754
2001	Volvo	S 40	1073
2007	Acura	RDX Turbo	1092
1995	Chevrolet	Caprice	3876
2008	Chevrolet	1500	0226
2008	Ford	Edge	1971
2017	Nissan	Versa	1496
2008	Saturn	Aura XE	3244
2004	Chevrolet	Trail Blazer	8828
2003	Toyota	Tacoma	7528
2010	Nissan	Altima	6499
2005	Ford	Explorer	4483
2012	Chevrolet	Malibu	1689
2016	Chevrolet	Malibu	5420
2002	Dodge	1500	7497
2006	Ford	F150	6507
2015	Ford	Escape	8502
2004	Infinity	Q35	8469
2012	Kia	Optima	1405
2011	Nissan	Sentra	4417
2009	Honda	Civic	3562
UNK	Baja Warrior	Mini bike	UNK
1997	Dodge	1500	3720
2012	Dodge	Avenger	0247
2016	Jeep	Cherokee	7670
2006	Ford	Focus	5525
2020	Kia	Sorento	5641
2018	Toyota	Corolla	9110
2000	Dodge	Durango	1293
2012	Chevrolet	Malibu	7822
2004	Chevrolet	1500	1742
2008	Mitsubishi	Galant	1159
2013	Dodge	Dart	1997
2015	Kia	Cadenza	1160
2003	Honda	Accord	6673

