

sibling class, basic breastfeeding. Call Family Advocacy at 856-3417 for details.

**Health and Wellness Center** Offers wellness evaluations, tobacco cessation, heart disease/cancer awareness, diet and exercise classes, healthy cooking class and stress management. For more information call 856-3830.

**Hearts Apart Program.** Provides an avenue of communication for morale purposes between an active duty member who is deployed, TDY or on a remote assignment, and a spouse or significant other. Call the Airman and Family Readiness at 856-6550.

**Inspector General.** Provides varied problem-solving assistance, investigates allegations of inappropriate conduct and Fraud, Waste and Abuse. First, seek redress of perceived violations through your supervisor, first sergeant, commander, or the prescribed grievance channel. Call 856-6140.

**Legal Services.** Located in Bldg 1150. Provides legal advice concerning personal and civil matters. Services include powers of attorney, wills, taxes and more. Call 856-6901.

**Mental Health Clinic.** Provides quality care and services relating to the health and wellness of Air Force personnel. Call 856-7579 for details.

**Military Personnel Flight (MPF).** Provides ID cards and other services for active duty and retired personnel and their family members. Maintains and ensures the accuracy of Military Personnel Records. Call 856-7870 for more information.

**Relationship Building.** Learn to solve problems, communicate and have fun with your spouse. Classes for singles and teens on healthy relationship and dating choices. Call Family Advocacy at 856-3417 for details.

**Sexual Assault Prevention & Response.**

Responds 24/7 to victims of Sexual Assault (Types of Reporting: Restricted; Unrestricted; Independent). Provides sexual assault victims with Victim Advocates for ongoing support and assistance as needed. Referrals to Base & Community resources. Focus on outreach; risk reduction and training to prevent sexual assault and increase awareness of the role of the Bystander in that prevention. "Prevent Sexual Assault: Ask, Act and Intervene". Located in Bldg 1150, Rm 1052 (623) 856-4878.

**Substance Abuse Office.** Educates the community about the effects of substance misuse and helps to return identified substance abusers to unlimited duty status or to assist them in their transition to civilian life. Call 856-7580 for more information.

**Youth Services.** Provides youth opportunities to develop their physical, social, emotional and cognitive abilities and to experience achievement, leadership, enjoyment, friendship and recognition. For details call 856-7470.

**4 Dimensions of Human Wellness**



**Physical Emotional Social Spiritual**

**Tie downs for riding out a storm**

Five risk factors to be aware of in an individual:  
Financial, Relational, Legal, Work,  
Substance Abuse

**WHERE TO GO WHEN YOU NEED HELP**



*Need Answers??? Don't guess.  
Connect to IDS.....at  
**LukeIDS.com**  
Luke Service Agencies  
Making Life Better*

Support Services Available in the  
Luke AFB Community

*Integrated Delivery System Committee  
2008*

**Common Access Numbers (all numbers are 623 prefix unless otherwise stated)**

|                              |                |
|------------------------------|----------------|
| Family Child Care            | 856-7472       |
| Health and Wellness Center   | 856-3830       |
| Military Equal Opportunity   | 856-7113       |
| MWR Rental                   | 856-6267       |
| Special Needs Identification | 856-9706       |
| TRICARE Alliance             | 1-888-874-9378 |
| Youth Center                 | 856-7470       |

**Hospital Clinics**

|                                    |          |
|------------------------------------|----------|
| Central Appointments (all clinics) | 856-2273 |
|------------------------------------|----------|

**Legal Advice**

|                   |          |
|-------------------|----------|
| Base Legal Office | 856-6901 |
|-------------------|----------|

**Marital Problems**

|                             |          |
|-----------------------------|----------|
| Chaplains                   | 856-6211 |
| Family Advocacy Outreach    | 856-3417 |
| Airman and Family Readiness | 856-6550 |
| Mental Health Clinic        | 856-7579 |

**CRISIS MANAGEMENT**

**Abuse**

|                                      |          |
|--------------------------------------|----------|
| Family Advocacy                      | 856-3417 |
| Security Forces                      | 911      |
| Sexual Assault Prevention & Response | 856-4878 |

**Alcohol/Drug Abuse**

|   |          |
|---|----------|
| Alcohol/Drug Abuse Prevention and Treatment (ADAPT) | 856-7580 |
|---|----------|

**Anger Management**

|                      |          |
|----------------------|----------|
| Family Advocacy      | 856-3417 |
| Mental Health Clinic | 856-7580 |

**Catastrophic Emergency Services**

|                       |                |
|-----------------------|----------------|
| Air Force Aid Society | 856-6550       |
| American Red Cross    | (602)-336-6840 |

**Emergencies**

|                            |          |
|----------------------------|----------|
| Ambulance (On or Off Base) | 911      |
| Command Post               | 856-5800 |
| Fire (On or Off Base)      | 911      |

**Financial Management/Problems**

|                             |                |
|-----------------------------|----------------|
| Air Force Aid Society       | 856-6550       |
| American Red Cross          | (602)-336-6840 |
| Airman and Family Readiness | 856-6550       |

**Sexual Assault**

|                                |          |
|--------------------------------|----------|
| Security Forces                | 856-5970 |
| Sexual Assault Response (Luke) | 856-4878 |

**Stress Management**

|                      |          |
|----------------------|----------|
| Health and Wellness  | 856-3830 |
| Mental Health Clinic | 856-7579 |

**Suicide Prevention**

|                            |          |
|----------------------------|----------|
| Chaplains (Duty Hours)     | 856-6211 |
| Chaplains (Non-Duty Hours) | 856-5800 |
| Family Advocacy            | 856-3417 |
| Mental Health Clinic       | 856-7579 |

**KEY SERVICES**

**Air Force Aid Society.** Provides emergency financial assistance, moving assistance, income management, educational loans and grants. Located at Airman and Family Readiness Center 856-6550.

**Airman's Attic.** Open to Air Force airmen E-4 and below. Free clothing, toys and household items. Furniture items can be obtained by contacting any First Sergeant. For more information call 856-6415.

**Airman and Family Readiness Center.** Services offered include: Career Focus Program, Family Life Education, Information and Referral, Personal Financial Management, Personal and Family Readiness, Relocation Assistance, Transition Assistance, School Liaison Services and the Volunteer Program plus resource rooms (computers, etc.). Sponsors events for Families of Deployed. For further information call 856-6550.

**Alcoholics Anonymous.** Assists in recovery from alcoholism and provides support and education concerning alcohol. Call 937-7770 for meeting times and locations.

**Alcohol/Drug Abuse Prevention and Treatment.**

Educates the community about the effects of substance misuse and helps to return identified substance abusers to unlimited duty status or to assist them in their transition to civilian life. Call 856-7580.

**American Red Cross.** Offers emergency communications with families outside the local area and financial assistance. They also provide classes in CPR, Healthy Baby classes, babysitter training, latch-

key training, water safety and more. For information call (602)-336-6840

**Anger Management.** Learn to recognize anger cues, to express feelings in more positive ways and to look at the thinking process that escalates angry feelings. Contact Family Advocacy at 856-3417.

**Chapel.** Offers a variety of religious programs, short term personal, family and marital counseling, and group activities for singles and single parents. Contact 856-6211.

**Child Development Center** Offers full time care Monday through Friday for children from 6 weeks to 5 years old. Some restrictions apply. Call 856-6339 for more information.

**Education Office.** Provides educational opportunities and services to the Luke community. Educational programs offered include undergraduate, graduate, professional military, high school completion and testing services. For more information call 856-7722.

**Equal Employment Opportunity.** Investigates and processes civilian allegations of discrimination on the basis of race, color, religion, sex, national origin, age, disability. For more information, call 856-7113.

**Family Advocacy.** Provide assessment, violence prevention education, and operate the Special Needs Identification/Assignment Coordination Process (SNC). Classes and services include Dad's 101, New Parent Support Program, How to Avoid Marrying a Jerk/Jerkette, Stress Management briefing, Parenting Skills classes, and Anger Management classes. Call 856-3417 for more information.

**Family Child Care.** Air Force licensed childcare providers (18 years and older) residing on and around the base will provide childcare on part-time or full-time basis. For a listing call 856-7472.

**Family Services.** A volunteer organization within the Family Support Center made up of military family members. Programs include the Airman's Attic, Loan Locker, New Spouse Welcome Baskets. Call 856-6415.

**New Parent Support Program.** Provides education and support to first time parents. Classes include Dad's 101, home visitation, Building blocks play group,