

REGISTER OF MILITARY FAMILY SUPPORT SERVICES IN HAWAII

DEPARTMENT OF THE AIR FORCE
Hickam Air Force Base
Hawaii 96853

I. AID AND RELIEF SOCIETIES

<u>PROGRAMS</u>	<u>POPULATION SERVED</u>
<u>AIR FORCE AID SOCIETY (AFAS)</u> Phone: 449-2494 Bldg: #1105 Family Support Center 655 Vickers Ave. Hickam AFB, HI 96853	*Air Force personnel and their families. Air National Guard and Air Force Reserve personnel on extended active duty and their families. Families of deceased Air Force and Army Air Forces personnel who died on active duty or in retired status.

* Check with your local Air Force Aid Representative or with the AFAS National Headquarters for latest information on applicability of AFAS assistance to Reserve and Guard members.

PROGRAM DESCRIPTION/SERVICES PROVIDED

The AFAS provides emergency financial assistance to Air Force personnel. This assistance may take the form of loans or grants, generally for short term or one time emergencies. Emergency needs are defined as basic maintenance (food, rent, utilities), moving expenses, dental services, members' share of CHAMPUS payments, emergency car repairs (under certain conditions), and emergency expenses (funeral/emergency leave). The AFAS also provides limited educational assistance grants.

The "Give Parents a Break" program is available in conjunction with the Services Child Development Programs to offer parents a few hours a month of child care at the Child Development Center. Commander's, First Sergeant's and Supervisor's can refer individuals to the program and complete a referral certificate. Reservations and the certificate are required at the Child Development Center for this service.

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I. AID AND RELIEF SOCIETIES CONT'D

AIR FORCE AID SOCIETY - CONT'D

PROGRAM DESCRIPTION/SERVICES PROVIDED

The AFAS will pay for child care for spouses of service members who volunteer at activities in support of the local Air Force community. This is an excellent opportunity for spouses to acquire new skills without the burden of child care expenses. The children must be cared for in a Family Home Day Care approved by Child Development and some restrictions apply on the number of hours of child care provided.

For further information on any of these programs or services, call AFAS at 449-2494.

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I. AID AND RELIEF SOCIETIES CONT'D

PROGRAMS

POPULATION SERVED

AMERICAN RED CROSS

Hickam Service Center

Phone: 449-1488 Fax: 449-1648

Bldg.# 1113

Hickam Air Force Base active duty military personnel and their families. All transient military members, all families of service members not stationed in Hawaii and Wake Island, DoD employees in Hawaii, Johnston Island, Kwajalein, veterans and their families, retired armed forces personnel, and Merchant Seamen assigned to the Military Sea Transportation Service.

PROGRAM DESCRIPTION/SERVICES PROVIDED

Health and Safety Services include CPR/First Aid, Babysitting, Basic Aid Training, and Healthy Pregnancy/Healthy Baby. Other programs include: Volunteer Orientations, Volunteer Program, and Disaster Services. We can place a volunteer anywhere on base!

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II. ARMED SERVICES YMCA PROGRAMS

POPULATION SERVED

ARMED SERVICES YMCA PROGRAMS

Provided through the Family Service Center
449-2494.

All military personnel and their families residing in the HICKAM housing areas and the surrounding communities.

PROGRAM DESCRIPTION/SERVICES PROVIDED

Playmorning is a mobile playgroup that visits community neighborhoods with parent/child games and activities. Adults and their children up to age 5 are welcome to attend.

ADDITIONAL SERVICES ARE AVAILABLE THROUGH THE PEARL HARBOR SINGLES CENTER AND THE AMR FAMILY BRANCH.

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III. CHAPLAIN CORPS

PROGRAMS

POPULATION SERVED

HICKAM CHAPEL, HICKAM AFB, HI

Chapel #1 - Phone: 449-6562

Bldg: 500

Chapel Ctr - Phone: 449-1754

Bldg: 1750

Hickam AFB active duty
military and their dependents.

PROGRAM DESCRIPTION/SERVICES PROVIDED

The Hickam Chapel offers the following services:

Premarital Instruction is available with individual Chaplains prior to marriages in the chapel.

Religious Education programs include Catholic Religious Education and Protestant Sunday School which are held each week in the Chapel Center for spiritual growth of people of all ages. In addition, mid-week studies are held for singles, men and women and for youth. Singles also have a special study geared to single airmen.

Spiritual Emphasis and Enrichment Programs and Workshops are scheduled throughout the year at Chapel Center and the Chapel Annex.

Death and Dying Seminars are offered twice yearly at Chapel Center to help people cope effectively with the death of friends and family, and to gain insight into our death process.

Marriage and Family Enrichment and Counseling is available by appointment with individual chaplains.

Retreats are available for students, families and single adults who are active in chapel programs. Some retreats of special note are yearly singles retreats to the neighboring islands and week-long, summer youth retreats in the mountains.

Soup Kitchen Ministry - The Hickam parishes have volunteered to provide the evening meal two nights per month at a Honolulu homeless shelter.

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IV. CHILD DEVELOPMENT

PROGRAMS

POPULATION SERVED

HICKAM CHILD DEVELOPMENT
CENTER (MAIN)

Dependents of active military
and DOD civilians.

Phone: 449-9880, Bldg: #1597

Fax: 449-9023

E-Mail: Myrna.Jurado@hickam.af.mil

Full time care is provided for 142-152 children 6 weeks through 3 yrs. in a Nationally Accredited and DoD certified early childhood program. Breakfast, lunch and afternoon snacks are provided.

* Bus Hours: 0630 – 1830 hours Monday thru Friday (Closed on Holidays)

* Childcare fees are based on total family income.

* Limited Hourly care is available for children 6 mos thru 3 yrs.

* Give Parents A Break program funded by Air Force Aid Society held 3rd and 4th Saturday of the month.

* Provides Childcare for “Parents Night Out” and other special childcare programs.

CHILD DEVELOPMENT CENTER WEST

Dependents of active military
and DOD civilians.

Phone: 449-5230, Bldg: #1654

Fax: 449-5482

E-Mail: Maryann.Sang@hickam.af.mil

Full time care is provided for 119 children 3-5 yrs. in a Nationally Accredited and DoD certified early childhood program. Breakfast, lunch and afternoon snack are provided.

* Bus hours: 0630-1830 hours Monday thru Friday (Closed Holidays)

* Childcare fees are based on total family income.

* Limited Hourly care is available.

HARBOR CHILD DEVELOPMENT CENTER

Dependents of active military
and DOD civilians.

Phone: 449-9234, Bldg: #623

E-Mail: Leanora.Kamai@hickam.af.mil

Part Day Preschool is offered for up to 250 children 3–5 yrs. in a Nationally Accredited and DoD certified early childhood program. Two day, Three day, Five day, afternoon or morning classes are offered.

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IV. CHILD DEVELOPMENT CONT'D

PROGRAMS

POPULATION SERVED

FAMILY DAY CARE PROGRAM

Phone: 449-1879

Bldg: #2116

Families of active duty or retired military personnel, families of DoD civilian personnel, and all personnel working or living on Hickam AFB. Ages 2wks-12yrs.

PROGRAM DESCRIPTION/SERVICES PROVIDED

This program is authorized by the Base Commander to approve and license homes for day care in base housing. Family Day Care homes have complied with the State of Hawaii and Air Force licensing requirements. Family Day Care Providers have received specialized training in child development, health, safety, first aid, nutrition, activities and environments for children. Homes in which care is provided are inspected for any potential safety, fire or health hazards. Care is available for children of shift workers, handicapped children, young infants and families who prefer more individualized care. Family Day Care Homes may accept up to six children. The provider's own children under the age of eight years will count towards that six. Only two children may be under the age of two.

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V. YOUTH ACTIVITIES

<u>PROGRAMS</u>	<u>POPULATION SERVED</u>
<u>HICKAM SCHOOL AGE PROGRAM</u> Phone: 449-1492 Bldg: #1335	Active duty or retired military service family members 5-12 yrs.
<u>AFTER DARK B & G CLUB PROGRAM</u> Phone: 449-2233 Bldg: #1399	Military/DOD dependents 7-12 th grade.
<u>KIDSPORTS FUN & FITNESS CENTER</u> Phone: 448-6611 Bldg: #1335-B	Active duty or retired military service family members 12 mos - 12 years.
<u>GYMNASTICS CENTER</u> Phone: 449-2088 Bldg: #1713	Active duty or retired military service family members 3-18 yrs.
<u>SKATEBOARD CENTER</u> Phone: 448-2244 Bldg: #2065	Active duty or retired military service family member 5-18 yrs.
<u>SKATE RINK</u> Phone: 449-2370 Bldg: #1330	All active duty or retired military families.

PROGRAM DESCRIPTION/SERVICES PROVIDED

The Hickam Youth Center provides a Youth Sports Program which, includes baseball/softball, T-ball, football, flag football, cheerleading, basketball and School Age Care Program. The Summer Day Camp Program includes arts and crafts, sports, games, dramatics/story telling, nature study, music/rhythms, excursions, bowling, swimming and dance.

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V. YOUTH ACTIVITIES CONT'D

PROGRAM DESCRIPTION/SERVICES PROVIDED

Dances, teen tours, pool parties, basketball, lock-ins and more are provided through the After Dark B & G Club Program. Classes are also available in driver's education, modeling, video film making, computer building, and other activities, which are geared for the teens.

The Kidsports Fun & Fitness Center's goal is to provide fitness activities for youth. A weight room, geared toward teaching the basics of proper body training, is available for 10-15 year olds at the Gymnastic Center. Also available are Mommie & Me fitness classes, aerobics, exercise and fitness classes for all ages. Birthday parties and Parents Night Out activities for children are also available.

The Gymnastics Program, available for ages 3 and up, teaches gymnastics in a fun, safe environment while developing positive self-image and self confidence. Basics are taught in motor skill development and flexibility on tumbling, uneven bars, balance beam, vaulting techniques, parallel bars, pommel horse, and tumble trak.

The Hickam Skateboard Center contains one-an-only keyhole bowl ramp, mini ramps, vert ramp, and several street obstacle courses for skateboarding and rollerblading. The Center is open Wed/Thurs from 3-8 PM and Fridays from 3-10 PM, Saturdays from 1-10 PM and Sundays from 12-5PM. The Skate Rink is open for private parties. Music, games, a DJ, and a snack bar are available.

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VI. FAMILY SUPPORT SERVICES

PROGRAMS

POPULATION SERVED

USAF FAMILY ADVOCACY PROGRAMS (FAP)

Phone: 449-5892/6474

Bldg: #1105

Retirees, active duty, guard
and reserve.

PROGRAM DESCRIPTION/SERVICES PROVIDED

FAMILY ADVOCACY OUTREACH PROGRAM

The Family Advocacy Outreach Program's mission is to prevent the occurrence, reoccurrence, and the severity of family maltreatment. Primary prevention services are made available to the community to encourage positive family and individual functioning. Programs provide information and training to strengthen all Air Force families. Secondary prevention services are designed for individuals and families who are at high risk for family violence. Classes, workshops, skill development, and support groups are offered to reduce the risk of family violence.

ALCOHOL AND DRUG ABUSE PROGRAM

United States Air Force members,
DAF civilians and family
members.

The Alcohol and Drug Abuse Program at Hickam Air Force Base provides alcoholism/drug rehabilitation for the USAF members, DAF civilians and family members. Individual and group counseling are provided on an outpatient basis. Drug and alcohol information and referral services are provided and referral to inpatient facilities are arranged for those in need.

The Mental Health Substance Abuse Program provides aftercare following inpatient alcohol treatment, and manages all drug and alcohol education for USAF members and families. Evaluation of substance abuse disorders is provided as well as treatment. Family treatment not conducted by Mental Health Substance Abuse Program is referred to civilian agencies under TRICARE. The USAF Urinalysis Program for Air Forces on Oahu is managed through the program.

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VI. FAMILY SUPPORT SERVICES CONT'D

PROGRAMS

POPULATION SERVED

USAF FAMILY ADVOCACY PROGRAMS (FAP) CONT'D

THE EXCEPTIONAL FAMILY MEMBER PROGRAM

Military sponsors and family members.

The spirit and intent of the Exceptional Family Member Program (EFMP) is to ensure military sponsors are assigned to locations where family member's special medical or educational needs are met, such that the Air Force member is able to maintain a worldwide assignment status. Services offered through the EFMP include assistance with humanitarian packages, EFMP reassignments, respite care, educational assistance and resources, dependent overseas clearances, and Give Parents a Break Program.

THE FAMILY MALTREATMENT PROGRAM

Only active duty Air Force cases.

The Family Maltreatment Program enforces the Air Force's policy to identify, report, assess, treat and provide services to victims of family maltreatment and their families. Federal and state statutes also provide legal policies to intercede when child abuse or neglect occurs.

It is the responsibility of the Family Advocacy Officer to assist families through treatment, referrals and supportive services. Our personnel address child abuse and neglect issues in cooperation with the state Child Protective Services or other agencies sharing jurisdiction. Family Advocacy is tasked with the identification and monitoring of all military families in which child abuse/neglect or spouse abuse occurs. A multidisciplinary team is responsible for case disposition and maltreatment planning. The staff provides individual, marital, family and group therapy for families involved in family maltreatment.

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VI. FAMILY SUPPORT SERVICES CONT'D

PROGRAMS

POPULATION SERVED

USAF FAMILY ADVOCACY PROGRAMS (FAP) CONT'D

THE NEW PARENT SUPPORT PROGRAM

Active duty and retired air force families who are expecting the birth of a baby or adoption of a child/children up to 3 years of age.

The New Parent Support Program is a free and voluntary program available for active duty and retired Air Force families who are expecting the birth of a baby or adoption of a child or have children up to three years of age. The Air Force New Parent Support Program offers education, information, support, and resource referral on many different topics related to pregnancy and after the birth of a child up to three years of age. Topics range from pregnancy information, labor and delivery, postpartum self care, infant care, child care issues, breastfeeding, infant/child growth and development, nurturing and parenting, to name a few. This information is shared with you by the Family Advocacy/New Parent Support Program Team through: home visitation, classes, office visits, telephone calls, books, videos, and handouts.

Currently the New Parent Support Program offers the following activities/classes:

1. Infant/Child CPR: offered monthly, these sessions last 2 to 4 hours. Mothers are welcome to bring their infants to the class, so need for childcare. This class is designed to build confidence in the CPR process for infants and children. There is no CPR card issued in this class.
2. Plan and Learn Sessions: held weekly at the Hickam AFB Community Center. Infants 0-1 year of age held every Wednesday from 0930-1100. This session will include a mini-lesson on topics related to your baby and his/her growing needs. This group will foster networking for mom, dad, and baby. We will share stories, exchange ideas, build friendships, and have fun playing with the babies.
3. Nursing Mom's Program: A breastpump program run in conjunction with the Air Force Aid Society (AFAS) offering breastpump vouchers to eligible families who plan on

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VI. FAMILY SUPPORT SERVICES CONT'D

PROGRAMS

POPULATION SERVED

USAF FAMILY ADVOCACY PROGRAMS (FAP) CONT'D

THE NEW PARENT SUPPORT PROGRAM CONT'D

Active duty and retired air force families who are expecting the birth of a baby or adoption of a child/children up to 3 years of age.

breastfeeding. The AFAS guidelines for eligibility require that the family is a participant in the New Parent Support Program, is an active duty member or spouse, and is an E6 or below, and 01 or 02.

If you are interested in any of the services available through the New Parent Support Program, please call 449-5892, or stop by building 1105, 655 Vickers Avenue. This is current information as of October 2002.

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VI. FAMILY SUPPORT SERVICES CONT'D

PROGRAMS

POPULATION SERVED

FAMILY SUPPORT CENTER (FSC)

Phone: (808) 449-2494
DSN: 449-2494
Fax: 449-6584
655 Vickers Avenue
Bldg: #1105
Hickam AFB, HI 96853

All the workshops are available to all DoD active duty personnel and families to include Guard and Reserve members while on active duty; DoD civilians and their eligible family members; other eligible uniformed members and military retirees and their eligible family members.

PROGRAM DESCRIPTION/SERVICES PROVIDED

The FSC opened for services in October 1984. The FSC responds to the demands of a challenging environment with unique concerns. Hawaii's high cost of living and slow moving economy challenges our personnel. Personnel anticipate mainland CONUS type assignment, but the realities are more similar to an overseas assignment with quarantine laws, cultural and language differences, and distance from family and loved ones.

The FSC offers a wide range of core programs and services. These programs include Family Readiness, Transition Assistance, Relocation Assistance. Personal Financial Management, Air Force Aid Society, Family Readiness Program, Adult and Family Life Skills, Career Focus, Volunteer Resources, and Information and Referral (please note that Air Force personnel and their family members will be given priority and some program services are specifically for active duty Air Force)

Family Readiness provides pre-deployment briefings for Air Force active duty members and their family members. Currently, we provide members with information on the deployment location, FSC services available to family members such as Hearts Aparts, Car Care Because We Care, and Give Parents A Break and calendars.

Transition Assistance Program (TAP) provides a full range of information and referral services to transitioners and their family members. Over 40 participants attend the three-

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VI. FAMILY SUPPORT SERVICES CONT'D

PROGRAMS

POPULATION SERVED

FAMILY SUPPORT CENTER (FSC) CONT'D

day TAP workshop each month. The TAP staff offers additional support workshops on job related topics such as resume writing and electronic job search.

Relocation Assistance Program (RAP) services are crucial to readiness of inbound and outbound personnel. Base information brochures, and videos are popular features of our relocation services. The RAP conducts sponsorship training, intro monitor training, and is a mainstay at the Aloha Ohana (newcomers briefing).

Personal Financial Management Program (PFMP) offers a wide variety of financial workshops.

Air Force Aid Society (AFAS) is well known and utilized for financial emergencies.

Adult and Family Life Skills Program oversees a diverse range of life skills. Workshops and seminars on parenting, communication, time and change management, self-esteem, elder care, and kindergarten readiness are offered on a recurring basis. Also, Playmornings continue to receive accolades and program participants remain very high—approximately 450 parents/children per month.

Career Focus Program (CFP) boasts the use of Hawaii-unique joint service sponsored job banks, called JEMS (Joint Employment Management System). This job bank is updated daily and lists over 1,500 entry to professional level positions. The CFP program sponsors workshops on Resume Writing, Landing a Job in Hawaii, Networking Expo, Starting Your Own Business, FBI Recruitment, etc. on a recurring basis.

Information and Referral Program (I & R) provides individual assessment and referral counseling for distressed clients and clients seeking information on a variety of issues such as parenting, child/eldercare, relationships, etc. The I & R program developed and updates the Hickam's Helping Agencies Handbook. This handbook consists of numerous on-base agencies and professionals that support the Hickam community and is disseminated to all newcomers and commanders and first sergeants.

Air Force One Source Online can be found at the webpage located at <http://www.airforceonesource.com/> User ID: **airforce** Password: **ready**

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VII. HEALTH SERVICES

<u>PROGRAMS</u>	<u>POPULATION SERVED</u>
<u>15th MEDICAL GROUP</u> 755 Scott Circle Hickam AFB HI 96853	Active duty personnel and their family members. Retirees and their family members, and other DoD beneficiaries within the scope of services provided (according to TRICARE prioritization as set forth in public law)
TELEPHONE NUMBERS:	
Central Appointments 448-6000	
TRICARE 448-6120	
Health Benefits 448-6124	
On-Base Emergency 446-7116	
Ambulance Services 448-6195	

PROGRAM DESCRIPTION/SERVICES PROVIDED

The 15th Medical Group is a "free-standing" clinic, operating within TRICARE Region 12. Eligible beneficiaries are highly encouraged to enroll in TRICARE Prime to receive care at the 15th Medical Group within prescribed access standards. The Department of Defense (DoD) standards for TRICARE Prime access are: urgent care received within 24 hours, routine care in 7 days, and wellness visits and referral care within 4 weeks. Eligible members choosing not to enroll in TRICARE Prime are allowed to make space-available appointments, however space-available care is extremely limited and non-Prime members may encounter difficulty making this type of appointment. Routine space-available care is not encouraged, as regular follow-up care cannot be assured for space-available patients. The 15th Medical Group offers a full-range of outpatient primary care services, which are comprehensive and designed to meet the common primary health care needs of our service population. These services are based upon DoD Health Affairs, Air Force Surgeon General, and TRICARE directives, policies and regulations; budgetary considerations/limitations; customer feedback/surveys; and the number and qualifications of professional/support staff assigned to the 15th Medical Group. Such services include: primary care, preventive care; preventive medical and dental services; health education and counseling; diagnostic and therapeutic services; limited minor surgical procedures; consultation and specialty referral; mental health; and outpatient dental services. Complex, high risk, unstable, or extremely ill patients are not routinely cared for at the 15th Medical Group and are immediately referred or transported once identified. The 15th Medical Group *does not* operate an emergency room or acute care clinic. However, ambulance service is provided for on-base emergencies

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VII. HEALTH SERVICES CONT'D

PROGRAMS

POPULATION SERVED

15th MEDICAL GROUP CONT'D

PROGRAM DESCRIPTION AND SERVICES PROVIDED

24 hours a day. The 15th Medical Group also operates an aeromedical evacuation facility used to process patients arriving or departing Tripler Army Medical Center en route to or from other destinations. Additionally, a TRICARE Health Benefits Advisor and a Beneficiary Services Representative are available to provide information about the three TRICARE options (Standard, Extra, and Prime), offer enrollment, and answer questions about TRICARE benefits and entitlements.

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VII. HEALTH SERVICES CONT'D

PROGRAMS

POPULATION SERVED

ALCOHOL AND DRUG ABUSE PROGRAM

Phone: 449-6474/6284

Bldg: #1105

Air Force personnel and their families. DAF employees.

PROGRAM DESCRIPTION/SERVICES PROVIDED

The Alcohol and Drug Abuse Program at Hickam Air Force Base provides alcoholism/drug rehabilitation for USAF members, DAF civilians and family members. Individual, group, couples and spouse counseling are provided on an outpatient basis. Drug and alcohol information and referral services are provided and referrals to inpatient facilities are arranged for those in need.

The Mental Health Substance Abuse Program provides aftercare following inpatient alcohol treatment, and manages all drug and alcohol education for USAF members and families. Evaluation of substance abuse disorders is provided as well as treatment. Family treatment not conducted by the Mental Health Substance Abuse Program is referred to civilian agencies under CHAMPUS. The USAF Urinalysis Program for Air Forces on Oahu is managed through this program.

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VIII. LEGAL SERVICES

PROGRAMS

POPULATION SERVED

LEGAL ASSISTANCE

Phone: 449-1737

Bldg: #502

120 Sixth Street

Hickam AFB

All active duty and retired military personnel and their dependents.

PROGRAM DESCRIPTION/SERVICES PROVIDED

The Air Force provides legal assistance to military personnel and their dependents on a walk-in basis on Monday, from 0800–1000 and appointments are available on Wednesday from 1400 – 1540 and on Friday from 0800 – 0940. Active duty powers of attorney are available Monday through Friday from 0800- 1600.

Air Force lawyers assist in drafting wills, powers of attorney, affidavits, bills of sale and other legal documents. Questions involving divorce, alimony, child support, taxes and finances can also be brought to Judge Advocate General (JAG) for assistance. This activity is generally available to provide legal advice and counseling on any personal civil legal matter. Attorneys may not, however, provide advice on matters involving civilian criminal prosecution.