

BASE RESOURCES, CONTINUED

- Mental Health Clinic:
 - Voluntary outpatient counseling for active duty
 - Psychological testing/evaluation
 - Special duty evaluations
 - Pre/post deployment clearances
- Alcohol and Drug Abuse Prevention and Treatment
 - Alcohol Brief Counseling for active duty
 - Level 1.0 outpatient treatment for active duty
 - Aftercare groups
 - Outreach/prevention services
 - Can be voluntary with minimal career impact
- Family Advocacy
 - Maltreatment services
 - Voluntary/confidential Family Advocacy Strength Based Therapy (FAST)
 - Outreach/prevention services

Chapel, 781-225-5501

Chapel hours: M-F, 0730-1630

- Confidential counseling
- Spiritual accommodation
- Marriage and family care
- Crisis response

Health and Wellness Center, 781-225-6374

HAWC Hours: M-F, 0730-1630

- Exercise & Nutritional programs to reduce stress levels
- Tobacco Cessation program to reduce stress, improve health
- Exercise Area to work off tension stored in muscles

Equal Opportunity Office , 781-225-6397

EO hours: M-F, 0900-1530

- Mediation (two-party, team, group)
- Facilitation (two-party, team, group)
- Team building training
- True Colors training
- Out and About (O&A) assessments
- Unit Climate Assessments (UCA)
- Addresses complaints and allegations of unlawful discrimination

For service eligibility and other information, please call the listed agency directly.

YOUR IDS SUPPORT AGENCIES

Airman & Family Readiness Center	Employee Assistance Program
Base Chapel	Child & Youth Programs
Mental Health	Equal Opportunity
Family Advocacy	Safety Office
Sexual Assault Response Coordinator	Health and Wellness Center



MANAGING CHANGE

Hanscom AFB Integrated Delivery System Team

Information and Resources
to enhance your mental, physical,
social and spiritual resilience as
you navigate your path
through change



“I can't change the direction of the wind, but I can adjust my sails to always reach my destination.”
~ Jimmy Dean

INFORMATION & RESOURCES TO MANAGE CHANGE

FIRST STEPS FOR YOUR JOURNEY

1. Seek Information/Question Rumors

Go to a trusted source. Check out the “Civilian Workforce Restructuring & AFMC Reorg Information” and the ESC Commander’s Blog, both on CENTERNET.

2. Identity Resources

Who can help you navigate your path through change and build your resilience? Read on to learn about a full menu of workshops, programs and services that can act as your GPS.

3. Make a Plan

What makes the most sense for you? Choose from our menu or call us directly to discuss further options.

4. Take Action

Now that you’ve got a plan, take action.

5. Reevaluate, Readjust, Persevere

Stay on your path, reevaluating and adjusting as necessary to achieve your goals.

BASE RESOURCES

Airman & Family Readiness Center, 781-225-2765

A&FRC hours: M-F, 0730-1630

Workshops:

- The Journey Through Career Change*
- MBTI—Choose/Change Careers*
- Networking*
- US Economy — What’s Hot / Not*
- Winning Salary Negotiations*
- Social Media in Job Searches*
- Federal Resume Writing for USAJobs*
- Today’s Cover Letter & Employment Proposals*
- Strengthen Your USAJobs Application: Tips*
- Telephone Tips, Scripts, & Techniques*
- Small Business Workshop*
- Successful Interview Tactics & Salary Strategies*
- Private Sector Basic Resume Writing Class*
- Marketing Yourself for a Second Career*
- Coping with Workplace Stress*
- Humor Your Stress*
- Wellness in a Wacky World*
- Happy for No Reason*
- Coping Strategies for the Uncertainties of Life*
- Building Resiliency*
- Conflict Resolution*
- Coping with Job Uncertainty*
- Coping with Transitions*
- Goal Setting*
- Healthy Living*
- Relaxation & Stress Relief*
- Making Effective Decisions*
- Staying Positive in Negative Situations*
- Building Self Esteem in Work & Life*
- Stress Management*

Services By Appointment:

- Career Counseling*
- Federal Resume Critique*
- Private Sector Resume Critique*
- Employment Counseling*
- Budget Counseling*
- Relocation Assistance*
- Assessment Counseling*
- Leadership Consultation*
- Military Family Life Consultant—Short-term, solution focused counseling, 781-686-3084*

Employee Assistance Program, 800-222-0364

At Hanscom on Mondays

Workshops/Training:

- Coping with Downsizing and Loss*
- Transitions in the Workplace*
- Planning for Retirement*
- The Road to Resiliency*
- Time Management*
- Balancing Work and Personal Life*
- Stress Management*
- Effective Communication*
- Dealing With Conflict*
- EAP Orientation for Employees*
- Supervisor EAP Orientation*

Services By Appointment:

- Individual Counseling*
- Supervisor Consultation*
- Coaching for Skill Building*
- Financial Counseling*
- Legal Services*

Mental Health, 781-225-6392

MH hours: M,W,Th, F—0800-1630, Tues— 0800-1530

- Mental Health Consultation for Commanders:*
 - *Command Directed Evaluation consultation*
 - *General mental health consultation*
 - *Traumatic Stress Response*
 - *Unit outreach/prevention briefings*