## Reaching out to others can aid in suicide prevention, commander says

Our Soldiers, Family mem-

bers and civilian employees are our most valuable resources. Our Soldiers carry out the Army's mission. Their Families support them while they're at home and deployed. Civilian employees provide services and support to our Soldiers and their Families. One, without the oth-

include relationship problems, substance abuse, medical problems, substance abuse, medical problems, and severe or perceived unmanageable stress. It can be easy for south of the Army's first Resilient employees can participate in the My Life Fitness program, which goal the mediate them healthy lifestyle before to de during our healthy against the stress is over the days in so scheduled time to be the stress is over the days in the scheduled time to be the stress is over the days in the scheduled time to the stress is over the days in the scheduled time to the stress is over the strength of the stress is over the strength of the st

Families. One, without the others, just doesn't make a complete rest, just doesn't make a complete rest. When we lose a member of our team to suicide, everyone fuels it. I want everyone on this pasts to know suicide is not the answer. I want them to know how they can get help, and that we do care. September is Suicide Prevention Month and just one of the times throughout the year were form of the drawn of t

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ting in a game of golf, connect-ing with others socially is an im-portant way to build resiliency. Keep an eye on the newspaper

## $\pmb{\mathsf{AFAP}}_{\mathsf{Continue}_{\underline{\mathsf{d}}}} \, \mathsf{from} \, \mathsf{page} \, \mathsf{13}$

munity and want to make life better at Fort Riley and across the Army. So volunteer to be a part of the conference staff.

### FREQUENTLY ASKED QUESTIONS:

Is my issue an AFAP issue? Check the issue against the AFAP Issue Checklist. Does the

ssue:
• Relate to a well-being concern within the Department of Defense, the Department of Army or Fort Riley?

• Present a realistic solution

or a creative alternative?

Have broad impact?
 Appear attainable after considering current political and resource environments?

Within the purview of Fort Riley, DoD or DA to in-

Are there other ways for me to give feedback about

### programs and services?

Yes. Three ways to provide input about services at Fort Riley are the Interactive Customer Evaluation, Community FIRST focus groups and AFAP. • ICE, a web-based system,

enables people to easily sub-mit online comment cards to mit online comment cards to a participating program/service manager from any computer located anywhere in the world. Those wishing to submit a comment can submit the card anonymously, but if they want the service provider to respond to the comment(s), they will need to provide contact inneed to provide contact in-formation, either by e-mail or phone. Because comments are sent directly to the service provider, those submitting a comment can obtain a response within three business days. ICE can be accessed from the Fort Riley website at www.riley. army.mil, or through one of the many ICE kiosks located

throughout post.
• Community FIRST focus groups are designed to identify and resolve quality of life is-sues at Fort Riley. The intent of the focus group is to identify and discuss ideas or suggestions about services or programs on the installation. It is a time and place to bring up issues which can be resolved by the garrison can be resolved by the garnson commander, or issues which need to be forwarded through the AFAP process.

• Army Family Action Plan

– Through AFAP, community

members have the opportunity to improve life throughout the Army. For those with ideas or suggestions about Armywide services or programs which could be improved may fill out an AFAP issue sheet.

# How do I know which way is best for my particular issue? ICE will give a faster answer to concerns and give program managers a chance to work on

problems. For those who have used the ICE system and feel their issue meets the criteria list-ed above, then AFAP is where

of AFAP issues? In the history of AFAP, 667 issues have been worked, 123 issues have been worked, 123 legislation changes have been made, 172 DoD or Army policies have been revised and 192 programs and services have been improved at the Army level, Examples include:

· Tricare for Life.

Military Savings Plan.
 In-state tuition rates for military personnel and their devandance.

Instate tuition rates for first PCS.

Informational and interview.

 Authorization for distrib-Authorization for distrib-uting Montgomery GI Bill ben-efits to dependants.
 Chiropractic care for ac-

tive-duty servicemembers.

• DoD Reserve Component Family member ID cards.

• Vehicle storage at government expense when a Soldier

is reassigned to an area where shipment isn't authorized. Temporary living expense authorization for first-term en-

listed personnel; also being pursued for first-term officers.

• Family Readiness Groups

institutionalized.
• Programs like Army Family Team Building and Better Opportunities for Single Sol-

diers created.

• Dislocation allowance for

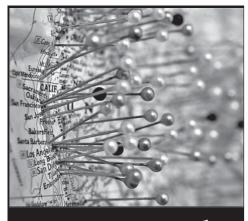
Informational and inter-active websites established to address retirement information and planning, employment op-portunities and application, and enlisted soldier assignments.

Contact the AFAP Program Manager at 785-239-9435 to become part of the AFAP Con-ference. To submit an AFAP issue, download the issue sheet from the website accounts. from the website, complete it and e-mail it to: rile.dmwracs@

conus.army.mil. A handwritten AFAP issue can also be submitted by picking up an issue sheet at Army Community Service, 7264 Normandy Dr., on Custer Hill; or by contacting Becky Wil-lis, AFAP program manager, at 785-239-9435 for a copy of the

The teen conference will be from 9 a.m. to 3 p.m. Oct. 2 at the Fort Riley Teen Center. The adult AFAP conference will be from 8:30 a.m. to 2:30 p.m. Oct. 5 to 7 at Riley's Conference Center. Free childcare is available with pre-registration.

# www.riley.army.mil



## Stay in touch from anywhere

Sign up for Stay In Touch with Fort Riley to get information about specoming events or services on post and in surrounding communitie

To register, visit www.riley.army.mil and complete the form linked on the