

VSACT 18 May 2022 Meeting

Meetings normally take place the 3rd Wednesday of every month from
10AM – Noon via ZOOM



Guest Presenter:

➤ **Ian Pyke Texas District Coordinator Irreverent Warriors**

The organization prevents veteran suicide by support and care for the veterans

Irreverent Warriors knows that the best support network for veterans is other veterans. We bring a community of warriors together through therapeutic events across the country. We also work with other veteran organizations who provide services such as job placement, training, housing, service dogs and more. The connections and bonds made at our events allow veterans to create their own support network solving the most crucial issue contributing to veteran suicide; isolation. Laughter and experience. We have experienced pain, tragedy, and trauma – whether overseas or at home – and many of us have used humor as a coping mechanism. Finding humor in difficult situations sheds some light on the darkness and helps us maintain a positive mental attitude and continue our mission.

They have a simple hike with veteran and reminds them of the camaraderie they all once had in the military will never truly die. They will always be there for each other. This is why IW's Silkies Hikes will continue to hike together year after. Please the website for additional information and the upcoming events near you. The links are provided.

<https://irreverentwarriors.com/>

<https://irreverentwarriors.com/cities/>

➤ **Michelle Aguayo, LPC CIV USARMY MEDCOM(USA)**

Michelle Aguayo, is a licensed counselor, the clinic has three psychologists, in addition to a psychologist in the pediatric clinic who specializes in autism. There also are school-based behavior services.

Army health resources aim to promote family readiness in the Bell County and FORT HOOD area. If it a duty station move, a parent's deployment, or leaving friends and familiarity behind, the military lifestyle brings unique challenges to military families. Significant events can manifest into behaviors such as depression, academic problems, acting out, excessive worry, suicide ideations and anxiety. If not detected early, the family unit is disrupted.

One resource help counter the emotional obstacles that threaten family readiness is Carl R. Darnall Army Medical Center's Child and Family Behavior Health Service (CAFBHS). Once separate entities, child psychiatry, marriage, and Family programs have evolved into the all-inclusive CAFBHS.

"It's all about keeping the family together with early intervention," said Michelle Aguayo, CAFBHS's outreach coordinator who helps steer families toward the right services.

The Child and Family Behavioral Health System is the Army's model to provide behavior health (BH) care for children and families. Senior Army leaders have endorsed CAFBHS as a key component of the Behavioral Health System of Care (BHSOC) and the preferred method for delivering BH care to Children and Families. CAFBHS model blends best practices in consultation, collaboration with primary care and integration of BH care to meet the needs of the Army child and Family population. CAFBHS programs include family counseling and therapy, as well as individual counseling for children and adolescents, support groups for children ages 11-13 and 14-17 and psychiatry medication- management services.

"Family counseling could be with the kids or it could be about parenting," she said, adding that sometimes-new parents with a young child need help. "Maybe that child has attention deficit disorder (ADD) or other behavior issues; they work with mom and dad on how to manage behaviors with that child."

For more information about CAFBHS services, contact the clinic at 254-7079/287-1866. They are open 7:30 a.m.-4:30 p.m.

https://www.army.mil/article/224412/army_health_resources_aim_to_promote_family_readiness