

## COMMANDER'S CORNER

## Resilient Spouse Academy to help Families deal with deployments

By Col. Kevin Brown  
GARRISON COMMANDER

You've probably heard the term resilience.

We often talk about building resilience in our Soldiers and Family members, so they are better able to handle the stresses which come with serving our nation in a time of continuing operations and multiple deployments.

As written in the Fort Riley 2015 Campaign Plan, "It is our Resilience that makes us Daring Strong."

An important part of resilience focuses on our Families. Not only do we want our Fam-

ily members to build their own resilience, we want them to help be sensors for our Soldiers and for each other.

The Resilient Spouse Academy will begin its first five-day training session in August, to help spouses learn how to deal with situations which may arise before, during and after deployments.

The pilot course includes 16 hours of Applied Suicide Intervention Skills Training, or ASIST.



Col. Brown

This piece will help spouses learn warning signs often shown by those contemplating suicide. Information also will be presented on how to handle that type of situation if it arises.

Master Resiliency Training is part of the Comprehensive Soldier Fitness Program, which focuses on developing five dimensions of strength: emotional, social, spiritual, Family and physical.

This eight-hour block of training will teach skills designed to help spouses look at situations differently, and learn how to bounce back from tough situations.

Attendees will be provided with two hours of Sexual Assault Prevention and Response training to learn how to properly respond to victims and where to get them help.

The rest of the course will focus on financial responsibility – both how to deal with financial problems and how to plan for the future.

Our spouses are an important element to building resilience within our force. They interact with each other, provide support to each other during deployments, and get to see sides of our Soldiers they may not show at work.

For these reasons, it's im-

portant for our spouses to learn the skills to help our Soldiers and each other stay strong during stressful times.

This course was developed for those reasons, and it is the first of its kind at Fort Riley. If you participate, we want your feedback. What was good about the class? What can be improved?

Child care will be provided for the entire training.

If your children will be getting out of school before you are out of class, we'll make arrangements for child care with Child, Youth and School Services.

We don't want there to be

any reasons spouses can't attend.

The course will be offered from 8 a.m. to 4:30 p.m. Aug. 10 to 13, Aug. 23 to 27, Sept. 13 to 17 and Oct. 18 to 22.

If you need child care for the first session, please sign up by July 30 with Julie Zwiebel at Army Community Service.

You can reach her at 785-239-9435 or julie.zwiebel@us.army.mil. The courses will be at the ACS Annex, 1020 Huebner Road.

To comment on this article or suggest a topic for Community Corner, e-mail riley.past.newspaper@conus.army.mil.

## EFMP conference helps minimize stress on special-needs Families

By Rob McIvaine  
FMWRC PUBLIC AFFAIRS

ALEXANDRIA, Va. – The FMWRC Exceptional Family Member Program brought together about 100 EFMP program managers from around the world to discuss EFMP initiatives, receive updates and learn how to work with the CYSS school liaison officers.

Lt. Gen. Rick Lynch, Installation Management Command's commanding general,

has declared July as EFMP Awareness Month.

"The number one request I hear from EFMP Families as I travel around, is for assistance in navigating the variety of services and programs available to them from the Army, the DoD and other government agencies," Lynch said.

"To address this, we are adding 44 system navigators to EFMP staff around the Installation Management community," said Maj. Gen. Reuben D.

Jones, FMWRC commanding general.

"These new navigators, stationed at 26 highly-impacted garrisons, will be trained in two two-week courses at the MG Robert M. Joyce Family and MWR Academy, beginning with the first session on Sept. 27," Jones said.

Soldiers move their Families every two to three years. This move is stressful, according to officials, but for Families with special needs, the stress

can be magnified by the need to find special support services.

"We have hired these new EFMP system navigators to provide non-medical case management for Families. They will help Families with special needs as they navigate through all the hurdles, minimizing the stress," said Sharon Fields, EFMP program manager.

Families with members requiring special educational and medical services often have to rebuild a complex system of

providers and services.

"They can put an incredible amount of time and effort into creating a network, which enables their Family members to flourish. Then, when it comes time to relocate, they have to start again.

"The Army does not intend for these Families to go it alone. The EFMP, managed through

FMWRC, is a comprehensive, coordinated program that provides community support, educational, medical, housing and

personnel services to Families with special needs," Lynch said.

EFMP is currently serving 16 percent of all Army Families, or more than 70,000 registered Family members.

The program has provided critical support to Families since its start in 1979, as part of the Army Family Covenant.

Families who have questions or need EFMP support can go to the garrison Army Community Service and speak with the EFMP manager.

## Dental care for special needs

By Shari Lopatin  
TRIWEST HEALTHCARE ALLIANCE

Whether it's autism, cerebral palsy or muscular dystrophy, sometimes Family members need dental work because of a medical condition.

If a Family member is covered under Tricare Prime, they may be able to receive "adjunctive dental care." This means that Tricare may cover medically necessary dental work to help treat a covered condition. That also includes dental trauma resulting from preparation for, or treatment of, an injury or disease caused by the treatment of a medically covered condition.

Here are some examples of the adjunctive dental procedures Tricare Prime may cover:

- Removal of teeth and tooth fragments to treat and repair facial trauma resulting from an injury;
- Treatment of a condition called "full ankyloglossia," or complete tongue-tie, to ease feeding, swallowing or speaking difficulties;
- Dental or orthodontic care to correct a condition related directly to a severe birth defect;
- Dental care to prepare for, or as a result of, in-line radiation therapy for oral or facial cancer.

Before a patient can receive any adjunctive dental care through Tricare, a medical care provider needs to receive prior authorization from TriWest Healthcare Alliance, the company which administers the Tricare health benefits at Fort Riley. This authorization requirement is waived only when the dental work involves an emergency, such as facial injuries from a car accident.

## ROUTINE DENTAL CARE

When trying to determine if a Family member may qualify for this benefit, they should know:

The Tricare medical benefit does not cover routine, preventive, restorative, emergency nonadjunctive dental, prosthodontic or periodontic dental care which is not related to a medical condition.

- Here are some examples of dental work which is not covered under the Tricare benefit:
- Routine dental care and cleanings
  - Treatment of gum disease
  - Removal of teeth, including wisdom teeth
  - Accidental dental damage such as a fractured tooth
  - Pain after root canal
  - Implants, crowns, den-

tures and bridges

• Treatment for poor dental health resulting from certain diseases, such as rickets or congenital syphilis

## NEED ADDITIONAL COVERAGE?

Family members can enroll in one of two Tricare dental plans.

For active duty Family members, the Tricare Dental Program is available, administered by United Concordia.

For retirees, the Tricare Retiree Dental Program is administered by Delta Dental.

Visit [www.tricare.mil/dental](http://www.tricare.mil/dental) for more information on these plans.

## SPECIAL NOTE FOR ACTIVE DUTY SOLDIERS

Active duty Soldiers can receive full dental care at Fort Riley's military dental clinic, located in Building 512 on the second floor, just off of Huebner Road and Carpenter streets, directly behind Grimes Hall.

For more information on this clinic, visit <http://tinyurl.com/FtRileyDental>.

## Home wanted

## Casanova

Casanova is a one-year-old female orange and white domestic short-hair cat. She is not spayed and will need her vaccinations and a micro chip. Her adoption fee is \$67.

She is litter box trained, but it is not known if she gets along with other animals.

If interested, it is recommended to bring your pets in to see if they are compatible with Casanova.

Fort Riley Stray Facility  
Building 226 Custer Ave., Main Post  
Noon to 4 p.m.  
Monday through Friday  
785-239-6183



## HOUSE FILL AD

## HOUSE FILL AD