

## COMMUNITY CORNER

## Mental health as important as physical health, commander says

By Col. William Clark  
GARISON COMMANDER

The most valuable resource at Fort Riley is not our tanks or helicopters; it's not our buildings and facilities; it's not technology — it's you.

Soldiers, Families and civilians are what make Fort Riley a great place to live, work and play. I recognize the Army is asking a lot of each of you. For example, multiple deployments for our Soldiers, separation from loved ones for our Families, increased workload for our civilians — these are all realities in our current Army. And these realities often result in increased stress.

Often what many of us for-

get to do during our hectic work days is to schedule time to breathe, enjoy our Family and friends or just do something we enjoy.

We must be vigilant in our efforts to reduce our stress and to be resilient individuals — this also will help minimize mental health issues across our force. May is National Mental Health Month, so I'd like to take this time to discuss how we can help combat mental health issues.

Fort Riley has programs in place to build resiliency



Col. Clark

and teach our team members how to deal with the ongoing stresses of Army life.

The Comprehensive Soldier Fitness program focuses on strengthening our Soldiers', Family members' and civilian employees' abilities to maintain healthy physical, mental, spiritual, Family and social lives. At Fort Riley, we've developed a Resiliency Learning Campus on Custer Hill, which has facilities and programs in place to build strength in each of the five pillars listed above.

Family Life Ministries, our chapel programs and Strong Bonds program help Soldiers and Family members stay in touch with their spiritual sides. Chaplains also provide counseling to help strengthen

marriages and provide single Soldiers with the skills they need to develop healthy relationships.

Every morning, you can see our Soldiers exercising their resiliency during physical training. At gyms across post, civilians and Family members utilize programs and classes to build their physical strength.

One component of strengthening our Soldiers' mental strength is the military life consultant program. Military life consultants meet with Soldiers upon their redeployment to talk about stresses or worries they may have.

Soldiers may meet with or without their spouses, and the off-the-record appoint-

ments allow Soldiers to find the resources they may need. Military life consultants also are available for Families.

The Army's first Resilient Spouse Academy has been going strong for about two years. Through that program, spouses are being trained as additional sensors to be prepared to help and spot anyone who may be having suicidal thoughts.

Family programs abound on post. Anywhere you turn at Army Community Service, you'll run into someone who provides a service to our Families. From parenting classes to volunteer opportunities, numerous ways exist to strengthen Family ties before, during and after deployments. For more information on

these programs, call 785-239-9435.

Military life consultants also build your resiliency and deal with the stress of Army life. And if the stress is beginning to feel like "too much," seek out behavioral and mental health resources like:

- Military One Source Crisis Line: 1-800-342-9647
- Chaplain Helpline: 785-239-HELP
- Behavioral Health Crisis/Outreach: 785-239-7208
- National Suicide Prevention Lifeline: 1-800-273-TALK

If you would like to comment on this article, or suggest a topic for a future Community Corner, email usarmy.riley.incom.mbx.post-newspaper@mail.mil.



Amanda Kim Stairrett | 1ST INF. DIV.

Recipients of scholarships given by the Fort Riley Combined Scholarship Board pose on the front steps of Quarters One May 7 with Brig. Gen. Donald MacWillie, senior commander, Fort Riley, back center. Quarters One is the residence of Maj. Gen. William Mayville, 1st Inf. Div. and Fort Riley commanding general and commander of RC-E, and his wife, Shand.

## Post combined scholarship fund distributes \$40K in scholarships

By Amanda Kim Stairrett  
1ST INF. DIV. PUBLIC AFFAIRS

The Fort Riley Combined Scholarship Board handed out \$40,000 in scholarships May 7.

Eleven high school students, three college students and five military spouses were recognized during a reception at Quarters One, home to Maj. Gen. William Mayville, 1st Infantry Division and Fort Riley commanding general and Regional Command-East commander, Afghanistan, and his wife, Shand. The scholarships were presented to recipients by Brig. Gen. Donald MacWillie, senior commander, Fort Riley, and his wife, Sherri, Fort Riley Combined Scholarship Board senior adviser.

Three recipients, all local high school students, were given Kansas State University Partnership Scholarships. They were presented by Art DeGroat, military affairs director, K-State. The program is designed to provide additional or partial scholarships to help military applicants, said Jean Anderson, scholarship committee chairwoman. The money is funded by K-State for students to attend the university. The applicants compete and receive the funds based on the same criteria as the Fort Riley Combined Scholarship Board scholarships, but they are selected by a committee from the university, Anderson said.

MacWillie told the high school recipients they were part of the Fort Riley Family, and having experienced everything

that comes with life as a military kid, they are mature and already head and shoulders above the rest. They will now go to "represent every one of us," he said.

Justin Ballard graduated from Junction City High School and plans to attend K-State and major in chemical engineering, he said. His father, Master Sgt. Fred Ballard, has served in the Army for 18 years. Although Justin's father is deployed with Division Headquarters and Headquarters Battalion, 1st Inf. Div., he received leave in time to see his son graduate.

Ballard said he was glad military dependents were recognized with scholarships like this because the life isn't easy.

"It's very different," he said. "But it's worth it."

Kathyli Rivera Cintron is using her experiences as the daughter of a 1st Inf. Div. non-commissioned officer to pursue her dream of studying post-traumatic stress disorder. She wants to start by majoring in pre-medicine.

Her mother, Kathy, said their Family's surroundings and experiences have impacted Kathyli's life because a lot of military Families have experienced PTSD issues. There's still so much to find out about PTSD, Kathy said, and Kathyli's going to do that.

Fort Riley Combined Schol-

arship fund contributors were the Fort Riley Officers and Civilians Spouses Club, Fort Riley Thrift Shop, Historical and Archaeological Society of Fort Riley, Association of the U.S. Army, Radina's Coffeehouse and Roastery, Hayden Orthodontics and Ike Leighty.

Fort Riley Combined Scholarship and K-State Partnership scholarship recipients were Megan Ewell, Cintron, Jenna Crusinberry, Ballard, Dallas Behrens, Blake Parker, Branton Chase, Ivy Calvert, Jessica Hughes, Timothy Miller, Jennifer Stawski, Justin Larres, Faith Calvert, Julie Petrucelli-Treen, Jessica Harper, Tiffany Harris, Jingfang Li Liu, Madelyn Tong and Anna Katharina Stevenson.

## Local teen receives scholarship from 'Our Family' foundation

OUR FAMILY FOR FAMILIES  
FIRST FOUNDATION

Our Family for Families First, John G. Picerno's private charitable foundation, awarded 10 scholarships to military children.

Dallas Behrens, Fort Riley, is one of the recipients of the scholarships.

Behrens attended Junction City High School and was ranked third in her class. She was involved in cheerleading, student council, yearbook, drama, theater, National Honor Society and many community volunteer activities.

She plans to attend Kansas State University and study industrial engineering with a minor in leadership. Her father is Chief Warrant Officer 4 Houston D. Behrens.

To date, the foundation has awarded more than \$3.5 million in scholarships to the Families of active-duty service

members. Among this year's scholarship recipients are aspiring journalists, engineers, artists, those with medical school aspirations and business dreams.

Graduating seniors of active-duty service members stationed at forts Meade, Md., Bragg, N.C., Riley, Sill, Okla., and Aberdeen Proving Ground, Md., received the scholarships in the amount of up to \$12,500 per year for four years to pursue a secondary education at colleges and universities around the country.

"The caliber of students applying for our scholarships is exceptional," said Maria Montalvo, foundation executive director. "All of the applicants, the children of active-duty service members, are hard-working students who are active in their schools and communities and more than deserving of a college scholar-



COURTESY PHOTO

Fort Riley teen Dallas Behrens poses for an undated picture.

Students receiving the scholarships will begin school in the fall, and all will attend a four-year institution of their choice. This year's award marks the seventh class of

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