Fort Riley Leaders Guide to Combating Risk Behaviors

“We Stand as One”
This guide is intended as a tool to help leaders at all levels.
It will help you:
Recognize risk behaviors in your formation
Support and direct your Soldiers to Resilience Resources on Fort Riley

Help-seeking behavior is the result of initiative, problem solving, effective communication and compassionate leadership.

General Peter W. Chiarelli
Generating Health & Discipline in the Force Report 2012
Resource Numbers
(All are 785 area code)

Alcoholics Anonymous 785-235-2226
Army Emergency Relief 239-9450
American Red Cross Fort Riley 239-1887
  - After hours emergency # 877-272-7337
Army Community Service 239-9435
Army Substance Abuse Program 239-5075
  - Confidential Self Referral 240-6223
Behavioral Health (IACH) 239-7291
Casualty Assistance 239-3741
Chaplains
  - 24 hour Hotline 239-HELP (4357)
  - Division Chaplain 239-0355
  - Installation Chaplain 239-3359
  - Family Life 239-3436
  - IACH 239-7871
Hospitals
  - Irwin Army Community Hospital 239-7667
  - Geary Community Hospital 238-4131
  - Mercy Regional Health Center 776-3322
Legal Assistance 239-3117
MFLC Counselor 221-9483
Military One Source 800 342-9647
Mind Fitness Center (stress/relaxation) 240-6257
New Parent Support 239-9435
Police, Fire or Ambulance: 911
Fort Riley (MPs) 239-6767
Junction City Police 762-5912
Manhattan Police 537-2112
SHARP (Soldier Sexual Harassment or Assault) 307-9338
Suicide Prevention Lifeline 800-273-TALK (8255)
Text to: 838255

Taxis - Riley Ride 239-5614
(Has established stops, $2.50 one way to Aggieville)
- Military Taxi 239-2636
- Civilian Taxi 785-238-6161 or 785-537-2080
(From Custer Hill, est. $30 to Aggieville; $15 to Junction City)

Victim Advocate 785-307-1373

MY UNIT

Staff Duty Phone: ________________________________

Unit CFNCO is _________________________________

Phone: _________________________________

Unit Chaplain is ______________________________

Phone: _________________________________

Unit Gate Keeper is: ______________________________

Phone: _________________________________
One of the most important lessons learned in recent years is that we cannot simply deal with health or discipline in isolation; these issues are interrelated and will require interdisciplinary solutions. For example, a Soldier committing domestic violence may be suffering from undiagnosed post-traumatic stress. He may also be abusing alcohol in an attempt to self-medicate to relieve his symptoms.

The reality is there are a significant number of Soldiers with a foot in both camps—health and discipline—who will require appropriate health referrals and disciplinary accountability. This will require us to sharpen our surveillance, detection and response systems to ensure early intervention.

*General Peter W. Chiarelli*

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Known Risk Factors
(Not in order of frequency)

Military Work Stress
Relationship Problem
Legal History
Substance Abuse Service Use
Physical Health Problems
Victim of Abuse
Financial Stress
Perpetrator of Abuse
Spouse/Family/Friend Death
Family Advocacy Program Use
Spouse/Family/Friend Suicide
Family Member Health Problem

Additional Factors:
- Transition
- Multiple pharmaceuticals