

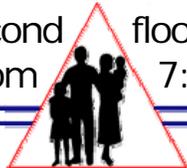
Family Advocacy Program

813-827-9172

MacDill AFB's Family Advocacy Program has a wide variety of services designed to promote healthy and happy military families. We support you by emphasizing skills to assist in preventing or resolving relationship conflicts, improving communication, and expanding on your skills as a parent.

We aspire to build resilient, healthy military families and communities by giving you the skills needed to resolve family challenges, which might help you cope with all the day-to-day frustrations in your home.

If you have any questions about our services, please feel free to contact us. We are located at the 6th Medical Group, on the second floor; hours are Monday through Friday, from 7:30 a.m. until 4:30 p.m.



FAMILY ADVOCACY



Family Advocacy Program
6th Medical Group
3250 Zemke Avenue, Bldg. 1078
MacDill AFB, FL 33621

NEW PARENT SUPPORT PROGRAM



New Parent Support Program (NPSPP) is a voluntary education and support program for expectant families with children 0-3 years old. Services include supportive groups, private telephone consultations and home visits customized to meet your needs by our Registered Nurse.

Call 813-827-9172 or visit us to schedule a class!

A Sample of Available Classes To Meet Your Needs:

Baby Basics

Wondering what to do with the little bundle of joy once he or she arrives? Baby Basics is a class designed for expectant parents. "Hands-On" training will include diapering, burping and swaddling a baby. Other topics covered include calming a fussy baby, car seats, signs of illness, and SIDS/SUIDS/Postpartum Depression.



Breastfeeding Basics: The Art of Breastfeeding

A class designed to educate expectant parents about breastfeeding. Topics include the benefits of breastfeeding, how your body produces milk, as well as breastfeeding positions.



Early Childhood Parenting

Parenting classes for families with children ages 1-4 years that provide education on positive parenting techniques. Topics include toddler nutrition, potty training, and toddler tantrums.

Dad's Workshop: A Class Taught By Men For Men

An insightful and informative class that helps Men learn what to expect during pregnancy, how to prepare for labor and delivery, practical baby skills, how to cope with crying, administrative matters to take care of and consider, as well as how Men can support mom during and after their pregnancy.



USEFUL NUMBERS/INFO/LINKS

Shopping	<p>Commissary: 813-828-3361 (M-F 0600-0900 Self Check Out Only) (Sun-Sat 0900-1900 Full Service) http://www.commissaries.com/</p> <p>Base Exchange: 813-840-0511 (M-Sat 0900-2000) (Sun 1000-1800) http://www.shopmyexchange.com/exchangelocations/MacDillAFBStore.htm</p>
<p>Schools</p> 	<p>Child Development Center (CDC) - School Based Enrollment - 813-828-5750 CDC 1 - 813-828-3332 CDC 2 - 813-828-2244 CDC 3 - 813-828-0195/0196</p> <p>http://www.macdillfss.com/ Family Child Care:</p> <p>In home Enrollment: 813-828-8974 School Age Program: Before/After/Non-School Day Enrollment - 813-828-5971</p> <p>Hillsborough County Schools: 813-272-4000 http://www.sdhc.k12.fl.us</p>
TRICARE	<p>South Region Humana Military: 800-444-5445 Humana-Military.com Claims—All Regions www.myTRICARE.com Behavioral Health Care: 800-700-8646</p>
<p>TRICARE Nurse Advice Line</p> 	<p>1-800-877-2273</p> <p>24/7 access to nurse advice; sometimes it's hard to know when to seek medical help for urgent health problems. Team of registered nurses who answer urgent healthcare questions</p> 

USEFUL NUMBERS/INFO/LINKS

Emergency	<p>9-1-1 FOR ALL EMERGENCIES Squadron Supervisor _____ Squadron Number _____ Security Forces - 813-828-3322 Command Post - 813-828-4362</p>
Airman & Family Readiness, Family Support Services, & Leisure Activities	<p>http://www.macdillfss.com/ Base Gym: 813-828-4496 M-F (0430-2300) S-S (0600-1800)</p> 
Base Gates	<p>All gates are 100% ID check. Vehicles must have proof of insurance and registration. Visitor Center is at Dale Mabry Main Gate: M-F 0600-1800—Sat 0800-1600 Dale Mabry Main Gate: 24hrs/7 days Bayshore Gate: 0500-2100 daily MacDill Ave Gate: M-F 0500-0900—in/out (M-F 1500-1800 —out only) Tanker Way Gate (M-F 0530-0800—POV traffic)</p>
Chapel	<p>813-828-3621 http://www.macdill.af.mil/macdillchapel/</p>
Housing Office	<p>813-828-3166 http://www.housing.af.mil/macdill/</p>
Integrated	<p>http://www.macdill.af.mil/integrateddeliverysystem Information on base helping agencies.</p>
Medical	<p>http://www.macdill.af.mil/nits/6thmedicalgroup/ www.facebook.com/macdillmedics MacDill Clinic: 813-827-2273 Brandon Clinic: 813-827-9729 Mental Health Clinic & Alcohol Drug Abuse Prevention and Treatment: 813-827-9170 Pharmacy: 813-827-9300 MiCare E-Messaging: www.afmis.af.mil/micare</p> 

FAMILY ADVOCACY OUTREACH

Contact us to sign up for any of our classes. Our classes can help you and your family build a stronger connection and teach everyone new strategies for becoming even closer together than before.



Sample Relationship and Individual Classes To Focus on Your Needs:

Family Advocacy Safety Education Seminar (FASES): This class is a one-time, 4-hour class, (not therapy!), to enhance your individual, couple, and family functioning through awareness.

How To Avoid Falling In Love With A Jerk(ette)!: A class that helps take some of the guess-work out of finding and developing healthy qualities and relationships; and teaches how to avoid some of the woes of the dating arena by knowing how to watch for the red-flags of problematic behaviors.

Marriage Links: Lasting Intimacy Through Nurturing Knowledge & Skills: A class that helps couples navigate the common pitfalls and roadblocks towards successful relationships and lifelong happiness through intimacy and collaborative effort.

Parenting Classes: These classes focus on helping parents find ways of managing difficult behaviors, encouraging good behaviors, building self-esteem and enriching communication skills.

Momma Wears Combat Boots: Single Parenting-The Family In Harmony: A class geared towards helping single active duty mothers find ways to help their children prepare and cope for their mother's pending deployment and tips on how to countdown their Mother's return home.

"1-2-3 Magic" Parenting: A class for parents with children between the ages of 2-12 which aims to equip parents with tools and techniques towards managing the unique problematic behaviors associated with these age groups.

Parenting Teens: A class for parents with children ages 13+ which aims to help parents find solutions to managing issues of defiance, and the problematic behaviors often associated with teenage children.



DOMESTIC ABUSE VICTIM ADVOCATE

Our Domestic Abuse Victim Advocate, (DAVA), provides emotional support, safety planning, and Civilian Protection Order assistance for victims of domestic abuse.

The DAVA also provides Information and referrals on obtaining Military or Civilian Orders of Protection, informing you of your rights, safety concerns, and of other military and community resources.



The DAVA can provide education and support on:

- Civilian and/or military legal assistance
- Reporting options (Restricted Reporting vs Unrestricted Reporting)
- Military and Civilian resource referrals

The DAVA has flexibility to meet with victims on or off base.

Please contact our DAVA directly:

- 813-827-9172 (office)
- 813-261-3391 (24 hours/DAVA Emergency Line)

You have options when reporting Domestic Violence:

- **Restricted Reporting** - This option provides a way for domestic violence victims to be able to access medical and victim advocate services without command or law enforcement involvement. For restricted reporting, a victim must report the abuse to the DAVA, an MTF healthcare provider or FAP staff.
- **Unrestricted Reporting** - This option means that command will be notified. With this form of reporting you are able to access military security resources.



MALTREATMENT INTERVENTION SERVICES

Our Licensed Clinical Social Workers are enhancing readiness through the building of healthy relationships by preventing and treating family violence.

The Family Advocacy Program, maltreatment program:

- Provides individual, family, couples, and group intervention services; including counseling and advocacy for victims and families of domestic violence.
- Completes family maltreatment assessments involving referrals and reports of child/adult maltreatment; and assisting with military and civilian support services for victims of domestic violence and their families.
- Serves as a liaison for military families and civilian child protection investigations.

Here are some helpful numbers to call:

If you or someone you know is the victim of maltreatment (or you suspect is the victim of maltreatment), please contact:

- The sponsor's command
- Security Forces: 813-828-3322
- The Police: 9-1-1
- Hillsborough County Sheriff (non-emergency): 813-247-8200
- Florida Dept. of Children & Families abuse hotline: 800-914-0004 (for children)

Additional Support Services:

- National Domestic Violence Hotline: 800-799-7233
- Military OneSource: 800-342-9647
- The Spring of Tampa Bay (DV shelter)
24 Hour Crisis Hotline: 813-247-7233
- Crisis Center of Tampa: Call 2-1-1



For all emergencies please call 9-1-1