

Eight Dimensions of Wellness Defined

Intellectual—Intellectual wellness is the utilization of human resources and learning resources to develop knowledge and advance skills. It involves an active participation in academic (military and civilian), cultural and community activities as well as being open to new thoughts, thinking critically and creatively, and seeking out new challenges.

Physical—Physical wellness is realizing the need for physical activity, nutritious food, and restful sleep. It encourages principles of good health and knowledge, which affect behavior patterns leading to a healthy lifestyle. Physical wellness involves respecting your body's own uniqueness and diversity, and engaging in practices that move you towards a higher level of health. Optimal physical well-being includes connecting with your physical self and avoiding harmful habits, while remaining focused on the balance of body-mind-spirit.

Spiritual—Spiritual wellness is integrating our beliefs and values with our daily actions. It is having a sense of purpose, direction, and awareness. Also, it is realizing what values, rights, and responsibilities take some thought, reflection and discussion. It helps us to expand a sense of meaning and purpose in life.

Career (Military and Civilian)—Career wellness is the ability to achieve a balance between work and leisure time; in addition to, finding personal satisfaction and enrichment from one's work. Attitudes about work, school, and career goals greatly affect performance and interactions with others. This involves exploring your purpose and dreams in life, learning to manage job-related stresses, and finding a career that makes you feel meaningful.

Social—Social wellness is the ability to interact with others, create and maintain relationships, and foster lasting friendships that enhance your quality of life. Social well-being is enhanced by establishing supportive social networks through meaningful relationships with family, friends, comrades, community support, and other significant individuals.

Eight Dimensions of Wellness Defined, cont'd.

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Cultural/Environmental—Cultural/Environmental wellness is embracing good health by occupying a pleasant, stimulating environments that supports well-being, and understanding that difference is an essential ingredient in the recipe for quality, improvement, and success. It is being able to see that understanding your own identity is a bridge to understanding others.

Financial—Financial wellness involves being satisfied with your current and future financial situations. It also involves working towards balance in how you think and feel about money and how you handle money. Financial wellness emphasizes having an understanding of your financial situation and being able to set goals to achieve the level of financial success you desire. Furthermore, it is caring for your finances to the degree that you can handle life changes—expected and unexpected. Maintaining financial balance also includes being comfortable with where your money comes from and where and how much of it you are spending and saving.

Emotional—Emotional wellness is validated by the overall comfort with and acceptance of one's full range of feelings. It is striving to meet emotional needs constructively. Essentially, it is maintaining good mental health, a positive attitude, high self-esteem, and a strong self-image. Emotional wellness comprises being resilient, knowing when to ask for assistance (professional and non-professional) and creating satisfying relationships.

Partial source: <http://www.colgate.edu>

Airman & Family Readiness Program (A&FRP)

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A&FRP and YRRP Mailing Address

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The A&FRP provides support and resources to members and families of the Colorado Air National Guard by developing and executing policies, programs, and processes that enhance individual, family, and community readiness. The Airman & Family Readiness Program Manager reports directly to the Wing Commander to determine the vision and framework for the program and partners with the State Family Program Office on all Joint efforts including Key Volunteer training, Marriage Enrichment, Yellow Ribbon Reintegration, Personal and Financial Counseling, and Financial Assistance. Deployment cycle support is provided via individualized pre-deployment briefs, monthly well calls, Wing socials, and Key Volunteer sponsorship. In addition, the A&FRP collaborates with local community agencies to build and maintain support for the military. From recruitment to retirement, we are here for you.

Our services cover the Eight Dimensions of Wellness

A&FRP: Walk-ins are accepted Tuesday through Friday from 8:00 a.m. to 4:00 p.m.

The Office is available from 6:15 a.m. to 5 p.m. by appointments.

YRRP: Walk-ins are accepted Tuesday through Friday from 8:00 a.m. to 4:00 p.m.
No appointments needed

140th Wing Colorado Air National Guard Family Program

Serving families and individuals alike in peacetime and war-time!

140th A&FRP Mission Statement

To build and sustain a thriving and resilient Air Force Community that fosters the Eight Dimensions of Wellness (Intellectual, Physical, Spiritual, Career, Social, Cultural, Financial and Emotional) while upholding the confidentiality of each individual and family.

140th A&FRP Vision Statement

A thriving and resilient Air Force Community ready to take on and meet any challenge.



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Websites:
<http://www.140wg.ang.af.mil/familysupport.asp>
<http://congfamilyreadiness.net/>

140th Wing Airman and Family Readiness Program Office Services and Affiliates

Key Volunteer Program (KVP)

The Key Volunteer program is a commander's program that supports Airmen and their families before, during and after deployments, separations and emergencies. Key Volunteers provide peer-to-peer support and resources for all family members in their assigned units. They enhance and encourage communication between units and families.

Pre-Separation Briefing

A program mandated by law for all separating (1 year prior) or retiring (2 years prior) service members to ensure personnel are aware of benefits/entitlements available to them.

Transition Assistance Program (TAP)

Separating service members must complete Transition Assistance Program (TAP); retirees are highly encouraged to attend. The 5-day TAP seminar includes information on job search techniques, a full VA benefit briefing, resume writing, interviewing skills, salary negotiation, financial assessment, and much more. *Pre-Separation Briefing must be done by your A&FRP Manager before doing TAP.*

Capstone

This is the final TAP activity to verify whether service members have met their Career Readiness Standards (CRS). The Capstone is required for all separating/retiring personnel no later than 90 days prior to anticipated separation/retirement. *This is done by your A&FRP Office.*

Relocation Assistance Program (RAP)

Relocation Assistance Program, facilitated by 460th AFRP, provides a variety of services designed to help personnel and their families through the process of a PCS move. It provides education, information, referral and support to help ease the physical and emotional impact of relocation while transitioning out of the military.

Transition Assistance Advisor (TAA)

The TAA works to ensure all deployed and non-deployed Veterans and their Families have the knowledge and ability to access their benefits.

Yellow Ribbon Reintegration Program (YRRP)

The YRRP provides informational events—both pre and post mobilizations—for members of Colorado National Guard and their families.

Exceptional Family member Program—Family Support (EFMP-FS)

A community support component of the EFMP that connects families with special needs to the systems of care they need, both on and off the installation. Join EFMP Facebook for up-to-date information.

Chaplain

Chaplains are available to Military Families for confidential spiritual and moral guidance, crisis intervention, stress management, pre-martial and family life counseling, and advice on life and career decisions.

Strong Bonds Program

A unit-based, Chaplain-led program which assists commanders in building individual resiliency by strengthening the Air Force Family. For information about retreats, workshops, classes, etc. Contact 140th AFRP office.

Comprehensive Airman Fitness (CAF)

CAF is comprised of a multitude of targeted programs and activities as well as resiliency skills. It is a lifestyle and culture that focuses on making sound choices while building a thriving Air Force comprised of comprehensively balanced individuals that are engaged in becoming mentally, physically, socially and spiritually fit.

Suicide Prevention Program

This program is here to provide members with information on suicide prevention, along with tips and techniques to control the stressors in their and/or their loved ones' lives, so that suicide does not occur. The program can also provide referrals to establish a continuum of care through community recourses.

HeartLink

A Spouse Orientation Program: It celebrates the military way of life and teaches how spouses are the heart of the Air Force! Provided quarterly with lunch included. Facilitated by 460th A&FRP.

Loans and Grants

Colorado Guard Foundation, Inc.—loans (0% APR) or grants for emergency and potentially other purposes. **Military Family Relief Fund** (Mobilized minimum 30 days)—grants for income replacement and reimbursement. Other grants are also available. Call 140th AFRP office at 720.847.9184 or 720.847.9116 for the basic requirements and more details.

Basic Investing

This is provided through a seminar, facilitated by the 460th A&FRP, that provides an overview of investment fundamentals. It familiarizes individuals and families with asset allocation, risk tolerance and diversification.

Personal & Work Life Program

The Air Force realizes there is a relationship between a member's ability to accomplish a mission successfully and the quality of his or her family experiences. A&FRP offers activities and services to promote a positive family environment.

Personal Financial Management

Personal Financial Management program provides education, information and counseling to DoD personnel and their families on a wide range of personal finance topics, including budgeting, buying a home, basic and intermediate investing, estate planning, buying a car and debit/credit management.

Bundle for Babies

This is a quarterly seminar co-facilitated by 460 Family Advocacy and PFMP. Topics include Budgeting for Baby, Investing for the Future, Calming the Baby and Shaken Baby Syndrome. Open to all branches for services. Active Duty family members may receive an AFAS bundle value over \$75.00.

Child & Youth Program (CYP)

The Youth Program is designed to educate, promote and support military youth through the cycles of deployment and peacetime. CYP is integrated into various community systems, which provides opportunities to learn new skills and socialize with other National Guard youth.

Employer Support of the Guard and Reserve (ESGR)

This is a DoD office that develops and promotes supportive work environments for Service Members in the Reserve Components. This increases awareness of applicable laws and resolves employer conflicts between Service Members and their employers.

Additional Services

Military & Family Life Consultant (MFLC)

Adult—720-563-9960 or 720-471-5752

Child and Youth—720-357-3893-4

DOD contracted professionals are available to listen and help Service Members and their families. Consultations are free and anonymous—no records kept.

Personal Financial Counseling (PFC)

Debbie Williams (Centennial) - 803-323-9871

PFC.CO.NG@zeiders.com

Jim Girlando (Colorado Springs) - 719-600-9835

PFC4.CO.NG@zeiders.com

PFCs will help you and your family manage finances, resolve financial problems and reach long-term goals, such as furthering education, buying a home and planning for retirement. *PFC services are no cost, private and confidential.*

Military OneSource

720-250-1197

A confidential DoD-funded program providing comprehensive information on every aspect of military life at no cost to Active Duty, National Guard, and Reserve members and their families.

Employment Services

720-847-9116 or 720-847-9184

This program assists in developing a career plan, establishing community network contacts, and utilizing employment listings. Open to all Guard Members and their family.

Readiness Services

720-847-9184 or 720-847-9116

Designed to assist members and their families across the four stages of deployment with tools, resources and activities essential for successful military deployment. Includes Car Care Because We Care, Morale Calls/Well Calls, Give Parents a Break and various support activities—such as a monthly Deployment Family Dinner.