

MENTAL HEALTH CLINIC CLASSES AND SERVICES

PHONE: 720-847-6451

MENTAL HEALTH COUNSELING

The Mental Health Clinic offers services for Active Duty members only. We provide solution-focused intervention for managing life stressors including (but not limited to) anxiety, depression, bereavement, and trauma.

ALCOHOL & DRUG ABUSE PREVENTION & TREATMENT (ADAPT)

Assesses active duty members for substance related disorders, based on self or command referral. Provides prevention briefings for First Term Airmen Course and to duty sections upon request. Provides counseling to active duty members for substance related concerns.

DRUG DEMAND REDUCTION PROGRAM (DDRP)

Provides outreach prevention, education

FAMILY ADVOCACY CLASSES

PHONE: 720-847-6453

Open to the Buckley Community

STRESS MANAGEMENT/ANGER MANAGEMENT

A six session class that focuses on identifying stress and personal anger triggers and how to modify behavior.

PREVENTION RELATIONSHIP ENHANCEMENT PROGRAM (PREP)

An educational experience that helps couples increase their communication and problem solving skills while promoting intimacy and enhancement of their relationship.

LOVE AND LOGIC

A five session parenting class that focuses on allowing your child to make behavioral choices and teaches them responsibility.

PASSPORT TO PARENTHOOD

Information for first time expectant parents in their third trimester to learn how to care for young infants.

DAD'S 101

This is a father's only class that educates individuals on pregnancy, child safety, caring for a newborn and preventing child abuse.

FAMILY ADVOCACY PROGRAM SERVICES

PHONE: 720-847-6453

Open to Active Duty and Family Members

MALTREATMENT SERVICES

Family violence assessment, intervention and education for child and adult partner maltreatment.

FAMILY ADVOCACY SAFETY EDUCATION SEMINAR

A class offered to all maltreatment referrals. The class is designed to enhance individual, couple and family functioning through awareness of effective interpersonal patterns.

FAMILY ADVOCACY STRENGTH-BASED THERAPY (FAST)

Offers preventive services on a voluntary basis for marital problems, crisis intervention and parent support.

BREAST PUMP LOAN PROGRAM

Hospital grade pumps are loaned to new parents who are active duty O-2 and below or E-6 and below.

OUTREACH SERVICES

Provides education and training to the Buckley AFB community and consultation for 1st Sergeants and Commanders.

NEW PARENT SUPPORT PROGRAM (NPSP)

PHONE: 720-847-6453

Who NPSP Serves

Active duty members and their dependents from all branches of service.

- Expectant mothers during pregnancy
- Military families with children 3 years old and under
- Adopting military families

Services and Programs

The NPSP services assist new and expecting parents with the support they need to be successful. These programs are designed to provide knowledge and skills needed to be great new and expectant parents.

Below is a list of services we can provide:

- Tailored home visits by a Registered Nurse to address your needs and concerns
 - Education on pregnancy
 - How to manage the stress and challenges of parenting
 - Connections within the military community
 - Support for single parents
 - Guidance with difficult infants or toddlers
 - How to cope with colic, fussy or high needs baby
 - Discipline strategies
 - Strategies for potty training or sibling rivalry
 - ...and much, much more!
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- OB Orientation: Sponsored by the 460 MDG, call 720-847-9355 to register. Open to expectant parents in their 1st trimester. Class held every second Thursday of the month at the Health and Wellness Center (HAWC) from 0800-1100.
 - Bundles for Babies: Sponsored by the Airman and Family Readiness Center, call 720-847-6681 to register. It is a workshop for expectant parents.