



Psychological Health Program (PHP)



Behavioral Health (BH) Resource

<https://www.usar.army.mil/PHP/>

USARC HQ Mailbox for the Psychological Health Program:
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PSYCHOLOGICAL HEALTH PROGRAM



Mission

To achieve and sustain the most resilient and mentally fit Reserve force in the Nation. We will accomplish this by facilitating behavioral health services for Soldiers and family members who need them. Assist operational leadership through Command consultation, preserving unit cohesion through traumatic event management, and developing enduring partnerships with sister organizations.

Vision

To provide trained, ready, and proficient psychological health professionals who are passionate about delivering world-class behavioral health services to USAR Soldiers across the nation.

Who we are

An Army Reserve specific program who understands the stressors of the Army Reserve Soldiers' responsibilities of balancing a civilian job, school, family, work and being a Soldier.

The Psychological Health Program run by USARC's Surgeon Directorate, has points of contacts in each Readiness Division ready to assist you. Give us a call. Services are confidential.

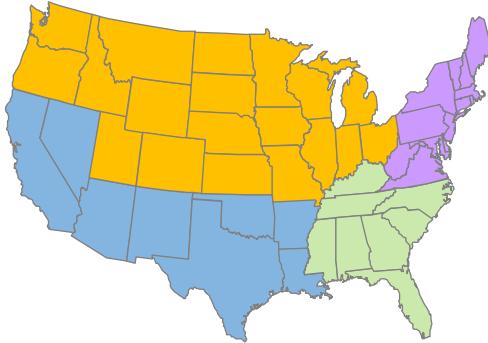


Current USAR PHP Contacts



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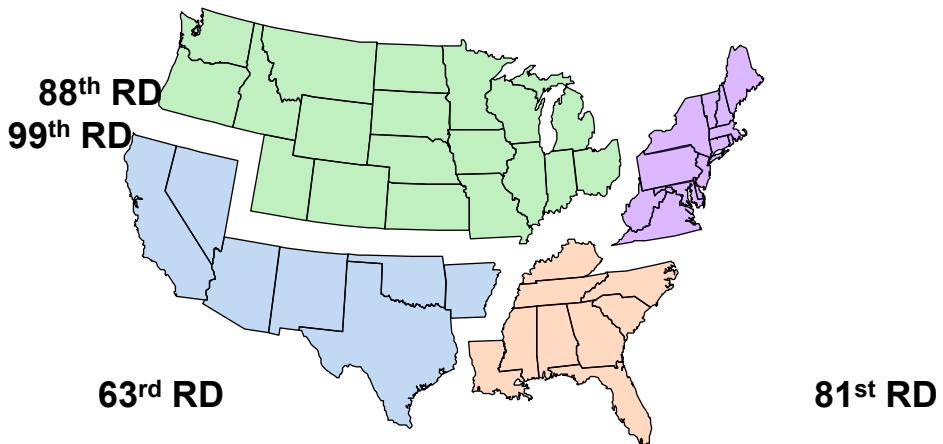
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USAR PHP Readiness Division Coverage Map



63rd RD: California, Nevada, Arizona, New Mexico, Texas, Oklahoma, Arkansas, Alaska, Hawaii, and Guam (9th MSC).

81st RD: Louisiana, Mississippi, Alabama, Georgia, Florida, South Carolina, North Carolina, Tennessee, Kentucky, and Puerto Rico (1st MSC).

88th RD: Washington, Oregon, Idaho, Montana, Wyoming, North Dakota, South Dakota, Nebraska, Minnesota, Iowa, Wisconsin, Michigan, Ohio, Indiana, Illinois, Missouri, Kansas, Colorado, and Utah.

99th RD: Maine, Connecticut, New York, Pennsylvania, West Virginia, Virginia, Maryland, New Hampshire, New Jersey, Vermont, Rhode Island, Massachusetts, Delaware, and Germany (7th MSC)



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The PHP receives most referrals via:

- MHA portion of the PHA
- PDHRAs (post deployment health reassessment)
- CCIRs (Commander's Critical Information Requirement)
- AR-MMC (Medical Management Center)
- SPPMs (suicide prevention program)
- ASAP (substance abuse)
- Military OneSource
- Commanders
- Soldier self-referrals



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✓ **COMMANDERS –**

- Provide subject matter expertise on behavioral health matters and procedures i.e., Command Directed Behavior Health Evaluations (CDBHE), profiles, etc.
- Offer consultation, upon request, or following Command Critical Incident Response (CCIR).
- Arrange and provide postvention support for units after the loss of a Soldier.

✓ **SOLDIERS & FAMILIES –**

- Offer clinical assessment and referral for behavioral services (mental health, employment, housing, finances, relationships etc.)
- Assist with finding local, state, federal and national resources
- Provide case management and profile management
- Conduct outreach following Pre, Post, or Periodic Health Assessment which may indicate possible mental health or behavioral health needs
- Review medical records and serve as a liaison for civilian providers and Army policy requirements
- Advocate for coordination and continuity of care
- Facilitate communication with commands on behalf of the Soldiers while preserving confidentiality.



What is Mental Health?

Emotional

Psychological

Social-Wellbeing

How we think, feel, act

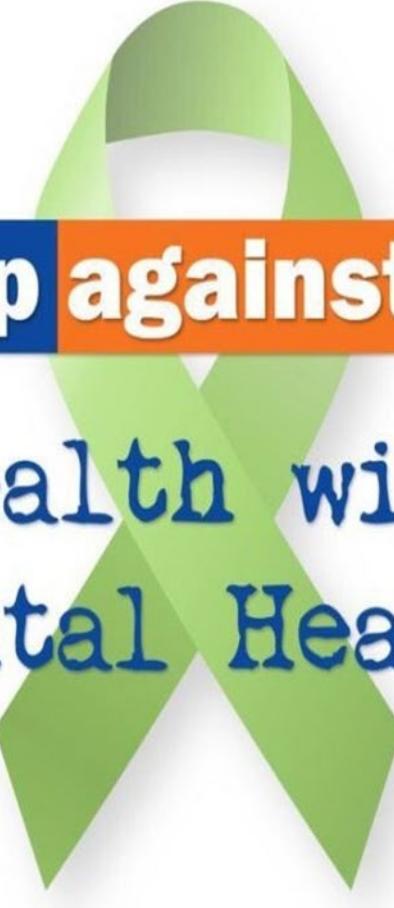
Handle stress

Important at every stage of life

Childhood through adulthood



STIGMA



stand up against stigma

**No Health without
Mental Health**



PSYCHOLOGICAL HEALTH PROGRAM



Mental Health Issues

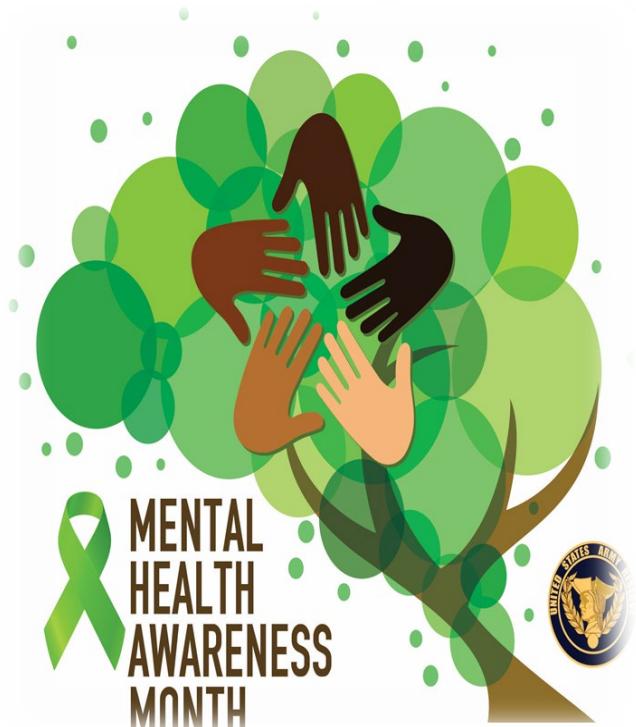
Depression

Relationship

Financial

Substance Use

Stress





PSYCHOLOGICAL HEALTH PROGRAM



The screenshot shows the homepage of the USAR Psychological Health Program. The top navigation bar includes links for Home, About Us, Leadership, Commands, Featured, Resources, News, Join Us, and Chief of Army Reserve. The main content area features sections for WHO WE ARE, MISSION, and VISION, each with a brief description and a photograph of a smiling soldier. The SERVICES section is divided into Commander and Soldier & Family categories, with a list of tasks and a photograph of a soldier interacting with a family. A sidebar on the right contains links for Psychological Health Program Home, For Commanders, For Soldiers, For Families, Crisis Intervention, Resources, Contact Our Staff, and a contact form for the USAF Director of Psychological Health Program. The contact form includes fields for Name, Email, Subject, and Message, with a note that messages are not for medical emergencies.

<https://www.usar.army.mil/PHP/>

What should I do if someone is in a crisis?

- Call the National Suicide Hotline **1-800-273-8255 (TALK)**
- Call **911**
- Take the soldier to the **nearest emergency department**

How do I know if I (or one of my Soldiers/Family Members) is in a crisis?

- Soldiers experience thoughts about harming themselves or others
- Soldiers may be acting irrational or inappropriate