



February 2025

# ACS CONNECTION

## OUR PROGRAMS

Family Advocacy Program  
270-412-5500

Financial Readiness Program  
270-798-5518

Army Emergency Relief  
270-798-5518

Exceptional Family Member Program  
270-798-2727

Information and Referral Program  
270-798-9322

Relocation Readiness Program  
270-798-6313/956-2676

Army Volunteer Corps  
270-956-2934

Army Family Team Building  
270-798-4800

Army Family Action Plan  
270-956-2934

Mobilization, Deployment, & Stability  
Support Operations  
270-798-3849/798-6313

Outreach Program  
270-412-9092/956-3132

Soldier and Family Assistance Center  
270-412-6004

Survivor Outreach Services  
270-798-0272

Employment Readiness Program  
270-412-1720

## ACS QUICK SCOOPS

February is Teen Violence Awareness Month

### Teen Dating Violence Awareness Month Events:

Fort Campbell High School-February 7 @ 11am  
Teen Center-February 14 @ 4pm  
Mahaffey Middle School-February 21 @ 10am

Volunteer of the Quarter Ceremony-February 12  
Cole Park Commons @ 1:30pm

Employment Readiness Program Job Fair  
February 19

Cole Park Commons @ 9am-2pm

Family Fun Night-February 28  
Taylor Youth Center @ 6pm-8pm

ACS AFTB Outreach  
Main Exchange-February 10 @ 11am

EFMP Outreach  
Main Exchange-February 5,12,19, &26

ACS Outreach  
Commissary-February 4 @ 10am  
Main Exchange-February 14 @ 10am  
BACH-February 19 @ 10am

ACS **CLOSED** in observance of  
President's Day-February 17

## CONTACT US



Temporary ACS Office Location (Page 7)



270-798-9322



SCAN HERE  
<https://home.army.mil/campbell/index.php#acs>

# Supporting Your Teen in Developing Safe and Healthy Relationships

*By: Maurice A. McGhee, ACS Family Advocacy Program*

As a parent, your goal is to ensure your children are safe, healthy, and happy. While forming relationships and developing romantic feelings is a natural part of growing up, it's important to recognize that relationship abuse can start early. Being informed about the realities of dating abuse is essential for effective support.

## **Key Statistics:**

- One in three U.S. teenagers will experience some form of dating abuse before adulthood (Love is Respect).
- According to the CDC's 2019 Youth Risk Behavior Survey, about one in 12 high school students reported experiencing physical or sexual dating violence in the past year.
- Most individuals first encounter intimate partner violence between the ages of 11 and 24.

## **Encouraging Healthy Relationships:**

To help your teen cultivate healthy relationships, consider the following strategies:

### **1. Build Trust:**

- Set and respect healthy boundaries.
- Actively listen to your teen's concerns and opinions.
- Support their decisions without judgment, even if you disagree.

### **2. Discuss Healthy Relationships:**

- Talk about positive relationship qualities you both recognize.
- Emphasize that healthy relationships are built on respect, trust, honesty, communication, and independence.

### **3. Recognize Unhealthy or Abusive Relationships:**

- Educate your teen about signs of unhealthy relationships, such as boundary testing, unwanted teasing, and excessive jealousy.
- Reinforce that these behaviors are not normal and do not indicate love.

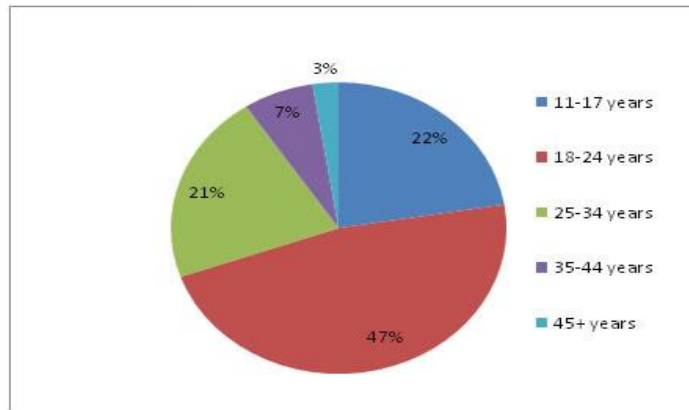
### **4. Teach the Importance of Consent:**

- Ensure your teen understands consent in physical and sexual contexts. This education should begin early.
- Remind them that consent must be sought each time and can be revoked at any moment.

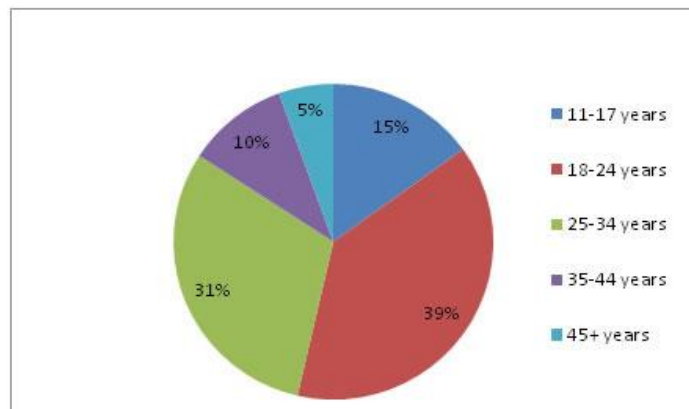
### Understanding Technology Risks:

In today's digital age, technology can facilitate abuse and harassment. Make sure your teen is aware that behaviors such as excessive messaging, put-downs, and threats to share private images are forms of relationship abuse.

**Figure 1. Age at First Experience of Intimate Partner Violence for Women**



**Figure 2. Age at First Experience of Intimate Partner Violence for Men**



### Upcoming Outreach Events:

**February 7:** Fort Campbell High School Outreach - 11:00am-1:15pm

**February 14:** Teen Center Outreach - 4:00pm-5:30pm

**February 21:** Mahaffey Middle School Outreach-10:00am-11:40am

### Resources for Further Information:

To learn more about technology risks and tips for reporting abuse, visit:

[Love is Respect: Create a Safety Plan] <https://www.loveisrespect>

<https://www.militaryonesource.mil/parenting/children-youth-teens/support-for-safe-healthy-teen-relationships/>

# Heart Health Awareness Month

*By: Bianca Carolina, ACS EFMP Social Services Representative*



February is **Heart Health Awareness Month**, with the first Friday celebrated as National Wear Red Day. Heart Health Awareness helps to spotlight heart disease, the leading cause of death in Americans, and how to maintain a healthy heart. Heart disease describes a range of conditions that can affect the heart as well as the blood vessels. President Lyndon B. Johnson, who was among many Americans to have experienced a heart attack, issued the first proclamation in 1964.

**There are over 30 different heart diseases including:**

**Cardiomyopathy:** Disease of the heart muscle where it can get stretched, thickened, or stiff, causing the heart to be too weak to pump properly. There are many possible causes of cardiomyopathy including genetics, drug reactions and viral infections. Dilated cardiomyopathy (DCM) is the most common type of cardiomyopathy.

**Congenital Heart Disease:** Heart abnormality that present during fetal development and can lead to problems right after birth. Septal abnormalities are among the most common congenital heart problems. This abnormality causes holes in the wall that separates the left and right sides of the heart but can be repaired with a procedure to patch the hole.

**Pericardial Disease:** Pericardial disease is any disease of the pericardium, the sac that surrounds the heart. One of the most common types is pericarditis which causes inflammation of the pericardium. Pericarditis is usually caused by an infection with a virus, injury to the pericardium, or an inflammatory disease such as lupus.



Preventing heart disease starts at home with choosing healthy habits and can help shape our children's heart health as well. Choosing healthy meals and snacks that are high in fiber can help prevent high cholesterol. Be mindful of your sodium and sugar intake to help keep a stable blood pressure and control blood sugar. When making meals, have your children assist while discussing the ingredients you are using to keep them engaged.

Staying physically active can also help maintain a healthy heart. It is recommended that adults get at least 2 hours and 30 minutes of moderate intensity exercise a week, while children and adolescents should get at least 1 hour of activity a day. Taking a brisk walk, riding a bike and playing a light sport are all great ways to ensure the whole family stays active.

### **Heart Health Awareness Month Happenings in February:**

ACS EFMP will be highlighting Heart Health Awareness the entire month of February on the closed Facebook and encourage members to share their story. A heart healthy cooking video will be shared to educate families on the importance of eating well. Lastly, ACS EFMP staff will be at different locations in the community to help you learn more about maintaining a healthy heart.

### **References:**

- <https://www.heart.org/en/around-the-aha/february-is-american-heart-month>
- <https://www.webmd.com/heart-disease/heart-disease-types-causes-symptoms>
- <https://www.cdc.gov/heart-disease/prevention/index.html>

# Upcoming Classes/Workshops

Feb 3	Mon	Command Team Training (2577A Screaming Eagle Blvd) 1pm-3pm (MD & SSO) VMIS Organization Point of Contact (OPOC) Training (2577A Screaming Eagle Blvd) 1pm-2:30pm(AVC)
Feb 4	Tue	SFRG Assistant Training (2577A Screaming Eagle Blvd) 9am-1:30pm (MD & SSO) New Parent Support Play Mornings (3411 Bastogne Ave) 10:30am-12pm (NPSP) Ball Etiquette Class (USO, 6145 Desert Storm Ave) 5pm-7pm (AFTB)
Feb 5	Wed	Mastering Resume Essentials (5662 Screaming Eagle Blvd) 9am-11am (ERP) VMIS User Training (2577A Screaming Eagle Blvd) 10am-11am (AVC) AFTB Level L (2577A Screaming Eagle Blvd) 10am-12pm OCONUS Smooth Move Orientation (Levy Brief @ SSC, Every Wed) 12pm-12:30pm-ACS (RRP) Interview Skills Workshop (5662 Screaming Eagle Blvd) 1pm-3pm (ERP)
Feb 6	Thur	Soldier & Family Newcomers Orientation (Cole Park Commons, Every Thu) 8:30am-1:30pm (RRP) Command Family Readiness Representative (CFRR) Training (2577A Screaming Eagle Blvd) 9am-1:30pm (MD & SSO) Family Life Class–Connecting Through Communication (Bldg 79 Bastogne Ave) 9:30am-11:30am (FAP) VMIS User Training (2577A Screaming Eagle Blvd) 5pm-6pm (AVC)
Feb 11	Tue	Key Contact Training (Teleconference) 9am-10:30am (MD&SSO) New Parent Support Play Mornings (3411 Bastogne Ave) 10:30am-12pm (NPSP) Exceptional Family Member Program Support Group 11am-12pm (EFMP) CONUS to CONUS Smooth Move Orientation (Teleconference, Every 2nd & 4th Tuesday) 12pm-12:30pm (RRP) How to Buy a House (5662 Screaming Eagle Blvd) 1pm-3pm (FRP) Federal Resume Workshop (5662 Screaming Eagle Blvd) 1pm-3pm (ERP)
Feb 12	Wed	Money Management (5662 Screaming Eagle Blvd) 9am-11am (FRP) Spanish Resume Workshop (5662 Screaming Eagle Blvd) 9am-11am (ERP) Care Team Training (Teleconference) 9am-10:30am (MD & SSO) OCONUS Smooth Move Orientation (Levy Brief @ SSC, Every Wed) 12pm-12:30pm-ACS (RRP) Spanish Interview Workshop (5662 Screaming Eagle Blvd) 1pm-3pm (ERP)
Feb 13	Thur	Soldier & Family Newcomers Orientation (Cole Park Commons, Every Thu) 8:30am-1:30pm (RRP) Informal Fund Custodian Training (Teleconference) 9am-11am (MD & SSO) Family Life Class– Keeping Cool When Things Get Heated (Bldg 79 Bastogne Ave) 9:30am-11:00am (FAP) MYCAA, SECO, and MSEP (5662 Screaming Eagle Blvd) 12pm-2pm (ERP)
Feb 18	Tue	Instructor Training Course (2577A Screaming Eagle Blvd, Day 1) 9am-3pm (AVC) New Parent Support Play Mornings (3411 Bastogne Ave) 10:30am-12pm (NPSP) Lunch & Learn Military Spouse Preference (5662 Screaming Eagle Blvd) 12pm-1pm (ERP) Family Life Class-Ages and Stages (Bldg 79 Bastogne Ave) 1:30pm-3pm (FAP) Family Life Class-Ages and Stages (Virtual) 6pm-7:30pm (FAP)
Feb 19	Wed	Instructor Training Course (2577A Screaming Eagle Blvd, Day 2) 9am-3pm (AVC) Thrift Savings Plan (5662 Screaming Eagle Blvd 10am-11am (FRP) Expectant Parent Workshop (79 Bastogne Ave) 10am-11:30am (FAP) OCONUS Smooth Move Orientation (Levy Brief @ SSC, Every Wed) 12pm-12:30pm-ACS (RRP) SFRG Assistant Training (Teleconference) 5pm-8pm (MD & SSO)
Feb 20	Thur	Soldier & Family Newcomers Orientation (Cole Park Commons, Every Thu) 8:30am-1:30pm (RRP) Instructor Training Course (2577A Screaming Eagle Blvd, Day 3) 9am-10am (AVC) Care Team Training (2577A Screaming Eagle Blvd) 5pm-6:30pm (MD & SSO)
Feb 24	Mon	Command Team Training (2577A Screaming Eagle Blvd) 5pm-7pm (MD & SSO)
Feb 25	Tue	VMIS Organization Point of Contact (OPOC) Training (MS Teams) 9:30am-11am (AVC) New Parent Support Play Mornings (3411 Bastogne Ave) 10:30am-12pm (NPSP) CONUS to CONUS Smooth Move Orientation (Teleconference, Every 2nd & 4th Tuesday) 12pm-12:30pm (RRP) VMIS Organization Point of Contact (OPOC) Training (MS Teams) 1pm-2:30pm (AVC) Federal Resume Workshop (5662 Screaming Eagle Blvd) 1pm-3pm (ERP)
Feb 26	Wed	OCONUS Smooth Move Orientation (Levy Brief @ SSC, Every Wed) 12pm-12:30pm-ACS (RRP) VMIS User Training (MS Teams) 1pm-2pm (AVC)
Feb 27	Thur	Soldier & Family Newcomers Orientation (Cole Park Commons, Every Thu) 8:30am-1:30pm (RRP) Key Contact Training (2577A Screaming Eagle Blvd) 1pm-2:30pm (MD & SSO) Informal Fund Custodian Training (2577A Screaming Eagle Blvd) 5pm-7pm (MD & SSO) I Married a Soldier...Now What? (3065 Forest Rd, Hammond Heights) 5pm-7pm (AFTB)
Feb 28	Fri	Family Fun Night (Bldg 80 Texas Ave) 6pm-8pm (FAP)

Registration is required for all classes/workshops  
For additional information contact ACS 270-798-9322

# Events Around ACS



Family Fun Night on 21 January 2025



Annual AER Campaign Kickoff Ceremony 22 January 2025

**Building 79 Bastogne Ave.**

Family Advocacy Program  
270-412-5500  
Victim Advocacy Program  
931-980-5787  
Exceptional Family Member  
Program  
270-798-2727

**Temporary Location**

**Building 2577A Screaming Eagle Blvd.**

Information & Referral: 270-798-98322 Army  
Volunteer Corps: 270-956-2934  
Army Family Team Building: 270-798-4800  
Army Family Action Plan: 270-956-2934 ACS  
Outreach: 270-798-2062/412-6771  
ACS Relocation/Lending Closet: 270-956-2676  
Mobilization & Deployment: 270-798-0513  
Military Family Life Counselors:  
270-798-9322/956-2935

**Temporary Location**

**Building 5662 Screaming Eagle Blvd.**

Information & Referral  
270-956-2935  
Financial Readiness Program  
270-798-5518  
Army emergency Relief  
270-798-5518  
Employment Readiness Program  
270-798-4412

**Temporary Location**

