



ACS CONNECTION



October
2020 Issue



1501 William C. Lee Road
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Article by Twanna Ivey
Victim Advocate/New
Parent Support Program

What is the #1 Thing You Could Do to Unite Against Domestic Abuse?



The October 2020 Domestic Violence Awareness Month (DVAM) campaign is designed to promote the idea that **preventing domestic abuse is a shared community responsibility, and one that starts with a message of support for victims.** This campaign introduces simple but safe and effective ways for Family, friends and concerned community members to help individuals who are at risk for domestic abuse during a time of heightened isolation.

Throughout this month, you will see various ways you can participate in Fort Campbell's united stand to end domestic abuse. To start, Fort Campbell is hosting a Virtual Step Challenge as a DVAM activity. Community members are asked to participate by tracking their steps (miles are accepted as well) throughout October. Help Fort Campbell reach it's goal of 10,101,101 steps completed to raise awareness of domestic abuse. Remember, we are **United to End Domestic Abuse.**

Here are a few ways to get involved and raise awareness 1 step at a time:

- **Unit runs for the cause:** Count PT runs toward Fort Campbell's step goal.
 - **Engage in daily Family walks:** Family time can strengthen the family unit and exercise is good for everyone involved. Kids steps count too, even if they are in a stroller.
 - **Practice daily walks for individual self-care:** Single Soldiers and Civilians can support the cause as well while also addressing physical self-care needs.
 - **Couple talks during couple walks:** To strengthen the marital relationship and improve communication.
 - **Organizations on a mission:** Get together and track your steps as a group to show your organization's support.
- ** Please continue to practice safe social distancing during these activities.**



United to End Domestic Abuse



Fort Campbell Domestic Abuse Hotline: 931-980-5787

Celebrate National Disability Awareness Month

Written by Ann Brown,
Exceptional Family Member
Program Coordinator,

Since 1988, Congress has declared October as National Disability Awareness Month (NDAM). Each year the number of special needs organizations bringing awareness to specific disabilities and disorders seems to grow. Awareness activities can range from one day to an entire month.

Although this year's events will be slightly different with no face to face activities, ACS organizational staff will take the opportunity to educate and bring awareness to the community with the same excitement and motivation as in past years. ACS EFMP's focus for this year's observance in October is "Resilience."

Due to the countless changes that have unfolded since the global COVID-19 pandemic, Families continuously face unforeseen challenges. These challenges imposed on Families have disrupted day-to-day routines, employment, balancing work at home and home-schooling children.

For Families with children with special needs, such as medical, educational or developmental disabilities, these disruptions are amplified. Children with special needs and their parents may feel anxious, just like any Family. Public uncertainty makes schedules unpredictable and maintaining previous routines a

challenge. At the same time, Families with complex needs have a hidden strength.

They're resilient, and they know what it takes to adapt to the unexpected. The silver lining in all this is that all the increased anxiety, uncertainties and demands of these times present an opportunity for parents and children to build resilience and the ability to weather stressful situations. Therefore, throughout the month of October ACS EFMP will be featuring multiple activities to bring awareness and promote resilience on our closed Facebook page.



NDAM Kick Off Virtual Cake Cutting

1-31 Oct

Daily: "Mental/Health moments"

Weekly: "Did You Know Facts"

Ongoing: "Step It Up" log in steps to spread awareness about a particular disability and "Let Go" is dedicated time to release any negative emotions in a safe and healthy way.

To become a member and participate follow the link below

<https://www.facebook.com/groups/1932717710277880/>

Reference: Parenting children with special needs during COVID-19.

<https://www.mayoclinic.org>.



Contact Information

Army Community Service

1501 William C. Lee Road:

Information & Referral 270-798-WEBB
(270-798-9322)

270 956-2935

ACS Volunteer Program 270-798-2063

Army Family Action Plan (AFAP)
270-956-2934

Army Family Team Building (AFTB)
270-798-4800

Army Volunteer Corps (AVC)
270-956-2934

Exceptional Family Member Program
(EFMP) 270-798-2727

Family Advocacy Program (FAP)
270-412-5500

Financial Readiness Program (FRP)
270-798-5518

Military Family Life Counselors (MFLC)
270-798-9322

Master Resilience Training (MRT)
270-412-5500

Mobilization, Deployment, & Stability

Support Operations (MDSSO)

Soldier and Family Readiness Group

Training (SFRG) 270-798-3849

Outreach Program 270-798-2062

Relocation Readiness Program
270-798-6313

2433 Indiana Avenue:

Soldier & Family Assistance Center (SFAC)
270-412-6000

5001 Screaming Eagle Drive:

Survivor Outreach Services (SOS)
270-798-0272/0277