

How Do I Access Additional Support or Behavioral Health Services at Carlisle Barracks?

In case of an emergency (i.e. you or someone you know is a danger to themselves or someone else) immediately contact Emergency Services (911) or go to the nearest emergency room.

- 1) Dunham US Army Health Behavioral Health Clinic** The Behavioral Health (BH) clinic is located on Carlisle Barracks with hours 0730-1630 Monday – Friday, except holidays, with some evening appointments available. TRICARE Prime beneficiaries have access to services, which are confidential except to meet legal obligations or to prevent harm to self or others. Make a self-referral by calling **717-245-4602**. After hours, please contact Crisis Intervention at 717-243-6005.
- 2) Army Substance Abuse Program** Army Substance Abuse Program (ASAP) is located on Carlisle Barracks in building 632 Wright Avenue with hours 0730-1630 Monday – Friday, except holidays. ASAP offers a variety of services to include prevention, urinalysis testing, treatment (outpatient), and a work-based employee assistance program. Please call **717-245-4694** for further information or assistance.
- 3) Carlisle Barracks Chaplains** Offices are located at the Chapel on Carlisle Barracks. Pastoral counseling services are offered to individuals, couples or families. Services are provided at no cost, and are confidential. You can contact a staff member during business hours at **717-245-3318** for an appointment.
- 4) TRICARE Options** Beneficiaries (EXCEPT Active Duty Service Members) are entitled to eight sessions from a TRICARE network provider without prior authorization. A Family Member wishing to use this option can identify a local TRICARE network provider by contacting HEALTHNET at **1-877-874-2273** or online at <https://www.hnfs.com/apps/providerdirectory/default.aspx>. Active Duty Service Members must first obtain a referral from Dunham Behavioral Health Clinic. This requires a brief assessment at the clinic and is approved on a case by case basis.
- 5) Army Community Service (ACS) and Military Family Life Consultants (MFLC)** Offices for ACS and MFLC are located on Carlisle Barracks at 632 Wright Avenue. ACS offers numerous resources as well as stress and anger management classes. Please contact **717-245-4357** for further details. One MFLC is also available on Carlisle Barracks, providing services for all Service Members, Family Members, DoD employees, and others that support the DoD Expeditionary Force mission. The MFLC counselor is a civilian provider and can offer short-term, solution-focused counseling at no cost, during business hours at a mutually agreed upon location. Services are confidential except to meet legal obligations or to prevent harm to self or others. Call **717-205-9048** for an appointment.
- 6) Military One Source** Military OneSource offers free short-term counseling options, including face to face counseling, telephone consultation or online consultation to active duty, Guard and Reserve Service Members and their families. Counseling services are designed to provide services for short-term issues, not severe or chronic behavioral health problems. Services are confidential except to meet legal obligations or to prevent harm to self or others. You can receive up to 12 sessions, per issue, per counselor at no cost. Those needing care for long-term medical issues will be referred to TRICARE or a Military Treatment Facility. For consultation call **1-800-342-9647** or go online <http://www.militaryonesource.mil/> and select the “Counseling Options” link.
- 7) Teen Line at Holy Spirit Hospital** Teen line offers a 24-hour helpline that offers information and assistance with teen-related issues or concerns. This line is designed for teens, as well as those who are involved with teens. For consultation or assistance please call **717-763-2345**.

What about my security clearance?

Your decision to seek mental health care will NOT in and of itself adversely impact your ability to obtain or maintain a national security position. In fact, seeking personal wellness and recovery may favorably impact your eligibility for a national security position. All information pertaining to treatment will be handled on a strict need-to-know basis and any misuse of information provided is punishable under applicable privacy laws.



OFFICE OF THE SECRETARY OF DEFENSE

WASHINGTON, DC 20301-1000

To: All Individuals Completing the SF86 Questionnaire for National Security Positions

The purpose of this cover letter is to reaffirm that the Department of Defense strongly endorses the practice of seeking professional help to address all health-related concerns, whether mental or physical. The Department considers it a mark of strength and maturity to seek appropriate healthcare, whenever required. This is especially important for DoD, whose members are routinely exposed to traumatic events with psychological and physical impact beyond those encountered in other environments.

The Secretary of Defense has successfully advocated a revised Question 21 of the SF86 Questionnaire for National Security Positions, which asks about mental health treatment. The revised question, which is attached for reference, excludes counseling related to marital, family, or grief issues, unless related to violence by you. It also rules out counseling for adjustments from service in a military combat environment.

*Standard Form 86, Question 21-Revised
(Feb2008)*

Mental health counseling in and of itself is not a reason to revoke or deny a clearance.

In the last 7 years, have you consulted with a health care professional regarding an emotional or mental health condition or were you hospitalized for such a condition?

Answer "No" if the counseling was for any of the following reasons and was not court-ordered:

- strictly marital, family, grief not related to violence by you; or*
- strictly related to adjustments from service in a military combat environment.*

If you answered "Yes," indicate who conducted the treatment and/or counseling, provide the following information, and sign the Authorization for Release of Medical Information Pursuant to the Health Insurance Portability and Accountability Act (HIPAA).