



JANUARY 2025



THE ACS INSIDER

NEWS, EVENTS, AND MORE EACH MONTH...

STAYING ON TRACK WITH NEW YEAR'S RESOLUTIONS

Every year, millions of people set ambitious New Year's resolutions, hoping to transform their lives and achieve long-awaited goals. While the excitement of a new year offers a fresh start, many find themselves struggling to stay on track as time goes on. One of the main reasons for this is the tendency to set overly ambitious goals without considering the path to achieving them. The key to long-term success lies in using realistic goal-setting techniques that align with your abilities, resources, and lifestyle. Here's how you can use practical and achievable goals to stay committed to your New Year's resolutions and make lasting change.

Set Realistic Goals

Realistic goals are those that are both challenging and attainable within a specific timeframe, taking into account your current circumstances. When goals are too vague or overly optimistic, you risk feeling overwhelmed or discouraged when progress seems slow. Realistic goals, on the other hand, build momentum and help maintain motivation because they are grounded in what's possible.

Break Down Large Goals into Smaller Steps

It's important to remember that large, long-term goals can often feel distant and out of reach. To stay motivated, break down your overarching resolutions into smaller, more manageable milestones. This approach, known as chunking, allows you to create an action plan and focus on one step at a time rather than becoming overwhelmed by the bigger picture.

Use the SMART Framework

SMART stands for Specific, Measurable, Achievable, Relevant, and Time-bound. This method forces you to think clearly about your resolutions and make them more actionable.

Here's how you can apply it:

- Specific: Make your goal as clear as possible.
- Measurable: Quantify your goal so you can track progress.
- Achievable: Ensure that your goal is realistic given your time, resources, and current situation. Don't set yourself up for failure by setting an impossible goal.
- Relevant: Make sure your goal aligns with your larger life priorities. If health is a priority, aim for fitness goals that support your long-term wellness.

- Time-bound: Set deadlines to keep yourself accountable. A goal with a timeframe creates urgency and helps prevent procrastination.

Track Your Progress

A key aspect of staying on track with your resolutions is consistently measuring your progress. Regular check-ins—whether weekly, bi-weekly, or monthly—allow you to evaluate how you're doing and adjust your approach if needed.

Accountability is Key

Sharing your goals with others increases the likelihood that you'll stay committed. Accountability partners, such as a friend, family member, or even a group of like-minded people, can help provide encouragement and support. When someone else knows about your goal, it adds a layer of responsibility, making it harder to give up. Consider joining an online community, hiring a coach, or partnering with a friend who has similar resolutions. Together, you can check in regularly, encourage each other, and stay on track.

Wishing you a prosperous 2025! Good Luck with all of your goals and plans!



DID YOU KNOW?

Did you know that 1 in 3 women and 1 in 6 men experience stalking at some point in their lifetime*?

January is National Stalking Awareness Month. Do you know what constitutes stalking in the state of Utah? The State says that two or more acts directed at or toward a specific individual, including acts in which the actor follows, monitors, observes, photographs, surveils, threatens, or communicates to or about an individual, or interferes with an individual's property is stalking. Want to learn more about Utah's Statute? [Read the full Utah Code Ann. § 76-5-106.5 here.](#)

Be aware and keep from being a victim of stalking by knowing the signs and stopping it in its tracks.

NATIONAL STALKING AWARENESS MONTH 2025

KNOW IT. NAME IT. STOP IT.

Click the links to learn more:

[Learn to Identify Stalking.](#)
[Create a Safety Action Plan](#)
[Resources and Support](#)

**Statistics provided by the Stalking Prevention Awareness and Resource Center, 2024.*

BUILDING 5124 (EAST),
KISTER AVENUE
DUGWAY, UT 84022
435.831.2038

ARMY VOLUNTEER CORPS



ACS PHONE NUMBERS

Army Emergency Relief
1.877.272.7337

Army Volunteer Corps
435.831.2038

Information & Referral Program
435.831.2038

Employment Readiness
435.831.2260

Financial Readiness Program
435.831.2260

Family Advocacy Program
435.831.2387

Relocation Readiness Program
435.831.2260

SHARP - 24/7 Victim Advocate
(719) 338-9654

Survivor Outreach Program
801.476.3808

ACS Director
Emily Harrison
435.831.2260
emily.c.harrison2.civ@army.mil

Volunteering on Dugway? If so, you should be registered in the [Volunteer Management Information System](#) otherwise known as VMIS. You'll need to create an account and locate your volunteer position in the system to register. **Contact Emily at 831.2260 for assistance with registration.**

VOLUNTEER HOURS REPORTING IN VMIS

We would love to see more reporting of volunteer activity on Dugway. Volunteers, please be reminded that volunteer hours need to be submitted monthly by the 10th of each month. Volunteers who are registered in VMIS can easily report their volunteer hours using the system. Just click on the "Service Log" option from your dashboard (pictured below). Then select the correct volunteer position if you have multiple. Click on the date to enter volunteer hours, using the series of pull downs to enter hours and minutes. You can enter your volunteer duties for that day in the Submitter Note. Then click submit and you are all set!

REMINDER: ENTER YOUR VOLUNTEER HOURS BY THE 10TH OF EVERY MONTH!

COMMUNITY FAMILY READINESS GROUP

The Community Family Readiness Group (CFRG) is a command-sponsored program; helping to build strong Families and bridge the gap between Families and the installation. The CFRG promotes the commander's vision throughout the unit's mission, assists Families in becoming knowledgeable and self-reliant, and solves problems at the lowest level.

The CFRG is your opportunity to get involved in the Dugway Community. If you have ideas for events or activities or just want to get out and meet people, we'd love to have you. If you live or work on Dugway, you are already a member - come join a meeting or activity for more information!

[Find us on Facebook @DugwayCommunity](#)



CFRG 2025 PLANNING MEETING
TUESDAY, JANUARY 14TH, 6 PM COMMUNITY CLUB
Have event or activity ideas? Want to get more involved? Join us!!

PLAYMORNING

EVERY WEDNESDAY
10 AM
SHOCKLEE FITNESS CENTER GYM

Join us to get your little ones out, moving and interacting with others! Meet other parents in the community.

COMMUNITY FIRST AID



SATURDAY, FEBRUARY 22nd, 1-5 PM
Medical Clinic Training Room
Building 5116, Kister Avenue

AED, Choking, and Child CPR. LIMIT OF 12. To sign up contact Steven Holmes at Steven.m.holmes18.civ@health.mil

ARMY FAMILY TEAM BUILDING

Army Family Team Building (AFTB) is a Family training and readiness program that provides participants with a better understanding of Army culture, as well as the skills and resources needed to become resilient, self-sufficient members of the military community. This training is open to anyone who wants to learn more about the military lifestyle.

There are 3 levels of AFTB training available:

- Building Personal Growth
- Military Knowledge
- Leadership Knowledge

These classes are now available virtually online via the [Online Learning Management System \(OLMS\)](#). Find AFTB under the Family Programs tab. This means participants can explore these trainings at their leisure. Each training issues a certificate of completion.



EMPLOYMENT READINESS

UPCOMING JOB FAIRS & EVENTS

Find a Job You Love Virtual Workshop, Every Tuesday, 1:00 PM

Let the Department of Workforce Services help you learn how to find a job you will love! To attend this workshop, head to www.jobs.utah.gov and create an account or sign into "My Job Search", find the virtual workshop on your calendar, and select a time to register.

Technology Job FairX, Friday, January 17th, 11 AM - 3 PM

Open to all jobseekers. When you sign up and create a profile, our advanced matching algorithm analyzes your data to identify suitable job opportunities. If your qualifications align with a job, you'll receive an email invitation to schedule an interview with the employer during the fair. Register at <https://jobfairx.com/job-fairs/utah/salt-lake-city/501669057364230145>

Entry-Level Job FairX, Monday, January 20th, 11 AM - 3 PM

Open to all new jobseekers. When you sign up and create a profile, our advanced matching algorithm analyzes this data to identify suitable job opportunities. If your qualifications align with a job, you'll receive an email invitation to schedule an interview with the employer during the fair. Register at <https://jobfairx.com/job-fairs/utah/salt-lake-city/501669057364230146>

Master Class: The "Shoot Me Your Resume" Resume: The One-Page Miracle That Makes All the Difference Workshop, Thursday, January 23rd, 2 PM MT

Brought to you by Military.com, In this 60-minute class, you will learn how to put together our exclusive streamlined one-page resume for all those times when you can't write a Checklist Resume because the job listing is not available. Find out how to laser in on your value proposition in just a few words. Deliver the info your contact needs now to bring you in for an interview and talent hire. To sign up [CLICK HERE](#).

Veteran Job FairX, Tuesday, January 28th, 11 AM - 3 PM

Open to all new jobseekers. When you sign up and create a profile, our advanced matching algorithm analyzes this data to identify suitable job opportunities. If your qualifications align with a job, you'll receive an email invitation to schedule an interview with the employer during the fair. Register at <https://jobfairx.com/job-fairs/utah/salt-lake-city/501669057364230147>

Utah Statewide Virtual Job Fair, Thursday, March 6th, 10 AM to 1 PM

Open to all jobseekers with priority service to Veterans, Military Members, and Spouses. Pre-registration is required by going to jobs.utah.gov and creating an account, or if you have an account select 'My job Search'. Be sure to indicate your military or spouse status and find the virtual job fair or prep workshop on your dashboard and select the event. Job Fair Prep Workshop available the day before at 10 AM and 1 PM, see website for details.

FINANCIAL READINESS

With New Features!



POWERPAY

HELPING DEBTORS BECOME SAVERS

Resolve to pay down debt this year? PowerPay is a FREE, web-based calculator that provides personalized debt repayment plans based on keeping debt payments consistent until all debts are paid in full. Thousands of consumers worldwide have benefited from following their personalized debt elimination plan and have saved millions of dollars collectively. Provided for free by our partners at the Utah State University Extension Program.

Available through the USU Extension Website here: <https://extension.usu.edu/powerpay/>

Also available as an app here: <https://apps.apple.com/us/app/powerpay-debt-elimination/id876640149>



Military Informational Network & Outreach



Open to Service Members, Military Spouses and Veterans.
Must have base access; NO sponsorship will be provided.

Tuesday
February 11, 2025
11:00 a.m. - 1:00 p.m.

Location:
The Landing at Hill Air Force Base

- Explore career opportunities and connect with employers ready to support your transition.
- Engage with recruiters, HR managers and veteran-friendly companies.
- Access career transition support, education programs and more.

Registration not required, but preferred.

Bring copies of your resume and dress business casual.



View a list of employers attending the event and pre-register here.

For questions please call Hill AFB M&FRC at 801-777-4681.



How to Make Ends Meet: Practical Budgeting for Tight Times - January 21 & 23 at 12:00 PM (MST)

Creating a reliable budget can feel challenging, especially with rising costs and when income is tight. This year, take control of your finances and find a balance that works for your situation. Join our experts to learn:

- How to adjust a budget with changes in income
- Strategies and free tools for cutting and prioritizing expenses
- Setting up goal-based savings accounts

Everyone is welcome to join this FREE webinar to learn the best personal finance strategies. Register here: <https://www.eventbrite.com/e/2025-winter-financial-wellness-webinar-series-tickets-1106678688749?aff=oddttdtcreator>

Love Your Money Personality - February 11 & 13 at 12:00 PM (MST)

You want to be more confident with your money, but are not sure where to start? Discovering your unique money personality can help you understand your financial habits and build a positive relationship with your finances. This expert-led session will guide you in cultivating financial confidence, setting healthy money boundaries, and taking control of your financial future with clarity and self-love. Register for this virtual webinar here: <https://www.eventbrite.com/e/2025-winter-financial-wellness-webinar-series-tickets-1106678688749?aff=oddttdtcreator>

ONLINE FINANCIAL READINESS TOUCHPOINT TRAININGS

Securing the Financial Frontline has you covered with specialized financial training for your major life milestones. Whether you are newly married, having your first child, experiencing a military move, or want information on the Thrift Savings Program, there are 10 different trainings available to meet your needs.

Touchpoints include:

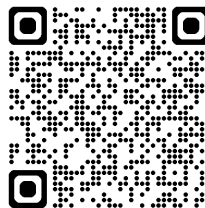
- *New Marriage*
- *First Child*
- *Disabling Conditions*
- *Divorce*
- *Entitlement to Continuation Pay*
- *PCS Moves*
- *Pre-Deployment*
- *Post-Deployment*
- *Promotion*
- *Vesting in Thrift Savings Program*

These online virtual trainings are go-at-your-own-pace and are intended to be taken within 20-30 minutes.

To access these trainings, visit the Army's [Online Learning Management System \(OLMS\)](#) and select the Financial Readiness Touchpoints option.

HOW ARE WE DOING?

Share your thoughts with us today:
<https://ice.disa.mil/index.cfm?fa=card&sp=97441>
 or scan the QR Code:



FAMILY ADVOCACY TRAINING

Couple Links, 5 Virtual Sessions on Thursdays, Jan. 30, Feb. 6th, 13th, 20th, 27th, 6:00-8:00 PM

This free research-based live virtual course is suitable for adults in married or committed relationships and addresses topics such as: Intimacy and Romantic Love, Developing and Maintaining Trust Forgiveness, Resiliency and Commitment, and many more....

Register here:
<https://extension.usu.edu/hru/courses/couple-links>

Seven Principles for Making Marriage Work, 5 Virtual Sessions on Mondays, March 5th, 10th, 17th, 24th, 31st, 6:30-8:30 PM

This educational workshop is designed to help couples improve their friendship and conflict management skills.

Register here:
<https://extension.usu.edu/hru/courses/seven-principles-for-making-marriage-work>

Positive Discipline, 4 Virtual Sessions on Jan. 14th, 21st, 28th, Feb. 4th, 7:00 - 9:00 PM

Positive Discipline is a parenting program designed to teach young people to become responsible, respectful, and resourceful members of their communities.

Register here:
<https://extension.usu.edu/hru/courses/positive-discipline>

Parenting the Love & Logic Way, 2 Virtual Sessions on Tuesday, Jan. 28th and Thursday, Jan. 30th, 9:00 AM - 12:00 PM

This course uses the Parenting the Love and Logic Way® curriculum and teaches parents how to raise responsible kids and enjoy parenting. Participants will learn how to end power struggles with their children, teach responsibility, and prevent arguments.

Register here:
<https://extension.usu.edu/hru/courses/parenting-love-and-logic>



SUPPORT & EMPOWER VETERANS

Warrior Revival is a Utah non-profit 501(c)(3) organization that was established in 2023 to support and empower Veterans, and their families transition from the military to civilian life through recreation, mentorship, wellness and therapeutic retreats.

UPCOMING EVENTS:

Kanab Bike or Hike
Friday, February 14, 8:00 AM

Be ready for an exciting day of camaraderie and adventure! This is a great way to connect with fellow veterans, enjoy the outdoors, and see the hot air balloons. Must have own equipment if Mountain Biking.

[TO REGISTER CLICK HERE](#)

Utah Grizzlies Military Night
Friday, March 7, 7:00 PM

Join Warrior Revival as they are recognized as the Non-Profit of the Night for the Grizzlies' Annual Military Appreciation Night! Limited FREE tickets available.

[TO REGISTER CLICK HERE](#)

For more information on Warrior Revival and to get a free membership visit warrior-revival.org



SHARP



Christine A. Catino, DPG Sexual Assault Response Coordinator
SHARP- Sexual Harassment/Assault Response and Prevention Program
5124 Valdez Circle Rm. 237
Cell: (435) 849-3196
DPG 24/7 Crisis Line: (719) 338-9654

DoD
Safe Helpline
Sexual Assault Support for the DoD Community
safehelpline.org
877-995-5247

EMPLOYEE ASSISTANCE



EMPLOYEE ASSISTANCE PROGRAM (EAP)

FREQUENTLY ASKED QUESTIONS

What is an EAP? An Employee Assistance Program (EAP) is a voluntary, work-based program that offers confidential counseling and behavioral health services to employees.

What types of issues are normally addressed through the EAP? Alcohol & Drug Abuse, Depression, Anxiety, Stress, Grief, Family Issues, Trauma, Relationship Issues, Financial Difficulties, PTSD, Crisis Intervention, Issues affecting work

Are in-person meetings the only option for counseling? No, We provide in-person visits as well as telehealth (telephone or video)

What are the costs? EAP visits are at no cost to the employee

Are my meetings confidential? Yes, EAP (Employee Assistance Program) services are designed to be confidential, meaning that information shared with an EAP counselor is typically kept private and not disclosed to the employee's employer unless there is a serious threat to themselves or others, or in cases of child abuse or neglect.

How can I contact EAP if I need services after hours/or on weekends and holidays? To contact EAP, call 435-849-3294. If crisis support is needed after hours, individuals should call the Crisis Line. Dial 988 and press 1 or text 838255

You're Not Alone – We're Here to Help

Life can be overwhelming, and challenges can feel like they're too much to face alone. Your mental health matters, and seeking support is not a weakness—it's a sign of strength.

If you're feeling stressed, anxious, or struggling with personal or work-related challenges, the Employee Assistance Program (EAP) is here for you. Our confidential services provide a safe space to talk, resources to cope, and tools to help you thrive. Reach out today.

Your well-being is important. Take the first step toward support and healing.



CALL TO MAKE AN APPOINTMENT
435-849-3294
pierremarie.c.colton.civ@army.mil

MARIE COLTON
ARMY SUBSTANCE ABUSE PROGRAM MANAGER
EMPLOYEE ASSISTANCE PROGRAM COORDINATOR



A SAFE PLACE TO TELL YOUR STORY



JANUARY IS



SUBSTANCE USE DISORDER TREATMENT MONTH

Find treatment options and resources for substance use disorders.

STAND UP TO STIGMA. TREATMENT WORKS.
SUPPORT OTHERS. RECOVERY IS POSSIBLE.



SUBSTANCE USE DISORDER TREATMENT MONTH

SAMHSA

SAMHSA (Substance Abuse and Mental Health Services Administration) is launching Substance Use Disorder Treatment Month this January 2025, with strong support from the Army Substance Abuse Program. This month is dedicated to supporting individuals contemplating or seeking help for substance use, practitioners treating or considering treating substance use disorder, and friends, family, and loved ones of those with substance use conditions.

Our Goals for Treatment Month:

- **Eliminate stigma** surrounding treatment, including medications used to treat substance use disorders.
- **Encourage** those on their treatment and recovery journey.

- **Promote best practices** such as screening, intervention, and treatment of substance use disorders by healthcare providers.

We encourage everyone to reach out for help when needed. Seeking support is a sign of strength, and there are resources available to assist you on your journey to recovery. If you need someone to talk to, reach out to our Employee Assistance Program (EAP) Marie Colton at (435)849-3294 or pierremarie.c.colton.civ@army.mil to make an appointment for a free confidential counseling.

Together, we can make a difference and foster a supportive community for those affected by substance use disorders. 5

