



TRUE NORTH PARTNERS

Recognizing there can never be too many resources for Airmen and leaders, **True North** works collaboratively with:

- Operational Support Teams
- Military & Family Readiness Centers
- Prevention Workforce Teams
- Military & Family Life Counselors
- Chapels
- Community Action Teams

These programs and agencies work closely to create opportunities to strengthen Force and family resilience and their relationships.

LEARN MORE ABOUT TRUE NORTH

For more information about **True North**, scan the QR code below.



Visit Resilience.af.mil for additional resources and to learn more about other Department of the Air Force prevention and resilience programs.

True North Program
Little Rock AFB, AR
731-1940 (DSN)
501-987-1940 (Commercial)



PERMANENTLY EMBEDDED CARE

Early studies indicate that only one-third of service members sought the care they needed due to perceived barriers, including stigma and access. Military services began embedding medical providers in operational units to overcome those perceived barriers. In addition, permanently embedded resources are crucial to prevention, early detection, continuity of care, and leadership consultation on behavioral and spiritual health.

TRUE NORTH TESTIMONIALS

What Airmen and leadership teams are saying about **TRUE NORTH** -

“ True North works! ”

“ True North is a game changer for Airmen. ”

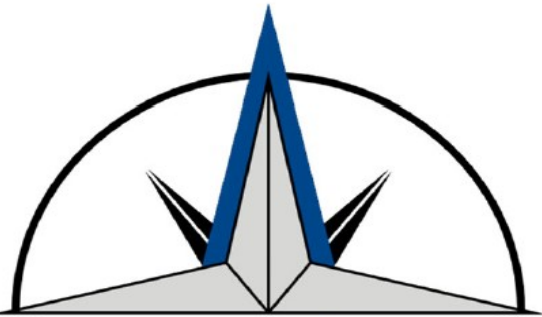
“ True North creates a culture of care. With True North, I am more than just a number. ”

“ True North is helping to normalize seeking mental health care. ”

“ My True North provider is an essential part of my leadership team. ”

“ True North is my dream social work job. ”

“ My True North provider has saved lives. ”



TRUE NORTH Building Resilient Forces & Families



DEPARTMENT OF THE AIR FORCE
INTEGRATED RESILIENCE

TRUE NORTH

Building Resilient Forces and Families

True North, a Department of the Air Force program, is a prevention-focused effort under the Spectrum of Resilience that permanently embeds licensed behavioral health providers and religious support teams into Air Force units, giving Airmen and leadership in-unit access to behavioral and spiritual care and expertise.

True North's Goals:

1. Build resilient force & family
2. Promote Positive Outcomes
3. Create a more efficient human weapons system

The program is currently focused on units with the greatest need for permanently embedded preventative care, including Air Support Operations, Rescue, Security Forces and Maintenance, though some providers are embedded in additional units. Scan the QR code on the back of this brochure to see a list of units with True North providers.



RESILIENCE: The ability to adapt and recover after adversity or stress. To maintain a sense of well-being and sustained performance while evolving through change.

True North operates in three areas: **Prevention, Clinical Care, and Religious Support.**



PREVENTION

True North providers are specially trained in social work skills, enabling them to effectively engage Forces and families and promote a positive culture of help-seeking behavior. They accomplish this by conducting outreach, providing education and training, sharing resources and referrals, and advising unit leadership as a subject matter expert on their unit's climate and culture. **Prevention operations are available to all unit members, including Active Duty, Guard/Reserve, DoD Civilians, and qualified dependents.**



CLINICAL CARE

True North providers are privileged in the local military treatment facility, giving them the unique ability to provide in-unit counseling and brief intervention for emerging or low-risk concerns. True North providers also serve as an extension of the mental health clinic for higher-level care for unit Airmen. Instead of making a referral, the True North provider continues care in the clinic setting, which improves continuity and often allows quicker access to care. **Due to public law, clinical operations are only available to Active Duty and Guard/Reserves on Title 10 orders.**

**Proximity & Access
Builds Trust & Confidence**



RELIGIOUS SUPPORT

Some locations also have embedded Religious Support Teams (RST) consisting of Chaplains and Religious Affairs Airmen. These teams collaborate with behavioral health providers and have similar preventative operations focused on the spiritual aspect of the unit. RSTs conduct outreach, education, and training, provide resources and referrals, and advise leadership teams on the unit's climate and culture to help maintain spiritually fit Forces and families. True North Religious Support Teams can also conduct unit ministry and provide 100% confidential spiritual counseling. **True North religious support operations are available to all unit members, including Active Duty, Guard/Reserve, DoD Civilians, and qualified dependents.**

