

Crimson Sky



An HH-60 Pave Hawk assigned to the 33rd Rescue Squadron, Kadena Air Base, Japan, descends for a landing while a second HH-60 provides aerial coverage from above during a combat search and rescue training mission during Exercise Pacific Thunder 16-2 in the Republic of Korea, July 19, 2016. The two-week long exercise brought together units from around Pacific Air Forces to train aircrews and commanders to validate tactics, techniques and procedures used for CSAR and suppression of enemy air defense. (U.S. Air Force photo by Senior Airman Victor J. Caputo)

Rescue teams hone skills during Pacific Thunder 16-2

By Senior Airman Victor J. Caputo
51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Korea -- A-10 Thunderbolt IIs are making low passes over mountaintops, providing covering fire for two HH-60 Pave Hawks carrying Air Force rescue teams as they all coordinate to find pilots down behind enemy lines. A distress call is heard on the radio over the roaring of the rotor blades in the background as one of the Pave Hawks begins descending, blasting dust and debris in all directions.

Just as the helicopter is about to touch down, a young man in a flight suit jumps out of the bushes and waits for any signal to board. A thumbs up from aerial gunner is all it takes before the man climbs onboard and they are whisked away, only a few short minutes after first flying into the valley.

This scenario was just one of the many missions flown during Exercise Pacific Thunder 16-2, a two-week long training event that combines U.S. and Republic of Korea forces to enhance interoperability for combat search and rescue missions across the Korean peninsula.

To accurately train for CSAR operations, this

exercise made scenarios as realistic as possible and placed pilots to “rescue” on the ground.

During one rescue training mission, 1st Lt. Sky Lesh, 25th Fighter Squadron pilot, was dropped off in a remote area while the rescue team, comprised of HH-60s from the 33rd Rescue Squadron and A-10s from the 25th FS, was tasked with finding and extracting him. The only communication equipment Lesh had was a combat survivor evader locator, which provides secure two-way, over-the-horizon data communications.

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Crimson Sky

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'Osan! I hear the cannons roar!'



A bird and wildlife aircraft strike hazard cannon is placed on the flightline at Osan Air Base, Republic of Korea, April 22, 2016. The cannons, operated by the 51st Fighter Wing safety office, can make a variety of noises from large booms to wild animal distress noises to help detour Korea's wildlife from the flightline. This ensures the safety of both the wildlife and pilots operating aircraft. (U.S. Air Force photos by Staff Sgt. Jonathan Steffen)

By Staff Sgt. Jonathan Steffen
51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Korea -- Since 1985, bird and wildlife strikes have cost the Air Force nearly \$1 billion in damages from 108,000 strikes.

The bird and animal aircraft strike hazard program is designed to preserve Osan's warfighting capabilities through the reduction of wildlife hazards to aircraft operations.

The 51st Fighter Wing safety office added a new tool to its BASH program with 30 cannons to the flightline.

These cannons, however, don't launch projectiles; they emit a variety of loud noises aimed to deter birds and other wildlife that might endanger pilots and the aircraft taking off or landing here.

"The cannons are an intricate part of our overall concept

of keeping the airfield free of birds," said Michael Rosen, 51st Fighter Wing BASH superintendent.

The cannons stretch from one side of the flightline to the other, providing full coverage of the air space. The cannons can make a variety of noises from large booms to wild animal distress noises to help deter Korea's wildlife.

"Before the first aircraft of the day takes off, we activate the cannon to clear the airfield and intermittently throughout the day," Rosen said.

The remotely-controlled cannons can be operated by both the air traffic control tower and wing safety.

"We see birds, we activate the cannon, and they tend to not go to the same spot," said Rosen.

With the addition of the newly installed cannons, the BASH program will continue to work toward reducing bird and wildlife strikes and increase Osan's ability to safely launch and receive aircraft.



An A-10 Thunderbolt II flies over a bird and wildlife aircraft strike hazard cannon placed on the flightline at Osan Air Base, Republic of Korea, July 19, 2016.

7th AF CC defends the base with 8 SFS



The 8th Security Forces Squadron welcomed Lt. Gen. Thomas W. Bergeson, 7th Air Force commander, during a demonstration on July 20, 2016 at Kunsan Air Base, Republic of Korea.



Lt. Gen. Thomas W. Bergeson, 7th Air Force commander, is welcomed by Lt. Col. Enrico Venditti, 8th Security Forces Squadron commander, July 20, 2016 at Kunsan Air Base, Republic of Korea. During his visit he learned how the Wolf Pack defends the base with the security forces Airmen in the lead. (U.S. Air Force photos by Senior Airman Ashley L. Gardner)

ADAPT educates Airmen on dangers of soju

By Senior Airman Dillian Bamman
51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Korea -- Excessive use of alcohol continues to be a problem across the Air Force, but Osan has an even larger obstacle: soju.

This tasteless alcoholic beverage can contain up to 40 percent alcohol by volume, making it difficult for consumers to recognize their drinking limits.

Osan's Alcohol and Drug Abuse Prevention and Treatment program seeks to combat this issue through its two-hour "Soju Think You Can Drink" course slated to begin Aug. 16 at the Mustang Resiliency Center.

"We've designed a course specifically for Osan because our problem is overconsumption, which accounts for 85% of our referrals that can lead back to soju," said Maj. Relinda Hatcher, 51st Medical Operations Squadron ADAPT program manager.

There are over 100 local bars to choose from outside Osan's gates, which can lead to an abundance of alcohol use.

"You will not get that atmosphere anywhere else," said Staff Sgt. Michael Hancock, 51st MDOS ADAPT alcohol and drug counselor. "The cul-

ture at Osan is all about high operations tempo; we work hard, so sometimes we expect ourselves to play hard."

Alcohol is the most widely-used recreational drug among military service members, though the majority of users consume in moderation. Drinking responsibly is what ADAPT wants to encourage.

"It's not about shaming alcohol," said Hatcher. "You can go and have a good time without having to visit us. The information from this course will help regulate your use, so overconsumption isn't a problem."

During the course, the ADAPT clinic will educate attendees about acceptable alcohol use, have open discussions and hands-on exercises.

"This course will allow us to be more interactive with individuals, so they can make better judgments when consuming," said Hatcher.

In addition to education about self-use, "Soju Think You Can Drink" touches on "Step Up, Step In," a 51st Fighter Wing initiative promoting the core concepts of leadership and wingmanship in and out of the uniform.

"We press on the fact it is your business when something looks out of place and you should safely get involved in those situations," said Hatcher. "We wouldn't leave an Airman behind on the battlefield, so we shouldn't leave one alone on the street at night."

For more information about "Soju Think You Can Drink," contact ADAPT at 784-2149.



Osan Air Base has the highest amount of referrals to the Alcohol and Drug Abuse Prevention and Treatment program across the Air Force due to the overconsumption of soju. The ADAPT clinic seeks to combat this issue with a two-hour course called "Soju Think You Can Drink" consisting of education of acceptable alcohol use, open discussions and hands-on exercises, which begins Aug. 16, 2016, at the Mustang Resiliency Center, here. (U.S. Air Force photo by Senior Airman Dillian Bamman)

Buddy Wing 16-5: prepare to sweep Kunsan skies



U.S. Air Force and ROKAF jets taxi in as a result of Buddy Wing 16-5 July 14, 2016 at Kunsan Air Base, Republic of Korea. Buddy Wing exercises are conducted at various ROKAF and U.S. Air Force bases multiple times throughout the year on the Korean peninsula. The combined fighter exchange program provides pilots an opportunity to exchange ideas and practice combined tactics in order to fight and fly as one Allied force.



U.S. Air Force and ROKAF pilots participate in a pre-brief before soaring the skies in preparation for Buddy Wing 16-5 July 14, 2016 at Kunsan Air Base, Republic of Korea. Buddy Wing exercises are conducted at various ROKAF and U.S. Air Force bases. In the combined fighter exchange program the pilots have an opportunity to exchange ideas and practice combined tactics to fight and fly as one Allied force. (U.S. Air Force photos by Senior Airman Ashley L. Gardner)

Beverly Pack 16-4



Airman 1st Class Nicholas Novosel, 8th Aircraft Maintenance Squadron crew chief, checks pins and moving parts on an F-16 Fighting Falcon during Beverly Pack 16-4 at Kunsan Air Base, Republic of Korea, July 25, 2016. The exercise tested Airmen on their ability to survive and operate while under the stress of simulated wartime activities.



Airman 1st Class Antoni Guarano, 8th Aircraft Maintenance Squadron weapons crew member, aligns a missile to be detached from an F-16 Fighting Falcon during Beverly Pack 16-4 at Kunsan Air Base, Republic of Korea, July 25, 2016. The exercise tested Airmen on their ability to survive and operate while under the stress of simulated wartime activities. (U.S. Air Force photos by Senior Airman Ashley L. Gardner)

CHAPEL SCHEDULE

KUNSAN AIR BASE

Protestant Services

Liturgical Communion Service

Sunday, 8:30 a.m.

Main Chapel, Bldg. 501

Gospel Service

Sunday, 1 p.m.

Main Chapel, Bldg. 501

Contemporary Service

Sunday 5 p.m.

Main Chapel, Bldg. 501

Catholic Services

Sunday Catholic Mass

Sunday, 10:30 a.m.

Main Chapel, Bldg. 501

Daily Mass and Reconciliation

Please call the Chapel

Other Worship Opportunities

LDS Service

Sunday, 2:30 p.m.

SonLight Inn, Bldg. 510

Point of Contact:

Kunsan Chapel, 782-4300

Visit us on SharePoint:

<https://kunsan.eis.pacaf.af.mil/8FW/HC>

OSAN AIR BASE

Protestant Services

Traditional Service

Sunday, 10 a.m., Osan Chapel Sanctuary

Gospel Service

Sunday, Noon, Osan Chapel Sanctuary

Contemporary Service

Sunday, 5 p.m., Osan Chapel Sanctuary

Church of Christ

Sunday, 10 a.m., Elementary School Cafeteria

Catholic Mass

Daily Mass

Tuesday – Thursday, 11:30 a.m.

Saturday, 5 p.m.

Sunday, 8:30 a.m.

Reconciliation

Saturday, 4 p.m.

Other Faith Groups

Buddhist

Contact the Chapel

Earth-Based

Contact the Chapel

Jewish

Contact the Chapel

LDS

Contact the Chapel

Muslim

Contact the Chapel

Point of Contact:

Osan Chapel, 784-5000

Visit us on SharePoint:

<https://osan.eim.pacaf.af.mil/51FW/51FW-HC/default.aspx>

Visit us on Facebook (OSAN AB CHAPEL)

<https://www.facebook.com/OsanABChapel>

USAG-YONGSAN

Protestant Services

Traditional Service

Sunday, 9:30 a.m.

Memorial Chapel, Bldg 1597

Sunday, 9:30 a.m.

Brian Allgood Hospital Chapel

Contemporary Service

Sunday, 9 a.m.

South Post Chapel, Bldg 3702

Sunday, 10:30 a.m.

K-16 Chapel

Nondenominational Service

Sunday, 11 a.m.

South Post Chapel, Bldg 3702

Gospel Service

Sunday, 1 p.m.

South Post Chapel, Bldg 3702

Pentecostal

Sunday, 1:30 p.m.

Memorial Chapel, Bldg 1597

Latter Day Saints (LDS)

Sunday, 4 p.m.

South Post Chapel, Bldg 3702

Seventh-Day Adventist

Saturday, 9:30 a.m.

Brian Allgood Hospital Chapel

KATUSA

Tuesday, 6:30 p.m.

Memorial Chapel, Bldg 1597

Catholic Mass

Sunday, 8 a.m.

Memorial Chapel, Bldg 1597

Sunday, 11:30 a.m.

Memorial Chapel, Bldg 1597

Saturday, 5 p.m.

Memorial Chapel, Bldg 1597

1st Saturday, 9 a.m.

Memorial Chapel, Bldg 1597

M/W/T/F, 11:45 a.m.

Memorial Chapel, Bldg 1597

Tuesday, 11:45 p.m.

Brian Allgood Hospital Chapel

General Service

Episcopal Service

Sunday, 11 a.m.

Brian Allgood Hospital Chapel

Jewish

Friday, 7 p.m.

South Post Chapel, Bldg 3702



Point of Contact:

USAG Yongsan Religious Support Office, 738-3011

Visit us on SharePoint:

<http://www.army.mil/yongsan>

Spiritual Charge

Gratitude



By Ch, Maj. Robert D Bohnsack
51st Fighter Wing Chapel

Several weeks ago I wrote an article about leading an extraordinary life. One of the five steps to leading an extraordinary life was “be grateful.” In that April article I wrote:

We have it pretty good, and sometimes we lose sight of how good we have it. Write a list of all the things you

have to be thankful. Remember your health, friends, family, opportunity, education, job, faith, supervisor, travel, and so much more. After you have written out your big list then make it a practice to adopt an attitude of gratitude regularly. Three or four times a week write down in your gratitude journal those things you are especially grateful. You will find gratitude puts life in perspective. Finally, show your gratitude by giving back to your church, community, school, veteran’s groups, the local animal shelter, or any place you have chosen to invest yourself. A habit of gratitude will put you on the road to this extraordinary life.

My family and I are preparing to depart South Korea so I wanted to share a few of the many things that make up our gratitude list. I hope no matter where you are in your tour in South Korea you will begin keeping a gratitude list and share it with others. Here is ours:

1. Amazing history of Korea. We experienced much while stationed here, and we wish we could have seen more. Visit the Task Force Smith Memorial and Museum, Hill 180, Korean War Memorial, Hwaseong (Suwon) Fortress, Korean Independence Memorial, and more.

2. Generosity and friendship of our allies. Every time we got lost on the subway, and it was many times, a kind stranger approached us and went out of their way to assist us even when it caused them to miss their own train. We never really felt lost in Korea because we always knew somebody would come to our aid.

3. Expressions of patriotism. During Chief Master Sergeant Jim O’Neil’s (51 SFS) retirement ceremony his wife’s family spontaneously sang the Korean National Anthem during the playing of the anthem at the beginning of the ceremony. Listening to Chief O’Neil’s family sing that beautiful song was something I will always remember.

4. Community. The community I experienced at

Osan AB is beyond compare. Daily I observed neighbors taking care of neighbors. I am encouraged by how the men and women I met here never limited their definition of neighbor to the person who lived next door to them. Neighbors took care of neighbors.

5. Food. I hope everybody leaves Korea being thankful for the food. More than just the food on the table I am grateful for the fellowship that happened around the table. Sometimes the table was a group of tired warriors enjoying a grilled hotdog and a Korean moon pie during a quiet moment during an exercise. Regardless of when and where the table was, I am grateful for the fellowship I experienced at award ceremonies, Chapel potlucks, Friday night dinners with friends in the SED, or quick lunches at Checkertails.

6. Osan Chapel. I am so grateful God called me and my family to Osan AB and the Chapel. I am grateful for the people we met and served, worship services, programs, trips, and the wonderful home we found. I would and will come back whenever that door opens again.

Thank you Crimson Sky readers. I am grateful for the opportunities I received to share a thought with you. Make your own gratitude list, for you will be glad you did.

Finally, Chaplains and Chaplain Assistants are here for you. They will meet you where you are today. If you need somebody to talk to, a sounding board for a new idea, or a running buddy for an early morning run give them a call.

A man named Paul wrote these words many years ago to a group of friends:

I thank my God every time I remember you, constantly praying with joy in every one of my prayers for all of you.

I promise to do my best to follow Paul’s example. Thank you for your service and sacrifice. Be well and God Bless.

Exercise Pacific Thunder 16-2 kicks off with CSAR scenarios



SSgt Brandon McCown, 33rd Helicopter Maintenance Unit crew chief, and Master Sgt. Vincent, 33rd Rescue Squadron special mission aviator, review a preflight checklist before flight during Exercise Pacific Thunder 16-2 at Osan Air Base, Republic of Korea, July 12, 2016. The 33rd RQS is participating in Pacific Thunder, the largest Air Force combined joint combat search and rescue exercise in the Pacific. (U.S. Air Force photos by Staff Sgt. Jonathan Steffen)

By Staff Sgt. Jonathan Steffen
51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Korea -- Exercise Pacific Thunder 16-2 kicked off this week with both U.S. and Republic of Korea air force units from throughout the Pacific participating in simulated combat search and rescue missions.

The two-week long exercise is the largest combined joint exercise in the Pacific, and is designed to train aircrews and commanders on validating tactics, techniques and procedures used for combat search and rescue and suppression of enemy air defense.

“Combat search and rescue and personnel recovery are a critical part of any military operation,” said Col. Brian Carr, 51st Fighter Wing vice commander. “Pacific Thunder provides an excellent opportunity for U.S. Airmen and other service members to get familiar with CSAR operations on the Korean Peninsula. This exercise is an extremely valuable tool that helps U.S. Airmen learn to work alongside our Republic of Korea partners to enhance our combined combat capabilities.”

Aircraft used in the exercise include A-10s and F-16s from the 51st Fighter Wing; F-16s from the 8th Fighter Wing; HH-60 Pave Hawks, E-3 AWACS, and an RC-135 from the 18th Wing; and U-2s from 7th Air Force alongside more than 200 ROKAF personnel and 22 aircraft.

Each airframe plays a specific role to ensure survivors of downed aircraft are safely returned home, such as HH-60s picking up survivors, while A-10s find and protect them with air-to-ground capabilities. The integration of support aircraft such as E-3s to keep lines of communication open and KC-135s to refuel aircraft in the air is integral to conducting CSAR missions.

“We want to integrate with our Pilsung brothers from the 25th Fighter Squadron so we can practice high-end combat search and rescue training,” said Lt. Col. Benjamin Conde, 33rd Rescue Squadron commander. “We want to train like we fight in the Korean theater.”

The varied functions of the different types of aircraft all come together to

accomplish one singular mission: find survivors and bring them home.

“It’s one of the few opportunities that the 33rd has of graduate level combat search and rescue training, where we are integrating strike assets and a variety of ISR assets and C2 assets to effect the recovery of downed pilots,” said Conde.

Through combined CSAR training, Exercise Pacific Thunder is enhancing the combat readiness between U.S. and Republic of Korea air forces to work seamlessly together, and to enrich interoperability between the U.S. and ROKAF.

[See more photos on page 12](#)



Republic of Korea air force 2nd Lt. Wonseog Chung, Air Force Operations Command combined coordinator translator, ROKAF Capt. Hatae Wook, 123rd Fighter Squadron pilot, and Capt. Zachary Krueger, 25th Fighter Squadron pilot, plan a mission for Exercise Pacific Thunder 16-2 at Osan Air Base, Republic of Korea, July 13, 2016. Pacific Thunder is the largest Pacific combined joint exercise in which U.S. and ROK forces train and test combat search and rescue skills.



First Lt. Sky Lesh, 25th Fighter Squadron pilot, operates an emergency radio while waiting for an Air Force rescue team to pick him up during Exercise Pacific Thunder 16-2 in the Republic of Korea, July 19, 2016. This two-week long exercise is designed to train and validate tactics, techniques and procedures for combat search and rescue and air suppression of enemy defenses. Lesh acted as a downed pilot for a combat search and rescue training mission, involving rescue personnel deployed here from other Pacific Air Forces units working with Team Osan. This photo has been edited for privacy reasons. (U.S. Air Force photos by Senior Airman Victor J. Caputo)

Continued from page 1

“I got to play the ‘objective’ today, an F-15 Eagle [pilot] that had to eject,” said Lesh.

Teams that execute CSAR missions are comprised of far more than the helicopters that pick up the survivors. The mission to find Lesh involved approximately 30 assets, ranging from the survival, evasion, resistance and escape personnel on the ground to the intelligence, surveillance and reconnaissance aircraft thousands of feet in the air.

“It’s the entire rescue package’s job to locate and authenticate the survivor, and then we go and fight our way in and out in order to effectively pick up a downed fighter pilot who is behind enemy lines,” said Master Sgt. Vincent, 33rd RQS evaluator special mission aviator. “CSAR is one of the most complicated and dynamic tasks we can be called to do in the Air Force. We’re not trying to take out one or two targets; we’re going to an unknown area with an unknown amount of enemy threats to pick up a survivor.”

These exercises give rescue personnel the chance to train in a different type of environment and utilize a slew of different assets.

“The training and integration [we] get here is some of the best CSAR training in the world,” said Capt. Alexander Sira, 33rd RQS instructor pilot.

CSAR is one of the ways the U.S. government fulfills its promise that if the worst happens during a mission, every effort will be made to find and bring personnel home. The trust in this promise is crucial in allowing military operators to execute dangerous missions, said Sira.

For Lesh, this exercise gave a new sense of appreciation for the effort and coordination necessary for a successful save. The rescue party circled overhead and located Lesh near a river, quickly extracted him from the area and headed back to base.

“It was phenomenal seeing the A-10s crest over the ridge and the [33rd RQS] Jollys rounding the bend at 50 feet,” he said. “They had no idea where I was today, but were able to work together to find me and get me out... you know you’re being saved by the good guys.”



An Air Force HH-60 Pave Hawk approaches for landing during a combat search and rescue training mission in the Republic of Korea, July 19, 2016. The crew and helicopter are both assigned to the 33rd Rescue Squadron from Kadena Air Base, Japan, and were deployed to the Republic of Korea for Exercise Pacific Thunder 16-2, a two-week long training event that combines U.S. and Republic of Korea forces to enhance interoperability for combat search and rescue missions across the Korean peninsula.

Team Osan hosts CFC Air Boss Conference



Senior leaders from the Combined Forces Command gather for a group photo for the 2016 CFC Air Boss Conference July 22, 2016, at Osan Air Base, Republic of Korea. Eighty-one senior leaders, including 24 general officers from all branches of the Republic of Korea, United States and alliance forces, discussed airpower strategies in the Pacific region during the conference. (U.S. Air Force photo by Senior Airman Dillian Bamman)

By Senior Airman Dillian Bamman
51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Korea -- Team Osan hosted the 2016 Combined Forces Command Air Boss Conference for senior leaders to discuss airpower strategies in the Pacific region July 22.

Eighty-one senior leaders, including 24 general officers from all branches of the Republic of Korea, United States and alliance forces, discussed emerging threats to the Republic of Korea, Integrated Air and Missile Defense and changes to Korean Theater of Operations Operational Plans.

“The Air Boss Conference is a unique opportunity for senior leaders to fully integrate in support of the KTO,” said Maj. Corey Hancock, 607th Air Operations Center senior offensive duty officer.

The conference brings together commanders from around the Pacific which allows them to plan how to allocate forces during potential crisis or conflict. Another goal is to network and understand allies’ strategies in a combined environment.

“Discussions were focused on the critical capabilities each of the representatives’ organizations bring to ‘Deter, Defend and Defeat’ during wartime operations,” said Hancock.

Buddy Wing exercise scheduled at Daegu

51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Korea -- The 36th Fighter Squadron will deploy four F-16CM Fighting Falcons to Daegu Air Base to join the Republic of Korea’s 11th Fighter Wing for a Buddy Wing exercise and exchange program Aug. 8 through 12.

The Buddy Wing program is a combined fighter exchange program designed to improve interoperability between U.S. Air Force and ROK Air Force fighter squadrons.

U.S. Air Force F-16s will integrate with ROKAF F-15K Slam Eagles, KF-16

Fighting Falcons, FA-50 Golden Eagles, and E-737 Peace Eyes (AWACS) in several large force exercises. The program’s focus is to provide ROKAF and USAF fighter pilots an opportunity to exchange ideas, embrace cultural diversity, discuss and practice combined tactics, as well as plan, brief, fly and debrief missions together.

Buddy Wing exercises and exchange programs are important to the interoperability of the USAF and ROKAF in order to ensure combat readiness and training for combined air operations.

For more information, please contact the 51st Fighter Wing Public Affairs office at 784-4044 or 031-661-4044.

Osan Leadership Pathways offers training opportunities to Airmen

By Senior Airman Dillian Bamman
51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Korea -- Professional military education provides all Airmen the opportunity to acquire management and leadership skills to help them excel in their careers.

At Osan, leadership is reaching out to instruct and prepare Airmen through courses of all kinds to help them excel in their careers.

Osan Leadership Pathways is a new initiative by the Osan Top 3 organization to offer additional PME to enlisted Airmen of all ranks. Classes include stress management, time management, bullet writing, NCO professional enhancement and many more.

"Airmen love these courses because the courses give them leadership tools that help them when they progress in their careers," Senior Master Sgt. Joseph Bogdan, 51st Civil Engineer Squadron facility systems section chief. "They also teach these Airmen to be better wingmen and help the ones around them."

The goal of Leadership Pathways is to supplement required PME courses to

better educate future and current NCOs and SNCOs.

"For example, as a technical sergeant transitioning into a master sergeant, you may have some gaps before attending traditional PME which may conflict with your current responsibility level, maybe even in a completely different work center," Bogdan said. "We're trying to augment the PME, but we're also trying to promote personal development as well through our financial counseling and stress management."

Master Sgt. Henrietta Bouknight, 51st Security Forces Squadron NCO in charge of standardization and evaluation, teaches many of these personal enhancement courses including time management, stress management and Osan history.

"Traditional PME is very structured and the curriculum is rigid whereas with these courses, we can utilize our experience more and be flexible to our audience," Bouknight said.

"For every one of the classes I've taught, the students have said they learned something, and that's always a goal of mine as a teacher," she added.

For more information on Osan Leadership Pathways or how to register for a course, contact Bogdan at 784-8335.

Goldfein hosts first town hall with CMSAF

By Senior Airman Hailey Haux
Secretary of the Air Force Public Affairs Command Information

MAXWELL AIR FORCE BASE, Ala. (AFNS) -- The Air Force's top officer and enlisted leader hosted a town hall forum in the Boyd Auditorium here July 20.

During the 70-minute forum, Air Force Chief of Staff Gen. David L. Goldfein and Chief Master Sgt. of the Air Force James A. Cody answered several questions from the crowd and addressed their key concerns.

"What I have found over my career is, to have staying power, you have to spend time listening," Goldfein said. "So, for Chief Cody and I, this is actually about squinting with our ears and actually listening to what's on your mind and giving you straight talk."

One concern weighing on many Airmen's minds was the recent Senate proposal to overhaul basic allowance for housing.

"We don't think it's a good idea," Cody said. "There has been a lot of effort by all of our senior leadership to go (to Congress) and have conversations with senators on this."

A range of questions were asked on various aspects of the Air Force, from leadership and command and control, to on-base housing and warfighting.

One question allowed Goldfein to state his vision for the Air Force.

"I look at the global landscape and the building of joint task forces that operate trans-regionally across geographic combatant commands ... what I see is an Air Force that is equally capable of supporting or being supported in the business of joint-combined arms warfare in the future," Goldfein said.

Concluding the town hall, Goldfein left the audience with one final thought.

"Our charter as Airmen is to take the greatest treasure in our nation's arsenal, which is the young men and women who choose to serve and put on this uniform, and we mold, train and develop them," Goldfein said. "And through our domain through air and space, we make the world a better place for our kids -- that's our call and that's why we serve."



Air Force Chief of Staff Gen. David L. Goldfein and Chief Master Sgt. of the Air Force James A. Cody speak to Airmen at Maxwell Air Force Base, Ala., during a town hall July 20, 2016. The Air Force's two most senior leaders addressed Airmen's concerns about topics that included personnel, warfighting and retention. (U.S. Air Force photo/Senior Airman Hailey Haux)

More photos from page 8



(Left) Senior Airman Paul Roberts, 33rd Helicopter Maintenance Unit crew chief, pulls chocks from an HH-60G Pave Hawk assigned to the 33rd Rescue Squadron prior to a flight during Exercise Pacific Thunder 16-2 at Osan Air Base, Republic of Korea, July 12, 2016. The 33rd RQS is participating in Pacific Thunder, the largest Pacific combined joint exercise in which U.S. and ROK forces train and test combat search and rescue skills.

(Below) An HH-60G Pave Hawk assigned to 33rd Rescue Squadron flies over Republic of Korea countryside during Exercise Pacific Thunder 16-2, July 13, 2016. The 33rd RQS comes to Osan AB, ROK, for Pacific Thunder to train their combat search and rescue capabilities.



(Left) Staff Sgt. Adam Pope, 33rd Rescue Squadron flight engineer, looks out over Republic of Korea countryside during a combat search and rescue scenario for Exercise Pacific Thunder 16-2 at Osan Air Base, Republic of Korea, July 13, 2016. Pacific Thunder is the largest Pacific combat search and rescue exercise designed to test ROK and U.S. forces on their ability rescue a downed pilot behind enemy lines.



(Above) An HH-60G Pave Hawk assigned to 33rd Rescue Squadron flies over Republic of Korea air space for Exercise Pacific Thunder 16-2, July 13, 2016.

(Right) Senior Airman Paul Roberts, 33rd Helicopter Maintenance Unit crew chief, guides in an HH-60G Pave Hawk assigned to 33rd Rescue Squadron after flying a combat search and rescue training scenario for Exercise Pacific Thunder 16-2 at Osan Air Base, Republic of Korea, July 13, 2016. The 33rd RQS plans to test their combat search and rescue skills at Exercise Pacific Thunder 16-01 at Osan. (U.S. Air Force photos by Staff Sgt. Jonathan Steffen)



US Embassy DCM familiarizes with 7th AF mission



Capt. Scott Martin, 36th Fighter Squadron pilot, gives preflight instructions to Marc Knapper, U.S. Embassy to the Republic of Korea deputy chief of mission, before a familiarization flight in an F-16 Fighting Falcon at Osan Air Base, Republic of Korea, July 14, 2016. Knapper flew in the aircraft to better understand Seventh Air Force's role in the defense of the ROK as part of United States Forces Korea. (U.S. Air Force photos by Senior Airman Dillian Bamman)



Capt. Scott Martin, 36th Fighter Squadron pilot, and Marc Knapper, U.S. Embassy to the Republic of Korea deputy chief of mission, taxi on the flightline before a familiarization flight in an F-16 Fighting Falcon at Osan Air Base, Republic of Korea, July 14, 2016. Knapper flew in the aircraft to better understand Seventh Air Force's role in the defense of the ROK as part of United States Forces Korea.

Kunsan

Illmagwon Orphanage
Join Airmen from across the base in a wing chapel-sponsored event as they travel down to the Illmagwon Orphanage in Gunsan City every Tuesday at 6 p.m. for an evening of playing games and learning more about the local culture. For more information, contact the chapel at 782-4300.

Single Airmen Game Night
Fridays at 7:30 p.m., Sonlight Inn. Everyone's welcome, special invite for all Single Airmen!
For more information contact, Senior Airman Jenfil Morillo-Burgos.

Kunsan Photo Club
Interested in sharing your photography experience with others and exploring Korea along the way? Have a camera, but want to learn how to use it more completely? Then join the Kunsan Photo Club as they delve into the finer qualities of photography where the key concept is: "It's not the camera that makes a great photo, but the photographer." If interested in joining, the group can be found on Facebook, just search for "Kunsan Photo Club."

Wolf Pack Lodge
Lodging Space A Policy
Need a break? Got family visiting and no room to house them? You can book lodging rooms on a space available basis up to 120 days in advance for a maximum of 30 days depending on availability. You can also book reservations for the holiday season (November and December) up to 30 days in advance for a maximum of 15 days. (Depending on availability) Book now for all of those relatives coming for the holiday!
Reservations – Front Desk-DSN 782-1844 or Commercial (82)63-470-1844 FAX: DSN 315-782-0633 Commercial (82)63-470-0633

Children's English class
Team 5/6 is looking for volunteers to support the Children's English class weekly, for children 2-15 years of age. We will break you up into groups to read, talk, or play board games with the children. Civilian attire is preferred however, UOD is allowed.
Classes are held from 7 to 8 p.m. at the Sonlight Inn.
For more information, contact Tech. Sgt. Justin Worthen.

Sunday Sonlight dinner
Every Sunday, volunteers from a specific unit cook dinner for their fellow Wolf Pack members at the Sonlight Inn. The dinner begins at 6 p.m. following grace led by a chaplain. Meals range from "breakfast for dinner" to "Italian cooking" to "Southern style." For more information or to volunteer, contact the chapel at 782-4300.

Sponsor training
Learn creative ways to assist newcomers reporting to Kunsan AB. Registration required. Class is held at the Airman and Family Readiness Center. Call 782-5644 for more information, dates or to sign up.

ROKAF English Class
Team 5/6 is looking for volunteers to support the ROKAF English class every Saturday, at the Sonlight Inn. You will be talking to ROKAF Airmen (enlisted) for approximately one hour. This event is open to all ranks! Civilian attire is preferred, however, UOD is allowed.
For more information, contact Staff Sgt. Charles Nelson.

Ping Pong tournament
Free to all. Prizes for first and second places. Prizes include Wolf Pack Won. To sign up, dates or for more information, call the CAC at 782-5213 or 4679.

Osan

Airman and Family Readiness Center programs

***Bundles for Babies** - A workshop for expectant parents who want to learn more about parenting and support programs here at Osan. The class also offers you a finance piece that focuses on budgeting for your new baby from conception to college years and a chance to meet other new parents. Additionally, you'll receive a free "bundle" from the Air Force Aid Society.

***Separation & Retirement Benefits** - This is an optional workshop where separating and retiring members can learn about their benefits- includes briefings by MFLC, TMO, CPO, Finance, Tricare and SBP.

***Spouse Orientation** - This is a great opportunity for spouses to learn about the 51st Fighter Wing Mission, Non-combatant Evacuation Operation (NEO) process, and receive a protective (gas) mask demonstration. Spouses will also have an opportunity to meet key base representatives and learn about Korean Culture. As a bonus, a community information fair will end the day.

***Volunteers' Training** - The goal is to ensure all our volunteers are registered and they receive all tools and information to keep them informed of volunteer opportunities.
For more information, call 784-0119.

E-mail security
There has been a rising trend of unencrypted e-mails containing FOUO, PII, or other sensitive/critical information due to recipients not being on the USAF GAL. Please exercise good information security and call the Help Desk if you are having problems sending an encrypted e-mail.

Anthem Singers
Sopranos, altos, tenors and bass vocalists are needed to sing the US and ROK National Anthems at various events on base. Practice is held at 5 p.m. every Thursday at the Chapel Annex. Send an e-mail to annapauline.magno.1@us.af.mil or ric.rebulan.1@us.af.mil for more information.

Military Tuition Assistance Briefing
Presented by the 51 FSS Education & Training Center, this is mandatory for all first time users, officer/enlisted, for military TA. No appointment necessary! Held every Tuesday at 8 a. m. in Bldg 787, Rm. 10. For additional information or questions please contact the Education Center at 784-4220.



Emergency Services	911	Commander's Hotline	782-5224
Off Base/Cell Emergency	063-470-0911	After-hours medical advice	782-4333
Crime Stop: (to report a crime)	782-5444	IG Complaints FWA Reporting:	782-4850 (duty hours) 782-4942 (anytime)
Base Locator: (after duty hours)	782-4743	Chaplain (After duty hours)	782-6000
Law Enforcement desk	782-4944	Sexual Assault Response Coordinator (SARC)	782-7272
Emergency Leave / Red Cross	782-4601 (on base) 1-800-733-2761 (anytime)		

Emergency Services (Fire, Medical, Security Police)	911	Commander's Hotline	784-4811
Off Base/Cell Emergency	031-661-9111	Crime Stop: (to report a crime)	784-5757
Emergency Room:	784-2500	IG Complaints FWA Reporting:	784-1144
Base Locator: (after duty hours)	784-4597	Emergency Leave	784-7000
Force Protection Information Hotline:	115	Sexual Assault Response Coordinator (SARC)	784-7272
Chaplain (After duty hours)	784-7000	Security Forces Control Center	784-5515

Fire Extinguisher Safety

Section 1

Do you know how to use a fire extinguisher? Let's look at this picture.



- P**ull the pin.
- A**im the nozzle to the base of fire.
- S**queeze the handle.
- S**weep the nozzle side to side.

Section 2

Fires can be very dangerous and you should always be certain that you will not endanger yourself or others when attempting to put out a fire.

When you try to extinguish a fire, you have to think about these things.

1. **KNOW** what is burning. If you don't know what's burning, you won't know what kind of

extinguisher to use.

2. **HAVE** adequate or appropriate equipment.
3. If you are uncomfortable with the situation for any reason:

It is best to not try fighting the fire. Let the fire department do their job.

4. Is the fire spreading rapidly beyond the point where it started? The time to use an extinguisher is at the beginning stages of the fire.

5. If the fire is already spreading quickly, it is best to simply evacuate the building.

6. As you evacuate a building, close doors and windows behind you as you leave. This will help to slow the spread of smoke and fire.

Remember when you try fighting the fire.

Always position yourself with an exit or means of escape at your back before you attempt to use an extinguisher to put out a fire. If the extinguisher malfunctions, or something unexpected happens, you need to be able to get out quickly. You don't want to become trapped.

Section 3

Right to know toxic information.

When you were fighting the fire, you might inhale toxic gas. When synthetic materials such as the nylon in carpeting or foam padding in a sofa burn, they can produce hydro-

gen cyanide, acrolein, and ammonia in addition to carbon monoxide. These gases can be fatal in very small amounts.

If you have any question, feel free to call fire prevention office, contact number is 784-4835.



Kyung Dong bus schedule (Yongsan - Osan - Humphreys)

MONDAY-FRIDAY

										*			
Lv. Yongsan	0550	0700	0830	1000	1100	1300	1430	1630	1720	1720	1900	2130	
Ar. 121st GH							1435						
Lv. Osan AB	0650	0810	0940	1119	1210	1410	1540	1740	1830	x	2010	2240	
Ar. Humph	0740	0850	1020	1150	1250	1450	1630	1820	1910	1850	2050	2320	

	**	*											
Lv. Humph	x	0550	0700	0830	1000	1100	1230	1330	1530	1710	1910	2100	
Lv. Osan AB	0600	x	0750	0920	1050	1150	1320	1420	1620	1800	2000	2140	
Ar. 121st GH		0720	0850										
Ar. Yongsan	0710	0730	0900	1030	1200	1300	1430	1530	1730	1910	2110	2250	

* Bus stops at Humphreys main gate
 ** Bus stops at Yongsan Dragon Hill Lodge

"Price \$6.00 or W6,200 one way, For more info (DSN)784-6623"

WEEKEND & U.S HOLIDAYS

										*				
Lv. Yongsan	0700	0800	0900	1000	1100	1200	1300	1400	1500	1600	1700	1800	1930	2130
Lv. Osan AB	0810	0910	1010	1110	1210	1310	1410	1510	1610	1710	1810	1910	2040	2240
Ar. Humph	0850	0950	1050	1150	1250	x	1450	1550	x	1750	x	1950	2120	2320

	*													
Lv. Humph	0620	0800	0930	1030	1130	1230	x	1400	1530	x	1700	x	1900	2100
Lv. Osan AB	0700	0840	1010	1120	1220	1320	1400	1450	1620	1700	1750	1850	1950	2140
Ar. Yongsan	0820	0950	1130	1230	1330	1430	1510	1600	1730	1810	1900	2000	2100	2250

* Bus stops at Humphreys main gate
 ** Bus stops at Yongsan DHL
 x Bus doesn't stop at this station

POC for the bus schedule - Osan: 784-6623, Yongsan: 723-4499, Humphreys: 753-7354

Coping with stress through healthy thinking

By Prerana Korpe
Air Force Surgeon General Public Affairs

FALLS CHURCH, Va. -- Stress. Even mention of the word can increase anxiety for some. Everyone deals with stress differently, but how you cope with daily stressors can have great impacts on your quality of life and overall health.

Stress is actually the body's response to any demand, including change. According to the National Institute of Mental Health, there are at least three types of stress which can create risks to physical and mental health. These include routine stress, stress brought about by a sudden negative life event and traumatic stress, which can be experienced after a distressing or life-threatening event. Routine stress incorporates stress related to daily pressures.

Not all stress is bad. The Centers for Disease Control and Prevention reports that stress can help people develop coping and adaptation skills to deal with new or potentially harmful life situations. Stress is a natural phenomenon which helps us develop the ability to deal with challenges, obstacles and even failures.

Maj. (Dr.) Joel Foster, chief, Air Force Deployment Mental Health, explains that coping with daily stressors in a healthy way and getting the right care can help put problems into perspective, and reduce the negative impact of stressful feelings. Just like practicing a sport improves agility and strength, actively managing stress day-to-day can help build adaptive resistance to the negative effects of stress.

"Life is full of challenges. It is important to recognize and embrace this," said Foster. "If you have expectations that things are going to be easy, you are setting yourself up to experience a lot of frustration. It is important to have realistic expectations of how things will be."

"Everyone faces daily stressors," Foster said. "Experiencing this stress does not mean there is something wrong with you and the avoidance of problems should not be the ultimate goal." Foster emphasizes that embracing the fact that challenges are part of life is key.

The Air Force is actively engaged in social norming campaigns that provide information to help people feel more comfortable about seeking and receiving care, in an effort to promote healthy lifestyle behaviors. There are healthy ways to manage stressors and people are encouraged to seek appropriate care as needed. The emphasis is that healthy people seek the help they need. "We are not intended to manage these stressors alone," said Foster. "Reaching out for help is a sign of strength, not weakness."

Healthy coping is about aligning our thoughts with reality, explains Foster. "Many people do not align thinking with reality and distortions in thinking can lead to depression and anxiety."

According to Foster, distortions in thinking are thoughts just below the surface of our awareness. We usually do not say them out loud, but they guide our behavior. These distortions influence the way we feel and behave. Part of healthy thinking is to examine these distortions and make corrections to align our thoughts with reality.

Take for instance, striving for excellence. While this is a positive goal, it is important to remember that we all fail at some time. The process of learning from those mistakes and failings and realistically assessing the situation is critical to maintaining healthy thinking. Making mistakes or failing at some point is expected and this is part of the journey towards excellence. When you make a mistake, quickly bounce back rather than going down the path of cognitive distortion. For example, instead of fixating on the mistake or failure, accept that everyone makes mis-

takes. Part of healthy thinking and adapting to stress is to recognize when distorted thinking may arise. It is important to recognize this and make an active effort to put the stressful thought into perspective.

Adaptive coping is a healthy strategy for everyone, explained Foster. Healthy thinking helps to avoid cognitive distortions, or mistakes in thinking.



ABCs of emotion: "A" stands for activating event. "B" stands for belief system. "C" stands for consequence, which is an emotion or behavior resulting from the belief system. (AF Graphic)

ABCs of emotion:

"A" stands for activating event.

"B" stands for belief system.

"C" stands for consequence, which is an emotion or behavior resulting from the belief system.

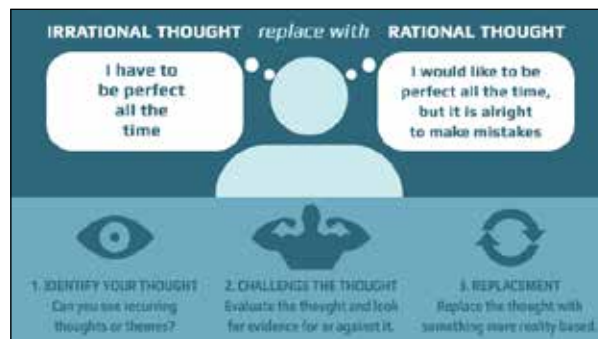
Maj. Foster says it is important for people to understand the relationship between these three variables.

Let us take for example, making a mistake at work. This would be considered the activating event. If you consider the consequence, you might feel depressed or sad. It is important then to examine the belief system, through which everything is filtered.

A, making a mistake at work, filters through B, the belief system, to get to C, the consequence, which is the emotion or action resulting from A processed through B.

If for example, you believe you have to be perfect and that it is a terrible thing to fall short of perfection, then, a mistake can result in distorted thinking and adverse emotions or actions may ensue. It is important to adjust the belief system, in order to process activating events in a healthy way and avoid mistakes in thinking.

A healthy alternate involves replacing the maladaptive irrational thought with an adaptive, rational thought.



A healthy alternate involves replacing the maladaptive irrational thought with an adaptive, rational thought. (AF Graphic)

Irrational thought: I have to be perfect all the time.

Replace with rational thought: I would like to be perfect all the time but it is alright to make mistakes. I can learn from making mistakes. I will achieve excellence only by learning from my mistakes.

1. Identify your thought

Can you see recurring thoughts or themes?

2. Challenge the thought

Evaluate the thought and look for evidence for or against it. Does the thought make sense? Is it an irrational thought which is not consistent with evidence and reality? Would this thought be sup-

ported in a court of law? Is there any evidence that disputes this thought?

3. Replacement

Replace the thought with something more reality based. Replace the maladaptive irrational thought with more adaptive rational thoughts.

Thinking, emotions and behaviors are inter-correlated. The more you make an active effort to engage in healthy thinking and the more realistic your thoughts, the more positive your thoughts and you will be engaged in the positive feedback loop.

The goal of the ABC model is not to go from negative thinking to positive thinking, explained Foster. "It is about making subtle changes in irrational distorted thoughts. It is important to bring thoughts more in line with reality," he said. "Making small changes can have a huge impact on quality of life." Something like changing a thought from "I must be perfect all the time," to "I would like to be perfect all the time," can make a huge impact. The outcome is not that you do not feel any negative emotions, but they are less intense, do not last as long, and do not lead to extreme behaviors. Foster emphasizes that it is important to work within the context of life. The goal is not to avoid problems, but to embrace challenges and work through them with rational, adaptive, reality-based thoughts. This is the basis for healthy thinking.

Rational thinking is very much in line with the Comprehensive Airman Fitness model which includes four pillars: physical, spiritual, mental and social. Attending to each of these four pillars is more likely to help a person lead an adjusted and well-balanced life. Maintaining a good balance in these areas leads to more healthy outcomes, explained Foster. For example, physical exercise reinforces good mental functioning because of changes within your brain resulting from exercise. These changes have mood elevating effects. Social relationships can influence the way you think about yourself. The spiritual domain encompasses an awareness of your values. This involves contributing to the world in a meaningful way. Leading a life that is full of purpose and meaning is an important factor that contributes to people's sense of wellbeing. Improving the way you think decreases cognitive distortions and allows people to bounce back from disappointment, overcome adversity and maintain a sense of meaning and purpose throughout life's challenges.

"Most of the research that has been conducted in the area of psychotherapy—particularly psychological disorders—demonstrates that cognitive behavioral therapy is probably the most effective form of intervention for people with psychological distress and disorders," Foster said.

Cognitive behavioral therapy, or CBT, builds on the ABC model to examine the relationship among events, beliefs, behavior and emotions. From this approach, it is not the events that can make a person feel miserable, but the interpretation of those events.

The CBT model is short-term, typically ranging between six to 12 sessions with an outpatient therapist. Depending on the issue at hand, these sessions lend themselves to the compressed military environment and offer time-limited therapy in lieu of several months of treatment.

"CBT is highly effective, adaptable and easily taught," said Foster. "We have very good research to support this type of intervention."

Individuals interested in exploring CBT are encouraged to talk to their health care provider. The Air Force Behavioral Health Optimization Program uses cognitive therapy models and offers behavioral health care through a primary care setting. BHOP is available to all beneficiaries and does not require a referral.

PTSD Awareness leads to positive treatment

By J.D. Levite

Air Force Surgeon General Public Affairs

FALLS CHURCH, Va. -- Post-traumatic Stress Disorder can be debilitating in some patients, but thanks to advancements in research and the continued training of mental health providers, treatments are getting better all the time.

Maj. Joel Foster, Chief of Air Force Deployment Mental Health, said treating PTSD has improved dramatically in the last 20 years.

“Twenty years ago we didn’t really know what PTSD was and didn’t know what to do with patients who had PTSD,” Foster said. “We tried to treat it like other anxiety problems. We put people in various types of therapy groups which weren’t always very helpful. What we didn’t realize back then was that this approach was not effective in treating PTSD.”

He added that now mental health providers use evidence-based trauma-focused therapies. Two of these therapies are prolonged exposure and cognitive processing therapy, which are taught to all mental health providers in the Air Force. Part of the reason these treatments work is because they treat the cardinal symptom of PTSD – avoidance of memories and reminders of the traumatic event.

“What these treatments do is break the cycle of avoidance,” said Foster. “We work with the patient to expose them to the stimuli that they are afraid of gradually over time and in a supportive environment, the person undergoing treatment gets comfortable, gains confidence, and resumes their normal activities which helps them to make use of social supports for even greater improvements in their symptoms and overall satisfaction with life.”

“Most patients can make substantial improvement within 6-12 weeks with

dramatic reductions in distress and symptoms,” Foster said. “For most the therapy is not as bad as they think it’s going to be. Nearly every person I’ve worked with has told me that the anxiety and fear they have before treatment is always much worse than going through the treatment.”

“People with PTSD who don’t get help end up having behavioral problems over time,” Foster said. “In fact, untreated PTSD almost always leads to additional problems such as depression, substance abuse and domestic violence.”

The symptom of avoidance keeps many people from seeking help; however, PTSD doesn’t typically get better on its own and can really affect all areas of a person’s life as well as their quality of life if left untreated.

He said one of the big fears of service members with PTSD is that it could end their career, but that’s not the case today. “After treatment and even during treatment service members can generally go back to work and resume enjoying their normal activities and routine,” said Foster.

PTSD awareness has improved a lot in recent years because more people are aware of what it is and education about PTSD is spreading. The more people talk about it and understand PTSD, the better equipped they are to identify it, and the more likely people struggling with it are to get the treatment they need.

“I think things are getting better. People are utilizing services more frequently and there is greater acceptance of help-seeking while mental health stigma is decreasing. We have more work to do but I think we’re in a much better position than we were just ten years ago,” Foster said.

If you, or someone you know, have been through a traumatic event, seek out a mental health provider and request a screening. PTSD does not usually go away on its own and the earlier you seek help the sooner you can start feeling better and return to the life you want to lead.



If you, or someone you know, have been through a traumatic event, seek out a mental health provider and request a screening. PTSD does not usually go away on its own and the earlier you seek help the sooner you can start feeling better and return to the life you want to lead. (AF Graphic)