



# News Release

**FORT CARSON  
Public Affairs Office**

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**FOR IMMEDIATE RELEASE**

## Media Advisory

### **Fort Carson leadership kicks off holistic counseling program**

**FORT CARSON, Colo.** – The 4th Infantry Division and Fort Carson will kickoff the Holistic Care Counseling Program Tuesday across the installation.

The goal of the holistic counseling program is for leaders to get to know their Soldiers personally and professionally, by demonstrating caring and empathetic leadership, while enhancing morale and welfare through active communication with the team.

“Providing caring leadership to our Soldiers, civilians and Families is the most important thing we do,” said Maj. Gen. Matt McFarlane, commanding general, 4th Infantry Division and Fort Carson.

“Life stressors across the country and across our community are on the rise. We are asking leaders to really get to know their Soldiers’ backgrounds, what inspires them, their goals and aspirations, and together, with their Soldiers, help drive personal and professional growth in life, in the Army and beyond.”

Holistic Counseling is part of Fort Carson’s suicide prevention effort. Units across the installation will develop and implement holistic counseling programs with active measures to increase unit cohesion and decrease risks across the formation. This initiative nests with the U.S. Army Forces Command Suicide Prevention Program, #UDontStandAlone — a strategy aimed at educating Soldiers and motivating behavior change.

During the kickoff event, leaders will engage their Soldiers by asking candid, and often uncomfortable questions. Successful programs will help develop leaders who are able to have meaningful discussions that result in leader to led opportunities, mentorship and cohesive teams.

Soldiers are encouraged to seek assistance during difficult times through any number of available resources provided on Fort Carson. “Unfortunately, there is a stigma that associates weakness with those seeking help,” said Command Sgt. Maj. Adam Nash, senior enlisted leader for the 4th

Infantry Division and Fort Carson. “Maj. Gen. McFarlane and I believe there is strength associated with those who seek help and those who are trying to better themselves, their minds, bodies, relationships or performance.”

These will be one-on-one, closed door counseling sessions with leaders and their Soldiers. There will be no group sessions. In order to maintain privacy and confidence, interviews will not be provided.

***For more information contact the Fort Carson Public Affairs Office at (719) 526-7525. After hours, please contact the 24-hour Fort Carson Operations Center at 526-5500 and ask for the On-Call Public Affairs Officer.***