

South Dakota National Guard Service Member & Family Support



Annual Briefing



*" We will **RISE** to (Refer, Inform Serve, Educate) Military Members and their Families "*

Family Readiness Group Lead Volunteer



- My name is _____
 - Phone Number
 - Email:

- This slide and information is optional
- Can change to reflect Unit commander or ISG or can include all three contact information— (whoever is doing the brief).

What is Our Unit's Family Readiness Group?

- It is the Commander's tool to provide Families connection to the unit and each other
- Done in partnership with Service, Family and community members, volunteers, and civilian employers
- To develop strong and resilient Families
- That can support separations due to drill weekends, deployments, annual training, State Active Duty, and military schools.



The Family Readiness Group Mission?

- The FRG mission is to assist Commanders in maintaining the readiness of Service and Family members.
- Done By:
 - Building information networks for unit Families – does your FRG have your Family's contact information?
 - Telephone Trees
 - Email and mailing lists
 - Getting to know other unit Families
 - Christmas Parties, Family Picnics, Resiliency Classes
 - Educating and informing unit Families
 - About benefits, programs, resources
 - Unit's mission
 - Helping to provide Kid's connection to the unit

WHY belong to YOUR unit's Family Readiness Group?

- To Gain information about the military and how it works
- To Learn about your service member's unit and their military job
- To Become informed and connected to resources
- To Learn about military benefits available right now
- To Get official news about the unit
- To Gain mutual emotional & physical support from other unit Families (common bond)
- To Be ready as a Family for Life
- To Make new friends
- To Have fun

Readiness – Do This NOW!

- Give YOUR Family Readiness Group YOUR current Family Member Contact information
 - For Family Member Telephone Trees, mailing and email lists
- Update Wills/power of attorneys
- Update Joint accounts / accounts
- Share Computer passwords –
 - Army Knowledge Online (AKO) www.us.army.mil
 - Military Pay - <https://mypay.dfas.mil/mypay.aspx>
- Update Emergency Data Card (Military members) - (DD93)
- Update Information on life insurance (Service member's Group Life Insurance)
- Share location for water shut offs, fuse box, septic systems & financial information
- Develop and share Business / Job Care Plans for periods of training, deployments, military schools

FRG - NOT Just For Deployment - Preparing Military Families for Life Readiness

Readiness – Do This NOW!

◦ Individual Responsibility

- Keep your Family informed
- Keep your employer informed
- Encourage your Family to participate in unit events
- Inform them of your training dates
- Share your unit newsletter
- Include/involve your Family
- Ensure they understand benefits available
- Provide them with emergency notification process when at training
- Do a Family Care Plan with JAG (legal) assistance (if necessary)
- Do a Business / Job Plan (if necessary)

READINESS – Do This NOW!

- Single Service members – have you considered?
 - Who will make your payments?
 - What will you do with your house/apartment?
 - What will you do with your possessions?
 - Are you in school – what is the school policy regarding military duty?
 - What will you do with your vehicle?
 - What will you do with your pet?
 - Keep your Family informed.
 - Keep your employer informed.
- For support at your Unit - Contact:
 - Family Readiness - Lynn Wright, Matt Weeg, Kristin Neuhardt
 - 605-737-6089 / 357-2970 / 737-6310

Benefits Available

- **Verify DEERS** (Defense Eligibility Enrollment Reporting System)
Enrollment in DEERS is KEY to the following benefits and entitlements for Families:
- **ID cards** – Do your spouse and children (10 & over) have one?
 - Many businesses give military discounts with an ID card
 - Contact your unit to make an appointment.
- **TRICARE** – www.triwest.com or **1-888-874-9378**
TRICARE Reserve Select (Jan 13 – premiums)
 - Service Member monthly premium \$51.62
 - Soldier and Family monthly premium \$195.81

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Benefits Available

- DEERS Enrollment is KEY to the following benefits and entitlements for Families:
- Military Pay – <https://mypay.dfas.mil/mypay.aspx>
- Service member's Group Life Insurance Family Coverage
 - Provides up to maximum of \$100,000 of insurance coverage for spouses, not to exceed the amount of coverage the insured service member has
 - \$10,000 at no cost for each dependent child
- Order from Army & Air Force Exchange (AAFES) catalog
 - www.aafes.com – no sales tax (online)

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Benefits Available

- Armed Forces Recreation Centers – reduced cost vacations
 - Available Worldwide
 - Cost based on rank
 - www.govarm.com
 - www.afvclub.com
 - www.shadesofgreen.org
 - www.armymwr.com
 - www.armedforces.com
 - www.military.com
 - www.halekoa.com (1-800-367-6027)
 - www.herosalute.com
- Commissary (military grocery store) - www.commissaries.com
 - Unlimited Access
 - Big savings
 - No tax

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Benefits Available

- Simple Wills, Power of Attorneys, Family Care Plans
 - Accomplished through state JAG (Judge Advocate General) Office
 - Free of charge
 - Do request through your unit – Chain of Command

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Family Assistance



- Family Assistance Centers provide information, service and support to Service Members, Veterans and their Families through Six Essential Services.

1.800.658.3930

- *Crisis Intervention & Referral*
- *Legal Resource & Referral*
- *Financial Resource & Referral*
- *TRICARE Resource & Referral*
- *ID Cards & DEERS (Defense Eligibility Enrollment Reporting System)*
- *Community Information & Outreach*

Empowering Military Families

Family Assistance

- One Call Away!
- Free & Confidential
- Information, Assistance & Referral

1.800.658.3930

- Sheri Bartunek – Coordinator
 - sherlyn.j.bartunek.ctr@us.army.mil or sherlyn.j.bartunek.ctr@mail.mil
- Kim Chase – Specialist –Brookings
 - kimberly.chase@us.army.mil or kimberly.k.chase.ctr@mail.mil
- Rachel VanderZee – Specialist – Sioux Falls
 - rachel.vanderzee.ctr@ang.af.mil
- Corinne Mahlen – Specialist – Watertown
 - corinne.m.mahlen.ctr@us.army.mil or corinne.m.mahlen.ctr@mail.mil
- Jessica Cox – Specialist – Rapid City
 - jessica.a.cox3.ctr@us.army.mil or jessica.a.cox20.ctr@mail.mil

Empowering Military Families

South Dakota National Guard Child & Youth Program

Developing and implementing programs and activities designed to promote leadership, character development, build confidence and resilience, and connection with others:

- Deployment and Reunion Trainings
- Youth & Teen Camps, Retreats, and Symposiums
- SDNG Youth Council
- Newsletters
- Information and Resources
- Operation Military Kids



- **CONTACT**

- Youth – Taryn Broomfield - 605-737-6919 / 605-377-8244
- Youth – Candice Tvinnereim - 605-988-5965 / 605-787-3312

Connecting Military Youth – Preparing Them for Life



Department of Defense Military & Family Life Consultants (MFLC)

- **Military & Family Life Consultant Program** established to provide non-medical, short term, problem solving counseling services.
 - Address issues that help Service Members and their Families cope with normal reactions to stress and challenges of military life.
 - Services are **FREE** and **CONFIDENTIAL**.

Helping Military Families to be Resilient

Military & Family Life Consultants

ALSO available to:

Conduct “Prevention Through Education” Classes at the Unit or Family Readiness Group Meetings.

Some topics are:

Stress Reduction

Parent Education

Family Dynamics

Child and Youth Education

Deployment and Reunion

Helping Military Families to be Resilient

Military & Family Life Consultants Contact:

- **Renee Oler**
 - Military & Family Life Consultant
 - Rapid City
 - Phone: (605) 393-5953

- **Amy LaBay**
 - Child and Youth Behavioral -
Military & Family Life Consultant
 - Watertown
 - Phone: (605) 660-5636

Helping Military Families to be Resilient

Military One Source



◦ <http://www.militaryonesource.com>

or call - 800-342-9647

- All services available at NO COST to you and your Family and are CONFIDENTIAL
- Newsletters, articles, worksheets, and online libraries are available AT NO COST
- Can help to locate child care, summer camps, mechanics, etc in your local area at NO COST
- Financial Information and Income Tax Services AT NO COST
- 12 private in person, telephonic or online counseling sessions in your local area. (Can utilize this service more than once for different issues) at NO COST
 - POC: Todd Otterberg - 605-737-6292

Reaching Military Families



Employer Support of the Guard & Reserve

- Employer Recognition of outstanding support
- Assistance with employment issues and your military service
- Employment Transition Assistance
 - Job Search Assistance
 - Hero2Hired – www.h2h.jobs
 - Resume writing assistance
 - Interview preparation
 - **CONTACT:**
 - ESGR – CPT Lona Christensen
605-737-6540/605-431-5424
 - Employment Transition Coordinator –
Dan Popowski - 605-357-2913/605-695-9742

Transition Assistance Advisor

- Assist Service Members, Veterans and Family Members in accessing benefits and services
- Provide outreach to veterans of other service branches
- Establish coalitions with all organizations that involve veterans to build a network for helping Veterans.
- Advocate and coordinate for entitlements through:
 - VA
 - Veteran Service Organizations
 - Community resources

POC: Dr. Bill Meirose - 605-737-6669

Military Funeral Honors

- Mission: To render professional military funeral honors, in accordance with service tradition, to all eligible veterans when requested by an authorized family member.



MFH POCs:

- Robert Sack HRCI Contractor (605-737-6927)
- MSG Mary Mallow (605-737-6945)

“Honoring Those Who Served”

Department of Defense Yellow Ribbon Reintegration Program

- All National Guard units are required to hold Yellow Ribbon events and activities for Service members and their Families/Designated Other.
 - Events are held During the deployment cycle for Families/Designated Other.
 - Provide specific information on benefits, services, and resources that are available during and after deployment.
 - Attendance by Soldiers is mandatory.
 - Soldiers are encouraged to bring their Families/Designated Other.



Educating and Preparing Military Families

Yellow Ribbon Events

- Pre-Mobilization - 30 to 45 days prior to deployment
 - For Service members and their Families/Designated Other
- During Mobilization
- Sustainment Events - 30 to 60 days after deployment has started
 - For Families/Designated Other
- Reunion Event - 30 to 60 days prior to unit's return
 - For Families/Designated Other

Yellow Ribbon Events

- 30 Day Reintegration Event after Unit's return
 - For Service members and their Families/Designated Other
- 60 Day Awareness and Well Being Event after Unit's return
 - For Service members and their Families/Designated Other
- 90 Day Post Deployment Health Re-Assessment Unit's return
 - For Service members only- First initial drill back

POC: SFC Penny Dickes- Yellow Ribbon Program Manager
605-737-6947/ 605-787-3316

Strong Bonds Events...

Strong relationships mean a strong Guard!

Sponsored and Conducted by the Chaplains Corps



- Lodging and majority of meals are free!
- Service members can attend in drill status
 - Unit determines
- For More Information – go to Strong Bonds website
 - <http://www.strongbonds.org>
- To register
 - Email SGT Gordy Hedges @ james.hedges@us.army.mil
 - Call 605.737.6658
 - Chaplain Support – Lieutenant Colonel Lynn Wilson
 - 605-737-6009

Helping Military Families to Build Stronger Relationships

Strong Bonds Events

19-20 JAN 2013 in Rapid City, SD

PREP (prevention & relationship enhancement)

For Married Couples

AND

PICK (pre-marital interpersonal choices and knowledge)

For Single Soldiers

9 FEB 2013 in Pierre, SD

Strong Bonds for Leaders (introduction)

9-10 MAR 2013 in Sioux Falls, SD

Got Your Back for Single Soldiers

AND

Laugh Your Way to a Better Marriage

For Married Couples

“Laugh Your Way” author Mark Gungor’s candid and comedic approach.
www.laughyourway.com

Helping Military Families to Build Stronger Relationships

Strong Bonds Events

14-16 JUN 2013 Watertown, SD

(Air National Guard)

Laugh Your Way to a Better Marriage
For Married Couples

19-20 JUL 2013 Sioux City, IA

(Joint effort with Iowa NG)

Laugh Your Way to a Better Marriage
For Married Couples

17-18 AUG 2013 Rapid City, SD

7 Habits for Highly Successful Soldiers
(for Single Soldiers)

7 Habits for Highly Successful Families
(single AND married parents)

Helping Military Families to Build Stronger Relationships

Service Member & Family Support

- Director, Soldier and Family Support Services
- Lieutenant Colonel Bryan Jacobson
 - 605-737-6728 / 605-415-3131
- Deputy Director,
Soldier and Family Support Services
- Major Brendan Murphy
 - 605-737-6206 / 605-391-2724

How can WE help YOU?

" We will **RISE** to (Refer, Inform Serve, Educate) Military Members and their Families "

Resources Available – Information & Education

- State National Guard Website
- For current information on resources
 - Current dates and locations for Family Readiness Training
 - SD National Guard Youth and Teen Camps
 - Log onto <https://sdguard.ngb.army.mil> and go to the Family Readiness link

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Service Member & Family Support

- “**Our Goal is to prepare and equip** military FAMILIES with the skills and tools to successfully meet the challenges of military life.”

“Becoming Family Ready
and staying Family Strong”

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Call 1-800-658-3930

Questions

Thank You!

UPDATED 11/2012

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