

US ARMY
CADET

COMMAND:
TRAIN TO
LEAD—WE

COMMISSION,
WE MOTIVATE!

Mission

The U.S. Army Cadet Command selects, educates, trains, and commissions college students to be officers and leaders of character in the Total Army; instills the values of citizenship, national and community service, personal responsibility, and a sense of accomplishment in high school students.

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Soldier and Family Programs Quarterly Newsletter



Hot Topics

Newcomer's Template:

July 2014

Soldier and Family Programs has heard your concerns and we are currently developing a template (page 7) for coaching newcomers to your university and answering many of the questions they have before their arrival. Its measure of success will still be up to the individual sponsoring the newcomer to utilize this list along with the military installations web site, and provide the newcomer with University specific and local information. This is a working document so if you had a question when you were a newcomer that we didn't think of, please email Soldier and Family Programs so that we can add those needs to the template. Thanks in advance for all of your great ideas and assistance in developing this template.

Respite Hours for Cadet Summer Training:

There are programs in place to help spouses with childcare while the Service Members are away for Cadet Summer Training. You will find an article on Child Care Aware on page 2 of this newsletter. Along with this program you may want to check out the sitter-city website <https://www.sittercity.com/dod> which has a listing of background checked care providers who are local to your area who you may choose to use to provide your respite hours. The Sitter city website membership is paid for by the DOD for all military families. Any babysitter you know can get approved either by following the steps on the Child Care Aware website or by contacting the phone number of Child Care Aware at 1-800-424-2246 or registering on Sitter City. There are forms to be completed for the program, but the respite hours available may give spouses just the break they need.

Gym Memberships:

According to the MWR website, YMCA has an agreement with the Department of Defense to offer gym memberships to Service Members only who have no other access to a gym to maintain an ideal level of physical fitness. These gym memberships are only available to Active Duty Service Members (SM) who have no access to a gym at their duty location. This excludes every Service Member whose university offers a gym, regardless of the condition of the gym at the time (there is an evaluation form that evaluates gyms for acceptability) may be provided in some situations). The SM is also required to utilize the private gym (YMCA) a minimum of 8 calendar days each month or risks losing their access to the program indefinitely. Even upon a PCS to a new location the Service Member will not be considered for the program again.

HQ Soldier and Family Programs Division

The USACC HQ G-1 Soldier and Family Programs Division supports Soldiers and Families assigned to USACC via the following programs and services: Army Family Action Plan, Army Family Team Building, Army Volunteer Corps Program, Virtual Family Readiness Group, Family Advocacy Program, Master Resiliency Training Program, Suicide Prevention, Leased Government Housing Program, Financial Management and Assistance, Relocation Assistance Program, Sponsorship Program, and Information Referral and Follow-up



Soldier and Family Programs is on Facebook!

Find us at
[http://](http://www.facebook.com/USACCwellbeing2)

www.facebook.com/USACCwellbeing2

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Respite Child Care for ROTC Cadre

The United States Army Child, Youth & School Services (CYSS) is making Respite Child Care services available for you through the Child Care Aware website: <http://childcareaware.org>. Respite Child Care will provide your family with **free hours** of child care each year during the months of **May through September** for each of your eligible children. You can use this time to run errands, attend appointments, or just take some well-deserved time out for yourself. The Army recognizes the challenges and extraordinary stress you and your family may be experiencing and wants to help support you in meeting your unique child care needs.

Eligibility Requirements

To take advantage of the Respite Child Care for ROTC Cadre, you or your spouse need only be an Army Service Member on assignment to a university as ROTC Cadre. **The Army spouse is not required to be working or enrolled in school to qualify. Eligible hours will vary depending on status.**

Parent Documentation to Submit at

- [Army Respite Application \(135.23 KB \)](#)
- Military Orders
- [Self Certification Form \(13.24 KB \)](#)
- Provider Documents

Child Care Provider Documentation to Submit

- [Army Respite Provider Application \(115.61 KB \)](#)
- [W-9 Form \(70.66 KB \)](#)
- State Child Care License

Submit documentation to: <http://www.naccrra.org/military-families/army/army-respite-program>

To find a provider who meets the requirements to serve your family, please contact Child Care Aware at 1-800-424-2246 for a personal consultation or search <http://childcareaware.org> for providers already pre-qualified to serve Army Families in your area.

Payment Rules for Army Respite Care

- Army Respite Care is not a substitute for regularly scheduled child care
- May be used at the discretion of the parent
- Combination of installation respite care and National Association of Childcare Resource and Referral Agencies respite care cannot exceed authorized monthly hours
- Must be used in at least 2 hour increments
- Monthly attendance sheet will be verified by parent and provider to receive reimbursement

Take some time out for yourself. Take advantage of this opportunity to receive free hourly child care each month. Submit your application today!

Social Media

Here are a few guiding principles to keep in mind when utilizing social media.

- 1) Once you post something online, you lose control over it. It can be copied and sent around the world. Think twice before sending, sharing or posting. Use good judgment.
- 2) You don't just represent yourself. You also represent your unit and military branch. Always consider how what you post reflects on you and your fellow service members. That goes for photos, blogs, short messages, anything.
- 3) You alone are responsible for your online activities. It doesn't matter if you are on or off duty. Violations of OPSEC or ethics regulations are serious. They can be punished under the Uniform Code of Military Justice (UCMJ).
- 4) Nothing online is fully secure. Any site can be hacked or monitored. So, be careful. The most secure conversation is the one that happens offline. For example it is best to keep it offline if you disagree with your chain of command, disagree with a co-worker, or don't like a particular policy.

Resilience Tip:

Take the Global Assistance Tool (GAT) survey to check your Resilience today. The GAT will help you to recognize areas of your life that could be strengthened in order to increase your overall Resilience. Modules are offered upon completion of the GAT tailored to your needs. The GAT and coordinating modules are a requirement for all Service Members and are also highly recommended for Family Members and DA Civilians.

Find the GAT at:

<http://csf2.army.mil/takethegat.html>

Got Issues?

If you've got issues, then let us help! The Army Family Action Plan is your platform to tell the Army what it can change and how. To learn more about this process or to submit an issue visit www.mymyone.com. Simply select the AFAP IMS (Issue Management System) under the [Family Programs and Services](#) tab on the far left. Click [Submit Issues](#), select your state, and select US Army Cadet Command. Fill out the online form, and Viola! You have made your mark.

If you have questions feel free to contact our office at 502-624-6238 or 502-624-5532.

There will be no AFAP Conference this fall due to Sequestration. The 2014 AFAP Conferences have been cancelled at the Installation, TRADOC, and DA levels. We will still be accepting and working issues as they are submitted and there are many issues that can be resolved and have been resolved in the past by HQ Soldier and Family Programs Personnel. Many US Army Cadet Command concerns can be addressed by the Command here at Headquarters.

Heat Injury Prevention

The most important heat illness prevention tools are personal knowledge and engaged leadership. A heat illness can be prevented and/or greatly reduced with a few control measures. A heat illness is caused when the body heats up faster than it can cool itself off; usually through perspiration. The following simple control measures should be put in place: limit exposure time to temperatures and direct sunlight, drink plenty of fluids (water – avoid caffeine, alcohol and energy drinks), take frequent rest breaks in cool areas, wear loose fitting/light weight clothing, eat properly and simple acclimatization (which could take up to 12 days). The myth of taking salt tablets is false and can raise blood pressure, cause stomach ulcers, and cause a higher risk of heart disease.

Knowing the warning signs and what to do is important. Warning signs include: dizziness, fatigue, nausea, vomiting, headache, shortness of breath, clammy/pale skin, confusion, muscle cramps, and fainting. If a person portrays any of these symptoms move them to a cool/shady area and if possible, get them to drink/sip cool water frequently; pour cool water over the person's head, face, and neck. If the person has fainted, is confused, or is vomiting, seek medical help immediately. A heat illness can range from mild to severe in a short amount of time. A mild reaction can be as simple as having heat cramps and/or a noticeable change in physical or mental performance, which leads to an increase in accidents. A moderate reaction may be excessive sweating, extreme weakness or fatigue, and/or rapid weak pulse. A severe case may be an individual with a flushed red face and hot/dry skin, displaying signs of delirium, convulsions, as well as, an unconscious state. Recognizing the warning signs and symptoms of heat-related illnesses and using control measures can reduce not only the frequency, but the severity of a heat illness.

Buddy plans work well also as you can monitor the other person for any of these signs and that person can monitor you. This gives you a better chance to understand if you are getting a sunburn or displaying any heat related symptoms. Besides, who knows you better than a friend or family member?

The links below provide a vast amount of information regarding heat illness prevention.

<https://phc.amedd.army.mil/topics/discond/hipss/Pages/HeatInjuryPrevention.aspx>

<http://www.tradoc.army.mil/surgeon/information.htm>

Quick Series Relocation e-Guides

If you and your family are planning to relocate this PCS Season, Quick Series has a Relocation Readiness guide available as a smart phone app that may be helpful in your preparations. It is an easy to download app putting information right at your fingertips!

Contact the Cadet Command Relocation Assistance Program at 502-624-6239 for the access code.

Quick Series also has several additional electronic guides available as free downloads when you download their app. Access the app through their web site <http://quickseries.com/index.php?section=reader>

Ever wonder who to call for help?

The Soldier and Family Programs Division is available to help you with any issues that may arise. Each of us serves as a Subject Matter Expert in a few programs. Read below to see who to contact regarding our various programs. We are currently down to two staff to cover all of our programs so program delivery will be a little slower than usual. We are expecting new staff this month, so bear with us during this time of growth.

HQ Soldier and Family Programs Staff:

Michelle Schwandt, Unit Service Coordinator

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E: michelle.a.schwandt.ctr@mail.mil

POC for: Exceptional Family Member Program, Relocation Readiness, Suicide Prevention, Leased Government Housing, Newsletter, Childcare/CYSS, Ready and Resilient Campaign, and Comprehensive Soldier and Family Fitness.

Elizabeth Benton, Unit Service Coordinator

PH: 502-624-6238

E: elizabeth.benton@serco-na.com

POC for: Volunteer/AFTB, BAH Data Collection, Facebook, Employment Readiness, Relocation Readiness, Leased Government Housing.

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<http://www.facebook.com/USACCwellbeing2>

Key Contacts

Internet Resources

Army Reserve Military Benefits and Resources:
www.arfp.org

Army One Source site: www.myarmyonesource.com

Army Family Team Building:

Military One Source: 800-464-8107
 or www.militaryonesource.mil

Military Homefront:
<http://www.militaryonesource.mil/moving>

MilitaryINSTALLATIONS:
<http://www.militaryinstallations.dod.mil/pls/psgprod/f?p=MI:ENTRY:0>

Plan My Move: <http://apps.militaryonesource.mil/MOS/f?p=PMM:ENTRY:0>

Military Youth on the Move: <http://apps.militaryonesource.mil/pls/psgprod/f?p=123:HOME2:0>

DEERS: 800-538-9552 or
www.tricare.osd.mil/DEERSAddress

Per Diem, Travel and Transportation Allowance Committee:
<http://www.defensetravel.dod.mil/site/allowances.cfm>

American Red Cross: www.redcross.org

My Pay website: <https://mypay.dfas.mil/mypay.aspx>

Army Partnership for Youth Success
<https://www.armypays.com/INDEX.html>

TRICARE:
TRICARE Standard information: <http://www.tricare.mil/Welcome/Plans/TSE.aspx>

TRICARE Prime information:
<http://www.tricare.mil/Welcome/Plans/Prime.aspx>

TRICARE Prime Remote: <http://www.tricare.mil/Welcome/Plans/TPR.aspx>

TRICARE Pharmacy Program Info: 866-363-8779
 or <http://tricare.mil/pharmacy>

TRICARE Dental (Dependents): <https://employeedental.metlife.com/dental/public/EmpEntry.do>

TRICARE Dental (ADSM): <https://secure.addp-ucci.com/ddpdw/>

Service Members' Civil Relief Act (legal protection for service members):
www.dod.mil/specials/Relief_Act_Revision/

The official Army benefits website:
<http://myarmybenefits.us.army.mil>

Brigade Soldier & Family POCs

1st BDE: Mr. Justin Carter (502) 624-1448
 2nd BDE: Mr. Robert Sova (609) 562-1311
 3rd BDE: Ms. Melissa Moore (847) 688-3328
 4th BDE: Ms. Carolyn Young (910) 396-6920
 5th BDE: Mr. Steven Keel (210) 295-0861
 6th BDE: Ms. Doris Sales (912) 315-4613
 7th BDE: in transition please call CCHQs for assistance
 8th BDE: Captain Lamar (253) 967-9823
 CCHQs: Ms. Michelle Schwandt (502) 624-6239
 CCHQs: Ms. Elizabeth Benton (502) 624-6238



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Military Family Life Consultants

Military Family Life Consultants (MFLC) are available on most installations. MFLC's provide short term, situational, problem-solving counseling services to service members and their Families. The contact information for MFLC at each brigade's location are listed below.

Military Family Life Consultants

Contact Information

1 st BDE - Ft. Knox, KY	502-307-2630 / 502-338-9785
2 nd BDE - Ft. Dix, NJ	609-649-4066 / 609-649-4069
3 rd BDE - Great Lakes, IL	708-638-2068 / 217-720-0268
4 th BDE - Ft. Bragg, NC	910-391-9171 / 910-489-5528
5 th BDE - Ft. Sam Houston, TX	210-627-3183 / 210-792-8925
6 th BDE - Savannah, GA	912-655-8327 / 912-704-5420
7 th BDE - Ft. Knox, KY	502-307-2630 / 502-338-9785
8 th BDE - Ft. Lewis, WA	253-495-8425 / 253-495-2621

*Disclaimer:

Reference herein to any specific commercial products, process, or service by trade name, trademark, manufacturer, or otherwise, does not constitute or imply its endorsement, recommendation, or favoring by the United States government. The views and opinions of authors expressed herein do not necessarily state or reflect those of the United States government, and shall not be used for advertising or product endorsement purposes. The appearance of external hyperlinks does not constitute endorsement by the United States government.

Newcomer's Welcome Checklist Template (draft)
 Please email michelle.a.schwandt.ctr@mail.mil or
Elizabeth.Benton@serco-na.com with any suggestions or additions.

Please utilize this template as a checklist to help guide your Welcome Letter to incoming Cadre. PCS'ing to a new area is difficult, but even more so for service members moving into an area with a lack of the military support network that many are used to. Reach out to your fellow Cadre and civilian staff who have knowledge of the area to help fill the list with the most complete information and keep the template to continue to use and improve in the future.

Best neighborhoods: *May want to include if one area in particular is a high cost of living area.*

Neighborhoods to avoid:

BAH rate for the area for the grade of the newcomer:

Best school districts:

Elementary school:

Middle school:

High school:

Colleges:

Special Benefits or services provided by schools:

Employment opportunities for spouses:

Day care providers:

Military Child Care in your Neighborhood: <http://naccrra.org/military-families/army/what-programs-are-available>

Hospitals:

Primary care providers that accept Tricare:

Pediatricians that accept Tricare:

In-Network Specialists:

In-Network Pharmacies:

Pet friendly areas (dog parks, lakes, etc):

Best veterinarians:

Must try local restaurants:

Family fun things to do in the area:

Best for all ages:

Best for kids 10 and under only:

Best for kids 10 and up only:

Nightlife:

Shopping:

Miscellaneous (mechanics, intramural or youth sports, gyms, etc)

As a reminder, Soldier and Family Programs developed an electronic welcome packet with information specific to geographically dispersed Cadre and their families. This welcome packet is available for sponsors to use by contacting Soldier & Family Programs by phone or by email at michelle.a.schwandt.ctr@mail.mil or 502-624-6239 or Elizabeth.benton@serco-na.com or 502-624-6238.