



Soldier and Family Programs Newsletter



U.S. Army Cadet Command: Leadership Excellence

JUL 2020
4th Quarter

Mission:

USACC partners with universities to recruit, educate, train, and commission leaders of character for the Total Army and partners with high schools to develop accomplished, responsible citizens who value service to their communities.

Inside this issue:

- COVID-19 Resources p.1
- Military Summer Discounts p.1
- COVID-19 From the Eyes of your ATP p. 2
- Saying farewell to Maggie p.2
- Summer Get-a-Way Ideas p. 3.
- Suicide Prevention Month p.4
- Gold Star Mother's Day p.4
- National Domestic Violence Awareness p.4
- Chaplaincy Team Launches Face Book Page p.5
- Back to School Info p.6
- AER Homeschool Assistance Bulletin p.7
- BDE and SFP POC Information p.8
- Additional Resources p.8

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COVID-19 Military Support Initiative

The Association of Defense Communities (ADC), Blue Star Families, and participants of the White Oak Collaborative are joining forces to create a united, national platform for sharing information, maintaining engagement, developing best practices and policy approaches to ensure our military receives the support it deserves.

The COVID-19 Military Support Initiative (CMSI) will host webinars as well as provide resources and expertise to support communities, states and military Families through this crisis.

For additional information, visit:
<https://covid19militarysupport.org/>



The Centers for Disease Control and Prevention is your official source for COVID-19 information.



On the website you will find:

Map showing number and locations of positive cases, National and Global

CDC Recommendations

- How to protect yourself
- What to do if you think you are sick

Community Resources

- Home School & Childcare
- College & Universities
- Work
- Community & Faith Based Organizations
- Community Events
- Homeless Shelters
- First Responders & Law Enforcement
- Public Health Communicators

Updated News

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Enhance Spiritual Fitness

COVID-19 Pandemic responses are often morally and spiritually exhausting amid predictable and unpredictable pressures. Remember you're not alone in this crisis. These evidence-based spiritual fitness resources focus on using your core beliefs, values and spiritual practices to help you navigate life's challenges and enhance your performance.

For information on how you can enhance your spiritual growth, visit:
<https://www.hprc-online.org/mental-fitness/spiritual-fitness>

Check out the below website for Military Summer Discounts::

<https://militarybenefits.info/military-discounts/#ixzz6NfCErmDS>

Articles on COVID-19 from the eyes of your USACC Teen Panel

Written by: Conan O'Donnell, USACC Army Teen Panel—Alternate



The Covid-19 crisis is undoubtedly the strangest set of circumstances I've experienced in my life. Between the closing of local businesses, the lack of face to face social interaction, and the sudden onset of a completely new distance learning system, it's a shift that can only be described as jarring. On the subject of distance learning, however, not all changes have been negative, as the less structured approach to schoolwork can go a long way to alleviating the pressures typically felt by all high school students.

In a given school day, it is almost certain that the content of a class will not match perfectly with its allotted time slot. Some days one class might run short, leaving the students with a spare fifteen minutes. In contrast, it is not out of the ordinary for one class to have massive amounts of work on occasion. The advantage of distance learning is that with no fixed schedule and only a list of objectives, any extraneous time is eliminated. The errant fifteen minutes previously discussed can be more efficiently reallocated to the class that requires it on that day. This eliminates a great deal of unnecessary stress created from the "hurry up and wait" caused by the rigid schedule of a school day. Summarily, amidst the turmoil of a global pandemic and national disarray, there are still silver linings for the country's students.

Written by: Maggie Welch, USACC Army Teen Panel—Primary



COVID-19 is an issue that nobody thought we would have to deal with. As a senior in high school, COVID-19 has taken away the last couple months of my senior year and turned it into something unimaginable. My last prom did not happen, I will not be able to walk across the stage, and my class and I will not be honored the way previous seniors were. Among all the chaos and variables that came along with COVID-19, I noticed one thing that stayed the same. The class of 2020 has had the unimaginable thrown at them and not once did I see a waver in positivity. Quarantine has given me an opportunity to learn new things, check in on my mental health, and appreciate those who support me. As a type one diabetic, my immune system is compromised, so I am completely unable to even leave the house. Thankfully we live an era where we have multiple forms of social media to access people we want to talk to. Personally, I have been doing a lot of Zoom meetings with my friends from camp and school. While COVID-19 has been a tough pill to swallow for everyone, I believe that if we stay positive, we will make it through. Make sure to thank healthcare professionals, and people who still brave work every day just to make sure their customers are satisfied.

The USACC is saying Farewell to Ms. Maggie Welch as the Army Teen Panel—Primary Representative.



Being apart of the Army Teen Panel (ATP) was one of the best experiences of my life. I was able to benefit teens around the world by using my voice to bring awareness. It gave me a sense of pride to be able to speak up about issues affecting my fellow teens today. The ATP is an amazing program I would recommended to anyone who wants to use their voice for good. I learned a lot and will benefit from these lessons throughout my life. I am grateful for what the ATP has taught me, and the friends I have made in the process.

~ Maggie Welch

Need to rest, relax and have fun with the Family? Take a look below for a few get-a-way ideas.



NMFA is actively monitoring the COVID-19 pandemic and, out of an abundance of caution, postponing Operation Purple programming through mid-June. Your health and safety are NMFA top concerns. **Check the link below for the most up-to-date information.**

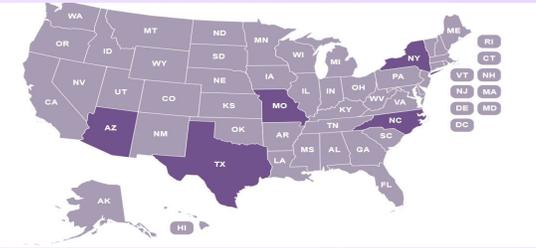
<https://www.militaryfamily.org/programs/operation-purple/>

Operation Purple Camps—Summer Camp Just for Military Kids

Operation Purple Camp offers military kids a **free** week of camp where they connect with other kids, just like them. Children from all uniformed services, including National Guard, Reserve, Space Force, and the Commissioned Corps of the National Oceanic and Atmospheric Administration and United States Public Health Service may apply

Operation Family Retreats—Quality Time to Reconnect as a Family

Operation Purple Family Retreats bring families to beautiful outdoor locations to spend quality time reconnecting after a deployment, separation, or during a time of transition. With other military families there to share the experience, it's the perfect environment to meet and bond with others in the same phase of military life. Families from all service branches, including National Guard and Reserve, National Oceanic and Atmospheric Administration, and the United States Public Health Services Commission.



Use the interactive map at each website below to find the perfect camp or Family retreat. Click on each state to see information and to access the 2020 application. Applications will be available 6 to 8 weeks prior.

<https://www.militaryfamily.org/programs/operation-purple/operation-purple-camp/>

<https://www.militaryfamily.org/programs/operation-purple/family-retreats/>

Armed Forces Recreation Centers (ARFCs) Ever heard of Shades of Green at Walt Disney World in Orlando, Florida? Or the Dragon Hill Lodge in Seoul, South Korea? Chances are, if you are military, part of a military family, or ever worked for the Department of Defense, you have. These locations are Armed Forces Recreation Centers, or ARFCs.

ARFCs are part of the military's Morale, Welfare, and Recreation program. AFRC resort hotels are designed to provide affordable vacations to service members and their Families, military retirees, and other authorized individuals. These joint service facilities owned by the Department of Defense and are operated by the Army's Installation Management Command (IMCOM).

Rates for use of these facilities are often based on a sliding scale determined by rank. Lowest ranking service members pay lower fees, and fees increase with rank.

Note: Armed Forces Recreation Centers share the acronym AFRC with the Air Force Reserve Command. However, there is no affiliation between the two entities.

The Shades of Green Resort Hotel: This 586-room resort is located in Bay Lake, Florida, on Walt Disney World property in Orlando. Set in a wooded area with waterfalls and tropical gardens

The Hale Koa Hotel: Hale Koa translates from Hawaiian as "House of the Warrior." Part of Ft. DeRussy, which has been on Oahu for more than 100 years, this resort hotel is located at Waikiki Beach on the island of Oahu. While it is owned by the DoD, the hotel receives no government funding as it is a self-sustaining business. It is surrounded by the Luau Garden and Maile Garden

Edelweiss Lodge and Resort: This resort is located at Garmisch-Partenkirchen, Germany in the Bavarian Alps

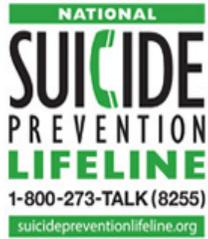
The Dragon Hill Lodge: This lodge is located in Seoul, South Korea, on the northern side of the Han River

The New Sannō Hotel: This hotel is located in the prestigious Hiroo residential area of downtown Tokyo

For more Information: <https://militarybenefits.info/armed-forces-recreation-centers/#ixzz6NfBFQs00>



Mark your Calendars for these important dates and events.



National Suicide Prevention Week, 10—16 September

National Suicide prevention week is an annual week-long campaign in the United States to inform and engage health professionals and the general public about suicide prevention and warning signs of suicide. By drawing attention to the problem of suicide in the United States, the campaign also strives to reduce the stigma surrounding the topic, as well as encourage the pursuit of mental health assistance and support people who have attempted suicide.

Below are some resources, including 24-hour crisis lines and technical assistance materials:

National Suicide Prevention Lifeline — 1-800-273-TALK (8255). The Lifeline provides free, confidential emotional support and referrals to people in suicidal crisis or emotional distress, 24 hours a day, 7 days a week (SAMHSA-funded).

Veterans Crisis Line — 1-800-273-TALK (8255) Press 1. The Veterans Crisis Line provides free, confidential emotional support and referrals to people in suicidal crisis or emotional distress, 24 hours a day, 7 days a week (SAMHSA-funded).

Suicide Prevention Resource Center (SPRC) — SPRC is the nation's only federally supported resource center devoted to advancing the [National Strategy for Suicide Prevention](#). SPRC provides technical assistance, training, and materials to increase the knowledge and expertise of professionals serving people at risk for suicide (SAMHSA-funded). Find out what's going on in your state and consider ways to join with partners to have a greater impact on the [States' page](#).

Suicide Safe — SAMHSA's free suicide prevention app helps health care providers integrate suicide prevention strategies into their practice and address suicide risk among their patients. It includes patient and provider educational materials, a treatment locator, sample interactive cases, and conversation starters.

USACC Religious Support Personnel -

Command Chaplain -- Chaplain Brooks
Thomas.a.brooks1.mil@mail.mil
Command Religious Affairs NCO -- SSG Surles
Rufus.surles2.mil@mail.mil
Plans and Ops Chaplain -- Chaplain Ellington
Benjamin.f.ellington2.mil@mail.mil

27 September 2020 is Gold Star Mother's Day. Gold Star Mother's Day is a United States national observance which falls on the last Sunday in September. It honors mothers who lost sons or daughters in the line of duty of the U. S. Armed Forces and began in 1936.

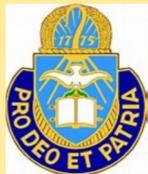


October is National Domestic Violence Awareness Month. National Domestic Violence Awareness Month first began in 1981 by the **National Coalition Against Domestic Violence**, a non profit organization, to connect battered women's advocates across the country. Domestic violence affects millions, both women and men, of every race, religion, culture and status. On average, nearly 20 people per minute are physically abused by an intimate partner in the United States. During one year, this equates to more than 10 million women and men. The United States passed two additional Violence Against Women Acts in 2000 and 2005. National Domestic Violence Awareness Month is recognized by numerous organizations each October through educational events, community gatherings, and support groups. The purpose is to remind everyone, ending domestic violence starts with just one small action, whether that is seeking help or sharing resources. It is everyone's responsibility to stand up against domestic violence, speak against victim-bullying, listen to victims and make a change in your community. The month's aim is to educate Americans about what is considered domestic violence. It also re-enforces a zero-tolerance policy when it comes to abuse. You can observe National Domestic Awareness Month by participating in an event, taking the community pledge and posting on Social media. You can learn more about domestic violence by visiting the below websites:



NCADV.org

<https://nationaltoday.com/national-domestic-violence-awareness-month/#content>



USACC Religious Support Personnel, Chaplaincy Team:

Command Chaplain -- Chaplain Brooks, Thomas.a.brooks1.mil@mail.mil
 Command Religious Affairs NCO -- SSG Surles, Rufus.surles2.mil@mail.mil
 Plans and Ops Chaplain -- Chaplain Ellington, Benjamin.f.ellington2.mil@mail.mil
 Religious Affairs NCO -- SSG Stuckey, Alicia.m.stuckey.mil@mail.mil

The USACC Chaplaincy Team is standing up a chaplain Facebook page (search "USACC Chaplain Corner") focused primarily upon SROTC Cadets but open to those who can authenticate as belonging to USACC.

Here's the page description:

"Welcome to the U.S. Army Cadet Command (Army ROTC) Chaplain Corner Facebook group! This group is a closed group, and all requests to join are approved by administrators of the group. Please make sure you answer ALL 3 questions when you request to join.

Primary membership and focus for this group are USACC's SROTC Cadets. Members may also include SROTC Cadre and other leaders assigned to U. S. Army Cadet Command.

Some posts will have a very broad audience conducive for a pluralistic audience and yet spiritual in content. These may include a faith-specific example but encourage all group members to think about the subject from their own spiritual viewpoint. We will also post faith-specific items from major diverse faith groups. Faith-specific postings will be clearly labeled as such.

Everyone is welcome here regardless of background in order that you may learn more about the Chaplain Corps, other faith groups (as desired), and about spiritual resiliency."

Army Chaplains live by the sacred vow to guard religious freedom. They stand ready to minister and care for Soldiers and other service members in any context.

Chaplain Creed

I am an Army Chaplain.

I am a religious Leader and a member of a team.

I serve the soldiers of the United States and live the SACRED Values.

I will always place religious freedom first.

I will always care for the living.

I will always care for the wounded.

I will always honor the fallen.

I will never disrespect another's faith group.

I am spiritually and pastorally sound, and proficient in officer and chaplain tasks and skills.

I will always maintain faith, practice, and my beliefs.

I am a messenger and a professional.

I stand ready to minister, care, and provide for the service members of the United States of America in any context.

I am guardian of religious freedom and the virtuous way of life.

I am an ARMY Chaplain.

If you know a Cadet or someone else who is interested in becoming a chaplain, please see the regularly updated documents at this link: Every Chaplain Corps Member a Recruiter (ECAR): Info and downloads: <https://usachcstraining.army.mil/ecar>

Interested personnel can text the word chaplain to 462769 (GOARMY) to get information about becoming a chaplain.

AER Scholarships - Attending high school, colleges and universities look much different during the COVID-19 Pandemic. Don't forget to set yourselves and your students up for success. Be sure to prepare for college. Scholarships are available. AER supports spouses and dependent children of active duty or retired Soldiers with educational scholarships. AER HQ sets aside approximately \$8M each year for scholarship grants. For information on AER and scholarship opportunities, visit:

<https://www.armyemergencyrelief.org/scholarships/>

The **College Level Examination Program (CLEP)** is a group of standardized tests created and administered by College Board. These tests assess college-level knowledge in thirty-six subject areas and provide a mechanism for earning college credits without taking college courses. CLEP exams help college students earn credit for what they already know for the fraction of the cost of a college course. You can save time and money with CLEP exams.

CLEP—Get College Credit—Visit the website for more information on how to start earning college credit.

<https://clep.collegeboard.org/>

For students needing to take the SAT, you can log onto the below website for the Full Guide to Choosing (2019—2020).

<https://blog.prepscholar.com/sat-test-dates>

You may also contact the USACC SFP office for a copy of the scheduled dates which were included in the last two copies of the USACC SFP Newsletter.

Usarmy.knox.usacc.mesg.hq-g1-soldier-and-family-programs@mail.mil

Need to know more about how to connect your student to a new school, transfer credits or classes? A **School Liaison Officer (SLO)** can help.

School Liaison Officers serve as the primary point of contact for school-related matters. See the new "A MILITARY FAMILY'S GUIDE TO THE SCHOOL LIAISON PROGRAM" providing helpful information and links to regularly updated contact rosters/directories of SLOs by military service affiliation located on the following website:

<https://www.dodea.edu/Partnership/schoolLiaisonOfficers.cfm>

School Liaisons, across services, are trained to provide support for Families, even if they are not near an installation. It is recommended, the Family contact the nearest school liaison (refer to [DoDEA directory](#)) so they are connected to the appropriate resources and supports they need as their children transition to a new school.

Additional Information and Resources

- * Military Parent Technical Assistance Center's interactive maps for locating military installations
- * Exceptional Family Member Program
- * Family Support, and School Liaison Officers
- * A Military Family's Guide to School Transitions
- * Military Families for High Standards

To assist military families during COVID-19, the DoD has authorized **FREE Tutor.com** access for National Guard & Reserve Service members and their dependents.

For additional information on the expanded eligibility guidelines and more, visit:

<https://military.tutor.com/eligibility>

AER Bulletin 07-2020, provides guidance to assist eligible Soldiers with dependents in grades K thru 12th for home schooling costs for specific supplies and equipment up to \$500 per Family. Eligibility period for this special category of assistance will be retroactive back to 1 March 2020 and will remain in effect until rescinded by HQ AER. Assistance will be provided as a loan, grant or combination of both (GROAN) to minimize any additional financial hardship on Soldiers and Families.

For additional guidance or specific questions as it relates to the AER Bulletin (seen on page 7 of this Newsletter), individuals should contact HQ AER at 1-866-878-6378.

For a complete copy of AER Bulletin 07-2020 contact your BDE S1 or your USACC SFP Office.

usarmy.knox.usacc.mesg.hq-g1-soldier-and-family-programs@mail.mil

AER Bulletin 07-2020 referenced on next page.



Army Emergency Relief
SOLDIERS HELPING SOLDIERS

ARMY EMERGENCY RELIEF



DATE OF INITIATION: 27 MAY 2020

ASSISTANCE BULLETIN NUMBER: 07-2020

NAME OF DISASTER: CORONAVIRUS (COVID -19)

SUBJECT: AER OFFICER GUIDANCE – HOME SCHOOLING ASSISTANCE PROGRAM

1. REFERENCES:

- a. Army Regulation 930-4, dated 5 May 2019
- b. Army Emergency Relief Section Reference Manual (SRM), Chapter 2, dated 15 October 2019

2. APPLICABILITY: These instructions apply to all Army AER Sections

3. PURPOSE:

As a result of school closings due to COVID-19, many Army parents are now managing the educational needs of their children through home school programs. Some Army Families may experience financial hardship and face difficulty paying the additional costs associated with purchasing home school supplies and equipment.

This bulletin provides guidance to assist eligible Soldiers with dependents in grades K thru 12th for home schooling costs for specific school supplies up to \$500 per family. Eligibility period for this special category of assistance will be retroactive back to 1 March 2020 and extend until rescinded by HQ AER. Assistance will be provided as a loan, grant or combination to minimize any additional financial hardship on Soldiers and Families.

4. ELIGIBILITY:

Active Duty Soldiers, U.S. Army Reserve (USAR) and Army National Guard (ARNG) Soldiers on continuous Active Duty orders for 30 consecutive days or more under Title 10, Retired Soldiers, Medically Retired Soldiers, Survivors and USAR and ARNG Soldiers (Title 10 / Title 32) in support of COVID-19 operations with dependents in grades K thru 12th.

A dependent is defined as a family member listed in DEERS (Spouse and children).

HOME SCHOOLING SUPPLIES AND EQUIPMENT LIST



Grant consideration items:	Loan, Grant or GROAN items
<ul style="list-style-type: none"> • Paper • Pens & Pencils • Pencil Sharpener • Printer Ink • Scotch Tape • Notebooks • Books • Learning Software • Educational Software • Exercise Books (math, vocabulary) • Post-Its • Crayons • Stapler • Scissors • Extended WIFI • Headphones • Subscriptions to online education portals, but limited to one year only. • Education Magazine subscriptions, but limited to one year only. 	<ul style="list-style-type: none"> • Computers • Tablets • Whiteboards • Calculators • Keyboard • Mouse • Operating System Software (Office Home, etc.) • Printers • Enhanced WIFI services. (Extenders (hardware) are okay, but increasing your subscription service is NOT allowed.) • Other items by exception with approval by appropriate Approving Official

Resource Bag

Try out the MWR Free Resources

The MWR Library contains many free resources for Soldiers and Families. Practically any subject is covered. Folks can download ebooks, listen to audio books, there are interactive history articles, Chilton car manuals, arts and crafts, scholarly articles, Ancestry Library, BrainHQ ,etc. These are free resources. Could be very helpful as Families spend time together during the COVID environment. The categories are listed by children, teens and adults.

Sign up for Military OneSource (MOS) and take a look at what's available. Some of the resources require downloading an app, but they are all free when Soldiers and Families access through Military OneSource.

<https://www.militaryonesource.mil/recreation-travel-shopping/recreation/libraries/morale-welfare-and-recreation-digital-library>

Military OneSource MILTAX Tax Services:

<https://www.militaryonesource.mil/financial-legal/tax-resource-center/miltax-military-tax-services>

Brigade Contacts

1st BDE: 502-624-1448
 2nd BDE: 609-562-5164
 3rd BDE: 847-668-3328 (ext. 110)
 4th BDE: 910-396-9620
 5th BDE: 210-295-0861
 6th BDE: 912-315-4613
 7th BDE: 502-624-2473
 8th BDE: 253-926-1581

CCHQs: Division Chief	502-624-5297
CCHQs: Drug Testing Coordinator	502-624-7219
CCHQs: SFP Support Coordinator	502-624-7226
CCHQs: SFP Support Coordinator	502-624-6238
CCHQs: SFP Support Coordinator	502-624-6239

Additional Resources

Free Legal Support for Military Families with Special Needs

https://www.militaryonesource.mil/military-life-cycle/friends-extended-family/free-legal-support-for-military-families-with-special-needs?utm_campaign=ea-eneews-winter2020&utm_content=text&utm_medium=email&utm_source=govdelivery

Preparing for Your Move Fact Sheet: https://www.militaryonesource.mil/products?utm_campaign=ea-eneews-winter2020&utm_content=text&utm_medium=email&utm_source=govdelivery#!/detail/198

SAMHSA, Substance Abuse and Mental Health Services Administration <https://www.samhsa.gov/>

USACC SFP is here for Soldiers and Families, contact us through the following means:

Cadet Command Website:
<http://www.cadetcommand.army.mil/>

Cadet Command Soldier and Family Programs Webpage:
http://www.cadetcommand.army.mil/family_programs.aspx

Cadet Command Soldier and Family Programs Facebook group (NEW):
<https://www.facebook.com/groups/USACCSFP>

Cadet Command Soldier and Family Programs Email Address:
usarmy.knox.usacc.mesg.hq-g1-soldier-and-family-programs@mail.mil

USACC SFP Support Coordinator Telephone Numbers:
 502-624-6239, 502-624-7226, 502-624-6238

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