

Mobilization And Deployment

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Fort Leonard Wood, Missouri

SPRING/ SUMMER 2012



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Resiliency Training by JP Flores...

Resiliency training is a program designed to provide Family members instruction in the six MRT competencies: Self-awareness, Self-regulation, Optimism, Mental Agility, Strengths of Character, and Connection.

Participants will learn skills that will make them stronger by building their mental toughness. These skills will also develop their ability to understand the thoughts, emotions, and behaviors of themselves and others. Participants will master skills to strengthen their relationships through communication strategies. They will learn how to respond constructively to positive experiences, praise effectively, and discuss problems effectively.

We want to convince you that the importance of resilience does not stop with recovering from setbacks; you can apply the same seven skills to creating a more enriching life for yourself. Resilience is a mind-set that enables you to seek out new experiences and to view your life as a work in progress.

As you are faced with multiple challenges as the spouse of a Service Member, these tools will be a valuable addition to your tool kit.

As Aristotle so eloquently put it, so many years ago, "Anyone can get angry—that is easy—but to get angry with the right person, to the right extent, at the right time, for the right

reason, and in the right way is no longer something easy that anyone can do."

Resilience comes when you believe that you have the power to control the events in your life, the power to change what needs changing – and that the belief is accurate.

If you want to improve your ability to respond to adversity, you must listen to what you are saying to yourself when it occurs.

Please sign up for one of our Resilience courses and let us try and help you make a better life for yourself and those around you. If you have times that are better suited for you call and let us know and we'll try and schedule to accommodate your needs.

Volunteer Management Information System

In accordance with AR 608-1, Appendix J-4 and Chapter 5, "FRG volunteers in leadership and key roles, such as FRG leader, treasurer, key caller, and welcome committee chair, must in-process through the local ACS center for the Active Component." It further states that, "The unit commander will ensure that the

Army Volunteer Corps Coordinator (AVCC) is provided the FRG volunteers' work hours monthly to track volunteerism within their areas of responsibility and for volunteer recognition purposes."

We have seen that some volunteers are unable to register for a certain position because

the previous person has failed to remove themselves from that slot. Although most volunteers don't do it for recognition, there are many benefits from tracking your hours.

For further assistance or information, contact Rhonda Hutsell, AVCC at (573) 596-0212.



Life is not captured
it is experienced
one moment
at a time.

*“To be pre-
pared
for war is one
of the most
effective means
of preserving
peace.”*

*George
Washington*

Being There For Families During Transition

When it comes to deployment, the stay at home spouse assumes many additional responsibilities. They will be under added stress making sure that everyone’s needs are met.

When do they have time for themselves?

Are there any programs out there that are designed to help them manage their

stress level so that they won’t suffer from too much stress?

Yes, there are several programs to assist the stay at home parent.

One of the most valuable is the Respite care program.

While in a deployed status (orders must state “deployed / deployment”, the stay at home parent is au-

thorized 16 hours of free child care per month per child of eligible age as long as they are registered with Child & Youth Services.

Child Youth Services is attempting to make the registration simple so you can perform most of the registration process on-line. Visit them at: http://www.fortleopardwoodmwr.com/cys_pcs.php

Changes When Things Become “Normal Again”

When it comes to P.T.S.D. we would like to give you a few bits of information and articles to read and or to help someone you care about.

“Combat Stress and PTSD: Knowing the Difference” by Sgt. Jason Thompson and pfc. Daniel M. Rangel (www.army.mil/article/38233/)

“Battling PTSD: Major shares his story” by Melissa Bower,

Fort Leavenworth Lamp (www.army.mil/article/38233/)

For more articles on PTSD

and other subjects head over to the links provided for great insights.

WHAT IS PTSD?

National Center for PTSD
www.ptsd.va.gov



Daddy Doll Program Brings Home The Hug...

Operation “Give a Hug” has supported military children around the world since 2004.

By providing dolls to Family Readiness Groups, Family Resource Assistants, Fleet and Family Support Centers, Airman Readiness Centers, Military Family Life Consultants, School Counselors, Behavioral Therapists, Chaplains, Casualty Assistance Officers

and other support personnel and programs. We are able to not only,

COMFORT OUR MILITARY CHILDREN WHO ARE MISSING A PARENT, BUT CONNECT FAMILIES TO RESOURCES AND SUPPORT FOR THE ENTIRE DEPLOYMENT CYCLE.

It is our goal to give back to our military community and

do all we can to support the programs and people who are working everyday to care for these heroes at home. For further information please go to;

<http://www.operationgiveahug.org/>

Check This Out



Informational Video

Family Readiness Group Leader/Key Caller/Treasurer

Please call to register for all classes at 573-596-0212

*Child Care may be offered, please call to inquire.

Information in this class will cover topics such as administrative support, fundraising, funds accounting, authorized expenditures, communications between commanders and families, family support and available resources.

Times of Training 0900 — 1500

This class should be attended by FRG Leaders, Commanders, 1SG's, Key Callers and Treasurers or anyone wanting to know more about FRG's and their workings..

1200 - 1330 Key Caller
1330 - 1500 Treasurer

Dates

- March 13, 2012
- April 17, 2012
- May 14, 2012
- June 19, 2012
- July 17, 2012
- August 14, 2012



Reaching for a higher place and helping someone else along the way...

Master Resiliency Training

Please call to register for all classes at 573-596-0212,

*Child Care may be offered, please call to inquire.

This class is intended for Family Members and will teach cognitive skills that increase core competencies including self-awareness, self-regulation, optimism, mental agility, character strengths, and connection.

During this course you will develop critical thinking, knowledge and skills to overcome challenges, mature and bounce back from adversity. Develop the ability to see that challenges are temporary not permanent. Challenges are local - not global. Challenges can be changed by your own effort - you're not a helpless victim.

Care Team Training

Please call to register for all classes at 573-596-0212

*Child Care may be offered, please call to inquire.

This class should be attended by VOLUNTEERS wishing to support families when a casualty or crisis occurs.

This class will cover the duties which may be performed and those roles that volunteers should not do during these times of need.

Volunteers can provide assistance by providing meals, limited child care, reception of visitors, cleaning, errands, etc.

Times of Training 0900 - 1200

Dates

- April 24, 2012
- July 24, 2012

Rear Detachment Commander Training

Please call to register for all classes at 573-596-0212

*Child Care may be offered, please call to inquire.

This class is for all Rear Detachment Commanders

or those who will be performing as part of the Rear Detachment staff.

This training focuses on Family Readiness, specifically the leadership role and issues involved in taking care of families in different circumstances.

Times of Training 0900 - 1200

Dates

- April 10, 2012
- July 10, 2012

Times of training 0900 - 1530

Dates

March 28 - 30 March

This is a 3 day class and you should attend all three days.



Bldg. 486, Replacement Ave.
 Ft. Leonard Wood, Missouri 65473
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 Fax: 573-329-4545



Resources

Services

Army Family Programs

Army Community Service
www.myarmylifetoo.com/

Information about Army Family programs and services.

Army Benefits Tool

<http://myarmybenefits.us.army.mil/>

Army web site with links that Soldiers and Families use to get information.

Annual Credit Report

<https://www.annualcreditreport.com>

The official site to help consumers to obtain their free credit report.

Programs

Consumer Action--Government

<http://www.consumeraction.gov>

This site offers helpful tips on specific consumer issues like buying a car, home, or preventing identity theft.

Department of Defense's Military HOMEFRONT

<http://www.militaryhomefront.dod.mil>

This portal is the official Department of Defense web site that provides information for all Service Members and their Family members relevant to all quality of life programs and services.

Centers

Military OneSource

<http://www.militaryonesource.com>

Assistance to Soldiers and Family members includes: Child care, personal finances, emotional support during deployment, relocation information, etc.

National Guard Bureau

<http://www.nationalguard.mil>

Provides information and resources for the National Guard.

United States Army Reserve Family Programs

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

The Army Reserve Family Programs web site is your one-stop portal to get connected with Army Reserve Family support information and Resources.



Never post confidential personal information such as your date of birth, address, social security number, or bank and credit card account numbers. Never provide this type of information and you should be wary of those that do.

Don't invite people that you don't know to be your "friend." You do not want strangers to know details about you or your family.

Don't share operational information, such as upcoming ports of call and military exercises. Such information can compromise operational security and the safety of

our service members. Contact your Public Affairs Office for details on what information you can and can't share.

Be careful of the kinds of pictures and comments that you post. Remember, lots of people will be able to see your posts. Potential employers, current employers, and military colleagues may see your site.

Be careful about sharing your every move, particularly if you will be away from your home for vacation. Sharing this kind of information may put your house at risk for being burglarized.

Most social networking sites

offer users the option to make the site private. This lessens the risk that people with bad intentions will be able to access your information.

Keep in mind that once you post information online, you may be able to delete it from your site, but the information may still exist on other people's computers.

Be cautious about downloading applications that are offered on social networking sites. These applications can be created by anyone allowing them access to your personal profile.

Social media provides a great way for service members, their families, extended families and friends to stay in touch with each other, especially when stationed overseas or during deployment.

The Family Policy Social Media Guide "Staying Connected" can be found at the following online address;

[www.militaryhomefront.dod.mil/12038/Project%20Documents/MilitaryHOMEFRONT/HOMEFRONTConnections/Social Networking Guide%5B1%5D.pdf](http://www.militaryhomefront.dod.mil/12038/Project%20Documents/MilitaryHOMEFRONT/HOMEFRONTConnections/Social%20Networking%20Guide%5B1%5D.pdf)