



NEWSLETTER

SPRING 2024



88TH READINESS DIVISION ARMY RESERVE FAMILY PROGRAMS

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88th Family Programs Strategic
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Seattle RSFRT—June 2024

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Child and Youth

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Project Empathy
UMass Global

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88th Readiness Division—Family Programs



The 88th Readiness Division—Family Programs provides globally responsible and regionally engaged programs and services to America’s Army Reserve Community.

A broken Family equals a broken Soldier. Family Programs focuses on Families to allow Soldiers to focus on defending America’s Freedom.

Every April, all month long, we celebrate the courage, perseverance and tenacity demonstrated by our military-connected children, youth and teens and what they mean to our community. Though MilKids are some of the most adaptable and resilient youth in the world, we know frequent moves and family separations can be hard on them. That’s why the Defense Department is here with powerful resources at the ready to help family units stay strong.

Find out more by visiting Military OneSource or by [Clicking Here](#)



[Click here](#) or scan the QR code to learn more about the resources **MCEC** has to support Military Connected Children!



Check It Out!

SPOTLIGHT!

The 88th RD Family Programs Team has been busy supporting Soldiers and Families through Unit Visits, Staff Professional Development and Family Readiness Training Events. We are committed to providing the most up to date, relevant and valuable information and resources that are available to Soldiers and Families of the Army Reserve and take every measure to deliver them effectively.

STRATEGIC PLANNING WORKFORCE DEVELOPMENT TRAINING

The 88th RD Family Programs Staff attended their annual Strategic Planning meeting in San Diego, CA in January.

During this time we focused on coming together to gather the latest updates in Family Programs from the USARC Family Programs staff.

We were also briefed on the new Chaplain Program that replaces Strong Bonds, Building Strong and Ready Teams.

We had two special programs briefs which included a "field trip" to the Camp Pendleton Intrepid Spirit Center to learn about TBI treatment as well as a visit from Project Empathy where we learned about Substance Abuse and Addiction.

We also worked on mapping out our program to fit in with the new ReARMM cycle, discussed our upcoming changes to our delivery model and we shared best practices, accomplishments and goals for the upcoming year.

We had an amazing time as we always do when the group gets together and are grateful for the opportunity to expand our skill sets and network among peers!



USAR LEGAL COMMAND — CFRR CERTIFICATION COURSE



The 88th Readiness Division, in collaboration with the 99th and 63rd Divisions, hosted a first of its kind training event in Gaithersburg MD, March 8-10th 2024. This event provided training, guidance, and workshops to sanctioned Command Family Readiness Representatives (CFRRs).

In attendance were 28 CFRRs with 10 family members accompanying them for the weekend. The Soldiers received training encompassing their responsibilities to their Commander's as well as their formation and family members of their Units.

Training blocks such SFRG-101, CFRR Basics, and Family Programs Support, provided the knowledge needed for the Soldiers to set up their SFRGs. After the event, the Soldiers were provided with starter packages for their SFRGs including templets, SOP examples, and follow on points of contact in their area of the country.



BBPCC — Senior Spouse Course



Ms. Andrea Mackowiak (left), recently attended "Military Spouse Employment Partnership Engage" in Alexandria, VA. She brought back valuable information on the MSEP and updates to the [MySeco program](#).

Updates include:

- Paid 12 week fellowships through the Military Spouse Career Accelerator Pilot (MSCAP).
- Scholarship Finder
- Resume Builder
- 4,000 Open Jobs on the site

Click on the link above to find out more and also to subscribe to their newsletter!

Thank you Andrea, for representing the 88th RD and the outstanding resources you brought back to the team!

Sr. Spouses (left) attend the Brigade Battalion Pre Command Course and receive a three day course with Family Programs. This training offers the opportunity for networking as well as updates on new regulatory guidance.

The Family Programs staff who attends are able to meet with new Leadership and discuss with them their role in Family Readiness.

Upcoming BBPCC—Sr. Spouse Courses :
12-14 April 2024 / 16-18 August 2024

Contact your Family Programs representative for more information



88TH RD FAMILY PROGRAMS



Regional Soldier and Family Readiness Training (RSFRT)

13-16 June 2024

Hosted in Beautiful Seattle, Washington

Family Programs Training provides participants with information relevant to Command Teams, Command Family Readiness Representatives and Soldier and Family Readiness Group Volunteers on the administration of a Unit Family Readiness Program. Participants will have the opportunity to explore the definitions and missions of Family Programs, Family Readiness, and the Soldier and Family Readiness Group. Participants will be able to distinguish between the various roles and responsibilities of Command Team Members and identify services provided by Army Reserve Family Programs to assist with the implementation of a healthy, holistic Family Readiness Program. This training facilitates the development of a unit Soldier and Family Readiness Plan and Soldier and Family Readiness Group Action Plan.

Day 1 Agenda: 14 June

- Family Readiness Essentials Seminar 1
- Family Readiness Essentials: Seminar 2
- Family Programs Support of Family Readiness

Day 2 Agenda: 15 June

- Training: It's Not Just for Soldiers
- Strategic Communications
- R&R Family Days
- R&R Family Days
- Financing Your SFRG
- Let's Talk Family Readiness

Day 3 Agenda: 16 June

- ❖ •Your Role – Your Resilience
- ❖ •End of Course Project Presentations
- ❖ •Commencement



To Register for this Training:

Please contact your local 88th RD Family Programs Representative!



Scan for FP contact sheet!

For questions, comments or concerns

Contact the 88th Readiness Division Family Programs staff via or our SharePoint or at group email box:



usarmy.usarc.88-rd.mbx.family-programs@mail.mil



ARMY RESERVE
FAMILY PROGRAMS
Connecting Soldiers · Families · Communities

CHILD & YOUTH RESOURCES:

MILITARY CHILD EDUCATION COALITION (MCEC)

MCEC is a professional Coalition with diverse community consisting of public school districts, private schools, colleges and universities, small businesses and corporations, nonprofit organizations, military commands and installations, military Families, and caring individuals from local communities across our Nation.

<http://www.militarychild.org>



BOYS & GIRLS CLUB OF AMERICA—MISSION YOUTH OUTREACH

A partnership between the Joint Military Services and Boys & Girls Clubs of America, providing children of National Guard, Reserve and Active-Duty Families who do not live near or have access to a military Youth Center free annual membership* to their local Boys & Girls Club.

<https://www.bgca.org/about-us/military/>



ARMED SERVICES YMCA

Their focus is to provide needed programs and services for single or married junior enlisted personnel and their family members. The Armed Services YMCA empowers military families, no matter who they are or where they're from, by ensuring access to resources, relationships, and opportunities for all to learn, grow, and thrive.

<https://asymca.org/>



TUTOR.COM

Tutor.com offers No-Cost, Online Tutoring and Homework Help, 24/7. Learners can get 1-to-1 help from an expert tutor—anytime, on any internet-connected device, from anywhere in the world.

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



MILITARY
ONE
SOURCE

ONE SOURCE CONNECTING YOU
TO YOUR BEST MILLIFE.

MilitaryOneSource.mil | 800-342-9647

DoD
Safe Helpline
Sexual Assault Support for the DoD Community
safehelpline.org | 877-995-5247



Boys and Girls Clubs of America (Mission Youth Outreach)

Through a partnership with the U.S. Armed Services, Boys & Girls Clubs of America (BGCA) has provided free membership opportunities and camp experiences to military-connected dependents. These include dependents of active-duty Army, Navy, Marine Corps, Coast Guard and Space Force Families, as well as Reserve and National Guard Families.

<https://www.bgca.org/about-us/military/>



Camp Stars (A Program of Camp Cole)

Camp STARS is a weeklong overnight camp experience for military children who have illnesses, disabilities, and life challenges (ages 6-21), as well as their siblings (ages 6- 14). Through a combination of traditional indoor and outdoor camp activities, like swimming, outdoor games, and arts & crafts, Camp STARS campers get to make new friends who have similar life experiences, step outside of their comfort zones, and grow in confidence. Camp STARS 2024 is July 15, 2024 to July 18, 2024. The cost of camp is \$500 per camper. To learn about scholarships, email kelsey@campcole.org.

<https://www.campcole.org/campstars/>



4-H Military Partnership Summer Camps for Teens and Youth

When kids are empowered to use their voices and pursue their passions, their skills grow. 4-H camps are a great way for military-connected youth to strengthen their resilience, leadership, and teamwork skills in a supportive, safe environment away from home.

<https://www.4-hmilitarypartnership.org/summer-camps.html>



Operation Purple Camp

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

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





88TH READINESS DIVISION FAMILY PROGRAMS REGIONAL SUPPORT STAFF



Army Reserve Family Programs provides support to Soldiers, Families and units based on their location regardless of unit affiliation through the Family Programs network of staff located throughout the 19 state region and across Readiness Division's nationwide.



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www.yellowribbon.mil
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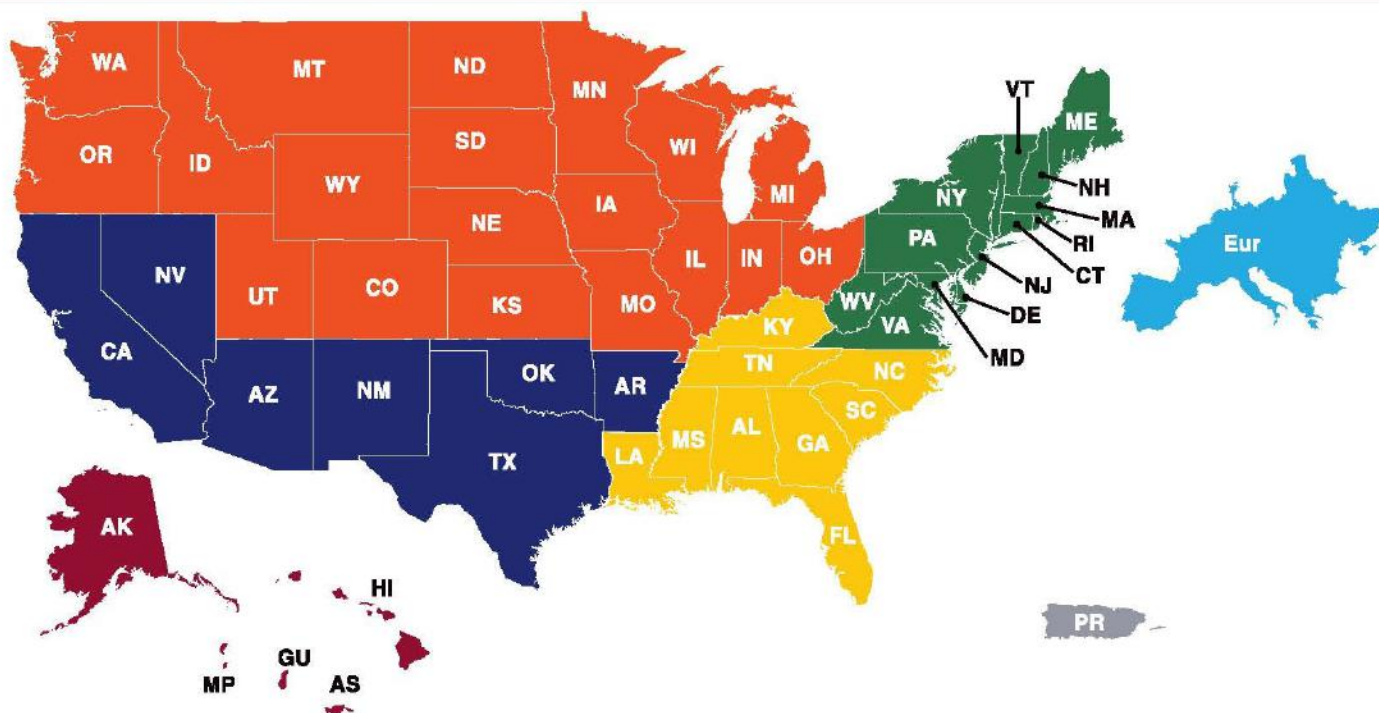
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www.usar.army.mil/ARFP

Last Updated:20231202

Army Reserve Family Programs Staff

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DEERS

Defense Enrollment and Eligibility Reporting System
www.dmdc.osd.mil/milconnect

ADPAAS

Army Disaster Personnel Accountability and Assessment System
www.ADPAAS.army.mil

ADDITIONAL RESOURCES:

The National Intrepid Center of Excellence

The NICoE is dedicated to improving the lives of patients and families affected by traumatic brain injury through collaborative efforts with patients, families, referring providers, and researchers. Since opening on June 24, 2010, in Bethesda, Maryland, we have established a reputation for excellence in TBI and brain health clinical care, research, and education.

The NICoE and the Defense Intrepid Network are central to TBI care and innovation across the Military Health System, which ensures patients have:

- A point of entry to the care system
- A clear path through diagnosis, treatment, and reintegration
- Consistent access to high quality TBI treatment, research, and education

[Click Here](#) to learn more about the NICoE.



PROTECT YOUR STRONGEST WEAPON

Concussion
Know the symptoms

H Headaches and/or Vomiting ✓

E Ears Ringing ✓

A Amnesia, Altered/Loss of Consciousness ✓

D Double Vision and/or Dizziness ✓

S Something Feels Wrong or Is Not Right ✓

MHS Military Health System
health.mil

If you or a buddy experiences symptoms of a **CONCUSSION**, get checked out.

dha.TBICoEinfo@mail.mil 408121.11 Health.mil/TBICoE

How Hearing and Vision Problems Can be Related to Brain Injury



Vision and hearing injuries can both be sustained due to traumatic brain injury, even mild TBI.

Traumatic brain injuries, including concussion, may lead to hearing and vision problems. Sometimes, these hearing and vision injuries are either not immediately apparent or require additional testing to be diagnosed, according to experts from the Defense Health Agency. These injuries may show up together.

To read the full article by: Janel A. Aker, MHS Communications. [CLICK HERE](#)



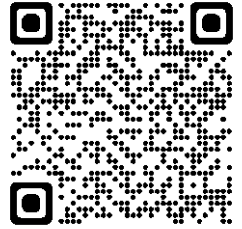
Phoenix House Texas

Helping youth live substance-free, healthy lives.

Phoenix House Texas is dedicated to helping youth, families, and communities challenged by substance use disorders and related mental health conditions by promoting health and well-being.

With the increasing rate of substance use concerns—particularly the deadly rise of fentanyl—it is important now more than ever that we provide youth the education and healthy skills needed to proactively prevent substance use and improve their overall mental health and well-being.

Learn more about Phoenix House Texas as well as their program Project Empathy by [clicking here](#)



For more information please contact:
Dr. Richard Orona, SGM (Ret.)
Call/Text: (210) 978-4731
Email: roronav@umassglobal.edu



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- Take classes 100% online from virtually anywhere.
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Our programs are made for busy adults.

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Master of Arts in Organizational Leadership (7 Courses)

Commissioned officers, warrant officers (CWO2+) and senior NCOs (E7+) can earn a Master of Arts in Organizational Leadership in only seven courses when applying their professional military education toward degree requirements.*

MBA in Business Administration (7 Courses)

Commissioned officers, warrant officers (CWO2+) and senior NCOs (E7+) can earn an MBA in Business Administration in just seven courses when applying their professional military education toward degree requirements.*

Bachelor of Arts in Applied Studies

Earn your bachelor's degree more quickly with UMASS Global's valuable transfer credit policies for military service experience.



A Dedicated Military Student Success Manager Is Ready to Assist You. Connect with Them Today.

To learn more, visit umassglobal.edu.

University of Massachusetts Global does not guarantee a job to graduates upon completion of any program. Student Satisfaction, Demographics, and Institutional Accolades: <http://www.umassglobal.edu/cso/cso>

ASSOCIATE'S-TO-BACHELOR'S PATHWAY FOR U.S. ARMY SOLDIERS AND VETERANS



Associate of Applied Science in Small Group Management

The program provides a focus on small group management skills including: communication skills within small groups, managing conflict, risk management, ethical decision-making and problem solving, subordinate development, team synergy, and effective goal setting.

The program includes a capstone experience designed to prepare servicemembers to effectively manage small groups within the Military and could help enhance your professional development.

The program focuses on small group management skills including:

- Communication
- Managing conflict
- Risk management
- Ethical decision-making
- Subordinate development
- Effective goal setting
- Team synergy

Bachelor of Science in Organizational Management

The objective of the highly flexible Bachelor of Science in Organizational Management program is to prepare you with the knowledge, technical skills, and work habits to pursue positions in a variety of business fields. The program will focus on general management skills such as budgeting, communication, supervision, and operations. In addition, a high number of open elective credits make this program attractive as a complement to a variety of academic backgrounds and career interests.

The program focuses on building professional skills including:

- Organizational processes
- Information management
- Business in a global context
- Structure / Management / Leadership
- Business operations

PURDUE GLOBAL

Infantryman 11B Staff Sergeant (E-6)

Earn an associate's degree in as few as 5 courses

THEN

Earn a bachelor's degree in an additional 14 courses

Associate of Applied Science in Small Group Management

Estimated Courses Remaining: 5 Courses

- Composition (5 Credits) Completed or Applied Courses: CGL11
- Business/Management Elective (5 Credits) Completed or Applied Courses: Small Leader
- Introduction to Management (3 Credits) Completed or Applied Courses: ALC
- Small Group Management Elective (18 Credits) Completed or Applied Courses: Small Leader (S), ALC (S), 11850 (Openation (S))
- Open Electives (18 Credits) Completed or Applied Courses: CGL7

Bachelor of Science in Organizational Management

Estimated Courses Remaining: 14 Courses (19 Credits)

Core/Major Coursework (15 Credits)

Completed or Applied Courses: 118 CGL7, 11833 Organization

AAJ Small Group Management (9 Credits)

Completed or Applied Courses: Small Group Management

Completed or Applied Courses: Small Group Management

Completed or Applied Courses: Small Group Management

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For more information, contact your advisor, visit www.purdueglobal.edu, or call 1-800-833-8333.

*The course information is specific to Army soldiers and is based on the list of 30 prior credit hours earned by the student. Additional information regarding transfer credit policies can be found on the Purdue Global website.

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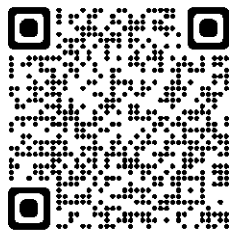
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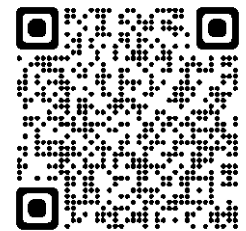
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www.usar.army.mil/88thRD/



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