



FRG E-NEWS

Front Line News

Family Readiness Groups and Sponsorship

Family Readiness Groups (FRG) and unit Sponsorship are important means for helping support Soldiers and Families new to a unit, the military lifestyle, and thru deployments. **Pages 8 and 9** of this E-NEWS have **practical tips** and **insights** as to what unit leadership and FRG's can do to promote Soldier and Family member Readiness and identify those Soldiers and Families that may be experiencing difficulty.

My goal for the **FRG E-NEWS** letter is to provide useful "readiness" related information to Fort Benning's Commanders, FRG volunteers, Soldiers and Family members!

Please share your thoughts with me as to what you like and/or what you would like to see in the FRG E-NEWS. Just click on the hyper-link below to send me your comments.

The FRG E-NEWS is published every other month to promote information and resources to promote Soldier and Family member readiness.

Thank you for your assistance, *Perry Tripp*



https://ice.disa.mil/index.cfm?fa=card&sp=98832&s=256&dep=*DoD&sc=6

Spotlight

Fort Benning will recognize its Soldiers and Families for their service with free entrance to a carnival on May 16, starting at 1500, on Stewart Watson field!

For more information, see the May/June On-the-Go magazine or call Outdoor Recreation at 706-545-7048.



Calendar of Events

April

9 CARE Meeting

May

7 CARE Meeting

Note: with budget cuts and the pending furlough of civilian employees expected to start later this year, customers should expect changes to the ACS class offerings. Customers are encouraged to call to get current class information **706-545-4043.**

POC for E-News
Perry Tripp
706-545-2449



ACS

Points of Contact

Information & Referral

706-545-4043 / 7517

Family Resiliency Workshop

706-545-4043

Volunteer Coordinator

Starla De Saussure

706-545-3016 / 4043

Hearts Apart Program

Lisa Marie Jones

706-545-0403 / 8785

Mobilization/Deployment

706-545-0380 / 5485

Newcomers' Orientation

Linda White

706-545-4485 / 4365

Army Emergency Relief

(AER)

706-545-4043

Army Family Team Bldg

Lorraine Campbell

706-545-4043

Did you miss Military OneSource's (MOS) employment webinar on 14 March?
'Searching for a Job as a Military Spouse During Relocation'
Good News!



If you are unable to attend one of MOS webinars, please look for the archived version at www.militaryonesource.mil/webinar. Most MOS webinars, with a few exceptions, are made available on the archive page for viewing later. Please note that the archived version can take up to three weeks to post after the originally scheduled webinar.

This webinar will help military spouses plan their job search during a PCS move.

Fort Benning's own Employment Readiness Program offers:

- Job Strategy Workshop: 11 APR and 9 MAY
- Federal Resume: 25 APR and 23 MAY

To **RSVP** for a class or to obtain additional information about Employment Readiness, call **706-545-4043**

Three **Patient and Family Advocates** are available at **Martin Army Community Hospital** to assist anyone in the Tri-Care system: active duty; Family members; and retirees. They assist with problems, complaints, compliments, and general information about Martin Army Community Hospital.

Patient Family Centered Care Advocates



Ms. Penny Jenrette



Mr. Victor Vizcarrondo



Ms. Carol Galloway

The Patient and Family Advocate Office is located across from the information desk in the main lobby in rooms 103, 103-A, and 103-B or call 706-544-1817 / 2788 / 3895. Monday thru Friday 0800 – 1630



FRG Volunteer Training

With the pending furlough of Dept. of the Army employees, watch for changes to the ACS training schedule.

For information call ACS at 706-545-4043



- FOR:
- *INFORMATION
 - *PROGRAMS
 - *SERVICES
 - *CONNECTIVITY

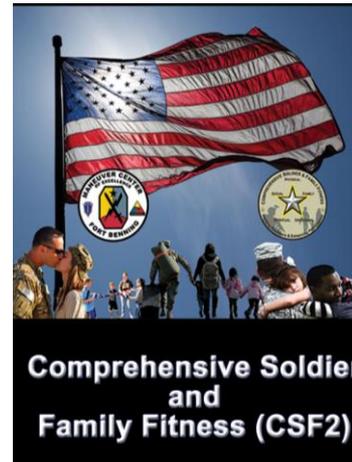
www.myarmyonesource.com/



Comprehensive Soldier and Family Fitness (CSF2)

The Maneuver Center of Excellence (MCoE) CSF2 staff partnered with the Directorate of Training and Doctrine (DOTD) Technology Development Team and Columbus State University to develop a new CSF2 APP. The CSF2 APP replaces the goal setting APP released in 2011. The new APP provides a complete overview and educational material of the CSF2 program as well as the goal setting capability to assist in educating the force.

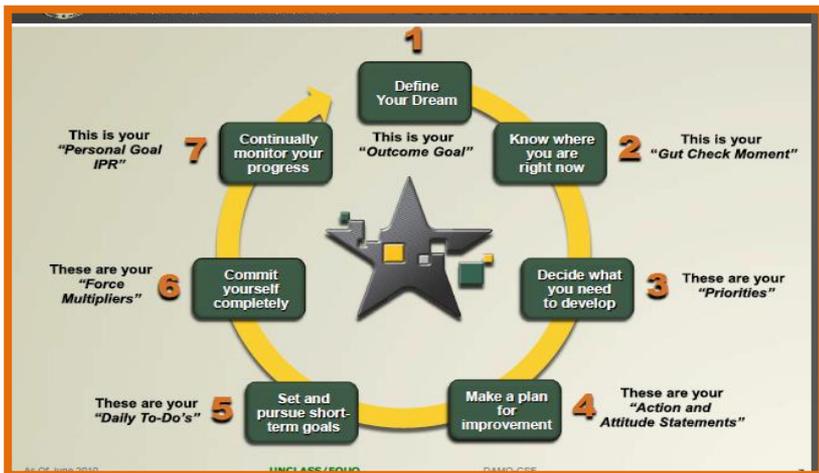
For more information contact **Mr. Samuel M. Rhodes**, Program Manager, at samuel.m.rhodes2.civ@mail.mil or 706-604-9284



You can download the APP Now!

1. Go to Warrior University at <https://www.warrioruniversity.army.mil>
2. Sign in either with AKO Username/Password or with your CAC Card
3. Select "Training Material" or select "click here for training" button.
4. Select "Apps"
5. Select the CSF2 APP

For more information about CSF2 go to <http://csf2.army.mil/>



MONTH OF THE MILITARY CHILD PRESENTS

MOVIE UNDER THE STARS & SAFARI ZOO

FOR MORE INFO VISIT BENNINGMWR.COM

OUTDOOR RECREATION'S Upcoming Events

- Bark to the Park** April 4
- Horsemanship Program** April 6
- Family Fishing Night** April 16 | May 21
- Women's Fishing Clinic** April 17
- Kings Pond Campout** April 20 | May 18
- Glamping** May 4-5
- Disc Golf** May 8

For more info, call 706-545-7978

MOTHER'S DAY BRUNCH

AT THE BENNING CLUB

SUNDAY, MAY 12
10AM-1:30PM

Reservations are recommended.
Call 706-682-0640 for seating times or reserve online at BenningMWR.com.

FATHER & DAUGHTER

Royal Princess Ball

May 17
6:30 to 9:30pm

Supper Club at the Benning Club

Visit BenningMWR.com for details





A BATTLE BUDDY's Guide to Suicide Prevention SUICIDE WARNING CLUES



- ***Relationship problems***
- ***Substance abuse***
- ***Exaggerated fears – anxiety–depression***
- ***Anger or moodiness***
- ***Writing or talking about death***
- ***Withdrawal / isolation***
- ***Impulsive, dangerous actions***
- ***Perceived loss of military career***
- ***Late or absent to formation***
- ***Sudden purchase of firearms***

National suicide prevention hotline: 1-800-273-TALK (8255)

Fort Benning Family Life Chaplain: Duty hours, 706-545-1760; After duty hours, 706-545-2218.



Military & Family Life Consultants (MFLC)

~ providing confidential assistance to Ft. Benning's Families ~
available on and off post

- **Fort Benning Garrison** 706-566-1033 and 706-505-7751

- **Children, Youth and School Services** 706-969-9886

- **Fort Benning Schools:**
 - White and Dexter Elementary Schools 706-969-9856

 - McBride Elementary School 706-969-9859

 - Wilson Elementary School 706-969-9862

 - Stowers Elementary School 706-302-9363

 - Loyd Elementary School 706-969-9882

 - Faith Middle School 706-969-9852

 - Chattahoochee High School 706-969-9876

- **3rd Brigade, 3rd IN Div** 706-987-9142

- **75th Ranger Regiment** 762-822-1450

For information about MFLC services, you may call an MFLC or Perry Tripp at Army Community Service – 706-545-2449.

ACS Points of Contact

Information & Referral 706-545-4043 / 7517

Army Emergency Relief (AER)
706-545-4043

Family Member Resiliency Trng
706-545-4043

Volunteer Coordinator
706-545-3016 / 4043

Hearts Apart Program
706-545-0404 / 4043

Newcomers Orientation
706-545-4043

Mobilization & Deployment
706-545-0380 / 5485

Army Family Team Building
706-545-4043



Autism Awareness Expo

12 April 2013 – 1000-1600 - Army Community Service

The Fort Benning EFMP is proud to announce a special event coming in April to observe the National Autism Awareness Month. We will have an Autism Awareness Expo at Army Community Service from 10am-4pm on April 12, 2013. If you or someone you know has a child with Autism, I encourage you to come to the Expo to learn and get some great resources and information. The Expo will have representatives from both on and off post organizations who provide services to those with Autism. We will also have Ms Hanna Rue, Executive Director, National Autism Center to speak at the Expo. Ms Rue will be speaking at approximately 12pm on the day of the event. She will talk about the Evidence Based Practice and Autism.



EFMP Focus Group

6 May 2013 - 1000-1100 Army Community Service

Family Members are encouraged to come and share their EFMP experiences and ideas to help make the program better.

For further information about these EFMP events or the EFMP program,
please call 706-706-545-4043.

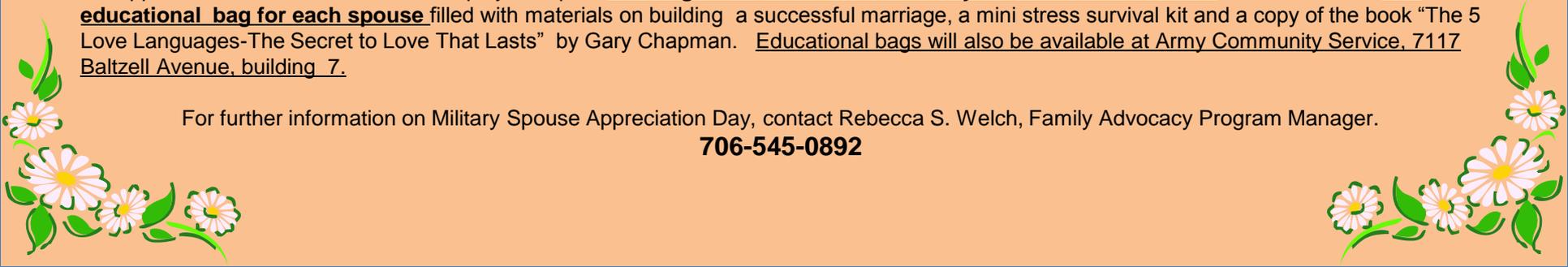
Happy Military Spouse Appreciation Day!!!



The Army Community Service (ACS) Family Advocacy Program (FAP) would like to remind everyone that Military Spouse Appreciation Day will be celebrated on **10 May 2013**. Family Advocacy would like to take this time to express our appreciation for the dedication and sacrifices that are made every day, by military spouses in our community. In the daily press of activities, which characterize our modern lives, we often overlook opportunities to express our appreciation to those who make a special contribution. To amend that oversight, we take this opportunity to salute all military spouses. An Army Spouse brings qualities of strength, resilience and leadership to the home, to businesses, and to their communities around the world. We, as civilians, should value and commend every military spouse on this day. To show our appreciation, the FAP will have a display set up at, **Building 241 Baltzell Ave on 10 May 2013 from 0800 to 1630**. There will be a **free educational bag for each spouse** filled with materials on building a successful marriage, a mini stress survival kit and a copy of the book "The 5 Love Languages-The Secret to Love That Lasts" by Gary Chapman. Educational bags will also be available at Army Community Service, 7117 Baltzell Avenue, building 7.

For further information on Military Spouse Appreciation Day, contact Rebecca S. Welch, Family Advocacy Program Manager.

706-545-0892





US Army Medical Department

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



The US Army Medical Department has available to Soldiers and Family members more than 30 self assessments. The assessments are available on-line and at no cost. Each assessment begins with a brief introductory explanation which is then followed by the assessment itself. The assessments consist of approximately 10 – 14 multiple choice and true/false questions. After completing the questions, you will receive feedback from your answers and information about additional resources for further learning. Some assessments also include short video clips and personal testimonies.

The direct link for these assessments is <http://www.afterdeployment.org/>.

Assessment Topics Include

Alcohol and Drugs
Anger
Anxiety
Caregiver Stress
Depression
Families with Children
Friendship Scale
Financial Health

Forgiveness
Generosity
Gratitude
Health and Wellness
Hope
mTBI Symptom Management
Marital Satisfaction
Mental Health Wellness
Nicotine Dependence

Optimism
Panic
Parenting Confidence
Perceived Social Support
Physical Injury Resilience
Post Deployment Social Support
Post Traumatic Stress
Resilience
Satisfaction with Life

Sexual Trauma
Sleep
Spirituality
Stigma
Stress
Tobacco
Work Adjustment
Worry



It's tornado season – are you ready?

~ TIPS on How to Prepare for a Tornado ~

Tornado watch—Weather conditions are favorable for the development of a tornado.

Tornado warning—A tornado has been spotted. Take shelter immediately.

Identify a place in your home to take shelter in case of a tornado:

- A storm shelter or basement provides the best protection.
- Otherwise, choose an interior room or hallway on the lowest floor possible.
- Have frequent tornado drills.
- If planning a trip outdoors, listen to the latest forecasts & take necessary action if threatening weather is possible.
- Get an emergency supply kit, and make a family emergency plan.

For more details go to <http://www.acsim.army.mil/readyarmy/index.htm> or call Tina Sandell at 706-545-0825



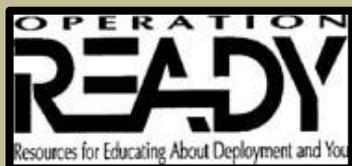
EVERYONE Benefits from Family Readiness

Families - Readiness promotes a feeling of confidence which helps sustain Soldiers and Families by easing the stress of the military lifestyle, Family separations, and deployments.

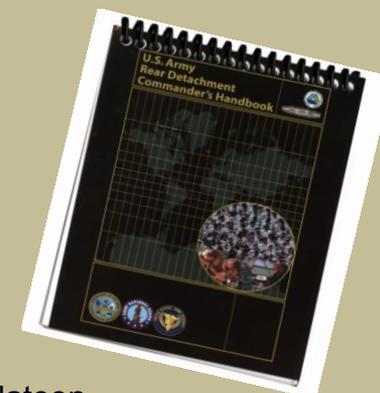
Soldiers – Readiness reduces stress and increases peace of mind knowing that there is support available for themselves and their Families.

Units – Soldiers are better able to stay focused on their mission. Platoon Leaders and Commanders spend less time addressing Soldier / Family problems.

Army - Retention of trained and experienced Soldiers!



Family Readiness ~ Best Practices ~ Commanders, Platoon Leaders & FRG Leaders



Introduce yourself to Family members / Attend FRG Meetings

- Demonstrates your concern for their well-being
- Makes you more approachable for Families to request information / assistance
- Fosters a positive perception of unit leadership

Introduce Family Members to others in their Soldier's platoon

- Begin to develop a sense of belonging/membership to the unit thru the Soldier's platoon
- Helps Families learn the "language" specific to the Soldier's work center and occupation
- Show Families their Soldier's work area to become more familiar with their Soldier's duties

Help Families Establish Realistic Expectations

Inform them of:

- their Soldier's duty hours
- unit requirements that impact Soldiers and possibly Families
- their Soldier's role/responsibilities

✓ Let Soldiers and Families know that they must work together to meet the challenges of being an Army Family.

✓ Let Soldiers and Families know that they should expect periodic changes to work schedules and Soldier requirements.

Source: DA Operation Ready Rear Detachment Commander's (RDC) Handbook

 **Would you like to read more? Send an email to me and I'll email the RDC Handbook to you!**

perry.r.tripp.civ@mail.mil

Know Your Soldier and Family demographics

Soldiers

- ✓ First termers – benefit the most from information on services available to themselves and Families from the Army
- ✓ Career Soldiers – benefit from information such as career progression, opportunities for employment after their Army career, retirement planning, etc.
- ✓ Married / Single / Single Parent / Dual Military - Be aware of the different Family configurations and how their needs differ

Family

- ✓ New to military life / first Deployment - benefit the most by learning about life in the Army, resources and services available from the Army, and preparation for deployment
- ✓ Recently married / first child born – these Families are adjusting to significant life events and benefit most from services related to their life event
- ✓ Large Families and Families with small children – expend a significant amount of effort and resources for Family care and benefit from information about services to assist with parenting skills and respite time
- ✓ Extended Family members – can be a good source of Family support

Be Aware / Be Prepared

Common Problems (with examples) that Soldiers and Families Experience

Financial

- ✓ Lack of money
 - Entered Army with debt; Mismanagement of money; Problem paying bills
- ✓ Spouse does not have access to Soldier's checking or saving account
 - Poor money management skills of spouse; Controlling behavior by Soldier
- ✓ Leave and Earning's Statement (LES) issues
 - Don't know how to read an LES; Expected to find changes that have not been made



Isolation

- ✓ Live far from: 1) military installation & services; 2) other military Families with whom they can relate; 3) Family of origin; 4) long-time friends; 5) no local friends
- ✓ Don't leave their home

Difficulty Copying

- ✓ Young and inexperienced; Unprepared for deployment; Deployment related stress; Increased risk for child neglect and abuse

Marital Problems

- ✓ Infidelity or suspicion of infidelity; Emotional or physical abuse; Poor relationship; Substance abuse

Indicators that a Soldier / Family is Having Difficulty

- ❖ Changes to work performance, attitude, or behavior, and / or episodes of intense emotions.

For information about services, call Army Community Service at **706-545-4043**

- ❑ **Source:** DA Operation Ready Rear Detachment Commander's (RDC) Handbook

 **Would you like to read more? Send an email to me and I'll email the RDC Handbook to you!**
perry.r.tripp.civ@mail.mil



PARENTS: Team Up to Stop BULLYING!!

The Family Advocacy Program and Fort Benning Schools

Present

Jessica Brookshire

Founder of K.A.R.M.A.

Kids Against Ridicule, Meanness, and Aggression

As a victim of bullying, Jessica spent most of her childhood seeking ways to avoid the ridicule she faced at school. Jessica's story will help parents recognize when their child is being bullied. Hear Jessica's story and help make a difference in your child's life and put a stop to bullying.

Date: Thursday, 11 April 2013

Location: Faith Middle School Auditorium

Time: 1900—2100



Family Advocacy Program



Active Shooter – Community Response

Information to help understand shooters and to protect yourself!

Profile of an Active Shooter

An Active Shooter incident is when one or more subjects participate in a shooting spree, random or systematic with intent to continuously harm others. (Source: U.S. Army Military Police School, Active Shooter POI)

An Active Shooter may be a current or former employee associated with the U.S. Army (Soldier, Department of Army Civilian, Government Contractor, or Family Member).

An Active Shooter could also be an individual not directly associated with the Army who gains access to an Army installation, stand alone facility, or unit.

Characteristics of an Active Shooter Incident

- The event is unpredictable and evolves rapidly
- Victims are generally targets of opportunity
- Military Police or Law Enforcement direct action is usually required to end an Active Shooting incident

Recognizing Signs of High-Risk Behavior

Indicators of potential violent behavior may include one or more of the following (not all inclusive):

- ★ Increased use of alcohol or drugs
- ★ Unexplained increase in absenteeism or vague physical complaints
- ★ Depression or withdrawal
- ★ Increased severe mood swings and noticeably unstable or emotional responses
- ★ Increasingly talks about personal problems or problems at home
- ★ Increase in unsolicited comments about violence, firearms, and other dangerous weapons or violent crimes

How to Respond When Shooting Begins

- 1. Evacuate**
 - Have an exit route and plan in mind
 - Leave your belongings behind
 - Keep your hands visible
- 2. Hide**
 - Hide in an area out of the Active Shooter's view
 - Lock doors and block entry to your hiding place
- 3. Take Action**
 - As a last resort
 - Only when your life is in imminent danger
 - Attempt to incapacitate the Active Shooter

How to Respond When Police Arrive

- ★ Try to remain calm
- ★ Obey all Police instructions
- ★ Put down any items in your hands (such as backpacks, phones, jackets)
- ★ Raise your hands, spread your fingers, and keep hands visible to Police at all times
- ★ Avoid quick or sudden movements
- ★ Avoid pointing, screaming, or yelling
- ★ Do not stop to ask officers for help or direction while evacuating

Information

Call 911 (or other local emergency number) when it is safe to do so.

You should provide the following information to the Police or the 911 Operator:

- Location of the shooter
- Number of shooters
- Physical description of shooters
- Number and type of weapons the shooter have
- Number of possible victims

Coping with an Active Shooter

- Be aware of your surroundings and possible dangers
- Take note of the nearest exists in any facility you visit
- If you are in an office at the time of an attack, stay there and secure the door
- Only as a last resort should you attempt to take action against the shooter

Antiterrorism
Active Shooter
Community Response

U.S. Army Strong

Coping with an Active Shooter

Evacuate Hide Take Action





Family Advocacy Program
April Events, Activities & Family Highlights
Child Abuse Prevention Month



All month long - Blue Ribbon Campaign - Pick up your blue ribbon at the Family Advocacy Program office, bldg 241, Baltzell Ave or at Social Work Service, bldg 2625 in Soldier's Plaza

- 1st "The Magical Power of Self Esteem" with Tommy Johns at Ft. Benning childcare centers
- 2nd Proclamation Signings - by Phenix City Mayor Eddie Lowe, Phenix City Chamber Office at 0900 by Columbus Mayor Theresa Tomlinson, Government Center Plaza level at 1730
- 4th "The Magical Power of Self Esteem" with Tommy Johns at Ft. Benning childcare centers
 FAP New Parent Support Playgroup every Thursday, 1000 - 1130 at bldg. 9608 (706-626-2614)
- 9th  NFL "New Father's League" class for dads only; call 706-544-2020 to register **
- 10th K.A.R.M.A. (Kids Against Ridicule, Meanness and Aggression Foundation), Ft. Benning Schools
- 11th K.A.R.M.A. Parent Seminar - for all parents, Faith Middle School, 1900 hours
- 12th Child Identification Fingerprinting (Wallet ID Card Kit for parents) at the PX from 1400 - 1700
 K.A.R.M.A. (Kids Against Ridicule, Meanness and Aggression Foundation) Ft. Benning Schools
- 15th Month of the military child Pinwheel Parade at Ft. Benning Child Care Centers 
- 16th  NFL "New Father's League" class for dads only; call 706-544-2020 to register **
- 18th "A Victim's Perspective", A Personal Story from a Survivor of Domestic Violence. Bldg 9608, 1st Cav Division Road, Bouton Heights, beginning at 1330. Limited seating 706-545-6957/4013
 SFAC Health Fair and FAP display from 0900-1200, bldg 9257 Marne Road
- 23rd  NFL "New Father's League" class for dads only; call 706-544-2020 to register **
- 24th "The Magical Power of Self Esteem" with Tommy Johns, Ft. Benning Schools
- 25th Child Abuse Awareness Display/Suicide Awareness Walk at Sacrifice Field across from bldg 241 Baltzell Ave @ 1500 -1700
- 26th "The Magical Power of Self Esteem" with Tommy Johns, Ft Benning Schools
- 30th  NFL "New Father's League" class for dads only; call 706-544-2020 to register **

**New Father's League prepares new and expectant dads with practical tips on caring for newborns and toddlers. Allows fathers to "huddle" up and talk about the active role of being a father.



The Fort Benning Family Advocacy Program provides information and education to support strong, self-reliant Soldiers and Families through effective Family programs enhancing the safety of the Family and the community through the prevention of child abuse and domestic violence. For more information, visit Family Advocacy at bldg 241, Baltzell Ave or call 706-626-2614.



APRIL IS CHILD ABUSE PREVENTION MONTH



The Family Advocacy Program
 presents a seminar

A Victim's Perspective



on 18 April 2013
at 1330 - 1430

Building 9608, 1st Cav Div Rd
(next to Stower's Elementary School)

featuring

Stephen Akinduro



A Personal Story From a Survivor of
Domestic Violence and Family Advocate

Stephen has been a first hand witness to the damage that domestic violence has on the body, soul, and entire Family. He has used these lessons as an advocate against domestic violence.

To register for the seminar, please
call (706) 545-4013/6957



CHAPLAIN FAMILY LIFE CENTER WEDNESDAY WORKSHOP SERIES

PERSONAL DEVELOPMENT CLASSES
OFFERED EVERY WEDNESDAY FROM
1PM – 3PM AT THE SOLDIER AND
FAMILY COUNSELING CENTER.
BLDG 2606

PTSD



This class helps you understand what PTSD is and how to cope with it. Those who suffer from it, or have a loved one who suffers from it will benefit from this class. **To register call 706-545-1760.**

**Wednesday, 1 May 2013
1PM – 3PM**

Childcare Available. (Call for more information)

ANGER

Is your anger
out of control?



This class helps you learn what anger is and how to control it.
To register call 706-545-1760.

**Wednesday, 10 April 2013
1PM – 3PM
Wednesday, 8 May 2013
1PM – 3PM**

Childcare Available. (Call for more information)

BASIC PARENTING Wish kids came with a manual?



This class equips parents, or soon to be parents with basic parenting skills. **To register call 706-545-1760.**

**Wednesday, 17 April 2013
1PM – 3PM
Wednesday, 15 May 2013
1PM – 3PM**

Childcare Available. (Call for more information)

Dealing with Difficult People



Someone in your life difficult to get along with? This class will teach you what to do! **To register call 706-545-1760.**

**Wednesday, 24 April 2013
1PM – 3PM
Wednesday, 22 May 2013
1PM – 3PM**

Childcare Available. (Call for more information)

CHAPLAIN FAMILY LIFE CENTER FULL DAY WORKSHOP SERIES

Marriage 101: Marriage Class

2013 Workshop Dates

January 11	July 12
February 1	August 2
March 1	September 6
April 5	October 4
May 3	November 1
June 7	December 6

Couples Communication

2013 Workshop Dates

~~February 22~~
May 17
August 16
November 15

7 Habits of Highly Effective Army Families

2013 Workshop Dates

March 15
June 21
September 20
December 20

1,2,3 Magic Parenting

2013 Workshop Dates

April 19
July 19
October 18

Time: 9am-4pm

Place: Soldier and Family
Counseling Center
Bldg 2606

TO REGISTER CALL **706-545-1760**