



## **Service Member & Family Support**

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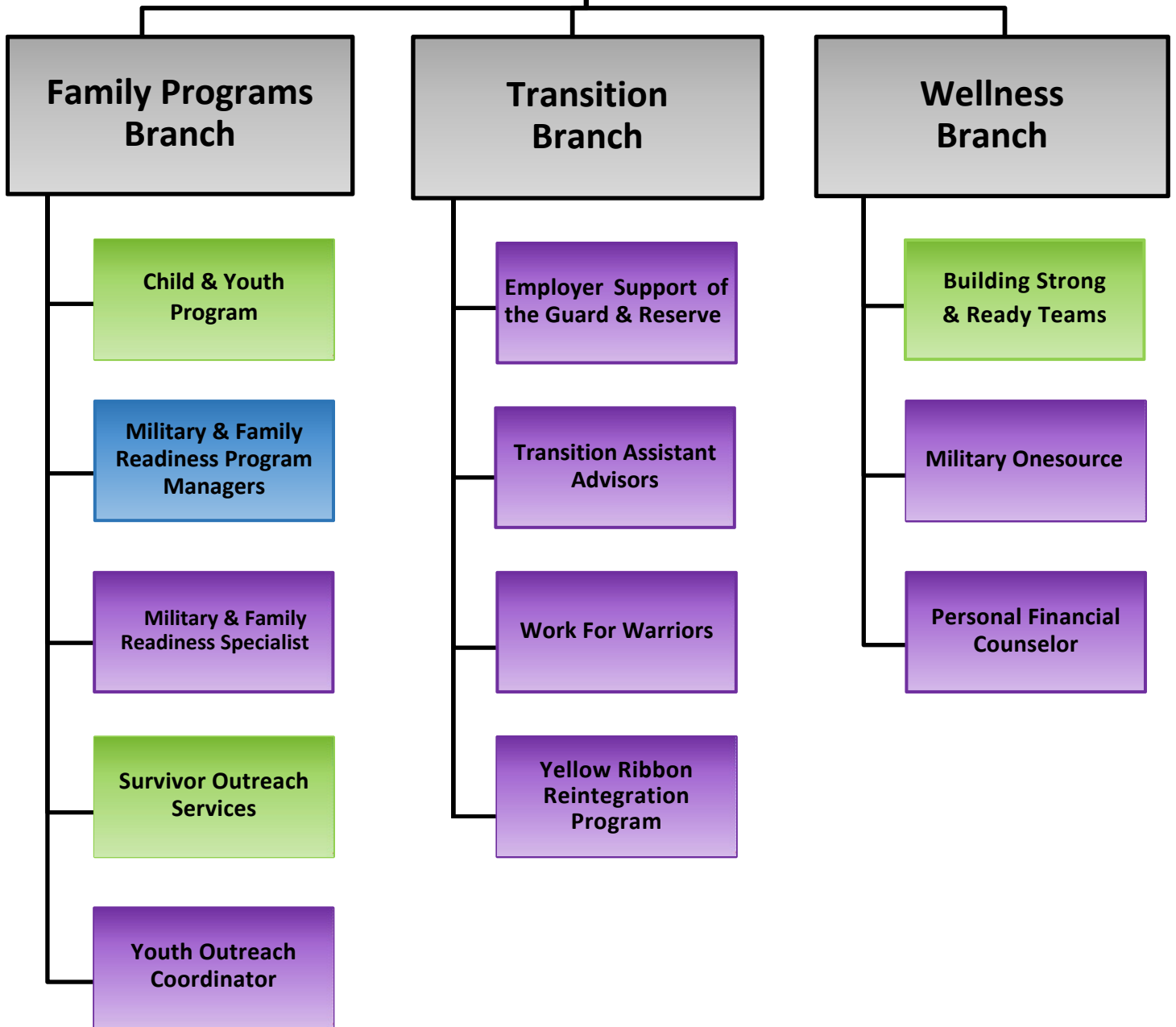
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## TABLE OF CONTENTS

|  |              |
|--|--------------|
| <b>ORGANIZATION CHART</b> .....                              | <b>1</b>     |
| <b>PROGRAMS SUMMARIES</b> .....                              | <b>2-3</b>   |
| <b>FAMILY PROGRAMS</b> .....                                 | <b>4-9</b>   |
| CHILD & YOUTH PROGRAM (CYP) .....                            | 4            |
| MILITARY & FAMILY READINESS PROGRAM MANAGERS (MFRPM).....    | 5            |
| MILITARY & FAMILY READINESS SPECIALISTS (MFRS).....          | 6            |
| SURVIVOR OUTREACH SERVICES (SOS).....                        | 8            |
| YOUTH OUTREACH COORDINATOR (YOC) .....                       | 9            |
| <b>TRANSITION PROGRAMS</b> .....                             | <b>10-14</b> |
| EMPLOYER SUPPORT OF THE GUARD & RESERVE (ESGR).....          | 10           |
| RESERVE COMPONENT TRANSITION ASSISTANCE ADVISOR (RCTAA)..... | 11           |
| WORK FOR WARRIORS (W4W).....                                 | 12           |
| YELLOW RIBBON PROGRAM (YRP).....                             | 14           |
| <b>WELLNESS PROGRAMS</b> .....                               | <b>15-17</b> |
| BUILDING STRONG & READY TEAMS (BSRT).....                    | 15           |
| MILITARY ONESOURCE (MOS).....                                | 16           |
| PERSONAL FINANCIAL COUNSELOR (PFC).....                      | 17           |
| <b>DEERS/RAPIDS Operating Facilities</b> .....               | <b>18</b>    |

# SMFS



## Chart ColorKey

ARMY ONLY

ALL MILITARY COMPONENTS

AIR ONLY





# SERVICE MEMBER & FAMILY SUPPORT

MAJ GEN George White Headquarters 230  
Geer Dr NE, Salem, OR 97301  
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## Family Programs

### CHILD & YOUTH PROGRAM

Services Available: The mission of the Oregon National Guard Child & Youth Program is to positively impact Service Member and Family readiness, resilience, and retention by providing secure, timely, flexible, and high-quality youth development opportunities and resources which promote the overall well-being of National Guard children and youth.

### MILITARY & FAMILY READINESS PROGRAM MANAGERS

Services Available: Airman & Family Readiness Program Managers empower Commanders in their duty to deliver the total Family Program so that Service Members and Families are entitled, informed, educated, assisted, and made ready for the unique demands of military life before, during, and after deployment.

### MILITARY & FAMILY READINESS SPECIALISTS

Purpose: Eleven Military & Family Readiness Specialists (MFRS) are located throughout Oregon and serve as the foundation of support for Service Members and their Families. Readiness Specialists prepare and empower our Total Military Family to meet the challenges of military and civilian life by providing resources and services to enhance knowledge, life skills, well-being, and retention.

Services Available: MFRSs coordinate with military and community partners to provide a wide variety of services related to Family Readiness Groups, Crisis Intervention, Financial Assistance & Literacy, Employment, Legal Assistance, TriCare, Community Information & Outreach, Exceptional Family Member Program, Emergency Family Assistance Centers, and ID Cards & Defense Enrollment Eligibility Reporting System (DEERS).

### SURVIVOR OUTREACH SERVICES

Services Available: Assists families of Fallen Service Member with benefits and entitlements and a liaison for assisting with bereavement process. Provides resources to improve quality of life and serves as a single point of contact for all issues. Assists with resource referrals (financial, mental health, life skills), and can coordinate support groups when needed. Service is provided in the manner most convenient to the Survivor. Primary function is to liaise with civilian and military service providers and work with government casualty support entities such as local Casualty Assistance Centers (CAC) and Casualty and Mortuary Affairs Operations Division (CMAOD) to fullest extent possible. Can provide preparation guidance to terminally ill Service Members.

### YOUTH OUTREACH COORDINATOR

Purpose: The Youth Outreach Coordinator (YOC) is responsible for providing materials, trainings, and resources for military personnel and their families. The YOC will work with a family through the multiple phases of the military life cycle. This includes a special emphasis on families who currently have a mobilized/deployed service member.

Services Available: The Youth Outreach Coordinator also collaborates with civilian organizations, such as: 4-H, Boys and Girls Club, YMCA, Child Care Aware of America, American Red Cross, and Military Child Education Coalition to provide targeted services to military youth across the state of Oregon. Additionally, the Youth Outreach Coordinator works to liaison with local schools to train educators on the unique needs of military youth.

## Transition Programs

### **EMPLOYER SUPPORT OF THE GUARD & RESERVE (ESGR)**

Services Available: Employer Support of the Guard and Reserve (ESGR) is a Department of Defense (DoD) office that develops and promotes supportive work environments for Service Members in the Reserve Components through outreach, recognition, and educational opportunities that increase awareness of applicable laws and resolves employer conflicts between the Service Members and their employers.

### **RESERVE COMPONENT TRANSITION ASSISTANCE ADVISOR PROGRAM**

Services Available: Is a liaison to all Service Members, providing resources to state benefits, physical and mental health well-being, disabled veterans benefits, employment assistance, education and training, financial assistance, health and life insurance, legal assistance, relocation/homelessness and career change.

### **WORK FOR WARRIORS**

Purpose: The Work For Warriors (W4W) purpose is to increase educational and career opportunities for all current and retired military Service Members and their Families that reside in Oregon.

This is accomplished by developing proactive, positive relationships with Oregon educational institutions, VA Counselors, employment services, and employers through all available channels, to obtain stable careers for the Service Member and their eligible Family members.

Services Available: Assists Service Members and Families with educational needs, identifies skills sets, and assists with resumes and job applications. The program also assists in development and implementation of outreach services for personnel returning from full-time military service and are re-entering the civilian community. Additionally, W4W will work directly with employers who are seeking reliable, dedicated, skilled, and disciplined Service Members. The goal is to utilize the Service Member's military training, experience, and education to maximize the employer's organization, while also adding stability to the Military Family, and the state of Oregon's veteran population.

### **YELLOW RIBBON REINTEGRATION PROGRAM**

Services Available: The Yellow Ribbon Reintegration Program (YRRP) is a Department of Defense-wide effort to promote the well-being of National Guard and Reserve Members, their Families and communities, by connecting them with resources throughout the deployment cycle. Through Yellow Ribbon events, Service Members and loved ones connect with local resources before, during, and after deployments. Reintegration during post-deployment is a critical time for Members of the National Guard and Reserve, as they often live far from military installations and other Members of their units. Commanders and leaders play a critical role in assuring that Reserve Service Members and their Families attend Yellow Ribbon events where they can access information on health care, education and training opportunities, financial, and legal benefits. We work with government partners, including the Small Business Administration and Departments of Labor and Veterans Affairs, to provide up-to-date and relevant information to the members of the All-Volunteer force and their families.

## Wellness Programs

### **BUILDING STRONG & READY TEAMS**

Services Available: Strong Bonds is a unit-based, chaplain-led program which assists commanders in building individual resiliency by strengthening the Army Family. The core mission of the Strong Bonds program is to increase individual Soldier and Family member readiness through relationship education and skills training. Strong Bonds is conducted in an offsite retreat format in order to maximize the training effect. The retreat or "get away" provides a fun, safe, and secure environment in which to address the impact of relocations, deployments, and military lifestyle stressors.

### **MILITARY ONESOURCE**

Services Available: Military OneSource provides webinars, trainings and briefings in support of Military OneSource to Service Members and their families. This program provides non-medical and financial counseling support, health and wellness resources, online libraries, free H&R Block tax services and much more.

### **PERSONAL FINANCIAL COUNSELOR (PFC)**

Purpose: Provide free confidential, short-term counseling designed to identify immediate and long-range measures to increase income, reduce household expenditures, and avoid additional financial burdens. PFCs educate and counsel all Service Members and Families regardless of service component.



## Programs and Events

- Military Kids Club - Monthly
- Youth Military Ball - January
- Spring Break Camp (Virtual) - March
- Month of the Military Child - April
- State Youth Symposium - April
- Back to School Bash - August
- Holiday Hoopla - December
- Winter Camp (Virtual) - December

# OREGON NATIONAL GUARD CHILD AND YOUTH PROGRAM

The mission of the Oregon National Guard Child and Youth Program is to positively impact Service Member and Family readiness, resilience, and retention by providing secure, timely, flexible and high quality youth development opportunities and resources which promote the overall well-being of National Guard children and youth.



The Oregon Military Teen Panel program aims to improve resiliency, team building and leadership skills in the youth that we serve. The Teen Panel is open to military connected (Army and Air National Guard) teens entering 9th grade to 12th grade. Applications accepted April and May each year. If you would like to receive an application contact your coordinators at [ng\\_or.oranng.list.cyp@army.mil](mailto:ng_or.oranng.list.cyp@army.mil)

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Connect with us!



# **Military & Family Readiness Program**

Installation Military and Family Readiness Program Offices provide programs and services to assist commanders in identifying, assessing, and preventing Military and Family Readiness related challenges from impeding efforts to build and maintain unit cohesion and strengthen operation readiness. The services offered by MFRPOs enable development and sustainment of ready, resilient Military and their Families.

## **142nd Wing**



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# MILITARY & FAMILY Readiness Program



The Oregon National Guard Military and Family Readiness Program serves as the foundation of support for the Service Members and Families of the Oregon National Guard.

Our goal is to prepare and empower our Total Military Family to meet the challenges of military and civilian life by providing resources and services to enhance knowledge, life skills, well-being, and retention.

The Military and Family Readiness Specialists (MFRS) coordinate and provide Service Members and Families with a wide variety of services related to:

- Soldier & Family Readiness Groups
- Crisis Intervention
- Financial Assistance & Literacy
- Employment
- Legal
- Tricare
- Community Information & Outreach
- Exceptional Family Member Program
- Emergency Family Assistance Center
- ID Cards & Defense Enrollment Eligibility Reporting System (DEERS)

## VISION

The Service Member & Family Support (SMFS) branch supports the *ALWAYS READY* operational force through the collaboration of internal resources while seeking external partnerships that directly support and improve the quality of life for our Service Members and Families.

## CONNECT

Soldier and Family Readiness Groups (SFRG) are a command-sponsored organization of Service Members, civilian employees, Family members (immediate and extended), and volunteers appointed to a unit. SFRGs provide mutual support and assistance, and a network of communications among the Family members, the chain of command, and community resources. SFRGs assist unit commanders in meeting military and personal deployment preparedness and enhance the Family Readiness and Resilience.

## GET INVOLVED

Contact your local MFRS for information on how to connect with your unit's Soldier & Family Readiness Group, and for volunteer opportunities!



## STAY UP-TO-DATE

For resources, events, and information connect with us on Facebook at:  
[www.facebook.com/orngsmfs](http://www.facebook.com/orngsmfs)

## CONTACT

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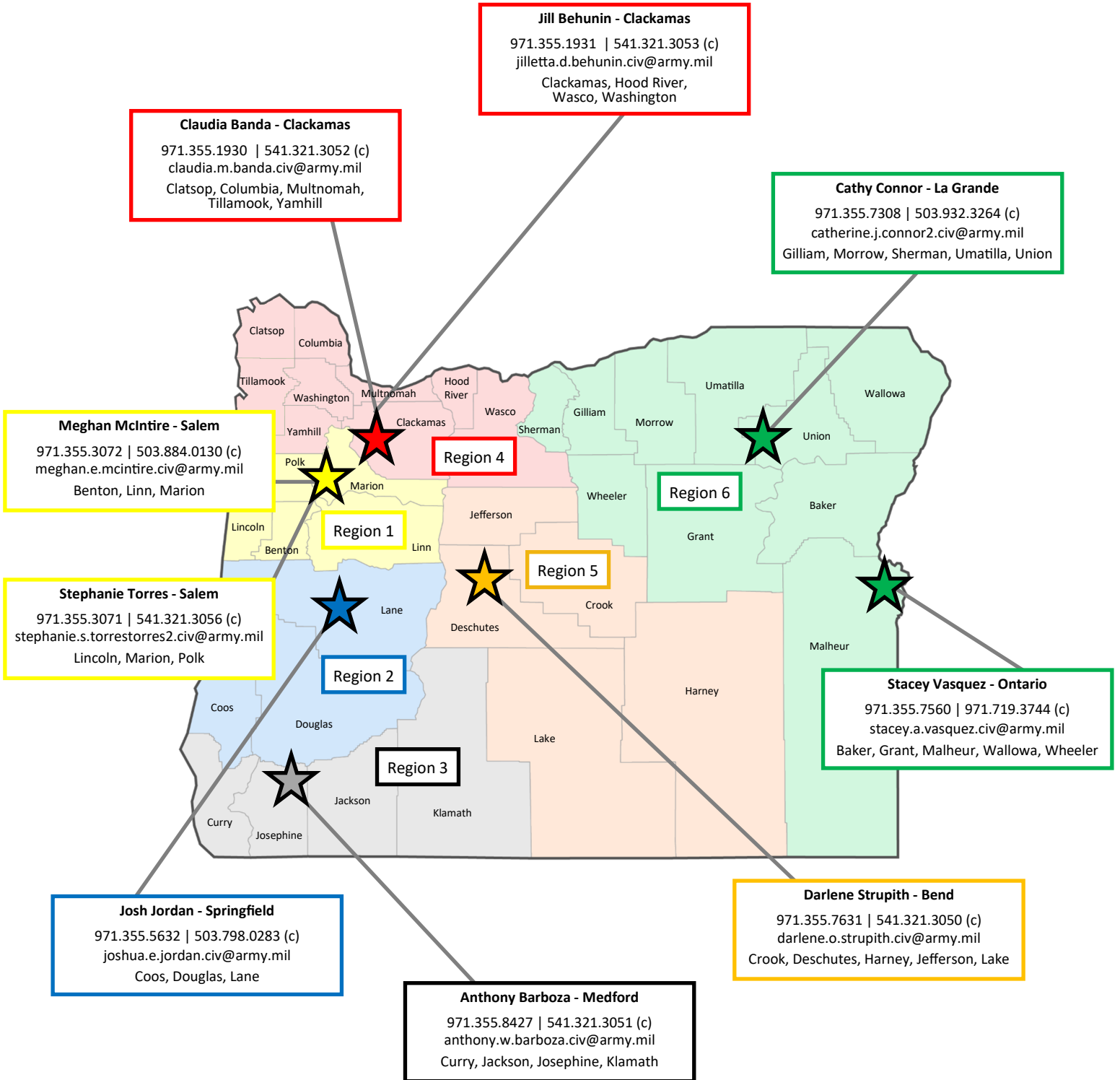
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# SURVIVOR OUTREACH SERVICES

***Mission:** Embrace and reassure Survivors that they are continually linked to the Army Family through a unified support program that enables them to remain an important part of the Army for as long as they desire.*



The Survivor Outreach Services (SOS) program is an Army-wide program which demonstrates the Army's commitment to Families of the Fallen. SOS is a holistic and multi-agency approach to deliver services to survivors by providing services at garrisons and communities closest to where the Families live.



## **WHAT DOES THE SOS PROGRAM DO?**

- SERVES THE FAMILIES OF ALL COMPONENTS WITHIN THE STATE OF OREGON; NATIONAL GUARD, RESERVES, AND ACTIVE DUTY
- PROVIDES INFORMATION ON THE BENEFITS AND ENTITLEMENTS AVAILABLE TO MILITARY FAMILIES
- COORDINATES SUPPORT GROUPS
- PERFORMS AS AN ADVOCATE ON BEHALF OF SURVIVORS
- PROVIDES BUDGETING/FINANCIAL MANAGEMENT RESOURCES
- SERVES ALL MILITARY FAMILIES REGARDLESS OF TRAINING STATUS; M-DAY, VETERAN, AND RETIRED
- PROVIDES LIFE SKILLS EDUCATION RESOURCES
- ENSURES ACCESS TO ALL ENTITLED BENEFITS FOR FAMILIES
- PROVIDES MENTAL HEALTH COUNSELING RESOURCES
- FUNCTIONS AS LONG-TERM SUPPORT FOR SURVIVORS

## **WHO DO I CONTACT AT THE SOS PROGRAM?**

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# Youth Outreach Coordinator

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PROVIDES STATEWIDE SUPPORT FOR MILITARY FAMILIES WITH  
CHILDREN AGED 0-5

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- Helps navigate all aspects of **Child Care Aware- Military Fee Assistance Program** for Military Families
- Works with early learning and childcare providers to obtain approval for the Military Fee Assistance Program
- Collaborates with early learning and youth community organizations throughout the State to support military families
- Facilitates **United Through Reading**- a national program to keep Service Members and their Children connected during deployments
- Provides deployment support materials to childcare centers and family care centers
- Provides Early Learning (0-5 years) resources and information to military families

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SUPPORTS ALL BRANCHES

• ARMY NATIONAL GUARD • AIR NATIONAL GUARD • NAVY RESERVES • MARINE RESERVES • COAST GUARD

---

YOUTH OUTREACH COORDINATOR

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TERRI MILLER | 541-690-5494 | 541-880-2529 | TERRI.L.MILLER52.CTR@ARMY.MIL





ESGR is a Department of Defense program that develops and promotes supportive work environments for Service Members in the Reserve Components through outreach, recognition, and educational opportunities that increase awareness of applicable laws. ESGR also assists in resolving conflicts between Service Members and their employers.



## Why is employer support important?

- Almost half of our military force resides in the Guard and Reserve
- The men and women who serve in the Reserve Component are unique in that they also have civilian employers

## What do we do?

- **Advocate** relevant initiatives on behalf of the employers, Service Members, and their Families
- **Recognize** employers who practice human resource personnel policies
- **Inform** and educate Service Members and their civilian employers regarding their rights and responsibilities
- **Mediate**: Trained ombudsmen provide information and mediation concerning the USERRA law. ESGR has hundreds of trained volunteer ombudsmen

### Contact Us:

General Information: 971.355.3442

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www.esgr.mil

<https://www.oregon.gov/omd/ong/pages/employer-support-of-the-guard-and-reserve.aspx>



# RESERVE COMPONENT TRANSITION ASSISTANCE ADVISORS



Are you a member of a Reserve Component? Have you served 180 or more consecutive days on Title 10? Do you have a service-related injury or health care issue? Perhaps you're about to retire from service and need someone to show you how to get back into the swing of civilian life. Getting to know your Reserve Component Transition Assistance Advisor (RCTAA) means you'll have reliable, professional support when you need it.

I am here to help with the following benefits:

- **State and Local Benefits**
- **VA Assistance for Physical and Mental Health**
- **Disabled Veterans Program Assistance**
- **Education and Training Assistance**
- **Employment Assistance**
- **Health and Life Insurance**
- **Financial Assistance**
- **Legal Assistance**
- **Relocation Assistance**
- **Effects of a Career Change**

Since 2005, RCTAAs have assisted Reserve Component service members with 180 days or more T-10 AD service obtain their federal benefits and entitlements. You could save an average of:

- Employment Counseling (\$75/hour)
- Health Insurance (\$1430/Service Member)
- Legal Assistance (\$255/hour)
- VHA DAV Benefit Received (\$15,034/Service Member)
- VA Benefit Received (\$5786/Service Member)
- Education Benefits Received (\$15,285/Service Member)

Average benefit per eligible Reserve Component service member across all benefits areas=\$11,970.

If you or someone you know needs assistance with federal benefits and entitlements, don't hesitate to contact me. You can either scan this QR code and fill out the attached form or contact me directly using the information below.

## Linda Shields

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## Matthew Holmes

Reserve Component  
Transition Assistance Advisor  
Federal Contractor  
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## ***Thank you for serving, now let me serve you.***

According to the National Defense Authorization Act 2013, [Reserve Component] transition assistance advisors "serve as points of contact to assist eligible members of the reserve components in accessing benefits and health care furnished under laws administered by the Secretary of Defense and benefits and health care furnished under the laws administered by the Secretary of Veterans Affairs" (Sec. 513).

## Shannon Compton

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**DIRECTION | BENEFITS | COMPASSION**



# YOUR PATH FOR SUCCESS STARTS HERE

## Eight Areas Where The Work For Warriors Program Helps!

### 1. PRE-COUNSELING

Help you in identifying the gap between where you are now and your desired career goal.

### 2. DEVELOP A CAREER ASSESSMENT

Analyze the various skills, talents, and aptitudes of your goal.

### 3. DISCOVER HOW VARIATION IN PERSONAL ATTRIBUTES

Can impact success and satisfaction with different career options.

### 4. SETTING CAREER AND EDUCATIONAL GOALS

Setting goals creates a roadmap for life progression and strategies to achieve them.

### 5. DEVELOP AN ACTION PLAN

This involves making a detailed checklist of actions and steps to help achieve the set goals and objectives.

### 6. UNDERSTANDING THE JOB MARKET

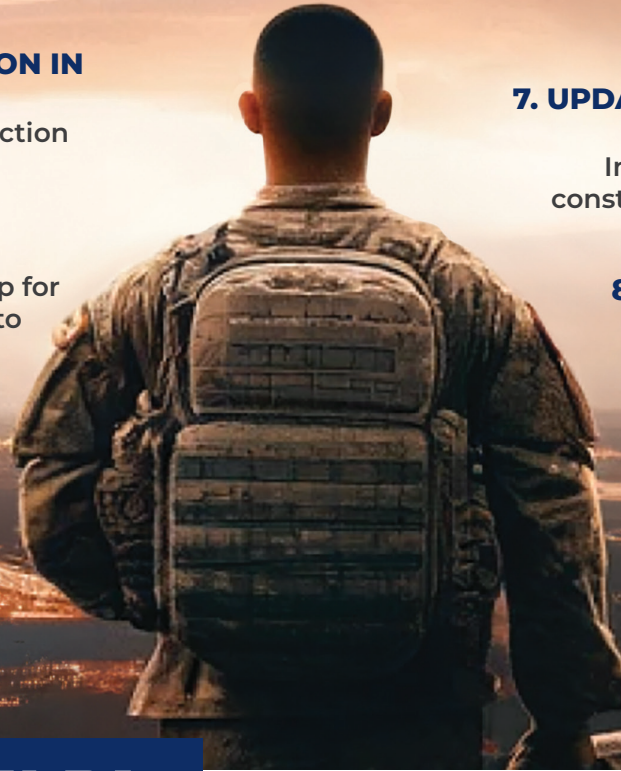
Job market fluctuations, based on labor demand and supply, inform career guidance and choices.

### 7. UPDATED KNOWLEDGE OF CAREER OPTIONS

In today's fast-paced world, there's a constant growth in diverse and evolving career opportunities.

### 8. POST COUNSELING SUPPORT

A thorough follow-up post-counseling session.



**WE CAN HELP!**  
**WE ARE CLOSE BY!**

#### REGION 1 BENTON, POLK, MARION COUNTIES

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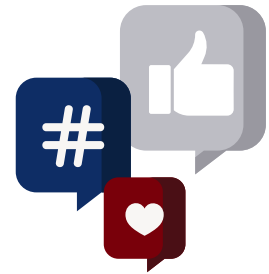
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# 5 SMART WAYS TO USE SOCIAL MEDIA IN YOUR JOB SEARCH

1

## Use Facebook, Twitter, and LinkedIn to Network Your Way Into a Job.

Everyone's talking about using social media for job hunting. But how, exactly, should you do that? Here are 10 smart and strategic ways to network your way into a job using three popular online tools: Facebook, Twitter, and LinkedIn.



I've updated my **#resume** and I'm looking for a job in materials engineering or science public policy: [http://bit.ly/\\_\\_\\_\\_Resume](http://bit.ly/____Resume)

**Let people know you're looking.** Whether on LinkedIn, Facebook, or Twitter, let your friends and followers know that you're looking for a job. Even better, tell them what type of job you're looking for. They may not know of any openings right now, but if they know you're available, they'll think of you when a position opens up. That will help you hear about openings before they're listed on popular job boards.

2

3

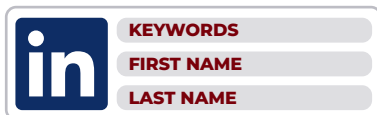
## Don't be afraid to network on Facebook.

Facebook may be for fun, but don't make the mistake of overlooking your network there, especially if you already have hundreds of friends. Facebook can sometimes be more useful for job hunting than LinkedIn, because friends who know you personally have more of a stake in helping you. They want you to succeed—so use that to your advantage.



## Find information about hiring managers.

Before you submit your resume, look up the hiring manager on LinkedIn and Twitter. (If he's smart, he'll make his Facebook profile private.) LinkedIn profiles and Twitter feeds are gold mines of information on individuals. Knowing more about the person who's hiring can help you tailor your cover letter to their needs and desires.



4

5

## Create the connections you need to get the job.

It's all about who you know, right? Don't just use the connections you already have. Figure out who you need to know to land a certain job—likely the hiring manager—and make that connection, whether by getting them to follow you on Twitter by retweeting their tweets, or growing your LinkedIn network until they become a third-degree connection. Twitter in particular offers opportunity to connect with professionals who might not otherwise give you the time of day.

FOLLOW US ON FACEBOOK  
**@OREGONGUARD**



**WORK FOR  
WARRIORS**

**OREGON**

**FOR MORE INFORMATION**  
CONTACT OUR TEAM LEADER

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The Yellow Ribbon Reintegration Program is a DoD-wide effort to promote the well-being of National Guard and Reserve Members, their Families and communities, by connecting them with resources throughout the deployment cycle.

### **SUPPORT THROUGHOUT THE DEPLOYMENT CYCLE**

Events are held throughout the Deployment & Reintegration cycle:

- Pre-Deployment
- During Deployment
- Post 1 Deployment (30 days)
- Post 2 Deployment (60Days)

### **COMMUNITY BUILDING**

Events are the singular opportunity for Commanders, Leaders, Service Members, Families, Designated Individuals, & Resource Providers to all gather and build meaningful connections.

### **EMPOWERING THROUGH RESOURCES**

Events provide the opportunity to meet and ask personally tailored questions directly from Providers on:

- TRICARE
- Education
- Employment
- Financial & Legal Benefits

### **FOR MORE INFORMATION:**

Visit us on Facebook: [www.facebook.com/orngsmfs](http://www.facebook.com/orngsmfs) or  
call Oregon Service Member & Family Support: (971) 355-3050

# Oregon National Guard Building Strong & Ready Teams (BSRT) Program

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## What is BSRT?

*Chaplain-led program which builds relationship resiliency. The BSRT mission is to increase Soldier and Family readiness through relationship education and skills training.*

## Who may attend?

- *Married couples - spouse enrolled in DEERS*
- *Family events are open to both single and dual parent families*
- *Single Soldier events are open to any unmarried member of the Oregon Army National Guard*

## What is covered?

- *Relationship training*
- *Two nights' stay at a selected venue*
- *Up to five (5) meals during the weekend*
- *A typical event includes a total of 8-12 hours of instruction time throughout the weekend*



*For more information  
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SGT John Nowacki  
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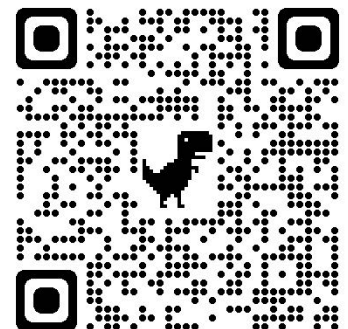
# A RANGE OF SUPPORT

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To Help You Live Your Best  
Military Life Contact:

*Sean Krause*  
Community Outreach Manager



Cell: 503.583.0324  
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MAY 15, 2023

SUBJECT: DEERS/RAPIDS Operating Facilities in or near the State of Oregon

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|--|--|
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The POC for this memorandum is SSG Holli Frost at (971) 355-4377.

HOLLI M. FROST  
 SSG, ORARNG  
 Secondary State Site Security Manager



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