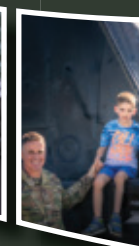
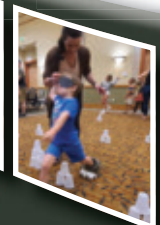
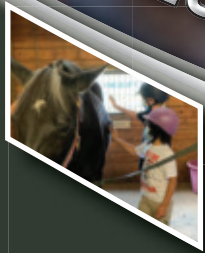




2022 PROGRAM OF EVENTS AND RESOURCES



A GUIDE FOR SOLDIERS AND THEIR FAMILIES

Ohio Army National Guard Family Readiness and Warrior Support

For the most up to date information on military Family events,
visit us online at http://www.ong.ohio.gov/frg/FRG_index.html





Dear Soldiers and Families of the Ohio Army National Guard;

Our Soldiers have answered countless calls over the last year to support fellow Ohioans and citizens across the country. In 2022, I want to re-emphasize our appreciation and support for our service members and their Families, who have achieved many great things, and deserve the best resources when they are also in need. Throughout life, we all encounter choices that impact jobs, retirement, and family. My goal for this year is to provide our service members with resources to make these choices positive ones. Using the 2022 Family Resource Guide along this journey will set the conditions to improve your station in life for having served. Our Soldier and Family Readiness Specialists act as

a liaison throughout your career to identify individual and family needs in the areas of civilian education, employment, finances, healthcare, and education on entitlements and benefits to use throughout and after their career. I especially encourage those in the early stages of their career to take advantage of the Operation Solid Start initiative, designed to guide you through your first two years of service.

Finances play a huge part in everyone's lives, now more than ever. The OHARNG has several resources available within this resource guide, such as Personal Financial Counselors, who can help with car budgets, TSP investment options, retirement, mortgages, and much more. PFCs are available free of charge to all service members along with their spouse and children. If finding better employment, ones that support your service in the military and career goals, I suggest you utilize our National Guard Employment Enhancement Program, or educational assistance such as Ohio National Guard Scholarship and various GI Bills which can also be used for on the job training or Federal Tuition Assistance. If you are finding it hard to pay a utility, rent, food, or car payments, please reach out to your Regional Soldier and Family Readiness Specialist. They will be able to put Soldiers and Family members in contact with one of our many community resource partners to help with their issue.

Wellness, to include physical, mental, and relationship wellbeing, is something to take seriously. TriCare Reserve Select provides affordable health care for both single and married service members. If you are stressed, under pressure or just need someone to listen to, please contact your Brigade Psychological Health Coordinator (PHC), or call OhioCares and a PHC will answer your call. PHCs are available to Soldiers, their spouses, and children free of charge. I encourage those who desire to improve their relationships to check out the Strong Bonds program for single, married, and Soldiers with children. Families with children can also participate in Family events hosted by the Child and Youth Programs. Events include day camps at science centers, museums and zoos, as well as weekend Family camps and weeklong residential camps.

Given how much has been asked of our force this past year, and the stress that the pandemic has put on all of our families, I would ask you to become familiar with and utilize to the fullest extent, every resource available so your experience is a positive one. I am so very appreciative of the sacrifices Families make when their Soldier signs up to defend this great Nation.

Thomas E. Moore II

Thomas E. Moore II
Brigadier General
Assistant Adjutant General for Army

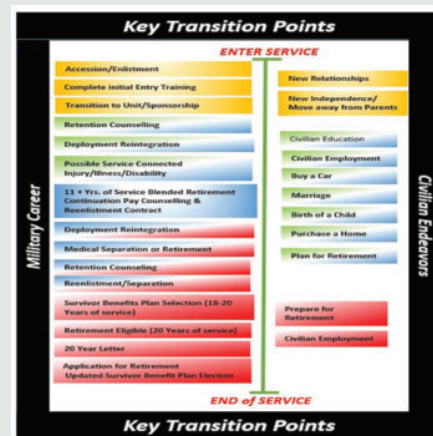


TRANSITIONS

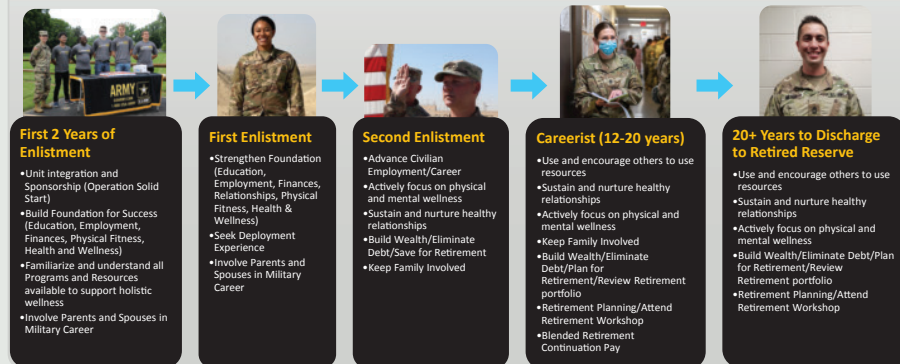
Where do you fall in the military lifecycle and what transition points have you hit? Successful military careers don't happen by accident and a lot of luck is involved... IF, and only if, you believe luck = being prepared to take advantage of opportunities when they are presented. So get prepared! Understand and maximize ALL of the programs and resources that are available to help you (and your Family) reach your full potential. This is particularly important as you move through key transition points in both your military and civilian life.

Family members are the cornerstone of every successful military career. Supportive Families are mission critical. Families that help their Soldiers take advantage of the many opportunities and benefits the Ohio Army National Guard has available creates success both within the Soldier's personal (familial, civilian employment) and military life. This is true whether you serve for one enlistment or stay for 30+ years.

Take control of your future -- make your own luck by being prepared! Be mindful of key life milestones or military career touch points and position yourself to take advantage of all of the opportunities and benefits available to support you. For example, when you or a Family member is ready to purchase a vehicle -- consult with one of our staff Professional Financial Consultants (PFC) first. Before you buy make sure you understand financing, impacts of car payments, and have the tools you need to decide whether to buy new or used. Similarly, buying a house, getting married, having children, attending college, changing jobs, or retirement are key times that you should enlist help to make informed decisions.



Military Life Cycle Key Transition Points: Transition points represent opportunities to purposefully engage, educate and assist Soldiers and their Families throughout their Army career. Maximize your full potential by leveraging all available programs and resources! Explore the recommended resources and programs, presented throughout this resource guide as you move throughout your career.



OPERATION SOLID START

Sponsorship And On-Boarding Of New Soldiers & Families

Operation Solid Start (OSS) provides intensive services and resources to Soldiers and their Family from enlistment through their first two years of service. With over 100 years of experience, the OSS team of Soldier & Family Readiness Specialists is comprised of veteran professionals who have the knowledge and experience to help new Soldiers and their Families successfully integrate into the Ohio National Guard. OSS endeavors to ensure every Soldier (and their Family) is aware of and actively leveraging the broad range of resources and programs that are available to support them in both their military and civilian

endeavors. OSS strives to empower Soldiers (and Families) with information and help navigate resources.

OSS partners with unit leadership to ensure that every Soldier (and their Family) is provided a Sponsor and is properly integrated into their first unit of assignment. However, Soldiers are NOT bystanders in this process and must take responsibility for seeking out information and engaging. Soldiers must – Actively seek out support and assistance; know, understand and utilize ALL of the programs and resources available; and, when barriers to this objective exist, move them out of your way!



Meet Your Operation Solid Start Soldier and Family Readiness Specialist

Mrs. Courtney Rockey
A Company - Columbus
courtney.a.rockey.civ@mail.mil
614-929-4695

Ms. Kelley Green
B Company - Hamilton
kelley.r.green.civ@mail.mil
614-949-3201

Ms. Jody Birchfield
C Company - Chillicothe
jodelana.e.birchfield.civ@mail.mil
614-639-0336

Mr. Justin Milam
D Company - Brook Park
justin.d.milam2.civ@mail.mil
614-949-7990

Mr. Michael Richard
E Company - North Canton
michael.s.richard.civ@mail.mil
330-357-6198

Mr. Aaron Zaleski
F Company - Newton Falls
aaron.m.zaleski.civ@mail.mil
614-551-6693

Mr. Terry Dean
G Company - Kettering
terry.w.dean.civ@mail.mil
937-508-8291

Mr. Philip Gensner
H Company - Marysville
philip.a.gensner.civ@mail.mil
614-949-0271

Mr. Jeffrey Childress
I Company - Toledo
jeffrey.l.childress2.civ@mail.mil
614-929-8421

Mr. Kevin Apple
K Company - Coshocton
kevin.t.apple.civ@mail.mil
(614) 257-7936

Military Life 101

Would you like to learn more ways to support your Soldier? Have you ever wondered what benefits and resources are available to you that you can utilize? Join us for Military Life 101 to help understand the goals and missions of the Army and how you can strengthen your support. Classes are open to spouses, parents, grandparents, siblings & friends who want to learn more about the Ohio Army National Guard and Military Life. Topics include: Financial Readiness, Resources/Benefits, Education Benefits and Entitlements, Pay & Allowances, TRICARE, Family Preparedness, Military Language/Structure/Protocol/Rank. For more information about registration and location, please reach out to an Operation Solid Start team member. Military Life 101 is open

to all Family members of the Ohio Army National Guard, no matter what their Soldier's rank or grade.

DATE	TIME	LOCATION
Saturday, March 26, 2022	1000-1600	DSCC, Columbus
Saturday, May 21, 2022	1000-1600	North Canton Armory
Saturday, June 25, 2022	1000-1600	TBD
Saturday, July 30, 2022	1000-1600	TBD

EMPLOYMENT SUPPORT

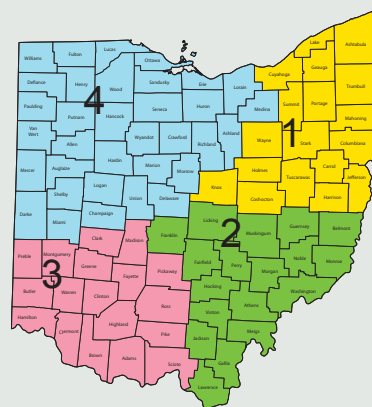
Ohio National Guard Employment Enhancement Program (NGEEP)

NGEEP has employment support specialists throughout Ohio who develop relationships with employers, apprenticeships, and businesses seeking to train and hire veterans, Service members, and Military Family members. We connect you with new opportunities, employment networks, training, apprenticeship programs, and can help with employment preparation.

Entering the Workforce? If you are unsure which career or education path to pursue, we can assist you in finding employment whether temporary, part-time, or full-time.

Headed to College? Through partnerships with state and local employment programs we can assist you in determining which industries, careers, and emerging job opportunities are available throughout Ohio. If you are looking to use your Ohio National Guard Scholarship Program or GI Bill, we can provide you assessments on how your degree fits into the job market and a career.

Looking for a Skill? Skilled trades are some of the most sought after professions in Ohio. Through partnerships with state and local apprentice programs we can assist you in determining which industries meet your interests and needs.



Region 4
Bowling Green / Northwest Ohio
CHERYL HAGAN
Employment Support Specialist
Mobile: 380-206-7565
Email: chagan@interactivegov.com

Region 1
Cleveland / Northeast Ohio
BRIAN PORTER
Employment Support Specialist
Mobile: 380-206-7558
Email: bporter@interactivegov.com

Region 3
Cincinnati / Southwest Ohio
NITA ANN RENFROW
Employment Support Specialist
Mobile: 380-206-7556
Email: nrenfrow@interactivegov.com

Region 2
Columbus / Southeast Ohio
MICHELE PERSHING
Employment Support Specialist
Mobile: 380-206-7557
Email: mpershing@interactivegov.com



For more information about NGEEP, please scan the QR Code.

Program Manager
BRADLEY MOELLER
Employment Support Specialist
Mobile: 380-206-7559
Email: bmoeller@interactivegov.com

Employer Support of The Guard and Reserve



ESGR informs and educates Service members and their civilian employers regarding their rights and responsibilities governed by the Uniformed Services Employment and Reemployment Rights Act of 1994 (USERRA). ESGR does not have statutory authority to enforce, but serves as a neutral, free resource to employers and Service members. ESGR's trained ombudsmen provide mediation of issues relating to compliance with USERRA.

There are ways to say "thanks for your military service," and ways to say "thanks for your support." ESGR offers a Statement of Support program where employers can sign a pledge to support the military service of their employees. Simultaneously, ESGR offers a progressive awards program starting with the Patriot Award so you or your spouse can nominate a supportive supervisor or employer for support that goes above and beyond what is required by law. Nominate your employer at <https://www.esgr.mil/Service-Members-Family/Nominate-your-Employer>.

OHIO ESGR OFFICE: 614-336-7378

Follow Us:

<https://www.ESGR.mil/OH>
<https://www.facebook.com/ohio.esgr>

https://www.twitter.com/ohio_esgr
<https://www.linkedin.com/company/esgrohio>

SOLDIER EDUCATION BENEFITS

Know and Utilize Your Educational Benefits

Future opportunities and promotions will be subject to the Soldier's commitment to continuing their education. Support and encourage your Soldier to utilize their education benefits. They have several formal continuing education opportunities available to them.

Education Service Officer



My name is Marchem Pfeiffer and I am the Education Services Officer with the Ohio Army National Guard. As a veteran who served four years of active duty and who comes from a long line of veterans, I understand what it means to be of service. I have always had two passions; education and the military. Both of my degrees are in education and most of my

career has been in the education field. I have always said that so much of who I am today is due to the four years I served in the military and the ambition of being a life-long learner. Our military represents a percentage of volunteers who, because of their service, have earned access to several education benefits. I am here to help ensure your goals are achieved. I highly encourage each and every one of you to take full advantage of the education programs and resources provided to you. For more information about your education benefits, please reach out to me at marchem.pfeiffer.civ@mail.mil or (614) 336-7023

Ohio National Guard Scholarship Program

Provides up to 100 percent tuition to Guard members attending state-assisted colleges and universities after other specified federal and Department of Defense educational assistance is applied (ONGSP.Ohio.gov).

Scholarship Program Manager: Mr. Lonny Kirby, lonny.r.kirby.nfg@mail.mil

Federal Tuition Assistance

Pays up to \$250 per semester hour, 16 semester hours per fiscal year for certificate, associate, bachelors, or master's degree programs. How Do I Apply? Go to www.armyignited.com and establish an account by clicking "Get Started".

Federal Tuition Assistance Program Manager: Ms. Jovanda Curry, jovanda.t.curry.civ@mail.mil

Credentialing Assistance (CA)

Credentialing Assistance provides funding for courses, training and/or exams leading to an industry-recognized academic or vocational credential. Pays up to \$4,000/year to pay for a new credential or recertification (combined use of FTA and CA cannot exceed \$4,000 per FY). May be used for tuition, fees, books, supplies, and exam costs. CA can be used for any credential listed on <https://www.nationalguard.com/education-programs/credentialing-assistance> and does not have to be related to the Soldier's MOS. Apply online at: www.armyignited.com

Credentialing Program Manager: Ms. Jovanda Curry, jovanda.t.curry.civ@mail.mil



This QR Code is the full Ohio National Guard Education Handbook which covers the above programs and much more

GI Bill Programs

The GI Bill is a federally funded program administered by the military services and the Department of Veterans Affairs. Provides Service members and their eligible dependents financial assistance for college degree and certificate programs, co-op training, technical or vocational courses, flight training, apprenticeships, or on-the-job training, high-tech training, licensing and certification tests, entrepreneurship training, certain entrance examinations, and correspondence courses.

To apply for GI Bill Benefits, go to www.va.gov, click "Apply for education benefits" and then "Find Your Education Benefits". The website will walk you through the rest of the application process.

GI Bill Program Manager: SGT Daniel Yeboah, daniel.k.yeboah@mail.mil

Army Personnel Testing (APT)

APT encompasses FREE standardized tests used to determine eligibility for specialized training and to support the Army's personnel selection and classification process, including language proficiency testing. Tests include: Armed Forces Classification Test, Selection Instrument Flight Training, Defense Language Aptitude Battery, Defense Language Proficiency Test, Defense Language Reading Proficiency Test and Oral Proficiency Interview.

For more information and how to apply, please visit <https://www.nationalguard.com/education-programs/army-personnel-testing>

Send inquiries to the Education Office Distro: ng.oh.oharmg.list.g1-education@mail.mil

DANTES Testing/Programs

DANTES provides numerous programs and services to assist Soldiers seeking to further their voluntary education goals and objectives. To qualify, you must be an active drilling member of the OHARNG.

Programs include, but not limited to:

- CLEP/DSST (College credit equivalency exams in over 30 subject areas)
- Joint Services Transcript (JST); describes your military schooling and work history in civilian terms, as a standard form, making it easier for colleges to read and recommend credits.
- College/Career Planning Resource: Kuder Journey
- College/Test Prep Resources: Online Academic Skills Course (OASC) and College Placement Skills Training (CPST)
- MWR Library Online Resources (EBSCO) Provides free test prep for a variety of military and civilian exams.

For more information about DANTES, please visit <https://www.nationalguard.com/education-programs/DANTES-programs>

Send inquiries to the Education Office Distro: ng.oh.oharmg.list.g1-education@mail.mil



DEPLOYMENT

Preparing for, experiencing, and coming back from a deployment can be stressful for not only the Soldier, but also for their Family members. To mitigate stressors associated with deployments, it is important to be prepared and ensure that all involved in a deployment (Soldiers and Families) take steps to understand what is ahead, and more importantly, understand the programs and resources that are available to support both the Soldier and Family – before, during, and after a deployment. Whether you are facing an upcoming deployment or coming home, it is important to be prepared. The Yellow Ribbon Reintegration Program is intended to help prepare Soldiers and their Families manage the stress of pre-, during-, and post-deployment activities. Take advantage of what the YRRP has to offer and get prepared! Maximize use of resources and actively seek out information; don't leave any resource unused.

Yellow Ribbon Reintegration Program

Yellow Ribbon Reintegration Program (YRRP) is a Department of Defense program that is mandatory for Soldiers to attend and optional for Family members/support systems to attend. It is strongly encouraged that the Soldier bring at least one Family member, or support system to the YRRP briefings. There is one briefing before deployment and three separate post reintegration events after deployment.

- **Pre-Mobilization Soldier and Family Brief (SFMB)** the Soldier and their support system will connect with local resources and learn about what benefits the Soldier and Family members are eligible for during the deployment. One of the most important benefits the Soldier will be eligible for is TRICARE health and dental. SFMB typically takes place 30-60 days prior to the deployment.
- **Post 1 and Post 2** reintegration events both focus on reintegration with the Family and Soldier support system. Briefs and activities include, but not limited to, resources to support wellbeing that include health care, education, employment support, financial, behavior and mental health, and legal benefits. VA representatives are also available to answer any questions the Soldier might have regarding their VA benefits. Post 1 and Post 2 events are typically offered 30 and 60 days after demobilization but can occur up to 365 days after returning home.
- **Post 3** event focuses only on the Soldier. Post 3 focus on mental health services and occurs 90 – 180 days after the Soldier has completed Demobilization.



For more information about Ohio's Yellow Ribbon Reintegration Program, please contact CW3 Mark Sundbury at marke.sundbury.mil@mail.mil or 614.336.7471



Deployment

Once the Soldier completes pre-mobilization trainings and attends SFMB, the Soldier will then deploy. While the Soldier is on deployment, a Soldier and Family Readiness Specialist will conduct monthly outreach to a Family member, or the Soldier's support system, to check in to make sure everything is going smoothly on the home front. The information on Family Datasheets is used to conduct outreach calls to Family members that are listed. Be sure that the Soldier updates their Family Datasheet is updated with current information.

Demobilization

Demobilization is an exciting time for the Soldier and Family. During demobilization the Soldier will have time to reintegrate with their Family, friends and civilian work or continue with their education. The YRRP Post 1 and Post 2 events will help the Soldier with this transition. After the Soldier has completed their YRRP requirements they will then will have an Inactive-Duty Training (IDT) schedule.



YOUTH AND FAMILY

Family Days and Holiday Parties

Do you have an upcoming event? Our youth team would like to add to your Family event! At no additional work to you, our team would bring supplies and volunteers to add resources and activities to your day. Activities would be simple make and take items, games, and other activities. Support is based on a first come first serve basis, and staff availability. Contact Andrew Seward for more information. Please request support a minimum of 45 days prior to event.

Become a Volunteer

Becoming a volunteer with our program is easy and we assure you that the benefits are abundant! As a volunteer, you will receive the opportunity to attend fun events, gain practical experience, enhance professional development skills, and give back to amazing military Families around the state. Our opportunities range from one-day events, to week-long residential camps, making it flexible enough to accommodate your schedule. Interested in taking the first step and learning more? Please visit our website at <http://www.ohio4h.org/operationmilitary-kids>. For more information, contact Andrew Seward.

Ohio Military Teen Council

Ohio Military Teen Council (OMTC) exists so that teens can have a say in what they need and want from our programs. Joining OMTC will give teens a voice! Quarterly meetings provide open discussions, hands on activities, and connections to others who live the military connected lifestyle. Teens will gain confidence in leadership skills, mentoring others and becoming role models. OMTC offers teens a way to give back to the OMK program, gain experience for college applications, resumes, and social services in a fun, inspiring environment. Contact Mark Scherer about how you can become part of OMTC today!



FY'22 Youth and Family Programs

This is an outline of event types. Events and activities are meant to build resiliency and confidence in youth and Family members that attend and participate. Choose your event(s) from the calendar below.

For more information about the events and how to register, please visit https://www.ong.ohio.gov/frg/frg_youthprograms.html

HERO Camp: A one day event that typically lasts about 6 hours and includes lunch. Pre-registration is required with a nominal fee. Normally held at a local venue to capitalize on what it has to offer paired with Youth Program specialties.	Family Overnight: Spend the night at a local zoo, science center, aquarium, etc. Your family will sleep at the venue with breakfast provided. Exact hours and activities vary, and the fun never stops.	Family Camp: Your Family will enjoy Friday evening through Sunday morning participating in numerous activities. You bring the Family and your personal items and we will provide the food and activities, all included in the registration price.
Teen Leadership Events: These events take full advantage of all the venue has to offer paired with intentional and focused leadership and resilience lessons.	Residential Camps: These 5 day and 4 night camps are a great way for youth and teens to connect and build lifelong connections while enjoying the enriching experiences of camp.	

EVENT NAME	OPEN TO	DATES	LOCATION
Family Overnight Event	Ages 5-12	March	Central OH
Equestrian HERO Camp	Ages 6-12 + Parent Program	Spring	Central OH
Family Overnight Event	Ages 5-12	Spring	Northern OH
HERO Camp	Ages 5-12 + Parent Program	Spring	Western OH
HERO Camp	Ages 8-12 + Parent Program	Summer	Northern OH
Teen Leadership Camp	Ages 12-17	June or July	Central OH
Family Overnight Event	Ages 5-12	Summer	Southern OH
Teen Leadership Weekend	Ages 12-17	Summer	TBD
HERO Camp	Ages 5-12 + Parent Program	Summer	Central Ohio
OMK: Camp Kelleys Island TEEN CAMP	Ages 12-15	August	Kelleys Island
OMK: Camp Kelleys Island YOUTH CAMP	Ages 9-11	August	Kelleys Island
Troop & Family Camps	Any Military Family	April	Western OH
		August	Northern OH
		August	Southern OH
		August	Central OH
		September	Northern OH



EVENTS AND RESOURCES

Month of the Military Child

With over 30,000 military connected youth in Ohio, community awareness and involvement is key to the support of these youth and Families.

April is federally recognized as the Month of the Military Child. Each year, one day in April is designated as "Purple Up" day, with purple to represent the colors of each military branch mixed together in support of the youth and Families.

Ways that you can increase awareness of military Families:

- Wear purple and post your photos to our Facebook page (<https://m.facebook.com/OhioOperationMilitaryKids>) during April to let everyone know you support military youth.
- Encourage your place of worship, employment, school, and social group to participate in awareness raising activities.

Education Outreach

The mission of the Education Outreach Program is to identify military connected youth in the schools to provide them, their Families, and their educators with resource training, information and opportunities to ensure their success in school and in life.

Tool-Kits

"Tool Kits" (information packets) are available and customized for parents, students, and educators. They will include resources, educational materials, contacts, and helpful information. Contact your Education Outreach Specialist for more information, Mark Scherer at 614.336.4214, or mark.a.scherer7.ctr@mail.mil

Military Interstate Compact Agreement (MIC3)

The MIC3 addresses educational transition issues that are encountered by military Families including enrollment in schools, placement in classes, attendance, eligibility in sports, and graduation requirements. This covers any K-12 student enrolled in the household of a full-time duty status in the active uniformed service of the United States, including members of the National Guard and Reserve on active duty orders pursuant to 10 U.S.C. Section 1209 and 1211. Visit: <http://mic3.net/>

Resources for Students and Families

Tutor.com

www.tutor.com/military



Every tutoring session of more than 40 subject areas is conducted in a secure online classroom, one-on-one and available 24/7, even from your phone!

Our Military Kids

www.ourmilitarykids.org



Our military kids provides a one time, up to \$300 grant per child to wounded warrior and overseas deployed service members' Families for sports, fine arts, camps, and tutoring programs.

In coordination with NGB-J1, effective 27 July 2021, Our Military Kids Inc, has expanded National Guard and Reserve eligibility for activity grants to Title 10 and Title 32 deployments/activations, made the required active duty time for eligibility cumulative within the prior 12 month period, and increased maximum grants awards under their Severely Injured Program. See the press release here - <https://www.ourmilitarykids.org/community2021/>

March2Success

www.March2Success.com



March 2 Success provides free materials needed to help improve scores on standardized tests such as state exit exams, SAT, ACT, and ASVAB.

Military Child Education Coalition (MCEC)

www.militarychild.org

MCEC provides quality educational opportunities and resources for all military children affected by mobility, Family separation, and transition.

Federal Impact Aid Funding

<http://www2.ed.gov/about/offices/list/oese/impactaid/index.html>

Impact Aid provides funding to local school districts with concentrations of children residing on military bases or in low-rent housing or to federal employees for increased expenditures due to enrollment of federally connected children.

For more information regarding youth and student resources and event/activities contact:

Andrew Seward

Lead Child and Youth Program Coordinator
614-336-7274 or email: andrew.j.seward.ctr@mail.mil

Mark Scherer

Child and Youth Program Coordinator
614-336-4214 or email: mark.a.scherer7.ctr@mail.mil



What is Financial Readiness?

Financial readiness is defined as "the state in which successful management of personal financial responsibilities supports service members' ability to perform their wartime duties." This means that, with more confidence in their personal finances, Soldiers can better focus on their missions — and having current, accurate information to make educated, responsible financial decisions helps Soldiers become financially-ready. Think of your financial journey as a road trip. You'll need a plan to get there, regular fill-ups and maintenance to get where you need to go. And you will have assistance available along the way.



Personal Financial Counselors - It Pays to Know Your Personal Financial Counselor!

Learning how to make smart money choices early in your life will relieve stress and future hardship. Reducing debt, staying or becoming credit worthy, and investing in your future will protect you from financial difficulties. Security clearances are tied directly to financial preparedness. Poor money choices can derail a military career; leverage resources to be financially healthy.

PERSONAL FINANCIAL COUNSELORS PROVIDE

- Free, confidential financial consultations for Soldiers and Family members
- Help with credit management and budgeting
- Strategies for Home Buying
- Resolve financial issues
- Help navigating benefits like the Blended Retirement System and Thrift Savings Plan
- Financial planning for all military lifecycle transitions i.e. pre and post deployment, retirement etc.

PFCs are professionals with experience and specialized training. They have a minimum of a bachelor degree and hold National certifications for financial counseling and education.

Contact an ONG – PERSONAL FINANCIAL COUNSELOR near you for a FREE consultation!

Cincinnati Paula Abbott, CFP® 513-431-1300 PFC.Cincinnati.USAR@zeiders.com	Columbus Lawrence Adeyeye, CFP® 614-600-8355 PFC.OH.NG@zeiders.com	North Canton Lori Mann, AFC® 740-447-3727 PFC5.OH.NG@zeiders.com
Springfield Scott Pelfrey, CFP® 937-917-6778 PFC2.OH.NG@zeiders.com	Toledo-Bowling Green Open Position PFC6.OH.NG@zeiders.com	Wooster-Mansfield Open Position PFC3.OH.NG@zeiders.com

PFC services are no cost, private, and confidential.

Why is Financial Readiness Important?

In the military, financial readiness can directly impact a Soldier's ability to successfully prepare for and complete their mission by reducing distractions from unresolved financial issues. Soldiers seeking or holding security clearances may find it more difficult to obtain or keep their clearances if they experience financial problems.

Your Personal Financial Counselor is available for education and training at each stage of your journey. Turn to them to learn more about the below topics.

- **Initial entry training (Operation Solid Start):** Learn about financial readiness, create and understand a spending plan, learn how to read your Leave and Earnings Statement, review your retirement system and make a plan for paying off debt.
- **Each promotion:** Review Soldier's spending plan, maximize savings, minimize debt, understand the impact of credit score on Soldier's long-term plans and reassess Thrift Savings Plan contributions.
- **Vesting in Thrift Savings Plan:** Invest as much cash as possible, identify long-term financial goals and create steps to reach them, maximize contributions now for a greater payoff in retirement.
- **Marriage:** Register the Soldier's spouse in DEERS, update health, dental and life insurance policies, identify joint financial goals and adjust Soldier's spending plan accordingly.
- **Birth and adoption:** Register Soldier's child in the Defense Enrollment Eligibility Reporting System, update health, dental and life insurance policies, review and adjust Soldier's spending plan, and consider opening a college savings plan.
- **Divorce:** Update Soldier's DEERS information, update paperwork and insurance policies, notify creditors, and review and adjust Soldier's spending plan.
- **Pre- and post-deployments:** Update paperwork and insurance policies, consider freezing Soldier's credit report and setting up credit alerts, review and adjust Soldier's spending plan, increase savings, understand any changes in pay and allowances and meet with a personal financial counselor to answer any questions.
- **Career transition:** Examine Soldier's goals, spending plan and savings, notify civilian employers and meet with a personal financial counselor.

For more information or resources: Visit <https://www.financialfrontline.org/> for financial readiness online classes that Soldiers and Family members can take. Visit the FINRED website at <https://finred.usalearning.gov> for original, reliable and up-to-date financial information that you can count on. Search topics that include; Knowing Your Benefits and Entitlements, Managing Your Money, Saving and Investing, Planning for the Future, Understanding Consumer Protections, and much more!

What is Thrift Savings Plan?

Thrift Savings Plan (TSP) is a retirement savings plan for Soldiers that gives them an option to sock away some cash.

TSP gives Soldiers a simple retirement strategy that makes saving money easier. Any contributions they make are theirs to keep, whether they leave the military or stay in until retirement.

Once the Soldier's account is established, they can access it on the TSP website (<https://www.tsp.gov>) or by using the TSP ThriftLine (877-968-3778), where they can pick their investment options or make changes to their account. Still have questions about TSP? Please make an appointment with the closest Personal Financial Counselor and they can help the Soldier with their TSP account.

Calculators

Don't just guess — calculate. With the help of these financial calculators, you can get an accurate picture of how various decisions will affect your overall financial health. Whether you're making an investment, buying a car or building your savings, knowing your numbers is a powerful tool. <https://finred.usalearning.gov/ToolsAndAddRes/Calculators>

Sen\$e

Download the Sen\$e mobile application through your phone's app store for personalized financial resources on your mobile device. It just makes sense!

- ✓ Prepare for transitions throughout your military career.
- ✓ Make wise financial decisions when life events happen.
- ✓ Thrive while spending within your means.





Wellness (R3SP)

The Resiliency, Risk Reduction, and Suicide Prevention (R3SP) team's mission is to enhance force resilience through a combination of training and improved fitness, in order to decrease the incidence of undesirable and destructive behaviors. The end state is a healthy organization that is drug free, resilient, and knowledgeable regarding high risk behaviors, educated on stress reduction measures, and aware of available Soldier support network resources.

Resilience Training Assistant

The RTA course is dynamic and interactive, with large and small group training. This training consists of a 25-hour block of Master Resilience Training core competencies focusing on resilience and performance enhancement skills. You will be taught resilience skills, how to apply them, and how to instill these skills in others. You will complete this course with a deeper sense of self-awareness and optimism. As a leader, you will also gain the ability to recognize and capitalize on your strengths and the strengths of others, while being resilient in all areas of life. This training is available to all Soldiers and Family members.

Service members contact your unit and ask to be put into a course.

Family members contact Amy Seward at (614) 356-7918 or amy.b.seward.civ@mail.mil

RTA Training Dates in 2022:

January 12-14
February 9-11
March 9-11
April 20-22
May 4-6
June 8-10
August 10-12

All classes will be conducted at DSCC, BLDG 2 beginning at 9:00 am.



Army Substance Abuse Program (ASAP)

The Army Substance Abuse Program (ASAP) is a command driven program that emphasizes readiness and personal responsibility, along with aiming to decrease high-risk behaviors to ensure that every Soldier understands the dangers associated with drug and alcohol abuse.

Military Family members, as well as civilian employees, veterans, and their Families, are eligible to receive support from the ASAP. By providing individuals with consultations and resources, the Ohio Army National Guard recognizes that military Families can be greatly impacted by the frequent transitions and separations associated with military life. This is why we offer this great resource for military members and their Families. Families are able to speak with trained substance abuse personnel who are familiar with military life and are able to provide support, consultations, and, if appropriate, support the Family member by connecting them to resources in their area.

For support and resources, please contact one of the following team members.

ADCO/RRC Patrick Jackson 614-336-7319 (W) 614-619-8432 (C) patrick.m.jackson22.ctr@mail.mil	PC - (STC/16th) Zach Yoder 614-336-6244 (W) zachariah.wyoder.ctr@mail.mil
PC - (73rd/371st) Stephanie Stephens 614-336-6344 (W) 937-926-4630 (C) stephanie.r.stephens10.ctr@mail.mil	PC - (37th/174 ADA) Carla Rinaldi 614-336-6239 (W) 614-906-6922 (C) carla.m.rinaldi.ctr@mail.mil

Applied Suicide Intervention Skills Training (ASIST)

The ASIST workshop provides training for caregivers to prevent the immediate risk of suicide. Participants will increase their knowledge and confidence to respond to a person at risk of suicide. The ASIST workshop uses different and engaging learning processes to create a practice-oriented and interactive learning experience.

Point of contact is

Gloria Stewart at gloria.i.stewart.ctr@mail.mil or by phone at 614-336-6000 ext 7512.

ASIST Workshop Dates
Held at DSCC Bldg 2 at 0900

January 10-11	Rm 1020 & 1027
February 7-8	Rm 1020 & 1027
March 14-15	Rm 2115 & 1028
April 11-12	Rm 1020 & 1027
May 16-17	Rm 1020 & 1027
June 20-21	Rm 1020 & 1027
July 18-19	Rm 1020 & 1027
August 15-16	Rm 1020 & 1027

ASIST Refreshers Held at
DSCC Bldg 2 at 1300

March 16	Rm 2003
June 22	Rm 1028
August 17	Rm 1028

Psychological Health

It takes courage to ask for help for you, a loved one, or a battle buddy. Please know you can reach out to your Brigade Psychological Health Coordinator confidentially. He or she is a licensed and trained mental health professional and will be able to assist.

We can assist with:

- Post deployment adjustments
- Couples conflict
- Children's behavioral concerns
- Anger management
- Work place stressors
- Communication concerns
- Substance use/abuse
- Suicidal ideations
- Depression/Anxiety symptoms
- Traumatic Brain Injury

PSYCHOLOGICAL HEALTH COORDINATORS

Director of Psychological Health

MAJ David Kirker, LISW-S
david.i.kirker@mail.mil
 614-336-7393

371st SUS BDE

Karey Thompson, MSW, LISW-S
karey.a.thompson.ctr@mail.mil
 Mobile: 614-623-2625

73rd TC

Colin Fowler, LPCC-S
colin.b.fowler.ctr@mail.mil
 Office: 614-336-6000 x4291 Mobile: 614-572-8783

174th ADA BDE and STC

Monica Szonn- Lillard, LISW-S
Monica.m.szonn-lillard.ctr@mail.mil
 Office: 614-336-4292 Mobile: 614-639-0337

16th ENGR BDE

Madelyn Scarberry, LISW-S
madelyn.m.scarberry.ctr@mail.mil
 Office: 614-336-6000 ext. 6899 Mobile: 614-357-5107

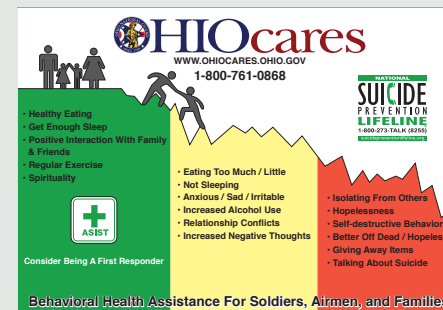
37th IBCT

Kellie King-Feciuch, LPCC
Feciuch.k.king.ctr@mail.mil
 Office: 614-336-5996 Mobile: 614-307-1810



OHIOcares

OhioCares is a resource and referral call line manned by licensed mental health professionals during normal business hours and beyond. Available to all Soldiers, Airmen, their Families, and leadership teams, OhioCares provides a quick response to non-emergency needs and can assist with stress, trauma, depression/anxiety, substance abuse concerns, and more. A licensed professional stands by to answer your questions and make referrals to definitive care when appropriate - Call 1-800-761-0868 or go to www.ohiocares.ohio.gov.



Resources for Soldiers and Family members

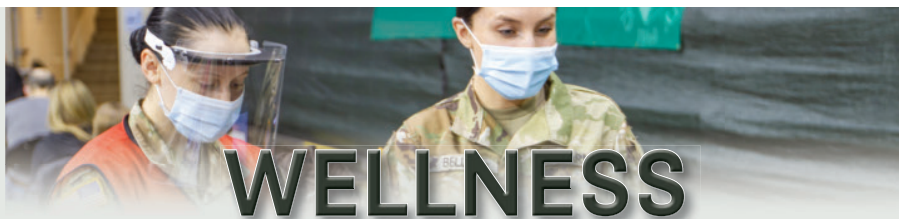
Check out these resources that are available to both Soldiers and Family members coping with various behavioral health issues.

Health.mil is the official website of the Military Health System. Topics range from combat support, health readiness, total force fitness, conditions and treatments, research information, and much more. <https://health.mil/>

Suicide Prevention: Learn how to recognize and intervene when a loved one is in distress. <https://www.resilience.af.mil/Programs/Equipping-Families/> <https://www.ohiospf.org/resources/>

Post-Traumatic Stress Disorder: PTSD is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or sexual assault. Check out the National Center for PTSD website for resources to help understand, cope, support and research on PTSD. <https://www.ptsd.va.gov/>

VA mental health services: Find out how to access VA mental health services for post-traumatic stress disorder (PTSD), psychological effects of military sexual trauma (MST), depression, grief, anxiety, and other needs. Your Soldier can use some services even if they're not enrolled in VA health care. <https://www.va.gov/health-care/health-needs-conditions/mental-health/> <https://www.mentalhealth.va.gov/families/>



TRICARE Reserve Select

TRICARE Reserve Select (TRS) provides comprehensive, affordable health care, dental and pharmacy coverage to meet your Soldier's or Family changing needs.

Soldiers are eligible for TRS if they're:

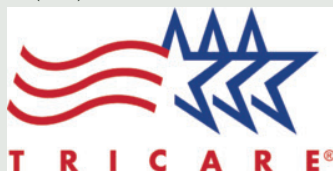
- A member of the National Guard or Reserve,
- Not on active duty orders or covered by the Transitional Assistance Management Program (TAMP), and
- Not eligible for or enrolled in the Federal Employee Health Benefit (FEHB).

What the Soldier pays*:

- Member only: \$47.20/month
- Member + Family: \$238.99/month

Deductible*:

- E1-E4: \$52 per individual and \$105 per Family
- E5 & above: \$158 per individual and \$317 per Family



Enroll – Online or by Phone Visit the TRS Enrollment page at <https://www.tricare.mil/Plans/Enroll/TRS>
Call the Eastern Regional contractor at 800-444-5445

To learn more about this valuable benefit go to: <https://tricare.mil/TRS>

*Prices are current for the year 2021. Please call or visit Tricare's website for the most up to date prices.

Informed, Empowered, and Engaged Families – Evidence based steps you can take to save a life

"START" Talking about Suicide

No one ever thinks suicide could happen in their Family.
Talking about suicide can and does save lives.



"START" online training program is where Soldiers and their Family members learn how to recognize the signs of suicide and develop the skills to connect someone to help and support. During START training,

the Soldier and or Family member will learn a powerful four-step model to keep someone safe from suicide and have a chance to practice it with impactful simulations.

Spouses, parents, and other Family members play a vital role in building this community-wide safety net. National Guard Soldiers spend approximately two days a month (and two weeks a year) with the OHARNG. When Soldiers are in a military duty status, they are at their very best and actively hide problems. A Soldier's at home support systems (i.e., Family members, friends, employers) are with them the other 28 days. Family members know when a Soldier is thriving and when they might be struggling. Family members have a much greater opportunity to identify challenges, stressors, risk factors, and early signs of behavioral/mental health concerns



In 90 minutes LivingWorks START Can Help You:

- Become more comfortable talking about suicide
- Keep a loved one safe in times of distress
- Support friends and co-workers
- Have peace of mind knowing you're ready to help

Sign up for this Free training at

<https://www.surveymonkey.com/r/OHARNG-START>

Have questions? Contact Erin Van Gorden at erin.m.vangorden.ctr@mail.mil

Save a Life: Lock Your Gun!

Suicide: No one thinks it can happen in their family - make the ones you love lock their guns. Though all Soldiers are well-versed in gun safety, all owners should understand that during emotional or stressful times, limiting access to their firearms could prevent suicide. Many suicide attempts take place during a short-term crisis - putting time and space between a decision and action, during a crisis, can prevent suicide and save lives. Gun locks CAN prevent a crisis from becoming fatal. It takes a few minutes to install a gun lock. ACT NOW—Have a FREE gun lock mailed to your home.

Request your Free Gun Lock:

<https://www.surveymonkey.com/r/freegunlocks>

Guns in the home, in and of its self, are a risk factor for suicide. Understand suicide risk factors and be intentional about locking up guns especially when one or more of the following risk factors are present.

- Social Isolation
- Diagnosed Mental Health Disorders
- Lack of Behavioral Health Care
- Major Physical Illness
- Alcohol or Substance Abuse Disorders
- Job Loss
- Financial Hardship
- Broken or Stressed Relationships
- Exposure to Others Who Have Died by Suicide
- Death of a Loved One



Buy time to intervene and access resources that can reduce the incidence of death by suicide. Locked guns put time between decision and action- Five minutes can make a difference between life and death. Familiarize yourself now with life saving information: don't wait till a crisis occurs.



Military One Source (MOS)

MOS - NATIONAL GUARD

<https://www.militaryonesource.mil/national-guard>

Confidently navigate life in the National Guard, and find the support you need as you serve home and country. From financial counseling to family relationships, you can access resources as you serve your country in the guard.

HEALTH AND WELLNESS SERVICES

Military OneSource considers your health and wellness a top priority! If you are eligible for the program, you and your family have access to many health and wellness services. Here are a few to consider:

• Health and Wellness Coaching

Need help exercising more or eating better? Partner with a coach on the phone, by video, or online for help reaching your health goals.

• Military OneSource Member Connect

Log in to access countless health and wellness resources such as articles, videos, quizzes, slideshows, and podcasts. Be sure to check out these popular items:

• Health Library

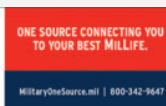
Explore this resource adapted from the world-renowned Mayo Clinic to find exercise videos, nutritious recipes, and health tips.

• Training Videos

Watch videos for tips to lose body fat, relax with mindfulness, improve your sleep, and more.

• Neighborhood Navigator

New to your location? Use this tool to find gyms and fitness programs near you.



Real help - anytime, anywhere, at no cost to you

NON-MEDICAL COUNSELING

Military OneSource counselors are available for free, short-term, confidential non-medical counseling services for a wide range of issues from marital conflicts and stress management to coping with a loss and deployments. Sessions can take place in person, over the phone, or via secure video or online chat. Trained to work with the military community, military and family life counselors deliver valuable face-to-face counseling services, briefings and presentations to the military community both on and off the installation.

For more information, please visit: <https://www.militaryonesource.mil/confidential-help> or call 800-342-9647



Guard and Reserve (regardless of duty status), active-duty, and their families

American Red Cross

The Red Cross helps members of the military, veterans and their families prepare for, cope with, and respond to, the challenges of military service. The American Red Cross Hero Care Center is available 7 days a week, 24 hours a day, 365 days a year, with two options for requesting assistance: online and by phone. To speak to a Red Cross Emergency Communications Specialist call 1-877-272-7337, or to submit a request online <https://saf.redcross.org/css>

Whether your family is facing its first deployment or the next of many, the American Red Cross has developed workshops, information and support services to help you with the practical and emotional challenges. <https://www.redcross.org/get-help/military-families/deployment-services.html>

Course Name	Course Description
Coping With Deployments	Spouses, parents, siblings and significant others learn skill-building techniques that help them respond to the challenges of the deployment cycle.
Pre-Deployment Preparedness Tool for Family Members	Make sure your family is prepared with information they may need throughout the deployment.
Reconnection Workshops	Reconnection Workshops enhance the likelihood of positive reconnections among family members and successful re-engagement of service members and veterans in civilian life.
Mind-Body Workshops	Mind-Body Workshops offer an alternative method of healing that engages both the mind and body to address common stress reactions that occur within military families and communities.
Post-Deployment Support Resources	Information and workshops to help families re-adjust to being together after a loved one's deployment.

Download the FREE Hero Care App

Access vital emergency and non-emergency resources for military members, veterans and military families. Or text: "GETHEROCARE" to 90999

STRONG BONDS

Virtual Relationship Education Courses

The Strong Bonds Program now offers year round virtual relationship education courses that Soldiers and Family Members can take online at their convenience. Virtual courses focus on relationship enrichment for singles, premarital/newly married couples, and married (or unmarried) couples. One popular course, Financial Peace University, even focuses on finances which is often a source of relationship conflict.

Funding Covers: In addition to free access to the online courses and printed course materials (dependent on the specific program), some courses may offer pay orders for completing the course (dependent on funding). Soldiers may also complete training on SUTA status with command approval.

See below for more information on each of the virtual programs.

Head Meets Heart (HMH)

What if you could take the guesswork out of relationships? Are you a single Soldier who has been unlucky in love? Or are you currently in a relationship and want to make sure you don't mess up a good thing? The JFHQ Chaplain's Office might have the solution for you! HMH is an online course for Single Soldiers who are looking to make wise relationship choices by following their hearts without losing their minds! Learn more about HMH at:

About Love Thinks - <https://online.mylovethinks.com/>

About "Head Meets Heart" - <https://online.mylovethinks.com/courses/head-meets-heart-free>

How it works: After registering, registrants will receive an access code to the online HMH course. HMH provides six hours of self-paced online training. Chaplains are available to discuss personal applications and offer confidential pastoral counseling. While these mentoring discussions are not mandatory, they help to reinforce the training and identify personal applications.

TO REGISTER: <https://www.surveymonkey.com/r/HMH20>



Saving Your Marriage Before It Starts (SYMBIS)

Engaged or recently married? Do you want to build a strong

foundation for your relationship? The JFHQ Chaplain's Office might have the solution for you! SYMBIS provides engaged or newly married couples an exciting opportunity to prepare for a strong and passionate marriage. In SYMBIS, couples take an online assessment to discover more about each other by identifying their similarities and differences. The assessment covers personality, upbringing, attitudes towards money, sex, and much, much more. Even couples who have been together for years will learn new things about each other. Learn more about SYMBIS at:

About - <https://www.symbis.com/couples/>

FAQ - <https://www.symbis.com/faq/>

How it works: After registering, registrants will receive an

access code to the online SYMBIS Couples Assessment. After completing the assessment one of our certified OHARNG Chaplains will receive the results and set up virtual or in person mentoring sessions to go over any strengths, weaknesses, or caution flags that the assessment tool identifies.

TO REGISTER: <https://www.surveymonkey.com/r/SYMBIS>



Prevention and Relationship Education Program (ePREP)

Has being cooped up at home made you a little crabby and hard to get along with? The JFHQ Chaplain's Office might have the solution for you! ePREP is an online virtual couples enrichment course for both married or unmarried couples. ePREP teaches couples how to talk without fighting, keep friendship and fun alive, and beat the odds of relationship difficulties. The skills and strategies presented in ePREP has helped over a million couples around the world. ePREP also increases the level of dedication and commitment couples have for each other which protects the relationship from the inevitable problems that arise. Learn more about ePREP at:

About - <https://www.lovetakeslearning.com/about.php>

FAQ - <https://www.lovetakeslearning.com/faqs.php>

How it works: After registering, registrants will receive an access code to the ePREP course. ePREP provides six hours of self-paced online training. Participants may take the course as self-study or with virtual coaching sessions (through video conferencing) with a Chaplain. Coaching sessions greatly increase what couples get out of the course as they provide couples the opportunity to practice some of the skills the course teaches.

TO REGISTER: <https://surveymonkey.com/r/ePREP20>



Rock Solid Marriage (RSM)

Falling in love is easy . . . staying in love requires regular recalibration. RSM teaches couples the skills they need to nurture a lasting love. RSM shows couples how to regularly revitalize the dynamic links in their marriage with the Relationship Attachment Model (R.A.M.). This model illustrates how couples grow closer by meeting one another's needs for an open, trusting, and fulfilling relationship. Learn more about RSM at:

About Love Thinks - <https://online.mylovethinks.com/>

About "Rock Solid Marriage" - <https://online.mylovethinks.com/courses/rock-solid-marriage-free>

How it works: After registering, participants will receive an access code to the online RSM course. RSM provides six hours of self-paced online training. Chaplains are available to discuss personal applications and offer confidential pastoral counseling. While these mentoring discussions are not mandatory, they help to reinforce the training and identify personal applications.

TO REGISTER: <https://www.surveymonkey.com/r/RSM21>



Financial Peace University (FPU)

Have recent events set you back regarding your financial goals? Is financial stress weighing you down? This program will help you to dump debt, save for emergencies, and build wealth. Turn financial stress into financial peace! FPU teaches participants how to handle money and to grow in financial independence. Through Christian faith based principles, you will learn how to get out of debt, stay out of debt, and how to make your money work for you. Stop living paycheck to paycheck!

Learn more about FPU at: <https://www.daveramsey.com/fpu>

How it works: FPU is a nine-week virtual course that will be held from AUG-OCT 2022. Optional Regional "Kickoff" Dinners will be scheduled in August (dependent on funding). Each week, participants will view a 50-minute video on their own and participate in a one-hour weekly online meeting through Microsoft Teams video conferencing.

TO REGISTER: <https://www.surveymonkey.com/r/FPU22>

DEADLINE TO REGISTER: 15 JUL 2022

QUESTIONS ABOUT VIRTUAL STRONG BONDS PROGRAMS?

Contact CPL John Owen at john.m.owen18@mail.mil or 614-336-6941 (office)/440-420-2462 (cell) OR CH (LTC) Nicholas Chou at nicholas.a.chou@mail.mil or 614-202-4757 (cell)

For more information about ong strong bonds programs click on the "chaplain" tab on the ong app or click on the link below: https://ong.ohio.gov/frg/FRG_retreats.html

Strong Bonds Marriage Enrichment Weekends

Strong Bonds Marriage Enrichment Weekends are open to married couples who are members of the Army National Guard. Family members must be enrolled in DEERS.

ABOUT MARRIAGE EVENTS: These events offer military couples a fun and refreshing time to reconnect with the love of your life! The retreats are designed to strengthen relationships, inspire hope and rekindle marriages. You and your spouse will gain skills that fortify your marriage as you enjoy a time of relaxation, recreation, fellowship, and fun. Four curriculums are periodically offered. They are Laugh Your Way to a Better Marriage, PREP, LINKS, and Speed of Trust.

BE NOTIFIED ABOUT UPCOMING EVENTS: If interested, please complete the survey below to be notified about upcoming events. <https://www.surveymonkey.com/r/SBMarriageInterest>

Strong Bonds Family Enrichment Weekends

Strong Bonds Family Enrichment Weekends are open members of the Army National Guard and their dependents. Family members must be enrolled in DEERS.

ABOUT FAMILY EVENTS: From diapers and night feedings to recitals and soccer games, the responsibilities of child-rearing can be especially difficult for military families. Daily routines can become overwhelming when families are faced with long separations, frequent relocations, and deployment. Strong Bonds Family events teach effective communication and parenting skills for parents and children. In addition to relevant teaching and skills training, there is time for relaxation, recreation, fellowship, and fun. Family members must be enrolled in DEERS. Children 8 years or older are active participants during Strong Bonds Family Events. Child care is

available for children 7 years old or younger. Two curriculums are currently offered. They are Family Wellness and The Speed of Trust.

BE NOTIFIED ABOUT UPCOMING EVENTS: If interested, please complete the survey below to be notified about upcoming events. <https://www.surveymonkey.com/r/SBFamilyInterest>

Strong Bonds Singles Enrichment Weekends

Have you ever heard the saying, "An ounce of prevention is worth a pound of cure"? Strong Bonds Singles Enrichment Weekends are open to unmarried Service Members in the Army National Guard. Service Members may bring a fiancée/ significant other as long as there is no cost to the military and based on availability (check with POC noted below).

ABOUT SINGLES EVENTS: These events focus on developing healthy personal and relational habits so that you are better prepared to make that next big life decision. These life skills help attendees navigate transition times in life. Times of transition might include but is not limited to: redeployment, the beginning/ending of key relationships, or simply an up and coming significant life decision. The curriculums are designed to be highly engaging, fun, and meaningful for today's young adults. These events also offer single Service Members an opportunity to interact with other Service Members in a fun and interactive setting. Each event includes a recreational outing compliments of the USO of Central Ohio. Past outings have included trips to: Dave & Busters, Hocking Hills Canopy Tours (zip lining), and go cart racing. The two curriculums currently offered are Head Meets Heart and The Speed of Trust.

BE NOTIFIED ABOUT UPCOMING EVENTS: If interested, please complete the survey below to be notified about upcoming events. <https://www.surveymonkey.com/r/SBSinglesInterest>

WEEKEND ENRICHMENT EVENT FAQs

ARMY GUARD WHERE & WHEN: Army Guard members should check the ONG App under the "Chaplain" Tab for posted events or click on the link below. https://ong.ohio.gov/frg/FRG_retreats.html Registration closes 45 days before each event. So register early!

IS THERE FUNDING FOR ORDERS TO ATTEND IN A PAY STATUS? Service Members may attend Strong Bonds events in a pay status. Publishing of orders is dependent upon program funding.

CAN I ATTEND IN LIEU OF DRILL? Some Army National Guard units may allow you to attend in lieu of drill. Please check with your unit.

LODGING: Lodging is available regardless of driving distance.

COST: IT'S FREE. The total cost of this retreat including lodging, meals, child care, and workshop materials could easily exceed several hundred dollars. Thanks to Strong Bonds funding, this retreat is provided at no cost; though incidentals such as mileage reimbursement, room service, movies and food are not included.

QUESTIONS: Contact CPL John Owen at john.m.owen18@mail.mil or 614-336-6941 (office)/440-420-2462 (cell) OR CH (LTC) Nicholas Chou at nicholas.a.chou@mail.mil or 614-202-4757 (cell)



FAMILY RESOURCES

Family Assistance Centers

The Family Assistance Centers provide a "One Stop Shop & Resource" to help Soldiers and Family members cope with any issue they encounter. These centers were established to serve the needs of Service Members, Veterans, Retirees and their Families. Regional Soldier and Family Readiness Specialist (SFRS) offer a place to receive reliable information and referrals. Services include, but not limited to: crisis intervention, financial resources, legal, community information, TRICARE, ID cards and Defense Enrollment Eligibility Reporting System (DEERS).

To contact your Regional SFRS, please call **1-800-589-9914**, then select prompt associated with your region, or visit <http://homefront.ohio.gov>

Community Info

Community Services
Child care
Veteran organizations
Family Readiness Groups

ID Cards & DEERS

Initial DEERS enrollment
Add a Family member
Renew/replace ID cards
Obtain an ID card
Update contact info

Financial Resources

Counseling & budgeting
Emergency fund requests
Military pay issues
Tax assistance
Financial assistance applications

TRICARE

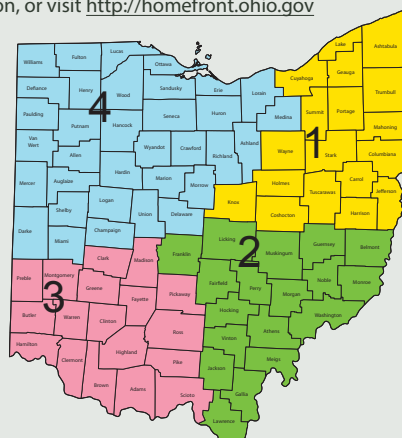
General info on benefits
Eligibility verification
Finding local providers
challenging claim denials
TRICARE medical & dental applications

Legal

Power of Attorneys
Wills
ESGR
Employment related issues
Civilian related issues

Crisis Intervention

Shelters
Abuse & neglect
Counseling services
Danger to self/others



SOLDIER AND FAMILY READINESS SPECIALISTS

Region 1	Region 2	Region 3	Region 4
Brendan Uhlir brendan.j.uhlir.civ@mail.mil	Harold Rowland harold.e.rowland2.civ@mail.mil	Mark Baseman mark.w.baseman.civ@mail.mil	Amber Stevens amber.d.stevens3.civ@mail.mil
Lead SFRS: Amy Seward amy.b.seward.civ@mail.mil			

Soldier and Family Readiness Group

Soldier and Family Readiness Groups (SFRG), formerly known as Family Readiness Groups (FRG), is a unit commander's program, comprised of Soldiers, civilian employees, Family members (immediate and extended), and volunteers belonging to a unit. It forms a network of mutual support and assistance and assists unit commanders in meeting military and personal deployment preparedness and enhances Soldier and Family readiness. For more information on how to be a part of your unit's SFRG, please reach out to your Regional SFRS, or your Soldier's unit.

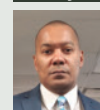
What is the SFRG mission?

- Act as an extension of the unit in providing official, accurate command information
- Provide mutual support between the command and SFRG membership
- Advocate more efficient use of community resources to help families solve the problems at the lowest level



RETIREMENT SERVICES

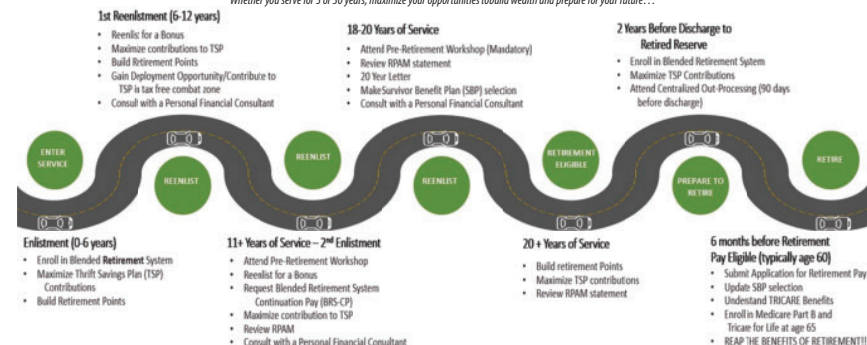
Exciting News!



We have a new Retirement Services Officer (RSO), Mr. Glenn E. Spencer. He and the Transition Services Branch are here to help you take the mystery out of being prepared to complete your service and help you maximize your retirement benefits should you choose to make a career out of your military service. For those who stay for 20+ years, the benefits that come with a National Guard retirement are significant. For more information on retirement, please contact Glenn E. Spencer, Retirement Services Officer at (614) 336-7252 or glenn.e.spencer2.civ@mail.mil

Military Service Highway – Journey to Retirement

Whether you serve for 3 or 30 years, maximize your opportunities to build wealth and prepare for your future...



Retirement Services Support Team

An entire team of professionals are available to advise, advocate, support, and process benefits and resources you and your family should use to ensure all the benefits of your service are accessed. Please see below for brief descriptions for these contacts and their roles.

Ohio Army National Guard RPAM Administrator

Provides, reviews, corrects RPAM Statements and assist/process transactions related military retirement and survivor benefits.

For more information contact: SSG Anthony Kline
Phone: 614-336-7277
Fax: 614-336-7373
anthony.kline2.mil@mail.mil

Transition Assistance Advisor Program

Transition Assistance Advisors provide Soldiers and Family members assistance in understanding and utilizing local, state, and federal veteran benefits and services.

For more information go to:
Web: <https://ong.ohio.gov/programs/transition-assistance/index.html>
Facebook: ONG Transition Assistance
OHARNG Mobile App - Families
Mike Magnusson, OHARNG Transition Assistance Advisor, 614-336-4192
michael.j.magnusson.civ@mail.mil

Centralized Out-Processing (COP)

COP ensures separating or retiring traditional soldiers from the OHARNG have all the information they need to leverage all the programs benefits and resources they earned because of their military service. COP is conducted monthly at DSCC in Columbus.

For more information contact:
COP NCOIC: SFC Michael Gregory Ashdown
614-336-7281
gregory.t.ashdown.mil@mail.mil

County Veterans Service Offices

CVSOs are staffed by certified and accredited service officers who can assist Ohio Veterans and their survivors apply for local, state, and federal benefits earned by their military service. Services include Federal, State, and Local Veteran Inter-agency benefits

To find your County Veteran Service Office go to:
<https://dvs.ohio.gov/wps/portal/gov/dvs/resources-for-veterans/find-a-cvso>

Pre-Retirement Workshops

As you move through your military career, knowing your options is the first step in planning for Retirement. Let's get you to the Know! Soldiers with 18-19 years of creditable service are required by law to attend. We encourage family members, Soldiers within 2 years of discharge to the Retired Reserve, and Soldiers with 11 years of service planning to reenlist. For more information on registration, please contact Glenn E. Spencer, Retirement Services Officer at (614) 336-7252 or glenn.e.spencer2.civ@mail.mil

FY22 Pre-Retirement Workshop Schedule

11-Dec-21	(In person) RTI Auditorium
14-Mar-22	(Virtual) (Platform TBD)
18-Jun-22	(In person) RTI Auditorium
12-Sep-22	(Virtual) (Platform TBD)



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on the Ohio National Guard, watch the
Buckeye Guard video newscast or read
the digital Buckeye Guard online publication:
ONG.Ohio.gov/Buckeye-Guard/index.html

