

September/October 2015

Family Programs Newsletter



108th Training Command (IET)
Family Programs Office
1330 Westover St., Charlotte, NC 28205
866.215.3647 x 4237

Veterans Crisis Line

Special points of interest:

- * Family Programs Staff Information
- * Credit IOI
- * Upcoming Training Events

The Veterans Crisis Line is a toll-free, confidential resource that connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs (VA) responders.

Veterans and their loved ones can call 1-800-273-8255 and Press 1, chat online at www.veteranscrisisline.net, or send a text message to 838255 to receive free, confidential support 24 hours a day, 7 days a week, 365 days a year, even if they are not registered with the Department of Veterans Affairs or enrolled in VA health care.

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Whether you're a Veteran, or a friend or family member concerned about one, confidential assistance is only a call, click, or text away.

Veterans Crisis Line



1-800-273-8255
PRESS 1

Survivor Outreach Services Financial Counselor Now Onboard

Michael Fines, a contractor with Strategy and Management Services, joined the family programs staff on August 17. He comes to this assignment with many years' experience as a contractor providing financial counseling to several branches of the military. Most recently, Mike covered all of New England and Pennsylvania providing financial counseling to the 1st District Recruiting Command for the U.S. Marine Corps. Prior to that, he was the financial counselor for the Rhode Island National Guard and Reserves. He came to those assignments after working as a contractor to the U.S. Army Survivor Outreach Services program as a financial counselor at Fort McPherson, Georgia and as an education services provider and financial counselor for the U.S. Navy in Sasebo, Japan.

Before beginning his career as a military financial counselor, Mike was in the private sector as a financial planner for eight years and practiced securities law for 15 years.

Mike is originally from New England. He enjoys music, reading, sports, fishing, motorcycling and kayaking.



How to Prepare Your Disaster Kit

Borrowed Military OneSource

A disaster kit is your Murphy's Law repellent. The kit can be the thing that goes right if disaster strikes. A carefully assembled disaster kit can make life bearable when you need it and provide great peace of mind when you don't. Basic disaster kits don't require a lot of time, money or effort to put together, so prepare you family for disaster by following these five steps:

- * **Involve everyone.** Involving those who will be using the kit is essential to preparedness.
- * **Create multiple kits.** You never know where you will be during a crisis; have an emergency kit for your home, office, school and vehicle.
- * **Include survival gear first.** Put the comfort supplies second.
- * **Store kit items properly.** Maintain and replace food and medical items as they expire.
- * **Make a family emergency plan.** See the Publications section at Ready.gov for more info.

Military families are stationed all over the world and don't always have family nearby to help when disasters strike. There's no time like now to build your disaster kit. Include the following essential items in your kit:

Survival Gear

- | | |
|---|--|
| * Food and water | * Food and water for your pet |
| * Infant formula and diapers | * Manual can opener (to access your food) |
| * Radio (battery powered or hand crank) | * Cell phone (include chargers, inverter or solar charger) |
| * Flashlight and batteries | * Wrench or pliers (to shut off utilities) |
| * Whistle (to call for help) | * Dust mask (to filter contaminated air) |
| * Plastic sheeting and duct tape | * Moist towelettes, garbage bags and plastic ties |
| * Maps of your city or region | * First aid kit |

First Aid Kit

- | | |
|--|---|
| * Sterile gloves, dressings and bandages | * Soap, antiseptic, antibiotic and burn ointments, vasoline |
| * Eye wash solution and prescription glasses | * Thermometer, scissors and tweezers |
| * Prescription medicine and supplies | * Over-the-counter medicine |

Comfort Supplies

Add some or all of the following items to your disaster kit for greater comfort and convenience for your family during a crisis.

- | | |
|--|--|
| * Cash or traveler's checks and change | * Important documents |
| * First aid book | * Sleeping bags |
| * Change of clothing | * Matches |
| * Feminine and personal hygiene items | * Paper towels, disposable cups, plates and utensils |
| * Paper, pen and pencil | * Books card games or puzzles |

Storage and Maintenance of Your Kit

Disaster kit preparation doesn't end when you have all your supplies assembled—there's a little maintenance involved too. Your disaster kit will do you little good if the contents spoil or expire before you need them, so take care of the kit that might someday take care of you. Store canned food in a cool, dry place. Make sure boxed food is tightly sealed in plastic or metal containers. Store all disaster kit items in airtight plastic bags inside larger, portable container. Rotate medicines and be sure to use them before they expire. Replace food and water when they expire or every six months. Choose a date to re-evaluate.

Military OneSource and the Federal Emergency Management Agency's Ready websites provide more information regarding disaster preparedness. We often joke about how convenient gadgets or services are "lifesavers," but in an extreme situation, a disaster kit can truly save lives.

Credit 101: What College Students Should Know About Borrowing

Written and Submitted by Jane Neuharth

Bright shiny freshmen will flood campuses over the next few weeks. This is an exciting season of “firsts” and parents watch nervously from the sidelines and wonder if they are truly ready.

Borrowing large sums of money to pay for college is common and nominal debt education is presented during the student loan process. But many students and parents are shaky on the details. What is the difference between a federal and a private student loan?

Here are a few key concepts for parents and students. First off for parents: FAFSA will be a part of your life for the foreseeable future. Get used to it and file FAFSA early. Schools use FAFSA to determine who is eligible to get scholarship money, not just the first year, but subsequent years too. Some states and colleges have early deadlines and the student with parents who delay may miss out. Complete the FAFSA as early as January 1 using estimates (last pay stub, last year’s tax return) of income, mark the “will file” box, and remember to correct the application when taxes are filed.

The office of Federal Student Aid provides grants, loans, and work-study funds for college or career schools. <http://www.cdkc.edu/FAQ.pdf> is a good introduction to the FAFSA and how it works.

Grants and scholarships are great. An essay that takes 4 hours to write and nets \$500 is some of the highest paid work available to a student. Work-study is great. Students can work on and off campus in a wide variety of interesting and resume-building activities in the public interest. Undergraduates make at least the federal minimum wage. This is handy so that loans don’t end up getting used to buy pizza or lattes. Loans must be repaid with interest. Compound interest. The interest rate for federal student loans is fixed for the life of the loan. Perkins Loans are fixed at 5%. Direct Loans have an interest rate that is set annually. This school year undergraduate loans are fixed at 4.29%. There are several other features of federal student loans that make them attractive compared to private loans.

<https://studentaid.ed.gov/sa/types/loans/interest-rates>

Private student loans are not subsidized, and the cost of the loan can vary based on the student and co-signer credit score. Investigate thoroughly if private student loans are contemplated, see whether interest rates can rise, if there are pre-payment penalties or if payments must be made while in school.

And what about credit card debt? A first cred card can seem like “magic money” and many students with good intentions can find themselves with a large debt and no good way to pay it down.

“Student Credit Cards” are reserved for students, and they typically come with low credit limits. The concept is to get in the habit of using credit wisely, in tiny bites that get paid in full and one time each month. Wise habits like never charging up more than a third of the credit limit before paying it off will pay off with a higher credit score. It is quite possible to have a “good” (greater than 720) credit score as a new graduate, based on how a student credit card was used. The graduate with a good credit score is considered better with managing their obligations. He or she can get a better deal on their first car loan, insurance rates and utility deposits. Landlords and employers check credit too. So it could mean a nice apartment and a good job starting out.

Parents can help students most of all by modeling good credit decisions. Research loans and credit cards together, look at a credit report together. Help your child set up due date reminders. Just as credit can impact a Soldier’s security clearance and career, credit can impact your child too.

Family Programs Staff

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TELL US HOW WE'RE DOING!

ICE



Family Programs Training Events

Soldier Lifecycle Training:

Description: This will be a training designed to educate Family Readiness Liaisons on the needs of and responsibilities to Families during all phases of the Soldier's Life Cycle - New to the Army Reserve - New to the Unit - Assuming a Leadership Role - Mobilization, Sustainment and Reunion - Transition: ETS, PCS, Retirement or Wounded Warrior. Resources to support Families during each phase will be highlighted.

Audience: Family Readiness Liaisons

Chain of Command Training:

Description: This training will provide participants with information relevant to Command Teams on the administration of a unit Family Readiness Program designed to address needs throughout the Soldiers Life Cycle. Participants will be able to distinguish between the various roles and responsibilities of Command Team Members and identify Family Programs and staff positions to assist with the implementation of a healthy, holistic Family Readiness Program. This training facilitates the development of a unit Family Readiness Plan.

Audience: Commander, Executive Officer, Sergeant Major, First Sergeant, Family Readiness Liaison (FRL), Unit Administrator (UA), Supervisory Staff Administrator (SSA), Active and Experienced FRG Leaders may attend at the Commanders discretion.

FRG New Era Training:

Description: This training is designed to provide FRG Volunteers with the knowledge, tools and skills required to build and maintain an effective FRG. Participants will explore the definition and mission of the FRG. FRG operations, exploration of regulatory guidance and supporting Soldiers and Families during their entire life cycle are major focuses of the training. Finally, participants will be able to distinguish between the various roles and responsibilities of Command Team members and Volunteers.

Audience: Statutory FRG Volunteers, Family Readiness Liaisons and Commanders.

Volunteer Orientation Teleconference

Dates:

24 SEPTEMBER 2015

Description: This briefing provides new volunteers and/or potential volunteers with an orientation of opportunities, expectations and requirements of volunteering with the Army Reserve Family Programs.

Audience: New Statutory Volunteers, Potential Statutory Volunteers





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**The Strength of our
Soldiers comes from the
Strength of their Families.**

**VISIT ARMY RESERVE
FAMILY PROGRAMS @
WWW.ARFP.ORG**



VA Launches New No-Cost Training Programs

By VA Office of Public and Intergovernmental Affairs

WASHINGTON, August 5, 2015 - The Department of Veterans Affairs (VA) today launched two new no-cost training programs, Accelerated Learning Programs (ALPs) and VA Learning Hubs, to help transitioning Servicemembers and Veterans from all eras learn skills, earn credentials, and advance in civilian careers following separation from service. ALPs and Learning Hubs are part of VA's Veterans Economic Communities Initiative (VECI), promoting education and employment opportunities for Veterans through integrated networks of support in 50 cities. VA launched the VECI program in response to President Obama's August 2014 challenge to help Veterans and families integrate with their communities and find meaningful jobs that can lead to economic success. Under VA Secretary Robert McDonald's MyVA transformation, VECI is now in place in cities across the United States.

Fort Family Outreach and Support Center

Fort Family is providing a single gateway to responsive Family Crisis Assistance, available 24/7, 365 days a year. It provides a unit and community based solution to connect people to people. By pinpointing Families-in-need and local community resources, the AR can quickly connect the Soldier or Family member to local resources thus providing installation-commensurate services in the geographic location of the crisis. Fort Family has established a community based capacity by engaging our Nation's "Sea of Goodwill" to support Soldiers and Families closest to where they live. Receive information and referral from Fort Family Outreach and Support for needs such as:

- ◇Temporary Housing
- ◇Emergency Funds
- ◇Disaster Relief
- ◇Debt Management
- ◇Emergency Home Repair
- ◇Assistance with locating nearest installation
- ◇Separation or Coping issues
- ◇Need information on how to find a CAC office

You may contact Fort Family at 866-345-8248 or help@fortfamily.org

Army Reserve Child, Youth & School Services

HOW CHILDREN AND PARENTS CAN STAY SAFE ONLINE

1. Talk to kids regularly about how to use technology. Set rules and limits, and keep technology out in the open. Tell children what you expect of their online behavior just as you would tell them about their behavior in public. After all, the Web is a public place. Keeping technology out in the open helps make sure kids are not doing anything online they would not want their parents to know about.
2. Learn to avoid clicking links, responding to advertisements and opening emails when they come from someone you do not know or that appear suspicious. Online safety is not just for children, but for your computer as well. Taking the time to explore the ways the Internet can be malicious to your hardware will save heartache down the road.
3. Educate your children on the dangers of cyberbullying. Kids should never share passwords and should learn to log in and out of a computer so that no one might impersonate them, even as a joke. They should feel comfortable coming to a parent if they are feeling threatened by peers online and should know the consequences of being a cyberbully. Regularly discussing bullying with your children should leave them with a clear understanding of what it means to be bullied and to be a bully and how to respond.
4. Talk about what it means to have an "online reputation." The term "online reputation" is used for all the information available about you on the Internet, whether through conducting a search or by viewing your profile on a social network. The composite portrayal of you can often tell a different story of who you really are, and children are not privy to how they can accidentally self-sabotage their academics, careers and relationships. Using privacy settings and parental controls and having a regular discussion about what it means to post something on the Internet should keep online reputations on the right trajectory.
5. Establish a line of communication. It is also important that kids know they can talk to you when they make an online mistake, like falling for a scamware alert, downloading something dangerous to the computer, or even when they are being bullied. Many kids realize when they have downloaded a virus or have encountered a bully online, but few are comfortable admitting it to their parents.



Source: Santana, Marco. "Don't let the Web snare your kids." *Des Moines Register* 25 May 2014, Metro ed., sec. Business : D3. Print.

CYSS Mission: To support readiness and quality of life by reducing the conflict between military mission requirements and parental responsibilities



This information has been provided by Army Reserve Child, Youth & School Services.
For more information on resources and programs, please visit:
WWW.ARFP.ORG/CYSS

Fort Family Outreach & Support Center assistance is available 24/7
at 866-345-8248 and/or WWW.ARFP.ORG



Army Reserve Child, Youth & School Services

September 2015



CYSS CONNECTIONS

Monthly Highlights:

National Suicide Prevention Month

National Childhood Obesity Awareness Month



07 September Labor Day
11 September Patriot Day
17 September Constitution Day

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Volunteering: How Can I Make A Difference?

The problems of the world, or even your community, might seem gigantic. You might even feel like there's no point trying to do anything. Honestly, how can one young person really make a dent in everything that needs to be done out there? Well, think about standing in a completely dark room with no lamps or light switches. You light a candle, and suddenly there's a little light, and the darkness doesn't seem quite as bad. Then, slowly, people join you, until there are a hundred people with a hundred candles. Now the room is bright and the darkness is gone! Volunteering is like this. One single person can make a difference, so what kind of volunteering should you do?



Josh F. from the 412th TEC, sweeps the sidewalk during a service learning project with Teen Council.

Look for a need in your own community. Army Reserve (AR) youth are faced with unique challenges of becoming suddenly military and are often times not surrounded by other military youth they can identify with. Volunteering with the Teen Council, being appointed to the AR Teen Panel, or becoming a Family Programs youth volunteer can impact the lives of AR youth just like you. For example, at the recent Joint Command Teen Council training, members spent an afternoon discussing AR issues affecting their quality of life. They felt there should be a better way to connect with other military teens, and proposed creating a mobile app version of the Military Kids Connect website with features such as a benefits list and instant messaging. They are making an impact through volunteerism. No matter where you are or where your community is located, there is a CYSS specialist and community partners ready to find opportunities for you to serve others.

Think about what catches your attention. What do you want to be when you grow up? The answer to this question will help point you to a volunteer cause or group you'll like being part of. For instance, if you want to grow up to be a doctor or nurse, you can look for a youth volunteer program at a local hospital. If you like business and organizing things, you can become a fundraiser for a worthy charity. CYSS prides itself on creating opportunities for youth to be empowered and develop into the best versions of themselves. If you haven't had an opportunity to participate in our Youth Enrichment Programs because of time or distance, remember that our program always includes great opportunities online via webinars. Check out www.arfp.org/cyss for a listing of webinar opportunities.

Think about your strengths. Try to find a volunteer position that will let you make the most of your talents and abilities. For instance, if you're a great speaker, you could use your voice and thoughts to educate others about a problem you care about. Remember, sometimes it can be even more rewarding to find a volunteer position that involves skills that we don't often use. This lets us gain experience, learn new things, and improve ourselves! Unsure about your strengths? Connect with your CYSS specialist to find out about regional Youth Enrichment Programs to discover new interests and opportunities to grow in your strengths. You can find contact information on the last page of this newsletter. Start volunteering today and make a difference.



Kaneasha J. from the 80th TC and Jessica I. from the 364th ESC, paint a fence during a Teen Council service learning project.

Compiled from <http://pbskids.org/itsmylife/emotions/volunteering>.

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Preparing for Life after High School

Compiled from mappingyourfuture.org, dosomething.org, parentfurther.com, and campusexplorer.com by Virginia Brannan and Shiann Arnold, Contractors: Odyssey Marketing Group.



Some teens may know exactly what career they want to pursue, where they want to go to college, what courses to take, and how they are going to pay for school. Many teens, however, are unsure and may need more information and guidance in order to make these decisions. That's okay too. Most likely, you will be heading toward higher education of some kind, regardless of what you want to be. It's never too early to start preparing; even high school freshman can begin work. The following steps are broad topics that can help jumpstart your preparations for life after high school.

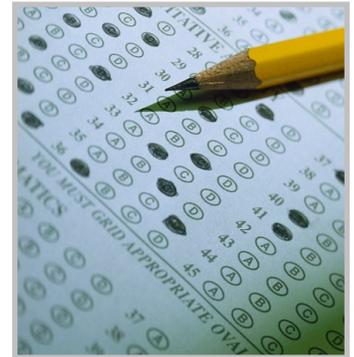
Step One: Make a Plan

The first step in looking toward the future is to make a plan. Early in your high school career is the perfect time to start exploring future career options. Finding a career path involving work you love, not just one you will make a lot of money doing, will set you up for success. Now is the time to consider taking a comprehensive career aptitude inventory or ASVAB test. These tests will help identify your interest areas and skills and determine what careers may be right for you.

After finding your potential paths, it's up to you to do the research to see what is required and might be right for you. There are many online resources such as the US Department of Labor sponsored sites www.careeronestop.org and www.bls.gov/ooh. You can also "shadow" someone in the recommended fields and start exploring your options. This means observe the work in action of someone currently in the field. Ask them questions, understand what education and training is required, and imagine yourself doing the job. Also, take elective courses in high school and get involved in extracurricular clubs to gain insight into different careers.

Step Two: Prepare for College

Volunteer with AR Family Programs or your local community starting early in your school career. Use tips from the cover page of this newsletter to identify organizations that you can work with. Volunteering for one cause or organization for a long time can distinguish yourself from the competition. Becoming involved with CYSS provides the perfect opportunity to establish volunteer longevity and experience many opportunities. Next, the ACT or SAT is required by most colleges, so be sure to find out which test is preferred by the schools you are considering. Taking these tests early allows you time to retest if you need to raise your score. You should take standardized entrance exams in the spring of your junior year and/or fall of your senior year. Take challenging courses throughout high school in order to do well on testing and to prepare yourself for college-level work. Also, International Baccalaureate (IB) and Advance Placement (AP) courses help you earn college credit while you're still in high school, and CLEP tests can be taken at some colleges to earn credit for what you already know. Earning credits before attending college can save time and money.



Step Three: Find a College

How do you decide which school will be best for you? It's a good idea to attend a college fair early in the process (ask your school counselor for more information) to visit with college admission representatives and get a feel for what is available.

Programs Offered

Choose a school that offers the program, or "major" you need for your career path. If you are unsure what field you would like to study, consider a school with many options so you can take a variety of classes. Research the quality of the school by looking at ranking, reputation, and starting salaries of graduates. You can find this information online and by contacting the admissions office.

(Continued on next page)



This information has been provided by Army Reserve Child, Youth & School Services.

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(Preparing for Life after High School—continued)

Cost and Type

Most students qualify for some type of financial aid, so don't be too overwhelmed by the initial sticker shock of college. However, cost is an important factor to consider when choosing the best school to fit your Family's situation. The type of school you choose will have a heavy influence on the overall cost to attend. You must also be sure to choose the right kind of college based on your goals – two-year, four-year, community, private, technical, military, etc. Learn the differences such as public/state school versus private, liberal arts colleges, or religious affiliation.



Size and Location

Colleges come in all types and locations to fit the personalities of any student looking to attend. There are large universities with a student enrollment of 50,000 that offer diverse programs and activities, masters programs as well as doctorates. There are small colleges with less than 2000 students enrolled offering only undergraduate courses where the professors will know your name. Then you can find anything in between those two! You must consider if you want to be close to home, commute to school, or move far away. Pay attention to where the school is located. Could you survive in the cold and snow of upstate NY if you grew up in the sunshine of

Florida? Do you want a school in the heart of downtown, or would you prefer a rural village? Learn more about the feel of the school by visiting campus or taking an online virtual tour.

Step Four: Apply for College

Fall of your senior year is the time to apply for admission to college. Narrow your choices to no more than three or four, review the testing requirements, know the fees and deadlines, and gather application materials before you start. Also, familiarize yourself with the online Common Application since more than 500 colleges and universities used this method for the 2014-2015 admissions cycle. Attention to detail is a must. College admissions boards care about your grades, so no matter what, be sure to keep up with your schoolwork. However, they also want to see that each prospective student is well-rounded. They will look at more than just your academic record. Your extracurricular activities and community service will also play a role in your college admissions. Boards also want students that will bring something to the college campus. A dedicated volunteer who wants to continue working for their cause in college is definitely a desirable candidate. Don't wait until senior year to get involved. The more time you dedicate to community service, the better you'll look on college applications. Volunteering shows college admissions boards that you have organizational, leadership, and teamwork skills. Connect with the CYSS specialists listed at the end of this newsletter and start building your resume today. You can also check out www.arfp.org/cyss for opportunities.

Step Five: Pay for College

Paying for college can be an obstacle for many teens. To determine what resources you will need, determine your "cost of attendance" such as tuition, room and board, transportation, books and supplies, and personal expenses. Review your school's website and schedule a visit with the college's financial aid office for more information. You will need to complete the FAFSA (Free Application for Federal Student Aid) in January of your senior year (it cannot be completed before that time). The school's financial aid office will determine your aid eligibility based on your FAFSA. Apply for financial aid as early as possible, and investigate all possible resources such as grants, scholarships, Post 9/11 GI Bill, loans, and work-study programs. Your high school counselor and the college financial aid office are good places to start. Be careful about loans or credit cards, and try to keep debt to a minimum and make a realistic plan for repayment.



Plan to join us on October 3rd for the CYSS webinar, College Readiness & Financial Aid Workshop (Webinar time: 7:30 Eastern / 6:30 Central / 5:30 Mountain / 4:30 Pacific & Arizona). Contact Valerie Morgan, Contractor: Odyssey Marketing Group at valerie.m.morgan5.ctr@mail.mil or (504)558-5603 to register, or contact the staff listed on the last page of this newsletter for additional assistance.



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Online Tutoring and Homework Help

Academic tutoring is a traditional strategy that has helped students increase their knowledge and understanding of school matter subjects for centuries. Today a student can find academic help with a few clicks of the mouse. Like many things in the modern world, the internet has changed how tutoring is delivered. It is a service that can now be accessed on demand from any location with an internet connection. It is a great benefit for military youths who often move from school to school. Tutoring can help fill the gaps in the academic shifts between different schools. There are also a number of excellent online instructional videos that are free of charge. The purpose of this article is to look at a few tutoring services and other resources that military students can utilize.

[Tutor.com for US Military Families](#)

Provides paid online professional tutoring services and homework help to military Families grades, K-12. Includes more than sixteen subjects, including test prep, proofreading, math, science, English, and social studies.

www.tutor.com/military

[Khan Academy](#)

Offers practice exercises, instructional videos, and a personalized learning dashboard that empower learners to study at their own pace in and outside of the classroom. Partners with NASA, The Museum of Modern Art, The California Academy of Sciences, and MIT to offer specialized content.

www.khanacademy.org

[Our Military Kids Grant](#)

This service offers grant money for tutoring services, sports, and arts. You can apply by visiting their website,

www.ourmilitarykids.org/how-to-apply/eligible-program-activities

[Professional Tutors of America](#)

Professional Tutors of America is a veteran-owned company with 30 years of experience. They offer online tutoring with a one-on-one professional in all subject areas. They offer discounted rates and free tuition assistance for military families. There are regulations and restrictions, so call to talk to a representative for more information.

Children of the following groups may receive free academic tutoring assistance:

- Fallen Service Members of Iraq and Afghanistan wars:
Children of Fallen Soldiers
- Deployed National Guards and Reservists
- Wounded Warriors of OEF/OIF with at least 30% service connected disability

www.professionaltutors.com/military or (800)TEACH US

[Learn To Be](#)

Provides no-cost tutoring services through a customized, online classroom environment. Students can request sessions in math, sciences, and language arts between 9:00 a.m. and 9:00 p.m. Pacific Time.

www.learntobe.org or (310) 765-2600

[The Department of Veterans Affairs](#)

The (VA) provides tutorial assistance for students using GI Bill benefits. You can view their website for further details,

www.benefits.va.gov/gibill/tutorial_assistance.asp.

[TutorVista.com](#)

Tutor Vista is an online tutoring service that offers a military discount. They have 24/7 personalized tutoring in math, science, and English. You can call or go to their website for more information.

tutorvista.com or (866) 617-6020

[Tutor Club](#)

Tutor Club is an on-site tutoring service with locations nationwide. They specialize in reading, math, writing, study skills, and SAT preparation. They offer a military discount and guarantee results.

www.tutoringclub.com or (888) 868-8867

[Discovery Education](#)

Discovery Education offers free resource for students. The resources are in the form of videos and cover core subject material. They also offer a step-by-step math site. Go the website below and click on "student" under free resources.

www.discoveryeducation.com

[Tutor Chat Live](#)

Provides real time online tutoring for households with income under \$35,000/year. There is no preset curricula or time limits for sessions. Tutors are prepared to assist and guide students with homework questions.

Tutorchatlive.org

[Homework Help Websites](#)

[Hippo Campus](#) - Over 5000 academic instructional videos that cover 13 subjects. www.hippocampus.org

[Purdue OWL](#) (Online Writing Lab) - Writing and grammar resources for students in all grades. owl.english.purdue.edu

[Brightstorm](#) - Offers instructional videos that are short, detailed, and easy to understand. You can find the videos on YouTube. www.brightstorm.com



This information has been provided by Army Reserve Child, Youth & School Services.

For more information on resources and programs, please visit:

www.ARFP.org/CYSS

Fort Family Outreach & Support Center assistance is available 24/7 at 866-345-8248 or visit: www.ARFP.org



Operational Security (OPSEC) and Social Media

Social media has changed how we communicate. Daily interactions with friends and family, happy birthday wishes, or communication during deployment now drive the majority of people to Facebook, Instagram, Twitter, or another form of social media. For some demographics, social media is the primary method of communication. Teenagers will often post information online rather than call a friend and share the news verbally.



What does OPSEC have to do with social media?

Status updates, posting photos and videos, groups, pages, and messages all seem innocent at first glance. Today's military Families are kept far more informed than in the past, but have less training on OPSEC. Much of the information Families have about troop movement, unit locations, and unit activities is classified information, but not everyone is aware of the dangers of sharing that information on social media.

Be mindful of the following:

- Facebook posts and other social media comments about a service member's activities (troop movements, homecomings, Family Days) violate OPSEC, and may put you or your Soldier in a vulnerable situation. This type of information on social media may be a signal to others that you are home alone, or endanger Soldiers by revealing mission operations, locations, and/or troop movements.
- Be aware of the geotagging feature that is automatically turned on in some smartphones and digital cameras. The Army warns users that geotagging is the equivalent to adding a 10-digit grid coordinate to a photograph telling where it was taken, which could reveal sensitive information about a location.
- Even if your privacy settings make your information visible to friends only, any digital information can be copied, pasted, and distributed in ways you didn't intend. Any photo posted online may eventually appear in an online search for images.
- If you have children or teens online, make sure they understand how to maintain privacy online. Encourage them to attend a Command/FRG sponsored OPSEC briefing or review online publications such as Blue Star Families "Social Media Guide for Military Families."



When in doubt, the Army has resources available to help you navigate social media: www.army.mil/media/socialmedia. Army Families are encouraged to use social media to get out the message of your command, inform the public of Army activities, or stay connected with loved ones. But be mindful of revealing sensitive information. You can also plan to join CYSS at the upcoming webinar, Social Media Best Practices, (Webinar time: 7:30 Eastern / 6:30 Central / 5:30 Mountain / 4:30 Pacific & Arizona) on October 10th by registering with Tyler Mitchell, Contractor: Odyssey Marketing Group at tyler.g.mitchell.ctr@mail.mil or 317-377-2173.

Compiled from Blue Star Families, "Social Media Guide for Military Families," www.facebook.com/BlueStarFamilies, <http://bluestarfam.org>, and www.military.com by CYSS specialist Vicki Buck, Contractor: Odyssey Marketing Group.



This information has been provided by Army Reserve Child, Youth & School Services.

For more information on resources and programs, please visit:

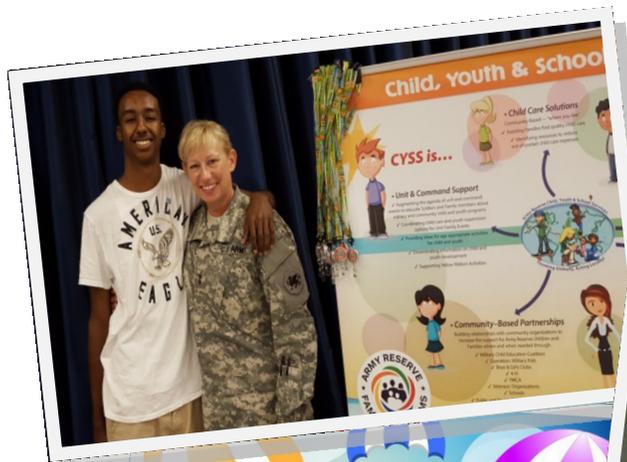
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COMMAND/UNIT UPDATES

THE SPOTLIGHT



108th Training Command (IET) Teen Council



The 108th Training Command (IET) Teen Council has had a very busy year to date. Take a look at a few of the activities the youth have been apart of. The top picture is Major General Leslie Purser and Chandler J. at the 108th Training Command (IET) Family Day. Chandler J. assisted with the Family Readiness Group and manned the AR CYSS information

table. In the picture on the right, you see Joint Teen Council members participating in the North Carolina Teen Advance Training presenting their idea of a good leader—made from balloons! From left to right are Alexandria S., Ashley S., Chandler J., Mee'Shaunda R., Camille E., Xavier J., Savannah N., and Isaiah S. The Teen Council also celebrated the Month of the Military Child. The bottom picture shows the teens joining in on the national Purple Up! Day and rocked...purple! From left to right are Khortney H., Felicia J., and Camille E. Lastly, the council members hosted Volunteering 101 Webinars promoting the importance of volunteering and provided resources on how to identify meaningful volunteering opportunities for children youth and adults. We would love for you to join us. Checkout the Teen Council information on the next page to learn who we are and how to join.

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For more information on resources and programs, please visit:

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COMMAND/UNIT UPDATES



JOIN US

TEEN COUNCIL

Up for a challenge? Ready to build your resume, have fun and make a difference? Accept the challenge and have your voice heard by representing the 108th TCMD children and youth! The 108th TCMD Teen Council is looking for youth between the ages of 13-17 to serve as leaders within the command and their community!

The Teen Council's goal is to empower youth with the core values of leadership, service and resiliency. They aim to promote high standards of learning through curricula, resources and activities. Each well-qualified candidate is chosen based on a thorough selection process evaluating their experience, dedication and willingness to speak on behalf of AR children and youth.

Through this opportunity, youth will gain public speaking and leadership skills, work on professional and personal development skills, experience workshops on communication, and develop effective strategies and implement solutions for issues they face as Army Reserve youth. It's a great way to connect with youth from your command and across the country. Don't miss out on this experience...contact us today! Any of the specialists listed on the back page are ready to speak with you.

BASIC RESPONSIBILITIES

- Serve a two-year term
- Attend up to four meetings annually/travel paid for face-to-face meetings
- Provide at least four hours/month with military and/or community activities
- Work with fellow teens to develop innovative opportunities
- Attend local/regional command youth events as assigned
- Inform Army Reserve leadership about the needs of youth

BASIC QUALIFICATIONS

- 108th TCMD connected youth
- A member in good standing in the military and community
- Enrolled in the 8th-11th grade for the 2015-16 school term
- Maintain a grade point average of 2.5 or higher



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Community Events SEPTEMBER 2015

Please note that events listed in this newsletter, with the exception of AR CYSS events, are not endorsed by the Army Reserve and are provided only for community awareness.

What's Happening in Your Neck of the Woods...

Name of Event	City	State	Dates	Age Group	POC/Website
Starting Strong: Back to School Basics Webinar	Online Webinar	All	8 September	All	Valerie Morgan Contractor: Odyssey Marketing Group (504)558-5603 valerie.m.morgan5.ctr@mail.mil
Drug Awareness & College Fair	Fort Belvoir	VA	12 September	9th-12th grade	Jasmine Hart Contractor: Odyssey Marketing Group (703)806-5308 jasmine.d.hart.ctr@mail.mil
Sci-Phy	Vancouver	WA	13 September	6-12 year old	Brent Broome Contractor: Odyssey Marketing Group 801-656-3479 brent.c.broome.ctr@mail.mil
Cutty Sark Sailing Adventure	Whidbey Island	WA	25-27 September	14-18	Kevin Powers kcpowers@wsu.edu http://ext100.wsu.edu/mtac/
Teen Resilience Training	Fort Belvoir	VA	26 September	9th-12th grade	Jasmine Hart Contractor: Odyssey Marketing Group (703)806-5308 jasmine.d.hart.ctr@mail.mil
College Readiness & Financial Aid Webinar	Online Webinar	All	3 October	All	Valerie Morgan Contractor: Odyssey Marketing Group (504)558-5603 valerie.m.morgan5.ctr@mail.mil
Oktoberfest Military Appreciation Day	Fort Belvoir	VA	4 October	All	http://www.yourathometeam.com/Fort-Belvoir-Oktoberfest.php
Social Media Best Practices Webinar	Online Webinar	All	10 October	All	Tyler Mitchell Contractor: Odyssey Marketing Group 317-377-2173 tyler.g.mitchell.ctr@mail.mil

**YOU MAY ALSO BE INTERESTED IN CHECKING THE FOLLOWING LINKS
REGULARLY FOR EVENTS IN YOUR AREA:**

CYSS Events: www.arfp.org/cysssstatecamps.php

4-H: www.4-h.org

YMCA: www.ymca.net/



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Resources and Web Links

For Deployed, AGR, Wounded, Ill, Injured or Fallen Soldiers



Army Fee Assistance is provided by General Services Administration (GSA,) working with those who serve in the military find and afford child care that suits their unique needs. Through the fee assistance program, Families are eligible to receive monthly fee assistance to help offset the cost of child care in their communities.

Visit: http://financeweb.gsa.gov/childcare_portal

Army Respite Care will provide the family between 8 to 16 hours of hourly child care each month for each of the eligible children. Parents can use this time to run errands, attend appointments, or just take some well-deserved time out for themselves. The Army recognizes the challenges and extraordinary stress the parents and their Families may be experiencing, and wants to help support them in meeting their unique child care needs. Eligibility: Deployed; Temporary Change of Station; Unaccompanied Permanent Change of Station; Temporary Duty; Wounded, Ill or Injured Status; Survivors of Fallen Warriors.



Our Military Kids provides grants for K-12 youth dependents of overseas deployed National Guard and Reserve personnel or severely injured Service Members. Visit: www.ourmilitarykids.org/

For Various Duty Statuses



Army Reserve Family Programs provides programs, training, services, resources, youth programming and camping opportunities to Army Reserve Families. Visit: www.arfp.org/



Military OneSource provides an online library, web resources, and non-medical counseling to military Families.

Visit: www.militaryonesource.mil/



Military Kids Connect (MKC) is an online community of military children (ages 6-17 yr. olds) that provides access to age-appropriate resources to support children from pre-deployment, through a parent's or caregiver's return.

Visit: <http://militarykidsconnect.t2.health.mil>



Zero to Three has information and resources for parents of infants and toddlers. A new phone app, Babies on the Home Front, provides Military and veteran parents with strategies for enhancing everyday moments with their child.

Visit: <http://zerotothree.org/>



Military Child Education Coalition Military (MCEC) is a non-profit organization focusing on academic and school-related needs of military-connected youth. Visit: www.militarychild.org



National Military Family Association has programs that provide military Families with camps, family retreats, and healing adventures during deployment, reintegration, and coming together after an injury.

Visit: <http://www.militaryfamily.org/>



America's Tooth Fairy has several signature programs engaging caring dental professionals in providing donated services and oral health education and supporting initiatives that expand access to care for children in need.

Visit: www.ncohf.org/



Give an Hour is dedicated to meeting the mental health needs of Troops and Families, provides counseling to individuals, couples and Families, and children (on-line request for assistance). Visit: www.giveanhour.org



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The mission of Army Reserve Child, Youth & School Services is to support readiness and quality of life by reducing the conflict between Military Mission requirements and parental responsibilities.



Family Programs Director

Christina Daily
108th Training Command (IET)
Phone: 866-215-3647 ext 4237
Email: christina.l.daily.civ@mail.mil

Contact **Mrs. Daily** for assistance with:

- Family Support Services
- Family Programs Training

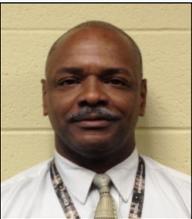


Family Programs Coordinator

J. Denise Wallace
108th Training Command (IET)
Phone: 866-215-3647 ext 5128
Email: joan.d.wallace2.civ@mail.mil

Contact **Ms. Wallace** for assistance with:

- Family Support Services
- Family Programs Training



School Services Specialist (SSS) - Interim

Chester J. Myers, Jr.
Contractor: Odyssey Marketing Group
81st Regional Support Command
Phone: 803-751-5607
Email: chester.j.myers.ctr@mail.mil

Contact **Mr. Myers** for assistance with:

- Command/Unit Support
- Educational Events and Activities
- Scholarship Information
- College Prep
- Academic/Tutoring Resources
- School Support Services



Youth Services Specialist (YSS)

Carlisha Martin
Contractor: Odyssey Marketing Group
7th CSC and 108th Training Command (IET)
Phone: 866-215-3647 ext 5002
Email: carlisha.m.martin.ctr@mail.mil

Contact **Mrs. Martin** for assistance with:

- Command/Unit Support
- Weekend Events and Activities
- Child Care Resources
- Youth Programming
- Teen Council



Stay connected with the 108th Training Command (IET)



www.facebook.com/108thTrainingCommand

If you are not part of the Command listed, contact one of the CYSS staff members above and we will connect you with the YSS or SSS in your area.



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