

Chief of Army Reserve Initiatives



Private Public Partnership (P3)

Our partnerships with the private sector, profit, not-for-profit, and academia, enhance the readiness and resilience of Army Reserve Soldiers, their Families and Civilians. These partnerships support physical, mental, emotional and spiritual readiness to empower and encourage Soldiers, Families, and Civilians to increase personal readiness and resiliency. Our nationwide network of individuals provides a stigma-free environment that encourages help-seeking behavior utilizing P3 resources.

www.usar.army.mil/resources/Pages/Employer-Partnership-opportunities-and-Information.aspx

The Army Reserve Ambassador (ARA) Program

Army Reserve Ambassadors, located in every state and territory, who are a broad network of grass-roots community influencers, work in concert with Employer Support of the Guard & Reserve (ESGR) personnel, Family Readiness Groups, and Military and Veteran Service Organizations on key Soldier and Family issues. They develop awareness and advocacy with community leaders and they promote community support for the Army Reserve. Army Reserve Ambassadors are the "continuity" within the communities. Commanders, sergeants major and senior leaders come and go but the ARAs are vested in the communities.

www.usar.army.mil/community/ambassadors

"Our success as Citizens and Soldiers is only possible with strong

Families; the Army Reserve has a tremendous resource in our Fort Family Outreach and Support Center, available 24x7x365 at 1-866-345-8248. Fort Family helps Soldiers and Families, no matter what the issue—dealing with financial problems, counseling, trying to find a civilian job or simply getting information on a unit. The Army Reserve is a family and Fort Family wants to help you."

— Lt. Gen. Jeffrey W. Talley

We Inspire and Empower

866-345-8248

Fort Family Outreach and Support Center

Your Rally Point and virtual gateway to Readiness and Resilience

We're here for you!

Call: 866-345-8248

- > Staffed 24 hours a day, every day of the year by caring professionals
- > Connecting Soldiers, Families and Civilians to people and resources
- > Focused, relevant and responsive information on programs and services
- > Crisis and routine readiness and resilience outreach and support
- > Assistance and referrals for every aspect of military life
- > Supporting Soldiers, Family members, command teams and Civilians



ARMY RESERVE FAMILY PROGRAMS
Connecting Soldiers · Families · Communities

www.arfp.org

Anytime. Anywhere. 24x7x365 ★ We Inspire and Empower

Lt. Gen. Jeffrey W. Talley
32nd Chief of Army Reserve
and 7th Commanding General,
U.S. Army Reserve Command



ARMY RESERVE FORT FAMILY:

YOUR RALLY POINT RESOURCE GUIDE

TWICE THE CITIZEN!

October 2015

www.usar.army.mil

Nothing is More Important than Our Families

The men and women of the Army Reserve are, without doubt, among the finest and most resilient fighting forces on the face of the earth, but they are not immune to the stress that more than 14 consecutive years of war has imposed on them and their Families. High operational tempos, multiple deployments, and the constant interruption of lifelong goals can take a toll on even the strongest of Families. But, I want you to know you are not alone.

Supporting the Soldiers, Civilians and Family members of America's Army Reserve has always been, and will remain, one of my highest priorities, which is why we have developed this pamphlet, *Fort Family: Your Rally Point Resource Guide*, to keep you connected to programs and services of the Army Reserve regardless of whether you are in active or civilian status.

Inside, you will find resources designed to help you find the services and support you need to find a job, plan your financial future, get physically fit, overcome psychological stress, access medical, Family and community services, and many other programs that can enhance your physical, emotional and spiritual well-being. And if you are uncertain as to where to turn, one call to the Army Reserve's Fort Family helpline—anytime, from anywhere—will connect you to a live person who can help 24/7, 365 days a year. **Just call 866-345-8248.**

Nothing is more important than our Families, and the Army Reserve is YOUR Family. So, I hope you will keep this information handy and use it often.

TWICE THE CITIZEN!

Lt. Gen. Jeffrey W. Talley
32nd Chief of Army Reserve
and 7th Commanding General,
U.S. Army Reserve Command



Anytime. Anywhere.

866-345-8248

Fort Family Resources

Fort Family can refer you to numerous resources to keep you healthy and well. Spanning physical, mental and spiritual health concerns these resources will help you and your Family stay ready and resilient!

Health and Wellness Resources

Comprehensive Soldier Family Fitness (CSF2)

CSF2 is designed to build resilience and enhance performance of the Army Family—Soldiers, Families, and Civilians. CSF2 does this by providing hands-on training and self-development tools to help members of the Army Family cope with adversity, perform better in stressful situations, and thrive in life.

<http://csf2.army.mil>

Chaplain Support

Chaplains provide religious support, pastoral care and confidential counseling. Unit Missionary Teams strengthen Soldier and Family resilience through ministry of presence, Strong Bonds, Yellow Ribbon, and Financial Stewardship training. Chaplains foster hope, build strong relationships and support suicide prevention efforts. The AR Battle Buddy App provides resources for those in distress and is available for download for Apple and Android.

www.usar.army.mil/resources/ForSoldiers/Pages/Office-of-the-command-chaplain.aspx

Army Reserve Psychological Health Program (PHP)

Resources within PHP enhance resilience and assist with recovery through outreach, education and training. The program provides confidential screenings and referral resources. It connects geographically dispersed Soldiers and Families with relevant local community resources.

www.usarphp.org

Give an Hour (GAH)

Dedicated to meeting the mental health needs of troops and Families, GAH provides counseling to individuals, couples, Families, and children.

www.giveanhour.org



24x7x365

866-345-8248

Fort Family Resources

Fort Family understands that career and financial issues can place stress on Families. We want to connect you with resources that can assist you in managing those challenges.

Career and Financial Resources

Employer Network

Our Employer Network creates opportunities for employment with private and public sector organizations.

www.usar.army.mil/resources/Pages/Employer-Partnership-opportunities-and-information.aspx

Financial Resources

Certified Financial Counselors are available to provide financial literacy briefings during Battle Training Assemblies, Family Days and pre-deployment training.

www.arfp.org

Military Saves

Motivates, supports, and encourages military Families to save money, reduce debt, and build wealth.

www.militarysaves.org

Hero2Hired

Provides quality career readiness assistance to Reserve Component Service members preparing for the next civilian career.

<http://h2h.jobs>

Veterans' Employment and Training Services

Prepares America's veterans, service members and their spouses for meaningful careers; provides them with employment resources and expertise; protects their employment rights and promotes their employment opportunities.

www.dol.gov/vets

Military OneSource

Military OneSource is your central hub for benefits and helps prepare you for events such as deployments, reintegration, moves, parenthood, retirement and more.

www.militaryonesource.mil



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