

# Family Readiness Program



# Family Readiness Planning

- **Plan Ahead!**

- Family Care Plan (FCP)
  - Who will take care of the kids?
- Personal Care Plan (PCP)
  - Vehicles, pets, personal property?
- What if my spouse/loved-one is hospitalized?
- Medical / Dental care
  - How does it work?
- Home Maintenance / Car Repairs
  - Who do I call? / Where do I go?

# Family Readiness Planning

- **Legal Matters**

- Where are the important documents kept?
- Marriage / Birth Certificates / Social Security Cards
- Will / Power of Attorney / Copy of Orders
- Auto / Home / Life Insurance

- **Financial Arrangements**

- Family Budget
- Bills / Bank Accounts / Child Support
- Lease / Mortgage/ Banking Documents

# What does the Family Readiness Program Provide?

- Education, Referral and Deployment Services for family members and Guard members.
- Communication between commanders and family members.
- Assistance to the Family Readiness Group and training of Family Readiness Group Leaders.
- Liaison between local public and private organizations in order to increase community awareness of the National Guard.

# Family Readiness Group

- Here to teach, refer, and are a source of social support and group activities.
- Here to help improve morale among military members and their families!
- In turn, the members and their leaders are more focused on their missions, and not as worried about their families when the unit is training or engaged in real-world missions.
- Deployments and Homecomings

# Red Cross

- Ensure that your Family members have the following information on hand:
  - Name, Rank
  - Social Security Number
  - DOB
  - Deployed Address
  - Home Unit
- Red Cross Information
  - 877-272-7337
  - [www.redcross.org](http://www.redcross.org)

# Counseling Services



*"Being a single parent while my husband was deployed was tougher than I thought. The counselor helped me with talking with my kids about the separation. And she was so close to home."*

— Indiana Army National Guard Spouse

If you need help,  
call toll-free  
24 hours a day,  
7 days a week:

**(888) 755-9355**

Private Counseling Service



## Troop *and* Family Counseling Services for National Guard and Reserves

*Helping you and your family  
during deployment, reunions  
and other times of change.*



Provided by DoD at no cost to  
Service members and their families.

Convenient 24-hour, Year-round Access  
Free, Private Services



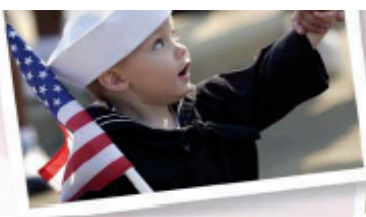
# Counseling Services

Have you recently returned from deployment, are being deployed or are welcoming someone who has just returned?

Are things not working out as smoothly as you hoped?

## We can help.

Our professional counselors are available 24 hours, year-round to make the transition easier for you and your family.



## How We Can Help

Our counselors can help you and your family problem-solve with issues resulting from deployment, reunions, reintegration and other times of change, including:

- Marriage and relationship issues
- Family issues
- Stress and anxiety
- Depression
- Grief and loss
- Anger management
- Parent and child communication

You and your family are entitled to six prepaid, face-to-face counseling sessions.



## About Our Counselors

Our counseling professionals include social workers, marriage and family counselors, psychologists, and child and youth counselors.



Call today to speak with a counselor:

**(888) 755-9355**

Private Counseling Service





# Military OneSource Overview



# You name it...We can help

United States: 1-800-342-9647

En español llame al: 1-877-888-0727

TTY/TDD accessible: 1-866-607-6794

Overseas: \*800-3429-6477

Overseas collect: Contact an international operator; request a collect call to 484-530-5908

\*Use access code before dialing the toll free number. Access codes can be found online.

**[www.militaryonesource.com](http://www.militaryonesource.com)**

**Anywhere, Anytime 24/7**



**AIR FORCE**  
**OneSource**

# DEERS

- **Defense Enrollment Eligibility Reporting System (DEERS)**
- **Ensure all your eligible family members are entered in DEERS and keep DEERS updated with changes**
- **Active and retired service members (sponsors) are automatically registered in DEERS**
- **Sponsors must register family members in the DEERS database**
  - **1172**

# Family Resources

- Project Evergreen
  - Apply for lawn and landscaping needs during deployment.
  - [www.projectevergreen.com/mediaroom/militaryfamily.html](http://www.projectevergreen.com/mediaroom/militaryfamily.html)
- Operation Homefront
  - [www.operationhomefront.net](http://www.operationhomefront.net)
- Our Military Kids Inc.
  - Provides grants to children of deployed service members to pay the cost of certain activities such as youth sports, fine arts and tutoring programs.
  - [www.ourmilitarykids.org](http://www.ourmilitarykids.org)
- NGB website – A place for everyone.
  - [www.guardfamily.org](http://www.guardfamily.org)

# Family Readiness Program

- Wing Family Program Coordinator
  - Heidi Bearden
  - 817-852-3558/3456
  - 817-822-0110
  - [Heidi.bearden@txcars.af.mil](mailto:Heidi.bearden@txcars.af.mil)