

Family Readiness Support Assistant (FRSA) Training Guidance

WELCOME!

There are several trainings available that will help to prepare you to do an effective job and provide you with professional development.

Below is a list of training that you should complete within the noted timelines or as soon as possible. *The organization(s) responsible for the training is noted following the title of the training. If the training is not scheduled in your community within the given timelines, you may attend training (with your supervisor's concurrence) in a community within commuting distant of your installation.*

(1) Required FRSA Training:

a. Mandatory New Hire FRSA Training: ACS - within 30 days of assignment

b. Family Readiness Group (FRG) Training: ACS - within 60 days of assignment

(These classes provide training on FRG operations and will also help you to develop a clear understanding of the roles and responsibilities of the Family Readiness Team).

c. Army Family Team Building (AFTB) Training: ACS - within 60 days of assignment

d. Virtual Family Readiness Group Training (vFRG): ACS or on-line at <http://armyfrg.org> (Note: Per EXORD 183-09- FRSAs are responsible for the operation and maintenance of the units' vFRG site)

e. Volunteer Management Information System (VMIS): ACS within 60 days of assignment

f. Exceptional Family Member Program (EFMP) Training: ACS (Ref: OP Order 10-212- FRSAs will receive knowledge on the accessibility of the EFMP, referral POCs, and resources available to Family members with special needs.)

g. Comprehensive Soldier Fitness Resilience Training for Family Members (CSF RT- FM): ACS

(Soldier CSF Master Resilience Trainers (MRT) are available in each unit, however CSF RT for Family Members is an ACS responsibility and is provided by ACS MRTs).

(2) Additional required training for civilians:

a. Sexual Harassment/Assault Response & Prevention (SHARP) Program training: Annual requirement for DoD civilians – Phase I is on-site (unit) training-check with your unit POC; Phase II is computer based training through the Army Learning Management System (ALMS) via AKO. *(to take the on-line training, after logging into AKO, click onto each of these tabs: >self service>my training>ALMS>catalog search and type in SHARP)*

b. Ask, Care, Escort (ACE) or Suicide Prevention and Awareness Training: annual requirement for DoD civilians – Unit, Chaplain or Garrison sponsored training.

(3) Professional Development Training sites:

<https://cpolrhp.cpol.army.mil/eur/training/index.htm>;

<https://usarmy.skillport.com/>

<http://www.amsc.belvoir.army.mil/academic/ces/>

<https://www.atrrs.army.mil/>

FRSA Resource Guide:

The resource guide is designed to orient and inform new FRSAs about the roles and responsibilities of this position. The guide and several other useful resources and materials may be downloaded at:

<http://www.myarmyonesource.com/FamilyProgramsandServices/FamilyPrograms/MobilizationandDeploymentReadiness/OperationREADY/default.aspx>