



# Soldier and Family Programs Newsletter



## US Army Cadet

**Command:  
Leadership  
Excellence**

### Mission:

The U.S. Army Cadet Command partners with universities to recruit, educate, develop, and inspire SROTC Cadets in order to commission officers of character for the Total Army; and partners with high schools to conduct JROTC in order to develop citizens of character for a lifetime of commitment and service to our Nation.

### Inside this issue:

Joining Forces	1
Military Spouse Employment	
ASAP Offers	2
Advice for CST	
Wisdom from Senior USACC Spouses	3
Family Affair at USACC 1st BDE	4
Tips from USACC Safety	5
Patriot Day	5
Key Contacts CST MFLCs, PFCs	6

## Joining Forces to Find Meaningful Employment for Military Spouses

July 2016

First Lady Michelle Obama and Dr. Jill Biden celebrated the 5th anniversary of their Joining Forces Initiative the first week in May 2016. According to a report from the Department of Defense (DoD) in 2013, the unemployment rate for military spouses was a shockingly high 26%, more than three times the national average. At the same time, research data revealed approximately 85 percent of spouses wanted to have meaningful paid employment. One of the goals of Joining Forces is to reduce the unemployment statistic by helping military spouses find the jobs and careers they are seeking. Military Spouse Employment Partnership (MSEP) was started with about 60 companies in June 2011 – today there are approximately 300 partner employers. Over 90,000 military spouses have been hired through the portal, <https://msepjobs.militaryonesource.mil/msep/> which currently boasts over 1.8 million jobs posted.

Portal users benefit from the “military skills translator” to match military experience with civilian skills. Job seekers can create and upload a resume online as well as find public and private job openings in a single search. MSEP helps military spouses by providing both targeted recruitment along with converting their supporting role experiences into marketable skills. H&R Block, a MSEP partner employer, has endorsed military spouses as skilled, diverse, and motivated -- with sound values and strong work ethic characteristics -- assets to any organization. An H&R Block spokesperson proclaimed, “The Spouse Employment Partnership has enabled us to fill positions that in the past were difficult to staff. Military spouses make great employees!”

A further enormous achievement is the progress made by Joining Forces in simplifying the transfer of professional licensing for military spouses when they PCS to a different state. In her speech on May 5, 2016, First Lady Obama reported that 49 of our 50 states now have laws on the books to ease the transfer of professional licenses -- such as those required for nursing, law, teaching, and real estate – for military spouses. And New York, the one remaining state, has taken action to enact such a law.



MSEP, launched by Joining Forces, is part of the DoD’s Spouse Education and Career Opportunities (SECO) Program <https://myseco.militaryonesource.mil/portal/>. A spouse can visit the site to explore career paths allowing for success despite the frequent moves required by the military. Interests, skills, abilities, and goals are analyzed to offer career options to the spouse. Career counseling, guidance, and advice regarding education and career decisions, are available at no cost to eligible spouses (must be married to an active duty Soldier). Support from certified career counselors is available online or by calling 800-342-9647. Eligible spouses married to a Soldier within the ranks of E1-E5, W1-W2, or O1-O2, can qualify for the My Career Advancement Scholarship Program <https://aiportal.acc.af.mil/mycaa/Default.aspx>. Up to \$4,000 of financial aid is available for spouses to pursue a license, certification, or Associate’s degree in a portable career field/occupation.

According to Rosemary Williams, Deputy Assistant Secretary of Defense for Military Community and Family Policy, “Military Spouse Employment Partnership addresses the employment challenges facing military spouses while providing partner employers with access to a pool of highly qualified applicants.” <https://www.whitehouse.gov/the-press-office/2016/05/05/remarks-president-vice-president-first-lady-and-dr-biden-joining-forces> <https://www.whitehouse.gov/the-press-office/2016/05/05/remarks-first-lady-joining-forces-fifth-anniversary-employment-event> [http://www.huffingtonpost.com/kevin-obrien/the-unemployment-rate-for-military-spouses\\_b\\_3086173.html](http://www.huffingtonpost.com/kevin-obrien/the-unemployment-rate-for-military-spouses_b_3086173.html)



## HQ Soldier and Family Programs Division

The USACC HQ G-1 Soldier and Family Programs Division supports Soldiers and Families assigned to USACC via the following programs and services: Army Family Team Building, Virtual Family Readiness Group, Family Advocacy, Suicide Prevention, Leased Government Housing, Financial Management and Assistance, Relocation Assistance, Sponsorship, and Information Referral and Follow-up

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## Army Substance Abuse Program (ASAP) Offers Advice for Cadet Summer Training (CST)

Demanding requirements for performance at Cadet Summer Training (CST) with long hours and being away TDY (Temporary Duty) -- in some cases for several months -- can dramatically increase stress. Yet unlike a deployment, alcohol and other substances are easier to obtain. In a recent interview, William Taylor -- Licensed Counselor and Risk Reduction Program Coordinator with the Fort Knox ASAP provided his professional expertise to help CST participants.

"We hope our leaders who are here for the CST remember that they are here for a mission and this is their opportunity to shine," reminded Taylor. "When our CST Cadre and Cadets have free time, this will provide them the chance to use the skills taught to them through trainings like the Master Resiliency Training and Performance Triad -- practice self-care, maintain good social connections, and don't lean on substances (including alcohol) to unwind or manage a problem."

Upon arrival, Taylor suggests reaching out and building a support network of at least 2-3 buddies and don't isolate during down time. If you are permitted to go out for a drink, plan in advance so you can avoid making decisions with impaired judgment such as driving under the influence. Cadre shouldn't forget they are a role model for Cadets!

Local diversions around Fort Knox are plentiful and there are many options for either relaxing or burning off steam that don't involve alcohol. Scenic fishing sites and hiking trails are located on or convenient to the installation. Cadre can take advantage of



*Symbolizing the largest number of deaths (27) from a single drunk driving incident in our nation's history is the Carrollton bus pictured here. One of the survivors, Quinton Higgins, recreated the bus and is a frequent speaker at ASAP classes to spread the message of prevention.*

the Fort Knox Army Wellness Center (AWC) while here for CST (Bldg. 1489, 545 Eisenhower Ave., 502-626-0408).

In support of the Army Ready initiatives, AWC services focus on improving fitness levels and the general health of its clientele at no cost. Along with exercise, good nutrition and adequate sleep should not be neglected.

Another valuable service available during CST is free, confidential counseling provided by a group of special Military Family Life Counselors (MFLCs) -- on Fort Knox just for the summer surge. Their non-medical counseling skills can help with issues caused by stress in the military lifestyle. Please see the last page of the newsletter with contact information -- the supplemental MFLCs for USACC will be available until Aug. 19, 2016. Furthermore 2 Personal Financial Counselors (PFCs) are here to provide Soldiers with free financial advice. There are occasions when financial issues can be a reason for substance abuse.

When questioned about flags indicating substance abuse

might be a problem, Taylor outlined, "Sudden or concerning changes in behavior. Increase in injuries, accidents, or performance issues may be seen. Hygiene may begin to decline, sleep problems or other health problems may develop. A person abusing alcohol or drugs may appear "on edge" and may make reactionary statements when under stress which is uncharacteristic for the person." It is important to express your concern and offer assistance to seek help.

Specifically for underage Cadets, "Don't risk your long-term goals just to drink alcohol -- you have better things on the horizon that are not worth that risk!" Be on the lookout for any Cadet spending all their downtime alone or isolating themselves with a phone. Something as simple as card games or even talking with your battle buddies can keep someone from turning to substance abuse. Prevention before problems arise is the best solution!

Please call ASAP 502-624-1532 if you have questions or concerns. If they can't provide direct assistance for your particular question, they will refer you to someone who can.

## USACC Senior Spouses Share their Experience



Brad Combs

*“Remember you and your Family represent the Army on each of our ROTC campuses.”*



Viviane Arnold

After serving 2 years as senior spouses, Brad Combs – husband of MG Combs, former Commanding General and Viviane Arnold – wife of Command Sergeant Major Arnold – offer advice for spouses in our command.

Following receipt of orders for a USACC remote duty location assignment, the spouse can do plenty to help organize. More than the usual preparation and research is required because support typically available on a military installation might not be readily available. Our senior spouses recommend seeking a sponsor as well as contacting spouses already at the duty location. Schools for children are an important concern which should be researched in advance. If a sponsor doesn't have information, seek advice from the college and other faculty members. Further assistance can be found on the Military Child Education Coalition (MCEC) website and through <https://www.schoolquest.org/>.

Health care is another important topic to investigate prior to the permanent change of station (PCS). Try and obtain all necessary shots/vaccinations before PCSing. Furthermore, update your medical records and request copies of them. Speak to a TRICARE representative to get a detailed explanation of the different options in nonmilitary areas. Locate the closest military hospital. Make sure if anyone in the Family is enrolled in the Exceptional Family Member Program (EFMP) that all requirements are taken care of before the PCS.

Become familiar with the Military OneSource website and learn of services that will be helpful when living away from an installation. It



*Senior spouses Brad Combs and Viviane Arnold  
Photo taken May 25, 2016 at the USACC Change of Command Ceremony held at Brooks Field on Fort Knox.*

holds a plethora of resources for spouses seeking employment, wanting to further their education, child care, and wellness. Since Military Family Life Counselors (MFLCs) can only operate on an installation, it is good to know that Military OneSource can provide those eligible with counseling services remotely.

Daunting under normal circumstances, a job search for a military spouse away from a military community can be an extreme challenge. Register for the Priority Placement Program (PPP) at your local Civilian Personnel Advisory Center (CPAC) 30 days prior to the report date stated in your orders. This gives you the opportunity to start competing for government service (GS) jobs at your new location. Being an exact match is the key so

make sure your background/experience fits with the level/category of GS jobs that you are seeking. Your duty station university should not be overlooked as a resource for spouse employment opportunities. It might also be the perfect opportunity to take a class for career development. Further tips for military spouse employment can be found on page 1 of this newsletter.

Remember you and your Family represent the Army on each of our ROTC campuses. Actions and behavior of Cadre, spouses, and Family are highly influential in how the local community perceives the Army. Interact with the Cadets, their spouses, and future spouses to give guidance on what to expect in Army life as well as to explain how the Army supports Families.



## Family Affair at USACC 1<sup>st</sup> Brigade

*This begins a new feature in the Soldier and Family Programs Newsletter to put the spotlight on our brigades and remote university locations. If anyone has a story they would like to share, please contact Iva Pearlstein ([iva.pearlstein.ctr@mail.mil](mailto:iva.pearlstein.ctr@mail.mil) or 502-624-6239).*

Scholarship and Enrollment Officer Donna Mallet at our 1<sup>st</sup> Brigade University, Virginia Tech, has an incredible Family story to relate. A distinguished ROTC military graduate from Notre Dame herself, Mallet began her career in Military Intelligence as a Counter Intelligence Officer. An early assignment took her to Germany where she remained for 5 years of Active Duty and then switched to the Army Reserve. Her marriage to a French Army Officer resulted in spending 25 years in Europe. After his retirement, the entire Family – both parents and 6 children – relocated to the United States.

While living in Europe, Mallet advanced her career as a Reservist and was asked to participate in special projects such as the 50<sup>th</sup> and 60<sup>th</sup> anniversaries of the D-Day invasion in Normandy. Her path to the rank of Colonel included assignments for US European Command (EUCOM), the American Embassy in Paris and the

Pentagon. When asked about Army support for her Family, she responded, “Army child care centers as well as the youth/teen programs were a big help in keeping the children in touch with their American heritage.”

This was especially valuable because the older children attended French Military High School. Designed to give stability to the Family -- discipline, structure, and self-motivation were encouraged at the boarding schools run by French Active Duty Military. Providing a very high level of education, these schools only accept select students that are able to succeed in the competitive environment. Also positive, the children had no difficulties with dual languages. They spoke French without American accents, while they achieved top grades in English. When it came to choosing colleges in America, the four older children attended American military universities and programs because they offered similar structure to their French high school as well as more opportunities after graduation.

The oldest daughter, Maria



Mallet, a national fencing champion attended 1<sup>st</sup> Brigade's Virginia Military Institute (VMI) because she wanted a structured program. Korea was her first duty station after graduation and she is currently stationed at Fort Hood. Irene Mallet, the 2<sup>nd</sup> daughter graduated West Point in 2015 and is currently at Basic Officers Leaders Course (BOLC) aiming for aviation. When the next school year begins -- Kevin Mallet will be an MS4 at North Georgia ROTC while Xavier Mallet, attending 1<sup>st</sup> Brigade's Virginia Tech will be an MS3. Two younger children complete the Mallet Family.

Thrilled to have her job in recruiting operations for 1<sup>st</sup> Brigade school, Virginia Tech Army ROTC, Mallet is pleased she can advise prospective parents based on her own experience. Familiar with every school in 1<sup>st</sup> Brigade, she also knows all the recruiting officers. Mallet proclaimed, “The work atmosphere is great, it helps me stay connected with my children, and it gives me a

huge sense of accomplishment when I can suggest the most appropriate military path for other Families!” From her own Family experience, Mallet has a wealth of knowledge regarding scholarship/non-scholarship admission, financial aid, and medical waivers. Although most of the 1<sup>st</sup> Brigade Cadets go on Active Duty, from her own background Mallet is extremely knowledgeable about the Reserve and can explain the options to interested Cadets.

***Summary of her thoughts on being part of USACC's 1<sup>st</sup> Brigade – “Wonderful job, wonderful location, wonderful schools!”***



*Donna Mallet, COL Retired Scholarship and Enrollment Officer Virginia Tech Army ROTC USACC 1<sup>st</sup> Brigade*

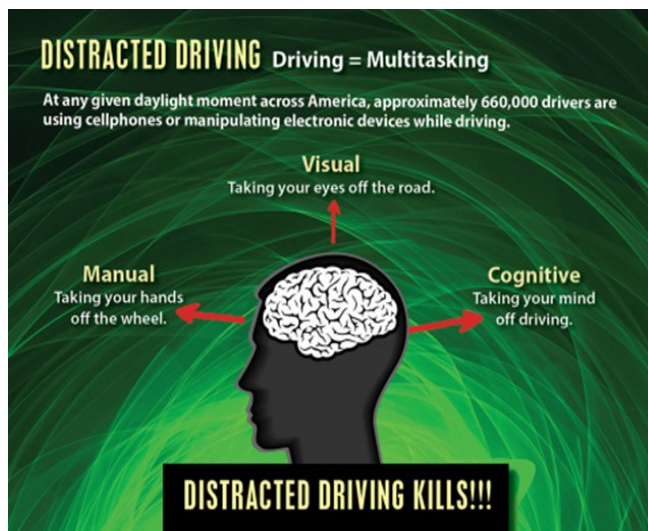




## Tips from Cadet Command's Safety Experts

*"Even the smallest act of service, the simplest act of kindness, is a way to honor those we lost, a way to reclaim that spirit of unity that followed 9/11."* -  
**President Barack Obama**

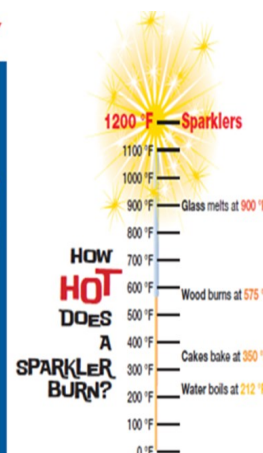
As the temperatures rise every spring, there's a corresponding increase in fatal Army accidents. Soldiers, Army Civilians and their Family members are sometimes a little too eager to get back to the fun only warm weather can bring: motorcycles, road trips, water activities and relaxation with friends that often includes alcohol. Because Soldiers and Civilians are undoubtedly going to enjoy their off-duty time or time away from the office, it's incumbent upon leaders at all levels to ensure they're equipped to make smart decisions. All off-duty activities have risk associated with it, here are some safety awareness tips to assist in preventing mishaps.



*Fifteen years have gone by, but the memory of that day still lasts forever. Never forget!*

**Safety links:**

- <https://safety.army.mil/MEDIA/SeasonalSafetyCampaigns/SpringSummer2016.aspx>
- <https://safety.army.mil/OFF-DUTY.aspx>



The events of September 11, 2001, commonly known as "9/11," dramatically changed the entire world. While the day is recognized in the United States as Patriot Day, the official day of remembrance, the anniversary of the attacks is acknowledged across the globe. Patriot Day is to remember and honor the nearly 3,000 people who died along with those injured as a result of the terrorist strikes in New York, City, Washington D.C. and Shanksville, PA. American flags are flown at half-mast to commemorate those and a moment of silence is observed at 846 EST, the time the first plane collided into the North Tower of the World Trade Center.



Here on Fort Knox – Foam 161 – the fire truck damaged by the attack on the Pentagon has become a centerpiece at the General George Patton Museum of Leadership (Patton Museum) for one of the museum's newer exhibits about leadership.

## Internet Resources

**DoD Safe Helpline:** 877-995-5247

[www.SafeHelpline.org](http://www.SafeHelpline.org)

**National Suicide Prevention Lifeline:**

800-273-8255, Press 1 for Military Crisis Hotline, text to 838255, or go to [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org).

**Army Reserve Benefits and Resources:** [www.arfp.org](http://www.arfp.org)

**National Guard Family Programs:** [https://](https://www.jointservicessupport.org/fp/)

[www.jointservicessupport.org/fp/](http://www.jointservicessupport.org/fp/)

**Army OneSource:** [www.myarmyonesource.com](http://www.myarmyonesource.com)

**Military OneSource:** 800-342-9647

or [www.militaryonesource.mil](http://www.militaryonesource.mil)

**Military Homefront:**

<http://www.militaryonesource.mil/moving>

**Military INSTALLATIONS:**

<http://www.militaryinstallations.dod.mil/pls/psgprod/f?p=MI:ENTRY:0>

**Plan My Move:** [http://apps.militaryonesource.mil/](http://apps.militaryonesource.mil/MOS/f?p=PMM:ENTRY:0)

[MOS/f?p=PMM:ENTRY:0](http://apps.militaryonesource.mil/MOS/f?p=PMM:ENTRY:0)

**Military Youth on the Move:** [http://](http://www.militaryonesource.mil/family-and-relationships/military-youth-on-the-move)

[www.militaryonesource.mil/family-and-relationships/military-youth-on-the-move](http://www.militaryonesource.mil/family-and-relationships/military-youth-on-the-move)

**DEERS:** 800-538-9552 or

<http://www.tricare.mil/DEERS>

**Per Diem, Travel and Transportation**

**Allowance Committee:**

<http://www.defensetravel.dod.mil/site/allowances.cfm>

**American Red Cross:** [www.redcross.org](http://www.redcross.org)

**My Pay website:** <https://mypay.dfas.mil/mypay.aspx>

**The official Army Benefits Website:**

<http://myarmybenefits.us.army.mil>

**TRICARE:**

**TRICARE Standard information:**

<http://www.tricare.mil/Plans/HealthPlans/TSE.aspx>

**TRICARE Prime information:**

<http://www.tricare.mil/Plans/HealthPlans/Prime.aspx>

**TRICARE Prime Remote:**

<http://www.tricare.mil/Plans/HealthPlans/TPR.aspx>

**TRICARE Pharmacy Program Info:** 866-363-8779

or <http://tricare.mil/pharmacy>

**TRICARE Dental (Dependents):**

<http://www.tricare.mil/CoveredServices/Dental/TDP.aspx>

**TRICARE Dental (ADSM):**

<http://www.tricare.mil/CoveredServices/Dental/TDP.aspx>

## Brigade Soldier & Family POCs

1 <sup>st</sup> BDE:	Mr. Joseph Clark	502-624-1854
2 <sup>nd</sup> BDE:	Mr. Robert Sova	609-562-1311
3 <sup>rd</sup> BDE:	Ms. Melissa Moore	847-688-3328
4 <sup>th</sup> BDE:	Ms. Carolyn Young	910-396-9620
5 <sup>th</sup> BDE:	Mr. Steven Keel	210-295-0861
6 <sup>th</sup> BDE:	Ms. Doris Sales	912-315-4613
7 <sup>th</sup> BDE:	Captain Lewis	502-624-5658
8 <sup>th</sup> BDE:	Ms. Susan Cicchinelli	253-967-3254
CCHQs:	Ms. Kimberly Franklin	502-624-5297
CCHQs:	Ms. Jennifer Banks	502-624-7219
CCHQs:	SSG Mark Barnes	502-624-7226
CCHQs:	Ms. Iva Pearlstein	502-624-6239
CCHQs:	Ms. Heather Logan	502-624-6238

## Military Family Life Consultants

Military Family Life Consultants (MFLC) are available on installations. MFLC's provide short term, situational, problem-solving counseling services to service members and their Families in face to face sessions. Free for those eligible and confidential except for duty to warn.

Below are direct numbers to MFLCs by brigade. Use the contact information to request counseling.

1 <sup>st</sup> BDE - Ft. Knox, KY	270-307-2630 / 270-307-2631
2 <sup>nd</sup> BDE - JB MDL, NJ	732-882-4216
3 <sup>rd</sup> BDE - Great Lakes, IL	847-688-3603, x133
4 <sup>th</sup> BDE - Ft. Bragg, NC	910-391-9171 / 910-709-0201
5 <sup>th</sup> BDE - Ft. Sam Houston, TX	210-243-4143 / 210-488-6804
6 <sup>th</sup> BDE - Savannah, GA	912-391-9171 / 910-709-0201
7 <sup>th</sup> BDE - Ft. Knox, KY	270-307-2630 / 270-307-2631
8 <sup>th</sup> BDE - JB LM, WA	253-363-1242 / 253-329-6632
CCHQs - Ft. Knox, KY	270-307-2630 / 270-307-2631

## CST MFLCs (at Fort Knox until 19 August 2016)

Bruce Osborne	502-536-1529
Mina Thevenin	502-595-8054
Mike Clark	502-612-5512
Jesse Carpenter	502-548-9443

## CST Personal Financial Counselors (PFCs)

Guilford Wilbert	502-799-3127
Jennifer Lear	502-799-3128

*\*Disclaimer:*

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