



Soldier and Family Programs Newsletter



October 2016

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.

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Family Day USACC Advanced Camp 8th Regiment

While waiting for his son on Family Day (August 5, 2016), Former Soldier SGT Mark Mullen reminisced about his time at Fort Knox, "I was proud to be here when it was a combat post 37 years ago!" He belonged to the Armor School with a Military Occupational Specialty (MOS) of tank artillery. Supporting the greater good of the community is an important value in the Mullen Family which has been passed on to Cadet Brandon Mullen. Father and son have volunteered their time for soup kitchens and to assist handicapped children. As active participants in the Boy Scouts of America together, Mullen is proud that he guided his son to achieve the Eagle Scout Rank. Already accepted to flight school which will enable Cadet Mullen – a student in the Aerospace Engineering Program at the University of Cincinnati – to realize his dream of flying helicopters. Thanks to excellent employment prospects in the civilian world, he is uncertain if he will pursue Active Duty over the Reserves or National Guard after graduation.

According to his waiting Family Members, Family history in the Military played an important role in Cadet Louis Joyner's decision to join the Army. Influenced by uncles who served in both Viet Nam and Korea, as well as a forefather on his mother's side who fought in the Civil War -- Joyner played with toy soldiers on the kitchen floor as a young boy. Currently he is both in the Reserve and a Cadet at the same time, while attending school at Southern Illinois University Edwardsville. Proud of her son, Ms. Joyner said she makes sure Louis is up for Cadet physical training (PT) during the week which begins at 5:00 am. In addition to Joyner's Family, a young lady also attended Family Day and graduation to recognize the accomplishments of her Cadet friend. When questioned about a possible future as an Army spouse, she answered, "I hope there is a convenient central location for Family Programs."

According to Fort Knox Garrison Command, over 6,000 Family members registered through the Visitor Center when they came to attend a Family Day or Graduation Ceremony. In his commencement address at the 8th Regiment Graduation Ceremony, Colonel Lance Oskey, at the time Deputy Chief of Staff G-5, at U.S. Army Cadet Command, currently the Commander for its 7th Brigade, recognized the important role played



Joyner Family Members and Former Soldier SGT Mullen waiting for their Cadets on Family Day

by Family in the development of a Cadet. His words spoken directly to the Families present, "Families offer a significant contribution by giving us their Cadets. Long before they report for training, their character is shaped at home." Oskey followed this by asking the Cadets to give thanks to their parents.

The 8th Regiment honors the memory of Colonel Michael Pyott, who after returning from multiple deployments, spent his remaining years in the Army as both an Assistant Professor of Military Science and Professor of Military Science. Pyott's ambition was to train the Cadets as the next generation of "sheep dogs" – as he phrased it – with the vital role of protecting our nation. Future leaders must learn to combine aggression with a love for others, which frequently begins with the Family.



Cadet with Family Members after graduation

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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<https://www.facebook.com/#!/USACCSFP/?fref=ts>

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Mission Achieved! Drug Testing at Cadet Summer Training (CST)

Being prepared at all times to meet the mission is an integral part of working in the military. Waiting for drugs to clear out of a Soldier or Civilian's system is not an option when there is a critical task to be performed. Consequently, the Army Substance Abuse Program (ASAP) follows detailed regulations for conducting a proper urinalysis collection as well as adhering to strict guidelines for its drug testing and prevention program. Key to the process -- Unit Prevention Leaders (UPLs) who are trained and certified to carry out the specific procedures along with providing alcohol and drug training to the unit. Additional training is required for a further level of qualification in order to become a Drug Testing Coordinator (DTC). DTCs are authorized to perform testing procedures for both Civilian and Military personnel as well as to conduct UPL training.

During Cadet Summer Training (CST), the drug testing team worked almost around the clock to test nearly 6,500 personnel which included both Cadre and Cadets. SSG Telly Sparks -- a UPL stationed at Fort Carson, CO -- was TDY on Fort Knox for the duration as a member of the team which was responsible for Military testing. Cadet testing took place at the barracks where the team would arrive at 4:30 am to prepare for a 5:00 am start which required setting up multiple testing stations by gender. "Because of the surprise factor, the Cadets couldn't prepare by hydrating in advance and it happened that we had to wait 5 hours. We stayed for as long necessary to complete the testing," explained Sparks.

Initialed by both parties, samples were stored in cups sealed with tamper-evident tape. Then the cups were packed securely in boxes and express shipped to

the laboratory on Fort Meade, MD, where analyses are performed on all samples taken at Fort Knox. Because the CST testing team on Fort Knox came together from different duty stations, and systems varied somewhat, "it took us about 3 weeks to come together," shared Sparks. However they were able to unite into the "UPL Team," testing 300-400 people per session. "I didn't hear of anyone trying to cheat the system either," Sparks added. He believed the greatest success was the way they came together as a team and shared knowledge/experience. At the conclusion of the interview -- when asked if he had any thoughts for next year -- he responded, "We should have had more time prior to the start of testing to prepare as a team. We only had 2 days and could have used 10 to begin as a more effective team."

Another member of the team with 11 years of experience, participated and observed in all aspects of the drug testing. He explained that Cadre at CST were randomly selected through a computer program to report for testing at the Copple Center. Leadership was notified 48 hours prior to testing and instructed to notify their Soldiers no more than 3 hours in advance of the test time. Soldiers of all ranks were included in the testing process. Despite the fact that there was a large number of Cadre to be tested, he was proud that the mission was successfully accomplished!

DTC Lori Dedicke has been with ASAP at Fort Knox for 13 years including 6 in drug testing. Civilian testing, a new addition at CST 2016, took place at the ASAP drug testing facility. If a Civilian is required to sign a DA 5019 as a condition of employment, he/she is subject to random drug testing. Lists of Civilians at CST to be tested



Outer room at ASAP testing facility

were computer generated which was followed by notification of the supervisors on the list. They in turn were to verbally inform the employee -- only if it was possible for him/her to report for testing within 2 hours. Dedicke investigated all situations where the employee failed to show before reporting anyone as non-compliant.

Procedure for Civilians is slightly different than for Soldiers. While there is no direct observation, a temperature sensor on the container indicates that the sample is fresh. "We had no problem with anyone trying to cheat," Dedicke observed. Those on prescriptions are asked to note them on their paperwork. Afterwards, if necessary there is further opportunity to provide the Medical Review Officer (MRO) with a prescription script.

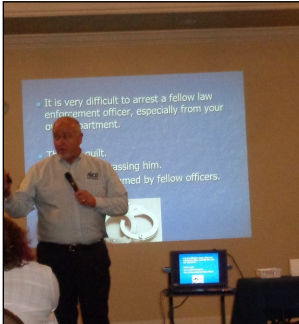
Successful completion of 111 Civilian tests was considered quite an accomplishment for the first endeavor. "Drug testing enables the Army to be stronger and better prepared to achieve the mission. Soldiers and Civilians know they always have to be ready for the task at hand!" proudly explained Dedicke.



Copple Center

Domestic Violence Prevention Public Awareness and Intervention

National Institute of Crime Prevention



Rod Reder

"The trainers reported that with counseling that uses peer group pressure, abusers can be helped to control their behavior."



Bill Rousseau

Although October is designated as Domestic Violence Awareness Month, this is one topic that we should be aware of every day of the year. Statistics released by the White House in 2015 indicate that nearly 1 in 4 women along with 1 in 7 men in the United States have experienced severe physical aggression from an intimate partner. Victims endure verbal abuse and violence to their person, frequently under the belief that this is necessary as a means to keep their family together. Fear of being without adequate financial resources is another reason victims remain silent. Regrettably studies show that children who are exposed to domestic violence -- even if they are not victims of physical attacks themselves -- will experience lifelong trauma and in many cases become abusers as adults.

Recognizing mission readiness requires Family readiness, the Army is committed to providing Family members with a strong, supportive environment where they can thrive. Domestic abuse undermines the Army's commitment to Families and adversely effects Family Readiness. Consequently, not only is domestic violence never tolerated as acceptable behavior by our Army or any other branch of our Military, Family Advocacy Programs provide resources for assistance and intervention.

[Military OneSource](http://www.militaryonesource.com) (800-342-9647) will help callers find local Family Advocacy Program contact information while Army Community Service (ACS) resources can be searched by [locating Family Advocacy Program on Military installations](#) (Fort Knox, 502-624-8391). For immediate assistance, anyone can call the [National Domestic Violence Hotline](#) (800-799-7233).

To support the goals of public awareness, intervention and prevention, Fort Knox's ACS hosted



extensive training on August 24-25, 2016 which covered many aspects of domestic violence and abuse. National Institute of Crime Prevention (NICP) not only presented a wide range of topics, they also kept the audience involved with their interactive format. Trainers William Rousseau and Rod Reder each had 29 years of law enforcement experience -- predominately in domestic violence, sex crimes, and crimes against persons -- when they joined together to create their global training company.

Reder presented the topic of officer involved incidents and related it to the Military. "Stress contributes to relationship dysfunction," explained Reder and "Soldiers, especially during a deployment, are almost continually in stressful situations." Problems arise when they don't have opportunity to decompress before returning to their homes and Families. A further issue is the knowledge that if someone in the Military is reported and convicted, it can mean the end of a career with a huge financial impact for the Family. Reder emphasized, "If you are an abuser, you have crossed over the thin blue line. There is also accountability for the Military."

Of special interest to Cadet Command was Reder's discussion of drug facilitated sexual assaults on college campuses. Female college students experience sexual assaults at a higher rate than other categories of females. Cases of rapes among college women living in a sorority are 3 times higher than those with other living arrangements. Unfortunately according to Reder, "Only 7% of college women who experience a drug or alcohol induced rape, make a report." Another sad statistic is that only 10% of reports will result in criminal charges. "No matter what is in your glass, bottle, or can -- keep an eye on it at all times!"

To end on a positive note, the trainers reported that with counseling that uses peer group pressure, abusers can be helped to control their behavior. In their home state of Florida, a program that requires mandatory group counseling classes combined with court supervision has shown an 86% success rate of ending abusive activities. By placing children in a non-violent environment without constant fighting between partners, they can be healed. And the cycle of abuse can be ended!

Waukegan Corps of Cadets — JROTC at USACC 3rd Brigade

“Mission First, People Always”

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

Each year the Waukegan Corps of Cadets JROTC, in Waukegan, Illinois conducts week-long leadership seminars to prepare selected Cadets as role-models and leaders. “Mission First, People Always” was chosen as a motto by a past class to reflect their interpretation of the lessons learned. Founded in 1916, the Waukegan High School’s Bulldog Regiment in USACC’s 3rd brigade is not only among the oldest JROTC Programs – with its 700 Cadets organized into three battalions -- it holds the title as the largest “stand-alone” JROTC Program in the nation! “Honor Unit with Distinction,” the highest rating given to JROTC Programs has been earned by the Waukegan Corps of Cadets every year since 1992.

A Waukegan JROTC Cadet himself who graduated the program in 1974, Major Carter Bell (Retired) is extremely proud of the program where he now serves as Senior Army Instructor. Convinced by a friend who came from a Military Family and wanted to join the JROTC Drill Team, Bell became a Cadet too. Inspired by the Drill Team, he persevered and pursued a career in the Army. Although he interrupted the ROTC Program at Loyola University with an Active Duty enlistment, he returned and was commissioned as Army Second Lieutenant in Armor.

After retirement from Active Duty, he came back to JROTC. First as the Department Chair of

Auburn High School’s JROTC Department in Rockford, Illinois, then in 1999 he returned to the school where he started and became a faculty member. Currently he serves as the Senior Army Instructor of this highly distinguished JROTC Program.

When questioned about why he returned, he responded with feeling, “because of the impact that the program had on my life. I was one of those teenagers that didn’t like school. I really connected with JROTC and the instructors. Drill team practice was first thing in the morning before school began. Once I was at practice I thought that I might also go to class! JROTC is why graduated.”

Bell’s proud service to the Army provided inspiration to his Family – his two sons decided they wanted to be Army Officers like their father. Captain Carter Bell graduated from the Military Academy at West Point in 2010 and now his younger brother, Joshua is currently enrolled there. Daughter Nancy graduated from Marquette University.

Describing the JROTC Program at Waukegan High School, Bell explains, “This is a large urban high school with 4,500 students. Family income levels are low.” He added that the Cadets care about each other and the community -- last year they contributed 6,000 service hours to the school district and the community! When the Cadets had the opportunity to visit Fort Knox with Bell, they not only enjoyed a visit to the Blackhawk Helicopter Unit — they were very impressed with



Corps of Cadets, 2015

the variety and quality of food at a dining facility! However the highlight was a visit to JROTC Headquarters and meeting the Deputy Director, Mr. Leon McMullen. Bell also shared, “Our Drill Team is nationally ranked and our Varsity Coach, ISG Lloyd Cunningham was a finalist for the Coach of the Year award this year.”

Bell not only supports the school’s JROTC Program, he is extremely proud that he was elected Chair of the Restructuring Committee by all the teachers. Over 10 years ago, he lead the successful development of the “Smaller Learning Communities” concept to raise test scores.



Maj. Carter Bell, US Army Retired

“Good leaders lead by example.”



Color Guard 1917



Color Guard 2015

Tips from Cadet Command's Safety Experts

Halloween Safety Tips

- ◆ **When choosing a costume**, stay away from long trailing fabric. If your child is wearing a mask, make sure the eye holes are large enough so they can see out.
- ◆ **Provide children** with flashlights to carry for lighting or glow sticks as part of their costume.
- ◆ Dried flowers, cornstalks and crepe paper catch fire easily. **Keep all decorations** away from open flames and other heat sources like light bulbs and heaters.
- ◆ **Use a battery-operated** candle or glow-stick in jack-o-lanterns. If you do use a real candle, make sure children are supervised at all times. When lighting candles inside the jack-o-lanterns, use long matches or a utility lighter. Be sure to place lit pumpkins far from anything that can burn as well as away from trick-or-treaters, doorsteps, walkways, and yards.



"The park speaks of organizations, but it is about people. Soldiers who served long and faithfully. And Soldiers who served briefly."

Age matters when it comes to your smoke alarms.

To find out how old a smoke alarm is, look at the date of manufacture on the back of the alarm; the alarm should be replaced 10 years from that date. Install smoke alarms in every bedroom, outside each separate sleeping area, and on every level of the home, including the basement. Larger homes need more alarms. Interconnect them if possible, so when one sounds, they all sound.



Test smoke alarms at least once a month by pushing the test button.

Links for additional safety information:

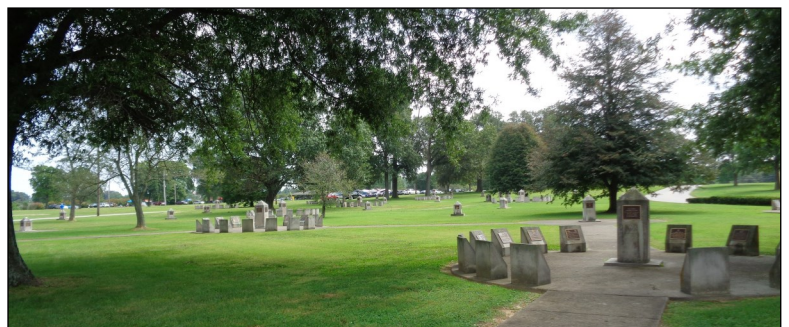
<http://www.nfpa.org/public-education>

<https://safety.army.mil/MEDIA/SeasonalSafetyCampaigns/AutumnWinter2016-17.aspx>



Located on Fort Knox, is Armor Memorial Park which was dedicated July 10, 1990 by MG Thomas Foley, at that time, Chief of Armor. In front of the park, is a monument marker with the following inscription:

"The United States Army Center Memorial Park is dedicated to the Soldiers who fought with armor in wars of the twentieth century. All branches of service that fought with armor are included since armor has always represented the combined arms team. The park speaks of organizations, but it is about people. Soldiers who served long and faithfully. And Soldiers who served briefly. Some contributing their lives. Each who served with a unit recognized here is bonded for life with that unit. All are part of this park."



Armor Memorial Park, Fort Knox, Kentucky

Not included in the 1968 Uniforms Holiday Bill, Veterans Day is observed on November 11. This serves as a reminder of the Armistice which ended WWI that came into effect on November 11, 1918 — **the 11th hour of the 11th day of the 11th month.**

Veterans Day is the day to officially recognize and thank all Military personnel who have served in the United States in all wars, particularly living veterans.

Internet Resources

DoD Safe Helpline: 877-995-5247

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.

Army Reserve Benefits and Resources: www.arfp.org

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

www.jointservicessupport.org/fp/

Army OneSource: www.myarmyonesource.com

Military OneSource: 800-342-9647

or 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

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

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 st BDE:	Mr. Joseph Clark	502-624-1854
2 nd BDE:	Mr. Robert Sova	609-562-1311
3 rd BDE:	Ms. Melissa Moore	847-688-3328
4 th BDE:	CPT Schroeder	910-432-4982
5 th BDE:	Mr. Steven Keel	210-295-0861
6 th BDE:	Ms. Doris Sales	912-315-4613
7 th BDE:	ILT Tijwana Eades	502-624-5658
8 th 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 st BDE - Ft. Knox, KY	270-307-2630 / 270-307-2631
2 nd BDE - JB MDL, NJ	732-882-4216
3 rd BDE - Great Lakes, IL	847-688-3603, x133
4 th BDE - Ft. Bragg, NC	910-391-9171 / 910-709-0201
5 th BDE - Ft. Sam Houston, TX	210-243-4143 / 210-488-6804
6 th BDE - Savannah, GA	912-391-9171 / 910-709-0201
7 th BDE - Ft. Knox, KY	270-307-2630 / 270-307-2631
8 th BDE - JB LM, WA	253-363-1242 / 253-329-6632
CCHQs - Ft. Knox, KY	270-307-2630 / 270-307-2631

Update DEERS and ADPAAS

Please remember to keep your information in DEERS and the Army Disaster Personnel Accountability System (ADPAAS) current. This includes change of address, marriage, divorce, new babies, adoptions, and other changes regarding dependents. ADPASS is a website designed to assist Army personnel and their Families directly affected by a natural or manmade disaster. Through ADPAAS, all Department of the Army (DA) personnel and their Families can report their current location, update any emergency contact information and request assistance.

<http://www.arfp.org/pdfs/AR%20ADPAASBrochFinal.pdf>

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