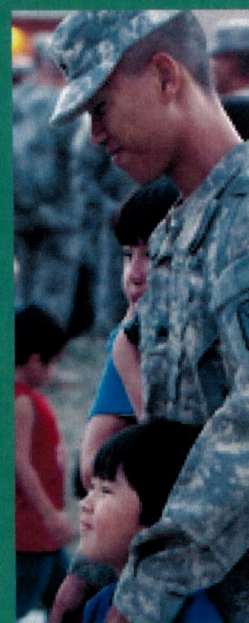
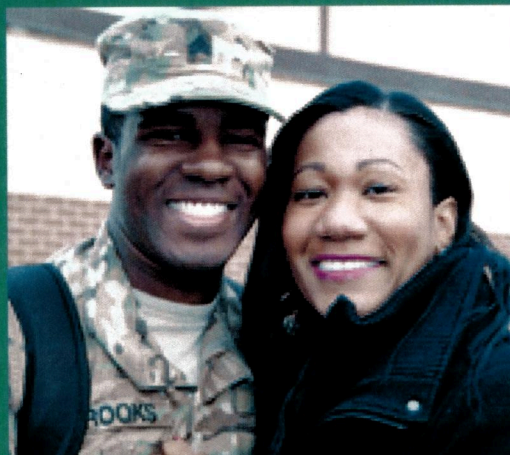


UNITED STATES ARMY CADET COMMAND



USACC FAMILY STRONG WELCOME GUIDE





Welcome Letter



Cadet Command

Welcome to U.S. Army Cadet Command

Welcome to the U.S. Army Cadet Command team which is committed to developing adaptive and innovative leaders of character.

You have joined our team at an exciting time. During ROTC's celebrated 100-year history, great military leaders have emerged, contributing to our nation's strength in the global theater. Our Army's operating concept describes a world that is ever-changing and constantly shifting. In many ways, this is new territory. Creative and agile leadership is required to navigate the terrain of diverse challenges we expect to encounter in the future. Cadet Command must create leaders poised for this new environment.

Your role as a leader development professional is vital to ensuring the protection of our nation. U.S. Army Cadet Command relies on you to make Army ROTC America's preeminent leadership program – one that is academically unrivaled and sought out by students who accept the challenge to strive for excellence. As you observe, train, and mentor each Cadet, you instrumentally shape the outcome of tomorrow's conflicts and missions. You fine tune the Cadet's abilities to think critically so they can make compelling and effective decisions when the pressure is on, thus preparing them for their every endeavor.

Because we are a nationwide organization, most of our university-based Cadre do not live close to a military installation, and consequently are without convenient access to Army support facilities and programs. Yet, we are a community of neighbors, both near and far, looking out for our Soldiers and Families – especially those in outlying units. Our Soldier and Family Programs Division works through Cadet Command brigades to provide our Soldiers and Families the support services customarily available on military installations.

The Soldier and Family Programs' Quarterly Newsletter, typically published the last day of each quarter, provides information regarding remote support and assistance. Websites introduced in this packet along with Facebook offer additional information. Resiliency is the first step in defining our tomorrow, so I encourage you to explore this welcome guide which presents well-being and morale-building services.

As former Chief of Staff of the Army, General Raymond Odierno said, "The strength of our Nation is our Army; the strength of our Army is our Soldiers; the strength of our Soldiers is our Families. This is what makes us Army Strong."

Again, welcome to the team and stay Army Strong.

Leaders for Life!

Christopher P. Hughes
Major General, U.S. Army
Commanding

Contents

Introduction.....	4
USACC Mission and Vision.....	4
USACC Brigade Breakdown.....	5
USACC Host Colleges and Universities.....	5
Help for Moving.....	6-14
A. Total Army Sponsorship Program.....	6
B. Helpful Resources.....	6
C. Housing Information.....	6-8
D. Medical and Dental Support.....	8-9
E. Defense Enrollment Eligibility Reporting System (DEERS).....	9
F. TRICARE Options.....	10
G. Childcare.....	10-11
H. Army Respite Care during Cadet Summer Training.....	11
I. The Army Suicide Prevention Program.....	11
J. Family Advocacy Program.....	11-12
K. Sexual Harassment / Assault Response & Prevention.....	12
L. Army Substance Abuse Program.....	12
M. Exceptional Family Member Program.....	12
N. USACC Media Outreach.....	12-13
O. Emergency Assistant Outreach.....	13
P. Military Spouse Employment & Education.....	13-14
Additional Resources.....	15
Other Helpful Internet Resources.....	16-17

Introduction

Moving is never easy, whether it is across town or to another continent so we have compiled information on many of the subjects important to U.S. Army Cadet Command (USACC) Soldiers and Families making a Permanent Change of Station (PCS) move. Information provided may apply to most moves but remember that local laws, rules, etc., may change some of this information. Be sure to ask the personnel in your ROTC Program, your sponsor, or contact the Soldier and Family Programs Office for information specific to your move.

USACC Mission and Vision

USACC Mission

USACC 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.

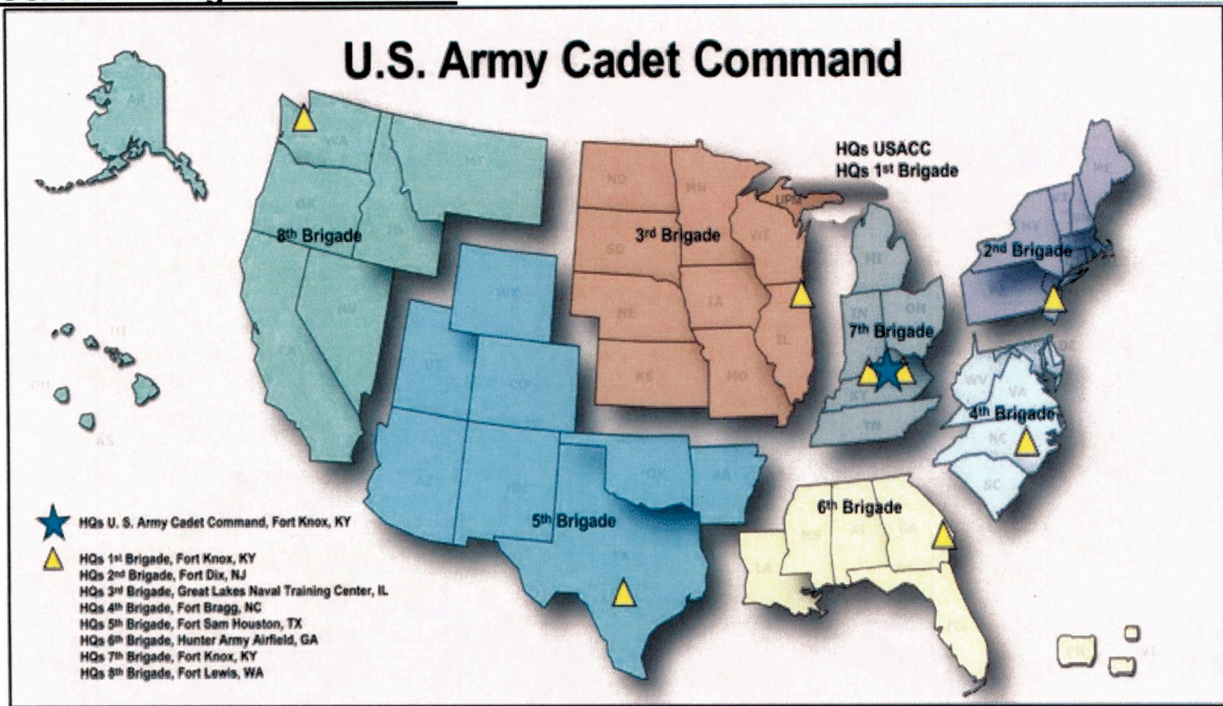
USACC Vision

We are an innovative, effective organization manned by specially selected and qualified professional Cadre, Staff and Faculty fully prepared to educate and train the most diverse and talented Cadets from across the Nation to become better Citizens, adaptive leaders, lifetime learners, and agile thinkers and problem solvers who are committed to the Army Ethos and Profession of Arms.

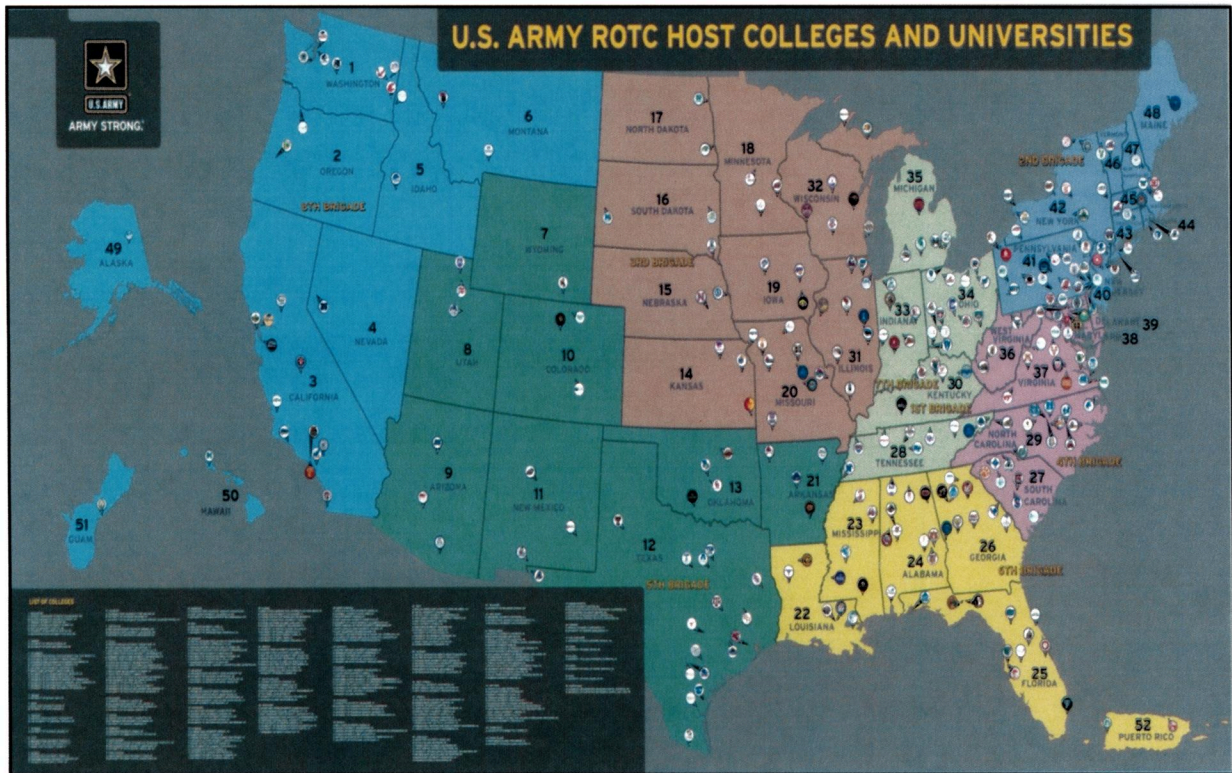


U.S. Army Cadet Command Headquarters at Fort Knox, Kentucky.

USACC — Brigade Breakdown



USACC — Host Colleges and Universities



Help for Moving

A. Total Army Sponsorship Program

Your assigned sponsor will provide a welcome packet and current information about Cadet Command and the surrounding community. If you do not hear from your assigned sponsor within seven days and you desire a sponsor, please contact Soldier and Family Programs at (502) 624-6238/7219.

B. Helpful Resources

1. Army OneSource

Healthy Families make strong Soldiers. Strong Soldiers make a successful Army. That's what Army OneSource is all about. Army OneSource is committed to providing support for service members, Families and Veterans regardless of component or geographic location. Through State Community Support Coordinators (SCSC), AOS is developing community support systems to address and serve our Military Families in the areas of behavioral health, financial, legal, and faith. The Army OneSource website offers 24/7 information and resources and telephone support from 0800-2000 Central Time. Visit <http://www.myarmyonesource.com> or call (877) 811-ARMY.

2. Military OneSource

Contact Military OneSource for a free packet of information about your new community. The packet contains information about the community, housing, schools, jobs, cost of living, climate, etc., to help make the transition smoother. The following programs are available through <http://www.MilitaryOneSource.com>.

a. Plan My Move is an online moving tool that simplifies the moving process, breaking it down into clear, manageable steps for both experienced and first time movers. Plan My Move provides comprehensive moving information, details about benefits and allowances, a relocation budget planner and handy to-do lists. Visit <https://apps.militaryonesource.mil/MOS/f?p=PMM:ENTRY:0>.

b. With <http://www.militaryinstallations.dod.mil> you can find valuable information on many topics such as housing, relocation assistance, child care, household goods, education and health care. Visit <http://www.militaryonesource.mil/on-and-off-base-living/moving> or call (800) 342-9647.

C. Housing Information

1. The Automated Housing Referral Network (<http://www.AHRN.com>) is the preferred and trusted housing referral resource for the military community around the world designed to assist the military community locate available housing.

2. Community housing rental information can be found at <https://www.HOMES.mil>, a DoD website designed to connect service members and their Families with rental listings near U.S. military bases.

3. To find out how much the Basic Allowance for Housing (BAH) will be in the new area, visit <https://www.defensetravel.dod.mil/site/bah.cfm>.

4. Leased Government Housing (LGH)

Cadet Command personnel may be assigned to locations where housing costs are not fully supported by Basic Allowance Housing (BAH) and where military housing is not available within a reasonable commuting distance. To improve the quality of life for Cadet Command Families in these areas, the command, in conjunction with the U.S. Army Corps of Engineers (USACE), may be able to procure leased housing, through the LGH. Contact the USACC LGH Leads at (502) 624-6238/7219 for more information.

a. Eligibility for LGH

1. The program is open to all ranks.
2. All eligible personnel must be receiving BAH at the 'with dependent rate' and be accompanied by dependents. In cases of joint custody of dependents, only the military Soldier who has custody for more than six months per year is eligible.
3. If the permanent duty station is within a Military Housing Area containing an active component DOD installation, no leases will be given.
4. If adequate suitable housing is identified by USACE but declined by the Soldier, the Soldier will be dropped from the program. The Soldier cannot reapply for the program until he/she has orders for a permanent change of duty station.

b. Application procedures for LGH

1. Service member contacts USACC Soldier and Family Programs Division to submit an application by phone at (502)624-6238/7219.
2. Service member must submit a Statement of Understanding for Acceptance of Leased Government Housing, USAREC Form 700-5.7. The service member's signature indicates that they understand the provisions of participating in the LGH Program.
3. A copy of the service member's PCS and pinpoint orders must accompany the request.
4. A screenshot of the service member's DEERS current Family coverage must be provided as additional supporting documentation to determine entitlement.
5. The total application process will take approximately 45-60 days

c. Bedroom Entitlement is based on number of dependents — up to a maximum of four bedrooms — as listed below:

1. Member and spouse one bedroom.
2. Children under age 6 share a bedroom with siblings of the same or opposite gender (maximum of two children per bedroom).
3. Children ages 6-9 share a bedroom with siblings of the same gender only (maximum of two children per bedroom).

4. The Soldier's dependent parents are entitled to their own bedroom.
5. Soldier must show proof that any children between the ages of 18 and 22 are enrolled full-time in school/college to be included in the bedroom count.
6. Child loses bedroom entitlement on 23rd birthday.

D. Medical and Dental Support

1. Medical and Dental Coverage while in Transition

Your TRICARE coverage is completely portable, meaning it moves with you. You are covered worldwide — both in transit to your new duty location and once you arrive. Depending on where you PCS, you may use a different TRICARE health plan option. You must update your address and other changes to TRICARE. For additional information visit the TRICARE website at <https://www.tricare.mil>.

2. Emergency Care

If you need emergency care while en route to your new duty station, call 911 or go to the nearest emergency room. TRICARE defines emergency care as medical services provided for a sudden or unexpected medical or psychiatric condition, or the sudden worsening of a chronic (ongoing) condition that is threatening to life, limb or sight and needs immediate medical treatment, or which has painful symptoms that need immediate relief to stop suffering. If you are traveling near a military treatment facility (MTF), you should go to the MTF or military dental treatment facility for emergency services. If you are hospitalized in a civilian facility for more than 24 hours, contact your TRICARE region POC.

3. Urgent Care

If you need urgent care while en route to your new duty station, coordinate the care with your primary care manager (PCM) and/or TRICARE region POC. TRICARE defines urgent care as medical care for a condition that will not result in disability or death if not treated immediately but should be treated within 24 hours to avoid further complications. If you are in a Prime program, you must coordinate urgent care with your primary care manager and/or TRICARE region POC before receiving care. If you are in TRICARE Standard & Extra or TRICARE-For Life, you can receive care as you normally would. You should, however, contact your TRICARE region POC as soon as possible to coordinate any prior authorizations that are needed.

4. Prescriptions

You should have all your prescriptions filled before you leave, but if you need a prescription filled while you are traveling in the United States, you have several options:

- a. If near a military treatment facility, fill the prescription at the MTF pharmacy.
- b. Find the closest TRICARE network pharmacy. Call (877) 363-1303 or visit <https://www.tricare.mil>.
- c. If a network pharmacy is not available, you can visit a non-network pharmacy. You may have to pay up front for medication and file a claim with Express Scripts Inc., for reimbursement. Call (877) 363-1303 or go to <https://www.tricare.mil> for more information.

d. The mail-order option is not recommended for a prescription you need right away, but if you will be traveling for a long time, you can arrange for any regular prescriptions to be filled via the mail-order pharmacy by calling your primary care manager or (877) 363-1303.

E. Defense Enrollment Eligibility Reporting System (DEERS)

1. DEERS is a computerized information service linked by an extensive voice and data communications network to Uniformed Services Installations. DEERS is used to verify and confirm the eligibility for those individuals receiving Uniformed Services Benefits. The system has many other uses as well, such as ID card issuance, locating master medical and dental records, and providing population information. To ensure you and your Family maintain the right eligibility, as soon as you get to your new duty station, it is very important that you change your address and provide DEERS with a copy of your PCS orders.

2. You should update your record in DEERS within 30 days whenever you experience any of the following life events (this list is not all-inclusive):

- a. Change in sponsor's status (change in service status i.e. enlisted to officer, branch change)
- b. Getting married or divorced
- c. Having a baby or adopting a child
- d. Moving to a new location for any reason
- e. Becoming entitled to Medicare (either you or a Family member)

Mistakes or outdated information in the DEERS database will cause problems with TRICARE claims.

3. DEERS Enrollment and Update

To enroll family members or update DEERS records, sponsors must complete an Application for Department of Defense Common Access Card and DEERS Enrollment (DD Form 1172) and provide other documentation, such as marriage, birth or death certificates, Social Security cards, separation papers (DD Form 214), Medicare cards, etc. Each Family member's eligibility record must be updated separately when changes occur. Note: If the sponsor is not available, a Family member can update the DEERS information with a notarized DD Form 1172 or a power of attorney.

- a. In Person: To add or delete Family members, visit a local ID card office. You can search for an office near you by zip code, city or state by visiting <https://www.dmdc.osd.mil/rs/>.
- b. By Phone: Call the Defense Manpower Data Center Support Office at (800) 538-9552 to update your addresses, email address and phone numbers.
- c. Online: Visit the DEERS website at <https://www.dmdc.osd.mil/milconnect> and follow the steps to update your address, email address and phone numbers.

d. The mail-order option is not recommended for a prescription you need right away, but if you will be traveling for a long time, you can arrange for any regular prescriptions to be filled via the mail-order pharmacy by calling your primary care manager or (877) 363-1303.

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a. In Person: To add or delete Family members, visit a local ID card office. You can search for an office near you by zip code, city or state by visiting <https://www.dmdc.osd.mil/rsi>.

b. By Phone: Call the Defense Manpower Data Center Support Office at (800) 538-9552 to update your addresses, email address and phone numbers.

c. Online: Visit the DEERS website at <https://www.dmdc.osd.mil/milconnect> and follow the steps to update your address, email address and phone numbers.

F. TRICARE Options

Your information in DEERS must be up to date, in order to enroll Family members in TRICARE. Basic TRICARE information is provided below, but for complete details on TRICARE coverage options, visit <https://www.tricare.mil>.

1. TRICARE Prime (TP)

TRICARE Prime is a managed care option offering the most affordable and comprehensive coverage. There is no enrollment fee for active duty Families, however you must complete an enrollment form to select Prime as your coverage plan.

2. TRICARE Prime Remote (TPR)

TPR is a managed care option similar to TRICARE Prime for active duty service members and their eligible Family members while they are assigned to remote duty stations in the United States. Remote locations are those that are 50 miles or one hour from an MTF (based on ZIP code). To find out if your new location is in a designated remote location, go to <https://www.tricare.mil>.

3. TRICARE Standard

For Active duty Family members, there is no enrollment fee for TRICARE Standard – coverage is automatic as long as you are registered in DEERS and show as eligible for TRICARE. If you live in an area where TRICARE Prime is not available, TRICARE Standard may be your only option.

4. TRICARE Dental Program (TDP)

MetLife administers the TRICARE Dental Program (TDP) to active duty Family members, National Guard and Reserve members and their Families. Family members may enroll in the TDP at any time, although the sponsor must have at least 12 months remaining on their service commitment at the time of enrollment. To locate the nearest participating provider, call (855) 638-8371 or visit <https://www.tricare.mil/coveredservices/Dental/TDP.aspx>.

5. TRICARE Pharmacy Benefit Options

a. Military Treatment Facility Pharmacy Clinics fill prescriptions free of charge.

b. Pharmacy Network Providers (civilian drug stores) fill prescriptions free or for a minimal charge.

c. The TRICARE Pharmacy Home Delivery may be the least expensive option when not using the military pharmacy. You can have your prescriptions sent to any address in the U.S. and U.S. territories, including temporary and APO/FPO addresses. With home delivery, you can get up to a 90-day supply for most medications and request refills by mail, phone or online. For additional information, call the TRICARE Mail Order Pharmacy at (877) 363-1303 or the TRICARE Retail Pharmacy at (877) 363-1303 or visit the TRICARE Pharmacy website at <https://www.express-scripts.com/>.

G. Child Care

1. Army Child Care Fee Assistance (AFA) was created to provide authorized Reserve and Active Duty personnel assistance in locating, selecting, and offsetting the cost of civilian child care when on-base child care is not available or a viable option for the service member and their

Family. The programs available through Child Care Aware® of America provide subsidies for eligible military dependents enrolled in quality commercial child care programs throughout the United States. Child Care Aware® of America authorizes subsidy amounts based on Total Family Income (TFI) for those eligible Army Families, and supplies monthly payments directly to the prospective child care provider.

<http://usa.childcareaware.org/military-programs/military-families/army/>

2. MilitaryChildCare.com (MCC) provides a single portal for Families to access on base/installation child care options across all service branches worldwide. MCC offers a more streamlined approach to finding and requesting care along with expediting placement through a standardized request process and waitlist management tools. Through MCC, eligible Families can search and request full or part day care options in facility or home based programs. The program age range is for newborns through children age 12. An additional feature is that Families may remain on a preferred program's waitlist even after being offered care or enrolling in another program. For further information go to their website at

<https://militarychildcare.cnmc.navy.mil/>.

H. Army Respite Care during Cadet Summer Training

The Army Respite Program provides hourly child care to support the unique child care needs for Army Families who meet certain criteria. ROTC Cadre are eligible for up to 5 no-cost hours of respite care for each eligible child up to age 12 from May through September. *Respite Care* can be used for any of the following: running errands, appointments, or some well-deserved time out for yourself. Respite care can be nights, weekends, holidays, or during regular daily working hours. However it must be outside of the regularly subsidized care if the Family already participates in the Army Fee Assistance Program. Care can be at different times for a Family with multiple eligible children.

<http://usa.childcareaware.org/military-programs/military-families/army/>

I. The Army Suicide Prevention Program (ASPP)

1. The Army Suicide Prevention Program provides resources for suicide awareness, intervention skills, prevention and follow-up in an effort to reduce the occurrence of suicidal behavior across the Army. For information about available USACC resources and support contact the Soldier and Family Programs Office at (502) 624-6238/6239. For more information about the Army's Suicide Prevention Program, visit

<http://www.armyg1.army.mil/hr/suicide/default.asp>.

2. If you are depressed, lonely and are having suicidal thoughts, remember you are never alone. Available to you 24/7/365 is the **National Suicide Prevention Hotline:**

(800) 273-TALK (8255)

Press **1** for **Military Crisis Hotline**, text to 838255 or go to

<https://www.suicidepreventionlifeline.org>.

J. Family Advocacy Program (FAP)

The Family Advocacy Program is dedicated to the prevention, education, prompt reporting, investigation, intervention and treatment of spousal and child abuse. The program provides a variety of services to Soldiers and Families to enhance their relationship skills and improve their

quality of life. For resources and support, contact the Soldier and Family Programs Office at (502) 624-6238/6239.

K. Sexual Harassment / Assault Response & Prevention (SHARP)

1. The SHARP program reinforces the Army's commitment to eliminate incidents of sexual assault through a comprehensive policy on awareness and prevention, training and education, victim advocacy, response, reporting and accountability. Army policy promotes sensitive care and confidential reporting for victims of sexual assault and accountability for those who commit these crimes.

2. The SHARP Program

a. Promotes awareness of sexual assault throughout Cadet Command and coordinates professional intervention at all levels within military and civilian communities.

b. Strives to ensure protection of the privacy of victims of sexual assault through restricted and unrestricted reporting options.

c. Recognizes that incidents of sexual assault constitute violations of the law and that a commander has authority to take disciplinary or administrative action in such cases.

3. For more information about the Army's SHARP program, visit <http://www.sexualassault.army.mil/>. Contact your Brigade for SARC contact information. For additional questions about the SHARP program call the Soldier and Family Programs Office at (502) 624-6238/6239.

L. Army Substance Abuse Program (ASAP)

The ASAP mission is to strengthen overall fitness and effectiveness of the Army's workforce, to preserve manpower, and enhance the combat readiness of Soldiers. Cadet Command implements this mission by randomly selecting its Soldiers and certain civilians for drug testing through urinalysis each month and by conducting mandatory substance abuse classes. The Cadet Command ASAP Program Manager can be reached at (502) 624-6238/6239.

M. Exceptional Family Member Program (EFMP)

USACC Soldier and Family Programs assists service members with changes to their EFMP status (enrollment, updates, and disenrollment) in order to maintain mission readiness. For more information regarding the EFMP program, call the Soldier and Family Programs Office at (502) 624-6238/6239.

N. USACC Media Outreach

1. Facebook:

a. To follow USACC (ROTC), go to <https://www.facebook.com/cadetcommand/> and like their page.

b. To follow USACC Soldier and Family Programs, go to <https://www.facebook.com/USACCSFP> and like our page.

2. Twitter:

a. To follow USACC (ROTC), go to <https://www.twitter.com/ArmyROTC> and click follow.

b. To follow USACC Soldier and Family Programs, go to <https://www.twitter.com/USACCSFP> and click follow.

3. Newsletter:

Soldier and Family Programs publishes a quarterly newsletter for all of USACC. Call (502) 624-6239 for further information. The current and previous issues are located on the USACC

SharePoint: <https://army.deps.mil/army/cmds/USACC->

[HQ/G1/Public/Forms/AllItems.aspx?RootFolder=%2Farmy%2Fcmds%2FUSACC%2DHQ%2FG1%2FPublic%2FSoldier%20and%20Family%20Programs&FolderCTID=0x0120006484467893A5DA47881246BF6F089C47&View={92828DDA-0EF8-4890-8D49-951299CA2CF3}](https://army.deps.mil/army/cmds/USACC-HQ/G1/Public/Forms/AllItems.aspx?RootFolder=%2Farmy%2Fcmds%2FUSACC%2DHQ%2FG1%2FPublic%2FSoldier%20and%20Family%20Programs&FolderCTID=0x0120006484467893A5DA47881246BF6F089C47&View={92828DDA-0EF8-4890-8D49-951299CA2CF3})

O. Emergency Assistance Contacts

1. Army Emergency Relief (AER) Program

AER is the Army's own financial assistance organization. AER funds are made available to provide financial assistance to Soldiers — active and retired — and their dependents when there is a valid need. Contact AER at (703) 428-0000 or (866) 878-6378 for emergency assistance and for additional information go to: <http://www.aerhq.org>.

2. American Red Cross

The Red Cross assists Soldiers and Families with AER funds, recovery from disasters, notification of deployed service members and many other services. For more information, visit <http://www.redcross.org>.

P. Military Spouse Employment & Education

1. Employment Opportunities

a. The Army offers numerous opportunities for challenging and rewarding civilian employment in virtually all career fields and in different parts of the world. Whether you are a military spouse, student, a recent graduate, a veteran or a current federal employee seeking information about opportunities with the Army, please contact the nearest military installation Civilian Personnel Advisory Center (CPAC).

b. For more detailed information on federal employment categories, refer to the U.S. Office of Personnel Management website at <https://www.opm.gov/policy-data-oversight/hiring-information/hiring-authorities/>, or USA Jobs, <https://www.usajobs.gov>. If you are a veteran, visit <https://www.opm.gov/policy-data-oversight/veterans-employment-initiative/>.

c. Military Spouse Preference (MSP) Program, established under the Military Family Act of 1985, offers employment placement preference in Department of Defense (DOD) civilian personnel positions to military spouses who meet certain criteria. To be eligible for the MSP, you must be the spouse of an active duty U.S. military member, to include the Coast Guard or full-time National Guard and relocating (not due to separation or retirement) with your military sponsor under a permanent change of station (PCS) move to an active duty assignment. You must have been married to the military sponsor prior to the sponsor's reporting date at the new assignment, apply for a position within commuting distance of the sponsor's permanent new

duty station, and rank among the “best qualified” candidates for the position. You may apply for MSP as early as 30 days prior to your reporting date at the new duty station.

d. The Department of Defense Spouse Education and Career Opportunities (SECO) Program at <https://myseco.militaryonesource.mil/Portal/Home/AboutSeco> or call Military OneSource to speak to a certified SECO career counselor at (800) 342-9647.

e. Military Spouse Employment Partnership (MSEP)



Visit <https://msejobs.militaryonesource.mil/msep/>.

2. The Military Spouse Career Advancement Account (MyCAA) is a career development and employment assistance program. MyCAA helps military spouses pursue licenses, certificates, certifications or associate degrees necessary for gainful employment in high demand, high growth portable career fields and occupations. MyCAA provides a maximum education benefit of \$4,000 with an annual fiscal year cap of \$2,000 to assist eligible military spouses who need professional credentials to meet their portable career goals. Learn more at <https://aiportal.acc.af.mil/mycaa/default.aspx> or call (800) 342-9647 to speak with a MyCAA career and education consultant.

Additional Resources

Army A-Z - Resource link to every Army unit website as well as support organizations. All organizations are in alphabetic order. <https://www.army.mil/info/a-z/>

Defense Finance and Accounting Services (DFAS) - links to MyPay, per diem amounts, PCS travel information, housing allowances and pay charts. <http://www.dfas.mil>.

Joining Forces - Works hand in hand with the public and private sectors to ensure that service members, veterans, and their Families have the tools they need to succeed throughout their lives. <https://www.whitehouse.gov/joiningforces/resources>

Army Family and Morale, Welfare and Recreation (FMWR) - A comprehensive network of support and leisure services designed to enhance the lives of Soldiers and their Families, civilian employees, military retirees and other eligible participants. <http://www.armymwr.org>

Military Youth on the Move (MYOM) - Focuses on age specific issues related to relocation, transitioning to a new school, military life, and much more. MYOM was developed with kids in mind, drawing upon input from military children of all ages.
<http://www.militaryonesource.mil/family-and-relationships/military-youth-on-the-move>

Plan My Move - The official DOD website to assist military members and their Families with all the details connected with a government ordered permanent change of station (PCS).
<https://apps.militaryonesource.mil/MOS/f?p=PMM:ENTRY:0>

Thrift Savings Plan - A retirement plan for federal government civilian employees and Soldiers. The TSP is a defined contribution plan, meaning that the retirement income you receive from your TSP account will depend on how much you (and your agency, if you are eligible to receive agency contributions) put into your account during your working years and the earnings accumulated over that time. <http://www.tsp.gov>

TRICARE ONLINE - Allows Soldiers and Family members to view and manage appointments at military hospitals and clinics, refill prescriptions, and view personal health data through.
<https://www.tricareonline.com/portal/page/portal/TricareOnline/Portal>

MilConnect - Provided by the DMDC that offers sponsors, spouses, and their children (18 years and older) access to their personal information, health care eligibility, personnel records, and other information from a centralized location. <https://www.dmdc.osd.mil/milconnect/>

Other Helpful Internet Resources

Note: These websites are provided for informational purposes only. Appearance in this guide does not indicate endorsement by Cadet Command or the Army.

U.S. Army.....<https://www.army.mil>

Human Resources Command.....<https://www.hrc.army.mil>

BENEFITS

Military Pay & Entitlements.....<http://www.dfas.mil/militarymembers.html>

Military Benefits.....<http://www.military.com/benefits>

MyPay.....<http://mypay.dfas.mil>

Thrift Savings Plan.....<https://www.tsp.gov>

BUSINESS

Small Business Administration.....<https://www.sba.gov>

CALCULATORS

Social Security Benefit Calculators.....<https://www.ssa.gov/retire/estimator.html>

TSP Retirement

Planner.....<https://www.tsp.gov/PlanningTools/Calculators/retirementCalculator.html>

Life Insurance Needs

Calculator.....<http://www.benefits.va.gov/INSURANCE/introCalc.asp>

BAH Calculator.....<http://www.defensetravel.dod.mil/site/bahCalc.cfm>

EDUCATION

College Board.....<https://www.collegeboard.org>

Federal Employee Education & Assistance Fund

Scholarships.....<http://www.feea.org/scholarships>

U.S. Department of Education.....<http://www.ed.gov>

GI Bill Information.....<http://benefits.va.gov/gibill>

Princeton Review.....<http://www.princetonreview.com>

Scholarships for Military Children.....<http://www.militaryscholar.org>

Federal Student Aid.....<https://studentaid.ed.gov/>

March 2 Success.....<https://www.march2success.com>

School Information.....<https://www.schoolquest.org>

FAMILY

Tragedy Assistance Program.....<http://www.taps.org/>

The Military Coalition.....<http://www.themilitarycoalition.org>

Military Family Association.....<http://www.militaryfamily.org/>

Military Spouse Career Site (Department of Labor)

.....<http://www.careeronestop.org/militaryspouse/>

Military Family Research Institute.....<https://www.mfri.purdue.edu/>

NYU Child Study Center.....<http://www.med.nyu.edu/child-adolescent-psychiatry/>

Parents Helping Parents of Massachusetts.....<http://www.parentshelpingparents.org/>

MilitaryChild.....<http://www.militarychild.org>

Military Parenting.....<http://www.veterantraining.va.gov/parenting/>
Automated Housing Referral Network.....<http://www.ahrn.com>

FEDERAL EMPLOYEE

EEOC's Quick Start for Employees.....<https://www.eeoc.gov>
Federal Employee Education and Assistance Fund (FEEA).....<http://www.feea.org>
Social Security Retirement Planner.....<https://www.ssa.gov/planners/retire>
Department of Labor.....<https://www.dol.gov/vets>
Thrift Savings Plan.....<https://www.tsp.gov>
Army Benefits Center.....<https://www.abc.army.mil>
DCPDS Portal for MyBiz.....<https://compo.dcpds.cpms.osd.mil>
Defense Civilian Personnel Advisory Service.....<https://www.cpms.osd.mil>

FINANCIAL ASSISTANCE

Army Emergency Relief.....<http://www.aerhq.org>
Federal Employee Education and Assistance Fund (FEEA).....<http://www.feea.org>
Military Money Magazine.....<https://www.incharge.org/military-money>
U.S. Army Reserve.....<http://www.usar.army.mil>
Army National Guard.....<http://www.nationalguard.com>
Employer Support of the Guard & Reserve (ESGR).....<http://www.esgr.mil>

HEALTH CARE

My TRICARE Claims Processing Service.....<http://www.mytricare.com>
TRICARE Dental.....<http://www.tricare.mil/dental>
TRICARE.....<https://www.tricare.mil>

ID CARDS

RAPIDS Site Locator.....<https://www.dmdc.osd.mil/rsl>

INSURANCE

Servicemembers Group Life Insurance (SGLI).....<http://www.benefits.va.gov/insurance/sgli.asp>

VETERAN/RETIREE

Arlington National Cemetery.....<http://www.arlingtoncemetery.mil/about>
Veterans of Foreign Wars (VFW).....<http://www.vfw.org>
Military Handbook.....<http://militaryhandbooks.com/>
National Cemetery Administration.....<http://www.cem.va.gov>
Department of Veterans Affairs.....<http://www.va.gov>
DOL Veterans' Employment and Training Service (VETS).....<https://www.dol.gov/vets>
American Legion.....<http://www.legion.org>
Veterans Group Life Insurance.....<http://benefits.va.gov/INSURANCE/>