

IOWA NATIONAL GUARD

Commanders Resource Handbook

Iowa National Guard

2/26/2010



This document outlines information, training, and services that the Iowa National Guard Services Branch has to offer to the Service Members, Families, Units and Family Readiness Groups (FRG) of the Iowa National Guard.



HEADQUARTERS IOWA NATIONAL GUARD

Office of the Adjutant General

Camp Dodge
7105 NW 70th Avenue
Johnston, Iowa 50131-1824

NGIA-PER-FA

26 February 2010

MEMORANDUM FOR ALL COMMANDERS

SUBJECT: Services Branch Resources

1. The Iowa National Guard is committed to supporting the physical, emotional, and mental well-being of our Service members and their Families. Not only is this the National Guard way, but as Soldiers, Airmen, and Families, we share in the responsibility to watch out for one another. As the operation tempo and deployment cycles continue, Guardsmen and their Families will experience increased stress.
2. In order to assist our Soldiers, Airmen, and Families, attached is a document outlining information, training, and services that the Iowa National Guard Services Branch has to offer to the Service Members, Families, Units and Family Readiness Groups (FRG) of the Iowa National Guard.
3. I ask that you review the document and your training calendar to utilize the information, training, and services concurrent to your battle focused training or at your FRG meetings.

TIMOTHY E. ORR
BG, Iowa National Guard
The Adjutant General

Services Branch Resource Handbook

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Services Branch Resource Handbook

Introduction

The Iowa National Guard Services Branch has a wide range of programs and services available to help build and enhance resiliency, readiness, and self-reliance for Service members and Families.

This Handbook outlines each of the programs offered by the Services Branch so Commanders and Family Readiness Groups (FRGs) can create training and programming that best suits the needs, location, and time constraints of their units efficiently. Using the request form at the end of this guide, Commanders and FRG Leaders can create an event that includes several different programs with one single request, instead of coordinating with each staff member individually. The Services Branch will continue to initiate and offer programs around the state that are open to all, but the guide and request process allow Commanders and FRGs maximum flexibility to access programs and services. You may download additional copies of this handbook or the request form from the file library at www.jointservicessupport.org.

In addition to program offerings, the Services Branch also has many printed and electronic resources available that can be distributed at events, on their own, or set out for display in armories and air bases.

To request programming or handouts please complete the request forms located at the end of this guide and email it to: NGIA-FAMILY-SERVICES@ng.army.mil someone from the Services Branch will then contact you to coordinate your event or resources.

If there are related topics or materials that you would like to have for your unit that you don't see here, please send us an email at the addresses above. In addition to the services directly available through our office, we also work with a vast array of community, military, and veterans' service organizations that may be able to meet your needs. Also, we are always looking to improve our services and make the best possible fit to the needs of our Iowa National Guard Service members and Families, and can create or facilitate additional programs as needs arise.

Finally, we have included a list of currently scheduled events and registration details for your convenience.

We hope you find this guide helpful and we look forward to working with you.

The Iowa National Guard Services Branch

Joint Services Support (JSS) Portal

The National Guard Bureau (NGB) has launched its new Joint Services Support (JSS) Portal. This portal brings the websites, or sub-portals, for six programs all under one umbrella, accessible with a single user name and password. In addition to providing services and information online as each site has done in the past, the new portal also adds mobile device access and will soon add a phone-based Interactive Voice Response (IVR) system.

Here are the six programs you will find on the JSS Portal:

1. **The Yellow Ribbon Reintegration Program (YRRP):** This program provides information and education on services, referrals and outreach programs to assist you through all phases of the deployment cycle.
2. **Employer Support of the Guard and Reserve (ESGR):** Recognizing outstanding employer support and resolving employee/employer conflicts through mediation.
3. **Family Program (FP):** Provides programs, benefits, resources and information that assist National Guard members and their Families in preparing for and meeting challenges throughout the deployment cycle.
4. **Psychological Health Program (PHP):** Promoting strong, positive mental fitness via referrals and assessments, resource identification, case management services and wellness education.
5. **Sexual Assault Prevention and Response Program (SAPR):** Sexual assault prevention, reporting options for Service Members, and referrals/resources for victim advocacy.
6. **Warrior Support Program (WSP):** Information on benefits and entitlements to include Veterans Affairs, TRICARE, disability benefits, counseling referrals and job search assistance.

If you were previously registered in the NGB Family Program portal, www.guardfamily.org, you were automatically registered in the new portal with the same user name and password. If you would like to register, go to www.jointservicesupport.org. About halfway down the page is a Login box with a “Register Now” button. Once you register, your role(s) will be approved by a local state staff member, and then you’ll be able to begin accessing the full range of services and information the JSS Portal has to offer. You will also begin receiving the Services Branch Weekly Bulletin, which contains information on events, trainings, and other resources of interest to Iowa National Guard Service members, Families and friends. You may select more than one role and should choose all that apply to you. If your unit is not in the unit dropdown menu, or you have any other questions or problems registering on the site, please contact Family Readiness Assistant.

Program Contacts:

Family Readiness Assistant	NGIA.FRA@ng.army.mil	800-294-6607 ext 4781 515-252-4781 515-201-3758 (cell)
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Strong Bonds Programs

The Chaplain's office offers several programs to help Service members and their Families enhance their relationships. Classes include marriage enrichment, single Service Member training, and Family training for Families with children ages 6-18.

There are two marriage enrichment programs. Preventive Relationship Enhancement Program (PREP) is designed to improve communication skills for couples utilizing the speaker/listener technique.

Laugh Your Way to a Better Marriage is a program developed by Pastor Mark Gungor of Celebration Church in Green Bay, Wisconsin. It takes a humorous look at the differences between men and women and helps couples embrace those differences as well as their similarities with their spouse.

For single Service members, the Premarital Interpersonal Choices and Knowledge program, or PICK, helps people enhance all the relationships in their lives, with significant others, family members, or co-workers. Attendees will determine their personality type, complete an interest inventory for career planning, and learn How Not to Marry a Jerk (or Jerkette). Upon completion of the class, you will have learned more about yourself and how to use that knowledge to improve the relationships in your life.

The 7 Habits of Highly Effective Military Families was designed especially to address the difficult OPTEMPO that the Iowa National Guard has been experiencing in recent years. The Iowa National Guard Chaplain's office believes this is one of the best programs available to help military families learn how to stay focused, stay positive, and to set goals for themselves.

Program Contacts: NGIACHaplains@ng.army.mil

800-294-6607 ext 4040/4723
or 515-252-4189/4723
515-971-3792 (cell)
515-669-4050 (cell)

Military & Family Life Consultant Program (MFLC)

Military and Family Life Consultants provide both individual consultations and educational briefings and programs. Consultants are available to meet with Service members and Family Members anywhere in Iowa. Consultations are free of charge and are confidential by law. Services are also anonymous and no records are kept. However, consultants have a duty to warn in cases of potential suicide, homicide, child abuse, and domestic violence.

Consultants travel to where the Service member or Family member lives. Meetings cannot be conducted in the home but can meet in armories, libraries, Red Cross facilities, or coffee shops. Up to 12 meetings are available. The MFLC will also assist in accessing other community resources as needed. Consultants can work with individuals, couples, families, and children of all ages and work to support existing military support programs and services.

Briefings are available on a wide range of topics. Some topics overlap and could be listed under several different categories, but each is only listed once:

Anger Management

- A Guide for Helping Children Manage Anger
- Anger Management
- Anger Management from Combat to Home
- Anger Management for Teens
- Post-Combat Risk-Taking Behaviors

Activities-Based Presentations for Children/Teens

- Activities for Children's Reunion (ages 6-12)
- All Feelings are OK
- Bully Busting Activities (1st - 8th grade instructor's guide)
- Communication for Teens
- Emotional Intelligence Activities for Children: ages 5-7, 8-10, 11-12, and 13-18
- Entering the World of Work Focus on Teens
- How to Handle Peer Pressure
- Helping Children Cope with Post-Deployment Issues
- Self-Esteem for Teens
- Supporting Children of Divorce: ages 3-5, 6-9, and 10-12
- Stress Management for Teens
- Teaching Parents How to Support Their Children Through Divorce
- Teens and the Power of Peer Pressure
- Time Management and Organization for Teens

Communication

- Building Healthy Marriages
- Communication and Assertiveness
- Communication Training
- Coping with Challenges While on R&R

How to Talk to Parents: Effective Parent/Caregiver Communication
Leadership Through Teamwork: The Characteristics of a Team Leader
Maintaining a Healthy Marriage During Deployment
Making Effective Decisions
Parent/Child Communication
Tips for Public Speaking

Compassion Fatigue

Self Care to Prevent Compassion Fatigue

Conflict Resolution

Conflict Resolution
Conflict Resolution with Children: ages 4-12 and 13-16
Cultural Awareness and Sensitivity
Culture Shock: Adjusting to Cultural Change
Preventing Bullying in the Workplace
Reverse Culture Shock

Deployment

Children and Separations Issues of Deployment
Deployment Survival
Emotional Cycle of Deployment
Issues Families Face When the Military Deploys
Military Culture for Family Members
Mission Based Marriage
Pre-Deployment and the Single Service Member
Redeployment
Talking to a Deployed Loved One
When a Parent Deploys: ages 2-5

Diversity

Diversity and Tolerance

Divorce

Facing the Challenges of Divorce
Parenting Skills for the Single Service Member
Recovering from Divorce

Grief

Coping with Holiday Grief
Grief and Loss
How Children Grieve
Understanding Grief: Education for Caregivers

Marital/Couples

Creating a Healthy Marriage

Emotional Spending
Making Marriage Work after Deployment
Matri-Money
Principles for Healthy Relationships and Marriages
Re-Igniting the Passion after Deployment
Return and Reunion Workshop for Spouses
The Sandwich Generation

Parenting: Guides for Parents, Teachers, Caregivers

Bullying: A Guide for Parents and Caregivers
Developmental Stages for Children: birth to 2, 2-5, 6-9, and 10-12
Responding to Toddlers Who Bite and Hit
Effective Discipline: ages 2-5, 6-9, 10-12, and 13-17
Enhancing Resiliency in Children
Fatherhood
Parenting Teens
Power Struggles
Sibling/Parent Relationships: Building Healthy Relationships
Step Parenting

Return and Reunion

Challenges of Reunion and Reintegration
Coping with the Challenges of Transitioning Home
Family Reunion
From Combat to Home
Homecoming and Reunion
Reintegration Challenges for a Single Soldier
Reunion Briefing
Welcome Home! Reconnecting with Your Child

Self Esteem

Self Esteem: A Major Building Block of Confidence
Self-Esteem for Teens

Self Improvement

Healthy Living
How to Get a Good Night's Sleep
Overcoming Test Anxiety
Using Leisure Time Well
Self-Care for the Helping Professional
Staying Positive and Motivated
The New You: Transitioning to Civilian Life

Stress Management

Combat-Related Stress Reactions
Coping Strategies for the Uncertainty of Life
Coping with Transitions

How to Cope with the Winter Blues
Life in Balance: Relaxation and Stress Relief
Relaxation Techniques
Stress Management
Stress During the Holidays

Teacher Tools

Tips for Teachers: Working with Children during Deployment

Team Building

Working in Teams

Time Management

Time Management Strategies and Helpful Tips

Military and Family Life Consultants:

David Brown (western half of the state)
david.n.brown@healthnet.com

800-294-6607 ext 3130
or 515-252-3130
515-727-3130 (cell)

Tanja Duffey (eastern half of the state)
tanja.l.duffey@healthnet.com

800-294-6607 ext 2823
or 515-334-2823
563-343-4012 (cell)

Personal Financial Counselor

Support and Counseling Services

- Confidential financial consultations for individuals and families
- Referrals to military and community resources
- Support for family members while you're deployed
- Help with credit management and budgeting
- Help navigating state-related benefits
- And more

Training and Workshops

- Basic Money Management
- Budgeting/Developing Spending Plans
- Debt and Credit Card Management
- Consumer Rights and Obligations (dealing with creditors)
- Financial Planning: Reaching Life Goals
- Financial Readiness and Economic Security
- Financial Readiness for Deployment
- Transitioning to Civilian Life
- Home Buying
- Understanding Mortgages
- Preventing Foreclosure

Kids and Money: Raising Financially Savvy Kids
Military Benefits, Pay and Entitlements
Savings and Investments
Retirement Planning
Estate Planning
Taxes

Military OneSource

Military OneSource is a broad-based resource focused on family and community readiness. Services are available twenty-four hours a day at www.militaryonesource.com or by phone at 1-800-342-9647. The state Military OneSource Consultant is able to assist needs of Service members and Families, work with commands, support military and community functions, provide outreach to community agencies, network with organizations to obtain resources and information, and provide a leadership toolkit.

Military OneSource services are free, private and confidential, with exceptions for duty to warn situations. Military OneSource provides referrals for counseling, as well as telephonic and online counseling services for Service members and Families overseas. Document translation and simultaneous interpretation services are also available. Service members and Families can receive financial counseling face to face, over the phone, or online. You can order Military OneSource materials free of charge on their website. Resources include fact sheets, brochures, books, CDs, DVDs, and more.

There are several resources that summarize and provide overviews of Military OneSource services, and several points of access:

- [What Can Military OneSource Do For You?](#)
- How Can Military OneSource Help You?
<https://www.militaryonesource.com/MOS/FindInformation.aspx>
- Tools You Can Use <https://www.militaryonesource.com/MOS/Tools.aspx>
- Online Community: Welcome To The Military OneSource Community.
<https://www.militaryonesource.com/MOS/OnlineCommunity.aspx>
- Online Library Resources:
<https://www.militaryonesource.com/MOS/Tools/LibraryResources/OnlineLibraries.aspx>
- Military OneSource Online Newsletters
<https://www.militaryonesource.com/MOS/OnlineCommunity/NewsletterSubscriptions.aspx>
- Topical Sheets: Not sure what materials Military OneSource has on each topic? See or print Topical Sheets for an at-a-glance overview. For a complete list of materials available on each topic, see the Web site category.
<https://www.militaryonesource.com/MOS/FindInformation/TopicalSheets.aspx>

The Services Branch Weekly Bulletin also highlights a Feature of the Week on Military OneSource. Recent topics have included: the Service Members' Civil Relief Act, My Career Advancement Accounts for Spouses (MyCAA), YMCA Respite Care for Families of Deployed, and Holiday Mailing Deadlines.

Military OneSource Consultant:

imogene.wilkinson@militaryonesource.com

800-294-6607 ext. 2794
or 515-252-2794
515-509-1914 (cell)

Family Programs

Family Programs includes the Family Readiness Assistant and Family Assistance Center (FAC) program.

The Family Readiness Assistant and Family Readiness Support Assistant (2BCT units only) provide training and resources for Family Readiness Group (FRG) Leadership Teams, including commanders, Military Points of Contact (MPOCs), Leaders, Co-Leaders, Secretaries, Treasurers, Phone Tree Volunteers and others. Training for Families and other FRG members is also available for FRG meetings and other events on topics such as Mission, Purpose and Benefits of the FRG, Operational Security (OPSEC), dealing with the media, using the Joint Services Support portal, and more. The Family Readiness Assistant is also the point of contact for the Joint Services Support Portal, the National Guard Bureau's web resource for Family Programs and five other programs.

Family Assistance Center (FAC) Specialists deal with individual Service member and Family issues, connecting people to military, community and veterans' resources. They deal with financial crisis, Tricare questions, ID card and DEERS issues, and other concerns. In addition, they regularly check in with Families of deployed Service members and wounded veterans to ensure they are coping well and receiving needed services.

Trainings Available:

Basic FRG Leadership Training: This course covers the foundation of the FRG structure and mission for FRG Leadership Teams, as well as anyone interested in being more involved with the FRG. Topics include: Mission and Purpose of the FRG, Phone Tree and Chain of Concern, Newsletters, Funds and Fundraising, Services Branch resources, Effective FRG Meetings, Dealing with Difficult Personalities, the Joint Services Support Portal and Virtual FRG and more.

Advanced FRG Leadership Training: For the more seasoned FRG Leadership Team, this course covers military, community and veterans resources, volunteer management, using technology in the FRG, sponsorship and more.

Annual Family Readiness Briefing: This briefing covers the annual family readiness briefing requirement and includes topics such as the FRG, financial readiness, Tricare and Family Care Plans.

Program Contacts:

Family Readiness Assistant NGIA.FRA@ng.army.mil

800-294-6607 ext 4781
or 515-252-4781
515-201-3758 (cell)

Family Assistance Center Coordinator (State of Iowa) NGIA.FAC@ng.army.mil
800-294-6607 ext 4758
or 515-252-4758
515-669-7634 (cell)

Family Assistance Specialist (Council Bluffs) NGIA.FRG.CouncilBluffs@ng.army.mil
712-323-1214 ext 18204
712-355-1283 (cell)

Family Assistance Specialist (Waterloo) NGIA.FRG.Waterloo@ng.army.mil
319-232-2248 ext 17574
319-830-7980 (cell)

Family Assistance Specialist (Iowa City) NGIA.FRG.IowaCity@ng.army.mil
319-337-9573
319-530-6760 (cell)

Family Assistance Specialist (Camp Dodge) NGIA.FRG.CampDodge@ng.army.mil
800-294-6607 ext 5856
or 515-331-5856
515-689-7650 (cell)

Family Assistance Specialist (Sioux City) NGIA.FRG.SiouxCity@ng.army.mil
712-252-4347 ext 18030
712-539-1366 cell

Family Assistance Specialist (Ft. Dodge) NGIA.FRG.FortDodge@ng.army.mil
515-573-3851 x18435 office
515-408-1498 cell

Family Assistance Specialist (Davenport) NGIA.FRG.Davenport@ng.army.mil
563-386-2912 x19215
563-349-9638 (cell)

Family Readiness Support Assistant (2BCT only) NGIA.FR2BCT@ng.army.mil
515-727-3841
515-423-3012 (cell)

Wellness

The Wellness team provides information and resources that help Service members develop and enhance all aspects of wellness, including physical wellness, emotional well-being, financial security, and more. The Wellness team currently provides Health and Wellness Fairs, “Train the Trainer” for Suicide Prevention and Financial Peace University.

Health Fairs bring together a wide variety of military and community resources for Service members and Families. They can be provided as a walk through, where providers set up displays and answer questions, or you can request information on any of the topics below:

- Employment Agencies
- Physical Fitness Facilities and programs
- Behavioral Health Resources
- Educational Resources
- Spiritual Resources
- Medical Resources and Information
- Nutrition Information and Dietary Resources
- Family Information (deployed and non-deployed information)
- Kids programs and resources
- Substance abuse resources and information

The Wellness Team offers “train the trainer” suicide prevention training. They do not come to teach the unit’s annual training requirement for suicide prevention. The training can be tailored to meet your unit’s need, training leaders to gear their annual suicide prevention training toward specific issues they face in their units. The Wellness Team also provides resources for training or display such as ACE cards, Training Tips, etc.

Financial Peace University, designed by Dave Ramsey (www.daveramsey.com), provides the practical skills and confidence needed to achieve your financial goals and experience true financial peace. Classes run for 13 weeks of weekly 2-hour sessions. The first part of each class is a video lesson by Dave Ramsey, and the second part is a discussion and question and answer period.

Program Contacts:

Wellbeing

NGIA.Wellbeing@ng.army.mil

800-294-6607
ext 4184/4988/4368
or 515-252-4184/4988/4368

Wellness Resource Website <http://usachppm.apgea.army.mil>

Yellow Ribbon Reintegration Program

The Yellow Ribbon Reintegration Program offers events for Service members and Families in support of the deployment cycle. Some of the modules that commanders can select for their Yellow Ribbon events can also be offered as stand-alone programs. These include financial programs provided by the Society for Financial Awareness (SOFA), and programs on transitioning from military to civilian life and employment provided by the Transition Assistance Program (TAP).

SOFA

(The Society for Financial Awareness)

Topics:

Getting “Fiscally Fit”

Basic principles of cash management, accumulating wealth, locating and maximizing discretionary income, the importance of having a financial blueprint, and roadblocks to financial success

College Planning

How to address the high cost of college, the new Educational IRA, maximizing financial aid, investment alternatives, and developing a college investment plan

“Exploring” Your Options for a Quality Retirement

Why plan design is critical, understanding the impact of erosion through inflation and taxation, looking at your options at distribution time from a company retirement plan, and proper steps in reviewing a 401K's performance

Asset Allocation and Modern Portfolio Theory

Planning your investments against interest rate, inflation, and market risks, putting the financial pieces in place, utilizing an asset allocation plan to meet your short, mid, and long term goals, and planning so you don't outlive your money

Investing Basics for Women

Know yourself – identifying your characteristics, budgeting and debt management, the different types of investments, some of the risks and returns of investing, planning for your retirement

Investment Concerns in a “Fragile” Market

The U.S. Economy is heating up, learn how to grow your money wisely, why “down” markets create investment “opportunities” for the wise investor, do you know what you're doing when you invest?, the “cash flow” eliminator, debt, spending time before planning is “terminal” to investing

Financial Blunders – Lessons we never learn

When and how to deal with stock and stock options, how to “preserve” and “protect” our assets against a plunging market, the bank: is it really the place to “save” money? how truly naïve we are in understanding the market... Great opportunities, great risks, how to avoid losing up to 40% of your retirement plan on the day you walk away, how to avoid strangers becoming guardians of your children

Women Approaching Retirement and Beyond

Women and money, divorce and widowhood, retirement planning, estate planning, risk management, life insurance, Long Term Care Insurance

Understanding 401K Rollovers

Why is this so important? Evaluating and understanding your options, your choices when facing job changes, evaluating the risks and rewards of all your available options, benefits of asset allocation

How to Increase Your Health and Wellness

The collapse of the allopathic medical model of disease care, the excessive cost of this model of disease care, recognizing that society is rapidly moving towards the wellness model of health care

Real Money – Real Estate

How to sell a home in today’s market, how to avoid the 10 biggest selling mistakes, market smart investments every seller should know, how to invest in today’s Real Estate market, tips and basic strategies for buying rental properties

Maximizing the Right Mortgage Strategies in Today’s Market

Purchasing your first or second home, home buying flow chart, refinancing, is it still a good idea?, 100% financing – Yes it can still be done, short sales, what are they?, foreclosures, what to look for

Financing Your First Home

Pre-Qualification vs. Pre-Approval, loan process, banker vs. broker, good faith estimate closing cost, mortgage myths, tips every first time buyer should know, home buying flow chart

Legal Lessons for Life

The best way to hold title to the home and protect it from creditors, Uniform Gift to Minors Act, does it help or hurt your children, select the guardians for your children, use a living trust to eliminate probate delays, costs and legal fees, minimize your estate tax exemptions

Stress and Your Health

What stress does to anyone under financial difficulties, what creates the stress response in the body, to what extent can you control stress in your life, what action steps you can take, effects of stress on your body

First Time Home Buyers – Issues of Real Estate

First time buyers money-saving secrets, 8 tips every buyer must know, 6 deadly sins to avoid when buying a home, keys in financing your home, finding the right loan for you, the power of interest only

You and Your Credit Score

Your credit health, how your credit score helps you, what is in your credit report, five factors of scoring, checking credit scores, how to improve your credit

Refinancing

Key questions, finding the right loan for you, debt consolidation loans, mortgage myths

Tax Planning

Tax planning vs. tax preparation, formula for determining one's tax liability, current tax law changes, most common tax mistakes made by most people, the impact of taxes on: investments, qualified plan distributions

Estate Planning

Purpose of estate planning, distributing of estate, wills, trusts, avoiding probate, specific estate planning strategies

TAP

(Transition Assistance Program)

Topics:

Module 1

Career One-Stop, Labor Market Info, USERRA, Small Business Opportunities, Homelessness

Module 2

Dealing with Stress

Module 3

Career Catalog, ID Strengths/Challenges, Analyze Skills

Module 4

Work Preferences, Work Related Values, Financial Needs

Module 5

Setting Goals, Getting Organized, Approaching the Job Search

Module 6

Career Research, Research Companies, Job Search Assistance, Job Search Online, Analyze Want Ads

Module 7

Application Forms, Federal Civil Employment

Module 8

Create an Effective Resume, Write a Cover Letter

Module 9

Interview Process, Taking Employment Tests

Module 10

30-Second Commercial, Prepare for Interviews, Dress for Success

Module 11

Sharpen Listening Skills, Interpret Body Language

Module 12

Answer Questions, Asking Questions during an Interview

Module 13

Interview Follow-Up, Did not get the job

Module 14

Evaluate Job Offers, Negotiate Job Offers, Communicate Decision

Module 15

Department of Defense, Department of Labor, Department of Veterans Affairs, Department of Transportation, Small Business Administration

Program Contacts:

Yellow Ribbon Coordinator NGIA.YellowRibbon@ng.army.mil 800-294-6607
ext 4493
or 515-252-4493

State Youth and Teen Program

The Iowa National Guard Youth and Teen Program promotes and sustains the quality of life and resiliency of National Guard youth and teens by providing high-quality support services and enrichment programs. These services and programs are available to those National Guard dependents in grades Kindergarten through twelfth.

Trainings and Programs:

Summer Camp Programming: The State Youth and Teen Program provides trainings for youth and teens in support of summer camps. Training content is designed to meet the needs of attending youth and teens. These camping opportunities are available through partnerships with state and national organizations.

Youth and Teen Symposium: This annual event is for all National Guard youth and teens, and is held in conjunction with the State Family Readiness Conference. Those who attend will spend the weekend with their peers, completing activities focused on teambuilding, leadership and communication development as well as opportunities to network and build positive relationships.

7 Habits of Highly Effective Military Families: These events are designed to be weekend retreats for families who are interested in further strengthening their relationships and building family plans. Youth and teens will participate in activities designed to encourage communication as well as building connections with other National Guard youth and teens. This is the same program listed in the Strong Bonds section. The Chaplain's Office works with the parents, while the Youth Program runs the youth portion of the activities.

Educator Trainings: Educators are at the forefront of supporting military youth and teens during the deployment of a loved one. In collaboration with various state-wide agencies, trainings are provided on various topics related to supporting children of the National Guard. All trainings are at no cost to the attendee and last no longer than one hour.

Military Child Education Coalition Trainings: These trainings are provided through a partnership between the Military Child Education Coalition and the Iowa National Guard. The trainings provide educators, as well as others working with military youth/teens, an in-depth look at the military, the deployment cycle, challenges facing military youth and teens as well as resources available throughout the deployment cycle. Additionally, educators can elect to receive CEUs or graduate credit for attending these trainings.

Currently Scheduled Events

A listing of currently scheduled events from the Services Branch can be found at the following web site. Units and FRGs can send attendees to already scheduled events instead of requesting their own stand-alone events. While some events may be listed for specific units, oftentimes additional participants from other units are able to attend, just ask. Dates and events are subject to change.

Joint Services Support Portal (JSS) www.jointservicesupport.org

Printed Resources Available

The Services Branch office has a wide variety of pamphlets, brochures and booklets on several topics related to benefits and entitlements, readiness and resiliency that can be requested in support of an event or program, or for information tables and general display. Topics are listed below. This is not an exhaustive list, and most topics have several different titles or aspects of the topic available. For example, “Parenting” includes materials on step-parenting, new parents, parenting your grandchildren; talking to your teen, etc. so if you want something specific, please state it on the request form. If you would like materials on a topic you don’t see here, check Military OneSource or our office and we can order materials to fit your needs.

Topics:

Alcohol

Anger

Child Development

Deployment

Depression

Divorce

Education

Family Readiness

Goal Setting

ID Theft

Internet Safety

Loneliness

Marriage

Money Management

National Guard Family Programs

Parenting

Personal Safety

Post Traumatic Stress Disorder (and other combat related disorders)

Relationships

Resilience

Reunion and Reintegration

Stress

Successful Military Families

Suicide Prevention

Tri Care

Volunteerism

Web Resources for Service members and Families

Wills

Women in the Military

Warrior and Family Services Branch Resource Request Form

Requesting Unit		Date Choice #1	
Name/Title of Requestor		Date Choice #2	
Date of Request		Date Choice #3	

Programs Requested (e.g. marriage enrichment, annual family readiness brief, etc.)

Type of program	Time allotted
1.	
2.	
3.	
4.	

Printed or Electronic Media Materials Requested

Resource title or category	Mail or Pickup	Number requested
1.		
2.		
3.		

Event Details

Total number expected	
Number of Service members	
Number of Family members and/or volunteers	
Number of children and youth	
Unit Address	
Address of Event (if different than unit address)	
Requestor/POC E-mail	
Requestor Primary Phone	
Requestor Secondary Phone	
Other	

