



U.S. ARMY

OPERATION
READY
Resources for Educating About Deployment and You

GETTING PREPARED, STAYING PREPARED

REINTEGRATION WELCOME BACK



Army Community Service
650 Monroe Avenue, Fort Eustis
757-878-3638





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- DoDI 1342.22, Military Family Readiness
- AR 608-1, Army Community Service
- AR 600-8-101, Personnel Readiness Processing
- AR 600-20, Command Policy
- AFI 10-403, Deployment Planning & Execution
- AFI 36-3009, Military & Family Readiness Centers



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Objectives

- The Family Readiness System offers services and support to Service members and their families **before, during, and after deployment** to promote positive adjustment to deployment, family separation, and family reunion.
- ACS will support and maintain mission readiness by assisting individuals and families with **adaptation to the challenges and demands of expeditionary operations and the military lifestyle.**



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Family Advocacy



Diana Strain
502 Sternberg Ave
757-314-7998



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Stress

- is very common for AD returning from deployments
- may result in thoughts or nightmares about events you experienced
- may cause difficulty in sleeping, eating, or concentrating
- may make you feel anxious, defensive, depressed, irritable, angry, withdrawn, fatigued, guilty or numb
- may also cause you to not remember certain things, or have a lack of energy





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Stress may also cause:

GI distress

Headaches, muscle aches and pains

Feeling “spaced out”, dizzy or lightheaded

Difficulty making decisions or concentrating

Loss of “purpose” or direction or lack of motivation

Loss of trust or confidence in leaders

Feelings of disregard for rules or regulations

Feel like you’re reliving certain events

Thoughts of hurting yourself or others

Increase in drinking, reckless behavior, and/or relationship problems



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Readjustment Tips

- Adjust and maintain an adequate sleep schedule
- Eat healthy & limit substance use (alcohol, smoking)
- Maintain an exercise program
- Practice relaxation techniques
- Find healthy ways to deal with stress
- Practice relaxation techniques
- Talk to someone you trust
- Renew your hobbies
- Spend time with family & friends
- Set realistic expectations, especially with children





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Help for Your Family

New Parent Support Program/FAST Counseling
Services/Prevention Classes/Info, Resources and Referrals

Call 314-7998

Victim Advocate Services 1-757-276-1090

Military Family Life Counselors/Consultants

Call 755-5509 or 5512 (for adults) 817-9333 (for children)

Military One Source

Call 1-800-342-9647



MILITARY & FAMILY LIFE COUNSELING PROGRAM (MFLC)



OUR MISSION

To provide non-medical, solution focused, problem-solving counseling support, coaching, and education to service and family members to ensure the readiness of the military while helping families address the stressors that can typically be associated with the military lifestyle.

THE MFLC PROGRAM AT A GLANCE

- Provides short-term, situational, problem-solving counseling to Service Members and their families.
- Provides psycho-education to help Service Members and their families understand the impact of deployments, family reunions following deployments and other stresses related to military life.
- MFLC counselors can provide individual, couples, and family counseling.
- MFLC counselors provide direct intervention to children, families, teachers and caregivers.
- Services can be provided on or off of military installations.
- Services are confidential and private.

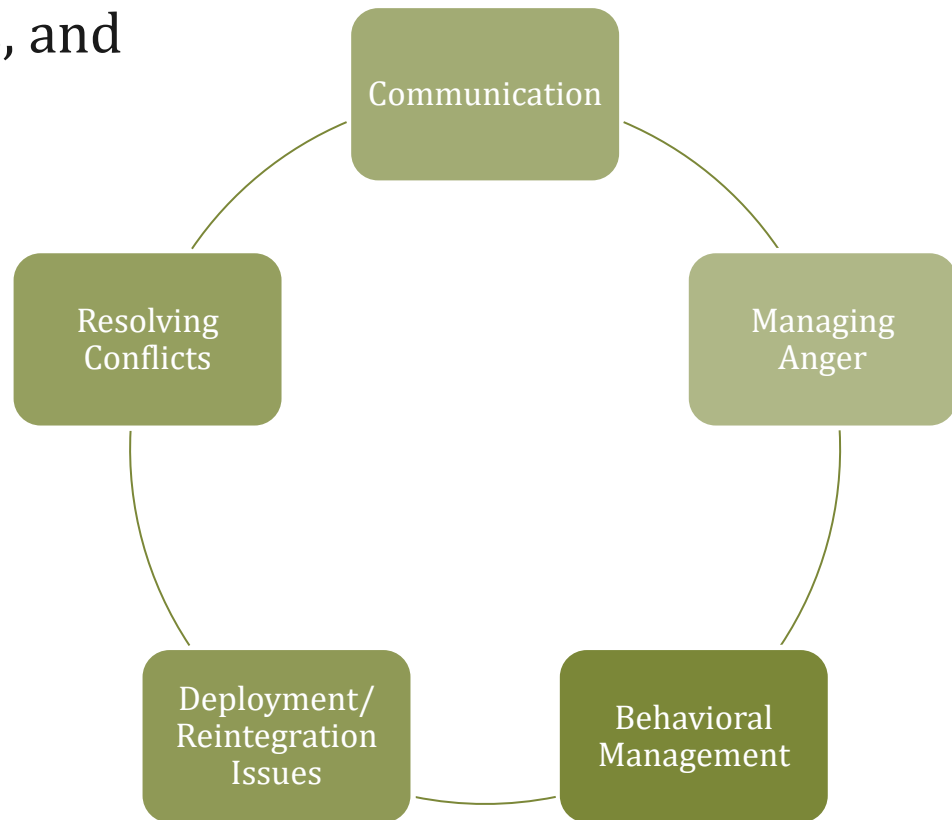


WHAT WE DO

Support and education are offered through formal and informal meetings with individuals, couples, families, and in group presentations.

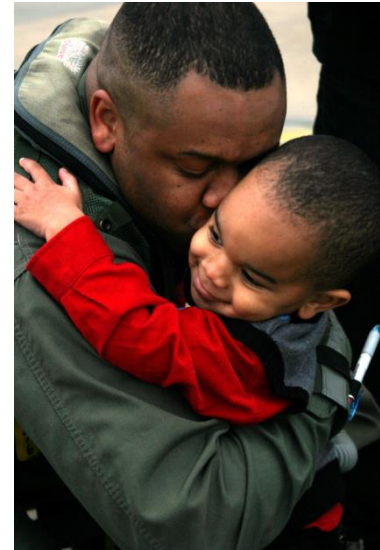
Topics include:

- Assistance for Caregivers
- Problems of Children and Youth
- Communication
- Coping with Separation
- Deployment and Reintegration
- Grief and Loss
- Marriage and Relationships



WHAT WE DO

- Program briefings to educate service and family members about the scope of the MFLC program.
- Provide counseling to Service Members and their families.
- Conduct presentations to address stresses of the military lifestyle.
- Recommend referrals to military social services and practical community resources. When issues presented are beyond the scope of the program (mental health or substance abuse issues), counselors work with family members to arrange appropriate services.



ABOUT US

MFLC Counselors are:

- licensed Masters and Ph.D. level counselors.
- successful in completing background checks.
- maintain service and family member confidentiality and privacy.
- trained in short term counseling.



The MFLC Program:

- is voluntary and available at no cost to service and family members.
- must receive parental consent before counseling a child.
- stipulates when counselors interact with children that counselors must maintain line of sight with a parent, teacher, or caregiver.



HOW TO FIND US

- Dawn Riley
- 7th Brigade MFLC
- (757) 570-3540
- rileyd@magellanhealth.com





THANK YOU



Legal Assistance Reintegration Brief

Welcome back home!

1LT Greg Goujon



**OFFICE OF THE STAFF JUDGE ADVOCATE
LEGAL ASSISTANCE
JBLE, VIRGINIA
Phone: 757-878-5457
OR
757-504-2838
2732 Madison Avenue
Fort Eustis, VA**

**Walk In Services for POAs and Notarization
All Other Services By Appointment Only
1000, 1100, 1400, 1500**



Services Provided



- ▣ Marriage
- ▣ Legal Separation
- ▣ Divorce
- ▣ Financial nonsupport
- ▣ Child Custody
- ▣ Testamentary Trust for minors
- ▣ Guardianships
- ▣ Insurance Beneficiaries and SGLI Beneficiaries
- ▣ Advance medical directives
- ▣ All Consumer Affairs Issues
- ▣ SCRA
- ▣ USERRA
- ▣ Notarization
- ▣ Federal Income
- ▣ State Income
- ▣ Powers of Attorney
- ▣ Anatomical Gift
- ▣ Lease Issues
- ▣ Debtors on Loans
- ▣ Line of Duty
- ▣ Reports of Survey
- ▣ OER/NCOER
- ▣ Relief for Cause
- ▣ Memoranda for Reprimand
- ▣ Correction of Military Records
- ▣ Invoking SCRA
- ▣ Real Estate



Moving Office Buildings



New Address starting Fall 2023:

2115 Pershing Avenue, Fort Eustis, VA 23604





Estate Planning



UPDATE YOUR:

- Wills
- Living Wills/Healthcare Power of Attorney
- POA
 - General
 - Special
 - Healthcare
 - Springing Durable





SCRA Landlord/Tenant Provision



**** DO NOT WAIVE YOUR SCRA RIGHTS!!****

- ▣ Early lease Termination
- ▣ Applies to Servicemembers and Dependents
- ▣ Servicemember Civil Relief Act:
 - PCS
 - Deploy for more than 90 days
 - Did you waive your SCRA rights on your lease?
- ▣ VA Residential Landlord & Tenant Act
 - TDY > 180 days to depart 35 miles
 - PCS more than 35 miles
 - Discharged from active duty
 - Ordered into government supplied quarters





Early Lease Termination Procedure



****VERY IMPORTANT TO FOLLOW LEASE TERMINATION PROCEDURE EXACTLY!****



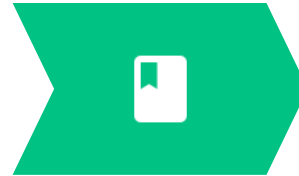
STEP 1 - Timely written Notice.

You must give written notice to your landlord before the 1st of the month (unless rent is due on another date) (30 days notice required and keep copies!



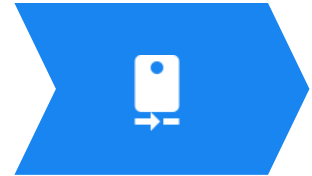
STEP 2 - Orders

You must provide your landlord a copy of orders OR a letter from Commander confirming orders.



STEP 3 - No Fees

Landlord cannot charge penalties or fees for early termination.



STEP 4 - Return Keys

Give keys back; complete walk through with Landlord: take pictures.



Issues that Affect You



→ Car Contracts

- ◆ Interest rates
- ◆ Car values
- ◆ Payments

→ Creditor Scams

→ Family Support

- ◆ AR 608-99

→ Lease Agreements

- ◆ Servicemember's Civil Relief Act (SCRA)





Any Questions?

Moving Office Buildings

- In April/May Time Frame Legal Assistance Office will move to:

2115 Pershing Avenue, Fort Eustis, VA 23604

New Building



Front Entrance



Fort Eustis Club





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Drug Prevention

The Effects of Substance Abuse

**Preparing Soldiers and Their
Families to Reset**

- Walter Gaines -



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Risk Factors for Substance

Potential factors that may contribute to substance abuse are

- Increased Alcohol Tolerance
- Boredom
- The availability of drugs and alcohol
- Stress
- PTSD and other injuries



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Drinking Doesn't Heal the Stress

The symptoms may be better temporarily, but the causes are still there.

Drinking can become a problem itself, compounding the stress.

Drinking can cause poor choices.

Drinking can cause conflict with friends and family, or at work.



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Alcohol

A standard drink is

5 oz gl. of wine,

12 oz. can of beer,

1.5 oz of liquor.

It takes the body approximately 1 hour to metabolize a standard drink.



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Lets compare a standard drink to some popular drinks.



Jello shots 1
standard drink.



Shots – 1 ½
ounces,
= 1 ½
standard
drinks



Regular
Margarita =
3 standard
drinks



Long Island
Iced Tea = 4
standard
drinks

How long would it take for the body to metabolize some of these drinks?



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DUI Penalties, Virginia.

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Conviction for DUI first offense

- Mandatory, minimum \$250 fine
- Driver's license revocation for one year

Conviction for DUI second offense

- Mandatory, minimum \$500 fine
- Driver's license revocation for three years
- Possible jail term up to one year



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DUI Penalties, Ignition Interlock Device

If you are convicted of a DUI first offense, the court will require that you have an ignition interlock device installed on the vehicle that you primarily operate as a condition of restricted driving privileges.

If you are convicted of the following: Convicted of a DUI second offense within ten years, or Convicted of a DUI third or subsequent offense within ten years the court will require that you have an ignition interlock device installed on every vehicle you own, co-own or operate as a condition of restricted driving



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PUBLIC HEALTH ALERT

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BOTTOM LINE UP FRONT

Risks of Vape Oils Marketed as Containing Cannabidiol (CBD) Oil



- At least 60 patients have been seen at military medical facilities for vaping related health problems
- Vape oils marketed as containing CBD oil **may contain illegal and/or potentially hazardous substances**
- Consumers may unintentionally purchase products containing CBD oil, CBD, THC or other synthetic cannabinoids
 - Pure CBD oil has not yet been associated with adverse health effects

Updated 6 February 2018



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Summary

Serve Faithfully, Honorably and with Pride!

Maintain that Warrior Pride!

Don't use drugs!

If you drink, then drink

- Responsibly
 - **No drinking under 21**
 - **No drinking on duty**
- In moderation
 - **1 drink per hour**
 - **3 drink maximum in one day**
- Safely
 - **Don't mix medication and alcohol**
 - **Don't drink and drive**
 - Choose a **designated driver**

Don't use Reintegration, PTSD, or boredom as an excuse!



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EFMP

Exceptional
Family Member
Program



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Exceptional Family Member Program

- ✓ AR 608-75 (Exceptional Family Member Program) requires that Soldiers enroll all DEERS authorized dependents who have special medical or educational needs into the Exceptional Family Member Program (EFMP). The EFMP is intended to assist the military in ensuring services are available for Family members when a Soldier is transferred to a new duty station.
- ✓ The Army wants to ensure Soldiers are assigned to locations where Family members with special needs can receive necessary care. In many locations overseas, the Army also considers the availability of host nation health care in the decision. Family member travel may be denied when a Soldier has a Family member with special needs and the services to meet those needs are unavailable at the overseas location.
- ✓ Soldiers enrolled in the program are responsible for updating EFMP enrollment information every 3 years, or upon changes in their dependent's needed services, whichever occurs first.
- ✓ EFMP does not expire; failure to update enrollment every 3 years results in a delinquent status notification to the command, which will interfere with release of PCS orders.



Exceptional Family Member Program

Army Medical Treatment Facility/EFMP- Enrollments, updates, disenrollments, EFMP summary reports and overseas screenings

Army Community Service/EFMP- Family Support: Information & referral, education/outreach, warm handoffs and non-clinical case management

Military Personnel Branch/Human Resources- Assignment Coordination





Exceptional Family Member Program

ARMY Enterprise EFMP (E-EFMP)

On 31 August 2022 all Army EFMP offices are transitioning to Enterprise EFMP (E-EFMP). The purpose of this digital platform is expected to streamline enrollment, make assignment coordination and family support access easier, and synchronize all aspects of care for families with special needs. EFMP packets (EFMP enrollment, updates, and Family Member Travel Screenings) will continue to be processed without unnecessary delays.

Key features of the new E-EFMP system include:

- ✓ Automated DD Form 2792 (Family Member Medical Summary) enrollment & overseas family screening process.
- ✓ A case management component that allows Soldiers and families to initiate and monitor career long EFMP enrollment – including paperwork storage so no more carrying documents.
- ✓ A forum feature which allows EFMP families to connect, share information, & create an online community.
- ✓ Mobile capability with 24/7 access to the E-EFMP, compatible with both the iPhone and Android
- ✓ Centralized content management DS Login, multi-factor authentication and Common Access Card accessible

To access the E-EFMP site

- ✓ You will need to register in this system to start any OCONUS screening and EFMP process.
- ✓ GO Enterprise EFMP System at <https://efmp.army.mil/EnterpriseEfmp>
- ✓ Please ensure you list a good contact phone number when registering in E-EFMP.
- ✓ The EFMP Medical Case Manager located in the Pediatric Lion Clinic of McDonald Army Health Center (MAHC) Bldg. 576, Jefferson Ave. Ft Eustis, VA should contact you within 72 hrs after you register to further assist with making an appointment.



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References:
• AR 608-75 (Exceptional Family Member Program)

Exceptional Family Member Program

Conditions for Enrollment:

- If a Family member has a medical/mental health condition that warrants them being seen by a specialist or by their primary care provider more than once a year, a DD Form 2792 (Family Member Medical Summary) completed by their provider to address their medical conditions.
- If a Family member has an Individualized Education Plan (IEP) or 504 Plan in school, a DD Form 2792-1 (Special Education/Early Intervention Summary), completed by the school with a copy of the most recent IEP or 504 plan.
- If an infant receives services through an Early Childhood Intervention (ECI) program, a DD Form 2792-1, completed by ECI, along with a copy of their evaluation/IFSP (individualized Family service plan).

EFMP approval at the gaining installation can take more than 30 days after Family screening.

Families in Remote Areas (Not Near MTF) in U.S.

- Families in remote areas, far from an Army Military Treatment Facility (MTF), should refer to the AMEDD EFMP website at <https://efmp.amedd.army.mil/tools/contacts.html> for instructions on who to contact.



EFMP Exceptional Family Member Program

E- EFMP ENROLLMENT INSTRUCTIONS

All Army EFMP enrollments and updates must be completed at an Army Medical Treatment Facility (MTF). The Fort Eustis MTF EFMP Office is located in MAHC, Pediatric Lion Clinic, Bldg. 576, Jefferson Avenue, Ft. Eustis. EFMP forms can be found on the McDonald Army Health Center's website. <http://mcdonald.namc.amedd.army.mil>

TO ENROLL OR UPDATE AN ADULT OR CHILD FOR MEDICAL CONDITIONS

- a** You or your spouse should complete the Medical EFMP enrollment paperwork- DD Form 2792 pages 1-3 and write the Family Member's/Patient's name at the top of pages 4-8
NOTE: Page 3 will be filled out by the Army Med EFMP Staff during your appointment.
- b** The doctor(s) who treats the Family Member/Patient for the specific condition(s) should complete pages 4-8.

TO ENROLL OR UPDATE A CHILD WHO IS RECEIVING SPECIAL EDUCATION OR EARLY INTERVENTION

- a** You or your spouse should complete the Educational EFMP enrollment paperwork- DD Form 2792-1 Page 2 and (sections 1-2) of page 3.
- b** The school personnel or early intervention personnel should complete and sign page 3 (sections 3-8)
- c** Attach a copy of your child's IEP or IFSP to the form.

TO UPDATE EXISTING EFMP PAPERWORK

- A copy of your EFMP summary must be attached to the DD Form 2792 paperwork prior to the Doctor completing the paperwork. ALL DIAGNOSES FROM THE SUMMARY REPORT MUST BE LISTED AND ADDRESSED BY THE DOCTOR IN ORDER TO UPDATE YOUR DD FORM 2792. COPIES OF THE EFMP SUMMARY ARE AVAILABLE BY REQUEST FROM THE EFMP/MAHC OFFICE; located in the Pediatric Lion Clinic. Call the EFMP Medical Case Manager (757) 314-7611.

TO DISENROLL DUE TO DIVORCE OR DEPENDENT NO LONGER ON DEERS

- a** Provide supporting documentation to the EFMP/MAHC office. For divorce- the Divorce Decree or DD Form 1172 is required. For dependents no longer on DEERS the DD Form 1172 is required.

TO MAKE AN APPOINTMENT UPON COMPLETING ALL THE REQUIRED FORMS

- ***IF YOUR FAMILY MEMBERS ARE NOT SEEN AT MAHC, GO TO MAHC MEDICAL RECORDS TO REGISTER THEM TO MAHC***
- a** As of 31 Aug 22 all Army EFMP offices transitioned to new EFMP digital platform- Enterprise EFMP. Therefore once you have all the necessary documents for enrollment; You will need to Register in that system to start the process and to get an apt. GO TO NEW Enterprise EFMP System <https://efmp.army.mil/EnterpriseEfm> using Chrome. Please ensure you list a good contact phone number when registering. The EFMP Medical Case Manager located in the Pediatric Lion Clinic of McDonald Army Health Center (MAHC) Bldg. 576, Jefferson Ave. Ft Eustis, VA should contact you after your register to further assist with making an apt. For more info regarding this new process call(757)314-7611 or 757-314-7500 & wait for the Pediatric prompt.
- b** At the appointment with EFMP/MAHC, you will check in with the EFMP Medical Case Manager and then Ms. Shoemaker will review the paperwork and sign off. The EFMP/MAHC office will do the E-EFMP administrative part and forward for coding. You should be able to track the process in The new E-EFMP digital platform.

For any questions or concerns regarding enrollment, update, disenrollment and overseas screening:
Email usarmy.jble.medcom-mcahc.list.mcahc-efmp-eustis@health.mil or call (757) 314-7611

SEP 2022



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Exceptional Family Member Program

Requirements for OVERSEAS Screening

- Soldiers who are already enrolled in the EFMP have their assignments screened for EFMP support as part of the initial HRC assignment process.
- All Soldiers on assignment to OCONUS, to include Alaska and Hawaii, who elect an accompanied tour (with dependents) are required to have every authorized dependent who is going overseas complete EFMP overseas screening.
- As of 31 Aug 22 all Army EFMP offices transitioned to a digital platform: Enterprise EFMP (E-EFMP). To complete the necessary forms, you will need to register in this System to start the process and to get an appointment.
- GO to Enterprise EFMP System @ <https://efmp.army.mil/EnterpriseEfmp> Please ensure you list a good contact phone number when registering.

ARMY E- EFMP OVERSEAS SCREENING INSTRUCTIONS

An Overseas Screening for your dependents is **REQUIRED**

If you receive an overseas assignment and desire to have your dependents accompany you on the overseas assignment.

An Overseas Screening must be completed at an ARMY Medical Treatment Facility.



Permanent Party Soldiers

TO MAKE YOUR OVERSEAS SCREENING APPOINTMENT YOU WILL NEED

- a 2-3 years of medical records for each dependent (If medical care is received at a Military Treatment Facility; paper records are not needed.)
- b An updated physical (not over a year old) for each dependent.
- c A copy of your assignment instructions.
As of 31 Aug 22 all Army EFMP offices transitioned to a new EFMP digital platform: Enterprise EFMP (E-EFMP). To complete the necessary forms, you will need to register in this System to start the process and to get an apt.
- d GO to NEW Enterprise EFMP System using Chrome @ <https://efmp.army.mil/EnterpriseEfmp> Please ensure you list a good contact phone number when registering.
- d DA 5888 Form Family Member Deployment Screening Sheet (Part A -1- 7 completed by the Soldier in the E-EFMP) (Section 8 completed/signed by the Military Personnel Office in E-EFMP).
- e DA 7246 Form EFMP Screening Questionnaire (Completed by the Soldier in E-EFMP).
- f Once you have completed the necessary documents in E-EFMP, the EFMP Medical Case Manager located in the Pediatric Lion Clinic of McDonald Army Health Center (MAHC) Bldg. 576, Jefferson Ave. Ft Eustis, VA will contact you to further assist with making an apt. For more info regarding this new process call (757)314-7611 or 757-314-7500 & wait for the Pediatric prompt.

****If your family members are not seen at MAHC, go to Medical Records to register them to MAHC before scheduling the appointment****



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References:

AR 608-75 (Exceptional Family member
Program)

Exceptional Family Member Program

✓ EFMP & Me

- An online tool that allows Soldiers to create checklists to ensure all documents are completed and concerns are considered for Family members during a PCS. Website: <https://efmpandme.militaryonesource.mil>.
- ✓ Military special needs Families with situations requiring extensive PCS move medical support may qualify for special conveyance air transport (air ambulance).
 - The following are some situations that may qualify:
 - Ventilator-dependent Family member
 - Family member must travel with around the clock medical care/support
 - Family member must travel with special medical equipment/DME
 - Family member cannot travel via POV or commercial air
 - Other than economy/coach accommodations are required
- ✓ The Office of the Surgeon General (OTSG), EFMP Office, must approve each case before any scheduling or coordination ensues.
- ✓ OTSG will provide guidance and order amendment language to the servicing reassignments processing center at the appropriate time.



Exceptional Family Member Program



✓ To Out Process ACS/EFMP-FS

- ✓ You: Complete online ACS EFMP PCS Coordination Letter <https://jble-eustismwr.com/acs-out-processing>
- ✓ EFMP Staff: will Complete a EFMP Family Needs Assessment with you to ensure a warm handoff to the gaining installation.
- ✓ For EFMP FS questions call ACS (757) 878-3638 or email merlin.choice.2@us.af.mil



PREPARING FOR YOUR MOVE



What should you consider when planning to move?

- Connect with your relocation point of contact, or POC, at your local Military Family Support Center, and visit MilitaryINSTALLATIONS, <https://installations.militaryonesource.mil/>, for more information.
- Connect with your local Exceptional Family Member Program Family Support office to initiate a warm handoff of EFMP Family Support services to your gaining installation EFMP Family Support office.

	THREE TO SIX MONTHS BEFORE YOUR MOVE	AS YOU LEAVE YOUR DUTY STATION	AS YOU ARRIVE AT YOUR NEW DUTY STATION
MEDICAL	<ul style="list-style-type: none"> ❑ Obtain your child or adult dependent's medical records, including shot records, prescriptions and dosages. ❑ Connect with your TRICARE provider if you are changing TRICARE regions to facilitate an easy transition. ❑ Review Medicare, Medicaid and Supplemental Security Income, or SSI, information available at your new location, as appropriate. 	<ul style="list-style-type: none"> ❑ Collect any supplies that your child or adult dependent may need upon arrival at your new duty station, including medication refills and supplies – for example, hearing aid batteries. ❑ Talk to your medical provider about securing necessary prescriptions and medications for your transition. ❑ Hand-carry a copy of your child or adult dependent's medical records, as applicable. 	<ul style="list-style-type: none"> ❑ Connect with your new TRICARE provider to communicate your family's medical needs. ❑ Schedule appointments with your family's primary care providers and specialists. ❑ Connect with a legal representative to reestablish conservatorship. ❑ Call ahead to ensure availability of TRICARE PLUS for dependents, as applicable.
EDUCATIONAL	<ul style="list-style-type: none"> ❑ Connect with your local school liaison to ask for a warm handoff to the school liaison at the new installation and inquire about the possibility of preregistration. ❑ Notify your school or early intervention agency of your impending move and request a copy of your child's records, including transcripts and assessments. ❑ Request your child's latest Individualized Education Program, or IEP, or Individualized Family Service Plan, or IFSP, including IEP and IFSP meeting minutes and the most recent progress report. 	<ul style="list-style-type: none"> ❑ Hand-carry hard copies and thumb drives of any educational information, including IEP, IFSP and 504 Plan. ❑ Keep contact information of your child's current teacher or early intervention specialist in case there are questions at your new school or your new early intervention agency. ❑ Provide the staff at your child's current school with the contact information for the special education staff at your child's new school to speed the transfer of information. 	<ul style="list-style-type: none"> ❑ Take the hand-carried educational information, including immunization records, with you to enroll your child in the local school. ❑ Notify the new school of your child's educational needs, and sign appropriate releases so they can request copies of your child's records, if applicable. ❑ Connect with your new local EFMP Family Support staff and school liaison. ❑ Visit your state education website and the Office of Special Education Programs for timelines and for additional information.



Exceptional Family Member Program

EFMP Medical
Pediatric Lion Clinic of McDonald Army Health Center (MAHC)
Bldg. 576, Jefferson Ave. Ft Eustis, VA

GO to Enterprise EFMP System <https://efmp.army.mil/EnterpriseEfmp> using Chrome.

Please ensure you list a good contact phone number when registering in E-EFMP.

The EFMP Medical Case Manager will contact you after you register to further assist with making an appointment.

For more info regarding this new process call (757)314-7611 or 757-314-7500 & wait for the Pediatric prompt or email usarmy.jble.medcom-mcach.list.mcahc-efmp-eustis@health.net



EFMP Medical



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Security Forces

733d Security Forces Squadron

**Preparing Soldiers and Their
Families to Reset**



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Installation Access

Gate Entry Access

- Main Gate hours of operation: 24/7
- Gate 2 hours of operation: M-F 0600-1800 inbound and outbound lanes; outbound lane only M-F 0600-1800
 - Closed Federal Holidays
- At least one person in vehicle must possess a non contractor DoD identification card
- All other passengers over 16 must possess a valid photo identification card (i.e. state identification card, state drivers license, etc.)

Visitor Access

- Visitor Control Center hours of operation: M-F 0730-1530 (Closed Holidays)
- DOD ID card holders can sponsor visitors for guest passes at the VCC. VCIN/NCIC checks are performed on all personnel seeking a visitor pass. Unless pre-coordinated, sponsors must be with visitors at the VCC and provide a DODIN for sponsorship. This must be done for PCS moving trucks!!
- If visitor access is needed for large groups or any other purposes contact the Visitor Control Center (878-1878/1879) NLT 10 Days prior to the access to submit an EAL to the VCC inbox. usaf.jble.733-msg.mbx.733d-sfs-visitor-control-center@mail.mil.
- Trusted traveler Program is currently authorized. One DOD ID will grant a vehicle installation access with all occupants; all occupants should provide proof of identity (drivers license, state-issued ID, etc).
- Hand-written guest passes can be sought in the Main Gate Search Area during hours the VCC is closed. Sponsorship and vetting are still required.

Foreign Nationals

- No one is authorized to escort foreign nationals onto JBLE
- Foreign nationals must receive a visitor's pass to gain entry to JBLE, may take up to 60 days



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Traffic Regulation

Key points

- JBLE 31-218, dated 23 February 2017 is the traffic regulation for Ft Eustis
- 733d SFS assesses traffic points for violations occurring on Ft Eustis
- Fines for traffic violations are \$80 and higher
- Unless otherwise posted, the standard speed limit within the confines of Ft Eustis is 25 mph
- Seat belts must be worn by ALL occupants of a vehicle while on Ft Eustis
- No cellular phone use while entering through the installation entry control points or while on the installation, except with a hands-free device
- All vehicles intending to enter the traffic circle must yield the right-of-way to vehicles already in the traffic circle



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Traffic Regulation

Key points (cont'd)

- Storage Trailers and Recreational Vehicles such as boats, jet skis, dirt bikes, on trailers, motor homes, overnight campers and trailers (both powered and un-powered) and most large recreational items may only be stored in MWR Storage lot at JBLE
- Any automobile, boat, recreational vehicle (RV), trailer, motorcycle, or other conveyance that cannot operate under its own power due to missing parts, flat tires, external parts such as fenders, hood, grill, bumpers or due to vehicle not being properly registered is considered abandoned
- Abandoned vehicles may be towed after 72 hours of tagging the vehicle and the registered owner is responsible for all fees and costs related to towing (Do not remove the abandoned vehicle tag)



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Traffic Regulation

Key points (cont'd)

- School Buses while loading and/or unloading passengers with their traffic control devices activated turns the area into a four way stop.
- On the installation vehicles are required to park with the flow of traffic, this includes housing areas.
- Do not park in unauthorized locations such as fire lanes, too close to a stop sign, fire hydrants.
- Children under 12 years of age or pets will not be left unattended in a motor vehicle



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- 0.08 BAC is the legal limit to operate a vehicle
- **NOTE:** Operating a vehicle means the key is in the ignition and the individual is seated in the driver's seat. The vehicle does not need to be turned on.
- **NOTE:** Refusal to submit to a chemical test of blood or breath may result in a 12-month revocation of driving privileges regardless of the outcome or findings of administrative or court-martial proceedings

Penalties

- Fines (\$1,000 or more)
- Court costs
- Loss of driver's license
- Vehicle impoundment
- Reinstatement fees
- Higher insurance rates
- UCMJ or Civilian court punishment



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Traffic Regulation

Motorcycle / Moped Paperwork Requirements

- Certificate of completion from the Motorcycle Safety Foundation Basic Rider Course (BRC)
- ERC/BRC-II or MSRC/ARC within 12 months of completing the BRC, depending on bike owned
- Motorcycle Refresher Training for Soldiers returning from any deployment greater than 180 days
- Valid State Registration
- Valid State Inspection (if required by state)
- Motorcycle Driver's License / Endorsement
- Current Insurance

***Safety course information can be obtained
from the Installation Safety Office DSN 764-5057***



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Motorcycle / Moped PPE Requirements (AR 385-10)

- A helmet of a type approved by DOT; An eye protective device, such as shatter resistant eyeglasses, goggles or a face shield attached to a helmet worn down (A windshield fairing is not considered to be proper protection)
- Sturdy over-the-ankle footwear that affords protection for the feet and ankles
- Long-sleeved shirt or jacket
- Long trousers
- Full-fingered gloves or mittens made from leather or other abrasion-resistant material
- Riders are encouraged to select PPE that incorporates fluorescent colors and retro-reflective material
- Applies to driver and passengers



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Crime Prevention

Prevention of Vehicular Crimes

- Lock all doors and trunk
- Do a walk around
- Park in designated parking areas
- Check vehicle periodically if not driven often
- Keep all valuables out of sight
- Make a list of serial numbers and items if leaving for an extended period of time
- Only give keys to responsible individuals



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Crime Prevention

Prevention of Home Crimes

- Lock all doors and windows
- Use light timers when gone overnight or long periods of time
- Maintain a log of valuables
- Secure valuables in wall lockers or safes
- Report any unknown or suspicious individuals
- Keep minimal amounts of currency
- While away, have a trustworthy friend make periodic checks of home or if more than ten days away MPs can conduct checks
- Don't brag about the things you own



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Privately Owned Firearms

- Do not store weapons in vehicle, trailers, or motels, including on-post lodging
- No POFs can be stored in the barracks. Must be stored in housing or a unit arms room.
- All weapons (pistols, revolvers, rifles, shotguns, crossbows and bows) must be registered at the MP Station if the Soldier resides on the installation, if the weapon is stored on the installation, or if the weapon is brought onto the installation for an authorized purpose (POF Range, hunting, etc). Do not bring weapons to the MP Station.
- In order to transport a firearm on the installation it must be registered on the installation, must be unloaded, and stored separately from ammunition.



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Hunting and Fishing

- Governed by JBLE Instruction 32-102. Administered through iSportsman: <https://jble.isportsman.net/>
- Hunting and fishing programs are managed by 733d Civil Engineer Division (CED) who acquired and implemented the iSportsman program.
- Purchase of Fort Eustis Permits completed through iSportsman Program and the purchase of State permits and licenses are required for on-post hunting and fishing.

Hunting Requirements:

- Virginia Hunting License and Fort Eustis Hunting Permit Required (Proof of Hunter Safety Education Course required to purchase a Virginia Hunting License/Fort Eustis Hunting Permit)
- Deer, Migratory Bird/Waterfowl, and Small Game (squirrel, rabbit) hunting available
- Archery (bow and crossbow), shotgun and muzzleloader are authorized hunting implement
- Spring Turkey hunting managed by the 733d Civil Engineer Division (CED)
- All weapons (including bows) must be registered with the MP Desk (Bldg 648)

Fishing Requirements:

- Virginia License (Fresh/Salt Water) and Fort Eustis Fishing Permit Required
- Authorized areas depicted on map provided by 733d CED through iSportsman program



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Points of Contact

- Emergency – 911
- Non-emergency – (757) 878-4555 / 4556
- Police Services Program Manager
 - OFC Moscoe Gardner
 - moscoe.gardner@us.af.mil



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ARMY COMMUNITY SERVICE (ACS)

650 Monroe Avenue, Fort Eustis

757-878-3638

eustis.acs@gmail.com

Mobilization and Deployment

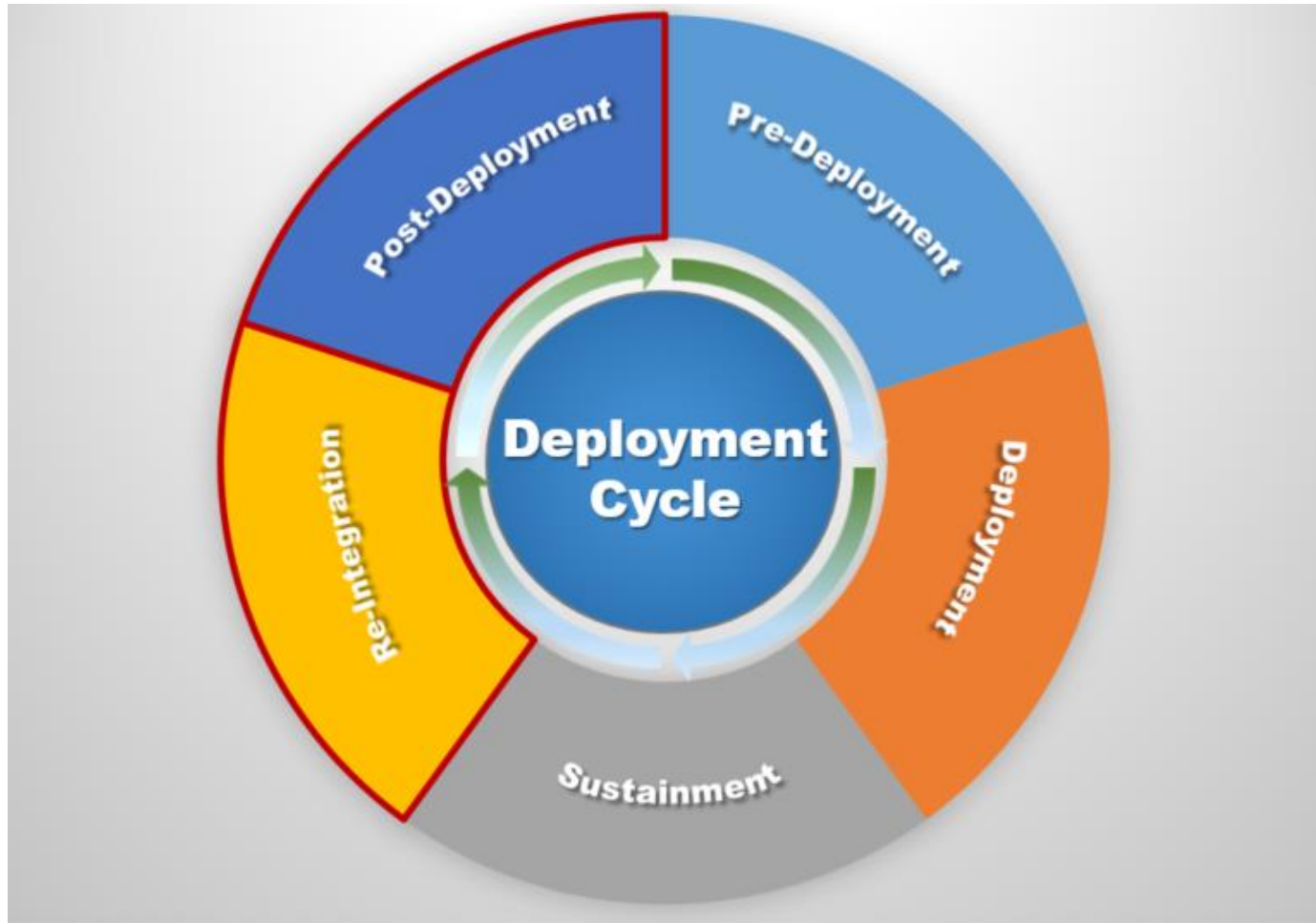
- Liezel Bambao -



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GETTING PREPARED, STAYING PREPARED





- Reintegration covers the period when the deployer returns from the deployment location and reintegrates back to home station.
- Return and reunion considerations:
 - Single Deployers – acknowledge changes with friends and at work
 - Consider homecoming activities and events
 - Prepare for the unexpected



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- The post-deployment phase of deployment
- Time frame: 30 – 180 days following the member's return



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Change

Expect that things will be different than they were prior to deployment...

Change Happens!



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Restarting - Committing, Adjusting...

Expect and accept that things have changed

Be kind and compassionate with yourself, as well as your Spouse/Partner

Get support from others and give yourself permission to be vulnerable with your Spouse/Partner

Do things that help relieve stress

- Exercise
- Get enough rest
- Use your support systems, including friends, Family, clergy, and other unit members
- Set realistic short term goals and do things for fun

Avoid unhealthy coping strategies, such as drinking, over-eating, overworked, smoking or excessive TV watching

Seeking professional help is not a sign of weakness but strength



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Adding and Subtracting Roles, Routines, and Rules

New roles have been assumed

Different Family rules and routines

Change may cause some concerns

New competence and independence

Difficulty assuming, letting go or sharing roles/responsibilities

***Renegotiate roles, routines, rules and
reestablish relationships!***



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Restarting, Reconnecting – What to Do

Share information during deployment

Let go of anger

Spend quality time together

Listen to your Spouse/Family Member/Significant Other

Talk about feelings and experiences



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Talking It Out – Healthy Communication

Listen

- Set aside time to talk without distractions
- Check in regularly at the first signs of a problem
- Create a receptive frame of mind
- Listen with eyes and ears

Empathize

- Clarify the other's point of view, paying attention to their feelings
- Convey a connectedness, having a willingness to compromise



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Reestablishing Intimacy

Possible Concerns:

- Feeling like strangers
- Anxiety and concerns: affection, intimacy, sexual relations
- Fidelity in the relationship

Things that will help:

- Commit to communicate
- Court each other
- Set the stage for intimacy
- Take time readjusting to being together again



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Reestablishing Connections with Children

It is important to remember that...

- Children process and understand life events differently than adults
- Children react differently according to age, personality, and individual coping styles



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Staying Healthy

Dare yourself to try new things, attend new events, or discover new skills.

Laugh at unexpected stories and try not to apologize for everything.

Relax using many strategies: Meditation, deep breathing, yoga, reading inspirational books, listening to quiet music etc.

Have healthy conversations with peers, buddies, Family members and other helpful people.

Change thinking patterns and be open to new solutions.

Be resourceful by making creative decisions.

Learn to accept responsibility for one's feelings and behaviors.

Use spirituality to provide courage and hope – a time honored source of strength.



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- Successful reintegration strategies
 - Use effective communication techniques
 - Expect the unexpected
 - Avoid being critical
 - Be flexible
 - Make time for loved ones, friends and co-workers
 - Monitor spending
 - Focus on the here and now
 - Show and express appreciation and forgiveness
 - Take time for yourself



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Pace yourselves! It will take time to gradually ease into responsibilities at home.

It will take time for everyone to adjust!

REMEMBER:

Homecoming is an event and Reintegration is a process.



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Where and How to Get Support

Military OneSource

Ready and Resilient (R2)

Army Community Service (ACS)

Family Advocacy

Soldier & Family Readiness Group

Chaplain

Military & Family Life Consultants

Behavioral Health: Social Work Service, Psychiatry, Psychology

Red Cross and other Community Service Agencies



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POST DEPLOYMENT FINANCIAL READINESS TOUCHPOINTS

https://www.armyfamilywebportal.com

ARC: AFWP Resource Center

Search Getting Started ACS Register Log in

Our Families are ARMY STRONG.

Announcements

- Search active job openings for military spouses with your Military Spouse Education and...
August 11, 2021
- Hiring Our Heroes (HOH) connects the military community—service members, military spouses, and...
July 1, 2021
- Look For Your Next Career With American Corporate Partners (ACP)

News

- The 2021 DoD Military Spouse Survey Is Open Until November 29th
August 2, 2021
- SECO offers Udemmy access for spouses
July 1, 2021
- Hiring Our Heroes Surpasses Goal of Hiring 100,000 Military Spouses
Read More

Events

There are currently no events

Supported browsers for AFWP Applications are Internet Explorer 11, Chrome, and Firefox. You may experience functionality and appearance differences when using the application depending on your browser version.

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📣 Announcements


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[Read More](#)

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- Army Community Service Staff
- Issue Management System
- Online Learning Management System
- Virtual Soldier & Family Readiness Group
- Volunteer Management Information System



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<https://olms.armyfamilywebportal.com>

AFWP Online Learning

The AFWP Online Learning Management System (OLMS) is an interactive and engaging menu of Computer Based Trainings (CBTs).

Log in



Welcome to AFWP Online Learning




AFWP Online Learning

The AFWP Online Learning Management System (OLMS) is an interactive and engaging menu of Computer Based Trainings (CBTs).

Welcome to AFWP Online Learning

Training is a fundamental component of the **Army Family Web Portal (AFWP)** that allows site users to take full advantage of the applications and tools available to train around the world.

← → ↻ https://olms.armyfamilywebportal.com



☰ |  My Courses

Rectangular Snip

Courses

- ▶ Family Programs
- ▶ Financial Readiness Touchpoints
- ▶ Volunteer Management Information System
- ▶ Army Community Service (ACS)
- ▶ AFAP Issue Management System
- ▶ Virtual Soldier & Family Readiness Group

Expand all





Log in Register

- Disabling Conditions *i*
- Divorce *i*
- Entitlement to Continuation Pay *i*
- First Child *i*
- Marriage *i*
- Permanent Change of Station (PCS) *i*
- Pre-Deployment *i*
- Post-Deployment *i*
- Promotion *i*
- Vesting in Thrift Savings Plan (TSP) *i*



Volunteer Management Information System

VMIS Tutorial Videos

- Volunteer Tutorial *i*
- Organization Point of Contact (OPOC) Tutorial *i*
- AVC Coordinator (AVCC) Tutorial *i*





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POST DEPLOYMENT FINANCIAL READINESS TOUCHPOINTS

<https://www.armyfamilywebportal.com>



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Darlene Morgan, AFC®
Army Community Service
Personal Financial Readiness Program Manager
darlene.morgan@us.af.mil;
757 878-3638



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POCs:

Family Advocacy: Diana Strain

diana.e.strain.civ@health.mil; 757-314-7998

7th TBX Embedded Military Family Life Counselor: Dawn Riley;

rileyd@magellanhealth.com; 757 570-3540

MWR-Community Center:

Christina Stauffer; christina.stauffer.1@us.af.mil

757 878-2067/5684/3717

Legal: Philip McCollum; philip.mccollum@us.af.mil; 878-3031 ext 227

1LT Gregory Goujon; Gregory.m.goujon.mil@army.mil; 757-878-5457 or
757-504-2838

Security Forces: Moscoe Gardner, moscoe.gardner.@us.af.mil;

Emergency – 911 **Non-emergency** – (757) 878-4555 /4556



POCs:

Drug Prevention: Walter Gaines III
walter.gaines@us.af.mil; 757-878-2924

TRICARE: Patricia Watkins, PWatkins3@humana.com; 502-318-6162

EFMP: Merlin Choice, merlin.choice.2@us.af.mil; 757-878-3638

ACS: Liezel D. Bambao, liezel.bambao.1@us.af.mil or
Carol S. Sheppard, carol.sheppard@us.af.mil
757-878-3638

For questions, please call ACS or the POCs listed above.

OTHER MFLCs

MFLC Assignment	MFLC Name	MFLC Phone Number
<i>Eustis MFLCs for Adults</i>		
Fort Eustis	Robert Bradley/Tamala Downum	(757) 755- 5512/5509
<i>Eustis MFLCs for Children and Youth</i>		
	Julia Canestrari	(757) 755-5500
	Alison Sigler	(757) 409-7438
	Heather Coddington	(757) 807-3074
	Tonia Stolfa	(757) 636-6495





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*Thank you
and
Welcome Back again!*