

FAMILY READINESS SUPPORT COUNCIL

# MEETING MINUTES

---

**MARCH 20, 2008**

**ATTENDEES:**

**Marine Corps Family Team Building Director:** Perry L. Ford

**MAGTFTC/MCAGCC:** SgtMaj William Johnson

**Family Readiness:** Monica McBroom

**L.I.N.K.S. Trainer:** Jennifer Sutton

**Life Skills Trainer:** Titus Burns

**American Red Cross:** Kaprece James

**PREP/CREDO:** Chaplain Moran

**Armed Services YMCA:** Jodi Bennett

**Navy & Marine Corps Relief Society:** Ray Caldwell

**Deployment Health Clinic:** LtCmdr Barbara Dittrich

**7<sup>th</sup> Marines FRO:** Denise Cullum

**MCCS Area Coordinator:** Lindy Seto

**2/7 RBE SNCOIC:** SSgt Navai

**3/7 FRO:** GySgt Meraz

**A Company, 3<sup>rd</sup> CEB FRO:** MSgt Lutton

**A Company, 3<sup>rd</sup> CEB KVA:** Jamie Flores

**CLB-7 SgtMaj:** SgtMaj Harmon-Marks

**CLB-7 FRO:** GySgt Hardy

**Delta Co., 3<sup>rd</sup> AAV BN:** 1stSgt Rositas

**MCCES SgtMaj:** SgtMaj Gray

**MWSS-374 FRO:** GySgt Mayes

**VMU-1 KVC:** Julie Prose

**MCFTB Readiness & Deployment:** Dan Cole & Jessica Stevenson-Ross

**MCFTB Admin Assistant:** Kenia Fuertes

## MCFTB

- This was the first Council Meeting of the year.
- 29 Palms and Cherry Point are being considered as Pilot sites to test out all new programs. They will take whatever feedback to HQ and revamp programs as necessary.
- You can ALWAYS comment on the HQ website if you have any concerns.
- Family Readiness Committee Meeting on 18 Mar:
  - BN / Squadron level can hire a civilian FRO. COs have the option of hiring retired/retained or civilian. Units cannot afford to make one of their marines a FRO for 2-3 years.
  - Mass Communication Tool - received a demonstration during the committee meeting. This is a great tool and it works well.
    - You have to respond to the call, text or email, otherwise you keep getting a call, text, or email until you respond.
    - Testing will begin on March 24<sup>th</sup> - HQ Marine Security Guard will be one of the first groups to use it. Roll out will hopefully be by end of 2008. For Marine Online to work in conjunction with it will take about a year.
  - FOCUS (Families Overcoming & Coping Under Stress) - This is a program in conjunction with UCLA. There will be 8 sessions (not clinical) with the whole family. If there is a need for additional help, they will refer to the right place. Testing sites for this program will be Camp Pendleton, Camp Lejeune, Okinawa and Hawaii some time in the spring or summer of 2008.
  - Family Readiness Advisors / Advocates - Mrs. Conway did not like the word Advocate, looking to change the name.
  - Military OneSource - "Coming Home" - everyone can order copies of this through OneSource online. Or print online:  
<http://www.nmfa.org/site/DocServer?docID=161>

## LINKS

- L.I.N.K.S. Schedule for regular open sessions:
  - March 17&19: 8am-1pm
  - April 22-24: 5pm-8pm
  - May 12&14: 8am-1pm
  - June 3&5: 8am-1pm
  - July 26: 8am-5pm
  - August 19&21: 8am-1pm

- Currently working with units to set up unit sessions. At a minimum every unit should be doing training every 6 months.
- 10 Spouses and 1 FRO just graduated from L.I.N.K.S on 19 Mar.
- L.I.N.K.S. House is open Monday thru Friday from 7:30am - 4:30pm.
- L.I.N.K.S. for Kids/L.I.N.K.S. for Parents: these programs are still being worked on. 29 Palms is being considered as a test site to roll out these programs.

#### **LIFE SKILLS**

- Still working out the specifics of Life Skills training.
- Four (4) core classes have been identified (target military spouses)
  - Casualty Process: What can families expect, initiate or talk about their needs (i.e., DOD provides flight for them to get to their wounded marines).
  - Parenting Teens: identify their needs and offer resources. There may be things that can be offered through MCCS but have not tapped into yet.
  - Parenting Tweens: Helping them understand deployments. Offering resources for them.
  - Elder Care: educate, train and help spouses / marines understand what resources are available to them.
- KVA/KVC Meeting on 19 Mar - CO spouses cannot reach the younger generation of spouses. One LCpl came up with an idea "what about blogging?". Will look into this form of communication.
- Want to hear from everyone what their needs are.
- For future classes, we will have duty experts to come in and speak to these issues (i.e., suicide prevention, car buying, finances, etc.)
- Spouses Learning Series:
  - There will be quarterly classes for spouses.
  - Spouses Learning Series Motivational Workshop for 29 Palms is on Sept 9, 2008. Workshop is called Champion Heart. HQ has a guest speaker coming in for this, Jacey Eckhart.

#### **PREP / CREDO**

- All Chaplains coming in are trained with PREP.

- Offered through the base. It's now a 2 day program instead of 3 days. Can offer units a 1 day seminar if there is a need due to timing.
- 17 couples attended the February class. Please help us spread the word. It is better coming from the units than just putting up flyers.
  - No matter how many years you've been married this is a great program to come to.
  - We have the resources and the funding.
  - Make it a positive thing: not only for marriages in trouble.
- The active Christian community requested a Christian PREP. Will be held on April 24 & 25 from 0800 - 1600. Childcare is free. Contact 830-6464.
  - Different textbook than the regular PREP.
  - Religion comes into play whereas it does not in the regular PREP.
- Marriage Classes: 2 days on base. If less than 20 people it will be held at the Protestant Chapel. If more than 20, it will be held in Bldg. 1707.
- CREDO - offered out of Camp Pendleton 760-725-4954.
  - Warrior Couples Readjustment Retreat: Great for when marines come back from deployment. A retreat off base for the weekend.

#### **AMERICAN RED CROSS**

- Kaprece James, new American Red Cross station manager, came and introduced herself. Nikki McBain is deployed to Baghdad.
- Primary mission is emergency communication:
  - 269 messages since beginning of year - 252 for Marines.
  - Provided financial assistance to 5 Marines.
  - A total of 63 cases conducted by the Red Cross.
- Currently looking for individuals interested in the following areas: case workers, fundraiser and special events.
- Leadership positions available: Youth Director, Casework Director, Financial Director, Dental Director, Co-Chair Hospital.
- Understaffed at the moment for the CNA program.

- Kaprece will be TAD until Mar 28<sup>th</sup>. Not sure if office will be manned by volunteers, so please call the 877 number if you cannot get them. 877-272-7337.

### Armed Services YMCA

- Jodi Bennett, new Program Coordinator
- Upcoming Events:
  - o May 16 - Spaghetti Dinner & Silent Auction to be held at Community Center, 1730-2030, Adult: \$6, Children 4-12: \$4, Children under 3: free. Contact 830-7481.
  - o June 6 - Soapbox Derby: The race will also be kicking off the Twentynine Palms Street Fair and Car Show. Entry fee for the race is \$25 per child. Space is limited to the first 50 sign ups. Sign ups for last year's entries will be held from March 17 to 31. Sign ups are open to all entries from April 1 to 30. Categories are: 5 to 8 years old - Stock Division (no prior Soapbox experience); 9 to 14 years old - Stock Division (no prior Soapbox experience); 5 to 8 years old - Super Stock Division (previous experience); 9 to 14 years old - Super Stock Division (previous experience)

We provide the Derby kit and you provide the imagination! \*Kit does not include tools. Adult supervision is required.\*

Race Day: Pit opens 3:00 p.m.  
 Inspection 4:00 p.m.  
 Race starts at 4:30 p.m.

Where to register:  
 Armed Services YMCA  
 MCAGCC Bldg. 192  
 Please call 830-7481 for more information or e-mail to [henryasymca@roadrunner.com](mailto:henryasymca@roadrunner.com).

- o Summer Camp to Big Bear (8-14yr olds). Taking 80 kids. Free for active duty. Deadline: June 6, 2008.
- o Children's Programs - Fitness & Fun is a year round program; all other programs are school year driven.
- o ASYMCA new location: Bldg 192, where the thrift store used to be. Moving there any day now.
- o The thrift store is now located in Bldg 193. Hours are T-F 9a-5p, open 1<sup>st</sup> & 3<sup>rd</sup> Saturday of the month. Donations can be dropped off during working hours. Currently have no place for donations to be dropped off during off hours, but working on it.

## **NAVY & MARINE CORPS RELIEF SOCIETY**

- \$127,600 in interest free loans and grants YTD (285 cases)
- Last year - \$615,000, right on track this year.
- Quick Assist Loan: For Active Duty only. Have to be able to pay it off within 3-10 months and cannot be in bankruptcy.
  - 48 cases = \$13,000 YTD
  - Implemented to battle out-in-town sharks and internet loans
- Events:
  - 31 Mar - 2 May: Fund Drive - trying to raise \$93,000 this year
  - 5 Apr: Navy Marine Corps Ball [www.navymcball.org](http://www.navymcball.org)
  - 27 May: Active Duty Fund Drive Kick-off Breakfast

## **FAMILY READINESS**

- Last Quarter, Monica McBroom trained:
  - Dec: 18 Key Volunteers, 6 KV Coordinators, 1 Family Readiness Officer, provided 0 Resource training sessions, and 1 refresher course.
  - Jan: 15 Key Volunteers, 5 KV Coordinators, 2 KV Advisors, 3 Family Readiness Officers, provided 0 Resource training sessions, and 0 refresher course.
  - Feb: Training was scheduled for this month, however it was cancelled due to going TAD.
  - Mar: 17 Key Volunteers, 2 Family Readiness Officers, 25 Mar scheduled for KV Coordinator training.
  - Upcoming Schedule:
    - April 2&4 : 8am-1:20pm
    - April 8-10 : 5pm-8pm
    - April 29 : 8am-4:30pm
    - May 15 : 8am-4:30pm
    - May 24 : 8am-4:30pm
    - June 2&4 : 8am-1:30pm
    - June 21 : 8am-4:30pm
    - July 15-17 : 5pm-8pm
    - July 21 : 8am-4:30pm
    - August 9 : 8am-4:30pm

- August 14 : 8am-4:30pm
  - September 2-4 : 5pm-8pm
  - September 10 : 8am-4:30pm
- Will also work with unit schedules to schedule training.
  - Will be TAD 14-18 April to Bangor, WA training Marine Corps Special Forces BN out of Cherry Point.
  - Issue: Communication with families of task organized units from various locations under a local command. Example: a unit is sent from Okinawa to 29 Palms to attach with a local command for a deployed mission. However, families are left behind in Okinawa and getting no information of their Marine's status and vice versa.
    - o Resolution:
      - For the FRO of the gaining command to establish communication with the FRO of the losing command and vice versa.
      - It is necessary for the FRO of the deployed/or deploying command to pass information to all of the losing command FROs and vice versa.

#### **DEPLOYMENT HEALTH CENTER**

- We are not Mental Health! However, we do work in conjunction with them.
- Located in the Naval Hospital - trying to get signage issues fixed.
- 3 distinctive services:
  - o Health Assessments: pre-deployment assessment, trying to do this one month prior
  - o PHA (Periodic Health Assessment) - takes place of annual physical and PDHRA (Post-Deployment Health Re-Assessment) - trying to get these done at the 90-day mark.
  - o Traumatic Brain Injury Evaluation - getting a new psychologist and neuropsychologist.
  - o Psychological Health - EMDR, Cognitive therapy, etc.
- Currently hiring lots of people because we have the funding.
- Expanding to move all assets to the green side:
  - o 7<sup>th</sup> Marines Regiment & 1<sup>st</sup> Tanks receiving a Family Practice Provider, a Psychologist and a Psych Tech - hopefully by end of summer 2008.

- Center is for active duty only. However, if we see an active duty that can benefit from spouse being there, we will bring the spouse in also.
- If anyone needs a Psych Evaluation they need to go to Mental Health.
- If Marine does not want to talk to the military, can they go out in town?
  - o DHC would like to see them first.
  - o A lot of civilians don't understand the military issues.
  - o Tricare only pays for 6 sessions out in town, DHC does not have this limit.
  - o Out in town they are given drugs, DHC will not do this.
- All records are sensitive and secure! Only a privileged provider has access. Commands cannot just call and get information. We will not release information.
- Command SACO's - cannot get a hold of them. Leaving messages, but they are not returning calls.
- PDHRA's - have arranged with GMO's on three different occasions. Out of 250 Marines only 30 showed up and this was bad as 5 providers were scheduled to be in the Center.
  - o Suggestion for DHC: go through S-3 via the GMO and response may be better.

#### **7<sup>th</sup> MARINES FRO**

- Start date: February 12<sup>th</sup>.
- Here to assist spouses, extended family members and KV's in acquiring skills and support for unit readiness.
- FRO meetings on Wednesdays from 1300-1400 in the 7<sup>th</sup> Marines S-3 conference room.
  - o Base support and family readiness issues addressed
  - o Please feel free to call Denise Cullum if you'd like to attend 760-830-6613.

**NEXT COUNCIL MEETING TO BE HELD 19 JUNE 08, BUILDING 1551.**

**PLEASE SEND AT LEAST ONE REPRESENTATIVE FROM YOUR UNIT.**