



Washington National Guard Family Programs

Weekly Update

Family Assistance Coordinators

Camp Murray

Tia (253) 512-7755

Denise (253) 512-8367

Centralia

Jacqueline (360) 628-7195

Everett

Garey (425) 317-3527

Longview/Vancouver

Julie (360) 577-2120

(360) 750-4075

Kent/Seattle

Deborah (253) 945-1869

Moses Lake

Doug (509) 630-0701

Olympia

Diana (360) 704-6707

Pasco/Walla Walla

Betsy (509) 546-4384

Port Orchard

Ron (360) 356-2407

Spokane

Buzz (509) 532-2775

Yakima

John (509) 469-4638

Wing Family Program Coordinators

141st ARW - Spokane

Mary (509) 247-7009

194th RSW - Camp Murray

Angela (253) 512-3397

New Web Page Guides TRICARE Beneficiaries to Behavioral Health Resources

May 13, 2009

No. 09-34

FALLS CHURCH, Va. – A new Web page for TRICARE beneficiaries takes the brainwork out of seeking help. May is Mental Health Month, and at <http://www.tricare.mil/mentalhealth>, TRICARE is committed to providing beneficiaries with the most up-to-date information about available its behavioral health resources.

The Web page supports two Department of Defense initiatives: promoting awareness about post-traumatic stress disorder treatment, and assisting returning service members by providing expanded counseling services. It also provides information for family members dealing with deployment stress, moves and separation situations. When beneficiaries are looking for help, <http://www.tricare.mil/mentalhealth> is the starting place to find information about common concerns, resources and how TRICARE's behavioral health benefits work.

Service members and family members can access behavioral health information including recent news articles, self-assessment programs, and behavioral health flyers and brochures.

The recently published "A TRICARE Guide: Understanding Behavioral Health" is also available on the page. It provides information on seven main topics: TRICARE and Your Behavioral Health; Understanding Behavioral Health; Covered Services, Limitations and Exclusions; Who to See for Care; Getting Care; Your Right to Privacy; and For Information and Assistance.

About TRICARE Management Activity and the Military Health System

TRICARE Management Activity, the Defense Department activity that administers the health care plan for the uniformed services, retirees and their families, serves more than 9.4 million eligible beneficiaries worldwide in the Military Health System (MHS). The mission of the MHS is to enhance Department of Defense and national security by providing health support for the full range of military operations. The MHS provides quality medical care through a network of providers, military treatment facilities, medical clinics and dental clinics worldwide. For more about the MHS go to www.health.mil.

To view more TRICARE news releases go to:

<http://www.tricare.mil/pressroom/news.aspx?fid=526>

Deployment Health and Family Readiness Library

This library provides Service members, families, leaders, Health Care providers, and veterans an easy way to find deployment health and family readiness information. Within this library you'll find access to fact sheets, guides, and other products on a wide variety of topics published by the services and organizations that serve you. You'll also find additional web links to other organizations and resources devoted to the health and well-being of the Service member and their family.



<http://deploymenthealthlibrary.fhp.osd.mil/>

Free Oil Changes for Spouses with Deployed Soldiers

The Fort Lewis auto crafts center provides free oil changes to spouses who have their Soldier deployed (including National Guard). You will need to bring your own oil and filter and they will do the work for you. The auto crafts center is located by the Dupont Gate on Fort Lewis. You must have a current military ID.



For more information call (253) 967-3728.

Free Photo Transfer onto Pillow Case

The Ft. Lewis Mobilization and Deployment Army Community Service's Arts and Craft Center will transfer pictures onto pillow cases for spouse's and children to send downrange or a picture of a Soldier with child for the child to keep. This is FREE. All you need to do is bring an 8 x 10 picture. Please call the Arts and Crafts Center at (253) 967-5001 to schedule a time.

Armed Forces night at Grays Harbor Raceway

Tomorrow night, May 16th is Armed Forces night at Grays Harbor Raceway In Elma. All branches of the military including the Reserves and National Guard will be admitted free with Military ID.



If you have any questions please call (360) 482-4374 and ask for George or Jen.

Family Programs Volunteer Opportunities

FAMILY READINESS GROUPS (FRG)

The success of each unit Family Readiness Group depends on Volunteer Energy. Anyone who cares about the well-being of the unit can volunteer including retirees, community members, friends, significant others, family members, employers / co-workers, church members.

Below are typical (not limited to) FRG positions.

- ★ Brigade FRG Coordinator
- ★ Battalion FRG Coordinator
- ★ FRG Leads
- ★ FRG Co-Lead
- ★ Secretary
- ★ Treasurer
- ★ Alternate Treasurer
- ★ Key Caller (Phone Tree POC)
- ★ Event Coordinator
- ★ Youth Coordinator
- ★ Fundraising Coordinator
- ★ Newsletter Editors
- ★ Welcoming Committee
- ★ Photographer

To find out what opportunities are available in your unit, contact your unit FRG or Commander. If you need unit contact information, call the State Family Readiness Assistant (253) 512-7753.

Are you looking for a Volunteer opportunity? Perhaps you are interested in gaining work experience to put on your resume or maybe you want to learn new skills. Below is a list of Volunteer opportunities available through the Family Programs Office.



★ **Administrative Assistant**

Work Schedule: 2-3 days per week

Location: Camp Murray

Duties: Provide administrative support to the State Family Readiness Assistant and Youth Coordinator.

★ **CARE Team Volunteers**

Work Schedule: As needed

Location: In Volunteer's local community

Duties: Provide emotional support and practical assistance to family members of injured and fallen service members.

Training Required: CARE Team Training

★ **Teaching Team Instructors**

Work Schedule: At the Volunteer's Discretion

Location: In Volunteer's local community

Duties: Provide Training to National Guard Volunteers and Family Members.

Training Required: Instructor's Trainer's Course



Seeking CARE Team Volunteers

Family Programs is currently seeking volunteers to serve on the WA National Guard CARE Team.

What is a CARE Team?

A Casualty Response (CARE) Team is a group of 2-3 trained individuals who volunteer to offer emotional support and practical assistance to Family members of injured and fallen service members. This team is designed to assist and support Families, filling the gap between notification and arrival of their own personal support system.

CARE Teams in no way take the place of a FRG, but help to effectively harness the energy and support of the group by assessing the Family's individual needs.

What is required to be a CARE Team Volunteer?

To volunteer on this team you need to be flexible and know that it requires a strong commitment to confidentiality and a willingness to attend training. Attending this training does not commit you to being part of the CARE Team. Please note that CARE Team volunteers are not trained as grief counselors, but rather to provide assistance and comfort.

Who can be a CARE Team Volunteer?

Anyone concerned for the well-being of WA National Guard Family members including the following:

- ★ Community Members
- ★ Air/Army National Guard Family Members
- ★ Air/Army National Guard Service Members
- ★ Retired Service Members

How do I become a CARE Team Volunteer?

Contact Veronica, State Family Readiness Assistant (253) 512-7753. You will need to attend training which is offered through out the state as requested (at least 5 participants). We currently have a couple scheduled, see calendar below.

Upcoming Volunteer Training

May 19	CARE Team Training	Ft. Lewis
June 2	CARE Team Training	Ft. Lewis
June 7	CARE Team Training	Ft. Lewis
June 26-28	FRG Workshop	Leavenworth
August 15	Basic FRG Training	Kent
August 16	Phone Tree POC Training Treasurer Training	Kent

To Register:

Log onto
www.guardfamily.org
Click EVENTS

If you have problems
registering or have
questions contact:

Veronica
Family Readiness Assistant
(253) 512-7753

Need Volunteer or Training information call (253) 512-7753

FRG Leadership Workshop

Join us on
June 26 - 28, 2009

In
Leavenworth, WA

"Washington's Bavarian Village"

Open to ALL Statutory (official) FRG Volunteers, Commanders, and Military Point of Contacts, Youth Program Volunteers or those that may be interested in volunteering with the Youth Program.

- ★ Learn the latest information
- ★ Ask the questions
- ★ Network with other FRG Volunteers & Family Programs Staff
- ★ Brigade/Wing Break-Outs

Living In the New Normal Summary

This course is designed to provide Family Readiness Group Leaders with information to help support military children during times of uncertainty, trauma, and grief. The course instructs on how to recognize and address issues of concern and to provide valuable resources for dealing with these situations. The course strives to promote the natural resiliency of children through discussion on methods to help children cope.

****All Statutory Volunteers will be reimbursed for travel, lodging, and meals (set per-diem rate)****

REGISTER on
www.guardfamily.org
NO LATER THAN JUNE 12TH
under **EVENTS**



For more information contact Veronica (253) 512-7753

Summer Events 2009

ALL Events require advance registration.

Questions: call / e-mail Point of Contact or visit website listed.

Operation Military Kids Outdoor Adventure

One Day Outdoor Adventure / Ropes Course
\$10 Registration Fee / bring sack lunch
Wear long pants & sneakers

June 13 Panhandle Camp (Mason)
June 20 Colville (Stevens)
July 11 North Bend (King)
July 11 Leavenworth (Chelan)
July 18 Tri-Cities (Franklin)

For more information contact:

Darleen Munson / 253-445-4557
edmunson@wsu.edu
www.operationmilitarykids.org

Camp Courage

Camp for youth of Wounded Warriors
July 12-16 Black Lake Camp, Olympia

For more information contact:

Darleen Munson / 253-445-4557
edmunson@wsu.edu
www.operationmilitarykids.org

Summer 2 Day—Day Camp

Day Camp event for military youth

July 20-21 Spokane Ages 7-9
July 23-24 Spokane Ages 10-12

Teen Leaders needed for both camps

For more information contact:

Robbin Seeberger / 253-512-7985
Robbin.seeberger@us.army.mil
www.operationmilitarykids.org

PX2

Pacific Institute Teen Leadership Training

July 18-19 Camp Murray, WA

\$25 Registration Fee

For more information contact:

Robbin Seeberger / 253-512-7985
Robbin.seeberger@us.army.mil
www.guardfamily.org

National Youth Symposium

Teen Leadership Event for National Guard youth ONLY
Must complete application & be selected to attend

Application deadline is May 22nd

** Only open to National Guard Youth

** one Air and one Army

July 26-30 Dearborn, MI

For more information contact:

Robbin Seeberger / 253-512-7985
Robbin.seeberger@us.army.mil

Speak Out on the Road

3 state bus journey for teens

Teens will have the chance to speak to others about their experiences of being a military youth

July 26—August 1

\$50 Registration Fee

Starts in Bremerton, WA to Portland, OR to Boise, Idaho and back to Bremerton

For more information contact:

Darleen Munson / 253-445-4557
edmunson@wsu.edu
www.operationmilitarykids.org

WANGY Camp

Overnight camp for youth who have parents in the WA National Guard and other military services (ages 8—18)

August 16-20 YMCA Camp Reed, Spokane

\$125 for 1st camper / \$25 for each sibling

For more information contact:

Mary Thomas / 509-247-7009
Mary.thomas@wafair.ang.af.mil

Family Retreats

Camp experience for military families

One camp in Eastern, WA and one camp in Western, WA location TBD

August 28-30

September 18-20

\$25 Registration Fee per family

For more information contact:

Robbin Seeberger / 253-512-7985
Robbin.seeberger@us.army.mil
www.operationmilitarykids.org

Volunteers Wanted

The **Washington Air / Army National Guard Youth (W.A.N.G.Y.)** Program is looking for adult volunteers to work with youth throughout Washington State.

Volunteers are needed as :

Volunteer Coordinator for Youth Program
Workshop Presenters / Trainers
Youth Event Support
Camp Counselors / Support
Event Planners
Parent Workshop Trainers
Youth Council Support
Administrative Support



If you are interested in working with youth and supporting the WANGY program, please contact me (Robbin Seeberger at 253-512-7985) and we can discuss the options and what might be the best fit for you. In order to provide more opportunities to our youth, volunteers are needed.

Please NOTE—All *Adult Youth Volunteers* must complete a finger-printed background check prior to volunteering. Volunteer status is subject to approval based on background check results.

Teen Leaders Wanted

The **Washington Air / Army National Guard Youth (W.A.N.G.Y.)** Program is looking for **Youth Council Members**. There are current openings in Eastern & Western Washington.

Offices include—

President, Vice President, Junior PAO, Secretary, Board Member #1 & #2

If you are in grades 7th—12th and are interested in joining the team, please contact the youth council at ngwafp-youthcouncil@ng.army.mil



Family Programs Contact Information

Administrative Staff

Building 33, Camp Murray
Tacoma, WA 98430

State Family Programs Director

MAJ Anne Marie Peacock (253) 512-7600

Family Programs Specialist

Connie (253) 512-7880

Administrative Assistant

SPC Andrea Walker (253) 512-7881

State Family Readiness Assistant

Veronica (253) 512-7753

State Youth Coordinator

Robbin (253) 512-7985

Computer Assistant

SGT Freda (253) 512-8903

81st Brigade

Family Readiness Support Assistant

Korina (253) 512-8506

Chaplains

CH Brewer (253) 512-8534

FR. Anderson (253) 377-2508

FR. Pratt (253) 377-9278

Military Family Life Consultants (MFLC)

Child & Youth MFLC - Kim Larkey (253) 355-9939

Adult MFLC - Lisa Tice (253) 682-7792

Websites

State Web-site

familyprograms.washingtonguard.org

National Web-site

www.guardfamily.org

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