

**USACE Family Readiness Resources Guide**

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**GENERAL**:

**Army OneSource**: Provides educational and informational resources, in addition to access to state, national, and regional community partnerships designed to assist military families who do not reside near military installations. [www.myarmyonesource.com](http://www.myarmyonesource.com)

**Military OneSource**: Provides a variety of educational and informational resources for military and deployed DA Civilians. Services include telephonic assistance by masters-level counselors who can guide the caller across a broad spectrum of services. Note: the counseling assistance is limited to service members and Civilian Expeditionary Workforce personnel and their Families only. [www.militaryonesource.mil](http://www.militaryonesource.mil)

**Federal Employee Education and Assistance Fund:** Non-profit organization devoted solely to helping civilian federal and postal employees including emergency assistance in the form of loans or grants. [www.feea.org](http://www.feea.org)

**Army Community Service**: Center located on most Army installations that provides comprehensive social service programs to assist Soldiers, DA Civilians, and their Families.

**Other Services Family Centers**

* Fleet and Family Support Centers
* Airman and Family Readiness Centers
* Marine Corps Community Services

**USAR Army Strong Community Centers**

* Brevard, NC
* Bristol, CT
* Coraopolis, PA
* Oregon City, OR
* Rochester, NY
* Walker, MI

**Military Installations**: Lists locations of military installations worldwide: [www.militaryinstallations.dod.mil/pls/psgprod/f?p=MI:ENTRY:0](http://www.militaryinstallations.dod.mil/pls/psgprod/f?p=MI:ENTRY:0)

**Family and Morale, Welfare and Recreation Program:** Identifies military installations that provide MWR facilities. [www.armymwr.com](http://www.armymwr.com)

**Army Wellness Centers:** Provide standardized primary prevention programs designed to promote and sustain healthy lifestyles and improve the overall well-being of Soldiers, Family Members, Retirees, and DA Civilians. <http://phc.amedd.army.mil/organization/institute/dhpw/Pages/ArmyWellnessCentersOperation.aspx>

**Surviving Deployment:** Information and resources for families**.** [www.survivingdeployment.com](http://www.survivingdeployment.com)

**Total Force Fitness:** A DoD online clearinghouse for evidence-based information and key resources on physical fitness, nutrition, family and relationships, and more: <http://hprc-online.org>

**National Resource Directory:** Connects wounded warriors, service members, veterans, their families and caregivers with services and resources that support recovery, rehabilitation, and community reintegration: [www.nationalresourcedirectory.gov](http://www.nationalresourcedirectory.gov)

**ONLINE TRAINING:**

**Resilience Training:** Offers strength-based, positive psychology tools to aid Soldiers and Families in their ability to grow and thrive in the face of challenges and bounce back from adversity: [www.resilience.army.mil](http://www.resilience.army.mil)

**Coping with Deployments:** American Red Cross online course teaches the meaning of resilience and what strategies to practice to build resilience: [www.redcross.org/find-help/military-families/deployment-services/coping-deployment-course](http://www.redcross.org/find-help/military-families/deployment-services/coping-deployment-course)

**Problem-Solving Skills:** Moving Forward is a free, on-line educational and life coaching program that teaches problem-solving skills to help handle life’s challenges: [www.startmovingforward.org](http://www.startmovingforward.org)

**Comprehensive Soldier and Family Fitness:** Provides training and self-development tools for members of the Army Family to be better able to cope with adversity, stressful situations, and thrive in life: <http://csf2.army.mil./index.html>

**Wellness Resources for the Military Community:** Provides military community with self-care tools for a range of adjustment concerns, with an emphasis on exercise-based interactivity, community support, and multimedia applications: [www.afterdeployment.org](http://www.afterdeployment.org)

**Parenting for Service Members and Veterans:** Free online course features key tools to support parenting including guidance to help reconnect with children after a deployment: [www.militaryparenting.org](http://www.militaryparenting.org)

**COUNSELING**:

**Employee Assistance Program:** Worksite-based, confidential assessment, referral, and short-term consultative service for any personal problem that has a negative impact on work performance

**Military Family Life Consultant Program (MFLC)**: Provides face-to-face short-term, non-medical counseling to service members and their families (Civilian Expeditionary Workforce personnel and their Families are authorized access from 90 days prior to and up to 180 after a deployment). MFLC counselors can be accessed through Army Community Services, Marine Corps Community Services, Navy Fleet and Family Support Centers, or Airman and Family Readiness Centers: [www.militaryonesource.mil/12038/MOS/Booklets/MFLC\_Program\_Brochure.pdf](http://www.militaryonesource.mil/12038/MOS/Booklets/MFLC_Program_Brochure.pdf)

**Give an Hour:** Non-profit organization that provides free mental health services to military personnel and families affected by the current conflicts: [www.giveanhour.org](http://www.giveanhour.org)

**The Soldiers Project:** Group of volunteer licensed mental health professionals who offer free psychological treatment to military service members and veterans and their loved ones who have served or who expect to serve in the conflicts in Iraq or Afghanistan: [www.thesoldiersproject.org](http://www.thesoldiersproject.org)

**Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury:** DoD organization that provides trained, professional health resource consultants with expertise in psychological health and traumatic brain injury who are available 24/7 by phone, online chat, or email: [www.dcoe.mil/Families/Help.aspx](http://www.dcoe.mil/Families/Help.aspx)

**Coaching Into Care:** VA telephone service that provides assistance to family members and friends trying to encourage veterans to seek health care for possible readjustment and mental health issues: [www.mirecc.va.gov/coaching](http://www.mirecc.va.gov/coaching)

**Vet Center Program:** Wide range of services to veterans and their families at 300 community-based Vet Center locations: [www.vetcenter.va.gov](http://www.vetcenter.va.gov)

**National Suicide Prevention Lifeline:** Free and confidential emotional support to people in suicidal crisis or emotional distress 24/7: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) / 1-800-273-TALK

**Critical Incident Stress Management:** Program designed to provide peer support and information on healthy life choices in response to stressful work environment incidents:  <http://corpslakes.usace.army.mil/employees/cism/cism.cfm>

**HEALTH**:

**Mental health screening**: Confidential online screening program that provides free, anonymous mental health and alcohol self-assessments: [www.MilitaryMentalHealth.org](http://www.MilitaryMentalHealth.org)

**Post-Traumatic Stress Disorder**: National Institutes for Health interactive tutorial: [www.nlm.nih.gov/medlineplus/tutorials/ptsd/htm/index.htm](http://www.nlm.nih.gov/medlineplus/tutorials/ptsd/htm/index.htm)

**National Alliance on Mental Illness:** Family-to-Family is a free 12-week self-help course in which trained instructors who have family members living with mental illness teach coping and supportive skills to other persons with family members diagnosed with mental illnesses: [www.nami.org/Template.cfm?Section=Family-to-Family&Template=/TaggedPage/TaggedPageDisplay.cfm&TPLID=4&ContentID=32973](http://www.nami.org/Template.cfm?Section=Family-to-Family&Template=/TaggedPage/TaggedPageDisplay.cfm&TPLID=4&ContentID=32973)

**CHILDREN**:

**Childcare programs:** Financial subsidies or reduced cost for DA Civilian and military Families

* Federal Child Care Centers: <http://financeweb.gsa.gov/childcare_portal/childcare_army_home>
* Military Child Car in Your Neighborhood: [www.naccrra.org/military-families/army/what-programs-are-available](http://www.naccrra.org/military-families/army/what-programs-are-available)
* Sitter City Military Program [www.sittercity.com/register\_corp\_1.html?corp=dod&client=67](http://www.sittercity.com/register_corp_1.html?corp=dod&client=67)

**Sesame Street:** Resources and tools for military families

* Sesame Workshop: [www.sesameworkshop.org/what-we-do/our-initiatives/military-families](http://www.sesameworkshop.org/what-we-do/our-initiatives/military-families)
* Military Families Near and Far**:** [www.familiesnearandfar.org](http://www.familiesnearandfar.org)

**Deployment Kids:** Website designed for children of deployed parents that offers games and tools to adjust and thrive during a deployment: [www.deploymentkids.com](http://www.deploymentkids.com)

**Military Kids Connect:** DoD interactive website to help military youth with the day-to-day challenges of deployment: [www.militarykidsconnect.org](http://www.militarykidsconnect.org)

**Children of Military Service Members Resource Guide:** Compiled from DCoE for Psychological Health and Traumatic Brain Injury Internet-based literature review and scan of public domain materials including books, films, websites, and social media and support groups

[www.dcoe.mil/content/Navigation/Documents/DCoE%20Children%20of%20Military%20Service%20Members%20Resource%20Guide.pdf](http://www.dcoe.mil/content/Navigation/Documents/DCoE%20Children%20of%20Military%20Service%20Members%20Resource%20Guide.pdf)

**Deployed Parents Reading to Their Children**

* A Story Before Bed: Free recordings to parents in the U.S. military who are spending time away from their kids: [www.astorybeforebed.com/military](http://www.astorybeforebed.com/military)
* United Through Reading: Deployed parents read children’s books aloud via DVD for their child to watch at home: [www.unitedthroughreading.org/military-program](http://www.unitedthroughreading.org/military-program)

**Operation Military Kids:** Hero packs for children of deployees: [www.operationmilitarykids.org](http://www.operationmilitarykids.org)

**Operation Give a Hug:** Special dolls for children of deployed parents: <http://ogah.org>

**CASUALTY SERVICES:**

**Survivor Outreach Services:** Army-wide program that provides dedicated and comprehensive support services to survivors of deceased Soldiers and DA Civilians: [www.sos.army.mil](http://www.sos.army.mil)

**Tragedy Assistance Program for Survivors:** Private organization that provides peer-to-peer support and resources to survivors of deceased Soldiers and DA Civilians: [www.taps.org](http://www.taps.org)

**Fisher House Foundation Hero Miles:** Uses frequent flyer miles that have been donated by passengers of airline partners to provide tickets to support wounded, injured, and ill service members and their families who are undergoing treatment at a military or VA medical center: <http://fisherhouse.org/programs/hero-miles>

**OPREADY Trauma Resources for Families:** Listing of organizations, web sites, and literature available for families

 [www.myarmyonesource.com/cmsresources/Army%20OneSource/Media/PDFs/Family%20Programs%20and%20Services/Family%20Programs/Deployment%20Readiness/Operation%20READY/Smart%20Book%20Files/Trauma\_Resources\_for\_Families.pdf](http://www.myarmyonesource.com/cmsresources/Army%20OneSource/Media/PDFs/Family%20Programs%20and%20Services/Family%20Programs/Deployment%20Readiness/Operation%20READY/Smart%20Book%20Files/Trauma_Resources_for_Families.pdf)

**Virtual Communities**

* Health social network: [www.caringbridge.org](http://www.caringbridge.org)
* Network of family and friends to assist with daily care-giving [www.lotsahelpinghands.com](http://www.lotsahelpinghands.com)

**EDUCATION:**

**Tutor.com:** Online tutoring service for service members and DoD civilians in a deployed status and their families: [www.tutor.com/military](http://www.tutor.com/military)

**Peterson's Online Academic Skills Course**: Designed for individuals who want to build their math and verbal skills to excel in their jobs, pass their exams, advance their careers, or continue their education: [www.nelnetsolutions.com/dantes](http://www.nelnetsolutions.com/dantes)

**eKnowledge**: Free test preparation software. Small fee for shipping and handling: [www.eknowledge.com/affiliate\_welcome.asp?coupon=32017EC102](http://www.eknowledge.com/affiliate_welcome.asp?coupon=32017EC102)