



Soldier and Family Programs Newsletter

U.S Army Cadet Command: Leadership Excellence



April 2023, 3rd Quarter

Mission:

USACC partners with universities to recruit, educate, train, and commission leaders of character for the Total Army and partners with high schools to develop accomplished, responsible citizens who value service to their communities.

CADET COMMAND QUALITY OF LIFE

By: MG Munera

My vision for Cadet Command is a “people first,” “Cadet centric” culture. My foremost priority is the people of Cadet Command. As part of this priority, our command is committed to continually seeking opportunities and solutions to improve quality of life for our Cadets, Workforce, and Families.

Cadet Command continues to invest in our #1 resource – our people. On a broader scope, we are part of multiple DoD initiatives to improve Service Member and Family quality of life. We are collecting data for 17 housing areas to support the DoD initiative reviewing BAH. At Fort Knox and across DoD, the MHS Genesis Patient Portal is being implemented at hospitals and clinics, providing 24/7 secure access to health information and to the new MHS Video Connect for readily accessible virtual health care. The Army is working to increase hourly childcare abilities and provide more Family Child Care (FCC) options, along with increases to the Army Fee Assistance Program. To better support the spouses of Service Members, the Army simplified the process for reimbursement of state professional license/certification fees due to military PCS.

This fall, Cadet Command will participate in the Army Family Action Plan Conference, an initiative that gives voice to concerns across the force. This platform has given the Army family enhancements such as Soldier paternity leave, childcare fee assistance programs, dental and visual insurance for federal employees, and spousal employment aid with PCS moves. Additionally, Cadet Command is currently developing a survey to capture the costs our Service Members and Families incur when in areas without established military services and resources.

Through our Soldier and Family Programs, Cadet Command has many resources available for our Service Members and their Families. Soldier and Family Programs can connect you to spousal employment opportunities. They can aid with a variety of Service Member and Family needs, including medical and dental health care support, Child and Youth Services, Family Advocacy Program (FAP) support, and Sexual Harassment/Assault Response and Prevention (SHARP) programs.

Regardless of duty location, Cadet Command is dedicated to meeting the social service needs of our Soldiers and Families. We value your continued service and commitment to our Total Army and desire your feedback and involvement. Feedback is a gift, so please share your needs and ideas with us. We want to know how we can serve you better. The Army is a People Business and Cadet Command wants to increase your quality of life so that it is truly reflective of the sacrifice each Service Member and their Family makes.

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usarmy.knox.usacc.mesg.hq-g1-soldier-and-family-programs@army.mil



Work to coach, counsel, and mentor students to give back to their communities as citizens and leaders of character with JROTC



Army Junior Reserve Officers' Training Corps (JROTC) partners with over 1,700 high schools worldwide to provide a quality citizenship, character, and leadership development program while

fostering partnerships with local communities and educational institutions.

1st Sgt. (Ret.) Trina Hines, Army Instructor at Freedom High School, North Carolina, shared her experience as an Army JROTC instructor.

"I was born in Washington, DC and raised in Maryland. In high school, I was an Air Force JROTC cadet," Hines said. "I didn't like home, but when I joined JROTC, I loved it. I loved drill, marching, and participating in parades."

"I served 20 years in the Army and then retired. Afterwards, [I] worked at my church and took a leadership class in college where someone said I should teach. I wanted to give back, so I became an Army JROTC instructor. At first, it was a big change [but I] loved teaching cadets. I came from the projects and my parents were poor so I could relate to many of my cadets. I teach at a rural school, and I know what it is like to be hungry which helps me relate to my cadets. I don't charge for any events for my cadets. I keep it private for those who love to donate and those who don't donate to support funding the cadets' events. Every JROTC cadet has a story to share. One cadet shared in Mississippi, he felt like he was a nobody. In JROTC, he felt like it was a family and he felt he belonged in a group. He has autism and he is very smart. [He] participated on the Cyber team. I start my JROTC class with "we are here" and they respond with "to win it"."



To qualify as an Army JROTC instructor, applicants must be retired from the Army five years or less, and ranked E-6 through E-9, W-1 through W-5, or as O-3 through O-6. Instructor vacancies estimated Minimum Instructor Pay (MIP) and the application process are all available at <https://www.usarmyjrotc.com/jobs>.

Interested applicants can also call 1-800-347-6641 for more information.

Connect with the United States Army Cadet Command (USACC) CHAPLAIN FACEBOOK GROUP for a wealth of information! Search for "USACC Chaplain Corner"

Example categories of content divided into 'learning units' found immediately upon navigating to the page. Currently we have 21 different categories and continue to expand breadth and depth of covered subjects:

1. Broad content
2. Resources to keep you connected and resilient
3. Faith-distinctive Content: Buddhism
4. Faith-distinctive Content: Islam
5. Faith-distinctive Content: Christianity
6. Faith-distinctive Content: Judaism
7. Faith-distinctive Content: Bahá'í
8. Faith-distinctive Content: Hinduism
9. Faith-distinctive Content: Sikhism
10. Faith-distinctive Content: Zoroastrianism
11. Faith-distinctive Content: Shinto
12. Faith-distinctive Content: Jainism
13. Faith-distinctive Content: Taoism
14. The Sacred Calling: How to Become a Chaplain
15. Honor the Fallen
16. Ethics, Army Values, Character
17. Love Languages
18. Kindness, Civility, and other related topics
19. Religious Groups Cadets may connect to for spiritual opportunities
20. Suicide Prevention and Resiliency FY21 [TRAINING CONTENT: empty at this time but populated before each phase]
21. Religious Liberty

U.S. ARMY CADET
COMMAND



Search "USACC Chaplain Corner"

or use this link to find page:

<https://www.facebook.com/groups/ArmyROTCChaplainCorner/about/>

"USACC Chaplain Corner" description:

Welcome to the U.S. Army Cadet Command (Army ROTC) Chaplain Corner Facebook group! This group is a closed group, and all requests to join are approved by administrators of the group. Please make sure you answer ALL 3 questions when you request to join. **Primary membership and focus for this group are USACC's SROTC Cadets. Members may also include SROTC Cadre and other leaders assigned to U. S. Army Cadet Command.** Some posts will have a very broad audience conducive for a pluralistic audience and yet spiritual in content. These may include a faith-specific example but encourage all group members to think about the subject from their own spiritual viewpoint. We will also post faith-specific items from major diverse faith groups. Faith-specific postings will be clearly labeled as such. Everyone is welcome here regardless of background in order that you may learn more about the Chaplain Corps, other faith groups (as desired), and about spiritual resiliency.

Leased Government Housing

USACC Service Members (SM) and their families may be assigned to a location where the Basic Allowance for Housing (BAH) does not support the local housing cost, and military housing is not available within reasonable commuting distance from their duty station. The Leased Government Housing (LGH) Program was established to improve the quality of life of SMs assigned to USACC and prevent them from incurring excessive out-of-pocket expenses. All ranks may participate, both Active and Reserve Soldiers may apply.

Under the LGH Program, USACC will **attempt** to procure leased housing on the SM's behalf. If qualified, the SM will relinquish their BAH and the Army Corps of Engineers (USACE) will enter into a lease agreement with the landlord. SMs that have at least 12 months remaining at their duty station can contact the LGH Realty Specialist to see if they can qualify for the program.



A FEW FAQs:

Who is responsible for the utilities?

The Government will pay for rent and utilities (electricity, water, gas, oil, sewage, trash collection, parking, etc.). The government will not cover internet, cable, and phone.

What type of dwellings are approved?

Apartments/Condo's, Duplex, Townhouses, and Single Family Homes. Dwellings cannot be in Golf Communities, proximity to water features, or bodies of water. They will be safe, decent, sanitary, and low crime areas.

How long does the application process take?

Application processing time is at least **33 days** from the time the USACE receives the application.

Does the program require any deposits?

SM can move in with zero money down, and the SM is not authorized to pay any deposits (rent or buy) or application fees.

Click here for more [Frequently Asked Questions](#).

For more information or to apply, email: usarmy.knox.usacc.mbx.usacclgh@army.mil

TAX DEADLINE: 18 APRIL 2023

FREE TAX SERVICE SOFTWARE

[Access MilTax Preparation and e-Filing | Military OneSource](#)

Prepare for Spring Weather

Spring weather is so unpredictable, you may be unprepared when severe weather hits—particularly if you live in a region that does not often experience thunderstorms, tornadoes, or flooding. When severe weather hits unexpectedly, the risk of injury and death increases, so planning ahead makes sense. Prepare for storms, floods, and tornadoes as if you know in advance they are coming, because in the spring, they very likely will.

Advance planning for thunderstorms, lightning, tornadoes, and floods requires specific safety precautions. You can follow many of the same steps for all extreme weather events. Keep an emergency kit on hand. Some items to include are:

- A battery-operated flashlight, a battery-operated National Oceanic and Atmospheric Administration Weather Radio, and extra batteries for both.
- An emergency evacuation or shelter plan, including a map of your home and, for every type of severe weather emergency, routes to safety from each room.
- A list of important personal information, including:
 - telephone numbers of neighbors, family, and friends
 - insurance and property information
 - telephone numbers of utility companies
 - medical information
- First-aid kit
- A 3- to 5-day supply of bottled water and nonperishable food
- Personal hygiene items
- Blankets or sleeping bags

Source: [Prepare for Spring Weather | Environmental Health Features \(cdc.gov\)](#)

Additional Source: [FamilyEmergencyKitChecklist.pdf \(cdc.gov\)](#)



Spouse Employment Resource

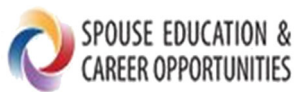


Military spouses are invited to apply to the new [Military Spouse Career Accelerator Pilot](#), a competitive multi-year program that provides spouses with paid 12-week fellowships at employers across various industries and locations.

[Military Spouse Employment Partnership \(MSEP\)](#) brings together employers committed to recruiting, hiring, promoting and retaining military spouses. Currently, there are approximately **540** employer partners dedicated to growing the partnership to expand opportunities for military spouses.



The [Spouse Education and Career Opportunities](#) program (SECO) was created specifically for military spouses– to connect you with tools, including education and training help, career counseling and exploration, and much more. You'll find practical tools to help you advance in your career no matter what stage you're in.



The SECO program provides expert education and career guidance to military spouses worldwide. To connect with a SECO career coach, call Military OneSource at 800-342-9647. For more information, visit <https://myseco.militaryonesource.mil>.



The [My Career Advancement Account Scholarship \(MYCAA\)](#) is a workforce development program that provides eligible military spouses with up to \$4000 in financial assistance for licenses, certifications, national tests or associate degrees to pursue an occupation or career field.

With a MySECO account, military spouses are eligible for a **free** year of [LinkedIn Premium](#) to help with job searches, networking and more. You can also sign up for the quarterly "Leveraging LinkedIn Premium" webinar for tips on using LinkedIn Premium.

Army Emergency Relief (AER) presents:

Mrs. Patty Shinseki Scholarship Program For Army Spouses

The Mrs. Patty Shinseki Scholarship Program is based on applicants' financial needs and was established to assist spouses of Soldiers continuing their education.

Applications accepted year round

Go to www.aerhq.org/scholarships/spouse or scan the QR code for more information about this scholarship program.



Eligibility

- ⇒ Applicant must be registered in the Defense Eligibility Enrollment Reporting Systems (DEERS) as a dependent spouse.
- ⇒ Student must be pursuing their first undergraduate degree as a full-time or part-time student at an accredited institution.
- ⇒ Applicant must maintain a minimum GPA of 2.0 on a 4.0 grading scale.
- ⇒ Student must not be a member of the National Guard, Reserves or other military branch.

Month of the Military Child



Every April, Military Community and Family collaborates to support and celebrate military children and youth during **Month of the Military Child**. This year's theme is "*Honoring the Past, Treasuring the Present, Shaping the Future.*"

APPLICATIONS ARE NOW OPEN

Operation Purple is proud to offer camps across the country the opportunity to host military kids as Operation Purple Camp partners.

Camp location partners have the opportunity to create safe, exciting experiences that give kids from military families free access to a week of camp where they can have fun, get connected to other military kids, and experience the magic of summer camp with other kids who know what it's like to have a parent in the military.

Click the image below for more details.



Boys & Girls Club: Mission Youth Outreach

The Mission Youth Outreach partnership supports kids and teens, age 6 to 18, by creating a positive, supportive network. Through this partnership, dependent youth of Active-Duty, National Guard and Reserve are eligible to receive a **free*** annual membership or summer camp experience with a Boys & Girls Club. An opportunity for children of National Guard, Reserve and Active Duty families who do not live near military installations to join a Boys & Girls Club. To find a club near you, visit [Military \(bgca.org\)](http://Military.bgca.org).

*Additional fees may apply.



SESAME STREET for Military Families

Sesame Workshop launched new digital resources for military parents and children that offer simple strategies for mental health and self-care. The Sesame Workshop resources are free to families and providers, available in English and Spanish, at the following Sesame Street for Military Families website.

Visit:

[Home - Sesame Street in Communities - Sesame Street in Communities](#)

[Military Families Resources for Young Children | Sesame Street \(sesamestreetformilitaryfamilies.org\)](#)



World Autism Month Autism Speaks

Starting April 2 and throughout the month, join us to increase global understanding and acceptance of people with autism. For military families, raising a child with autism can often present additional challenges and advocacy needs. Below is a compiled list of resources for military families with an autistic child:

[Support for Military Families | Autism Speaks](#)

[Special Needs Overview | Military OneSource](#)

[Operation Autism | A Resource Guide for Military Families](#)

[EFMP | Education Directory for Children with Special Needs \(militaryonesource.mil\)](#)

[Military Families: Insurance Reference - Autism Research Institute](#)



1-30 April– Young Lives, BIG Stories

An annual contest that gives Army-connected children and youth ages 3 through 12 the chance to tell their story about what it means to be a military child through drawings and written or audio/video submission. For more information, and to enter this year's [Young Lives, BIG Stories contest](#).

28-29 April– Operation Megaphone

Youth from Army Child and Youth Service (CYS) Youth programs worldwide will meet to discuss key issues that affect military youth across the services.

Word Search:
How do you describe yourself?



Name: _____

Happy Month of the Military Child! The Military Child Education Coalition is proud of you, and recognizes that you serve, too. How do you describe yourself? Sometimes it's not easy to find the right words, and that's why we want to share some of the characteristics that come to mind when we think of you. Review the checklist at the bottom of the page and find the words in the puzzle. Words can be found horizontally, vertically, and diagonally.

Which word did you find first? _____

Which was the hardest word to find? _____

List your favorite three words here:

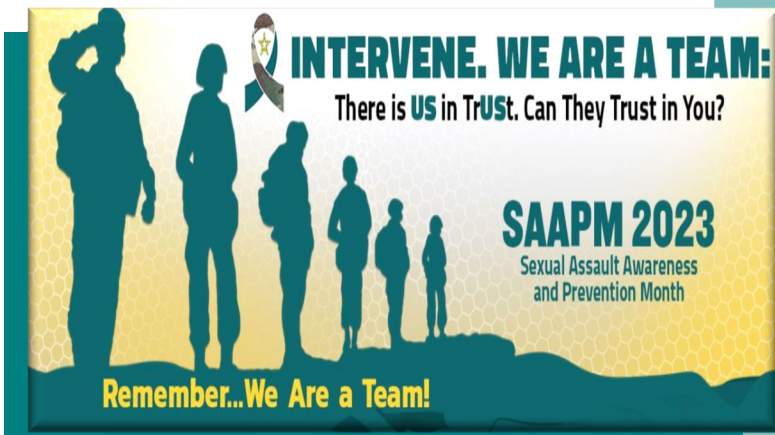
1. _____ 2. _____ 3. _____

Which words would you add to the list to describe yourself?

1. _____ 2. _____ 3. _____

B O L D N R X D G P A T R I O T I C M L
 K I S D Y Z E V F L E W O W C T A T S G
 C A T T K V E S N T T I L R H M Q N B N
 V C D P R D S D I S R Q J H I R Y H D O
 C A A A H O Z N T L A H H K D G U W T B
 Z Q L R P B N L O E I G A X P C I L I L
 Z U L U I T W G U F L E X I B L E N W E
 R B B C A N A T G X B W N W A P H R A W
 O X S V E B G B H J L C G T M R T U I L
 R C U Y Z P L C L T A S V G U A R D E D
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 U S F A D E T E R M I N E D R N L U U C
 L A H K X S B Q T P O C D F N E P D L E

- Adaptable
- Bold
- Brave
- Caring
- Connected
- Courageous
- Determined
- Flexible
- Global
- Guarded
- Heroic
- Hopeful
- Mighty
- Noble
- Original
- Patriotic
- Positive
- Resilient
- Resourceful
- Strong
- Supportive
- Tough
- Trailblazing
- Unwavering
- Valuable



April is recognized as Sexual Assault Awareness and Prevention Month (SAAPM). This year the Army’s theme for its campaign is “*Intervene. We are a Team: There is US in TrUST. Can They Trust in You?*” The 2023 SAAPM campaign highlights the importance of building a culture of trust through intervention and prevent unwanted sexual behavior. We should all play an active role in keeping one another safe by creating a culture of trust and stepping up when we witness distressing or inappropriate behavior. For more information and help raise awareness about SAAPM, visit <https://www.armyresilience.army.mil/SHARP>.

SAAPM Events:

- 30 MAR— USACC HQ SAAPM PROCLAMATION SIGNING**
- 4 APR— TEAL TUESDAY**
- 17-21APR— 8th BDE SHARP PREVENTION PLEDGE**
- 26 APR— DENIM DAY**
- 28 APR— 4th BDE STRIKE OUT SEXUAL ASSAULT**
- 1-30 APR— USACC CLOTHESLINE PROJECT**
- 1-30 APR— 4th BDE “YOU DON’T WALK ALONE” (RUN, WALK, BIKE EVENT)**
- 1-30 APR— 6th BDE CRISIS CENTER CLOTHING DRIVE**

Find your BDE SARC and VA below

HQ	PM	Erin Bell	Erin.m.bell10.civ@army.mil	502-624-6206	502-310-6601
HQ	SARC	Patrick Campbell	Patrick.j.campbell.civ@army.mil	502-624-6219	502-378-8185
1ST BDE	SARC	SFC Jeffrey Colby	Jeffrey.e.colby.mil@army.mil	270-219-9148	
1ST BDE	VA	Shelby Snider	Shelby.n.snider.civ@army.mil	502-624-5346	502-378-2864
4TH BDE	SARC	SFC Marcus Clute	Marcus.a.clute.mil@army.mil	910-643-8545	502-802-6191
4TH BDE	VA	Valerie Stockton	valerie.l.stockton.civ@army.mil	910-396-5662	910-224-2471
5TH BDE	SARC	SFC Clarence Haney	Clarence.t.haney.mil@army.mil	210-221-2555	502-802-3742
5TH BDE	VA	Adam Mayo	Adam.a.mayo2.civ@army.mil	210-221-1129	210-336-0883
6TH BDE	SARC	SFC Justin Hollis	Justin.a.hollis2.mil@army.mil	912-315-6488	502-767-1728
6TH BDE	VA	Zane Jones	Zane.jones1.civ@army.mil	912-315-6488	912-596-3877
7TH BDE	VA	Gayle Andrews	Gayle.andrews.civ@army.mil	502-626-1126	502-407-0303
7TH BDE	SARC	SFC Diondre Jenkins	Diondre.m.jenkins.mil@army.mil	502-626-0202	502-417-7079
8TH BDE	SARC	SFC Michael Sexton	Michael.c.sexton.mil@army.mil	253-966-7771	253-324-3891
8TH BDE	VA	Dawit Gebregiorgis	Dawit.g.gebregiorgis.civ@army.mil	253-966-7747	253-468-2876

****SOLDIERS AND FAMILY MEMBERS ASSIGNED TO 2ND AND 3RD BDE, PLEASE CALL CADET COMMAND SHARP HOTLINE 502-851-3779****

Alcohol Awareness Month

Alcohol Awareness Month takes place in April every year. The observance is an opportunity to educate the community and raise awareness. A person can become dependent on alcohol gradually or over a short period of time. Recognizing the warning signs of alcohol abuse and receiving proper treatment can make a significant impact with the recovery process.

Common Warning Signs of Alcohol Abuse:

Decreased energy	Short-term memory
Unexplained injuries	Relationship problems
Irritability	Poor work performance
Financial Difficulties	Denial of substance abuse



Army Regulation 600-85 governs the Army Substance Abuse Program in the army. Learn more at [Recognizing Substance Use Disorders](#) | [Military OneSource](#) or contact an USACC SFP representative.

US Standard Drink Sizes



12 ounces
5% ABV beer



8 ounces
7% ABV malt liquor



5 ounces
12% ABV wine



1.5 ounces
40% (80 proof)
ABV distilled spirits
(gin, rum, vodka,
whiskey, etc.)

ABV = Alcohol by Volume



FAMILY ADVOCACY PROGRAM (FAP)

The U.S Army Family Advocacy Program (FAP) is dedicated to domestic and Child abuse prevention, education, prompt reporting, investigation, intervention and treatment. All Active Component Soldiers and their families are eligible for FAP services. The Army provides a variety of services to Soldiers and Families to enhance their relationship skills and improve their quality of life. The mission is accomplished through a variety of groups, seminars, workshops, counseling, and intervention services. Our additional programs within the FAP help with specific needs:

1. The New Parent Support Program
2. Victim Advocacy Program
3. Military and Family Life Counselors
4. Transitional Compensation Program for Abused Dependents

Need help to find your local FAP office? Please contact Soldier and Family Programs at (502)-624-7219.



The Department of Defense and Family Advocacy Program are committed to promoting the well-being of children and families by addressing child abuse and neglect, and working to prevent it.

An estimated one in four children have experienced abuse or neglect at some point in their lives. The abuse most often occurs at home and is typically committed by those who are well known to the child, such as their parents or other relatives, babysitters or family friends.

The good news is that child abuse and neglect can be prevented. You can do your part to keep military children safe and secure by:

- Learning more about what child abuse and neglect are
- Understanding signs that a child may be at risk
- Knowing how to report suspected abuse

To learn more, read ["What is Child Abuse and Neglect? Recognizing the Signs and Symptoms."](#)

Operation Purple Family Retreats

Operation Purple Family Retreats® bring families to beautiful outdoor locations to spend quality time reconnecting after a deployment, separation, or during a time of transition. With other military families there to share the experience, it's the perfect environment to meet and bond with others in the same phase of military life.

Families have several different activities to fill their days. Families can choose from outdoor activities, like swimming, boating, hiking, and fishing, and American Red Cross– led workshops focusing on resiliency and communication that help encourage connection between family members. There are even workshops for kids to attend.

5 TIPS TO AVOID THE FINANCIAL STRESS OF A PCS MOVE



- ⇒ **Cut costs and make living more comfortable by having the essentials.**
- ⇒ **Evaluate your current finances.**
- ⇒ **Know your entitlements, and stay within your budget!**
- ⇒ **SPOUSE: Prepare for your next career move, temporary loss of income. (Refer to page 5 for resources)**
- ⇒ **Bolster PCS savings to cover housing expenses.**

For more information and tips, visit [5 Tips to Avoid the Financial Stress of a PCS Move | America Saves \(militarysaves.org\)](https://www.militarysaves.org)



National Military Appreciation Month

National Military Appreciation Month (NMAM) is celebrated every May and is a declaration that encourages U.S citizens to observe the month as a symbol of unity. NMAM honors current and former members of the U.S Armed Forces, including those who have died in the pursuit of freedom.

NMAM Observances & Events

Loyalty Day (1 MAY)

Loyalty Day kicks off our Nation's month-long military appreciation celebration. It is a day set aside for the reaffirmation of loyalty to the United States, and to reflect on the proud heritage of our American freedom.

Public Service Recognition Week (7 MAY—13 MAY)

A time set aside to honor the men and women who serve our nation as federal, state, county, and local government employees and ensure that our government is the best in the world.

Victory In Europe Day (8 MAY)

This day marks the end of the World War II in Europe.

Military Spouse Appreciation Day (12 MAY)

A day to honor military spouses with appropriate ceremonies and activities. Recognizes the important role our military families play in keeping our Armed Forces strong and our country safe.

Armed Forces Day (20 MAY)

This day honors everyone serving in the U.S Military branches. There is also Armed Forces week which leads up to Armed Forces Day.

Memorial Day (29 MAY)

A remembrance of our veterans. Commemorates the men and women who died while in military service. All Americans are encouraged to pause, wherever they are, at 3:00 pm local time for a minute of silence.

PTSD Awareness Month | June

June is **National Post-Traumatic Stress Disorder (PTSD) Awareness Month**. Help spread the word that effective PTSD treatments are available. PTSD is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or sexual assault. Anyone can develop PTSD at any age. There are factors that can increase the chance someone will develop PTSD, and these are often not under that person's control.

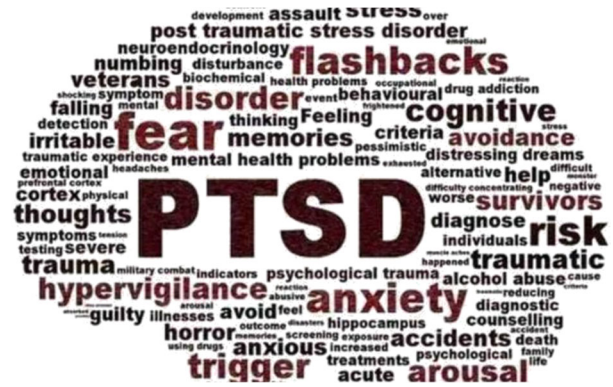
June 27th is **PTSD Screening Day**. It's a day we mark to spread the word about self-screening. You can take the screening **any time**. To do a screening, please visit [AboutFace | National Center for PTSD \(va.gov\)](#).

You may think that avoiding your PTSD is critical to keeping your job. If your PTSD symptoms are getting in the way of doing your duties, it is better to deal with them before they hurt your military career or other aspects of your life. Rather than creating a problem, PTSD treatment helps you solve problems.

Here are some steps you can take and resources to get help for PTSD:

- Learn about [PTSD](#) and effective treatments.
- Take the step to find out where to get help, click here to [find a provider](#).
- Talk to someone you trust. Whether you talk to a family member, doctor, chaplain or clergy, or another service member or Veteran, getting support is key to getting better.
- If you don't feel comfortable talking to someone yet, hear from others who have gotten PTSD treatment at [AboutFace](#).

For more information, download [About Face booklet \(va.gov\)](#).



SYMPTOMS OF PTSD	
Reliving	Flashbacks, hallucinations, nightmares of the incidents
Avoiding	Avoiding people, places, things, or memories that trigger the trauma
Hyperarousal	Increased alertness, anger, fits of rage, irritability, or hatred, difficulty sleeping or concentrating
Guilt	Intrusive negative distressed thoughts or feelings



OBSERVANCES AND EVENTS TO REMEMBER:

APRIL

9th– National Former POW Recognition Day

15th– Purple up! Day

22nd– Earth Day

23rd– Army Reserve Day

MAY

1st– Loyalty Day, Silver Star Service Banner day

5th– Cinco De Mayo

8th– Victory in Europe (VE) Day

12th– Military Spouse Appreciation Day

13th– Armed Forces Week, Children of Fallen Patriots Day

14th– Mother’s Day

29th– Memorial Day

JUNE

12th– Women Veterans Day

14th– Army Birthday, U.S Flag Day

18th– Father’s Day

19th– Juneteenth National Independence Day

27th– PTSD Awareness Day

BRIGADE HR TECH CONTACTS

1st BDE: 502-624-4213

2nd BDE: 609-562-3721

3rd BDE: 847-668-3328 (EXT. 131)

4th BDE: 910-432-4982

5th BDE: 210-295-0861

6th BDE: 912-315-7110

7th BDE: 502-624-5328

8th BDE: 253-967-1579

Soldier and Family Programs Contacts

Division Chief	502-324-5297
Drug Test Coordinator	502-624-7219
SFP Support Coordinator	502-624-7226
SFP Support Coordinator	502-624-6239
SHARP Program Manager	502-310-6601
HQ SARC	502-378-8185

Other platforms Soldiers and Families can contact SFP at:

Cadet Command Website:

<https://www.cadetcommand.army.mil/>

Cadet Command Soldier and Family Programs Webpage:

https://www.cadetcommand.army.mil/family_programs.aspx

Cadet Command Soldier and Family Programs Facebook Group:

<https://www.facebook.com/groups/USACCSFP>

Cadet Command Soldier and Family Programs Email Address:

usarmy.knox.usacc.mesg.hq-g1-soldier-and-family-programs@army.mil

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