



Soldier and Family Programs Newsletter

U.S. Army Cadet Command: Leadership Excellence



MISSION STATEMENT

The U.S. Army Cadet Command (USACC) partners with universities to recruit, educate, develop, and inspire Senior ROTC Cadets in order to commission officers of character for the Total Army; and partners with high schools to conduct JROTC in order to develop citizens of character for a lifetime of commitment and service to our Nation.

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Winter Fun Facts!

- ★ While it seems counterintuitive, Earth is actually closest to the sun in December, even though winter solstice is the shortest day of the year.
- ★ Bismarck, North Dakota holds the record for the most snow angels at one time. On February 17, 2007, several schools joined forces to create 8,962 snow angels.
- ★ Sunsets are typically prettier in the winter. Cold, dry air is more clear than warm summer air, which allows the colors of the sun to shine through more clearly.



Newsletter Publisher

Emily Perrine, MAT-INC. Contractor



Here's to the NEW YEAR!



TUITION NEWS!

Nearly half a dozen institutions of higher education separately announced plans to make tuition free for undergraduates who meet certain income requirements, reflecting a growing nationwide effort to make college more affordable.

The schools span states from Massachusetts to New Mexico, and include some of the country's leading universities. They all announced their initiatives within days of each other. And while the specific financial requirements for current students applicants vary between schools, all are slated to take effect in fall 2025. Read more [HERE](#)

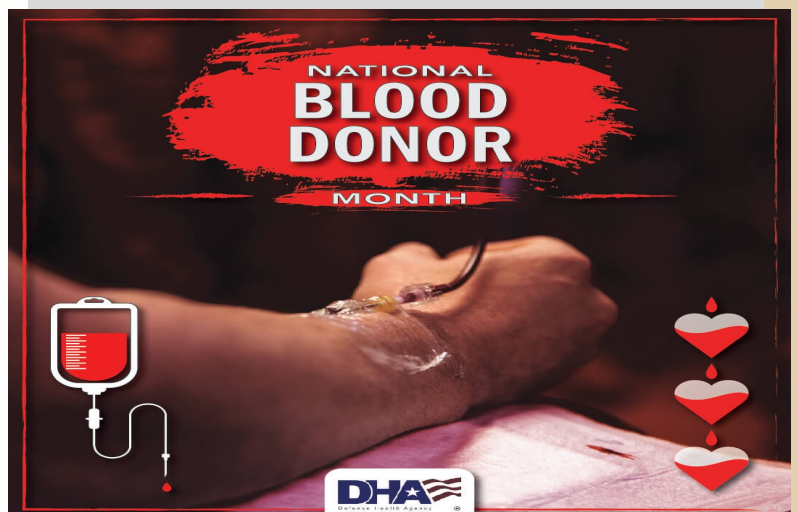
Secretary of Defense Announces Seven
New Initiatives to Enhance Well-Being
of Military Force and Their Families



- Health Care Flexible Spending Accounts for Service Members
- Access to Wi-Fi Pilot
- Investment in Childcare Workforce
- Quality of Life at Remote and Isolated Installations Review
- Making Moves Easier
- Expanding Career Advancement Financial Assistance for Spouses
- Uniform Costs Review

[Read the Article HERE](#)

Every drop counts, every donor matters! Join the league of heroes who save lives with their selfless contributions. Find your donation site [HERE](#)



Exceptional Family Member Program

Finding the right care for your child with special needs starts with asking the right questions. The military services offer quality, affordable child care options, both on the installation and in the civilian community. Finding the best fit for your child is not impossible. Here are some questions to ask as you search for the best child care decision for your child with special needs. Read more [HERE](#).

What are my child's rights?

The Americans with Disabilities Act protects children from discriminatory practices in child care programs, unless the child's presence would pose a direct threat to the health or safety of others or require a fundamental alteration of the program.



The graphic features the EFMP logo at the top left, which includes a circular seal and the text 'EFMP Exceptional Family Member Program'. Below the logo, it says 'Learn more about recent EFMP program updates and/or share with other families with special needs!'. A central blue rounded rectangle contains the text: 'Contact your nearest installation EFMP Family Support provider, or contact Military OneSource special needs consultants for free & confidential special needs consults & to learn how to access additional services for your family.' To the right of this box is a white silhouette of a family (mother, father, and two children) holding hands. At the bottom right, it says 'Schedule appointments 24/7 through live chat: https://livechat.militaryonesourceconnect.org/chat/ or by calling 800-342-9647'.

TRICARE NEWSROOM

Are you expecting a baby in 2025? You should know there are some changes coming to the TRICARE Childbirth and Breastfeeding Support Demonstration (CBSD) on 1 January. In 2025, the CBSD will expand to support Families stationed overseas. There are also some new certification and participation requirements for labor doulas in the U.S.

Updates to drive time waiver policy:

Do you have a TRICARE Prime plan? In 2025, if you move more than a 30-minute drive (but less than 100 miles) away from your military hospital or clinic, you can seamlessly stay empaneled with your current primary care manager. Read more [HERE](#).



February Reminders

MILITARY AND FAMILY LIFE COUNSELORS (MFLC)

Services offered through the Military and Family Life Counseling Program are confidential, not reported to the command, and do not impact a Service Member's security clearance.

One-on-one, couple, or group — MFLC can help you manage life challenges such as:

- Deployment adjustments
- Stress management
- Moving preparations and getting settled
- Relationship building
- A problem at work
- The grieving process following the death of a loved one or colleague.

Call the Fort Knox ACS at 502-624-8391 to receive contact information for an MFLC or call Military OneSource at 1-800-342-9647.

Reaching Out for Help is a Sign of Strength

The Military & Veterans Crisis Line: Dial 988 and press 1 to speak to a professional, 24/7, for confidential crisis support.

YOU MATTER

Text. Call. Chat.

988 SUICIDE & CRISIS
LIFELINE

TEEN DATING
VIOLENCE
AWARENESS MONTH

1 in 3 

U.S. teens will experience physical, sexual, or emotional abuse from someone they're in a relationship with before they become adults

 **43%**

of U.S. college women report experiencing violent or abusive dating behaviors.

Source: Teen Dating Violence Awareness Month - love is respect

Dating violence is more common than you may think, especially among teens and young adults: 1 in 3 U.S. teens will experience physical, sexual, or emotional abuse from someone they're in a relationship with. Nearly half (43%) of U.S. women report experiencing violent or abusive dating behaviors while in college.



Upcoming Webinars: Jan 30, 2025 1400 Eastern Standard Time

[RSVP] [Respecting Difference: A Path to Preventing Teen Dating Violence](#)

[RSVP] [Breaking the Silence: Empowering Youth to Speak Up and Support](#)

Don't Forget Taxes!

Making Tax Filing Simple

It's that time of the year again, and if there's good news to be had, it's that you have access to special assistance as a member of the military community.

Backed by the Defense Department and made exclusively for the military community — with MilTax you can:

- Complete your tax return with specialized software that accounts for the complexities of military life
- Connect with a tax pro
- File federal and up to three state returns



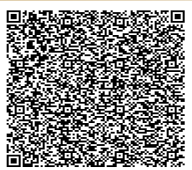
Facilitated by *USACC Soldier and Family Programs*, there will be **TWO FREE** Military OneSource classes coming up for 2nd Quarter. Don't miss out on this valuable information regarding **AER** and **MilTax**. More information on how to join us is provided below.

AER Class

-When: March 11, 2025 @ 1300-1400

-Where: TEAMS

-Why: Tips on disaster assistance, AER scholarships, loans and grants



Meeting ID: 993 485 381 886

Passcode: zs2zi9Jc

MilTax Class

-When: Feb 18, 2025 @ 1300-1400

-Where: TEAMS

-Why: Tips on taxes, E-File efficiency and accuracy



Meeting ID: 993 411 339 267

Passcode: oR3Y3Qt7

Legal Assistance



Legal Assistance is available to members of the Armed Forces and their Family members, retired military personnel and their Family members, and survivors of members of the Armed Forces who would be eligible if the Service Member was alive. Call the Fort Knox Legal Assistance Division (502) 624-2771.

BDE S1 CONTACTS

1st BDE: 502-624-1448
2nd BDE: 609-562-5164
3rd BDE: 847-668-3328 (EXT. 131)
4th BDE: 910-396-9620
5th BDE: 210-295-0861
6th BDE: 912-315-4613
7th BDE: 502-624-5658
8th BDE: 253-967-1581

G1 SOLDIER AND FAMILY PROGRAMS

Division Chief: 502-624-5297
SFP Support Coordinator: 502-624-7219
SFP Support Coordinator: 502-624-6239
SFP Support Coordinator: 502-624-7215
SFP Support Coordinator: 502-624-6206

Other platforms Soldiers and Families can contact SFP at:

Cadet Command Website:

<https://armyrotc.army.mil>

Cadet Command Soldier and Family Programs Webpages:
[Soldier & Family Programs \(army.mil\)](https://armyrotc.army.mil)



Cadet Command Soldier and Family Programs Facebook Group:



Email Address:

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

Dates to Remember

New Year's Day-January 1st
Martin Luther King Jr. Day—January 20th
Valentine's Day— February 14th
President's Day— February 17th
St. Patrick's Day— March 17th

