



# Soldier and Family Programs Newsletter

U.S. Army Cadet Command:  
Leadership Excellence

April-June 2025, 3rd Quarter FY25



## MISSION

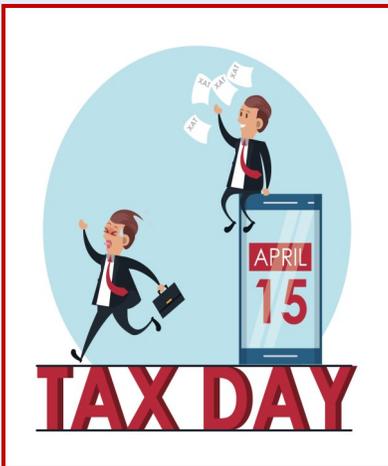
USACC partners with universities to recruit, educate, train, and commission leaders of character for the Total Army and partners with high schools to develop accomplished, responsible citizens who value service to their communities.



# TAX DEADLINE



## TUES, 15 APRIL 2025



- Gather documents
- Deduct charitable donations
- Claim casualty losses from disasters
- Know about tax deductions for Reservists
- Retirement plan contributions
- Get automatic tax extensions when you're deployed



Internal Revenue Service: <https://www.irs.gov>

FreeTaxUSA: <https://www.freetaxusa.com>



Miltax: Free Tax Filing Software & Support  
CALL 1-800-342-9647 24/7 help



Children are our nation's most precious resource. April-Child Abuse Prevention Month– is a great time to get engaged. If you're a parent, find healthy ways to manage: walk it off, count to ten or find another way to blow off steam. Know the signs of abuse or neglect.

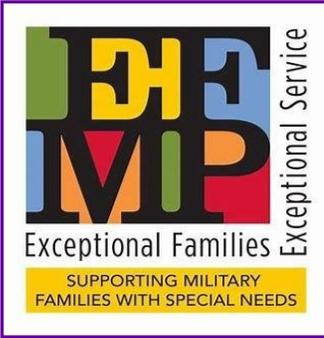
Purple Up: Sweepstakes: Win a \$500 gift card! Entries close April 26th.

**ENTER NOW**



**Purple Up– Wear Purple on Wed: 23 April**

**FAMILY ADVOCACY PROGRAM (FAP):** Need help to find your local FAP office? Please contact Soldier and Family Programs at (502)624-6239/7219 or [Military Onesource Military Family Advocacy Program \(FAP\)](#)



Exceptional Family Member Program

See What's New with EFMP

- Assignment
- Identification
- Respite care services
- EFMP Family Support

<https://myaccess.dmdc.osd.mil/identitymanagement/app/login>



TRICARE West Region  
TriWest Healthcare Alliance  
888-TRIWEST  
(888-874-9378)  
[www.tricare.mil/west](http://www.tricare.mil/west)

TRICARE News and Updates



TRICARE East Region  
Humana Military  
800-444-5445  
[www.tricare.mil/east](http://www.tricare.mil/east)

Easy ways to get started with home delivery

**STEP FORWARD**  
Prevent. Report. Advocate.

**WHEN WE PROTECT OUR PEOPLE, WE STRENGTHEN OUR ARMY.**

Nationwide, April is recognized as Sexual Assault Awareness and Prevention Month. This year the Army's theme for its SAAPM campaign is "STEP FORWARD. Prevent. Report. Advocate." The 2025 campaign is a call to action for all individuals to use their personal and collective strength to advance meaningful change in preventing and responding to sexual violence. A culture of prevention builds a healthier and more positive climate, and this requires the participation and commitment of each member of the Army community. CALL the DoD Safe Helpline at 877-995-5247 or visit [www.safehelpline.org](http://www.safehelpline.org) for 24/7 confidential support or contact the local SHARP hotline.



**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. May is characterized by six national observances highlighting the contributions of those who have served and continue to serve in the defense of our nation.

- Six National Military Appreciation Month Observances & Events**
- Loyalty Day– May 1st
  - Victory in Europe Day– May 8th
  - Military Spouse Appreciation Day– May 9th
  - Public Service Recognition Week– May 10th
  - Armed Forces Day– May 17th
  - Memorial Day– May 26th



# RESILIENCE

The glue of the forces

# ARMY'S R2 STRATEGY

The Army's Ready and Resilience (R2) strategy is dedicated to fortifying the personal readiness and trust within our units and Families. Join us for an insightful class to discover how R2 provides essential training and resources to enhance resilience and optimize performance for you and your loved ones. All Army Family members are welcome! Let's build a stronger, more resilient community together

**WHO: SOLDIERS AND THEIR FAMILY MEMBERS**

**WHAT: R2 READY AND RESILIENT**

**WHEN: APRIL 15 @ 1300-1430 EST**

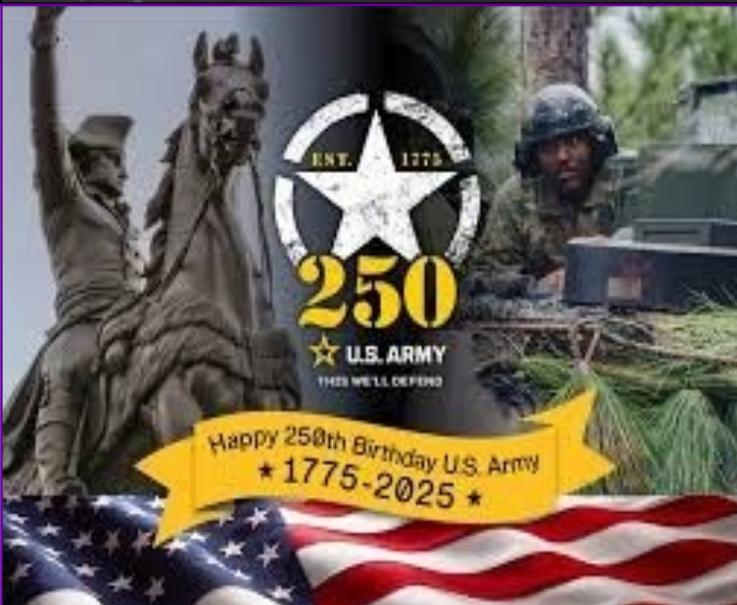
**WHY: -OVERVIEW OF READY AND RESILIENT  
-R2 PERFORMANCE CENTER CAPABILITIES  
-SPECIALIZED TRAININGS  
-MASTER RESILIENCE TRAINER INFO**

**POC: MR. ANTHONY WILLIAMS  
USACC, G1 SOLDIER AND FAMILY PROGRAMS  
SOCIAL SERVICES SUPPORT SPECIALIST  
PHONE: (502)-624-6206**



**[JOIN THE MEETING NOW](#)**

GRAPHICS: G5 /BRANDY BROOKS : DESIGN: G1/ EMILY PERRINE



### Military Observances & Events in June 2025

- D-Day Invasion Anniversary– June 6th
- Flag Day– June 14th
- Army's 250th BIRTHDAY– June 14th
- Juneteenth– June 19th
- Coast Guard Auxiliary Birthday– June 23rd
- Anniversary of the start of the Korean War– June 25th
- National PTSD Awareness Day– June 27th





**The U.S. Army Combat Readiness Center (USACRC) is excited to have kicked off .....**

Spring and Summer Safety Campaign , aimed at promoting awareness and preventing mishaps during the warmer months.

Spring and summer are the Army’s deadliest times of year for mishaps for both on and off duty. From FY20 to FY24, the Army lost an average of 82 Soldiers each year in off duty mishaps. That’s over three times the number of Soldiers lost to duty mishaps.

The theme for the summer campaign, continued from the winter campaign that just ended, is **“BE AWARE. PREPARE. TAKE CARE.”** These five words can serve as a reminder to enjoy the season to its fullest while keeping health and safety a top priority. Full article: <https://safety.army.mil/summer-safety>

**MOTORCYCLES/ HEAT/ WATER/ HIKING/ PEDESTRIAN**



- Start each day with a glass of water
- Eat 2 or 3 servings of fruits and vegetables at every meal
- Establish regular water breaks
- Substitute sparkling water and low-sodium vegetable juice for Soda and fruit juice
- Cook with high quality sea salt
- Keep pitcher on your work desk instead of water bottles

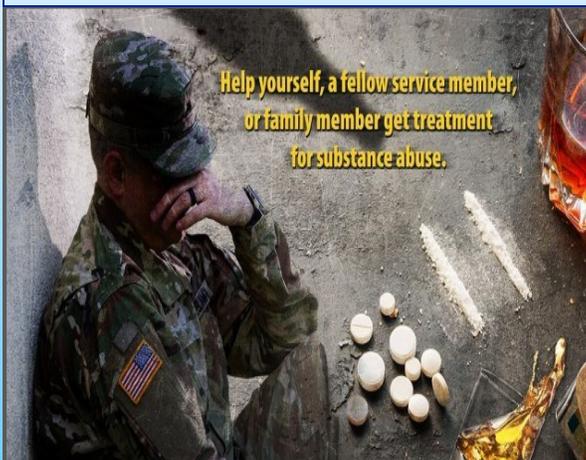
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**Break Free: Are drugs controlling YOU, or someone you may know? Get the help you deserve**

**HELPFUL RESOURCES**

- [Department of Veterans Affairs \(VA\) – Substance Use Treatment: 800-827-1000](#)
- [National Institute on Drug Abuse \(NIDA\)-Veterans Resources: 800-662-4357](#)
- [Military OneSource: 800-342-9647](#)
- [TRICARE Behavioral Health Services: 877-TRICARE/877-874-2273](#)
- [The National Guard – Substance Abuse Services: 800-347-2688](#)
- [The American Addiction Centers \(AAC\) – Military Programs: 888-608-6572](#)
- [The Veterans Crisis Line: 800-273-8255 \(PRESS 1\), TEXT \(838255\)](#)

[Strengthening the Army Community Through Substance Misuse Prevention Treatment Options: Mia Holloman, Directorate of Prevention, Resilience and Readiness](#)



# Spouse Employment Resources



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>.

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.

## [Military Spouse Employment Partnership \(MSEP\)](#) -

MSEP currently has more than 700 partners, who have hired more than 275,000 military spouses. <https://msepjobs.militaryonesource.mil/msep/>



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.

[GET STARTED](#)



USAJobs is the United States government's website for listing civil service job opportunities with federal agencies. Federal agencies use USAJOBS to hot job openings and match qualified applicants to those jobs. <https://www.usajobs.gov/>



## Soldier and Family Programs

- Army Substance Abuse Program (ASAP)**
- Suicide Prevention/Awareness:**
- Family Advocacy Program (FAP)**
- Army Family Action Plan (AFAP)**
- Military and Family Life Counseling Program (MFLC)**
- Relocation Assistance/ Leased Government Housing**
- Financial Readiness**
- Exceptional Family Member Program:**
- TRICARE & TRICARE 708**
- Spouse Employment Resources**
- Child, Youth and School Services**

★ We offer concierge services to help locate resources.

We have a lot of resources at our disposal, and offer concierge services to help locate resources for our Service Members and Families. Since you will be busy and not have time to look up resources, let us help your Family adjust to life without access to installation support services. Please email or call, if you need any assistance.

[Usarmy.knox.usacc.mesg.hq-g1-soldier-and-family-programs@army.mil](mailto:Usarmy.knox.usacc.mesg.hq-g1-soldier-and-family-programs@army.mil)

[usarmy.knox.usacc.mbx.usacclgh@army.mil](mailto:usarmy.knox.usacc.mbx.usacclgh@army.mil)

[502-624-6239/7219/7215/6202](tel:502-624-6239)

**Leased Government Housing**

**Pets are Welcome !**



**Application Process**

IT'S AS EASY AS



1. Gather Documents
2. Submit Documents
3. Wait for approval

\* Provided vacancy exist and meet required criteria  
 \*\*Some pet restrictions apply  
[Usarmy.knox.usacc.mbx.usaccclgh@army.mil](mailto:Usarmy.knox.usacc.mbx.usaccclgh@army.mil)

**Total Army Sponsorship Program**

Having a sponsor when PCSing (Permanent Change of Station) can significantly ease the transition to a new duty station by providing a friendly face, local knowledge, and guidance on various aspects of settling in, from housing and childcare to community activities and employment. Timeliness with a sponsor can make or break a PCS experience.



Good sponsorship promotes:

- Adaptation
- Morale
- Readiness
- Successful adjustments for newcomers
- Well-being

If you are a Soldier or Family member looking for more information on TASP or for the Sponsorship Awareness Course, visit the Army Resilience Directorate

TASP web page (<https://www.armyresilisnece.army.mil/TAST/index.html>)  
 eSponsorship Application & Training, or eSAT

**Brigade S1 Contacts**

- 1st BDE: 502-624-1448
- 2nd BDE: 609-562-3721
- 3rd BDE: 847-668-3328 (EXT. 131)
- 4th BDE: 910-432-4982
- 5th BDE: 210-295-0861
- 6th BDE: 912-315-8482
- 7th BDE: 502-624-5328
- 8th BDE: 253-967-1579
- HHB: 502-624-1043

**Soldier and Family Contacts**

- Division Chief 502-624-5297
- Drug Test Coordinator 502-624-6206
- SFP Support Coordinator 502-624-7219
- SFP Support Coordinator 502-624-6239
- Social Services Specialist 502-624-7215

Newsletter Publisher– Tina Leaitu  
 Mat-Inc. Contractor

**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://army.mil)

Cadet Command Soldier and Family Programs

Facebook Group:

Email Address: [Usarmy.knox.usacc.mesg.hq-g1-soldier-and-family-programs@army.mil](mailto:Usarmy.knox.usacc.mesg.hq-g1-soldier-and-family-programs@army.mil)



**Behind the scenes: USACCG1/MPD**



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