



U.S. ARMY

2ND QTR FY26 NEWSLETTER / JANUARY-MARCH



# U.S. ARMY CADET COMMAND

LEADERSHIP EXCELLENCE

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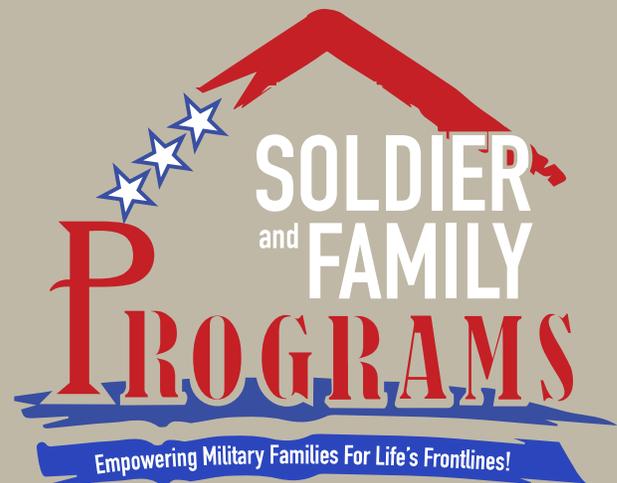
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- MILITARY FAMILY LIFE COUNSELORS
- EFMP

Also Included:

Financial Literacy Class Flyer  
Nutrition Outreach Flyer

SFP Newsletter



## A MESSAGE FROM SOLDIER AND FAMILY PROGRAMS:

Welcome to the second quarter of FY26. Cadet Command continues preparing for the upcoming summer training cycle while supporting Soldiers, Civilians, and Families during winter transitions, and PCS movement planning. The start of a new year is a powerful time for setting goals, reconnecting with community resources, and strengthening Family readiness. Our mission continues: Support, educate, and empower the Cadet Command Family.

Published by: Ms. Emily Perrine

# TRICARE: WHAT'S HAPPENING IN 2026?

**THE DEFENSE HEALTH AGENCY HAS RELEASED THE OFFICIAL 2026 CALENDAR YEAR COST UPDATES, WITH THE BIGGEST ADJUSTMENTS AFFECTING MONTHLY PREMIUM- BASED PLANS.**

**01.**

## Premium Plans (monthly rates)

- TRICARE Reserve Select (TRS): \$57.88 (member), \$286.66 (family)
- TRICARE Young Adult (TYA): Prime \$794, Select \$363
- TRICARE Retired Reserve (TRR): \$645.90 (member), \$1,548.30 (family)



**02.**

## Retiree Plans

- TRICARE Select Group A: Enrollment fees are \$186.96 (individual) and \$375 (family)
- Catastrophic cap: \$4,381 annually



**03.**

## Pharmacy Changes

- Home delivery (90-day): \$14 generic • \$44 brand-name \$85 non-formulary Retail network (30-day): \$16 generic • \$48 brand-name • \$85 non-formulary
- Military pharmacies: \$0 copay



# QUALITY-OF-LIFE IMPROVEMENTS FOR MILITARY FAMILIES

## YOUR CHILD CARE BILL JUST CHANGED: WHAT THE 25-26 SCHOOL YEAR DOD FEE UPDATES MEAN FOR MILITARY FAMILIES

The DoD has added a 12th fee category for families with a Total Family Income (TFI) above \$175,000. This new top tier, called Category XII, joins the existing 11 categories used to calculate childcare rates. The new category is part of an effort to improve equity and sustainability across the DoD's child development programs. For a quick reference chart please navigate to: <https://milspouses.com/childcare/dod-childcare>

## THE NEW FAFSA OVERHAUL: HOW IT'S AFFECTING MILITARY KIDS' 2026 AID PACKAGES

The new FAFSA removes dozens of questions, automates the transfer of federal tax data, and recalculates student aid eligibility through the SAI. These shifts are intended to streamline the form and expand Pell Grant access for lower-income households. To calculate your aid please visit: <https://studentaid.gov/aid-estimator/>

## Mil-Spouse Career Accelerator

Career Accelerator Expands Spouse Opportunities: A new chapter in career development for military spouses begins in January 2026. Spouses are invited to join live virtual Career Accelerator Town Halls to learn more about this enhanced fellowship offering launching in January 2026.

<https://myseco.militaryonesource.mil/portal/events>

## Basis Allowance for Housing Update

The BAH rates will increase by an average of 4.2 percent, and an estimated \$29.9 billion will be paid to approximately one million Service Members. The new rates will take effect January 1, 2026.

# New to the Exceptional Family Member Program?

**E-EFMP**  
Enterprise - Exceptional Family Member Program System

PROVIDES INFORMATION ON:



INSTALLATION EFMP SERVICES      MEDICAL PROVIDERS      COMMUNITY RESOURCES

 U.S. ARMY

If you have a Family member recently diagnosed with a medical, mental health or special need, you probably have a lot of questions. Add in the demands of military life, and it can quickly feel overwhelming. A strong support system makes everything easier and is especially important for our EFMP Families. Also here are some other helpful links to aid in the EFMP journey: <https://efmp.army.mil/resources/23> EFMP & Me: Military OneSource

To access hands-on resources please visit the E-EFMP Portal at: <https://efmp.army.mil/resources/23>

## Mental Health Resources

Identify & Acknowledge

Seek Support

Build Coping Skills

Practice Stress Management

Maintain Relationships

Seek Professional Help

Everyone reacts to stress and traumatic experiences differently. While some have reactions that can be seen as normal responses to life events, others may experience signs or symptoms of more serious conditions. Mental health is an important part of overall health and well-being, yet mental illness affects millions of people worldwide.

Tricare Mental Health Care: <https://www.tricare.mil/mentalhealth>

Military OneSource Counseling- <https://www.militaryonesource.mil/confidential-counseling/>



USACC Chaplain: [erik.c.alfsen.mil@army.mil](mailto:erik.c.alfsen.mil@army.mil)

*Strength is not the absence of struggle-It's the courage to face it head-on*

# REBUILDING YOUR CREDIT:

“Smart habits today lead to financial freedom tomorrow”

USACC Soldiers and their Family Members are invited to attend

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Join our free class with  
ACS Financial Specialist  
Ms. Dwan Payne

Date: 15 January 2026  
Time: 1400-1500 EST

 MS TEAMS

[Join Meeting Here](#)

Meeting ID: 993 317 889 180

Passcode: 2q8Fz74t



# Discover the Power of Nutrition

Laura Bottoms, a Registered Dietitian from Ireland Army Health Clinic, will provide a class on ways to:

- Optimize your health with simple additions
- Savvy grocery store hacks
- Don't fall for "Health Halos"



**USACC Soldiers, Civilians, and Family Members are invited to attend.**

**Date: 10 March 2026**

**Time: 1330-1430 EST**

**MS TEAMS**

**[Join the meeting now](#)**

**Meeting ID: 993 251 334 287**

**Passcode: ND65ce67**

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USACC SFP

# U.S. ARMY CADET COMMAND CONTACTS



## Contacts

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USACC SFP

<https://uqr.to/SoldierAndFamilyPrograms>



## Brigade S1 Contacts

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3rd	847-688-3328
4th	910-432-6310
5th	210-295-0861
6th	912-315-8482
7th	502-624-5328
8th	253-967-1579
HHD	502-624-1043

Stay Connected with Soldier & Family Programs! Join our private Facebook group to access valuable information on outreach events, employment opportunities, webinars, and resources designed to support our geo-dispersed service members and their families. Whether you're looking for career help, upcoming events, or ways to stay connected—we're here for you.

Scan the QR code and request to join today and stay informed!