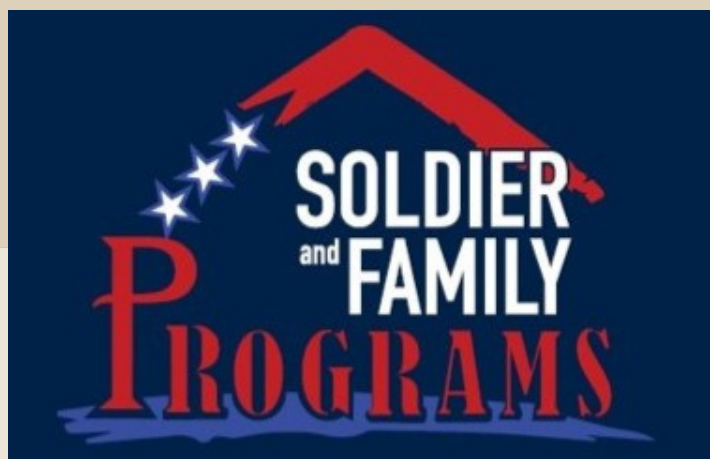




U.S. ARMY CADET COMMAND



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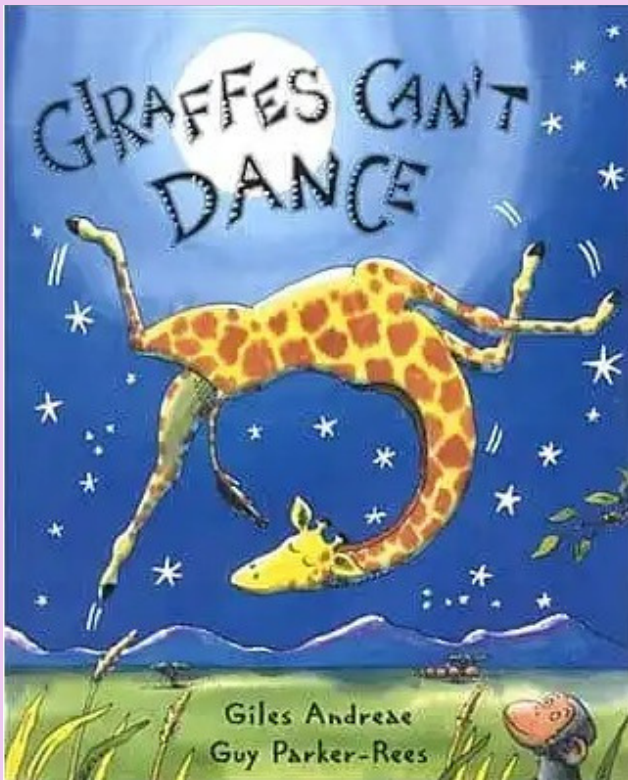
This PCS season, remember that adjusting to a new place can feel overwhelming, but it's also an opportunity for growth and fresh starts. Reach out for support when needed, whether it's through TRICARE mental health services or connecting with other military families who understand the unique challenges of the season. Take care of yourself—both physically and emotionally—and blossom in this new season of your journey.

Whether you're starting school, moving to a new base, or exploring new opportunities, we're here to support you every step of the way.



April honors the strength and resilience of military children. Sponsored by the United States Department of Defense Military Community and Family Policy program, the 2026 theme, "Military Children and Youth: Strength in Every Story," celebrates the courage and unique journeys of military-connected youth.

<https://www.dodea.edu/month-military-child>



APRIL 8TH

In celebration of the Month of the Military Child, join **CSM Walls** as he reads *Giraffes Can't Dance* to a group of military children. This will be a pre-recorded reading, and you can watch the video on our Facebook page. If you're not already a member, be sure to join our Facebook group, and enjoy as CSM Walls brings the story to life for these amazing kids!

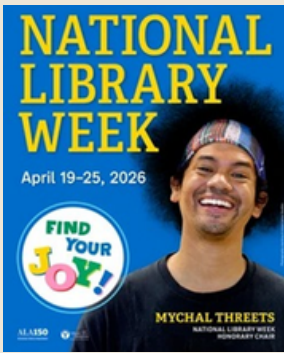
April is Child Abuse Prevention Month, a time to raise awareness and support the safety and well-being of children and teens. Being a trusted adult can make a meaningful difference—read the article to learn how you can help protect and support youth in your community.

<https://www.militaryonesource.mil/relationships/prevent-violence-abuse/be-a-trusted-adult-to-protect-children-and-teens/>



<https://youtu.be/Gg0GYfTgGBI>

A Colorful Journey of Reading, Fun, and Community!



The Month of the Military Child (MOMC) recognizes that military kids serve our country too, as part of a military Family ... not just in April, but all year long.

Recognize the military children in your life, celebrate their global perspectives, and nurture the connections that help build a strong community.

<https://www.militaryonesource.mil/news/for-media/toolkits/2026-month-of-the-military-child-toolkit/>

The Operation Purple Summer Challenge is a free program by the National Military Family Association that helps military kids build resilience, connect with peers, and have fun during the summer. It's a great way for children to make lasting connections while celebrating their unique experiences. <https://www.militaryfamily.org/state-of-the-military-family-programs/operation-purple/operation-purple-camp/operation-purple-summer-challenge/>

Celebrate National Library Week April 19-25, 2026, with the theme "Find Your Joy" and Honorary Chair Mychal Threats!

Throughout the week, libraries nationwide will host events, programs, and activities encouraging people of all ages to discover the resources, creativity, and sense of belonging their local libraries offer.

<https://www.ala.org/conferenceevents/celebrationweeks/natlibraryweek>

Celebrate National Library Week by giving the gift of your time! Consider volunteering at your local school, daycare, or library—lead storytime sessions, help organize special activities, or simply devote some time to support literacy programs. Every moment you give helps inspire young minds and fosters a lifelong love of learning.

WEAR PURPLE

ARMY ROTC **SOLDIER & FAMILY PROGRAMS**

PURPLE UP

For Military Kids

APRIL 24

Send Us Your Photos!
We Will Post Them On The SFP Facebook Page!

USACC Soldiers and Civilians
SHOW YOUR SUPPORT BY WEARING PURPLE

APPROVED BY CSM WALLS

HONOR OUR KIDS

Moving this PCS season? Don't miss these helpful resources and reminders



PCS Season is Here

May kicks off peak PCS (Permanent Change of Station) season. While moving can be exciting, it also brings stress and transition for the entire family. **Official Season Window:** The FY26 PCS season for Active Component and AGR Soldiers covers report dates from **April 1 to September 30, 2026.**

Helpful Reminders:

- Schedule household goods shipments early.
- Keep key documents (orders, medical & school records) easily accessible.
- Use a PCS binder or digital folder to stay organized.
- Prepare children by discussing the move and researching local schools, activities, and amenities.
- Research neighborhoods, commute times, and school districts in advance to ensure a smooth transition.
- Photograph household goods before packing for potential claims.
- Track all moving expenses and receipts for reimbursement.
- Update contact information with your unit and key agencies.
- Ask about waitlists, temporary lodging (TLA), and pet policies.



Army Disaster Personnel Accountability and Assessment System (ADPAAS)

- Ensures you and your Family are accounted for and supported in emergencies.
- Helps Army leaders make informed decisions and prioritize aid.
- Vital for receiving quick assistance and minimizing disruptions during PCS.

Always keep your ADPAAS info up to date. Timely reporting ensures you get the support you need.

<https://adpaas.army.mil>

HELPFUL RESOURCES

YourMilitary OneSource (Moving Your Personal Property)

<https://www.militaryonesource.mil/benefits/pcs-entitlements/>

Plan My Move: <https://planmymove.militaryonesource.mil/>

Defense Personal Property System (DPS)

<https://dps.move.mil/cust/standard/user/home.xhtml>

Joint Travel Regulation (DTMO)

<https://www.travel.dod.mil/>

Weight Estimator Tool

<https://www.ustranscom.mil/dp3/weightestimator.cfm>



Raising awareness about PTSD helps break stigma and connect people to support.

According to the National Center for PTSD, PTSD can develop after experiencing or witnessing a traumatic event. Symptoms may include flashbacks, nightmares, avoidance of reminders, mood changes, and feeling constantly on edge. Effective treatments—such as trauma-focused therapy and certain medications—are available to help individuals manage symptoms and improve quality of life.

https://www.ptsd.va.gov/understand/what/ptsd_basics.asp

People respond to stress and traumatic experiences in different ways. While some reactions are normal, others may signal a more serious mental health condition. If you're concerned about yourself or a loved one, seeking support is an important step toward maintaining health and well-being.

Manage PTSD

Though PTSD cannot be cured, it can be treated and managed through:

- Psychotherapy Medications
- Self-soothing and mindfulness
- Service animals—especially dogs—can soothe symptoms
- **Chill Drills**- offers free audio mindfulness exercises to help relax the body and mind.

<https://www.militaryonesource.mil/resources/mobile-apps/de-stress-and-relax-with-chill-drills-by-military-onesource/>

Read these articles for more information

- [TRICARE Is Your Partner in Mental Health Care](#)
- [Let's Talk: Youth, Mental Health, and TRICARE](#)
<https://www.tricare.mil/mentalhealth>

TELEMYND: Mental Health for TRICARE Members
1-866-201-6361



“Strength, Skill, Teamwork: Victory Awaits”

It is a high-intensity, physical competition designed to test the skills of JROTC Cadets in various areas such as strength, endurance, teamwork, and leadership.

The events are physically demanding and push Cadets to their limits. Teams are often required to carry heavy equipment, navigate through challenging terrain, and complete physically exhausting tasks, all while working together.



The JROTC Raider Challenge began in 1982 with the goal of helping Cadets develop the physical and mental toughness required for leadership in the Army. Since then, it has grown into one of the largest competitions of its kind.

Many JROTC units qualify for the national competition by excelling in their regional events, where the top teams in each category are selected.

Over 300 JROTC units nationwide participate in Raider challenges each year.

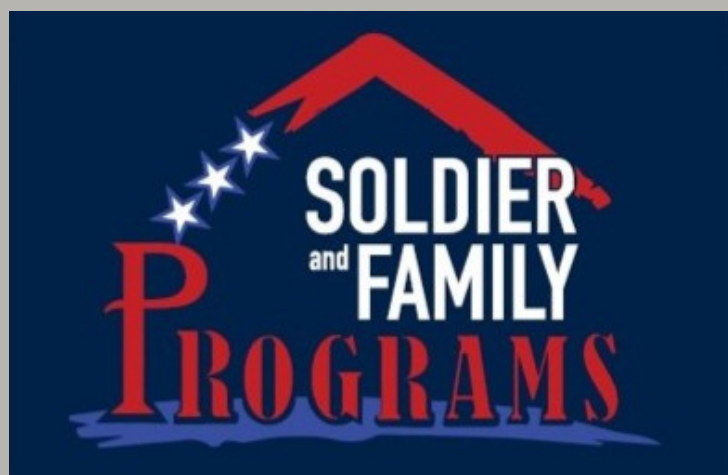
April 16-19

Come out and cheer on these dedicated Cadets as they push their limits in the Raider Challenge. Your support makes a huge difference and helps boost their morale!

<https://usarmyjrotc.army.mil/nationalraiderchallenge/>

USACC SFP Contacts

Division Chief :	520-718-4309
Drug Test Coordinator:	520-718-3848
SFP Support Specialist:	520-718-3986
SFP Support Specialist:	520-851-8071
SFP Support Coordinator:	520-718-4345
SFP Support Coordinator :	520-718-3943



BRIGADE S1 Contacts

1 st	502-624-1448
2nd	609-562-3721
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



USACC SFP

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



<https://uqr.to/SoldierAndFamilyPrograms>

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.