



Soldier and Family Programs Newsletter



US Army Cadet

**Command:
Leadership
Excellence**

Mission:

The U.S. Army Cadet Command partners with universities to recruit, educate, develop, and inspire SROTC 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.

Inside this issue:

Prevent Child Abuse	1
Military Children	1
'Blended Retirement'	2
Remember and Recognize in May	3
Army Birthday	3
Army Emergency Relief	4
National Military Family Association	4
Extended Maternity & Paternity Leave	5
Key Contacts	6

Prevent Child Abuse - Educate. Guide. Protect.

April 2016

President Ronald Regan first proclaimed April as National Child Abuse Prevention Month in 1983. Community programs together with engaged child welfare systems are able to prevent the majority of child abuse cases.

Signed in 1974, the Child Abuse Prevention and Treatment Act (CAPTA) became the first Federal child protection legislation. Recognizing that the issue of child abuse and neglect required national support - the legislation provided Federal assistance to States for prevention, identification, and treatment programs. Furthermore, the National Center on Child Abuse and Neglect (now known as the Office on Child Abuse and Neglect) was created to serve as a Federal focal point for CAPTA activities. Today it continues to provide minimum standards for child maltreatment definitions and support States' prevention and intervention efforts.

"Prevent Child Abuse and Neglect - Educate.Guide.Protect" is the 2016 theme designated for National Child Abuse Prevention Month. An excellent starting point for education on the topic is <https://www.childwelfare.gov>. Described as a "Child Welfare Information Gateway," this site promotes the safety, permanency, and well-being of children, youth, and Families. Information, resources, and tools covering topics on child welfare, child abuse/neglect, out-of-home care, and adoption are readily accessible to the public.



Pinwheels for Prevention is a nationwide campaign designed to raise awareness about child abuse and neglect prevention. Pinwheels are blue and silver in color to represent a child's bruise. However, the pinwheel itself was chosen as a child-pleasing symbol to remind everyone that all children deserve the chance for healthy, happy, and full lives.

Community pinwheel campaigns can be planned with events to promote the national theme. Ideas include a Pinwheel breakfast or picnic with a professional expert in attendance to give guidance on prevention as well as offer tips for protection. In many communities, April 8, 2016 has been chosen as the day to wear blue as a symbol of commitment to keeping children safe. Even this simple gesture can promote awareness and make a difference!

Sources: <https://childwelfare.gov>
<https://pinwheelsforprevention.org>

In Recognition of Military Children

Former Defense Secretary Caspar Weinberger proclaimed April as the Month of the Military Child to highlight the important role of children in the Armed Forces community. Currently there are approximately two million military children of which about 65 percent are school aged. Numerous events — including picnics, parades, recreational fairs, and festivals are planned to recognize and applaud children and their Families for all their sacrifices to support the American Military.

Source: www.nctsn.org/resources/public-awareness/month-military-child



Remember to express your appreciation to a Military Child.

HQ Soldier and Family Programs Division

The USACC HQ G-1 Soldier and Family Programs Division supports Soldiers and Families assigned to USACC via the following programs and services: Army Family Action Plan, Army Family Team Building, Army Volunteer Corps, Virtual Family Readiness Group, Family Advocacy, Suicide Prevention, Leased Government Housing, Financial Management and Assistance, Relocation Assistance, Sponsorship, and Information Referral and Follow-up

Soldier and Family Programs Staff:

Kimberly Franklin
S&FP Division Chief
PH: 502-624-5297

Jennifer Banks
Social Services Support Specialist
PH: 502-624-7219

SSG Mark Barnes
NCOIC
PH: 502-624-7226

Iva Pearlstein
Unit Service Coordinator
PH: 502-624-6239

Heather Logan
Unit Service Coordinator
PH: 502-624-6238

Mailbox HQ G1
Soldier and Family Programs
usamy.knox.usacc.mbx.hq-g1-soldier-and-family-programs@mail.mil

<https://www.facebook.com/#!/USACCSFP/?fref=ts>



Like

Find us on Facebook

<https://www.twitter.com/USACCSFP>



New 'Blended Retirement' System Announced

Promised by Defense Secretary Ashton Carter when he took office in February 2015, the new "blended" retirement system is instrumental in updating the ability to recruit and retain the talent needed by our military in the future.

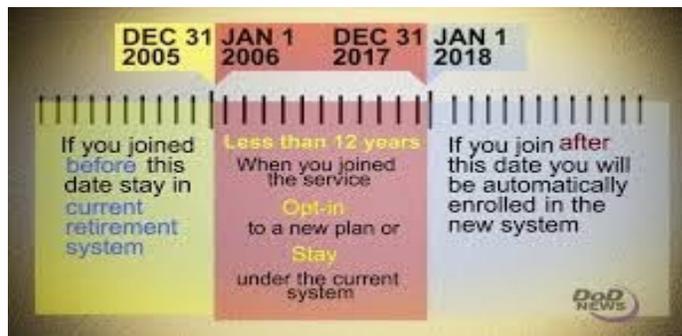
Three elements comprise the new system which will take effect Jan. 1, 2018:

- A component styled like a 401k, where DoD offers matching funds
- A mid-career continuity bonus
- A retirement annuity similar to the one now in place for service members that complete 20 or more years of eligible service

One key point is that many current service members will have the choice to opt into the new retirement plan.

"What will it mean to me?" is the immediate response of most service members. All those presently serving are grandfathered in and will be permitted to remain with the current plan. As of Dec. 31, 2017 — those who have served in uniform fewer than 12 years — will be able to make the decision to stay in the current system or to opt into the new retirement plan. For those joining after the new system has been rolled out, it will be the only option.

The phase-in plan offers stability for those happy with the current system and new options for those who will serve in the future.



It is called "blended" for the following reasons:

- Automatic and matching government contributions in the Thrift Savings Plan (TSP) — similar to a 401 (k) — which will be transferable on leaving service, for service members in the new retirement plan.
- For those who serve a minimum of 20 years, the lifetime monthly payments are retained.

The government will contribute one percent of a service member's basic pay into his/her TSP account, even if the member contributes nothing.

After two years, member contributions will be matched by the government — dollar-for-dollar — up to the first three percent and 50 cents on the dollar for a further two percent of member contributions.

As an example, if a member contributes five percent into his/her TSP account, the government will contribute an additional five percent — the automatic one percent, plus four percent through matching.

After 24 months of service, members may keep the government contributions when they separate when they transfer them to a new employer's retirement plan. For those that remain in the military for 20 years or more, the new plan continues to offer monthly retirement pay like today's system, however it will be computed on a length-of-service factor of two percent annually instead of the current 2.5 percent per year used in the present calculation.

With the new system, service members benefit from a mid-career bonus. For those that serve 12 years and agree to continue for a further four, the DoD will pay a bonus of at least 2.5 months basic pay.

Reserve and National Guard members not serving in a full-time capacity are entitled to one-half of a month's basic pay if they agree to serve four more years.

<https://www.defense.gov/Video?videoid=449935>

The above link offers a concise video explanation of the changes that will be introduced Jan. 1, 2018 with the new "blended" retirement system.

Honor - Remember - Appreciate in the Month of May

Six National Observances:

Loyalty Day

Public Service

Recognition Week

Victory in Europe Day

Military Spouse

Appreciation Day

Armed Forces Day

Memorial Day

Congress designated May as National Military Appreciation Month (NMAM) in 1999 to give the nation the opportunity to acknowledge the sacrifices and accomplishments of our service members — past and present. May was selected because it has more days designated for recognizing our military's achievements than any other month.

The original idea behind NMAM is to unite America around its military to honor and appreciate those who have served in the past and those currently in service. Furthermore, we remember the military history that has influenced the development of our nation.

The six national observances during National Military Appreciation Month:

Loyalty Day (May 1) – To reaffirm loyalty to the United States and to reflect on our heritage of freedom.

Public Service Recognition Week (first full week in May)

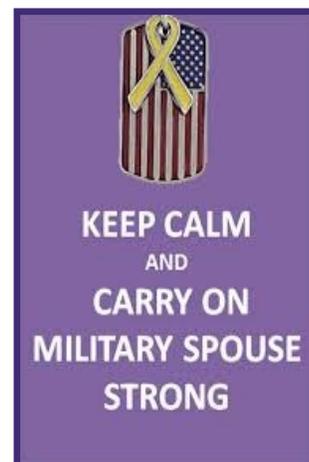
– A time to recognize all government employees

Victory in Europe Day or VE Day (May 8) – To remember that on May 8, 1945, Germany surrendered unconditionally to the WWII Allies.

Military Spouse Appreciation Day (Friday before Mother's Day) – To recognize and celebrate the important role played by Military Spouses in keeping our Armed Forces strong.

Armed Forces Day (3rd Saturday in May) – A single day to thank everyone serving in any of the U.S. military branches: Air Force, Army, Coast Guard, Marines, and Navy.

Memorial Day (last Monday in May) – This is a federal holiday to recognize our veterans and commemorate the men and women who died while in military service.



“This We’ll Defend” - for 241 Years!

Revolutionary War Soldiers joined together for the defense of liberty in 1775; the same as in today's Army, 241 years later!

With approval by Congress on June 14, 1775, our nation's leaders established the Continental Army which began our American tradition of defending liberty. Continued honor, loyalty, and bravery of our Soldiers' service are all recognized

when we celebrate the birthday of our Army. Steadfast support from our local communities for our Soldiers and Families is another reason to celebrate — 241 strong!

“I’m proud to be a part of this 241-year tradition,” states a current USACC Soldier. “And when the mission calls for time away from home, I feel comfortable knowing that our Army offers excellent support for my Family.”



Source: www.history.army.mil/html/faq/birth.html

“Never leave a Soldier in Need”

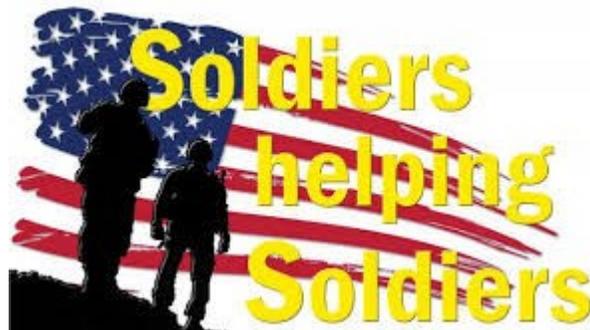
Army Emergency Relief — “Soldiers Helping Soldiers”

The Annual Army Emergency Relief (AER) Campaign officially kicked off March 1, 2016. “Never leave a Soldier in need,” is the theme of the 2016 campaign marking 74 years of the program.

With its mission to provide financial assistance to Soldiers and their Families; AER can help with emergency expenses for: rent/mortgages, utilities, medical expenses, funerals, PCSing, vehicles, and major appliances.

AER receives no government appropriated funds; consequently, it relies solely on the contributions of individuals to finance its operations. Most assistance is provided for necessities that the applicant cannot afford in an unforeseen emergency situation.

Active Duty Soldiers as well as Army National Guard and Army Reserve Soldiers covered under Title 10 — along with their eligible dependents are able to request emergency financial assistance. An important



change this year is that command approval to apply is no longer required for any rank. In certain situations, retirees, along with surviving spouses and orphans can also participate. Check the website for further details on eligibility.

To apply for assistance, visit your closest Army Installation AER Office. When you go for your appointment, remember to bring a valid Military ID Card, your most recent Leave & Earnings Statement (LES), along with Leave/PCS Orders. Substantiating documents such as a car repair estimate, rental agreement, plane tickets, and utility bills are required to approve the loan/grant.

If you are in a remote location, apply through the American Red Cross 24 hour Military Assistance hotline 877-272-7337.

Beyond interest free loans and grants for certain hardship situations — AER provides scholarships for dependent children and spouses of active duty, retired, and deceased Army Soldiers. Applications and all supporting documents must be received by May 1, 2016.

For further information:
AER National Headquarters
200 Stovall Street
Alexandria, VA 22332
866-878-6378
www.AERHQ.org



National Military Family Association



Composed primarily of Military Spouses and former members of the Military, team members of this organization are advocates and subject matter experts in the area of Military Family needs, issues and benefits. The National Military Family Association (NMFA) is the leading nonprofit

organization committed to strengthening and protecting the Families of the men and women currently serving, retired, wounded, or fallen.

A respected voice in Washington – Congress, along with members of the executive administration, turn to the NMFA when

they want to understand the issues facing Military Families.

www.MilitaryFamily.org
(703) 931-6632
National Military Family Association, Inc.
3601 Eisenhower Avenue,
Suite 425
Alexandria, VA 22304

Pentagon Extends Maternity and Paternity Leave for Military Families

Defense Secretary Ashton Carter unveiled changes in maternity leave designed to make the military a more Family-friendly employer. The new benefits, introduced in January 2016, permit women across the joint force to take 12 weeks of maternity leave with full pay. This doubles the time for paid maternity leave allowed previously. Carter explained, “Our calculation is quite simple — we want our people to be able to balance two of the most solemn commitments they could ever make: a commitment to serve their country and a commitment to start and support a Family.

This reform was designed to improve retention of female service members, who leave the military at much higher rates after 10 years of service, a time when women are more likely to start having children. Plans to expand the hours of child care centers to reflect varied working schedules are under consideration. When

realized, military children will get up to 12 hours of subsidized child care daily. Furthermore the Pentagon will install “mothers rooms” at larger military facilities across the globe, which women can use for breastfeeding or expressing milk.

Carter’s reforms also include a pilot program that would allow some active duty service members to freeze sperm and eggs for later use. “We can help our men and women preserve their ability to start a Family, even if they suffer certain



combat injuries,” Carter explained. Expanded reform plans for the future include increasing access to other reproductive technologies such as IVF.

Another possibility on the horizon is to seek legal changes that will allow military personnel to postpone PCSing in order to allow a child to remain in a particular high school. Alternatively remaining closer to a sick parent or Family member would be possible in exchange for a longer service time.

<http://www.defense.gov/News-Article-View/Article/645958/carter-announces-12-weeks-paid-military-maternity-leave-other-benefits>

Website Provides Families a Single Online Gateway to Child Care

A new DoD website — now being phased in worldwide, — has been designed to simplify and improve the process for requesting child care.



MilitaryChildCare.com (MCC) provides a single portal for Families to access military-operated or military-subsidized child care options across all service branches worldwide. MCC offers a more streamlined approach to finding and requesting care along with expediting placement through a standardized request process and waitlist management tools.

A further benefit for the new site is that reports can be generated which help programs better plan for future placement needs.

Through MCC, eligible Families can search and request full or part day care options in facility or home based programs.

The program age range is for newborns through children age 12. An additional feature is that Families may remain on a preferred program’s waitlist even after being offered care or enrolling in another program.

For further information:
<https://www.MilitaryChildCare.com>
FamilySupport@MilitaryChildCare.com
 855-696-2934

By USACC location:

- HQ, 1 BDE, 7 BDE - Karin Wedding
502-624-6703
- 2 BDE - currently N/A, rollout April 2016
- 3 BDE - Gina Bernardy
847-688-4470
- 4 BDE - currently N/A, rollout April 2016
- 5 BDE - currently N/A, rollout April 2016
- 6 BDE - currently N/A, rollout May 2016
- 8 BDE - currently N/A, not scheduled yet

Internet Resources

Army Reserve Military Benefits and Resources:
www.arfp.org

Army One Source site: www.myarmyonesource.com

Military One Source: 800-342-9647
 or www.militaryonesource.mil

Military Homefront:
<http://www.militaryonesource.mil/moving>

Military INSTALLATIONS:
<http://www.militaryinstallations.dod.mil/pls/psgprod/f?p=MI:ENTRY:0>

Plan My Move: <http://apps.militaryonesource.mil/MOS/f?p=PMM:ENTRY:0>

Military Youth on the Move: <http://www.militaryonesource.mil/family-and-relationships/military-youth-on-the-move>

DEERS: 800-538-9552 or
<http://www.tricare.mil/DEERS>

Per Diem, Travel and Transportation Allowance Committee:
<http://www.defensetravel.dod.mil/site/allowances.cfm>

American Red Cross: www.redcross.org

My Pay website: <https://mypay.dfas.mil/mypay.aspx>

Army Partnership for Youth Success
<https://www.armypays.com/INDEX.html>

TRICARE:
TRICARE Standard information:
<http://www.tricare.mil/Plans/HealthPlans/TSE.aspx>

TRICARE Prime information:
<http://www.tricare.mil/Plans/HealthPlans/Prime.aspx>

TRICARE Prime Remote:
<http://www.tricare.mil/Plans/HealthPlans/TPR.aspx>

TRICARE Pharmacy Program Info: 866-363-8779
 or <http://tricare.mil/pharmacy>

TRICARE Dental (Dependents):
<http://www.tricare.mil/CoveredServices/Dental/TDP.aspx>

TRICARE Dental (ADSM):
<http://www.tricare.mil/CoveredServices/Dental/TDP.aspx>

Service Members' Civil Relief Act (legal protection for service members):
http://www.justice.gov/crt/spec_topics/military/scra.php

The official Army Benefits Website:
<http://myarmybenefits.us.army.mil>

Brigade Soldier & Family POCs

1 st BDE:	Mr. Joseph Clark	502-624-1854
2 nd BDE:	Mr. Robert Sova	609-562-1311
3 rd BDE:	Ms. Melissa Moore	847-688-3328
4 th BDE:	Ms. Carolyn Young	910-396-9620
5 th BDE:	Mr. Steven Keel	210-295-0861
6 th BDE:	Ms. Doris Sales	912-315-4613
7 th BDE:	Captain Lewis	502-624-5658
8 th BDE:	Ms. Susan Cicchinelli	253-967-3254
CCHQs:	Ms. Kimberly Franklin	502-624-5297
CCHQs:	Ms. Jennifer Banks	502-624-7219
CCHQs:	SSG Mark Barnes	502-624-7226
CCHQs:	Ms. Iva Pearlstein	502-624-6239
CCHQs:	Ms. Heather Logan	502-624-6238

Military Family Life Consultants

Military Family Life Consultants (MFLC) are available on installations. MFLC's provide short term, situational, problem-solving counseling services to service members and their Families in face to face sessions.

Below are direct numbers to MFLCs by brigade. Use the contact information to request counseling.

1 st BDE - Ft. Knox, KY	270-307-2630 / 270-307-2631
2 nd BDE - JB MDL, NJ	732-882-4216
3 rd BDE - Great Lakes, IL	847-688-3603, x133
4 th BDE - Ft. Bragg, NC	910-391-9171 / 910-709-0201
5 th BDE - Ft. Sam Houston, TX	210-243-4143 / 210-488-6804
6 th BDE - Savannah, GA	912-391-9171 / 910-709-0201
7 th BDE - Ft. Knox, KY	270-307-2630 / 270-307-2631
8 th BDE - JB LM, WA	253-363-1242 / 253-329-6632
CCHQs - Ft. Knox, KY	270-307-2630 / 270-307-2631

**Disclaimer:*

Reference herein to any specific commercial products, process, or service by trade name, trademark, manufacturer, or otherwise, does not constitute or imply its endorsement, recommendation, or favoring by the United States government. The views and opinions of authors expressed herein do not necessarily state or reflect those of the United States government, and shall not be used for advertising or product endorsement purposes. The appearance of external hyperlinks does not constitute endorsement by the United States government.