



SAMPLE

Recruit Sustainment Program (RSP)

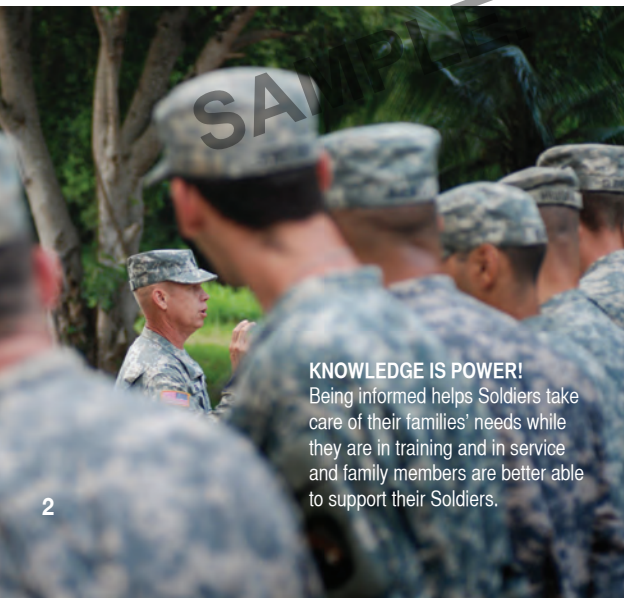
Family Outreach Guide

WELCOME

Welcome to the Missouri Army National Guard (MOARNG)! We are a recognized community and national leader in Soldier and family readiness.

The goal of this RSP Family Outreach Guide is to ease the adjustment to the military environment for Soldiers and family members by providing information on:

- The process for a new recruit to become a Soldier
- The basics of service in MOARNG
- The many benefits and programs offered to Soldiers and family members
- Resources to help you thrive as a family



KNOWLEDGE IS POWER!

Being informed helps Soldiers take care of their families' needs while they are in training and in service and family members are better able to support their Soldiers.

Thank You for Your Service!

ARMY NATIONAL GUARD BASICS

ARNG
Basics

The Army National Guard (ARNG) is composed primarily of traditional Guardsmen – civilians who serve their country, state, and community on a part-time basis. This is usually one weekend each month and two weeks during the summer.

The Army National Guard has more than 2,000 units located in about 2,700 communities across the 50 states, territories and the District of Columbia. Each state has a unique force structure and a varying number of units, personnel, armories and training sites.

History

The National Guard, founded in 1636 as a militia, is the oldest branch of the U. S. Armed Forces. It has served the community, state, and nation for nearly 400 years. Its Citizen-Soldiers have fought in every major American conflict from 1637 to present day military operations.



The men and women of the National Guard have a long history of defending their neighbors – and their nation.

What it Means to be a Soldier

It means you are part of an elite group of Warriors who are committed, trained, and ready to protect people of the U.S. in peace and in war and to respond to natural or man-made disasters and civil emergencies.

Enlistment Requirements

To join the Army National Guard without prior service, you must meet these mandatory requirements:

- Be between the ages of 17 and 35
- Be a U.S. citizen or permanent resident
- Be at least a junior in high school, or have a high school diploma or a GED certificate
- Meet medical, physical and moral requirements

Physical and mental toughness and the drive to overcome obstacles are also needed. So is commitment – to yourself and to others in need.

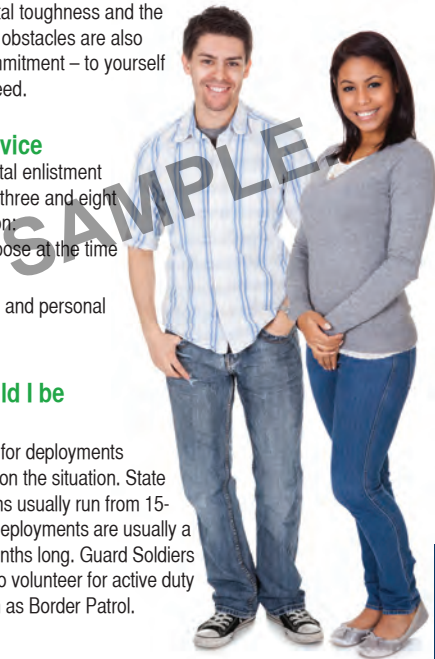
Length of Service

In general, your total enlistment period is between three and eight years depending on:

- Options you choose at the time you enlist
- College, career, and personal commitments

How long could I be deployed?

The length of time for deployments varies, depending on the situation. State active duty missions usually run from 15-60 days. Federal deployments are usually a minimum of 12 months long. Guard Soldiers may also choose to volunteer for active duty assignments, such as Border Patrol.



ARMY NATIONAL GUARD MISSION

Unlike the other Armed Forces branches, ARNG has a dual mission, answering to both state and federal governments.

Federal Mission

Our **FEDERAL MISSION** is to maintain properly trained and equipped units for prompt mobilization for war, national emergencies, or other assignments as directed by the President.



National Guard members must always be ready for any assignment from the President. This includes peacekeeping missions and overseas operations.

State Mission

Our **STATE MISSION** is to provide trained and disciplined forces for domestic emergencies or as otherwise required by state law under the authority of the Governor.

Before the September 11, 2001 terrorist attacks, when most people thought of the Missouri National Guard, they typically pictured Guard members filling sandbags or helping transport affected citizens during the floods of 1993. Since 9-11, our role has expanded. Guard members continually serve around the world and around our country. In recent years, the Missouri National Guard has responded to a wide range of state and national emergencies, including flooding on the Mississippi, tornadoes, and hurricanes in the Gulf Coast.



In times of civil unrest, the citizens of a state can rest assured that the Guard will be ready to respond, if needed.

RECRUIT SUSTAINMENT PROGRAM (RSP)

The RSP helps you transition from a civilian to a Citizen-Soldier. It begins after you enlist and ends after you complete basic combat training (BCT), advanced individual training (AIT), and return to your assigned unit.

Once the New Soldier begins RSP training, he or she is referred to as a "Warrior." ***The goals of RSP for you are to:***

- Introduce you to the military environment
- Help you successfully complete training and qualify for a military occupation specialty (MOS)
- Ensure that you are ready to deploy in support of the ARNG mission

Army National Guard Training

Principles of Training

For the physical and mental rigors of Initial Active Duty Training (IADT), the Recruit Sustainment Program makes sure that Warriors are:

- Mentally prepared
- Administratively correct
- Physically fit

SEVEN Army Values

LDRSHIP:

L - Loyalty

D - Duty

R - Respect

S - Selfless Service

H - Honor

I - Integrity

P - Personal Courage

Warrior Ethos: During training, you will develop the Warrior Ethos:

1. Always place the mission first.
2. Never accept defeat.
3. Never quit.
4. Never leave a fallen comrade.

RSP

BASIC TRAINING (BT) READINESS

Military Orders & Information

- You will be notified when to report for BT by your recruiting and retention non-commissioned officer (RRNCO) and/or their unit representative. Your military orders, transportation information and tickets, and meal tickets will be sent to you.
- Get the phone number for the Liaison Officer/NCO. Call it if your arrival will be delayed or if you have an emergency.

Basic
Training
Readiness

Before Shipping to Basic Training

- Have your Army Knowledge Online (AKO) username and password set up. Check your account weekly. Log in at: www.us.army.mil.
- Confirm your MyPay is set up and your pay is going to where it needs to go. To log in, go to: <https://mypay.dfas.mil/mypay.aspx>.
- Make sure you have your Military ID card and have set up a pin number for it.
- You will receive a Basic Training Essentials checklist. Pack all of these items into one medium-sized gym bag.

Take Care of Personal and Family Needs

- Settle any legal or financial matters that could prevent you from finishing your training or even get you sent back home.
- Tell your employer about BCT and how long you'll need to be away from work.
- Take care of any car payments, charge accounts, rent or mortgage payments, and any other financial matters in advance. Tell your family what they need to know to handle bill payments in your absence. Expect it to take up to four weeks to get your first paycheck.
- Make childcare and custody arrangements as soon as possible.
- Give your family your Family Support Group (FSG) handout. This has information, resources, and support for your family when you are at BCT.
- Let others know that you cannot receive phone calls at BCT, but you are required to call or send a letter to your family within 72 hours of your arrival. Your family can send mail and care packages, but no visits are allowed during BCT until Graduation Day.

In the event of an emergency, your family can contact you through the nearest American Red Cross chapter. The American Red Cross and the ARNG work together to help you and your family if you need an emergency leave.

You should also leave your ARNG unit phone number with family members.



BASIC TRAINING

Reception Battalion

The Reception Battalion receives, processes, and ships “ready-to-train” Warriors to Basic Combat Training (BCT). Reception helps the Warrior work through administrative issues that could lead to a delay in basic training start date, not getting paid properly, and a delay in Family Member medical coverage.

During Reception Battalion:

- You will get a preview of BCT.
- You will get a physical exam, shots, haircut, uniform, Army Physical Fitness Uniform (APFU), and your first Physical Training (PT) test.
- Paperwork will be processed.

All this should take anywhere from two to five days, but it can sometimes take over a week.

Army National Guard Warriors go through the same 10-week Basic Combat Training (BCT) as the Army. Training is broken down into three phases: Red, White and Blue.

GO / NO GO

The army uses a GO/NO GO (pass/fail) scoring system for each individual item or concept a Warrior is expected to be trained and evaluated on. Usually, a Warrior must score GO on all sections of an evaluation to advance to the next phase of training, to pass the course, and/or to attain the particular qualification.



Basic
Training

PHASE 1: RED PHASE

(Weeks 1–3)

The goal of your Phase 1 training is to begin your transformation from a confused volunteer to a confident Soldier. During the Red Phase (or “Patriot” Phase), you’ll learn the fundamentals of soldiering, discipline, honor and integrity. According to the new Soldiers, it’s the hardest part.

This phase reinforces the Warrior’s confidence, spirit of teamwork, personal courage, and trust in their fellow Warriors. Most of your classroom training will occur during this time. You’ll also undergo the Army Physical Fitness Test (APFT).

During these first three weeks, you’ll get a thorough introduction to the following:

- The Army’s Core Values, traditions, and ethics
- Assembling, disassembling and caring for your M16
- The Nuclear-Biological-Chemical (NBC) chamber
- Security and crowd dispersion discipline
- Hand-to-hand combat and guerrilla exercises
- Barracks inspections
- Running, tactical daylight marches and fitness training



Basic
Training

Phase one is an intense training schedule, geared toward reinforcing the principles of discipline and teamwork. From here, you’ll look forward to moving toward the rifle range to learn some exciting—and very useful—skills.

PHASE 2: WHITE PHASE

(Weeks 4–5)

The White Phase (also known as the “Rifleman” or “Gunfighter” Phase) focuses on developing your combat skills. A special emphasis is on weapons and physical fitness training. You’ll learn how to identify, track, and engage targets with a rifle. It’s all about marksmanship. This time is also spent sharpening up your self-discipline and teamwork.



Here’s a rundown of what you’ll cover:

- Basic Rifle Marksmanship (BRM) and Rifle Qualification
- Zeroing a rifle
- Engaging targets at various distances and from different positions
- Prioritizing multiple targets simultaneously
- Hand-to-hand training
- Rappelling the Warrior Tower
- More barracks inspections
- Continued study of Army Values, ethics and traditions
- Night training and more fitness training
- Map and compass reading

By now, you’re developing all the essential Soldier skills—which you’ll be putting together in the next phase.

Most injuries are a result of Warriors not being physically fit. Many injuries can be prevented through an individual Physical Training (PT) program. One in four ARNG Warriors have difficulty meeting the PT Assessment Standards. Requirements are, males; 13 push-ups, 17 sit-ups and 8:30 one mile. Females; 3 push-ups, 17 sit-ups and 10:30 one mile.

Basic
Training

PHASE 3: BLUE PHASE

(Weeks 6–9)

The final phase of BCT—the Blue or “Warrior” Phase—will build your individual tactical training, increase your leadership skills and self-discipline, and improve your understanding of teamwork. It will also include challenges and tests you’ll have to pass in order to graduate from BCT. It’s time to dig deep.

These three weeks are spent on the following:

- Advanced Rifle Marksmanship
- Maneuvering and engaging targets as part of a team
- Guard ethics and standards, with continued study of Army Values
- Convoy operations
- Additional weapons training: machine guns, grenade launchers and mines
- Defeating improvised explosive devices/mines
- Military Operations in Urban Terrain (MOUT—fighting in a city)
- 10-kilometer and 15-kilometer tactical foot marches
- Field training exercise on bivouac, where you’ll tie all your training together
- The End of Cycle Test (EOCT)—212 tasks, which you’re required to pass
- The Army Physical Fitness Test (APFT)—you must pass in order to graduate from BCT



Basic
Training

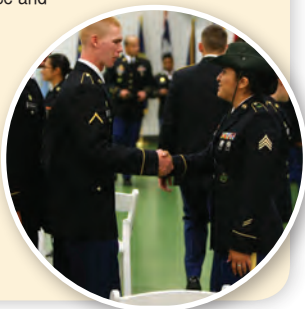
GRADUATION

(Week 10)

The final week of BCT is about Soldiers and their families. After you finish the final training events (one week of field training and a 15-kilometer march back to the post), you'll receive a day with your family to catch up on your recent experiences. The next day, you'll be graduating, before moving on to your next phase of training (usually Advanced Individual Training, or AIT).

Graduation Requirements:

- Successfully qualify with the M16A2 rifle
- Pass Hand Grenade qualification course and successfully throw two live grenades
- Pass the Army Physical Fitness Test (APFT) with a minimum of 50 points in each event (push-ups, sit-ups, 2-mile run)
- PT Standard for AIT is 60 points in all three categories:
 - Males ages 17-21: 42 pushups - 53 sit-ups - 15:54 2-mile run
 - Females 17-21: 19 pushups - 53 sit-ups - 18:54 2-mile run
- Negotiate both the Confidence and Obstacle Courses
- Complete combative training to include Bayonet, Pugil and Hand-to-Hand Combat Training
- Complete the Field Training Exercise (FTX)
- Demonstrate knowledge of the Seven Army Values (LDRSHIP)



Basic
Training

ADVANCED INDIVIDUAL TRAINING (AIT)

Once you've finished BCT, life in the military begins. You'll learn what to do with your paperwork, move into Advanced Individual Training (AIT) and begin studying your Military Occupational Specialty (MOS).

At the time you leave for AIT, you'll have graduated from BCT and will have been trained for every Soldier's primary responsibility—being a combat rifleman. While you are at AIT, you'll learn your secondary area of responsibility, your Military Occupational Specialty (MOS). Upon completion of AIT, you will be MOS Qualified (MOSQ).

When you complete AIT, you'll be given your training record. Hand it in immediately when you get back to your RSP.

DO NOT lose this training record.

This paperwork cannot be replaced.

SAMPLE.

AIT



Basic Pay

You will be paid for every day you serve. This includes training, weekend drills, annual training, and other pay benefits. If you are placed on active duty, your pay will change from Drill Pay to the same monthly pay structure as for active duty soldiers. Your pay level is based on your rank, education level, and other factors. The higher you go, the more you make. The more time you serve, the more you earn.

Allowances

- **Basic Allowance for Housing (BAH).** This nontaxable allowance helps with most (not all) out-of-pocket living expenses for Active Duty Servicemembers who do not live in government housing.
- **Basic Allowance for Subsistence (BAS).** This is a nontaxable food allowance given to Servicemembers to help pay for the cost of meals while on active duty. The amount varies by pay grade, number of family members, and location. Some areas of the country cost more to live in than others.

Special Pays and Incentive Pays

These include hardship duty pay, foreign language pay, sea pay, special assignment pay, and flight pay. Special pay is taxable unless the member is earning the pay while in a designated combat zone.

Find out how much you will be paid using the National Guard pay calculator at www.nationalguard.com/pay/calculator. Check out the active duty, Guard, and Reserve pay charts.

Military Pay Dates

You can choose to receive your pay once or twice a month. If you opt for twice a month, you will be paid on the 1st and 15th of the month. If the 1st or 15th falls on Saturday or Sunday, payday is the Friday before.

myPay gives you online access to your pay and tax statements and lets you process certain pay data items without using paper forms. Set up your myPay account at www.nationalguard.com/pay/calculator. At this web site, you can access your myPay account from your mobile phone, too.

Each month, you will receive a Leave and Earnings Statement (LES), the military's version of a pay stub. It is much more detailed than most civilian pay stubs and includes:

- Basic pay and other allowances for the previous month
- Changes that will affect your pay for future months
- Automatic deductions, such as for health insurance and taxes

You will get a hard copy of your LES. You can also view and print your LES online if you create an account on the myPay website at www.nationalguard.com/pay/calculator. Only the Servicemember can do this. If you want a family member to access your LES online, you will need to give your Personal Identification Number (PIN) to him or her.

If you have trouble reading the graphic version of your LES, you can click on the "Text Version" link. The text version of your LES lists all your LES pay data items in a single column.

DEFENSE FINANCE AND ACCOUNTING SERVICE MILITARY LEAVE AND EARNINGS STATEMENT															
ID	(NAME LAST, FNU, MI)	SOC. SEC. NO.	GRADE	PAY DATE	LVRS SVG	ETS	BRANCH	ADJUDGENT	PERIOD COVERED						
			ES	06211	04	100210	AF		1-31 JUL 88						
ENTITLEMENTS			DEDUCTIONS			ALLOTMENTS			SUMMARY						
Type	Amount	Type	Amount	Type	Amount										
A	BASE PAY	FEDERAL TAXES	58.46	DISCRETIONARY ALT	1624.00										
B	BAG	FICA-SOC SECURITY	139.53	TRICARE DENTAL	11.56										
C	BRH	FICA-MEDICARE	32.59												
D		SOGLI	27.00												
E		ASFRM	.50												
F		FAMILY 50(L)	5.50												
G		TSP	142.37												
H		MC-MONTHPAY	1164.47												
I															
J															
K															
L															
M															
N															
O															
TOTAL		4266.73		1579.22		1581.02									
LEAVE	BF BUI	Emd	Used	Cr 31	ETS BUI	Ly Lost	Ly Paid	Use/CAAF	FED TAXES	Wage Pncoc	Wage YTD	MC	Ex ID	Acct Tax	Tax YTD
	35.5	35.0	01	35.5	45.5	0	0	0	283.63	13682.56	0	00	00	253.01	

Employer Support of the Guard and Reserve (ESGR)

Employer Support of the Guard and Reserve (ESGR) is a Department of Defense organization that promotes cooperation and understanding between Servicemembers and their civilian employers. It also assists in resolving conflicts that arise from the employee's military commitment. The ESGR Ombudsman Services Program provides neutral counseling and mediation of issues that relate to compliance with the Uniformed Services Employment and Reemployment Rights Act (USERRA).

Find out more about ESGR at www.esgr.mil.

Health Care

To maintain medical readiness and optimal health, National Guard members are encouraged to have continuous health and dental coverage. This can be through employer-sponsored coverage, the Health Insurance Marketplace at www.HealthCare.gov, or two voluntary, premium-based plans for National Guard members and their families through:

- TRICARE Reserve Select (TRS) for medical coverage
- TRICARE Dental Program (TDP) for dental coverage



TRICARE benefits and health plan options are based on your military status which can change multiple times throughout your career.

Find out more about your TRICARE options and eligibility at www.tricare.mil/RESERVE.

ESGR &
Health Care

Life Insurance

As part of our mission to serve Servicemembers, Veterans, and their families, VA provides valuable life insurance benefits to give you the peace of mind that comes with knowing your family is protected.



Servicemembers' Group Life Insurance (SGLI) – low-cost

insurance for Servicemembers until 120 days after separating from the service. Term life insurance ranges from a minimum of \$50,000 to a maximum of \$400,000. You are automatically covered for the maximum amount unless you choose, in writing, to opt for a lesser amount. Your premium is 7 cents per \$1,000 of coverage and is automatically deducted from your basic pay each month.

Family Servicemembers' Group Life Insurance (FSGLI) – provides protection for spouses and children. Each one of your children is covered for \$10,000 at no charge to you. Your spouse can get from \$10,000 to \$100,000 in coverage in increments of \$10,000. The cost depends on your spouse's age and amount of coverage chosen.

Traumatic Servicemembers' Group Life Insurance (TSGLI) – helps severely injured Soldiers through their time of need with a one-time payment. TSGLI is bundled with SGLI. An additional \$1 is added to the Soldier's SGLI premium to cover TSGLI.

Find out more on life insurance benefits at www.insurance.va.gov.

Thrift Saving Plan

Savings Plan

The Thrift Savings Plan (TSP) is a retirement savings and investment plan. It offers the same types of savings and tax benefits that many private companies offer their employees under 401(k) plans. The earlier you start making your own contributions, the more time your account has to increase in value.



Base Privileges

Commissaries – You are able to save money on groceries while shopping in a safe and secure environment. Items are sold at cost plus a 5% surcharge. On average, you can expect to save more than 30% on groceries compared to regular grocery store prices.

Exchanges – You can buy quality merchandise and services at lower prices compared to department stores. Plus, income from sales is used as working capital to maintain and improve Exchange sites, as well as support Morale, Welfare and Recreation programs. A military ID card is required for all exchange services.

Additional base privileges include:

- On-base lodging, cabins, and campsites at a discount
- Camping and sporting goods for loan or rent
- Crafts, automotive, and hobby shops that offer tools and space to work on personal projects
- Secure low-interest home loans with no down payment from the Department of Veterans Affairs.
- Retirement benefits. If you complete 20 years of part-time service, at age 60, you will be able to receive a retirement based on your highest rank.

American Red Cross Services

The American Red Cross offers support and services to Warriors and family members:

- It sends emergency communications to Servicemembers from their families.
- It links military families to local resources and support services.
- It provides training for families that promotes resiliency and preparedness to help them cope with the challenges of military life.

Space-Available (Space-A) Travel

National Guard members can fly at no cost on a military plane if space permits. After all the space-required (duty) passengers and cargo are accounted for, unused seats on DoD-owned or controlled aircraft are made available for Space-A travelers.



To sign up for Space-A travel, go to a Passenger Service Center in the passenger terminal closest to you or at your desired departure location. Get a list of Air Mobility Command (AMC) and non-AMC terminals at www.amc.af.mil/amctravel/index.asp. You can also register by e-mail, fax, or mail. Once registered, you will remain on the Space-A register for 60 days, for the length of your authorized travel orders, or until you are chosen for a Space-A flight, whichever comes first.

Common destinations for Space-A travel are listed at www.amc.af.mil/amctravel/spacealists.asp.

For Space-A travel, you will need these documents:

- Your military ID
- A copy of your leave orders, if relevant (for emergency leave, EML or ordinary leave passengers)
- DD Form 1853. Get a blank form at www.dtic.mil/whs/directives/infomgt/forms/eforms/dd1853.pdf. This authorizes you to use military transportation on a space-available basis. Your unit commander or other designated authority must sign this form.

When you plan to travel Space-A, contact the passenger terminal(s) where you plan to depart from. The terminal staff will have the most current information. Passengers are categorized by priority of travel and are processed in priority order by their sign-in time. Get a list of priority categories at www.amc.af.mil/amctravel/spaceatracategories.asp.

Note: If you are unable to receive or respond to a Passenger Terminal's Virtual Roll Call (VRC) email notifications, you will be unable to compete via the Virtual Roll Call (VRC) process and will need to be present at the Passenger Terminal for Roll Call based on advertised "show time."

At the terminal. Plan to arrive at the terminal early. Space-A seats can be released two or three hours before a scheduled flight. Check with the passenger counter to be sure you are registered for the flight and your documents are in order.

Education

The National Guard can help you or your spouse get training in many fields. This includes teaching, education, engineering, medicine, and more. As a member of the Army National Guard, you can receive benefits to help pay for your education and expenses. You can complete your education while you serve.

State Tuition Assistance (TA)

Soldiers who have not completed Advanced individual training (AIT), Basic Officer Leaders Course (BOLC), or Officer Candidate School (OCS) ARE ELIGIBLE to use State Tuition Assistance before applying for and using Federal Tuition Assistance. Soldiers who meet the one year requirement after completion of AIT, BOLC, or OCS must apply and use Federal Tuition first.



Currently, State Tuition Assistance covers up to 100% of tuition (based on University of Missouri tuition rate) for students with 10 years or less of service; for students with 10 to 17 years of service it covers 50% of tuition. The program covers up to 39 credit hours per year. (15 Fall, 15 Spring, 9 Summer for a total of 39 hours*).

At www.moguard.com/moguard-tuition-assistance-page.html, get more information on Missouri State Tuition Assistance including:

- Eligibility requirements
- A list of Missouri schools approved for National Guard State Tuition Assistance
- Application and instructions

*Subject to appropriation by the Missouri State Legislature and limitations set forth in 11 CSR 10-3.

Federal Tuition Assistance (TA)

Financial assistance is provided for voluntary off-duty education programs in support of a Soldier's professional and personal self-development goals.

You can use Federal Tuition Assistance to pay up to 100% of the cost of tuition and fees charged by the institution, not to exceed established DoD standardized TA policy of \$250 per semester hour cap, and the fiscal year ceiling dollar limits of \$4,000.



GoArmyEd

GoArmyEd is the virtual gateway for all eligible Active Duty, National Guard and Army Reserve Soldiers to request Tuition Assistance (TA) online, anytime, anywhere for classroom and distance learning. It allows Soldiers to manage their education records including college classes, testing, on-duty classes, and Army Education Counselor support.

Get more information at www.GoArmyEd.com.

GI Bill Programs

The GI Bill is a federally funded program administered by the military services and the Department of Veterans Affairs (DVA).

Each GI Bill program offers 36 months of educational assistance for full-time study. Students attending half-time receive a maximum 72 months of benefits (payments are prorated for part-time study).

Find out about GI Bill programs at www.benefits.va.gov/gibill.

Military Family Life

The Missouri National Guard State Family Program Office helps family members understand and enjoy their role in the Guard. Involvement in the Guard increases the sense of pride and community in Guard families. ***The overall intent of the Family Program is twofold:***

- To improve the quality of life for National Guard men and women.
- To enhance the Servicemember's readiness and continued service.

Contact the State Family Program at:

State Family Program

Phone: 573-638-9688

ATTN: NGMO-PER-F

Fax: 573.638.9548

2405 Logistics Rd.

Jefferson City, MO 65101-1203

Family Programs

Strong Bonds

Strong Bonds is a Chaplain-led Commanders' Program for Servicemembers. Its mission is to increase Servicemember and Family readiness through relationship education and skills training.

- The Strong Bonds Couples weekend training is designed to strengthen relationships, inspire hope, and rekindle marriages—even start the journey of healing for relationships under fire.
- The Strong Bonds Single Soldier program is designed to establish relationship goals and gain essential skills in order to assist you in making a good choice prior to picking a partner for life.

For this weekend program, the hotel room (Friday and Saturday night), and five meals are provided at no cost. You are responsible for your transportation costs to and from the event.

Find out dates for Strong Bonds weekends and get a registration form to sign up at www.moguard.com/cmss_files/attachmentlibrary/SB_Forms/SB_REGISTRATION_FY15.pdf.

Youth Program

Military
Family
Life



The Youth Program supports children of National Guard members with summer camps and other fun events, such as ornament and national anthem competitions. Its goals include:

- Offer military youth opportunities to develop leadership, teamwork skills, and coping skills to deal with the many changes and adjustments they encounter
- Build resiliency in military youth through increasing positive coping skills and adjustment
- Support Guard youth by building relationships and community with other National Guard children
- Encourage responsibility and patriotism
- Educate youth about risk taking activities and positive decision making
- Educate school and community staff on the military cycle of deployment and the impact it has for military families

Find out about Youth Program news and events in the MONG Child & Youth Quarterly Newsletter by sending a family email to ng.mo.moarng.mbx.child-and-youthprogram@mail.mil.

Military OneSource

Military OneSource is a confidential Department of Defense-funded program that provides a wide range of information on every aspect of military life. It is free of charge to active duty, National Guard, and reserve members, and their families.

Military OneSource offers support and information on topics that include:

- Deployment and reunion issues
- Education
- Employment for spouses
- Relationship health
- Family health and wellness
- Grief and loss
- Legal matters
- Money management
- Non-medical counseling (up to six free face-to-face counseling sessions with a licensed professional)
- Parenting and child care
- Relocation
- Sexual assault
- Tax assistance
- Translation services
- Transition help



Access www.militaryonesource.com or call 1-800-342-9647 24 hours a day, seven days a week.

Military
One
Source

Contacts for Family Assistance Centers (FAC)

FAC Coordinator:

Jenn Whitacre
Office: 573-638-9500 x9688
Cell: 573-777-0972
Toll Free: 866-269-7959

Region1 Kansas City
573-638-9500 x5106

Region 2 Macon
660-385-1167

Region 3 Sedalia
573-638-9500 x8296

Region 4 Jefferson City
573-638-9645

Region 5 St Louis
314-416-6635

Region 6 Joplin
417-624-0722 x13121

Region 7 Springfield
417-868-6024

Region 8 Cape Girardeau
573-339-6206

Family Readiness Support Assistant (FRSA)

Senior FRSA:
George Fritz
Special Troops Battalion
JFHQ –MO
573-638-9500 x7733

1107th AG Springfield
417-874-1460 x11424

35th ID MO Lexington
660-259-7731 x13645

35thEN BDE Ft Leonard Wood
573-596-1666 X4721

110th MEB Kansas City
573-638-9500 x5102

70th TC St Louis
314-416-6638

35th CAB Sedalia
573-638-9500 x8092

FAC
Contacts

Missouri National Guard "Care Team"

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
 National 24/7 Sexual Assault Helpline: 1-877-995-5247
 Missouri 24/7 Sexual Assault Helpline: 1-573-694-4124

Missouri National Guard "Care Team"

FAC
 Contacts

Send updates to Pauline Spurgeon at
psurgeon_civ@mail.mil or
 call 573-639-9500, opt 2, ext 39687 #.

ST. JOSEPH
 AVG Director of
 Psychological Health-139P
 AV
 Phil Pringle
 W: 816-236-3356
 Dedicated to local air wing

KANSAS CITY
 Chaplain Support
 CH (CP7) Jason Smith
 W: 816-922-5000, ext 35047
 C: 573-694-2910

SPRINGFIELD
 Chaplain Support
 CH (CP7) Clifford Brown
 W: 417-868-6000, ext 36069
 C: 573-645-9420
 ARNG Psychological Health
 Coordinator
 Brian Page
 W: 417-868-6000, ext 36020
 C: 417-766-6395
 Survivor Outreach Services
 (SOS)
 Regina Turner
 W: 417-868-6000, ext 36006
 C: 417-496-7940

Whiteman AFB
 AVG Regional Director of
 Psychological Health
 Cheryl Reed, LCSW, RSPAP
 W: 660-667-7407
 C: 314-753-0342
 DSN: 975-7407

STATEWIDE
 Resilience, Risk Reduction, Suicide
 Prevention (RSRP)
 TL/Terrance Selby
 W: 573-639-9500, opt 2, ext 39602 #
 Suicide Prevention Program Manager
 Annice Gerber
 W: 573-639-9500, opt 2, ext 39557 #
 C: 573-994-2242

MOORING DUNE Testing Program
 SSG Timothy Scott
 W: 573-638-9500, opt 2, ext 38812 #
 Alcohol/Drug Control Officer (ADCO)
 Mark Disrow
 W: 573-638-9500, opt 2, ext 37727 #
 C: 573-261-0785
 Substance Abuse Prevention (SAP)
 Coordinators
 Cynthia Fields
 W: 573-639-9500, opt 2, ext 39645 #
 C: 573-469-1510
 Andrea Holloway
 W: 573-639-9500, opt 2, ext 39596 #
 C: 573-270-3136

Sexual Assault Response Coordinator (SARC)
 MAJ Joseph Toepke
 W: 573-639-9500, opt 2, ext 39611 #
 C: 573-694-4124
 State Victim Advocate (SVA)
 SGT Emmaline Harrington
 W: 573-639-9500, opt 2, ext 39717 #
 C: 573-694-8654
 State Fitness Coordinator
 SSG Brent Riedel
 W: 573-639-9500, opt 2, ext 37666 #
 C: 573-645-9418

Key Station
 State Family Program Director (SEFD)
 Kay Calkin
 W: 573-638-9500, opt 2, ext 39891 #
 C: 573-645-9418

JEFFERSON CITY
 Chief, Family & Warrior Support (EWS)
 Div
 LTC Amy Anderson
 W: 573-638-9500, opt 2, ext 39827 #
 C: 573-301-6375

Derivat, Chief, EWS Div
 MAJ Stephen Baker
 W: 573-638-9500, opt 2, ext 39638 #
 C: 573-694-8652
 NCOIC, EWS Div/Casualty Asst, NCO
 TSG William Andy Monissee
 W: 573-638-9500, opt 2, ext 37086 #
 C: 573-638-9500, opt 2, ext 37086 #

Stella, Chaplain
 OPR (COJ) Gary Gilmore
 W: 573-638-9500, opt 2, ext 39613 #
 C: 573-901-6984
 ARNG Psychological Health
 Coordinator
 Vacant
 W: 573-638-9500, opt 2, ext 7489 #
 C: 573-418-9641
 Survivor Outreach Services (SOS)
 RAW Whitley
 W: 573-638-9500, opt 2, ext 37784 #
 C: 573-931-3299

Employment Assistance
 SSG Timothy Scott
 W: 573-638-9500, opt 2, ext 39812 #
 C: 573-638-9500, opt 2, ext 39812 #

**MONG TOLL-FREE
 REFERRAL
 866-289-7959**

ST. LOUIS
 Chaplain Support
 CH (LTC) Anne d'Arden
 W: 314-416-6818 (ext 38518)
 C: 573-645-9423
 CH (CP7) David Speers
 W: 314-416-6860 (ext 38660)
 Wino Director of Psychological
 Health-Jefferson Barracks
 Kelly Coleman
 W: 314-572-9280
 Dedicated to local air wing
 Survivor Outreach Services
 (SOS)
 Gigi Winburn
 W: 314-416-6600, ext 35643
 C: 618-556-4196

STATEWIDE (CONTINUED)
 Retirement Services Office
 Debra Hensens
 W: 573-638-9500, opt 2, ext 39648 #
 Transition Assistance Advisor (TAA)
 (Benefit)
 Mark Jones
 W: 573-638-9500, opt 2, ext 39797 #
 TRICARE Specialist
 SPC Joseph Baxton
 W: 573-638-9500, opt 2, ext 37091 #

**As of
 01/27/15**

FAC Contacts

MACON

Family Assistance Center
 Tim Baile
 W: 660-385-1167, ext 13716
 C: 660-351-5659

ST. JOSEPH

DEERS
 W: 816-298-3330
 139th Ave. Almen & Family
 Readiness Program Manager
 Jane Gabriel
 W: 816-235-3511
 C: 816-380-2777

LEXINGTON

DEERS
 W: 888-626-6664, opt 2,
 ext 13620 #
 W: 660-259-7731, ext 13620

SEDALIA

Family Readiness Support Assistant
 Katherine Ray (RtV)
 W: 816-559-4100, ext 34022
 C: 573-418-2128
 Family Assistance Center
 Ivory Jamerson
 W: 816-559-4100, ext 34196
 C: 660-351-5877

DEERS

W: 888-526-6664, opt 2,
 ext 39020 #
 W: 816-559-4100, ext 34020

SPRINGFIELD

Family Readiness Support
 Assistant
 Vicki Vandergrift
 W: 417-874-9424 (ext 18424)
 C: 573-418-2103
 Family Assistance Center
 Sarah Morrison
 W: 417-889-6000
 C: 417-425-3452

STATEWIDE

Senior Family Readiness Support
 Assistant
 George Fritz
 W: 573-638-9500, opt 2, ext 37733 #
 C: 573-418-2042

COCONA

Family Assistance Center
 Coordinator
 Jenna Whitmore
 W: 573-638-9500, opt 2, ext 39938 #
 W: 888-206-7859 (Toll-Free)
 C: 573-477-2872

CHICAGO

Child and Youth Program
 Kendall Grayson
 W: 573-638-9500, opt 2, ext 37729 #
 W: 573-638-9500, opt 2, ext 37739 #
 W: 573-638-9500, opt 2, ext 37739 #
 Army Wounded Warrior Program
 (AW2)
 Jermene Heavy
 W: 417-868-6000, ext 36046
 C: 417-616-1380

FORT LEONARD WOOD

Family Readiness Support Assistant
 Mitch Passini
 W: 573-329-9000, ext 36027
 C: 573-418-2150

WHITEMAN AIR FORCE BASE

131st BW Almen & Family
 Readiness Program Manager
 Gary Woods
 W: 660-687-7972

Missouri National Guard "Care Team"

MONG TOLL-FREE REFERRAL

866-269-7656

JEFFERSON CITY

Family Assistance
 Center
 Erick Turkey
 W: 573-659-1600,
 ext 31826
 C: 573-489-7463

Food Pantry
 Judy Minard
 W: 573-694-8831
 C: 573-645-1955

DEERS/LIDCada
 W: 573-659-9500,
 opt 2, ext 37731 or
 37732 #

ESGR
 Steve Brothers
 W: 573-659-5500,
 opt 2, ext 37730 #

CAPE GIRARDEAU
 Family Assistance
 Center
 Matt Jenkins
 W: 573-339-8206
 (ext 16205)
 C: 573-301-2960
 DEERS
 W: 573-339-6207 (ext 16207)

ST. LOUIS
 Family Readiness Support
 Assistant
 Chris Milbrink
 W: 314-416-6538 (ext
 38638)
 C: 573-418-2064

Family Assistance Center
 Kim Chamberlain
 W: 314-416-6535 (ext
 38635)
 C: 573-914-6328

DEERS (Jefferson Barracks)
 W: 314-416-6614 (ext
 38614)

Food Pantry
 Nancy Annundson (JB)
 C: 314-378-5485
 Dawn Mason
 (Kingshighway)
 W: 573-651-1748
 Katie Eldridge (Festus)
 W: 314-401-1778

ESGR
 Brandy Scher
 W: 636-779-3449
 DEERS (Bridgeton)
 W: 314-527-5644

National Veterans Affairs Peer Support Line: 1-855-838-8255 (1-855-VET-TALK)
 Veterans Affairs Website: <http://www.vetsawarriors.com>

As of
 01/27/15

Acronyms and Military Terms

AAFES Army and Air Force Exchange Service

ACU Army Combat Uniform

AD Active Duty

AGR Active Guard/Reserve

AIT Advanced Individual Training

AKO Army Knowledge Online

ANG Air National Guard

APFT Army Physical Fitness Test

ARNG Army National Guard

AT Annual Training

AWOL Absent Without Leave

BAH Basic Allowance For Housing

BAS Basic Allowance for Sustenance

BCT Basic Combat Training

BDU Battle Dress Uniform

BOLC Basic Officer Leader Course

BRM Basic Rifle Marksmanship

BT Basic Training

BX Base Exchange

CDO Command Duty Officer

CINC Commander In Chief

CMF Career Management Field

CO	Commanding Officer
COLA	Cost of Living Allowance
DAT	Drug and Alcohol Test
DEERS	Defense Enrollment Eligibility Reporting System
DoD	Department of Defense
DS	Drill Sergeant
DVA	Department of Veterans Affairs
EFMP	Exceptional Family Member Program
ESGR	Employer Support of the Guard and Reserve
ETS	Expiration Term of Service
FRG	Family Readiness Group
FSGLI	Family Servicemembers' Group Life Insurance
FTX	Field Training Exercise
HQ	Headquarters
IADT	Initial Active Duty Training
IG	Inspector General
IRR	Individual Ready Reserve
JAG	Judge Advocate General (Military Lawyers)
LES	Leave and Earnings Statement
MEP	Military Entrance Processing Center
MOS	Military Occupational Specialty
MOSQ	Military Occupational Specialty Qualified
MP	Military Police
MWR	Morale, Welfare, and Recreation

NCO	Non-Commissioned Officer
OCONUS	Outside Continental United States
OCS	Officer Candidate School
OPORD	Operations Order
OSUT	One Station Unit Training
PT	Physical Training
PX	Post Exchange
ROTC	Reserve Officer training Corps
RSP	Recruit Sustainment Program
SFPC	State Family Program Coordinator
SGLI	Servicemen's Group Life Insurance
TDY	Temporary Duty
TIS	Time in Service
TRICARE	DoD Medical and Dental Entitlement Program
TSP	Thrift Savings Plan
UCMJ	Uniform Code of Military Justice
USAR	United States Army Reserve
USARNG	United States Army National Guard
UTA	Unit Training Assembly
VA	Veterans Affairs
WO	Warrant Officer
XO	Executive Officer

Missouri Army National Guard Resources

American Red Cross

[www.redcross.org/what-we-do/
support-military-families](http://www.redcross.org/what-we-do/support-military-families)

Army National Guard

www.arng.army.mil

Army National Guard Recruiting Service

www.800goguard.com

Chaplain Service

State Chaplain's Office
1-573-638-9500 Ext. 39613
email: gary.gilmore@us.army.mil

Defense Financing and Accounting Service

www.dfas.mil

Employer Support of the Guard and Reserve

www.esgr.mil

Military OneSource

www.militaryonesource.com

Military Unemployment Benefits for Trailing Spouses

<http://labor.mo.gov/militaryUI>

Missouri Army National Guard

www.moguard.com



Veterans Affairs Resources

Department of Veterans Affairs

www.va.gov

eBenefits

[www.ebenefits.va.gov/
ebenefits](http://www.ebenefits.va.gov/ebenefits)

Education Benefits and Services

www.benefits.va.gov/gibill

U.S Department of Veteran Affairs

www.va.gov

Veteran Home Loans

www.homeloans.va.gov

MISSOURI NATIONAL GUARD

1-800-GO-GUARD



Use this guide to help you and your family learn about life as an Army National Guard Family, including:

- How to get ready for Basic Training (BT)
- What happens in Red, White, and Blue Phases of BT
- Benefits for the Warrior and family members

Besides the many benefits listed in this guide, most Army National Guard members agree that the greatest benefit is the opportunity to serve their country, state, and community.

