

# Military and Civilian Resources

[www.uscg.mil/reserve](http://www.uscg.mil/reserve)

<https://www.navyreserve.navy.mil/Pages/default.aspx>

[www.marines.mil](http://www.marines.mil)

<http://www.nationalguard.mil/>

[www.usar.army.mil](http://www.usar.army.mil)

[www.afrc.af.mil](http://www.afrc.af.mil)

[www.ang.af.mil](http://www.ang.af.mil)

[www.militaryoneclick.com](http://www.militaryoneclick.com)

[www.jointservicessupport.org](http://www.jointservicessupport.org)

<http://ra.defense.gov>

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

<https://www.nrd.gov/>

## Military Agency

## Civilian Agency

### Animal care

Military Veterinary Clinic

Local Veterinary Clinic  
Animal Shelter

### Car Registration/License Driving Safety

Military Police/Security Forces

Local Department of Motor Vehicles (DMV)

### Children

School Liaison Office/School Support Specialist  
Primary Care Manager  
Exceptional Family Member Program (EFMP)  
Family Programs – Child, Youth and School Services  
Operation Military Kids (OMK)  
<http://www.operationmilitarykids.org/public/home.aspx>

Local School  
Health Care Provider  
Armed Service Youth Center (YMCA & YWCA)  
<http://www.asymca.org>  
Boys and Girls Club of America <http://bgca.org>  
Civic group (Boy/Girl Scouts, 4H, etc.)

### Crisis Management

Family Advocacy (FAP)  
Military OneSource [www.militaryonesource.mil](http://www.militaryonesource.mil)  
800-342-9647  
Coast Guard Support [www.cgsuprt.com](http://www.cgsuprt.com)  
Family Programs  
Chaplain  
Social Work Services

Religious Institution  
Employment Assistance Program  
Local Counseling Center  
Department of Veterans Affairs (VA) – Local VET Center  
<http://www.va.gov/>  
Crisis Hotline  
<http://www.veteranscrisisline.net/ActiveDuty.aspx>  
1-800-273-TALK (8255)  
OEF Crisis Line:  
Cell: 070-113-2000, wait for tone, 1-1-1  
DSN/NVOIP: 111 or 318-421-8218  
E-mail: [OEFKRISISHOTLINE@afghan.swa.army.mil](mailto:OEFKRISISHOTLINE@afghan.swa.army.mil)  
Chatting: [www.militarycrisisline.net](http://www.militarycrisisline.net)  
Sexual Assault hotline 1-800-656-HOPE (4673)  
Military Relief Aid Societies:  
Air Force Aid Society – [www.afas.org](http://www.afas.org),  
Army Emergency Relief – [www.aerhq.org](http://www.aerhq.org),  
Coast Guard Mutual Assistance – [www.cgmahq.org](http://www.cgmahq.org),  
Navy-Marine Corps Relief Society – [www.nmcrs.org](http://www.nmcrs.org)

### Death/Illness Verification

Causality Assistance Officer (CAO)  
Chaplain  
Service Member's Unit  
Military Police/Security Forces  
Military OneSource  
<http://www.militaryonesource.mil/12038/Project%20Documents/MilitaryHOMEFRONT/Casualty%20Assistance/Survivors%20Guide.pdf>

American Red Cross  
<http://www.redcross.org/find-help/military-families/emergency-communication-services>  
Police Department  
Hospital

### Drug or Alcohol Abuse

Social Work Services  
Service Alcohol and Substance Abuse Program  
Military Treatment Facility (MTF)

Local Counseling Center  
Alcoholics Anonymous (AA) <http://www.aa.org>  
Narcotics Anonymous (NA) <http://www.na.org>  
Local Medical Facility  
Veterans Administration (VA) <http://www.va.gov/>

	<b>Military Agency</b>	<b>Civilian Agency</b>
<b>Education</b>	<p>Military OneSource <a href="http://www.militaryonesource.mil">www.militaryonesource.mil</a> 800-342-9647</p> <p>Military OneSource spouse education <a href="http://www.militaryonesource.mil/seco">http://www.militaryonesource.mil/seco</a></p> <p>Children’s education <a href="http://www.militaryonesource.mil/k-12-and-college-education#">http://www.militaryonesource.mil/k-12-and-college-education#</a></p> <p>Service Voluntary Education sites - <a href="http://www.militaryonesource.mil/voluntary-education">http://www.militaryonesource.mil/voluntary-education</a></p> <p>Air Force: <a href="http://www.arpc.afrc.af.mil/library/factsheets/factsheet.asp?id=8487">http://www.arpc.afrc.af.mil/library/factsheets/factsheet.asp?id=8487</a></p> <p>Army: <a href="https://www.hrc.army.mil/TAGD/Army%20Continuing%20Education%20System%20ACES">https://www.hrc.army.mil/TAGD/Army%20Continuing%20Education%20System%20ACES</a></p> <p>Coast Guard: <a href="http://www.uscg.mil/hq/cg1/cgi/">http://www.uscg.mil/hq/cg1/cgi/</a></p> <p>Marine Corps: <a href="http://www.marforres.marines.mil/GeneralSpecialStaff/MarineCorpsCommunityServices/MarineFamilyServices/LifelongLearningCenter/TuitionAssistance.aspx">http://www.marforres.marines.mil/GeneralSpecialStaff/MarineCorpsCommunityServices/MarineFamilyServices/LifelongLearningCenter/TuitionAssistance.aspx</a></p> <p>Navy: <a href="https://www.navycollege.navy.mil/dsp_tutor.aspx">https://www.navycollege.navy.mil/dsp_tutor.aspx</a></p>	<p>Local College or University</p> <p>Accredited online University</p> <p>Educational Centers</p> <p>Cooperative Extension Service – Department of Agriculture <a href="http://www.csrees.usda.gov/Extension/">http://www.csrees.usda.gov/Extension/</a></p>
<b>Employment</b>	<p>Director of Human Resources (DHR)</p> <p>Family Programs Employment Readiness Program</p> <p>Spouse Education and Career Opportunities <a href="http://www.militaryonesource.mil/seco">http://www.militaryonesource.mil/seco</a> <a href="https://h2h.jobs/">https://h2h.jobs/</a></p> <p>Employer Support of the Guard and Reserve <a href="http://www.esgr.mil">http://www.esgr.mil</a></p> <p>Association of Procurement Technical Assistance Centers <a href="http://www.aptac-us.org/new/">http://www.aptac-us.org/new/</a></p> <p>Civilian Employment Initiative <a href="http://ra.defense.gov/programs/cei/">http://ra.defense.gov/programs/cei/</a></p> <p>Office of Personnel Management <a href="http://www.opm.gov/">http://www.opm.gov/</a></p>	<p>Department of Labor <a href="http://www.dol.gov/vets/">http://www.dol.gov/vets/</a> Employment Assistance Program/Temp Agencies Civilian Personnel Office</p> <p>VA vocational rehabilitation and Employment Services <a href="http://www.vba.va.gov/bln/vre/">http://www.vba.va.gov/bln/vre/</a></p> <p>One Stop Workforce Investment Center in your state or county</p> <p>Small Business Administration (SBA) <a href="http://archive.sba.gov/services/disasterassistance/militaryreservistsloans/index.html">http://archive.sba.gov/services/disasterassistance/militaryreservistsloans/index.html</a></p> <p>USERRA <a href="http://www.esgr.mil/USERRA/What-is-USERRA.aspx">http://www.esgr.mil/USERRA/What-is-USERRA.aspx</a></p>
<b>Financial</b>	<p>Family Programs Financial Readiness</p> <p>Personal Financial Consultant (PFC)</p> <p>Employee Assistance Program (EAP)</p> <p>Benefits by Service: <a href="http://myarmybenefits.us.army.mil/">http://myarmybenefits.us.army.mil/</a> <a href="http://www.public.navy.mil/bupers-npc/career/payandbenefits/Pages/default2.aspx">http://www.public.navy.mil/bupers-npc/career/payandbenefits/Pages/default2.aspx</a> <a href="http://www.airforce.com/benefits/">http://www.airforce.com/benefits/</a> <a href="http://www.uscg.mil/reserve/pay_benefits.asp">http://www.uscg.mil/reserve/pay_benefits.asp</a></p> <p>Thrift Savings Program (TSP) <a href="https://www.tsp.gov/index.shtml">https://www.tsp.gov/index.shtml</a></p>	<p>Lawyer or Legal Aid Center</p> <p>Credit Counselor</p> <p>Local Educational Institutions</p> <p>SCRA: <a href="http://www.hud.gov/offices/cpd/about/hudvet/library/scra.cfm">http://www.hud.gov/offices/cpd/about/hudvet/library/scra.cfm</a></p> <p>SDP: <a href="http://www.dfas.mil/militarymembers/payentitlements/sdp.html">http://www.dfas.mil/militarymembers/payentitlements/sdp.html</a></p> <p>Taxes: <a href="http://www.irs.gov/publications/p17/ch01.html#en_US_2011_publink1000170538">http://www.irs.gov/publications/p17/ch01.html#en_US_2011_publink1000170538</a></p> <p>Department of Consumer Affairs in your state</p>
<b>Fitness</b>	<p>Joining Forces <a href="http://www.fitness.gov/participate-in-programs/joining-forces/">http://www.fitness.gov/participate-in-programs/joining-forces/</a></p> <p>Morale, Welfare and Recreation (MWR)</p>	<p>Parks and Recreation</p> <p>Local YMCA</p>
<b>Food</b>	<p>Chapel</p>	<p>Women, Infant &amp; Children <a href="http://www.fns.usda.gov/wic/">http://www.fns.usda.gov/wic/</a> Supplemental Nutrition Assistance Program (SNAP) <a href="http://www.fns.usda.gov/snap/">http://www.fns.usda.gov/snap/</a></p> <p>Local Food Bank</p> <p>Religious Institution</p>

	<b>Military Agency</b>	<b>Civilian Agency</b>
<b>Gambling Problem</b>	Social Work Services Chaplain Employee Assistance Program Military OneSource <a href="http://www.militaryonesource.mil">www.militaryonesource.mil</a> 800-342-9647 Coast Guard Support <a href="http://www.cgsuprt.com">www.cgsuprt.com</a>	Religious Institution Gamblers Anonymous (GA) <a href="http://www.gamblersanonymous.org/ga/">http://www.gamblersanonymous.org/ga/</a> Community Counseling Center VA <a href="http://www.va.gov/">http://www.va.gov/</a>
<b>Legal Assistance</b>	Staff Judge Advocate Office (SJA/JAG)	Lawyer or Legal Aid Center Legal Assistance Office
<b>Marital Counseling</b>	Chaplain Military OneSource <a href="http://www.militaryonesource.mil">www.militaryonesource.mil</a> 800-342-9647 Coast Guard Support <a href="http://www.cgsuprt.com">www.cgsuprt.com</a> Family Programs - Military Family Life Consultant (MFLC) Social Work Services TRICARE	Religious Institution Professional Counselor
<b>Mental Health</b>	Military Treatment Facility Military Family Life Consultant (MFLC) Chaplain Military OneSource <a href="http://www.militaryonesource.mil">www.militaryonesource.mil</a> 800-342-9647 Coast Guard Support <a href="http://www.cgsuprt.com">www.cgsuprt.com</a> Social Work Services	Local Hospital Community Counselor Religious Institution Community Social Work Services VA VET Center <a href="http://www.va.gov/">http://www.va.gov/</a> Crisis Hotline <a href="http://www.veteranscrisisline.net/ActiveDuty.aspx">http://www.veteranscrisisline.net/ActiveDuty.aspx</a> 1-800-273-TALK (8255) OEF Crisis Line: Cell: 070-113-2000, wait for tone, 1-1-1 DSN/NVOIP: 111 or 318-421-8218 E-mail: <a href="mailto:OEFCRISHOTLINE@afghan.swa.army.mil">OEFCRISHOTLINE@afghan.swa.army.mil</a> Chatting: <a href="http://www.militarycrisisline.net">www.militarycrisisline.net</a>
<b>Medical/ Dental</b>	TRICARE Tricare Dental Program DEERS Military Treatment Facility	Local Hospital Local Dentist
<b>Networking and Support</b>	Unit Family Readiness organizations Unit Family Readiness websites Military OneSource <a href="http://www.militaryonesource.mil">www.militaryonesource.mil</a> Coast Guard Support <a href="http://www.cgsuprt.com">www.cgsuprt.com</a> Fort Family <a href="http://www.arfp.org/index.php/programs/fort-family-outreach-and-support">http://www.arfp.org/index.php/programs/fort-family-outreach-and-support</a>	National Military Family Association (NMFA) <a href="http://www.militaryfamily.org/">http://www.militaryfamily.org/</a> Salvation Army <a href="http://www.salvationarmyusa.org">www.salvationarmyusa.org</a> United Services Organizations, Inc. (USO) <a href="http://www.uso.org">www.uso.org</a> United Way Agencies <a href="http://www.unitedway.org">www.unitedway.org</a> Veterans of Foreign Wars/American <a href="http://www.vfw.org/">http://www.vfw.org/</a> Disabled American Veterans <a href="http://www.dav.org/">http://www.dav.org/</a> Local Chamber of Commerce <a href="http://spousebuzz.com/">http://spousebuzz.com/</a> <a href="http://www.goarmyparents.com">www.goarmyparents.com</a> <a href="http://www.bluestarmothers.org">www.bluestarmothers.org</a>
<b>Spiritual Guidance</b>	Chaplains	Religious Institution
<b>Stress Management</b>	Family Advocacy Program Family Team Building Programs Social Work Services Military OneSource <a href="http://www.militaryonesource.mil">www.militaryonesource.mil</a> 800-342-9647 Coast Guard Support <a href="http://www.cgsuprt.com">www.cgsuprt.com</a> Military Family Life Consultant (MFLC)	Educational Institution Religious Institution Community Counselor Veterans Administration <a href="http://www.va.gov/">http://www.va.gov/</a>

## Military Agency

## Civilian Agency

### Transition Assistance

TAP : GPS <http://www.taonline.com/TAPOffice/>  
Transition Assistance Programs  
Army Career and Alumni Program (ACAP)  
<https://www.acap.army.mil/default.aspx>  
Transition Assistance Program (TAP)  
<http://www.afpc.af.mil/>  
Coast Guard Transition Assistance Program (TAP)  
[http://www.uscg.mil/hr/cg111/transition\\_assistance.a  
sp](http://www.uscg.mil/hr/cg111/transition_assistance.asp)  
Warrior Transition Services  
<http://www.militaryonesource.mil/wounded-warrior>  
Military On Source  
<http://www.militaryonesource.mil/transition>  
Coast Guard Support [www.cgsuprt.com](http://www.cgsuprt.com)

<http://afterdeployment.t2.health.mil/>  
Veterans Administration <http://www.va.gov/>

### Notes:



## Yellow Ribbon Reintegration Program

*For Those Who Serve and Those Who Support*<sup>SM</sup>

### What would you do? During Deployment

#### **Suggested answers to Exercise 1.**

**Use the *Military and Civilian Community Resource Handout* to determine what resource(s) you might suggest to a friend experiencing the following situations:**

1. A friend's mother-in-law becomes very ill and is admitted to the hospital during the deployment. The prognosis is not positive.  
*American Red Cross, Rear Detachment, etc.*
2. When you are with your friend, he seems to have it all together, and the deployment seems to be going smoothly. However, you notice his Facebook postings in the evening are increasingly negative. When you call to check on him, you are surprised to hear how loud he is and his slurred speech.  
*Military OneSource, Chaplain, Military Family Life Consultant (MFLC), Community Counselor, Religious Institution, Community Social Work Services, Military Treatment, Alcoholics Anonymous, VA, VA Vet Center, etc.*
3. Your friend's ID card is about to expire.  
*DEERS, Rear Detachment, Family Programs.*
4. The spouse of a Service Member is looking for things to get involved in during the deployment to keep her busy.  
*Family Programs, Military OneSource, MOS spouse education and career opportunities, local college/university, educational center, Hero2Hired.jobs, Employer Partnership of the Armed Forces, Dept. of Labor, Temp agency, etc.*
5. Your friend confides to you that her in-laws are calling every few days to find out if she has heard anything from the Service Member. This leads to frustration and increased stress on your friend, but she doesn't know any resources to help them.  
*Unit Family Readiness organization, Unit family readiness website, [bluestarmothers.org](http://bluestarmothers.org), [www.goarmyparents.com](http://www.goarmyparents.com), National Military Family Association (NMFA), etc.*