

Military and Civilian Resources

www.uscg.mil/reserve

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

www.marines.mil

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

www.usar.army.mil

www.afrc.af.mil

www.ang.af.mil

www.militaryoneclick.com

www.jointservicessupport.org

<http://ra.defense.gov>

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
800-342-9647
Coast Guard Support 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
Chatting: www.militarycrisisline.net
Sexual Assault hotline 1-800-656-HOPE (4673)
Military Relief Aid Societies:
Air Force Aid Society – www.afas.org,
Army Emergency Relief – www.aerhq.org,
Coast Guard Mutual Assistance – www.cgmahq.org,
Navy-Marine Corps Relief Society – 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/>

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

	Military Agency	Civilian Agency
Gambling Problem	Social Work Services Chaplain Employee Assistance Program Military OneSource www.militaryonesource.mil 800-342-9647 Coast Guard Support www.cgsuprt.com	Religious Institution Gamblers Anonymous (GA) http://www.gamblersanonymous.org/ga/ Community Counseling Center VA http://www.va.gov/
Legal Assistance	Staff Judge Advocate Office (SJA/JAG)	Lawyer or Legal Aid Center Legal Assistance Office
Marital Counseling	Chaplain Military OneSource www.militaryonesource.mil 800-342-9647 Coast Guard Support www.cgsuprt.com Family Programs - Military Family Life Consultant (MFLC) Social Work Services TRICARE	Religious Institution Professional Counselor
Mental Health	Military Treatment Facility Military Family Life Consultant (MFLC) Chaplain Military OneSource www.militaryonesource.mil 800-342-9647 Coast Guard Support www.cgsuprt.com Social Work Services	Local Hospital Community Counselor Religious Institution Community Social Work Services VA 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: OEFCRISHOTLINE@afghan.swa.army.mil Chatting: www.militarycrisisline.net
Medical/ Dental	TRICARE Tricare Dental Program DEERS Military Treatment Facility	Local Hospital Local Dentist
Networking and Support	Unit Family Readiness organizations Unit Family Readiness websites Military OneSource www.militaryonesource.mil Coast Guard Support www.cgsuprt.com Fort Family http://www.arfp.org/index.php/programs/fort-family-outreach-and-support	National Military Family Association (NMFA) http://www.militaryfamily.org/ Salvation Army www.salvationarmyusa.org United Services Organizations, Inc. (USO) www.uso.org United Way Agencies www.unitedway.org Veterans of Foreign Wars/American http://www.vfw.org/ Disabled American Veterans http://www.dav.org/ Local Chamber of Commerce http://spousebuzz.com/ www.goarmyparents.com www.bluestarmothers.org
Spiritual Guidance	Chaplains	Religious Institution
Stress Management	Family Advocacy Program Family Team Building Programs Social Work Services Military OneSource www.militaryonesource.mil 800-342-9647 Coast Guard Support www.cgsuprt.com Military Family Life Consultant (MFLC)	Educational Institution Religious Institution Community Counselor Veterans Administration http://www.va.gov/

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

Notes:



Yellow Ribbon Reintegration Program

*For Those Who Serve and Those Who Support*SM

What would you do? Post 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. Your friend was able to save a significant amount of money during deployment. Now she is trying to decide what to do with it.
(Personal Financial Consultant, Family Programs Financial Readiness, Military OneSource, Lawyer or legal aid, Credit counselor, local educational institutions, Chapel, Women, Infants and Children, SNAP, local food bank, religious institution, etc.)
2. You meet a friend for coffee, and she tells you how difficult it is to give up the freedom and control she had during the deployment.
(Military OneSource, Service Family Team building programs, Religious institution, Education Institution, Social Work Services, Military Family Life Consultant (MFLC), Community Counselor, VA Vet Center, etc.)
3. Your friend's spouse confides in you that he doesn't seem to enjoy life since returning from deployment. You notice he is more withdrawn, and you heard him mention that he just can't see the point of it all anymore.
(Military OneSource, Chaplain, Military Family Life Consultant (MFLC), Community Counselor, Religious Institution, Community Social Work Services, Military Treatment, VA, VA Vet Center, Family Advocacy, Crisis Hotline, etc.)
4. While riding in the car with a friend who has just returned from deployment, you notice he still drives like he is in a combat zone.
(Military Police, Security Police, Local Department of Motor Vehicles.)
5. Your friend mentions to you that the children are hesitant to accept discipline from the returning Service Member, and this causes the Service Member to get frustrated and angry.
(Operation Military Kids, Armed Service Youth Center, Chaplain, Religious Institution, Military OneSource, Professional Counselor, Military Family Life Consultant, Social Work Services, Tricare, Education Institution, VA Vet Center etc.)