

Family Readiness/Support Programs

Family Readiness/Support Programs are organizations made up of family members, volunteers, and Service members/civilian employees who belong to and work with the unit/organization to provide an avenue of mutual support and assistance and a network of communication among the family members, the chain of command, and community resources.

Family Readiness/Support Programs are comprised of members who

- Care for each other
- Provide a helping hand when needed
- Answer questions
- Give moral support
- Want to establish a sense of family within the unit

Family Readiness/Support Programs support the military mission by

- Helping families become more knowledgeable and self-reliant
- Reducing stress and promoting Service member and family member readiness
- Providing an opportunity for families to meet
- Contributing to the well-being, morale, and esprit de corps of the unit
- Alleviating or giving better skills for coping with common issues and the challenges of military life

Family Readiness/Support Program Benefits

For Families

- Provides an effective way of gaining and giving information, support, and control during deployment and other times
- Helps family members develop a more positive attitude toward themselves, the unit, the deployment, and the military

For Service Members and Civilian Employees

- Offers reassurance that family members have reliable and friendly support
- Gives pride in family member involvement
- Increases morale
- Increases understanding of the family members' needs

For the Command

- Fosters increased levels of cohesion, confidence, and commitment
- Offers an effective means of supporting families and reducing trauma and stress
- Assists in identifying trends and issues

For the Community and the United States Military

- Helps unite other family programs that are designed to improve the quality of life
- Enhances the military leaderships' commitment to the quality of life for families and to the retention of the best quality Service members and civilian employees.

The intent of Family Readiness/Support Programs is to build self-reliant families. Knowing how to utilize the resources and where to find those resources are important in achieving resiliency and feeling more comfortable navigating the military lifestyle.