

Tennessee National Guard

J9

Military & Family Readiness Operations



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Vol. 2 Issue 10 July 2012



Director's Comments

The Military and Family Readiness Operations directorate your J9 Team wants to enhance the quality of life. Our goal is to prevent suicide, by providing guidance and direct actions to implement enduring solutions that will reduce high risk stress and eliminate stigma, promoting resiliency within our guard family.

USA Today published an article that stated “The core of the issue is that it's not that people who attempt suicide ... want to harm themselves as much as they want the pain they're currently in to stop, and they don't see any other way out, The study also found that the soldiers often listed many reasons — an average of 10 each — for suicide, illustrating the complexity of the problem. Other common reasons included the urge to end chronic sadness, a means of escaping people or a way to express desperation.”

Tennessee statistics show relationship, financial and employment challenges are our high risk stressors. Substance abuse is on the rise, especially the use of alcohol, it is being used to self medicate and take away the pain; however it actually adds or creates other stressors. Although these stressors hurt and **hurt a lot.... I hope we can agree they are “fixable” and temporary. Reach out for help** – seeking help is a sign of strength. This is where the battle buddy/wingman procedures are life enhancing and have saved lives. Ask, Care, Escort. *Guard your Buddy* is a 24/7 resource. A masters level clinician is standing by to provide crises intervention or information. Remember GYB and all J9 counselors are confidential, unless information is disclosed that requires a duty to warn based on their professional license.

Check out the [TN National Guard Military and Family Readiness](https://www.facebook.com/TNNationalGuardMilitaryandFamilyReadiness) facebook page, our website <http://www.tnmilitary.org/familyprograms.html> or <http://guardyourbuddy.com/> to find out more about the J9 team programs. Please reach out to your battle buddy/wingman and possibly a complete stranger to make a positive impact in their life.

God has a purpose for our lives; if we will keep a right spirit, He will bring it to pass.

COL Patricia Jones

Deputy Chief of Joint Staff,

Military and Family Readiness Operations

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Support Chaplain

COMMUNICATION: CHOOSE YOUR METHOD WISELY

"Pleasant words are a honeycomb, sweet to the soul and healing to the bones." Proverbs 16:24

Learning to communicate well might seem like a daunting task, but it doesn't have to be. Putting the other person's needs first, listening with empathy, and paraphrasing what the speaker is saying during the conversation are all great tips on becoming a well-rounded communicator. However, the delivery system we choose to communicate is often overlooked. There are generally four methods in which we communicate with others in our modern world. Knowing which method to choose at the appropriate time will put you on the path to building positive and healthy relationships with those around you.

The best communication method of all time is face-to-face. Facial gestures, voice inflections, body and hand movements, word choice, and eye contact produce the greatest impact and clear understanding in our conversations. This is the preferred method when expressing important ideas or emotions in a clear and logical fashion.

Secondly, is by telephone. During a telephone conversation, we can still use voice inflections, word choice, and even facial gestures to communicate. Yes, even facial gestures! Amazingly, our voice will change depending on whether we are smiling or frowning while talking on the phone. Telemarketing corporations learned this secret years ago.

Number three on our list is by letter or email. Written correspondence utilizes word choice and sentence structure to convey our thoughts to others, but we lose voice inflections and body gestures. Since, a large portion of communication efforts today is by email, it is important to possess basic writing skills if you are attempting to communicate well with others through written word.

Text messaging is our number four method of communication and the least effective when actually holistic communication is needed. It is not uncommon for "text jockeys" to send and receive 5,000 to 6,000 messages per month! Text messaging is a wonderful way to communicate short messages in a hurry, but it should never be used when an old fashioned, face-to-face conversation would have been more beneficial to the speaker and listener.

Learn to choose your communication method wisely, and you will soon see what a great difference it will make in your relationship to others.

Strong Bonds

Below is our updated FY2012 schedule. Online event registration is now OPEN for all events listed. Please go to www.strongbonds.org and click, "Find an Event". Follow the prompts.

Strong Bonds for COUPLES: 10-12 AUG, Memphis

Strong Bonds for COUPLES: 21-23 SEP, Nashville

For questions regarding Strong Bonds, please contact CH (MAJ) Mark Phillips at 615.517.0988 or mark.phillips11@us.army.mil.

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Just For Laughs!

Rabbi went to the barber shop. After his hair cut, he got ready to pay the barber and the barber said, "No Rabbi, I don't charge the clergy for haircuts." So the next morning the barber found a loaf of Jewish rye bread outside of his door step. A couple of days past and a Catholic priest came in to get his hair cut. He got ready to pay and the barber said, "No Father, I don't charge the clergy for haircuts." So the next morning he found a bottle of wine outside his front door step. A couple of days later the Baptist preacher came in to get his hair cut and when he got ready to pay the barber said, "No Reverend, I don't charge the clergy for their hair cuts." So the next morning, the barber found 15 Baptist preachers on his doorstep, ready to get their hair cut!



Family Readiness

Summertime always brings Annual Training for the National Guard but it also brings many Unit Family Days as well. Our J-9 Team would love to hear about your units family day event. If you would like to have it included in our newsletter please e-mail pictures along with a brief synopsis of your event to joy.g.scott@us.army.mil and we would be glad share your event here as well.

45 well deserving Tennessee National Guard Families were invited to attend the first of what we hope to become an annual Military Family Picnic hosted by Governor and Mrs. Bill Haslam on June 29th. As they arrived guests were greeted by the Governor and First Lady and invited to tour the Governor's Mansion and then to enjoy a traditional BBQ picnic lunch with entertainment provided by Michael W. Smith. Guests were then invited to enjoy games on the lawn including a Reading/Activity Corner, Corn Hole Game, a Bouncy House, Ring Toss, Horseshoes, and a Water Balloon Toss along with snacks of Cotton Candy, popcorn, moon pies and Goo Goo Clusters.

As you can see from the pictures included here everyone enjoyed food, Fun and games.



Governor Haslam speaks with a pair of military kids at the Picnic at the Governors Residence.



Governor and Mrs. Haslam chat with SSG Harold Hensley, Mrs. Belinda Hensley and their son Will at the Military Family Picnic at the Governors Residence on June 29.

In closing this month I would like to quote Douglas Pagels, "*May you Remember that though the roads we take can sometimes be difficult, Those are often the ones that lead to the most beautiful views.*"

Joy Scott

Senior Family Readiness Support Assistant

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Psychological Health

Ah, summertime. When life is a little less hectic and we're all in a more relaxed frame of mind. Weekends at the lake with friends. Grilling out with buddies. Trips to the beach. The temptation to have fun and let go is never stronger than when the temperature soars and the days grow longer. And what better way to chill out than with a cold adult beverage, right? That is, until that drink causes some major interference with your life, liberty and pursuit of happiness.

With the increase in outside activities in the summer, the opportunity for disaster also dramatically increases when those activities are mixed with alcohol. Did you know that, according to the National Transportation Safety Board, alcohol is a major factor in 80% of boating fatalities nationwide? Boat operators with a blood alcohol concentration (BAC) of .10 are 10 times more likely to be killed in a boating accident than those with a BAC of zero. Swimming and drinking can be another dangerous combination, as alcohol can inhibit breathing and swallowing reflexes.

But even if your only activity is lying in the sun and raising the glass to your lips, you may still experience health problems associated with combining hot weather and cold drinks. Dehydration **leading to heat stroke and loss of consciousness can happen before you realize that you've had a few** too many.

To protect yourself from alcohol-related injury and illness, consider these tips:

Pace yourself. Drink 16-32 oz. of water or other non-alcoholic drink between each alcoholic beverage, and never drink more than one drink per hour.

Don't drink on an empty stomach. Eating will slow alcohol's effect.

Never drive a car or pilot a boat if you've been drinking.

Know your limits. Many factors contribute to how your body responds to alcohol, including your weight, your gender, current medications, recent food intake and overall health, among other things. *Men should limit intake to two drinks per day, women to one drink per day for optimum overall health.*

Don't be afraid to say "no thanks".

Keep track of how much you are consuming.

For more information on alcohol use, check out the following interactive websites: www.thatguy.com and www.drinkingIQ.org. **If you have concerns about your own or someone else's use of alcohol and** would like a confidential consultation, feel free to contact your Director of Psychological Health:

Noel Riley-Philpo

Director Of Psychological Health

615-574-3933

Noel.Riley-Philpo@ceridian.com



Camp season is in full swing for the Youth Program! We have already held two very successful Day Camps, one in Lavinia on 16 June and one in Smyrna on 30 June. At these two camps, kids ages 5-12 got to experience a little taste of what it's like to be a camper at our week long Youth Development Week. They participated in activities like arts and crafts, archery, paintball, and a huge slip n slide. Thanks to our great volunteers who came out and spent their Saturday supporting us and making sure the kids had a great time. Our program could not be successful without you!

We are fast approaching our week long Youth Development Week at the Clyde Austin 4-H Center in Greeneville, TN. We are so excited to see all of our returning campers and volunteers, and to meet all the new faces as well! This week will be full of the traditions from Youth Camps of years past, and also some new exciting activities added to the mix. The 4-H Center is a wonderful facility that lets us hold activities like high and low ropes courses, canoeing, a rifle range, and swimming right there on site. Those are just a few examples of the exciting things the youth will get to do. We can't wait to share photos of everything in next month's newsletter!

For more information or to sign up for any of these events, please contact the Youth Coordinators, Paige Major or Tiffany Vaughan, at 615-707-0582 or paige.parker2@us.army.mil and or tiffany.l.vaughan@us.army.mil and 615-418-1052.

Upcoming Youth Events

21-28 July Youth Development week in Greeneville

13-14 September , GRI Training in Chattanooga

10-11 October, LINN Training in Knoxville

For more information or to sign up for any of these events, please contact the Youth Coordinators, Paige Major at paige.parker2@us.army.mil and 615-707-0582, or Tiffany Vaughan, at tiffany.l.vaughan@us.army.mil and 615-418-1052.



More pictures are on our Facebook page at www.facebook.com/TNNATIONALGUARDJ9



Sexual Assault Response Coordinator



The following paragraphs are taken from 'After Silence: Rape and my Journey Back'. Nancy V. Raine, author and sexual assault survivor. She speaks about her experience of sexual assault and how she used her courage by speaking up and no longer remaining silent about this traumatic event which totally changed her life forever. By speaking up she was able to move forward with her life; leaving behind the role of a victim and taking on the role of a survivor.

“Rape has long been considered a crime so unspeakable, so shameful to its victims, that they are rendered mute and cloaked in protective anonymity... The victims of rape must carry their memories with them for the rest of their lives. They must also carry the burden of silence and shame...

In order to be healed survivors of rape and sexual abuse must come out of the isolation and hiding. It takes untold courage to open up; telling someone what happened to you can be frightening as often the pain of the violence removes also your ability to talk. Because rape is still considered a distasteful subject survivors of sexual abuse often suffer additional pain from the reactions of their friends and family. **Their friends may be distant, minimize their pain or may even avoid them. People don't like discussing the subject of rape and may try to distance themselves from the event by blaming the victim.** Perhaps they feel that if they can somehow place the blame on the victim, they will be invulnerable to rape themselves. We are not taught how to deal with people that experience being victimized and most **people do not speak out about rape for many years. Don't let them Silence you.....**

Often unintentionally upsetting comments are made by friends or relatives, those closest to you and whose opinion you value the most. Some people may tell you that you should stop feeling sorry for **yourself or that you are not being positive. Maybe they can't see any reason why you should be** depressed and think that you can just snap out of it. If you had to deal with these kinds of reactions you know how hurtful it is, you wish the ground could open up and swallow you. Whenever this happens, **please take a long breath and remember that they are the ones with a problem, not you. Don't let them silence you. They simply don't understand because they've never had to deal with it.**

Most survivors had to learn on their own how not to let what others say or do affect them in a negative way. **In time, you may also come to realize that most people don't intentionally mean to hurt you with** their words. Some of them are just unprepared to deal with such sensitive and emotive issue and say things without considering the implications of their words or the deep impact that their comments could **have on you. Sure, some people's reaction is bound to hurt you but this doesn't mean that you should** give up on the idea of finding support and understanding in others. There are people out there who do understand. Finding comfort and support in a friend can touch your soul in a way that words can barely express. These kinds of friends are priceless. Just be cautious about who you confide in and reveal sensitive details to. Tell some one who you feel will be there for you, understand and support you. **Breaking the silence it's the first step to recovery. Every time you break the silence and trust someone, you are one step farther in your recovery journey. Remember you did nothing wrong. Don't be silent. Speak". 'After Silence: Rape and my Journey Back ' by Nancy V. Raine**

We are available should you need someone to speak with. MAJ Theodore Webb, Sexual Assault Response Coordinator (SARC)/ 615-347-9372 or Marlene Newroth, Alternate SARC/ 615-504-5241.

Yellow Ribbon Reintegration Program

It has been a busy spring and as we roll into summer it is full steam ahead. The Yellow Ribbon team has been working very hard to improve at each and every event. It has been a complete team effort from the senior leadership down to the newest private I would like to thank everyone for their support.

I would like to take this opportunity to thank the Department of Veteran Affairs. At the Yellow Ribbon Events, we work closely with representatives from several different Departments within the VA. They are an outstanding group of professionals that truly care about soldiers and their families. They are an impressive group and true friends to the Tennessee Guard.

If you are a veteran and have not registered in with the VA, I strongly encourage you to do so. You can go to www.va.gov and apply on-line.

Upcoming Yellow Ribbon Events.

23rd July 2012 – 1175th TC Pre-Deployment in Tullahoma, POC MAJ Wade Reed 615-313-0687

28th July 2012 – 1/181 FA During Deployment in Chattanooga, POC SFC Michael Loyd 615-313-0689

28th July 2012 – 268th MP 60 day Post-Deployment in Ripley, POC MAJ Wade Reed 615-313-0687

18, 19th Aug 2012 – 107 AV AOB 30/60 day Post-Deployment in Smyrna, POC MAJ Wade Reed 615-313-0687

If you have any questions concerning any Yellow Ribbon Event, please call the Yellow Ribbon office and we will be more than happy to assist you. SGT Cook is 615-313-2654, SPC Fowler 615-313-0686

Wade Reed

MAJ, MP

J9/ Yellow Ribbon

615-313-0687

Wade.reed@us.army.mil



The Yellow Ribbon Program provides five informational events during the deployment cycle:

1. Pre-Mobilization Events - 4 hour briefing for Service Members and their families.
2. During Deployment: Family Members only
3. 30 Day Reintegration Event: Service Members and Family informational briefing.
4. 60 Day Reintegration Event: Service Members and Families
5. 90 Day Reintegration Events: Service Mem-

**-Employers see how their employees who are members
of the Guard & Reserve train for deployment -**

by Ken Tarkington



Mid-Tennessee employers tour the combat training facility at Camp Shelby, MS.

NASHVILLE, TN. Twenty-six middle-Tennessee employers loaded onto an Air National Guard KC-135 refueling jet to tour military training facilities at Gulfport, Biloxi, and Camp Shelby, MS. The trip was designed for the employers to see first-hand how their employees, who are National Guard and Reservists, prepare to hone their military skills in preparation for deployment to war zones. The three-day tour was sponsored by The Employer Support for the Guard and Reserve (ESGR) and the Tennessee National Guard.

A real treat for all on board was to witness an in-flight refueling of four A-10 Thunderbolts enroute over Valdosta, GA. The A-10 was designed for the Air Force to attack tanks and



Refueling an A-10 over Valdosta, GA.

armored vehicles in close support for ground forces. Each was able to hook-up to the KC 135 and take on 36,000 lbs of fuel an about a minute.

Prior to boarding the aircraft all were given a

safety brief along with an update on Tennessee's National Guard by MG Max Haston, the State's Adjutant General. MG Haston painted a vivid picture of Tennessee's importance in the Nation's arsenal of defense. He said, "We're not your father's Oldsmobile. We're fortunate to have 15,000 in our force, and we rank sixth nationally in total number of guardsmen." Since 9/11, Tennessee ranks fourth in number of guardsmen deployed to Iraq and Afghanistan. MG Haston was joined by Air Guard Adjutant General, BG Don Johnson and Chief of Staff, BG Harry Montgomery. Their participation is a testament to the importance military leadership places on supporting employers who support their guardsmen and reservist employees.

Upon landing in Gulfport the group was welcomed by Combat Readiness Training Center (CRTC) Commander, LtCol John "Hoss" Ladner, and briefed on the afternoon's events and tomorrow's itinerary.

After boarding a bus the next stop was the Coast Guard's station at Biloxi and a tour of their "chase boats" and newly renovated harbor and headquarters building. Hurricane Katrina destroyed the entire area. After a return to the lodging, all were treated to a fresh seafood dinner, and no one left hungry.

The next day's tour began after breakfast in the "chow hall," "mess hall," "galley," "dining facility" or building by another name depending which service branch was present at the time.

We then loaded the bus for a trip to Camp Shelby, a training site for deployment training for most of Tennessee's Army National Guard soldiers. All witnessed an impressive demonstration by the operator of an M-1 Abrams tank who put the 64-ton rolling mass of steel through its paces as though it were



M-1 Tank demonstration at Camp Shelby, MS.

an agile race car. He drove past the group approaching 40 MPH, then returned, stopping on a dime and rotating its undercarriage in a clockwise direction while maintaining its 105mm cannon on a fixed object - the group of employers watching in amazement.

While at Camp Shelby, we viewed TN Army National Guard soldiers of the 181st FA, beginning their familiarization with enemy placement techniques of IEDs (improvised explosive devices.) During lunch the operators of Camp Shelby's airport briefed on the importance of their runway and training capabilities for short landing and takeoff of the large C-17 aircraft.

To sustain the fight, the C-17 carries large amounts of supplies or troops under combat conditions to remote locations with less than desirable landing conditions. A primary mission of the Reserve Component's pilots is to fly supplies to Iraq and Germany. On the return flight they carry the wounded to Walter Reed Hospital in Washington, DC. As long as the wounded are stabilized, they can be transported from medical facilities in Germany and arrive in DC within 24 hrs.

For those interested in construction, the Navy CB (Construction Battalion) training site at Gulfport was fascinating to see. Men and women from several military branches were



SeeBees undergoing training in building trades.

learning various trades; carpentry, steel working, building, construction mechanics, electrical and engineering. Sam DiNicola, Training Academy Director, TN. Dept of Correction, said, "This is outstanding to see so many different services training together, Army, Airmen and Navy."

On the last day, prior to departing for home, the employers traveled by bus to Keesler Air Force Base to receive a briefing by the "Hurricane Hunters." These brave pilots and crewmembers



Keesler Air Force Base, MS

fly straight into the eye of hurricanes to get barometric readings vital for the weather service to predict storm verosity and landfall. Precise predictability of storms coming on land is extremely important due to the emotional strain of the civilian population and high cost of evacuation (approximately \$1 million/mile.)

A slight variance of the storm's path can make a big difference in the decision to evacuate whole towns or not. The C-130 aircraft crewed by Air Force Reservists are specially equipped to perform these missions.

The employers boarded the bus once more and headed for the CRTC and the return flight home. While they were tired, these employers of Guard and Reserve members were excited about what they witnessed during their three day trip, and were most appreciative they were able to see first-hand what most employers had not. Dana Farley, State Farm Underwriter Supervisor, said, "This was absolutely energizing. Even with all the technical aspects and amazing training facilities, the most impressive part was talking with the service members and seeing first-hand their resolve."

Monthly Content Plan

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July 2012 Focus: Consumer Awareness

DATES TO REMEMBER IN JULY

Independence Day: July 4

COMMUNITY

Online Community Activities

- Moderated Chats
- Webinars
- Blog Brigade
- Facebook
- Twitter

CONTENT

Articles

Consumer Protection:

- Money Traps to Avoid and Special Protections for Service Members and Their Families
- Quick Tips for Avoiding Identity Theft
- If You've Been a Victim of Identity Theft
- Identity Theft Insurance
- Quick Tips for Ordering a Free Copy of Your Credit Report
- Avoiding Scams and Finding Help When You're at Risk of Foreclosure
- What You Should Know About Your Credit Record
- Secrets to Receiving Good Customer Service
- Solving Consumer Problems
- Billed for Merchandise You Never Received? Here's What to Do
- Avoiding Internet Auction Fraud
- Warranties
- Avoiding Frauds and Scams After a Natural Disaster
- Leasing a New Car

Borrowing Money Safely:

- Protect Yourself from Predatory Lenders
- Avoiding Credit Repair Scams

- Don't Be a Victim of Loan Fraud
- Payday Loan Protections for Military Consumers
- Payday Loans Equal Very Costly Cash
- Advance-Fee Loans

Legal Support:

- Low-Cost Ways to Resolve a Legal Concern
- The Armed Forces Legal Assistance Program
- A Legal/Financial Checklist for New Parents
- A Legal/Financial Checklist for Newlyweds
- Starting Out: A Legal/Financial Checklist
- Choosing a Legal Guardian for Your Child
- Common Legal Terms

Moving:

- The Interstate Compact on Educational Opportunity for Military Children
- Avoiding Rental and Moving Scams
- Coping With Standardized Testing Systems When You Change Schools
- Affordable Ways to Buy a Home
- Mortgage Difficulties and the Servicemembers Civil Relief Act (SCRA)
- The VA Home Loan Program

The resources above support MC&FP monthly themes, promotional events, commemorations, and programmatic areas of interest. Content may be freely used to support individual or joint Service outreach activities.

Monthly Content Plan

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continued...

CONTENT

Individual Education Plans:

- Developing an Individualized Education Program (IEP)
- What Happens at the Individualized Education Program (IEP) Meeting?
- Should Parents Seek an Evaluation of Intellectual Disability?
- What Can I Do if My Child Has a Learning Disorder?
- Students with Chronic Illnesses: Guidance for Families, Schools, and Students

Deployment:

- Getting the Most from Pre-Paid Phone Calls
- Getting Your Vehicle Ready for Storage

Emergency Preparedness:

- Creating a Family Emergency Plan
- Crisis Planning: Prepare for a Rainy Day
- Just in Case: Emergency Readiness for Older Adults and Caregivers

Tools and Services

- Military OneSource July eNewsletter

Podcasts:

- Smart Shopping Tips
- FDIC Money Smart Podcast Network
- Understanding ADHD in Children and Teens

Recorded Webinars:

- Safe Shopping: Protecting Yourself Against Consumer Fraud
- Saving Money While Saving Energy
- Identity Theft: Repairing the Damage, Reducing Your Risk

Programs:

- Non-medical Counseling Program
- Health and Wellness Coaching Program
- DoD Morale Welfare and Recreation Library Resources
- Financial and Tax Counseling
- Savings Center

Tools:

- Find Services

Materials Available to Order:

- CD: *Personal Finance for Everyone*
- Booklet: *How to Help Your Child Succeed in School*
- Booklet: *Students at the Center*
- DVD: *Students at the Center*

Family Assistance Centers

A Helping Hand Comforts Future Military Members



L-R Karah and Caleb before his trip to Parris Island.

During the month of June, Family Assistance Specialist, Kim McHugh spent most of the day at the Knoxville Military Entrance Processing Station (MEPS). Ms. McHugh accompanied Caleb and his girlfriend, Karah to MEPS in support of his decision to serve in the United States Marine Corps. Caleb's family were not available to be with him on the day he left for boot camp so Karah and Kim stayed at MEPS with Caleb until his van left for Parris Island. Kim is in contact with Karah on a regular basis to check on Caleb as well as to encourage Karah.



L-R, Future Soldier Aaron, FAS Kim McHugh, and Fiancé Chasity

On a separate trip to Knoxville MEPS in June, Ms. McHugh accompanied another future service member, Aaron and his fiancé, Chasity to MEPS to stay with them until Aaron left for Army Basic Training. Aaron had no family and needed some extra encouragement that he was making the right decision to join the Tennessee Army National Guard. It is one of Family Assistance Specialist McHugh's passions to work with the young recruits and their families to ensure them they have made the right decision by joining the Military.

Family Assistance Specialist's are responsible for helping all military and their families during time of need or assisting with question in areas such as Tricare/DEERS. Legal, Crisis Intervention, Financial, ID Card, and local/national Community Information. For a list of all nine Family Assistance Centers across the state, look us up at www.tnmilitary.org and click on Family Assistance or contact the FAC Coordinator, John Patterson at 615-707-0580.

John Patterson
Family Assistance Coordinator
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Family Assistance Centers



VA's Annual Welcome Home Event for OIF/OEF/ OND



On June 23, 2012 our Family Assistance Specialist's Debbie Morris (Memphis) and Shirley Lee (Millington) attended Memphis Veterans Administration Medical Center's Annual Welcome Home Event for OIF/OEF/OND held at Millington Navy Base. There were 47 vendors attending and 52 employers. Not only were service organizations setting up tables but there were lots of activities and entertainment which included Navy Mid-South Band, an Elvis impersonator, Shriner Clowns, Martial Arts demonstrators and Fly-Fishing demonstrations. The job fair seemed to be the biggest attraction. There were approximately 300 attendees and most made a day of it. Food was **handled by the local VFW. Children's activities included face painting, bounce houses, planting flowers in pots, coloring and other crafts.** Many families stopped by and had questions about Military OneSource and other resources their branches refer them to. This was a great opportunity to let everyone know we are here for them as well.

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Family Assistance Coordinator
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L-R, Family Assistance
Specialists Shirley Lee and
Debbie Morris

American Red Cross

American Red Cross

Service to the Armed Forces

The American Red Cross provides around the clock, around the world, support to Service members and their families. The Red Cross has a new phone number when an emergency communication message needs to be sent due to the death or serious illness of an immediate family member.

1-877-272-7337 is the number to reach a trained Red Cross caseworker to get a critical message sent. Please note the important info all military families should have readily available in case of an emergency-

Service member's name-

Social Security number-

Date of Birth-

Branch of Service-

Rank-

Complete Military Address and Phone number-

Providing this information will help the Red Cross process the emergency communication message much more quickly!

The Red Cross also provides many training opportunities just for military families-

Coping with Deployment is a course designed to help military families build upon their resiliency strategies, families learn how to provide psychological first aid during the deployment cycle.

Once the service member comes home from a deployment the Red Cross has additional training opportunities- The Coming Home Series is a series of coaching modules geared to address such issues as:

Working Through Anger

Relating to Children

Communicating Clearly

Exploring Stress and Trauma

Identifying Depression

If you are interested in any of these training opportunities please contact Debbie Rutland at 615-250-4297 or rutlandd@usa.redcross.org

The American Red Cross is also available to provide important information and referrals to appropriate agencies that might be helpful to your military family. As always the Red Cross provides CPR and First Aid Training as well as Disaster Relief Support. To reach your local Red Cross chapter please contact www.Redcross.org



One of the easiest ways to get help is by dialing 2-1-1, **Tennessee's community services help line. When you call, you'll get a real person, one who is trained to help you sort out your needs, and then give you phone numbers and addresses of the closest places where you can get help.** 2-1-1 has a database of more than 10,000 health and human services programs, cross-referenced for all sorts of **keywords. So don't worry if you don't know what type of service you need or the name of an agency** — just talk with the specialist at the other end of the line and she or he can help you find what you need. All calls are free and completely confidential. Hours vary by location.

<http://tn211.mycommunitypt.com/>



Guard Your Buddy is a joint effort by the Tennessee National Guard, The Jason Foundation, Inc., and E4 Health to give the men, women, and families in the Tennessee National Guard constant access to critical life resources, on-demand counseling, and on-call suicide prevention.

The Guard Your Buddy project is designed to enhance the excellent resources already in place for the Tennessee National Guard.

Our Mission

The Guard Your Buddy program is a community driven communication/engagement platform that brings all Guard members, particularly the at-risk Guard Members, in contact with on-demand resources and support with the main goal of preventing suicide.

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