
UNITED STATES MARINE CORPS
THE BASIC SCHOOL
MARINE CORPS TRAINING COMMAND
CAMP BARRETT, VIRGINIA 22134-5019

**PERSONAL AND FAMILY
READINESS
B141036
STUDENT HANDOUT**

Personal and Family Readiness

Introduction

The Marine Corps has many resources, internal and external, to assist Marines and their families with a variety of endeavors from relationships and financial planning to child rearing and education.

Importance

When every Marine and family in a unit reaches the optimum level of resiliency, a high state of personal and family readiness will result, thereby ensuring the unit's high state of readiness.

In This Lesson

This lesson will provide an overview of resources available for Marines and their families.

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Learning Objectives

Terminal Learning Objectives

TBS-LDR-1001 Without the aid of references, identify sources of social services, without omitting key components.

Enabling Learning Objectives

TBS-CORE-2101c Without the aid of reference, describe personal and family readiness programs, without omission.

TBS-CORE-2106b Without the aid of reference, describe family care plans, in accordance with MCO 1740.13b.

TBS-LDR-1001a Without the aid of reference, describe the role of the Red Cross, to support personal, family, and Marine problem solving.

TBS-LDR-1001b Without the aid of reference, describe the role of the Navy-Marine Corps Relief Society, without error.

TBS-LDR-1001c Without the aid of reference, describe the role of the Marine Corps Family Service Centers, with omission.

TBS-LDR-1001e Without the aid of reference, describe services provided by Military One Source, without error.

TBS-LDR-1001f Without the aid of reference, describe the purpose of the Exceptional Family Member Program (EFMP), in accordance with P1754.4A.

TBS-LDR-1001g Without the aid of reference, describe Marine Corps education programs, without omission.

Unit, Personal and Family Readiness Programs

The Unit, Personal and Family Readiness Program trains and prepares every Marine and their family to ensure optimum resiliency when faced with life cycle events.

Family is defined as ALL members of a Marine's family. Marines have three families: the family they are born into, the family they are sworn into, and the family they are married into. Therefore, family support shall be accessible and provided to Marines (regardless of marital status), spouses, children, wards, and the designated parents/extended family members of Marines.

The goal of the Unit, Personal and Family Readiness Program is to provide resource information and training in addition to support services to enhance a Marine's personal and family readiness. A Marine must ensure their personal and family affairs are in order so that they will remain fully focused on the mission, whether in garrison or in combat.

A ready Marine and Family:

- Is prepared for family separations and life events
- Understands the additional responsibilities that will fall on the family when the Marine departs
- Is knowledgeable of and able to utilize information about benefits, entitlements, programs and services provided through the Department of Defense, Marine Corps and the community

https://www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MF/E_Family%20Readiness/Unit%20Family%20Readiness

Family Care Plans

All Marines, with the exception of those with no dependents, shall have a validated Family Care Plan (FCP) initiated as part of their check-in process for their first permanent duty station. (Reference: MCO 1740.13B)

Individual Marines are required to plan for contingencies in the care and support of dependents. They do this in the form of a FCP. Marines are responsible for ensuring that:

- Dependent family members are properly identified and enrolled in Defense Enrollment Eligibility Reporting System (DEERS) and that unit diary entries are current.
- Information contained in their FCP is current
- The command is notified within 60 days (active duty) / 90 days (reserve) after a change in circumstances or personal status that generates the requirement for, or update of, a FCP
- The command copy of the validated FCP is retrieved upon check-out

The Marine's FCP is part of, and filed with, the individual Marine's record. Failure to develop an adequate FCP may subject the Marine to disciplinary action and/or adverse administrative action.

Commanders are responsible to ensure Marines with dependents have an up-to-date and adequate FCP.

The Family Care Plan (NAVMC 11800 (Rev. 01-13) can be found here:

<http://www.mccscp.com/sites/default/files/pdf/marine-family-programs/mcftb/New%20Family%20Care%20Plan.pdf>

There are six parts to the FCP.

Part I – Service Member's Acknowledgment. In this section the Marine confirms they have been counseled about and understand the policy on family member care issues.

Part II – Dependent Family Member Information. In this section the Marine lists their dependents.

Part III – Caregiver Information. In this section the Marine designates a caregiver(s) and their contact information.

Part IV – Service Member Certification. In this section the Marine verifies their plan is solid and their caregiver(s) is aware of and capable of fulfilling their responsibilities.

Part V – Command Validation. In this section the command validating official confirms the FCP is adequate.

Part VI – Service Member Recertification. This section is reserved for the service member to review and reconfirm the plan.

American Red Cross

The American Red Cross has a mission of preventing and relieving suffering, through five key service areas: disaster relief, supporting America's military families, blood donations, health and safety services and international services.

Support to America's military families:

Emergency Communication Services. When a military family experiences a crisis, the Red Cross will deliver notification of an emergency such as the death or serious illness of an immediate family member, as well as the good news of the birth of a service member's child or grandchild.

The Red Cross relays urgent messages containing accurate, factual, complete and verified descriptions of the emergency to service members stationed anywhere in the world, including on ships at sea and at embassies and remote locations. Red Cross-verified information assists the member and his/her commanding officers with making a decision regarding emergency leave.

Information and Referral Services. The American Red Cross offers confidential services to all military personnel and their families by connecting them with Red Cross and community resources through a network of chapters in communities across the United States and offices on military installations worldwide. This Red Cross service ranges from responding to emergency needs for food, clothing, and shelter, referrals to counseling services (e.g., financial, legal, mental health), respite care for caregivers, and other resources that meet the unique needs of local military members, veterans and their families.

Deployment Services. The Red Cross offers workshops and information and support services to help with the practical and emotional challenges to include pre-deployment preparedness, coping with deployments, and post-deployment resources.

<http://www.redcross.org/what-we-do/support-military-families>

Navy - Marine Corps Relief Society

The Navy-Marine Corps Relief Society (NMCRS) provides financial assistance and education, as well as other programs and services, to members of the United States Navy and Marine Corps, their eligible family members, widows, and survivors.

Financial Assistance and Counseling. When Marines have trouble meeting urgent financial needs, NMCRS may be able to provide an interest-free loan or grant. Through financial counseling, they also help the Marine plan for better financial stability.

Their services are completely confidential. The caseworker reviews the Marine's financial situation and guides them through resources and budget planning. If approved for a loan or grant, they get funds right away. There's no application fee,

and the appointment is completely free. If the Marine needs \$500 or less, they may be eligible for our Quick Assist Loan.

Qualifying situations include:

- Food, rent/mortgage, utilities, essential home repairs
- Establishing a new residence, including security and utility deposits
- Car expenses, such as repairs and insurance deductibles
- Medical expenses
- Military pay shortage / delayed entitlements
- Funeral expenses

Quick Assist Loans. When a Marine needs money fast, they may qualify for emergency financial assistance through an interest-free loan. It can be used for basic living expenses, temporary needs, and family emergencies. There's no application fee and no appointment needed. They can get up to \$500 in minutes. To qualify the Marine must be active-duty, have enough time left on their contract to repay the loan, have no outstanding NMCRS loans, and have no disciplinary actions in the past six months (or pending) that may impact their pay or rank.

Education Assistance. The NMCRS' Education Assistance Program offers interest-free loans and grants for undergraduate/post-secondary education at an accredited 2- or 4-year education, technical or vocational institution in the United States. This financial assistance is available for children of active duty, retired or deceased Sailors and Marines; and for spouses of active duty and retired Sailors and Marines.

Spouses of active duty Sailors and Marines stationed and living outside the United States are also eligible for the Society's Spouse Tuition Assistance Program.

Health Education and Post-Combat Support. Through the NMCRS' Visiting Nurse Program, registered nurses travel, within a reasonable distance of their office, to provide free, in-home visits to: active duty or retired Sailors and Marines and Navy and Marine Corps families with newborns.

Nurses visit families to answer questions and provide education on a wide range of health topics. For new parents, nurses may discuss things like breastfeeding and making sure babies are healthy and happy. They also provide baby weight checks. No matter what the age, nurses will answer questions about medications and medical care.

Budget for Baby. This is a workshop where Marines and their families learn what expenses they should plan for and how to make wise financial decisions.

Emergency Travel. Travelling to be with a sick or dying loved one often requires transportation. If a Marine is approved for emergency leave and needs the money to travel, NMCRS can help with an interest-free loan.

Disaster Relief. If a Marine's home is affected by a hurricane, tornado, flood, fire, or other disaster, they may need help right away. If a base is evacuated and a Marine needs to leave quickly, or if the Marine can't stay in their home, NMCRS can help.

For base-wide evacuations, they can help Marines buy items, such as gas, temporary lodging, food, diapers, and baby formula. If recovering from a disaster, NMCRS can provide interest-free loans to pay for insurance deductibles or replace lost items, such as food, clothing and furniture.

Thrift Shops. The shops have clothing, uniforms, and household goods. They are a place to get temporary or permanent items if a Marine has just moved, or if replacing items lost in a fire or natural disaster.

<http://www.nmcrcs.org/>

Marine Corps Family Services Center

Marine Corps Family Services Centers exist through Marine Corps Community Services (MCCS) and are the umbrella for the installation's Marine and Family Programs. Programs that are resident within Marine Corps Family Services Centers include:

Community Counseling Center. Utilizes a holistic approach to assist people to overcome some of life's most difficult challenges. Their clinicians are independently licensed and credentialed professionals who provide solutions designed to meet specific needs in the following areas:

- Marital Issues
- Parent/Child Relationship
- Family Issues
- Communication
- Anger Management
- School/Work Issues
- Adjustment Issues
- Grief and Loss

Substance Abuse Program. Provides both inpatient and outpatient treatment. Treatment includes case management (referrals to inpatient care if needed), counseling, treatment planning and aftercare/continuing care recommendations. Treatment is abstinence based, uses an individualized continuum of care approach and is coupled with emphasis on personal responsibility and 12-step self-help programs. Treatment is primarily offered to Active Duty personnel. All treatment services are based on the individuals' needs and have a variable length of stay, based on these needs.

Family Advocacy Program. A congressionally mandated program intended to prevent and reduce the incidence of family violence; helping to create an environment of intolerance for such behavior. Educational services that focus on prevention are provided in order to circumvent family violence.

The goal is to prevent family violence by addressing risk factors, the underlying causes of abuse, and the effects of violence on both adults and child victims. FAP services focus on providing assessment, intervention, and treatment of spouse and

child abuse/neglect.

The intent of FAP is to help ensure that victims of domestic violence are safe from future abuse by providing them with the services that can assist them with problems that they may be facing. FAP case management includes: risk assessment, safety planning, determination of intervention and treatment, with the safety and well-being of victims being the main concern of the clinical provider.

New Parent Support Program. A prevention and outreach program that offers in-home visits, parenting education, support groups, and information and referral for the Marine Corps community who are expecting a child or who are parenting young children up to six years of age. The Program is comprised of a team of Registered Nurses Licensed, Clinical Social Workers and Licensed Marriage and Family Therapists who are experienced in newborn care, infant/child development, and parent education.

Through a variety of programs such as home visits, support groups, and parenting classes, the New Parent Support Program can help families adjust to having a new baby in the home, cope with stress related to deployment/post-deployment issues and/or improve parenting skills.

Children, Youth and Teen Program. Consists of the Child Development Centers, Family Child Care, Youth Centers, and the School-Age Care Program.

Exceptional Family Member Program. (more information below)

School Liaison Program. Utilizes community-based resources to enhance the academic learning environment of military school age children as they navigate the transitions unique to the military lifestyle.

Transitional services include information and referral to ease the move from one educational setting to another. The School Liaison may further assist the military school-age child by facilitation problem solving and providing education to the parents, schools and command so that they may better advocate for the needs of the military child.

Family Care Behavioral Specialist. Empowers and supports military families with children with viable tools to extinguish disruptive behaviors and attitudes by focusing on the daily environment and responding to improve negative behaviors. Services include: Functional Behavioral Assessment, Behavioral Intervention Plan, Behavior Modification Courses, Parent forum for Q&A via social media, and Modeling and follow-up for implementation of behavior modification techniques.

Family Readiness Officers. Contact information for the FROs of the installation and tenant units.

Marine Corps Family Team Building. Fosters personal growth and enhance the readiness of Marine Corps families, which will enable them to understand and successfully meet the challenge of the Marine Corps lifestyle. The intent is to build a

strong bond between the service member, their family and the Marine Corps.

Families Over-Coming Under Stress (FOCUS). Provides resiliency training to service members and their families. FOCUS teaches practical skills to help families and couples meet the challenges of military life, including how to communicate and solve problems effectively and to successfully set goals together. Based on more than 20 years of research, FOCUS has been designed especially for military families and couples. The program uses a series of unique tools to help all members of the family create a shared family story.

Voluntary Education Center. Offers a variety of free educational services to active-duty military, family members, civilian employees and reservists.

Relocation Assistance Program. Offers programs and workshops geared toward assisting service members, their families, and DoD civilians navigate their way through the relocation process.

Personal Financial Management Program. (see Student Handout B1K0992)

Transition Readiness. The Career Resource Management Center (CRMC) facilitates the Transition Readiness Seminar, and also provides career/employment assistance, vocational guidance, and transition information to help Marines prepare for the journey back to civilian life. At the CRMC Marines can search the Internet for job search websites, view federal and private job announcements, and draft and post resumes. The CRMC offers: Career Counseling, Transition Readiness Seminar, Résumé Writing Assistance, Employment Readiness Workshops, Interview Techniques and Practice Sessions, Job Search Techniques, Education & Training Opportunities, Resource Library, Employment Referrals, Client Computers, Fax Machine, and Copier.

Family Member Employment Assistance Program. Provides employment related services to military spouses and other family members and empower military spouses with the tools necessary to achieve their goals through Career, Educational, Life Goals, or Volunteerism.

Military One Source

Military OneSource, <http://www.militaryonesource.mil>, is a confidential Department of Defense-funded program providing comprehensive information on every aspect of military life at no cost to active duty, Guard and Reserve Component members, and their families. Information includes, but is not limited to, deployment, reunion, relationship, grief, spouse employment and education, parenting and child care, and much more.

Military OneSource has policy and programmatic information, helpful resources, products, articles and tips on numerous topics related to military life. Confidential services are available 24 hours a day by telephone and online. In addition to the website support, Military OneSource offers confidential call center and online support for consultations on a number of issues such as spouse education and career

opportunities, issues specific to families with a member with special needs, health coaching, financial support, and resources.

Military OneSource also offers confidential non-medical counseling services online, via telephone, or face to face. Eligible individuals may receive confidential non-medical counseling addressing issues requiring short-term attention, including everyday stressors, deployment and reintegration concerns, parenting, grief and loss, and marital problems as well as assistance with financial management, taxes, career services, health and wellness, and much more.

Exceptional Family Member Program

The Marine Corps Exceptional Family Member Program (EFMP) is a mandatory program, MCO 1754.4B, for Marines with families members who have exceptional needs. The primary purpose of the EFMP is to ensure the continuum of care for eligible family members by identifying families with special needs and maximizing the provision of medical, educational, and local services.

EFMP strives to improve the quality of life of families that support a member with a disability. Quality of life is improved through family support via Marine Corps Community Services (MCCS) programs provided aboard Marine Corps installations, and through contractual partnerships with public and private organizations. By following specific procedures and guidelines, EFMP ensures that sponsors with Exceptional Family Members (EFM's) are assigned to duty stations where services exist to support the EFM with access, and availability, to medical and educational services. Enrollment in the EFMP does not prejudice advancement or promotion opportunities.

Eligibility: dependents enrolled in DEERS who require sub-specialty care on a regular basis and/or children who qualify for special education services under the Individuals with Disabilities Education Act.

Education Programs

Tuition Assistance. TA (MCO 1560.25) is intended to encourage personnel to voluntarily attend courses delivered by accredited civilian educational institutions on campus, at resident centers, on military installations or through distance learning during their off-duty time.

TA funds are authorized up to 100% of tuition and fees including lab, technology, and distance learning fees, not to exceed \$250 per semester hour equivalent, \$166.67 per quarter hour, \$16.67 per clock hour for undergraduate courses, \$350 per semester hour equivalent for graduate courses, and \$4,500 per individual per fiscal year. TA may be authorized for one-time application and registration fees; and credit examinations. TA is not authorized for non-refundable student service fees such as credit matriculation or graduation. Costs that exceed what is authorized by TA shall be the Marine's responsibility.

No payment shall be paid for any part of tuition or expenses for off-duty education for commissioned officers that do not agree to remain on active duty for two consecutive years after completion of such courses.

Marines must earn a grade of D or higher or P for passing all non-graduate level coursework, and C or higher for graduate level courses. TA funds will be recouped from Marines for failed (F) courses, unresolved incompletes (I), or courses from which the Marine voluntarily withdrew, resulting in a W grade.

Montgomery G.I Bill. The MGIAD program—sometimes known as Chapter 30—provides education benefits to Veterans and Servicemembers who have at least two years of active duty. Assistance may be used for college degree and certificate programs, technical or vocational courses, flight training, apprenticeships or on-the-job training, high-tech training, licensing and certification tests, entrepreneurship training, certain entrance examinations, and correspondence courses. Remedial, deficiency, and refresher courses may be approved under certain circumstances. Benefits are generally payable for 10 years following release from honorable active service. http://www.benefits.va.gov/gibill/montgomery_bill.asp

Post 9/11 G.I. Bill. The Post- 9/11 GI Bill is an education benefit program for individuals who served on active duty after September 10, 2001.

Individuals can use the Post-9/11 GI Bill at colleges, universities, trade schools, and for on-the-job training, apprenticeships, and flight schools. The Post-9/11 GI Bill can also be used for tutorial assistance, licensing (attorney license, cosmetology license, etc.) and certification tests (SAT, LSAT, etc.).

One must be a member of the uniformed services to transfer unused benefits to a spouse or dependent(s). Generally, one must agree to serve four more years when transferring benefits. http://www.benefits.va.gov/gibill/post911_gibill.asp

Sailor/Marine American Council on Education Registry Transcripts (SMART). The primary purpose of SMART is to assist service members in obtaining college credit for their military experience. https://www.navycollege.navy.mil/smart_info.aspx

United Service Apprenticeship Programs (USMAP). A formal military training program that provides active duty Coast Guard, Marine Corps, and Navy service members the opportunity to improve their job skills and to complete their civilian apprenticeship requirements while they are on active duty. The U.S. Department of Labor provides the nationally recognized "Certificate of Completion" upon program completion. <https://usmap.cnet.navy.mil/usmapss/static/usmap.jsp>

References

Reference	Title
MCO 1740.13B	Family Care Plans
MCO 1560.25	Marine Corps Lifelong Learning Program
MCO 1754.4B	Exceptional Family Member Program

Notes
