PERSONAL ASSISTANCE
The demands of military life can place unique stresses upon not only you, but your family as well.

The purpose of today’s period of instruction is to make you aware of the services that are available to both you and your family to help you cope with these stresses. The Marine Corps cares about your quality of life.
Many services exist to help Marines & their families cope with the unique stresses of the military lifestyle.
OVERVIEW

- The Purpose of Unit, Personal & Family Readiness
- The American Red Cross
- Navy-Marine Corps Relief Society
- The Chaplain’s Role
- Marine Corps Family Service Center & Marine Corps Community Services (MCCS)
- Military One Source
- Exceptional Family Member Program (EFMP)
Please Read Your

Terminal Learning Objectives

And

Enabling Learning Objectives
QUESTIONS
The Purpose of Navy and Marine Corps Unit, Personal, and Family Readiness Programs - is unit centric, guided by the Family Readiness Command Team that reinforces the relationship between the unit and the services relevant to the unit, the unit members, and their families. The primary goal of UPFRP is to empower Marines and family members, providing them the opportunities to not just survive but to thrive while taking on the challenges of the military lifestyle. The program is supported by Deployment Readiness Coordinators (DRC) or Uniformed Readiness Coordinators (URC) who implement the Commander's family readiness vision, manage the tenets of the UPFRP, and assist unit Marines, Sailors and families maintain a constant state of family readiness.

https://usmc-mccs.org/services/family/unit-personal-and-family-readiness/
Red Cross Mission, a humanitarian organization led by volunteers and guided by its Congressional Charter and the Fundamental Principles of the International Red Cross Movement, will provide relief to victims of disaster and help people prevent, prepare for and respond to emergencies. 

www.redcross.org/

- 24-hour emergency communication services.
- Informs Marines and Sailors of family emergencies & reunites families as quickly as possible.
- Confirms emergency leave requests.
Navy-Marine Corps Relief Society Mission is to provide, in partnership with the Navy and Marine Corps, financial, educational, and other assistance to members of the Naval Service of the United States, eligible family members, and survivors when in need; and to receive and manage funds to administer these programs.

https://www.nmcrs.org/

- Emergency transportation
- Funerals & Family Emergencies
- Medical & dental bills
- Food, rent, utilities & Child Care
- Disaster relief assistance
- Essential vehicle repairs
QUESTIONS
Navy Chaplain’s Role is to "promote the spiritual, religious, moral, and personal well-being of the members of the Department of the Navy," which includes the Navy and the United States Marine Corps. Additionally, the Chaplain Corps provides chaplains to its sister sea service, the United States Coast Guard.

www.navy.com/chaplains

- Religious & Spiritual Support
- Cover all Major Faith Groups
- Will assist regardless of your religious preference
- Provides assistance both garrison and Forward Deployed
All personnel seeking assistance from their Chaplain are protected under SECNAV INSTRUCTION 1730.9__Privileged and Confidential Communications to Chaplains. The purpose of this written instruction is to allow for unconstrained communication of acts of religion or matters of conscience in complete privacy encourages Service Members, their families, and other authorized personnel to seek assistance and disclose the nature of the issue, enhancing the scope and quality of care.

SECNAVINST 1730.9__mandates all Chaplains, Religious Program Specialists (RPs), or Chaplain Assistants will protect confidential communications with personnel who receive assistance or council.

Only the counselee may release the Chaplain, RP, or Chaplain Assistant from confidentiality.
Chaplains Religious Enrichment Development Operations (CREDO):

• CREDO offers free weekend retreats to help Marines grow toward increased functional ability, spiritual maturity, & acceptance of responsibility.

• CREDO locations can be found on Camp Lejeune, Camp Pendleton, Twentynine Palms, as well as many Navy Installations.
The Marine Corps Family Service Center purpose is to provide free resources and information to Marines, Sailors and their families.

https://www.marines.mil/family

- Personal counseling
- Relocation assistance
- Personal development
- Spousal employment assistance
- Information about other base resources
Marine Corps Community Services Mission is to take care of Marines and their families by providing quality of life programs, products, and services in support of the Marine Corps objectives.

https://usmc-mccs.org/services

• Recreation Centers & Theaters
• Travel & Lodging
• Fitness Centers & HITT Training
• Marine Corps Exchange
• Library & Education Support
• Transition Assistance
QUESTIONS
Military One Source Mission is to contribute to force readiness and quality of life by providing policies and programs that advance the well-being of service members, their families, survivors and other eligible members of the military community.

https://www.militaryonesource.mil/

- Relationship Counseling
- Non-Medical counseling for stress relief
- Financial Counseling
- Child Care Options
- Spouse scholarships, education and career benefits
Exceptional Family Member Program (EFMP)

**EFMP Purpose:** is to ensure continuum of care for eligible Marine Corps family members by identifying families with special needs, and maximizing confidentiality and the provision of services to enhance the quality of life provided to the Marine Corps family in order to meet the mission of the Marine Corps. *(MCO 1754.4B, Chapter 1)*

https://www.militaryonesource.mil/

- Connect families to medical, educational and community services
- Assist families with special education needs
- Provide resource, referral, and support throughout PCS transitions
QUESTIONS
SUMMARY

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BACKUP SLIDES
"C"

NOW THAT'S AN ANSWER I HAVEN'T CHOSEN IN A LONG TIME
“Our families are the most brittle part of our Corps. Taking care of our Marines means taking care of their families as well. We’ve done a tremendous job of doing that, but deployment after deployment can take its toll on any family. Marines run to the sound of the guns, but it is the families who are left behind to hold things together while we are gone. Ensure they know where & how to get help when they need it.” --Sergeant Major Carlton Kent 16th SgtMaj of the Marine Corps