

# VERMONT

## AIR NATIONAL GUARD



## LOCAL RESOURCE GUIDE

## **VERMONT AIR NATIONAL GUARD MILITARY & FAMILY READINESS PROGRAM**

HQ BLDG 170, FSS, Room 104A  
105 NCO Drive, South Burlington, VT 05403

The 158<sup>th</sup> Fighter Wing Military and Family Readiness team provides education, support, and resources that promote individual and family readiness. We work closely with local and state support agencies. Together we ensure that our service members, their families, our veterans, and retirees have resources to support their success in the Vermont Air National Guard and beyond.

**We are a great first stop if you don't know who to reach out to!**



**Ms. Tasha Ludovici**  
**Family Readiness Program Manager**  
**Vermont Air National Guard**  
**Comm: (802) 652-8035 / DSN: 220-8035**  
**Cell: (802) 751-5856**



**Mrs. Tammy Langlois**  
**Family Readiness Specialist**  
**Vermont Air National Guard Office**  
**Comm: (802) 652-8035 / DSN: 220-3629**  
**Cell: (802) 598-0202**

**Organization email:** 158fw.fsf.familyreadiness@us.af.mil  
**Website:** <https://www.158fw.ang.af.mil/FAMILYREADINESS/>  
**App:** search "158FW" (Available on iPhone and Android)

**We'd love to hear from you! Please provide us with feedback on how we are doing:**

<https://forms.osi.apps.mil/Pages/ResponsePage.aspx?id=jbExg4ct70ijX6yIGOV5tEHscPgfsLBM3LNjqHtwq1UQ1I5QVhKWTNSVTgzR05PVVFLNINNVkZONC4u>



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**TRICARE Reserve Select is:**

- A premium-based plan
- Available worldwide
- For qualified Guard members and their families

TRICARE Reserve Select (TRS) is one of the most beneficial programs that **Airmen** and their Families will have access to during their military careers. **Members** and their eligible dependents qualify for coverage even before Training. Below is a basic overview of what you need to do to take advantage of this truly great benefit.

**Members** are automatically enrolled in DEERS (Defense Enrollment Eligibility Reporting System) it is up to the **member** to input their eligible dependents enrolled in DEERS prior to enrolling in TRICARE. If dependents have not been enrolled in DEERS, they technically do not exist as far as TRICARE is concerned so being proactive is key.

TRICARE current rate as of January 1, 2022 -December 31, 2022 is \$46.70 per month for Individual **Airman** and \$229.99 for **Airman** and Family. It is important to note however that upon enrollment you will need to pay for your first two months premiums at time of enrollment. Once you're ready to make the initial payment and you have your eligible dependents enrolled in DEERS, use this link to go to the TRS Enrollment Website: <https://milconnect.dmdc.osd.mil/milconnect/> or phone 1-800-444-5445 for east region or 1-844-866-9378 for west region. You may purchase plan at anytime

After payment is processed you are able to print out proof of coverage memorandum via <https://milconnect.dmdc.osd.mil/milconnect/> Sponsors can access Eligibility Letters for themselves and for their family members, family members can access only their own letter. Log in to milconnect, click on Obtain proof of health coverage tab, select individuals name and click t "PDF "button. The letter will only reflect current TRICARE eligibility for individual selected.

**Network providers vs Non- network providers:**

Network provider is any TRICARE-authorized provider that has a contract with your regional contractor. They will, accept a negotiated rate as payment in full, file claims so you don't have, and not ask you to sign any documents to make you pay amount above your copayment or cost share. (If this occurs, contact your TRICARE regional office) What this means to you? You'll pay less out of pocket, only have to pay your cost share to provider, provider will collect the rest of the amount directly from TRICARE.

If you visit a non-network provider you'll pay a higher cost shares and have to file your own health care claims.

**Find a TRICARE Plan**

See what plans you may qualify to use

**Find a Doctor**

Search the proper provider directory to find a doctor

**Find a Phone Number**

Get the right phone number and contact info

Pre-Shippers: Do not let a short wait time between enlistment and Basic Combat Training discourage you from getting TRS coverage if you or your family do not currently have health care coverage. Also, if you make your initial two month payment and ship after only one month TRICARE will credit that month to your account once you **re enroll** after **training** or you may request refund check be sent to you. TRS monthly payments will not be withdrawn once **the member** has departed for **training**. Upon completion of training and **Airman** returns to home state, they must **re enroll** in TRS is they wish to continue TRICARE medical coverage for them and or family.

Recently returned from training? During your time at training you and your dependents were covered under TRICARE Prime or TRICARE standard. This ends on the last day of your training, however it is common for you to be showing as TRICARE Prime enrolled until system updates. You will not have actual TRICARE Prime coverage during that time and will prevent you from enrolling in TRS as DEERS will not let you enroll in two forms of TRICARE simultaneously. To verify your current status phone 1-844-866-9378 , if you are still on TRICARE Prime contact your Unit Administrator to correct your duty status.

My hope is that you are able to keep you and your dependents healthy and happy throughout the length of your career with TRS. Please feel free to share my contact information with your Support System and as always contact me with your questions or concerns.

## Enroll in TRICARE Reserve Select

1-844-866-9378

<https://milconnect.dmdc.osd.mil/milconnect/>

(you must have CAC reader or MyPay login to access page)



## TRICARE Regions



**Humana**  
Military





**American  
Red Cross**  
Service to the  
Armed Forces



<https://www.redcross.org/get-help/military-families/emergency-communication.html>

When a military family experiences a crisis, the American Red Cross is there to help. Wherever their military service takes them, service members can rest assured that 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.

Twenty-four hours a day, 365 days a year, 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.

Even if the service member receives an email or phone call from home, Red Cross-verified information assists the member and his/her commanding officers with making a decision regarding emergency leave.

When initiating Red Cross message be prepared to provide as much of the following information about the service member as is known:

- Full legal name
- Rank/rating
- Branch of service (Army, Navy, Air Force, Marines, Coast Guard)
- Social Security number
- Date of birth
- Military unit address
- Nature of the emergency
- Where the emergency can be verified (hospital, doctors, office, funeral home)
- Name of contact for immediate family member experiencing the emergency

## American Red Cross Message Process Video

[www.youtube.com/watch?v=kC-lweHS5qo&t=1s&spfreload=10](http://www.youtube.com/watch?v=kC-lweHS5qo&t=1s&spfreload=10)



Download the FREE Hero App or text  
"getherocare" to 90999

Access vital emergency and non-emergency  
resources for military members, veterans and  
military families.



To contact your service member regarding an emergency, call 1-877-272-7337.  
Be ready to give the following information. (Keep in a safe place.)

Full Legal Name \_\_\_\_\_  
Social Security # (last 4 digits) \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Branch \_\_\_\_\_ Rank \_\_\_\_\_ Duty Status \_\_\_\_\_  
Complete Military Unit Address \_\_\_\_\_  
Service Member's Telephone/Cell/Military (duty) #s \_\_\_\_\_  
Local Red Cross Phone # \_\_\_\_\_

SERVICE TO THE  
ARMED FORCES



To locate ID Card Office near you, schedule appointment, or update your profile go to link below.

<https://idco.dmdc.osd.mil/idco/locator>

## 158th Force Support Flight (FSF) BLDG 170 RM 104A

### OTHER VERMONT DEERS LOCATIONS

**JFHQ VERMONT NATIONAL GUARD** (802) 338-3419, 789 VT NATIONAL GUARD RD COLCHESTER, VT 05446

**86TH INF BDE HQ, CEATS** (802) 899-7053, 13 MOUNTAIN SCHOOL RD JERICHO, VT 05465

**Northfield Armory, Norwich University** (802) 485-1860, 161 UNIVERSITY DR NORTHFIELD, VT 05663

**NRC White River Junction:** (802) 295-0050, 207 HOLIDAY DR WHITE RIVER JUNCTION, VT 05001

#### Department of Defense List of Acceptable Identity Documents:

Applicants are required to provide two forms of identity (not necessary for children) source documents in original form. The identity source documents must be bound to that applicant and shall be neither expired nor canceled. If the two identity source documents bear different names, evidence of a formal name change must be provided.

#### Primary Identity Source Document:

- US Passport or a US Passport Card
- Permanent Resident Card or an Alien Registration Receipt Card (Form I-551)
- Foreign passport
- Employment Authorization Document that contains a photograph (Form I-766)
- Driver's license or an identification (ID) card issued by a state or possession of the United States provided it contains a photograph
- US Military ID card
- US Military dependent's ID card
- Personal Identity Verification (PIV) Card

**Secondary Identity Source Document:** The secondary identity source document may be from the list above, but cannot be of the same type as the primary identity source document.

- US Social Security Card issued by the Social Security Administration
- Original or certified copy of a birth certificate issued by a state, county, municipal authority, possession, or outlying possession of the United States bearing an official seal
- ID card issued by a federal, state, or local government agency or entity, provided it contains a photograph
- Voter's registration card
- US Coast Guard Merchant Mariner Card
- Certificate of US Citizenship (Form N-560 or N-561)
- Certificate of Naturalization (Form N-550 or N-570)
- US Citizen ID Card (Form I-197)
- Identification Card for Use of Resident Citizen in the United States (Form I-179)
- Certification of Birth Abroad or Certification of Report of Birth issued by the Department of State (Form FS-545 or Form DS-1350)



## Where to get a Legal Assistance?

158th FW JAG Office  
 HQ BLD 170, RM 149  
 Hours: 0730 – 1600 (Saturday/Sunday RSD)  
 (802) 660-5943 / 158.FW.JAG.Org@us.af.mil



### **Legal Assistance**

Guard members are entitled to receive legal assistance, although limited to personal matters deemed “mission related.” Please remember to bring your Military ID Card and any necessary paperwork with you.

The Base Legal Office **CAN**  
advise members on the following issues:

- ✓ Wills
- ✓ Powers-of-Attorney
- ✓ Notary
- ✓ Service Members Civil Relief Act Information
- ✓ Veteran's re-employment rights
- ✓ Other issues deemed mission related

The Base Legal Office **CANNOT**  
advise members on the following issues:

- Commercial businesses
- Criminal issues, or traffic tickets
- Official matters in which the VTANG has an interest
- Representation in court or administrative proceedings
- Drafting real estate contracts, separation agreements, divorce decrees

### **Powers-of-Attorney**

There are two types of Powers-of-Attorney (POA):

1. **GENERAL POA:** Gives TOTAL power to holder. Many businesses and organizations do not accept it. You must completely trust the individual to whom you are giving this document. This POA appoints an individual to access and to perform all actions on your behalf for ALL of the following: REAL PROPERTY, PERSONAL PROPERTY, BUSINESS, BANKING, TAXES, GOVERNMENT DOCUMENTS/VOUCHERS, INSURANCE, PERSONAL TRANSACTIONS and MORE!!!
2. **SPECIAL POA:** Gives the holder the power to perform limited, specific actions. For example: To register your POV, authorize medical procedures for your children, sell property or buy property.

**Powers-of-Attorney are only as good as the person, place, or business who will accept the POA.  
 No one is REQUIRED to accept your POA, regardless of the legality or validity of it.**

### **Notary Service**

A Notary is a person who certifies that a signature on a legal document is actually that of the person it is purported to be. A notary makes no assertions as to the truth or completeness of the content of the document. Notary services are available at the legal office. Please call to make sure a notary is in the office and available.

### **Wills**

A Will is one of the most important legal instruments you will execute in your lifetime. It has no legal effect whatsoever while you are still alive. It becomes effective only upon your death. It may be changed to meet new situations at any time, provided the alterations also meet all legal requirements. The Legal Office will be more than happy to create your Will on drill weekends by appointment. Please complete the Will Worksheet prior to meeting with an attorney. Will worksheets are available in the legal office, on the JA Share-drive, and on the P:/ Drive.

158th FW Chief of Legal Assistance  
 LT Justin Brown  
 justin.brown.93@us.af.mil



PROVIDING RELIGIOUS  
SUPPORT, CRISIS RESPONSE,  
COUNSELING, AND CARE FOR  
THE AIRMAN OF THE  
VERMONT AIR NATIONAL  
GUARD



Need to Speak with a Chaplain?  
The 158th Fighter Wing Chaplain Team is  
here to help, 100% confidential!  
Contact the team below:

☎ 802-660-5422

[michael.medas.3@us.af.mil](mailto:michael.medas.3@us.af.mil)



“Coffee with the Chaplain”  
Fresh coffee and local donuts  
from 0730-0900 most  
Fridays, BLDG 170, RM123.  
This event is all about  
fostering a greater sense of  
community on base, we  
would love to see YOU!





## Vermont Air National Guard Sexual Assault Prevention and Response Program Team

**VTANG** 158FW  
GREEN MOUNTAIN BOYS



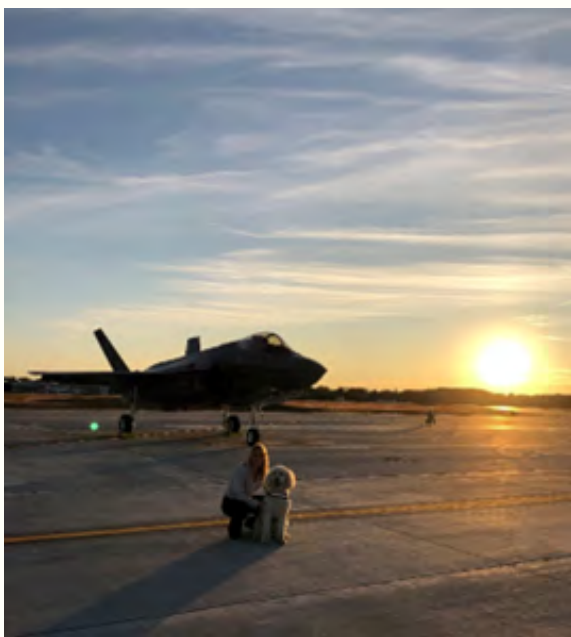
**OFFICE HOURS**  
**TUES-FRI 0800-1700**  
**RSD 0730-1600**

**FOR IMMEDIATE ASSISTANCE,**  
**CONTACT THE 24/7 SAPR CELL:**  
**(802) 735-4579**

The Director of Psychological Health (DPH) is here to provide free and confidential services to the members of the Vermont Air National Guard and their dependents.

## Services

- Consultation
- Assessments
- Referral and connections to local resources
- Family Support
- A network of military and community resources
- Pre, During and Post Deployment Support
- Education on psychological well being, coping skills and self-care



Contact the DPH at:  
(802) 660-5463 (office)  
(802) 557-7368 (cell)  
[trish.soter@us.af.mil](mailto:trish.soter@us.af.mil)

**Visit Beau & I at our office in building 170 (near finance)**

DPH works full time: Tuesday-Friday  
Every Drill Weekend





**Need to talk?**

# We're here to listen.

VERMONT MFLAC: (802) 238-3401

Military and family life counselors are specialists who understand the challenges you face. They can help you with:

- ▶ Stress and anxiety
- ▶ Grief and loss
- ▶ Marriage, family and relationship issues
- ▶ Deployment and reintegration
- ▶ Emotional health and daily-life issues

Non-medical counseling sessions are free and confidential\* (no records kept). Available sessions include:

- ▶ After-hours and Drill Weekends
- ▶ Group or off-site meetings

Call your local military and family life counselor to make an appointment.

Discover what the Military and Family Life Counseling Program offers at <http://www.militaryonesource.mil/confidential-help/mflc>.



\*Exceptions to confidentiality include mandatory state, federal and military reporting requirements (including domestic violence, child abuse and duty-to-warn situations).

Give an Hour offers no cost mental health services to military members, veterans, and their loved ones through a network of independently licensed mental health professionals nationwide. To find a provider near you, visit

[www.giveanhour.org/military](http://www.giveanhour.org/military).



### CRISIS TEXT LINE |

**Text HELLO to 741741**

Free, 24/7, Confidential

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via text. A live, trained Crisis Counselor receives the text and responds quickly.

[www.crisistextline.org](http://www.crisistextline.org)

Connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text

[www.veteranscrisisline.net](http://www.veteranscrisisline.net)



24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. Your call is routed to the nearest crisis center in the national network of 150+ crisis centers.

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)



Confidential personalized peer support by phone or chat 24 hours a day, 7 days a week. Open to active duty, National Guard and Reserve service members, veterans, retirees, and their families/caregivers.

1-855-838-8255 [www.vets4warriors.com](http://www.vets4warriors.com)



With the help of our dedicated advocates and staff, we respond to calls 24/7, 365 days a year. We provide confidential, one-on-one support to each caller and chatter, offering crisis intervention, options for next steps and direct connection to sources for immediate safety.

[www.thehotline.org](http://www.thehotline.org)

FREE, 24/7, CONFIDENTIAL  
NATIONAL DOMESTIC VIOLENCE  
**HOTLINE**  
1(800) 799-7233





# VERMONT NATIONAL GUARD FINANCIAL SERVICES





## PERSONAL FINANCIAL COUNSELING

Financial Advice With:

- Creating a spending plan
- Using credit wisely
- Understanding your credit score
- How to get started saving and investing for the future

- Financial Goals
- Planning
- Saving







**VT Military & Family  
Support Center  
888-607-8773**





**Visit Us  
Online**  
[www.ngfamily.vt.gov](http://www.ngfamily.vt.gov)

Personal Financial Counselor -Megan Sather



Vermont Veteran's Outreach  
Windwalker Group Contractor  
Camp Johnson Colchester, VT 05446  
802-318-2507 / [Megan.j.sather.ctr@army.mil](mailto:Megan.j.sather.ctr@army.mil)

## Sources of Help for Military Service Members and Their Families

### Consumer Protection Agencies

VT Attorney General's Consumer Assistance Program: [www.uvm.edu/consumer](http://www.uvm.edu/consumer)

Federal Trade Commission, Bureau of Consumer Protection: [www.ftc.gov](http://www.ftc.gov)

Consumer Financial Protection Bureau: [www.consumerfinance.gov](http://www.consumerfinance.gov)

Better Business Bureau: [www.bbb.org](http://www.bbb.org)

### Credit Reporting Agencies

Equifax: [www.equifax.com](http://www.equifax.com) 1-888-548-7878

Trans Union: [www.transunion.com](http://www.transunion.com) 1-800-916-8800

Experian: [www.experian.com](http://www.experian.com) 1-888-397-3742

Annual Free Credit Report: [www.annualcreditreport.com](http://www.annualcreditreport.com)

### Identity Theft

FTC- Report the incident and receive a recovery plan: [www.identitytheft.gov](http://www.identitytheft.gov)

Common Scams and Frauds- How to protect yourself and respond

[www.usa.gov/identity-theft](http://www.usa.gov/identity-theft)

Tax Assistance

Tax Information for Current and Former Military Personnel [www.irs.gov/individuals/military](http://www.irs.gov/individuals/military)

Vermont Department of Taxes: [www.tax.vermont.gov](http://www.tax.vermont.gov)

### Military Pay

DFAS: [www.dfas.mil](http://www.dfas.mil) 1-888-332-7411

Military Compensation and Blended Retirement Calculators: <https://militarypay.defense.gov>

### Credit Counseling and Debt Management

Financial Counseling Association of America: [www.fcaa.org](http://www.fcaa.org)

National Foundation for Credit Counseling: [www.nfcc.org](http://www.nfcc.org)

### Saving and Investing

Retirement and Savings Calculators (ASEC) [www.choosetosave.org](http://www.choosetosave.org)

Thrift Savings Plan: [www.tsp.gov](http://www.tsp.gov)

Financial Tools and Information (FINRA) [www.saveandinvest.org](http://www.saveandinvest.org)

Helping Debtors become Savers (AFCPE) [www.powerpay.org](http://www.powerpay.org) Includes Power Save

### Consumer Information Sites

Federal Citizen Information Center: [www.pueblo.gsa.gov](http://www.pueblo.gsa.gov)

Kelley Blue Book: [www.kbb.co](http://www.kbb.co)

Edmunds: [www.edmunds.com](http://www.edmunds.com)

NADA Car Guides: [www.nada.com](http://www.nada.com)

### Local Readiness Resources

VT National Guard Family Programs: [www.ngfamily.vt.gov](http://www.ngfamily.vt.gov)

Military OneSource: [www.militaryonesource.mil](http://www.militaryonesource.mil)

VT Air National Guard Family Readiness: [www.158fw.ang.af.mil/FAMILYREADINESS/](http://www.158fw.ang.af.mil/FAMILYREADINESS/)

# A RANGE OF SUPPORT

To Help You **Live** Your Best **MilLife**

## MAIN MENU



Get free and confidential expert help, 24/7.  
Call Military OneSource at 800-342-9647 or visit [www.militaryonesource.mil](http://www.militaryonesource.mil).



## **Adoption**

Military life is not a barrier to growing your family through adoption and foster care. However, there are some aspects of adoption and foster care that are unique to military life. A Military OneSource adoption consultant can help you navigate the process.

## **Building Healthy Relationships**

Building Healthy Relationships is a free education-based consultation designed to strengthen your relationships. This series of personalized coaching sessions is tailored to help you set goals and strengthen your communication skills.

## **Confidential Non-medical Counseling**

Military OneSource counselors are available for free, short-term, confidential non-medical counseling services for a wide range of issues, including relationship conflicts, stress management, coping with loss and managing deployments. Sessions can take place in person, over the phone or via secure video or online chat.

## **Document Translation & Language Interpretation**

The international and multicultural nature of military life can often make translation and interpretation services vital. Military OneSource offers both written and real-time interpretation and translation services to military members and their families.

## **Education**

Whether you're looking into your own education options or want information for someone in your family, the professional education consultants at Military OneSource can help connect you to a wide variety of resources.

## **Elder Care**

Caring for aging loved ones while you're in the military can present a special set of challenges — such as maintaining care through moves and deployments. Fortunately, elder care consultations from Military OneSource can help you connect with the services and support you need to take care of the older adult in your military family.

## **Financial and Tax Consultation**

You don't need to tackle issues like mounting debt or saving for college or retirement alone; Military OneSource financial counselors are available in person, over the phone and via video. Financial counseling gives you an opportunity to talk to a trained professional — one who is familiar with the issues that affect service members — about your questions and receive referrals to services and programs that meet your specific needs. If you have questions, enlist free one-on-one help from MilTax experts: tax pros with special training in military-specific tax situations. Call or chat anytime 24/7 to schedule a consultation, or get in person support at a Volunteer Income Tax Support Assistance office location.

## **Health and Wellness Coaching**

Losing weight, managing stress, tackling transitions — if you're ready to make some life changes, free consultations with a Military OneSource health and wellness coach can help. Coaches can assist you make a plan to reach your desired goals, keep on course and celebrate your achievements.



## **New MilParent**

When it comes to being or becoming a new parent, there may be times when you need to call in backup. Military OneSource is here for you with the New MilParent specialty consultation — which provides free, confidential help so you can get the resources you need to tackle parenting challenges. Professionally trained consultants can provide individualized support on a wide range of topics.

## **Peer-to-Peer Support**

Sometimes, talking to a peer who's shared many of your experiences can help you discover new solutions and make the most of your military life. Take advantage of Military OneSource's peer-to-peer specialty consultations to discuss personal or career aspirations or challenges of military life.

## **Special Needs**

Military OneSource special needs consultants can answer your questions and concerns related to your child or adult family member with special needs. They're also knowledgeable about the range of military programs and assistance available to you.

## **Spouse Education and Career Opportunities**

Military spouses looking for a leg up in their career need to look no further than a Spouse Education and Career Opportunities career coach. These coaches can help at any stage of a spouse's life, from finding the right school or connecting with employers to starting a business.

## **Spouse Relocation and Transition**

When you're relocating, Military OneSource specialty consultants can assist you with personalized support every step of the way — whether you're PCSing or transitioning out of the military. Consultants are trained in military moves, so they know how to help.

## **Transitioning Veterans**

The Transitioning Veterans specialty consultation is a free Military OneSource consultation designed specifically for service members returning to civilian life. Whether you are 12 months out from retirement or separation or within 365 days of your last day of service, you are eligible for this personalized transition support. Through a series of sessions, a professionally trained consultant will help you identify goals and navigate benefits and resources.

## **Wounded Warrior**

Military OneSource provides wounded warrior specialty consultation services to help eligible wounded, ill or injured service members, veterans and caregivers get immediate assistance for issues related to health care, resources, facilities and benefits. Service members and veterans injured in accidents or battling serious illnesses are also eligible.



## MAIN MENU

Vermont National  
Guard CYP Mission



Free  
Events

*We are a youth program focused on providing resources, training, and leadership opportunities, as well as creating local community-based networks of support to meet the social, emotional, and academic needs of youth impacted by a family member's military service.*

*\*(ARNG Youth Only, ANG with prior approval)*

**Events:** School Vacation Day Camps, Overnight Summer Camps, Community-Partner Outings, State Teen Council

**Resources:** Deployment Cycle Education, Behavioral Issues, Grief, Wellness, Parenting, Resiliency, Military Awareness, and Online Support Programs

**Outreach/Partnerships:** Educators, Counselors, Yellow Ribbons, Community Involvement



Camp Johnson  
789 Vermont National Guard Rd.  
Colchester, VT 05446  
Office: (802) 338-3369  
Mobile: (802) 310-6745  
Email: brain.r.stoudnour.ctr@army.mil



[facebook.com/vtngcyp](https://facebook.com/vtngcyp)



## **Community support for our military children and youth, because they serve too!**

For more info about upcoming programming and  
resources for military families, follow us on Facebook at:  
<https://www.facebook.com/MKVermont>





Employer Support of the Guard and Reserve (ESGR) is the lead U.S. Defense Department program promoting cooperation and understanding between civilian employers and their National Guard and Reserve employees. Established in 1972, ESGR operates within the Office of the Assistant Secretary of Defense for Reserve Affairs. ESGR develops and promotes supportive work environments for service members in the Reserve Components through outreach, recognition, and educational opportunities that increase awareness of applicable laws and resolves employer conflicts between the service members and their employers.

All employers support and value the employment of members of the National Guard and Reserve in the United States and Territories, thereby increasing the readiness of the Reserve Components.

Who is our customer? All employers, all uniformed service members, and families of affected service members.

Ombudsman Service Program:

ESGR's primary means for mediating workplace conflict is its Ombudsman Services Program. This national network consists of more than 900 volunteers within 54 field committees throughout the United States, Guam, Puerto Rico and the Virgin Islands. While each ombudsman receives extensive training on USERRA and dispute-resolution techniques, ombudsmen do not offer legal counsel or advice. Instead, they serve as an informal, neutral and free resource.

If an ESGR ombudsman is unable to facilitate a resolution, parties have the option to seek private counsel and/or a formal investigation through the Department of Labor's Veterans' Employment and Training Service, the Office of Special Counsel, or the Department of Justice.

Employers or service members who have a question can reach the ESGR  
National Call Center at:

1-800-336-4590 or [www.ESGR.mil](http://www.ESGR.mil)

Watch "What is ESGR" video @  
<https://youtu.be/Qj-22ErHkCg>







## VERMONT VETERANS OUTREACH

**Coming back  
is the other  
half of the  
battle**



## From Omaha Beach to Kandahar Province:

The Vermont Veterans Outreach Program staff has very diverse backgrounds and many of them have served in the different branches of the military. Their commonality is that they know what our veterans are facing every day. The Vermont Veterans Outreach Program has a proven track record in getting the job done—helping our veterans receive the services they need and have earned for their service to our country. We work with veterans from different eras including WWII, Korea, Vietnam, Desert Storm and most recently Operation Iraqi Freedom and Operation Enduring Freedom. Our veterans can expect to be treated with respect and be valued by the Vermont Veterans Outreach Program.



## Mission Statement:

Vermont Veterans Outreach Program provides ongoing assistance primarily to combat Veterans. Support is provided by identifying any potential needs and facilitating the process of accessing all available services. Partnering with our Family Assistance Specialists and other local, state and federal agencies in order to address the concerns of Veterans by responding in a prompt and confidential manner.

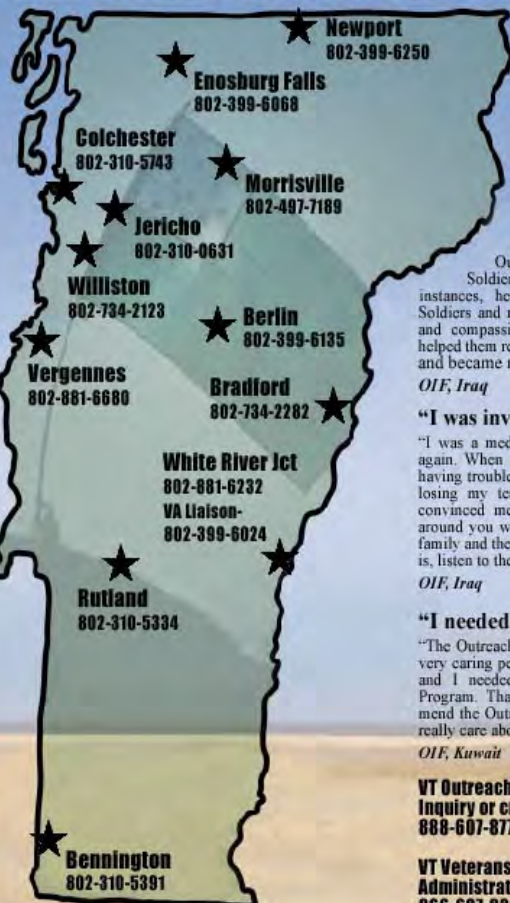
Contact info inside...



Produced by Vermont Veterans Outreach Program

7/26/13

## Call an Outreach Specialist in your area:



**"The genuine concern  
for the soldiers and their  
families is outstanding."**

"As a first Sergeant, I asked the Outreach Program for help for my Soldiers and for my own family. In all instances, help was quickly forthcoming. My Soldiers and my family were treated with respect and compassion, and guided to resources that helped them resolve their problems. And they grew and became more self-sufficient as a result."

OIF, Iraq

**"I was involved in 18 IED attacks."**

"I was a medic, and I went back out again and again. When I came home, I thought I was just having trouble adjusting. I was losing my balance, losing my temper. My wife sat me down and convinced me to call Outreach. It's the people around you who notice something's wrong - your family and the Soldiers you served with. My advice is, listen to them."

OIF, Iraq

**"I needed help and found it."**

"The Outreach Program is very organized and has very caring people that work there. I am a Veteran and I needed help and found it through this Program. Thank you Outreach! I highly recommend the Outreach Program for all Soldiers. They really care about you as a person."

OIF, Kuwait

**VT Outreach Hotline  
Inquiry or crisis 24/7  
888-607-8773**

**National Suicide  
Hotline  
800-273-8255**

**VT Veterans  
Administration (VA)  
866-687-8387**

**VT Veteran Affairs  
888-666-9844**







**Josh's House**  
**162 Hegeman Ave.**  
**Colchester, VT 05446**  
**(802)495-5915**

Josh's House is a recreational and wellness center that includes traditional, complementary, and alternative healing modalities. We are beginning to build our programs. Please see current offerings for resources available to you now. To take part, simply stop by, call us at Josh's House or email us at [joshshousevt@gmail.com](mailto:joshshousevt@gmail.com).

**Current Offerings:**

- Massage, Healing Touch, Auricular Acupuncture & Reiki Therapy
- Computer Software Training (MS Office 365, Teams, etc.)
- Recreation (pool, ping pong, video games, board games)
- Food (our kitchen is open for you to use or enjoy one of our prepared meals)
- Fitness (gym includes treadmill, spin bikes, sandbags, free weights & dumbbells)
- Computer lab containing 10 laptops available for your use
- Beekeeping partnership with Hives for Heroes and the VT Beekeepers Association
- Art therapy
- Fly fish tying classes

**Future Offerings (we need your input):**

- Baking/Cooking classes
- Music classes
- What else?

**Current Hours:**

Monday – Thursday 9am to 8pm

Friday 9am to 11pm

Saturday 11am to 11pm

Sunday 10am to 8pm

\*We are continuing to look for volunteers to help staff Josh's House, work at fundraisers, clean and cook at Josh's House. We are open to other volunteer ideas as well. If interested, email Andrea at [andrea@joshpallottafund.org](mailto:andrea@joshpallottafund.org)





## **VOLUNTEERS NEEDED**



## **BE A PART OF THE COMMANDER'S KEY SUPPORT PROGRAM**

**Contact your Commander or Family Readiness for details!**

**Military and Family Readiness Office**

**158fw.fsf.familyreadiness@us.af.mil**

**Comm: 802-652-8035**

# CHECKLISTS



## DEPLOYMENT CHECKLIST



## PCS/MOVING CHECKLIST



## JUST MARRIED CHECK LIST



## NEW BABY CHECKLIST

Use this page to create your own custom checklist and access the QR codes above for some of the most commonly used checklist resources.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.