

Military & Family Readiness Programs Guide

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What We Do

- Supports and maintains mission readiness by assisting individuals and families with adaptation to the challenges and demands of expeditionary operations and the military lifestyle.
- Serves DoD military, civilian personnel, and families to include Guard, Reserve, and other eligible uniformed members, military retirees, eligible family members, and annuitants.
- Collaborates with Air Force Reserve and Air National Guard to ensure all family members are prepared for the many demands and unfamiliar roles and responsibilities often associated with activation, mobilization, and deployment.
- Offers proactive, preventive, and remedial services that foster self-sufficiency and sustain the personal and family readiness of the Total Force. Information and education are offered on many aspects of family life and personal growth as well as assessment counseling and referrals.
- We support the various mission of the 23d Wing and its tenant organization by providing individuals, families, and leadership with policy, programs, and services that strengthen communities and promote self-sufficiency, mission readiness, and adaption to the Air Force way of life.



Air Force Aid Society (AFAS)

Air Force Aid Society (AFAS) is the official charity of the U.S. Air Force. promotes the Air Force mission by helping “to relieve distress of Air Force members and their families and assisting them to finance their education.”

Air Force Aid Society emergency assistance is available to meet immediate needs in an emergency situation. The Society provides interest-free loans and grants based on the individual situation for needs such as:

- Basic Living Expenses
- Medical/Dental
- Emergency Travel Vehicle Expenses
- Child Care/Respite
- Funeral Expenses
- Miscellaneous Expenses

Eligible members who have an emergency need should apply online at:
<http://www.afas.org>.

Once the application is completed, contact us at 229-257-3333 to schedule an appointment.

After duty hours and weekends, for emergencies that cannot wait until the next duty day, contact the American Red Cross at 877-272-7337.





Air Force Families Forever

“Once a part of the Air Force family, always a part of the Air Force Family.”

Air Force Families Forever program’s primary goal is to provide resources, support, and information to help survivors adapt to life without their loved one.

This program provides short-term and long-term case management to assist survivors of military decedents as they return to a new normal in their life.

Connect families with local resources and new resources when relocating. Continued contact with survivors for up to 12 months at a minimum.

The Air Force Wounded Warrior (AFW2)



Program goals are:

- Prompt reporting.
- Providing support to the seriously wounded, ill, and injured warriors and their families.
- Assist members with financial, employment, volunteering, and many other needs as determined by their individual situations.

The AFW2 Program is headquartered at the Air Force Personnel Center (AFPC). Non-medical care managers provide a wide range of flexible proactive personnel advocacy and services to support wounded Airmen to include assistance with Medical Evaluation Board (MEB) or Physical Evaluation Board (PEB) to determine fitness for duty.

The A&FRC works with the Recovery Care Coordinator (RCC) in meeting the needs of the AFW2 member and their family.

The A&FRC is a key resource providing a wide range of support to the AFW2 member and their family in transitioning from wounded/ill status to full-duty status and/or civilian status.

Casualty Assistance & Survivor Benefits

- The primary goal is prompt reporting, dignified and humane notification, and efficient, thorough, and compassionate assistance to the next of kin at all times.
- Hours of Operation: M-F 0730-1600 for regular assistance
- 24/7 for emergency assistance (death of an active duty member)

Employment Assistance

supports customers such as service members, wounded warriors, military spouses and dependents, retired members, and DoD civilians in achieving short-term and long-term employment and career goals.

The A&FRC provides comprehensive services to ensure the Total Force is equipped with knowledge and assistance to aid in their job search. Services include:

- Private Sector and Federal Resume Workshops
- Interview Assistance
- Job Fairs & Job Search Assistance
- Entrepreneurship (Boots to Business)
- Discovery Resource Center (internet access)



Exceptional Family Member Program

EFMP-FS Coordinator provides support and services to individuals that have a family member, regardless of age, with any medical, educational, developmental, intellectual, or mental health condition requiring ongoing or specialized services. These services include:

- Needs assessments
- Educational classes
- Support groups
- Community resources
- Disability specific information
- Awareness events

There are books, weighted vests, lap pads, timers, and other items available for check-out in the A&FRC.





Heart Link

Heart Link is a spouse orientation program. An excellent resource for spouses new to the military. The orientation offers valuable tools to help you successfully adapt to the military lifestyle.

Bring a friend for a day of fun! Registration is required; free child care is available through Family Child Care homes. Sponsored by AF Aid Society.

Key Spouse/Mentor (KS) Program

Key Spouse/Mentor (KS) Program is a Commander's program to enhance unit family readiness.

The key spouse is a trained volunteer, appointed by the Unit Commander as a key spouse or mentor, who helps unit leadership address spouse/family issues and concerns. A&FRC provides oversight and assistance to the KS through continued training opportunities and information and referral support.

Quarterly training for key spouses and mentors is provided.



Military Family Life Counselor (MFLC)

Military Family Life Counselor (MFLC) Program provides confidential, private, short-term, non-medical counseling.

Services can be provided on or off base to individuals, couples, families, and groups in the following areas:Ÿ

- Mental Health and Family Advocacy Ÿ
- Anger management, Conflict ResolutionŸ
- Communication Parenting Ÿ
- Relationship Issues
- Decision Making SkillsŸ
- Productivity at WorkŸ
- Military Lifestyle
- Deployment Stress, Homesickness
- Coping Skills Separation, Relocation Adjustment
- Building Resilience
- Loss & Grief Reintegration.

MFLC for Adults – Contact (229) 444-8977

MLAC for Children – Contact (229) 296-0320

Rescue Squadon MFLC – Contact (229) 474-8159

23 MXS MFLC – Contact (229) 561-4087

Pine Grove Elementary MFLC – Contact (229) 415-9759

Dewar Elementary MFLC – Contact (229) 449-3146

Personal and Family Readiness

Personal and Family Readiness provides mobility and deployment assistance to members and families to meet pre-deployment, sustainment, and post-deployment/reintegration challenges.

Services and activities help prepare members and families to successfully manage separation and reintegration, increase individual and family morale and unit cohesion, and support operational readiness.

The focal points of separation are before, during, and after. Each separation is different, thus the importance of providing sustained support. Available to families experiencing separations longer than 30 days (TDY, deployment, or remote tour). Support services include:

- Pre-Deployment Briefings for members at the Deployment Control Center (DCC) every Thursday at 2 pm and for spouses at the A&FRC or by unit request
- Reintegration Briefings for members are held every Mon, Wed, and Fri at 10 am in the A&FRC
- Hearts Apart special activities and events
- Car Care Because We Care (up to \$40 oil change voucher), Sponsored by AF Aid Society (remote or deployment only)
- Give Parents a Break (6 hours free child care monthly), Sponsored by AF Aid Society
- Hug A Hero Doll
- Video DVD to record reading books or other personalized messages
- 16 hours of free child care for reintegration, Family Child Care (FCC) Program (229) 257-3907
- Personalized Pillow Cases / T-shirts (pillowcases free)
- GA Law allows for 5 days of excused absence taken either before or after deployment. Approval must be requested prior to the child missing these days – SLO (229) 257-4380



Personal Financial Readiness

Personal Financial Readiness offers information, education, and personal counseling to help individuals and families maintain financial readiness and stability and achieve their financial goals.

Services include:

- Spending plan development
- Bank account management
- Basic investing, including TSP
- Debt & credit management education
- Home buying & selling
- First Term Airman and first duty station officers
- Understanding your credit report/score
- Identity theft prevention

Personal and Work Life

Personal and Work Life enhances the individual's knowledge, skills, and abilities to anticipate and meet challenges throughout various stages of the military family life cycle. They offer personal enrichment workshops, services, and activities that strengthen individual, family, and unit readiness.

Services include:

- Consultation: One-on-one assessment counseling for individuals, couples, and families.
- Marriage Planning Guide: provides information from the chaplains, housing, finance, accounting, and finance.
- Couples Communication: Learn communication skills and conflict resolution techniques that really work! Couples will be introduced to the “Five Love Languages” and the Prevention and Relationship Enhancement Program (PREP) approach to building a lasting and loving relationship. Registration required.
- Resilience Training



Relocation Assistance

Relocation Assistance offers programs, information, and resources to help mitigate stress and challenges of moving to a new area.

Contacting the A&FRC is an excellent first step in exploring the right options for you and your family.

Services include:

- Newcomers Orientation for active duty members (spouses encouraged to attend) & civilian employees
- e-Sponsorship Training – <http://apps.militaryonesource.mil/esat>
- Military Installations Database – www.militaryinstallations.dod.mil
- Personalized Relocation Assistance
- Facilitate Smooth Move Workshops for service members and DoD Civilians Relocating / PCSing to a different base.

Survivor Benefit Plan (SBP)

Survivor Benefit Plan (SBP) is a government program that makes it possible for retiring members to ensure that after their death, their eligible survivors receive a portion of their military retired pay in the form of a monthly annuity.

Retiring Air Force members are required to have a one-on-one briefing with the SBP Counselor to discuss their options.



Transition Assistance

provides retiring, separating, and demobilizing members/families information regarding benefits and entitlements essential for a successful transition to the civilian community. Per Air Force policy, transition assistance is also provided to DoD civilian employees and family members impacted by restructuring and reductions.

Programs and benefits include:

- Initial Counseling
- Pre-separation counseling/Individual Transition Plans (ITP)
- Transition Core Curriculum Workshops
- Capstone – Completion verifies meeting all mandatory requirements

Additional Two-day Tracks:

- Boots to Business (Entrepreneurship Track) – open to family members
- Career and Credential Exploration Track (C2E) (Vocational)
- Managing Your Education Track
- DOL Employment Track

Volunteer Program

Volunteer Program provides opportunities to give back time, enhance skills or talents and develop professional experience through networking and personal growth. Benefits of volunteering include creating a flexible work schedule, free child care, free training, and awards and recognition.

Congress passed a law stating: “— The knowledge and skills you gain from your volunteer time will be accepted on applications for employment with city, state, and federal government.”

In addition, most corporations recognize the value of volunteer experience. So, remember to include volunteer time on your resume.

Regular Workshops

Here is a list of our regular workshops

- Remote Tour (Monthly)
- Spouse Deployment (Monthly)
- Transition Week (TAP) (Bi-Monthly)
- Heart Link / Spouse Orientation (Quarterly)
- Key Spouse / Mentor Training (Bi-Monthly)
- Newcomers Orientation (Bi-Monthly)
- Pre-Separation Counseling (Weekly)
- Private Sector Resume (Monthly)

