Unit, Personal and Family Readiness Brief
The Unit, Personal and Family Readiness Program

The Unit, Personal and Family Readiness Program (UPFRP) is a unit centric program, 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 the Uniformed Readiness Coordinator (URC) who implements 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.

Uniformed Readiness Coordinator POC:
CWO3 Lynch, Michelle
757-462-7856
michelle.lynch2@navy.mil
• Taking care of our Marines, Sailors, Civilians, and family members.
  – We will maximize family time to the extent practicable.
  – We will keep our Marines, Sailors, Civilians and family members informed.
  – We will ensure that every Marine, Sailor, Civilian, and family member is aware of and has access to the family support resources available to them:

  • American Red Cross
  • Chaplains
  • DSTRESS
  • Exceptional Family Member Program
  • Family Advocacy Program
  • The FOCUS Project

  • L.I.N.K.S.
  • Marine Corps Family Team Building
  • Military OneSource
  • Navy Marine Corps Relief Society
  • United Services Organization (USO)
EWTGLANT
Organization

63 Marines
59 Sailors
26 Civil Service
29 Contractors
177 Total Personnel
UNIT READINESS COORDINATOR (Formerly FRO) CWO-3 Lynch

COMMAND TEAM ADVISOR Mrs. Erickson

SINGLE MARINE PROGRAM Cpl Manchanthasouk LCpl Howard

CHAPLAIN CDR Dundas, USN

MWR & VOLUNTEER COORDINATOR YN1 Ortiz

OMBUDSMAN Mrs. Kurbikoff

DEPUTY RC GySgt Mendoza

FAMILY READINESS ASSISTANTS Cpl Delafuente Cpl Manchanthasouk Sgt Moncada Trained Spouses

MWR READINESS GROUP Dept MWR Reps

FAMILY READINESS GROUP Trained Spouses

VOLUNTEERS Family Members
• EWTGLANT has a public webpage

• EWTGLANT has a Facebook page
  • https://www.facebook.com/attackfromthesea/

• View photos of EWTGLANT events

• View upcoming events

• View news stories about EWTGLANT

• Welcome aboard information

• We’ll post this brief too!
Military Families

- To send a Red Cross message, please call 877-272-7337.
• CDR Steve Dundas, USN
  • steven.dundas@navy.mil

• http://www.navy.mil/local/chaplaincorps/

• Phone: 1-855-NAVY-311 (1-855-628-9311)

• Email: NAVY311@NAVY.MIL

• Text: navy311@navy.mil in the "to" line

• Web: www.navy311.navy.mil
ChaplainCare
• DSTRESS is a 24/7 hotline designed to provide professional and anonymous counseling for Marines, Sailors, and their families. It is staffed by Marine veterans, former corpsmen, and other licensed counselors who have been specifically trained in Marine Corps culture and ethos.

• 1-877-476-7734

• www.dstressline.com
From the everyday stressors of life to the stressors related to combat, stress can affect even the strongest Marine. The DSTRESS Line was developed by the Corps to provide professional, anonymous counseling for Marines, their families and loved ones when it's needed most. Call today to speak with one of your own.

NOTICE: THE DSTRESS LINE IS A PILOT PROJECT CURRENTLY AVAILABLE TO CURRENT AND VETERAN MARINES AND THEIR FAMILIES WHO ARE LOCATED IN THE FOLLOWING AREAS: OR, WA, CA, NV, AZ, ID, MT, NM, UT, CO, IA, KS, MN, MO, ND, NE, SD, WY, HI, AK AND WEST TEXAS (FORT BLISS, EL PASO AREA).

A SERVICE OF THE MARINE CORPS
The purpose of the EFMP is to assess, document and code the special medical and educational needs of eligible family members. By identifying families with special needs and maximizing the provision of quality services needed, quality of life is enhanced while the mission is met. The program is assists Headquarters in assigning personnel to an area where their exceptional family member's special needs can be met.

Enrollment in the Exceptional Family Member Program (EFMP) is mandatory for any service member with a qualified family member.

The EFMP office is located aboard Naval Medical Center Portsmouth (NMCP), 620 John Paul Jones Cir, Portsmouth, VA 23708, Building 3, 4th Floor.
• Family Case Worker: 757-953-2270

• Training / Education / Outreach Specialist: 757-953-2222

• Admin: 757-953-2291

• http://www.mccscampallen.com/EFMP_local.htm
Family Advocacy Program

- Family Advocacy is a command program designed to assist families experiencing the trauma of abuse.

- Services include information on spouse/intimate partner and child abuse, victim advocacy, counseling for individuals, couples and children, as well as support groups for men and women.

- Services are provided, free of charge, for those seeking help.

- Additionally, classes on stress management, anger management, child and teen parenting, financial management and building self-esteem are offered on base to educate all individuals in dealing with stressful situations.

- They are located in The Navy Fleet and Family Support Center on Joint Base Little Creek.

- They can be reached at 757-462-7563.

- [www.usmc-mccs.org/famadv/](http://www.usmc-mccs.org/famadv/)
FAMILY ADVOCACY PROGRAM

Family Advocacy is a command program designed to assist families experiencing the trauma of abuse. Counselors are trained in the dynamics of abuse in order to assist in protecting victims and support families in need of assistance.

Services include information on spouse/intimate partner and child abuse, victim advocacy, counseling for individuals, couples and children, as well as support groups for men and women. These services are provided, free of charge, for those seeking help. Additionally, classes on stress management, anger management, child and teen parenting, financial management and building self-esteem are offered to educate individuals in dealing with stressful situations.
• FOCUS provides resiliency training to military families. It is not counseling. It offers practical steps for building a stronger, more resilient family.

• It is a confidential resource via the Bureau of Medicine and Surgery (BUMED), and UCLA.

• FOCUS teaches practical skills to meet the challenges of deployment and reintegration, to communicate and solve problems effectively, and to successfully set goals together and create a shared family story.

• FOCUS at also provides units and groups with “Skill Building Groups” on a variety of topics from problem solving to communication.

• They are located on Fort Story at 720 New Guinea Rd, Virginia Beach, VA 23456.

• They can be reached at 757-373-9620.

• www.focusproject.org
FOCUS provides resiliency training for military families facing the challenges of a family member’s deployment during wartime.

- www.focusproject.org

FOCUS: Family Resiliency Training for Military Families

Strengthening the Home Base

FOCUS (Families OverComing Under Stress) provides resiliency training to military families. It teaches practical skills to meet the challenges of deployment and reintegration, to communicate and solve problems effectively, and to successfully set goals together and create a shared family story.

Learn more about Resiliency Training

Why Focus?

As a service initiated by the Bureau of Medicine and Surgery (BUMED), FOCUS Project addresses concerns related to parental combat operational stress injuries and combat-related physical injuries by providing state-of-the-art family resiliency services to military children and families at designated Navy and Marine Corps sites. In 2009, FOCUS Family Resiliency Services have been made available to Army and Air Force families at designated installations through support from the Department of Defense Office of Family Policy.

The Deployment Spiral

Learn new skills to work through the unique challenges of each stage of deployment.

Find out more ➔

Top 5 Questions

Find out how FOCUS can help your family with its individual needs.

View frequently asked questions ➔
L.I.N.K.S.

• Lifestyle Insights, Networking, Knowledge, and Skills (L.I.N.K.S.)

• L.I.N.K.S. was started in 1996 as a program by spouses for spouses and was considered “Marine Corps 101 for spouses”

• The program has expanded and now includes L.I.N.K.S. workshops for parents of Marines, children and teens and an abbreviated version for Marines

• L.I.N.K.S. teaches a variety of topics that include everything from Marine Corps history and structure to the benefits and services available to Marines, Sailors and their families, to tips on moving and learning how to understand the Leave and Earning Statement (LES)

• 757-445-6875

• They’re on Facebook and Instagram (@campallenmcftb)
Marine Corps Family Team Building

- Marine Corps Family Team Building programs include
  - L.I.N.K.S.
  - LifeSkills (various classes)
  - Family Readiness Program training (Command Teams, FRO’s, Family Readiness Assistants, etc.)
  - PREP (Prevention and Relationship Enhancement Program)
  - Readiness and Deployment Support (In the Midst, Kids in the Midst, deployment briefs, Return & Reunion briefs, etc.)
  - [http://www.mccscampallen.com/mcftb.htm](http://www.mccscampallen.com/mcftb.htm)
• Military OneSource (MOS) is a 24/7 resource available to all active duty, reserve and family members.

• MOS offers everything from free counseling to resources and tools for coping with deployment to assistance in managing finances.

• Health Coaching (stress management, weight loss, smoking cessation)

• Counseling (offered online, over the phone, or in person)

• Free books on a variety of topics

• Document and language interpretation

• Resources for moving and installation guides

• 1-800-342-9647

• (www.militaryonesource.mil)
WELCOME TO
MILITARY ONE SOURCE

One source for one community. Rich in resources and knowledge. Powered by the commitment to help you thrive in service and in life.

ABOUT OUR SITE
The Navy-Marine Corps Relief Society (NMCRS) provides need-based financial assistance and other services to members of the Naval Services of the United States and their eligible family members and survivors.

They offer financial counseling, no-interest loans, grants, various support services, as well as referrals to other community-based resources when available.

There are no fees for such assistance.

They are located on Joint Base Little Creek 1481 D St, Ste 103.

They can be reached at 757-462-1596.

www.nmcrs.org
• The USO provides a variety of programs and services to service members and their families such as:

  • Operation Care Package
  • Sesame Street Workshop
  • Operation Phone Home
  • All USO Centers are free of charge and require only a military ID for entrance
  • United Through Reading

• Location information available through their website:
  • https://hrcv.uso.org/
United Services Organization

www.uso.org

From a wide variety of ways to connect troops to their families and friends back home to the heartfelt compassion of care for wounded warriors, the USO is there for military families in the U.S. and around the world. Services and amenities vary based on location and type, so please visit our center directory to find out what features are offered at the USO nearest you.
Operation Homefront provides emergency financial and other assistance to the families of our service members and wounded warriors.

- Key services include
  - Financial assistance
  - Emergency food
  - Emergency home repairs
  - Critical baby items: formula, food and diapers
  - Home and appliance repair
  - Furniture and household items
  - Local moving assistance
  - Community events
  - Wounded Warrior Transitional Family Housing
Operation Homefront

- www.operationhomefront.net/socal
Questions?