



Accessing Community Resources Slide Notes

1. Welcome and thank you for taking time today to learn about Accessing Community Resources at the Lejeune-New River EFMP.
2. For this review we will elaborate on the resources available for your family through the Marine and Family Programs Center here at Marine Corps Community Services, Lejeune-New River and other federal, state and local resources.
3. The Marine and Family Programs Center is designed to enhance Marine and family readiness, resilience and retention. The four service branches are: Family Care, Family Readiness, Behavioral Health and finally Personal and Professional Development.
4. Let's explore Family Care Programs a little further. It is comprised of three programs: Children and Youth Programs, The Exceptional Family Member Program and the School Liaison Officer Program.

- a. Children and Youth Programs provides childcare options for children ages 6 weeks – 12 years old (or any child who has not entered 7th grade).
 - i. Child Development Centers service children 6 weeks – 5 years old and have not yet started pre-school.
 - ii. Family Child Care provides options for families that prefer smaller group settings for childcare. These services are provided with licensed In-Home Childcare providers. Their services are inspected and licensed through the installations Children and Youth Programs.
 - iii. Youth Centers:
 - 1. Provide School Age Care for children who are 5 years old and have started kindergarten – 12 years old have not yet entered 7th grade.
 - 2. Seasonal Camps
 - a. Spring

b. Summer

c. Winter

3. Teacher Workdays

iv. For the Child Development Centers and the Youth Centers you can enroll full-time or pay an hourly rate for childcare.

v. For Family Child Care the cost is dependent upon the provider you have selected to hire.

b. The Exceptional Family Member Program (EFMP) provides support for military families that have a family member with a disability by offering:

i. Educational support

ii. Community support

iii. Transition support

iv. Resources and referrals

v. Individual case management

vi. For specific information regarding the EFMP please visit our website or call the local EFMP office.



- c. School Liaison Officer Program
 - i. School Transition Support: Prior to a PCS meet or call your SLO to discuss your new duty station's education options.
 - ii. The installation SLO will also provide school support for service members of all branches.
- 5. Next we will review the Family Readiness Programs: This branch offers several programs and services: Family Readiness Training, Volunteer Coordinator Program, Readiness and Deployment Support Program, Life Skills Training, L.I.N.K.S., and CREDO.
 - a. Family Readiness Training: supports the personnel and information technology enablers of the Unit, Personal, and Family Readiness Program, as well as outlines the roles and responsibilities of the Family Readiness Command Team Members.
 - b. Volunteer Coordinator Program: encourages Marines, Sailors, and families to get involved in their



units, within the Marine Corps and within their local communities.

- c. Readiness and Deployment Support: supports commands and families during times of pre-deployment, mid-deployment and post-deployment.
 - d. Life Skills Training: facilitates workshops that offer opportunities for personal and professional growth.
 - e. L.I.N.K.S.: is an orientation that provides an introduction into the Marine Corps Lifestyle.
 - f. CREDO: is designed to enhance job performance and overall quality of life through weekend retreats and enrichment events.
6. Let's now explore Behavioral Health Programs: This Branch is comprised of seven programs: New Parent Support Program, Community Counseling Center, Family Advocacy Center, Military and Family Life Counselor Program, FOCUS Project, Substance Abuse Counseling Center and the Sexual Assault and Prevention Response Program:

- a. The New Parent Support Program: Has a team of licensed social workers, counselors and registered nurses who provide educational and supportive services to military families (or single military parents) from the early stages of pregnancy to the development of your child up through age 5.
- b. Community Counseling Centers offer counseling services for individuals, couples, families, and children and teens. The counseling is designed to meet your specific needs in the areas of:
 - i. Stress management
 - ii. Grief and loss
 - iii. Occupational problems
 - iv. Anger and anxiety
 - v. Enhancing coping skills
 - vi. Adjustment issues
 - vii. Relationship issues
 - viii. Parenting issues
 - ix. Family concerns

- x. Challenges with blended families
 - xi. Child and teen development and behavior.
- c. Family Advocacy Center works towards preventing domestic violence by offering resources, education, support, intervention and treatment programs.
- d. Military and Family Life Counselors provide counseling, consultation and training free of cost and completely confidential with no records kept. They can discuss issues such as:
- i. Deployment/reintegration
 - ii. Marriage and relationships
 - iii. Parenting/sibling and family dynamics
 - iv. Communication challenges
 - v. Stress
 - vi. Decision making
 - vii. Grief and loss
 - viii. Transition
 - ix. Emotional well-being
 - x. Improve coping and resilience

- xi. Daily life stresses
- e. FOCUS Project: provides 8-session resilience training for families. The goal of the FOCUS Project is to:
 - i. Assist family members to address deployment stress and reminder to minimize their interference with parenting and family life.
 - ii. Enhance family communication and support by developing a shared family narrative about the deployment experience.
 - iii. Provide individual and community level consultations, workshops and skill-building groups designed to support family resilience.
- f. Substance Abuse Counseling Centers: provides timely, consistent and effective care for active duty military members with substance misuse or abuse related problems which interfere with occupational and interpersonal functioning.
- g. Sexual Assault and Preventative Response Program: Provides 24 hour support and advocacy to all



marines, sailors and military dependents over 18 years of age.

7. Now we will review the Personal and Professional Development Program which supports: Transition Readiness, Education Assistance, Family Member Employment Assistance, Relocation Assistance, Personal Financial Management and Libraries.

- a. Transition Readiness is designed to give Marines and their family's ownership of their transition from the military to the civilian. Service members are enrolled in TRS through the Unit Transition Counselor or Career Planner. Spouses are highly encouraged to attend.
- b. Education Assistance: assists personnel in starting or completing their journey towards their college degree.
- c. Family Member Employment Assistance: provides assistance, training and other career development opportunities to military spouses and family

members. They can you build a resume, educate you on useful networking techniques, resources and job referrals to identify potential employers and have many workshops and classes to provide practice application and hands on training of skills.

- d. Relocation Assistance: Helps you navigate PCS orders to help make the process a “Smooth Move.” Learn how to navigate the DMO process, understand entitlements and how to get organized for the move.
- e. Personal Financial Management: Provides assistance with financial concerns free of charge with no selling or endorsement of any products. For example:
 - i. Budgeting and saving
 - ii. Car buying
 - iii. Home buying/selling
 - iv. Premarital financial planning
 - v. Credit report analysis and information
 - vi. Investments
 - vii. Credit and debt management

viii. Marine Corps Personal Readiness – First
Permanent Duty Station

ix. Consumer awareness

x. Budget for Baby

f. And Finally, libraries: Allow you to check-out:

i. Books

ii. DVDs

iii. Audio Books

iv. Music

v. Video games

vi. Storytime kits

vii. E-readers

viii. Additionally, they have high quality family events
and programs throughout the year.

8. We have covered all the programs available through the
Marine and Family Service Center for Lejeune-New River.
Besides family programming Marine Corps Community
Services also offers fitness and recreation facilities and
programs, shopping and service facilities and dining and



lodging facilities. Please visit our website at

www.mccslejeune-newriver.com

9. I'd like to briefly review the Navy Marine Corps Relief Society, Military OneSource and TRICARE: The Navy Marine Corps Relief Society provides financial, educational and other need-based assistance to active-duty and retired Sailors and Marines, their eligible family members and survivors. Military OneSource is your central hub and go-to-place for the military community. Please take a few moments to review some of the services available through Navy Marine Corps Relief and Military OneSource. I strongly encourage you to find them online and navigate through their website to discover what is available to you. TRICARE Extended Care Health Option or (ECHO) provides financial assistance to beneficiaries with special needs for an integrated set of services and supplies. You must be enrolled with EFMP to take advantage of this program. ECHO Home Health Care provides assistance when using homebound healthcare services.

10. Next we are going to review several federal and state resources. The family subsistence supplemental allowance (OCONUS program) and supplemental nutrition assistance program (CONUS program) provides families with financial assistance to purchase food.
 - a. Supplemental Security Income (SSI) is designed to help aged, blind, and disabled people who have little or no income and provides cash to meet basic needs for food, clothing and shelter.
 - b. Medicaid provides health coverage to millions of Americans, including eligible low-income adults, children pregnant women, elderly adults and people with disabilities. The program is administered by states, according to federal requirements.
 - c. Women, Infants and Children (WIC) provides supplemental foods, health care referrals, and nutrition education for low-income, pregnant, breastfeeding, and non-breastfeeding postpartum

women, and to infants and children up to age five who are found to be at nutritional risk.

- d. DisabilityInfo.gov is a comprehensive online resource designed to provide people with disabilities with the information they need to know quickly and easily. The site provides access to disability-related information and programs available across the government on numerous subjects, including benefits, civil rights, community life, education, employment, housing, health, technology and transportation.
11. For this portion, please take a few moments to review and take notes on the resources you may need. It is helpful to note the title of the group and later use an online search engine to find the website affiliated with your group of interest.
 12. Now we'll explore resources for families of seriously ill children and adults. Both the Dream Factory and Make a Wish Foundation have a mission that provides children



with a serious illnesses a once in a lifetime experience that inspire strength, joy and hope. The Give Kids the World Village provides a weeklong vacation for children with life-threatening illnesses in Kissimmee, Florida.

- a. Ronald McDonald House, SECU Family House at UNC Hospital and the Fisher House at Camp Lejeune provide living spaces for families while loved ones are experiencing extended stays at a hospital.
 - b. Starlight Children's Foundation provides joy and laughter through entertainment to children experiencing extended stays at hospitals.
13. For this portion, please review these additional resources. Please take some time to review and take note of any resources you may be interested in exploring. As always your FCW can help you navigate and find resources that benefit your family.
14. Thank you for your time today. Please contact your FCW or local EFMP office if you have any questions.