



PCS Support

1. Welcome to the PCS Support Workshop. Given by your Camp Lejeune-New River Exceptional Family Member Program.
2. Our learning objectives today are:
 - a. Recognizing the Warm Hand Off process.
 - b. Identifying helpful ways to talk to your children.
 - c. Review employment and moving resources.
 - d. Specific EFMP resources.
3. The EFMP Warm Hand Off Process: Transition supports begin as PCS orders are validated by HQ EFMP. Coordination will occur between the losing and gaining EFMP installation offices.
 - a. 90 days prior to PCS your Family Case Worker will conduct a Family Needs Assessment. Your Family Case Worker will share that information with the gaining installation's Family Case Worker assigned to your case.



- b. 90 to 30 days prior to PCS the Family Case Worker at the gaining installation will reach out and make contact with you.
 - c. When the Marine has detached the losing installation's Family Case Worker will alert the gaining installation's Family Case Worker.
 - d. Upon arrival at the new installation your case will be officially transferred. The Family Case Worker at the new installation will provide assistance as needed.
4. Relocation Assistance: is a program given through the Information and Referral Branch, Marine and Family Programs, Marine Corps Community Services (MCCS). They are there to help you settle into Camp Lejeune-New River or leave Camp Lejeune-New River. They are your one stop shop for PCS support and information. They offer weekly PCS workshops titled "SMOOTH MOVE" for CONUS transition as well as a specific workshop for moving overseas. Check out the Information and Referral



webpage for specific information on the location you are going to and to get assistance connecting within your new community. Let's check out their webpage now. From the main MCCS Camp Lejeune-New River website you can go to the drop down menu and find Information and Referral. There you will see a calendar for all of their upcoming events and the various workshops related to PCS and moving overseas. They offer these on a weekly or bi-weekly basis so you will always have the support you'll need. You will also find a downloadable PCS guide for kids with lots of valuable information regarding saying goodbye, making new friends and packing. Make sure to download this and use as needed.

5. From there you will find a link to military installations. A DOD website that will give you all the facts and resources for any installation. Let's type in the name of an installation. Choose it from the drop down menu and hit "GO". Here you will find all the facts and information that



you will need to prepare ahead of time. You will see information on the installation and local area. And if we scroll back to the top, on the left-hand side you will find links to all types of resources that might be helpful like: check-in procedures, child care, healthcare, housing, schools, MCCS Marine and Family Services, EFMP, employment, Commissary and Marine Corps Exchange, motor vehicle information and so much more.

6. Another helpful resource is Military OneSource's, "Plan My Move". Similarly, you will type in your installation and choose it from the drop down menu. Next you will add in all the relevant information and choose the date of anticipated departure. When inputting your information here; if you are enrolled in EFMP make sure to check the "yes" button when asked if you have a family member with special needs. From there it will give you a calendar format, listing all of the tasks and proposed dates of when they should be completed by in order to have a smooth



transition on the date you anticipate departing. These are all hyperlinked as well so you can open them up for more information. You will see specifically some that are very EFMP related. Some of those, like the example here, will allow you to open them up to a new page that will give you instructions on what to plan for or things to consider. These things include considerations for travel and housing needs. Another useful website is www.move.mil the Defense Personal Property Program. In an effort to make the moving process easier for you the DOD, United States Transportation Command and the Military Surface Deployment and Distribution Command developed the Defense Personal Property Program, otherwise known as DP3. As a part of the DP3 mission, an internet based system to manage the moving of DOD household goods was created. This is called the Defense Personal Property system or DPS. Through this website you can self-counsel and submit an online application instead of traveling to a



transportation office. You have an option to file a claim online and to settle directly with your moving company (called your transportation service provider or TSP). You can receive full replacement value of loss or damaged goods as opposed to depreciated value as it was the past and to make sure that quality and reputable companies handle and ship your personal belongings by completing the personal satisfaction survey.

7. Talking to you children: Moving is difficult for everyone. But for you children it can feel like the end of the world. They are worried about changing schools, losing friends and having to make new friends. The more you can help your children through the moving process the better. To begin with; tell your children about the move as soon as possible. They will need time to go through a whole range of emotions; saying goodbye to friends and adjusting to the idea of living somewhere new. They might have a lot of questions, so listen patiently and answer the questions



as best as you can. Help your child research their new school, nearby parks and base activities to get involved in. Younger kids can help pack their first day box. The adjustment for you and your kids will take time, but the more you can get them involved the better. There are some books that we recommend about moving as well as interactive ideas. Giving kids a task like packing, helping search for a house, picking out paint choice for the new house, allowing them to help map out places to stop along the way and even count down chains are all great ways to involve your children. This makes them feel like they play an integral part in the moving process. Give them moving tasks; ask them to help set up a yard sale, ask them to research the new location. Try to stay positive about the move if you have an upbeat attitude about the move, it will rub off on your children. Talk to them about the positive things that can come with a new move: a chance to start over at school, meet new people and decorate a



new home. Reassure your kids that not everything will change when you move. They need to be reminded that the core elements of your family and household are still intact. The important things in life, such as, how much you love each other won't change. And try your best to maintain some routine and family traditions. Before leaving plan a special way for your children to say goodbye to friends. Like a sleep over, a fun outing or a small party. Encourage them to get out and give contact information so that they can stay in touch. Plus Facebook makes connecting with friends super easy. Moving is part of military life, it has its challenges but it doesn't have to lead to meltdown and the silent treatment. Plan ahead as much as possible. The more you plan ahead of time the easier the relocation will be for you and your family.

8. A great resource for your children to use is Military Youth on the Move a partnership with Military OneSource. This is for children age six and up and you can see lots of



information and links on how to deal with the transition process. It also has general information for children on life as a military family.

9. Education: where your children will go to school can be a stressful process but there are many resources to help you plan. School Liaison Officers assist with k-12 education issues for public, private, DoDEA and home school students for all branches of the military at any local installation. Their mission is to identify and coordinate community resources to reduce the impact of the mobile military lifestyle on school age children and families. You can find them at the link you see on the screen which is also on the hand out and in the event detail section. The DoDEA education partnership has a directory of DOD-wide school liaisons so you can receive support no matter where you are going. They even have information on DoDEA special education and the Virtual School Program. The Education Directory for children with special needs is



Military OneSource Pproject that provides military families, having a child with special needs, with information they need to make informed assignment decisions and easier transitions. The directory consists of two components. The Early Intervention Directory which focuses on early intervention services for children with special needs birth through age 3 and the School Age Directory that focuses on services for children with special ages 3-21. Both provide tools and resources to help with the transition to a new location. The Early Intervention Directory summarizes national and state level early intervention trends and includes descriptions of local early intervention service providers. The School Age Directory summarizes national and state level trends for special education and includes descriptions of individual school districts. Check out their resource “Tools for Making a Smooth Transition” for valuable information on how to prepare for a move with a special education need or developmental delay.



This includes information on what to do and ask before leaving your current installation. Things like connecting with an early intervention provider, your EFMP Case Worker or your school service coordinator.

10. There are many additional online and video resources to help with your moving process. You can see:
 - a. Moving with an IEP Online Learning
 - b. Organizing Medical Records Video
 - c. EFMP SCOR Binder Video
 - d. Organizing School Records Video
 - e. Introducing Your Child to a New Teach Video
 - f. PCS Travel Considerations Video
11. We recommend attending in person the EFMP SCOR Binder Workshop to organize your family member's medical and educational documents. Please contact your Family Case Worker to discover the next opportunity.
12. Here at Camp Lejeune-New River, Marine Corps Family Teambuilding often hosts a Military Readiness



Binder Workshop to help you manage all of your life's important documents and items which are essential to a smooth transition. Often times your local EFMP office attends these workshop to provide additional information for EFMP families. Check them out on your local MCCS Lejeune-New River website. Links to these videos and trainings will be made available on the hand out as well as in the events details section.

13. Employment Resources: Transitioning as a military spouse can be difficult. Finding employment opportunities can be challenging at your new duty station. Military OneSource's Education and Employment section of their website has valuable information on resume writing, interview techniques as well as information on where to look for careers. They have a very specific spouse education and career opportunity section as well. Your local installation will also have a Family Member Employment Assistance Program, also known as FMEAP.



They are a great resource to be connected with local employment, hiring fairs, assistance with resume writing and interview techniques. If going to a Marine Corps installation, you will also have an opportunity for an MCCS Civilian career. Additionally, USAJOBS.GOV is a federal employment database with positions at installations worldwide and even work in areas away from major installations. You can also consider self-employment. Military One Source's Education and Employment webpage has specific information on self-employment.

14. That concludes our training. If you have any questions please leave them in the comments below. Thanks so much for attending.