



ACS Celebrates 52 Years

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Article submitted by Kevin Smith, ACS Outreach Program Coordinator
Source: www.army.mil

A compassionate attitude and dedication of service to Soldiers and Family members has been part of the Army culture for a countless number of years.

Army spouses have long recognized the need for social service activities such as lending closets, thrift shops, nurseries, fundraising for the needy, assistance during times of emergency, mentoring to the inexperienced and comfort

for the ill and bereaved. At one time, these services were all provided by Volunteers, often resilient Army spouses, who sought to bring stability to a very challenging Army lifestyle.

However, this stability would not last with a solely Volunteer workforce who would have to move with their sponsors and in turn leave behind programs that would often stagnate or disappear in the originators' absence.

Thus, the need arose for organized, government support, military social service agency. In July 1965, Army Chief of Staff,

General Harold K. Johnson, formally established Army Community Service (ACS) to offer continued social services for Soldiers and Families at Army installations worldwide.

July 25th marks the 52nd Birthday of ACS. The ACS staff would like to recognize the Army spouses who played and continue to play a pivotal role in the history of ACS as Volunteers or employees; without them, ACS would not hold true to its roots of personal sacrifice for the service of others. Thank you for your service and commitment to our ACS community.

The motto of ACS have changed in wording over the years from "Self-Help Service and Stability" to "Partners in Readiness" to the current motto "Real-Life Solutions for Successful Army Living."

The mission remains the same for ACS- to assist Commanders in maintaining readiness of Soldiers, Families, and Communities within America's Army by developing, coordinating, and delivering services which promote self-reliance, resiliency and stability during



ACS Chief Arthur Jones and ACS Staff

Army Community Service Volunteer Program

Submitted by Kim Hooks,
ACS Community Service
Program Manager
Source: Army One Source



Army Community Service (ACS) is rich in the tradition of volunteerism and offers a wide range of volunteer opportunities that significantly impact the military community.

Most ACS staffs have a Volunteer Manager who is a volunteer, emphasizing the teamwork that exists between ACS paid and non-paid staff. Fort Campbell's ACS Volunteer Coordinator is Keila Benetiz, 270-798-2063.

Who are Army Community Service (ACS) volunteers?

ACS volunteers are soldiers, retirees, civilians, spouses, youth and survivors. The common bond of these volunteers is the desire to help meet the needs of Army community members, the desire to assist ACS in its Mission of "Self-Help, Service and Stability".

What types of volunteer positions are in Army Community Service (ACS)?

The ways that you can help your community and find satisfaction as an ACS volunteer are endless! Although all ACS centers have opportunities for volunteers, the exact type of opportunities available will depend on the installation. As an ACS volunteer, you can teach classes in money management assist with orientation classes. You can encourage an Exceptional Family Member in recreational programs, or prepare foreign-born individuals for citizenship and teach them English. Volunteers learn about community resources by updating the information files and the relocation information database.

Volunteers can also help relocating Families by assisting with the lending closet. They welcome clients to the ACS Office, market the services provided and prepare handouts.

Besides contributing to these organized services, through Army Family Team Building (AFTB), Army Family Action Plan (AFAP), and the Army Volunteer Corps Coordinator (AVCC), volunteers are needed to teach classes about military life, to organize symposiums addressing military issues, and assist with volunteerism on the installation.

How are Army Community Service (ACS) volunteers trained?

Every ACS volunteer receives orientation training which includes information on the history of the organization and mission, the role of the volunteer, organization policies, volunteer procedures, the importance of confidentiality, and volunteer benefits.

It is important to ACS that the volunteer staff receives adequate training to complete the jobs assigned; therefore, we often have pre-job training, on-the-job training, and continuing in-service training.

When possible, volunteers may be sent to installation classes or to conferences to learn computer skills or enhance their knowledge about a program area. This training is an excellent opportunity to sharpen old skills and to learn new ones that may lead to a paid position in the future.

How often must volunteers serve?

We have volunteer positions that require only a few hours for a special project and others that require an on-going regular commitment. Tell us the type of commitment you want to make and we will find a project that interests you within your time requirements.

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What do volunteers do with their children while they volunteer?

Fort Campbell ACS offers limited childcare for ACS volunteers through Child and Youth Services (CYS) as long as funding is available. Children must be registered with CYS.

Why should the volunteers maintain their service record and daily time record?

These records provide a history of the number of hours of service, the type of training and the work experience of the volunteer. In order to determine appropriate recognition and assignments, supervisors consult these records. When you move, it is important to have these records sent to the next installation and to request a duplicate for yourself.

Taking this action will ensure that you begin your next volunteer assignment at your current performance level. This record will be beneficial when seeking employment as it will attest to your training and experience.

You should also request a copy of your position descriptions and a letter of recommendation from your supervisor or (ACS) Chief.

How are Army Community Service (ACS) volunteers recognized?

All Army Community Service (ACS) volunteers are eligible for any volunteer award within the Department of Defense or the civilian community provided they meet the criteria.

The Department of the Army presents distinguished Army

Community Service (ACS) volunteers with the prestigious **Emma Marie Baird Award** for Outstanding Volunteer Service.

In addition to this recognition each MACOM (Major Army Command), installation and ACS Office recognizes volunteers through locally initiated certificates and mementos. Fort Campbell ACS provides a Quarterly Volunteer Recognition ceremony for its volunteers and participates in the Garrison Monthly recognition.

However, the best recognition is often the simple words of praise and appreciation that comes from the hearts of the staff and clients.

For more information on volunteering with ACS please call the ACS Volunteer Coordinator at 270-798-2063 or 270-798-3843.



Annual Fort Campbell Volunteer Recognition

By Alex Krohn, ACS Specialist

In May 2017, forty-five Fort Campbell volunteers were recognized for their contributions in 2016 and five of those volunteer their time at Fort Campbell Army Community Service.

Mrs. Inna Pelon, who was the Volunteer of the Year in the Community Services category, serves as the Army Family Team Building (AFTB) Operations Manager. Inna helps coordinate classrooms, student materials, books childcare, updates marketing material and so much more to make the AFTB student and instructor experiences memorable.

Mrs. Taunia Schulke serves as the AFTB Volunteer Program Manager (VPM) and welcomes new AFTB Instructors, prepares instructor files, coordinates Instructor Professional Developments just to name a few of the tasks that she takes on.

Mrs. Jessica Chung is an AFTB Instructor (and former VPM) who is a very talented instructor and has won the AFTB Instructor Impact Award multiple times.

Mrs. Keila Benitez is not only an AFTB Instructor but has translated the class handouts, slides and

instructor materials to Spanish and instructs the Spanish speaking Army 101 class to make the student's class experience a more comfortable one.

Lastly, the youngest and talented ACS volunteer award recipient is, Mrs. Dar'ya Pelon who helps organize marketing materials, prepares student binders and helps with office administration. Her enthusiasm and smile is a joy to have in our building.

Fort Campbell ACS Volunteers are extraordinary because they give from their heart unselfishly to help our customers have the best ACS experience.

Please join me in congratulating them for their awards and thank them for all that they do to make the Soldiers and their Families lives better.



Taunia Schulke



Jessica Chung



Keila Benitez



Inna Pelon



Dar'ya Pelon

How Army Family Team Building Helped Me

By Jessica Chung,
ACS AFTB Instructor

Here we were completely prepared, or so we thought, for this new adventure. I was an Army Veteran and we had moved about 8 times. Went through deployments and having kids. What was there we couldn't handle? Then we arrived at Fort Campbell. I will never forget the day AFTB (Army Family Team Building) was first presented to me. It was right before my first Family Readiness Group (FRG) meeting as a FRG Leader.

Frantically searching the hall at the Family Resource Center for some sort of information to give out to my Family members who were only attending our meeting because their Soldiers were deployed and they were looking for information. As I paced the halls, a kind voice called me in the office and asked if I had ever thought about taking the Instructor Training Course (ITC). In my head I thought, "Yeah, OK, I can barely handle this FRG meeting. How am I supposed to teach a class?", but I agreed since at this point I could use all the help I could get.

It was September of 2015 and we had been at Fort Campbell for about 6 months when I showed up to ITC. Nervous, I looked around the room filled with a variety of volunteers. Some were there because their employers made them attend, some because they were eager to put their skills to work, and others because they



Jessica Chung
ACS Volunteer and
AFTB Instructor

were interested, yet not sure they would ever actually teach a class. I fell somewhere in between the last two. After taking the course, I was eager to get out there and teach as much as I could. I was so nervous when I showed up to teach my first class and it was a complete mess, but in true AFTB fashion, Alex and Kari patted me on the back and encouraged me. For the first time I felt the true meaning of an Army Family.

AFTB was a place you could go when you needed the answers or you needed to vent. It was a place that understood some days you are going to feel a mess and there would be an amazing mentor such as Mrs. Vanessa that would offer open arms and advice to get you through it. Then were days you felt like you had this Army thing under control and there would be an instructor you may help lift their spirits that day.

No matter what kind of day you were having AFTB always made you feel a part of the family. Between the monthly meetings, quarterly Family get-togethers and celebrating every instructors' birthday, you had a place to call home while you eagerly grew to reach out and help every military spouse you could with the information you had.

During my time as an AFTB instructor and the AFTB Volunteer Program Manager, I learned more than I could have ever imagined. Not only from the lessons we taught, but from the students we taught it to. The Army was constantly changing and with every new student we had an abundance of information. Teaching became my favorite thing to do and soon my millions of notes were left at my desk and I felt comfortable enough to go teach what I had already known. I blossomed into being a military spouse. AFTB gave me a platform to find something that was mine and be able to share my experiences with so many military spouses.

If I could give one piece of advice to a new spouse it would be to get yourself out there and take advantage of all of the programs Army Community Service has to offer. AFTB being one of the many great outlets for spouses to share their skills and knowledge to our Fort Campbell Community. Our volunteers here are among some of the greatest people I know. As we leave Fort Campbell, I feel truly blessed for the Family I found through AFTB and the knowledge and experience I have gained.

The Blended Retirement System (BRS)

By Gary Swalve,
ACS Financial
Readiness Specialist

On January 1, 2018, the military will have a revamped retirement system in place. The current system consists of a 20 year cliff vested defined benefit (pension) annuity. The new plan keeps this element in place, with a different formula, and adds matching contributions to the portable military defined contribution plan, Thrift Savings Plan (TSP).

The Department of Defense contends that this new plan will allow more participants leave the service with benefits, about 85% as compared to around 19% in the current legacy plan. They also believe this new plan will make military service more competitive as a career and enhance recruiting and retention.

The new plan will contain a new element in that the beneficiary's service will begin to match contributions to the defined contribution plan, TSP, already available to service members.

This is common practice of most private companies offering this type of plan. The matching mirrors that of the federal Service plan. The service will automatically contribute the equivalent of 1% of the individual's base pay to the TSP and then will match the next 4% of the individual's contributions.

Essentially, if an individual contributes 5% of their own money, another 5% will be contributed by the service which means the individual have 10% of their base pay be contributed to the TSP account but only 5% comes from their pocket (see table). The vesting period, the amount of service time you must serve to take matching contributions with you when you leave the service, is 2 years for this defined contribution element of the new system.

A key difference between the new and the old is that the defined benefit formula will change. The new formula to calculate the pension annuity is: years of service X 2% X average of highest three years of

DoD Contributes	You Contribute	DoD Matches	Total
1.0%	1.0%	1.0%	3.0%
1.0%	2.0%	2.0%	5.0%
1.0%	3.0%	3.0%	7.0%
1.0%	4.0%	3.5%	8.5%
1.0%	5.0%	4.0%	10.0%

pay.

This basically equates to 40% of the average the highest three years of base pay at 20 years of service. The current formula is number of years X 2.5% X average of highest three years of pay. This equates to 50% of the average the highest three years of base pay at 20 years of service. Both plans are cliff vested 20 years meaning that the beneficiary has to serve at minimum 20 years to be eligible for the benefit.

Anyone who enters the service after January 1, 2018 will automatically be enrolled in the new BRS and anyone with less than 12 years (if you entered active duty after January 1, 2006) of service on the same date will be eligible to "opt-in" to the new plan. Those eligible to opt-in have the entire calendar year of 2018 to make their decision.

The key factor in deciding is how long do you plan to stay in the service? If one is planning to leave before the 20 year point it may be best to opt-in to the new plan so that you can take some money with you to your next career pursuit. DOD will be coming out with a calculator you can use to help you make your decision in coming months.

Accredited Financial Counselors are available at Army Community Service, Financial Readiness to provide more detailed information about the BRS and to help you make an informed in reference to your personal situation in this matter. Appointments can be made by calling 270-798-5518 or stopping by the office located at 2601 Indiana Avenue.

6 Common Job Search Questions Answered

Article by Marcelle Yeager
Contributed by
Kristen Geist-Hodgkins,
ACS Employment Readiness
Program Manager

There are many questions about [job searching](#) out there, and unfortunately, a wide range of answers. This is because each employer and every single recruiter is different, and hiring practices change over time. That makes it very hard to nail down one answer to every question. However, among the most common job search questions, the answers that you get will generally be along the same lines. Let's dive in.

"Do people even get hired anymore without knowing someone?"

Yes! It is surprising how many job seekers think this isn't true. You actually can apply to a job online and be asked for an interview and receive an offer, or be contacted by a recruiter and have it lead to a job offer. Shocked? Apply away, but be smart about where you apply and what you spend your time on. If you don't meet the minimum qualifications, you are probably wasting your time.

"Do I have to tailor my resume for every opportunity?"

Yes, but don't let that scare you! Build a [solid resume](#) with a concise career summary and bullets that reflect specific things you've done, plus the impact or end goal of your work. From there, the tweaks will be minimal. You'll

want to make sure you use the key words and phrases the company will be searching for as it applies to your background. The exception is if you're applying to jobs in disparate fields, as you may need two or three copies of your resume to use for each purpose.

"At what point do I mention a scheduled family wedding that I have to attend in one month?"

If you are asked during an interview if you'll be able to work in that timeframe because of a big conference, say, you should be honest. Otherwise, the time off does not need to be discussed during the interview. You should bring it up if you [receive a job offer](#) and plan to accept.

"How much does LinkedIn matter, and do I need to use it?"

For most of us, the answer is yes. Unless your career dictates that you lead a non-public life, you will benefit from having a profile. As Facebook has become the go-to place to find old friends, [LinkedIn](#) has become indispensable for finding connections that could help you learn of, or even obtain, job opportunities. And you can be found by recruiters and co-workers. Bottom line: Using LinkedIn is a key component of almost any job search strategy.

"Should I bother writing a cover letter if the posting doesn't ask for one, or says it's optional?"

There tends to be more disagreement over cover letters than any other job search topic. But the fact remains: If an employer likes your resume, they may read your cover letter. If you're the only person who wrote one,

and it's good, you'll probably get called for an interview. Taking that chance is worth it. Disclaimer: If the posting tells you to only submit a resume, do not send a cover letter!

"Why am I not getting responses to my applications?"

There are an infinite number of reasons for this. Among the most common: the position was already filled; you did not meet the minimum qualifications for the position according to the Automatic Tracking System (ATS) or a person reviewing your resume; you had mistakes in your resume; or the hiring manager is on vacation. What can you take away from this? Don't assume anything.

The best thing you can do from the start is to send your application not only to the general human resources inbox you are directed to, but find a logical contact on the company website or LinkedIn and also send your application to them. Address your cover letter and email to that person by name. If you can't find someone, that's OK, but make sure you follow up with the person or people you sent your application to. If it says "no calls," do not call, rather, email them in a week. Otherwise, call in a week and then follow up a few days later with an email. Be persistent, but [not a pain](#).

While this is not an exhaustive list of the most common job search questions, it should give you some clarity as you slog through the process. It can be discouraging spending countless hours trying to get your resume and materials in shape, networking and then trying to figure out the whole job-search dance, but with the basic principles in mind, you'll be ahead of the game.

Spouse to Spouse Sponsorship Program

By Inge Grayer,
TJFACT Contractor
ACS Relocation Readiness



It has been five years since the ACS Spouse to Spouse Sponsorship program was created in May 2012. It was first introduced to compliment the mandatory TASP – Total Army Sponsorship program – for the Soldiers, and became so much more. It is a program where connections, and often long lasting friendships have been created.

As a military Spouse myself, now retired, I remember when it was time to PCS to another duty station, it was always the beginning into the unknown. Yes, we can do our own research, but having a professional one-on-one contact from the installation where we are going can give us so much more insight, than a webpage can. A referral for finding a good hair dresser, dentist, doctor, and learning our way around the new installation and the surrounding area.

An ACS Spouse Sponsor can

assist with all these open questions and more. They are the one-on-one contact to an incoming Spouse to Fort Campbell, before and after arrival, who will assist with resources on Fort Campbell and the surrounding area, and answer any questions the Spouse may have. If you are a spouse scheduled to arrive Fort Campbell or already here, we would love to give you the assistance you need. To request an ACS Spouse Sponsor, contact the Relocation Readiness office, 270-798-0513, or e-mail ftcampbellacsrelocation@gmail.com.

The ACS Spouse to Spouse Sponsorship program is advertised on different websites, such as www.campbell.army.mil, under the Newcomers and also Sponsorship tabs. The <https://campbell.armymwr.com> website, under Facilities and Programs, ACS Relocation Readiness, is also a great website to find out about the program. In addition, it can be seen advertised every Tuesday on the ACS Facebook page.

The program offers Full Sponsorship, before and after arrival, and also Reactionary Sponsorship, after the spouse arrives to Fort Campbell. Our team of Spouse Sponsors consist of active military spouses, who attend training, to work in this position as a volunteer. If you are looking for a rewarding

volunteer position, ACS Relocation is conducts quarterly Spouse to Spouse Sponsorship training. The next training is scheduled for August 9, 2017 from 9 a.m. to 11:30 a.m. at the Main ACS building, 2601 Indiana Avenue. The volunteers record their worked hours on the VMIS system, on www.myarmyonesource.com. Depending on the hours recorded, they can earn awards, and also receive special awards by nomination, such as Volunteer of the Month, ACS Quarterly Volunteer, just to name a few. It is all around a wonderful and rewarding volunteer position, and benefits each and every incoming Spouse to Fort Campbell.

It happens quite often that spouses who had the benefit of the assistance of an ACS Spouse Sponsor in coming to Fort Campbell are so satisfied with the service received, they also become a volunteer for the program.

Wanting the assistance of a Spouse Sponsor or become a Spouse Sponsor yourself? Our staff at ACS Relocation Readiness is here for you!!



"Ask FAP"

By Twanna Ivey,
ACS Victim Advocate
ACS Family Advocacy Program

Do you have parenting or relationship question that you would like to ask? If so, we have answers. To anonymously request that your question be shared in the 'Ask FAP' Section of the ACS newsletter, call 270-412-5500.

"What are MFLCs?"

Daily life stressors can sometimes feel overwhelming and there is no exception for military Families. Military & Family Life Counselors (MFLCs) provide short-term, non-medical counseling services at no cost. Their services are confidential and private with the exception of child abuse, domestic violence, and a duty to warn.

The non-medical counseling services include anger management, healthy relationships, parenting, and decision-making skills. They also cover military related topics such as deployment stress, coping skills, homesickness, and separation. To contact a MFLC, call 270 205-1917. Note: The adult providing the indirect supervision must be aware of this responsibility.

"What is the Backdoor Boutique and can I use their services?"

Like many others, military Families experience financial strain. The Backdoor Boutique is just one of the many programs available within the Fort Campbell community to provide support. This program is part of the Armed Services YMCA and offers free items for military Families E1-E5. Junior enlisted Families can shop

weekly to obtain needed items such as clothing, linen, kitchen essentials, books, toys, food, and furniture. Shopping is on Tuesday, Wednesday & Thursdays from 11am-3pm. For more information, please call the Backdoor Boutique at 270-956-1566.

"If I do not have an active case with the Victim Advocate Program, can I still call them for resources?"

Yes. Anyone can contact the Victim Advocates for information on community resources. The Victim Advocate Program provides advocacy, support, information, and resource referrals to adult victims of domestic violence. There are two options for making a report to a Victim Advocate.

Restricted reporting allows victims to receive support from an advocate without initiating command notification or report to law enforcement. Unrestricted reporting allows the victim to receive services from an advocate, initiates command notification and allows command to implement protective measures such as the military protective order. To reach a Victim Advocate, call 270-412-5500 or 931-980-5787.

"What can I do to stay safe in an abusive relationship?"

There are several things you can do to increase your safety. If your life is in imminent danger, call 911. You may also do the following: complete a safety plan with a Victim Advocate; request a Military Protective Order (MPO) from command; file for a Civilian Protective Order (CPO); maintain the Conditions of Release

(COR) following the offender's arrest; or seek safe shelter: Sanctuary at (270)886-8174 for KY area and Safe House at 931-648-9111 for TN area. For more information, contact a Victim Advocate at 931-980-5787.

"How do I get my 1 month old on a sleep schedule?"

Unfortunately sleep is hard to come by with newborns and at this age, the baby pretty much sets the schedule. However, it is important that you get rest as well. You could nap when the baby is sleeping; take turns staying up with the newborn; or even ask family members for help. Here are some suggestions from Harvey Karp, M. D., author of the Happiest Baby Guide to Great Sleep (2012), to help reverse your one-month-old's day-night confusion.

- Take lots of daytime walks to get extra sunlight exposure (indirect light is best in the summertime, to avoid sun burns). If you are unable to get outside, try to get lots of light exposure at home especially during the early morning, to help set your baby's circadian clock.
- Carry your baby in a sling for long periods of the day (or use a swing) to reinforce the idea that the daytime is an active time.
- Use swaddling and strong, rumbling white noise for all naps and nights.

These steps should improve your baby's sleep problems in about a week. For more information, contact a New Parent Support Program Home Visitor at 270-412-5500.

Comforting the Broken

By Leslie Herlick
ACS Survivor Outreach Support Specialist

Knowing what to say, or what not to say, to comfort a friend or family member that has lost a loved one is sometimes very difficult. We want to say something that is supportive and consoling, but it doesn't always come across that way. We want to take away the pain of the loss, and let this person know we care. So, instead of using clichéd phrases, what should you say to someone who is grieving?

What night do you want me to bring over food, watch your children, mow your lawn, etc?

Offer to provide a service to a grieving person. Don't just tell them to call you if they need something. Most people will never call, because they don't want to burden anyone. Offer them a simple choice of something that you can do for them, and then follow through on the offer.

I am so sorry for your loss. You are in my thoughts and prayers.

Expressing a genuine, heartfelt condolence is perfectly fine. Just don't tell the person that you know how they feel, or that time will heal their broken heart.

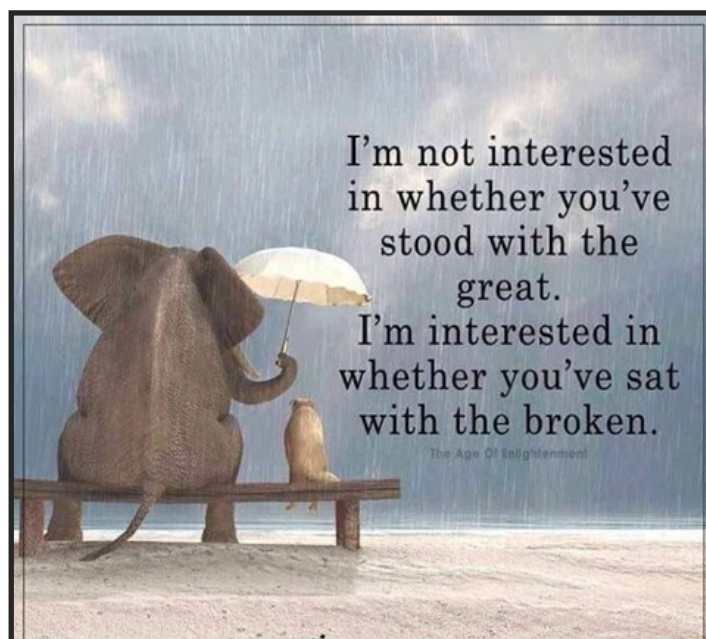
Tell the person a story or an anecdote about their loved one that they might not have heard before.

Talking about the deceased is a good thing. Telling the grieving person a story about their loved one will show them that you truly cared about that person. You can also tell them what you will miss or what you admired about their loved one.

Say nothing, but give a big hug or sit quietly with the person and listen.

Sometimes silence is the best gift that you can give. Sit and really listen to what they are saying. Nod your head, and continue to listen. Give hugs when appropriate. Be there for your friend/loved one.

This is not an all-inclusive list, but it does give ideas on how to handle a situation with a heartbroken friend/loved one. Allowing them to express their sorrow in their own way is absolutely necessary. Being a supportive, reassuring force is most important during this difficult time.



Building Wealth

By Terrence O, Jones,
Financial Advisor,
ACS Soldier & Family
Assistance Center

Saving money is the first part of your wealth building process. It is a measure of how efficiently you use the wealth-building opportunity in your income. Ultimately, wealth is the ability to live our non-financial lives on our own terms without the need for earned income (affordability), dependency on others, and it allows you to retire in dignity.

Basically, building wealth boils down to this: To accumulate wealth over time, you need to do three things:

You need to make it. This means that before you can begin to save or invest, you need to have a long-term source of income that's sufficient enough to have some left over after you've covered your necessities.

You need to save it. Once you have an income that's



enough to cover your basics, you need to develop a proactive savings plan.

You need to invest it. Once you've set aside a monthly savings goal, you need to invest it prudently. Money in a savings account is one way to make it grow.

Investing is another. Build your cushion - you never really know what's around the corner. You should aim to save around three to six months' worth of living expenses. This savings prepares you for financial setbacks, such as job loss or health problems.

As the SFAC Financial Advisor, I am part of a unique program aimed to educate, empower, and transform lives. Thriving is a sense of providing individualized service to Soldiers and Families to improve financial stability for financial wellness.

It is my goal to ensure that each person understands financial intelligence of winning with your money.



Helping Your Family Transition After Deployment Ends

Submitted by Kim Hooks,
ACS Community Service
Program Manager

Source: Army One Source

Reunion after deployment can cause mixed emotions. While it is often an exciting time, some stress is also completely normal. Whether this is your Family's first or fifth reunion, every reunion is different and change can be difficult. Be patient with yourself, your spouse and your kids, and don't be afraid to ask for help. And when in doubt, follow these eight tips for an easy adjustment.

Tips for preparing your children

The mixed emotions that often come with a deployed parent's return can be especially confusing for children. On one hand, they're excited to have mom or dad home, but they may also feel nervous about the adjustment. You can make the transition smoother with these tips:

Talk it out. Your children will probably have many questions, especially if this is your Family's first reunion. Try to be patient and listen carefully to their concerns. As you explain the situation, make sure you are respectful of your children's feelings and give them space to express their emotions.

Watch for signs of stress. Children tend to show stress differently than adults. If you start to notice more misbehavior, nightmares, or changes in eating and sleeping habits, your child may be trying to tell you something. Offer as much support as you can and consider talking to your

pediatrician if the problem persists.

Discuss the "new normal." If your household routine or rules have changed considerably while the deployed parent was away, take steps to prepare your child for how the day-to-day schedule may shift now that mom or dad is home. Providing a heads-up for what to expect can help make the transition a bit smoother as your child adapts.

Plan for reconnection. Prepare both your spouse and child for a potential adjustment period by planning reconnection activities ahead of time. Talk to your child about what school work or new skills to show the returning parent, and suggest a special activity or outing to your spouse for the entire Family.

Tips for preparing yourself. Reach out to Military OneSource if you feel like you need extra support.

Even though you've been counting down the days of your spouse's deployment with anticipation, don't be surprised if you, too, need some time to adjust to the homecoming. Chances are, you've both grown and changed during your time apart, and it's normal to have some growing pains. Here's how you can take care of yourself:

Accept mixed emotions. It's OK if excitement isn't your only emotion. You may also be nervous, worried or even concerned about what it will be like to have your spouse home. Accept and acknowledge that the way you feel is simply the way you feel.

Be realistic. Building your reunion up in your head may just be a recipe for disappointment. While it's certainly OK to daydream, don't let unrealistic expectations get in the way of reality.

Recognize the changes.

Regardless of your situation, the basic passing of time means that things aren't likely to be exactly the same as they were pre-deployment. Focus on creating that new normal for your Family rather than striving to return to your old way of life.

Keep in mind that it may take a few weeks to work out your new balance of household roles and responsibilities with your spouse. For instance, let's say your partner used to always mow the lawn before deployment, but now he or she would rather help out with the cooking instead. Do your best to be flexible and open to change as you both adapt.

Don't bottle up your feelings. Even though it's important to be patient during the adjustment period, it's important to avoid suppressing your feelings. Find a trusted confidante - whether it's a friend, close Family member or counselor, Military Family Life Counselor (270-205-1917).

Remember, the most important thing is that your loved one is home safe. Becoming a couple and Family again takes time and effort. Be patient with yourself and your Family members as you navigate the reunion transition. And if you're concerned about your service member's or Family's adjustment.



Contents Of An IEP

Contributed by Harold Owens,
ACS EFMP Social Services
Representative

Source:

[www.militaryonesource.mil/
phases-family-life](http://www.militaryonesource.mil/phases-family-life)

The Individualized Education Plan (IEP) is the focal point of each student's special education program. It articulates the details of the program as agreed upon by both parents and school personnel and commits the resources necessary to complete the program. It also serves as a management tool for school systems to ensure appropriate education and related services.

School systems, parents, and individual students all have a stake in having a well-written, comprehensive, and accurate IEP that is revised at least annually to reflect a student's most current needs and progress. All DoD schools use a standardized form for the IEP, but individual state agencies have their own formats for documenting the required components of the IEP. By law, the IEP must include certain information about your child and the educational program designed to meet his or her unique needs. This includes the following:

Special educational and related services. The IEP must list the specific educational and related services the student will receive including the extent to which the child will or will not participate in the regular education program. This includes supplementary aids and services needed, as well as modifications to the program or

supports for school personnel - such as training or professional development - that will be provided to assist your child.

Time and duration of services.

The IEP lists the time and duration of services including dates for the beginning and ending of each service, where the related services will be provided, and how often services will be provided.

Goals. The IEP lists annual goals and specific objectives for reaching those goals. The goals are broken down into short-term objectives or benchmarks. Goals may be academic, address social or behavioral needs, relate to physical needs, or address other educational needs. The goals must be measurable - meaning that it must be possible to determine if the student has achieved the goals.

Evaluation methods. The IEP contains criteria, methods, and timelines for evaluating achievement of short-term objectives contained in the program. The IEP must also state what modifications are needed for your child to participate in any required state and district-wide achievement tests. If a test is not appropriate for your child, the IEP must state why the test is not appropriate and how your child will be tested instead.

Current performance. The IEP must state how your child is currently doing in school.

Typically, this is collected from classroom tests and assignments, individual tests given to decide eligibility for services or during

reevaluation, and observations made by parents, teachers, related service providers, and other school staff.

Participation with nondisabled children.

The IEP must explain the extent (if any) to which your child will not participate with nondisabled children in the regular class and other school activities. Your child's IEP must be delivered in the least restrictive environment that is able to accommodate your child's needs without jeopardizing the educational needs of other students. In other words, children should only be removed from the regular classroom when the nature and severity of their disability makes it necessary to do so. The school's intent to educate students with disabilities in the regular classroom to the greatest degree possible is also called "inclusion."

Transition services. Once your child is sixteen, the IEP must address the courses he or she needs to take to reach his or her post-school goals. A statement of transition services needs must also be included in each of the child's subsequent IEPs. Once your child is sixteen, the IEP must state what transition services are needed to help your child prepare for leaving school.

Age of majority. Beginning at least one year before the child reaches the age of majority (usually the age of eighteen), the IEP must include a statement that your child has been told of any rights that will transfer to him or her at the age of majority.

For even more information about IEPs, you can read through the [DoD Special Needs Parent Tool Kit: Birth to 18, Module 2: Special Education.](#)



The ACS Connection newsletter is a quarterly publication of Army Community Service and is intended to inform the Fort Campbell Community.

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 Editor: Kevin Smith Sr., ACS Outreach Program Coordinator

Suggestions or comments are always welcome.

Send correspondence to: ACS, 2601 Indiana Avenue, Fort Campbell, KY 42223
 or email: acsoutreach@fortcampbellmwr.com

Dates and times published are subject to change, please call respective programs for date and time.

6 July 2017



Army Community Service provides services to our Military Families all year round. The following programs are available to address the needs of the Fort Campbell community.

In the main Army Community Service building at 2601 Indiana Avenue, you will find:

Information & Referral	270-798-9322
ACS Volunteer Program	270-412-0358
Army Family Action Plan (AFAP)	270-956-2934
Army Family Team Building (AFTB)	270-798-4800
Army Volunteer Corps (AVC)	270-798-2063
Consumer Affairs Office (CAO)	270-798-5528
Employment Readiness Program (ERP)	270-798-4412
Exceptional Family Member Program (EFMP)	270-798-2727
Family Advocacy Program (FAP)	270-412-5500
Financial Readiness Program (FRP)	270-798-5518
Master Resilience Training (MRT)	270-798-2062/270-956-2934
Military Family Life Counselors (MFLC)	270-205-1917
Outreach Program	270-798-0263/2062
Relocation Readiness Program	270-798-6313
Sexual Harrassment/Assault Response & Prevention (SHARP)	270-798-6383

In the Family Resource Center (FRC) at 1501 William C. Lee Road, you will find:

Mobilization/Deployment (Mob/Dep)	270-798-3849
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At 2433 Indiana Ave, you will find:

Soldier Family Assistance Center (SFAC)	270-412-6000
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At 5001 Screaming Eagle Drive, you will find:

Survivor Outreach Services (SOS)	270-798-0272/270-412-8909
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FAREWELL TO THE CHIEF

The ACS Staff would like to extend a fond farewell to our ACS Chief Arthur L. Jones. He leaves Fort Campbell ACS to assume new duties as ACS Chief in Wiesbaden, Germany in July 2017.

Mr. Jones has been Chief here since September 2009. He has done an outstanding job supporting our Soldiers and Families on Fort Campbell and we know he will continue to do so in Germany.

Farewell and good luck to you, Mr. Jones!!!!

