



February 2024

ACS CONNECTION

OUR PROGRAMS

Family Advocacy Program
270-412-5500

Financial Readiness Program
270-798-5518

Army Emergency Relief
270-798-5518

Exceptional Family Member Program
270-798-2727

Information and Referral Program
270-798-9322

Relocation Readiness Program
270-798-6313/956-2676

Volunteer Program
270-956-2934

Mobilization, Deployment, & Stability
Support Operations
270-798-3849/412-3195/412-2007

Outreach Program
270-798-2062/412-6771

Soldier and Family Assistance Center
270-412-6004

Survivor Outreach Services
270-798-0272

Employment Readiness Program
270-412-1720

ACS QUICK SCOOPS

February is Teen Dating Violence Awareness Month

February is Turner Syndrome Awareness Month

Happy Valentine's Day! - February 14

Army Emergency Relief Campaign Kickoff - February 13

ACS **CLOSED** in observance of President's Day
February 19

EFMP Outreach - Main Exchange - February 7,14,21 &28
Soldier Support Center - February 14
Commissary - February 15

ACS Outreach - Commissary - February 5
Soldier Support Center - February 6
BACH - February 13
Main Exchange - February 15

CONTACT US

Temporary ACS Office Location (Page 7)



270-798-9322 or 270-956-2935



facebook.com/fortcampbellACS



[fortcampbellacs](https://www.instagram.com/fortcampbellacs)



Teen Dating Violence Awareness Month: Talking with Your Teen

By: Amanda Bailey, Victim Advocate, Family Advocacy Program

Though some parents would prefer that their kids not date until age 35, most teens look forward to their first dating experience. If you are waiting to teach your kids about dating and healthy relationships, NOW is the time. Healthy relationships involve certain qualities some teens may not have developed, and parents play a critical role in teaching those skills. Modeling healthy relationship qualities is important.

There are several forms of teen dating violence such as physical, mental, emotion and sexual abuse. Physical abuse may be easily recognized while the other forms of abuse might go unnoticed. Knowing the forms of abuse can help parents recognize the signs.

According to the CDC, nearly 1 in 11 females and approximately 1 in 14 males report experiencing physical dating violence. Additionally, 1 in 8 females and 1 in 26 males report experiencing sexual dating violence. It is important that parents recognize the signs and know how to initiate what could be an uncomfortable conversation. Conversations with teens can seem one-sided since they often respond with one-word answers.

Below are tips on communicating with teens and common signs of abuse.

To engage teens, consider the following:

- Talk less and listen more.
- Be mindful of your responses and emotional reactions which could shut down the conversation.
- Be understanding and do not take things personally.
- When appropriate, give them the opportunity to take charge of their issue.
- Respect that they may not understand until later.
- Comprehensive sex education programs should include discussions about healthy relationships, consent, and communication skills.



Signs your teen may be experiencing abuse:

- Exhibits jealousy
- Controlling Behavior
- Isolation from family and friends
- Unexplained marks and bruises
- Sudden changes in grades and interest

Ask direct questions:

- What are your friends' dating relationships like?
- Have you ever seen any kind of abusive behavior among your friends who are dating?
- What would you do if someone (physically, emotionally, sexually or hurt you? Attempted to hurt you?
- Has anyone ever hurt you?
- You know you can talk to me, right? What can I do to help?

Teen Dating Violence Awareness Month: Talking with Your Teen

It is crucial to raise awareness about the prevalence of teen dating violence and educate both teenagers and adults on how to recognize and prevent it. The following list includes tips on how to prepare both yourself and your teen against dating violence.

1. Recognizing the Signs:

Teen dating violence may involve controlling behavior, verbal abuse, isolation from friends and family, or physical harm. It's essential for teens to be aware of these signs and understand what constitutes a healthy relationship.

2. Education and Prevention:

Schools and communities play a pivotal role in preventing teen dating violence. Comprehensive sex education programs should include discussions about healthy relationships, consent, and communication skills. Open conversations between parents and teens can also contribute to creating a supportive environment.

3. Empowering Teens:

Encourage teens to speak up and seek help if they are experiencing or witnessing dating violence. Creating safe spaces where they feel comfortable discussing their relationships is crucial. Schools and youth organizations can provide resources and support for those affected.

4. Technology and Digital Abuse:

In the age of technology, digital abuse is a growing concern. Educate teens about the impact of cyberbullying, harassment, and controlling behavior through social media or texting. Empower them to set boundaries and report any online abuse.

5. Support Systems:

Building a strong support system is vital for teens facing dating violence. Friends, family, teachers, and counselors can provide guidance and assistance. Encouraging open communication helps teens feel heard and supported.

6. Legal and Community Resources:

Community resources are available to teens and their families to support them through teen dating violence. These resources include legal assistance, crisis support, mental health services and DV shelters.

7. Promoting Healthy Relationships:

Teach teens about the importance of equality, mutual respect, and communication in relationships. By promoting healthy relationship dynamics, we can contribute to breaking the cycle of violence.

Addressing teen dating violence requires a collaborative effort from parents, educators, and communities. By fostering awareness, providing education, and creating supportive environments, we can empower teens to build healthy relationships and break free from the cycle of abuse.

In honor of Teen Dating Violence Awareness, ACS will be holding activities at Fort Campbell Middle and High School to give teens an opportunity to ask questions and give their own feedback on dating and violence.

Fast Facts: Preventing Teen Dating Violence. (2023, January 27). Centers for Disease Control and Prevention. Retrieved January 4, 2024, from <https://www.cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastfact.html>

Five Things About Teen dating Violence. (2023, May 1). National Institute of Justice. Retrieved January 4, 2024, from <https://nij.ojp.gov/topics/articles/five-things-about-teen-dating-violence>

Maneuver with Precision Through 2023 Tax Filing Season

By Loreta Guzman, AFC, ACS Financial Readiness Program

As the time races by, we find ourselves on the brink of the 2023 tax filing season. It is crucial to organize your financial records and take proactive steps to ensure a smooth process. Start by gathering all relevant documents, such as W-2s, 1099s, 1098's, and receipts. Create a checklist to ensure you don't miss any essential paperwork.

Military One Source offers FREE Tax Filing Software and Support through milTax to active duty Servicemembers and their eligible dependents:

<https://www.militaryonesource.mil/financial-legal/taxes/miltax-military-tax-services/>.

If you're unsure about certain aspects of your taxes, don't hesitate to seek guidance from professional tax preparers that offer expert advice to ensure accuracy and potentially uncover additional savings.

If you are a Retired Servicemember or a Civilian, there are free income tax filing resources available on the IRS website www.irs.gov.

Take advantage of available tax deductions and credits. Contributions to retirement accounts, educational expenses, and energy-efficient home improvements are just a few examples. Be diligent in tracking eligible expenses throughout the year to maximize your deductions.

Consider filing early to avoid the last-minute rush. Filing early not only reduces stress but also helps prevent potential identity theft, as your return is less likely to be targeted by fraudsters. However, some tax filing documents such as investment income, may not be issued until later in the tax filing season. Do not file until you have gathered all your tax documents available.

Lastly, be aware of important deadlines. Mark key dates on your calendar, including the deadline for filing federal and state taxes, as well as any estimated tax payments. Failure to meet deadlines may result in penalties or interest charges if you owe taxes. If you expect a refund, penalties or interest do not apply, but it is recommended to file by the due date to maintain healthy financial habits. **2023 income tax filing due date is Monday, April 15th, 2024.**

By taking a proactive and organized approach, you can navigate tax filing season with confidence and potentially discover opportunities to optimize your financial situation.

Transform your finances in 2024 with ACS Financial Readiness Program! Elevate your financial well-being by scheduling your personalized session today at 270-798-5518. Our Accredited Financial Counselors specialize in budgeting, saving, investing, retirement planning, and debt management. Let us guide you to a brighter financial future- start your journey **NOW!**

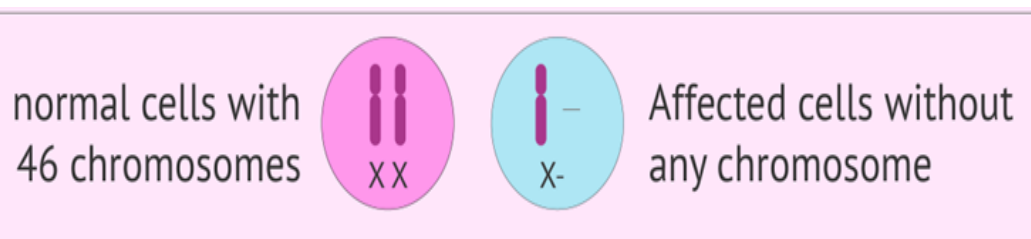


TURNER SYNDROME AWARENESS MONTH

By: Felicia Jefferson, ACS EFMP Supervisor



Turner Syndrome Awareness Month is observed in February. Turner Syndrome (TS) is a condition that typically describes girls and women with common features, physical traits and challenges caused by a missing or incomplete X chromosome. TS occurs in populations all over the world and about one female in 2,500 is born with the syndrome. Approximately, 30% of individuals with TS have extra folds on their neck (webbed neck), a low hairline at the back of the neck, puffiness or swelling of the hands and feet, skeletal abnormalities, or kidney problems. This rare genetic disorder can cause symptoms throughout an individual's life; however, treatments and research can help manage the condition. When a loved one is diagnosed with TS the family could experience a sense of loss but, understanding that the condition is only a small part of who they are can make a huge difference on how they feel about themselves.



TS Happenings in February

ACS EFMP will be highlighting TS the entire month of February on the closed Facebook page and encourage members to share their story. A new discussion will also be featured each week to educate and raise awareness about TS. Lastly, ACS EFMP staff will be at different locations in the community each week with interactive activities that will help YOU learn more about TS.

References

<https://www.webmd.com/children/what-is-truner-syndrome>
<https://medlineplus.gov/genetics/condition/turner-syndrome/>
<https://kidshealth.org/en/parents/turner.html>

Upcoming Classes and Workshops

Feb 1	Thur	Soldier & Family Newcomers Orientation (Cole Park Commons, Every Thu) 8:30am-1:30pm (RRP) VMIS Volunteer Training (Bldg. 2577A Screaming Eagle Blvd) 10am-11am (AVC) Care Team Training (Bldg. 2577A Screaming Eagle Blvd 1pm-2:30pm (MD & SSO)
Feb 6	Tue	Key Contact Training (Bldg. 2577A Screaming Eagle Blvd) 9am-10:30am (MD&SSO) Level 2/Personal Growth (2577A Screaming Eagle Blvd) 9am-12pm (AFTB) Family Life: Co-Parenting (Session 1, Bldg. 79 Bastogne Ave) 9:30am-11:30am (FAP) Citizenship Class (Bldg. 2577A Screaming Eagle Blvd, Every 1st & 3rd Tue) 10am-11:30am (RRP) Play Mornings (Youth Sports & Instructional Programs, Bldg. 3411 Bastogne Ave) 10:30am-12pm (NPSP) Federal Resume Workshop (Bldg. 5662 Screaming Eagle Blvd) 1pm-3pm (ERP) CONUS Smooth Move Orientation (Teleconference, Every Tue) 1:30pm-2pm (RRP)
Feb 7	Wed	Mastering Resume Essentials (Bldg. 5662 Screaming Eagle Blvd) 9am-12pm (ERP) OCONUS Smooth Move Orientation (Levy Brief @ SSC, Every Wed) 1pm-1:30pm-ACS (RRP)
Feb 8	Thur	Soldier & Family Newcomers Orientation (Cole Park Commons, Every Thu) 8:30am-1:30pm (RRP) Interview Skills Workshop (Bldg. 5662 Screaming Eagle Blvd) 9:00am-11:00am (ERP) Command Team Training (Teleconference) 1pm-3pm (MD & SSO)
Feb 9	Fri	Family Life: Keeping Your Cool When Things Get Heated (Bldg. 79 Bastogne Ave) 9:30am-11am (FAP)
Feb 13	Tue	Soldier & Family Readiness Group (SFRG) Assistant Training (Teleconference) 9am-1:30pm (MD & SSO) Play Mornings (Youth Sports & Instructional Programs, Bldg. 3411 Bastogne Ave) 10:30am-12pm (NPSP) Exceptional Family Member Program Support Group 11am-12pm (EFMP) Lunch & Learn Military Spouse Preference Info Session (Bldg. 5662 Screaming Eagle Blvd) 12pm-1pm (ERP) VMIS Organization Point of Contact (OPOC) Training (Bldg. 2577A Screaming Eagle Blvd) 1pm-2:30pm (AVC) How to Buy a House (Bldg. 5662 Screaming Eagle Blvd) 1pm-3pm (FRP) CONUS Smooth Move Orientation (Teleconference, Every Tue) 1:30pm-2pm (RRP)
Feb 14	Wed	Money Management (Bldg. 5662 Screaming Eagle Blvd) 9am-11am (FRP) OCONUS Smooth Move Orientation (Levy Brief @ SSC, Every Wed) 1pm-1:30pm-ACS (RRP) Informal Fund Custodian Training (Teleconference) 1pm-3pm (MD & SSO)
Feb 15	Thur	Soldier & Family Newcomers Orientation (Cole Park Commons, Every Thu) 8:30am-1:30pm (RRP) Command Family Readiness Representative (CFRR) Training (Bldg. 2577A Screaming Eagle Blvd) 9am-1:30pm MD&SSO) My Career Advancement Account Scholarship (MYCAA) Info Session (Bldg. 5662 Screaming Eagle Blvd) 12pm-1pm (ERP)
Feb 20	Tue	Care Team Training (Teleconference) 9am-10:30am (MD & SSO) Briefer Training Course (Bldg 2577A Screaming Eagle Blvd, Day 1) 9am-3pm (AFTB) Family Life: Co-Parenting (Session 2, Bldg. 79 Bastogne Ave) 9:30am-11:30am (FAP) Citizenship Class (Bldg. 2577A Screaming Eagle Blvd, Every 1st & 3rd Tue) 10am-11:30am (RRP) Play Mornings (Youth Sports & Instructional Programs, Bldg. 3411 Bastogne Ave) 10:30am-12pm (NPSP) Federal Resume Workshop (Bldg. 5662 Screaming Eagle Blvd) 1pm-3pm (ERP) CONUS Smooth Move Orientation (Teleconference, Every Tue) 1:30pm-2pm (RRP)
Feb 21	Wed	Spanish Resume Workshop (Bldg. 5662 Screaming Eagle Blvd) 9am-12pm (ERP) Briefer Training Course (Bldg 2577A Screaming Eagle Blvd, Day 2) 9am-3pm (AFTB) Thrift Savings Plan (Bldg 5662 Screaming Eagle Blvd) 10am-11am (FRP) Expectant Parent Workshop (Bldg. 79 Bastogne Blvd) 10am-11:30am (NPSP) Spanish Interview Workshop (Bldg. 5662 Screaming Eagle Blvd) 1pm-3pm (ERP) OCONUS Smooth Move Orientation (Levy Brief @ SSC, Every Wed) 1pm-1:30pm-ACS (RRP) Key Contact Training (Teleconference) 1pm-2:30pm (MD&SSO)
Feb 22	Thur	Soldier & Family Newcomers Orientation (Cole Park Commons, Every Thu) 8:30am-1:30pm (RRP)
Feb 26	Mon	Informal Fund Custodian Training (Bldg. 2577A Screaming Eagle Blvd) 9am-11am (MD & SSO)
Feb 27	Tue	Play Mornings (Youth Sports & Instructional Programs, Bldg. 3411 Bastogne Ave) 10:30am-12pm (NPSP) VMIS Volunteer Training (MS Teams) 1pm-2pm (AVC) CONUS Smooth Move Orientation (Teleconference, Every Tue) 1:30pm-2pm (RRP)
Feb 28	Wed	VMIS Organization Point of Contact (OPOC) Training (MS Teams) 9:30am-11am or 1:30pm-3pm (AVC) OCONUS Smooth Move Orientation (Levy Brief @ SSC, Every Wed) 1pm-1:30pm-ACS (RRP)
Feb 29	Thur	Soldier & Family Newcomers Orientation (Cole Park Commons, Every Thu) 8:30am-1:30pm (RRP) Command Team Training (Bldg. 2577A Screaming Eagle Blvd 9am-11am (MD & SSO)

Registration is required for all classes and workshops
For information on registration or how to register call
270-798-9322 or 270-956-2935

Happenings Around Army Community Service

ARMY EMERGENCY RELIEF

EST. 1942

AER provided assistance to over 700 Soldiers, Families, Retirees, Survivors and Army National Guard (ARNG) who were affected by devastating tornado that hit Clarksville area on December 9, 2023. AER provided over \$410.6k in financial assistance. All were for the \$600 grant, to include 2 loans for temporary lodging and 2 loans for insurance deductible (\$7,368.20).

Farewell
and
Good Luck

Congratulations to Ms. Lisa Keeling on her new job!
You will be missed here at ACS!

Army Community Service Temporary Office Locations Effective 29 NOV 2023

Building 2577A Screaming Eagle Blvd.

Information & Referral: 270-798-9322

ACS Operations Officer: 270-798-3843

Army Volunteer Corps (AFAP, AFTB, AVCC): 270-956-2934

ACS Outreach: 270-798-2062/412-6771

ACS Relocation/Lending Closet: 270-956-2676

Mobilization & Deployment: 270-798-0513

Military Family Life Counselors: 270-798-9322

Building 5662 Screaming Eagle Blvd.

Information & Referral: 270-956-2935

ACS Chief: 270-798-5127

Financial Readiness Program: 270-798-5518

Army Emergency Relief: 270-798-5518

Employment Readiness Program: 270-798-4412

Military Family Life Counselors: 270-956-2935

Building 79 Bastogne Ave.

Family Advocacy Program: 270-412-5500

Victim Advocacy Program: 931-980-5787

Exceptional Family Member Program: 270-798-2727

TEMPORARY

