

# 2014 Service Member, Family, and Employer Support Programs



<http://www.il.ngb.army.mil/family>

# Always Ready

Whether it is responding to a natural disaster here at home or fighting our nation's enemies abroad, the National Guard lives that motto. But we can't be ready or there without the love and support of our families. The Illinois National Guard must ensure that each family has the tools it needs to grow and thrive while it's Soldier or Airman fulfills his or her duties.

This booklet will help you and your family meet the special challenges of being part of the Illinois National Guard. The programs and events described in this publication are designed to promote family and community. In here you will learn about all the support organizations that are there to help the military family.

Use this program to plan events that promote teams, family and communication. Learn about the Family Readiness Groups, Brigade Family Readiness Support Assistants and your regional Family Assistance Centers and how they can assist you.

Participate in the Family Academies, State Youth and Family Readiness Conferences, Strong Bonds retreats, Singles Retreats and Operation Military Kids events held throughout the year. They were created for you and your family.

They were created to ensure that each of our troops has the strong family foundation she or he needs to continue to serve our neighbors and nation - to continue to be Always Ready, Always There.

# Always There

[www.il.ngb.army.mil/family](http://www.il.ngb.army.mil/family)

# J9/Service Member, Family, and Employer Support

## **Mission**

The Joint Service Member and Family Support Services Program provides frequent, accurate, comprehensive communication, recognition, advocacy and support to all service members in order to assist in preparedness, resiliency and reintegration through assertive outreach programs. Services are coordinated through facilitation efforts from governmental, non-governmental and non-profit organizations to benefit all service members and their families in every status to aid them physically, mentally, financially, spiritually and emotionally.

## **Missions/Functions**

- **Family Support Programs**, train and resource family members to become self-sufficient.
- **Service Member Support Programs**, promotes and supports the health and well-being of the Service Members.
- **Employer Support Program**, facilitates and promotes a cooperative culture of employer support for NG and RC Service Members.
- **Community Outreach**, establishes partnerships with community resources to better support our Service Members and Families.



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**J9 Operations**  
**Budget Analyst**  
**(217) 761-1757**

**Admin / Supply**  
**SSG Kevin Kirk**  
**Headquarters Admin.**  
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# State Family Programs Office



## FROM THE DIRECTOR:

“Our office provides the support and assistance to the Families of our Soldiers and Airmen. So that they may be resilient, strong members of the Guard Family.”

We are the:

- Family Assistance Centers and Specialists (FAC)
- Family Readiness Support Assistants (FRSA)
- Child & Youth Program
- Military & Family Life Counselors (MFLC)
- Personal Financial Counselors (PFC)
- Operation Military Kids (OMK)
- Military OneSource (MOS)

**MAJ Mindi Ernst**  
**Director**  
**(217) 761-3413**  
**[mindi.m.ernst.mil@mail.mil](mailto:mindi.m.ernst.mil@mail.mil)**



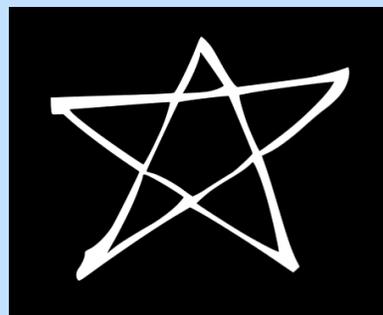
**SFC Jonathan Horsley**  
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**[www.il.ngb.army.mil/family](http://www.il.ngb.army.mil/family)**



# FAC



## Family Assistance Center

**Tammy Davis**

**Work: (309) 799-1281**

**Cell: (217) 622-0142**

**tammy.l.davis.ctr@mail.mil**

**Jean Swiderski**

**Work: (708) 824-6112**

**Cell: (217) 622-0144**

**jean.m.swiderski.ctr@mail.mil**

**Christina Smith**

**Work:309-633-1104x5351**

**Cell:217-622-0140**

**christina.r.smith.ctr@mail.mil**

**Angela George**

**Work:309-633-1104 Cell:309-445-2812**

**Angela.s.george.ctr@mail.mil**

**Kim Crouch**

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**Cell:217-622-0146**

**Kim.hawcroft-crouch.ctr@mail.mil**

**Janice Laging**

**Work: (708) 824-6353**

**Cell: (217) 622-0147**

**janice.e.laging.ctr@mail.mil**

**Anita Yakle**

**Work: (217) 761-3335**

**Cell: (217) 622-0138**

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**Amanda McNear**

**Work: (618) 241-9108x4412**

**Cell: (217) 622-9530**

**amanda.l.mcnear.ctr@mail.mil**

**Jane Bushue**

**Work: (618) 241-9108**

**Cell: (217) 621-9684**

**Jane.m.bushue.ctr@mail.mil**

**[www.il.ngb.army.mil/family](http://www.il.ngb.army.mil/family)**

**800-832-9225**

# What We Do For You:

Family Assistance Centers (FACs) are activated as multi-disciplinary humanitarian response to major events. The events can include natural/man-made disasters, or preparation for a deployment. Depending upon the location, FACs are staffed with contracted personnel, Family Assistance Specialists (FASs), who may be augmented with military, temporary technicians or volunteers.

A FAC offers persons affected by an event, a single place to receive reliable information, crisis or grief support, and benefits information. The National Guard is the lead agency tasked to establish FACs during all levels of contingency, mobilization and emergency to assist and support Service Members and Families of all service branches.

Each FAS is intended to simplify the process of accessing needed services and support for families of Service Members called to active duty for an extended period of time. The primary mission of a FAS, which includes assistance regardless of deployment status as well as monthly proactive contact to each family during deployment, is to inform and emotionally support families so Service Members can perform their mission.

The FAS listens when family members need to be heard. They provide guidance and advice when family members ask for direction. When a problem requires professional help, the Specialist provides information and resources and then follows up to ensure needs have been met.



Specialist  
Jean Swiderski  
North Riverside Armory



Specialist  
Janice Laging  
Crestwood Armory



Specialist  
Tammy Davis  
Milan Armory



Specialist  
Angela George  
Bartonville Armory



Specialist  
Christina Smith  
Bartonville Armory



Specialist  
Kim Crouch  
Bartonville Armory



Specialist  
Amanda McNear  
Mt. Vernon



Specialist  
Anita Yakle  
Camp Lincoln



Specialist  
Jane Bushue  
Mt. Vernon



Coordinator  
Bob Grimsley  
Camp Lincoln

# FAMILY READINESS SUPPORT ASSISTANTS

**The FRSA Program Mission Statement** “*To empower commanders in their duty to deliver the Total Army Family Program (AR 600-20) so that Soldiers and Families are entitled, informed, educated, assisted, and made ready for the unique demands of military life before, during, and after deployment.*”

FRSAs assist Army Commanders in executing Soldier and Family wellbeing responsibilities at the state and command level throughout the deployment cycle. The FRSA will provide guidance, assistance, and day to-day support. The intent is to foster continuity for the Commander's Family Readiness Program, Operations, and Initiatives.

The FRSAs are a vital component of the Commander's Family Readiness Program. While the State Family Programs Office provides guidance and training to FRSAs, their primary objective is to provide support for Family Readiness Programs within an assigned command. FRSAs provide administrative assistance and logistical support to the FRG and unit leaders to decrease volunteer stress and ensure an effective interface between the Command, Family Assistance and Family Readiness Programs. The FRSAs do not replace the volunteer FRG leaders, but rather provide assistance allowing them to concentrate their efforts in assisting Families.

## 404<sup>th</sup> Maneuver Enhancement Brigade

**Maureen Keener**

maureen.c.keener.ctr@mail.mil  
708 824-5930 (C) 217 685-2352



## 33<sup>rd</sup> Infantry Brigade Combat Team

**Jessica Pippin**

Jessica.l.pippin2.ctr@mail.mil  
217 255-4946 (C) 217 622-9006



## 108<sup>th</sup> Sustainment Brigade

**Shannon Dunn**

shannon.n.dunn.ctr@mail.mil  
708 824-5003 (C) 217 299-9298



## 65<sup>th</sup> Troop Command Brigade

**Mari Richardson**

mari.e.richardson.ctr@mail.mil  
217 761-3903 (C) 217 685-2353



## Joint Force Headquarters & RTI

**Brittany Helmich**

brittany.r.helmich.ctr@mail.mil  
217 761-3099 (C) 217 622-7945



## Southern IL Region

**Sheila Forristall**

sheila.k.forristall.ctr@mail.mil  
618 242-2560 (C) 217 299-5122



## Northern IL Region

**Carol May**

carol.l.may.ctr@mail.mil  
708 824-6116 (C) 217 299-7938



## Senior FRSA - SFPO

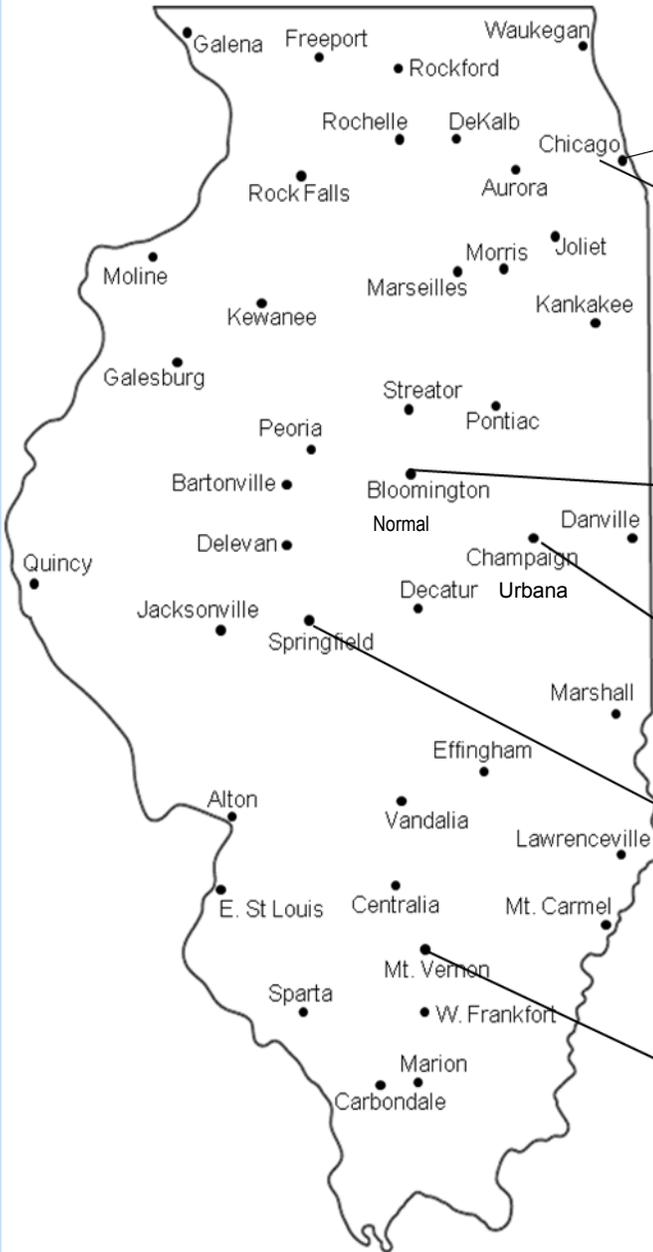
**Mike Nuding**

michael.a.nuding.ctr@mail.mil  
217 761-3440 (C) 217 720-0725



# Family Readiness Support Assistant

## (FRSA) Locations



**108 Sustainment BDE**  
**Chicago – North Kedzie Armory**  
 FRSA Shannon Dunn 708 824-6055

**Region North**  
**North Riverside Armory**  
 FRSA Carol May 708 824-6116

**404 Maneuver Enhancement BDE**  
**Normal – Armory**  
 FRSA Maureen Keener 708 824-5930

**33 Brigade Combat Team**  
**Urbana Armory**  
 FRSA Jessica Pippin 217 255-4946

**HQ ILARNG, JFHQ, 65 Troop Command BDE**  
**Camp Lincoln - Springfield**  
 SFRSA Michael A. Nuding 217 761-3440  
 FRSA Brittany Helmich 217 761-3099  
 FRSA Mari Richardson 217 761-3903

**Region South**  
**Mount Vernon Armory**  
 FRSA Sheila Forristall 618 242-2560



# Illinois National Guard Military Child & Youth Program

*Serving Military Kids throughout Illinois !*



Children of all ages can be affected at any phase of military life and we are here to provide them with the support they need. The Youth Program Office offers a variety of resources, activities and programs for Parents and Youth.



Our **MISSION** is to promote and sustain the quality of life and resilience of ARNG children and youth by providing secure, timely, flexible, high-quality support services and enrichment programs

Our **GOAL** is to provide Military Children and Teens the opportunity to experience achievement, leadership, friendship and recognition, to deliver Recreational, Social and Educational Programs to Military Youth throughout the State, and to inform Education Professionals (K-12) and their staff of the unique challenges that Military Children face.

**Come join our facebook page !  
"Illinois Military Youth Program"**



CONTACT A CHILD & YOUTH PROGRAM COORDINATOR IN YOUR REGION TODAY:



SHIRLEY DILWORTH- CENTRAL / SOUTH  
1301 N MacArthur Blvd, Springfield, IL 62702  
Office: 217-761-3395 Cell: 217-622-0143  
email: [shirley.a.dilworth.ctr@mail.mil](mailto:shirley.a.dilworth.ctr@mail.mil)



SARA LESKO –NORTH  
8660 N Cermak Rd, North Riverside, IL 60546  
Office: 708-824-6062 Cell: 512-791-4833  
email: [sara.e.lesko.ctr@mail.mil](mailto:sara.e.lesko.ctr@mail.mil)



**ILLINOIS  
JOINING  
FORCES**

Join the youth team as a volunteer and show your support for military kids. Contact a Youth Coordinator today or go to:

[www.illinoisjoiningforces.org](http://www.illinoisjoiningforces.org)

*Our services provide parents and youth with: A Youth Program Quarterly Newsletter \* Military Teen Council \* Essay Contests \* Back to School Supplies \* Summer Camps \* Horse Camps \* High Adventure Camps \* Easter Egg Hunts \* Stocking Stuffers for the Holidays\* Zoo Days \* Day Camps \* Deployment Support \* Book Drives \* Grief Supplies \* College Resources \* Bullying Resources \* Hero Banners for your Public Facilities and Schools \* Counseling Services \* Volunteering Opportunities and much more !!*

# Illinois National Guard Military Child & Youth Program

*Serving Military Kids throughout Illinois !*



## Providing Education Outreach to Educators and School Staff

The **Education Outreach Program** provides presentations and resources for school professionals throughout the State. We assist them in creating an environment of awareness and honor for Military Children.



“Illinois Public Act 97-505 was passed in 2011 and states that every school must identify their military children on School Registration Forms.



### Presentations and Workshops

Over 420 Education Professionals were briefed in 2013 by the Youth Program Staff. Audiences included: Teachers, Counselors/Social Workers, Principals and both District and Regional Superintendants. Educator Briefings highlight the deployment cycle and the impact it has on their military children.

**Schedule a briefing for your school staff today !!**

Illinois provides FREE “Hero’s Wall” displays for any school wanting to show support for their Military Kids and their Service Members. Great for Veterans Holidays and a show of support year round.



Contact us for Educator Services in your School:

Tsoetsy Harris – Child & Youth Program Coordinator  
1301 N MacArthur Blvd, Springfield, IL 62702  
Office: 217-761-3842 Cell: 217-766-7238  
email: Shirley.a.dilworth.ctr@maii.mil



Great Educational Support Websites include: \* <http://bit.ly/WallOfHeros> \* [www.tutor.com](http://www.tutor.com) \* [www.mic3.net](http://www.mic3.net) \* [www.militarychild.org](http://www.militarychild.org) \* <http://militaryimpactededschoolsassociation.org/> \* [www.il.ngb.army.mil/family/youth/youth.aspx](http://www.il.ngb.army.mil/family/youth/youth.aspx) \* <http://www.booksformilitarychildren.info/index.html> \* <http://www.militaryk12partners.dodea.edu/> \*

**Educator resources available at: [www.IL.ngb.army.mil/family](http://www.IL.ngb.army.mil/family)**

## **Military & Family Life Counselors:**

**Military & Family Life Counselors (MFLCs)** provide free, non-medical counseling. MFLC's are available to help Service Members, spouses, family members and children address concerns surrounding deployment/reintegration, marriage and relationships of parenting/sibling/family, communication challenges, stress and anxiety, depression, grief, loss and the struggle of daily living. Counselors are Licensed Mental Health Professionals.

Consultations are free and anonymous, no records are kept. Appointments are available by group or individual and meetings can be arranged at a location convenient for you.

## **Military & Family Life Counselors (MFLC)**

**Northern Illinois:**

**Michael Jay, (815) 262-5227**

**[ngmachesneyparkilsurge@magmflc.org](mailto:ngmachesneyparkilsurge@magmflc.org)**

## **Southern Illinois MFLC / Child & Youth Behavioral MFLC:**

**Maggie Rosol, (217) 622-2020**

**[ngspringfieldilsurge@magmflc.org](mailto:ngspringfieldilsurge@magmflc.org)**

## **Personal Financial Counselors (PFC)**

**Miriam Waltz (217) 761-3446**

**[Mwaltz.pfc@gmail.com](mailto:Mwaltz.pfc@gmail.com)**

## **Personal Financial Counselors:**

**The Personal Financial Counselors (PFC)** provides direct financial counseling for financial planning, budgeting, saving, reducing debt, retirement planning, deployment financial planning, understanding military pay, and understanding state and federal financial benefits. The PFC has overall responsibility for addressing the personal financial readiness needs of military families. The PFC meets with families and unit family support staff to assess needs related to personal financial management. The PFC makes appropriate referrals and warm transfers to military and community resources to address identified needs.

**Have a concern?  
Start solving it today with  
Military OneSource  
Available by phone at 1-800-342-9647  
or online at [www.militaryonesource.mil](http://www.militaryonesource.mil)**

Military OneSource is here to help you with just about any need. Our free service is provided by the Department of Defense for active-duty, Guard and Reserve Service Members and their Families. The service is completely private and confidential, with few exceptions.

Counseling service for personal, financial and relationship issues, education, relocation, parenting, stress, deployment and reintegration issues, child care and parenting issues, special needs, elder care issues, money matters, legal issues, violence and trauma, relocation, transition to civilian life, healthy habits, consumer issues and travel, translation assistance, spouse training, career counseling, free tax preparation assistance and filing.

**Military OneSource:  
Michelle Kaydus, (217) 761-1770  
[michelle.kaydus@militaryonesource.com](mailto:michelle.kaydus@militaryonesource.com)**



# Operation: Military Kids

Linda Kupferschmid, (217) 265-8209  
lkupfers@illinois.edu



**OMK supports military children and teens** living away from military bases through:

- **Camps** (both overnight and day camps) specific to military youth
  - **Youth programs** at Family Days and Yellow Ribbons
  - **Pillowcase Project** and **Guardian Bears** to maintain family connections during deployment
- 
- **Family Packs** with games and activities to help families reconnect following return home from deployment
  - **Operation Family Time Out** ~ Quad Cities
  - **Regional Military Youth Events**
  - **Support of National Guard Child and Youth Program Events**

OMK serves as a liaison between the JFSAP and OMK partner organizations, such as 4-H, Illinois Network of Child Care Resource and Referral Agencies, Kids Rank, the American Legion and American Legion Auxiliary.

**OMK programs focus on building resiliency of military youth during all phases of the deployment cycle and fostering pride in their family member's military service.**

[www.operationmilitarykids.org](http://www.operationmilitarykids.org)





## Information and Referral Services

The American Red Cross offers confidential services to all military personnel (active duty, National Guard, Reserves, and veterans) and their families by connecting them with Red Cross and community resources through our network of chapters in communities across the United States and offices on military installations worldwide.

Local Red Cross offices develop and maintain relationships with key community partners. Military families rely on the Red Cross to help them identify their needs and connect them to the most appropriate Red Cross and community resources. This key Red Cross service ranges from responding to emergency needs for food, clothing, and shelter, referrals to counseling services (e.g., financial, legal, mental health), respite care for caregivers, and other resources that meet the unique needs of local military members, veterans and their families.

## How to Contact the Red Cross for Assistance

The American Red Cross Emergency Communications Center is available to help 7 days a week, 24 hours a day, 365 days a year. Call (877) 272-7337 (toll-free) or contact your local Red Cross.

[www.redcross.org](http://www.redcross.org)

[www.redcross.org/find-your-local-chapter](http://www.redcross.org/find-your-local-chapter)



## The Mission of the ILNG Full-Time Support Chaplains



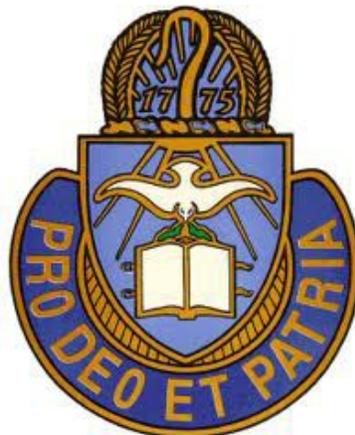
**CH (LTC) Steve Cooper  
Command Staff Chaplain**

Chaplains serve both God and country by bringing their unique gifts with which they are endowed to God, to the Soldiers of our nation in the broad, challenging, diverse, and ever-changing environment in the military. Chaplains are our nation's service members who minister to our nation's sons and daughters, and their families. Like any Service Member, they must endure hardships, separations, and deprivations of those whom they serve. They must provide dynamic and genuine ministry with a shepherd's heart.

### **Deployment Cycle Support Chaplain: 217-725-3633**

**CH (MAJ) Mile Wakeland  
Full Time Support  
Chaplain  
Springfield  
217-761-3563**

**CH (CPT) Vincent Lambert  
Full Time Support  
Chaplain  
Chicago  
312-805-5198**



**CH (MAJ) Oluwatoyin Hines  
Family Life Chaplain  
Springfield  
708-846-4693**

**CH (CPT) Eric Hughes  
Wounded Warrior  
Woodstock  
217-299-8506**

## **Strong Bond's Mission:**

The program's mission is to build Soldier readiness by providing skills the Soldier can use to strengthen his or her marriage and other relationships.

## **Strong Bonds for Singles:**

About 50 percent of the Army's Soldiers are single and most will get married while on active duty. If you're a single Soldier, you may also be far from home, lonely, and faced with the uncertainty of imminent deployment. These pressures can lead to hasty decision-making when choosing a life partner.

## **Strong Bonds for Couples:**

Whether you've celebrated one anniversary or twenty, as an Army couple you can anticipate more excitement — and expect more challenges — than the average civilian couple. Long separations, frequent relocations, and the stress of deployment can subject Army marriages to extreme hardship.

**For more info call**

**Chaplain (CPT) Vincent Lambert at (708) 824-5255**

Visit [www.strongbonds.org](http://www.strongbonds.org)



[www.il.ngb.army.mil/family](http://www.il.ngb.army.mil/family)

# Director of Psychological Health

## **Mission:**

The National Guard Director of Psychological Health is an advocate and guide to the National Guard Service Members and their Families by supporting psychological fitness.

## **What Our Office Can Do For You:**

The Director of Psychological Health assists National Guard program managers and supervisors to improve a National Guard member's service, deployment and readjustment to civilian life by managing professional services and/or overseeing an individual's mental health needs. They provide consultation and support to help address organizational and individual health care situations which have a detrimental effect on the National Guard member's reintegration to civilian life. They offer consultative guidance and support to state and territory National Guard senior leaders on state specific mental health needs based on Guard member demographics and mental health status. They provide National Guard members mental health training throughout their full spectrum of service.

**Lila Dilbaitis** 183d FW

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**Juliann Steinbeigle**, ILARNG

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**Penny Brower**, 182d AW

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Cell: (309) 210-8390

[penny.brower.ctr@ang.af.mil](mailto:penny.brower.ctr@ang.af.mil)



## The Airman & Family Readiness Program Manager

In being consistent with Total Force Initiatives (TFI), the Air National Guard (ANG) Airman and Family Program core competencies align the ANG program and core competencies with the Air Force Airman and Family Readiness Center's service delivery models. Additionally, it completes the organizational structure change outlined by the Force Support Squadron activation throughout the Air Force and ANG. The following list serves to clarify the Airman and Family Readiness Program Manager (A&FRPM) role and provides Wing and State leadership a standardized expectation for service delivery.

**126th Air Refueling Wing**  
**Travis Barker**  
**(618) 222-5784**  
**travis.barker@ang.af.mil**



**182d Airlift Wing**  
**A1C Ashley Hughes**  
**(309) 633-6439**  
**ashley.hughes@ang.af.mil**

**183d Fighter Wing**  
**Toni Clark**  
**(217) 757-1569**  
**toni.clark.ctr@ang.af.mil**

**[www.il.ngb.army.mil/family](http://www.il.ngb.army.mil/family)**

## Survivor Outreach Services:

### **Mission:**

To build a unified support program which embraces and reassures survivors that they are continually linked to the Army Family for as long as they desire.

The Army has a commitment to the Families of our Fallen Warriors who have paid the ultimate sacrifice. The Families deserve our respect, gratitude and the very best we can provide. Survivor Outreach Services will deliver on that commitment by providing access to support, information and services closest to the location where the survivor resides and will always be there when you need us.

### **Northern IL:**

**Jim Frazier**

(708) 646-5933

[james.l.frazier61.ctr@mail.mil](mailto:james.l.frazier61.ctr@mail.mil)

### **Central IL:**

**Christine Cooper**

(217) 761-3382

[christine.m.cooper10.ctr@mail.mil](mailto:christine.m.cooper10.ctr@mail.mil)

### **Southern IL:**

**Keith Rogers**

(618) 457-5686

[keith.e.rogers.mil@mail.mil](mailto:keith.e.rogers.mil@mail.mil)



<http://www.il.ngb.army.mil/family/survivoroutreach>

[\*\*www.il.ngb.army.mil/family\*\*](http://www.il.ngb.army.mil/family)

# Service Member Support Program

## FROM THE DIRECTOR:

“The Service Member and their Family are our customer and everything we do will be focused on their care and well-being. We provide services, assistance, guidance, and support that enhances the quality of life for Service Members and their Families during peacetime and upon mobilization.”

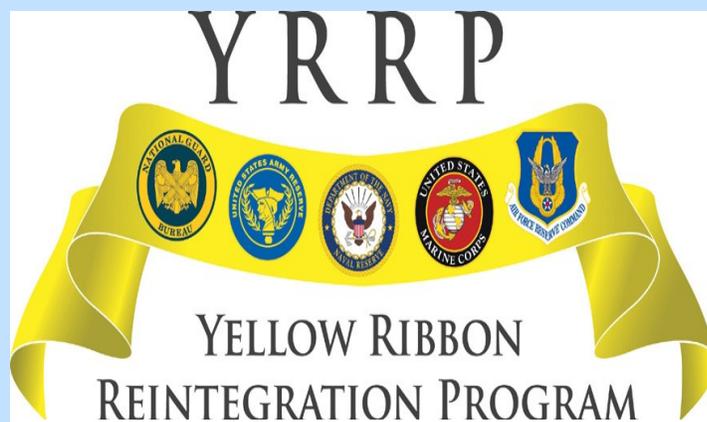
We are the:

- Yellow Ribbon Reintegration Program (YRRP)
- Warrior2Warrior Program (W2W)
- Sexual Assault Prevention & Response Program (SAPR)
- Transition Assistance Advisor (TAA)
- Veterans Opportunity to Work (VOW)
- Illinois Joining Forces (IJF)

**MAJ Cheryl Kulavic-Knope**  
**Director**  
**(217) 761-1742**  
**[cheryl.a.kulavicknope.mil@mail.mil](mailto:cheryl.a.kulavicknope.mil@mail.mil)**



**[www.il.ngb.army.mil/family](http://www.il.ngb.army.mil/family)**



### **Phase I**

Pre-Mobilization Event no later than 60 days prior to mobilization that will help prepare and address common challenges associated with deployment.

### **Phase II**

Family Reunion Event conducted 90 to 60 days prior to a unit's return that prepare family members for reintegration with Service Members upon return by providing access to resources, licensed professional and referral services.



### **Phase III**

30 Day Post Deployment Reintegration Event designed to expose Service Members and their Families to resources needed for successful reintegration.

### **Phase IV**

60 Day Post Deployment Reintegration Event that allows more in-depth dialogue between Service Members



### **Phase V**

365 Day wellness checks at the Periodic Health Assessment (PHA).

### **Phase III and IV Workshops**

- Family Separation Issues
- Communicating Post Deployment
- Licensed Counselors and Financial Planners
- VA Enrollment, Benefits and Counseling
- Employment Resources
- Legal Planning and Counseling
- Suicide Prevention and Awareness
- Making your Marriage Work
- Military OneSource
- Children's Reintegration Program
- Family Assistance Centers
- Post Traumatic Stress Disorder
- TRICARE Medical & MetLife Dental
- Education Benefits
- Vet Center Resources

**Army National Guard  
CH (CPT) Jenny Nielsen  
Program Manager  
(217) 761-1766  
jenny.j.nielsen.mil@mail.mil**

**SFC Edward Kindred  
YRRP NCOIC  
(217) 761-1741  
edward.j.kindred.mil@mail.mil**

**Air National Guard  
Beth Skeeters  
(217) 474-0823  
beth.skeeters.ctr@ang.af.mil**

## **Yellow Ribbon Reintegration Children's Program**

A deployment can be emotionally challenging for those left behind, especially our children. Separation from a parent is stressful on our children. Although a child's reactions will vary with their personalities, ages, and coping skills, changes as dramatic as deployments will normally be puzzling to any child.

The Yellow Ribbon Child's Reintegration Program offers creative communication tools which will ease the transition between deployment and homecoming for Illinois National Guard Families through our Statewide Youth programs. The Creative Arts Therapies- music, art and drama, serve as the delivery system to children during workshop events. Programming is designed to encourage expressive, enjoyable interaction among members of Guard Families, offering a base upon which newly reunited Families may build.

**[www.il.ngb.army.mil/family](http://www.il.ngb.army.mil/family)**

# Warrior to Warrior Program

## Research-driven Soldier Care

The Warrior to Warrior (W2W) Program, “Best Practice” Buddy-to-Buddy Program. Both the Director of the Army National Guard and Command Sergeant Major of the Army National Guard at National Guard Bureau in Washington, endorse and promote peer-to-peer support programs as a critical tool in the Commander’s Resiliency Toolbox. The Illinois Army National Guard W2W Program was developed and in June 2010 implemented. The W2W program is a two tiered program: Warrior 1 (W1) and Warrior 2 (W2). Each tier is specifically designed to cater to the needs of different resiliency and life skill challenges that may arise in the Illinois National Guard.

## Warrior 1

The first tier of the W2W program is the establishment of a peer support system amongst units, particularly among noncommissioned officer leadership and lower enlisted Soldiers. Best practices for this tier include: Checking in with Service Members in need via calls, texts, emails and drill. Providing support and resource information when needed. Keeping alert to issues that may be a red flag for emotional, physical or financial help. Referring Service Member to Volunteer Veteran when needed. Checking in with Volunteer Veteran regularly (every drill for about 15 mins). Checking in with Warrior 1 team leader for information, resources and W2W updates.

## Warrior 2

The second tier is the establishment of a Volunteer Veteran support group with local community organizations in areas where units are conducting drill. Volunteer Veterans attend drill weekends and annual trainings with a unit close to home. They are there for Service Members who are looking for someone to talk to, who is not in their chain of command, with whom they can establish a good rapport. The goal of this tier is to have the Volunteer Veteran be an advocate for a Soldier. Whether it’s passing out resumes to local businesses or just being supportive of a Soldiers’ needs, it is important for Volunteer Veterans to remain involved.

**MISSION:** To provide training and resources to Illinois National Guard Service Members in order to enhance peer support and resilience, and to facilitate access to systems of care.

### **Warrior to Warrior (W2W)**

Many Service Members encounter only minor, manageable issues during their career in the military. Some may face more serious challenges, including family concerns, financial struggles, clinical depression, post-traumatic stress disorder (PTSD), substance abuse or even suicidal thoughts. The earlier these issues are addressed, the better the outcome. However, many Service Members do not seek care because of the stigma associated with asking for help. The Warrior 2 Warrior Peer Support Program (W2W Program) seeks to overcome that stigma and open the door to better health for Service Members and their families.

### **Our Common Purpose:**

To bolster core buddy skills that are common to all Service Members. Our recent high operational tempo and multiple deployments have created a “new normal” in the ILNG. The Warrior 2 Warrior program and handbook is centered on providing command selected Service Members with the communication skills, awareness on challenges that Service Members face during their career, and knowledge on the many important resources available to Service Members.

### **Our Reality:**

More than 300,000 veterans of the conflicts in Iraq and Afghanistan currently suffer from post-traumatic stress disorder (PTSD) or major depression.

As many as 320,000 veterans may have experienced traumatic brain injury (TBI) during deployment. There were 99 ARNG Soldier suicides in 2011.



### **Resources Available For:**

**Health Problems**  
**Troubled Sleep/Nightmares**  
**Alcohol/Substance Misuse**  
**Emotional Problems**  
**Depression/Anxiety**  
**Legal Problems**  
**(Arrests, DUI, etc.)**  
**Suicidal Thoughts**  
**Anger Problems**  
**Risky Behavior**

[www.il.ngb.army.mil/family](http://www.il.ngb.army.mil/family)

# Sexual Assault Prevention and Response (SAPR) Program

The SAPR Program began in 2005 to reduce incidents of sexual assault through awareness, prevention education, victim advocacy, reporting and treatment options, bystander intervention, and accountability for Service Members who commit sexual offenses.

The SAPR program ensures that victims of sexual assault are protected, and treated with dignity and respect. Victims of sexual assault receive full support to include advocacy, legal, spiritual, medical services, and resources. The SAPR program focuses on victim advocacy, education, awareness, and outreach to prevent incidents of sexual assault in the military.



## State Sexual Assault Response Coordinators

SGM Diane S. Rogers



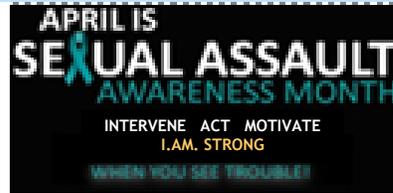
[diane.s.rogers2.mil@mail.mil](mailto:diane.s.rogers2.mil@mail.mil)

(217) 761-3085

SARC Cell Phone  
(217) 299-9407

VAC Cell Phone  
(217) 761-3457

## Services Provided:



### Victim Advocacy



- Safety planning and confidential support
- Medical/mental information assistance and resources
- Coordination to ensure reporting options are understood and that reports of sexual assault are properly managed

### Training

- Ensures that SHARP Specialists are qualified and trained properly to care for victims
- Provides guidance for units when conducting annual SHARP training
- Reviews and maintains victim advocacy certification, coordinate 80-hour courses, and conduct 16-hour refresher trainings for all SHARP Specialists



### Awareness/Outreach

- Maintains a visible presence in the community and actively participates in Sexual Assault prevention events



- Collaborates with military and civilian agencies to provide victims of sexual assault with the best options
- Works with the community agencies to raise awareness and further develop best practices to educate Service Members





## Transition Assistance Advisor

Darlene Bertoni  
(217) 761-1768  
darlene.m.bertoni.ctr@mail.mil

### Transition Assistance Advisors (TAAs) will:

1. **Help you get through the red tape.** We provide information and assistance to Service Members and their Families to help them understand and access Veterans Affairs (VA) benefits as well as services through the Department of Veterans Affairs and the Military Health System.
2. **Meet your Post-Deployment needs.** We coordinate with the VA, TRICARE, Veteran Service Organizations, and other federal, state and community resources to provide important information and help with obtaining services to meet the needs during the post-deployment period.
3. **See you through changes in your Military Service.** We participate in the mobilization and demobilization process to brief and advise National Guard members and their Families about available VA entitlements and available resources in their communities.
4. **Ensure your health and wellbeing are taken care of.** We help coordinate activities for the Post-Deployment Health Reassessment event (a screening evaluation for any lingering physical and mental health conditions Service Members may experience at 3-6 months post-deployment).
5. **Strive to be your personal problem solver.** We research and resolve issues associated with entitlements whenever you or your Family members encounter problems.
6. **Get the right folks involved when you need their help.** We advise the Joint Forces Headquarters, coordinate with the Family Support Specialists, and the Employer Support Group to give you the access to entitlements available through Department of Veterans Affairs, Department of Labor and other veterans' entitlement and benefit programs.

[www.il.ngb.army.mil/family](http://www.il.ngb.army.mil/family)



[info@illinoisjoiningforces.org](mailto:info@illinoisjoiningforces.org)



## Overview

Illinois Joining Forces (IJF) is a statewide, public-private network of veteran- and military-serving organizations. We collaborate in person and online to help Service Members, veterans, and their Families navigate the “sea of goodwill.”

No one organization can do it all. But veterans shouldn't have to wander from office to office—or website to website—to figure out who does what, and who can best meet their needs. By searching the IJF website or by asking the IJF site support team for help, service providers, veterans and military families open one door... and find a whole world of support.

### **CONNECTING WITH RESOURCES**

Illinois veterans, Service Members, and their Families can use the online platform, [www.IllinoisJoiningForces.org](http://www.IllinoisJoiningForces.org) to search for and connect with the right resource, find upcoming events and ask for help from the IJF support team.

**Find and Connect with Resources** – [www.illinoisjoiningforces.org/search](http://www.illinoisjoiningforces.org/search)

Use the search form on the IJF website to find an organization near you that can provide the programs and services you require.

**Browse the Directory & Working Groups** –

[www.illinoisjoiningforces.org/groups](http://www.illinoisjoiningforces.org/groups)

Find out more about the work of IJF by browsing the complete directory of members and visiting the homepages of our 10 Working Groups to learn more about their work and the best practices and other resources that they have identified in their sector.

**View Upcoming Events** – [www.illinoisjoiningforces.org/events](http://www.illinoisjoiningforces.org/events)

The events list contains upcoming events provided by IJF member-organizations for members of the military, veterans, their Families and the public at large.

**Request Assistance** – [www.illinoisjoiningforces.org/contact-us](http://www.illinoisjoiningforces.org/contact-us)

If you need help finding what you are looking for, you may contact our site support team— provided by the Illinois Departments of Veterans' Affairs and Military Affairs—to request assistance in connecting with the resources that are best for you.

**Mission:**

Gain and maintain active support from all public and private employers for the men and women of the National Guard and Reserve.

**Customers:**

- Civilian Employers
- Guard & Reserve Members

**What we do:**

ESGR informs and educates Service Members and their civilian employers regarding their rights and responsibilities under the Uniformed Services Employment and Reemployment Rights Act (USERRA).

ESGR serves as a neutral, free resource to employers and Service Members. Many ESGR resources are available at [www.esgr.mil](http://www.esgr.mil).

**Resources:** We provide military leave of absence forms, sample letters, service policies and tips to help you avoid employment challenges.

**Understanding the law:** We provide wallet cards and other resources to help you understand your rights and responsibilities under USERRA.

**Recognition:** The ESGR awards program recognizes outstanding employers with personnel policies that support employee participation in the Guard and Reserve. Show appreciation for your supportive employers by nominating your boss for a Patriot Award. Visit [www.esgr.mil](http://www.esgr.mil) to nominate your employer.

**Neutral Mediation:** Trained/ESGR Ombudsmen provide information, consultation and mediation concerning USERRA compliance.

**Employment Initiative Program (EIP):**

The readiness of the Guard and Reserve components is at an all-time high and we can take great pride in that achievement. At the same time, we are now seeing levels of unemployment and underemployment among members of the Guard and Reserve that are cause for concern.

**Useful web sites for Service Members seeking employment:**  
**Illinois Department of Employment Security: [www.ides.state.il.us](http://www.ides.state.il.us)**  
**Illinois Job Link: [www.illinoisjoblink.com](http://www.illinoisjoblink.com)**  
**Illinois National Guard Job Postings: [www.il.ngb.army.mil](http://www.il.ngb.army.mil)**  
**Hero2Hired: <https://h2h.jobs/>**

The goal of EIP is to improve employment opportunities for transitioning Service Members at the local level by using the more than 4,500 ESGR volunteers nationwide to help connect with employers and Service Members and communicate the many employment resources available to them.

**For more information about USERRA  
Call Toll Free (800) 336-4590**



**Hero2Hired:** H2H is a comprehensive employment program with a powerful job search site and online community that is free for veterans, Service Members, and employers.

H2H consolidates DoD employment initiatives into one enhanced program for Reserve Component members, via the H2H.jobs platform.

**For more information  
about ESGR contact:  
Illinois Office:  
LTC Mark Whitlock  
ESGR Program Coordinator  
(217) 761-3642  
[mark.k.whitlockmil@mail.mil](mailto:mark.k.whitlockmil@mail.mil)**



Visit <https://h2h.jobs/> NOW to start on the path of finding a job.

**[www.esgr.mil](http://www.esgr.mil)**

# Get Connected. Stay Informed.

State Family Programs Office Public Web Site  
[www.il.ngb.army.mil/family](http://www.il.ngb.army.mil/family)

We strive to provide you with as much information as we can in our yearly catalog. However, events and programs can be revised, updated or changed. In order to stay up-to-date with the services and exciting opportunities to grow and learn in the GUARD-FAMILY TEAM, you can visit the site above to look for changes.

**Also, follow us on Facebook as new information is posted regularly regarding upcoming events, resources, services, and more.**

[www.facebook.com/illinoisnationalguard](http://www.facebook.com/illinoisnationalguard)



[www.il.ngb.army.mil/family](http://www.il.ngb.army.mil/family)