

Illinois National Guard

Soldier Support Services Rucksack



“Always Ready, Always There”

Name:

Using the Rucksack

1. Treat the Rucksack as a living document. Highlight in it, write in it, and apply it to your career.
2. Share this booklet with your Soldiers, Team Members, and peers.
3. Use this booklet to gain as much information and knowledge offered to Soldiers from the Illinois National Guard.
4. The resources in this booklet exist to serve you, your team, and the Soldiers in the Illinois National Guard. Reach to supporting offices. Their contact information on each page.

ILNG Soldier Resources

Substance Abuse Program (SAP)-Risk Reduction Coordinator: (217) 761-3628
Substance Abuse Program (SAP)-Drug Testing Coordinators: (217) 761-2905/3431
Chaplain Services: (217) 761-3567
Education Office: (217) 761-3748
Equal Opportunity: (217) 761-3518
ESGR: (217) 761-3070
Family Readiness: (217) 761-3932
ID Cards/ DEERS: (217) 761-3307
Inspector General (IG): (217) 761-3730
Legal Office: (217) 761-3366
Red Cross: (800) 733-2627
Resilience, Risk, Reduction & Suicide Prevention: (217) 761-3691
Retirement Office: (217) 761-3694
SHARP/ SARC: (217) 761-3902
TRICARE: (800) 444-5445

Helpful Links

DTS: <https://dtsproweb.defensetravel.osd.mil/>
iPERMS: <https://iperms.hrc.army.mil/login/>
IPPS-A: <http://myaccess.dmdc.osd.mil>
Joint Service Transcript: <https://jst.doded.mil/jst/>
MilConnect: <https://milconnect-pki.dmdc.osd.mil/>
Military OneSource: <https://www.militaryonesource.mil/>
MyArmyBenefits: <https://myarmybenefits.us.army.mil/>
MyPay: <https://mypay.dfas.mil/#/>

ILNG Splash Page: <https://www.il.ngb.army.mil/>

Command Interest Programs (CIP) Points of Contact

Position Title	Name	Phone Number	Email Address
CIP Branch Manager / Resiliency, Risk Reduction, and Suicide Prevention (R3SP)	Mr. Mark A. Bermel	217-761-3691	mark.a.bermel.civ@army.mil
Drug Testing NCOIC	SFC Adara Sisk	217-761-2905	adara.R.sisk.mil@army.mil
Drug Testing Coordinator	SFC Jesse Boughton	217-761-3431	jesse.r.boughton.mil@army.mil
Risk Reduction Coordinator (RRC)	Mrs. Karen Peebles	217-761-3628	karen.l.peebles.ctr@army.mil
Prevention Coordinator (PC)	Mr. Mitch Ashbaugh	217-761-2903	mitchell.a.ashbaugh.ctr@army.mil
Prevention Coordinator (PC)	Ms. Marie Marek	309-567-6508	marie.t.marek.ctr@army.mil
Suicide Prevention Coordinator (SPC)	Ms. Cheyanne Scott	217-761-3873	_____

National Suicide Prevention Lifeline: 988



**Are you or is *anyone* you know considering suicide or having suicidal ideations?
Dial 988 for the National Suicide Prevention Lifeline. Press 1 if you are a
servicemember or wait on the line for help. Professionals are standing by, ready
to help anyone in crisis,
365 days a year 24-7, dial 988 to prevent another tragedy.**

SAPR/SHARP

The Sexual Assault Prevention and Response (SAPR)/ SHARP program helps achieve the Secretary of Defense's goal to eradicate sexual assault and sexual harassment from the military. SAPR helps to create a military culture where all Service Members have the values, tools, and skills to prevent sexual violence.

SAPR/SHARP Professionals provide:

- *Sensitive care/referrals/advocacy for survivors of sexual harassment and sexual assault
 - *Confidential reporting for survivors of sexual assault
 - *Warm hand off to EO Office for Sexual Harassment Reporting
- *Confidential retaliation reporting related to sexual assault report
 - *Training for new commanders and 1SG
- *Targeted unit training (separate from required annual training)

Illinois National Guard SAPR Office: 217-761-3902
(call only, texting not available)

SAPR Tab on ILNG App

DoD Safehelpline
877-995-5247 or <https://safehelpline.org/>

Equal Opportunity Office

The Illinois National Guard Equal Employment Office covers all matters related to Equal Employment for our technicians and M-Day Soldiers. We are committed to emplacing Equal Opportunity Leaders (EOLs) in all organizations. The EOLs are the frontline for advising and educating the force. We offer courses throughout the training year.

If you are an EOL and are interested in moving to the next level, please contact this office. Promotable E6's are eligible to be placed in an Equal Opportunity Advisor (EOA) role at the Brigade Level. Aspiring EOAs attend the Defense Equal Opportunity Management Institute in Florida. If you are interested in filling the role of an Equal Employment Counselor, contact our office as well. You will have the chance to work directly with civilian member organizations, providing information about the EEO process, gathering information, and assisting in resolving EEO matters.

Our Mission:

The Equal Opportunity / Equal Employment Opportunity programs strive to achieve an organizational culture where equal opportunity, diversity management, and inclusion are valued as key personnel readiness multipliers and are critical to accomplishing the mission.

We want to be an organization where Soldiers, Airmen, and civilians can start at any level and achieve any goal based solely on merit, attitude, and ability.

Contact Us:

Illinois National Guard
State Equal Employment Manager
217-761-3670
HR EO Senior Enlisted Advisor
JFHQ ILNG
217-761-3518

Education Services

PAYING FOR COLLEGE & TRAINING

GI Bill *Apply at www.va.gov*

MGIB-Selected Reserve • MGIB-Active Duty • Post-9/11 GI Bill

✓ *Make sure your college, apprenticeship, or on-the-job training is covered at www.va.gov/education/gi-bill-comparison-tool*

IL National Guard Grant *Apply at www.isac.org/students/during-college/*

100% tuition waiver for IL public 2- and 4-year colleges

Fed. Tuition/Credentialing Assistance *Apply: www.armyignited.army.mil*

\$4,000 per fiscal year for education and certification/licensure

ARMY PERSONNEL TESTING

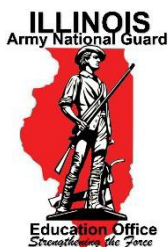
We offer the AFCT, DLPT/DLAB, and SIFT. To request an exam, complete the appropriate DA 4187 and send to our distro email (see below).

DANTES COLLEGE & CAREER PLANNING SYSTEM

DANTES helps Soldiers explore career interests and skills, access their Joint Services Transcripts, and more. Visit them at www.dantes.mil.

CIVILIAN EDUCATION RECORDS

Schools can send official transcripts to our distro email or mail them to us at Education Office, 1301 N MacArthur Blvd, Springfield, IL 62702.



Distro Email: ng.il.ilarng.list.g1-education@army.mil

Education Services Officer: (217) 761-3748

GI Bill Manager: (217) 761-3406

Yellow Ribbon Program

The Mission of the Yellow Ribbon Reintegration Program (YRRP) is to provide information, service, referrals, and outreach opportunities for Service Members and their families throughout each unit's deployment cycle. Through YRRP events, Service Members and loved ones are connected to local resources before, during, and after deployments. Commanders and leaders play a critical role in ensuring that the ILARNG Service Members and their families attend YRRP events where they are given healthcare, education, employment, financial and legal benefits information.

YRRP hosts three events throughout the three phases of the deployment cycle for Service Members and their families to obtain all the available information about resources and entitlements.

Learn About:

Education and Employment opportunities
Family Programs/ child and youth
Physical, mental, and financial help
Soldier and Family Readiness

Events:

Pre-Deployment
1st Post Deployment
2nd Post Deployment

Contact Us:

For information about resource providers or upcoming events, please contact the Yellow Ribbon staff.

Distro: ng.il.ilarng.list.yellow-ribbon@army.mil



Resilience, Risk Reduction & Suicide Prevention Program

Resilience, Risk Reduction & Suicide Prevention (R3SP) is the Army's strategy for strengthening individual and unit Personal Readiness and fostering a culture of trust. R3SP provides training and resources to Army Service Members to enhance resilience and optimize performance. R3SP reinforces the Army Values, beliefs, and attitudes. It educates members of the Army team about the importance of building connections with each other, taking care of one another, and supporting fellow Soldiers.

R3SP Programs:

Resilience Program
Suicide Prevention Program
Risk Reduction Program
Substance Abuse Program

- Suicide Intervention Skills provided by LivingWorks' Applied Suicide Intervention Skills Training (**ASIST**).
- Suicide Intervention Skills through the Army's Ask, Care, Escort - Suicide Intervention (**ACE-SI**)
- Suicide Prevention Skills using the Army's Ask, Care, Escort (**ACE**) model.





ILARNG Family Assistance Centers

Family Assistance Centers offer a place to receive reliable information and referrals. These services are structured to include service members of any branch or component, Family Members, and Retirees. Resource and referral services include, but are not limited to:

Community Information and Referral: Provides military and civilian resources through agencies, groups, private organizations, and/or clergy to solve or assist with resolving problems.

ID Cards & DEERS: Information and assistance for eligible family members to obtain identification cards and enroll in Department of Defense Enrollment Eligibility Reporting System (DEERS).

TRICARE Health & Dental: Assistance in coordinating TRICARE enrollment, claims, and issues with the nearest Health Benefits Advisor, as well as providing information on TRICARE health and dental services.

Financial Management: Provide financial resource referrals, to include grants to eligible service members.

Crisis Intervention: Capable of identifying family crisis situations and provide immediate assistance to stabilize situations and refer to appropriate resources for assistance.

Legal Assistance: Referral to local and state legal resources for assistance with legal matters.

Emergency Family Assistance Centers: Established in times of natural or man-made disasters, operating around the clock in order to support both service and family members.

Exceptional Family Member Program: A program to assist AGR/deployed families who have members with learning and/or medical conditions that require specific treatment facilities nearest to them to meet those needs.

North Riverside Armory
8660 W. Cermak Rd
North Riverside, IL 60546
Office: (309) 567-6109

Crestwood Armory
13838 S. Springfield Ave
Crestwood, IL 60472
Office: (309) 567-6353

Northwest Chicago Armory
1551 N. Kedzie Ave.
Chicago, IL 60651
Office: (309) 567-5003

Joliet Armory
2900 W. Jefferson St
Joliet IL 60435
Office: (309) 567-5605

Milan Armory
5212 78th Ave.
Milan, IL 61264
Office: (309) 567-4177

Marseilles Armory
1450 Army Rd
Marseilles IL 61340
Office: (309) 567-6539

Peoria Armory
2323 S. Airport Rd
Peoria, IL 61607
Office: (309) 567-7938

Machesney Park Armory
10451 N. 2nd St
Machesney Park IL 61115
Office: (309) 567-4159

Springfield (Camp Lincoln)
1301 N. MacArthur Blvd.
Springfield, IL 62702
Office: (217) 761-3335

Mattoon Armory
112 Broadway Ave
East Mattoon, IL 61938
Office: (309) 567-4485

Mt. Vernon Armory
600 Shiloh Dr.
Mt. Vernon, IL 62864
Office: (309) 567-4412

Marion Armory
11427 Minuteman Rd
Marion IL 62959
Office: (309) 567-4025

Urbana Armory
600 University Ave.
Urbana IL 61801
Office: (309) 567-4946

State Family Program Headquarters
1301 N. MacArthur Blvd.
Springfield, IL 62702
Phone: (217) 761-3932/800-832-9225





Personal Financial Counselors

Support and counseling services include face-to-face appointments with individuals and families, group presentations, referrals to military and community resources, support for family members during deployments, and help with budgeting, credit management and navigating benefits.

PFCs offer a wide range of training and workshops on topics such as money management, budgeting and developing spending plans, debt and credit card management, consumer rights and obligations, homebuying, retirement and estate planning, taxes and more.

PFCs are:

- ❖ Accredited professionals
- ❖ Available by appointment at your installation Family Center
- ❖ Flexible, providing their services one-on-one, at group briefings and at events

You work hard; let your financial status reflect that hard work. Reach out to your installation's Family Center to make an appointment with a PFC who can help you develop a healthy financial future.

Financial Education and Counseling for:

- | | | |
|------------------------------|-----------------------------------|---------------------|
| ◇ Money Management | ◇ Consumer Rights and Obligations | ◇ Student Loans |
| ◇ Budgeting | | ◇ Taxes |
| ◇ Developing a Spending Plan | ◇ Building Credit | ◇ Transitions |
| | ◇ Home Buying | ◇ Military Benefits |
| ◇ Debt Management | ◇ BRS & TSP | ◇ Insurance |
| ◇ Credit Card Debt | ◇ Retirement | ◇ ...and more! |

Financial Counseling Appointments are:

FREE for Military Service Members and Families Private, Confidential, and Anonymous
Flexible Times In-person (within 50 miles of primary locations) and Virtual*

North Riverside Armory
Mr. Michael Byrne, AFC®
(224)315-9607
pfc.oakbrook@magellanfederal.com

183rd Air Wing (Springfield)
Jim Thompson CFP®, ChFC®
(217)720-3337
pfc.springfieldil@magellanfederal.com

Bartonville Readiness Center
Mr. Eric Pigman, ChFC®
(309)339-6923
pfc.bartonville@magellanfederal.com

Urbana Armory
Kenneth Biederman, ChFC®
(217)926-3129
pfc.urbana@magellanfederal.com

Mt. Vernon Readiness Center
Coming Soon!



Tools for Your Best MilLife

Need financial or tax guidance? Want to talk about managing stress or family challenges? What about a health and wellness coach?

Military OneSource is your 24/7 connection to information, answers and support for your best MilLife. Contact us anytime to arrange free Military OneSource services including: confidential counseling, specialty consultations, financial and language services.

Access Confidential Non-medical Counseling

Just need to talk? Get non-medical counseling from experts trained in military life.

- Private, not reported to command
- Up to 12 sessions per issue
- Counseling from licensed mental health clinicians
- Phone, in-person, video conference or online chat

Schedule Specialty Consultations

- | | |
|------------------------------------|-----------------|
| • Health and Wellness Coaching | • New MilParent |
| • Spouse Relocation and Transition | • Special Needs |
| • Wounded Warrior Assistance | • Adoption |
| • Peer-to-Peer Support | • Elder Care |
| • Building Healthy Relationships | • Education |
| • Transitioning Veterans | |

Take Command of Your Taxes With MilTax

- Easy-to-use, tax preparation and e-filing software
- Prepare and file federal and up to three state returns for free
- Trained tax experts to help by phone

Master Your Money With a Financial Counselor

- Talk to accredited counselors by phone, video or in-person
- Manage and eliminate debt
- Budgeting, retirement, tuition planning

Bridge Barriers With Language Services

- Language interpretation services
- Document translation
- 150 languages

Military OneSource is a Defense Department-funded program for service members and military families.

For resources, tools and more information, contact:
www.MilitaryOneSource.mil | 800-342-9647



Retirement Services Office

The Mission of the Retirement Services Office is to provide the most effective guidance to M-Day Soldiers planning, applying, updating, or discontinuing any retirement benefits.

- Pre-Retirement Briefings are held quarterly and are published on a MOI and disseminated annually. Learn about the benefits that may be available to you, as well as preparing you for the retirement process.
- RSO assist in your transition to retirement; and keeps you and your families updated on benefits and entitlements after retirement.

Learn About:

Retirement Benefits
Retirement Options
Retirement Points
Retirement Pay
Survivor Benefit Plan
RCSBP
And much more.

Required Documents:

Retirement Checklist
DD Form 108
DD Form 2656
Notice of Eligibility (20-Yr Letter)
Retirement Point Statement
Retirement Orders
NGB Form 22
RCSBP Election

For information about resource providers, upcoming events, or benefits please contact the Retirement Service Office.

Contact Us:

1301 North MacArthur Boulevard, Springfield, IL
<https://www.il.ngb.army.mil/ServiceMember-Resources/Benefits-Center-ID-Cards-DEERS>

Office: (217) 761-3694 or ng.il.ilarng.list.rso-rpam@army.mil

ID Card Facilities

The Benefits Center staff use RAPIDS to access, query, and modify (when authorized) personnel's Defense Enrollment Eligibility Reporting System (DEERS)/ benefits information for Active, Retired, Reserve, and National Guard uniformed service personnel and their eligible family members.

The main State DEERS operations are conducted by appointment in the Benefits Center on Camp Lincoln, 1301 N MacArthur Blvd, Springfield, IL 62702. There are ID Card machines with limited availability and operations in use at Kedzie Armory, Marseilles Training Center, Mt. Vernon Armory, Normal Armory, and Urbana Armory.

How we assist with Individual/Unit Readiness?

We ensure enrollment in the Defense Enrollment Eligibility Reporting System (DEERS) and provide Common Access Cards (CAC) and/or Official Identification Cards to Soldiers and their family members.

Units/ Service Members can submit a CRM ticket to the NGIL DEERS provider group to inquire about loss of benefits Tricare during status changes (Mobilization, AGR, ADOS, etc.).

How to make an appointment?

Visit our link to schedule your appointment at the nearest ID Card Facility. (Online appointment scheduler is only open 30-60 days out due to availability)

<https://idco.dmdc.osd.mil/idco/locator>

Contact Us:

<https://www.il.ngb.army.mil/ServiceMember-Resources/Benefits-Center-ID-Cards-DEERS>

Office: (217) 761-3443 or ng.il.ilarng.list.deers@army.mil



Casualty Operations

The mission of Casualty Operations is to honor and care for the men and women of the Illinois Army National Guard and their families in the event of a severe injury or death of a Service Member, regardless of duty status. We will demonstrate the Adjutant General of the Illinois National Guard's unwavering commitment to the surviving family members by ensuring that no one carries the burden of loss alone.

How we Support Soldiers, and Families

- Coordinate Casualty Assistance for families who experience a loss
 - Train and certify Casualty Assistance Officers
(E7-E9, O3-O6, WO2-WO5)
- Report all known Department of Army casualties via approved DOA channels
- Coordinate the submission of Servicemembers Group Life Insurance (SGLI), Family Servicemembers Group Life Insurance (FSGLI), and Traumatic Servicemembers Group Life Insurance (TSGLI).

To report the death of a Service Member, spouse, or Service Member's dependent child, contact the Soldiers unit or the Illinois National Guard Casualty Office.

Contact Us:

1301 North MacArthur Boulevard, Springfield, IL
<https://www.il.ngb.army.mil/Servicemember-Resources/Military-Funeral-Honors/>
(217) 761-2905

Military Funeral Honors

Military Funeral Honors (MFH) provide resources to Funeral Directors, families, and loved ones on how to request military funeral support while also serving as a reference on all matters related to regulations, functions, and requirements for military funeral operations.

MFH offers support for funeral services of deceased honorably discharged veterans at no charge to funeral homes or families and loved ones of veterans.

Training to Veteran Service Organizations (VSOs) to become AP3 certified to perform dignified funeral services such as flag folding and presentation of Colors to family, firing party, and pall bearing sequences. Also, provide ongoing training to Funeral Directors and funeral home personnel in order to maintain funeral service certifications.

Services

Veteran Honors designated for eligible deceased veterans. The ceremony may consist of two personnel to conduct the sounding of TAPS, military flag fold, and presentation of the flag to the primary/ designated next of kin.

Contact Us:

1301 North MacArthur Boulevard, Springfield, IL
ng.il.ilarng.list.funeral-and-honors@army.mil

Office: (217) 761-2905

Survivor Outreach Service

Survivor Outreach Services (SOS) is the official Department of the Army program designed to provide long term support to surviving Families of Fallen Soldiers. Survivor Outreach Services is an all-Army program. NGB SOS Coordinators support Active, Reserve, and National Guard families.

The loss of a loved one often results in tremendous grief, which can be overwhelming. When faced with a tragedy, Survivors may be wondering what direction to take. SOS Coordinators are the link to finding the resources and answers that will work best for surviving family members.

Survivor Outreach Services (SOS) supports the surviving Spouse, children, parents, and siblings of any Army Service Member that died, regardless of duty status, while currently in Uniform. We can assist Retiree widows on a case-by-case basis with referrals, but Retirees should contact local Retirement Services Office.

SOS Coordinators provide direct services as well as information, referrals, and recommendations to support groups, spiritual resources, bereavement and financial counselors, help obtain copies of documents, navigate local, state, and federal agencies, and conduct monthly events for all Army survivors regionally.

Contact Us:

1301 North MacArthur Boulevard, Springfield, IL

Office: (217) 761-3382 (Springfield)

Office: (309) 567-4427 (Mount Vernon)

Office: (309) 567-6116 (North Riverside)



Your Rights as a Guardsman

Employer Support of the Guard and Reserve (ESGR)

ESGR is a Department of Defense office established to promote cooperation and understanding between Guardsmen and their civilian employers and to assist in resolving conflicts arising from an employee's military commitment.

ESGR informs and educates Service Members and their civilian employers regarding their rights and responsibilities governed by USERRA. ESGR does not enforce USERRA but is a neutral, free resource for employers and Service Members.

Uniformed Services Employment and Reemployment Rights Act (USERRA)

USERRA is a Federal law intended to effect Service Members in the Armed Forces, National Guard, and Reserves. USERRA affects employment, reemployment, and employment retention when employees serve in the Armed Forces.

Contact Us:

Employer Support of the Guard and Reserve

Website: www.esgr.mil

Office: (800) 366-4590

Uniformed Services Employment and Reemployment Rights Act (USERRA)

Website: www.dol.gov





Joint Force Headquarters
1301 N. MacArthur Blvd
Springfield, IL 62702

G1, Command Interest
Programs

The G1 Rucksack was produced and is controlled by G1-CIP. For any changes, corrections, or concerns, please email mark.a.bermel.civ@army.mil.

Edited by Mr. Mark A. Bermel