

Utah Community Covenant Quarterly



Jan- Mar 2013

JCF Goes Online thanks to USU



On November 3rd, 2012 Utah State University became the first university in the Nation to sign a Community Covenant. They pledged to do all that they can do to take care of their military members, veterans and their families not only in their University system, but all throughout the state, through their incredible outreach capabilities with the UUS Extension Services. USU Extension has volunteered their webcasting capabilities for the Joining Community Forces Meeting. On January 16th if you are not able to make it to Salt Lake for the meeting you can log on and watch the meeting from your home or office computer. Those attending this training meeting will receive significant information on how they can support Military Members, Veterans, and their Families in their communities.

Directions for those joining in on the Webcast

Webcast Name: Community Covenant 01 16 13
Invited By: USU Extension Webcast (scott.boyer@usu.edu)
When: 01/16/2013 9:00 AM - 12:00 PM
Time Zone: Mountain Time (US and Canada)

Link to Test your connection:

https://connect.usu.edu/common/help/en/support/meeting_test.htm

https://connect.usu.edu/common/help/en/support/meeting_test.htm

(this takes just a few short minutes)

Link to join the meeting

(on January 16th at 9:00 a.m.)

<https://connect.usu.edu/cc011613/>

If you cannot join us during the meeting you can watch the recorded version of it at a later time. An email will be sent out with the directions on how to view archived meetings.

Thank you for all that you do.

-The Community Covenant Team

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Military Family Life Consultants: What They do and how they can help.

The Defense Department continues to ensure the well-being of service members and their families through no-cost, short-term, non-medical counseling in the interests of military and family readiness, a defense official said.

Jena M. Moore, program analyst for counseling in the Office of Military Community and Family Policy, explained the program during an interview with The Pentagon Channel and American Forces Press Service.

“The Military and Family Life Counseling program ... offers short-term, non-medical counseling,” Moore said. “And it’s confidential for our service members and family members.”

The program, administered by licensed professionals with master’s or doctorate degrees in a mental health-related field, provide services for active duty, National Guard and reserve members and their families, as well as DOD civilians “serving as part of the expeditionary workforce and their families.”

The program’s goal, she said, is to prevent the development of or the exacerbation of mental health conditions that can detract from military readiness.

“Another goal of the program was to establish a different avenue of counseling for service members and family members, in addition to what’s already available through their military community,” Moore said.

Data indicates usage of non-medical counseling has increased from 10 percent of active-duty service members in 2003 to about 35 percent, she said.

According to Moore, the program provides non-medical counseling for issues that can be resolved or supported through short-term support.



“These are daily issues that come to our lives like dealing with work or dealing with family,” she said. “And, specifically for the military community, it’s those normal reactions that service members and family members can have to the stressful attributes that can come with being a military family member.”

Moore said medical counseling is not provided through the program since such care typically would be used for health issues requiring longer-term care. Counselors ensure service members or family members are connected with the right resource before finishing the counseling sessions, she said.

“Examples of [medical counseling] would be issues related to child abuse, spouse abuse, or suicidal ideations,” Moore said. “These are counseling sessions that you could find within a military medical treatment facility or through TRICARE.”

Moore explained how the MFLC program delivers counseling to the military community in a variety of ways. “One of the largest ways that we’re utilized is on installations on rotations up to 180 days,” she said. “And typically these MFLCs are found within our family support centers, but they also can be found throughout military installations as well as embedded in military units.”

Continued from pg. 2

"We also have our child and youth behavioral MFLCs that support child and youth on installations," Moore continued. "Those can be found in our child development centers as well as public schools that have high populations of military children."

For commanders, Moore noted, there are surge support services available to units that are returning from combat. And there are on-demand medical services that primarily support National Guard and reserve members, she said, which are usually available at family events and during drill weekends and deployment-related events.

"If a commander is interested in receiving surge support for their unit that is returning from deployment, they would request through their family program manager at service headquarters," Moore said, "and then that request would come through to the MFLC program where we'd review it, and provide support as needed."

For troops with privacy concerns, the sessions with the MFLC counselors are confidential -- even their commander won't know -- and the counseling will not impact their security clearances, she said.

Additionally, Moore said, full-time program counselors can be accessed through joint family support assistance programs, available in all 50 states, territories and the District of Columbia. And MFLC program options include speaking to a military chaplain, or going to a family support center, she said.

Moore said research data indicates the program is working.

"In a recent review of the MFLC program that was conducted by Virginia Tech, [of] those that were surveyed, 98 percent indicated that the MFLC counseling program was effective in dealing with their issues," she said.

Senior commanders like retired Navy Adm. Eric T. Olson, who led U.S. Special Operations Command, also have provided feedback, Moore said.

"In 2010, [Olson] spoke to the MFLC program and the support that the MFLC program provided his service members and family members," she said. "[Olson] mentioned how the MFLC program is flexible, and it's so accessible ... that his families and service members feel comfortable in utilizing it."

Olson "really thinks that it's a value added for his service members and family members to have that resource," Moore said

. -By Army Sgt. 1st Class Tyrone C. Marshall Jr.



****The state of Utah has 3 Military and Family Life Counselors working for the betterment of Utah's Military Families and Individuals.***

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Governor's Military & Family Summit

in partnership with

Generations 2013

April 17, 2013

for

Service Members,

Veterans, Families and

All Interested Community Leaders & Individuals



Employment Fair -- Round Table-- Family Resources
Featured Keynotes Benefit Sign-Ups Health Screenings

Requested Educational Sessions

Rural Health Support College & University Vendors
Continuing Education Credits

Salt Palace Convention Center
Salt Lake City, Utah

FREE

FREE

Don't miss out!

Join the Governor and experts from all around in this unique program – unlike any other throughout our 50 states. You, your partners, parents, siblings, and others will enjoy a day packed with laughs, knowledge, resources, job opportunities and other benefits that will last long after the day is over. Civic and business leaders will have opportunities to build programs to support our military and their families in urban and rural areas. Health and mental health professionals will be able to secure accredited continuing education for licensure.

Save the date now!

For questions, more information, or to be placed on the mailing list, call 801-501-9446

Utah Department of Veteran's Affairs – Utah Veterans & Military Employment Coalition –
University of Utah Neuropsychiatric Institute – Utah Division of Substance Abuse &
Mental Health

The Community Covenant Corner



Chaplain David H. Jones, CC Team Officer In Charge

The Community Covenant Program in the State of Utah continues to grow and turn heads of many. In Calendar Year 2012, five separate visiting parties from other states, National Guard Bureau, the Dept. of the Army, and the Office of the Secretary of Defense came to Utah to learn from our success. Each visitor left with a newfound motivation to take what we are doing into their areas of operation. This credit goes to each of our towns and cities who are answering the call of support.

We saw amazing growth in our program, rising from just 20% of Utah's cities and towns who had signed covenant documents, to now just over 50%. Excellent progress, but still much more to do. The CC team continues to reach out to new cities and town to invite them on to this program, but we also continue to work with those already signed to enhance their Covenant with their resident Service Members, Veterans, and their Families.

New advancements to our program are continually added. We've started working with our State's colleges and universities, with USU being the first to sign a Community Covenant document. With this relationship comes an opportunity to work with their Cooperative Extension Program to broadcast our quarterly *Joining Community Forces* training meeting to Extension offices or even home computers. This helps spread info and resources throughout our state.

We thank everyone for their continued support to our deserved Military Members and Families.

This Quarter Signing Events in Utah



Brian Head

January 8th

Other Events

Logan Armory Ribbon Cutting
January 12th

Ogden Armory Ribbon Cutting
January 23rd

Mayors Minute: Saratoga Springs, UT

The City of Saratoga Springs was pleased to formally participate in the Community Covenant Program this past June with the signing of this document during the Saratoga Splash, a city celebration. Community leaders, the City Council and I appreciated the opportunity to support our service members for their sacrifices performed on and off duty, and pledge our efforts to those who keep our country and freedoms secure.

We are fortunate to be in an area that is so close to Camp Williams, they have been great neighbors and our community benefits from their close proximity. Our city experienced a devastating fire and mud slide to which the Utah Army National Guard was quick to respond by sending equipment and operators to assist. It is great to know that we have the military nearby in times of duress for assistance and peace of mind.

The City of Saratoga Springs is a very patriotic community; we support one another and have great pride in our beautiful city. Our community works together, through great volunteer efforts, fiscal discipline, personal responsibility and respect to the residents in it.

I am honored to be the mayor of a city that supports our troops and are able to show our gratitude in many ways. Thank you for all that you do, have done in the past and continue to do, we are eternally grateful. May God watch over you and bless you, this country and the city of Saratoga Springs.



Community Covenant Contact Information

Northern Utah Team

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If your city or town needs assistance or has questions regarding the Community Covenant Program please call one of our team members above. If you are a city who has not yet heard our Community Covenant Presentation please contact us, we would love to share this program with you. We would also like to hear from anyone wishing to provide success stories or ideas that might be included in future issues of this newsletter.

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Operation Military Kids



Operation: Military Kids 2013 Winter Quarter Schedule of Events

The mission of OMK is to support deployed National Guard, Army Reserve and Active Duty Soldier's children living in communities across the country. Although the focus of OMK is to support military children throughout the deployment process, all military youth are welcome. DoD Contractors that are overseas in support of a contingency, Wounded Warriors, Fallen Warriors and Veteran's children are invited to participate in OMK camps and activities.

In addition, Operation: Military Kids, as part of the 4-H Youth Development Project, is a vital part of supporting the Army Family Covenant, the Army Community Covenant and the Army Soldier Family Action Plan. If you would like more information on the Utah OMK Program or how to register for an OMK event, please contact OMK Project Director - Rachele Greenhalgh at rachele.greenhalgh@usu.edu or visit www.utah4-H.org/html/featured-programs/4hmilitary or www.operationmilitarykids.org.

Here's what's coming up....

January 19th @ Thanksgiving Point, Lehi, UT
"Dinosaurs!" - Grades 1-3rd
10:00-3:00 pm

January 21st @ Washington County Extension Office, St. George, UT
"Winter Wonders" - Grades 2nd-5th
12:00-3:00 pm

February 2nd @ Thanksgiving Point, Lehi, UT
"Mythbusters" - Grades 4-6th
10:00-3:00 pm

February 2nd @ The Elks Lodge, St. George, UT
OMK Family Day "Sweethearts Super Saturday"
12:00-2:00 pm

February 4th @ Washington County Fair Grounds (indoor arena), Hurricane, UT
"OMK Family Fun Night"
Military Families (space is limited to 8-10 families)
6:30-8:30 pm

March 2nd @ Thanksgiving Point, Lehi, UT
"Angry Birds" - Grades 3-6th
10:00-3:00 pm

UtahStateUniversity 
COOPERATIVE EXTENSION

Important Websites

Utah Family Programs
<http://www.ut.ngb.army.mil/family/index.htm>

Military OneSource
www.militaryonesource.mil

Utah Department of Veteran's Affairs
<http://veterans.utah.gov/>

Community Covenant Program
<http://www.army.mil/community/>

*These websites contain information about resources available to military service members and their families



Military Liaisons and Full Time Support Personnel

The Joining Community Forces, formally known as the ISFAC, meets the first Wednesday of March, June, September, and the second or third Wednesday of January.



Next Meeting:
January 16th from 9:00 to 12:00
North Salt Lake Readiness Center
1624 N. 2200 West
Salt Lake City (by the airport)

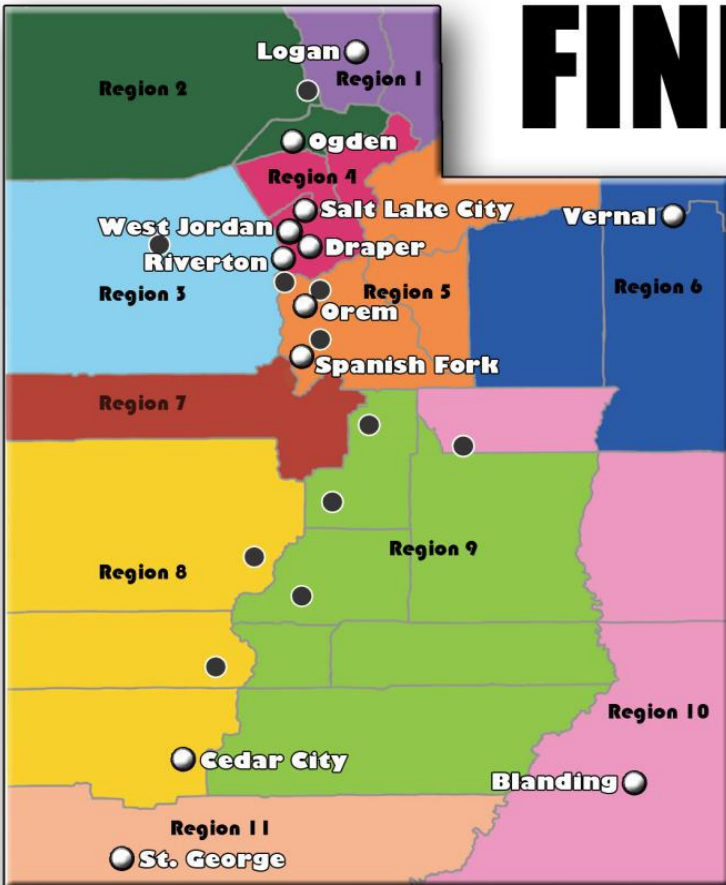
Family Assistance Centers

Family Assistance Centers (FAC) are designed to assist families of Service members during peacetime, training or mobilization. Centers are open to all branches of the military (Army Guard, Air Guard, active duty Army, Air Force, Coast Guard, Marines, Navy and all Reserve components).

Locate and contact your local FAC. For more information, visit us at www.ut.ngb.army.mil/family/index.htm.

FIND-A-FAC

Please take a few moments now to locate the FAC nearest you. Note that the nearest FAC may be behind you.



○	Army and Family Assistance Center Locations
●	Army Locations
○	Logan (435) 753-3155 x3310
○	Ogden (801) 476-3811
○	Riverton (801) 878-5037
○	Draper (801) 432-4902
 (801) 432-4522
○	West Jordan (801) 816-3577
○	Salt Lake City (801) 715-3708
○	Orem (801) 722-6913
○	Vernal..... (435) 789-3691 x3255
○	Spanish Fork (801) 794-6011
○	Cedar City (435) 867-6513
○	Blanding (435) 678-2008 x6601
○	St. George (435) 986-6705

Basic services provided by FACs include the following, regardless of location:

- o TRICARE/TRICARE Dental assistance
- o Financial assistance/counseling
- o Point of contact (POC) for legal and pay issues
- o ID Cards referral
- o POC for community support
- o Emergency-assistance coordination
- o Counseling support/referral
- o Family/household emergencies
- o Family care plan information
- o Site for family communication
- o POC for Casualty Assistance information, referral, follow-up and outreach
- o DEERS information (Defense Enrollment and Eligibility System)
- o Support FRG programs

Please do not hesitate to contact our FACs for any questions or issues you may have. We are here to serve you!