

WELCOME



6TH MARINE CORPS DISTRICT

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6th Marine Corps District

Virtual Marine and Family Orientation Night

Join 6th District for a Virtual Basic Recruiter's Course
Marine and Family Meet and Greet!

Q&A with an active 6th District Recruiter!
Q&A with a 6th District Recruiter Spouse!
Meet the DRC and other District Personnel and Support!

An RSVP link will be sent in the welcome email from the DRC
or hold the camera app over the QR code to send an email
requesting the link or to request more information.

This event open to single or married Marines and their families.



WELCOME!

Congratulations on your assignment to this crucial and rewarding independent duty.

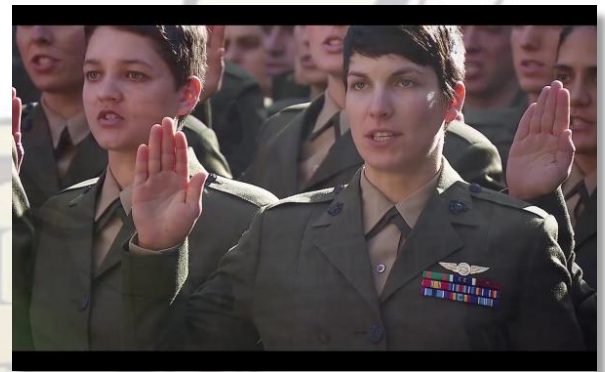
IMPORTANT: If you take the time to read through this guide in its entirety, it will help to prepare you, and your family if you have one. Several classes are taught on the contents of this guide.

This guide will provide you with:

- ✓ An overview of 6th Marine Corps District.
- ✓ The structure of recruiting within the Marine Corps.
- ✓ An explanation of the Unit Personal and Family Readiness Program and how it can help you thrive through recruiting.
- ✓ An explanation of personal and family resources.
- ✓ An explanation of common recruiting terminology.
- ✓ Tips from recruiter spouses and a career recruiter.
- ✓ Relocation support.

As you look through this guide, have a pen and paper nearby to record any questions. Reach out to the District Readiness Coordinator (DRC) or your Recruiting Station's (RS) Uniform Readiness Coordinator (URC) who can be found on <https://www.6thmcd.marines.mil/Resources/Family-Readiness/>.

If you have Netflix and would like to learn more about the entire process of making a Marine, the movie "We, The Marines", narrated by former Marine Gene Hackman, documents the process of becoming a member of this illustrious fighting force.



Recruiting Duty



Recruiting Duty puts the Marine in the critical role of creating the next generation of Marines. The recruiting duty mission is to find qualified men and women who will contribute to the future of the United States Marine Corps and our country. Marines, family members, and civilians are all an integral part in the success of the mission.

An assignment to recruiting duty begins an adventure which will be different from any other experience in the Marine Corps. It is challenging, demanding, and rewarding. The

hours the Marine works, the military resources available, and even the leave and liberty process will be a shift from life in the fleet. For many, this form of independent duty pulls the recruiter (and family) away from the familiar support of military connected friendships and network of resources easily accessed on an installation. This duty provides new opportunities within the civilian community which can help to ease the transition to civilian life at some point down the road.

You will be asked to be more independent, more self-sufficient, and more flexible. This booklet is intended to provide you with an introduction to the benefits and challenges of recruiting duty. Each section addresses areas of common concern and provides tips to help you be successful before, during, and after your time with 6th Marine Corps District as a recruiter or family member. Pay particular attention to the recruiting terms throughout this guide.

We encourage you to reach out to your sponsor and/or URC with questions regarding the recruiting station and the local area in which you will be calling "home" for the next few years. Each recruiting station has a team of spouse Command Team Advisors and Family Readiness Assistants who are eager to assist families in settling in to this new role and area.



6TH Marine Corps District

Parris Island, South Carolina

Marine Corps Recruiting Command (MCRC) <https://www.mcrc.marines.mil/> is comprised of two regions, Western Recruiting Region (WRR), and Eastern Recruiting Region (ERR) <https://www.mcrdpi.marines.mil/Eastern-Recruiting-Region/>. Each region has three districts. Within ERR are the 1st, 4th, and 6th Marine Corps Districts. Each district is then broken down into eight Recruiting Stations (RS's), which are made up of Recruiting Sub-Stations (RSS's), Permanent Contact Stations (PCS's), and Officer Selection Offices (OSO's). Each district also has a Prior Service Recruiting Stations (PSR's).

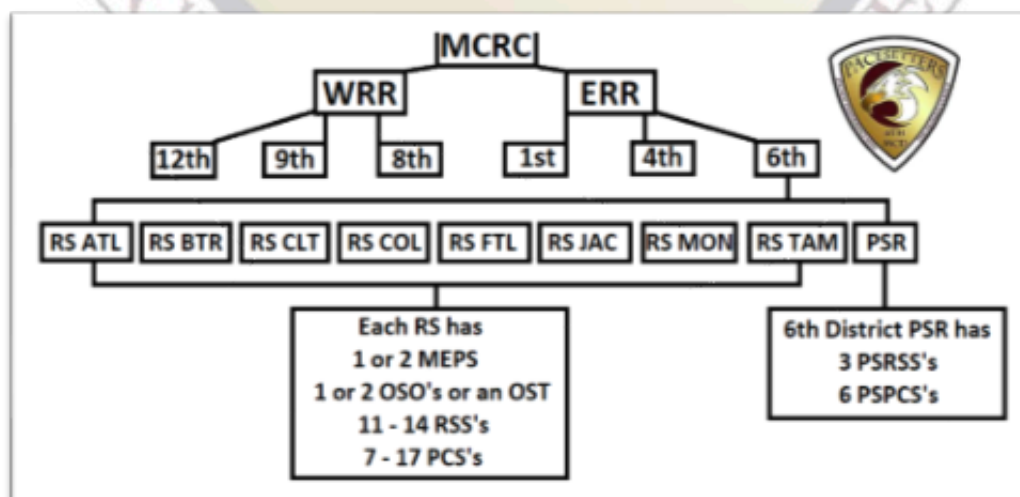


6th Marine Corps District <https://www.6thmcd.marines.mil/> encompasses the seven southeastern states of Alabama, Florida, Georgia, Louisiana, Mississippi, the western portion of North Carolina, and South Carolina as well as Puerto Rico and the Virgin Islands with the District Headquarters located aboard Parris Island in Beaufort, South Carolina.

6th District's eight RS's include:

RS Atlanta (RS ATL): <https://www.6thmcd.marines.mil/Units/Recruiting-Station-Atlanta/>
RS Baton Rouge (RS BTR): <https://www.6thmcd.marines.mil/Units/Recruiting-Station-Baton-Rouge/>
RS Charlotte (RS CLT): <https://www.6thmcd.marines.mil/Units/Recruiting-Station-Charlotte/>
RS Columbia (RS COL): <https://www.6thmcd.marines.mil/Units/Recruiting-Station-Columbia/>
RS Fort Lauderdale (RS FTL) which includes Puerto Rico and the Virgin Islands: <https://www.6thmcd.marines.mil/Units/Recruiting-Station-Fort-Lauderdale/>
RS Jacksonville, FL (RS JAC): <https://www.6thmcd.marines.mil/Units/Recruiting-Station-Jacksonville/>
RS Montgomery (RS MON): <https://www.6thmcd.marines.mil/Units/Recruiting-Station-Montgomery/>
RS Tampa (RS TAM): <https://www.6thmcd.marines.mil/Units/Recruiting-Station-Tampa/>
6th District PSR: <https://www.6thmcd.marines.mil/Units/Prior-Service-Recruiting/>

Our population includes over 800 Marines, Sailors, and civilians and more than 1500 family members who speak a wide variety of languages. We are a diverse group.



The Mission

An 8412's (Career Recruiter) Words of Wisdom for Marine Families...

First, let me tell you what this assignment says about your Marine. Your Marine has been selected from the top 10% of the total career force of the Marine Corps, has demonstrated the ability to work with limited supervision, and can accomplish multiple complex tasks on a daily basis. Most importantly, they were chosen to represent the Marine Corps for their professionalism and pride. These are all qualities in your Marine for which you should be very proud!

No doubt you have questions and concerns, many based on the stories and rumors you may have heard about recruiting duty. Recruiting duty is indeed challenging and will test each Marine and their family over the course of a 36 month tour. As challenging as it is, it is both personally and professionally rewarding. It is imperative that the most qualified Marines are engaged in the selection of young men and women who will be the future of the Corps. **It is crucial for the family to not only understand the challenges of the day to day life of their Marine on recruiting duty but that they also have knowledge of the resources available to help them remain resilient and thrive. It cannot be stressed enough that your Marine will not be as successful without your help and encouragement.** You, the spouse, have an important role.

As a newly assigned Marine to a Recruiting Station, your Marine's number one professional obligation is to "make mission", to obtain the required number of quality contracts established for each recruiter at the beginning of the recruiting month. Every day brings a multitude of activities, some more pleasant than others. By understanding what your Marine goes through each day, you can start to get an appreciation for what they contribute to the team.

What is "Mission"?

Mission is the requirement to attain assigned shipping and quality contracting quotas by category and component on a monthly and annual basis. In other words, it is the number of new recruiting contracts (enlistments) to be written monthly and the number of poolees to be shipped to recruit training each month. Mission Day is the last processing day of the month.



The Mission

Time to Wake Up...

The typical recruiter will wake up at around 0630, however, that time is determined by what the recruiter has planned for the day. If the recruiter has planned to drive an applicant to the Military Entrance Processing Station (MEPS) for either contracting or shipping, their day might start at 0330. This time is dependent upon the distance the recruiter must travel from their home to the applicant/poolee's home and/or if the recruiter has to run any additional errands prior to picking up the applicant/poolee.

Tip: While it may be early in the morning, try to squeeze in some positive couple time, even if it's just a few minutes, before your Marine heads off to start their work day. Starting off the day with your support and encouragement will have great benefits for your relationship and their career.



Arrival at the Office...

Most Staff Non-Commissioned Officers in Charge (SNCOIC) will require their recruiters to be in the office, ready to work, between 0730 and 0800. Again, this time is based upon the plan of the day. Once at the office, the recruiter will start their day by conducting a morning brief with their SNCOIC to ensure the recruiter is doing what is necessary to achieve their assigned mission and the SNCOIC is aware of their schedule. The brief ensures that the individual recruiter is set up for success. During the brief the SNCOIC will collect and analyze prospecting results from the previous day and conduct an in-depth analysis of what each recruiter has planned for the day. This information is then passed on to the Operations Officer (OpsO) who will in-turn brief the RS Commanding Officer (CO).

Poolee: an individual who has signed their DD4 (Enlistment Document) and take the oath of enlistment but has not yet left for the 13 weeks of recruit training. A poolee is a recruit waiting for bootcamp. The recruiter is responsible for training them.



The Mission

Prospecting for the Applicant...



What is Systematic Recruiting?

The goal of systematic recruiting is to organize the recruiter's efforts to attain the required contacts, appointments, interviews, and contracts. It is the system which assists the team in developing effective annual, monthly, weekly and daily plans. Systematic recruiting requires the maintenance and utilization of 13 components. Systematic Recruiting is taught at Recruiter School and is reinforced throughout the recruiter's tour.

One of the most difficult tasks a Marine will face is the challenge of actually contacting someone they have never met with the intention of discussing enlistment into the Marine Corps. Many Marines, hardened by a variety of experiences in the Corps, will hesitate when they first meet someone they do not know and have to strike up a conversation. Of all the traits a Marine recruiter must possess, confidence is one of the most important.

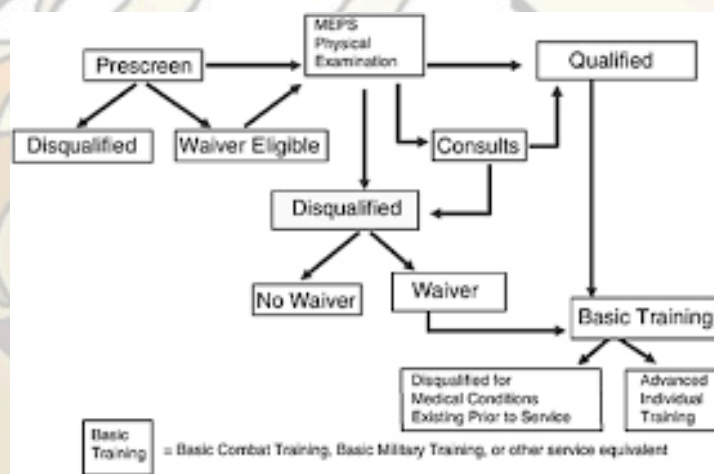
On a daily basis, the successful recruiter will make approximately 50-75 **telephone calls, or TC's**, to young men and women they've never met. Additionally, they will start a conversation with 15-20 young men and women in malls, at sporting events, schools, fast food restaurants, fitness centers, movie theaters, bus stops, on busy sidewalks, etc., with the intention of scheduling a time to talk about the Marine Corps. This activity is referred to as **area canvassing (AC)**. For many recruiters area canvassing is the most lucrative prospecting method. The successful recruiter will also **visit the homes (HV)** of potential prospects, normally three to five per day, whom they have not been able to reach either by phone, mail, or area canvassing to discuss the Marine Corps. Prospecting will take up roughly 50% of each day for a successful recruiter. The successful recruiter will have at least three appointments scheduled each day, and in many cases four or five.

The simple truth is that a great deal of time and effort goes into obtaining the daily appointment objective. However, during the day, the recruiter and SNCOIC have a myriad of other duties they must perform. For example, the recruiter is tasked with conducting high school and/or community college visits on a daily basis, maintaining contact with all of their poolees, chasing down documents on future prospects as well as documents missing on the poolees who already enlisted. The list goes on and on. The SNCOIC will also be available to aid their recruiters with these tasks.

The Mission

The Screening and Sales Process...

Screening: Just as the time the daily appointments are scheduled determines the start of a recruiter's day, it also affects how late a recruiter will work. Occasionally, prospects are not able to meet with the recruiter until late in the evening. Location of the appointment also determines the work schedule. If the recruiter is in a rural area, they may have to drive an hour or so to conduct the appointment. Once face-to-face with the prospect, the recruiter must follow up where the phone call left off by re-establishing rapport, which must then be maintained throughout the enlistment screening and sales process. The enlistment screening test, which involves a recruiter asking those hard questions about police involvement and drug use, must be administered. This process alone may take a minimum of an hour. During this time, a certain amount of rapport may be lost due to the very nature of the questions being asked. Once screening is completed, one of two things will take place; either the recruiter will have lost a tremendous amount of time because the prospect did not meet the eligibility requirements, which can have a very negative impact on the recruiter's mindset, affecting the rest of the recruiter's day, or the sales process may begin.



The Recruiting Sales Presentation: Most often referred to as the "interview", this is where the rubber meets the road. If the Marine is not on top of their game, the commitment will be lost, and once again the Marine may have negative feelings associated with recruiting. Should the presentation go well, the prospect will likely agree to enter the enlistment process. The recruiting presentation can be very exhausting. When done correctly, it may very well last a couple of hours. It should be noted that the completion of a truly compelling recruiting presentation, although exhilarating, will often times leave the recruiter drained, as it takes a great deal of energy to truly give a superb presentation.

The Mission



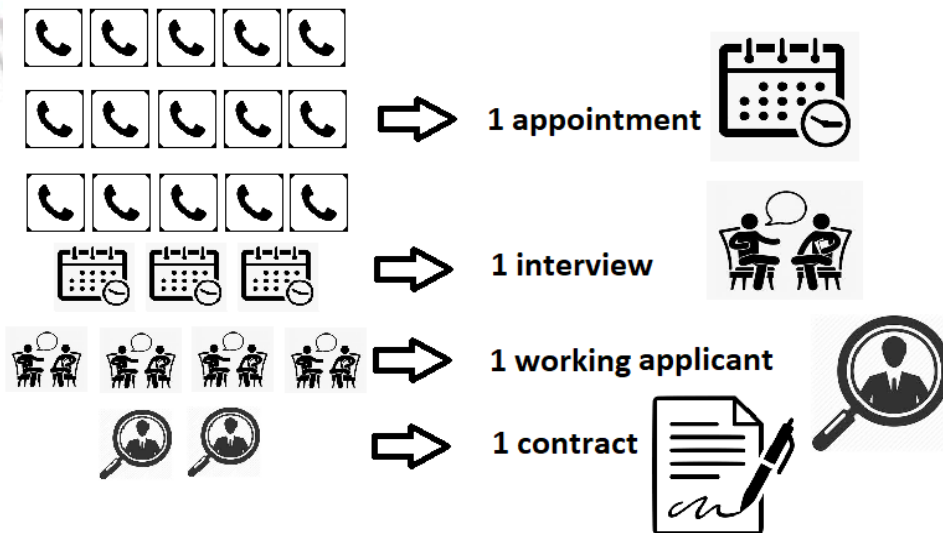
Depending on the applicant's age, parental consent may also be needed which may require an additional appointment and a new recruiting presentation to be given to the applicant's parents.

Parental consent can be very challenging. Most parents (to include grandparents) don't like the idea of their son or daughter having even a remote chance of being placed into harm's way, and they sure don't want to be the parent who authorized this decision by

signing on the dotted line. Parents will typically say, "When they turn eighteen, they will be old enough to make their own decisions and can do whatever they want. Besides, my child needs more time to think about their decision". When pursuing a parental consent, most Marines will need to have their SNCOIC available. Time proven experience is what is needed to close most parents, and most Marines haven't acquired enough experience to deal with this issue.

Lucky for the recruiter in this scenario, the applicant has agreed to enlist. Generally, a successful recruiter will need three to four interviews in order to find one person willing to proceed down the path to become a Marine. Now, the tedious process of actually enlisting the prospect starts: the paperwork.

It could take...



That's 360 calls, 24 interviews, and 8 new applicants for 1 contract.
Three contracts are typically needed each month.

What does it take to Systematically Recruit?

The Marine recruiter will drive over 1200 miles, work in excess of 320 hours, make 1000 phone calls, conduct 15 interviews, and process 6 new working applicants at MEPS just to get 3 contracts for the month.

The Mission

Paperwork and Military Entrance Processing Station...



Filling out the paperwork: Even though the paperwork has been automated, it can still take a great deal of time. This time does not include running police checks, birth verification, getting a new social security card (if lost), high school transcripts/high school diploma, and any medical documentation the applicant may need or waivers. Once the paperwork is assembled, it must be reviewed by the SNCOIC for accuracy and completeness. The applicant is then scheduled for the **Armed Services Vocational Aptitude Battery (ASVAB)** test and physical examination.

Getting the applicant to the **Military Entrance Processing Station (MEPS)**: Once the applicant is scheduled to go to MEPS, the recruiter must decide what time to take the applicant to MEPS for processing. The recruiter has two options. The first is for the recruiter to take the applicant to a hotel near the MEPS. This act alone may cause trouble, as the applicant may room with, or come in contact with, someone who may try to change their mind about joining the Corps. The second option is that the recruiter can pick up and drive the applicant very early in the morning, assuming the applicant has not spoken to someone who changed their mind about enlisting during the previous evening. Either way, it will be a long night for the recruiter, who will most likely spend their night hoping all goes well the following day.

The MEPS experience...

The applicant at MEPS: When the applicant enters the door to MEPS, he/she has passed the point of no return. The recruiter and SNCOIC have certified that the applicant meets all of the basic requirements to become a United States Marine. In short, it is now the MEPS liaison's job to scrutinize every aspect of the applicant, as the last line of defense in ensuring that only those who are qualified to be a Marine are actually enlisted. The MEPS liaison will make it known, in no uncertain terms, that the information on the applicant's paperwork is true to the best of the applicant's knowledge. The MEPS liaison must screen to disqualify the applicant with the mindset that no applicant possesses the threat of being a fraudulent enlistment. Furthermore, the MEPS command and all of its entities will administer the ASVAB test, as well as a physical exam, and initiate what is known as the **Entrance National Agency Check (ENTNAC)**. Run by the Defense Investigative Service, this is the basic background check, including a fingerprint and police record check, which is conducted on every enlistee in the Armed Services. While this is a very long and tedious day, every effort is made to provide the "red carpet treatment" to the applicant. Meanwhile, the recruiter and SNCOIC are busy on other tasks.

What the Recruiter and SNCOIC are doing while the applicant is at MEPS: As stated earlier, this is an anxious time for the recruiter. This is especially true if the applicant is the RSS's mission-maker, or if this

The Mission

What are the steps in the Recruiting Process?

1. Obtain names by getting high school lists, referrals, talking to walk-ins and visiting local events.
2. Prospect by telephone canvassing, home visits and canvassing the area, e.g. malls, high school activities.

Initially screen prospective applicant for moral issues, physical qualifications, and mental aptitude.

Selling is the process of persuading prospects during their face to face interview.

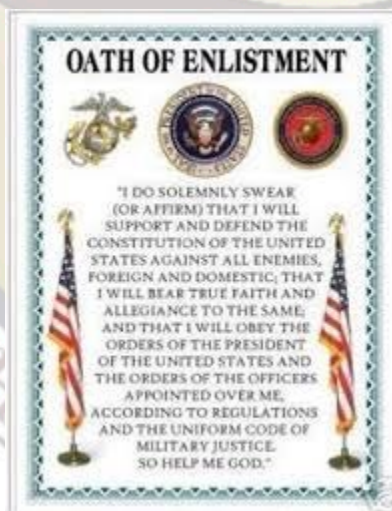
Processing the prospective applicant, now that they have decided to join, becomes a new working applicant through ASVAB testing, physical exam, and final screening. This is followed by enlistment directly to active duty or into the Delayed Entry Program (DEP). The DEP, allows an individual to delay departure for recruit training for up to one year. While in the DEP, new enlistees are referred to as poolees. Recruiters prepare poolees for recruit training through physical preparation, academic studies, and military drill.

Military Entrance Processing Station (MEPS) personnel screen applicants prior to traveling to MCRD Parris Island, SC for Boot Camp.

“Poolees” become known as “Shippers” once they leave for recruit training.

applicant will make the **Commanding Officer’s phase line requirement (a periodic milestone throughout the month to measure mission progress)** imposed on the SNCOIC. The SNCOIC and recruiter can never stop the daily requirements of prospecting. The SNCOIC must continue to direct the recruiters, reminding them that there are other commitments to be fulfilled. For example, the recruiter has a daily plan which must be executed, to include continuous prospecting so weekly/monthly data requirements will be met. Additionally, the recruiter still has letters to write, poolees to contact, high school visits to make, and other shippers to be concerned with. It is more than likely that the recruiter has other scheduled appointments, either at the office, or at an applicant’s home. No matter what, the prospecting cycle cannot be stopped. The SNCOIC still has other recruiters to manage, who may also have someone on deck, as well as the many administrative requirements that the SNCOIC is accountable for. Recruiting is a fast-paced and very fluid profession. The SNCOIC must ensure he and his Marines are on top of their “A” game at all times. He must make sure all necessary actions are being taken in order to achieve the ultimate goal of obtaining the monthly recruiting mission. This is especially important when you consider the possibility that the applicant on deck could become disqualified for several possible reasons. So far, this is what is typical for prospecting and processing an applicant for enlistment. Assuming the applicant has made it through MEPS processing, it is now time for the applicant to swear in.

Swearing-in the applicant...



Now that the applicant has made it through MEPS processing, there are some finishing touches to be done. First, some SNCOIC’s will require the applicant’s recruiter to be involved in the swearing-in ceremony. This is a sound idea, if time permits. Remember that this is a big decision for the applicant and it never hurts to have the recruiter there to show support for the new prospective Marine as they swear in.

The Mission

Following the ceremony, the applicant must get a detailed brief, explaining what their decision means and the requirements and obligations the poolee is expected to fulfill. Topics such as required poolee meetings need to be discussed, as well as delivering the “Welcome Aboard” package to the poolee. Finally, the poolee must be taken home, and the parents brought up to date on their son or daughter’s commitment.

We have a new member of the team, a “**poolee**”, which is the term used to describe those awaiting **recruit training**. The recruiter has the responsibility of ensuring the poolee is prepared for recruit training when the time comes. Let’s spend some time reviewing the program we have in place to motivate the new poolee.

The Pool Function...



The Pool Program was designed to motivate and prepare poolees for their future endeavor of becoming a United States Marine. Now that the poolee is part of the Marine Corps family, it’s imperative that they become immersed into the ways of the Marine Corps, both mentally and physically. This is done through the monthly poolee meeting.

The poolee is taught what to expect when they depart for recruit training to prepare them mentally. This, in effect, takes the fear and mystery out of the Drill Instructor and the recruit training process as a whole, helping the poolee feel confident prior to attending recruit training. Subjects such as rank structure, general orders, and naval terminology are taught in an attempt to give them a head start.

The poolee is required to perform an **Initial Strength Test (IST)**. The first IST is conducted within 30 days of the applicant enlisting. This gives the recruiter and SNCOIC an inventory of the poolee’s physical strengths and weaknesses. A tailored physical training program can then be designed and implemented to further enhance the poolee’s ability to conquer recruit training.

Finally, the pool program is an exceptional way for recruiters to obtain referrals for future enlistments while also providing the poolee an opportunity to earn awards and possibly a meritorious promotion.

There are a lot of hours invested to obtain one contract, both on the part of the recruiter and of the SNCOIC. This process continues for the entire time the recruiter is assigned to recruiting duty. While all new recruiters are taught the same skills and procedures at the **Basic Recruiter Course (BRC)**, it must be remembered that each recruiter is a unique individual with their own distinct talents and natural abilities. Recruiting duty will naturally be easier for some more than others. Each Marine will be assigned a mission on a monthly basis which is a fair share of the overall mission assigned to the RSS. For example, if the RSS mission is 9 and there are three recruiters, their mission will be 3 each. **The more effective the Marine is in his prospecting and selling activities, the earlier in the month they will accomplish their mission, which, in turn, provides them more opportunity for time with their families.**

The Mission

To Make Mission –

The “successful” recruiter’s week is Monday through Friday, with one Saturday each month dedicated to the monthly pool function. They may have a poolee shipping to recruit training on Monday, but they will have previously arranged transportation to MEPS. Their work day will likely start at 0730 and end as early as 1800 - 1900, with an occasional meeting with parents in the evening beyond 1900. They will make 500 Telephone Calls (TC’s), 25-30 Area Canvass (AC) contacts, conduct 9-10 interviews, and process 3-4 new working applicants at MEPS just to get 3 contracts.

Each Marine’s ultimate destiny on recruiting duty will be the result of a personal decision on their part. Whether they choose to be a highly successful recruiter who excels and delivers more than the required minimum, or a recruiter who works hard, but not smartly, and just obtains his quota (or misses his mission) is a decision for which they are fully responsible.

The “successful” recruiter is also ultimately responsible for the meritorious promotions, personal awards, meritorious time off and other rewards for his efforts. **The “average” recruiter will leave early and come home late, and miss family time such as dinner, anniversaries, birthdays, sporting events, and school functions.** The “successful” Marine will spend more time with their family, be selected for positions of leadership, and most likely compete for meritorious promotion. The choice, and ultimate responsibility, is THEIRS.

Here on recruiting duty, as it is in the Fleet Marine Corps, the support and understanding of a caring family system is paramount. Whether these Marines end up being successful or average recruiters is directly influenced by the quality of support they receive from their families



Tips to Thrive

The following are some helpful tips gathered from Marines and their families to help those who are new to recruiting.

Tips for Supporting the Recruiting Mission...

- Support other recruiters and their families. Spouses, consider becoming part of the Family Readiness Team to welcome others and support each other with resources. Email lisa.lyford@marines.usmc.mil if interested.
- Encourage your RS to host a Lifestyle, Insights, Networking, Knowledge and Skills (LINKS) course and attend with other spouses. Email your URC or lisa.lyford@marines.usmc.mil to request this course.
- Talk with your Marine, ask questions, and get involved in their world by learning recruiting terminology and job responsibilities.
- Participate in Recruiting Station (RS) functions as appropriate.
- Talk to other spouses, fiancées, or parents about your experience as a Marine Corps spouse and encourage them to share their experience with you. Learning more about each other helps us to better understand how we can support each other.
- Talk to possible prospects for your Marine and be prepared to give them your spouse's business card. You may have found a contract for your spouse.
- Wear USMC clothing when you're out.
- Hang the US/USMC Flag outside your home.
- Put a Marine Corps sticker on your car.
- Attend high school graduation parties and as many social events as you can with your Marine.
- Offer to babysit so a recruiter can go out with his/her spouse.
- Get involved with the other military families stationed in your area. Even if you are a couple of hours from each other, you can meet each other half way.
- Remember the first few months will be an adjustment period.



- Talk with other spouses within your Recruiting Station. They are in the same, or similar, situation and most likely will understand better than a civilian friend. Swap phone numbers and email addresses. Make plans to meet and have lunch or go shopping.
- Volunteer for community, school or church organizations and activities.
- Make civilian friends and take advantage of all the community has to offer.
- Seek support when your spouse is busy/overwhelmed by contacting the DRC or URC, locating the nearest military installation resources or use Military OneSource.

Tips to Thrive

Tips for Children...

- Wear USMC sweatshirt, hat or t-shirt.
- Give Mom/Dad lots of hugs.
- Make pictures for Mom/Dad's office.
- Make a map of where Mom/Dad travels throughout the RS.
- Go see where Mom/Dad works.
- Leave messages for Mom/Dad on a bulletin board.
- Have breakfast with Mom/Dad.



For Older Children...

- Keep a daily journal that everyone in the family adds to regularly.
- Be flexible.
- Remember: honor is serving one's country and know you are a part of that!

Tips for Parents...

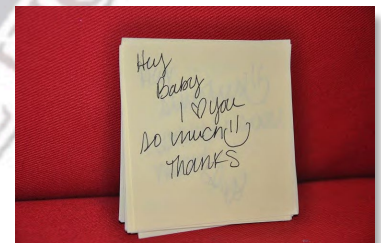
- Explain to your children what recruiting entails, why the hours are long, and why the job is so important.
- Teach children flexibility and understanding. Plan special days, but have a "Plan B" (and "C"!) ready. If your Marine can't make it, enjoy the day anyway.
- Using United Through Reading, have your recruiter record chapters of your child's favorite book for playback at bedtime when he/she is late.
- Reserve time once a week (even if it's only an hour or two) as family time. Make or purchase a calendar and color the day that is reserved for family day.
- Take pictures/video of events Mom/Dad had to miss, and let the kids show/explain it later.
- If near a base, call their Childcare Resource and Referral Agency to find schools or day-care facilities in the area. If not near a base, call your DRC, RSURC, or call Military OneSource.
- Check out children's activities in your community and on base, if near one.
- Contact the Chamber of Commerce to find out about children's events and activities.
- Take your children to the office to see where Mom/Dad works.
- Start or get involved with a playgroup with the other families at your RS/RSS.
- Get a message board, dry erase board, or cork board where children can leave messages for Mom/Dad, and receive them in the morning. Purchase a message recorder so you can record messages and responses (Mom/Dad, I wanted to tell you...).
- Recruiters often work long hours and are not home early for dinner. If you can fit it in your schedules, make dinner; pack it as a picnic (with the kids), and have a quick little meal at the office.
- Make friends by meeting other children's parents in your new neighborhood.

Tips to Thrive

Tips for Spouses Staying Connected...

With the long work hours it is important to make an intentional effort to stay connected. At times, you have to be clever and/or very selfless. Stay flexible. When a break comes, be ready to take advantage of it.

- Create a “date jar”. Use one color of paper to record dates you can do for 30 minutes, another for dates when you have an hour, and another for when you have 2 plus hours.
- Reserve time once a week as date time.
- PT together. It’s another opportunity to see him/her and stay in shape.
- Bring lunch to your spouse’s office once in a while.
- Get up early or stay up late to see each other.
- Have family dinners as often as possible.
- Coordinate calendars regularly to find opportunities for family time.
- Be creative with the time you do have to spend with each other.
- Create “Open When...” letters. A quick Google search will give you a few ideas.
- Download a few relationship apps such as Love Nudge from Five Love Languages, Gottman Card Decks, and Love Everyday by Military One Source. There are plenty more to help couples invest in their relationship.
- Meal prep together. Not only will this be time to spend together, your budget and waist line will thank you.
- Remind your spouse often that you are grateful for them and the support they provide. This goes in both directions. You are a team!
- Have a “drop box” for notes, gifts, jokes, etc...
- Have pillow talk and don’t get upset if he/she falls asleep while talking.
- Leave encouraging notes on the steering wheel, bathroom mirror, on the front door, and on their desk at the office.
- Have a white board (dry erase) or chalkboard for notes.
- Make each success a family celebration.
- Put a love note into his/her briefcase, a picture from one of the kids, a bag of baked cookies, or some of his/her favorite snacks (include a note).
- Expect your spouse to work long hours, sometimes 12-16 hours a day, if not more. Consider giving your Marine a half hour of wind down time upon their arrival home.
- Communicate! Understand and acknowledge each other’s stress.
- Be flexible and be positive!



Tips to Thrive

Spouses are highly encouraged to attend **Proficiency and Review (PAR)** Training with their Marine once they get to their new RS or, if it is offered virtually, attend virtually. Why? Most RS's have a spouse volunteer come in to talk about their experience with recruiting life to help set up new recruiter spouses for success by setting realistic expectations and sharing tips on how they can thrive while their Marine is busy recruiting. Also, the brief will give information about resources and get spouses connected.

"I think PAR training would be extremely helpful to have on a regular basis for spouses who are new to recruiting. I wish I had been able to attend this training when we PCS-ed to help with the "learning curve" of the different terminology, expectations, and lifestyle of recruiting compared with the fleet. It would be great to have volunteer spouses at the training to help answer questions, share local resources, and connect with new spouses."

When asked, "What do you wish you would have known as a new recruiter spouse", a few responses from our seasoned spouses are provided below.

"I wish I had known how to connect with other recruiting spouses and access military resources while living far away from a base."

"What I wish I knew when we started decrying duty, is that it is hard mentally. As Marine spouses we deal with deployments, long work days, and unpredictable schedules; with recruiting intensify that by 20%. I have honestly had thoughts that I'm not sure I can handle this anymore, but I see my husband and that look of emotional, mental, and physical defeat and tiredness, and I know I have to be stronger than I ever thought possible for both of us. Recruiting has taken a toll on me personally. I miss my husband. I yearn for having dinner together during the week and for date nights but, it's hard. My advice: Stay strong. It's only 3 years out of your lifetime together and no matter what, be there for your spouse because although it's hard for you, it's much harder for them."

"We are no longer in the recruiting life but were for 6 ½ years. My husband spent time as a recruiter, station commander, ops chief, etc. so it was a wild ride! I think as the wife of a new recruiter I would have liked to have known the reality of the actual hours our spouses would be working. 9-5 and weekends don't exist unless mission has been made for the month/months ahead, period. I think having that message up front and hearing it from other wives who had spent more time as part of a recruiting command would have been helpful to help set my expectations and relieve frustration in the first 6 months of getting through long stretches with no family time to speak of."

Looking at it from a light-hearted perspective from "Ask Mollie" ... You might have a husband on recruiting duty if:

1. You look at his smartphone like it's "the other woman".
2. You get excited to see him come down in his dress blues on a Friday night only to find out he's going to the movies to hand out business cards.
3. You have no room in your trunk for groceries because it's full of USMC pamphlets.
4. He goes crazy at the mall over teenage boys, worse than your daughter.
5. He collects restraining orders from the parents of potential recruits as a badge of honor.

Why Recruiting?

Challenges & Benefits of Recruiting Duty



You may have heard about the challenges of Recruiting Duty: long hours, mission requirements, monthly quotas; recruiting is the toughest peacetime job in the Marine Corps; the recruiting “war” never ends.

Do you know the benefits of Recruiting Duty?

Leadership opportunities, eligibility for meritorious promotions, special duty assignment pay, accredited sales and communication training; independent duty locations; opportunities for selection of follow-on duty assignment; opportunity to work with those in the civilian world.

Recruiting duty is challenging however, it is what you make of it....a great learning and rewarding experience for your Marine and family.

Community Connection...

Recruiting Duty offers you a unique opportunity to connect with the civilian community in ways you may not have been able to do while stationed near a larger installation. You may be the only active duty Marine or family in the area so you will be representing the Marine Corps to many people.

Start by making a list of things that are important to you: what causes do you support, or issues do you care deeply about? Think about what you are good at; we all have talents or skills we can put to use. Perhaps you have a desire to be better at something or learn a new skill. Write that down too as it will help for the next stage: Finding a group.

Think creatively. Are there neighborhood watch groups, gardening committees, schools, or even local churches or civic groups? Don't wait to be asked to volunteer, offer up your time or skill, either for long term volunteering or for a project. If you are only available at odd hours, look into volunteer work you can do virtually; many groups, including us here at the District, can use volunteers who don't even have to leave home!

Volunteering can be intimidating at first. Many of us may think we don't have enough time to go around to begin with, but Cassie Mogliner, in the Harvard Business Review, reports that, **“Spending time helping others leaves people feeling as if they have more time, not less.”** You don't have to have a large block of time to devote to others to make an impact. Perhaps you can reach out to other new families in the area and welcome them in, help make plans for the RS family day, or organize a potluck to take into the office to celebrate making mission.

The reasons why we volunteer, or how we choose to be involved, may be different for each of us but one thing that is the same is the outcome; every one of us is given the opportunity to have a positive impact on the lives of those around us and make connections for support. If you'd like to volunteer in your community, you can find local and virtual opportunities at Volunteermatch.org.

Personal & Family Support



The mission of the **Unit Personal and Family Readiness Program (UPFRP)** is the same on recruiting duty as it is for the fleet Marine Corps. Through four main components, we seek to support the Marine and their family through mission, career, and life events.

The four main components of the UPFRP are: Communication, Information and Resource Referral, Readiness Support, and Volunteer Management.

A bit about your DRC...

I am Lisa Montanez, District Readiness Coordinator (DRC) for 6th Marine Corps District. I have served as a Family Readiness Officer (FRO)/DRC since 2009 at H&HS New River, H&HS Beaufort, VMFA-312, and dual-hatting with VMFA-312 and VMFA(AW)-533. Prior to even becoming a FRO, I was a Key Volunteer and an educator. As a Marine Corps spouse I raised a family of three children and thrived through many deployments, workups, relocations, career changes and even a tour on the drill field while supporting my Marine for 14 years. It has been quite the experience!

Each Recruiting District has a **DRC (District Readiness Coordinator)**, who addresses personal and family readiness topics for the recruiting district as a whole, while providing support to the active duty URC's for each RS.

The **Uniformed Readiness Coordinator, or URC**, is the active duty Marine tasked with executing the RS CO's vision for his/her RS's UPFRP. This Marine will be the one you can turn to first for resources and information as you transition or have challenges come up while on recruiting duty. The DRC serves as another point of contact for all Marines, family members, and URCs within the district. PSR does not have a separate URC so they are supported by the DRC at District Headquarters.

1) Communication- the Marine Corps utilizes a variety of tools to communicate information between Marines, spouses, families, and other contacts designated on NAVMC 11654. Methods of communication include e-mails, Facebook, phone calls, and in-person visits. **HQMC has directed email to be the primary source of communication though. Please 1) ensure authorized contact information is kept up to date on NAVMC 11654 to update both the URC and DRC and 2) be sure to check your email.**

Your URC's will be using this information to send out official updates from the RS command and local resources. Social Media: Follow 6th Marine Corps District Families for Facebook and Pacesetter_Families for Instagram. Many of our RS's have their own social media sites as well.

2) Information and referral- The information and referral aspect of the program ensures unit members and their families have quick access to information about the local, state and national resources



available on topics such as finances, education (dependent or service member), family member employment, relocating, childcare or just about anything else that might come to mind.

3) Readiness support for recruiters may not look like the readiness support for deployment cycles but, it is still important to provide Marines and their families with training which will empower them to successfully navigate

this challenging independent duty. The DRC also provides Family Readiness Program training for the District, traveling to the various RS locations to provide Family Readiness Volunteer and various other trainings.



4) Volunteer Management- Volunteers can make a tremendous difference in the lives of our Marines and their families while on recruiting duty. Command Team Advisors, Family Readiness Assistants, and non-appointed volunteers enhance the program by assisting the URC in welcoming new families, making monthly spouse check-in calls, organizing events, and aiding in creating RS newsletters to name a few.

If you are interested in becoming a part of the RS Readiness Program, or would like more information on any topics, please know that you can reach out to your URC or the DRC at any time for support. We truly are invested in making sure each and every Marine and their family succeeds!

We want you to succeed as an individual and as a family on recruiting duty. This is your resource guide. If you have questions or need assistance, let us know how we can help. We welcome you, congratulate you on joining the recruiting family, and thank you for your dedication and support.

You can also connect with us on Facebook! The District's Facebook page, **6th Marine Corps District Families**, is open to the public. We use the site to share tips and information updates from various services and programs.

Request to join our **6th Marine Corps District Town Hall Group** where the District Command Team will host quarterly, or as needed, Town Halls.

Instagram: **Pacesetters_Family**

You will receive email updates from your RS URC at least once/month regarding local events, resources, and command information. Your RS's Facebook information is provided below.

RS Atlanta: <https://www.facebook.com/groups/1525691877721700/>

RS Baton Rouge: Search for Red Stick Families.

RS Charlotte: RS Charlotte "Hornets Nest" Spouses

RS Columbia: <https://www.facebook.com/groups/2586999608192768/?ref=share>

RS Fort Lauderdale: <https://www.facebook.com/groups/373430036865413>

RS Jacksonville: Search for RS Jacksonville Family Facebook group and RS Jacksonville Spouses group.

RS Montgomery: Search for RS Montgomery Families Facebook Group.

RS Tampa: Search for Marine Corps Recruiting Station Tampa.

URC Listing: <https://www.6thmcd.marines.mil/Resources/Family-Readiness/>

Counseling/Resiliency Training

Proactive and Reactive Mental Health Support for the Marine and Families:

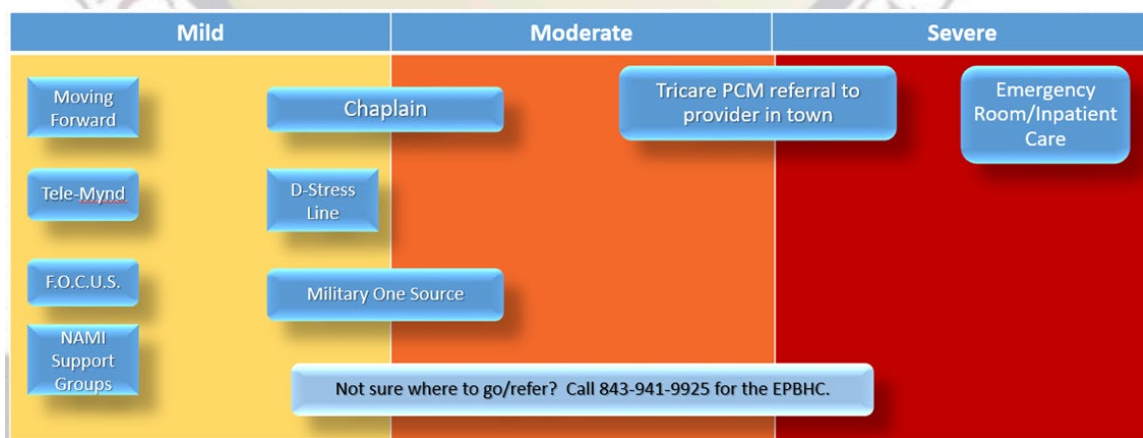
Organization	What	Who	Contact
TRICARE/Primary Care Manager	<p>Emergency Care: You have an emergency if the patient:</p> <ul style="list-style-type: none"> • Is at immediate risk of serious harm to self or others as a result of mental disorder • Needs immediate continuous skilled observation at the acute level of care (based on a psychiatric evaluation) <p>When you have a mental health emergency:</p> <ul style="list-style-type: none"> • Call 911 or go to the nearest emergency room. • You don't need prior authorization • If admitted, call your regional contractor within 24 hours or the next business day • Admissions must be reported within 72 hours 	<ul style="list-style-type: none"> • Active duty • Families 	800-444-5445
TRICARE/Primary Care Manager	Non-Emergency Care	<ul style="list-style-type: none"> • Active duty service member: Needs a referral and prior authorization for all mental health care. • Non-active duty TRICARE Prime beneficiary (families): Does not need a referral or prior authorization for any outpatient mental health (except psychoanalysis) and substance use disorder (SUD) care. This includes services like therapy and counseling. 	800-444-5445
Chaplain	Does not have duty to warn. You are in control of the information you share. Confidential 24/7 immediate help	<ul style="list-style-type: none"> • Active duty • Families 	(c) 843-441-6157

Humana Military (TRICARE East) Telemynd	Virtual solution to connect with medical and psychiatric health providers for concerns, such as: <ul style="list-style-type: none"> • Major life stressors • Emotional distress • Grief-related counseling • Work and family issues • Depression and anxiety 	<ul style="list-style-type: none"> • Active duty service members need a referral. • TRICARE Prime active duty family members do not need a referral. 	Download the Humana Military app https://www.telemynd.com/humanamilitary/ 1-866-991-2103
Military One Source	Non-medical counseling on a wide variety of topics via telephone, face-to-face or through a secure, live video session or online chat	<ul style="list-style-type: none"> • Active duty • Families 	800-342-9647 www.militaryonesource.mil
Military One Source for Children	Face-to-face non-medical counseling for ages 6 to 17 for issues such as family relationships, school concerns, adjustment to separation, and grief and loss. Parent must attend each session for ages 6 to 12, but only first session for youth ages 13 to 17.	<ul style="list-style-type: none"> • Military children ages 6 - 17 	800-342-9647 www.militaryonesource.mil
DSTRESS Line	Trained specialists, confidential 24/7 immediate help	<ul style="list-style-type: none"> • Active duty • Families • Children under 18 must have parent present 	1-877-476-7734, https://usmc-mccs.org/services/support/dstress-line/ to chat/Skype
National Suicide Prevention Lifeline	Trained counselors, confidential 24/7 immediate help	<ul style="list-style-type: none"> • Active duty • Families • Friends 	800-273-8255 online chat by texting to 838255
inTransition	free, confidential program that offers one-on-one coaching and assistance <u>regardless of length of service or discharge status</u> who need access to mental health care when: <ul style="list-style-type: none"> • Relocating to another assignment • Preparing to leave military service • Need a new mental health provider • Need a provider for the first time 	<ul style="list-style-type: none"> • Active duty • Veterans 	800-424-7877
FOCUS (Families Over Coming Under Stress) Couples Sessions	Virtual resilience training to enhance communication and problem solving. Evening and weekend hours available. Meet 1/week/6weeks w/3 follow on check-up calls	<ul style="list-style-type: none"> • Active duty married couples • Active duty couples not married 	843-228-6618 Beaufort@focusproject.org
FOCUS (Families Over Coming Under Stress) Family Sessions	Virtual resilience training to enhance communication and problem solving. Evening and weekend hours available. Meet 1/week/8weeks w/3 follow on check-up calls	<ul style="list-style-type: none"> • Active duty families with children as young as age 3 	843-228-6618 Beaufort@focusproject.org

New Parent Support Program	Addresses adverse behavior in children 5 and younger and concerns in the home, including daily living habits, positive discipline, abuse concerns, etc. Staff of registered nurses and licensed social workers utilize evidence-based practices.	<ul style="list-style-type: none"> Active duty families with a child ages 5 and younger 	843-228-6565
National Alliance on Mental Illness (NAMI) Support Groups	NAMI Connection is a support group for people with mental health conditions. Groups meet weekly, every other week or monthly, depending on location. This program is also available in Spanish, NAMI Conexión.	<ul style="list-style-type: none"> For people with mental health conditions 	NAMI main site: https://www.nami.org/Home Veterans and active duty site: https://www.nami.org/Your-Journey/Veterans-Active-Duty
PTSD related: NAMI Homefront	Free, in-person or online 6-session educational program	<ul style="list-style-type: none"> Families, caregivers and friends of military service members and veterans with mental health conditions 	NAMI main site: https://www.nami.org/Home Veterans and active duty site: https://www.nami.org/Your-Journey/Veterans-Active-Duty
NAMI Family-to-Family	Free, 8-session evidence based educational program. Research shows program significantly improves the coping and problem-solving abilities of the people closest to a person with a mental health condition.	<ul style="list-style-type: none"> Family, significant others and friends of people with mental health conditions 	NAMI main site: https://www.nami.org/Home Veterans and active duty site: https://www.nami.org/Your-Journey/Veterans-Active-Duty
Moving Forward	Free, on-line educational and life-coaching program. Teaches problem-solving skills to help <ul style="list-style-type: none"> Managing stress Balancing school and family Relationship problems Coping with physical injuries Financial difficulties Adjustment issues 	<ul style="list-style-type: none"> Veterans Service members Families 	https://www.veterantraining.va.gov/movingforward/
	Test your stress level (3minute test):	<ul style="list-style-type: none"> Veterans Service members Families 	https://www.veterantraining.va.gov/apps/movingforward/index.html#game8

Counseling/Resiliency Training

211	Local community based support, assists in reaching an expert or assistance including <ul style="list-style-type: none"> • Domestic violence shelters • Sexual assault victim's assistance services • Mental health support • Substance abuse treatment options 	<ul style="list-style-type: none"> • Service Member • Families • Veterans 	Call 211 or https://www.211.org/services/crisis
Mental Health America Online Screening Tool	Free, confidential, online screenings for anxiety, depression, mood disorders, PTSD and other conditions. Does not replace professional medical screening.	<ul style="list-style-type: none"> • Active Duty • Families • Veterans 	http://www.mhascreening.org
Alcohol and Mental Health Screening Tool	Provides a list of resources and a link to the Department of Defense Mental Health Self-Assessment Program (alcohol and mental health screening). Does not replace professional medical screening.	<ul style="list-style-type: none"> • Active Duty • Families • Veterans 	http://www.pdhealth.mil/
HelpWhenYouNeed It.Org	Over 350,000 listings for <ul style="list-style-type: none"> • Social services • Mental health • Substance use • Legal and financial assistance 	<ul style="list-style-type: none"> • Active Duty • Families • Veterans • Children 	http://helpwhenyoneedit.org/
Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment Locator	provides referrals to low-cost/sliding scale mental health care, substance abuse and dual diagnosis treatment	<ul style="list-style-type: none"> • Active Duty • Families • Veterans 	https://www.samhsa.gov/ 800-662-4357
EPBHC Coordinator (Embedded Preventive Behavioral Health Capabilities)	If you are unsure what resource to use, the EPBHC can help you navigate available resources.	<ul style="list-style-type: none"> • Active Duty • Families 	(c) 843-941-9925 (o) 843-228-2779



Stress Management

Some signs of distress could include:

- Drinking more heavily than normal
- Agitation or anger
- Withdrawing from families and friends
- Difficulty concentrating
- Sadness or depression

Hesitant to reach out? That's not uncommon. Read this to see what to expect:

<https://www.health.mil/News/Articles/2020/10/28/Mental-Health-What-you-can-expect-at-a-therapy-appointment>

Ways to De-Stress:

Progressive relaxation	All the way from fingers to toes, tense and then release each muscle group in the body: lower arm, upper arm, chest, back and abdominals, etc.	See the Headspace app below
Yoga	The combination of deep breathing techniques and poses makes yoga a potent stress relief tool.	https://www.veteransyogaproject.org/what-we-do
Massage	Aside from alleviating physical pain, a massage may also fight stress. Don't have the time or money for a full hour session? Head to the mall or nail salon for an abbreviated 20-minute version. Research shows a quick massage can reduce stress and lower blood pressure.	
Meditate	The "mental silence" that goes along with meditation can produce a state of calm. It requires some mental focus though. Find a quiet spot, sit or lie down comfortably, close your eyes, and breathe deeply for a few minutes. To still a turbulent mind, focus on an object. Feel the stress melt away with each breath.	See the Headspace app below.
Breathe deeply	Taking a few deep breaths from the diaphragm has been shown to lower cortisol levels, which can help reduce stress and anxiety. Slowly inhale through your nose, counting to five in your head. Breathe in from your belly. Hold the breath for a count of five. Let the air out from your mouth, counting to eight in your head. Repeat for one to ten minutes.	See the Headspace app below.
Visualize calm	Guided imagery or visualization is a sensory experience that involves envisioning yourself in a calm or peaceful scene. It may be a good way to reduce stress and ease anxiety, especially when you see yourself out in nature (picture yourself on a mountaintop or by an ocean). If you can't get into the scene on your own, use a guided recording, or an app like Headspace. You'll get your very own guide to talk you through this mental mini vacation.	See the Headspace app below.
Take a whiff	Essential oils distilled from plants are believed to directly act on the brain's emotion-controlling zones, like the	

Stress Management

	hypothalamus. Lavender in particular seems to have a soothing effect on the mind.	
Turn on the tunes	Music has the ability to dampen levels of the hormone, cortisol, and ease stress in the process. Which tunes work best? Something calming like light jazz or classical should do the trick. But really, whatever you find relaxing is good musical medicine.	See the Spiritune app below.
Exercise	Exercise offers natural stress relief by raising levels of feel-good chemicals while lowering cortisol and other stress hormones. To get that high, and the stress relief that comes with it, it doesn't require the intensity of a run. Any type of cardio (walking, swimming, dancing) should get those brain chemicals pumping.	<p>a. YMCA Military Outreach/Private Gym Program. https://www.ymca.net/military-outreach Talk with your RS Admin to sign up.</p> <p>b. Military One Source Health and Wellness Coaches 800-342-9647.</p>
Practice religion	Research shows that religion helps to buffer the stressful effect of life events. Any type of religion will work, as long as you feel a spiritual connection to something greater than yourself. There's also the added benefit of being around others. Connection to like-minds in a spiritual setting may help you find the support you need during a stressful time.	<p>a. Talk with Chaps (listed in the attached guide)</p> <p>b. https://armedservicesministry.org/</p> <p>c. https://www.usmcu.edu/mld-fitness/ Click on Spiritual Fitness.</p>
Do something artistic	Whether your thing is oil painting, playing the trombone, or modern dance, having a creative outlet could do wonders for your state of mind. Art therapy both reduces stress and helps us better manage the stress we've got.	Check out a local wine and design or paint n' party type of a class. Bonus points if you do paint night with your spouse.
Rational thinking	Rational-emotive behavior therapy is based on the idea that emotions (anger, fear, depression, etc.) largely stem from how you interpret events. Your thoughts, attitudes, beliefs, and self-talk can strongly influence your reactions to different situations. While you may not always be able to control how people behave toward you or the events that occur around you, you can control the view you have of them. Disputing, challenging or replacing negative thoughts with positive, rational and coping thoughts keeps your emotions in check. Consider two questions when a negative thought comes to mind: 1) Where is the evidence that what I'm telling myself is true? If it is true, what is so awful about it?	<p>https://positivepsychology.com/wp-content/uploads/Getting-Rid-of-ANTS-Automatic-Negative-Thoughts.pdf</p> <p>Questions to challenge thoughts: https://positivepsychology.com/wp-content/uploads/Questions-For-Challenging-Thoughts.pdf</p>

Stress Management

Reduce stress with these tools:

American Red Cross Mind-Body Workshops	Easy-to-use skills to help participants cope with stress and trauma. Workshops are free and offered in small groups by licensed mental health professionals.	https://www.redcross.org/get-help/military-families/deployment-services/mind-body-workshops.html
Military One Source Chill Drills	These four simple drills can help slow your heart rate, lower your blood pressure and reduce the level of stress hormones in your body. By doing these drills regularly, you can lower your baseline stress level.	Playaway: Recorded audio player, shipped to you for free https://www.militaryonesource.mil/products#!/ in the search type "Chill Drills". You can also download each file to listen to it right away.
Coach Hub: Reach Fitness And Nutrition Goals	Set, track and achieve goals with one-on-one support. <ul style="list-style-type: none"> Goals can relate to exercise, physical fitness, nutrition, weight loss or STRESS REDUCTION Use text, email or secure online messaging to communicate with your coach Request appointments, ask questions, see daily tasks and more 	https://www.militaryonesource.mil/confidential-help/interactive-tools-services/resilience-tools/coachhub-a-mobile-coach-for-your-life , create your free account then call 800-342-9647.
Mood Hacker	To help you improve your mood and enjoy life more, Military OneSource offers MoodHacker, a free resilience tool that lets you track, understand and improve how you're feeling.	https://www.militaryonesource.mil/confidential-help/interactive-tools-services/resilience-tools/improve-your-mood-with-moodhacker
Headspace	Headspace is a meditation and mindfulness app that helps you live a healthier, happier, more well-rested life.	Membership, valued at \$95.88, is FREE for Blue Star Families Members. It's free to become a Blue Star Family Member. https://bluestarfam.org/family-discounts/
Spiritune	The Spiritune app designs, creates, and delivers scientifically-informed music solutions to help manage emotional health using the principles of music therapy.	Download the app for FREE (a \$299 value) today, which is currently available to iOS users in the App Store (coming soon to Android users!). It's free to become a Blue Star Family Member. https://bluestarfam.org/family-discounts/

Stress Management

TIME AND ORGANIZATIONAL MANAGEMENT

- Invest time to save time. Spend five minutes at the beginning of your day to review what you will be doing.
- Select tools to help you organize your day and your life.
- Married? Set up a weekly meeting to go over household logistics. During the week write down items that need to be addressed during the meeting. Bonus points if you meal prep while holding your logistics meeting.
 - Need some tips on holding this kind of a meeting?
<https://www.healthystartepic.org/wp-content/uploads/2020/01/CME-Family-Logistics-Meeting-2020.pdf>
- Make a daily "to do" list of appointments, phone calls, and errands you want to attend to.
 - Prioritize your list into essential, important, and routine.
 - Plan to do your essential task when you typically have the most energy. Do your routine tasks when you are typically a little more on auto-pilot.
- Organize your workspace so you can easily find things.
- Use a spreadsheet to create a visual battle rhythm.
- Make good use of your daily commute by listening to an audiobook from Navy Digital Library <https://www.navymwrdigitallibrary.org/> or a podcast to learn new skills.
- Work in intervals and take regular breaks – Break your work into manageable pieces with short 1 or 2 minute breaks between them.
- Take care of your health: Drink plenty of water. Don't skip meals – When people are in a hurry or they're lacking time, they tend to skip meals or eat fast food. But, this often causes quite the opposite effect. When your glucose levels drop, you will have a hard time concentrating, you will become moody, and overall less productive.
- Tackle difficult and unpleasant tasks first.
- Avoid daydreaming and "time wasting". Catch yourself and re-direct your attention to the task at hand.

Proactive Marriage Support

“Great marriages don’t happen by luck or by accident. They are the result of consistent investment of time, thoughtfulness, forgiveness, affection, mutual respect and a rock-solid commitment to each other.” –Dave Willis

App: Gottman Card Decks	Date ideas, questions, etc.	App store
App: Love Nudge	From Five Love Languages	App store
App: Love Everyday	https://www.militaryonesource.mil/-/relationship-tool-helps-you-love-every-day In just 21 days, you can reduce disharmony and build healthier habits as a couple. Give Love Every Day a try to spark some fun or rekindle your romance.	www.militaryonesource.mil
CREDO Marriage Enrichment Retreats	Lodging, food, and marriage enrichment courses provided at no cost to you. Starts on Friday evening and ends on Sunday afternoon. Childcare is typically not provided.	a) CREDO Southeast: https://www.facebook.com/pg/CREDO.Southeast/events/ b) CREDO Lejeune: http://www.mccslejeune-newriver.com/credo/ c) CREDO Marine Forces Reserve: https://www.facebook.com/MFRCREDO/
Five Love Languages	Take a free online Five Love Languages assessment. Download the Love Nudge app mentioned above for frequent suggestions.	http://www.5lovelanguages.com/
Billy Graham Training Center at the Cove Marriage Retreats (Asheville, NC)	You can use the military scholarship to attend one or two of their other retreats free of charge.	https://thecove.org/search/MILITARY/
Military One Source	One on one relationship coaching	800-342-9647 https://www.militaryonesource.mil/relationships
Tele-FOCUS: Virtual sessions	“Meet” at a time that works for your schedule. Couples learn how to clearly define problems and implement effective solutions, to actively listen and respond to one another's concerns, how to set and take steps towards achievable goals, and how to effectively deal with stress as a couple.	843-228-6618 Beaufort@focusproject.org

Marriage

Have fun together...date ideas

- <http://www.marriagebuilders.com/forms/rei.pdf> Take the recreational enjoyment inventory and make plans to do the activities you both enjoy doing together. Use this list to help you fill your "date idea" jar previously mentioned.
- Information, Tickets, and Tours (ITT) for other fun date ideas, check with ITT. They have them at military installations all over the world. <https://installations.militaryonesource.mil/view-all-programs-services?return=home/looking-for-a-program>
- DOD Lodging: <http://www.dodlodging.net/>
- Waves of Honor: Free tickets and discounts to select amusement parks: <https://wavesofhonor.com/>
- VetTix.org for free/reduced tickets to sporting and concert events throughout the country.
- Laugh together. Search for local comedy clubs or a funny movie.

Navy General Library (no need to purchase audio/e-books)

To set up your free NGL account Go to: <https://mwrdigitalibrary.navy.mil/>

Books to consider:

- "Everybody Wins; Resolve Conflicts Without Arguing" by Dr. Chapman (who also wrote "Five Love Languages")
- "For Women Only" and "For Men Only" by Shaunti and Jeff Feldhahn (If you buy the books...tip: Highlight portions that stand out to you in the book about your role and then trade books.)
- "The Marriage You've Always Wanted" also by Dr. Chapman
- "His Needs, Her Needs" by Willard Harley
- "Fighting for Your Marriage" based on the PREP approach by Susan Blumberg, Scott Stanley, Howard Markman
- If you have hit the point of separating: "Hope for the Separated" by...Dr. Chapman.

Individual/Couples Counseling

A strength of healthy couples is that they get help when they recognize the need. Don't let the term, "counseling" scare you. Really. They are a neutral third party who listens and helps you figure out solutions. You should not wait until you have built up the Wall of China around your heart before you go see them. If you have that wall, skip all of the above and set up an appointment with them immediately. If what you have been doing in the past hasn't led to a healthy relationship, talk with someone who is trained in healing a marriage and/or people. Using a counseling resource below is free of charge.

To find counseling on an installation near you, use the resources listed in the counseling section. You can also call our Chaplain to find a Chaplain close to you.

If your partner is reluctant to go or is having a hard time getting off of work to go, go yourself.

Moving

MOVING

Moving is an integral part of the military lifestyle. Your tour on recruiting duty may provide your first opportunity to live away from the typical military environment (base housing, exchange, commissary, recreation facilities, and family support programs). Whether you are moving from base to base, base to civilian community, making an inter-district move from one civilian community to another, or are at the end of your recruiting tour, this section provides useful information.



Below you will find some tips and ideas to prepare for your move:

- Attend a Smooth Workshop with your local Relocation Assistance Office or take one virtually. <http://www.mccs-sc.com/mil-fam/information.shtml>
- Once you have your orders, contact the Traffic Management Office (TMO) to arrange shipment of your household goods.
- Check with your current housing office to see if on-base housing will be an option at your new duty location. Marines on recruiting duty are entitled to Priority II Housing on military installations nearby their assignment. Priority II puts recruiting personnel in the same category as personnel permanently assigned to that installation.

PCS TOOLS

Defense Personal Property System	DoD's Worldwide Moving Website for Managing Your Move <ul style="list-style-type: none"> ▪ Understand your allowances. ▪ Schedule/track your shipment. ▪ File claims, if necessary. 	https://dps.move.mil/cust
Military OneSource	<ul style="list-style-type: none"> ▪ Get a free Community Profile Report (extensive local information on housing, schools, and community resources). ▪ Speak with a MOS representative to get information on extracurricular activities, hobbies, volunteer opportunities, local industry, restaurants, movie theaters, and more. ▪ Use the Relocation Tool Kit to compare schools and costs of living. 	1-800-342-9647 or www.militaryonesource.mil/
Plan my Move	<ul style="list-style-type: none"> ▪ Information about your entitlements and benefits, education and employment ▪ Points of contact ▪ Create checklists ▪ Planning tools 	https://planmymove.militaryonesource.mil/

Moving

	<ul style="list-style-type: none"> Create a custom plan and calendar designed just for you and your family. 	
DMV	Provides information on Motor State Laws, renewing your stateside driver's license and re-registering your vehicles.	https://www.dmv.org/military-drivers/
Marine Corps Personal Property Office (PPO)	<ul style="list-style-type: none"> Whom to call Conducting a Personally Procured Move (PPM) Moving tips Unauthorized items Rights and responsibilities Personal property weight estimation Unaccompanied baggage 	https://www.iandl.marines.mil/Portals/85/Docs/LPD/LPD/Handouts.pdf and https://www.iandl.marines.mil/Divisions/Logistics-Plans-Policies-Strategic-Mobility-LP/Logistics-Distribution-Policy-Branch-LPD/PCS-Move-Resources/Passenger-Transportation-new/
Local Area Information	<ul style="list-style-type: none"> Chamber of Commerce Official Visitor's Website Google "Relocation Guide" for your new area Military One Source Uniformed Readiness Coordinator/RS Spouse Volunteers 	

ID CARDS Ensure you and your family members have valid ID Cards.

HOUSING

Homes.mil www.homes.mil

The below are not DoD sponsored or endorsed

- Military By Owner www.militarybyowner.com
- Zillow
- Trulia
- A local realtor

RENTER'S OR HOME OWNER'S INSURANCE

Renter's or home owner's insurance will give you peace of mind and may be required by your landlord. Check with your insurance company regarding rates and coverage options for your new home and inquire about coverage during your move.

Your BAH (Basic Allowance for Housing) rates are based on your assigned duty location RSS/PCS/RS, not where you decide to live. Check your rate at <http://www.defensetravel.dod.mil/site/bah.cfm>

NOTE: Do not buy a home or sign a lease until your assignment is confirmed with the RS Sergeant Major. Although every effort is made to follow through on initial assignments, changes can and do happen.

Children

KIDS: PARENTING, SCHOOL, AND CHILDCARE

Consider setting aside some of your SDA pay each month for childcare. SDA pay is designed to offset some of the costs associated with living in the civilian community where amenities like on-base childcare are not available. Some YMCA memberships also include drop-in childcare and date nights.

Childcare Aware	Childcare fee assistance and childcare finder Mon/Wed/Fri 9:30 a.m. – 6 p.m., Tues/Thurs 8 a.m. – 4 p.m. EST	https://www.childcareaware.org/fee-assistancerespite/military-families/marines/ 800-424-2246
Military One Source Childcare Finder	Find childcare in your neighborhood Through Military One Source Sittercity access is free of charge.	http://www.mccs-sc.com/mil-fam/npsp.shtml 800-342-9647
Militarychildcare.com	This secure DoD website provides a single gateway to comprehensive information on military-operated or military-approved child care programs worldwide.	https://militarychildcare.com/
211.org	Search for a childcare program near you.	https://www.211childcare.org/ 211
Great Schools.org	-helps parents find the right school for their family -articles, tips and interactive tools help parents support their child's learning and wellbeing every day.	https://www.greatschools.org/
School Liaison Program	POC for education assistance for children	http://www.mccs-sc.com/mil-fam/slp.shtml
Tutor.com	Tutor.com provides free tutoring resources for military families.	https://military.tutor.com/home
United Through Reading- app for self-use	Use the app on your smartphone to record yourself reading to your child and receive the book for free	https://unitedthroughreading.org/how-it-works/book-list/recommended-books/
Reach Out and Read	Free resources in the form of e-books in numerous languages, screen free activities, and other entertainment/adventure for kids	https://www.reachoutandread.org/what-we-do/resources-2/
Navy Digital Library	Free access to e-books, audiobooks and e-magazines on parenting, bi-lingual books to read to your children, foreign language learning and more	https://www.navymwrdigitallibrary.org/
American Red Cross Virtual Workshops	-helps children and teens improve communication through activities that teach how to be understood and how to understand others -teaches healthy techniques for handling stressful experiences	https://www.redcross.org/get-help/military-families/deployment-services/register-reconnection-workshops.html

	- helps the service members and families help children through challenges and transitions and provides information about child developmental and family dynamics along with hands-on activities adults can practice at home with children to encourage stress management and healthy, safe decision making.	
Operation Purple	-FREE week of summer camp where kids connect with other kids just like them -Spend quality time reconnecting with your family after a deployment, separation, or during a time of transition.	https://www.militaryfamily.org/programs/operation-purple/
Military One Source Parenting Consultations	Provides one on one suggestions for your family	https://www.militaryonesource.mil/family-relationships/parenting-and-children/ 800-342-9647
Military One Source-Connecting with Kids in a Disconnected World	Book of practical strategies and effective tools to improve connection with kids	https://www.militaryonesource.mil/products/connecting-with-kids-in-a-disconnected-world-783/ 800-342-9647
Military One Source-I'm Here for You now	Board book to support young children during stressful times with a window for personal photos on each page	https://www.militaryonesource.mil/products/im-here-for-you-now-2/ 800-342-9647
Military One Source-Bullying is a Pain in the Brain	Resource for kids and adults that provides practical tips for coping with bullies and suggestions for how to become "Bully-Proof"	https://www.militaryonesource.mil/products/bullying-is-a-pain-in-the-brain-1/ 800-342-9647
Military One Source-Taking the Duh Out of Divorce	Using gentle humor, Trevor Romain gives kids practical, helpful advice for dealing with the pain of divorce	https://www.militaryonesource.mil/products/taking-the-duh-out-of-divorce-30/ 800-342-9647
Military One Source-Sesame Street's Little Children, Big Challenges: Divorce	Multi-media tool to help young children (ages 2 – 8) cope with and understand divorce at an age-appropriate level and aid families in managing the impact of this tough transition	https://www.militaryonesource.mil/products/sesame-streets-little-children-big-challenges-divorce-56/ 800-342-9647
Military One Source-Sesame Street's Little Children, Big Challenges: Resilience	Introduces the skills and strategies young children (ages 2 to 5) needed to build resilience and persevere through day-to-day challenges, includes bilingual family guide	https://www.militaryonesource.mil/products/sesame-streets-little-children-big-challenges-resilience-54/ 800-342-9647

Military One Source-Talk, Listen, Connect: When Families Grieve	DVD resource kit featuring Elmo, other Sesame Street Muppets and the courageous stories of families who have experienced the death of a parent.	https://www.militaryonesource.mil/products/sesame-streets-when-families-grieve-23/ 800-342-9647
Military One Source-Go Read	Book that helps kids learn the alphabet in a fun-filled way	https://www.militaryonesource.mil/products/go-read-784/ 800-342-9647
Military One Source-Webinar: Parenting Skills for the Single Service Member	Discusses the single parents' personal expectations, positive discipline and communication techniques, family separation and support systems	https://www.militaryonesource.mil/training-resources/webinars/parenting-skills-for-the-single-service-member/ 800-342-9647
Effective Discipline: 2 - 5		https://www.militaryonesource.mil/training-resources/webinars/effective-discipline-ages-2-through-5/
Effective Discipline: 6 - 9		https://www.militaryonesource.mil/training-resources/webinars/effective-discipline-for-school-age-children-ages-6-through-9
Effective Discipline: 13 - 17		https://www.militaryonesource.mil/training-resources/webinars/effective-discipline-ages-13-to-17
Military Kids Connect	Online community for military children ages 6-17, and provides access to age-appropriate resources to support children dealing with the unique psychological challenges of military life	https://militarykidsconnect.health.mil/
Cozi Family App	App to manage schedules and real-time shopping (or other) lists	https://www.cozi.com/
Life360 app	App which lets kids check in when they arrive somewhere and monitor your kid's driving	https://www.life360.com/
Babies on the Homefront app	App with behavior tips, PT (Play Time), At Ease (Self-Care), Help Me Grow (Your Child's Development), and Private Messaging—Privately message your co-parent, sharing your family's experiences. Store photos and videos to share with your child, or send video	https://babiesonthehomefront.org/
Co-Parenting app: Our Family Wizard	Calendar where schedules, appointments, drop-offs and pick-ups can be shared, in-app messaging system and expense log	https://www.ourfamilywizard.com/

FOCUS World	Interactive, online educational tool for both parents and kids to learn and practice important skills	https://focusproject.org/focus-world
Exceptional Family Member Program	For dependents with special medical or educational needs	http://www.mccs-sc.com/mil-fam/efmp/index.shtml 843-228-7918
Military Youth on the Move	Site for kids, pre-teens, and teens for advice and info on moving, social life, school and more.	http://apps.militaryonesource.mil/pls/psgprod/f?p=123:HOME2:0::NO::
Sesame Street: Military Families Near and Far	For children ages 2 to 5, the free mobile app helps with breaking the news, packing, saying goodbye, traveling, exploring the new home, unpacking, making new friends and tips for military parents.	www.familiesnearandfar.org

Spouse Transition Support

SPOUSE EMPLOYMENT, EDUCATION, AND ENTREPRENEURSHIP

If you are a spouse who owns your own business, you have numerous resources available to you. Email lisa.lyford@marines.usmc.mil to get information on these valuable resources.

IMPORTANT!!!!!! SPOUSE UNEMPLOYMENT COMPENSATION DUE TO PCS ORDERS: For questions please call Military One Source at 800-342-9647. State by State listing: <http://www.ncsl.org/issues-research/labor/unemploy-comp-for-military-spouses-statutes.aspx> if you (the spouse) submit for unemployment while moving for a PCS make sure you submit a copy of your spouse's orders with your unemployment paperwork even if you are not asked to do so initially. List your spouse's military relocation as the reason why you quit your job on all forms. When you quit your job be sure to notify your employer in writing that you are quitting due to your spouse's military relocation and keep a copy of this letter.

SPOUSE CERTIFICATION (AND BUSINESS LICENSURE) REIMBURSEMENT

<https://www.marines.mil/News/Messages/Messages-Display/Article/2088388/spouse-reimbursement-for-state-licensure-and-certification-costs/>

PCS orders with an effective date between 12 December 2017 and 19 December 2019 qualify for \$500 and PCS orders with an effective date between 20 December 2019 and 31 December 2024 qualify for \$1000. This is a one-time reimbursement for each PCS.

Family Member Employment Assistance Program (FMEAP)	Contact the FEMAP at your current installation for tips and assistance in résumé writing, job search, and more.	http://www.mccs-sc.com/mil-fam/fmeap.shtml
Federal Employment		www.usajobs.gov/
Education Office	continuing your education or plan to start once you PCS	http://www.mccs-sc.com/mil-fam/voled/index.shtml
Military OneSource	<ul style="list-style-type: none">Provides information onJob search (including virtual jobs)adult educationvolunteer opportunities in your communityWebinarsOther online employment classes	http://www.militaryonesource.mil/education-and-employment or http://www.militaryonesource.mil/education-and-employment/spouse-education-and-career-opportunities 800-342-9647
Family Member Financial Aid Resources		https://www.dantes.doded.mil/FinancialAid/SpouseFamilyResources.html
College Placement Skills Training		https://www.dantes.doded.mil/EducationPrograms/PrepForCollege/Refresher.html

National Military Family Association (NMFA)	<p>NMFA has scholarship and professional support funds for military spouses only. If awarded, funding can be used for:</p> <ul style="list-style-type: none"> ▪ High School Equivalency degrees ▪ ESL classes and exams ▪ Associate's, Bachelor's, Master's, and Doctoral degrees ▪ Certification programs, fees, and exams ▪ Vocation, technical, and trade schools ▪ Non-degree certifications and professional advancement classes ▪ Licensure exams and fees ▪ Continuing education credits ▪ Clinical supervision required for mental health professional licensure ▪ Spouse-owned business expenses <p>Awards range from \$500 to \$2,500!</p> <ul style="list-style-type: none"> ▪ NMFA military spouses can receive up to \$2,500 toward the cost of becoming a certified real estate professional through Berkshire Hathaway Home Services PenFed Realty's new Real Heroes program. ▪ Career Step, an online provider of career-focused education, is offering one full-tuition scholarship for any Career Step career certificate program. ▪ World Education is a provider of online workforce training programs for the military community. World Education will issue 10 partial scholarships and one full scholarship for qualified military spouses. 	http://www.militaryfamily.org/spouses-scholarships/
FINRA Foundation Military Spouse Fellowship (Applications open in March.)	This program provides military spouses the opportunity to earn the Accredited Financial Counselor® (AFC®) certification. The fellowship covers the costs associated with completing the AFC® certification program.	http://www.afcpe.org/resource-center/funding-and-recognition/finra-foundation-military-spouse-fellowship
In-State Tuition	Active duty military spouses are eligible to receive in-state tuition at public colleges and universities in the state where they reside or are permanently stationed for more than 30 days.	http://www.militaryfamily.org/spouses-scholarships/grants-funding.html#sthash.6b132obS.dpu
Fisher House Scholarship Finder		http://www.militaryscholar.org/
Career One Stop	https://www.careeronestop.org/MilitarySpouse/default.aspx	You can find state specific information about careers, funding, and training.

USO Skillssoft Trainings		https://www.uso.org/skillssoft
Navy Marine Corps Relief Society		https://www.nmcrs.org/pages/education-loans-and-scholarships
Learning Express on Navy Digital Library	<p>Create your account under DS Login.</p> <ul style="list-style-type: none"> ▪ Resumes and cover letters ▪ Practice and master interview techniques ▪ Explore and identify career paths according to your interests ▪ Find schools and education/training programs. 	https://www.navymwr.digitallibrary.org/
MCCS Cherry Point e-Learning site	<ul style="list-style-type: none"> ▪ Creating a LinkedIn account (do this six months out to build your contacts) webinar ▪ Writing a resume webinar 	https://mccscherrypoint.com/programs/elearning/
Hiring Our Heroes	<ul style="list-style-type: none"> ▪ Military and spouse fellowship programs. ▪ Virtual and in-person hiring/training events 	https://www.hiringourheroes.org/
Syracuse University's Onward to Opportunity (O2O)	<p>O2O is a no-cost industry-focused and validated career skills program that connects transitioning service members and active duty military spouses to high-demand careers in</p> <ul style="list-style-type: none"> ▪ Customer Excellence ▪ Information Technology ▪ Business Management <p>Training is designed to meet the needs of private sector partners to help bridge the gap between the military-connect population and skills the employers are seeking.</p>	https://onward2opportunity-vctp.org/
Universal Class	<p>The access code is 11101775.</p> <p>This program provides a unique online education experience with a growing catalog of professional development courses. These courses, in addition to teaching new skills, can help to boost the skills portion of a resume.</p>	http://marinecorpsva.universalcلاس.com/barcode-login.htm?enter+code

Finances

Military One Source	<ul style="list-style-type: none"> Free online tax service through H&R Block during tax season Free access to meet with a financial counselor in your community Online tools 	https://www.militaryonesource.mil/financial-legal/personal-finance/financial-tools-and-services/ 800-342-9647
Personal Financial Management	Telephonic financial support.	843-228-2218 http://www.mccs-sc.com/mil-fam/pfmp.shtml
Military Relief Societies	Financial Assistance and Emergency Relief to those who qualify. If you are near a Navy or Marine Corps Installation, go to the NMCRS office on that base. If you are near an Army Installation, visit the Army Emergency Relief Office. If you are near an Air Force Installation, visit the Air Force Aid Society. If you are not near an installation, contact the Armed Forces Emergency Center, operated by the American Red Cross 1-877-272-7337.	www.nmcrs.org
Annual Credit Report	You are legally entitled to 1 free credit report/year from each of the 3 major credit reporting agencies. Check your credit at least annually.	www.creditreport.com
Office of Financial Readiness	<ul style="list-style-type: none"> MilSpouse Money Mission Financial tools 	https://finred.usalearning.gov/

Exceptional Family Member Program

Exceptional Family Member Program (EFMP)

<http://www.mccs-sc.com/mil-fam/efmp/index.shtml>

843-228-3188

EFMP is a mandatory program for family members who have medical, emotional, educational, behavioral, or physical challenges. State assistance normally requires registration in EFMP. Enrollment must be updated every two years. Visit the MCCSSC EFMP website for assistance and information.

EFMP support through Military One Source

They have specialty consultations to help find resources, take online trainings, and they have a monthly newsletter specifically for EFMP families, and so much more, really, a lot more.

<https://www.militaryonesource.mil/family-relationships/special-needs/special-needs-resources>

Education Service Directory for Children with Special Needs

<https://efmpeducationdirectory.militaryonesource.mil/>

Navy Digital Library has numerous e-books and audiobooks to address many special needs topics.

<https://www.navymwrdigitallibrary.org/> you will need to create a free DS Login account to access the site. They also have quite a few other resources on their site.

Fitness, Nutrition, and Health

Military health care has made great strides during the past several years in addressing the needs of Marines and families on independent duty. Healthcare services may operate differently from what you are familiar with on a base, but the primary parts of TRICARE remain available to you. Before you arrive, review your healthcare needs and look into how they will be addressed while you are on recruiting duty.

TRICARE www.tricare.mil

TRICARE Prime or TRICARE Prime Remote: All active duty Marines are required to be enrolled in Prime or Prime Remote depending on where you live. Family members may choose to enroll in Prime or Prime Remote. You are assigned a Primary Care Manager (PCM), who provides access to all health care. If you live and work more than 50 miles from a Military Treatment Facility, you may be eligible for TRICARE Prime Remote. TRICARE Prime Remote delivers the same benefits as Prime in remote locations from a civilian provider.

TRICARE Select: Family members who do not choose to enroll in a Prime program will automatically have TRICARE Select, no enrollment is necessary. Family member may visit any civilian certified or authorized provider they choose and submit the claim to TRICARE. Your family members would be responsible for applicable deductibles and cost shares.

Points of Contact

TRICARE East
800-444-5445
www.humanamilitary.com

Defense Enrollment
Eligibility Reporting
System (DEERS)
800-538-9552

Active Duty Dental
Program
866-984-2337

TRICARE Dental Program
844-653-4061

Express Scripts
877-363-1303

DENTAL– Programs are different for Marines and family members.

Active Duty Dental Program: Active Duty Marines who live within 50 miles of a Dental Treatment Facility (DTF) will receive their dental coverage through the DTF. Active Duty Marines who live more than 50 miles from a military DTF will access their dental care through the Active Duty Dental Program (ADDP). Access the ADDP website at: www.addp-ucci.com to locate a contract provider. Using a contract dental provider is REQUIRED. You may call 1-866.984.ADDP (2337) for assistance. DEERS must reflect your Remote status to use the Remote ADDP.

TRICARE Dental Program: The TRICARE Dental program (TDP) administered by United Concordia offers dental coverage to your eligible family members. This coverage is optional. Active Duty service members need to enroll their family members if they wish to provide this dental coverage. There is a monthly premium. Enrollment in the TRICARE medical Prime plan does not include dental coverage. Preventive services are covered at 100%; restorative services may have a cost share. Using a network provider saves you money. To locate a dentist, discuss claims disputes, or for more general information, please visit the website: <https://www.uccitdp.com/> or call 1-844-653-4061 (CONUS).

PHARMACY

TRICARE Mail Order Pharmacy (TMOP) – available for maintenance medications you take for ongoing conditions, e.g. high blood pressure, birth control. Prescriptions filled through the TMOP are free for the active duty Marine and a small co-payment for family members. The service is provided by Express Scripts, 877.363.1303 or online at www.express-scripts.com/TRICARE.



TRICARE Retail Pharmacy Network – prescriptions may be filled at any TRICARE retail network pharmacy. A TRICARE retail pharmacy is a pharmacy that has signed a contract agreeing to fill TRICARE prescriptions. These are most civilian pharmacies in the United States. There are no costs for active duty service members however; family members will have a small co-payment.

Non-Network Pharmacy – a civilian pharmacy that has not signed a contract to fill TRICARE prescriptions is called a Non-Network pharmacy. These are hard to find but do exist. If you fill your prescription at this pharmacy you will be asked to pay upfront and file your own claim. Active Duty Service Members will be reimbursed and family members will have a higher deductible and cost share. (Use only when a network pharmacy is not available).

Changing Your Health Care Options...

Before you depart your current duty station and arrive at your new duty station-
Ensure I.D. cards are updated.

Find out what TRICARE Region you will be in.

Check availability of providers and services in your new area.

If you are enrolled in Prime, DO NOT drop or change your coverage before your move – wait until you arrive at your new duty location.

When you arrive at your new duty station –

Update DEERS with your new address.

Change to your new TRICARE Region or area (if necessary). If you are currently enrolled in Prime or Prime Remote, transfer your enrollment to your new area and select your new Primary Care Manager. If you are not enrolled in Prime or Prime Remote enroll yourself and your family (if they choose this option). Transfers will take place the day the contractor receives the application. New enrollments for service members will take place the day the contractor receives the application. New enrollments for family members (switching from Select to a Prime program) will be processed using the 20th of the month rule. If the enrollment is received on or before the 20th of the month, the enrollment in Prime or Prime Remote will take place the first day of the following month. After the 20th, enrollment begins on the first day of the second following month.



If Prime, learn who your PCM is and introduce yourself.

Find network locations for filling prescriptions and look into using the TRICARE Mail Order Pharmacy for medications you take regularly or for maintenance type prescriptions, e.g. birth control, blood pressure or high cholesterol medicines.

FEDERAL EMPLOYEES DENTAL AND VISION INSURANCE PROGRAM (FEDVIP)

<https://www.benefeds.com/programs>

FEDVIP is a voluntary, enrollee-pay-all dental and vision program available to Federal employees and annuitants, certain retired uniformed service members, and active duty family members.

FITNESS

Check out FitForce Mobile and FitForce Planner mobile apps.

<https://www.fitness.marines.mil/>

High Intensity Tactical Training (HITT) Locker/WOD's

<http://www.mccs-sc.com/rec-fit/hitt.shtml#>

USMC HITT WOD's: <https://www.facebook.com/HighIntensityTacticalTraininghitt/>

HEALTH PROMOTION

<http://www.mccs-sc.com/rec-fit/health.shtml>

- Tobacco Cessation
- Sexual Health
- Nutrition
- Physical Fitness
- Weight Management
- Injury Prevention
- Chronic Diseases



Free E-Magazines

http://mccs.ent.sirsi.net/client/en_US/default

The RB Digital Magazines, you have access to free e-versions of health/fitness magazines for men and women such as Clean Eating, Better Nutrition, Eating Light, Eating Well, Gluten-Free, Men's Fitness, Men's Health, Natural Bodybuilding, Oxygen, Yoga, Shape, Runner's World, Fit Pregnancy. You have to

have an account in good standing with the MCAS Library and they can get you set up with whatever resource you'd like to utilize. Their number is 843-228-7682.

Universal Class (Online Training)

<https://marinecorpsva.universalclass.com/barcode-login.htm?enter+code> (11101775 is the code.)

- Weight Loss Management
- Weight Training
- Wellness Coaching
- Yoga
- Nutrition

Military One Source

Partner with a Military One Source Health and Wellness Coach over the phone. Focus areas for coaching include: weight management, fitness and nutrition, health condition management, stress management, and life transitions. If you prefer to work independently, Military OneSource offers the Living series - free, online, self-directed health and wellness coaching programs to help you make lasting lifestyle changes.

800-342-9647

www.militaryonesource.mil



YMCA Military Outreach Initiative

Effective 10 September, all YMCA/Private gym memberships will be routed through RS Admin to then be approved at the District level and submitted directly to DoD for final approval. There has typically been about a 30 day delay from application to approval.

The most updated application can be found:

<https://www.asymca.org/ymca-dod-military-outreach-initiative>

Free Community Group

Team Red, White and Blue- Check to see if there's a chapter in your area. (Get a free Nike Team RWB shirt by signing up.)



NUTRITION

Meal Prepping...Create a plan! Use this free site to create your meal plan for a few days' worth of healthy meals: <https://savethefood.com/meal-prep-mate/learn-how/> Keep in mind that the fewer dishes you make, the less time you'll spend cooking and will save \$. Switch up your meals from week to week.

Create your shopping list. Use seasonings or sauces to keep things interesting but watch the sodium, sugar, and fat content. Invite the kids to prep with you. It's great quality time and they learn a few valuable life skills. Order your food online for pick up OR have your food delivered OR do it the old fashioned way, go grocery shopping.

Make sure you have the supplies you need:

- Scale
- Measuring cup
- Measuring spoons
- Seasonings
- Cutting board/knife
- Cooking spray
- Storage baggies or containers
- Pots and pans

During meal prep, use a scale or other measuring tool for consistency.

If you're just starting out, it may take longer than it would after you've had some practice. Give yourself about 2 to 3 hours to prepare a week's worth of food. Maybe just try a few days' worth of meals. Crunched for time? Buy pre-cooked or pre-cut foods.

Low on storage space in the refrigerator? Store your foods in baggies either by meal or by food type: protein, carb, or veggie.

Try batch cooking your foods. Cook up a big pot of chili and then portion it out. Pre-portion out your snacks and toppings to make them grab and go.

Helpful sites:

- Savethefood.org
- Stopfoodwaste.org
- Stilltasty.com
- Navy Nutrition Program

MyFitnessPal

With a database of more two million (that's right, million) food items, the platform makes it easy for users to keep track of calories, macronutrients (proteins, fats, and carbs)/micronutrients (vitamins, sodium, etc.), and so much more.

Meal Prep Mate

Offers free meal prepping guidance whether you're new to meal prepping/planning or a seasoned (pun intended) meal prepper <https://savethefood.com/meal-prep-mate/>.

Human Performance by CHAMP- Total Force Fitness

<https://www.hprc-online.org/>

Thrive Market

Through Blue Star Families, you have a free membership to shop for healthy options at a wholesale price, and have your goodies delivered straight to your door.

<https://bluestarfam.org/thrive-market-blue-star-families/>

Daily Yoga

Why It's Cool: The step-by-step guidance is perfect for beginners. With more than 45 yoga sessions and a library packed with more than 300 poses, users can track their way to zen-filled progress.

Cost: Free. Available for iOS and Android.

Mindshift

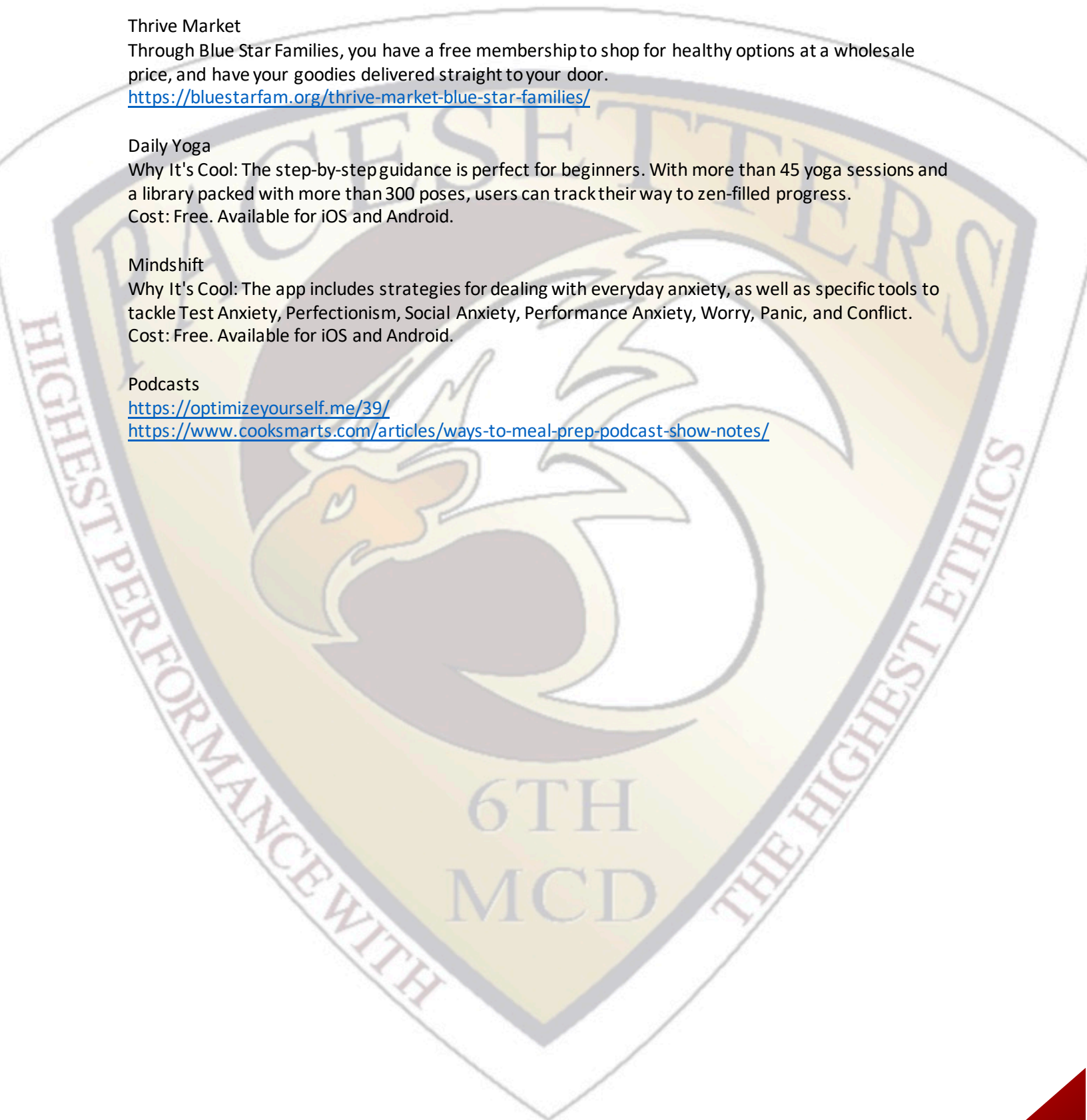
Why It's Cool: The app includes strategies for dealing with everyday anxiety, as well as specific tools to tackle Test Anxiety, Perfectionism, Social Anxiety, Performance Anxiety, Worry, Panic, and Conflict.

Cost: Free. Available for iOS and Android.

Podcasts

<https://optimizeyourself.me/39/>

<https://www.cooksmarts.com/articles/ways-to-meal-prep-podcast-show-notes/>



Military One Source



Confidential non-medical counseling:

- For service members and military families
- Private, at no cost, not reported to command
- Short-term, up to 12 sessions
- Connects you – or immediate family members to professionals with master's level education
- Helps with issues such as:
 - Improving relationships at home and work
 - Stress management
 - Marital and communication issues
 - Adjustment and deployment difficulties
 - Parenting skills
 - Grief or loss

You can connect with Military OneSource 24/7/365 to arrange your session:

Counseling services are offered via:

- Telephone
- Online chat
- Secure, live video session
- Face-to-Face

SPECIALTY CONSULTATIONS

Health and Wellness Coaching: Personal coaches to help you set and reach goals to lose weight, manage stress, tackle transitions or make healthier lifestyle changes.

Peer-to-Peer: These free, confidential consultations provide opportunities for you to discuss personal or career challenges or aspirations with someone who's been there.

Special Needs: Consultants are knowledgeable about the range of military programs and assistance for caregiving, education and more for family members with special needs.

Adoption: Adoption consultants are specially trained in military adoptions and can help you navigate the process.

Adult Disability: Trained consultants can answer questions and help you access resources and support services for your adult family member who needs care.

Elder Care: Consultants can help you understand benefits from the VA and Medicaid, how to find in-home care and facilities and get referrals for programs.

Education: From pre-school to college tuition, education consultants can connect you to resources for service members, for military spouses and military children.

Spouse Relocation and Transition: Personalized help with moving and transition for military spouses. Get help with managing moving plans, housing allowances, shipment and storage, and more.

Additional details: https://download.militaryonesource.mil/12038/MOS/MOS_PPTS/MOS-SlideDeck-2_Overview.pdf or call 800-342-9647.

Additional Items

Family Readiness and Marine Corps Family Team Building programs are supported through your RS. The DRC provides program support while working in partnership with the RS URCs. The DRC is also a Family Readiness Trainer who can provide UPFRP training for Command Team Members, Family Readiness Volunteers, and interested parties. The District RC can also coordinate LINKS and LifeSkills training and education opportunities across the District. Trainings may be provided on-line or in person. The District Family Readiness Team is supported by MCCS South Carolina and is guided by MCO 1754.9B.

National Resource Directory

National resource directory has been established by a joint initiative between the DoD, Department of Labor, and Department of Veterans Affairs. The searchable database can be accessed via www.nationalresourcedirectory.gov. This database provides national, state, local, and private resources for military members, family members, and veterans.

Family Care Plans need to be updated within 30 days of checking in to your new assignment. Make sure you have a local, non-active duty short-term care provider; and a non-active duty long-term care provider listed in the Family Care Plan on Marine Online. Family Care Plans are required for any service member with dependent(s) and are governed by MCO 1740.13D.

Service Member's Civil Relief Act contains provisions that may be applicable to your situation as an active duty service member, such as ensuring that a military clause is part of your housing rental agreement. https://www.benefits.va.gov/homeloans/documents/docs/scra_notice.pdf

Recruiting Lingo

Today was pretty awesome. I took an applicant to MEPS and he didn't get PMR'd. The kid was a CAT II on the ASVAB and totally passed the physical so we can get him contracted, sworn in, and in the DEP. Hopefully he passes the ENTNAC and ships.

I had another kid come in for an appointment and he did really well on the WRAT and EST so I interviewed him and identified some needs using the benefit tags so he seems pretty promising. I hope he becomes a NWA so I can take him to MEPS.

Did some prospecting, ACs, TCs, and even got an appointment at a High School senior's house tomorrow. He's only 17 so it may take some work to get PC if this kid is really interested. Talked to a veteran Marine at the mall and he mentioned he might be interested in coming back in so I got his number for the PSR.

Checked my email after prospecting and heard from the RI. He's doing PAR training this week but wanted to remind me of the all hands training, LINKS class, and family day next week. My wife is really looking forward to the LINKS class and family day.

Ran into the OSO on my way out the door, she had a meeting with a kid starting college next year that sounded promising and one of my fellow recruiters was working a potential MEOP applicant.

My wife texted me and let me know that she calculated the amount we are saving from SDA pay and we are right on track to take our dream vacation next year.

Recruiting Lingo Defined

Benefit Tags: Cards listing benefits available to active and reserve component. Used during the interview to identify needs that can be met by becoming a Marine.

NWA: New Working Applicant. Qualified applicant who is committed to joining the Marine Corps.

Prospecting: contacting perspective applicants to set appointments for interview.

AC: Area Canvassing. Prospecting at local establishments.

TC: Telephone Call. Prospecting via telephone.

PC: Parental Consent. Perspective applicants who are under the age of 18 require consent from their parents to enlist.

PSR: Prior Service Recruiting. Recruiting program targeting prior service Marines.

RI: Recruiter Instructor. Senior Career Recruiter at each RS and responsible for training all of the recruiters.

PAR: Proficiency and Review Training. 5 day training for all new recruiters conducted at their RS.

Recruiting Lingo

LINKS: Lifestyles, Insights, Networking, Knowledge, and Skills. A Marine Corps/military life 101 class for family members.

OSO: Officer Selection Officer. Responsible for recruitment of college students for Marine Corps Officer Programs.

MEOP: Musician Enlistment Option Program. Offers young men and women the opportunity to serve their country while pursuing their passion for music.

SDA: Special Duty Assignment. Recruiting duty is considered a SDA and may provide eligibility for an additional monthly amount of pay (SDA pay) that is considered taxable income.

MEPS: Military Entrance Processing Station. Applicants are tested and inducted into the Armed Forces, if qualified.

PMR: Permanently Medically Rejected. An applicant is deemed medically unfit for the USMC.

CAT I-III A: acceptable score categories on the ASVAB for the USMC.

ASVAB: Armed Services Vocational Aptitude Battery. Measures developed abilities and helps predict future academic and occupational success in the military.

Contracted: A contract for enlistment has been executed.

DEP: Delayed Enlistment Program. Also called the Pool program, individuals who have contracted an enlistment and are awaiting recruit training (Poolees) participate in order to learn about the Corps and prepare for success in training.

ENTNAC: Entrance National Agency Check. Basic background check including fingerprint and police records check that is conducted on every enlistee in the Armed Forces.

Appointment: meeting with applicant to screen and interview for enlistment.

WRAT: Wide Range Achievement Test. Assessment of reading, comprehension, spelling, and mathematics skills.

EST: Enlisted Screening Test. Provides basic aptitude information to the recruiter.

Interview: The recruiting sales presentation. Requires a great deal of energy to engage the applicant and gain the commitment to enlist.

Quick ♥ Boosters

Love Nudge (5 Love Languages) App...



Love Nudge



Gottman Card Decks

... Gottman Card Decks App

Love Every Day App ...



Love Everyday



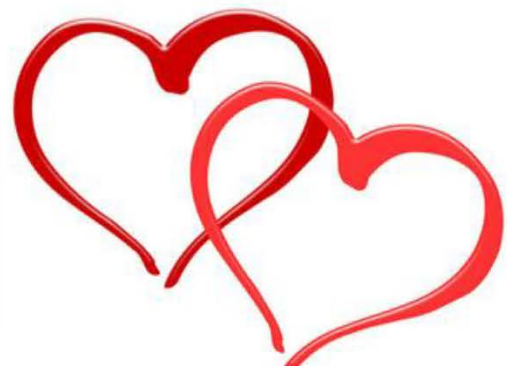
25 Tips

... 25 Tips – Practice 1/day.

*Open your camera app.
Hold it over a QR code.*



Email for more information



There are so many updates to resources and opportunities available! Don't miss out. By signing up for e-Newsletters, you can stay in the know. While we do send out information updates, the emails can get lengthy with all of the opportunities. Hold your phone over the QR codes below to access resources available to you. Keep in mind, there are other resources out there...lots of them. This is a good starting point.

Recruiting Station Facebook Pages/Groups for the Recruiters and their families:

RS Atlanta: <https://www.facebook.com/groups/1525691877721700/>

RS Baton Rouge: Red Stick Families

RS Charlotte: RS Charlotte "Hornets Nest" Spouses

RS Columbia: <https://www.facebook.com/groups/2586999608192768/?ref=share>

RS Fort Lauderdale: <https://www.facebook.com/groups/373430036865413>

RS Jacksonville: RS Jacksonville Family Facebook group and RS Jacksonville Spouses group

RS Montgomery: Search for RS Montgomery Families Facebook Group.

RS Tampa: Awaiting FB information.

Military One Source

<https://www.militaryonesource.mil/epublications>

- Exceptional Advocate (for EFMP families)
- Military OneSource (General M1S support)
- Spouse Education and Career Opportunities



Military One Source

National Military Family Association



National Military Family Association

<https://www.militaryfamily.org/> (Email sign up is at the bottom of the page.)

Blue Star Families

<https://bluestarfam.org/join/>

Join to receive updates and access.



Blue Star Families



TRICARE

TRICARE

<https://tricare.mil/Resources/GoPaperless/EmailAlerts>

Operation Homefront

<https://www.operationhomefront.org/>

Newsletter sign-up is at the bottom of the page.



Operation Homefront



Sesame Street

Sesame Street e-News

<https://www.sesamestreet.org/newsletter>

Hiring Our Heroes

<https://www.hiringourheroes.org/>

Newsletter sign-up is at the bottom of the page.



Hiring Our Heroes

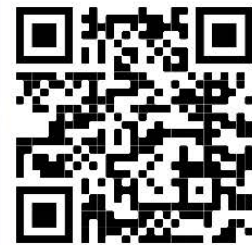
ITEMS YOU CAN ORDER/DOWNLOAD FOR FREE THROUGH MILITARY ONE SOURCE TO HELP YOU ON RECRUITING DUTY

- ✓ Chill Drills
- ✓ Connecting with Kids in a Disconnected World
- ✓ Coping with Stress as a Couple
- ✓ Double Duty: Staying Connected with your Kids When You're a Deployed Dad
- ✓ Go Read
- ✓ I'm Here for You Now Board Book
- ✓ M1S Specialty Consultation Fact Sheet
- ✓ M1S Program Fact Sheet
- ✓ M1S Specialty Consultations: Military Spouse Relocation and Transition Fact Sheet
- ✓ Mobile Solutions Fact Sheet
- ✓ Moving
- ✓ MWR Digital Library
- ✓ Mousepad
- ✓ Moving with Children
- ✓ Non-Medical Counseling Brochure
- ✓ Pens
- ✓ Plan My Move
- ✓ Preparing for Your Move
- ✓ Sesame Street Little Children Big Challenges: Resilience
- ✓ Sesame Street Talk, Listen, Connect
- ✓ Single Service Member Programs
- ✓ Spouse Education and Career Opportunities (SECO)
- ✓ Tools for Your Best Mil-Life

Download the Military One Source app on your device.



Hold your camera over the QR code to access the ordering link.



DoD Military Outreach Initiative

***Low/No Cost YMCA/Private Fitness Center Membership & Respite Childcare**



Open the camera app on your phone and hold it over the QR code to access the link.

In partnership with the Armed Services YMCA (ASYMCA), the Department of Defense is proud to offer 6-month gym memberships at participating YMCA's and Private Fitness Facilities nationwide. In addition, they also offer respite childcare at many of the YMCA's. Contact your local YMCA to confirm if they are a respite childcare participant.

For YMCA or Private Fitness Center Gym Membership: Request the "Membership Application" and "Independent Duty Station - Command Form" from your RS S-1. Submit completed forms to your RS S-1. Inquire with your YMCA/Private Fitness Facility about low/no-cost membership for families.

For Respite Childcare: Ask if your YMCA participates. If so, fill out the "Respite Child Care Application" from the QR code above then submit it directly to your participating YMCA.

The RS's have pre-designated YMCA's and Private Gyms. Your RS S-1 will be able to tell you which facility is designated for your RS/RSS/PCS.

*Some costs/fees may apply, see your RS S-1.

- ASYMCA can only provide a maximum payment of \$50/month for single memberships and \$70/month for family memberships
- Service members/families are responsible for any additional fees/charges which exceed the maximum rate for single/family memberships
- Service members/families are responsible for any initiation/joining fees, maintenance fees, processing fees, etc.