

LEADERS RESOURCE GUIDE



Department of the Navy
United States Marine Corps

MARINE
&
Family

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USING THIS GUIDE

MCCS FORWARD

CAREER & EMPLOYMENT

Geared towards helping Marines at any stage and their families work toward career goals. Find resources on financial management, career planning, and more.

EDUCATION

Looking for higher education, or seeking professional development? Check out these programs.

FAMILY READINESS

Use these resources for any family or personal relationship needs.

READINESS & RESILIENCY

These resources comprise all levels of health. Physical, mental, and relationship health services are all covered here.

SEMPER FIT & RECREATION

Look to this resource for your fitness and leisure needs. Fitness centers, health education, sports and recreation programs and services, Semper Fit serves units, families and individuals.

SINGLE MARINE PROGRAM

Led by single Marines who represent units, the Single Marine Program functions to support quality of life concerns, community involvement and recreational pursuits.

CASUALTY ASSISTANCE

These programs provide casualty assistance and support to Marine Corps families.

WOUNDED WARRIOR

The Wounded Warrior Regiment supports and advocates for wounded Marines and their families.





WELCOME

and their families first.

Helping those in need...

...Resilience, Strength and Community

USING THIS GUIDE

This guide presents key resources available through the Marine & Family Program at anytime, for any issue — from new Marines and their families seeking acculturation classes — to transitioning Marines looking to the next stage in their career. Resources are categorized using the icons below.

Your local community may also have additional resources not listed here. Information and Referral Specialists, Deployment Readiness Coordinators (DRC) and your installation MCCA Forward website will have information on how a resource is implemented at a specific location and in the community.



CAREER & EMPLOYMENT



EDUCATION



FAMILY READINESS



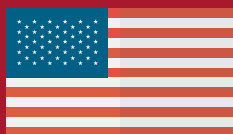
READINESS & RESILIENCY



SEMPER FIT & RECREATION



SINGLE MARINE PROGRAM



CASUALTY ASSISTANCE



WOUNDED WARRIOR

CHOOSING A RESOURCE

There are many support options available. Finding the right resource is a matter of individual fit. Searching for that best option requires consideration of the individual's needs, personal preferences, location, and eligibility. If one resource is not the right fit, try a different one.





MCCS FORWARD

MCCS Forward is your one-stop for all Marines and their families. Serving as a central hub, users can access or learn more about any of the 60+ programs that the Marine & Family Programs offers.

MCCS Forward keeps you up to date on the latest news and stories, providing insight into Marine Corps life and culture, as well as programs that may be useful to Marines and their families. Written by subject matter experts as well as Marines and their families, MCCS Forward articles also provide how-to's and other actionable information.



www.usmc-mccs.org

MARINE
&
Family

*Advantages
of making
MCCS Forward
your go-to site
for Marine Corps
information and
services.*



GEO LOCATED

Discover 60+ services and benefits that you may not even know exist.



DAILY UPDATES

Get the scoop on the latest news, events, and topics that are important to the Marine Corps.



MOBILE READY

Access from anywhere, anytime from your tablet and smartphone.



INFORMATION STATION

Find out vital information on resources, from contact info to upcoming events.

WHAT MARINES AND THEIR FAMILIES ARE READING

Read some the most popular articles on MCCS Forward from 2017.

1

Marine Corps Birthday Ball: Etiquette Do's & Don'ts

2

From Rifles to Light Sabers: Actor Adam Driver Discusses His Time in the Marine Corps

3

What is the Blended Retirement System?

4

How to Pull Your Verification of Military Experience and Training (VMET)

5

Coming Soon to a Transition Readiness Seminar (TRS) Near You...the New eForm!

6

Five Reasons Why Your Child Should Be Playing Sports

LEADERS RESOURCE GUIDE

CAREER & EMPLOYMENT



MARINE &
Family

TRANSITION READINESS

The Transition Readiness Program implements a comprehensive career readiness and transition program for Marines and their families. The program's proactive approach works with you to formulate effective post-transition employment, educational, and entrepreneurial goals.



WHY USE THIS RESOURCE?

Marines will gain insight into who they are as individuals, make life decisions, and develop holistic action plans to bridge the gap between where they are as a Marine and where they want to be when they transition to civilian status. Marine for Life Cycle services include the "Your Readiness" MarineNet courses; the Personal Readiness Seminar (PRS), and the Transition Readiness Seminar (TRS).

Personal Readiness Seminar (PRS) is the newest four hour mandatory training on personal and professional development programs and services, as well as an introduction on financial topics. PRS highlights the online portal known as eBenefits that provides access to all Veterans Affairs benefits.

Additionally, PRS offers career and educational resources, as well as financial topics such as banking and financial services, savings and investments, living expenses, understanding debt, and service members' rights.

Transition Readiness Seminar (TRS) is a five-day seminar, which includes a standardized core curriculum to include Resilient Transitions, Military Occupation Specialty Crosswalk, Department of Labor Employment Workshop, Department of Veterans Affairs. Benefits I and II Briefs, and Financial Planning. The TRS provides our transitioning Marines and their families with the resources and tools needed to reach their personal goals.

TRS provides career and counseling services to include advising Marines on future post transition goals, such as career/employment, education, technical and entrepreneurship.

Prior to attending the five-day Transition Readiness Seminar (TRS), all transitioning Marines must complete the Pre-separation Webinar training.

Upon completing the training, print the certificate and bring it to the first day of TRS with the additional pre-requisites detailed in the webinar.

For more information, contact your Unit Transition Coordinator and/or your installation Transition Readiness staff.

Spouses Transition and Readiness Seminar (STARS) is a standardized three-hour spouse-specific transition workshop and has become an additional resource for spouses. STARS is administered as part of the Family Member Employment Assistance Program.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members

WHERE IS THIS RESOURCE LOCATED?

Marines and family members interested in learning more should contact their local installation's transition office.



www.usmc-mccs.org/cycle

FAMILY MEMBER EMPLOYMENT ASSISTANCE PROGRAM (FMEAP)

The Family Member Employment Assistance Program (FMEAP) provides employment related referral services, career and skill assessments, career coaching, job search guidance, portable career opportunities, and education center referrals/guidance.



WHY USE THIS RESOURCE?

FMEAP provides access to information and tools to support military spouses and dependent family members employment related needs. Career planning through interests, skills, and work values assessments can assist family members in making informed decisions about their future.

Some of the resources include:

Spouse Education and Career Opportunities Program (SECO): Provides comprehensive education and career exploration services at no cost, to all eligible military spouses. The career center will assist with information on portable careers, resume composition, education planning, and career planning.

Military Spouse Employment Partnership (MSEP): Partners with employers who agree to offer transferable, portable career opportunities to relocating military spouse employees.

Military Spouse Career Advancement Account (MyCAA): Offers up to \$2000 per year (maximum of \$4000) for military spouses (E-1 to E-5, W-1 & W-2, and O-1 & O-2) to pursue licenses, certificates, certifications, or Associate Degrees necessary for gainful employment in high demand, high growth portable career fields and occupations.

Spouse Transition and Readiness Seminar (STARS): Addresses the transitional challenges and opportunities specifically for spouses as they prepare to transition with their Marines into the civilian world.



WHO SHOULD USE THIS RESOURCE?

- Family Members

WHERE IS THIS RESOURCE LOCATED?

Contact your local FMEAP office to get started.



www.usmc-mccs.org/services/career/family-member-employment-assistance

PERSONAL FINANCIAL MANAGEMENT (PFM)

The Personal Financial Management (PFM) program assists Marines and their families in achieving and sustaining personal financial readiness by providing personal financial education, training, counseling, and financial information and referral.

WHY USE THIS RESOURCE?

The PMF provides a solid understanding of personal finances that will build confidence in facing financial challenges, responsibilities, and mission readiness. PFM offers elective financial literacy education at all required points during a Marine's career.

Workshops and classes are also offered in a variety of topics including: investment planning, financial planning, retirement and estate planning, consumer awareness and protection, budgeting, saving, using credit, managing debt, military financial rights, Thrift Savings Plan, Saving Deposit Plan, and Survivor Benefit Program.

Installation Personal Financial Management Specialists and unit Command Financial Specialists provide no-cost services to Marines.

Individual financial counseling by accredited financial counselors is available. Coaching is an interactive process uniquely tailored to individual needs. Coaching provides tools that enhance ability to accomplish more and includes accountability to maintain focus.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Reservist
- Family Members

WHERE IS THIS RESOURCE LOCATED?

Contact your installation Personal Financial Management Specialists to obtain a schedule and register for upcoming workshops, or to schedule an individual appointment.

Individual appointments are generally scheduled for one hour. If you are not located near a Marine Corps installation, contact your nearest military installation Family Support Center or Military One Source.



www.usmc-mccs.org/services/career/personal-financial-management



INFORMATION, REFERRAL AND RELOCATION

The Information and Referral program provides information and referral functions designed to meet the challenges of the mobile military lifestyle. Individuals with unresolved information needs are referred to the source or resource that can best address those needs. This program is the central connector between military and community resources. Information and Referral specialists maintain a database of installation, Department of Defense, community, and national resources. The Information and Referral program oversees all relocation service functions to assist Marines and families with Permanent Change of Duty Station, both stateside and overseas, and provides Settling-In Services when they arrive on a new installation.



WHY USE THIS RESOURCE?

This service connects individuals to military, Department of Defense, and community resources, including health care, personal and family counseling, marital counseling, relocation assistance, housing referral, childcare resources, religious services, recreation services, consumer affairs, child and spouse abuse prevention programs, and other personal and family support programs in both the military and civilian communities.

Program staff is knowledgeable on the rights and benefits to individuals as a result of military service and can assist with questions related to veterans' benefits.

A calendar of events, classes, and programs is maintained on each base.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members

WHERE IS THIS RESOURCE LOCATED?

For specific information, please contact your nearest Information & Referral specialist who can assist you in making valuable connections at your installation, which include all Marine & Family programs, sister service programs and off-base resources.

Are you searching for a service across all military installations?

Visit www.militaryinstallations.dod.mil to view major unit listings and contacts for services world-wide.



www.usmc-mccs.org/services/support/information-and-referral



GENERAL LIBRARY PROGRAM

Libraries are located on 25 installations and provide a wide variety of materials (print, audio-visual, and virtual), services and programs to meet the educational, informational, and recreational needs of Marines and families.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members

WHERE IS THIS RESOURCE LOCATED?

Remotely stationed Marines and families can contact the Library Program at usmclibraries@usmc.mil to obtain virtual access.



<http://library.usmc-mccs.org>

WHY USE THIS RESOURCE?

- Libraries provide educational materials and services to assist Marines in their pursuit of professional military and academic educational goals.
- Libraries provide quality-of-life recreational materials and programs for all ages.
- Access to virtual resources such as research databases, digital magazines, eBooks and eAudiobooks, foreign language lessons, and self-improvement classes are available 24/7/365 wherever Marines and families are stationed through the Virtual Library portal at <http://library.usmc-mccs.org>
- Remotely stationed and deployed personnel and Marine retirees should email a request for Virtual Portal access to: usmclibraries@usmc.mil
- Provides early literacy programs from birth through pre-school age, as well as summer reading programs, book clubs, and lectures for all ages.
- Provides Makerspace programs access to Science, Technology, Engineering and Math (STEM) technologies and creative pursuits for all ages.
- Provides internet stations and Wi-Fi throughout the library facilities.



MARINE FOR LIFE NETWORK

Marine For Life Network (M4L) connects transitioning Marines and their family members to education resources, employment opportunities, and other Veterans services that aid in their career and life goals outside of military service.

WHY USE THIS RESOURCE?

Marines understand how the skills a Marine develops in the Marine Corps can translate to the civilian world or the academic world. Marine For Life allows Marines to help other Marines reach their professional goals.

We offer Marines two ways to connect:



ONLINE NETWORK

We use our Facebook page and LinkedIn company page to connect Marine Veterans to our M4L resources and share good news stories in the program.

M4L uses LinkedIn groups for online networking opportunities. The Marine For Life LinkedIn networking groups consist of one national group, four regional groups, and several community-specific groups.

Our M4L website includes a resource library of valuable and up to date education, employment, and Veteran resources.



FACE-TO-FACE

We have built a nation-wide professional network that consists of over 60 Marine For Life Representatives, military friendly employers and resources, and Marines and their families. We focus on connecting Marines and their families to local and national resources, as well as encouraging networking through Marine For Life Network events and meet ups.



WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Veterans
- Family Members



WHERE IS THIS RESOURCE LOCATED?



www.marineforlife.org

MARINE FOR LIFE NETWORK...

is an extension of a tenet of the Marine ethos — ‘Once a Marine, Always a Marine.’ M4L is a continuation of our strategic engagement with Marines and their families across the continuum of the Marine For Lifecycle—commencing with their transformational entry into our Corps, symbolized in their earning the Eagle, Globe, and Anchor, through their transition to a Veteran Marine status and the return of these quality citizens back to their communities.

The best way to connect with the Marine For Life Network is to complete the form on **www.marineforlife.org**

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EDUCATION



MARINE & Family

VOLUNTARY EDUCATION

The Voluntary Education Program provides personal and professional learning opportunities to the Marine Corps community. The program positively impacts recruitment, retention, and readiness of all Marines. Services and resources are provided by qualified counselors and advisors in cooperation with education service providers through individual and group counseling, workshops, and training opportunities to include testing for college credit and pre-admission. Marines will be informed of the full breadth of tuition funding sources and how they can advance their degree plans and academic achievement with appropriate courses and institution selections.



WHY USE THIS RESOURCE?

Tuition Assistance provides funding to eligible Marines for payment of a specified percent of the tuition cost in authorized courses offered during off-duty hours.

College Level Exam Program (CLEP) tests mastery of college-level material acquired in a variety of ways to include general academic instructions and significant independent study or extracurricular work. Successfully completed exams are generally accepted by institutions of higher learning for academic credit.

Defense Activity for Non-Traditional Education Support (DANTES) provides nationally recognized examination and certification programs, in addition to consolidated management of contracts and programs to prevent duplication of effort among the services.

Education Service Officers are available to provide information about other education programs and provide high quality individualized academic advisement to maximize resources.

Joint Service Transcript is now the official transcript tool for Army, Marine Corps, Navy, and Coast Guard personnel that validates and documents the recommended college credits for professional military education, training courses and occupational experience of service members and veterans. This unified and standardized document makes it easier for institutions to review and articulate these credits as appropriate to service members and veterans degree programs.

Provides information on the American Council on Education college credit recommendations, related to the Montgomery GI Bill that funds college expenses for veterans or active duty service members who served after 1 July 1985, and the Post 9/11 Montgomery GI Bill that funds college and living expenses for veterans or active duty service members who served after 11 September 2001.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members

WHERE IS THIS RESOURCE LOCATED?

Contact your Installation Education Service Officer for more information and to receive one-on-one support.



www.usmc-mccs.org/services/education/voluntary-education



LEADERSHIP SCHOLAR PROGRAM (LSP)

The Leadership Scholar Program (LSP) is a partnership between nonprofit, four-year state and private universities and colleges and the U.S. Marine Corps. Its purpose is to help honorably discharging Marines pursue their educational goals by identifying Marines whose academic and professional experiences make them competitive candidates for admission to LSP Partner Schools. There are more than 230 universities and colleges working with LSP, with at least one school in every state and the District of Columbia.

WHO SHOULD USE THIS RESOURCE?

To be eligible, Marines must be honorably discharging from active duty and planning to attend a college or university as a freshman or transfer student. Marines must be high school or GED graduates. Marines must also provide a recommendation from a commanding officer or senior NCO and an AFQT score of 115 or higher, a GT score of 70 or higher.

WHY USE THIS RESOURCE?

LSP Partner Schools provide a candid first look at a Marine's academic and professional record, so mapping a way forward is accurate and easy.

Marines receive personalized assistance from installation Education Service Officers, Education Service Specialists, and the LSP Program Manager in preparing the application, essay, and other materials that are required for a strong admissions package. Services also include providing guidance on selecting the right LSP Partner School ensuring Marines choose the right "fit."

LSP is actively involved with national organizations that have strong ties with universities/colleges including National Association of Student Personnel Administrators (NASPA), Student Veterans of America (SVA), National Association of College Admission Counselors (NACAC), National Association of Veteran's Program Administrators (NAVPA), and the American Council on Education (ACE), American Association of State Colleges and Universities (AASCU), ACT Testing, Service To School (S2S), the College Board, the POSSE Foundation, Ivy League Veterans Council, and the Warrior Scholar Project (WSP).

WHERE IS THIS RESOURCE LOCATED?

To apply, visit: www.leadershipscholarprogram.com and supply us with all applicable information. To apply by mail, send application to the attention of the Leadership Scholar Program Manager, Headquarters USMC, Marine and Family Programs, 3280 Russell Road, Quantico,



www.usmc-mccs.org/services/education/leadership-scholar



CAREER TECHNICAL/ CERTIFICATION PROGRAMS



Marine Corps Credentialing Opportunities On-Line (COOL) is a credentialing awareness, information and resources capability for all Marines. In addition to general information on credentialing and licenses, Marine Corps COOL also provides extensive associated linkages covering the gamut of education, transition, recruiting, career, and veteran's resources.

WHY USE THIS RESOURCE?

Marine Corps COOL provides background information on civilian licensure and certification in general and specific information on individual credentials including eligibility requirements and resources to prepare for a credentialing exam.

Identifies license and certifications relevant to Marine Corps Military Occupational Specialists (MOS).

Explains how to fill gaps between Marine Corps training and experience and civilian credentialing requirements.

Provides links to resources available to Marines that can help them gain civilian job credentials.

Education, Career and Transition Advisors can find information on education, personal and professional development, and career requirements and opportunities.



Marine Corps Recruiters can use COOL to show potential recruits the opportunities for professional growth and civilian career preparation available through service in the Marine Corps.

WHO SHOULD USE THIS RESOURCE?

- *Active Duty*
- *Reservist*
- *Family Members*

Eligibility varies by resource and installation. Some resources are open to all Marines and their families (including Reservists); some resources are limited to a subsection of Active Duty families that fit specific criteria.

WHERE IS THIS RESOURCE LOCATED?



www.cool.navy.mil/usmc

www.usmc-mccs.org/services/career/credentialing-opportunities-online

UNITED STATES MILITARY APPRENTICESHIP PROGRAM (USMAP)

The United Services Military Apprenticeship Program (USMAP) is a formal military training program that provides active duty Navy, Marine Corps and Coast Guard service members the opportunity to improve their job skills and to complete their civilian apprenticeship requirements while on active duty. The U.S. Department of Labor (DOL) provides the nationally recognized Certificate of Completion of Apprenticeship upon the completion of the program.

Apprenticeship is a combination of on-the-job training and related classroom instruction in which workers learn the practical and theoretical aspects of a highly-skilled occupation. This is an “earn as you learn” program as Marines are getting paid to learn a trade. Colleges and vocational schools require that you pay for your training.

WHY USE THIS RESOURCE?

Achieving a Certificate of Completion Apprenticeship shows the chain-of-command a commitment to self-improvement. This can help with promotions or job assignments. That completion certificate places among the most recognized and highly skilled craft workers in the industry. Having an apprenticeship can mean qualifying for better jobs with significantly higher pay.

WHO SHOULD USE THIS RESOURCE?

Active duty or Full Time Support (FTS) statuses that have a high school diploma or GED equivalence, and are designated in an MOS.

To determine whether your MOS has an apprenticeship associated with it, go to the USMAP website.



WHERE IS THIS RESOURCE LOCATED?

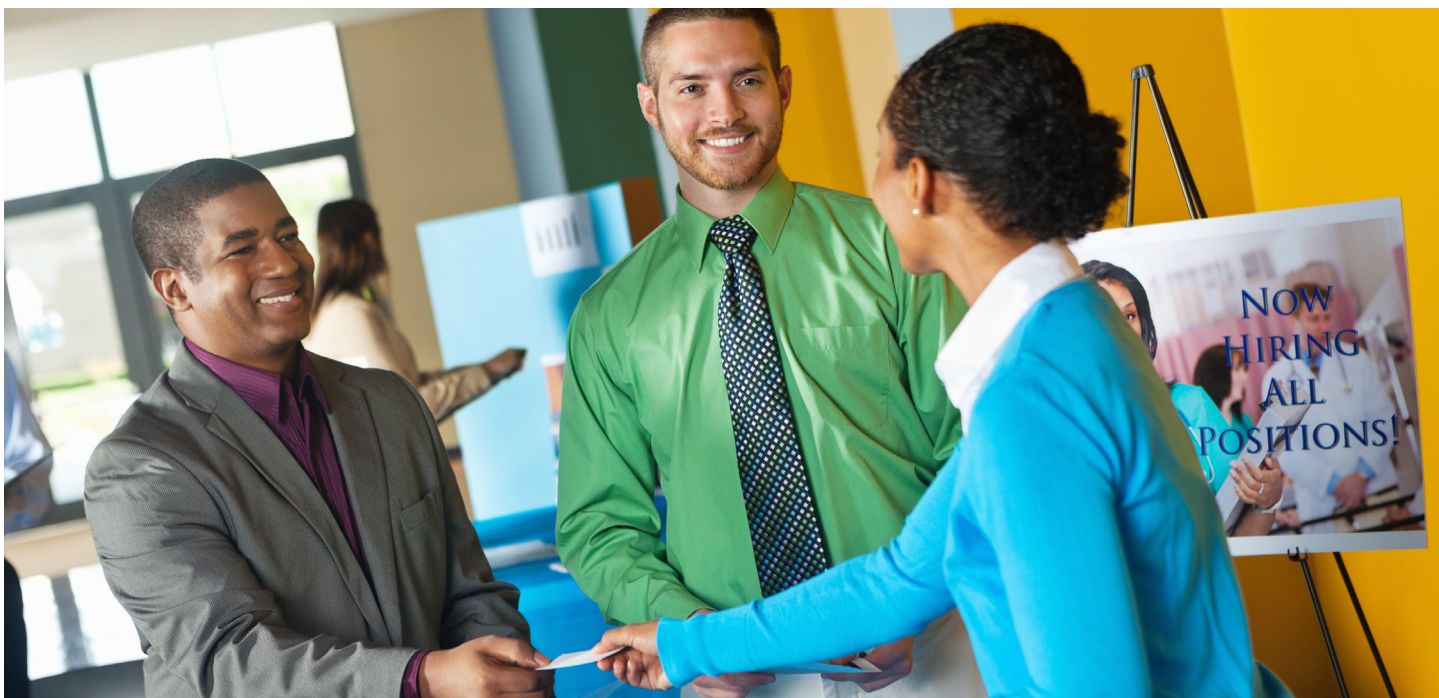


<https://usmap.netc.navy.mil/usmapss/static/usmap.jsp>



MARINE CORPS SKILLBRIDGE PROGRAMS

Department of Defense (DoD) SkillBridge allows participating businesses and other training providers to gain early access to these highly skilled service members as prospective employees before those service members become Veterans. Since service members continue to receive their military pay and benefits while participating, the training provider does not pay the service member to participate.



WHY USE THIS RESOURCE?

Marine Corps SkillBridge training opportunities are available for transitioning Marines. A Marine must have completed at least 180 days on active duty and be expected to be discharged or released from active duty within 180 days of starting their job training. Moreover, Marines must receive approval from their chain of command to participate, and the training opportunity must meet certain conditions set by DoD and the Marine Corps.

WHO SHOULD USE THIS RESOURCE?

- Marine must complete at least 180 days on active duty and are expected to be discharged from active duty with an honorable discharge.
- Marines must be separating from the Marine Corps after their first term of service.
- Participation is limited to enlisted Marines only.
- Marines must have completed the Transition Readiness Seminar.
- See MARADMIN 550/13 for more information.



WHERE IS THIS RESOURCE LOCATED?



■ Lejeune

■ Pendleton

LEADERS RESOURCE GUIDE

FAMILY READINESS



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Family

CHILD AND YOUTH PROGRAMS (CYP)

Child and Youth Programs (CYP) provide high quality child care programs and services that support eligible families. Child Care Programs, available for children six weeks through 12 years of age, include Child Development Centers, School Age Care and Family Child Care which offer full day and part time child care and in some locations hourly child care. Youth Programs, serving children ages six to 18, are offered at many installation locations. All programs are designed to enrich your child's social, emotional, cognitive and physical growth, and development. CYP Professionals work in partnership with parents to meet each individual child's needs in a safe, healthy, and nurturing environment. A Parent Board is established within Child and Youth Program to give families the opportunity to meet and discuss the program and coordinate parent participation.



CHILD DEVELOPMENT CENTERS (CDC)

WHY USE THIS RESOURCE?

Child Care Services that support the needs for eligible children ages six weeks through five years. Program components include full day, part-day, and hourly care services. CDCs are designed to meet the individual developmental needs of eligible children by offering quality child care.

All CDCs use the DoD approved curriculum designed to support individualized planning for children while guiding their learning as meaningful and purposeful experiences. This research-based curriculum approach fosters early brain development and school readiness thus providing continuity for military families adapting to frequent moves between installations.

CDCs are DoD certified, nationally accredited, and meet the highest quality of early childhood.

Each CDC supports parent involvement and works to ensure the inclusion of all children.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members (with children six weeks to 18 years of age)

WHERE IS THIS RESOURCE LOCATED?



www.usmc-mccs.org/services/family/child-and-youth-programs



FAMILY CHILD CARE (FCC)

WHY USE THIS RESOURCE?

FCC providers offer high quality developmentally appropriate care to children ages six weeks to 12 years of age in a small group setting. FCC providers are trained and certified by the installation command to meet policy as well as health and safety standards. As independent business owners, FCC providers have the flexibility to determine their own business hours, as well as the type of care they provide such as infant only. FCC programs are DoD certified and meet the highest quality of early childhood program standards and criteria.

WHO SHOULD USE THIS RESOURCE?

- *Active Duty*
- *Family Members (with children six weeks to 18 years of age)*



WHERE IS THIS RESOURCE LOCATED?



[www.usmc-mccs.org/services/family/
child-and-youth-programs](http://www.usmc-mccs.org/services/family/child-and-youth-programs)

OFF-BASE CHILD CARE FEE ASSISTANCE

WHY USE THIS RESOURCE?

This program provides support to eligible Marines in paying for community based child care services. The program is designed to assist eligible Marine families who live outside of a 15 mile radius to a Marine Corps installation with a Child Development Program.



WHO SHOULD USE THIS RESOURCE?

- *Active Duty*
- *Family Members (with children six weeks to 18 years of age)*

WHERE IS THIS RESOURCE LOCATED?



<https://usa.childcareaware.org/fee-assistancerespite/military-families/marines>

SCHOOL AGE CARE (SAC)

WHY USE THIS RESOURCE?

School Age Care (SAC) offers organized and supervised recreational, educational, and social activities for children ages six to 12 or those attending kindergarten through sixth grade.

- SAC programs complement, rather than duplicate, the school day. Emphasis is placed on programs that meet community needs, reinforce family values, and promote individual and group activities that develop the social, emotional, cognitive, and physical development of children. SAC programs offer summer camps and out of school care.
- SAC programs are DoD-certified and nationally accredited and meet the highest quality of early childhood program standards and criteria.
- Each SAC supports parent involvement and works to ensure the inclusion of all children.

WHO SHOULD USE THIS RESOURCE?

- *Active Duty*
- *Family Members (with children six weeks to 18 years of age)*

WHERE IS THIS RESOURCE LOCATED?



www.usmc-mccs.org/services/family/child-and-youth-programs



YOUTH PROGRAMS (YP)

WHY USE THIS RESOURCE?

Youth Programs (YP) supports the development of lifelong skills for youth and offer recreation activities, computer labs, social and life skills development opportunities. Families residing off base may be eligible to receive paid memberships to local Boys and Girls Clubs of America by contacting their local community clubs. YP are DoD certified and meet the highest quality of standards and criteria.



WHO SHOULD USE THIS RESOURCE?

- *Active Duty*
- *Family Members (with children six weeks to 18 years of age)*

WHERE IS THIS RESOURCE LOCATED?



www.usmc-mccs.org/services/family/child-and-youth-programs

MILITARY CHILDCARE com

WHY USE THIS RESOURCE?

Sponsored by the Department of Defense, **militarychildcare.com**, is for eligible families seeking child care. This portal provides access to military-operated and approved child care options across all services. It enables families to search for and request child care making it easier for families to find the child care they need.



WHO SHOULD USE THIS RESOURCE?

- *Active Duty*
- *Family Members (with children six weeks to 18 years of age)*

WHERE IS THIS RESOURCE LOCATED?



<https://militarychildcare.com>



DEPENDENCY DETERMINATION

The Dependency Determination Section is responsible for determining Basic Allowance for Housing (BAH), travel allowances and Uniformed Services Identification and Privilege (USIP) card benefits on behalf of family members for whom the member is providing support, other than primary dependents. Secondary Dependency determinations made on behalf of military members include active duty personnel, reserve personnel, and retired members. Specific categories of dependents are required by law to be, in fact, dependent upon the member.

Primary dependents of a service member include a lawful spouse and unmarried minor children under the age of 21. However, a service member may also be eligible for benefits on behalf of qualifying secondary dependents as defined in Title 37, United States Code, Section 401. Once determination of the secondary dependent has been established, BAH, and/or USIP card, and/or travel allowances may be authorized depending on the member's eligibility and request.

All members are expected to provide adequate and continuous support for their lawful dependents. A member who fails to provide support to a dependent, on whose behalf a housing allowance is received is not authorized a housing allowance on that dependent's behalf.



WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members

WHERE IS THIS RESOURCE LOCATED?



www.usmc-mccs.org/services/benefits/dependency-determination

WHY USE THIS RESOURCE?

Qualifying secondary dependents may be a:

Parent. In addition to biological parent, this includes parents-in-law, step-parents, parents-by-adoption, or an individual who stood "in loco parentis" to the member at any time for a continuous period of at least five years before the member became age 21.

Full time student 21-22 years of age. Documentation is required from an institution of higher education stating full-time enrollment with expected date of graduation on official school letterhead or from the National Student Clearinghouse. The letter must be current.

Incapacitated child more than 21 years of age. A recent (four months or less) medical or psychiatric evaluation and diagnosis, a complete, detailed medical summary of illness, to include the date and child's age at onset of incapacity, current treatment being rendered and prognosis for recovery, as well as the ability to become self-supporting, a DSM-V diagnosis in all cases of intellectual disability.

Ward of a court. An unmarried individual placed in legal and physical custody of the service member for a period of at least 12 consecutive months may qualify with required documentation.

Complaints of Nonsupport. When there is evidence that a member is not providing support on behalf of their dependent(s), either by special investigation reports, record reviews, fraud, waste and abuse complaints; sworn testimony of individuals, statement by member, or complaint of nonsupport by a dependent, will be promptly acknowledged and the complainant shall be informed of the action taken in accordance with MCO P5800.16A.



TO MAKE APPLICATION FOR SECONDARY DEPENDENTS:

Start the process with your Installation Personnel Administration Center (IPAC). They will complete the Dependency Application for you and provide further guidance. You will also, need a Dependency Statement Form for the category of dependent you wish to claim. To file a Complaint of Nonsupport contact Dependency Determinations at **703.784.9529** and press option two.



**DD Form 137-3
Dependency
Statement –
Parent**



**DD Form 137-5
Dependency
Statement –
Incapacitated
Child over
Age 21**



**DD Form 137-6
Dependency
Statement –
Full Time student
21 – 22 Years of
Ages**



**DD Form 137-7
Dependency
Statement –
Ward of a Court**

All forms located here: www.esd.whs.mil/Directives/forms

You can get these forms from the website or your IPAC. All forms have to be current within six weeks from the date they are signed to the date submitted to CMC (MFP-1). ****Note:** Proof of support is required and can include money order receipts, canceled checks, bank to bank transfers, wire transfers, dependent support allotments, billing statements with corresponding bank statements. In no case are cash payments acceptable means for proof of support.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

The Exceptional Family Member Program (EFMP) supports the continuum of care for all eligible sponsors and their family member(s) in order to improve the quality of life for families that support a member with special medical and/or educational needs. EFMP staff and families work together to inform, educate, and empower individuals to be the best advocate for themselves and/or their family member(s). The EFMP is a DOD-mandated enrollment program designed to support individual, family, and unit readiness.

- *Assignment Screening of all Permanent Change of Station (PCS) orders to ensure families will have access to necessary medical care and educational supports within reasonable distances based upon frequency of required care.*
- *Support families before, during, and after a PCS move to ensure a seamless transition.*
- *Identify family members who are eligible to be considered for Priority Housing and/or housing accommodations/modifications, in accordance with appropriate federal laws.*
- *Endorse eligible family stabilization requests, when appropriate to support unique care requirements.*
- *Provide deployment support services to sponsors and their eligible family members.*
- *Assist families in the mandatory enrollment and three-year update process, and provide information and referral services and case management services to all EFMP-enrolled sponsors and their family members.*
- *Deliver education and training opportunities to commands, Marines, enrolled sponsors and their family members regarding a variety of topics related to special medical or educational needs.*
- *Refer families to legal services offered by EFMP attorneys in order to support the families' access to the continuum of care. EFMP attorneys are located at Camp Pendleton and Camp Lejeune.*





WHY USE THIS RESOURCE?

EFMP ensures that Marines with exceptional family members are assigned to duty stations where services exist to support the exceptional family members with access to medical and educational services.

EFMP contributes to the quality of life for families that support a member with a disability by insuring that the family is connected with the appropriate Marine Corps Community Services provided aboard Marine Corps installations as well as available local, state and federal resources for individuals with special needs.

Enrollment in the EFMP shall not prejudice advancement or promotion opportunities.



WHO SHOULD USE THIS RESOURCE?

- *Active Duty*
- *Family Members*

Sponsors are required to identify and enroll family members who have a(n):

- *Medical (physical, mental, or emotional) condition that has been identified by a qualified medical provider*
- *Educational condition that has been identified by a qualified medical provider or educational authority.*

WHERE IS THIS RESOURCE LOCATED?



[www.usmc-mccs.org/services/family/
exceptional-family-member](http://www.usmc-mccs.org/services/family/exceptional-family-member)

SCHOOL LIAISON



The School Liaison Program (SLP) builds community capacity by creating an installation-community network of military families, pre-kindergarten through 12th grade schools, commanders, installation programs, and community services. The SLP supports children during transitions related to the mobile-military lifestyle by providing information and assistance to all service members and their families.

During PCS and deployment, many military families find making important family decisions overwhelming. The sensitive and caring support of the School Liaison will prove invaluable. By providing educational connections, the School Liaison may be instrumental in relieving some of the pressures felt by families in transition. School Liaisons should have the following information ready to support families:

- School options, services, and programs
- Registration requirements
- School Calendar
- Extracurricular activities and sports
- Testing requirements
- Course and graduation requirements
- Before and after school programs
- School selection while in temporary housing
- Transportation

WHY USE THIS RESOURCE?

The School Liaison Program is a cross-service collaboration that supports military-connected children. Families will be assisted by the nearest School Liaison regardless of that School Liaison's service affiliation. For example if you are a Marine family moving to an Army base, contact the School Liaison at that Army base prior to moving.

Serves as the point of contact for all matters related to the education of military-connected students including home-school and post-secondary education.

Supplies resources to assist in the transition of military-connected students during relocations.

Provides information about school options, services, programs, and resources.

Connects families to military resources and programs on and off-installation.

Supports parents' understanding of federal, state, and local education laws and regulations impacting military-connected students.

Educates families about the unique challenges impacting military-connected students.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members

WHERE IS THIS RESOURCE LOCATED?



www.usmc-mccs.org/services/family/school-liaison

Helpful Links:

Interstate Compact Parent Toolkit:

www.dodea.edu/Partnership/InterstateCompact.cfm

School Liaison Directories for all Services:

www.dodea.edu/Partnership/schoolLiaisonOfficers.cfm

DEFENSE ENROLLMENT ELIGIBILITY REPORTING SYSTEMS (DEERS)

The Defense Enrollment Eligibility Reporting System (DEERS) implements DEERS and Real Time Automated Personnel Identification System (RAPIDS) policies for eligibility and issuance of identification cards within the Marine Corps. RAPIDS is a network of microcomputers linking the Uniformed Services Personnel Offices to the DEERS database to provide an Online update of dependent information to the DEERS database.

WHY USE THIS RESOURCE?

Issuance of Common Access Cards to eligible sponsors.

Identification card issuance to eligible dependents, and beneficiaries.

Determination of entitlements to medical, commissary, MWR, theater and exchange privileges to eligible patrons.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members
- DoD Civilians
- Government Contractors



WHERE IS THIS RESOURCE LOCATED?

Guidelines and instructions for meeting eligibility requirements for DEERS enrollment or a Dependency Determination can be found in Marine Corps Order 5512.11D, Marine Corps Order P1751.3F, Joint Travel Regulations VOL 1, CH 10. For additional information, contact your installation's DEERS office.



www.usmc-mccs.org/services/benefits/deers

FAMILY READINESS PROGRAM TRAINING

Family Readiness Program Training reinforces and sustains a state of personal and family readiness to provide Marines and families with tools and resources needed to successfully meet the challenges of the military lifestyle. Marine Corps Family Team Building (MCFTB) enhance mission readiness by providing preventative education that is offered across the life cycle of a Marine.

WHY USE THIS RESOURCE?

The Unit, Personal and Family Readiness Program (UPFRP) is designed to enhance mission readiness through a four tenet program: Official Communication, Readiness Support, Volunteer Management, and Readiness Resources.

MCO 1754.9A provides policy and outlines training requirements for the UPFRP. Family Readiness Program Training enhances successful UPFRPs by providing quality training to commands.

The training programs focus on topics and concerns related to overall family functioning, relocation, deployment, military separation, life skills, and establishing appropriate connections within the military and civilian community.

Provides skill building tools and readiness for individual and family development.

Designed to meet the needs of Marines, Sailors, and their family members based on the stresses of daily living and the mobile military lifestyle, the program offers skills building tools and readiness for individual and family development.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Readiness Coordinators and
- Family Readiness Command Team Members

Note: Most Active Duty units have access to an installation-based MCFTB office that can facilitate training.



WHERE IS THIS RESOURCE LOCATED?



www.usmc-mccs.org/services/family/marine-corps-family-team-building



LIFESKILLS TRAINING

LifeSkills Training and Education is a comprehensive collection of personal skill building classes that promotes skill development and increases readiness to navigate what life may throw. It provides Marines and family members practical skills for successful interactions and positive outcomes at work, home, and in life.

Participants who complete LifeSkills courses better equipped to tackle challenges with increased self-awareness and confidence. Through increased insight, participants are more likely to lend a hand to others in need, creating a mentorship atmosphere and stronger relationships. When participants gain life skills, it creates a positive and productive environment that promotes community.

WHERE IS THIS RESOURCE LOCATED?



Most Active Duty units have access to an installation-based MCFTB office that can facilitate training.

WHY USE THIS RESOURCE?

LifeSkills training and education is provided at the unit and installation level to assigned personnel through community partnerships.

Subject matter experts collaborate to provide additional information related to various programs and resources available to Marines, Sailors, and families.

LifeSkills Training and Education includes four training series; communication, impact, relationship, and wellness, and is available both as instructor led and computer based training.

LifeSkills Training and Education partners with several services to promote healthy well-being of the individual. Partnerships include Behavioral Health, Family Advocacy Program, New Parent Support Program, Semper Fit, and Readiness Coordinator.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members

L.I.N.K.S.

*L.I.N.K.S. is an acronym that stands for **L**ifestyle **I**nsights, **N**etworking, **K**nowledge, and **S**kills. It is an interactive orientation program to Marine Corps life and the local installation. Participants learn about Corps history and rank, local installation resources, services, and benefits, military pay, separation and deployment, crossroad options, communication styles, investing in the community and Marine Corps traditions. Partnerships are made with several services and personnel to include career planners, chaplains, and L.I.N.K.S. mentors.*



WHY USE THIS RESOURCE?

L.I.N.K.S. is offered as both an installation and unit training to Marines, Sailors, and families. Additional family readiness training opportunities are available through LifeSkills and Readiness and Deployment Support training. To learn more about available classes, contact your installation MCFTB office.

L.I.N.K.S. promotes positive adjustment and improved individual and family functioning and offers training in Spanish and Japanese at certain installations.

L.I.N.K.S. enhances community capacity with local installation information, resources, and introductions.

L.I.N.K.S. opens the door to community involvement, mentorship, and volunteerism.

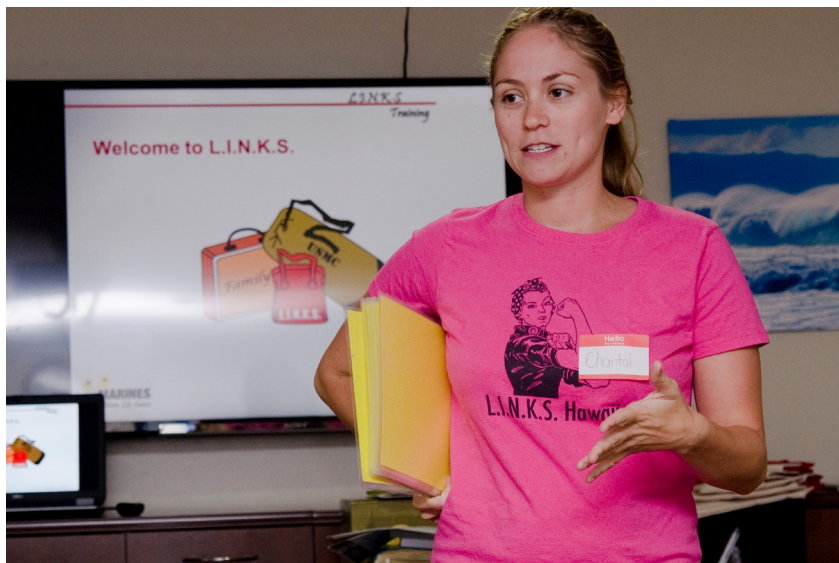
WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members
- Readiness Coordinators

WHERE IS THIS RESOURCE LOCATED?



www.usmc-mccs.org/services/family/l-i-n-k-s



READINESS & DEPLOYMENT SUPPORT

Readiness & Deployment Support is a collection of training/briefs designed to educate and prepare military personnel and their families to cope with the changes and challenges of all types of deployments and family separations. Designed specifically for Marines, families, and extended family members, these programs increase awareness of relevant readiness issues, while offering individual creative solutions to build a healthier family and ensure all are aware of the vast resources available to them as Marine Corps families.

WHY USE THIS RESOURCE?

Readiness and deployment support training will prepare military families for the unique challenges of a deployment while maintaining a constant state of readiness independent of deployment. Contact your local Marine Corps Family Team Building office to discuss unit focus and relay concerns and expectations so the training/briefs can be tailored to the needs of your individual units.

Briefings/resources include:

Pre-Deployment briefs are required for all deploying units. The briefs are coordinated and provided to all Marines and families attached to units 30-60 days prior to a unit deployment, or as required of the unit.

Mid-Deployment briefs are a series of practical application workshops, which allow military family members to:

- Meet other military families.
- Understand the support of the military community.
- Learn new skills that will enhance their ability to thrive in the midst of deployments.
- Outline ways to set goals that are realistic and obtainable.

Return and Reunion briefs are a series of interactive workshops that discuss expectations and positive reintegration ideas through real life scenarios. Families learn how to celebrate homecoming, communicate with the Marine or Sailor, and recognize warning signs of stress. Families also learn about available resources, as well as the behavioral, emotional, and educational challenges children may face during a reunion.

Reintegration: Strong Marine Couples is an educational workshop designed to address the effects of reintegration on a relationship. The workshop allows couples to assess their level of relationship satisfaction and provides communication tools and resources for couples to use to strengthen their relationship.



WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Deployment Readiness Coordinators (DRC)
- Family Members

Note: Most Active Duty units have access to an installation-based Marine Corps Family Team Building (MCFTB) office that will facilitate training.

WHERE IS THIS RESOURCE LOCATED?



www.usmc-mccs.org/services/family/readiness-and-deployment-support

UNIT, PERSONAL & FAMILY READINESS PROGRAM (UPFRP)

The Unit, Personal and Family Readiness Program (UPFRP) is a unit centric-program, guided by the Family Readiness Command Team, that reinforces the relationship between the unit, the service relevant to the unit, the service members, and their families. The primary goal of UPFRP is to empower Marines and family members by providing them the opportunities to not just survive but to thrive while taking on the challenges of the military lifestyle.

WHY USE THIS RESOURCE?

Unit, Personal, and Family Readiness Programs (UPFRP) underpin mission readiness by supporting Marines and family members in their personal readiness efforts. The UPFRP serves as the conduit between the Commander and the Marines and their families, and enhances communication and support throughout the command.

Marines and Sailors are required to check-in with the Readiness Coordinator (RC) when they arrive at a new unit. Once a new unit member has provided accurate contact information and authorization to communicate, the family members will begin receiving communication from the RC. Family members are encouraged to meet the RC to learn more about the unit and the services available.

Regular communication with the Marines and families is the cornerstone of UPFRP. The RC provides the link for two-way communication between the Commander and the families, using a variety of mediums, such as Marine Online, email, newsletters, toll-free numbers, and/or social media sites. Marine Online is the primary web-based tool for disseminating unit information.

Information and referral assistance addresses issues with the potential to impact the Marines, families, and the unit. The RC is a resource and referral expert, continuously researching and identifying resources and services to meet every need.

Readiness and deployment support allows the Command to ensure operational readiness. The RC organizes a multitude of training opportunities via installation MCFTB to assist Marines and their family members with deployments, separations, and life skills. From pre-deployment briefs,



interpersonal communication, to each is designed to empower the participants with skill development and independence.

UPFRP volunteers have the potential to grow and develop new skill sets through their volunteer services. High volunteer involvement creates stronger unit cohesion. UPFRP volunteers assist by mentoring other spouses/family members, identifying challenges and providing insight on challenges to be addressed by the command.

Unit sponsored events and connections with installation and community resources increase socialization for Marines and their families.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members
- Other contacts authorized by Marines

WHERE IS THIS RESOURCE LOCATED?



www.usmc-mccs.org/services/family/unit-personal-and-family-readiness

USMC VOLUNTEERS



The Marine Corps has a long legacy of service to our nation and our community. Volunteers demonstrate Marine Corps values each time they contribute their time and energy to their local community. Across the globe, Marines, Sailors and their families are volunteering within the Marine Corps community. These selfless acts of volunteering positively impact the Marine Corps and its surrounding communities and help create strong, resilient families that are a positive factor in overall mission readiness.

WHY USE THIS RESOURCE?

The Volunteer Management Program at each installation recruits volunteers for opportunities to serve both on and off installation, helps retain current volunteers, trains potential volunteers to improve professional skillsets, and organizes volunteer appreciation and recognition events. Installation Volunteer Coordinators are available to provide information on continual and special event volunteer opportunities.

Volunteers can improve their skillsets in the areas of public speaking, administrative skills, organization, relationship building, and resource and referral.

Empowers individuals to volunteer their time and talents.

Supports the pillars of resiliency through impact volunteering opportunities.

Enhances lives and the lives of those that benefit from strong Marines, strong families, and a strong Marine Corps.

Increases volunteerism for Marines and their families on and off the installation.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- DoD Civilians
- Family Members
- Retirees

WHERE IS THIS RESOURCE LOCATED?



www.usmc-mccs.org/services/activities/volunteering



READINESS & RESILIENCY



COMMUNITY COUNSELING

The Community Counseling Program (CCP) provides accessible, high quality, comprehensive, non-medical counseling services for Marines, other Active Duty personnel, and their family members aboard Marine Corps installations. It equips Marines and families with skills to address life's challenges before there is significant impact to performance in their duties and relationships. CCP assists Marines and families in accomplishing their personal goals through short-term solution focused counseling, skill enhancement, education and referrals to other helping resources.

WHY USE THIS RESOURCE?

Community counseling is a confidential service provided by licensed independent providers. The program addresses stress issues early, which helps prevent issues from affecting Marines' job performance and readiness. This includes addressing stress issues for the Marine's family since individual family member's stress levels influence each other.

Skill-building can support the Marines and their family's personal and professional growth.

CCP provides the following:

Training, education, and other psychological, healthcare preventative services intended to reduce severity and support positive outcomes.

Confidential care worldwide ensuring access to behavioral health services and assisting Marines and families in navigating the many support resources available.

Coordination of care that meets individualized Marine and family needs.

Collaboration with an individual's family and Command, encouraging the development and maintenance of social supports, while reducing stigma by emphasizing that help-seeking is a strength-based action.

Non-medical short-term counseling interventions for Marines who have experienced military sexual trauma.

Program/service navigation between psychological health services of Marine Corps and Navy Medicine.

Evidence-based client screening tools and assessments.

Care coordination and continued 90-day follow-up through the Marine Intercept Program for all Marines identified with a suicidal ideation or attempt.



WHERE IS THIS RESOURCE LOCATED?

Active duty personnel and their families may access help directly through Community Counseling Program. There is no wrong door for getting help. Counselors conduct screenings, actively assess needs, provide counseling, and connect Marines and families with additional resources through referrals and direct handoffs between programs and facilities.



www.usmc-mccs.org/services/support/community-counseling

WHO SHOULD USE THIS RESOURCE?

• Active Duty • Reservist • Family Members

FAMILY ADVOCACY PROGRAM (FAP)

The Family Advocacy Program (FAP) mission is to prevent and reduce family violence and ensure a coordinated community response to child abuse and intimate partner abuse.

Prevention and Education

Prevention and education services are designed to improve family and individual functioning, thereby preventing and/or reducing the factors associated with child and domestic abuse. The program is staffed with Prevention and Education Specialists (P&Es). P&Es provide life skills training classes on relationships, anger management, stress management, and parenting.

Victim Advocacy

Victim advocacy services include immediate and ongoing safety planning and comprehensive assistance to eligible victims of intimate partner abuse and non-offending parents of children who have been abused. Adult victims are made aware of available reporting options, information and referrals with the intent of increasing safety and autonomy. Victims receive education about resources to include Transitional Compensation for Abused Family Members (TCAFM). TCAFM provides financial and medical assistance and temporary base privileges to eligible family members while they re-establish their lives once a service member is separated from active duty for a qualifying dependent abuse offense, punishable under the Uniform Code of Military Justice.

Clinical Counseling

FAP clinical counseling services include screening, assessment, treatment, and clinical case management for alleged offenders, victims, and sponsors of child victims or those at risk for maltreatment. The purpose of these services is to ensure the safety of the victim and community, and promote the cessation of abusive behaviors. Additionally, the FAP clinical counseling program implements the Incident Determination Committee (IDC). The IDC is a multi-disciplinary team adopted in fiscal year (FY) 2010 to provide a standardized process to determine if allegations of domestic abuse or child abuse meet criteria for maltreatment as defined by the DoD. Information about allegations that meet criteria is entered into the Marine Corps Central Registry.



WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members



WHERE IS THIS RESOURCE LOCATED?



www.usmc-mccs.org/services/support/family-advocacy

NEW PARENT SUPPORT PROGRAM (NPSP)

Parenting can be a challenge, especially for military families. The demands of transitioning to a new installation, parental absence due to deployments or other military requirements, and being separated from family members and social supports can make adjusting to parenting all the more challenging.

The New Parent Support Program (NPSP) is a professional team of social workers, counselors and registered nurses who provide education and support to Marine families who are expecting or raising newborns to five years of age.



WHY USE THIS RESOURCE?

Whether you would like to better prepare for your new bundle of joy, socialize with other parents with children the same age as yours, or have questions/needs related to parenting an infant or young child, the New Parent Support Program may be just what you are looking for.

Home visits allow Marines and spouses to receive help with their concerns as a parent or parent-to-be in the privacy of their own home.

Home visitors provide individualized family support,

based on the unique needs of each family.

Baby boot camp classes are designed to teach the basic skills necessary for providing newborn care.

Group parenting classes provide “hands-on” information to assist parents in understanding child development. Interactive toddler playgroups are designed to teach parents developmentally appropriate play and to help children develop their social, cognitive and motor skills.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members

WHERE IS THIS RESOURCE LOCATED?



www.usmc-mccs.org/services/family/new-parent-support-program

SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)

The Sexual Assault Prevention and Response (SAPR) Program is a commander's program, committed to both the prevention of sexual assault in the Corps and providing care to victims of the crime.

The program is supported by several agencies across the Department of the Navy, including Headquarters Marine Corps SAPR, U.S. Navy Bureau of Medicine and Surgery, Chaplains, Clinical Counseling Program, Victims' Legal Counsel Organization, Naval Criminal Investigative Service (NCIS), and the Judge Advocate Division.

Sexual Assault Response Coordinators (SARCs) and SAPR Victim Advocates (VAs) are at the forefront in preventing and responding to sexual assault. They serve as the primary resource for those who have experienced a sexual assault, providing immediate and continued support.

WHO SHOULD USE THIS RESOURCE?

- Service members on Active Duty, National Guard, and Reservists consistent with DoD SAPR policy; Coast Guard; and transitioning service members.
- Family members 18 years of age and older and who are eligible for treatment at Military Treatment Facilities.
- DoD civilian employees and their family dependents 18 years of age and older when they are stationed or performing duties OCONUS and eligible for treatment in the military health systems at military installations or facilities OCONUS.
- U.S. citizen DoD contractor personnel when they are authorized to accompany the Armed Forces in a contingency operation OCONUS and their U.S. citizen employees.



WHY USE THIS RESOURCE?

While the ultimate goal of the Marine Corps is to eliminate sexual assault from our ranks, our SAPR personnel stand ready to support those who experience a sexual assault, no matter when the assault occurred.

SARCs and SAPR Volunteer Advocates help navigate reporting options—either a Restricted Report or an Unrestricted Report.

24/7 Support Lines

Each Marine Corps installation has a Sexual Assault Support Line, which is advertised on installation and command websites. The support line provides confidential 24/7 access to credentialed advocates who provide crisis intervention and referrals to supportive resources, including health care (medical and physical) and legal representation.

Support line personnel are trained in crisis intervention. They can have confidential communications with the individual and are knowledgeable on information critical to the advocacy and support of those who experienced a sexual assault.



Additionally, the DoD Safe Helpline is a crisis support service available as an alternate resource for members of the DoD community who want supportive services, information, resources, and/or referrals. The DoD Safe Helpline is available worldwide 24 hours a day, 7 days a week.

WHERE IS THIS RESOURCE LOCATED?



DoD Safe Helpline
877.995.5247



www.safehelpline.org
[www.usmc-mccs.org/services/
support/sexual-assault-prevention](http://www.usmc-mccs.org/services/support/sexual-assault-prevention)

EPBHC

The Embedded Preventive Behavioral Health Capability (EPBHC) consists of civilian behavioral and public health experts in the active duty Operating Forces and Marine Forces Reserve. They provide commanders with expertise in unit-wide behavioral health prevention.



EPBHC STAFF HAVE SIX SPECIFIC AREAS OF CONCENTRATION:

- 1) Community mobilization, planning, and collaboration.
- 2) Navigating and helping to improve the system of behavioral health services.
- 3) Recommending and developing policy and enforcement strategies.
- 4) Recommending and implementing changes in the environment.
- 5) Providing evidence-based training and education when gaps in capability exist.
- 6) Developing and implementing communications impacting large portions of a population.

EPBHC STAFF ARE SUBJECT MATTER EXPERTS THAT:

Identify unit-specific risks and protective factors.

Develop partnerships and coordinate with programs and services on and off an installation.

Provide recommendations on policy and Marine & Family partnerships to implement unit level evidence-based prevention strategies.

Conduct strategic planning and integration across the Operating Forces to maximize resources, efficiency, and effectiveness in behavioral health prevention.

Staff do not provide individual counseling or therapy- however, reinforce the medical and non-medical resources as stakeholders in prevention initiatives/ efforts.

WHY USE THIS RESOURCE?

Issues affecting units are complex and require a mix of expertise and approaches across many stakeholders.

Implementation of evidence-based, multi-prong, strategies requires staff skilled in both behavioral and public health; not organically present within units.

Staff possess the capability to organize and operate a system of integrated prevention initiatives.

Staff do not provide individual counseling or therapy, however, reinforce the medical and non-medical resources as a stakeholder in prevention initiatives.

Partners in collaboration include installation and off installation prevention assets, such as Marine & Family, Navy Medicine, community, governmental, and non-governmental organizations.



WHO SHOULD USE THIS RESOURCE?

• *Commanders Only*

WHERE IS THIS RESOURCE LOCATED?



EPBHC Specialists are embedded in the Battalion/Squadron command (Major Subordinate Element, or MSE). EPBHC Analysts are embedded with the Major Subordinate Command (MSC, at the Division, Wing, and Group). EPBHC Directors are embedded with the Marine Expeditionary Force (MEF) and MARFORRES command.

SUICIDE PREVENTION PROGRAM

The Marine Corps Suicide Prevention Program provides policy, resources, guidance, training, and program oversight for suicide prevention, intervention, and postvention efforts to reduce suicidal behaviors in Marines and their families year by year, until there are zero suicides.

Suicide is a complex issue in which multiple and varied risk factors intersect; therefore, suicide prevention efforts require coordination and collaboration among multiple sectors including the unit, the Marine Corps community, and the individual Marine.

Suicides are preventable. Every suicide ideation (SI) and suicide attempt (SA) should be taken seriously. Voicing thoughts of suicide is a sign of distress and so is self-injury. Thoughts of suicide are not a character defect, and it does not mean a person is crazy, weak, or flawed. It does mean that the person needs help and support. This pain may seem overwhelming and permanent; however, with time and support, service members can overcome their problems, thoughts of suicide will pass, and they will return to duty.

Preventing a death starts with recognizing common risk factors and triggers. Marines at risk often are going through:

Legal or disciplinary action, loss of a relationship, or financial problems.

Talking about feeling trapped like there is no way out of a situation.

In transition/PCSing, or being separated from a support system.

The following resources are available to those who may be thinking about suicide:

Community Counseling Program (CCP)

Conquering Stress with Strength (CSWS) is the only workshop for Marine Corps families that practices skills for identifying and responding to risk of suicide. Commands can schedule this workshop by contacting local Marine Corps Family Team Building or CCP.

Chaplains and Emergency Room

Suicide Prevention Program Officer (SPPO): A Marine, appointed in writing, as a collateral duty that is the administrative and/or coordinating resource for the commander's unit suicide prevention program.

Marine Intercept Program (MIP): provides a targeted intervention aimed at preventing a death by suicide for Marines identified as "at risk" (see Additional Resources).

DSTRESS Line: provides 24/7/365 anonymous counseling and crisis intervention by phone, chat, and SKYPE or referral services using a 'Marine-to-Marine' approach 877.476.7734 (CONUS) or 098.970.7734 (OCONUS).



VISION

A healthy and resilient Marine Corps empowered to seek hope and healing.



STRATEGIC GOAL

The USMC advances a comprehensive, integrated prevention program through data surveillance, research and program evaluation, counseling, policy, outreach and communication, and program development.



WHO SHOULD USE THIS RESOURCE?

• Active Duty • Reservist • Family Members

WHERE IS THIS RESOURCE LOCATED?



www.usmc-mccs.org/services/support/suicide-prevention



SUBSTANCE ABUSE PROGRAM (SAP)

The Substance Abuse Program (SAP) utilizes evidence-based programming and practices, including prevention education, early intervention initiatives, counseling, and drug and alcohol deterrent activities in order to promote overall health and mission readiness.

Education on substance misuse, relationships, stress management, emotional regulation, thinking patterns, as well as addressing issues directly related to alcohol and drug use, including illicit and prescription drugs.

Referral to local treatment services and facilitation of the process to move a Marine with a substance use disorder through an individualized continuum of care, allowing the Marine to return to duty.

Group counseling, coordination of care, continuing care, after care, and case management.

Random drug and alcohol screening procedures at the unit level to deter Marines from being under the influence while on duty.

Evidence based continuum of prevention, counseling and deterrence activities that prevents career-or life- altering incidents, and supports commanders' efforts to ensure that Marines arrive to work safe and fit for duty.



WHY USE THIS RESOURCE?

Given the complex impact of the combat experience on overall health, each Marine referred to the Substance Abuse Counseling Center is screened for traumatic brain injury, suicide risk, mental health, and post-traumatic stress disorder in addition to substance misuse. Following the initial assessment, a Marine can enter at any level of care and move up or down the continuum of care, in response to changing clinical needs.

Self-referrals allow the individual to take control of the situation before it becomes a problem. The command may require use of this service once there is a problem. The services are convenient and available on all major installations.

Alcohol Screening Program

In support of the 21st Century Sailor and Marine Initiative, the Substance Abuse Prevention Program implemented the Alcohol Screening Program (ASP) to identify, educate, and connect Marines who may be misusing alcohol. ASP is a key tool for deterring alcohol misuse. The program utilizes random breathalyzer testing of Marines and Sailors to screen for underage drinking and alcohol use while in a duty status.

Leadership support and Marine-to-Marine engagement at all levels of command are essential components when combating alcohol misuse. Breathalyzer testing enables commanders to test Marines in their units in order to take appropriate actions related to the health and safety of Marines including training, education, and referral to substance abuse counseling. For Marines testing positive, commanders counsel those Marines, and may refer them for training, education, and further screening at the SACC, or a "Fitness for Duty" examination at a Navy medical facility. The SACC does not make recommendations for separation.

Drug Demand Reduction

The Drug Demand Reduction (DDR) Program administers the Marine Corps drug testing program, through which Marines are routinely tested for illicit drug use as well as wrongful use of prescription drugs. DDR staff organize and attend outreach events and classes to provide drug deterrence information to Marines and families.

A unit-level deterrent measure used to identify alcohol misuse while on duty, direct appropriate intervention to prevent career- or life-altering incidents, and support the commanders' efforts to ensure Marines arrive to work safe and fit for duty.

Prime for Life

Prime for Life 4.5 is a 4.5-hour early intervention course for active and reserve Marine units at risk for alcohol-related incidents (ARI). Commanders can bring this prevention training to their unit prior to any ARI.

Prime for Life 16.0 is a 16-hour early intervention course for selected active and reserve Marines who are making high-risk choices and have been referred by the Substance Abuse Counseling Center. The content is based on addiction-related research and uses motivational interviewing techniques.

Clinical Counseling

SAP clinical counseling staff at Substance Abuse Counseling Centers (SACC) provide screenings, assessments, and evidence-informed clinical counseling services for mild to moderate substance use disorders as well as continuing care for Marines in recovery. Marines are referred by their commanders to the installation SACC after a driving under the influence (DUI) charge or ARI. Marines can also seek care at the SACC or can be referred from other programs. Effective care for substance use disorders addresses the whole person and can include behavioral therapies, family support, and coordination of care.



WHO SHOULD USE THIS RESOURCE?

- *Active Duty*
- *Retirees*
- *Family members*
(18 years of age and older)
- *DoD Civilians*

WHERE IS THIS RESOURCE LOCATED?

Substance Abuse Counseling Centers are located on all Marine Corps installations. Licensed, skilled professionals who provide direct services to clients utilizing evidence based practices including screening, assessment, treatment, case management, continuing and aftercare include Alcohol Prevention Specialists, Drug Demand Reduction Coordinators and Substance Abuse Clinical Counselors.



www.usmc-mccs.org/services/support/substance-abuse

TRAINING

MARINE AWARENESS AND PREVENTION INTEGRATED TRAINING

Marine Awareness and Prevention Integrated Training (MAPIT) is a holistic approach to behavioral health that combines substance misuse, combat and operational stress, intimate partner abuse, child maltreatment, and suicide prevention topics. This tiered initiative intends to improve the total fitness of all Marines, thereby improving mission readiness. MAPIT consists of Entry Level Training (ELT), MAPIT for Leaders (MAPIT-L), MAPIT for Families (MAPIT-F), and sustainment at the unit-level curricula.

MAPIT ELT introduces and reinforces behavioral health matters through Training and Readiness standards at entry-level schools (Marine Corps Recruit Depot, School of Infantry and Marine Combat Training, Officer Candidate School, and The Basic School).

MAPIT-L is a series of rank-appropriate tailored curricula that integrate managing behavioral health matters with leadership and values-based training—developed in coordination with Marine Corps University and the College of Distance Education and Training.

MAPIT-F, currently in development, is designed to provide family members of all ages with information related to the awareness and prevention of behavioral health issues.

MAPIT Sustainment consists of two elements. The first element is UMAPIT, which is a single 90- to 120-minute Marine-led annual behavioral health training. UMAPIT 2.0 replaced the first version on 1 January 2017. This curriculum is updated to include more on resiliency, coping, self-support skills, decision-making, peer intervention, and intervention via social media. The second element is the MAPIT Dashboard, which is a repository of additional behavioral health training modules that may be delivered, as required, to tailor training to the needs of the unit.

CONQUERING STRESS WITH STRENGTH

Conquering Stress with Strength (CSWS) is the only workshop for Marine Corps families that practices skills for identifying and responding to risk of suicide. It is a hands-on workshop that equips family members with knowledge to use: the Stress Continuum; Recognize, Ask, Care, Escort (R.A.C.E.) method; problem-solving; and relaxation.

CSWS is the first-available family-focused training that teaches Marine families useful tools to effectively address stress reactions. The 3.5-hour workshop is co-facilitated by installation Lifestyle, Insights, Networking, Knowledge, and Skills (L.I.N.K.S.)/Lifeskills Trainers and Community Counseling Program providers.

Commands can schedule this workshop by contacting local Marine Corps Family Team Building or CCP.





COLUMBIA SUICIDE SEVERITY RATING SCALE

Raising the question of suicide with a Marine is not easy and many are reluctant to ask directly about suicidal thoughts and behaviors. Providing training on how to use an evidenced-based scale to assess for suicide assists clinicians and non-clinicians in knowing exactly how and what questions to ask to determine a service member's risk for suicide. A good risk assessment informs what actions to take and potentially what type of care is needed. The Columbia Suicide Severity Rating Scale (CSSRS) is an instrument that can fulfill this need.

HQMC Behavioral Health Branch provides CSSRS training for installation community counseling centers and installation personnel (e.g., Chaplains, Family Advocacy Program personnel, Legal Offices, and Financial counselors) who often encounter Marines in crisis. These civilian and uniformed personnel are collectively referred to as "gatekeepers" to behavioral health care. The intent of the training is to increase the use of CSSRS for gatekeepers and non-clinical counselors on Marine Corps installations.

COMBAT AND OPERATIONAL STRESS CONTROL

Operational Stress Control and Readiness (OSCAR) is a Marine-led training, based on Combat and Operational Stress Control (COSC) doctrine, that builds teams of Marine leaders, medical personnel, and religious ministry personnel within each battalion-sized unit and aids commanders in maintaining warfighting capabilities by identifying, managing, and preventing combat and operational stress issues.

Deployment Cycle Training consists of three phases of curriculum to better prepare deploying Marines to prevent and recognize the signs and symptoms of Marines in distress. It consists of a series of modules taught by unit leaders or OSCAR team members to groups of junior and senior Marines within a unit. The training reinforces the core leader functions of strengthen, mitigate, identify, treat, and reintegrate, and prepares Marines to better address challenging situations throughout the deployment cycle.

WHERE ARE THESE RESOURCES LOCATED?



www.usmc-mccs.org/services/support/substance-abuse

ADDITIONAL RESOURCES



MARINE INTERCEPT PROGRAM

The Marine Intercept Program (MIP) is a voluntary program for Marines with a recent suicide ideation (SI) or suicide attempt (SA), which aims to reduce repeated suicide-related behaviors. MIP is a collaborative effort between a Marine, an installation's CCP, the Marine's chain of command, a Medical Treatment Facility, and HQMC. In the event a Marine is identified with an SI or SA through an Operations Event/Incident Report (OPREP-3) Serious Incident Report (SIR) or Personnel Casualty Report (PCR), the Marine's command should reach out to the installation CCP to begin the MIP process. Once HQMC receives the OPREP-3 SIR or PCR, they will reach out to the installation CCP to assign the MIP case.

The CCP MIP counselor is a non-medical independently licensed counselor. The MIP counselor does not make fit-for-duty status determinations. MIP is not therapy or case management. MIP does not duplicate or replace other behavioral health services, but augments them through outreach, ongoing suicide risk assessments, and assisting to develop a Marine's personal safety plan. The MIP counselor encourages the use of resources, utilizes an evidence-informed suicide risk assessment, and continuously updates the safety plan through a series of brief caring contacts for a minimum of 90 days.

After each brief caring contact, or at the designation of the command POC, the MIP counselor will provide an update on the Marine's engagement in MIP services, and inform if the level of risk has changed. The MIP counselor will ascertain whether the appropriate level of care is being provided to the Marine. Leaders can encourage help-seeking behaviors by both supporting the MIP process and collaborating with the MIP counselor.

FAMILIES OVERCOMING UNDER STRESS

Families OverComing Under Stress (FOCUS) is a family-centered psychological health and prevention program proven effective in addressing trauma and building resilience in military families and couples affected by separation, parental depression, physical injury/disability, loss, and other life transitions. Masters- and doctoral-level clinicians facilitate the program through couples' and family sessions. They also provide skill-building workshops to Marines, families, and children.

MILITARY AND FAMILY LIFE COUNSELORS

Military and Family Life Counselors (MFLCs) are a command resource designed to enhance readiness through helping Marines, attached Sailors, and their families to address issues before they escalate to a level that affects performance. All MFLCs are licensed mental health professionals (LCSW, LPC, LMFT, Ph.D., etc.) with at least 5 years of experience in social work, counseling, or related clinical discipline. They provide brief, non-medical, short-term, solution-focused counseling. These services are private and confidential, with the exception of mandatory state, federal, and military "duty to warn" reporting requirements.

They are meant to augment, not replace, support services and programs and ensure that all short-term behavioral health needs are met for Marines, attached Sailors, and their families. MFLCs are embedded in units - and are assigned to support the installation commander and installation tenant commands, MFLCs are positioned within the installation's Behavioral Health Branch; Children, Youth and Teen Programs; as well as K-12 schools.

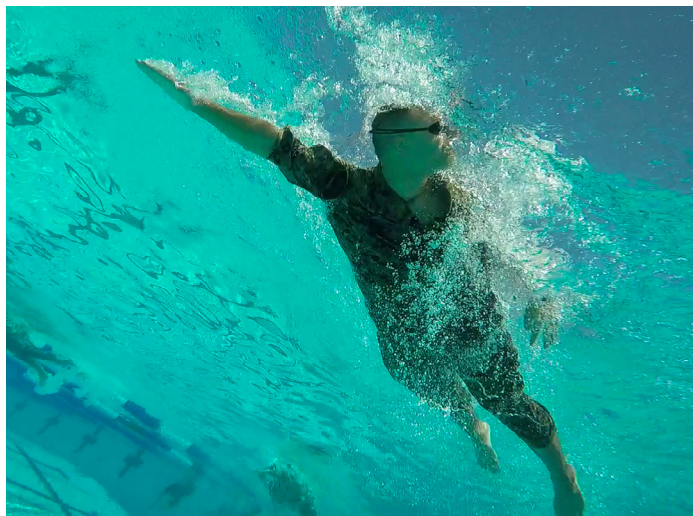
SEMPER FIT & RECREATION



AQUATICS CENTERS

(MILITARY AQUATICS TRAINING & RECREATION SWIMMING)

Military aquatics training and recreation swimming may work independently or in tandem to encourage aquatics activities. This program provides aquatics physical fitness training (e.g., aquatics maximum power intense training [AMP-IT], lap swim), use of the facility/instructors for unit training, facility for military swim qualification, and facility/instructors for remedial training and instruction, fitness and unit activities (e.g., water polo). This program allows the service members to remain physically fit and mission ready. Recreation swimming provides patrons with a safe swimming and bathing environment, and programs and services, which enhances quality of life. Installation aquatics programs include swim instruction, recreational activities, and special events.



WHY USE THIS RESOURCE?

There are a total of 39 swimming pools operated by MCCS which support a combination of military aquatics training and recreational swimming activities coordinated by Semper Fit.

All aquatics staff members are nationally certified to highest industry standards.

High safety standards are required for lifeguards and operational functions.

Swimming helps manage weight, strengthens muscles, and increases cardiovascular functions. Swimming is low-impact with a lower risk of injury than many other forms of exercise.

Athletes gain strength and coordination by swimming, which aids them in land-based sports. Aquatics centers provide a safe location to learn and enhance life skills, drowning prevention knowledge, physical fitness, and fun.



WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Reservist
- Family Members
- Retirees
- DoD Civilians

WHERE IS THIS RESOURCE LOCATED?

Fifteen Marine Corps installations have one or more aquatics centers designed to meet the needs of the community by providing both military aquatic training and fitness, and recreational swimming. Contact your installation's aquatics specialist for the aquatics centers at your installation.



www.usmc-mccs.org/services/recreation/aquatics



Aquatics Maximum Power Intense Training (AMP-IT) is an in-water physical training program that consists of a variety of scientifically-proven, high-intensity exercises provided in an aquatic workout suitable for rehabilitating and reconditioning injured military personnel.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Reservist
- Some installations allow family members and DoD Civilians to participate in the program based on capabilities



WHY USE THIS RESOURCE?

AMP-IT is specifically designed to meet the strict physical demands of the Marine Corps and is supported by the Aquatics Program.

AMP-IT is a unit-driven, leader led aquatics physical fitness training program comparable to land-based physical training. It increases amphibious readiness, promotes Marine Total Fitness, and increases unit cohesion and mission readiness. The guiding principle is to elevate awareness pertaining to the importance of aquatic fitness to readiness capabilities of the warfighter.

The program is designed for Marines to participate in vertical exercises in the pool, not the tradition horizontal swimming. Aquatics training at the same intensity and frequency provides comparable fitness gains as land-based training and is as efficient as bicycling for cardiovascular fitness.

The program allows Marines of all fitness levels to train together and is adaptable for those in recovery. Marines placed on light duty, limited duty, BCP, and Marines with off-duty/sports injuries can remain physically fit; thus removing the isolation between the elite athlete Marine and the injured Marine.

AMP-IT utilizes deep water running, which in a highly fit person equals or surpasses land-based running and has an improved effect on their VO2max. For conditioning to occur in fit individuals, deep water running heart rates will be comparable to that of a tread mill or land-based training, but the rate of perceived exertion is greater when in the training zone in deep water. Increasing water running speed and/or adding resistance increases the metabolic rate further.

WHERE IS THIS RESOURCE LOCATED?

All Marine Corps installations have numerous civilian and active duty instructors, so contact your installation's Semper Fit Aquatics Specialist to find a trained AMP-IT instructor near you.



www.usmc-mccs.org/services/fitness/aquatics-maximum-power-intense-training





BEACHES

Guarded open water areas provide a safe swimming and bathing environment which support and enhance the quality of life of active duty service members and their family through the use of the natural environment.

WHY USE THIS RESOURCE?

Units, families, and individuals benefit from Marine Corps beaches which are a great place to decompress and have fun.

Guarded open water areas support unit cohesion and readiness when used as an alternative physical training or PME site or a host to a family event. Some suggested activities include: swimming, jogging, surfing, playing soccer, beach volleyball, tug-o-war, cook-outs, family days, and competitions.

Beach operations and lifeguard services are maintained at the highest industry standards.

Provides a no cost/low cost option for users.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members
- Retirees
- DoD Civilians
- Others with installation access

WHERE IS THIS RESOURCE LOCATED?



This resource is offered year round at:

Hawaii
(North Beach and Pyramid Rock Beach)

Lejeune
(Operates seasonally Onslow Beach)

Pendleton
(DelMar Beach & SanOnofre Beach)

COMMUNITY CENTERS

These friendly and multi-use centers provide an inviting space for community members. Family programming and special community events are typically coordinated through this facility.



WHY USE THIS RESOURCE?

Contributes to morale and well-being.

Community Centers provides programs and services.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members
- Retirees
- DoD Civilians

WHERE IS THIS RESOURCE LOCATED?



There are currently three Community Centers:

Lejeune-New River

San Diego

Twenty-Nine Palms



DIRECTED OUTDOOR RECREATION PROGRAM

The Directed Outdoor Recreation program provides outdoor recreation opportunities, skills development and instructional classes. This operation may include, but is not limited to the following: archery, backpacking, boating, canoeing, cycling, camping, fishing, hiking, sailing, water and snow skiing, and other activities that promote readiness, fitness, and a healthy quality of life.

WHY USE THIS RESOURCE?

Enforces skills development to mitigate risk and strengthen protective factors
Creates stress relief through outdoor recreation.

Provides a platform for unit driven activities which:

- Builds morale and motivation
- Breaks down barriers to Trust
- Optimizes protective factors
- Develops problem solving skills
- Facilitates better communication
- Inspire cohesiveness and communication
- Develops knowledge, skills, and abilities



WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members
- Retirees
- DoD Civilians

WHERE IS THIS RESOURCE LOCATED?



Currently this program is located at the following installations:

- | | |
|--|---------------------|
| ■ Cherry Point | ■ South Carolina |
| ■ Iwakuni | ■ Twenty-Nine Palms |
| ■ Lejeune-New River | ■ Yuma |
| ■ Miramar | |
| ■ Pendleton (provides some programs not all) | |

FITNESS CENTERS

Fitness centers provide a full complement of fitness equipment that supports cardiovascular, muscular strength and endurance, functional fitness, and flexibility conditioning at the highest industry standards. The physical fitness program consists of fitness education activities for the purpose of promoting physical and mental readiness, developing healthy lifestyles, developing positive self-esteem, and assisting in discovering positive use of leisure time. The Semper Fit fitness center provides Marine Corps personnel and their families with programs and facilities which will effectively contribute to their quality of life.

WHY USE THIS RESOURCE?

Fitness centers provide facilities and support services to meet the individual's physical fitness, skills development, recreation, and training needs.

Some fitness centers have multiple programs co-located within the facility:

- Eighteen Health Promotion programs
- Seven Intramural Sports Programs
- Six Outdoor Recreation Equipment Checkout
- Three Pools



WHO SHOULD USE THIS RESOURCE?

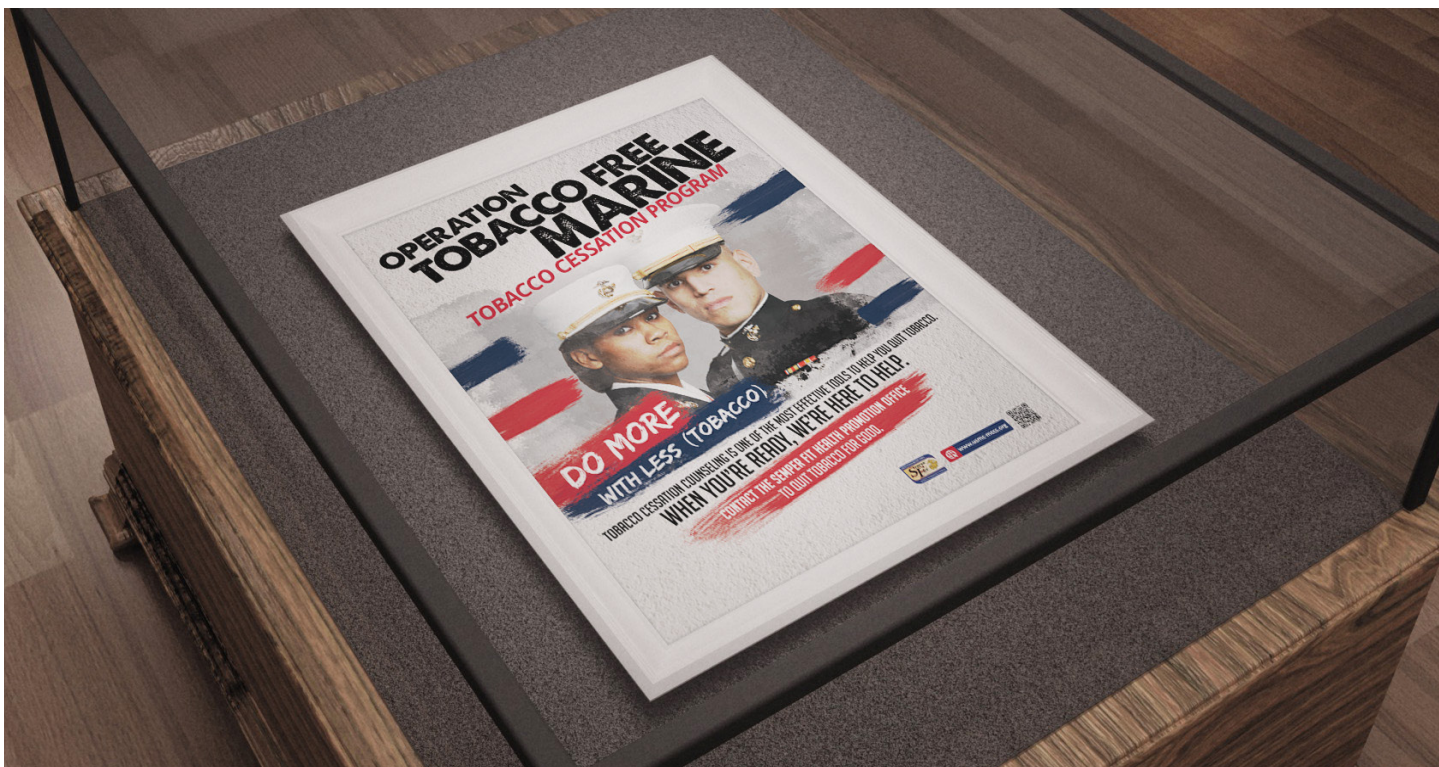
- Active Duty
- Family Members
- Retirees
- DoD Civilians

WHERE IS THIS RESOURCE LOCATED?

All installations have one or more fitness centers designed to meet the needs of the community.



www.usmc-mccs.org/services/fitness/fitness-centers



HEALTH PROMOTION

The Marine Corps creates opportunities to promote and improve an environment that supports the balance of the social, physical, spiritual, intellectual, and emotional well-being of individuals and encourages optimal health where people live, work, and play. Providing these supportive environments has the greatest potential for producing lasting behavior change for sustainable health in order to sustain military readiness and the health, fitness and quality of life of military personnel, beneficiaries, and Department of Defense civilians. Health Promotion supports Department of Defense campaigns for all health topics.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members
- DoD Civilians

WHERE IS THIS RESOURCE LOCATED?

Professionally trained Health Promotion staff are available at fitness centers on most Marine Corps Installations.



www.usmc-mccs.org/services/fitness/health-promotion

WHY USE THIS RESOURCE?

Health Promotion programs are marketed through Marine Corps installation websites which provide information on classes, special events, hours of operation and other pertinent information.

Awareness and educational topics include Tobacco use Prevention and Cessation, Nutrition Education, Weight Management, Physical Activity, Sexual Health and Responsibility, Injury Prevention, and Chronic Disease Prevention.

Supports Units through briefs, awareness campaigns and messaging, and educational classes pertaining to health related issues in the areas mentioned above.

Installation Health Promotions Coordinators utilize Operation Supplement Safety materials to support educational and awareness efforts regarding the use of dietary supplements.

Aims to guide the Marine in the most effective and achievable means for improving health and well-being through tobacco use prevention and cessation, nutrition education, weight management, physical activity, sexual health and responsibility, injury prevention, and chronic disease prevention.



High Intensity Tactical Training (HITT) is a comprehensive strength and conditioning program that provides programming, facilities and education for active duty and reservist Marines. It focuses on physical resiliency and combat readiness. Phases of work out include pre-deployment, deployment, and post-deployment, or building your own workout templates, the Marine can fully develop and maintain their physical readiness and resiliency.

WHY USE THIS RESOURCE?

HITT is endorsed by the National Strength and Conditioning Association's (NSCA) - Tactical Strength and Conditioning (TSAC) Department.

Offers 150 pre-designed workouts for any combat conditioning leader and fitness specialist.

Comprehensive combat-specific strength and conditioning program that is essential to a Marine's physical development, combat readiness and resiliency.

Twenty-six HITT spaces within Fitness Centers, eight stand-alone HITT Centers and 106 HITT Lockers across installations are available for Marines to conduct the program with proper equipment.

Supports Marines throughout their career with specific programming that is designed to improve performance of mission specific combat readiness balancing physical capacities to include strength, power, speed, agility, and endurance while reducing the likelihood of injuries and over training syndromes.

HITT "Train the Trainer" courses are delivered by HITT coordinators at each installation on a quarterly basis providing Marines proper education on the HITT methodology and programming so they can take the program back to their units and execute the programming.

HITT Staff Training (Mixed Modality Courses) is provided by the Marine Corps on a biennial basis, enhancing coaching techniques and remaining relevant to the field of strength and conditioning.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Reservist



WHERE IS THIS RESOURCE LOCATED?

The HITT program is available online and via a mobile application providing Marines with a virtual resource to implement the program. The free mobile app can be downloaded to any mobile device by visiting the Apple App Store or Android Google Play and includes 450+ exercises with execution instruction.

Professionally trained installation staff provides elite level training and possess fitness certifications that meet industry standards.



www.usmc-mccs.org/services/fitness/high-intensity-tactical-training

MWR DEPLOYMENT SUPPORT



Deployment Support is available to units who are deploying or who are deployed. HQMC works directly with Marine Corps Community Services (MCCS) (Occupational Field 4130) Marines during Pre-Deployment work-ups as well as during deployments in identifying MWR requirements, Executive Agent (EA) support and resource allocations.

Support may include: functional fitness equipment including total body resistance training (TRX) and/or high intensity tactical training (HITT) centers, theater-in-a-box (TIB) systems, electronic game kit systems (E-Game kits) and recreation kits. Additional support may include internet.

Morale Portable Satellite Communications (MoraleSat) program is only available for the CENTCOM Area of Responsibility.

Deployment support equipment is mission essential and crucial to supporting the welfare and resiliency of Marines and Marine units.

Deployment support should be considered and integrated into all levels of deployment planning to include training, operational, and contingency deployments.

The amount of MCCS deployment support provided is based on the size, duration, and mission of the deployment.

WHY USE THIS RESOURCE?

Provide recreation/sports and fitness equipment and supplies directly connected to deployment & official military training exercises.

Provides a safe, secure, and comfortable recreational location/environment for all personnel forward deployed.

WHO SHOULD USE THIS RESOURCE?

• Active Duty

(Preparing to deploy or in a deployed environment)

WHERE IS THIS RESOURCE LOCATED?



Units should draw recreational equipment from the following installations:

■ Hawaii

■ Okinawa

■ Lejeune

■ Pendleton

OUTDOOR RECREATION EQUIPMENT CHECKOUT & RENTAL

Outdoor Recreation Equipment Checkout and Rental offers an extensive amount of equipment for a variety of activities and needs. Equipment includes, but is not limited to: campers, canoes, kayaks, moon bounces, climbing walls, picnic and party equipment, canopy tents, tables, chairs, grills, dunk tanks, lawn and garden equipment, and much more. Some Installations provide resale and equipment repair services.



WHY USE THIS RESOURCE?

Provides recreation equipment for patron use at a nominal fee.

Provides opportunities to experience the outdoors and develop life skills and allows for social cohesion for families.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Reservist
- Family Members
- Retirees
- DoD Civilians



WHERE IS THIS RESOURCE LOCATED?



Fourteen Marine Corps installations provide Outdoor Recreation Equipment Checkout and Rental.

- | | |
|---------------------|---|
| ■ Albany | ■ Pendleton |
| ■ Allen | ■ Quantico |
| ■ Cherry Point | ■ South Carolina |
| ■ Hawaii | ■ Twenty-Nine Palms |
| ■ Henderson Hall | ■ Yuma |
| ■ Iwakuni | ■ Okinawa |
| ■ Lejeune-New River | (Foster, Futenma, Fuji, Hansen, Kinser, Schwab) |
| ■ Miramar | |



Marine Corps Sports Programs are designed to enhance the fitness and resilience of Marines and their families while supporting alternative physical training (PT) options, military to military engagement, and the development of unit cohesion. Sports Programs are directly related to combat readiness and serve as the main mechanism through which a variety of programs, services, and activities are provided to Marines and their families.



All-Marine Sports

We enable exceptional Marine athletes to compete at higher level competitions to include Armed Forces Championships, National Championships, Conseil International du Sport Militaire (CISM) Championships, and the Olympics. The All Marine program has produced multiple athletes that are nationally ranked and have gone on to perform in the Olympics.



Conseil International du Sport Militaire (CISM)

CISM is the second largest multi-sport discipline organization after the International Olympic Committee. They represent the highest level of military athletic competitiveness and organize various sporting events for the Armed Forces of their 134 member countries.



Intramural Sports

These are unit driven programs available to all skill levels that support individuals and teams to enhance individual fitness, unit teamwork, cohesion and readiness, and improved quality of life. Includes the management and oversight of approximately 267 athletic facilities (athletic fields and outdoor courts) across all Marine Corps installations.



WHY USE THIS RESOURCE?

Each installation has an Athletic Director on staff to assist and provide information regarding youth, intramural and All-Marine sports.

Intramural sports are currently free of charge aboard installations to Marines, while youth sport participants incur a registration fee. Registration fees for youth sports vary across all installations. There are 274 athletic fields and courts.

WHO SHOULD USE THIS RESOURCE?

- *Active Duty*
- *Reservist*
- *Family Members*

WHERE IS THIS RESOURCE LOCATED?



www.usmc-mccs.org/services/fitness/sports



Competitive Events/ Race series

These are athletic competitions currently held on 13 installations that are open to the military community and, at times, the general public, that include bicycle races, runs, and large-scale tournaments.



Youth Sports

Encompass a series of planned activities and events that respond to the recreational, developmental, social, physiological, cultural, and educational needs of eligible youth. Programming available should include instruction, leagues and competitions to all skill levels that promotes positive attitudes while fostering the development of leadership, sportsmanship, teamwork skills, and reinforces the Marine Corps core values of honor, courage, and commitment. Program success is centered on volunteer coaches that sacrifice their time to coach youth dependents throughout the Marine Corps.



UNIT RECREATION

Unit Recreation focuses on the needs of Commanders and the individual Marines. It is not a program. It is an approach to delivering programs and services that are accessible to units, compliments the unit priorities, and can be utilized to augment physical training (alternative PT).



WHY USE THIS RESOURCE?

The benefits to Unit Recreation are endless. The intent of Unit Recreation is to support Marine leaders in meeting their mission. Unit Recreation includes, but is not limited to: Unit-driven recreational activities, alternative physical training (HITT, AMP-IT, High Adventure Outdoor Programs, and alternative PT programs such as mountain biking, surfing, canoeing, archery, high ropes course), Commander's Cup, and competitions. Semper Fit can adapt programs and simplify access, which supports unit leaders.



WHO SHOULD USE THIS RESOURCE?

- Active Duty

WHERE IS THIS RESOURCE LOCATED?



Contact your Installation Semper Fit Director for more information.

LEADERS RESOURCE GUIDE

SINGLE MARINE PROGRAM



MARINE & Family



The Single Marine Program (SMP) serves as the voice for single Marines in identifying concerns, developing initiatives, and providing recommendations through advocacy, recreational activities, special events and community involvement. SMP is comprised of single Marines who represent their Unit and want to make a difference within their unit and on their installation. Lead by young leaders, SMP functions to support single Marines' leisure interests and Quality of Life (QOL) concerns. A single Marine's QOL concerns include, but are not limited to, activities and issues that directly or indirectly influence personal readiness, morale, living environment, and personal growth and development. SMP is offered aboard 21 Marine Corps installations and throughout the Marine Forces Reserve.



WHO SHOULD USE THIS RESOURCE?

- **Active Duty**
(Targeted to single/unaccompanied enlisted personnel)

WHERE IS THIS RESOURCE LOCATED?

For more information regarding specific installation activities, contact your local Single Marine Program Coordinator. Coordinators are typically housed in Recreation Centers. Single Marine Program Coordinators serve as the liaison between the SMP Council and its members, command leadership, and installation quality of life programs and services.



www.usmc-mccs.org/services/activities/single-marine-program





WHY USE THIS RESOURCE?

The Single Marine Program offers facilities that may include recreation centers, internet cafes, game rooms, and multi-purpose rooms.

Allows for participation in a wide variety of social, competitive, and educational activities that may include the great outdoors such as paintball, deep sea fishing trips, river rafting, and mountain biking and hiking. In addition, excursions to Washington, D.C., Pearl Harbor, Hawaii, and New York City are just a few of incredible opportunities SMP offers.

Helps mold the public perception of our military through continuous volunteerism in the community by participating in Habitat for Humanity, Toys for Tots, Adopt a School, beach cleanups, or Veterans Homes visits.

Contributes to the improvement of total force readiness, job performance, and retention by supporting the enhancement of QOL for all single Marines, including unaccompanied Marines. This may include activities that enhance physical fitness as well as provide opportunities for social interaction, life-skills development, and cultural awareness.

Helps improve issues that directly influence living on base such as those having to do with parking, chow hall, MCX, and anything else which directly influences the QOL for single Marines.



MILITARY RECREATION CENTERS

Recreation Centers provide a comprehensive recreational program through individual and group activities specifically targeted to the military community. These facilities may include Internet cafés, game rooms with electronic gaming, billiards, table games, television and movie rooms, music rooms, and multi-purpose rooms to allow for participation in a wide variety of social, competitive, and educational activities. The facilities can be stand-alone, consolidated with other recreational programs, and/or integrated programs that best meets the needs of the junior Marines. These facilities may also be designated as "Home of the SMP," providing a convenient source of information relevant to single Marines.



WHY USE THIS RESOURCE?

Provides recreation opportunities (competitions, social interaction).

Encourages skills development.

Provides computers for educational and social purposes.

WHO SHOULD USE THIS RESOURCE?

- *Active Duty*
(Targeted to single/unaccompanied enlisted personnel)



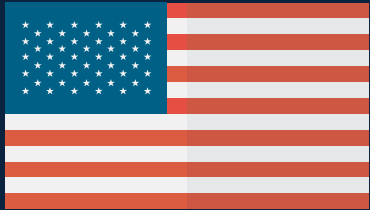
WHERE IS THIS RESOURCE LOCATED?



Recreation Centers are located within walking distance from bachelor enlisted quarters and in close proximity to related recreation facilities. Currently, there are 42 Recreation Centers on Marine Corps installations. All installations have one or more Recreation Centers.

LEADERS RESOURCE GUIDE

CASUALTY ASSISTANCE



MARINE &
Family

CASUALTY ASSISTANCE

The Headquarters Marine Corps Casualty Section (MFPC) implements, executes and manages the Casualty Assistance Program for the U.S. Marine Corps, which includes providing assistance to Marine Corps families with compassion, dignity, and honor.



WHY USE THIS RESOURCE?

Receive guidance from subject-matter experts on reporting, notification, assistance, mortuary affairs, benefits/entitlements and funeral honors.

Obtain assistance for survivors of Marines who die while in an active duty status.

Request Casualty Assistance Calls Officer (CACO) training and support materials.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members

WHERE IS THIS RESOURCE LOCATED?



www.usmc-mccs.org/services/benefits/casualty-assistance





THE COST OF FREEDOM IS ALWAYS HIGH, BUT AMERICANS HAVE ALWAYS PAID IT. AND ONE PATH WE SHALL NEVER CHOOSE, AND THAT IS THE PATH OF SURRENDER, OR SUBMISSION.



*John Fitzgerald Kennedy
35th President of the United States*

WOUNDED WARRIOR REGIMENT



A group of men in red athletic gear, some on a stretcher, with a man in a military uniform in the foreground. The scene is set in a large, industrial-looking space, possibly a gymnasium or a warehouse. The men are looking towards the right side of the frame. The man in the foreground is wearing a red polo shirt with "WARRIOR GAMES" and "Deloitte" logos. The text "STILL IN THE FIGHT" is overlaid in large, white, bold letters.

STILL IN THE FIGHT



WOUNDED WARRIOR REGIMENT



WHY USE THIS RESOURCE?

WWR provides leadership and facilitates the integration of non-medical and medical care to combat and non-combat wounded, ill, and injured (WII) Marines, Sailors attached to Marine units, and those Marines' and Sailors' family members to maximize their recovery as they return to duty or transition to civilian life. Marines access a spectrum of care while maintaining a goal-oriented Marine mindset. WWR prepares Marines and Sailors and their families for the future, aware of how and when to seek support from WWR or external agencies should that be necessary.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members
- Reservist
- Veterans

Wounded Warrior Operations Center, located at the regiment headquarters in Quantico, VA, is available to answer questions from Marines and leaders and provide support through assignment to a wounded warrior battalion, Recovery Care Coordinator (RCC), non-medical care manager, district injured support coordinator (DSIC) or field support representative (FSR), or call or contact center outreach support.

All service members, veterans, or family members contacting the Wounded Warrior Call Center will receive assistance and access to the WWR spectrum of care.

Anyone can access additional information, resources, and contact information through the WWR website.

WWR serves as the Marine Corps' single command responsible for executing the Recovery Coordination Program (RCP), directed by Congress in 2008. The regiment is also responsible for the oversight and management of several service headquarters level functions. Through two battalions and 11 detachments, Marines and Sailors with the most complex needs are joined to the regiment and receive high-level support. Specific programs within the regiment focus on care coordination, including:

Recovery Care Coordinators – provide non-medical care coordination support that works with Marines and families to identify and implement a plan for recovery.

Medical Section - provides medical subject matter expertise, advocacy, and liaison to the medical community.

Reserve Medical Entitlements Determination Section (RMED) - supports all WII Marine Reservists and their unique needs.

Warrior Athlete Reconditioning Program (WAR-P) - provides adaptive reconditioning activities through sports and other physical training.

Transition Support - assesses and assists in developing career and education plans for Marines and families, whether they intend to return to duty or transition to the civilian community.

District Injured Support Coordinators (DISCs) and Field Support Representatives (FSRs) - are geographically dispersed to offer post-transition support to transitioning and veteran Marines where they are.

Wounded Warrior Call Center and Battalion Contact Centers - provides ongoing support to veteran Marines and families through the Sergeant Merlin German Wounded Warrior Call Center and conducts outreach to active duty Marines through battalion contact centers.

Family Support Coordinators - provide assistance, training, and information about family activities, services, and resources offered locally and nationally to Marines and their families at each battalion and detachment location.

WHERE IS THIS RESOURCE LOCATED?

For information and resources, contact the Sgt. Merlin German Wounded Warrior Call Center.

Stay In Touch:



877.487.6299



www.woundedwarrior.marines.mil



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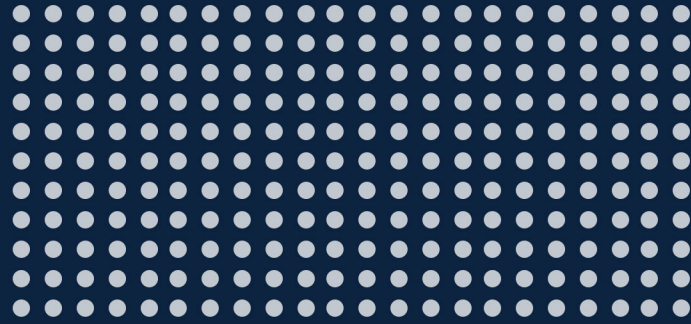
NOTES



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This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal blue lines across its entire width. The lines are thin and consistent in color, set against a plain white background. There are no margins, text, or other markings present.

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