

# Marine and Family Programs

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Cornerstone Spouses

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Version

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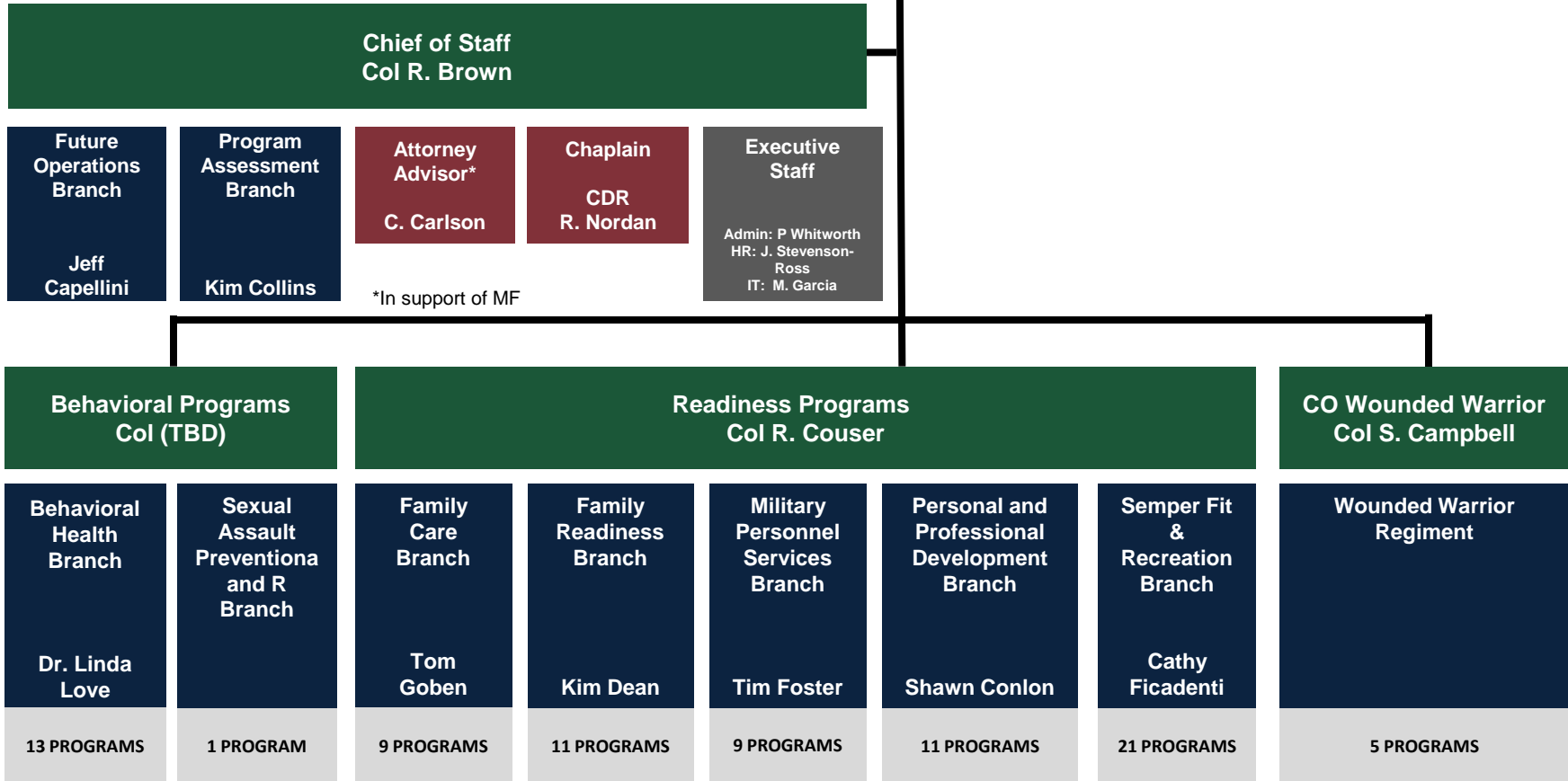
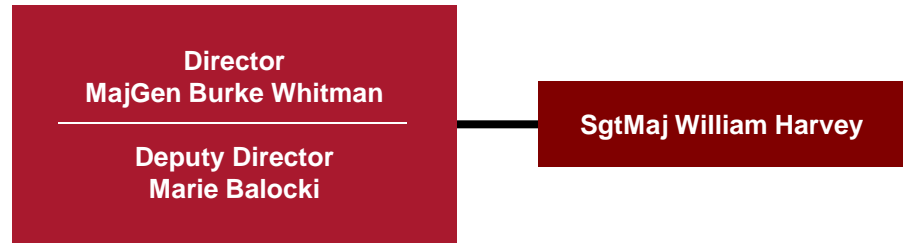


# Our Mission

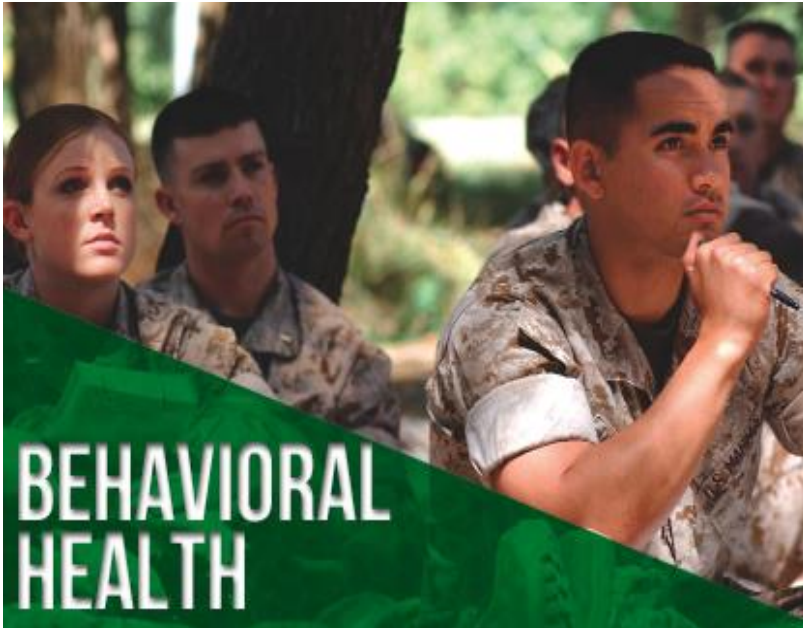
The holistic fitness and readiness of Marines and families –  
body, mind, spirit and social.



# MF Division



# Behavioral Health



- Substance Abuse Program
  - Clinical Care
  - Alcohol Screening Program
  - Drug Demand Reduction (DDR)
- Community Counseling and Prevention
  - Clinical Care
  - Suicide Prevention and Response
  - Marine Intercept Program (MIP)
- Family Advocacy Program
  - Clinical Care
  - New Parent Support
  - Transitional Compensation for Abused Family Members (TCAFM)
- Embedded Preventive Behavioral Health Capability
- Contracts
  - DSTRESS 24/7 Hotline
  - Marine Family Life Counselors (MFLC)
  - Families Overcoming Under Stress (FOCUS)





# Behavioral Health Services

## Family Support Programs

- **Community Counseling Programs (CCP)** are located at every USMC Installation to meet the needs of Marines, Sailors and their families by providing short term solution focused counseling:
  - All clinicians are licensed and credentialed professionals who offer personally tailored counseling to address stress before more serious conditions develop
  - Free Confidential Services, Individual Counseling, Couples Counseling, Family Counseling, Child and Teen Counseling, Marine Intercept Program, and Referrals
  - Relationships, Communication, Stress, Anger, Family Problems/Dynamics, Adjustment Issues, Self Esteem, Grief and Loss, Parenting Skills
- **Substance Abuse Programs (SAP)** provides assessment, intervention and treatment to Marines identified with needs related to the misuse of drugs and/or alcohol.
- **Family Advocacy Programs (FAP)** provides assessment, intervention and treatment to families who have experienced domestic abuse in addition to the following:
  - New Parent Support Program provides home visits, parenting classes and resources for expectant parents and families raising children from birth through five years.
  - Prevention Education provides classes, groups and briefings to Marines and their families on various topics including relationship education, stress management, anger management, and parenting



# Marine Corps Family Team Building

- Chaplains Religious Enrichment Development Operation (CREDO)
- Family Readiness Program Training (Command Team Training)
- Functional Systems (MOL, SharePoint)
- LifeSkills Training and Education
- Lifestyles, Insights, Networking, Knowledge, and Skills (L.I.N.K.S.)
- Prevention Relationship Enhancement Program (PREP)
- Readiness and Deployment Support
- Yellow Ribbon Reintegration Program



# Single Marine Program (SMP)

- Enhance the morale and well-being of single Marines
- Focus areas include:
  - Quality of life
  - Recreation
  - Community involvement
- SMP representatives are members of the Family Readiness Command Team
  - Remember, the single Marines in the unit are not there to support all of the working parties



# Semper Fit Offerings for Families



- Youth Sports
  - Many installations offer a selection of youth sports (teams and clinics)
- Parks, Picnics, and Playgrounds
  - There are pavilions that can be rented for birthdays and events
  - Take advantage of the free parks, playgrounds, and trails (hiking, fitness)
- Outdoor Recreation Equipment Checkout and Rentals
  - Rent water equipment, camping equipment – get outside and have fun!
- Aquatics – Beaches and Pools (Learn to Swim Program)
- Community-Wide Special Events
- Get involved!
  - Volunteer for coaching positions
  - Tobacco Cessation Facilitator





# Operation Tobacco Free Marine Tobacco Cessation Program

- Developed to provide USMC with evidence-based tools to help tobacco users quit successfully
- The OTFM TCP consists of a curriculum, training initiative, and media campaign
- Implementation of the OTFM TCP is anticipated for January 2017
  - Curriculum
    - Founded on Centers for Disease Control and Prevention guidelines
    - Developed specifically for USMC in collaboration with Florida State University
    - Curriculum topics include health consequences of tobacco, barriers to quitting, familiarization with tobacco cessation medications, creating a quit plan and accessing support resources
  - Training
    - Semper Fit Health Promotion staff serve as the primary Tobacco Cessation SME aboard Marine Corps installations with training as Tobacco Treatment Specialists and OTFM Course Facilitators
    - Incorporates a train-the-trainer model where the Installation Tobacco Cessation SME can train other OTFM curriculum facilitators
  - Marketing Campaign
    - An OTFM print and social media marketing campaign has been developed
    - The campaign focuses on various scenarios affecting a Marine's daily life, such as physical fitness, leadership, finances, and relationships



# Child and Youth Programs

- Provide high quality, accessible, and affordable programs and services for eligible families with children 6 weeks to 18 years of age
  - 70 facilities across 14 Marine Corps installations
  - MilitaryChildCare.com (MCC), request for care internet based system, offers eligible patrons a centralized access point for requesting child care services and program information
  - Off Base Child Care Fee Assistance is available to eligible Marines with assistance in paying for accredited child care in the local community
  - Community Based Respite Child Care for eligible Wounded, Ill and Injured Marines and Fallen Marine families
    - Up to 16 hours per month/per child at no cost

# School Liaison Program



- Installation School Liaisons provide information related to school options, community services and resources
  - Located at 17 installations (CONUS and OCONUS)
  - Inform of laws impacting military-connected students such as the Interstate Compact and Impact Aid
  - Educate upon the unique challenges impacting military-connected students such as the importance of integrating into a new school and developing resiliency skills



# Exceptional Family Member Program

- EFMP supports assignment of Marines to both OCONUS and CONUS locations to ensure availability and accessibility of needed medical care and educational services for their family member with special needs.
- Improves the quality of life for enrolled Marines and family members through information and referral services and non-clinical case management services:
  - Support groups
  - Family-to family networking opportunities
  - Special education support
  - Education, training and outreach to Marines, families and commands
  - Family needs assessment and service plan development
  - Transition support for individuals with special needs and their families (Permanent Change of Station, retirement, new diagnosis, etc.)

# Online Resource Source



## October is Domestic Violence Prevention and Awareness Month



### You Won't Believe How This FRO Saved a Marine's Marriage

Can one employee in a unit impact the readiness of a war-fighting organization?



### Marine Corps Installations Awarded for their Anti-Drug Programs

Two Marine Corps installations were recognized for the excellence of their drug awareness and education programs this week at the Community Drug Awareness Awards ceremony.



### October is Domestic Violence Prevention and Awareness Month

Domestic violence isn't something that happens only to people we see on television or on the news. No one deserves to be abused and anyone can be a victim.



### Helping Military Service Members Vote by Mail

Helping military service members participate in the U.S. electoral process by voting this election season is a priority for the U.S. Postal Service. Read more to ensure your ballot is delivered on time.

#### LOCAL INFORMATION



##### Fitness

Visit state of the art gyms that have everything you need to keep fit and mission ready.



##### Movies

MCCS Theaters offer new releases and popular films for the whole family.



##### Dining

From snack bars to restaurants, we have dining options to suit every taste.



##### Shopping

Great prices on the brands you love! Start saving now at the Marine Corps Exchange.



##### Wellness

Discover the wide range of services we offer to enhance your personal and family readiness.

#### FEATURED TAGS

BIRTHDAY

BIRTHDAY BALL

MARINE CORPS BALL

ETIQUETTE

LIFESTYLE

L.I.N.K.S.

SPORTS

PARENTING

CHILDREN

RECREATION

FITNESS

CAREER

#### TOP STORIES

1

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

2

The Trick to Negotiating A Civilian Salary

3

5 Reasons Why Your Child Should Be Playing Sports

4

Is the Marine Corps Prepared for Hurricane Matthew?

5

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





## Spouse's Role

- Be fully engaged and embrace all MF mission
- Proactively engage local installation MCCS for resources and services
- Meet and incorporate program standards established for MF activities

# Questions?

