Happy Tuesday, Fort Sill Leaders! Here’s your weekly ACS Update, all the Soldier and Family Readiness news you can use to support the personnel in your organization. Contact us at 580-442-4916 if we can be of assistance. If we can’t assist you immediately, we’ll make an appointment for you to discuss the issue with one of our providers. Like our logo says, we are here to support you with real life solutions for successful Army living!

Community Information Services

1. Join Fort Sill ACS for an AFTB—Resiliency discussion with ACS Master Trainer, Gerda Weekly, on 30 July at 1030 via Facebook Live. Learn Military life hack resilience skills that will keep you from pulling your hair out even in the most challenging of time. Download the free Army Family Team Building app from your app store and take the Level K (Knowledge) quiz in Resiliency: Be the Bouncing Ball and then join us for an in-depth spouse-to-spouse discussion. Visit [https://www.facebook.com/events/691324868266597](https://www.facebook.com/events/691324868266597) to RSVP for the event.

2. Scheduling ACS assistance is as easy as 1-2-3. Step #1—call 580-442-4916 and set a telephonic intake and assessment session with one of our ACS Specialists. You’ll need to set aside approximately 30-45 minutes of free time for your tele-appointment. Step #2—your ACS Specialist will discuss your unique situation with you during a family needs assessment. Step #3—we’ll assist you in scheduling all your social service referral appointments, whether you need help with finding speaker for your unit, finding a job, using the lending closet, getting connected with other Families through New Parent Support, or simply acclimating to Lawton Fort Sill. We’ll also schedule follow-up appointments so we can make sure the support we referred you to was exactly what you needed.

3. A local project, designed and set into motion by a Fort Sill Military Spouse, is seeking to unite pen pals with Lawton-Fort Sill Veterans Center residents. What a great volunteer opportunity to promote social connection during this time of physical distancing. Check out the specifics in this news report [https://www.swoknews.com/news/project-to-unite-veterans-pen-pals/article_35103ede-a24c-5220-90ef-76d1d54efd02.html](https://www.swoknews.com/news/project-to-unite-veterans-pen-pals/article_35103ede-a24c-5220-90ef-76d1d54efd02.html) and on the Oklahoma Department of Veterans Affairs facebook page [https://www.facebook.com/OklahomaDepartmentofVeteransAffairs](https://www.facebook.com/OklahomaDepartmentofVeteransAffairs)

4. The Commanders Ready and Resilient Council (CR2C) cares about what you think and wants to develop a deeper understanding of issues related to quality of life, health, safety, and readiness here at Fort Sill. Your input is valued. Take the Ft. Sill Community Strengths and Themes Assessment and let your voice be heard. [https://usaphcapps.amedd.army.mil/Survey/se.ashx?s=25113745218B31B9](https://usaphcapps.amedd.army.mil/Survey/se.ashx?s=25113745218B31B9)

5. The AMEDD Community Resource Guides are a great resource for both new and experienced community members. Check out Fort Sill’s resources listed in the AMEDD CRG at [https://crg.amedd.army.mil/guides/tradoc/sill/Pages/default.aspx](https://crg.amedd.army.mil/guides/tradoc/sill/Pages/default.aspx)

6. The Oklahoma 211 system is another excellent place to identify resources in the Lawton Fort Sill area. Check out their website at [https://www.211oklahoma.org/](https://www.211oklahoma.org/)
7. Building Healthy Military Communities is a National Guard multi-year initiative that aims to better understand the unique challenges faced by geographically dispersed service members and their families that may impact their readiness, resiliency, and well-being. Their social media page is filled with excellent resources specific to Military Families that reside in Oklahoma. Check them out at https://www.facebook.com/OKBHMC

8. The Department of Defense Science, Mathematics, and Research for Transformation (SMART) Scholarship-for-Service Program is an opportunity for students pursuing an undergraduate or graduate degree in Science, Technology, Engineering, and Mathematics (STEM) disciplines to receive a full scholarship and guaranteed civilian employment with the Department of Defense (DoD) upon degree completion. The application window opens 1 AUG. For more information, visit the SMART Scholarship-for-Service Program website at: https://www.smartscholarship.org or their Facebook page @SMART.DoD.Scholarship

9. The Lawton Public Library recently published their August newsletter. Download the document to learn about Literacy Dogs, Adultish Crafts, free Zoo Tickets, virtual class offerings, and more! https://www.lawtonok.gov/departments/library

Employment Readiness

1. Hire Heroes USA is hosting a webinar entitled Military Spouses: Master the Job Market on 28 July. Hiring Heroes USA is a non-profit partner in the Military Spouse Employment Partnership. Learn more about them or register for one of their on-line events at https://www.hireheroesusa.org/career-events/

2. Use the MSEP Job Search on the MySECO portal to find more job opportunities with MSEP employers. 143,000 military spouse have been hired by MSEP since June 2011 and you could be next. The portal currently lists 283,811 Active Jobs for Military Spouses with MSEP Partner Companies, many of them remote. Learn more at https://myseco.militaryonesource.mil/portal/msep/jobsearch. This is why one of the first things we do to assist Military Spouses who come to ACS is ensure they’ve enrolled with a career coach!

3. The SECO Career Coaches routinely advise that increasing ones skills will lead to better, higher paying jobs. That’s easy to do with free on-line resources like GCFLearn-Free.org. A program of the Goodwill Community Foundation. GCFLearnFree.org offers more than 200 topics, including more than 2,000 lessons, more than 1,000 videos, and more than 50 interactives and games, all free.

4. Another GREAT resource for those seeking employment locally is the Oklahoma Employment Security Commission website https://oesc.ok.gov/ which features an OSEC Virtual Agent to guide you through the process of filing a claim, apply for unemployment, as well as exploring available jobs in all fields.
5. The Soldier for Life Transition Assistance Program at Fort Sill is also an excellent resource for Mil-Spouse job-seekers. Check out their weekly virtual offerings on their Facebook page, https://www.facebook.com/FortSillSFLTAP/

6. Another of our valued community partners, the USO Pathfinder Program on Fort Sill, also serves MilSpouses as well as transitioning service members. You’ll find information and announcements from the USO Pathfinder Program on their social media page https://www.facebook.com/USOKlahoma/

7. Transition is nearly a constant with Military Life. Military Spouses, whether transitioning into, through, or out of Military Life are encouraged to enroll in DoD’s MySTeP. Created by military spouses, MySTeP is a self-directed, online learning tool that guides military spouses through the available resources, benefits, programs and tools for your entire military journey https://myseco.militaryonesource.mil/portal/content/view/8656

8. *Virtual Military Spouse Symposium Recordings Boost your job search, networking skills and more at your convenience with the 2020 Virtual Military Spouse Symposium session recordings. The event covered topics such as salary negotiation, navigating the federal job search and top resume tips. View all the sessions at https://myseco.militaryonesource.mil/portal/spousesymposium/4

Exceptional Family Member Program

1. Our next EFMP Book Club is for Adults! We’ll be meeting on August 18th at 2:30 pm for a meet and greet. Once registered you’ll receive information on how to pick up a free copy of the book the group will be discussing. For more information, or to register for the event, contact EFMP Systems Navigator, Nicole Tazwell at 580-442-0670.

2. There are still many new and exciting things happening in Oklahoma! For example, the Tinker Air Force EFMP is inviting Army EFMP Families participate in the We Rock The Spectrum Summer Camp, August 3rd—7th for children ages 4-11 years. If interested, please contact the Tinker AFB EFMP at 405-739-2747 or 469-707-0506.

4. The DoD Exceptional Family Member Program launched an online tool, EFMP & Me, providing 24/7 support to military families with special needs. Through tailored checklists, EFMP & Me users can navigate services, connect with resources and advocate for themselves or a family member with special needs. Visit EFMP & Me https://efmpandme.militaryonesource.mil

5. Don’t forget to join our EFMP Facebook group for all the updated information and activities designed just for Exceptional Families assigned or attached to Fort Sill. Ask to join at www.Facebook.com/FortSillACS

Family Advocacy Program

1. Join Fort Sill New Parent Support team for a weekly Parent’s Table Talk lead by an NPSP
Home Visitor. This registered event will occur virtually each Thursday. NPSP will kick off the series on 6 August at 1:30 pm during what we hope is nap time for the littles, and a coffee break for our parents. The 6 August Table Talk will be on “parenting—the toughest job you’ll ever love” and attendees will vote on subsequent Table Talk Topics. To learn more, or to register for the event, message the New Parent Support Program via our facebook page. https://www.facebook.com/pg/FortSillACS

2. Fort Sill’s New Parent Support weekly meetup for Exploring the Park is a hit! This event includes a drive thru every Monday to pick up a craft item for Tuesday’s virtual on-line group session. Participants drive thru Co-Op Park each Monday from 9:30-10:00am to pick up a craft kit for their children. Our NPSP Home Visitors safely passing out kits while parents and children stay in their cars. Masks on, and extra cool points for fun ones! Then, participants join the virtual group on Tuesday from the comfort and safety of their homes while our Home Visitors guide them through activities such as story time, crafts, dancing, and/or singing. Home Visitors are always available to answer questions related to age appropriate activities and growth and development. REGISTRATION IS REQUIRED for resource pick-up and attendance in the virtual group. Send us a message through the Fort Sill Army Community Service Facebook page, include your email address. https://www.facebook.com/pg/FortSillACS/events/

3. Join our New Parent Support Program (NPSP) staff for a virtual Baby Massage group every Wednesday at 11:00 am. Registration is required to attend. Please message our page to speak with NPSP staff for access information. You will be able to massage your baby (birth to crawling) from the comfort and safety of your own home while our Home Visitor guides you through group video chat through the process. Baby Massage can relax, soothe, reduce colic, aid digestion and strengthen your bond with your baby. You will need a soft blanket, massage oil or lotion of your choice and of course your sweet baby. Learn more on our Facebook page https://www.facebook.com/pg/FortSillACS/events/. Don’t forget to register!

3. PCS Season means making sure a new home is safe for all the members of your family. Fortunately, with a Safe Kids “High Five” Checklist, that’s a pretty straightforward task. What are the top five home safety dangers and how can parents mitigate those risks? Find out at https://www.safekids.org/sites/all/themes/sk/images/safe-kids-day/my-high-5/home-safety-checklist.pdf

**Financial Readiness**

1. The Fort Sill Financial Readiness Team is offering a Budgeting for Baby webinar on 21 August, 10:00-11:30 am to assist military parents in proactively planning for all the costs associated with welcoming a new “dependent” into the world. Contact Ms. Catherine Pate, ACFP, at (580) 670-1932 for more information or to sign-up for the webinar.

2. Fort Sill’s Financial Readiness Team is your one-stop-shop for financial training within your organization. Whether you are looking to inform your organization about TSPs, the Blended Retirement System, vehicle or home-buying, or debt reduction the FRP Team has you covered with 3 Personal Financial Counselors and the ability to tailor a virtual training to your organization’s specific needs. See the attached training request form for more information or contact FRP Manager, Ken Lewis, at 442-4916, kenneth.a.lewis4.civ@mail.mil to schedule your unit’s training session.
3. July is Military Consumer Month and military families will find a ton of helpful resources on www.militaryconsumer.gov or their social media platform https://www.facebook.com/MilitaryConsumer which is filled with daily helpful tips, infographics, and videos on everything from saving and investing wisely to avoiding trendy scams like those that attempt to use Coronavirus as the hook.

4. TSP.gov is putting out some excellent video tutorials for all federal employees (Active Duty and Civilian) on wisely utilizing the Thrift Savings Plan. Get connected into TSP.gov on either their website or social media platforms. https://www.facebook.com/tsp4gov

Non-Medical Counseling

1. Everyone struggles now and then with life’s challenges, but if you feel like you’ve got a season pass on the struggle bus, that’s the time to reach out for some assistance from a professional life-navigator! ACS is proud to count the 8 Military Family Life Counselors assigned or attached to Fort Sill among our staff. Each is a licensed professional, able to work independently and anonymously with individuals or couples, and able to conduct presentations on a wide variety of military family life topics within your organizations. MFLCs are great for assisting those trying hard to improve their relationships at home or work, manage their own stress, adjust to deployment, or coping with marital problems, parenting issues, and grief or loss. Best of all, they are telehealth capable so location, childcare, travel time, perception of stigma, and lack of transportation is not an issue! Give us a call today at 580-442-4916 to get connected with one of the Fort Sill MFLCs. Learn more about this DoD funded program at https://www.militaryonesource.mil/confidential-help/non-medical-counseling/military-and-family-life-counseling

2. Our Fort Sill assigned MFLCs are backed up by 24/7 Masters Level Counselors available through the Military One Source Non-Medical Counseling service which can be accessed at any time by calling 1-800-342-9647.

3. Child and Youth Behavioral (CYB) Military Family Life Counselors (MFLCs) are assigned to all of Fort Sill’s Child and Youth Services (CYS) Facilities and most of the surrounding area schools that military children attend. If you believe your child would benefit from speaking with a Non-Medical Counselor about self-esteem issues, communication and relationships at home or at school, life skills such as adjustment or problem solving, behavioral issues such as bullying or anger management, or changes at home including deployment, reunion, divorce, or grief, contact Fort Sill’s School Liaison Officer, Augelica Fleming at augelica.a.fleming.naf@mail.mil.

Relocation Readiness

1. Plan My Move is the Military One Source “go to” location for all your Pre-CS timelines and checklists. Answer a few simple questions about your Family demographics and the location you’ll be moving to, and it will provide you with all the checklists you need to get yourself organized. The site works in concert with Military Installations to populate calendars, an extremely helpful function. Check it out at
https://planmymove.militaryonesource.mil

2. Don’t be fooled by private, out of date websites for contact information at your gaining installation. Know before you go with Military Installations. Download your next duty station’s welcome packet, including a .pdf guide of all the important facilities, contacts, and hours of operation from the official Defense Installations Management Systems (DIMS). This database is updated quarterly by DoD information and referral specialists around the globe and housed on Military One Source. Find your next “home base” at https://installations.militaryonesource.mil/

3. The Fort Sill Lending Closet, full of regular household items available for loan, is now open through a “low-contact” process. If you are scheduled to PCS this summer, whether in-coming or out-going, please contact ACS immediately after you schedule your move with transportation. We’ll discuss your family needs, your timeframe to borrow the common household items we have in the lending closet, and then get the sanitized items packaged for a scheduled, curb side pick-up. Call us at 580-442-4916. Please note that all ACS services, including the Lending Closet, are available by appointment only. Call ahead to help us help you!

4. The Household Goods (HHG) smartphone application provides updated information on Soldier's and service provider's requirements, entitlements and polices. The HHG app provides essential knowledge and tips designed to educate Soldiers, Families, and the Department of the Army Civilians on moving HHG under a Permanent Change of Station (PCS). It’s free in your app store.

5. Prepare for your next military move, or permanent change of station, whether it is coming up or a year away. Learn about the Department of Defense’s new safety measures put in place to protect military families who are PCSing during the COVID-19 pandemic. Learn more [Caution-https://www.militaryonesource.mil/family-relationships/family-life/covid-19-resources/pcs-in-a-covid-19-environment

**Survivor Outreach Services**

If you’ve never visited the Fort Sill Hall of Remembrance, located on the ground floor of Building 4700, I encourage you to do so. The hall is filled with photos of fallen heroes placed their by their Gold Star Families during a special ceremony. It’s conference room features a Gold Star children’s area. Survivor Outreach Services is available for small group tours of the Hall of Remembrance by appointment. Call 580-442-4916 to set an appointment.

Thank you so much for your help in sharing the resources contained within this ACS Update with those who may benefit from it. I truly believe that Personal and Family Readiness are foundational to Resilience. Please take a minute to tell us how we’re doing and what else we might assist you with by filling out an ICE comment card. That’s it for this week.

Optimism is a Force Multiplier! #AskACS
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