

THE OFFICIAL NEWSLETTER OF MONTANA ARMY NATIONAL GUARD FAMILY PROGRAMS FROM THE HOMEFRONT

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<https://montanaguard.gov/Family/Family.html>

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Month of the Military



STATE FAMILY PROGRAMS CORNER



We are proud to announce that November has been declared the Month of the Military Family and Veterans' Month by our Governor Greg Gianforte. This proclamation is a testament to our unwavering commitment to honoring and supporting those who have served our country. During this special month, we celebrate and recognize the resilience, sacrifices, and dedication of our military families and veterans.

As we observe this month, a range of events and initiatives have been organized to show our gratitude. These events are dedicated to highlighting the unique experiences and challenges faced by military families and veterans, while also showcasing their incredible contributions to our community.

Family Programs is here to assist throughout this month and beyond. We understand the vital role military families and veterans play in our society, and we are dedicated to providing them with the support and resources they need. Our mission is to ensure that these heroes receive the recognition, assistance, and appreciation they deserve.

We invite you to join us in these events and initiatives, to show your support, express your gratitude, and stand with our military families and veterans throughout the Month of the Military Family and Veterans' Month.



State Family Programs Director,
Josh Jopling and Family

STATE OF MONTANA



Governor's Proclamation



WHEREAS, Montana is proud to be home to one of the highest per capita populations of veterans in the United States, with nearly 90,000 veterans, as well as thousands of military service members in the U.S. Air Force and Montana Air and Army National Guard and their families; and

WHEREAS, answering the call to serve, members of the U.S. Armed Forces make tremendous sacrifices in defense of our freedoms and way of life each day; and

WHEREAS, behind those who serve are brave families whose support allows service members to focus on the challenges and missions they face in the line of duty; and

WHEREAS, because of the sacrifices of service members – past and present – and military families, we live in the greatest country on Earth; and

NOW, THEREFORE, I, Greg Gianforte, Governor of the State of Montana, do hereby proclaim November 2023

VETERANS AND MILITARY FAMILIES MONTH

and November 5-11, 2023

VETERANS WEEK

in Montana to show our extraordinary appreciation and gratitude for veterans, service members, and their families.



GREG GIANFORTE
Governor



MONTH OF THE MILITARY FAMILY

November 2023

MONTANA ARMY NATIONAL GUARD FAMILY PROGRAMS

To Celebrate Month of the Military Family, each Family Assistance Center will be having a celebration, stop by, meet other families and relax!

FAMILY ASSISTANCE CENTER LOCATIONS:

- ★ **Belgrade – Gallatin Armed Forces Reserve Center – 3 November 1700-1830 – Command Team and SFRG Meet & Greet- Family Appreciation - Coffee & Donuts - POC Kris Nichols – 406-324-5021**
- ★ **Havre Armory - 5 November 1000-1200 – Coffee & Donuts - POC Jody Corner – 406-324-5573**
- ★ **Billings Armed Forces Reserve Center – 9 November 1800-1930– Game Night and snacks – POC Willie Ewers – 406-324-5450**
- ★ **Helena Aviation Readiness Center – 9 November 1800-2000 Game Night/Scavenger Hunt – POC Patti Renenger 406-324-3202**
- ★ **Missoula Armed Forces Reserve Center – 17 November 1800-1900 – Pot Luck and game night – POC Kristen Monroy 406-324-5121**
- ★ **Kalispell – Kalispell Armed Forces Reserve Center – 18 November 1300-1600 – Crafts/popcorn/hot chocolate/games – POC Melissa Coppock – 406-324-5182**
- ★ **Butte – Butte Armory– 8 November 0830-1030 – Coffee and donuts – POC Rose Krieg – 406-324-5280**



<https://montanaguard.gov/Family/Family.html>





Check out what is happening
at your Armory!



so far this month





CHAPLAINS REFLECTION

“At Least There Are No Mosquitoes ”

Three weeks till the Thanksgiving Holiday. I'm glad we have a holiday that encourages us to be thankful, to see the good around us, even during difficulties. A simple example, I don't know about you, but I was caught off guard by the amount of snow that fell at my home on the 18th and 19th of October. I read a great comment concerning Montana and winter, it basically said, "When Montana says it's winter, it's winter." Then someone else replied, "at least there are no mosquitoes!" Well, I agree with the last comment. What a simple yet profound reminder that we do have many reasons to give thanks this time of year.

Philippians 4:6 and 1 Thessalonians 5:16-18 both highlight the practice of thanksgiving in all circumstances and not being anxious about anything. Yet, it's really difficult to be thankful sometimes. Have you lost a loved one to cancer? Are you in a custody battle? Experience a car accident or fire at your house? Is it realistic or even possible to be thankful in all circumstances? It can be, especially once we understand the "who and why" for being thankful. Take the example of cancer. This is a terrible disease, it's evil, I know this firsthand as I've lost my father and my father-in-law to cancer. We are not called to be thankful for things that are evil. What we can do is remember who is with you. What we can do is remember why we can be thankful. For this I go to God's promises. Even when life is not the way you wish it were. You are never alone. I'm reminded that Hebrews 13:5 says, "Never will I leave you; never will I forsake you." The "who" here is God, and we have others who are with us as well. I know the blessing of friends, many who are in the MTARNG that in the recent passing of my father-in-law provided thoughts and prayers.

Why can I be thankful, because of hope. My father-in-law stated that his prayer was to be cured, but in the same breath he talked of his "graduation" as not being the end of life, but the fulfillment of a promise. I know death comes to us all, facing the end of earthly life is somber. I know what it is to watch a man succumb to cancer and have hope. Why, because of promises, because of who his hope was in.

Yes, I am thankful for the snow and cold today because it means there are no mosquitoes! Even more I'm thankful for the "Who and Why" we have around us today. Sometimes even life's hardest times become a blessing because we discover through them the promises that sustain us. Blessings to you and your loved ones this Thanksgiving Season.

CH (LTC) Brian Daum
State Chaplain
406-459-4007
Brian.j.daum.mil@mail.mil



Volunteer Spotlight



Amanda Morrison



Greetings to our brave soldiers, their cherished families, and our dear friends,

I am a Montana native and have spent most of my life savoring its vast landscapes. I married my high school sweetheart, Toby, in our early 20s. Together, we've raised four children: Gavin (17), Eilee (15), Channing (11), and Harper (8). Our family is rounded off by our lively three-year-old Vizsla, Ranger.

Beyond my personal life, I've carved out a long and rewarding career in Market Access & Reimbursement, focusing on accelerating access to innovative technologies for patients. Balancing my full-time professional commitments with family responsibilities has always been a challenge, but it's one I embrace wholeheartedly.

I have diverse interests. I'm an avid reader and always stay updated with current events through the news. Watching movies offers me a break from my routine, and I never pass up the opportunity to try out new restaurants. I'm passionate about hiking and often find solace in the Montana outdoors. Hosting gatherings for family and friends is another activity close to my heart. As a military spouse of over 20 years, supporting Toby through his deployments has been both a challenge and an honor. These experiences have underscored the importance of community support, leading me to volunteer with the SFRG. My aim is to offer steadfast support to other military families as we all navigate the unique challenges that come with dedicating our lives to serving our country.

INTEGRATED PREVENTION PROGRAM

PREVENTION, RISK-REDUCTION, SUICIDE PREVENTION, SUBSTANCE ABUSE, HOLISTIC HEALTH & FITNESS

Mission: **Enhance mental fitness** through self-awareness and resilience tools; **Support help-seeking** behaviors through interventions, resources, and referrals; and **Respond** to service members and families facing specific challenging circumstances with professional resources.



Prevention

Increase Protective Factors and Reduce Harm/Risks
Life Skills & Coaching * Healthy Habits
Emotional Intelligence * Healthy Climates
Data Collection, Analysis & Recommendations



Risk Reduction & Suicide Prevention (R3SP & CSF2)

Annual Training to Reduce Risks of Substance Misuse & Suicide
Administers Unit Risk Inventory & Provides Results
Advanced Training for Risks (4 Lenses), Substance Abuse, & Suicide Prevention (ACE-SI & ASIST)



Army Substance Abuse Program

Self-referrals (assessment & recovery planning)
Case Management (DUIs, Alcohol Incidents, +UA)
Drug Testing Coordination & Unit Prevention
Leaders training



Holistic Health & Fitness

Prevent Injury, ACFT & Height/Weight Failures
Prepare for Physical and Mental Readiness
Educate on Nutrition, Resilience, and more.



Tabitha Garvin-Betancourt, PhD. IPW Manager. tabitha.a.garvin-betancourt.civ@army.mil. 406-324-3242.

Mobile: 406-594-9203. Ft Harrison

Jerry Palmer MSC, LCPC. Air Prevention Specialist Lead. Supporting Air Guard, 1-189th GSAB.

Jerald.palmer.1@us.af.mil. 406-791-0255. Mobile: 406-899-5214. Great Falls

Cora Augustin. Prevention Specialist supporting 495th CSSB. Cora.m.augustin.civ@army.mil. 406-324-5123. Msla.

Shelley Lamey. Prevention Specialist supporting JFHQ, Training Center, 95th TC. Shelley.l.lamey.civ@army.mil. 406-324-3853. Ft Harrison.

Shelby Alsup. Prevention Specialist supporting 1889th HHC and 1-163. email and phone TBA. Butte

Resilience, Risk Reduction & Suicide Prevention Coordinator. Fort Harrison. Vacant

Cherri Schmaus, Dystech Ctr. Risk Reduction Coordinator. Cherri.l.schmaus.ctr@army.mil. 406-324-3180. Kalispell

Rosie Petrino, Dystech Ctr. Suicide & Substance Abuse Prevention. Rosie.l.robinette.ctr@army.mil. 406-324-3222 or 406-324-3307. Ft Harrison.

Drug Testing Coordinator. Ft. Harrison. 406-324-3182. Vacant

LT James Jezyk, Holistic Health & Fitness Coordinator. 406-324-3171. james.d.jezyk.mil@army.mil. Ft Harrison

HOLISTIC WELLNESS CHALLENGE



STRESS LESS THIS HOLIDAY SEASON



CHALLENGE your Service members to adopt at least one of the recommended resources to reduce stress this holiday season.

FACTS & FIGURES: DID YOU KNOW?

- **45%** of Americans, ages 18-44, say their stress levels increase during the holidays¹

- Common stressors reported:



Affording gifts - **54%**



Missing family - **48%**



Lack of sleep - **40%**



Eating too much - **34%**



Discussing politics - **33%**



Being alone - **31%**



Drinking too much - **23%**

SEASONAL STRESS CAN HAVE LASTING EFFECTS

The pressure to find the perfect gift or bake the best cookies can not only dampen holiday spirits, but it can also:

- Put a strain on relationships
- Reduce peak performance
- Decrease mental and physical health

CONTACT US

For more information on holiday stress or other topics, email us at: ng.ncr.ngb.mbx.integrated-prevention-branch@army.mil

TIPS FOR A HEALTHIER HOLIDAY

The holidays are a time of giving thanks, spending time with friends and family, and looking forward to new beginnings.

For some, the season can be challenging. It can be marked by financial pressure, unrealistic expectations, and physical distance from loved ones.

Follow these tips to go from:



- **Connect with others.** Physical distance does not mean disconnected. Call a battle buddy or wingman, text a high school friend, or join a family dinner over video chat.
- **Plan ahead.** Schedule time for activities such as shopping, cooking, baking, gift wrapping, and socializing.
- **Make a budget.** Develop a spend plan and stick to it. Share costs, give homemade gifts, or plan a potluck.
- **Set boundaries.** You don't have to accept every invitation. It is okay to say 'no' to things that don't bring you joy.
- **Respect differences.** Not all friends and family members share the same point of view. When differences arise, choose your words wisely and focus on commonalities.
- **Emphasize self-care.** Keep the same sleep schedule, monitor eating habits, get regular exercise, drink alcohol in moderation, and stay hydrated.
- **Unwind.** Take time to decompress by going for a walk, listening to music, or watching a favorite movie.



DE-STRESS DURING THE HOLIDAYS

What does it mean?

- Holiday stress is an acute reaction to seasonal challenges, whether it's a never-ending shopping list or being physically separated from loved ones.

Why does it matter?

- The effects of holiday stress can linger long after the decorations are put away, which can increase overall health risks and reduce military readiness.

What can you do?

- Recognize that the holidays, while joyous for some, may be difficult for others.
- Reach out to Service members and let them know they are not alone.
- Create opportunities for connection during the holidays and beyond.
- Encourage help-seeking, before manageable problems become unmanageable.
- Talk openly about the importance of maintaining healthy habits.
- Seek a balance between enjoying the festivities and overindulging.

DEOCS EXTENDED

Don't Miss Out!

The deadline to complete the Defense Organizational Climate Survey (DEOCS) has been extended to **30 DEC.**

As 2023 draws to a close, all National Guard members are strongly encouraged to make their voices heard by participating in the survey.

Findings from the DEOCS will inform future prevention plans.



RESOURCES TO RECOMMEND



Advice for military families on how to stay connected during the holidays <https://www.militaryonesource.mil/parenting/family-life/together-while-apart-military-families-connect-for-the-holidays>



Tips for curbing holiday spending [https://www.militaryonesource.mil/financial-legal/personal-finance/9-](https://www.militaryonesource.mil/financial-legal/personal-finance/9-tips-for-savvy-holiday-spending/?inheritRedirect=true)

tips-

[for-savvy-holiday-spending/?inheritRedirect=true](https://www.militaryonesource.mil/financial-legal/personal-finance/9-tips-for-savvy-holiday-spending/?inheritRedirect=true)

Recommendations for dealing with loved ones over the holidays <https://www.hprc-online.org/social-fitness/family-optimization/you-can-go-home-again-tips-deal-loved-ones-during-holidays>

Suggestions for making "hot-button" conversations more productive https://www.hprc-online.org/sites/default/files/document/HPRC_Tips_for_Hot_Button_Conversations_031623_508.pdf

Guidance on how to maintain healthy eating habits during the holidays <https://www.hprc-online.org/social-fitness/relationship-building/keep-your-diet-track-during-holiday-season>

Support for Service members wanting to learn more about responsible drinking

<https://www.ownyourlimits.org>

Tools for military families to help manage stress and worry through a free, online course

<https://www.cohenveteransnetwork.org/tools-for-stress-and-worry>



SPOTLIGHT: MASTER RESILIENCE TRAINING (MRT)

- The National Guard facilitates Service-specific MRT courses to help Soldiers and Airmen cope with adversity, accomplish missions, and thrive in their everyday lives.
- Practicing mindfulness, developing connections, and showing gratitude are just some of the skills that can help Service members reduce seasonal stress and enhance overall readiness.
- For more information, reach out to your unit's Master Resilience Trainer who can provide the support needed to make this a healthier, happier holiday.

REFERENCES:

1. American Psychiatric Association. https://www.psychiatry.org/File%20Library/Unassigned/APA_Holiday-Stress_PPT-REPORT_November-2021_update.pdf
2. Psychological Health Center of Excellence. <https://health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/Clinicians-Corner-Blog/When-the-Tinsel-Gets-Tangled-How-to-Cope-with-Holiday-Stress>



Montana National Guard Family Programs

Supporting Montana's Veterans, Service Members, and Families

The Family Programs' goal is to provide education, support and resources through community, state and federal programs, ensuring that service members, families, and veterans have the knowledge and resiliency to support mission readiness and retention.

Belgrade Family Assistance Center
O: 406-324-5021 C: 406-439-9289
Belgrade Armory - 350 Airport Rd
Belgrade, MT 59714

Billings Family Assistance Center
O: 406-324-5450 C: 406-410-2938
Billings Armory - 2915 Gabel Road
Billings, MT 59102

Havre Family Assistance Center
O: 406-324-5573 C: 406-439-5350
Havre Armory - 1050 2nd St W
Havre, MT 59501

Helena Family Assistance Center
O: 406-324-3202 C: 406-439-6033
Family Programs Bldg. 220
1056 Mt Majo Street, PO Box 4789
Fort Harrison, MT 59636-4789

Missoula Family Assistance Center
O: 406-324-5121 C: 406-465-8455
Missoula Armory - 9383 Running W. Rd
Missoula, MT 59808

Kalispell Family Assistance Center
O: 406-324-5182 C: 406-431-5120
Kalispell Armory - 2989 Hwy 93 N
Kalispell, MT 59901

Butte Family Assistance Center
O: 406-324-5280 C: 406-202-3946
Butte Armory - 600 Gilman Ave
Butte, MT 59701

Great Falls: Air National Guard
Family Readiness Program Manager
O: 406-791-0122 C: 406-788-8967
2800 Airport Ave B
Great Falls, MT 59404



MONTANA NATIONAL GUARD

Soldiers, Airmen & Families

JOINT SUPPORT AND OUTREACH SERVICES

SUPPORT

LTC Paul Fowler
G9 Director
Office - 406-324-3226
Cell - 406-459-0205
paul.b.fowler.mil@army.mil

Joshua Jopling
State Family Programs Manager
Office: 406-324-3239
Cell: 406-410-2940
joshua.w.jopling.civ@army.mil

SOLDIER AND FAMILY READINESS

Integrated Primary Prevention



Dr. Tabitha Garvin-Betancourt
Integrated Primary Prevention Officer
406-324-3242
tabitha.a.garvin-betancourt.civ@army.mil



Mark Juntunen
Integrated Primary Prevention Specialist
Billings
406-324-5400
Mark.juntunen2.civ@army.mil



Cora Augustin
Primary Prevention Specialist
Missoula
406-324-5123
cora.augustin.civ@army.mil



Jerry Palmer
Primary Prevention Specialist
Great Falls
406-791-0255
jerald.palmer.1@us.af.mil



Shelley Lamey
Helena Primary Prevention Specialist
(406) 324-3853
shelley.l.lamey.civ@army.mil

Paige Morgan

MTANG Airman and Family Readiness Program Manager
120th Air Wing
Great Falls Air National Guard Base
Office (406)791-0122
paige.morgan.1@us.af.mil



Janene Felter
Toll-Free: 800-342-9647
militaryonesource.mil



Montana Resilience,
Risk Reduction and
Suicide Prevention
(406) 324-3242



Dean Belcourt
Lead Military and Family Readiness Specialist
Fort Harrison, MT
Office (406)324-3232
dean.a.belcourt.civ@army.mil



Savanna J. Sill
Lead Child and Youth Program
Coordinator
Dynamic Systems Technology Inc. - Contractor
Office (406)324-3925
email: savanna.j.sill.ctr@army.mil



Yellow Ribbon Coordinator MTARNG
2LT Mitch Brinkman
mitchell.l.brinkman.mil@army.mil
O: 406-324-3128



Rose Krieg
Butte
406-324-5280



Kris Nichols
Belgrade
406-324-5021



Patti Renenger
Helena
406-324-3202



Montana
National Guard
Military and Family
Readiness Specialists



Melissa Coppock
Kallispell
406-324-5182



Jody Corner
Havre
406-324-5573



Willie Ewers
Billings
406-324-5450



Kristen Monroy
Missoula
406-324-5121

INTERVENTION SERVICES



Marieke Baughman, SARC

Office: 406-324-3803
Cell: 406-461-8605
marieke.baughman.civ@army.mil

Erin Saylor

Office: 406-324-3803
Cell: 406-431-1204
erin.l.saylor.civ@army.mil

Bailey Williams

Office: 406-324-3606 Cell: 406-410-2937
bailey.m.williams10.civ@army.mil

For reporting, questions, support or advocacy
related to SAPR, please contact the 24/7 Helpline
at 406-465-9928

to reach a credentialed SAPR/Victim Advocate.

Personnel can also contact the

DoD SafeHelpline for Anonymous and Confidential
24/7 assistance at
1-877-995-5247.



Behavioral Health Specialist
Troop Medical Clinic
1956 Mount Majo Street
Fort Harrison, MT 59636
Office: 406-324-3279



Confidential CHAT
WEB
MilitaryCrisisLine.net
TEXT 838255

Behavioral Health Specialist
BAFRC
406-324-5441 office

SUPPORT PROGRAMS



Parker Sullivan

parker.sullivan.ctr@us.af.mil
Employment Assistance, employer recognition, resume writing

USERRA - Uniformed
Services Employment
and Reemployment
Rights Act Case Call:
1-800-336-4529
option 1



Laura Steinhoff, AFC
NOSC, Helena, MT
Personal Financial
Counselor (PFC)
steinhoffl@magellanfederal.com



Vet Center Call Center
1-877-927-8387 is a free, around the clock
confidential call center where Veterans,
service members and their families can talk
about their military experience or any other
issue they are facing in transitioning after
military service or trauma and get
connected to their nearest Vet Center. Our
call center team is comprised of combat
Veterans from several eras as well as family
members of Veterans



Liz Schmidt
Education
Services Officer
Office: 406-324-3734
elisabeth.g.schmidt.civ@army.mil



Doug Ross
Office: 406-324-5218
Cell: 406-465-2216
douglas.b.ross2.ctr@army.mil



Timothy Ingraham
Transition Assistance Advisor
406-324-3257 Office
tingraham.ctr@gapsi.com



Defense: Adverse Actions,
Separation, & Investigations
Contact Trial Defense Services (TDS)
by calling: ARNG TDS: 703-601-2214
ng.ngb.tdsfts@army.mil
TDS will connect you with JAG in
Montana



Office of the Staff Judge Advocate
Support: Wills, powers of attorney,
advanced medical directive,
landlord-tenant issues, and
consumer law.
Call: 406-324-3325



CHAPLAIN

ARNG CH Brian Daum (Helena) (406) 459-4007
ARNG CH Cody Roach (Billings) (406) 431-3461
ARNG CH Darren Schwartz (406) 437-1577
ANG CH Jeff Simpson (Great Falls) (406) 231-0967



CALL 988 or
TEXT MT TO 741-741
24/7 for help



<https://montanaguard.gov/Family/Family.html>



Montana National Guard Family Programs





**SUBMIT ANONYMOUS FEEDBACK
IF YOU CHOOSE!**

MTARNG Soldier & Family Support Link



Let's Get Connected! Scan the QR Code to make the connection



THE HELPDESK CONNECTION CAN ALSO BE
ACCESSED ONLINE AT:

[HTTPS://WWW.SURVEYMONKEY.COM/R/
SOLDIERHELPDESK](https://www.surveymonkey.com/r/soldierhelpdesk)

OR

YOU CAN EMAIL THE MTARNG SOLDIER HELPDESK
DIRECTLY AT: MTARNGSOLDIERHELPDESK@ARMY.MIL



pay issues, retention, education, or benefits



- share positive feedback or concern
- have an idea or suggestion to improve the organization



have a mental fitness professional call you



want to schedule an appointment with a: financial counselor,
transition assistance coordinator, family programs specialist

• **NOTE: THIS IS A NON-CRISIS HELP DESK** •

We value your service and commitment to our great nation, and we are dedicated to ensuring that you and your families have access to the support you need. Your input in this survey is essential to helping us understand and address your unique child care needs. By participating, you are contributing to the well-being of your fellow service members and their families.

Why Your Input Matters:

Your experiences as National Guard and Reserve members and their families are vital in shaping the support systems available to you. By participating in this survey, you are helping us:

- **Tailor Child Care Services:** Your input will help us understand your specific child care requirements, allowing us to design child care programs that cater to your needs.
- **Improve Accessibility:** We want to ensure that child care services are accessible to all National Guard and Reserve members in Montana, regardless of their location.
- **Support Working Families:** Many of our service members have civilian jobs in addition to their military service. Your feedback will help us enhance child care options that accommodate your unique schedules and requirements.

Montana & National Guard Reserve Members **CHILD CARE NEEDS** Assessment Survey



This survey will be utilized to measure the current childcare needs for Montana National Guard & Reserve Members, including the need for childcare over drill weekends. This information will be used to provide data to Child Care Resources/Referral Agencies and Child Care Providers to demonstrate the current need of childcare for National Guard & Reserve Members.



https://www.surveymonkey.com/r/Childcare_MTCYP

Your voice matters. The Montana National Guard and Reserve Members ChildCare Needs Assessment Survey is a tool for you to shape the childcare services available to you and your fellow service members. Your input is a crucial step toward creating a more supportive and responsive childcare system for our National Guard and Reserve members in Montana. Thank you for your dedication, and for helping us enhance the support provided to you and your families.

Take the Survey and Make a Difference Today!

MONTH OF THE MILITARY FAMILY

CAMP IN-A-BOX

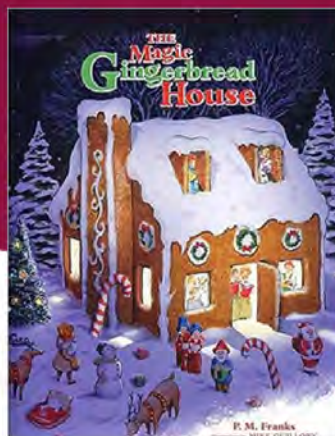
FAMILIES EXPERIENCING
DEPLOYMENT OR
LIVE IN A RURAL
COMMUNITY



REGISTER ONLINE: <https://mtngkids.campmanagement.com/campers>

STORIES FOR KIDS WITH DEPLOYED PARENTS

When parents are deployed, holidays can be hard. Here is a selection of kids books, that can help them understand and cope better during the holiday season. Available on Amazon or your local bookseller!



ARTICLE

10 Tips for Parenting While Your Spouse Is Deployed

4 minute read • June 8, 2020

When your partner is deployed, it can feel like you are a single parent. Although the situation is temporary, there are adjustments you will need to make: emotional, financial and household. Here are some guidelines and strategies that will help you parent while your spouse is deployed.

- **Make a communications plan.** Decide, before your spouse deploys, how you will communicate with one another and when and how your partner will stay in touch with the kids.

- **Arrange for dependable child care.** If you live on or near a military installation, look into enrolling your child in a Department of Defense Child and Youth Program. Programs include full-day, part-day, hourly child care, part-day preschool, and before- and after-school programs. Learn more at [MilitaryChildCare.com](https://militarychildcare.com). If you don't live near an installation or if the child care centers on your installation are full, you may be eligible to receive fee assistance for off-base community child care programs. Visit [Child Care Aware® of America](https://childcareaware.org) for information.

Get support. Contact your installation's [Military and Family Support Center](#) to learn about local resources and opportunities for families of deployed service members. Get involved with your family readiness group to meet other people in the same situation.

And take advantage of [free, confidential non-medical counseling](#) via secure live video. You and your deployed partner can discuss deployment concerns, parenting issues and more with a professional with a master's or doctoral degree.

Connect with neighbors and playgroups. Get to know at least three of your neighbors because you may need to reach out during an emergency. Don't be afraid to turn to friends and relatives; they are part of your support system. Join a babysitting co-op or playgroup. You may find one through your installation's Military and Family Support Center, a local house of worship or a community recreational facility.

- **Learn and practice stress management techniques.** Call Military OneSource 800-342-9647, for information on stress management techniques. You can also ask to speak with a health and wellness coach to learn more about how healthy eating and regular exercise can contribute to the overall well-being of your whole family.

Get organized. Write down appointments, birthdays, family and school events, and anything else you need to remember on one central calendar. Sit down with children once a week to go over the upcoming schedule and discuss everything you need to do to prepare.

- **Simplify.** Try to plan meals that will have leftovers you can use for another meal. Also, plan a week's worth of meals before you go grocery shopping to cut out last-minute trips to the store. Group your errands so you can do them during a single trip. Let your child choose one of the absent parent's chores as his or her own.

Keep predeployment routines. Children thrive with routine, so stick to the schedule. However, plan a special outing every now and then. Be consistent with discipline. Your child may test to see if you'll bend the rules with one parent gone.

Be honest. Share appropriate information about the deployed parent's location and assignment. Answer your child's questions honestly but in an age-appropriate way.

Take care of you. Most importantly, don't forget to take care of yourself. If you get enough sleep and exercise and eat well, the adjustment to life with your partner away will be easier for you and your child.

Parenting without a partner requires stamina and patience, however, with a little planning and support, you will succeed in your mission at home just as your service member does in his or her job.

This Article is for

New Service Member, Parent, Spouse

Topic

Military Family Life



National Veterans and Military Families Month – Fact Sheet

Every November, the Defense Department and the military community celebrates military families and transitioning veterans during National Veterans and Military Families Month.

Join the celebration:

- Fun giveaways*
- "Test Your MilFam IQ" quiz
- New podcast episodes
- Resources to help you thrive

<https://www.militaryonesource.mil/media/toolkits/service-provider/national-veterans-military-families-month/>



Special Events and Offers for Military Families

Individual giveaways for military families

The Defense Department and Military OneSource are recognizing military families and transitioning veterans with individual giveaways, such as doodle journals, pop-it toys and wooden blossom kits. Giveaways are available to military service members and their immediate family members, as well as to veterans within 365 days of their post-separation date.

Service providers — Military OneSource has also created products to help support the wonderful work you do! Order Military OneSource sticker sheets and temporary tattoos to distribute at installation events throughout November.

Podcast episodes all month long

Military OneSource is hosting special podcast episodes to celebrate military families and transitioning veterans — spouses, partners, parents, co-parents, children, extended family members and even friends. Tune in to Military OneSource podcasts throughout November, and help spread the word about these special online episodes to the families in your community: <https://www.militaryonesource.mil/training-resources/podcasts/>.

Helpful resources and fun tips

In November and all year long, we'll highlight resources and services for military families and transitioning veterans on Military OneSource and Spouse Education and Career Opportunities social channels. Follow along and share posts you think will be fun or helpful for families in your community.

Support whenever it's needed

This month and all year long, Military OneSource consultants are available 24/7 to connect service members and their spouses to info, answers and support — everything from confidential counseling to specialty consultations on child care, relationships, spouse employment, relocation and more. Check out the My Military OneSource app, making it easy for service members, military families and survivors to access personalized help, benefits and expert support. See all the ways we can support military families at <https://www.militaryonesource.mil/family-relocation-supporting-and-caring-for-military-family-appreciation/>.





Video and Telephone Counseling for Children and Youth

Free and flexible support, where and when your child needs it

Child and Youth Behavioral Military and Family Life counselors are specially trained, licensed professionals who understand the issues military children face. Receive confidential telehealth counseling services by phone or video; or request face-to-face.

Who is eligible?

Children of service members and Department of Defense expeditionary civilians are eligible for non-medical counseling. This free and confidential service from the Military and Family Life Counseling Program is available to children, youth and survivors up to age 18.

Schedule an appointment with a Child and Youth Behavioral Military and Family Life counselor:

Your point of contact: _____

Phone number: _____ Date and time: _____

How does non-medical counseling help?

Child and Youth Behavioral Military and Family Life counselors provide support for a variety of issues, including:

- Self-esteem • Divorce
- Bullying • Grief
- Behavioral problems • Relationships
- Deployment and • Problem-solving reunion
- Time management

Your Military and Family Life Counselor will host a meeting on:

Call Military OneSource anytime, 24/7 at 800-342-9647
or visit <http://www.militaryonesource.mil>.



WESTERN MT MOBILE VET CENTER



OUTREACH WILL BE CONDUCTED ON THE MOBILE VET CENTER ON THE FOLLOWING DATES / PLACES*:

* ALL DATES, LOCATIONS AND TIMES SCHEDULED COULD CHANGE DUE TO WEATHER OR OTHER REQUIRED EVENTS OUT OF THE VET CENTERS CONTROL



1st Tuesday of the month: Plains MT- VFW Post 3596 at 201 Lynch St, Plains, MT 59859 (Parked in the back lot behind the VFW.)



2nd, 3rd, 4th and 5th Tuesday of the month: Stevensville MT- American Legion Post 94 at 754 Middle Burnt Fork Rd, Stevensville, MT 59870 (Parked up front of A.L. hall)

Serving Montana's Veterans

all dates, locations and times scheduled could change due to weather or other required events out of the Vet Centers control

November 2023



Connection.
Camaraderie.
Community.



Department of Veterans Affairs
Readjustment Counseling Services

Billings Vet Center
2795 Enterprise Ave, Ste 1
Billings, MT 59101
(406) 657-6071

Outreach will be conducted on the Mobile Vet Center on the following dates / places*:

* all dates, locations and times scheduled could change due to weather or other required events out of the Vet Centers control

2 Nov. 2023

Columbus
Absarokee

Senior Center (VSO)
Catholic Church (VSO)

1000-1130
1200-1400

3 Nov. 2023

Roundup

Musselshell County Courthouse

1030-1400

10 Nov. 2023

(Happy 248th Birthday U.S. Marine Corps )

11 Nov. 2023

15 Nov. 2023

Veterans Day



Senior Center
Little Big Horn College

1000-1100
1130-1400

Harden
Crow Agency

16 Nov. 2023

Red Lodge

Elks Lodge

1030-1400

17 Nov. 2023

Big Timber

The Fort

1000-1430

20 Nov. 2023

Billings (No MVC)

Adaptive Performance Center (APC)

0830-1200

21 Nov. 2023

Lame Deer

Chief Dull Knife College

1030-1200

IHS Clinic

1200-1400

23 Nov. 2023

Thanksgiving Day!



30 Nov. 2023

Billings (No MVC)

Mazevo Coffee (3911 Central Ave)

1000-1130



Serving Montana's Veterans

- all dates, locations and times scheduled could change due to weather or other required events out of the Vet Centers control



FY24 ARNG FALL COLLEGE & CAREER 'VIRTUAL' EXPO SCHEDULE: WEDNESDAY 15 NOVEMBER 2023

- Click on the link of the school/ vendor below or use the call in number and PIN to join a session and speak with a representative.
- If using TEAMS type your name/state in the chat each time you enter a session.
- Each session will have the same call-in number, but different PINs.

CALL IN NUMBER: +1 571-616-7941

SESSION 1: 1000-1200 EST

[Austin Peay State University](#)998 139 249#

[University of Baltimore](#)640 694 962#

[Columbia Basin College](#)276 154 488#

[Excelsior University](#)225 423 004#

[University of Massachusetts Global](#)914 654 0#

[NetCom Learning](#)342 085 163#

[Park University \(MO\)](#)139 859 070#

[The SANS Institute](#)445 326 212#

[Western Kentucky University](#)315 921 856#

FY24 ARNG FALL COLLEGE & CAREER 'VIRTUAL' EXPO SCHEDULE

A general education counseling session will be available throughout the entirety of the expo to answer your education questions.

FTA/CA Presentation: 1200-1230 EST, Call-in Pin: 931 480 219#

GI Bill® Presentation: 1230-1300 EST, Call-in Pin: 157 643 248#

CALL IN NUMBER: +1 571-616-7941

SCHOOL/VENDOR

CALL-IN PIN

American Military University

295 410 378#

CBT Campus. LLC

403 956 212#

Johns Hopkins University

795 139 615#

University of Central Missouri

345 649 651#

Southern New Hampshire University

894 309 424#

The University of Toledo

621 137 808#

JOIN US ON SOCIAL MEDIA
@ARNGEDUCATION



For more
information:



kenneth.d.blake.ctr@army.mil
stephanie.l.pulaski.ctr@army.mil



703.607.5148
703.607.5158



CULTURAL
AWARENESS

OBSERVANCE



NATIONAL AMERICAN INDIAN HERITAGE MONTH
TRIBAL NATIONS SOARING TO NEW HEIGHTS



Every November, the Department of Defense (DoD) joins the Nation in celebrating National American Indian Heritage Month. The event is also known in some circles as American Indian and Alaska Native Heritage Month.

It's an opportunity to recognize the rich and diverse cultures, traditions, stories, and important contributions of Native American and Alaska Native peoples.

There are over 9 million American Indian and Alaska Natives living in the United States today.

With over 574 federally recognized tribes, there are hundreds of different cultures that are as unique as the people they represent.

For 2023, The Society of American Indian Government Employees

(SAIGE)

has chosen the theme: "Tribal Nations Soaring to New Heights."

For more than 100 years, generations of Mohawk ironworkers shaped the skylines of North American cities. These men built prominent landmarks, including the Empire State Building, the Chrysler Building, the George Washington Bridge, and the World Trade Center.

The Mohawk tradition of ironworking began in the mid-1880s. They were hired as unskilled laborers to build a bridge over the St. Lawrence River onto Mohawk land. Quickly, they earned a reputation for being hard workers on high steel, earning the nickname "skywalkers."

In the 1960s, when New York City announced plans for the World Trade Center, which would be the tallest in the world, hundreds of Mohawk men played a vital role in the construction.

After the 9/11 terrorist attacks on the towers, descendants of the original ironworkers returned to the structure to aid in rescue and cleanup at ground zero.

Fittingly, Mohawk ironworkers then helped build the new Freedom Tower, now known as One World Trade Center.

American Indians and Alaska Natives have built a legacy of



Montana Veterans MEAT LOCKER

MEAT



GIVEAWAY

Date:

12/09/2023

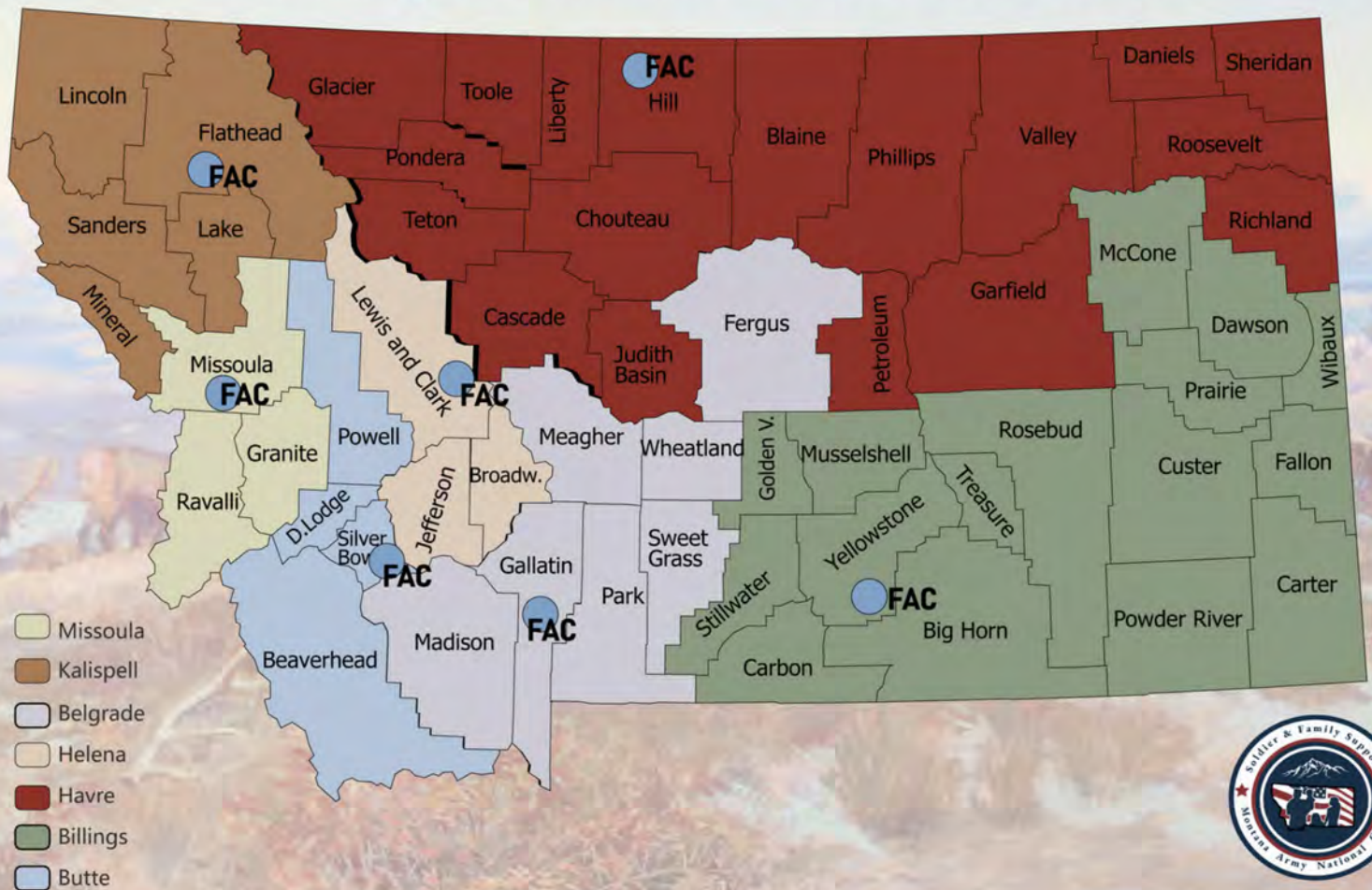
Location:

American Legion Post
3201 Wynne Ave. Butte MT

Time:

10am – 2pm

Family Assistance Center Locations



KRISTEN MONROY
SOLDIER AND FAMILY
READINESS SPECIALIST
MISSOULA

406-324-5121



DEAN BELCOURT
LEAD SOLDIER AND FAMILY
READINESS SPECIALIST
HELENA

406-324-3232



MELISSA COPPOCK
SOLDIER AND FAMILY
READINESS SPECIALIST
KALISPELL

406-324-5182



JODY CORNER
SOLDIER AND FAMILY
READINESS SPECIALIST
HAVRE

406-324-5573



KRIS NICHOLS
SOLDIER AND FAMILY
READINESS SPECIALIST
BELGRADE

406-324-5021



WILLIE EWERS
SOLDIER AND FAMILY
READINESS SPECIALIST
BILLINGS

406-324-5450



PATTI RENENGER
SOLDIER AND FAMILY
READINESS SPECIALIST
HELENA

406-324-3202



ROSE KRIEG
SOLDIER AND FAMILY
READINESS SPECIALIST
BUTTE

406-324-5280

MONTANA'S MOVE OVER LAW REQUIRES

DRIVERS APPROACHING A STATIONARY EMERGENCY, TOWING, OR MAINTENANCE/CONSTRUCTION VEHICLE TO SLOW DOWN TO THE TEMPORARY POSTED SPEED LIMIT. IF NO TEMPORARY SPEED LIMIT IS POSTED THE DRIVER IS REQUIRED TO:

- SLOW BY 20 MPH BELOW THE POSTED SPEED LIMIT ON THE INTERSTATE IF ABLE TO MOVE LANES.

(OR HALF THE POSTED SPEED IF NOT ABLE TO MOVE LANES)

- SLOW BY 30 MPH BELOW THE POSTED SPEED ON A STATE HIGHWAY OR COUNTY ROAD IF ABLE TO MOVE LANES.

(OR HALF THE POSTED SPEED LIMIT IF NOT ABLE TO MOVE LANES)

- BY HALF THE POSTED SPEED LIMIT ON ANY OTHER ROADS.

- ON A MULTI LANE HIGHWAY, DRIVERS ARE REQUIRED TO MOVE TO A LANE NOT ADJACENT TO THE STATIONARY AUTHORIZED VEHICLE.

- OR MOVE OVER AS FAR AS SAFELY POSSIBLE UNDER THE CIRCUMSTANCES.



WHEN A DRIVER FAILS TO FOLLOW THE LAW, THEY COMMIT RECKLESS ENDANGERMENT OF PERSONNEL



HIGHWAY/UTILITY



FIRE



EMS



POLICE



TOWING

WHAT TO DO when you see a stationary vehicle with flashing lights

1

**SLOW
DOWN**



2

**CHANGE
LANES
SAFELY**



**SLOW DOWN MOVE OVER
GIVE THEM ROOM**

MAXIMUM FINES AND PENALTIES:

\$10,000

IMPRISONMENT
FOR
1 YEAR



**MOVE OVER
Montana
Save A Life**

**IT'S NOT A COURTESY
IT'S THE LAW**

www.facebook.com/moveovermontana

MILITARY ONESOURCE

Military One Source is a confidential Department of Defense-funded program providing comprehensive information 24/7 on every aspect of military life at no cost to active duty, guard, and reserve component members and their families. Information includes, but is not limited to; deployment, reunion, relationships, grief, spouse employment and education, parenting and childhood, and more.

Montana Military OneSource Consultant; Janene Felter
janene.felter@militaryonesource.com
Office: 406-781-4986
www.militaryonesource.mil
or call: 800-342-9647



Personal Financial Counselors

Are you eligible? All active-duty, National Guard and reserve service members, their family members and survivors are eligible to receive no-cost financial counseling services. If a counselor is not available within 50 miles of your location, PFCs can provide virtual appointments. While you'll see service branch affiliation listed, you are welcome to work with any PFC.

- Support and Counseling Services:
- Confidential financial consultations for individuals & families
- Referrals to military and community resources
- Help with credit management and budgeting

Helena, Montana
Laura Steinhoff
steinhoffl@magellanfederal.com
406-202-4276

Malmstrom AFB, Montana
brenkertriggssb@magellanfederal.com
406-750-2945



Direct liaison to VA health and disability benefits and Vets Center Information. Serves as a first line of support for returning veterans to help troubleshoot concerns surrounding their benefits, education assistance, employment and other issues they may encounter when they return home from deployment or transition back into civilian life.

Tim Ingraham
MONTANA
Transition Assistance Advisor
Federal Contractor
Phone 406 324 3257
Email Timothy.r.Ingraham.ctr@army.mil
Email TIngraham.ctr@gapsi.com



The Montana National Guard Family Support Fund

MTANG Family Support Fund provides grants and zero-interest loans for emergency/urgent situations for Montana Army National Guard members and their families whom have exhausted other avenues of help.

Contact your local Soldier and Family Readiness Specialist for more information about how to apply for the Family Support Fund.



DID YOU KNOW?



PROVIDES A CHILD CARE
ASSISTANCE SUBSIDY
FOR GUARD/RESERVE/
TECHNICIANS?

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

Army Child Care Fee Assistance was created to provide authorized Reserve and Active Duty personnel assistance in locating, selecting, and offsetting the cost of civilian child care when on-base child care is not available or a viable option for the service member and their family. The program available through CCAoA provides subsidies for eligible military dependents enrolled in quality commercial child care programs throughout the United States.

Determine Your Eligibility

Active Duty/Deployed Active Duty
Guard/Reserve activated under Title 10 or Title 32 Federal orders
Guard/Reserve activated deployed under Title 10 or Title 32 Federal orders
Army Civilians
Guard Technicians/Reserve Technicians



Event
Registration:



mtngkids.campmanagement.com/campers

Montana National Guard Family Programs

Child & Youth Programs

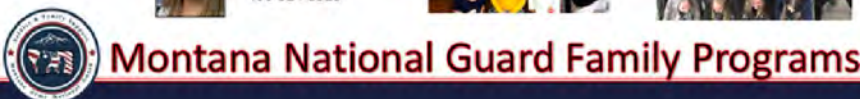
Programs/Events *All events are currently Camp-in-a-Box Or Virtual!
• Year-round events & activities for youth ages 6-18
• Family Events- All Ages
• Teen Council & Leadership Retreats
• Summer Camps
• Yellow Ribbon Youth Events

Resources/Support
• Military Youth Support Resources
• Child Development Resources
• Information About Scholarship Programs
• Exceptional Family Member and Other Youth Resources

Outreach/Education
• Information and support for parents and educators
• Deployment cycle support & resources



Contact:
Savanna Sill
406-324-3925



★ ★ OUR ★ ★ MILITARY KIDS

OURMILITARYKIDS.ORG | 703-734-6654 | OMKINQUIRY@OURMILITARYKIDS.ORG

★ ★ ★

Our Military Kids recognizes the sacrifice of children of deployed National Guard, deployed Reserve, or post 9/11 combat-injured service members by offering extracurricular activity grants that build the child's self-confidence, enhance family wellness, and strengthen a shared sense of community.



Children of the National Guard and Reserve Deployed or Stateside Activated

Our Military Kids awards up to two \$300 grants per child (ages 3-18) to fund the extracurricular activity of their choice while a parent is deployed or activated stateside with the National Guard or Reserve.

This grant program is made possible solely through the generosity of foundations, corporations, and individual donations.

PROGRAM ELIGIBILITY

★ ★ ★

In order for a child to receive an activity grant from Our Military Kids:

- ★ The child is three (3) years of age through 18 AND has not yet graduated from high school.
- ★ For missions of 90-179 days (cumulative within 12 months), each child is eligible for **ONE (1)** grant up to \$300 for one activity.
- ★ For missions of 180+ days (cumulative within 12 months), each child is eligible for **TWO (2)** grants up to \$300 each for the same or different activities. Each grant requires a separate application.



Share Story Time... No Matter the Distance



Introducing the new United Through Reading App

For 30 years, United Through Reading has provided the opportunity for service members to be video recorded reading a storybook about to a child they love. We encourage military members to video-record stories at more than 200 physical UTR Story Stations around the world. Now, service members and veterans can download the United Through Reading App, which is both FREE and SECURE, on the Google Play and Apple Stores.

Download the United Through Reading App Today!



Download on the
App Store



GET IT ON
Google Play

Record Story on App

Record offline and upload when wifi is available

Secure & No Cost

Verifies military affiliation with TroopID

Kids Read Along Online

Or download the video to PC, Mac, or Android

Free Book

Provided by Dollar General Literacy Foundation



Follow These Steps to Use the UTR App

- 1 LOGIN**
Register with www.UTR.org to log in.
- 2 SELECT A BOOK**
Go to your bookshelf, a library, a UTR Story Station, or request a free book from our website.
- 3 READ**
Select Add (+) to begin, press record, and read your story aloud.
- 4 SAVE**
Finish recording then save your file.
- 5 SHARE, SEND, AND PREP**
Select the checkmark (✓) to add or confirm the email addresses where the video is to be sent and select "yes" to move the video to the upload section.
- 6 UPLOAD**
Navigate to the Upload tab and select Upload All to send your video recordings.
- 7 REQUEST A BOOK**
Visit utrgoapp.com to request a free copy of the book for the child.
- 8 VIEW**
An email is sent to your friend or family member telling them how to log in, view, and download your video at utrgoapp.com.

Visit UTR.org/app for more information. For help, email appsupport@utrgo.org.

INTERESTED IN VOLUNTEERING FOR YOUR SERVICE MEMBERS UNIT?



SFRG Members

Soldier and Family Readiness Groups (SFRG) are SEEKING FAMILY MEMBERS to join in and become an active SFRG Volunteer for their Soldier's unit. Family members include; spouse, mom, dad, sister, brother, girlfriend, boyfriend and extended family!

WHAT ARE THE GOALS AND EXPECTATIONS OF THE SOLDIER AND FAMILY READINESS GROUP?

- ▶ Act as an extension of the unit command in providing official and accurate command information to Soldiers and their Families.
- ▶ Connect Soldiers and Families to the chain of command and provide support between the command and SFRG members.
- ▶ Connect SFRG members to available community members.
- ▶ Offer a network of mutual support.
- ▶ Provide outreach, unit readiness activities and Family educational programs.

TO VOLUNTEER OR
HEAR MORE,
CONTACT OUR
STAFF:

Family Programs

Soldier and Family Readiness Lead

Mr. Dean Belcourt, CIV

406-324-3232 Office

dean.a.belcourt.civ@army.mil



Online Class



SOLDIER AND FAMILY READINESS GROUP VOLUNTEER TRAINING

Upcoming Dates 2023/24

November 16

December 21

January 18

February 15

March 21

April 18

May 16

Trainers:

**Family Programs
Staff**

Contact to Register:

**Lead SFRS - Dean Belcourt
406-324-3232**

dean.a.belcourt.civ@army.mil



**JOIN
NOW!!**

You will learn:

- **Identify the SFRG's role in the Commanders Soldier and Family Readiness Program and Team**
- **Define and understand SFRG mission essential activities as outlined in the regulation**
- **Define methods of integrated communication**
- **Illustrate how to utilize Volunteers**