BUCKEYE FAMILIES

VOLUME 2, ISSUE 3 APRIL—JUNE 2015

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Time to Get Off the Couch...

CPT Franz—State Family Programs Director

Famous four words of the Summer...Get off the couch. I have put these four words at the end of most articles I write. It is my attempt to put some exercise and adventure in your life, even if just for a short while. Why you might ask? First, it is summer and the weather is great for visiting outdoor destinations. Second, it is good for you and your family to get outside. A study by University of Maryland, shows that the amount of time children ages 9 to 12 spent participating in outdoor activities such as hiking, horseback riding, fishing, camping and gardening declined by 50 percent in the last decade. What are children doing instead? Playing video games, watching TV and spending time on the computer or phone. Such activities are, of course, linked with the rise in childhood obesity. A National Health and Nutrition Examination Survey found that one-third of children and teens, ages 2 to 19, were overweight or at risk of becoming overweight.

Did you catch those stats? A 50 percent decrease in outdoor activity and one third of children overweight? I find these numbers alarming but easy to understand given our current use of social media and electronic devices. With the world at our fingertips (smart phones), there is no need to go outside, right? Hardly…

A CBS News study found the average teenager sends 60 text messages a day. Factor in the time it takes to read and respond to each text and it equates to 60 minutes of dormant time. Sitting burns about 60 calories per hour. Walking and recreational biking burns roughly 240 calories per hour. Hiking/backpacking about 450 calories depending on how much weight you are carrying. Rock climbing can burn over 1000 calories in an hour. I took my 13 year old son rock climbing last summer and after six hours of climbing, we started our drive home. He was asleep within five minutes and slept for four hours. He will always have the memory of our climbing trip and I highly doubt he would ever remember any of the text messages he might have sent that day had we not gone.

Outdoor activities have so many benefits for our bodies and minds, and adults and children need time with nature now more than ever. Most of our Youth camps and Family activities take place during months of the year with favorable weather conditions and have activities that take place outdoors. We do this on purpose for the reasons listed above. If you have not attended a Family Camp or signed your children up for one of our events, I encourage you to take advantage. They are well planned, low cost and close to home as we offer events in all areas of the state. Enjoy summer while it is here and as always…get off the couch!

Greetings from Janet Corbi—Senior FRSA, OH

During the weekend of April 18/19th, the FRG Leadership teams gathered in Dublin, Ohio for the State Family Readiness and Warrior Support Professional Development Workshop. The theme for the workshop was "Hands that Serve, Hearts that Care". The weekend kicked off with a welcome by the Governor of the State of Ohio, Gov. John Kasich and The Adjutant General of the Ohio National Guard, Major General Mark Bartman. The afternoon sessions provided the attendees a variety of training topics to include: Fundraising, FRG Jump Start, Spiritual Fitness, Etiquette and Protocol, Getting Volunteer and Family Involvement, Resiliency and Generation Gap training. The highlight of the weekend came on Sunday when we recognized our community partners and volunteers. The community partners were presented with an engraved photo frame. Each volunteer received a framed certificate of appreciation signed by the senior leadership. In 2014, the Ohio National Guard had **264** Family Readiness volunteers who contributed over **19,000** volunteer hours. This equates to $448,000 in cash value of volunteer time, talent and energy. The workshop concluded with the presentation of the State Family Readiness awards. The recipients of this year's awards were:

Family of the Year	**The Colegrove Family, 121st Air Refueling Wing** **The Hoose Family, Company B, 2nd BN 19th Special Forces**
Commander of the Year	**CPT Luis Diaz, 945th Engineer Company**
Military Liaison of the Year	**SFC Eric Sheets, 837th Engineer Company**
Volunteer of the Year	**Mrs. Stephanie Keel, 180th Fighter Wing Weapons Element Mrs. Lindsey Peters, 837th Engineer Company**
FRG of the Year	**180th Fighter Wing Security Forces Squadron, Ms. Connie Hartle HHD 73rd Troop Command, Ms. Cassandra Haberman, Ms. Heather Kester and Ms. Candrece Callender**

Congratulations to all of the winners and nominees. Thank you to everyone that made it a priority to attend this year's State Family Readiness & Warrior Support Professional Development Workshop.

ONG Employment Support Programs—Career Corner

What does Ohio Means Jobs have to do with you? Bottom Line Up Front (BLUF): It can create an online resume in 30 minuets, post it on Monster.com and provide you a copy in Microsoft Word format for future use.

Thanks to the State's re-launch of www.OhioMeansJobs.com, looking for new income opportunities has never been easier for ONG families. Ohio's goal is to assist eligible veterans, including disabled veterans, campaign veterans, and other targeted veterans and eligible spouses in alleviating unemployment and underemployment.

Even if you are not looking for more income, the website is awesome, so please check it out! It is am AMAZING TOOL that is worth exploring. Think of www.OhioMeansJobs.com like LinkedIn or Facebook. Create your profile now and when you find yourself seeking employment, you will already be familiar with the site. And with the military friendly employer registration, your next employer might just find you first. Check it out now!

-LTC Ryan J. Ruehle-Employer Support Program Manager and Ohio Department of Job and Family Services

Steve Campbell—Employment Coordinator

Feeling under-employed or looking for a career change? Currently, world-class employers with world -class pay and benefits are constantly contacting State Headquarter's staff looking for YOU; veteran candidates to join their civilian workforce.

I cannot stress the importance of ONG members understanding their individual value to potential employers. While staying humble, service members need to realize, internalize, and strengthen their own self-worth. Please don't sell yourself short and discount your rank, MOS, or experience based on some hurdle or shortcoming. If you are working two or three part-time jobs you don't like and want a full time job, ONG can help you transition into employment.

If you are reading this newsletter, you already have the significant achievement of having associated yourself with the Ohio National Guard-a lethal, just, and award winning world class organization! Few even qualify for the privilege to serve. Local companies that know this are networking regularly with ONG employment support staff looking for talented veterans.

If you take action now you can improve your employment which can improve your income, quality of life and lifestyle. Start now by contacting Employment Coordinator Steve Campbell at State Headquarters.

Steve Campbell is Ohio's statewide resource for veterans and their spouse's for employment assistance. He utilizes the latest initiatives, tools and techniques and can provide you "what's hot" i.e. the latest career information, employer leads as well as resume assistance and interviewing skills. Additionally, Steve provides that personal touch that is often so hard to find. Where ever you are in your job search, leverage this benefit and contact Steve today.

Steve Campbell- H2H/VEC Employment Coordinator
Phone: 614 336-7322
Email: steven.campbell@iifdata.com
https://www.ebenefits.va.gov/ebenefits/jobs
2825 W Dublin Granville Rd
Columbus,
OH 43235

ESGR
EMPLOYER SUPPORT OF THE GUARD AND RESERVE

Employment Support Resources

Pathways to Your Next Career Opportunity

State of Ohio Job Search and Employment Support Resources

OhioMeansJobs.com
http://www.ohiomeansjobs.com (click on the Individual icon and then the Veterans icon)
Phone: 1-888-296-7541 (select Option #2)

Ohio Department of Job and Family Services
Ohio Means Jobs Centers
http://jfs.ohio.gov/owd/wia/wiamap.stm
Phone: 1-888-296-7541 (select Option #3)

Ohio Hiring Management System
State of Ohio Government Job
http://agency.governmentjobs.com/ohio/

Insuring a Future for Military Veterans
The Ohio-based insurance industry will need to fill approximately 26,000 jobs by 2020. **http://insurancecareers.org/veterans**

Personalized Employment Support Assistance

Steve Campbell
Ohio H2H Employment Coordinator
2825 West Dublin Granville Rd
Columbus OH 43235
614-336-7322
steven.Campbell@iifdata.com

Christine Kloss
ESGR - Employment Support Specialist
2825 W. Dublin Granville
Columbus OH 43235
614-336-7378
christine.j.kloss.ctr@mail.mil

Phyllis Miller
Troop and Family Assistance Center Specialist
Employment Support SME
ONG Family Readiness & Warrior Support Services
2555 County Line Road
Kettering, OH 45429
614-336-6357 or 800-589-9914 #4
phyllis.a.miller31.ctr@mail.mil

Unemployment Compensation

Unemployment Compensation
http://unemployment.ohio.gov
Phone: 1-888-296-7541 (select Option # 1)

The quickest way to apply is online! You should file your application as soon as you become unemployed. Your claim will begin the Sunday of the calendar week in which it is filed. Waiting more than a full week to file your application will postpone the beginning of your claim, and no benefits will be paid for weeks of unemployment that occur prior to the week of filing.

Federal and National Job Search Resources

Hiring Our Heroes
US Chamber of Commerce Foundation
http://www.uschamberfoundation.org/hiring-our-heroes

Veterans Employment Center
https://www.ebenefits.va.gov/ebenefits/jobs

VA for Vets
http://vaforvets.va.gov/
1-855-VA4VETS

Show Your Stripes
www.showyourstripes.org/

USAJOBS
www.usajobs.gov

US Small Business Administration
Office of Veterans Business Development
http://www.sba.gov/vets/
800-827-5722

Military Spouse Employment Partnership
https://msepjobs.militaryonesource.mil/
800-342-9647

Troops to Energy Jobs
http://troopstoenergyjobs.com/

Department of Labor Online Employment Support Tools

Career One Stop
http://www.careeronestop.org

Career One Stop is your pathway to career success.
Tools help job seekers, students, businesses, and career professionals sponsored by the U.S. Department of Labor
Explore Careers + Salary + Benefits + Education + Training + Job Search + Resumes + Interviews + People Places to Help

Veterans' Employment and Training Service (VETS)
http://www.dol.gov/vets/
1-866-4-USA-DOL

VETS serves America's veterans and separating service members by preparing them for meaningful careers, providing employment resources and expertise, and protecting their employment rights.

MAY is Spouse and Partner Appreciation

Military OneSource

UPDATES

800-342-9647

Military Spouse Appreciation Day is May 8th this year. On this day, we honor spouses for keeping service members strong, ready and committed to national security. Because the readiness of our military depends on spouses and families, First Lady Michelle Obama and Dr. Jill Biden launched the Joining Forces Initiative. The initiative supports military families in many ways, including a commitment to develop career and education opportunities for military spouses. The Spouse Education and Career Opportunities program at the Department of Defense recognizes the service and sacrifice of military spouses by providing career connections using several resources. Please go to MOS's May 2015 ENewsletter www.militaryonesource.mil/enewsletter for links to more resources.

JUNE Keep Your Family Learning this Summer

School may be out for your kids this summer, but learning doesn't have to come to a stop. You can plan fun activities that focus on reading, writing, arithmetic, science, social studies and much more.

Be sure to choose activities that fit your family's interests. Perhaps you can start in the kitchen. Baking cookies together can be a tasty way to teach math skills:

- Talk about measurements as you prepare the dough.
- Count the cookies as you place them on the tray, practice multiplication by cookie rows.

The whole family can think up fun, creative ways to explore school subjects together. Go to http://www.militaryonesource.mil/enewsletter?content_id=280697 to check out more ways to have fun learning as a family

Volunteer Watch—WE NEED YOU!!

When it comes to building community, Ohio National Guard units provide a unique challenge to Family Readiness Groups (FRGs), because unit members are spread out all over the state. This is where you, the family member or FRG Leader, can step up and volunteer or help recruit volunteers. Volunteering gives family members an opportunity to share their talents and spend time with other military families. Contact your Brigade (BDE) Family Readiness Support Assistant (FRSA) to get started. Volunteering can be very rewarding and a boost to your resume through the skills and training one develops, as well as the hours spent volunteering for your FRG. *(see page 11 to view your BDE FRSAs contact information)*

Record Volunteer Hours at www.jointservicessupport.org

MARRIAGE & SINGLES PROGRAMS

Marriage Enrichment Weekends

Strong Bonds Marriage Enrichment Weekends offer military couples a fun and refreshing time to reconnect with the love of your life! These weekend retreats are conducted at some of the premier hotel and resort locations around the state. It's our way of saying thank you for the sacrifices you and your Family make every day. These events are not intended to be a substitute for marital counseling, nor are they group therapy. Instead, you'll gain practical information based on world-class curriculums developed form years of research. As a couple, you'll practice relationship building skills, as well as share intimate moments. The retreats are designed to strengthen relationships, inspire hope and rekindle marriages. You and your spouse will gain skills that fortify your marriage as you enjoy a time of relaxation, recreation, fellowship, and fun. Three curriculums are currently offered. They are PREP, LINKS, and Fearless Marriage. Registration for these events closes 45 days in advance of each event.

Up Coming Events

June 20-21—LINKS, Sandusky,
https://www.surveymonkey.com/s/JQ7XCBZ
July 25-26—Fearless Marriage, Cincinnati/Mason
https://www.surveymonkey.com/s/JQ52WD3

POC: Chaplain (Major) Nicholas Chou
614-336-4117 / nicholas.a.chou.mil@mail.mil

View Flyer for full list of marriage retreat events at http://ong.ohio.gov/frg/FRGresources/marriage.pdf

Singles Enrichment Weekends

Strong Bonds Singles Enrichment Weekends focus on developing healthy personal and relational habits so that you are better prepared to make that next big life decision. These life skills help attendees navigate transition times in life. Times of transition might include but is not limited to: redeployment, the beginning/ending of key relationships, or simply an up and coming significant life decision. The curriculums are designed to be highly engaging, fun, and meaningful for today's young adults.

These events also offer single Service Members an opportunity to interact with other Service Members in a fun and interactive setting. Each event includes a recreational outing compliments of the USO of Central Ohio. The 2015 events include outings such as, a scenic riverboat cruise, a Dave and Busters outing, and a zip line tour through Hocking Hills Canopy Tours.

Weekend events are conducted at some of the premier hotel and resort locations around the state. The curriculums currently offered are PICK aka " How Not to Fall in Love with a Jerk(ette)" and Got Your Back.

Who can Attend: The Singles Enrichment Weekends are open to unmarried Service Members in the Army or Air National Guard. There are separate events for Army and Air National Guard Service Members. Service Members may bring a fiancée/significant other as long as there is no cost to the military and based on availability (check with the events POC).

Up Coming Events

July 25-26th—Got Your Back, Cincinnati B&B Riverboats
https://www.surveymonkey.com/s/JWMDRWJ (Reg. by Jun. 24th)
Aug. 8-9th—PICK, Columbus HH Canopy Tours
https://www.surveymonkey.com/s/JSYLYJ3 (Reg. by Jul. 7th)

POC: Chaplain (Major) Nicholas Chou
614-336-4117 / nicholas.a.chou.mil@mail.mil

View Flyer for full list of singles retreat events at http://ong.ohio.gov/frg/FRGresources/singles.pdf

FREE eBooks and Audio Books for Military Families

Are you planning your summer vacation and want to have an ample supply of reading materials for you and your family? You may want to try out audiobooks and eBooks from the MWR Army Digital Media Library and it's FREE!! It has over 35,000 ebooks and audiobooks with the latest best sellers, military reading, children's and YA books and much more.

The Army MWR Libraries support a worldwide network of Soldiers their Families, Veterans and DOD Civilians. General Libraries have something for everyone—from story hours to book discussion groups, from internet access to word processing, from military training to investment tools, from the latest novel to "how to" books and other reference books to online resources available 24/7.

FOR DEPLOYED SOLDIERS—Family and MWR libraries support deployed Soldiers in remote locations through regular monthly deliveries of paperback book kits and play-a-ways, small MP3 players containing an audio book. Kits contain about 25 paperback books and are specially selected to match the interests of Soldiers.

NATIONAL GUARD and RESERVE—As a "remote" patron, your access is for all of the eResources on the eResources/Research tab on the library's website: http://mylibraryus.armybiznet.com Some of the eResources such as the Army Digital Media Library (download the Overdrive App for your media devices) use your library account login and PIN, some of the other resources available to you may ask you to create a login and password.

For More Information or Assistance Please Contact Misa Whiteford, Acquisitions Librarian at usarmy.mwr.library@mail.mil or at 210-466-1353

How can I access Army MWR Libraries

- Army Library/Army MWR Virtual Library—to register for a FREE account go the online self registration at https://mylibraryus.armybiznet.com/selfreg.html~S1/selfregre. Once your registration is received and verified you will be sent a login and PIN to access the eResources.
    - The Army MWR Virtual Library also has a section specifically for Kids—The Kids Reading Room can be found on the virtual library if you scroll down to the blue box that says Kids Reading Room or go directly to http://army.lib.overdrive.com/6EE1513E-D76C-41BB-90F1-C7485B52EEA4/10/45/en/default.htm
- ArmyOneSource—You can also access most Army Libraries' e-resources through ArmyOneSource.com. In ArmyOneSource select "Education, Careers, and Libraries" then "Online Library Resources" in the navigation bar.
- MilitaryOneSource—If you aren't in the Army, but are in another branch of the military, you can use MilitaryOneSource.mil. Scroll over "Military Life Topics", select "Morale, Welfare & Recreation", then "Popular Links", then "DoD MWR Library Resources". https://www.militaryonesourceeap.org/achievesolutions/en/militaryonesource/Content.do?contentId=27777, then Register for a FREE MOS account.

Youth & Family Programs

OHNG Youth Programs and Ohio Military Kids (OMK) reaches out to youth with a deployed family member/s to create community support networks through a variety of educational, social, and recreational program:

The camps are designed to allow youth to build relationships with other military children while strengthening resiliency, communication, leadership, self expression and team building skills.

Strong Family Workshops engage the parents with hands on activities, resources and round table discussions on education and parenting tips.

New to the program this year is the introduction to the Ohio Teen Council (OTC). This is a great opportunity to connect to other military connected teens throughout Ohio! OTC will offer more support on teen related topics, engage them in social interactions through activities and have discussions about their needs and desires for programming.

Don't forget about your educational needs of your youth! Our office has tool kits full of free resources available for youth ages 5-17. Schools will be testing soon so we thought we would share three websites that will aid you in your upcoming endeavors.

Free practice tests and online tutoring!

- www.tutor.com/military
- www.soreathome.org
- www.March2Success.com

Contact Information:

Andrew Seward
Lead Child & Youth Program Coordinator
614-336-7274
andrew.j.seward.ctr@mail.mil

Amy Lee
Child & Youth Program Coordinator
614-336-4214
amy.l.lee47.ctr@mail.mil

Theresa M. Ferrari, Ph.D.
State 4-H Military Liaison
614-247-8164
ferrari.8@osu.edu

Upcoming Events!

We are unveiling our 2015 events in February! Please visit the youth website or follow us on social media to keep up to date with all our events.

Our focus this year was to keep you in your own back yard by having events in all five regions. Here is a sneak peak at what we will be doing this year.

- Aquarium
- Farm Sites
- Museums
- New Family Camp Venues
- Zoos!

We have scheduled SIX Family Camp Weekends and SIX Hero Camps with Strong Family Workshops! New this year is our Family Day Events, we have scheduled two so far. These are events that focus on bonding military families together within themselves and other military families across the state.

Don't forget about our youth camp, two teen camps, four Military camps and Camp Coral!

We are striving to serve you!

Hope to see you this year :)

June Events!

Ohio Military Kids

Providing Ohio Military Families & Youth well rounded programs.

Families:

Our goal for your family is to strengthen ties, create lifelong friendships and build camaraderie with other military families.

Youth:

The goal for our military connected youth is to empower them, build leadership and resilience skills, support their social, emotional and academic needs.

Questions? Contact us:

Andrew Seward
614-336-7274
Andrew.j.seward.ctr@mail.mil

Amy Lee
614-336-4214
Amy.l.lee47.ctr@mail.mil

Amy Seward
614-336-4241
Amy.b.seward.ctr@mail.mil

Cuyahoga County HERO Camp:

June 6th Ages 6-12

OMK teams up with an equestrian farm near Cleveland to make an impact on your child in a unique way.

www.regonline.com/NorthHeroHorse15

Cuyahoga County HERO Camp:

June 11th Ages 8 - adult

OMK teams up with Cleveland First Tee to enjoy an evening of golf lessons for the youth and then enjoy a round of golf as a family!

www.surveymonkey.com/s/ClevelandFirstTee

Franklin County OMK 5K:

June 11th All ages welcome!

It is as easy as one foot in front of the other to support our military youth and teens on Ohio. Bring your family and friends out to run or walk in support of Ohio Military Kids.

http://www.racepenguin.com/event/be-a-hero-for-military-kids/

Teen Leadership Camp: June 14 - 18

This youth program in Stark County provides an opportunity for military teens to participate in a 5-day leadership conference.

www.regonline.com/TeenLeadCamp15

Richland County HERO Camp:

June 17th Ages 5-12

At Malabar Farm State Park, youth will join local park naturalists in discovering what the park has to offer.

www.regonline.com/FamilyDayPark15

Camp Corral: Jun 28 - July 3rd Ages 8-15

See www.campcorral.org for information.

Building Strong Families & Kids!

Youth and Family Events!

Frequently Ask Questions!

Providing Ohio Military Families & Youth well rounded programs.

Families:

Our goal for your family is to strengthen ties, create lifelong friendships and build camaraderie with other military families.

Youth:

The goal for our military connect-ed youth is to empower them, build leadership and resilience skills, support their social, emotional and academic needs.

Questions? Contact us:
Andrew Seward
614-336-7274
Andrew.j.seward.ctr@mail.mil

Amy Lee
614-336-4214
Amy.l.lee47.ctr@mail.mil

Amy Seward
614-336-4241
Amy.b.seward.ctr@mail.mil

Q: Who hosts these programs?
A: Our programs are a collaboration between Ohio Military Kids, Ohio 4-H Youth Development, Ohio National Guard, and other select community partners.

Q: Who is eligible for these events?
A: All Military Family regardless of deployment status or rank.
-Army -Marines -Navy -Air Force -Coast Guard
Including Active Duty, Reserve and National Guard
Even if your family is a National Guard or Reserve family that has never experienced deployment you are still eligible for our programs.

Q: Is there anything available for my kids under 5 years old and how can I tell which events accept what ages?
A: Our Family Camps are open to any age 0-adult. Each event is marketed with ages for the participants and this is typically the policy of the venue.

Q: Where can I find a full listing of up coming events?
A: There are a few options listed below:

- ong.ohio.gov/frg/FRG_youthprograms.html
- Find us on FaceBook: Ohio Military Kids

Q: Are there any costs for these programs?
A: Yes, our events have registration fees that vary by program and costs are listed in program marketing. Please contact us if the registration fee is more than you can pay at this time, we may be able to offer assistance with

Q: Can my military child bring a friend?
A: Unfortunately our funding limits our events to be offered to military youth and families.

Q: I have a family member with special needs can they attend?
A: We will make every reasonable attempt to accommodate participants with dietary, developmental, and/or physical restriction. Please contact us so that we can discuss options.

Stay connected with Ohio Military Kids

We want to interact with Ohio's military families to find out how we can serve you better!

Use the social media links below to access up-to-date events, resources, and photos.

ONG Family Readiness Program Youth Programs
Lists all youth opportunities available to ONG families.
http://www.ong.ohio.gov/frg/FRG_youthprograms.html

Ohio 4-H Youth Development
For all of your month of the military child resources, program information and volunteer opportunities.
http://www.ohio4h.org/omk

Facebook
For upcoming OMK event info
Facebook.com/OhioOperationMilitaryKids

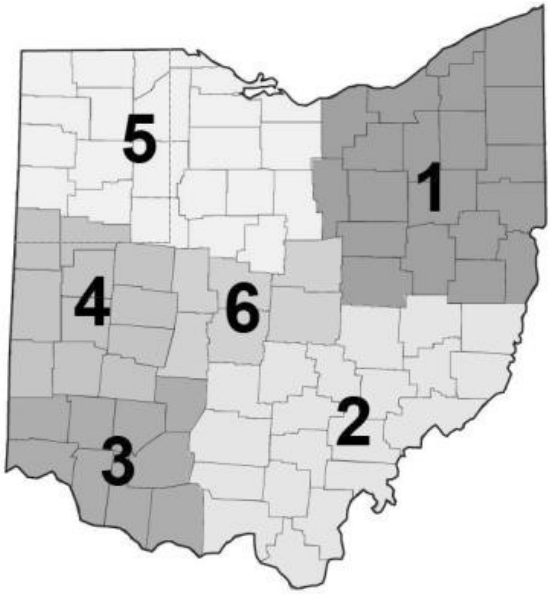
Twitter
For immediate fun military kids activities to do and resources for your family.
@OhioOMK

You Tube
For a glimpse into some of the crazy good times offered through OMK.
http://www.youtube.com/user/OhioOMK

Instagram
For photos that inspire you about military family life.
#omkohio

Operation Military Kids 4-H Fund , Fund Number: 311984
Supports Various Youth Development Projects being Coordinated through 4-H's Partnership with the Military
https://www.giveto.osu.edu/igive/onlinegiving

Troop and Family Assistance Centers (TFAC)



Region 1 TFAC- North East Ohio-Canton/Akron
Joyce Stingel | joyce.e.stingel.ctr@mail.mil | 614-336-6337
Rita Stahl | rita.a.stahl.ctr@mail.mil | 614-336-4310
Region 2 TFAC- South East Ohio– Chillicothe/Portsmouth
Jennifer Moore | jennifer.l.moore2.ctr@mail.mil | 614-336-6943
Region 3 TFAC- South West Ohio– Cincinnati/Hamilton
Amanda Hummerick | amanda.humerick@yahoo.com | 614-336-6550
Region 4 TFAC- Western Ohio– Dayton/Kettering
Phyllis Miller | phyllis.a.miller3.ctr@mail.mil | 614-336-6357
Ashton Houseman | ashten.o.houseman.ctr@mail.mil | 614-336-4483
Region 5 TFAC- North Western Ohio– Toledo/Bowling Green
Margret Szymanski | margret.r.szymanski2.ctr@mail.mil | 614-336-4312
Patricia Markowski | patricia.markowski.ctr@mail.mil | 614-336-6615

Tabitha Hoke-Mujihad | New TFAC for Mansfield Area
Region 6 TFAC- Columbus Ohio– Columbus
Heather Smith | heather.d.smith3.ctr@mail.mil | 614-336-7358
Cory Schleyer | cory.j.schleyer.ctr@mail.mil | 614-336-42332

What is a TFAC?

The acronym TFAC, stands for Troop & Family Assistance Center. In Ohio there are 11 offices, staffed with TFAC specialists. We are a part of the Family Readiness & Warrior Support program of the Ohio National Guard. These centers provide direct support to all past/present service members, their families, serving all in any branch of the military. The main purpose of the TFAC office is to provide assistance and/or resources relating to crisis intervention, legal, financial, TRICARE, ID Cards/DEERS, Community information to any service member, military family, or veteran. Assistance can be sought by a family/service member before, during, and after a deployment, or whenever there is a need.

The TFAC offices work with county agencies, organizations, or individuals who support the military in specific regions. For example, if a service/family member is having an issue paying the rent/mortgage, we review their eligibility for any program that is available and help them apply for assistance when and if applicable. By working together, we can get assistance to the service member quickly and accurately. Accordingly, they would contact the TFAC that is closest to where you live, not necessarily where your service member drills.

Besides assisting the service member, our goal is to raise awareness of military and civilian support networks in our local community. By recognizing the issues our military and their families face today, we can work together to provide and recommend the appropriate services for each individual.

RISFAC Meetings

Region 1 RISFAC
July 23, 2015-Akron

Region 2 RISFAC
July 15, 2015-Chillicothe

Region 3 RISFAC
July 21, 2015-Cincinnati

Region 4 RISFAC
July 28, 2015-Dayton

Region 5 RISFAC
July 14, 2015-Findlay

Region 6 RISFAC
July 9, 2015-Columbus

Family Readiness Support Assistants (FRSA)

The FRSA mission is to provide day-to-day support, guidance, and assistance to Commanders in their Family Readiness Programs. They provide administrative assistance to the Family Readiness Groups (FRGs) and their Leadership Teams. Please reach out to your Brigade (BDE) FRSA for assistance with your Family Readiness Program.

Contact Information for BDE FRSA:

- 16th EN BDE—Lisa Mann | 614-336-6352 | lisa.m.mann18.ctr@mail.mil
- 174th ADA BDE—Danny Dicaire | 614-336-6000 x2039 | danny.r.dicaire.ctr@mail.mil
- 37th IBCT—Billy Madden | 614-336-6855 | billy.g.madden.mil@mail.mil
- 73rd Troop Command—Candy Stephenson | 614-336-1557 | candice.l.stephenson.ctr@mail.mil
  Emily Cunningham | 614-336-4915 | emily.l.cunningham2.ctr@mail.mil
- 371st SUST BDE—614-336-7681
- Special Troops Command (STC) - Nancy Kary | 614-336-7314 | nancy.j.kary.ctr@mail.mil
- Senior FRSA—JFHQ—Janet Corbi | 614-356-7918 | janet.s.corbi.ctr@mail.mil

State & Local Resources

Finance/Employment/Transition

Jobs and Family Service
Phone: 877-852-0010 or 614-466-2100
Website: www.jfs.ohio.gov/

Military Pay
Phone: 614-336-7225
Website: https://mypay.dfas.mil/mypay.aspx

Employment Support Services
Phone: 614-336-7378

ONG Transition Assistance Advisors
Phone: 614-336-7349 or 614-336-4192

Ohio Department of Veterans Services
Phone: 614-644-0898
Website: www.dvs.ohio.gov/

Librarian—Military Records
Phone: 614-336-7038

AMVETS
Phone: 614-431-6990

ONG Education Office
Phone: 614-336-4165

American Red Cross
Phone: 877-272-7337

Medical

TRICARE Benefits Assistance
Website: www.tricare.mil/
Phone: 1-877-874-2273

OHARNG Health Services
Phone: 614-336-4194 or 614-336-7271

Military OneSource
Phone: 800-342-9647
Website: www.militaryonesource.mil

Drug/Alcohol Abuse Prevention
Phone: 614-336-7319

Sexual Assault Response
Phone: 614-336-7159

Sexual Assault Hotline
Phone: 877-751-5628

JAG Office—Legal
Phone: 614-336-7022

DEERS/ID Cards
Phone: 614-336-7087

OHARNG Retention Office
Phone: 877-687-7660

Behavior/Mental Health

Director of Psychological Health Army National Guard
Phone: 614-336-7393

Chaplain Services
Phone: 614-336-4117

Resiliency Programs
Phone: 614-336-7192

Veteran Crisis Center
Phone: 1-800-273-8255 Press 1

Director of Psychological Health Air National Guard:
178th *Phone: 1-800-851-4503 ext. 2583*
179th *Phone: 419-520-6700*
180th *Phone: 419-868-4333*