



Ready Families... Anytime, Anywhere

BUCKEYE FAMILIES

July 2009

Lieutenant Colonel Robert Bramlish, State Family Program Director
CPT Katie Enochs, Assistant State Family Program Director
Larry Hale, Contracted FAC Coordinator
Diana Whatmough, Family Readiness Assistant 866-278-5756
Jennifer L. Moore, Editor, jennifer.l.moore2@us.army.mil
 2825 West Dublin Granville Road, Columbus, Ohio 43235
 Toll Free number 800-589-9914 Website: www.ong.ohio.gov/family

Educate, Communicate and Market Family Readiness

Contracted Family Assistance Centers (FACs)

Angela Dyer* Andrew Seward – Columbus	800-589-9914
Margret Szymanski –Bowling Green	866-278-5755
Brian Via – Cincinnati	866-278-5757
Jennifer Moore – Portsmouth/Chillicothe	866-270-8283
Joyce Stingel/Melissa Wise – Akron/Canton	866-278-5756
Jerry Wiggins/Robin Robbins – Kettering	866-278-5759

After Hour or Emergency Contacts

CPT Katie Enochs	614-302-8228
Diana Whatmough*	330-523-0055

Contracted State Youth Program

Sue Ann Carroll – State Coordinator	877-460-2177
Erin Berry – OMK Specialist	614-336-7314

Air Wing Program Coordinators

Carolyn Ebert – Rickenbacker*	614-492-4417
Jane Esprit – Springfield*	937-525-2583
Faline Rowland – Mansfield*	419-520-6600
Judy York – Toledo*	419-868-4550

Army Regional Volunteer

Phillipa Smith – Columbus*	614-946-3710
Bonnie Baughman – Akron/Canton*	330-494-3489

Air GSU (Geographically Separated Units)

Amy Hernandez – Blue Ash*	513-936-2949
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Transition Assistance Advisor

Terry Dean	614-336-7349
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Military One Source Consultant

Mike Magnusson	614-336-7319
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Military Family Life Consultant

Tom Whiteman	614-336-7479
	614-336-6000 Ext. 1413

* Denotes: – Joint Family Council Member

If you would like to contribute to the Buckeye Family Newsletter about what's happening in your unit, please forward your submission to the editor. The next edition is scheduled for October 2009.

New ONG Director of Psychological Health



Recently, the National Guard Bureau awarded a contract to have one Director of Psychological Health (DPH) in each of the states and territories.

Please allow me to introduce myself.

My name is Jeremy Kaufman and I am a clinical psychologist. I completed my undergraduate degree in psychology at The Ohio State University followed by my master's and doctoral degrees in clinical psychology at the Georgia School of Professional Psychology. My experience has been somewhat diverse; working in hospitals, private practice, community mental health centers, and schools with children and families, as well as adults with severe mental illness and physical disabilities. The mission of the NG Psychological Health Program (PHP) is to advocate and support NG members and families by promoting mental fitness and personal wellness for operational readiness. The following services are available to service members of the Army National Guard and Air National Guard and their families:

- Direct access to DPH through cell phone number. All calls will be returned with in 24 hours.
- Services are completely **confidential** to permit service members to speak openly, freely, and without fear given the stigma of seeking behavioral health services
- Behavioral health assessment for service members and their families
- Communication of applicable benefits and other counseling services within state/territory and military framework
- Referral and resource identification services – both medical and non-medical behavioral health
- Case management and follow-up services
- Commander consultation services to assist in managing service members' threats of suicide and homicide, drug and alcohol abuse concerns,

Posttraumatic Stress Disorder, depression, anxiety, traumatic brain injury (TBI), adjustment issues, and other life stressors

- Educational services including general Guard member training, commander training, and wellness education
- Critical incident/crisis management services, particularly suicidal and homicidal thinking

Remember that services for those under your command, yourself, your peers, or your family members are **confidential**. This means there is no penalty for seeking services. In fact, it takes an incredible amount of courage to do so. Again, thank you for serving or supporting this great country. Should you have any questions about the **confidential** services I can provide, contact me at any time convenient for you:

Jeremy D. Kaufman, Psy.D.
Director of Psychological Health
Ohio National Guard
2825 West Dublin-Granville Road
Columbus, OH 43235
(614) 336-7246 (w) (614) 769-5576 (c)
Jeremy.Kaufman@ceridian.com

Family Readiness Stories from the Field

A Word from the Chaplain

Greetings to all of you. This is Chaplain (CPT) Otis Thomas sending you this edition of "Words of Encouragement". I pray that this message will be a blessing to your life.

Topic: Are you a workaholic?

Text: "...in all your ways acknowledge Him, and He shall direct your paths." Proverbs 3:6

When you experience rejection early in life, you feel like you constantly have to 'prove' yourself, so you become a workaholic in order to gain people's acceptance. One woman writes, 'I can still hear my father yelling, telling me I'd never be any good, never amount to anything. The more he yelled, the more determined I became to prove him wrong.' Do you have voices like that in your head?

It's true that you'll succeed by working hard but to experience lasting satisfaction you must know that you're fulfilling God's will for your life. When all is said and done, what matters most is knowing you're loved and accepted by God. What can top that? God measures with a different yardstick. He won't ask what kind of car you drove but how many people you gave rides to. He won't ask the square footage of your home or how many

bedrooms your house has but how you raised your children and treated your family. He won't ask about the brand designer names in your closet wardrobe but who you helped to clothe. He won't ask about your salary but how much you invested into the building of His Kingdom. He won't ask about your job title but if you tried to perform with excellence and integrity. He won't ask how many friends you had but how many people you were a friend to. He won't ask what neighborhood you lived in but if you loved your neighbor. He won't ask about your politics or the color of your skin but about the quality of your character. So don't just work hard, work hard for the right reasons!

Prayer

Lord, help me to acknowledge you in every area of my life. I want to please you. Purify my heart and my faith as pure gold. Order my steps and allow me to see which way to go. Help me to realize you don't measure our success by the material things we have but rather by how we use those things for your purpose. Teach me how to wait on you. In your precious name we pray...Amen

Chaplain (CPT) Otis B. Thomas, Sr.
Ohio Army National Guard
HHC 237th BSB
otis.b.thomas@us.army.mil
othomas@kent.edu

Helpful Resources

Military OneSource In-Person Financial Counseling

In-person financial counseling is now available in most locations through Military OneSource, in partnership with National Foundation for Credit Counseling (NFCC). NFCC provides financial education and counseling services at hundreds of local offices nationwide. Military OneSource arranges for you to meet face-to-face with a financial consultant in your community.

Program Benefits

This program is specially designed to provide short-term, solution-focused financial counseling for service members and families who may be experiencing a financial setback. Whether you need advice for a specific debt problem or basic assistance with money management, a financial expert can help you analyze your situation and develop a debt management plan.

Eligibility

Up to 12 counseling sessions per issue, per calendar year are allowed for each eligible client. The sessions are

available to active-duty, Guard, and Reserve members (regardless of activation status) and families located in the continental U.S.

For those unable to attend in-person counseling or in locations where in-person counseling is not available, Military OneSource will provide telephone consultations.

To get started contact Military OneSource at 1-800-342-9647 to schedule an appointment with a financial consultant.

Suicide Prevention is Everyone's Responsibility

Currently Suicide Stand Down Training is taking place due to the high rate of suicides within the Regular Army. This training focuses on the signs and risk factors which increase a person's chance of being at risk for suicide, and the necessary steps to take to get the person medical care.

By promoting preventive measures we can decrease the risk of developing suicidal ideations. When people are in healthy relationships (marriage, friendship, work, family, etc.) the risk factors dramatically decrease because the stressors which lead to suicide are negated. When people participate in activities that give joy and meaning to life (hobbies, playing with children, church activities, community organizations, etc.) the feelings of hopelessness and emotional pain which lead to suicidal thoughts dramatically decrease. Although these things seem simplistic they are the things which bring joy to our lives and prevent the thoughts of death from coming into our minds. For behavioral health support resources contact **OHIOCARES at 1-800-761-0868**.

Spread the Word About Military OneSource As a Hero Helper

What is Hero Helpers?

Hero Helpers is a new program aimed at encouraging people to spread the word about Military OneSource within the communities in which they live. As a Hero Helper, you spread the word that Military OneSource is a resource available to all service members and families at no cost. Tell your friends that Military OneSource can help with financial guidance, spouse employment, relocation assistance, counseling, child care, deployment support, and more.

How do I become a Hero Helper?

Anyone eligible for Military OneSource can become a Hero Helper. So it is a program of heroes helping heroes. To sign up, all you have to do is go to <http://www.militaryonesource.com/MOS/OnlineCommu>

[nity/HeroHelpers.aspx](http://www.militaryonesource.com/MOS/OnlineCommunity/HeroHelpers.aspx) and submit the order form. Once completed, your order will be confirmed via e-mail.

What do Hero Helpers receive from Military OneSource?

Hero Helpers receive resources and materials from Military OneSource. First, they receive a kit in the mail containing many helpful Military OneSource materials – including mouse pads, bags and educational DVDs. Then, Hero Helpers receive additional materials as well as advice and support from Hero Helpers program managers.

Travel & Discounts

Armed Forces Tickets Association-Cincinnati

Armed Forces Tickets Association-Cincinnati was created to show appreciation to our active Armed Forces, Guard and Reserves men, women and their families by making available free or deeply discounted event tickets.

We would like to extend our sincere thanks to all our Ticket and Corporate Partners. With their generous ticket offers/discounts, we can now offer to you, our dedicated service men and women, some rest and relaxation at many wonderful venues throughout the Greater Cincinnati area. To receive free or discounted tickets go to <http://www.afta-cincinnati.org/>.

Visit Discoverohio.com for Great Discounts

DiscoverOhio.com's military discounts offer veteran and current service members an array of opportunities to enjoy an affordable and fun getaway with their loved ones in Ohio, so be sure to checkout discoverohio.com before planning your next fun event in Ohio. <http://consumer.discoverohio.com/MilitaryDiscountResults.aspx>

Paternity Leave Policy in the Works

There is a new DOD policy (signed by the President) (NDAA, Public Law 110-417, and being added to AR 600-8-10 - Leaves and Passes. The new policy states that up to 10 days Paternity Leave is authorized for "MARRIED SOLDIERS ONLY" on Title 10 and/or Title 32 "ON ACTIVE DUTY STATUS" in connection with the birth of a child. This leave will not exceed 10 days and must be taken consecutively within 45 days of the birth of the child, and is further considered non chargeable leave.

Paternity leave is not authorized for "Traditional Guard/Reserve Soldiers" or "Single Soldiers" fathering a child out of wedlock.

Deployed soldiers on Title 10 orders have 60 days after returning from deployment to utilize 10 days of paternity leave. If the leave is not used it will be lost.

Additional information on this policy will be forthcoming.

OPERATIONS SECURITY FOR FAMILY MEMBERS AND FRIENDS



As a member of the military community, you are a vital player in service member and unit success; they couldn't do their job without your support. You may not know it, but you play a crucial role in ensuring their safety just by what you know of the military's day-to-day operations. You can protect them by protecting the information that you know. This is known in the military as Operations Security or, OPSEC.

In today's society, everyone seems to have a MySpace, facebook, or twitter account. These accounts are great for keeping in touch with people. However, we need to be cautious when posting things about the military community. Here are some safety tips on how to keep our military safe:

Limit what you say about

- Military movements (deployment/redeployment dates, dates of field exercises, flight information etc.)... next Tuesday IS a specific date
- Any issues with the unit
- Anything concerning security
- Equipment issues (what, no flak vests?)
- Locations of units (it's OK to say they're in Iraq, but not to say that your spouses battalion is at 14th and Ramadan in Kadamiyah)

Don't discuss

- Detailed information about missions of assigned units
- Details concerning locations and times of unit deployments
- Personal transactions that occur in large numbers (pay information, powers of attorney, wills and deployment information)

- References to trend in unit morale
- Personnel problems
- Details concerning security procedures

Operations Security not only protects service members and units, but it protects you the family member, the rest of your family and friends on the home front by denying phishers, scammers, id thieves and others the personal or operational information they need to work their schemes.

For more information contact your local units OPSEC Officer

Single Service Member Retreats

Space is still available for our Singles at the Crossroads Retreat scheduled for July 18-19, 2009. These single service member retreats are weekend retreats for unmarried service members. The focus is developing healthy personal and relational habits and teaching life skills that help you navigate transitional times in your lives.

These retreats are fun and interactive - and a great way to meet new friends! They are definitely not "death by power point." Possible recreational activities during the retreat might include taking in a baseball game, visiting local attractions, or dinner at Game Works or Dave and Busters. To register for the following date, visit our website at www.ong.ohio.gov/family

Sat/Sun 18-19th July 2009 -Cleveland Area

Marriage Enrichment Seminars **Scheduled**

All Ohio Service Members & SPOUSES: YOU are invited to a FREE Marriage Enrichment Retreat!

All of us can improve our skills when it comes to loving the most important person in our life. Every couple starts off their relationship committed to making it work. PREP Retreats will provide concrete strategies and tools to build a rewarding marriage. Come to an upcoming PREP to learn the skills that will help you say what you need to say, get to the heart of issues, and increase your connection with your spouse. . To register, visit our website at www.ong.ohio.gov/family

25-26 July 2009 -Toledo Area
8-9 August 2009- Columbus Area
15-16 August 2009- Dayton Area
22-23 August 2009- Cincinnati Area

KID'S KORNER

Ohio National Guard Youth Program

Upcoming Events

Summer Fun at the Cincinnati Zoo

When: **Sunday, July 19, 2009 Noon – 4 p.m.**

- Order tickets online @ <https://tickets.cincinnati-zoo.org/>
Store Name: MilitaryKids
- If you choose to purchase your tickets at the gate you will need the following information
 - Military ID
 - Say you are with Operation: Military Kids!

Event Highlights:

- **FREE** refreshments will be served at our “Cool Zone” located at shelter #1, Maasai Mara in the Safari Camp. (1-3 p.m. for the first 400 people)
- **Free** Family “Fun” Photos
- Fun children’s activities to entertain your kids while you take a break in the shade!

Cost:

- Show your Military ID and above discount code at any gate to receive your adult tickets for **\$7.50** and your kids ages 2-12 for **\$6.50**
- Parking **\$6.50**
-

For more information contact:
Jermaine Kennedy, @ 614-292-3758 or
Sue Ann Carroll, ONG Youth
Coordinator @ 877-460-2177



Military & Service Appreciation Night

Columbus Crew Soccer Game

Saturday, 18 July

Come out with your family & friends and enjoy a discounted seat to Military & Service Appreciation Night! Also enjoy our military-themed pre-game plaza activities!

Date	Time	Opponent	Lower Sideline (Reg \$28)
Saturday July 18 th	8:00 PM	Real Salt Lake	\$19
\$9 SAVINGS!			
BOB EVANS BUCK-A-BRAT NIGHT!			

For more information contact:
Jermaine Kennedy @ 614-292-3758 or to order tickets contact Nick Volsko @ 614-447-4128

Hero Camps

We only have one more Hero Camp left this year, so don't miss out! Get signed up now!

August 22, at Camp Mary Orton – (Columbus, Ohio)

Hero Camps will serve to make our kids more resilient and better prepared to manage the stresses of growing up in a military family. Our mission is to provide a fun filled day that builds leadership skills while promoting camaraderie and building a sense of community among military youth.

You can go to: www.guardfamily.org to register online. Parents have the option to drop the kids off for the day or to attend the Family Workshop.

The Family workshops have been developed to run alongside the Hero Camps and provide the opportunity for parents to attend interactive sessions and obtain more information on building stronger family units.

The parent program includes:

KEEPING IT STEADY - Consistency is key— creating a parenting plan and laying the ground rules for your family

WHO IS THIS KID? - Learning to adjust to the ever changing needs of your child

FAMILY FUN - Focus on scheduling quality family activities and remembering how to play with your children

STRESS IS NORMAL - Managing everyday stress

FAMILY FINANCES - Review your family budget and learn to set attainable spending and saving goals

SAFETY FIRST - Refresher on basic first aid and CPR and building your family emergency plan

For more information on these programs please contact Erin Berry at 614-336-7314

New Camps in 2009!!

National Guard Youth Camp

July 31 -August 2 – Camp Clifton

Yellow Springs, Ohio

Only 50 slots available for children ages 9-13

Call or e-mail Jane Esprit at 1-800-851-4503 x 2583

Jane.Esprit@OHSPRI.ANG.AF.MIL

Troop & Family Camps 2009

September 19-20

Camp Joy in Clarksville, Ohio

September 25-27

Camp Kern in Oregonia, Ohio

How do I register for these events?

You can register online at:

www.guardfamily.org

or contact Erin Berry at 614-336-7314

