

COMMUNICATE - CONNECT - CARE



# THE SOLDIER & FAMILY READINESS ZONE



U.S. ARMY CENTRAL

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## TIME FOR CHANGE



2021 has barreled by like a freight train. It is hard to believe in the past few months not only have we bid farewell and happy journey to some of our leaders and team mates, we welcomed in Soldiers, Families, Civilians and volunteers with valuable talents and skills across our population.

As our teams change out, remember to embrace new perspectives, ideas and backgrounds. We all have talent and wisdom to offer our Soldiers, and Families and each and everyone of us adds a valuable component to ensuring the USARCENT Family is ready and able.

So in this time of change keep a positive attitude, look for the good and focus on the positive aspects of the season. There are lots of events, observance, and opportunities where Soldiers, Families and Civilians can get involved and make a difference in our units and communities.



## WELCOME

The USARCENT Soldier and Family Readiness Program would like to introduce and welcome the new Commanders and spouses to our team!

**USARCENT Commanding General:** LTG Ronald P. Clark and Mrs. Clark

**USARCENT DCG:** MG Wendul G. Hagler II and Mrs. Hagler

**1st TSC Commanding General:** MG Michel M. Russell and Mrs. Russell

**USARCENT CoS:** BG Matthew L. Eichburg and Mrs. Eichburg

**4th BCD Commander:** COL Thomas Caldwell and Mrs. Caldwell

**HHBN Commander:** LTC Todd Harkrader and Mrs. Harkrader

## MONTHLY EVENTS/OBSERVANCES

### October

Domestic Violence

Awareness/Prevention Month

Bullying Prevention Month

Columbus Day 11 Oct

Annual AUSA Meeting 11-17 Oct

Red Ribbon Week 23-31 Oct

Halloween 31 Oct

### November

Military Family Appreciation Month

USARCENT Family Readiness Round Up

Veterans Day 11 Nov

Thanksgiving 25 Nov

### December

De-stress the Holidays/Money Focus

Christmas 25 Dec





## LET'S GIVE A ROUND OF APPLAUSE

*Each November, the President signs a proclamation declaring November National Veterans & Military Families Appreciation Month. This is a time to recognize the sacrifices made by our active duty, National Guard and Reserve Service members and their Families.*

# THANK YOU!

U.S. Army Central would like to extend a heartfelt thank you to all of our Soldiers and Families. We recognize and appreciate your sacrifice to maintaining the home fires during all phases of deployment.



## HOMETOWN HEROS

*Visit your local installation Family center (ACS/AFRC) or your local community for events and opportunities to show appreciation to our Military Families. Find your nearest installation at [MilitaryOnesource.mil](http://MilitaryOnesource.mil).*





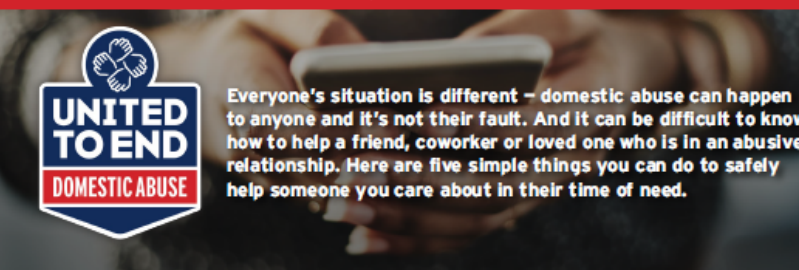
## Domestic Violence Prevention/Awareness Month

Power and control. That describes what intimate partner violence (IPV) is in a nutshell. In any form IPV is all about power and control. Many methods can be used to maintain control over another person: physical violence, isolation, coercion, threats, verbal abuse, psychological abuse, stalking and many more. Victims feel they do not have many options when trying to leave a violent relationship. And I use the term “relationship” loosely because when you think about relationships you think about qualities like fairness and balance, compromise and sharing. Those qualities are never found with IPV. One can never predict who will become a victim of IPV. IPV is found in every socio-economic status, with those who identify as gay or straight, every ethnicity, every religious denomination, and in the young and old. And victims are not always who you think they are. They can be a high school dropout or hold a PhD and everything in between. And they can also be men. According to the Centers for Disease Control (CDC) 1 in 10 men in the U.S. report experiencing some type of IPV\*. Seeking help for IPV can be very difficult, especially for men. Barriers for men seeking assistance include pride, embarrassment, fear of not being believed, minimizing the abuse, and because of the limited services available to them.\*

These barriers are why the services of a victim advocate are so important. A victim advocate can assist IPV victims in many ways. The primary role of a victim advocate is to make sure victims are safe. Army victim advocates can assist victims with reporting options, court accompaniment, transportation, emergency shelter, resources, and referrals. Advocates are professionally trained to work with male and female victims, and can assist in a non-judgmental manner helping them to navigate unfamiliar territory at their own pace. Each Army installation has victim advocates available 24/7. If you are a victim of IPV or know of someone who is you can contact an advocate 24/7 via phone/text or computer. No one deserves to live a life of fear. Everyone deserves to be treated with dignity and respect.

Kamala Henley, MSW, Ft. Jackson, SC  
Army Community Service/Family Advocacy Program

## 5 Ways to Help a Friend Who's Experiencing Domestic Abuse



### 1. Ask to connect

**"How do you prefer we connect?"**

Having a safe way to communicate is important. Let your friend or loved one tell you what is safest for them and honor that. Do not pressure the person to leave. Instead, support them without judgment. Offer to help them plan for their safety or seek outside support when they are ready.

### 2. Stay in touch

**"Let's play a game online."**

Finding creative reasons to call, text, video chat or use social media check-ins may provide a lifeline for those who feel unsafe at home. For example, some games have chat functions that may allow for communication in nontraditional spaces. Starting up a game that has chat may allow you to check in with your friend without making the abuser suspicious. There are [privacy and safety tips](#) for online gaming from the National Network to End Domestic Violence.

### 3. Support and believe

**"I care about you and I'm here for you, no matter what."**

Remind your friend that they are not alone and that you are there for them. If they choose to talk about the abuse, listen and show empathy. Let them know the abuse is not their fault and that you believe them. Ask what you can do to help.

### 4. Chat about options

**"Let's create a safety plan."**

Options are empowering. Talk to your friend about their options for seeking help or [reporting domestic abuse](#) in the military. Let them know that [FAP victim advocates](#) are available 24/7 to help them think through dangerous situations and create a plan to get through them safely.

### 5. Share the hotline

**"Here is the information for that restaurant I told you about."**

It may be safer for your friend if you research options for outside support, such as the [National Domestic Violence Hotline](#), on their behalf (and on your device, provided you feel safe to do so). Use your agreed-upon code and a safe communication method when providing this information so it remains private between the two of you.

### 6. Resources and Support to Share

**Immediate crisis support**  
**National Domestic Violence Hotline**  
800-799-7233, 800-787-3224 en Español  
<https://www.thehotline.org/>

**Local support, 24/7**  
**Family Advocacy Program**  
**Victim Advocate Locator**  
<https://www.militaryonesource.mil/leaders-service-providers/child-abuse-and-domestic-abuse/victim-advocate-locator>

**Support for Teens**  
Love is Respect | Text "LOVEIS" to 866-331-9474  
<https://www.loveisrespect.org/>

**Additional support**  
Military OneSource | 800-342-9647  
<https://www.militaryonesource.mil/United-to-End-Domestic-Abuse>

**MILITARY ONE SOURCE** | The Family Advocacy Program supports service members and their families impacted by domestic abuse through victim advocacy and crisis intervention

For more resources or to find your local Family Advocacy Program (FAP)/Victims Advocate call:

- National Domestic Violence Hotline: (800) 799-7233  
<https://www.thehotline.org/>  
text START at 88788
- Military One Source: (800) 342-9647
- Shaw AFB, SC FAP: (803) 895-6201/6091
- Ft. Jackson, SC FAP: (803) 751-5256/4870
- 24/7 assistance: (803) 429-4870
- Ft. Knox, KY FAP: (502) 624-8391
- Ft. Gordon, GA FAP: (706) 791-3579



# NATIONAL BULLYING PREVENTION/AWARENESS MONTH

Approximately 20% of students between the age of 12-18 report being bullied in 2017 (2019 indicators of School Crime and Safety Report). Among these students 15% reported being bullied online or by text. National Bullying Prevention/Awareness Month is a month long observance to educate and raise awareness about bullying and cyber-bullying prevention. Addressing and preventing bullying is something that everyone can do, every day.

For resources and information on warning signs, risk factors, prevention and how to connect with your community to stop bullying visit: [stopbullying.gov](http://stopbullying.gov)



23-31 October, join local installations, schools and communities in bringing drug, alcohol, tobacco and violence prevention/awareness to children and teens. Visit [getsmartaboutdrugs.gov](http://getsmartaboutdrugs.gov) for ideas on how to get involved.

## RESOURCES

Navigating education laws & policies for Military Families with Special Needs:  
<https://militrayfamilieslearningnetwork.org>

Boys & Girls Clubs of America  
Free membership for Army Families: [bgca.org/military](http://bgca.org/military)

Anchored\$Life Club  
Provides Families engaging activities to introduce, practice and strengthen resiliency life skills.  
<https://a4l.me/e-learn>

Helping children transition back to school.  
<https://www.cdc.gov/.../COVID-19-helping-children>

Math Skills/Sesame Street in Communities  
<http://ssic.org/topics/math>

Spouse Education and Career Opportunities Program  
<https://myseco.militaryonesource.mil>

MilitaryOneSource.mil for Money Matters  
EFMP Resources  
Deployment and counseling Support  
Moving and Housing  
Health and Wellness

800-342-9647

For USARCENT Soldier and Family information and resources contact:

USARCENT SFRP Manager @  
803-885-8841





# Holiday Budget Tips

MilitaryOneSource.mil



The holiday season and spending money often go together, but there are ways to celebrate with your family without going into debt. It's all about spending wisely.

Consider these tips for staying in control of your finances during the holidays:

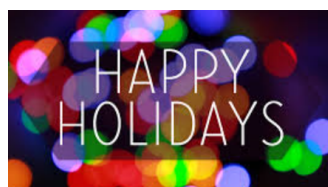
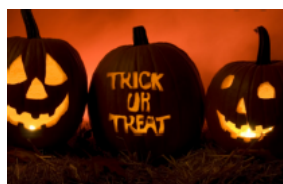
- Create a spending plan. Money can fly out of your wallet quickly for gifts, special meals, decorations and travel. Decide how much you're going to spend in each of these areas and stay in that range.
- Be careful when using credit cards. If you are making the majority of your purchases with a credit card, it can be easy to lose track of how much you are spending. Checking your balance as you go, however, may keep you from spending more than you intended.
- Take inventory. Before you rush out to buy wrapping paper, check to see if there's a forgotten stash of rolls shoved to the back of a closet. The same is true for presents you may have hidden too well last year.
- Shop for secondhand decorations. Thrift stores and garage sales usually have loads of holiday decorations as people upgrade, downsize or realize that the ones they already have multiplied when they weren't looking.
- Consider budget-friendly alternative gifts. Homemade gifts are a great option if you're crafty or a whiz in the kitchen, or even if you aren't but can follow online directions. "Coupons" for your services, such as babysitting, can also make good presents.
- Make your own holiday cards. You can save money (and trees) by using e-cards to send greetings to your loved ones. Many websites offer free or inexpensive e-cards, some with options to add videos or slideshows.
- Plan holiday meals early. Knowing what you're going to cook well in advance allows you to watch for sales on the nonperishable items you'll need. It also helps spread the higher food costs over a couple of paychecks instead of one.
- Use your smartphone while shopping. Many retailers can send coupons directly to your phone when you walk into their stores. You can also use your phone to compare prices to make sure you're getting the best deals.
- Consider traveling on the holiday itself. You could score a much cheaper airline ticket by flying on the holiday instead of in the days before. And arriving on the big day conveniently gets you out of a lot of meal-prep duty.
- Search hotel rates and fares online. Take advantage of websites that compare fares and hotels to make sure you get the best deal. Many will also alert you to price drops. And online reviews can help you sidestep a bad experience. Be sure to check out special travel options for service members on lodging and flights.
- Consider Space-A transportation. This program allows you to fly for free or at a very low cost on military flights if there is room for you. Schedules change and restrictions apply, so learn more about Space-A travel.

There are a lot of ways to save money during the holidays. Check out other budget-friendly tips from MilitaryOneSource, or take advantage of free financial counseling available in person, by phone or by video chat.

You will also find tips for smart spending through the Office of Financial Readiness and the Department of Defense's free Sen\$e app, available via the Apple Store and Google Play.

Lastly the holiday season is about the time we spend with our loved ones and friends, not the gifts or the expenses. It's about coming together to observe traditions and create memories.

## Have a Safe and Happy Holiday Season!





# How to nurture a child's mental health



Actively listen before offering your advice



Be patient



Share your feelings and validate theirs



Tell the truth



Model healthy behavior



Surround them with healthy adults



Be consistent and follow through with what you promise



Teach them how to be safe



Believe them and in them



Use open ended questions



Have scheduled family time



Limit electronic time for everyone



Reach out and hug them



Practice relaxation exercises together



Model forgiveness



Respond calmly when their emotions are elevated



View their behavior as a window to their needs and feelings



Make play and exercise a requirement



Recognize positive choices



Be present



Set and respect boundaries

