



Every Member Counts
SOUTH DAKOTA NATIONAL GUARD

SD Family Focus

Happy New Year !



196th HHC Maneuver Enhancement Brigade



January 9, 2016

DoD Yellow Ribbon Program

Pre-Mobilization Event

Best Western Ramkota

Sioux Falls, SD

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SFC Penny Dickes
SD Yellow Ribbon Programs Coordinator

Disclaimer: The announcements that appear on this page(s) are intended to inform Soldiers, Airmen, veterans, and their families of special offers provided to Service Members, veterans and their families and are not intended to constitute an endorsement by the South Dakota Army and Air National Guard, the United States Army, the United States Air Force, or the Department of Defense. It is strictly intended to be used for informational purposes only.

Please note updated contact information:

Amy LaBay
Psychological Health Coordinator
SD Army National Guard
Contractor
605.786.2922
amy.m.labay.ctr@mail.mil



The Brookings Blizzard would like to thank everyone for their service, by offering you and your family complimentary tickets to Saturday night's game against Bismarck. Please email Mark at the email address listed below with how many tickets you would like and they will be left for you at will call.

Game time is 7:30 doors open at 6:30.

mark@gobrookingsblizzard.com



Military OneSource

1-800-342-9647

Military OneSource upcoming Webinars

(click on the class title below to access link)

The webinars can be located on the Military OneSource website under the Social Media Hub and clicking on the webinar hyperlink. Below are webinars that are offered in January as of today. The other information are courses offered through the My Training HUB on the Military OneSource website.

Responding to Toddlers Who Bite and Hit

Tue, Jan 5, 2016 12:00 PM - 1:00 PM CST

This webinar will review the topic of toddlers who bite and hit by reviewing possible reasons for the behavior, the relative normalcy of such behaviors and provide some suggestions for responding effectively to the behaviors.

Stages of Deployment

Thu, Jan 7, 2016 12:00 PM - 1:00 PM CST

Although every deployment is as unique as the individual experiencing it, there are experiences and feelings that service members and their loved ones share. Join us to discuss the stages of deployment and homecoming, and to learn communication techniques that make reintegration easier.

Finance-01-Consumer Credit

This course is designed to help you understand the good, bad and ugly of credit. You will learn how to build and maintain good credit, and the ins and outs of credit reports.

Finance-02-Developing Your Spending Plan

This course is designed to help you develop a spending plan to help ensure your financial success. You will learn how to identify your needs and wants, and create financial goals.

Finance-03- Investing for Your Future

This course will help you understand how to set financial goals. You will learn how to evaluate investment products and the features of military and non-military retirement programs.

Finance-04-Car Buying Strategies

This course is designed to provide you with tools and tips for a good car buying experience, and how to avoid the pitfalls buyers make. You will learn about the three deals of car buying, the common "car buying game", and your legal rights.

Finance-05-Money and the Move

This course is designed to help you understand the costs associated with moving in the military. You will learn what to expect and how to prepare.

Sponsorship Awareness for Families

This training is designed for family members who want to learn more about the sponsorship process.

For more information or assistance contact:

Mike Nei
South Dakota Military OneSource Consultant
Contractor
(605)639-0409
michael.nei@militaryonesource.com



Veterans Corner

Mental Health and Success

Robert F. Bennet says...

“A desire to be in charge of our own lives, a need for control, is born in each of us. It is essential to our mental health, and our success, that we take control.”

As the quote implies, there is a connection between good mental health and success. If you feel that your current state of mental health is getting in the way of your success, there are numerous resources available to you. The Veteran’s Administration (www.va.gov), Military OneSource (www.militaryonesource.com), and TRICARE (www.tricare.mil) all offer counseling free of charge for Veterans and family members. Check out their websites for specific eligibility and access. If you’re not quite ready to take a step towards counseling and are feeling as if your situation is unique, it may interest you to know about the following websites: www.maketheconnection.net and www.heartstowardshome.com. The first has numerous videos of Veterans sharing their experiences and stories of overcoming the effects of deployment. The second offers resources such as support, books, training, workshops, and materials that can be helpful in working through any number of stresses you may be experiencing.

The Holiday season can be a very stressful time for many of the people that we love and care about. During this time of celebration take time to celebrate your loved ones and the great blessings that you have in your lives. However, be aware of those around you who may be struggling with life at this time. There are many great resources for you to contact to get help for them or yourself if needed.

The Crisis Hotline number is 1-800-273- 8255 and press #1 for a Veteran or Military member. 911 is another resource for immediate help.

Bill Meirose, Ed. D
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2823 West Main Street
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SOUTH DAKOTA NATIONAL GUARD
Service Member & Family Support

2823 West Main St
Rapid City SD 57702

Every Member Counts
SOUTH DAKOTA NATIONAL GUARD

Mission: The mission of our program is to promote healthy Military Families who are self-reliant during both deployment and non-deployment. We do this through education, out-

Family Assistance
Phone: 1-800-658-3930



“Like” us on Facebook

www.facebook.com/sdfamilyassistance





Welcome our New ESGR Program Support Specialist



Hello, my name is Scott MacDonald and I'm very happy to come on board and would like to wish you all a happy and safe holiday season. I am a contractor with Amyx Inc. and I'm joining the Service Member/Family Support team as the Program Support Specialist for the South Dakota National Guard Employer Support Program. I am a retired USAF Lt Col with 22 years of service to include being previously assigned locally as an Airborne Missile Combat Crew Commander in the 4th Airborne Command and Control Squadron, 28th Bomb Wing at Ellsworth AFB and was also a volunteer firefighter in the community. I am especially happy to be here as it feels like coming home being back in the Black Hills area. I will be working as a point of contact with employers, service members and families as to the benefits and entitlements available through the Employer Support Program. I will also be working with the Employer Support of the Guard and Reserve (ESGR) program volunteers throughout the state to help educate employers and service members in the South Dakota Army and Air National Guard on the rights and responsibilities included in the Uniformed Services Employment and Re-employment Rights Act. My wife Gabi and I are coming from Colorado Springs where I was a defense contractor in the missile defense program and where we both were actively involved with ESGR as Military Outreach volunteers. I am looking forward to working with the team in any way I can to help our service members and their families.

Welcome our New Suicide Prevention Program Manager

Chuck Knauer has recently joined the SMFS team as the Suicide Prevention Program Manager, Accenture Federal Contractor. He replaces Cricket Palmer who took a position as the Substance Abuse Program Manager. Chuck comes to the SD National Guard with a career in the USAF as Chaplain, serving both in active duty and the Reserves. He recently completed his Ed. D. in Adult and Higher Educational Administration from the University of South Dakota and brings with him a solid background in resiliency, wellness, and leadership areas, in addition to his specialty in suicide awareness/prevention. Chuck is from South Dakota and his wife Valerie works for the Douglas School system as an 8th grade social studies teacher. They have four sons and enjoy horseback riding and dancing.





2016 Webinar Series

Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE)

Psychological Health		Traumatic Brain Injury		Program Evaluation	
JAN 28	Literature Review of Recent Studies on the Treatment of PTSD	JAN 14	Do Head Injuries Cause Chronic Traumatic Encephalopathy?	JAN 19	Understanding Service Gaps
FEB 25	Resilience: Sound Mind, Sound Body Techniques That Increase Psychological and Physical Fitness	FEB 11	Concussion in Winter Sports	FEB 16	Federal Partner Presentation
MAR 24	State of the Science in Diagnosing and Treating Co-occurring TBI and PTSD	MAR 10	Management of Sleep Disturbances Following Acute Concussion/Mild TBI	MAR 15	Collecting Evaluation Data
APR 28	Prevention of Sexual Assault in Children	APR 14	Management of Headache Following Concussion/Mild TBI	APR 19	Understanding Operating Cost Data: Business Case and Cost Analysis
MAY 26	Facilitating Help-Seeking Behaviors for Mental Health Concerns	MAY 12	VA Cognitive Rehabilitation Guide	MAY 17	Federal Partner Presentation
JUN 23	Depression in Men in the Military	JUN 9	Management of PTSD in Veterans with TBI	JUN 21	Understanding Operating Cost Data: Advanced Cost Analyses and Business Case Applications
JUL 28	Technological Updates in the Treatment of Mental Health Conditions	JUL 14	Complementary and Integrative Medicine and TBI	JUL 19	Reporting Program Evaluation Findings: Communication Methods and Planning
AUG 25	Compassion Fatigue	AUG 11	Performance Triad: Sleep, Nutrition, Exercise	AUG 16	Federal Partner Panel: Using Evaluation Results to Improve Program Quality and Effectiveness
SEP 22	Suicide Assessment and Prevention: Safety Plans and Beyond	SEP 8	Suicide and TBI	SEP	Specific date and topic pending
OCT 17	Gender Differences in PTSD Symptoms and Treatment Approaches	OCT 13	Unique Perspective For Women with Mild TBI: Gender Differences and Coping Strategies	OCT	Specific date and topic pending
NOV 17	State of the Science on Building Resiliency	NOV 10	Athletic Trainers: Critical Role in Military TBI	NOV	Specific date and topic pending
DEC 22	Research Driving Development of the VA/DoD Clinical Practice Guidelines	DEC 8	Review of Advances in TBI Research	DEC	Specific date and topic pending

Mark Your Calendar!

For information about registration or continuing education credit, visit dcoe.mil/webinars.
Past webinars are recorded and posted to the DCoE YouTube channel www.youtube.com/user/DCoEpage.

Released: December 2015 | Reviewed: December 2015
This product is reviewed monthly and is current until superseded. Visit dcoe.mil for the latest information.



Greetings from Jackson Hole, Wyoming!

The National Military Family Association and Teton Science Schools are proud to offer service members and their families an opportunity to reconnect and explore Grand Teton National Park and Jackson Hole, Wyoming, free of charge.

Since 2010, Teton Science Schools has been providing transformative experience for military families and military kids. Teton Science Schools has hosted 12 Operation Purple Family Retreats, enabling military families to spend treasured time in nature reconnecting after deployment.

Teton Science Schools will be offering 3 Operation Purple programs in 2016:

Winter Family Retreat March 11th-15th - application open now!

Summer Family Retreat June 27th-July 1st - application open March 2016

Operation Purple Kids Camp July 25th-29th - open to military youth ages 12-17

Families will stay and eat at the Jackson Campus of the Teton Science Schools and spend their days exploring Grand Teton National Park with professional environmental educators. Operation Purple Family Retreats are open to active military families who have recently had their service member return from a deployment within the last 15 months. Transportation to the Operation Purple Family Retreat is the responsibility of the selected family. The National Military Family Association provides each attending family with a \$200.00 stipend to assist with travel costs.

To apply to the Winter Retreat, please visit <http://www.militaryfamily.org/kids-operation-purple/family-retreats/>

The application for the Summer Family Retreat and Operation Purple Kids Camp will open in March. For more information, please contact Katie Hoskinson at fieldeducation@tetonscience.org