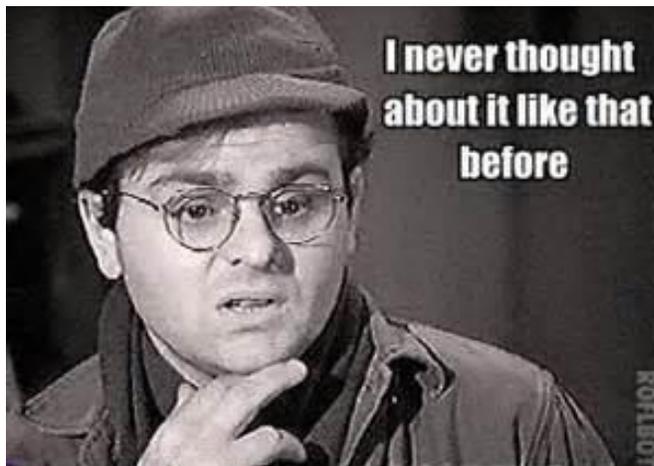


Every Member Counts

SOUTH DAKOTA NATIONAL GUARD 



March 2020 Focus

Mission: Service Member & Family Support enhances and empowers the lives of our customers with consistently exceptional service & support.

Service Member & Family Support

Phone: 1-800-658-3930

THE FOCUS IS FOR SERVICE MEMBERS & FAMILIES, VETERANS, RETIREES & SURVIVORS

IN THIS ISSUE

Ease Tax Season Stress with MilTax

Join the thousands who use free Military OneSource MilTax to file their taxes with ease and get answers to all their tax questions.

MilTax consultants can assist with your unique military tax situations like PCS deductions, reservist travel and more. When you're ready, file your federal tax return and up to three state tax returns for free with the MilTax e-filing software. Leave no military service tax deduction or credit unclaimed with MilTax.

Powered by an industry-leading tax service provider, it's designed to address situations specific to the military.

This easy-to-use, self-paced tax software walks you through a series of questions to help you complete and electronically file your federal return and up to three state tax forms.

Calculations are 100 percent accurate – guaranteed by the software provider. Visit the software details page for more information.

Ready to get started? Use your Military OneSource account to access the software.

See Page 7 for more information.



Pages 2, 4



Page 6



Pages 9-13

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THE SDNG STATE FAMILY & YOUTH SYMPOSIUM 20/20

**Saturday
April 25**
10am-5pm
Networking Social 5 pm
State Awards Dinner 6-9 pm

**Sunday
April 26**
8am-Noon

Deadwood
South Dakota

Phenomenal Trainers. Fun for the whole family. You won't want to miss this!



Kim Becking
Resiliency Booster
Momentum Mindset



Joshua Wayne
Building Positive Relationships
& Healthy Technology Use



Tom Roberts
Author of "A New Norm"
Resilience & Mental Wellness

Children & Youth

Child Care ages 0-5

Youth Programming
Ages 6-12 & Ages 13-17
Team Building
Cyber Safety
Resilience
Connecting Military Youth
Building Life Skills

**S D
NATIONAL
G U A R D**



**LOOKING
FORWARD
T O G E T H E R**

Linda Fuller

Coping Strategies &
Emotional Intelligence

Hollie Strand
& Elliott Harding

SD Internet
Crimes Against Children
Task Force

2020 SD Military Youth Camps

(Projected dates / locations)

- **22-26 June—Storm Mountain**
Campers ages 9-11 / Junior Counselors ages 15-17
- **20-24 July—Dakota Frontier**
Campers ages 12-14



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Do you have 18 or more years of military service?



Do you have questions about Retirement?

Get answers about the following:

- Retired Pay
- Tricare
- VA Health Care
- Survivor Benefit Plan
- Military Funeral Honors and Survivor Outreach
- Transition Assistance
- Military One Source
- Employment Assistance
- Volunteer Opportunities
- Federal & State Benefits
- Troops to Teachers
- Family Assistance Center
- Family Readiness Groups and more!

Christian Johnson

Transition Assistance Advisor
Skyline Contractor

South Dakota National Guard
2823 West Main Street
Rapid City, SD 57702
Office: 605-737-6669
Fax: 605-737-6088
christian.m.johnson.ctr@mail.mil

Rapid City – March 7

Sioux Falls – May 31

Watertown – August 2

Pierre - August 8



PURPLE UP! for Military Kids



Let's turn South Dakota Purple on April 17th 2020

Show your support of your military kid by wearing purple on April 17th.
Please visit <https://2020purpleup.itemorder.com> to order your 2020 Purple Up Shirt.
There are two shirt style options available on the website.

All proceeds go towards supporting events for South Dakota's Military Kids. Thank you for supporting your Military Youth!
For an additional \$5.00, shirts can be shipped straight to your door, or we can deliver the shirts to your local armory for pick up at no additional cost.



Questions: Please contact Child & Youth Program Coordinator, Candice Bloom at 605.882.9376 or Candice.l.bloom.ctr@mail.mil

Prevention Relationship Enhancement Program (PREP)

Strong Bonds for Couples

21-22 March 2020
Sioux Falls



***Split Training is Authorized
For Soldiers living 50+ miles hotel room
will also be included for 2 nights
Child care service is available***

The Strong Bonds Couples program is our way of saying thank you for the sacrifices you and your loved ones make every day as members of the world's premier fighting force. And, because we understand the stresses of military life, we want to serve you through an off-post, Strong Bonds weekend retreat. You and others from your unit will gain skills that fortify your relationships and enjoy a time of relaxation, recreation, and fun. You'll gain practical, useful information based on world-class curriculum developed from years of research.

The Prevention and Relationship Enhancement Program (PREP) is a marriage and relationship education intervention that teaches couples (premarital and marital) how to communicate effectively, work as a team to solve problems, manage conflicts without damaging closeness, and preserve and enhance commitment and friendship. Delivered in a group workshop format, PREP uses techniques of cognitive-behavioral therapy and addresses topics such as communication, affect management, conflict management, commitment, fun and friendship, sensuality and sexuality, problem-solving, forgiveness, and emotional supportiveness.

Through PREP you will receive training and tools for: Communication skills, Confidence that marriage can survive, Positive bonding between couples, Satisfaction with sacrificing for marriage and partner, Relationship satisfaction and stability, Communication and conflict management.

This Strong Bonds training is a relaxed atmosphere of free food & fun! PREP is valuable training that will help you in your relationships at home, school, and work. Mingle with your fellow guardsmen as you learn more about yourself and your relationships! Training is 0800-1630 on Saturday, 0800-1200 on Sunday. Rest of the time is free for you to enjoy the hotel pool or explore Sioux Falls!

To Register or for additional Information contact:

CH (MAJ) David Stimes at
605-737-6009 or david.a.stimes.mil@mail.mil



EMPLOYER SUPPORT OF THE GUARD AND RESERVE TIPS FOR GUARD AND RESERVE SERVICE MEMBERS

Many employment challenges can be avoided by being candid with your employer about your obligations as a member of one of the National Guard & Reserve. Don't take your employer's support for granted!

Here are some tips on how to keep your supervisor informed:

Talk to Your Employer: Tell your employer about your military assignment and skills you have gained in the military. Many people hold military jobs that relate directly to their civilian careers.

Federal Law: Know your rights and responsibilities as outlined by Federal law in the Uniformed Services Employment and Reemployment Rights Act (USERRA). The law guarantees the right to take time off from work to meet your military responsibilities. If you, your supervisor and your personnel office are familiar with USERRA, potential misunderstandings can be minimized. ESGR is a free resource that can help you understand your rights and responsibilities under USERRA, and assist your employer with USERRA compliance.

Annual Training and Drill Schedules: Keep your supervisor informed about your Guard & Reserve duties. The earlier you provide your supervisor with drill schedules, annual training plans and any extra time-off requirements, the more smoothly things will go. Remember you must give your employer advance notice of any military service whenever possible; it is recommended that this be done in writing. Giving employers the maximum lead-time enables them to plan for your absence.

Non-Training Active Duty: Many Guard & Reserve members perform tours of active duty that are not for training. This can range from short active duty tours and support exercises to years of active duty. Under USERRA, prior notice of military duty must be given to your employer. Military duty in this category is generally subject to a cumulative 5-year time limit under USERRA. After being absent for five years you may no longer have reemployment rights with your employer.

Emergency/Contingency Duty: As a Guard & Reserve member, if you are activated involuntarily for war or a national emergency, your period of service will not count against the cumulative 5-year limit established under USERRA. In most cases, voluntary duty is also exempt from the 5-year limit if it is in direct support of a contingency operation.

Scheduling: If you miss work while performing military service, your employer is not obligated to reschedule you to make up the time lost. However, if employees who miss work for non-military reasons are afforded opportunities to make up the time lost, you must be treated in the same manner. Further, you cannot be required to find replacement workers for shifts you miss during the performance of military service.

Vacation and Accrual: Federal law allows you the option to use earned vacation while performing military service, but you cannot be required to do so. The only case where you could be required to use your vacation would be if your company has a planned shutdown period when everyone must take vacation, and your military service coincides with that period of time. Your employer is not required to provide for vacation accrual while you are absent from work performing military service, unless accrual is permitted for employees on nonmilitary leave of absence of similar length and situation.

Pay: Although some private and many government employers provide full or partial civilian pay to employees absent on military duty, the law requires only an unpaid leave of absence be provided by the employer. Federal employees are entitled to time off at full pay for certain types of active or inactive duty in the Guard & Reserve. More information is available from the Office of Personnel Management site at www.OPM.gov.

Reward Your Supervisor: Show appreciation for supportive employers by nominating your supervisor for a Patriot Award. It's a free and easy way to say thanks. The Department of Defense will send your supervisor a personally prepared certificate of appreciation if you, the Guard & Reserve member, simply nominate them for the award. Take time to "brag" about your supervisor today! Visit www.ESGR.mil/PA to nominate your employer.



ESGR DEVELOPS AND PROMOTES A CULTURE IN
WHICH ALL AMERICAN EMPLOYERS
SUPPORT AND VALUE
THE MILITARY SERVICE OF THEIR EMPLOYEES.

CPT Chad Carlson
Program Director
South Dakota
Office: 605-737-6540 Cell:
605-431-5424
chad.j.carlson.mil@mail.mil

MilTax

MILITARY
ONE SOURCE

Q AND A



Q: What makes MilTax different from other tax preparation services?

A: MilTax is the only tax preparation and filing software provided by the Department of Defense designed exclusively for our military community. The software was developed specifically to address scenarios that civilians rarely encounter, from combat pay to multiple moves. It's convenient, with trained experts readily available—and it's no cost, regardless of your rank or income. Expertise like this helps you save the most money.

Q: When and where will the MilTax software be available for 2016 returns?

A: Military OneSource provides free tax preparation and access to filing software starting mid-January through mid-October. Tax consultants can answer questions year-round. Access to the software is available through MilitaryOneSource.mil.

Q: What happens if I can't finish my online return in one session?

A: You don't have to complete your return all at once. When you're using the software, you can create a secure user identification and password, so you can save your work, close it and return to your filing later.

Q: What does the 100% accuracy guarantee mean?

A: Calculations are guaranteed to be 100 percent accurate or the tax software vendor will reimburse you up to \$10,000. Terms and conditions apply. In addition, the tax software vendor is by your side if you get audited.

Q: If I'm trying to file online and I need help, where can I go?

A: If you have any personal tax-related questions, call 800-342-9647 to speak with a Military OneSource tax consultant or schedule an appointment. Remember, these consultations are free. For technical assistance, such as login issues, using the software, printing returns, etc., call 855-897-8639 and follow the prompts.

Q: How do I reach Military OneSource tax consultants?

A: You can call a trained Military OneSource tax consultant free during tax season (January through April 15) seven days a week from 7 a.m. to 11 p.m. EST or EDT at 800-342-9647. After April 15, trained tax consultants are available Monday through Friday, 8 a.m. to 10 p.m. EDT. You can call anytime to schedule an appointment with a consultant.

Q: Where can I get face-to-face help?

A: You can visit a Volunteer Income Tax Assistance location near you or your installation's Legal Assistance office. To find VITA locations in the U.S., search "VITA locations map" on MilitaryOneSource.mil. The map page also has a link to a listing of locations outside the U.S.

WE SERVE THOSE WHO SERVE.

Military OneSource MilTax:

- Access FREE, easy-to-use tax preparation and e-filing software designed for the military community
- Call for easy access to trained tax consultants
- Find in-person support with the Volunteer Income Tax Assistance program
- Get all the tax credits and deductions you qualify for

MILITARY ONE SOURCE MilTax

www.MilitaryOneSource.mil | 800-342-9647

Q: What kind of filing help is available at VITA locations?

A: These locations have several ways to file and access help. You can fill out your return at a self-help kiosk and have trained volunteer tax specialists nearby to assist; or you can make an appointment to work directly with a specialist; or you can leave off your forms and return later to pick them up. Services vary based on location.

Q: What other tax and financial assistance does Military OneSource offer?

A: Military OneSource accredited financial counselors are also available for unlimited, free in-person, phone and video counseling—to help with financial issues such as money management and debt, as well as maximizing your refund.

The Military OneSource website has lots of helpful articles, information and resources about taxes, preparation for filing and special considerations that can make tax-time easier. You can read more about MilTax features and benefits at MilitaryOneSource.mil.

Q: Who is eligible for MilTax services?

A: In general, individuals can use MilTax and access support services include:

- Active-duty service members, spouses and dependent children of the eligible service members
- Members of the National Guard and of the reserve—regardless of activation status
- Retired and honorably discharged service members within 180 days of their discharge
- A family member who is taking care of the affairs of an eligible service member when the service member is deployed
- A designated family member of a severely injured member who is incapable of handling his or her own affairs
- Eligible survivors of active-duty, National Guard and reserve deceased service members regardless of conflict or activation status
- Some members of the Department of Defense civilian expeditionary workforce
- You can find more specific eligibility information at MilitaryOneSource.mil.

Got more questions? Visit MilitaryOneSource.mil or call 800-342-9647 to speak to a tax consultant or schedule an appointment. Calling is free and there's no limit to how many times you can call.

BECAUSE MILSPOUSES SERVE, TOO.

Military OneSource MilTax:

- Access FREE, easy-to-use tax preparation and e-filing software designed for the military community
- Call for easy access to trained tax consultants
- Find in-person support with the Volunteer Income Tax Assistance program
- Get all the tax credits and deductions you qualify for

MILITARY ONE SOURCE MilTax

www.MilitaryOneSource.mil | 800-342-9647

Military OneSource provides service members and their families with easy access to a suite of tax services, including access to easy-to-use tax preparation and e-filing software designed to address military-specific situations, and information and resources on a variety of tax-related topics – all 100% free. Call 800-342-9647 or

visit: <https://www.militaryonesource.mil/financial-legal/tax-resource-center/tax-services-benefits>.

UNITED HOMEFRONT

Connecting Military Families to build up their Support Circles

Mar 12th - Mitchell 5-8pm
@ Overtime Steakhouse & Lounge

Mar 13th - Sioux Falls 5-8pm
@ Pizza Ranch - 3809 E 10th St #100

Food & Beverages available for purchase on an individual basis

Children welcome-- activities provided
*please feel free to join us later as your schedule allows

WHAT IS UNITED HOMEFRONT?

It's a brand new event designed to bring geographically dispersed military families & friends together to make new connections & friendships, to build up their military support circles, and strengthen their resiliency.

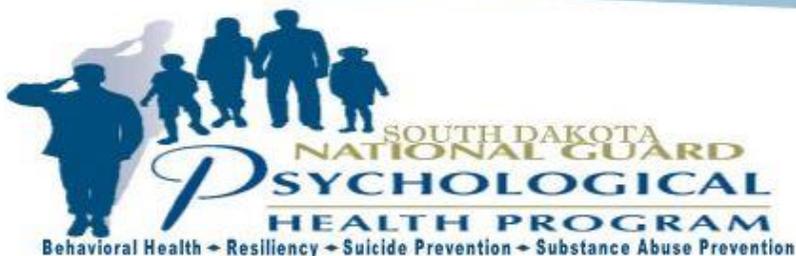
WHO IS THIS EVENT FOR?

All military families, friends, supporters, military members- current, prior service & retired, veteran & military organizations, and community members who want to support military families

Find more information on the "South Dakota Service Member & Family Support" Facebook page within the "SD United Homefront - Mitchell Area" and "SD United Homefront - Sioux Falls Area" Groups.

Please direct Questions and RSVPS (appreciated but not required) to Kaylie Sterud at 605.415.0471 or Wendi Albers at 605.787.3313

Brought to you by the South Dakota National Guard
Service Member & Family Support Program



Do You know a Person of Resilience... We want to honor them!

The Psychological Health Program has a variety of different awards that we would love to use as a tool to help you honor and acknowledge those who shown resiliency. This is uniformed members, employees of the guard and yes even a family member. We are one family, regardless of your role within it! The forms can be found on the intranet or you can email MAJ Sarah Jensen for a fillable format. Sarah.i.jensen.mil@mail.mil

Person of Resilience Recognition

CRITERIA: A person who has not let adversity define them. They found resilience by moving towards a goal beyond themselves, transcending pain and grief by perceiving bad times as a temporary state of affairs. They showed strength of inner self and defined themselves as capable and competent.

SELECTION: The recipient(s) of this award will be decided upon by the Psychological Health team members based on training, evaluations, on-site visits and interviews. Units are encouraged to submit nominations for the team to evaluate. This will be requested through an email to all units. The nomination form is a fillable PDF and will be emailed out as well as available on the SharePoint.

Innovation Award

CRITERIA: The Individual Innovation Award is an individual award for the MRT/Unit whose achievements promote readiness preparedness excellence through extraordinary innovation. Contributions can take many forms and may include a significant role in the implementation and effective delivery of a highly innovative training idea and execution.

SELECTION: The recipient(s) of this award will be decided upon by the Psychological Health team members based on training, evaluations, on-site visits and interviews. Units are encouraged to submit nominations for the team to evaluate. This will be requested through an email to all units. The nomination form is a fillable PDF and will be emailed out as well as available on the SharePoint.

Above and Beyond Award

CRITERIA: The Above and Beyond Award is an individual award for a Service Member in recognition of their work above and beyond their normal duties expected or required when performing the duties associated with the psychological health framework.

SELECTION: The recipient(s) of this award will be decided upon by the Psychological Health team members based on training, evaluations, on-site visits and interviews. Units are encouraged to submit nominations for the team to evaluate. This will be requested through an email to all units. The nomination form is a fillable PDF and will be emailed out as well as available on the SharePoint.

LTC Amber Heinert
Director of Psychological Health
(DPH) & Resiliency Programs
605-737-6582

MAJ Sarah I Jensen
R3SP Coordinator (Resiliency, Risk
Reduction, Suicide Prevention)
605-737-6948

Jeffrey Hurst
Psychological Health
Coordinator
605-737-6521

Kristi (Cricket) Palmer
Alcohol and Drug Control Officer
(ADCO)
605-737-6973

Paul Brosz
Prevention Coordinator (PC)
605-737-6990

SGT Shaun Kuharski
Drug Testing Coordinator
605-737-6566

Sue Keller
Suicide Prevention Program
Manager
605-737-6954

Edition 3— March 2020

- ◆ Resiliency Awards
- ◆ Suicide Prevention Message
- ◆ Resiliency Skill of the Month—
ATT Avoid Thinking Traps
- ◆ Cyber safety tip of the month—
Viral Prank— Skullbreaker
- ◆ Meet a Member of the Team—
Mrs. Sue Keller, SPPM
- ◆ Substance Abuse Prevention
Message— CBD Oil
- ◆ Psychological Health Message—
Importance of Prevention
- ◆ Resource Highlight—
Text4Hope

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Suicide Prevention Program Message

Are you or someone you know struggling with PTSD, depression, anxiety, stress, or many of the feelings that leave you hopeless, helpless or feeling alone. The Veterans Affairs (VA) has some awesome Apps you can download on your phone for free. Some of them are listed below:

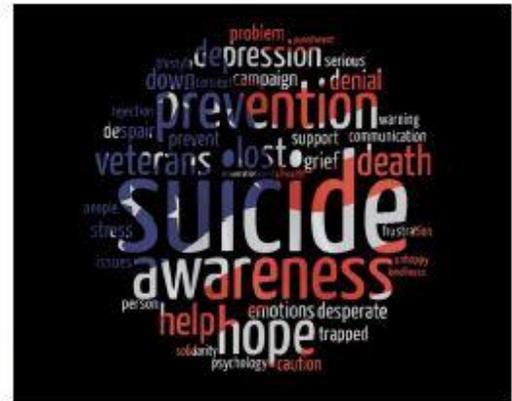
CBT-I Coach: Engaged in CBT-I and want extra support? The coach is here.

Mood Coach: Boost your mood through positive activities with this app.

Moving Forward: Tools to keep you moving forward during times of stress.

PTSD Coach: Get the info, support and tools you need to manage PTSD.

** If you search in your App Store, there are many more good options out there.



#BeThere

Resilience: Skill of the Month AVOID THINKING TRAPS



| | |
|--|--|
| <p>What is the skill?</p> <p>“ATT” or thinking traps are common patterns in thinking that prevent a person from seeing a situation accurately: Avoiding Thinking Traps is a skill for identifying and correcting counterproductive thinking.</p> | <p>B.L.U.F.</p> <ul style="list-style-type: none"> ◇ Builds mental agility ◇ Identify the Thinking Traps you tend to fall into so you can correct your thinking in the moment and avoid them in the future ◇ Effective leadership (this includes as a parent and/or spouse) requires you to avoid Thinking Traps |
| <p>When do I use it?</p> <p>Avoid Thinking Traps when your perspective on a situation is biased by such Thinking Traps.</p> <p>How do I use it?</p> <p>Check for Thinking traps and use the appropriate Critical Questions to help you identify important information.</p>  | <p>Key Principles</p> <ul style="list-style-type: none"> ◇ Identify and correct counterproductive patterns in thinking through the use of Critical Questions. <ul style="list-style-type: none"> ◇ Jumping to Conclusions: Slow Down: What is the evidence? ◇ Mind Reading: Speak up: Did I express myself? Did I ask for information? ◇ Me, Me, Me: Look outward: How did others and/or circumstances contribute? ◇ Them, Them, Them: Look inward: How did I contribute? ◇ Always, Always, Always: Grab control: What’s changeable? What can I control? ◇ Everything, Everything, Everything: Look at behavior: What is the specific behavior that explains the situation? |

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Cyber Safety— Skullbreaker Challenge— the newest viral prank!

Why should parents care?

The **Skullbreaker Challenge**, also called the **Trip Jump Challenge**, is a dangerous social media prank that's landing some students around the world in the hospital. The videos, of teens tripping others, are made in an attempt to get more laughs and likes on TikTok, YouTube, and other social media platforms. But, the challenge can only happen at the expense of an unsuspecting person – some of whom are ending up with concussions, stitches, and broken bones.

What is the Skullbreaker Challenge?

- Three people stand side-by-side
- The two people on either end will trick the middle person into jumping or dancing with them to make a social media video
- Then, they kick the unsuspecting person's feet out from under him/her forcing the victim to fall on the ground
- The pranks are often posted to social media

Videos of the Skullbreaker or Trip Jump Challenge are all over [TikTok](#) and [YouTube](#)

There are reports of kids around the world getting concussions or ending up hospitalized with other injuries after attempting this.

Posted Feb 19, 2020 by SmartSocial

https://smartsocial.com/skullbreaker-trip-jump-challenge/?utm_source=Smart%20Social%20Mailing%20List&utm_campaign=042c072adb-Skullbreaker%20Challenge_followup&utm_medium=email&utm_term=0_40b34a3ccb-042c072adb-196192803



Information included on this page is provided by SmartSocial and Josh Ochs. This is a very informative site for parents and educators. There are numerous informative sites available so we ask that you find a site that works for you— as long as you are working to keep your child safe online, just as you have kept them safe crossing streets, riding with seatbelts etc.

Smart Social
Learn How to Shine Online

Meet A
Member of the
Psychological
Health Team

We are excited to welcome Sue Keller to our team. She is no stranger to the National Guard as she served 30 years in the National Guard prior to her retirement in 2011. Raised in Reynoldsburg, Ohio, she attended The Ohio State University, earning a BS in Education. She moved to the Rapid City area with her husband Glenn and two children Matt and Shannon in 1993. She held positions in the 109th Engineer Group, Joint Force Headquarters, and the Medical Command. Prior to her retirement she was the Trauma Crisis NCO, where she served as the SPPM and worked closely with the SARC. She is ambitious, caring, and excited about reaching out to Soldiers, units and families to help educate them about suicide prevention and intervention. She can be reached at

605-737-6954.



Can I use THC-Free CBD oil and pass a drug test?

The answer is NO. You may not use CBD oil if you are a member of the Army National Guard! – NO matter what your doctor says!

A 2017 analysis of 84 CBD products sold online found only 31 percent were accurately labeled.

Some products were even found to contain contaminants, including cough syrup ingredients and synthetic cannabinoids.

An NBC investigative team tested seven CBD brands and found a few products contained lead or pesticides.

Companies are using CBD in their products— check what you are ingesting! Starbucks, Neiman Marcus, Sephora, Coffee, lotions, suckers, lip balm, bath bombs, toothpaste, vitamins, etc. The list is endless and even unknown. There is little to no oversight and limited regulations.

The bottom line is that a positive THC test, is a positive THC test— regardless of the source and your awareness or lack of awareness. You will be entered into the Substance Abuse Program and the consequences associated .

KNOW WHAT YOUR ARE PUTTING IN YOUR BODY!

<https://www.discovermagazine.com/health/cbd-is-in-jelly-beans-pet-food-and-shampoo-but-many-benefits-are-untested>



Psychological Health Message

Importance of Prevention

Benjamin Franklin wrote “An ounce of prevention is worth a pound of cure” which is often used in the context of medical care. However, it can also be used with psychological care as well. Much like we take our cars in to a mechanic for “routine maintenance” to prevent mechanical issues, it is also just as important for us as people to also perform “routine maintenance” on ourselves to prevent symptoms from getting stronger.

How does prevention help with mental health? The goal of MH prevention is 1) Understanding the symptoms and triggers; 2) continuous risk reduction and increase protective factors and 3) having resources at the ready.

Two Possible Resources:

LifeArmor app - LifeArmor aims to provide information, assessment, and self-management tools for those in the military community.



Virtual Hope Box app: contains simple tools to help patients with coping, relaxation, distraction, and positive thinking. Patients and providers can work together to personalize the VHB content on the patient's own smartphone according to the patient's specific needs.

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—Parents—
Add this number
to your child
phone contacts

This service is
available for your
teen children. It
is for them, or for
them to get help
with their friends.

We may hope,
wish and desire
that we be the
person they turn
to....

But the reality
doesn't support
this. Give your
children a tool to
help themselves
and others!

helpline center

NEED TO TALK?

TEXT US...

Text icare to 898211

TEXT 4 HOPE

helpline center

I'M WORRIED ABOUT MY FRIEND. HOW CAN I HELP?

I FEEL STRESSED OUT ALL THE TIME

Text icare to 898211

Text4Hope is available 24/7 for
South Dakota high school students

Supported by: **SANFORD HEALTH**

South Dakota Suicide Prevention
South Dakota Department of Health

Military Child Education Coalition®
**Military Kids NOW
 Education Survey**

Social Media Toolkit

The **Military Child Education Coalition® (MCEC®)** has dedicated itself to delivering high-quality programs, services, and professional development to meet the needs of military-connected students, parents, and professionals. The **Military Kids NOW Education Survey** takes a fresh look at the challenges facing our military families today to help us understand how we can best respond.

Please help promote the Military Kids NOW Education Survey!



**The Survey is Open
 February 17 - April 17**

The **Military Kids NOW Education Survey** is an opportunity to:

- Accurately identify the educational needs of military-connected students (ages 13 and up), military parents with school-aged children, and the education professionals who support them.
- Determine the best ways to provide tools and solutions for parents, education professionals, and military-connected children.

Thank you for supporting Military Child Education Coalition and America's military kids—today, tomorrow, and beyond!

Survey findings and recommendations will be published to the MCEC website and shared this summer at the MCEC National Training Seminar, July 27-29, in Washington, DC.

For more information about the survey, contact: Helen Mowers | helen.mowers@militarychild.org



MARCH 26, 2020

11:00 a.m. - 12:00 p.m. ET

**PROFESSIONAL
DEVELOPMENT**

**Discover the issues
women service
members face
during and after
deployment**

EVENT LOCATION

<https://militaryfamilieslearningnetwork.org/event/34437/>

WOMEN IN THE MILITARY: SPECIAL CONTRIBUTIONS AND UNIQUE CHALLENGES

Within this FREE professional development, participants will:

- understand the demographics of women serving in the military
- discover if these women are different because they joined the military
- identify distinctive features of women's careers
- discuss gender differences in the experience and consequences of deployment
- examine key current challenges facing women service members

PRESENTERS

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CONTINUING EDUCATION CREDIT

MFLN Family Transitions has applied for 1.0 CE credits from:

- UT Austin Steve Hicks School of Social Work, offering CE credits for Social Work, Licensed Professional Counselors, and Licensed Marriage and Family Therapists
- CFLEs from the National Council on Family Relations
- A Certificate of Completion is also available for providers interested in documenting their professional development

RSVP TODAY!

FAMILY TRANSITIONS
Military Families Learning Network

Did you know?

The **Transition Assistance Advisor (TAA) Program** serves Active and Reserve Component service members of **ALL** branches of the military **AND** Veterans who have dedicated themselves to serving our nation, often at great personal sacrifice. The program's principal role is to provide direction to Reserve Component service members so that they can secure all benefits, entitlements, and services earned through their military service with the compassion of someone who's been there.

You may not need assistance at this time, but you may have a friend or family member that could use some assistance.



Common services provided are:

- Requesting Military Service records
- Enrollment into the VA Healthcare
- Counseling on Education Benefits
- Supporting deploying and returning units
- Employment
- Tricare
- State specific benefits
- Navigating local, state and federal programs

I am a current service member in the SDARNG, an OEF-Afghanistan veteran, former full-time Soldier, education counselor and will put to use my skills and relationships to ensure your needs are met.

Contact your TAA today at 605-737-6669 or christian.m.johnson.ctr@mail.mil

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Service Member and Family Support
South Dakota National Guard

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We also recommend that you like and follow us on [Facebook](#) as we continuously update new and exciting information.

Have suggestions of thing you would like to see in a future issue of the focus? Please contact us!