

ERDC

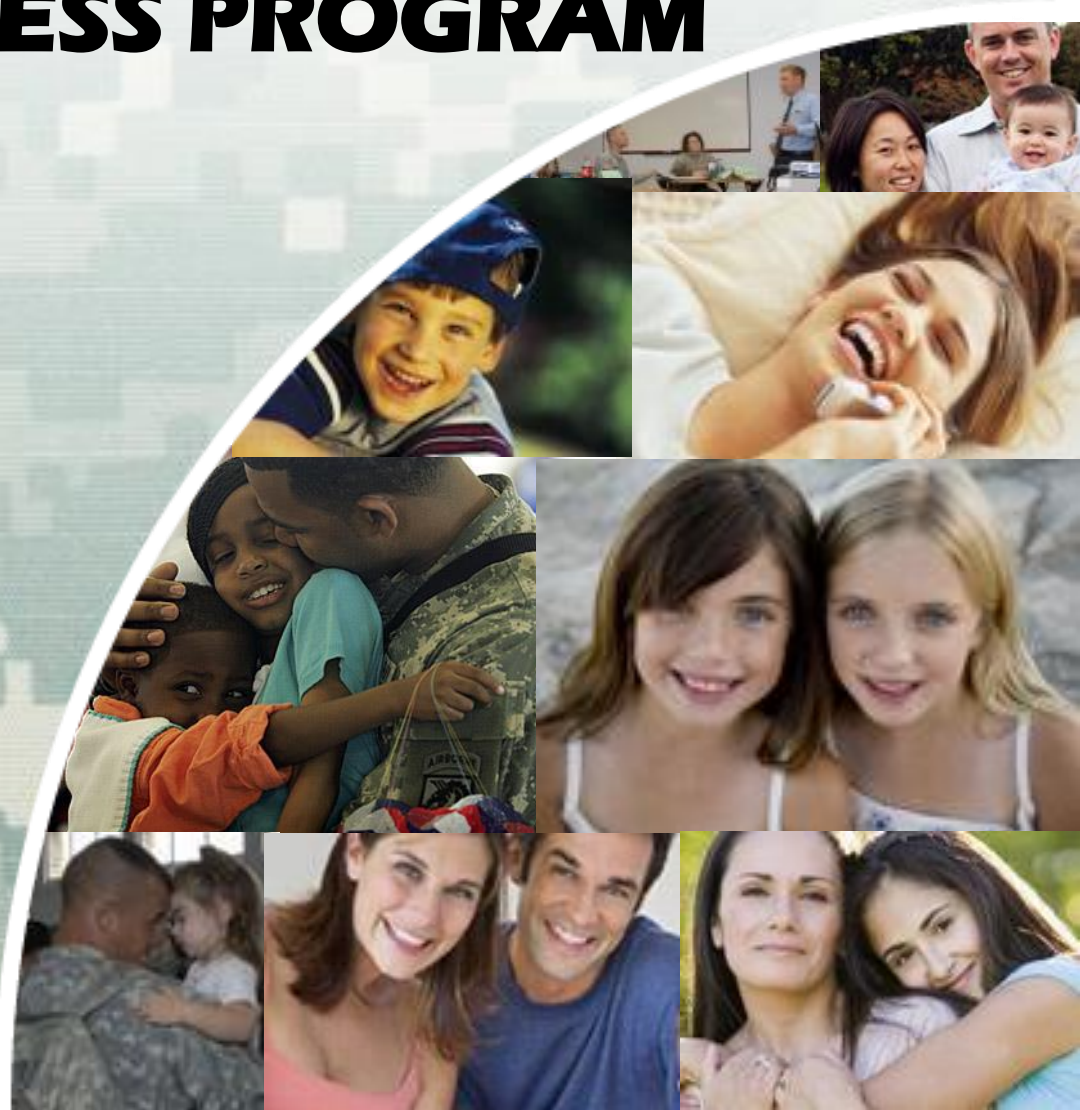
FAMILY READINESS PROGRAM (FRP)

ERDC Family Readiness Program
Coordinator

June 2017



US Army Corps of Engineers
BUILDING STRONG®



Family Readiness Program

www – search ERDC family

- What is Family Readiness?
- What is a Family Readiness Program (FRP)?
- Resources
- Volunteer Opportunities



www – search ERDC family

BUILDING STRONG®

What is Family Readiness?

- Late 1980s – early 1990s
 - ▶ Army spouses started Family Support Groups (FSGs) and Family Readiness Groups (FRGs) as part of a volunteer grassroots movement.
 - ▶ Veteran Army spouses realized when they spent regular scheduled time encouraging, sharing, and communicating with less experienced Army spouses, units seemed to fare better during times of separation and crisis.
- 1991
 - ▶ After the Persian Gulf War, the Army recognized the positive effects of FSGs after studying and evaluating lessons learned during deployment.
- By 2000
 - ▶ All Army commanders were required to sustain Family Readiness structures in every unit, and the acronym was changed to FRG to emphasize the mission of communication, readiness, and self-sufficiency.

FAMILY READINESS



www – search ERDC family

BUILDING STRONG®

Why?

USACE supports the U.S. Army across the spectrum of conflict: from overseas expeditionary missions to homeland defense to domestic humanitarian and disaster relief operations.

USACE's many employees contribute every day to this Nation's defense.

We recognize the sacrifices the employees make are shared by their Families.

It is our commitment to the Families to make the deployments and time away from home just a little bit easier by providing useful and relevant information and resources.

NOT JUST DURING DEPLOYMENT!



FAMILY READINESS



[www](http://www.usace.army.mil) – search ***ERDC family***

BUILDING STRONG®

What is the ERDC Family Readiness Program?



- Command-sponsored program
- Builds Comradery between family members, **volunteers**, soldiers, and civilian employees
- Avenue of mutual support and assistance
- Network of communication for families and employees

FAMILY READINESS



*www – search **ERDC family***

BUILDING STRONG®

What Does the ERDC FRP Have to Offer?

- Provides education, resources, and guidance on important topics or issues.
- Identifies family needs upon deployment.
- Helps relieve stress on families and deployed employees
- Offers a source of social support, morale building, and friendship.
- Serves as an information/communication conduit.
- Fosters connections and deepens camaraderie among ERDC employees and their family members.

FAMILY READINESS



www – search ERDC family

BUILDING STRONG®

Family Readiness Benefits for you and your Family

- Army Family Action Plan
- Army One Source
- The American Red Cross
- Local community support
- Suicide Prevention
- Employee Assistance Program



FAMILY READINESS



www – search **ERDC family**

BUILDING STRONG

Army Family Action Plan (AFAP)

AFAP is an Army-wide program to improve Army quality of life.

Through AFAP, all members of the Army, including Active, Reserve, and National Guard Soldiers, family members, retirees, surviving spouses, DA Civilians, and military technicians have a forum to voice concerns to Army leadership and make recommendations for change.

AFAP is being established and formalized in USACE; then, ERDC will be formalizing its AFAP.



The strength of ERDC is community



ARMY OneSource

Army OneSource (www.myarmyonesource.com) serves as the web site of choice for Army Families.

It is sponsored by the Family and Morale, Welfare and Recreation Command (FMWRC) Family Programs Directorate whose mission is to maintain the readiness of individuals, Families and communities within America's Army by developing, coordinating and delivering services which promote resiliency and stability during war and peace.



FAMILY READINESS



www – search ERDC family

BUILDING STRONG®

Local Community Support and Volunteering

Local community support represents a wide-array of support that the local community can provide through individuals, churches, civic organizations.

Volunteer opportunities – at ERDC and in the local community:

- Beach Party
- Corps Day
- Christmas Lights display
- Vicksburg Mardi Gras parade
- Relay for Life
- National Military Park
- YMCA
- Youth league coaches
- Spouses Coffee and Tour
- Toys for Tots
- Vicksburg Child and Parent Center- Mentorship



FAMILY READINESS

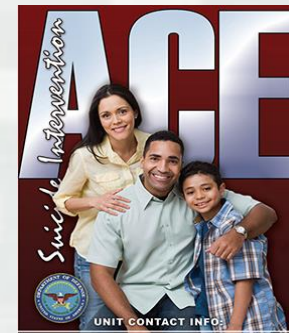


[www – search ERDC family](http://www.erdccfamily.com)

BUILDING STRONG®

Suicide Prevention

- There is help for you and your Families
- Be courteous to fellow employees
- Develop good work relationships
- Know the warning signs
- Utilize the “ACE” card- **A**sk, **C**are, **E**scort



A  **Ask your Family Member**

- Have the courage to ask the question, but stay calm
- Ask the question directly: Are you thinking of killing yourself?

C  **Care for your Family Member**

- Calmly control the situation; do not use force; be safe
- Actively listen to show understanding and produce relief
- Remove any means that could be used for self-injury

E  **Escort your Family Member**

- Never leave your Family Member alone
- Escort to chain of command, Chaplain, behavioral health professional, or primary care provider
- Call the National Suicide Prevention Lifeline

USAPBC <http://fhe.ameddd.army.mil/>

National Suicide Prevention Lifeline:
1-800-273-8255 (TALK)

TA - 144 - 0810

Suicide is a permanent solution to a temporary problem!

FAMILY READINESS



www – search ERDC family

BUILDING STRONG®

Employee Assistance Program (EAP)

OPR: ERDC Safety

The Employee Assistance program provides 6 free counseling sessions, to civilian employees, military personnel that work for ERDC and immediate family members.

- Marital/ premarital
- Divorce and separation
- Alcohol and drug abuse
- Gambling addiction
- Parent-child relationship
- Emotional behavioral disorders
- Human and Interpersonal relationship skills
- Stress
- Anxiety
- Depression
- Eating disorders
- Suicidal tendencies



FAMILY READINESS



[www – search ERDC family](http://www-search.ERDCfamily)

BUILDING STRONG®

Family Readiness Interested in Volunteering?

ERDCinfo@usace.army.mil

(601) 634-2086 or (601) 634-2735

ERDC Reachback Operations Center | Office of Research and Technology Transfer
U.S. Army Engineer Research and Development Center

FAMILY READINESS



*www – search **ERDC family***

BUILDING STRONG®

The Strength of ERDC is Community!

www – search ERDC family

FAMILY READINESS



www – search ERDC family

BUILDING STRONG®