

KANSAS NATIONAL GUARD G-1 SUPPORT SERVICES

NEWSLETTER

KANSAS NATIONAL GUARD G-1 SUPPORT SERVICES

Support services are the coordination of programs and services that assist Service members and Family members before, during, and after deployment. Our goal is to build Soldier and Family self-reliance through training and resource awareness. We are always in search of quick and effective ways to share our many programs with our soldiers, military families, and community partners. This newsletter will be utilized to further share the latest information.



AUGUST 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

UPCOMING DATES

August 28

- Family Day Kansas Children's Discovery Center
9 am-12 pm
Kansas Children's Discovery Center
4400 SW. 10th Ave. Topeka, KS 66604

September 5

- Labor Day

September 11

- Patriot Day

September 25

- Gold Star Mothers & Family's Day

IF YOU HAVE A TOPIC OR WOULD LIKE TO SEND IN PICTURES FROM ANY MILITARY EVENT, FAMILY DAY, RESOURCE FAIR, ETC., PLEASE SEND THAT INFORMATION TO CYDNEY COOPER AT CYDNEY.R.COOPER.CIV@ARMY.MIL



SOLDIER AND FAMILY READINESS

The Soldier and Family Readiness team members have extensive networks of community partners, resources, and a host of other agencies with direct and indirect interests in assisting and supporting military families in a variety of different areas to include: Employment, Financial Assistance, Tricare, Child Care, Mental Health, SFRG Management, and more.

For more information or to connect with your Soldier and Family Readiness Specialist please email: soldierandfamilyreadiness@army.mil

11 CALCULATORS TO HELP YOU SCOPE OUT YOUR PERSONAL FINANCES

Buying a car or appliance? Applying for a loan? Paying off debt? Saving for college? You can learn how to take more control of your personal finances.

Military OneSource has assembled 11 calculators to show you ways to pay off debt and help you better manage life's financial decisions.



These 11 personal finance tools can help you manage your money:

- Car payment calculator. Buying a car? Before stepping onto the lot, calculate ahead of time the monthly car payment you can afford.
- Credit card payoff calculator. Figure out how long it will take to pay off your credit card debt.
- College savings calculator. Calculate the amount you'll need to save each month to pay for college.
- Major purchase calculator. Need to buy an appliance or furniture? Planning a vacation? Calculate how much you'll need to save and for how long.
- Loan calculators. Considering taking out a loan? This calculator helps you see how much money you can afford to borrow. When borrowing money, there are five other factors to consider — with a calculator available for each:
 - Computing the interest rate on a loan based on the loan amount, payment amount and number of payments
 - Calculating how many payments it will take to pay off a loan
 - Figuring the payment amount (principal and interest) for a fixed-rate loan
 - Seeing whether it is worth consolidating your various loans and other debt in order to lower interest rates or get a better combined monthly payment
 - Determining whether an auto loan or home equity loan, if available, is a better deal for buying a car (this calculator helps you compare the two)
- Debt elimination calculator. Figure out different ways to eliminate your debt and which approach works best for you.

These calculators can help you take a first step toward making sound financial decisions, but remember that the results are only estimates. You can talk with an installation Financial Readiness Manager for free before making any big money decisions. Go online to militaryonesource.mil or call us at 800-342-9647.





PERSONAL FINANCE TIPS

The Paycheck Hijacker Strikes Again!

Is your paycheck shrinking? Do you notice less money in your checking account at the end of the month than you did 12 months ago? It's not your imagination. Your paycheck dollars are being hijacked by an invisible thief: inflation.

If you were born after 1990, inflation was a phenomenon you read about in history books. Rarely did the price of what you bought rise above an annual average of 2%. But for your parents and grandparents, inflation was a reality that impacted their lives in significant ways.

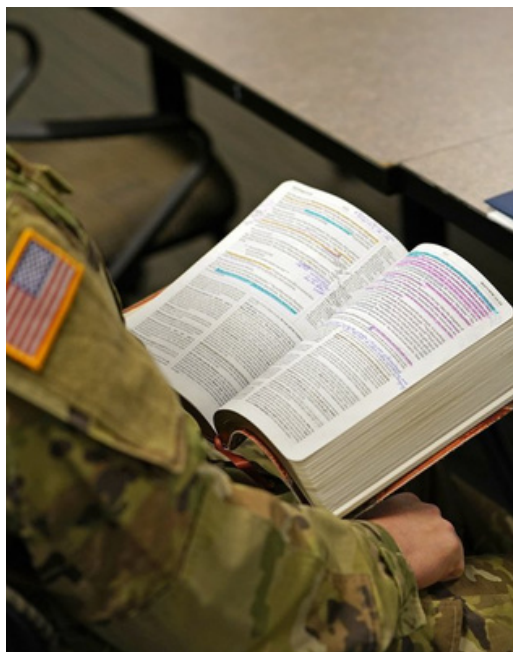
For example, in 1974, inflation ratcheted up to 12%. It dropped down to 5% in the next several years, but took off once again to about 15% in 1980. If you look at a graph that plots the inflation rate during those years, it looks like a thriller roller coaster ride at Six Flags. (<https://www.bls.gov/opub/mlr/2014/article/one-hundred-years-of-price-change-the-consumer-price-index-and-the-american-inflation-experience.htm>)

As the 12 month inflation rate has reached 9%, you might consider what that means to the purchasing power of every dollar you earn. We'll explore strategies you can take to offset the impact of inflation next month.

Here's an opportunity to check your investment knowledge with June's quiz from the SEC:

<https://www.investor.gov/additional-resources/spotlight/investing-quizzes>

Brenda Lenz, CFP®, Personal Financial Counselor (PFC), Cell Phone: 785.551.2321, E-mail: pfc.ks.ng@zeiders.com



CHAPLAIN'S CORNER

The Chaplain's office is here to provide care for the spiritual, moral, and emotional needs of soldiers and their families. This care is given through counseling, spiritual resiliency, and religious programs. The Chaplain's Office also serves as a liaison for all National Guard Family Programs.

During the month of July, the Chaplain's Office held a statewide training with religious professionals. This training allowed for the Chaplain Corp to strengthen its skills.

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SPC Quantae Robinson- Religious Affairs Specialist- JFHQ/
635th RSG- quantaerobinson.mil@army.mil



Stay up-to-date with all of our events and program updates on our Facebook page (www.facebook.com/kngyouth)

- Work with youth dependents of Kansas National Guard soldiers. We want to teach the youth resiliency and character building through different activities and camps.
- Had over 30+ campers at our Operation Kids/Teen Camp
- August 20: Day camp with STARBASE and BJ Penick from 9 am-4 pm (lunch provided)
- August 28: Family Day Kansas Children's Discovery Center

THE KSARNG PSYCHOLOGICAL HEALTH PROGRAM WELCOMES NEW STAFF!

Our new KSARNG Psychological Health Program staff members are here to support Soldier readiness and other mental health-related concerns! Please reach out to us with any questions/concerns related to the mental health of Soldiers and their family members; we are excited to meet and support your needs! Here is a bit of information about our staff:



BRYSON BOWER
DIRECTOR OF
PSYCHOLOGICAL HEALTH
BRYSON.J.BOWER.CIV@ARMY.MIL
785-646-0151

Bryson is a licensed mental health practitioner with a background in clinical treatment, and program management. Bryson is a native Topekan, and a graduate of the University of Kansas and Washburn University. Through the Psychological Health Program, Bryson provides support and consultation to KSARNG leadership, collaboration with other Soldier Support Team leaders, and manages the Psychological Health Program under the command of the G1 Deputy State Surgeon.



JILLIAN RIZK
ASST. DIRECTOR OF
PSYCHOLOGICAL HEALTH
JILL.M.RIZK.CIV@ARMY.MIL
785-646-0152

Jillian is a licensed mental health practitioner with a background in clinical treatment and is currently completing doctoral coursework in the field of Forensics and Victimology. Jillian hails from Michigan, where she graduated from the University of Michigan and Walden University. Through the Psychological Health Program, Jillian provides brief support and treatment referrals for KSARNG Soldiers and works with unit leadership to support mental health recovery and readiness.



RYAN MCCARTNEY
PSYCHOLOGICAL HEALTH CARE
COORDINATOR
RYAN.M.MCCARTNEY4.MIL@ARMY.MIL
785-646-0141

Ryan is a SGT holding a MOS of Mental Health Specialist (68X) within the KSARNG. Ryan is currently completing bachelor-level coursework in psychology and plans to complete masters-level coursework to obtain licensure as a mental health provider in Kansas. Through the PHP program, Ryan provides monitoring and support for soldiers' mental health care and recovery and assists soldiers and unit leadership in addressing care-related needs.





RESILIENCE, RISK REDUCTION & SUICIDE PREVENTION PROGRAM

The R3SP program has three branches that focus on Soldier wellbeing.

1. Resilience is found in the Master Resilience Trainers (MRT). The MRT directly teaches the MRT skills through classroom instruction and one on one coaching.

2. Risk Reduction work is done in our Drug Testing Program. Anyone testing positive for using drugs is placed on a path for rehabilitation. They may eventually be discharged but they will have been provided resources to seek assistance with addiction.

3. The third part of our program is the Suicide Prevention. We work to raise awareness through training at the units, message campaigns, and suicide intervention training. A mainstay in our program is the Unit Risk Inventory (URI). It provides insight to the unit Command Team on risk categories that need addressed in some way to improve their unit moral, team cohesion and individual Soldier resilience.

Risk categories identified on the Unit Risk Inventory (URI). This survey is a mandatory annual requirement. The following risk categories are used in the results report for any unit conducting this survey. Not all categories show as an issue at any one survey. The report identifies the severity by a color system. Amber indicates an elevated risk and Red identifies a high risk compared to all NG component data.

1. Suicide
2. Problem Drinkers
3. Alcohol and other drugs
4. Financial Problems
5. Personal Resilience
6. Verbal/Physical Abuse
7. Unit Cohesion
8. Sexual Practices
9. Other Crimes
10. Army Environment

The Unit Risk Report (URR) comes back with the areas of concern identified. The report first page shows these areas as well as the information for Trust in the Command, Sexual Harassment, and Sexual Assault. There is a graph showing numbers identified for the areas of concern.

We take this report to the Commander and develop a mitigation plan for the areas identified. The R3SP team can provide Targeted Prevention Training (TPT) for the areas of particular concern. We coordinate subject matter experts to come in and provide information and training. We can reach out to the Personal Financial Counselor (PFC) or resources through Military One Source. For unemployment, we can reach out to the Soldier and Family Readiness Group (SFRG). They have resources to help Soldiers work on their resume' or find a job.

The MRT classes are topics that have been in place for years. These are used as part of a mitigation plan if a unit shows concerns in areas those training topics cover. These have been used in safety stand-downs when a unit has a significant number of people identified as having issues of suicide. The MRT topics are:

1. Activating Event, Thoughts, and Consequences (builds self-awareness)
2. Hunt the Good Stuff (builds optimism)
3. Detect Icebergs (builds self-awareness)
4. Avoid Thinking Traps (builds self-awareness)
5. Assertive Communication (builds connection)
6. Effective Praise and Active Constructive Responding (builds connection)
7. Mental Games (builds self-regulation)
8. Real-Time Resilience (builds optimism)
9. Identify Character Strengths in Self and Others (builds strength of character)
10. Character Strengths: Challenges and Leadership (builds strengths of character)
11. Put It In Perspective (builds optimism)
12. Problem Solving (builds mental agility)

RESILIENCE, RISK REDUCTION & SUICIDE PREVENTION PROGRAM CONT.

Each unit with a strength of 50 personnel or more is required to have a trained Master Resilient Trainer (MRT). It is encouraged to have more than one MRT per unit. The requirement is one. The MRT instructor receives an ASI of 8R added to their MOS. MRT training is a one-time event for the Soldier. Kansas has been having refresher training for the past 3 years to provide the MRT additional insight to the training they provide. Some materials have changed since the beginning of MRT training. They school has also provided ways to “operationalize” the training so that it can be presented in a more efficient manner. Some refresher training focusses on the presentation skills of the MRT to hone their training skills.

Recent we have been working with the Comprehensive Soldier and Family Fitness (CSF2) program. Kansas is very fortunate to have 2 of the 32 Performance Centers within the state. We have one at Fort Leavenworth and one at Fort Riley. They provide Mental Skills Training and Performance Training. They can help enhance Academic Performance as well as Training is Soldier Skills. Their focus is to enhance Confidence, Energy Regulation, Communication, Focus, Motivation, and Mindset.

Currently we are using the CSF2 teams to work with the 2-635th BN and Recruiting RSP units. They are part of the mitigation plan for improving overall Soldier wellbeing at 2-635th. CSF2 is filling in the gap at the RSP units while they focus on getting personnel trained as MRTs.

RESOURCE QUICK ACCESS



Have you recently returned from a deployment? Check out this free couple or family based retreat opportunity!



Needing assistance with daycare costs? Looking for a vetted childcare provider? Take a look into this vast provider network.



Ticket discounts for military personnel and families on a wide variety of concerts, events, and shows.



SECURING THE FINANCIAL FRONTLINE

Buying a house? Tightening up on your budget? Saving for retirement? Check out this resource to help make informed decisions and get the most from your money.



Veterans Crisis Line



DIAL 988 then
PRESS 1

THE VETERAN'S
MILITARY CRISIS
LINE IS NOW
AVAILABLE VIA THE
NATIONAL SUICIDE
HOTLINE AT 988!

There's a new, easy-to-remember way to reach the Veterans and Military Crisis Line—Dial 988 then Press 1.

Millions of Veterans have called when they needed crisis support.

We're here if you need us. For more information, visit VeteransCrisisLine.net.

Remember, you can still call the original Veterans Crisis Line number—1-800-273-8255 and Press 1—to reach responders!

24/7, confidential crisis support for **Veterans and their loved ones**

If you're a Veteran in crisis or concerned about one, reach caring, trained responders 24 hours a day, 7 days a week.

When you call the Veterans Crisis Line, here is what you can expect:

- A qualified responder will answer your call, ready to listen and help.
- The responder will ask a few questions, such as whether you or the Veteran you're concerned about may be in immediate danger or at risk for suicide.
- The conversation is free and confidential, and you decide how much information to share.
- Support doesn't end with your conversation. Our responders can connect you with the resources you need.

You don't have to be enrolled in VA benefits or health care to connect.



Scan the QR code to download
Veterans Crisis Line resources.

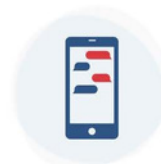
You're not alone—
the **Veterans Crisis Line** is here for you.



Dial 988
then Press 1



Chat online at
VeteransCrisisLine.net/Chat



Text
838255

