

PISTOLEROS BATTALION



Quick Tips for Incoming Soldiers and Families



Welcome to the Southern California Recruiting Battalion

The battalion is comprised of seven recruiting companies and 38 stations covering more than 40,000 square miles of Southern California terrain. The battalion's area of responsibility runs from the International Border with Mexico at the south to the San Bernardino Mountains in the north, including the National Training Center. The western border is the Pacific Ocean and the eastern demarcation lines are shared with the state's Nevada and Arizona borders. Recruiters are the heart of the Southern California Recruiting Battalion. Through their efforts, the Army continues to maintain its fighting strength by receiving bright, well-motivated men and women who join the Army to train and serve our great nation.

Mission Statement

The Southern California Army Recruiting Battalion, "Pistoleros" Battalion, contributes to Army Readiness by recruiting qualified individuals into the U.S. Army as Active Duty and Reserve Soldiers. We will accomplish our assigned task by operating with focus and a sense of urgency, and by harnessing our team's unique skills and diversity. We will maintain a high level of unit pride, morale and teamwork while providing world-class leadership and care of our Soldiers, Civilians and families.

Pistoleros Battalion Priorities

Our three priorities are: *Take Care of Our Teammates, Develop Our Team, and Accomplish Our Mission.* Taking care of people and training/developing our team will enable mission accomplishment. We expect our teammates to live the Army values with discipline and accountability.

We will **Take Care of our Teammates** by fostering a safe and positive climate, and by treating each other, and the public, with dignity and respect every day. We will be Positively Intrusive Leaders and take care of Soldiers, Civilian Teammates, Families/Support Networks by intervening early when issues arise (goal is to be preventative). We will enforce Standards, Discipline, and Accountability. We will be positive, have fun, and regularly reinforce the meaningful work that our Soldiers and Civilians are doing.

We will **Develop our Team** to be competitive team players who take pride in themselves and their service. We will coach, mentor and train our Soldiers and Civilian Teammates to reach their full potential. We will take complete ownership and contribute our skills and abilities to achieve the mission.

We will **Accomplish Our Mission** by operating with a sense of urgency daily, and by reducing distractions that do not lead to results, readiness, or resilience. We will ensure we adequately equip our teammates with support/resource to execute their assigned mission, and ensure all our teammates support the mission. We will develop strong networks and work with our community partners to share the Army's story. We will be walking billboards and demonstrate the prestige and opportunities the Army has to offer.



US Army Recruiting Battalion Southern California



PISTOLEROS BATTALION LEADERSHIP

BN CDR: LTC Matthew Upperman

BN CSM: CSM Michael Carter

BN S1: CPT Walter Rillera

BN SFRG/SFA: SSG Austin Jones

Official Website: <https://recruiting.army.mil/6thbde/6kbn/>



Redlands

CPT Joshua Gonzalez

1SG David Patterson



Huntington Beach

CPT Bianca Wilkerson

1SG Heather Rankin



Anaheim

CPT Matz, Angelo

1SG Matthew Garcia



San Diego South CPT

Curtis Valencia

1SG Michael Malicki



Temecula

CPT Hunter Niemiec

1SG Barry Mondragon



Riverside

CPT Kathy Borgardt

1SG Ignacio Jimenez



San Diego North

CPT Brian Kwon

1SG Gilbert Torres

"This We'll Defend"

"Pistoleros...Let's Go"



Basic Allowance for Housing (BAH) Info Links

- For an overview of BAH, visit:
<https://www.travel.dod.mil/Allowances/Basic-Allowance-for-Housing/>
- Individual BAH rates are located using the BAH Calculator at:
<https://www.travel.dod.mil/Allowances/Basic-Allowance-for-Housing/BAH-Rate-Lookup/>
- Additional BAH Frequently Asked Questions are located at:
<https://www.travel.dod.mil/Support/Frequently-Asked-Questions/#BAHFAQs>
- To review the BAH regulations, refer to the DoD Financial Management Regulation, Volume 7A, Chapter 26 at:
https://comptroller.defense.gov/Portals/45/documents/fmr/Volume_07a.pdf
- To review the BAH Statute, refer to Title 37 USC § 403 at:
<http://uscode.house.gov>



BAH Frequency Asked Questions

- **What ZIP Code Determines my BAH?**

The ZIP code associated with the Duty Location/Recruiting Station you are assigned to located on your PCS Orders.

- **Why is BAH based on a member's duty location rather than residence location?**

Duty station is the basis for BAH so that members are compensated for the typical housing cost near the member's duty location. Once the duty station is known, the BAH compensation is fixed, regardless of where the member lives.

- **Does BAH compensate members for lack of facilities like commissaries, hospitals, schools, or entertainment options?**

No. BAH is not a hardship allowance. It cannot be used to compensate for a lack of infrastructure. [CONUS COLA](#) inherently considers the cost effects of a lack of commissary, exchange, and hospital facilities, because a member without this infrastructure tends to have a higher cost of living. However, a lack of such infrastructure does not, by itself, qualify an area for CONUS COLA.

- **Does BAH Guarantee that my residence matches what I could get if I lived in Government quarters or privatized on-base housing?**

No. BAH is based on civilian standards, considering the housing choices made by civilians of comparable income off-base on the local market economy. Government quarters are assigned based on grade and family size.

- **When and Can I take Permissive TDY for house hunting?**

Military Members are allowed PTDY for up to 10 days in conjunction with a PCS Move. Either the losing commander (O-5 and above) may grant eligible Soldiers up to the 10x days that must be used before signing in to the new PDS, or the gaining commander may grant eligible Soldiers up to 10x days after in-processing.

House hunting is only authorized due to a PCS to another duty station, when government quarters are not immediately available or, if available, not required to be occupied. Soldiers who are not moving their household, and Soldiers who will immediately occupy Government quarters, are not eligible for house hunting.



BAH Rates by Military Housing Areas (MHAs)

- The Southern California Recruiting Battalion's seven companies and 38 recruiting stations are comprised of 39 different zip codes. Those 39 ZIP Codes are grouped up into eight separate Military Housing Areas that calculate BAH.

2023 BAH Rates - WITHOUT DEPENDENTS															
MHA	MHA_NAME	E05	E06	E07	E08	E09	W05	O01E	O02E	O03E	O01	O02	O03	O04	O05
CA024	CAMP PENDLETON, CA	\$2,721	\$2,922	\$3,162	\$3,483	\$3,579	\$3,936	\$3,402	\$3,558	\$3,747	\$2,895	\$3,324	\$3,627	\$3,906	\$4,002
CA028	BARSTOW/FORT IRWIN, CA	\$1,557	\$1,653	\$1,743	\$1,881	\$1,983	\$2,358	\$1,800	\$1,959	\$2,151	\$1,650	\$1,782	\$2,031	\$2,328	\$2,430
CA031	SAN BERNARDINO, CA	\$2,277	\$2,463	\$2,679	\$2,967	\$3,051	\$3,210	\$2,895	\$3,033	\$3,198	\$2,439	\$2,826	\$3,093	\$3,207	\$3,213
CA032	TWENTY NINE PALMS MCB, CA	\$1,764	\$1,776	\$1,857	\$2,046	\$2,157	\$2,505	\$1,968	\$2,130	\$2,337	\$1,773	\$1,905	\$2,205	\$2,481	\$2,562
CA037	LOS ANGELES, CA	\$2,847	\$3,072	\$3,297	\$3,573	\$3,615	\$3,948	\$3,525	\$3,609	\$3,699	\$3,045	\$3,453	\$3,642	\$3,909	\$4,032
CA038	SAN DIEGO, CA	\$2,844	\$3,009	\$3,318	\$3,666	\$3,708	\$3,984	\$3,633	\$3,696	\$3,777	\$2,970	\$3,519	\$3,726	\$3,954	\$4,056
CA041	RIVERSIDE, CA	\$2,442	\$2,637	\$2,871	\$3,138	\$3,156	\$3,309	\$3,108	\$3,153	\$3,201	\$2,607	\$3,030	\$3,171	\$3,288	\$3,342
CA420	EL CENTRO, CA	\$1,452	\$1,599	\$1,659	\$1,779	\$1,842	\$2,088	\$1,719	\$1,830	\$1,962	\$1,596	\$1,704	\$1,878	\$2,064	\$2,127

2023 BAH Rates - WITH DEPENDENTS														
MHA	MHA_NAME	E05	E06	E07	E08	E09	O01E	O02E	O03E	O01	O02	O03	O04	O05
CA024	CAMP PENDLETON, CA	\$3,408	\$3,753	\$3,903	\$4,062	\$4,254	\$3,930	\$4,134	\$4,308	\$3,456	\$3,750	\$4,161	\$4,485	\$4,716
CA028	BARSTOW/FORT IRWIN, CA	\$1,806	\$2,160	\$2,322	\$2,496	\$2,643	\$2,352	\$2,577	\$2,664	\$1,857	\$2,157	\$2,601	\$2,733	\$2,823
CA031	SAN BERNARDINO, CA	\$2,901	\$3,207	\$3,228	\$3,237	\$3,255	\$3,231	\$3,240	\$3,282	\$2,946	\$3,204	\$3,243	\$3,366	\$3,471
CA032	TWENTY NINE PALMS MCB, CA	\$2,352	\$2,367	\$2,475	\$2,619	\$2,823	\$2,502	\$2,688	\$2,892	\$2,361	\$2,364	\$2,706	\$3,111	\$3,396
CA037	LOS ANGELES, CA	\$3,531	\$3,711	\$3,900	\$4,107	\$4,380	\$3,939	\$4,203	\$4,467	\$3,561	\$3,708	\$4,233	\$4,746	\$5,109
CA038	SAN DIEGO, CA	\$3,792	\$3,807	\$3,945	\$4,122	\$4,392	\$3,981	\$4,206	\$4,488	\$3,801	\$3,804	\$4,230	\$4,794	\$5,196
CA041	RIVERSIDE, CA	\$3,114	\$3,213	\$3,291	\$3,381	\$3,465	\$3,306	\$3,423	\$3,483	\$3,135	\$3,210	\$3,438	\$3,534	\$3,600
CA420	EL CENTRO, CA	\$1,725	\$1,974	\$2,067	\$2,169	\$2,310	\$2,082	\$2,214	\$2,358	\$1,761	\$1,971	\$2,232	\$2,514	\$2,715



Local Household Goods/Transportation Facilities

Services of HHG and Transportation facilities will vary and are dependent on your assigned duty location:

- **Camp Pendleton (Marine Corps)**
Telephone: 760-725-8663 or 760-725-8666
Address:
 9th Street
 Building #2263
 Camp Pendleton, CA 92055
- **Edwards AFB (Air Force)**
Telephone: 661-277-0021 or 661-277-0023
Address:
 5 Seller Avenue
 Building #3000
 Edwards AFB, CA 93524
- **Fort Irwin (Army)**
Telephone: 760-380-4252 or 760-380-5331
Address:
 F Avenue
 Building 105
 Fort Irwin CA, 92310
- **Los Angeles AFB (Air Force)**
Telephone: 310-653-5550
Address:
 Traffic Management Office
 483 N. Aviation Blvd
 Building #272
 El Segundo, CA, 90245
- **Naval Base San Diego (Navy)**
Telephone: 619-556-6683 or 855-444-6683
Address:
 2623 LeHardy Street
 Building #3376
 San Diego, CA 92136
- **Seal Beach Liberty Military Housing**
Telephone: 562-596-9841
Address:
 1833 Flagstaff Ct
 Seal Beach, CA 90740



Leased Government Housing

LGH Program is for all personnel assigned to USAREC where BAH doesn't support the local housing cost & military housing is not available within a 1-hour commute time.

Purpose of the Program:

- LGH program is open to all SM's assigned to USAREC, regardless of rank or marital status.
- Prevent excessive out of pocket expenses.
- United States Corps of Engineers (USACE) will work to procure leased housing on SM's behalf.
- All qualified SM's will forfeit BAH and USACE will be responsible to pay rent & utilities.

Program Overview:

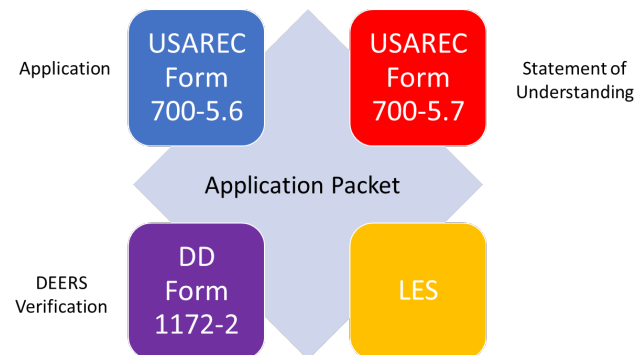
- Program is not an entitlement
- SM must have 12 months remaining in USAREC at lease sign date
- Must submit 60 days prior to move-in date. USAREC LGH Office will provide decision within 3-5 business days on approval
- USACE will provide final approval within 7-10 business days.
- USACE goal is to find dwelling within 34 days of final approval.

Eligibility:

- SM must apply to military housing if within a 1-hour commute/50-mile radius of a military installation. (SM can request ETP if wait list is over 90-days for housing on post).
- Provide statement of non-availability from nearest military housing office.
- Must include position number and estimated wait time if the time exceeds 90+ days.

E-mail application packet to:

usarmy.knox.usarec.list.hq-g4-housing-office@mail.mil





Leased Government Housing

Dwelling Standards:

- All dwelling will be DECENT, SAFE, SANITARY
- Located in LOW crime neighborhoods
- School ratings are not a factor
- Cannot be in a golf community or in proximity to water features or bodies of water (Lake, river, pond, beach, spa, jacuzzi, swimming pool, etc.)
- Community gated swimming pools are acceptable

Apartment / Condo



Duplex



Trailer / Manufactured Homes



Townhouse



Single Family



Acceptable Dwellings

Non-acceptable Dwellings

[Leased Government Housing Program \(army.mil\)](http://army.mil)



PISTOLEROS BATTALION

Soldier & Family Assistance (SFA)

Program Manager

SSG Austin Jones

Provide ARMY Family Programs and Services at the Battalion Level
– available to answer questions and connect you to resources

****Support is just a call or a click away****

- ✓ SFA Phone Numbers: 1-800-790-0963
- ✓ Facebook- [SoCal BN Soldier & Family Assistance | Facebook](#)
- ✓ Army Family Strong Resource Guide: <https://recruiting.army.mil/hq/HRD/SFA/>



Soldier & Family Assistance (SFA)

The Southern California Recruiting Battalion Soldier and Family Assistance (SFA) provides a plethora of resources geared toward Soldier and Family Health and Welfare, in order to maintain wellness and readiness in a complex and remote-from-installation environment.

The Soldier & Family Assistance Program Manager is available to provide assistance on the following programs:

Tricare, Dental Program, Relocation, Child Care, Army Fee Assistance, Financial Resources, Mental Health Resources, Spouse Employment, Volunteer Management, Exceptional Family Member Program, Financial Resources and more.

In-Processing Steps:

1. **Brief available resources**
2. **Track and assist with EFMP update and requirements**
3. **Guide on how to enroll in TRICARE West**
4. **Gym Membership**



Gym Membership

Soldiers can sign you up for the Gym Membership Program once they in-process. (Application takes around 45 days to be processed.)
Complete application and submit to SFA.

A maximum of one YMCA and one Private Fitness facility authorized per Recruiting Station.

The following Private Fitness Facilities have corporate agreements with the YMCA and do not require the participation agreement to be submitted for “new” or “renewal applications.

- LA Fitness – Corporate rate Agreement (Nationwide)NO family add-on
- 24 Hour Fitness – Corporate rate Agreement (Nationwide)NO Family add-on
- California Family Fitness – Corporate rate Agreement
- In Shape Fitness – Corporate rate Agreement

If the Recruiting Station chooses a different gym, the following forms must be completed:

- Command Designation Form – Completed and signed by the Company OIC
- Participation Agreement – Completed and signed that by the gym manager

ATTENDANCE REQUIREMENT – Minimum for Renewal Eligibility:

To be eligible for membership renewal, the fitness facility must be used a minimum of 48 days (an average of eight days per month) during the previous six-month period. First-time renewals will use the previous five-month period for a minimum of 40 days use (an average of 8 days per month) to avoid a gap in service.

- MULTIPLE FACILITY USE - If facility participates in a local/nationwide program and more than one location is used, you may have to obtain a record from each location to collectively meet the attendance requirement.

ATTENDANCE REPORT –

Submit attendance report with each renewal application. Fitness staff can provide a system-generated report or a written log that is signed and on facility letterhead. Report must include member name and date of visits for the required period as follows:

FAILED ATTENDANCE - Submit the **Waiver Request form** with your renewal application to justify failure to meet the minimum attendance requirement. Approval is on a case-by-case basis.



Exceptional Family Member Program (EFMP)

A Family Member with special needs:

- Spouse, child or incapacitated adult, who, regardless of age, has special medical needs and requires medical care for a chronic condition, receives ongoing services from a medical specialist or has significant behavioral health concerns
- Child (birth through age 21) with special education needs who is eligible for, or receives, either early intervention services through an individualized family service plan, or special education services through an Individualized Education Program

Enrollment in the program is mandatory for Family Members who have identified special medical or education needs. This ensures that the Family Member's needs are considered during the assignment process.

Additional information: To enroll, a family must complete DD Form 2792, "Family Member Medical Summary," and, if applicable, DD Form 2792-1, "Special Education/ Early Intervention Summary."

Enrollment update is due every 3 years.

For more information visit <http://www.militaryonesource.mil/family-and-relationships/special-need>



TRICARE Plans

	TRICARE Select	TRICARE Prime Remote	TRICARE Prime
Will I have to file my own claims?	Network providers will file claims for you. If you get care from a non-network provider, you may have to file your own claims.	Your provider will file claims for you (in most cases).	Your provider will file claims for you (in most cases).
Where is the program available?	United States	In designated remote U.S. locations, usually more than 50 miles or one hour's drive time, from a military hospital or clinic.	In the United States in <u>Prime Service Areas</u> .
How can I learn more?	Go to the TRICARE Select page to learn more.	Go to the TRICARE Prime Remote page to learn more.	Go to the TRICARE Prime page to learn more.
Do I have to enroll? What is the annual fee?	Enrollment is required. To compare plan costs, use the TRICARE Compare Cost Tool	<ul style="list-style-type: none">• Enrollment is required.• To compare plan costs, use the TRICARE Compare Cost Tool	<ul style="list-style-type: none">• Enrollment is required.• No enrollment fee for active duty families.• To compare plan costs, use the TRICARE Compare Cost Tool
How do I get care?	<ul style="list-style-type: none">• Get care from any <u>TRICARE-authorized provider</u>, network or non-network.• Referrals not required.• Some services may require prior authorization.	Get most care from your PCM; refers you to specialists for care he or she can't provide. <ul style="list-style-type: none">• Network provider, if available• If not, any <u>TRICARE-authorized provider</u> can be your PCM	Get most care from your assigned PCM. <ul style="list-style-type: none">• Military or network provider• Refers you to specialists for care he or she can't provide
What are the main features?	<ul style="list-style-type: none">• Enrollment Required• Get care from any TRICARE-authorized provider, network or non-network• Referrals not required, but some care may require prior authorization• You may have to pay for services up front and file your own claims for reimbursement	<ul style="list-style-type: none">• Enrollment required• Enhanced vision coverage and preventive services• May or may not have an assigned primary care manager (PCM)• Time and distance access standards• Fewer out-of-pocket costs• No claims to file (in most cases)	<ul style="list-style-type: none">• Enrollment required• Enhanced vision coverage and preventive services• Most care received from your primary care manager (PCM)• Time and distance access standards• Fewer out-of-pocket costs• No claims to file (in most cases)
How much do I pay for an outpatient visit?	To compare plan costs, use the TRICARE Compare Cost Tool	You pay nothing, unless using the point-of-service option. To compare plan costs, use the TRICARE Compare Cost Tool	To compare plan costs, use the TRICARE Compare Cost Tool
What is the annual deductible?	To compare plan costs, use the TRICARE Compare Cost Tool	There is no annual deductible unless you're using the point-of-service option . To compare plan costs, use the TRICARE Compare Cost Tool	No annual deductible unless you are using the point-of-service option . To compare plan costs, use the TRICARE Compare Cost Tool
What is it?	A preferred provider network available to all non-active duty beneficiaries. Most freedom of choice.	A managed care option offering the most affordable and comprehensive coverage to active duty families in remote U.S. locations.	A managed care option offering the most affordable and comprehensive coverage.
What is the maximum I'll pay out-of-pocket?	To compare plan costs, use the TRICARE Compare Cost Tool	To compare plan costs, use the TRICARE Compare Cost Tool	To compare plan costs, use the TRICARE Compare Cost Tool



TRICARE Enrollment (1/2)

Due to the remote nature of most recruiting operations and the distance from the nearest Army facility for most Recruiting Stations, it is easiest for most Soldiers to enroll in TRICARE Prime Remote. The following slides are designed to help streamline the enrollment process.

HOW TO ENROLL IN TRICARE WEST

1. Go to <https://idco.dmdc.osd.mil/idco/> and click on “My Profile” “Continue”. Log on. Update both your Personal and MIL contact information based on your intended home of residence in SoCal and your Recruiting Station’s address, respectively. Your Duty Sub Organization will be TRADOC and your Duty Install Location will be Fort Knox, KY (incl. Godman AAF). Click Submit on each page when done (at the bottom).
2. Go to <https://milconnect.dmdc.osd.mil/milconnect/> and sign in.
3. When you return to the home page, choose “Manage health benefits” from the I want to... options.
4. You will be taken to the “Beneficiary Web Enrollment (BWE)” page. Here you can do most of your enrollment. If you need assistance, call 1-844-866-9378 to contact Health Net Federal (TRICARE WEST) in order to complete your enrollment. This will need to be done when enrolling for the first time.
5. Follow the steps on the next slide to complete your enrollment.



TRICARE Enrollment (2/2)

HOW TO ENROLL IN TRICARE PRIME AT AN INSTALLATION

1. Tricare Prime would be when the Soldier goes to the nearest Military Treatment Facility (MTF) for medical and dental care.
2. Simply call Tricare West to update their Primary Care Manager (PCM) at 1-844-866-9378. All medical and dental would go through the MTF.

HOW TO ENROLL IN TRICARE PRIME REMOTE

1. Go to the TRICARE PRIME Remote Determination of Eligibility Request form with the following link: <https://www.tricare.mil/FormsClaims/Forms/TPREligibilityForm>
2. Fill out the online form. (HealthNet is the West Region) Make sure that under the Unit Information you put whatever Recruiting Station you are assigned to (**Must** include the words "Recruiting Station").
3. In the Reason(s) you are requesting the TPR Determination section click on "Geographic barriers or other unique situations exist" (e.g. the drive time to the nearest military hospital or clinic exceeds one hour)
4. In the additional Comments block make sure that you put that you are working in a Geo-dispersed location and the drive time is over one hour (if that is the case). Make sure to use the word **Recruiter** at the Beginning of your comments.
5. Click send. It can take up to 10 working days to receive an answer. It will come to the email address entered on the form (double check to make sure you have entered it correctly).



Dental Enrollment

HOW TO ENROLL IN TRICARE ACTIVE DUTY DENTAL REMOTE

1. If enrolled in TRICARE Prime Remote, you may schedule your own dental appointments at an approved care provider, but you have to have an Appointment Control Number (ACN) before scheduling routine dental care.
2. To immediately get an ACN online, complete the ACN Request Form by visiting <https://secure.addp-ucci.com/daddap/public/acnform.xhtml>. You can also call United Concordia's automated phone system at 1-866-984-2337.
3. There are two appointment scheduling options:
 - **Make your own appointment.** Upon getting your ACN, you can schedule your appointment with a United Concordia network dental care provider. Use the "Find a Dentist" tool at <https://secure.addp-ucci.com/find-a-dentist> to search for providers in your area. The results include all ADDP providers based on the search criteria you enter. If you have difficulty getting an appointment within 21 days of your request, call United Concordia.
 - **Have a United Concordia Dental Care Finder make the appointment for you.** Upon getting your ACN, contact a United Concordia Dental Care Finder at 1-866-984-2337 to request assistance scheduling an appointment.

CALL UNITED CONCORDIA FOR ANY TREATMENT THAT IS NON ROUTINE OR IN EXCESS OF \$750 PER PROCEDURE/APPOINTMENT OR MORE THAN \$1500 WITHING 12 MONTHS



ARMY FEE ASSISTANCE PROGRAM

CHILD CARE AWARE OF AMERICA



* Day care

* Before and after school care

* Full time child care



Apply at childcareaware.org

Select your state and find the contact for local Child Care Resource and Referral agency for one-on-one help.



The most important thing to remember is that support exists!



EFMP Systems Navigator

Did you know?

If you require specialty care more than once a year, you may qualify for EFMP enrollment.

Did you know?

EFMP enrollment is mandatory for Soldiers who have a Dependent with a qualifying special need

What is Systems Navigation?

Systems Navigation is a community support component of the EFMP that connects Families with special needs to the systems of care they need, both on and off the installation.

Your EFMP Systems Navigator is able to assist your Family with the following:

- Locate providers
- Find information on schools
- Provide info on enrollment/update submission
- Locate support in your area
- Find programs for financial assistance
- Advocate for the Family
- Educate on resources
- Help with ANY Exceptional Family Member need

Contact your system navigator:

1st BDE, 2nd BDE & MRB
Erica Crawford
502-626-1080
Erica.d.crawford7.ctr@mail.mil

3rd BDE, 5th BDE & 6th BDE
Alexandra Billings
502-626-2015
alexandra.r.billings.ctr@mail.mil



Military Family Life Counselors (MFLCs)

The Military and Family Life Counseling Program can help you stay strong through life's challenges.

The Military and Family Life Counseling Program offers free, short-term, non-medical counseling:

- in person
- via telephonic
- video sessions in areas where face-to-face support is restricted.

[MFLC, Military & Family Life Counseling Program • Military OneSource](#)



OurRelationship

With relationship issues being the top reason service members and families seek non-medical counseling, OSD is thrilled to announce OurRelationship; a flexible online tool for couples who may not be quite ready to seek couples counseling.

Couples are able to complete the program either alone or with a coach and can do so at their own pace – because as we all know, military couples are often very busy!

OurRelationship is an interactive online program that guides couples through the steps of identifying, understanding, and addressing a core issue.

OurRelationship is entirely virtual.

- This program is designed specifically for military couples.
- Most couples complete it in 4-6 weeks.
- They can work from the same location or from different places.
- Go it alone as a couple or loop in a coach for extra support.

The program helps couples with a range of issues, from communication to parenting, and teaches valuable problem-solving skills along the way.

Bottom line: OurRelationship is a powerful tool to promote interpersonal wellness and resilience within our military community. <https://militaryonesource.mil/ourrelationship> .



MENTAL HEALTH RESOURCES

There are many programs and resources for you to get help. Find what is right for you.

TRICARE:

- Doctor on Demand: [Tricare West - Doctor On Demand](#) - Doctor on Demand is available in all TRICARE West Region states.
- Telemynd: [Health Net Federal Services \(telemynd.com\)](#) - Telemynd is available in all TRICARE West Region states.
- HealthLinkNow: [Get Started | Telemedicine | Telehealth | HelpLinkNow \(healthlinknow.com\)](#) - HealthLinkNow is only available in California, Nevada, Texas, and Washington at this time.
- Psychconnect: [Get Started Individuals \(psychconnect.com\)](#) - PsychConnect is only offered in Arizona at this time.

No referral needed: Unless you are an active-duty service member. Active-duty service members: You don't need a referral or pre-authorization if you seek outpatient mental health services at a military hospital or clinic. You do need to get a referral and pre-authorization for all mental health care in the TRICARE network.

[Military Crisis Line](#)

Are you a veteran or service member in crisis? Or are you concerned about one? You can call, chat online, or send a text message to reach trained professionals any time.

[Military OneSource](#)

Military OneSource is a Department of Defense-funded program that's both a call center and a website providing comprehensive information, resources, and assistance on every aspect of military life. Service members and the families of active duty, National Guard and reserve (regardless of activation status), Coast Guard when activated, Called or ordered to active-duty service for more than 30 days in a row, for the Navy, DoD expeditionary civilians, and survivors are eligible for Military OneSource services which are available worldwide 24 hours a day, seven days a week, at no cost to the user.

Military Family Life Counselors (MFLCs)

The Military and Family Life Counseling Program can help you stay strong through life's challenges. The Military and Family Life Counseling Program offers free, short-term, non-medical counseling:

- in person
- via telephonic
- video sessions in areas where face-to-face support is restricted.

[MFLC, Military & Family Life Counseling Program • Military OneSource](#)



Chaplain Support

ROBERT E. KRAFT

6th Brigade Chaplain (Las Vegas)

- Gov: 702-816-9487
- Mobile: 803-846-2086
- Email: robert.e.kraft11.mil@army.mil
- USAREC Chaplain Hotline: Call us Toll-Free! 877-874-5558 x6
(all you need to provide is your name & number and a chaplain will contact you back!)