2D LIGHT ARMORED RECONNAISSANCE BATTALION: UNIT, PERSONAL, & FAMILY READINESS PROGRAM



WELCOME PACKET



Family Readiness Program Welcome Packet

Welcome to the 2d Light Armored Reconnaissance Battalion! The information contained in this welcome packet is designed to educate, prepare, and empower the Marines, Sailors, and their families. The individual Marine is ultimately responsible for his or her own Family Readiness; however, the 2d LAR Family Readiness Command Team is here to help. Please share this information with your family and contact the Deployment Readiness Coordinator (DRC) if you have questions, concerns, or require further assistance.

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To the Families of 2d Light Armored Reconnaissance (LAR) Battalion,

I would like to personally welcome you to one of the finest battalions in the Marine Corps. 2d LAR is known as the Destroyer Battalion. We are one of the only three active duty light armored reconnaissance battalions in the Marine Corps. Our battalion possesses a unique capability in that we are motorized which means our operational tempo can often times be much higher than many other units. We have a Headquarters and Service Company and three line companies, with a fourth company returning in the future. Despite having only three LAR companies, our operational requirements mirror those of a four or five line company battalion. These requirements include LAR platoon and company deployments with our east coast Marine Expeditionary Units (MEU), yearly support to Integrated Training Exercise (ITX), platoon/company deployments in support of NATO and allied training exercises, and short term battalion deployments for training. All of this means our Marine/Sailor will have a significant chance of deploying while a member of this battalion, and the entire battalion must be trained and prepared for combat.

Despite a demanding operational tempo, I want to assure you that your Marine/Sailor will be provided with the best leadership, promotion opportunities, training, and resources the Battalion can offer. In turn, I ask your Marine/Sailor to give his/her best and to be as prepared as he/she can be for combat. This includes being physically, mentally, spiritually, and financially fit, while maintaining a healthy and balanced family life. These preparations extend beyond the Marine/Sailor; our families must also be ready and resilient. To that end, I encourage all of our Marines/Sailors and their families to leverage the programs and resources offered by our Deployment Readiness Coordinator (DRC) and the facilities aboard Camp Lejeune.

The Destroyers have a rich tradition of family involvement to include highly anticipated events such as our Beach Bash, Trunk-or-Treat, Holiday Party, Marine Corps Birthday Ball and the always popular—Spouses Day. The Spouses Day (formerly known as Jane Wayne Day) is an event in which our significant others can experience life in the Destroyer Battalion (weapons live fire, Marine Corps Martial Arts, LAV rides, Motor Transport vehicle rides, etc.). Our Battalion also has a long history of spouse volunteers giving their time and talents to support our Marines/Sailors to include pre-deployment and post-deployment events. Since March 2020, we have put off a lot of our normal family activities due to the COVID-19 pandemic, but rest assured, we will resume as soon as we can be confident that we won't be exposing families to unnecessary risk.

My Family Readiness Command Team (CO, Bn Executive Officer, Bn Sergeant Major, DRC, Bn Chaplain, and our volunteers) all stand ready to assist you during your tour with the Destroyers. Please feel free to contact our DRC, Mrs. April O'Brien, for any questions about our deployment readiness program and how we can support you or if you're interested in volunteering your time and talent to support the battalion. She can be reached at her desk number 910-451-1620, and email address of appreciate all you do to support your Marine/Sailor and look forward to meeting you.

Very Respectfully,

LtCol Scott A. Cuomo, USMC

Commanding Officer, 2d Light Armored Reconnaissance Battalion, 2d Marine Division



2d LAR Contact Information:

Deployment Readiness Coordinator (DRC):
April O'Brien, Office: (910) 451-1620, Cell: (910) 546-0181, Email: april.obrien@usmc.mil



EMERGENCY CONTACT INFORMATION



Police/Fire/Medical/PMO: 911	Poison Control: (800) 222-1222
Veterans Crisis Line: (800) 273-8255 + press 1	Red Cross Emergency: (877) 272-7337 www.redcross.org
Military One Source: (800) 342-9647 www.militaryonesource.mil	2d LAR Duty: (910) 451-2142
Deployment Readiness Coordinator (DRC): O: (910) 451-1620 C: (910) 546-0181	2d LAR Chaplain: (910) 376-7471
MFLC: (910) 915-6964	Emergency Maintenance: (910) 451-3011

Non-Emergency Numbers:

PMO: (910) 541-2555	Jacksonville Police Department: (910) 455-1473
Onslow County Sheriff: (910) 455-3113	Base Closure Information: (910) 451-1717
Base Housing Office-AMCC: (866)-509-2424	Base Information: (910) 451-1110
www.atlanticmcc.com	https://www.lejeune.marines.mil/
Base Legal: (910) 451-7085	Commissary: (910) 451-5071
Children, Youth & Teen Program: (910) 449-9552	Family Member Employment Assistance: (910) 450-1676
ID Card/DEERS: (910) 451-4223	Library: (910) 451-3026
Marine Corps Exchange: (910) 451-5030	Marine Corps Family Teambuilding (910) 451-0176
Military & Family Life Consultants: (910) 546-1114	Navy Marine Corps Relief Society (910) 451-5346 www.nmcrs.org
New Parent Support Program (910) 449-9501	Personal Financial Management (910) 451-0174
Relocation Assistance Office (910) 449-9704	NC Dept of Motor Vehicles: (910) 347-3613 www.ncdot.org/DMV
Hurricane Preparedness for North Carolina:	TRICARE: 1-877-874-2273
www.readync.org	www.tricare.mil
Naval Medical Center Camp Lejeune:	Onslow Memorial Hospital:
https://camp-lejeune.tricare.mil/	https://www.onslow.org/
Base Maps:	Marine Corps Community Services (MCCS):
	http://www.mccslejeune-newriver.com/index.html
http://www.mccslejeune-newriver.com/maps/	imp.//www.mccsiejeone-newnver.com/index.mmi



RED CROSS EMERGENCY NOTIFICATION PROCEDURES



How it works (sending a message):

- An emergency happens in the family
- Family (or service member) contacts their local American Red Cross (919) 231-1602 (+ press 2)
 - > The Red Cross obtains basic information on the emergency
 - Emergency is verified and the message is relayed to the Command via Red Cross Channels

NAVY MARINE CORPS RELIEF SOCIETY

NMCRS Website

Camp Lejeune NMCRS: (910) 451-5584; Mon-Fri 0800-1600
Services available: *Financial Assistance and Counseling *Quick Assist Loan (QAL)
*Education Assistance *Visiting Nurse *Budget for Baby *Emergency Travel *Disaster Relief

HOUSING

<u>Base Housing</u>: If you qualify for priority housing, you must furnish your EFMP enrollment letter to base housing. Your current EFMP Family Case Worker or gaining Family Case Worker can provide you with a copy if necessary.

- On Base Housing Referral 910-450-1628 ext. 205 or 206
- Off Base Housing Referral 910-450-1628 ext. 219 or 220
- Resident Energy Conservation Program (RECP) 910-450-1628 ext. 204

Headquarters Marine Corps RECP guidance allows Wounded Warrior and registered EFMP members living in privatized housing who consume more energy as a direct result of their unique medical circumstances to request a waiver for increased utility expenses.

TRICARE

If you are transferring from another Tricare region, contact your current region to initiate the transfer process. If you need to seek care before your transfer is processed, contact your current regional contractor to start the referral and pre-authorization process.

➤ 1-877-874-2273 Humana East Region Moving Made Easy ECHO

MEDICAID/SSI

<u>Trillium</u> <u>Department of Social Services/Medicaid or NCDHHS</u>

<u>New Bern Social Security Office</u> <u>Programs and Services</u>



FOOD ASSISTANCE PROGRAMS

Women, Infants and Children Program (WIC)

Food Stamps (SNAP)

EDUCATION

School Liaisons are available to assist transitioning families with schools, both on and off the installation. The School Liaisons are:

- Julie Fulton: <u>Julie.fulton@usmc.mil</u> or by phone at 910-449-9915
- Donna Grady: donna.grady@usmc.mil or by phone at 910-449-9749

Other local educational resources:

Area Schools Onslow County Schools One Place Onslow Private Schools EDIS NC Early Intervention

Educational Directory for Children with Special Needs

HELPFUL RELOCATION RESOURCES

Military OneSource

- o Plan My Move
- Moving Checklist
- o <u>Recreation and Entertainment While on the Move</u>

Area Resources

<u>Camp Lejeune</u> <u>City of Jacksonville</u> <u>Onslow County</u> <u>Carteret County</u> <u>Craven County</u> <u>Duplin County</u> <u>Jones County</u> <u>Lenoir County</u> <u>New Hanover County</u> <u>Pamlico County</u> <u>Pender County</u>

SPOUSE EMPLOYMENT OPPORTUNITIES

- Family Member Employment Assistance Program
- USA Jobs
- Employment Security Commission
- MCCS Lejeune-New River Jobs

CHILDCARE RESOURCES

<u>Lejeune-New River, Child and Youth Program</u> would be happy to discuss all local childcare resources in the area: (910) 450-0553



LOCAL MARINE CORPS COMMUNITY SERVICES INFORMATION

Fitness & Recreation

Fitness	Recreation	Recreation	Sports	Active Duty
<u>Aquatics</u>	<u>Auto Skills Center</u>	<u>Outdoor</u>	Adult Sports	All-Marine Sports
<u>Programs</u>		<u>Adventures</u>		
<u>Fitness Centers</u>	Bowling	<u>Pools</u>	Grand Prix	AMP-IT
			Running Series	
Group Exercise	Community	<u>Recreation</u>	Inline Hockey	<u>HITT</u>
<u>Classes</u>	<u>Center</u>	<u>Centers</u>		
Hard Corps Series	Golf	<u>Recreational</u>	Youth Sports	<u>Intramural</u> Sports
		Equipment Rental		(Region Specific)
<u>Health</u>	<u>Marinas</u>	<u>Recreational</u>		<u>Recreational</u>
<u>Promotions</u>		Shooting		<u>Centers</u>
	Movie Theatres	<u>Skate Park</u>		<u>Single Marine</u>
				<u>Program</u>
	Onslow Beach	<u>Travel</u>		

Shopping & Services

By Location	Shopping	Services	Services
MCX	A Floral Affair	<u>Auto Skills Center</u>	Communication
			<u>Services</u>
MCX Complex	<u>GameStop</u>	<u>Car Washes</u>	<u>DESIGNinc</u>
New River MCX	GNC Camp Lejeune	<u>Enterprise</u>	<u>Dry Cleaning</u>
New River MCX	GNC New River	<u>Firestone Complete</u>	<u>Gadget Geeks</u>
<u>Complex</u>		<u>Auto Parts</u>	
<u>Hadnot Point Plaza</u>	<u>Lejeune</u>	NAPA Auto Parts	<u>Laundromats</u>
	<u>HarleyDavidson</u>		
Marine Marts	MCX Mobile Center	Resale Lot	<u>Massage</u>
			<u>Therapy/Hypnosis</u>
	Military Clothing	Barber Shops	<u>Mobile Storage</u>
	Things Remembers	<u>Tax Center</u>	<u>Optometry</u>
	Tun Alley Wines,	Packing and	<u>Pharmacy</u>
	<u>Spirits, and More</u>	Shipping	
			<u>Travel</u>



Dining & Lodging

Clubs	Dining	Lodging	Catering and Venues
Paradise Point Officer's Club	<u>Camp Lejeune</u>	Inns of the Corps	Catering
The Landing at New River	<u>Camp Johnson</u>	Onslow Beach	<u>Venues</u>
SNCO Club	New River		
	Stone Bay		

Marine & Family Programs

Education	Services	Behavior Health and Wellness	Personal and Professional Development
Higher Learning	Child and Youth (childcare services)	Community Counseling	Employment Assistance Program
<u>Libraries</u>	CREDO	Family Advocacy	Personal Financial Management
K-12 Schools	<u>EFMP</u>	Marine and Family Life Counselors	<u>Transition Readiness</u>
	<u>FOCUS</u>	Prevention and Education	
	Information and Referral	Sexual Assault Prevention and Response Program	
	Marine Corps Family Team Building	Substance Abuse	
	<u>Volunteer</u> <u>Coordination</u>		
	New Parent Support Program		
	Single Marine Program		



COMMUNICATION PLAN

The Marine Corps has outlined tools to be used for communication from the Command to the Marines, Sailors, and their families. In accordance with MCO 1754.9B, the 2d Light Armored Reconnaissance Battalion implements and sustains a Family Readiness Communication Plan to prepare and support the Marines, Sailors, and their families by disseminating information by the most efficient means possible. Official communication from 2d LAR enables and establishes the following:

- A. All-way communication
- B. Timely and relevant information
- C. Protection of operational security and confidentiality
- D. Information and support for service members and their designated family members

It is the responsibility of the Deployment Readiness Coordinator (DRC) to use the various communication methods available to proactively reach out to the Marines, Sailors and their spouses and/or designated family members. To accomplish this, the Marine or Sailor shall accurately complete the UPFRP Contact Authorization and the Family Readiness Module on Marine Online (MoL) upon check-in.

Official communication will occur continuously, but no less than monthly. Methods used to communicate information to Marines, Sailors, and their spouses and/or designated family members include the following:

- > Use of email distribution lists
- Official 2d LAR Website
- Through the Chain of Command (COC)

The methods used to communicate to Marines, Sailors, spouses and/or designated family members will be used to pass information regarding the following:

- 2d LAR Events
- > Time sensitive information of interest to Marines, Sailors, spouses, and their families
- Resource Information
- Referral Services

The DRC will be available to assist the Marines, Sailors, and their spouses and/or designated family members with family readiness questions, concerns, or comments. The DRC can be contacted through phone calls, emails, or office visits.



FAMILY READINESS VOLUNTEER FACT SHEET

Volunteers are an integral part of the Family Readiness Program. To volunteer at 2d LAR, you must be an approved contact on your Marine or Sailor's Communication Tool Data Sheet. As a volunteer, you will assist the Deployment Readiness Coordinator in the execution of the Unit, Personal and Family Readiness Program. Volunteers embody the Unit Commander's Family Readiness goals and mission, and have a desire to work with Marines, Sailors, and other family members. By volunteering, you help increase the unit, personal, and family readiness, and thus improve the quality of life within the 2d LAR Community. As a volunteer, you ae the vital link between families and the Command.

Family Readiness Assistant Requirements:

- Complete Family Readiness Assistant Training
- ➤ Be knowledgeable on available resources and/or where to find them
- > Be knowledgeable on unit structure and procedures
- > Demonstrate communication skills
- Experienced in meeting the challenges of the military lifestyle
- Make a 1-year commitment
- > Be available for volunteer meetings and unit morale events

Family Readiness Assistants support the family readiness mission by:

- Welcoming unit families
- Providing feedback
- Assisting with information and referral services
- Assisting the DRC with family readiness communications
- Assisting the DRC in evaluating and assessing communication quality and overall effectiveness
- Conducting unit outreach as determined appropriate by the Commander
- Making every attempt to attend all family readiness events

The Family Readiness Assistant holds a position of trust within the Command and with the Marines, Sailors, and their families, and as such, must understand and adhere to all confidentiality regulations, Operational Security (OPSEC) requirements, and protect Personally Identifiable Information (PII).

Minimum Qualifications:

- > Be a spouse or designated family member from within the unit
- > Ideally, be geographically proximate to the unit

For more information and to register for a Family Readiness Assistant Training, please visit http://www.mccslejeune-newriver.com/mcftb/

Family Readiness Volunteers:

Family Readiness Volunteers serve on specific, event-driven, short-term events. They serve to assist the DRC in the planning, coordination, and execution of the unit morale support events. These opportunities include family days, holiday parties, and other family events. *Completion of Family Readiness Training is not required.

Duties include: assisting the DRC in planning the unit family events and supporting morale and unit cohesion mission of the Family Readiness Command Team

Please contact the DRC at 910-451-1620 if you would like to become a Family Readiness Assistant or Family Readiness Volunteer.



L.I.N.K.S.

Lifestyle, Insights, Networking, Knowledge, and Skills

The United States Marine Corps derives its vitality and viability from its core values: Honor, Courage, and Commitment. These values are demonstrated daily, wherever Marines are engaged, and they are manifested in the pledge to "take care of their own." These same principles underlie the dedicated service of Marine Families who seek to help themselves and each other to ensure family well-being, support their communities, and positively impact mission readiness.

Part of ensuring this mission readiness is the program L.I.N.K.S., which provides you with the information and tools that will help improve your lifestyle as a Marine, spouse, family member, or significant other. Even if you think that you know everything about the Marine Corps, there are always new ideas and information to be shared. If you are a member of the Marine Corps Family, L.I.N.K.S. will help you understand and be better equipped for this unique way of life. Some of the topics discussed during the workshops are communication skills, USMC Structure, history and traditions, benefits and privileges, resources available for Marines and their families at Camp Lejeune and New River, Leave and Earnings Statement, and the moving processes. At L.I.N.K.S., the mentors are spouses who share their own experiences and tips so you are better prepared for your life as the family member of a Marine.

(910) 450-1465 http://www.mccslejeune-newriver.com/mcftb/

FAMILY CARE PLANS

Reference: MCO 1740.13A (Family Care Plans)

Who needs to create a Family Care Plan?

- ✓ Dual service member couples with other dependent family members
- ✓ Marine with spouse and dependent family members
- ✓ Marine with spouse and no other dependent family members
- ✓ Single Marine with dependent family members

Why create a Family Care Plan?

- > To have a plan to care for children in case of an emergency
- To have a plan to care for children in case both military parents are working
- > To have a plan for your child or children while you are deployed

What does the Family Care Plan consist of?

- Financial plan for care of dependent(s)
- Medical/dental plan for dependent(s)
- Arrangements/ wishes of sponsor for educational arrangements
- Access of caregiver to dependents privileges (Commissary, Exchange, base resources, hospital and clinic)
- Power of Attorney (POA) to caregiver to allow provision of medical treatment

Where can I get more information on Family Care Plans?

Contact the Unit S-1 Office



EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

The Exceptional Family Member Program (EFMP) is a mandatory enrollment program (MCO 1754.4C) for all active duty personnel with family members with special needs. The goal of EFMP is to assist military families in managing the dual demands of a Marine Corps career and the special needs of a family member. An exceptional family member includes a family member enrolled in DEERS who possesses a diagnosed physical, intellectual or emotional need that requires specialized medical or educational services. Enrollment in EFMP is designed to assist the sponsor with assignment to a duty station where appropriate services necessary to support the family member(s) are available. Installation EFMP specialists are available to assist sponsors and their family members with the enrollment process, resource and referral support before, during and after permanent duty station transitions. Specialists also serve as advocates for EFMP families to ensure access to vital medical, educational, and community services. For more information about EFMP, please contact your installation specialists.

Midway Park Office: (910) 451-4394 New River Office: (910) 449-5251

Programs, services, and assistance offered by EFMP:

- Respite Care Program
- Special Needs Forums
- > Tricare and Tricare ECHO
- Training and Workshops

http://www.mccslejeune-newriver.com/efmp/



Frequently Asked Questions

Q: What does a Deployment Readiness Coordinator do?

A: The DRC is responsible for managing the Unit, Personal and Family Readiness Program. This involves four major areas: Official Communication, Readiness and Deployment Support, Information and Referral, and Volunteer Management.

Official Communication is communication directly from or on behalf of the Commander that is disseminated to the Marine and their designated contacts. Official communication conveys information on the unit's status. Some examples of official communication include a direct message from the Commanding Officer and the unit newsletter.

Readiness and Deployment Support consist of training and education that empowers both the Marine and family member to successfully balance the rigors of a military lifestyle, family, career, and mission events. Examples include, but are not limited to, a deployment brief, resource fair, or money management class.

The DRC also provides **information** on services and makes **referrals** as appropriate to MCCS, non-MCCS, and/or community-based support organizations for Marines and family members. This information and referral will address issues that have the potential to impact the readiness of the Marine, the unit, or the Marine's family. For example, a DRC may refer a Marine or family member to Legal Services for assistance with powers of attorney.

Finally, the DRC is responsible for creating and maintaining **volunteer opportunities** within the family readiness program. The DRC may provide oversight to non-appointed volunteers in the planning, coordination, and execution of unit family readiness events in addition to collaborating with appointed volunteers to support the enhancement of the Commander's UPFRP vision. If you or a family member is interested in volunteering with the UPFRP, please contact the DRC.

Q: I am a single or unaccompanied Marine. Why do I need the Deployment Readiness Coordinator?

A: The basic program functions apply to single Marines as much as they do to married Marines. For example, DRCs provide official communication to single and married Marines alike. DRCs also provide information and referral services to single Marines for information for issues such as money management workshops and setting up a section or unit training upon request. Additionally, volunteer opportunities are always available to single Marines. You will receive a Letter of Appreciation for volunteering within the unit.

Q: Do I have to designate a contact for the DRC if I'm single?

A: Yes. MCO 1754.9B (4) (2) (c) states:

Within ten days of checking into a new unit, all Marines, single or married, will accurately update their contact information in the MOL family readiness module, the UPFRP Authorization form, and the AOCT. All Marines are required to identify at least one primary contact. [...] Keeping contact information accurate will allow for [DRC/URC's] to ensure maximum communication to as many Marines and their contacts as possible, regardless of familial status. Refusal to update and



complete, and/or willingly entering false information into the areas above is a violation of a lawful order and can result in administrative and/or punitive action. Contact data must be accurate to ensure the Marine receives information from the DRC regarding opportunities offered through the UPFRP or other information offered through the DRC from the command.

Q: My spouse does not wish to be contacted by the UPFRP. How can I opt out of the program? A: Per MCO 1754.9B (4) (2) (d), you must complete the NAVMC 11657 (Rev 12-11) and return it to the DRC within ten days of checking in or filing a marriage certificate with the unit's administrative section. Remember, your spouse will no longer receive any type of communication from the command; however, this does not pertain to Emergency Contact Data or the CACO process. You will still be required to submit an alternative contact for the UPFRP.

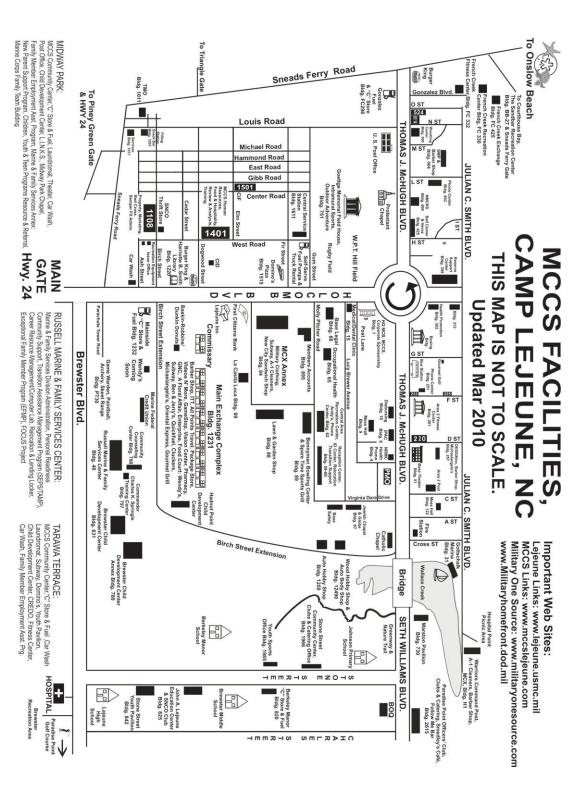
Q: Is there an opt-out procedure for single Marines?

A: No. Single Marines/Sailors must provide a contact for the UPFRP.

Q: What volunteer opportunities are available with the UPFRP?

A: Several positions are available. **Command Team Advisors** are formally appointed volunteers that provide input, feedback, and advice to the CO and the rest of the command team regarding family readiness related matters. Generally, Command Team Advisors attend a monthly hour-long Command Team Meeting and may assist with events as necessary. **Family Readiness Assistants** are also formally appointed volunteers who assist with more routine day-to-day tasks in support of the UPFRP. You could volunteer as much or as little as you wish. Finally, you may prefer to **volunteer** for a one-time event or occasionally as your schedule permits. Please contact the DRC for more information on any of these opportunities.







LEGAL ASSISTANCE HOURS OF OPERATION MCB CAMP LEJEUNE MONDAY THROUGH FRIDAY 0730-1130 AND 1300-1600 910-451-1903	*THE LEGAL ASSISTANCE OFFICE IS CLOSED DAILY BETWEEN 1130-1300* MCI EAST Legal Services
NEW CLIENT WALK-INS TUESDAY AND THURSDAY 0730-1000	IMMIGRATION/NATURALIZATION (FOR ACTIVE DUTY MEMBERS ONLY) MONDAY, TUESDAY, AND WEDNESDAY 0800-1000 AND 1300-1500 FAMILIES OF ACTIVE DUTY SERVICE MEMBERS: TUESDAY AND THURSDAY 0800-1000 AND 1300-1500
NOTARY SERVICES MONDAY THROUGH FRIDAY 0730-1130 AND 1300-1545	SEPARATION / DIVORCE BRIEF TUESDAY AND THURSDAY 0700
WILL/POWER OF ATTORNEY BRIEF MONDAY, WEDNESDAY, AND FRIDAY Bldg. 66 @ 0945 TUESDAY Base Theater @ 1245	WILL EXECUTIONS ARE BY APPOINTMENT ONLY