

Section C-3 Resources

The contents of this Toolkit have been developed to assist you in your efforts to support family readiness. Every effort has been made to ensure that the information provided is current and accurate. However, because statutory and regulatory changes may have occurred since the publication of this Toolkit, the Office of the Assistant Secretary of Defense for Reserve Affairs cannot assume responsibility for its continued accuracy. Before taking any significant action based on the contents of this Toolkit, you should contact your Family Readiness Program representative or legal officer, as appropriate, to secure the most current information.

Resources

You are not alone. The military and your community stand ready to give you assistance whenever you need it. Knowing how to contact those service providers and how to get the information you need is essential to your family readiness.

Obviously, your sponsor’s unit and the unit’s Family Readiness Group is the first place to look for information on support resources. In this section of the Toolkit, we provide you additional information on valuable Internet resources as well as a handy worksheet to help you identify local agencies and organizations that you may need to contact in the future. The time to identify your support resources is now. Don’t wait for an emergency to strike.

Useful Web Sites for Reference and Assistance

This chart contains some of the many online resources available with information and assistance to enhance your family’s sense of readiness and self-reliance. Customize the list to meet your personal and family needs. Add the links and comments that are pertinent so that you can readily access the resources that your family desires.

Organization/Topic	Web Site	Links and Comments
Air Force Crossroads	http://www.afcrossroads.com/	
Air Force LINK	http://www.af.mil/	
Air Force Reserve	http://www.afreserve.com	
Air National Guard	http://www.ang.af.mil	
Armed Services YMCA of the USA	http://www.asymca.org	
Army	http://www.army.mil/	
Army MWR (Morale, Welfare & Recreation)	http://trol.redstone.army.mil/mwr/	
Army National Guard (ARNG)	http://www.arng.army.mil	
Army Reserve	http://www.army.mil/usar	
Children, Youth, and Families Education and Research Network	http://www.cyfernet.org	

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Organization/Topic	Web Site	Links and Comments
Coast Guard Reserve	http://www.uscg.mil/hq/reserve/reshmpg.html	
Defense Enrollment Eligibility Report System (DEERS)	http://www.dmdc.osd.mil/rsl/	
Department of Defense (DoD)	http://www.defenselink.mil	
Department of Defense Education Activity (DoDEA)	http://www.odedodea.edu	
Defense Finance and Accounting Service (DFAS)	http://www.dfas.mil	
Defense Information Systems Agency (DISA)	http://www.disa.mil/disahomeis.html	
Deployment Link	http://www.deploymentlink.osd.mil	
DoD Electronic Forms	http://web1.whs.osd.mil/icdhome/ddeforms.htm	
DoD, Service and Joint Publications and Links	http://www.dtic.mil/whs/directives/links.html	
Employer Support of the Guard and Reserve (ESGR)	http://www.esgr.org	
Family Advocacy Program Management Information Program	http://dticaw.dtic.mil/fapmip/welcome.htm	
General Services Administration (GSA)	http://www.gsa.gov/	
Internal Revenue Service (IRS) forms and publications	http://www.irs.ustreas.gov/prod/forms_pubs/index.html	
Legal Services (Army) (useful for all services)	http://www.jagcnet.army.mil/legal	
LIFELines	http://www.lifelines2000.org	
Marine Forces Reserve	http://www.mfr.usmc.mil/	
MAPsite (Military Assistance Program)	http://dticaw.dtic.mil/mapsite	

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Organization/Topic	Web Site	Links and Comments
Military Family Resource Center (MFRC)	http://mfrc.calib.com	
Military Children and Youth	http://military-childrenandyouth.calib.com/	
Military Teens on the Move (MTOM)	http://dticaw.dtic.mil/mtom/	
Military Transition	http://militarytransition.com	
National Guard	http://www.ngb.dtic.mil	
National Center for Education in Maternal and Child Health	http://www.ncemch.org/	
National Military Family Association	http://www.nmfa.org	
National Parent Information Network	http://npin.org/	
National Youth Development Information Center	http://www.nydic.org	
Naval Family Advocacy	http://www.persnet.navy.mil/pers66/fap.htm	
Naval Reserve	http://www.navres.navy.mil/navresfor	
Occupational Safety and health Administration (OSHA)	http://www.osha.gov	
Office of Personnel Management	http://www.opm.gov	
Ombudsman	http://www.lifelines2000.org/services/fam_support/index.asp?AttribID=527	
Operation Ready	http://trol.redstone.army.mil/acs/virtual2/depmoborm.html	
Operation Transition	http://www.dmdc.osd.mil/ot/	
Per Diem Rates	http://www.dtic.mil/perdiem/pdrates.html	

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Organization/Topic	Web Site	Links and Comments
RAND	http://www.rand.org	
Reserve Affairs	http://www.defenselink.mil/ra/	
Savings Bonds	http://www.savingsbond.gov	
Standard Installation Topic Exchange Service (SITES)	http://www.dmdc.osd.mil/sites	
TRICARE	http://www.tricare.osd.mil	
United Concordia	http://www.ucci.com	
Virtual Army Community Service Link	http://trol.redstone.army.mil/acs/virtual2/	

Support Agencies and Programs

As important as the Internet may be as a source of information, you may need direct assistance. Listed below are some military and civilian resources and support agencies that can provide services to you and your family. Review the list and identify those agencies that may be of use to you in the future. If you're not sure, contact the agency to learn more about the services it provides. Obtain the military agencies' telephone numbers, hours, and point of contact (POC) from your spouse's unit FRG. Check your local telephone book for the local resources. Planning ahead and identifying the resources you may need in case of emergencies is important to the entire family.

- 1) American Red Cross
- 2) Boys and Girls Club of America
- 3) Chamber of Commerce (local)
- 4) Chaplain

- 5) Child Development Program
- 6) Civilian Personnel Office
- 7) Cooperative Extension Service
- 8) Department of Social Services
- 9) Department of Veterans Affairs
- 10) Drug and Alcohol Programs (also known by various names such as Community Counseling Center)
- 11) Education Center
- 12) Employee Assistance Program
- 13) Exceptional Family Member Program
- 14) Family Advocacy
- 15) Family Center
- 16) Federal, State, County, and Local Human Service Agencies
- 17) Financial Counseling
- 18) Information and Referral
- 19) Inspector General
- 20) Legal Assistance
- 21) Libraries
- 22) Medical Department Activity (MEDDAC) and other medical facilities
- 23) Ombudsman
- 24) Public Health Department
- 25) Relief Societies:
 - Air Force Aid Society
 - Army Emergency Relief

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- Coast Guard Mutual Assistance
- Navy – Marine Corps Relief Society

26) Relocation Assistance

27) Salvation Army

28) Transition Assistance Program (TAP, ACAP, etc.)

29) Unit Family Readiness Group (FRG)

30) United Services Organization (USO)

31) United Way Agencies

32) Veterans of Foreign Wars, American Legion, Disabled Veterans Association

33) Youth Services

34) Other