

LEADERS

RESOURCE GUIDE



DEPARTMENT OF THE NAVY
UNITED STATES MARINE CORPS
USMC-MCCS.ORG



TABLE OF CONTENTS

INTRODUCTORY INFORMATION.....4-7
An overview and quick access to information for Marine Corps Leadership.

CAREER & EMPLOYMENT.....8-15
For Marines and their families at any stage working toward career goals.

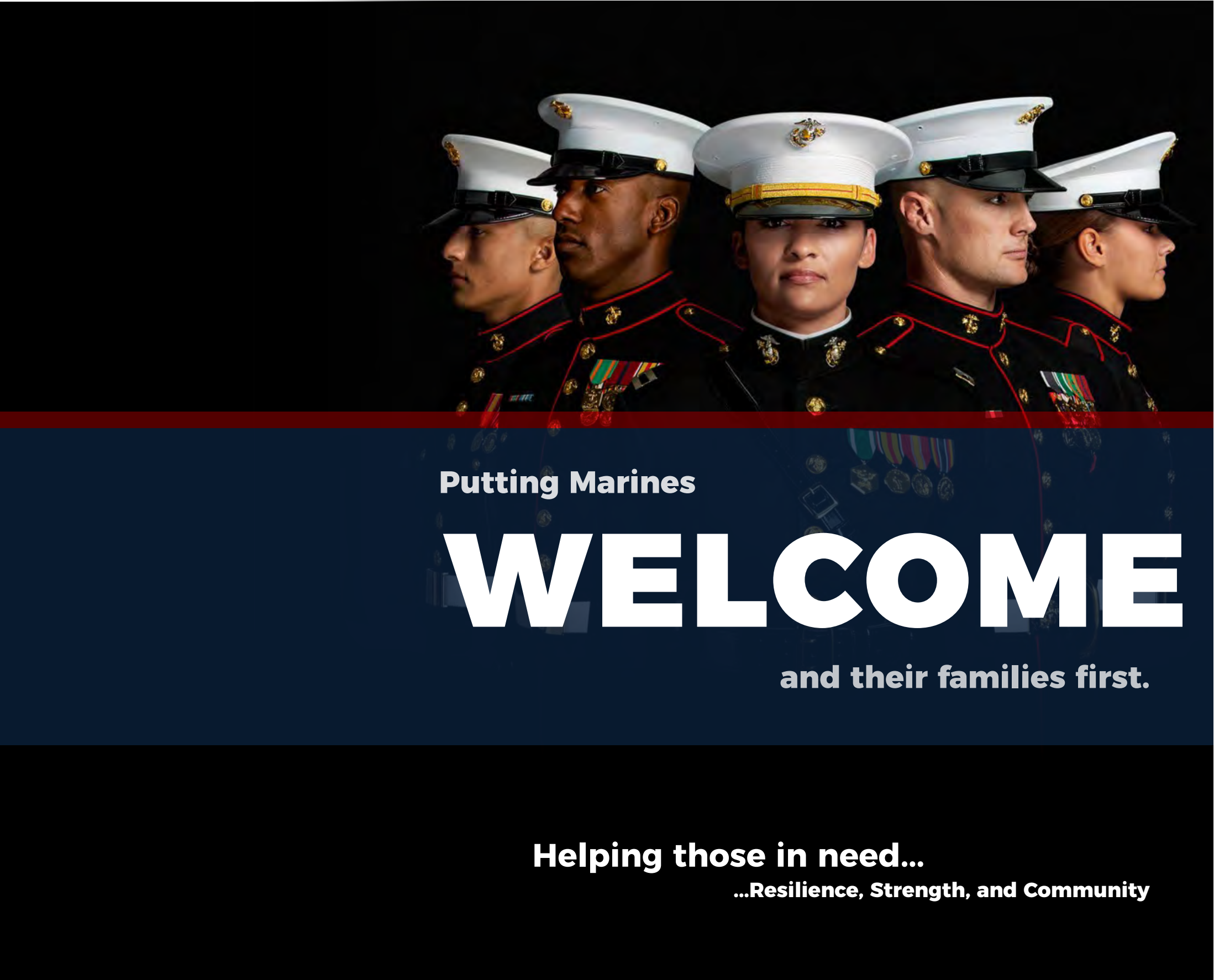
EDUCATION.....16-22
Provides personal and professional learning opportunities by professional counselors and advisors through individual and group training.

FAMILY READINESS.....23-43
Community services designed to strengthen all Marines, single or married, and their families.

READINESS & RESILIENCY.....44-56
These resources comprise all levels of health. Physical, mental, and relationship health services are all covered here.

SEMPER FIT & RECREATION.....57-74
Look to this resource for safe, convenient, trusted, high quality programs and services which sustain readiness and enhance quality of life. Semper Fit serves units, families and individuals through fitness centers, health education, sports and recreation programs and services, and more.

CASUALTY ASSISTANCE.....75-77
These programs provide casualty assistance and support to Marine Corps families.



MARINES LEAD AT EVERY LEVEL



The programs and services mentioned in the *Leaders Resource Guide* are provided to help you lead successfully in the Marine Corps.

From the moment a Marine steps on the yellow footprints to the day their active service ends, they will face obstacles in their personal and professional lives. The spouses and children of Marines play a vital role in mission success by serving alongside their Marine. We salute the resiliency, independence, and support provided by members of the Marine Corps community.

Even motivated and well-trained Marines can find themselves facing difficult situations and struggle to overcome them. Pay attention to even the small

changes in your Marines' behavior. When you see a Marine or family member facing a challenge, talk to them. Find out what is happening in their life. It is "on you" to be familiar with the programs and services available and connect them to help.

Marines will need your leadership to guide them and their career, on and off the battlefield. Familiarize yourself with the programs and services in this guide. Though hardly comprehensive, what follows is a list of references you will find useful in the coming year.

VISIT THE NEW USMC-MCCS.ORG

In 2023, MCCS completed the monumental task of consolidating 20+ installation websites into one website property, usmc-mccs.org.

Built and managed in coordination with MCCS marketing teams across the enterprise, the new site seeks to shorten the learning curve when a PCSing Marine and their family need to connect to MCCS support, services, and programs.

The new homepage experience on usmc-mccs.org keeps you up to date with the latest local and Headquarters Marine Corps (HQMC) news and events, wherever your permanent duty station may be.

GETTING STARTED!



FOLLOW THIS LINK TO CHOOSE
YOUR NEAREST INSTALLATION
LOCATION FOR A CUSTOM EXPERIENCE



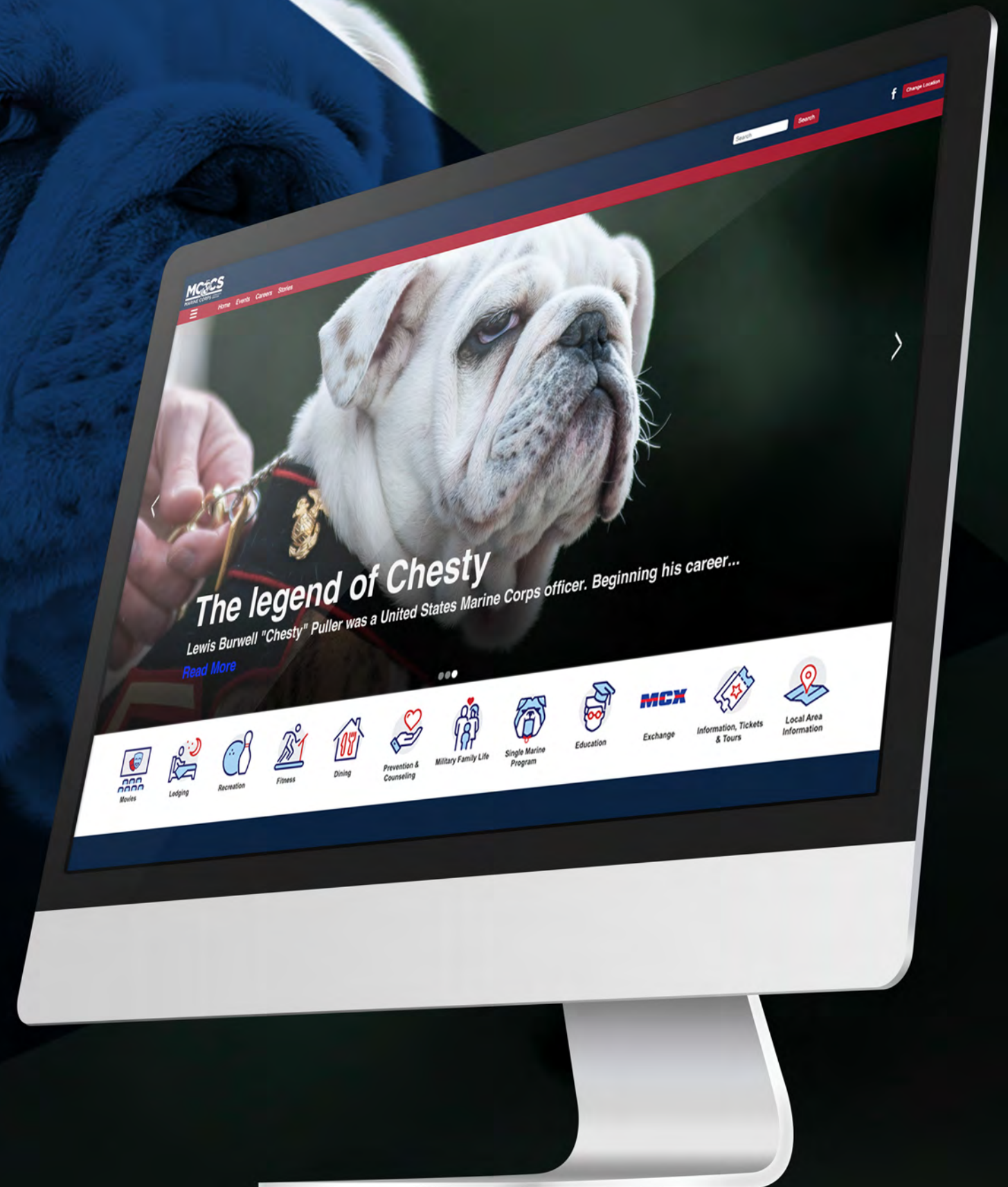
**MOBILE
READY**



**LOCAL NEWS
& EVENTS**



**SUPPORT &
SERVICES**



CAREER & EMPLOYMENT

FOR MARINES AND THEIR FAMILIES AT ANY STAGE WORKING TOWARD CAREER GOALS.

TRANSITION READINESS

Transition Readiness Program (TRP) provides our transitioning Marines and their families with the resources and tools needed to reach their personal goals and includes a standardized core curriculum to include Managing Your (MY) Transition, Military Occupation Code Crosswalk, Employment Fundamentals of Career Transition, Department of Veterans Affairs and Benefits, and Financial Planning for Transition. Based on the Marine's pathway, there are four 2-day "Track Options" to select from; the Department of Labor Employment Workshop, Managing Your (MY) Education, Career and Credential Exploration, or Entrepreneurship.



WHY USE THIS RESOURCE?

Marines will gain insight into who they are as individuals, make life decisions, and develop holistic action plans to bridge the gap between where they are as a Marine and where they want to be when they transition to civilian status.

Effective 1 October 2019, Marines transitioning out of the Marine Corps will have an Individualized Initial Counseling session with a Transition Readiness staff member as early as 18 months from separation and no later than 12 months. Marines with a retirement date should start as early as 24 months and no later than 12 months from retirement. In preparation for this session, the Marine will initiate a self-assessment/individual transition plan, which the Transition Readiness staff member will discuss during the initial counseling to select the pathway that best meets the needs of the Marine's post-transition goals, and determine the Transition Readiness Seminar (TRS) courses and Career Readiness Standards the Marine will be required to meet prior to transitioning.

Personal Readiness Seminar (PRS) is the newest four-hour mandatory training on personal and professional development programs and services, as well as an introduction on financial topics. PRS highlights the online portal known as eBenefits that provides access to all Veterans Affairs benefits.

Additionally, PRS offers career and educational resources, as well as financial topics such as banking and financial services, savings and investments, living expenses, understanding debt, and service members' rights.

Transition Readiness Seminar (TRS) is a five-day seminar, which includes a standardized core curriculum to include Resilient Transitions, Military Occupation Specialty Crosswalk, Department of Labor Employment Workshop, Department of Veterans Affairs. Benefits I and II Briefs, and Financial Planning. The TRS provides our transitioning Marines and their families with the resources and tools needed to reach their personal goals.

TRS provides career and counseling services to include advising Marines on future post-transition goals, such as career/employment, education, technical, and entrepreneurship.

Prior to attending the five-day Transition Readiness Seminar (TRS), all transitioning Marines must complete the pre-separation webinar training.

Upon completing the training, print the certificate and bring it to the first day of TRS with the additional pre-requisites detailed in the webinar.

For more information, contact your Unit Transition Coordinator or your installation Transition Readiness staff.

Spouses Transition and Readiness Seminar (STARS) is a standardized three-hour spouse-specific transition workshop and has become an additional resource for spouses. STARS is administered as part of the Family Member Employment Assistance Program.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members

FAMILY MEMBER EMPLOYMENT ASSISTANCE PROGRAM (FMEAP)

The Family Member Employment Assistance Program (FMEAP) provides employment-related referral services, career and skill assessments, career coaching, job search guidance, portable career opportunities, and education center referrals/guidance.

WHY USE THIS RESOURCE?

FMEAP provides access to information and tools to support military spouses and dependent family members employment related needs. Career planning and guidance, skill-building volunteer opportunities, and interest assessments are available to assist family members in making informed decisions about their employment options.

Spouse Education and Career Opportunities Program (SECO): Provides comprehensive education and career exploration services at no cost to all eligible military spouses. The career center will assist with information on portable careers, resume composition, education planning, and career planning.

Military Spouse Employment Partnership (MSEP): Partners with employers who agree to offer transferable, portable career opportunities to relocating military spouse employees.

Military Spouse Career Advancement Account (MyCAA): Offers up to \$2,000 per year (maximum of \$4,000) for military spouses (E-1 to E-5, W-1 & W-2, and O-1 & O-2) to pursue licenses, certificates, certifications, or Associate Degrees necessary for gainful employment in high demand, high growth portable career fields, and occupations.

Spouse Transition and Readiness Seminar (STARS): Addresses the transitional challenges and opportunities specifically for spouses as they prepare to transition with their Marines into the civilian world.

Spouse Relicensing Reimbursement: FMEAP is the central point of contact for Spouse Relicensing Reimbursement. The program provides reimbursement of up to \$1,000 for relicensing/recertification expenses incurred by a spouse due to a permanent change of station (PCS) to a new state.

WHO SHOULD USE THIS RESOURCE?

- Family Members



PERSONAL FINANCIAL MANAGEMENT (PFM)

The Personal Financial Management (PFM) program assists Marines and their families in achieving and sustaining personal financial readiness by providing personal financial education, training, counseling, and financial information and referral.

WHY USE THIS RESOURCE?

The PFM provides a solid understanding of personal finances that will build confidence in facing financial challenges, responsibilities, and mission readiness. PFM offers elective financial literacy education at all required points during a Marine's career.

Workshops and classes are also offered in a variety of topics including; investment planning, financial planning, retirement and estate planning, consumer awareness and protection, budgeting, saving, using credit, managing debt, military financial rights, Blended Retirement System, Thrift Savings Plan,

Saving Deposit Plan, and Survivor Benefit Program.

Installation Personal Financial Management Specialists and unit Command Financial Specialists provide no-cost services to Marines and families.

Individual financial counseling by accredited financial counselors is available. Coaching is an interactive process uniquely tailored to individual needs. Coaching provides tools that enhance the ability to accomplish more and includes accountability to maintain focus.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Reservist
- Family Members



INFORMATION, REFERRAL AND RELOCATION PROGRAM

The Information, Referral and Relocation Program provides information and referral functions designed to meet the challenges of the mobile military lifestyle. Individuals with unresolved information needs are referred to the source or resource that can best address those needs. This program is the central connector between military and community resources. Information, Referral and Relocation Specialists maintain a database of installation, Department of Defense, community, and national resources. The Information, Referral and Relocation oversees all relocation service functions to assist Marines and families with Permanent Change of Duty Station, both stateside and overseas, and provides Settling-In Services when they arrive on a new installation.



WHY USE THIS RESOURCE?

This service connects individuals to military, Department of Defense, and community resources, including health care, personal and family counseling, marital counseling, relocation assistance, housing referral, childcare resources, religious services, recreation services, consumer affairs, child and spouse abuse prevention programs, and other personal and family support programs in both the military and civilian communities.

Program staff is knowledgeable on the rights and benefits to individuals as a result of military service and can assist with questions related to veterans’ benefits.

A calendar of events, classes, and programs is maintained on each base.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members
- Reservist



GENERAL LIBRARY PROGRAM

Libraries are located on 24 installations and provide a wide variety of materials (print, audio-visual, and virtual), services, and programs to meet the educational, informational, and recreational needs of Marines and families.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members



WHY USE THIS RESOURCE?

- Libraries provide educational materials and services to assist Marines in their pursuit of professional military and academic educational goals.
- Libraries provide quality-of-life recreational materials and programs for all ages.
- Access to virtual resources such as research databases, digital magazines, eBooks and eAudiobooks, foreign language lessons, and self-improvement classes are available 24/7 wherever Marines and families are stationed through the Virtual Library portal at mccs.ent.sirsi.net.
- Remotely stationed and deployed personnel and Marine retirees should email a request for Virtual Portal access to: usmclibraries@usmc.mil.
- Provides early literacy programs from birth through pre-school age, as well as summer reading programs, book clubs, and lectures for all ages.
- Provides Makerspace programs access to Science, Technology, Engineering and Math (STEM) technologies and creative pursuits for all ages.
- Provides Internet stations and WI-Fi throughout the library facilities.



MARINE FOR LIFE NETWORK

Marine For Life Network (M4L) connects transitioning Marines and their family members to education resources, employment opportunities, and other Veteran services that aid in their career and life goals.

WHY USE THIS RESOURCE?

Marines understand how the skills a Marine develops in the Marine Corps can translate to the civilian world or the academic world. Marine For Life allows Marines to help other Marines reach their professional goals.

We offer Marines two ways to connect:

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Veterans
- Family Members



ONLINE NETWORK

We use our Facebook page and LinkedIn company page to connect Marine Veterans to our M4L resources and share good news stories in the program.

M4L uses LinkedIn groups for online networking opportunities. The Marine For Life LinkedIn networking groups consist of one national group, four regional groups, and several community-specific groups.

Our M4L website includes a resource library of valuable and up to date education, employment, and Veteran resources.



FACE-TO-FACE

We have built a nation-wide professional network that consists of more than 60 Marine For Life Representatives, military-friendly employers and resources, and Marines and their families. We focus on connecting Marines and their families to local and national resources, as well as encouraging networking through Marine For Life Network events and meet-ups.



MARINE FOR LIFE NETWORK

is an extension of a tenet of the Marine ethos — ‘Once a Marine, Always a Marine.’ M4L is a continuation of our strategic engagement with Marines and their families across the continuum of the Marine For Life cycle—commencing with their transformational entry into our Corps, symbolized in their earning the Eagle, Globe, and Anchor, through their transition to a Veteran Marine status and the return of these quality citizens back to their communities.

EDUCATION

VOLUNTARY EDUCATION

The Voluntary Education Program provides personal and professional learning opportunities to the Marine Corps community. The program positively impacts recruitment, retention, and readiness of all Marines. Services and resources are provided by qualified counselors and advisors in cooperation with education service providers through individual and group counseling, workshops, and training opportunities to include testing for college credit and pre-admission. Marines will be informed of the full breadth of tuition funding sources and how they can advance their degree plans and academic achievement with appropriate courses and institution selections.



WHY USE THIS RESOURCE?

Tuition Assistance provides funding to eligible Marines for payment of a specified percent of the tuition cost in authorized courses offered during off-duty hours.

College Level Exam Program (CLEP) tests mastery of college-level material acquired in a variety of ways to include general academic instructions and significant independent study or extracurricular work. Successfully completed exams are generally accepted by institutions of higher learning for academic credit.

Defense Activity for Non-Traditional Education Support (DANTES) provides nationally recognized examination and certification programs, in addition to consolidated management of contracts and programs to prevent duplication of effort among the services.

Voluntary Education Center Staff Members are available to provide individual academic and career advisement, as well as additional information about other education programs and other financial aid options.

Joint Service Transcript is now the official transcript tool for Army, Marine Corps, Navy, and Coast Guard personnel that validates and documents the recommended college credits for professional military education, training courses and occupational experience of service members, and veterans. This unified and standardized document makes it easier for institutions to review and articulate these credits as appropriate to service members and veterans degree programs.

Provides information on the American Council on Education college credit recommendations, related to the Montgomery GI Bill that funds college expenses for veterans or active duty service members who served after 1 July 1985, and the Post 9/11 Montgomery GI Bill that funds college and living expenses for veterans or active duty service members who served after 11 September 2001.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members
- Reservist

LEADERSHIP SCHOLAR PROGRAM (LSP)



LSP is a partnership between nonprofit, four-year state and private universities and colleges, and the U.S. Marine Corps. Its purpose is to help honorably discharging Marines pursue their educational goals by identifying Marines whose academic and professional experiences make them competitive candidates for admission to LSP Partner Schools. There are more than 230 universities and colleges working with LSP, with at least one school in every state and the District of Columbia.

WHO SHOULD USE THIS RESOURCE?

To be eligible, Marines must be honorably discharging from active duty and planning to attend a college or university as a freshman or transfer student. Marines must be high school or GED graduates. Must provide a recommendation letter from a Commanding officer or senior NCO and complete an interview with the installation LSP Program Manager.

WHY USE THIS RESOURCE?

LSP Partner Schools provide a candid first look at a Marine's academic and professional record, so mapping a way forward is accurate and easy.

Marines receive personalized assistance from installation Education Service Officers, Education Service Specialists, and the LSP Program Manager in preparing the application, essay, and other materials that are required for a strong admissions package. Services also include providing guidance on selecting the right LSP Partner School, ensuring Marines choose the right "fit."

LSP is actively involved with national organizations that have strong ties with universities/colleges, including National Association of Student Personnel Administrators (NASPA), Student Veterans of America (SVA), National Association of College Admission Counselors (NACAC), National Association of Veteran's Program Administrators (NAVPA), American Council on Education (ACE), American Association of State Colleges and Universities (AASCU), ACT Testing, Service To School (S2S), the College Board, the POSSE Foundation, Ivy League Veterans Council, and the Warrior Scholar Project (WSP).

CAREER TECHNICAL/ CERTIFICATION PROGRAMS



Marine Corps Credentialing Opportunities On-Line (COOL) is a credentialing awareness, information, and resources capability for all Marines. In addition to general information on credentialing and licenses, Marine Corps COOL also provides extensive associated linkages covering the gamut of education, transition, recruiting, career, and veteran's resources.

WHY USE THIS RESOURCE?

Marine Corps COOL provides background information on civilian licensure and certification in general and specific information on individual credentials, including eligibility requirements and resources to prepare for a credentialing exam.

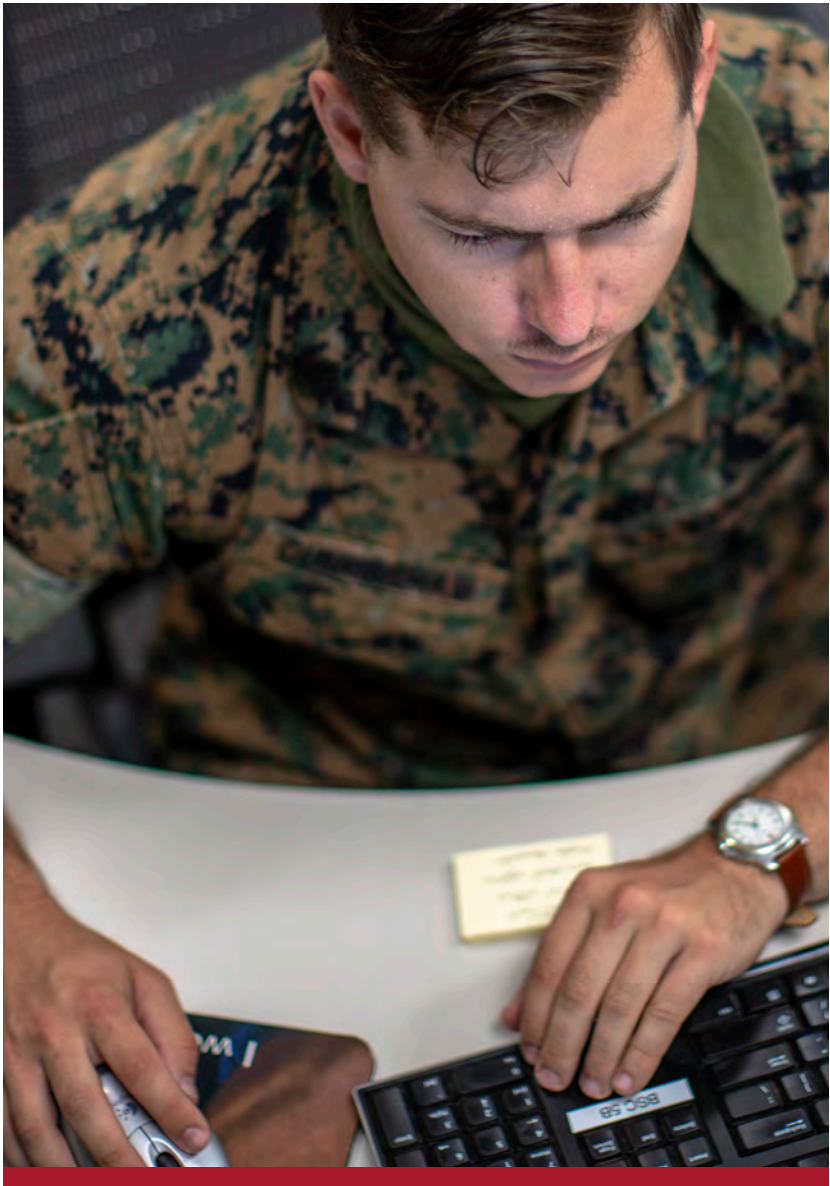
Identifies license and certifications relevant to Marine Corps Military Occupational Specialists (MOS).

Explains how to fill gaps between Marine Corps training and experience and civilian credentialing requirements.

Provides links to resources available to Marines that can help them gain civilian job credentials.

Education, Career, and Transition Advisors can find information on education, personal and professional development, and career requirements and opportunities.

Marine Corps Recruiters can use COOL to show potential recruits the opportunities for professional growth and civilian career preparation available through service in the Marine Corps.



WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Reservist
- Family Members

Eligibility varies by resource and installation. Some resources are open to all Marines and their families (including Reservists); some resources are limited to a subsection of Active Duty families that fit specific criteria.

UNITED STATES MILITARY APPRENTICESHIP PROGRAM (USMAP)

The United Services Military Apprenticeship Program (USMAP) is a formal military training program that provides active duty Navy, Marine Corps, and Coast Guard service members the opportunity to improve their job skills and to complete their civilian apprenticeship requirements while on active duty. The U.S. Department of Labor (DOL) provides the nationally recognized Certificate of Completion of Apprenticeship upon the completion of the program.

Apprenticeship is a combination of on-the-job training and related classroom instruction in which workers learn the practical and theoretical aspects of a highly-skilled occupation. This is an “earn as you learn” program as Marines are getting paid to learn a trade. Colleges and vocational schools require that you pay for your training.

WHY USE THIS RESOURCE?

Achieving a Certificate of Completion Apprenticeship shows the chain-of-Command a commitment to self-improvement. This can help with promotions or job assignments. The completion certificate places a Marine among the most recognized and highly skilled craft workers in the industry. Having an apprenticeship can mean qualifying for better jobs with significantly higher pay.

WHO SHOULD USE THIS RESOURCE?

Active duty or Full Time Support (FTS) statuses that have a high school diploma or GED equivalence, and are designated in an MOS.

To determine whether your MOS has an apprenticeship associated with it, go to the USMAP website.



MARINE CORPS SKILLBRIDGE PROGRAMS

DoD SKILLBRIDGE



Department of Defense (DoD) SkillBridge allows participating businesses and other training providers to gain early access to these highly skilled service members as prospective employees before those service members become Veterans. Since service members continue to receive their military pay and benefits while participating, the training provider does not pay the service member to participate.



WHY USE THIS RESOURCE?

Marine Corps SkillBridge training opportunities are available for transitioning Marines. A Marine must have completed at least 180 days on active duty and be expected to be discharged or released from active duty within 180 days of starting their job training. Moreover, Marines must receive approval from their chain of Command to participate and the training opportunity must meet certain conditions set by DoD and the Marine Corps.

WHO SHOULD USE THIS RESOURCE?

- *Marines must complete at least 180 days on active duty and are expected to be discharged from active duty with an honorable discharge.*
- *Marines must complete the Transition Readiness Seminar.*
- *Enlisted and Officers can participate within 180 days of EAS/Retirement*

See MARADMIN 350/18 for more information.



LEADERS RESOURCE GUIDE

FAMILY READINESS

Community services designed to strengthen all Marines, single or married, and their families.

CHILD AND YOUTH PROGRAMS (CYP)

Child and Youth Programs (CYP) provide high-quality child care programs and services that support eligible families. All programs are designed to enrich your child's social, emotional, cognitive, and physical growth and development. CYP Professionals work in partnership with parents to meet each individual child's needs in a safe, healthy, and nurturing environment. A Parent Board is established within the Child and Youth Program to allow families to meet and discuss the program and coordinate parent participation.



CHILD DEVELOPMENT CENTERS (CDC)

WHY USE THIS RESOURCE?

Child care services that support the needs of eligible children ages six-weeks through five years. Program components include full-day, part-day, and hourly care services. CDCs are designed to meet the individual developmental needs of eligible children by offering quality child care.

All CDCs use the DoD approved curriculum designed to support individualized planning for children while guiding their learning as meaningful and purposeful experiences. This research-based curriculum approach fosters early brain development and school readiness, thus providing continuity for military families adapting to frequent moves between installations.

CDCs are DoD certified, nationally accredited, and meet the highest quality of early childhood.

Each CDC supports parent involvement and works to ensure the inclusion of all children.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members (with children six weeks to 5 years of age)

FAMILY CHILD CARE (FCC)

WHY USE THIS RESOURCE?

FCC providers offer high quality developmentally appropriate care to children ages six-weeks to 12 years of age in a small group setting. FCC providers are trained and certified by the installation Command to meet policy as well as health and safety standards. As independent business owners, FCC providers have the flexibility to determine their own business hours, as well as the type of care they provide, such as infant only. FCC programs are DoD certified and meet the highest quality of early childhood program standards and criteria.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members (with children six weeks to 12 years of age)



OFF-BASE CHILD CARE FEE ASSISTANCE

WHY USE THIS RESOURCE?

This program provides support to eligible Marines in paying for community-based child care services. The program is designed to assist eligible Marine families who live outside of a 15-mile radius to a Marine Corps installation with a Child Development Program. The child must be on a waitlist to qualify unless they're remote.



WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members (with children six weeks to 18 years of age)

SCHOOL AGE CARE (SAC)

WHY USE THIS RESOURCE?

School Age Care offers organized and supervised recreational, educational, and social activities for children ages six to 12 or those attending kindergarten through sixth grade.

- SAC programs complement, rather than duplicate, the school day. Emphasis is placed on programs that meet community needs, reinforce family values, and promote individual and group activities that develop the social, emotional, cognitive, and physical development of children. SAC programs offer summer camps and out of school care.

- SAC programs are DoD-certified and nationally accredited and meet the highest quality of early childhood program standards and criteria.

Each SAC program supports parent involvement and works to ensure the inclusion of all children.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members (with children ages six to 12 years of age)

YOUTH PROGRAMS (YP)

WHY USE THIS RESOURCE?

Youth Programs (YP) supports the development of lifelong skills for youth and offer recreational activities, computer labs, social and life skills development opportunities. Families residing off base may be eligible to receive paid memberships to local Boys and Girls Clubs of America by contacting their local community clubs. YP are DoD certified and meet the highest quality of standards and criteria.



WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members (with children ages six to 18 years of age)

MILITARY CHILDCARE dot com

WHY USE THIS RESOURCE?

Sponsored by the Department of Defense, militarychildcare.com, is for eligible families seeking child care. This portal provides access to military-operated and approved child care options across all services. It enables families to search for and request child care making it easier for families to find the child care they need.



WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members (with children six weeks to 18 years of age)



DEPENDENCY DETERMINATION

The Dependency Determination Section is responsible for determining Basic Allowance for Housing (BAH), travel allowances, and Uniformed Services Identification and Privilege (USIP) card benefits on behalf of family members for whom the member is providing support, other than primary dependents. Secondary Dependency determinations made on behalf of military members include active duty personnel, reserve personnel, and retired members. Specific categories of dependents are required by law to be, in fact, dependent upon the member.

Primary dependents of a service member include a lawful spouse and unmarried minor children under the age of 21. However, a service member may also be eligible for benefits on behalf of qualifying secondary dependents as defined in Title 37, United States Code, Section 401. Once determination of the secondary dependent has been established, BAH, and/or USIP card, and/or travel allowances may be authorized depending on the member's eligibility and request.

All members are expected to provide adequate and continuous support for their lawful dependents. A member who fails to provide support to a dependent, on whose behalf a housing allowance is received, may not be authorized that housing allowance or other benefits and entitlements for that dependent.



WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members

WHY USE THIS RESOURCE?

Qualifying secondary dependents may be a:

Parents. In addition to biological parent, this includes parents-in-law, step-parents, parents-by-adoption, or an individual who stood “in loco parentis” to the member at any time for a continuous period of at least five years before the member became age 21.

Full-time student 21-22 years of age. Documentation is required from an institution of higher education stating full-time enrollment with expected date of graduation on official school letterhead or from the National Student Clearinghouse. The letter must be current.

Incapacitated child more than 21 years of age. A recent (four months or less) medical or psychiatric evaluation and diagnosis, a complete, detailed medical summary of illness, to include the date and child's age at onset of incapacity, current treatment being rendered and prognosis for recovery, as well as the ability to become self-supporting, a DSM-V diagnosis in all cases of intellectual disability.

Ward of a court. An unmarried individual placed in legal and physical custody of the service member for a period of at least 12 consecutive months may qualify with required documentation.

Complaints of Nonsupport. When there is evidence that a member is not providing support on behalf of their dependent(s), either by special investigation reports, record reviews, fraud, waste and abuse complaints; sworn testimony of individuals, statement by member, or complaint of nonsupport by a dependent, will be promptly acknowledged and the complainant shall be informed of the action taken in accordance with MCO P5800.16A.

TO MAKE APPLICATION FOR SECONDARY DEPENDENTS:

Start the process with your Installation Personnel Administration Center (IPAC). They will complete the Dependency Application for you and provide further guidance. You will also need a Dependency Statement Form for the category of dependent you wish to claim. To file a Complaint of Non-support, contact Dependency Determinations at **703.784.9529** and press option two.



**DD Form 137-3
Dependency
Statement –
Parent**



**DD Form 137-5
Dependency
Statement –
Incapacitated
Child over
Age 21**



**DD Form 137-6
Dependency
Statement –
Full-Time student
21 – 22 Years of
Ages**



**DD Form 137-7
Dependency
Statement –
Ward of a Court**

All forms are located here: http://www.esd.whs.mil/Directives/forms/dd0001_0499

You can get these forms from the website or your IPAC. All forms have to be current within six weeks from the date they are signed to the date submitted to CMC (MFP-1). **Note: Proof of support is required and can include money order receipts, canceled checks, bank-to-bank transfers, wire transfers, dependent support allotments, and billing statements with corresponding bank statements. In no case are cash payments acceptable means for proof of support.



EFMP

Exceptional Family Member Program

The Exceptional Family Member Program (EFMP) supports the continuum of care for all eligible sponsors and their family member(s) in order to improve the quality of life for families that support a member with special medical and/or educational needs. EFMP staff and families work together to inform, educate, and empower individuals to be the best advocate for themselves and/or their family member(s). The EFMP is a DOD-mandated enrollment program designed to support individual, family, and unit readiness.

- Assignment Screening of all Permanent Change of Station (PCS) orders to ensure families will have access to necessary medical care and educational supports within reasonable distances based upon frequency of required care.

- Support families before, during, and after a PCS move to ensure a seamless transition.

- Identify family members who are eligible to be considered for Priority Housing and/or housing accommodations/modifications, in accordance with appropriate federal laws.

- Endorse eligible family stabilization requests when there is a validated substantial risk of transferring care.

- Provide deployment support services to sponsors and their eligible family members.

- Assist families in the mandatory enrollment and three-year update process, and provide information and referral services and case management services to all EFMP-enrolled sponsors and their family members.

- Deliver education and training opportunities to Commands, Marines, enrolled sponsors, and their family members regarding a variety of topics related to special medical or educational needs.

- Refer families to legal services offered by EFMP attorneys in order to support the families' access to the continuum of care. EFMP attorneys are located at Camp Pendleton, Camp Lejeune, and MCB Hawaii.



WHY USE THIS RESOURCE?

EFMP ensures that Marines with exceptional family members are assigned to duty stations where services exist to support the exceptional family members with access to medical and educational services. EFMP contributes to the quality of life for families that support a member with a disability by ensuring that the family is connected with the appropriate Marine Corps Community Services program provided aboard Marine Corps installations, as well as available local, state, and federal resources for individuals with special needs. Enrollment in the EFMP shall not prejudice advancement or promotion opportunities.



WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members

Sponsors are required to identify and enroll family members who have a(n):

- Medical (physical, mental, or emotional) condition that has been identified by a qualified medical provider
- Educational condition that has been identified by a qualified Medical provider or educational authority.

SCHOOL LIAISON PROGRAM (SLP)



The School Liaison Program (SLP) builds community by creating an installation-community network of military families, schools (pre-kindergarten through 12th grade), Commanders, installation programs, and community services. The SLP supports children during transitions related to the mobile-military lifestyle by providing information and assistance to all service members and their families.

During PCS and deployment, many military families find making important family decisions overwhelming. The sensitive and caring support of the School Liaison will prove invaluable. By providing educational connections, the School Liaison may be instrumental in relieving some of the pressures felt by families in transition. School Liaisons should have the following information ready to support families:

- School options, services, and programs
- Registration requirements
- School Calendar
- Extracurricular activities and sports
- Testing requirements
- Course and graduation requirements
- Before and after school programs
- School selection while in temporary housing
- Transportation

WHY USE THIS RESOURCE?

The School Liaison Program is a cross-service collaboration that supports military-connected children. Families will be assisted by the nearest School Liaison regardless of that School Liaison’s service affiliation. For example, if you are a Marine family moving to an Army base, contact the School Liaison at that Army base prior to moving.

- Serves as the point of contact for all matters related to the education of military-connected students, including home-school and post-secondary education.
- Supplies resources to assist in the transition of military-connected students during relocations.
- Provides information about school options, services, programs, and resources.
- Connects families to military resources and programs on and off-installation.
- Supports parents’ understanding of federal, state, and local education laws and regulations impacting military-connected students.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members

DEFENSE ENROLLMENT ELIGIBILITY REPORTING SYSTEMS (DEERS)

The Defense Enrollment Eligibility Reporting System (DEERS) implements DEERS and Real-Time Automated Personnel Identification System (RAPIDS) policies for benefits and entitlements eligibility and issuance of identification cards within the Marine Corps. RAPIDS is a network of microcomputers linking the Uniformed Services Personnel Offices to the DEERS database to provide an Online update of dependent information to the DEERS database.

WHY USE THIS RESOURCE?

- Issuance of Common Access Cards to eligible sponsors.
- Identification card issuance to eligible dependents and beneficiaries.
- Determination of entitlements to medical, commissary, MWR, theater and exchange privileges to eligible patrons.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Military Dependents
- DoD Civilians
- Government Contractors
- Reservist
- Retirees



POSTAL AFFAIRS

As an extension of the United States Postal Service (USPS), Postal Affairs provides Marines, their family members, and other authorized users mail services around the world.

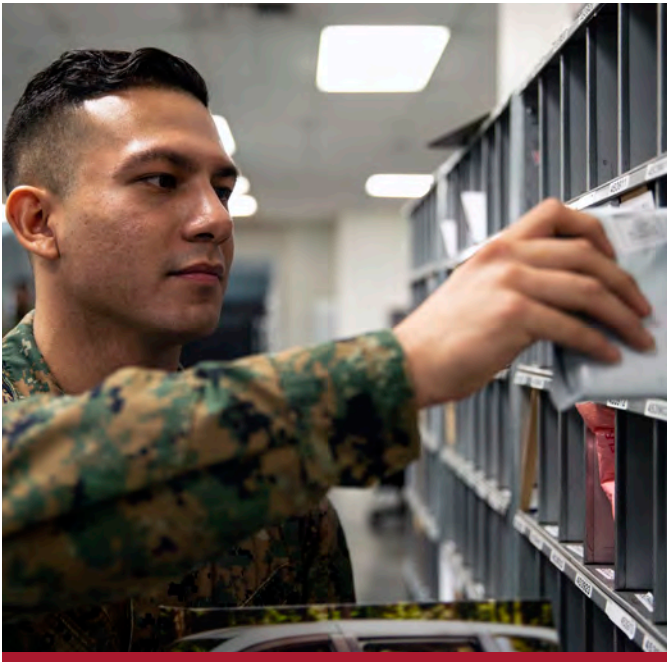


CUSTOMER SERVICES

Marine Corps Postal Clerks serve at 31 post offices on Marine Corps Bases/Stations ready to assist customers with packaging/cost-saving tips, customs information and APO/FPO/DPO restrictions. Customers can find much of the same level of service you would expect to find at your local post office. Overseas postal services are based on the country in which located and the type of military operation involved.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members
- DoD Civilians



VOTING ASSISTANCE

The Voting Assistance Program aims to increase voting awareness by ensuring that every Marine, their eligible family members, and other personnel serving with a Marine Corps unit, and who are eligible to vote under the laws of their state, are provided voting information and assistance.

FEDERAL POST CARD APPLICATION (FPCA)

Marines are offered the opportunity to complete a Federal Post Card Application (FPCA) upon check-in to every unit and installation, and again by January 15 of each year. By submitting a FPCA, individuals can register to vote, request absentee voting materials, and update their current mailing address with the Local Election Officials in their home of record.

VOTING ASSISTANCE OFFICES

There are 18 Installation Voting Assistance Offices as well as Voting Assistance Officers assigned to all Marine Corps units that provide voting materials, computer access to fill out and print online forms, mailing completed forms for voters, and providing write-in absentee ballots for all military service members, voting-age dependents, and also assist federal civil servants with basic voting information.

FEDERAL VOTING ASSISTANCE PROGRAM (FVAP)

The Federal Voting Assistance Program (FVAP) is designed to assist in absentee voting. To register and vote in your home state, visit <http://www.fvap.gov> or contact a Unit Voting Assistance Officer who is ready to assist with voter registration and absentee voting. Marines and families can also use <http://www.fvap.gov> to complete the forms necessary to register to vote, and to update their local election official of any address changes for the delivery of absentee ballots and voting materials.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members



MARINE CORPS FAMILY TEAM BUILDING (MCFTB)

Marine Corps Family Team Building reinforces and sustains a state of personal and family readiness to provide Marines and families with tools and resources needed to successfully meet the challenges of the military lifestyle and enhance mission readiness by providing preventative education that is offered across the life cycle of a Marine.



WHY USE THIS RESOURCE?

- MCFTB provides training and education that supports and promotes overall readiness. The workshops focus on information that is relevant at specific touchpoints in a Marine and their family's life cycle continuum.
- There are four training tracks within MCFTB including: Lifestyle Insights, Networking, Knowledge, and Skills (L.I.N.K.S.), LifeSkills Training and Education, Readiness and Deployment Support Training, and Family Readiness Program Training.

WHO SHOULD USE THIS RESOURCE?

- Active duty
- Family Members
- Reservists
- Commanders
- Deployment/Uniformed Readiness Coordinators
- Family Readiness Command Team member



MCFTB - FAMILY READINESS PROGRAM TRAINING

Family Readiness Program Training is dedicated to supporting the Unit, Personal and Family Readiness Program (UPFRP) by providing program-related training, education, and support.



WHY USE THIS RESOURCE?

MCO 1754.9B provides policy and outlines training requirements for the UPFRP. Family Readiness Program Training enhances successful UPFRPs by providing quality training to Commands.

The training programs focus on topics and concerns related to overall family functioning, relocation, deployment, military separation, life skills, and establishing appropriate connections within the military and civilian community.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Readiness Coordinators
- Family Readiness Command Team Members
- Reservists

Note: Most Active Duty units have access to an installation-based MCFTB office that can facilitate training.



MCFTB - LIFESKILLS TRAINING AND EDUCATION

LifeSkills Training and Education is a comprehensive collection of personal skill-building classes that promote skill development and increases readiness to navigate life's obstacles. It provides Marines and family members practical skills for successful interactions and positive outcomes at work, home, and in life.

Participants who complete LifeSkills courses are better equipped to tackle challenges with increased self-awareness and confidence. Through increased insight, participants are more likely to lend a hand to others in need, creating a mentorship atmosphere and stronger relationships. When participants gain life skills, it creates a positive and productive environment that promotes community.

WHY USE THIS RESOURCE?

LifeSkills training and education is provided at the unit and installation level to assigned personnel through community partnerships.

Subject matter experts collaborate to provide additional information related to various programs and resources available to Marines, Sailors, and families.

LifeSkills Training and Education includes four training series; communication, impact, relationship, and wellness, and is available both as instructor-led and computer based training.

LifeSkills Training and Education partners with several services to promote healthy well-being of the individual. Partnerships include Behavioral Health, Family Advocacy Program, New Parent Support Program, Semper Fit, and Deployment Readiness Coordinators/Uniformed Readiness Coordinators.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members
- Reservist

MCFTB - L.I.N.K.S.

L.I.N.K.S. is an acronym that stands for **L**ifestyle **I**nsights, **N**etworking, **K**nowledge, and **S**kills. It is an interactive orientation program to Marine Corps life and the local installation. Participants learn about Corps history and rank, local installation resources, services, benefits, military pay, separation and deployment, crossroad options, communication styles, investing in the community, and Marine Corps traditions. Partnerships are made with several services and personnel to include chaplains and L.I.N.K.S. mentors.



WHY USE THIS RESOURCE?

L.I.N.K.S. is offered as both an installation and unit training to Marines, Sailors, and families. Additional family readiness training opportunities are available through LifeSkills and Readiness and Deployment Support training. To learn more about available classes, contact your installation MCFTB office.

L.I.N.K.S. promotes positive adjustment and improved individual and family functioning and offers training in Spanish and Japanese at certain installations.

L.I.N.K.S. enhances community capacity with local installation information, resources, and introductions.

L.I.N.K.S. opens the door to community involvement, mentorship, and volunteerism.



WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members
- Deployment Readiness Coordinator/ Uniformed Readiness Coordinator
- Reservist

MCFTB - READINESS AND DEPLOYMENT SUPPORT TRAINING

Readiness & Deployment Support is a collection of training/briefs designed to educate and prepare military personnel and their families to cope with the changes and challenges of deployments and family separations. Designed specifically for Marines, families, and extended family members, these trainings increase awareness of relevant readiness issues while offering individual creative solutions to build a healthier family and ensure all are aware of the vast resources available to them as Marine Corps families.

WHY USE THIS RESOURCE?

Readiness and deployment support training will prepare military families for the unique challenges of a deployment while maintaining a constant state of readiness independent of deployment. Contact your local Marine Corps Family Team Building office to discuss unit focus and relay concerns and expectations so the training/briefs can be tailored to the needs of your individual units.

Briefings / resources include:

Pre-Deployment briefs are required for all deploying units. The briefs are coordinated and provided to all Marines and families attached to units 30-60 days prior to a unit deployment, or as required of the unit.

Mid-Deployment briefs are a series of practical application workshops, which allow military family members to:

- Meet other military families.
- Understand the support of the military community.
- Learn new skills that will enhance their ability to thrive in the midst of deployments.
- Outline ways to set goals that are realistic and obtainable.

Return and Reunion briefs are a series of interactive workshops that discuss expectations and positive reintegration ideas through real-life scenarios. Families learn how to celebrate homecoming, communicate with the Marine or Sailor, and recognize warning signs of stress. Families also learn about available resources, as well as the behavioral, emotional, and educational challenges children may face during a reunion.

Reintegration: Strong Marine Couples is an educational workshop designed to address the effects of reintegration on a relationship. The workshop allows couples to assess their level of relationship satisfaction and provides communication tools and resources for couples to use to strengthen their relationship.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Reservist
- Family Members

Note: Most Active Duty units have access to an installation-based office that will facilitate training.



UNIT, PERSONAL & FAMILY READINESS PROGRAM (UPFRP)

The Unit, Personal and Family Readiness Program (UPFRP) is a unit-centric program, guided by the Family Readiness Command Team, that reinforces the relationship between the unit, the service members, and their families. The primary goal of UPFRP is to empower Marines and family members by providing them the opportunities to not just survive but to thrive while taking on the challenges of the military lifestyle.

WHY USE THIS RESOURCE?

Unit, Personal, and Family Readiness Programs (UPFRP) underpin mission readiness by supporting Marines and family members in their personal readiness efforts. The UPFRP serves as the conduit between the Commander and the Marines and their families, and enhances communication and support throughout the Command.

Marines and Sailors are required to check-in with the Deployment Readiness Coordinator (DRC)/ Uniformed Readiness Coordinator (URC) when they arrive at a new unit. Once a new unit member has provided accurate contact information and authorization to communicate, the family members will begin receiving communication from the DRC/URC. Family members are encouraged to meet the DRC/URC to learn more about the unit and the services available.

Regular communication with the Marines and families is the cornerstone of UPFRP. The DRC/ URC provides the link for two-way communication between the Commander and the families, using a variety of mediums, such as Marine Online, Family Readiness Module, email, newsletters, toll-free numbers, and/or social media sites.

Deployment support allows the Command to ensure operational readiness. The DRC/URC organizes a multitude of training opportunities via installation MCFTB to assist Marines and their family members with deployments, separations. From pre-deployment briefs to interpersonal communication, each is designed to empower the participants with skill development and independence.

Readiness and resource support addresses issues with the potential to impact the Marines, families,

and the unit. The DRC/URC assists the Commander to provide necessary resources and referral information to the Marines and their families.

UPFRP volunteers have the potential to grow and develop new skill sets through their volunteer services. High volunteer involvement creates stronger unit cohesion. UPFRP volunteers assist by mentoring other spouses/family members, identifying challenges, and providing insight on challenges to be addressed by the Command.

Unit-sponsored events and connections with installation and community resources increase socialization for Marines and their families.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members
- Other contacts authorized by Marines
- Reservist



USMC VOLUNTEERS

A LEGACY OF SERVICE

The Marine Corps has a long legacy of service to our nation and our community. Volunteers demonstrate Marine Corps values each time they contribute their time and energy to their local community. Across the globe, Marines, Sailors, and their families are volunteering within the Marine Corps community. These selfless acts of volunteering positively impact the Marine Corps and its surrounding communities and help create strong, resilient families that are a positive factor in overall mission readiness.

WHY USE THIS RESOURCE?

The Volunteer Management Program at each installation recruits volunteers for opportunities to serve both on and off installation, helps retain current volunteers, trains potential volunteers to improve professional skillsets, and organizes volunteer appreciation and recognition events. Installation Volunteer Coordinators are available to provide information on continual and special event volunteer opportunities.

Volunteers can improve their skillsets in the areas of public speaking, administrative skills, organization, relationship building, and resource and referral.

Empowers individuals to volunteer their time and talents.

Supports the pillars of resiliency through impact volunteering opportunities.

Enhances lives and the lives of those that benefit from strong Marines, strong families, and a strong Marine Corps.

Increases volunteerism for Marines and their families on and off the installation.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- DoD Civilians
- Reservist
- Family Members
- Retirees



READINESS & RESILIENCY

These resources comprise all levels of health. Physical, mental, and relationship health services are all covered here.



COMMUNITY COUNSELING

The Community Counseling Program (CCP) provides confidential, accessible, comprehensive, non-medical counseling services for Marines, other Active Duty personnel, and their family members.

Counseling uses action-oriented techniques targeting challenges in daily living and high-risk behaviors that have the potential to negatively impact a Marine's performance and relationships. Counseling at CCP aims to enhance skills and helps Marines and families accomplish personal goals through short-term solution-focused counseling. Services are delivered in individual, family, and group settings and CCP offices are located on all Marine Corps installations.

WHY USE THIS RESOURCE?

Community counseling is a confidential service provided by Masters and Doctorate-level clinicians.

CCP provides Marines and their families:

- An avenue to learn new skills and build upon old ones to support personal and professional growth.
- Prevention education, evidence-based and evidence-informed assessments, non-medical counseling, and referrals when indicated. Services aim to reduce stress and improve readiness and overall functioning.
- Confidential care ensuring access to behavioral health services worldwide.
- Individualized care that meets the Marines' and their families' needs.

- Encouragement for social support development and maintenance.
- Stigma reduction by emphasizing that help-seeking is a strength-based action.
- Navigation between Marine Corps and Navy Medicine psychological health services.
- The Marine Intercept Program, comprises care management, outreach, ongoing suicide risk assessment, safety planning, and referrals, which is available for all Marines and Sailors identified with a suicidal ideation or attempt.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Reservist
- Family Members



FAMILY ADVOCACY PROGRAM (FAP)

The Marine Corps Family Advocacy Program (FAP) promotes healthy relationship development for Marines and families through prevention, counseling, and advocacy, as well as other supportive services. These efforts aim to decrease the risk and occurrence of child abuse, domestic abuse, and problematic sexual behaviors in children and youth (PSB-CY) in the Marine Corps.

PREVENTION AND EDUCATION (P&E)

Prevention and education services are designed to improve family and individual functioning, thereby preventing and/or reducing the factors associated with child and domestic abuse. The program is staffed with Prevention and Education Specialists (P&Es). P&Es provide life skills training classes on relationships, anger management, stress management, and parenting.

VICTIM ADVOCACY

Victim Advocates (VAs) provide advocacy and outreach to victims of domestic abuse, non-abusing parents of child abuse victims, and families impacted by PSB-CY. A helpline is available at all installations for 24/7 access to VA services. Services for victims of domestic abuse are consistent with the victim's elected "unrestricted" or "restricted" reporting options and include responding to emergency and ongoing safety concerns and needs of the victim. VAs are available to provide education about supportive resources such as Transitional Compensation for Abused Dependents (TCAD). TCAD provides financial and medical assistance and temporary base privileges to eligible family members so they may establish their lives when the service member is separated from active duty following an incident of abuse. VAs at local installations are available to provide briefs to Commanders about TCAD.

CLINICAL COUNSELING

FAP non-medical clinical counseling services include screening, assessment, counseling, and clinical case management for individuals, families, and couples. The purpose of these services is to improve relationships, ensure the safety of the victim and community, and prevent future abusive behaviors. Additionally, FAP offers counseling services to children and families impacted by PSB-CY. The purpose of these services is to foster healthy relationship skills, improve family functioning, ensure the safety of the victim and community, and prevent future abusive behaviors. Information about allegations that meet criteria is entered into the Marine Corps Central Registry.

WHO SHOULD USE THIS RESOURCE?

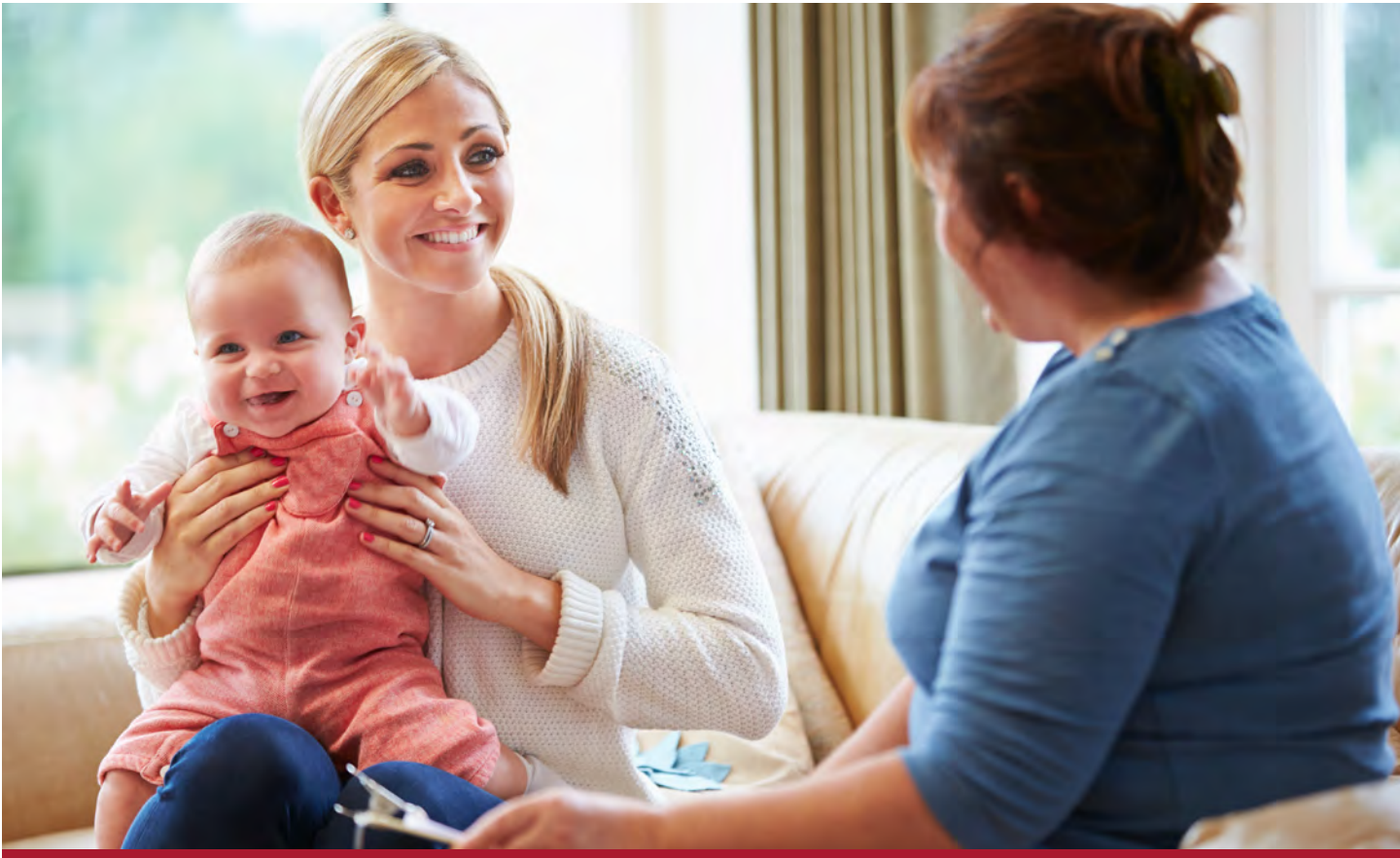
- Active Duty
- Family Members



NEW PARENT SUPPORT PROGRAM (NPSP)

Parenting can be a challenge, especially for military families. The demands of transitioning to a new installation, parental absence due to deployments or other military requirements, and being separated from family members and social supports can make adjusting to parenting all the more challenging.

The New Parent Support Program (NPSP) is a professional team of social workers, counselors, and registered nurses who provide education and support to Marine families who are expecting or have children from birth through age five.



WHY USE THIS RESOURCE?

NPSP is a voluntary program that supports Marine families in their parenting roles. NPSP prepares parents for a new baby, provides opportunities for parents to connect, and addresses other needs related to parenting young children.

Home visits allow Marines and families to receive help with their concerns as a parent or parent-to-be in the privacy of their own home. Home visitors provide individualized family support, based on the unique needs of each family.

Baby Boot Camp classes are designed to teach the basic skills necessary for providing newborn care.

Group parenting classes provide "hands-on" information to assist parents in understanding child development. Interactive toddler playgroups are designed to promote developmentally appropriate play and help children develop their social, cognitive, and motor skills.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members

SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)

The Sexual Assault Prevention and Response (SAPR) Program is a Commander's program, committed to both the prevention of sexual assault in the Corps and providing care to victims of the crime.

The program is supported by several agencies across the Department of the Navy, including Headquarters Marine Corps SAPR, U.S. Navy Bureau of Medicine and Surgery, chaplains, Community Counseling Program, Victims' Legal Counsel Organization, Naval Criminal Investigative Service (NCIS), and the Judge Advocate Division.

Sexual Assault Response Coordinators (SARCs) and SAPR Victim Advocates (VAs) are at the forefront in preventing and responding to sexual assault. They serve as the primary resource for those who have experienced a sexual assault, providing immediate and continued support.

WHO SHOULD USE THIS RESOURCE?

- Service members who are Active Duty, National Guard, or Reservists consistent with DoD SAPR policy; Coast Guard; and transitioning service members.
- Family members 18 years of age and older, who are eligible for treatment at Military Treatment Facilities.
- DoD civilian employees and their family dependents 18 years of age and older when they are stationed or performing duties OCONUS and eligible for treatment in the military health systems at military installations or facilities OCONUS.
- U.S. citizen DoD contractor personnel, when they are authorized to accompany the Armed Forces and their U.S. citizen employees in a contingency operation OCONUS.

WHY USE THIS RESOURCE?

While the ultimate goal of the Marine Corps is to prevent sexual assault and other problematic behaviors, our SAPR personnel stand ready to support those who experience a sexual assault, no matter when the assault occurred, and ensure that those impacted by a sexual assault obtain any needed services.

SARCs and SAPR VAs help navigate reporting options through either a Restricted Report or an Unrestricted Report.

24/7 Support Lines

Each Marine Corps installation has a 24/7 Sexual Assault Support Line, which is advertised on installation and Command websites. The support line provides confidential 24/7 access to credentialed advocates who provide crisis intervention and referrals to supportive resources, including health care (medical and physical) and legal representation.

Support line personnel are trained in crisis intervention. They can have confidential communications with the individual and are knowledgeable on information critical to the advocacy and support of those who experienced a sexual assault.



Additionally, the DoD Safe Helpline is a crisis support service available as an alternate resource for members of the DoD community who want supportive services, information, resources, and/or referrals. The DoD Safe Helpline is available worldwide 24 hours a day, seven days a week.



EMBEDDED PREVENTATIVE BEHAVIORAL HEALTH CAPABILITY (EPBHC)

The Embedded Preventive Behavioral Health Capability (EPBHC) is comprised of civilian behavioral and public health professionals who serve in the active duty Fleet Marine Force, Marine Forces Reserve, and at the Marine Corps Recruit Depots. They provide Commanders with analytic and coordination support of unit-wide behavioral health prevention strategies.



EPBHC STAFF HAVE SIX SPECIFIC AREAS OF CONCENTRATION:

- 1) Community mobilization, planning, and collaboration.
- 2) Navigating and helping to improve the system of behavioral health services.
- 3) Recommending and developing policy and compliance strategies.
- 4) Recommending and implementing changes in the operating environment.
- 5) Providing evidence-based training and education when gaps in capability exist.
- 6) Developing and implementing communications impacting large portions of a population.

EPBHC STAFF ARE SUBJECT MATTER EXPERTS THAT:

- Identify unit-specific risks and protective factors.
- Develop partnerships and coordinate with programs and services on and off installation.
- Provide recommendations on policy and Marine and family partnerships to implement unit-level evidence-based prevention strategies.
- Conduct strategic planning and integration across their areas of responsibility to maximize resources, efficiency, and effectiveness in behavioral health prevention.
- Do not provide individual counseling or therapy; however, they do provide a linkage to the medical and non-medical resources as a primary stakeholder in prevention.

WHY USE THIS RESOURCE?

The impact of behavioral health issues on a unit's readiness and resiliency is complex and requires a cross-functional, multi-pronged approach to prevention.

EPBHC's mission is to advise, inform, and support Commanders in the coordination of strategies and resources in order to optimize unit resilience and readiness.

EPBHC personnel provide qualitative and quantitative data analysis and perform coordinating functions to inform policy and prevention strategies, support strategic decision making, synchronize lines of effort, and ensure the effective deployment of resources.

EPBHC personnel serve as special staff officers and are strategically placed within the Marine Expeditionary Forces (MEF), Marine Forces Reserve (MARFORRES), and the Marine Corps Recruit Depots (MCRD). Each MEF has an EPBHC Director and an EPBHC Analyst embedded at the MEF level, EPBHC Analysts embedded at the MSC level, and EPBHC Specialists embedded at the Major Subordinate Element (MSE) level.

MARFORRES has an EPBHC Director and EPBHC Specialists embedded at the headquarters Command element.

MCRD has an EPBHC Coordinator embedded at the headquarters Command element.

WHO SHOULD USE THIS RESOURCE?

- Unit Commanders
- Command Staff

SUICIDE PREVENTION CAPABILITY

The Marine Corps Suicide Prevention Program provides policy, resources, guidance, training, and program oversight for suicide prevention, intervention, and postvention efforts to reduce suicidal behaviors in Marines and their families year by year, until there are zero suicides.

Suicide is a complex issue in which multiple and varied risk factors intersect. Suicide prevention efforts require coordination and collaboration among multiple sectors, including the unit, the Marine Corps community, and the individual Marine.

Suicides are preventable. Every suicide ideation and suicide attempt should be taken seriously. Voicing thoughts of suicide and self-injury are signs of distress. Thoughts of suicide are not a character defect, and they do not mean a person is crazy, weak, or flawed. Such thoughts DO mean that the person needs help and support. This pain may seem overwhelming and permanent; however, with time, support, and access to appropriate services, service members can overcome their problems, thoughts of suicide will pass, and they will return to duty.

Preventing a death starts with recognizing common risk factors and triggers. Marines at risk often are:

- Going through legal or disciplinary action, loss of a relationship, or financial problems.
- Talking about feeling trapped like there is no way out of a situation.
- Transitioning through PCS or being separated from a support system.

The following resources are available to those who may be thinking about suicide:

- Community Counseling Program (CCP)
- Chaplains and religious ministry programs such as the Applied Suicide Intervention Skills Training (ASIST) and Project Safetalk
- Suicide Prevention Program Officer (SPPO): A Marine or Sailor appointed by the Commander to be a prevention stakeholder and a critical element in the unit's ability to access information and resources to support localized suicide prevention efforts and the Command's suicide prevention program.
- Marine Intercept Program (MIP) provides a targeted intervention aimed at preventing deaths by suicide for Marines identified as "at-risk"
- Operational Stress Control and Response (OSCAR) team members and extenders
- Embedded Mental Health Providers within the unit and Military Treatment Facilities
- Military Crisis Line: provides 24/7 anonymous counseling and crisis intervention. This line can be reached by **Phone:** 988 (and press 1) or **Text:** 838255.



VISION

A healthy and resilient Marine Corps empowered to seek hope and healing.



STRATEGIC GOAL

The USMC advances a comprehensive, integrated prevention program through data surveillance, research and program evaluation, counseling, policy, outreach and communication, and program development.



WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Reservist
- Family Members



SUBSTANCE ABUSE PROGRAM (SAP)

The Substance Abuse Program (SAP) informs Marines about low-risk alcohol use and proper use of substances, deters Marines from use of illicit drugs, and provides support for Marines with mild-to-moderate substance use disorders to sustain and improve personal readiness. Substance Abuse Counseling Centers (SACCs) are located on Marine Corps Installations.



WHY USE THIS RESOURCE?

- The Substance Abuse Program (SAP) uses evidence-based and evidence-informed programming and practices; SACCs take a proactive approach to support low-risk use of alcohol and discourage substance misuse.
- Marines and other service members can access services offered at the SAP via Command referral, other program referral, or self-referral.
- Referrals to local resources can be made for dependents when space is unavailable at the local SACC.
- Every Marine referred to the SACC is screened for suicide risk, traumatic brain injury, mental health needs, and post-traumatic stress disorder in addition to substance misuse.
- Self-referrals allow an individual to take control of the problem before it becomes too big and someone else intervenes on their behalf.

ALCOHOL PREVENTION PROGRAM

Alcohol Prevention Program advocates for the proper use of alcohol, promotes abstinence and low-risk alcohol use, and provides training and education. Alcohol Prevention Specialists (APS) assist in the development and implementation of installation-level substance abuse prevention plans. These prevention plans address the specific substance misuse needs at each installation by using needs assessment, strategic planning, and evaluation. APS collaborates with stakeholders and use prevention-focused strategies and activities to address substance misuse risk factors.

ALCOHOL SCREENING PROGRAM

The Alcohol Screening Program (ASP) uses random breathalyzer testing to screen for underage drinking and alcohol use while in a duty status. When Marines test positive for alcohol while in an active duty status, Commanders may refer them for training, education, and further screening at the SACC. ASP is a tool for deterring alcohol misuse.

PRIME FOR LIFE

Prime for Life 4.5 is a 4.5-hour early intervention course for active duty and reserve Marines and other service members who are at risk for alcohol-related incidents (ARI). APS are available upon request to provide prevention training in an effort to prevent ARIs.

Prime for Life 16.0 is a 16-hour early intervention course for Marines who were referred to the SACC and identified as misusing substances, but did not meet the criteria for a substance use disorder. The content of this course is based on addiction-related research.

NON-MEDICAL CLINICAL COUNSELING

SAP clinical counselors provide screenings, assessments, and evidence-informed non-medical clinical counseling services for mild to moderate substance use disorders that are delivered in individual and group formats. Additional supportive services offered include but are not limited to coordination and referrals with medical treatment facilities, inpatient services, and facilitation with other resources to ensure an individualized continuum of care, allowing the Marine to return to duty.

DRUG DEMAND REDUCTION

The Drug Demand Reduction Program (DDRP) administers USMC-wide random urinalysis/drug testing, through which Marines are routinely tested for illicit drug use and the misuse of prescription drugs. DDRP staff organizes and host outreach events, awareness programs, and classes to provide drug deterrence information to Marines and families.



WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Retirees
- Family members
(18 years of age and older)
- DoD Civilians

COMBAT AND OPERATIONAL STRESS CONTROL

Combat and Operational and Stress Control (COSC), founded in Marine Corps doctrine, enables a cohesive ready force and promotes long-term health and well-being among Marines, attached Sailors, and their families. COSC assists Commanders, Marines, and attached Sailors in maintaining warfighting capabilities by preventing, identifying, and managing the impacts of stress.

Marine Corps Order 5351.1 Combat and Operational Stress Control Program issues policy and guidance to standardize COSC programming across the Marine Corps. Every Commander will determine how to incorporate COSC requirements and principles into a Command program to best support the mission and foster a favorable Command climate. The COSC Doctrine (MCTP 3-30E) contains tools that help leaders and peers understand, communicate, and respond to stress and stress reactions. Continuous COSC activities enhance force preservation, readiness, and the long-term health and well-being of Marines and their families. COSC directs implementation and sustainment of OSCAR Team Training and Deployment Cycle Training (DCT).

OSCAR TEAM TRAINING GENERATION III

OSCAR is a Marine-led training, 4 hours minimum, based on COSC doctrine that builds teams of Marine leaders, medical personnel, and religious ministry personnel within each battalion-sized unit. The OSCAR Team knows the full spectrum of stress reactions to help Marines prevent, identify, and mitigate negative outcomes. OSCAR Teams act as sensors for Commanders by noticing small changes in behavior and taking action early to build resilience and keep Marines in the fight. In OSCAR Team Training Generation III participants:

- Learn the four foundational concepts—the Stress Continuum, the Five Core Leader Functions, the Stress Decision Flowchart, and Stress First Aid.
- Practice COSC skills and take away job aids on topics such as self-care, resiliency, mental agility, optimism, and sleep that can be used to educate other Marines.

DEPLOYMENT CYCLE TRAINING

Deployment Cycle Training consists of three 60-minute briefs available to Marines and is tailored to each audience. Trainings are divided into the three chronological deployment phases — pre-deployment, before re-deployment (Return), and post-deployment. In DCT, Marines review key COSC principles, and leaders focus on creating a Command climate that encourages Marines to seek and receive help while managing stress. The training reinforces the core leader functions of strengthen, mitigate, identify, treat, and reintegrate and prepares Marines to better address challenging situations throughout the deployment cycle.



MAPIT

MARINE AWARENESS AND PREVENTION INTEGRATED TRAINING

Marine Awareness and Prevention Integrated Training (MAPIT) is a tiered initiative designed to improve the total fitness and mission readiness of Marines. MAPIT teaches prevention on behavioral health topics that include suicide, substance misuse, domestic abuse, and child abuse and neglect. MAPIT consists of Entry Level Training (ELT), MAPIT for Leaders (MAPIT-L), and unit-level sustainment.

MAPIT ELT introduces and reinforces behavioral health topics through Training and Readiness standards at entry-level schools (e.g., Marine Corps Recruit Depot, School of Infantry and Marine Combat Training, Officer Candidate School, and The Basic School).

MAPIT-L is a series of rank-specific trainings that help leaders understand how to integrate behavioral health matters with their leadership skills and values-based training. It was developed in coordination with Marine Corps University and the College of Distance Education and Training.

MAPIT Sustainment consists of two elements. The first element is UMAPIT, an annual 90 to 120-minute Marine-led behavioral health training. UMAPIT 3.0 replaced the previous version on 1 January 2020.

This curriculum is updated to incorporate evidence-informed practices and raise awareness about common risk factors and warning signals associated with a range of behavioral health issues.

It includes additional resources on resiliency, coping, self-support skills, decision-making, peer intervention, and intervention via social media.

The second sustainment element is the MAPIT Dashboard, which is a repository of additional behavioral program training modules that may be delivered to address the specific needs of the unit.

ADDITIONAL RESOURCES

MARINE INTERCEPT PROGRAM

The Marine Intercept Program (MIP) is a voluntary program that uses a targeted intervention to provide service members (SM) who have experienced suicidal ideations (SI) and suicide attempts (SA) care management in order to help reduce risk of further suicide-related events. MIP is part of a system of care that includes engagement with the Marine, the Command, CCP, and Navy Medicine. MIP emphasizes quality connections between the MIP care coordinator, SM, and Command by providing ongoing suicide risk assessments, a feedback loop, and care coordination.

When a Marine is identified with an SI or SA through an Operations Event/Incident Report (OPREP-3) Serious Incident Report (SIR), or Personnel Casualty Report (PCR), the Marine’s Command should reach out to the installation CCP to begin the MIP process. Once HQMC receives the OPREP-3 SIR or PCR, they will reach out to the installation CCP to assign the MIP case.

The CCP MIP Care Coordinator is a non-medical, licensed counselor who is available to provide brief contacts to the Marine for a minimum of 90 days. Contacts average 15 minutes and the focus is outreach, suicide risk assessment, and the development of a personal safety plan. MIP is meant to enhance other medical and non-medical services that the Marine is engaged with following an SI or SA. MIP does not duplicate or replace other behavioral health services, is not counseling or case management, and the care coordinators are unable to complete fit-for-duty assessments.

The Marine’s Commander or the designation of the Command point of contact will be routinely updated with the Marine’s engagement in MIP services and any change in the level of risk. The MIP care coordinator will ascertain whether the appropriate level of care is being provided to the Marine. Leaders can encourage help-seeking behaviors by both supporting the MIP process and collaborating with the MIP care coordinator.

FAMILIES OVERCOMING UNDER STRESS

Families OverComing Under Stress (FOCUS) is a family-centered, psychological health, and prevention program. It has proven effective in addressing trauma and building resilience in military families and couples affected by separation, parental depression, physical injury/disability, loss, and other life transitions. Masters and doctoral-level clinicians facilitate the program through couples’ and family sessions. They also provide skill-building workshops to Marines, families, and children.

CONQUERING STRESS WITH STRENGTH

Conquering Stress with Strength (CSWS) is the only workshop for Marine Corps families that practices skills for identifying and responding to risk of suicide. It is a

hands-on workshop that equips family members with knowledge to use: the Stress Continuum; Recognize, Ask, Care, Escort (R.A.C.E.) method; problem-solving; and relaxation. CSWS is the first-available family-focused training that teaches Marine families useful tools to effectively address stress reactions. The 3.5-hour workshop is co-facilitated by installation Lifestyle, Insights, Networking, Knowledge, and Skills (L.I.N.K.S.)/Lifeskills Trainers. Commands can schedule this workshop by contacting local Marine Corps Family Team Building.

MILITARY AND FAMILY LIFE COUNSELING PROGRAM

Military and Family Life Counselors (MFLC) are a Command resource designed to enhance readiness through helping Marines, attached Sailors, and their families address issues before they escalate to a level that

affects performance. All MFLCs are licensed mental health professionals (LCSW, LPC, LMFT, Ph.D., etc.) with experience in social work, counseling, or a related clinical discipline.

MFLCs provide brief, non-medical, short-term, solution-focused counseling. These services are private and confidential, with the exception of mandatory state, federal, and military “duty to warn” reporting requirements. MFLC are meant to augment support services and programs and ensure that all short-term behavioral health needs are met for Marines, attached Sailors, and their families.

MFLCs are embedded in units, and are assigned to support the installation Commander and installation tenant Commands. MFLCs are positioned within the installation’s Behavioral Health Branch; Children, Youth and Teen Programs; and K-12 schools.

LEADERS RESOURCE GUIDE

SEMPER FIT & RECREATION

Aquatics.....	58-60
Community Centers.....	61
Family Recreation.....	62
Fitness Programs.....	63
Health Promotion.....	64
HITT / Warrior Athlete Readiness & Resilience.....	65
Military Recreation Centers.....	66
MWR Deployment Support.....	67
Outdoor Adventure Program.....	68
Outdoor Recreation Equipment Checkout & Rental.....	69
Sports (Adult and Youth).....	70-71
Single Marine Program.....	72-73
Unit Activities and Alternative PT.....	74



AQUATICS

Force Fitness Instructor (FFI RESOURCE)
Semper Fit's Aquatics programs support Marine operational readiness and the welfare of Marines and their families. Our aquatic fitness (AMP-IT) and military skills programs (MSAT) are developed by Semper Fit's expert swim instructors to help Marines develop their swimming skills and overall fitness. Additionally, our recreational aquatics services include guarded pools and beaches available to Marines and families across the Corps.

WHY USE THIS RESOURCE?

Nationally certified lifeguards and Instructors operate 38 swimming pools across the Marine Corps, and are available to help Marines achieve health and fitness goals or unwind with family and friends.

Swimming for exercise can help Marines and their families manage weight, build muscular strength and endurance, and increase cardiovascular capability. Swimming is a low-impact activity with a lower risk of injury than many other forms of exercise.

For families, spending quality time together in the pool or at the beach can help strengthen bonds, relieve stress, and support overall readiness and resiliency.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members
- Reservist
- Retirees
- Units
- DoD Civilians



FFI RESOURCE
Aquatics Maximum Power Intense Training (AMP-IT) is an in-water physical training program that consists of a variety of scientifically-proven, high- intensity exercises provided in an aquatic environment. This program has been called "Amphibious HITT."

SWIM SURVIVAL SKILLS TRAINING

A Marine-centric logically progressive swimming skill curriculum. Specifically designed to increase Marines' familiarity with the water environment, improve water survival qualification success rates, and reduce accidental drownings. This multi-phased training includes aquatic skills for a Marine to achieve improvement in basic, intermediate, and advance water survival levels.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Reservist
- Units

WHY USE THESE RESOURCES?

AMP-IT, which is supported by Semper Fit's Aquatics Program, is a unit-driven, leader-led aquatics physical fitness training program designed to meet the strict physical demands of the Marine Corps. It increases amphibious readiness, promotes Marine Total Fitness, and increases unit cohesion and mission readiness. Marines participate in vertical exercises in the pool, such as deep water running, not the traditional horizontal swimming.

Unit Leaders can contact their respective installation Semper Fit Aquatics Specialists to have Marines in their units trained to become AMP-IT Instructors or have the aquatics staff conduct the PT session.

Swim Survival Skills Training has videos for each of the Marine Corps Water Survival Training Program events in their entirety, and each event is broken down into specific components. These videos will allow every MSAT instructor and Marine to see what is specifically required to complete the event successfully and consistently. The MSAT program has been endorsed by all components of the Marine Corps Aquatics community.



BEACHES (OCEAN LIFEGUARD SERVICES)

The goal of Ocean Lifeguard Services from an operational perspective is to “be there before it happens” and send our patrons home the way they came to our beaches... “safely.” Ocean lifeguard services strives to provide highly effective lifesaving service that delivers proactive measures in the field of aquatic education, preventative action, and medical and aquatic rescue response.



WHY USE THIS RESOURCE?

Marine Corps Ocean Lifeguard Services covers about 20 miles of Marine Corps coastline and is provided at Del Mar and San Onofre beach on MCB Camp Pendleton, seasonally at Onslow beach, MCB Camp Lejeune, as well as North Beach and Pyramid Rock aboard MCB Hawaii.

Activities conducted at beaches include swimming, jogging, surfing, soccer, beach volleyball, tug-o-war, cook-outs, family days, and competitions. They can be used as an alternative physical training and PME location.

Since the beach sand moves under our feet as we walk or run, we actually burn more calories than we do while walking or running on concrete. This unstable surface requires a body to adapt by firing up muscles and tendons that can help create stability.

Beaches provide both physical and mental benefits to units, families, and individuals, such as a boosted immune system, improved pulmonary function, and lower stress level.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Units
- Family Members
- Retirees
- DoD Civilians
- Others with Installation access

WHERE IS THIS RESOURCE LOCATED?



Guarded open water areas are offered at:

- Pendleton (DelMar Beach & San Onofre Beach)
- Hawaii (North Beach and Pyramid Rock Beach)
- Lejeune (Operates seasonally on Onslow Beach)

COMMUNITY CENTERS

Semper Fit's Community Centers provide an inviting space for community members to use. Family programming and special community events are typically coordinated through these MCCS facilities.



WHY USE THIS RESOURCE?

Community Centers host activities and events that contribute to improved morale among Marines and their family members by providing opportunities to build social connections. These are important factors in boosting family readiness.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members
- Retirees
- DoD Civilians

WHERE IS THIS RESOURCE LOCATED?



There are currently three Community Centers:

- Lejeune - New River
- San Diego
- Twenty-Nine Palms

FAMILY RECREATION

Semper Fit provides a wide array of recreational programs and services that focus on the needs of Marines and their family members. While it is not a program in and of itself, it highlights the programs and resources available to Marine families that can help enhance their physical and mental health and social connectedness – all important components of family readiness.

WHY USE THIS RESOURCE?

Semper Fit’s Family Recreation Programs support the Marine Corps’ overall combat readiness by providing activities and services that can help bolster Marine family readiness. Studies show that family readiness is positively correlated with Marine combat readiness.

The Semper Fit’s Family Recreation programs can have positive impacts on participants’ physical and mental well-being and increase social connectedness – all positive indicators for family readiness.

FAMILY RECREATION PROGRAMS INCLUDE:

- Youth Sports
- Parks, Picnics, and Playgrounds
- Outdoor Adventure activities such as hiking, mountain biking, canoeing, fishing, surfing, and paintball
- Outdoor Recreation Equipment Checkout and Rental
- Health Promotion
- Aquatics (Recreational Swimming - Beaches and Pools)
- Community-wide Special Events

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members
- DoD Civilians



FITNESS PROGRAMS

Semper Fit’s Fitness Programs are designed specifically to support Marine and family readiness. Our facilities offer a full range of fitness equipment. Our world-class coaches, trainers, and fitness staff provide the highest quality services to Marines and their families.

OUR PROGRAMS AND SERVICES

Semper Fit’s Fitness Programs and Services include:

- Combat Strength and Conditioning (HITT, see page 65)
- Personal Training*
- Group Exercise Classes*
- Personalized Training Programming for BCP and MAP Marines
- Post-Injury / Return-to-Full-Duty Programming for Limited & Light Duty Marines
- Pregnancy / Post-Partum Physical Training (P3T)
- Injury Prevention training and Clinics
- Individual and Group Performance and Movement Assessments
- Performance testing (VO2, Body Fat, RMR)

* Services may charge a fee.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Units
- Family Members
- Retirees
- DoD Civilians



HEALTH PROMOTION

FFI RESOURCE

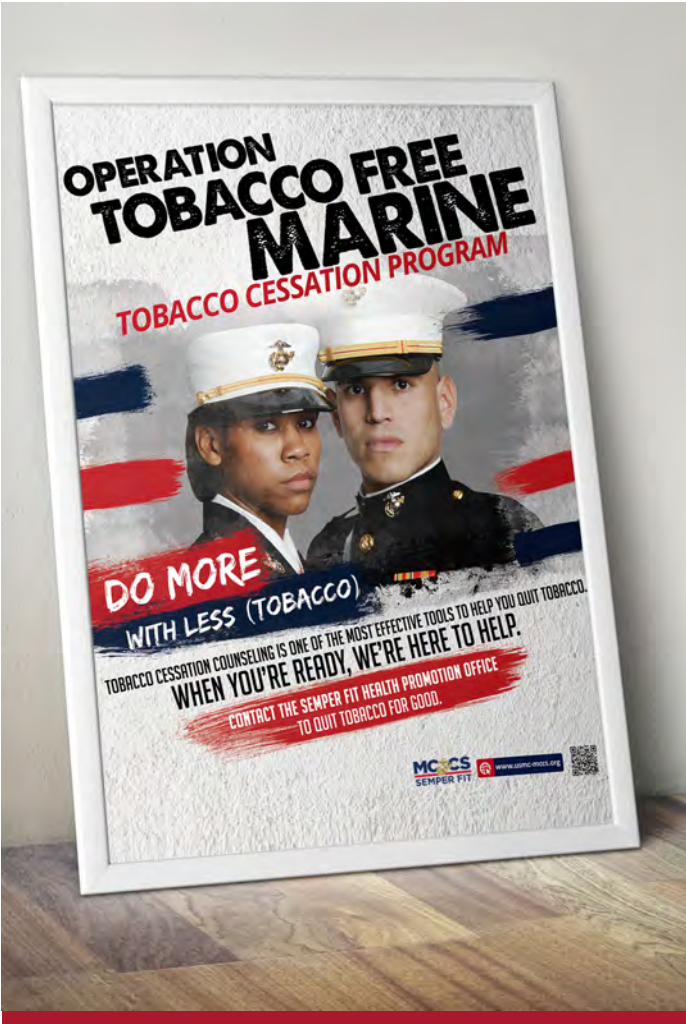
The Marine Corps creates opportunities that promote and improve the health and wellness of the entire Marine Corps community. The Semper Fit Health Promotion provides programs and services that encourage people to increase control over and to improve their full health potential. Health fairs, classes, workshops, one-on-one counseling, and awareness campaigns are some of the activities provided by the Semper Fit Health Promotion Program.

SOME OF THE BENEFITS TO THE COMMANDER INCLUDE:

- Mobile Programs
 - Services can be held at the unit's preferred location (including at the unit).
- Minimal Monetary Expenses
 - Most programs are free of charge for active duty.
- Credible Information
 - Programs are built on the best available scientific evidence.
- Expert Assistance
 - Health Promotion staff are trained professionals who have experience in nutrition, exercise science, and public health.
- Information & Referral
 - Health Promotion staff, programs, and services serve as a pivotal touchpoint to provide resources and referrals to MCCS programs and services inside and outside of Semper Fit.
- Continuity of Care
 - Health Promotion programs exist at every Marine Corps installation. Marines can continue to work with Health Promotion staff on their health goals despite moving from base-to-base.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- DoD Civilians
- Units
- Unit leaders
- Family Members



WHY USE THIS RESOURCE?

The Health Promotion Program provides engaging evidence-informed health and wellness programs to support the military readiness and healthy lifestyles of the Marine Corps community. The program aims to guide Marines in the most effective and achievable means for improving health and well-being through core areas in performance, nutrition, tobacco use prevention and cessation, chronic disease preventions, sexual health and responsibility, injury prevention, sleep health, and cognitive performance.

HITT / WARRIOR ATHLETE READINESS AND RESILIENCE

FFI RESOURCE

Semper Fit's High Intensity Tactical Training Program (HITT) provides elite strength and conditioning programming and expertise to support total Marine physical fitness, and to complement Commanders' organic assets. In short, HITT is all about helping Marines become **Combat Ready and Resilient**.

OUR PROGRAMS AND SERVICES

The HITT Program's Strength and Conditioning Coaches can provide:

- Unit-specific strength and conditioning programming optimized for TEEP, operational tempo, and mission needs
- Clinics, classes, programs, and training to support a variety of needs to include:
 - Physical Fitness Test (PFT) and Combat Fitness Test (CFT) prep
 - Hike and MCCRE programming
 - Injury prevention and mitigation strategies
 - Deployment, field exercise, and expeditionary training programming
- Expert "reach-back" support for your FFIs to include:
 - Consultation and training plan development assistance
 - Resource support and daily Physical Training (PT) help.
 - Continuing education and training for FFIs to enhance their skills.
- Small Unit Leader Courses designed to help Squad and Platoon level leaders execute safer, smarter, more effective daily PT
- Command and FFI support for Body Composition Program (BCP), Military Appearance Program (MAP), and Light/Limited Duty Marines
- Unit cohesion and competitive spirit events to include:
 - Fitness / HITT competitions
 - Squad Competition support
 - Strong-Marine or Iron Marine Challenges and support training for FFI candidates to increase chances of success at Force Fitness Readiness Center (FFRC)

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Units
- Reservist





MILITARY RECREATION CENTERS

Semper Fit Military Recreation Centers provide a comprehensive recreational experience through individual and group activities targeting active duty Marines. These Centers may include Internet cafés and Wi-Fi services, game rooms with electronic gaming, billiards, table games, television and movie rooms, food operations, music rooms, and multi-purpose rooms that facilitate participation in a wide variety of social, competitive, and educational activities. The Centers may stand-alone or be collocated with other programs such as SMP providing a convenient location for information relevant to single Marines.

Currently, there are 44 Military Recreation Centers on Marine Corps installations. All installations have one or more Military Recreation Centers. Professional Rec Staff administer the programs at these locations.

WHY USE THIS RESOURCE?

Military Recreation Center Managers and professional Recreation Specialists administer a broad spectrum of recreational activities, competitions, and cultural events.

Military Recreation Centers provide opportunities for Marines to decompress or “reset” through participation in leisure activities and friendly competitions. They are also convenient locations for Marines to gather and interact socially.

The Centers may also host programs, that help Marines develop life skills. Computers are located on-site for both educational and social pursuits.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
(Targeted to single/unaccompanied enlisted personnel)



MWR DEPLOYMENT SUPPORT



MWR Deployment Support is available to units that are deploying or already deployed. Semper Fit works with Marine Corps Community Services (MCCS) (Occupational Field 4130) Marines prior to, as well as during deployments in order to determine MWR requirements, Executive Agent (EA) support, and resource allocation.

WHY USE THIS RESOURCE?

MWR Deployment Support is mission essential and crucial to supporting the welfare and resiliency of deployed Marines. It helps create a comfortable recreational environment for personnel forward deployed. It provides recreation/sports and fitness equipment and supplies directly connected to deployment & official military training exercises. This may include functional fitness equipment, Navy Digital Video Devices (NDVD); electronic game kit systems (E-Game kits); recreation kits; and locally procured services. Prior to or during deployment, contact your current Installation MCCS/Semper Fit Department for assistance.

WHO SHOULD USE THIS RESOURCE?

- Units who are preparing to deploy or in a deployed/training environment.)



WHERE IS THIS RESOURCE LOCATED?

- | | |
|----------------------|------------|
| ■ Lejune - New River | ■ Iwakuni |
| ■ Pendleton | ■ 29 Palms |
| ■ Barstow | ■ Yuma |
| ■ Camp Butler | |

OUTDOOR ADVENTURES PROGRAM

FFI RESOURCE



Semper Fit's Outdoor Adventures program provides outdoor recreation opportunities, skills development, and instructional classes for units, families, and individuals. Activities may include, but are not limited to the following: archery, backpacking, boating, canoeing, cycling, camping, fishing, hiking, sailing, water and snow skiing, and other activities that promote readiness, fitness, and a healthy lifestyle.

WHY USE THIS RESOURCE?

Unit structured activities via Outdoor Adventures provide the following benefits:

- Builds morale and motivation
- Breaks down barriers to trust
- Optimizes protective factors
- Develops problem-solving skills
- Facilitates better communication
- Inspires cohesiveness and communication
- Develops life skills
- Instills camaraderie

Outdoor Adventures' activities yield health benefits through outdoor physical activity such as:

- Stress reduction
- Better sleep
- Reduced aggression
- Improved immune function
- Better eyesight

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Units
- Family Members
- Retirees
- DoD Civilians



WHERE IS THIS RESOURCE LOCATED?



Currently, this program is located at the following installations:

- | | |
|---------------------|------------------|
| ■ Cherry Point | ■ Pendleton |
| ■ Hawaii | ■ South Carolina |
| ■ Iwakuni | ■ Yuma |
| ■ Lejeune-New River | |

OUTDOOR RECREATION EQUIPMENT CHECKOUT & RENTAL

FFI RESOURCE

Semper Fit's Outdoor Recreation Equipment Checkout and Rental Program offer a wide range of recreational equipment for a variety of activities and needs at a nominal fee. Equipment includes, but is not limited to: camping equipment, canoes, kayaks, inflatables, climbing walls, picnic and party equipment, canopy tents, tables, chairs, grills, dunk tanks, lawn and garden equipment, and much more. Some Installations provide resale and equipment repair services.



WHY USE THIS RESOURCE?

Semper Fit's Outdoor Recreation Equipment Checkout and Rental program helps create opportunities for Marines, their families, and other authorized users to experience the outdoors, reaping health benefits such as stress reduction and reduced aggression. Patrons can also use the equipment for activities that help them develop life skills and inspire social and family cohesiveness. Equipment can be used for unit structured outdoor activities. Individuals and families can also use the resources offered by the program.

WHO SHOULD USE THIS RESOURCE?

- | | |
|------------------|-----------------|
| • Active Duty | • Retirees |
| • Reservist | • DoD Civilians |
| • Family Members | • Reservist |



WHERE IS THIS RESOURCE LOCATED?

Fourteen Marine Corps installations provide Outdoor Recreation Equipment Checkout and Rental.

- | | |
|---------------------|---|
| ■ Albany | ■ Okinawa (Foster, Futenma, Fuji, Hansen, Kinser, Schwab) |
| ■ Cherry Point | |
| ■ Elmore | ■ Pendleton |
| ■ Hawaii | ■ Quantico |
| ■ Henderson Hall | ■ South Carolina |
| ■ Iwakuni | ■ Twenty-Nine Palms |
| ■ Lejeune-New River | ■ Yuma |
| ■ Miramar | |



INSTALLATION SPORTS

Semper Fit's Installation and All-Marine Sports programs are designed to promote physical fitness, competitive spirit, and esprit de corps. Our installation sports (intramurals) offer opportunities for Marines and family members of all skill levels to take part in competitive sports.

INTRAMURAL SPORTS

Intramural sports include skill development opportunities and sports competitions open to all skill levels. These programs are unit-driven and open to all ranks and genders. Although it is Marine-focused, it is open to all DoD ID cardholders aboard the installation.

COMPETITIVE EVENTS / RACE SERIES

Competitive Events/Race Series are athletic and fitness competitions that are open to the military community and, at times, the public. These events include races, triathlons and fitness competitions.

YOUTH SPORTS

Youth Sports are skill-based programs focusing on youth ages 4 to 14. Rather than focusing on the competitive nature of sports, this program aims to promote personal growth, leadership skills, and teamwork. Programs are offered to all skill levels and include leagues, camps, and skill development clinics.



ALL-MARINE SPORTS

Semper Fit's Installation and All-Marine Sports programs are designed to promote physical fitness, competitive spirit, and esprit de corps. Our installation sports (intramurals) offer opportunities for Marines and family members of all skill levels to take part in competitive sports. All-Marine Sports allow exceptionally talented Marines to compete at high levels both nationally and internationally. Semper Fit's All-Marine Sports programs selectively allow exceptionally talented Marines to compete at high level national and international competitions.

All-Marine athletes can participate in:

- Marathon
- Cross Country
- Rugby
- Triathlon
- Soccer
- Basketball
- Wrestling

All-Marine Sports are available to all ranks, all ages, and to both genders.

All-Marine Sports events are limited TAD events, generally not more than three weeks in a year. Participation requires Command approval for all Marines.

The application period is announced annually via MARADMIN.





Semper Fit's Single Marine Program (SMP) serves as the voice for single Marines in identifying concerns, developing initiatives, and providing recommendations through advocacy. The program also provides recreational activities and special events facilitating community involvement. SMP is comprised of single Marines who represent their unit and want to make a difference within their unit and in their military community. Single Marine Program Coordinators serve as the liaison between the SMP Council and its members, Command leadership, and installation quality of life programs and services.

Lead by young leaders, SMP supports single Marines' leisure interests and Quality of Life (QOL) concerns such as activities and issues that directly or indirectly influence personal readiness, morale, living environment, and personal growth and development. SMP is offered aboard 19 Marine Corps installations and throughout the Marine Forces Reserve. Facilities may include recreation centers, Internet cafes, game rooms, and multi-purpose rooms.

WHO SHOULD USE THIS RESOURCE?

- **Active Duty**
(Targeted to single/unaccompanied enlisted personnel)
- **Units**

WHERE IS THIS RESOURCE LOCATED?

For more information regarding specific installation activities, contact your local Single Marine Program Coordinator. Coordinators are typically housed in Recreation Centers.



WHY USE THIS RESOURCE?

SMP contributes to the improvement of total force readiness, job performance, and retention by supporting the enhancement of QOL for all single Marines, including unaccompanied Marines. This may include:

- Addressing issues that directly influence life on base such as parking, chow hall, and MCX.
- Activities that enhance physical fitness and social connections (paintball, deep sea fishing trips, river rafting, and hiking).
- Opportunities for social interaction, life-skills development, and cultural awareness (excursions to Washington, D.C., Marine Corps Museum, Pearl Harbor, Hawaii, and Veterans Homes).

Participating Marines also have the opportunity to take on leadership roles within the program such as being appointed as a SMP Unit Representative, SMP Command Team Representative, and may be elected by peers to serve as Executive Board members (SMP President, Vice President, Treasurer, and Recorder). These young leaders play an active role in planning activities, community involvement and advocating for the quality of life of single Marines aboard their installations. Commanders recognize the importance of the program by appointing SMP Command Team Representatives who demonstrate strong leadership qualities and will advocate for their peers.

SMP helps mold the public's perception of the Marine Corps through continuous volunteerism in the community via programs such as Habitat for Humanity, Toys for Tots, Adopt a School, beach cleanups, Senior and Veteran Home visits, and the SMP Days of Service.

UNIT ACTIVITIES AND ALTERNATIVE PT

FFI RESOURCE

Semper Fit Unit Activities and Alternative PT focuses on the needs of Commanders and individual Marines. It is not a program but rather an approach to delivering programs and services that make them accessible to units, complement unit priorities, and can be utilized to augment physical training (alternative PT) and PME.



WHY USE THIS RESOURCE?

Unit Activities and Alternative PT provides endless benefits. It supports Marine leaders in meeting their mission. Unit Activities and Alternative PT includes but is not limited to:

- Unit-driven activities
- Alternative PT (HITT, AMP-IT, and Outdoor Adventure activities such as mountain biking, surfing, canoeing, archery, high ropes course)
- Intramural Sports
- Competitions
- Single Marine Program (see your SMP Command Team Representative)

Semper Fit can adapt programs and simplify access to support unit leaders.



WHO SHOULD USE THIS RESOURCE?

- Active Duty

LEADERS RESOURCE GUIDE

CASUALTY ASSISTANCE

This program provides casualty assistance and support to Marine Corps families.

CASUALTY ASSISTANCE

The Headquarters Marine Corps Casualty Section (MFPC) implements, executes, and manages the Casualty Assistance Program for the U.S. Marine Corps, which includes providing assistance to Marine Corps families with compassion, dignity, and honor.



WHY USE THIS RESOURCE?

- Receive guidance from subject-matter experts on reporting, notification, assistance, mortuary affairs, benefits/entitlements, and funeral honors.
- Obtain assistance for survivors of Marines who died while in an active duty status.
- Request Casualty Assistance Calls Officer (CACO) training and support materials.

WHO SHOULD USE THIS RESOURCE?

- Active Duty
- Family Members



“THE COST OF FREEDOM IS ALWAYS HIGH, BUT AMERICANS HAVE ALWAYS PAID IT. AND ONE PATH WE SHALL NEVER CHOOSE, AND THAT IS THE PATH OF SURRENDER, OR SUBMISSION.”

*John Fitzgerald Kennedy
35th President of the United States*



3280 Russell Rd,
Quantico, VA 22134-5103
USMC-MCCS.ORG