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# 2024

## Statewide Symposium in Support of Service Members, Veterans & Their Families

April 17-18 | Phoenix, Arizona

arizona coalition  
for military families





# Family & Social Supports

## Session 3

The Impact of Deployments on Spouses and Military Children



# Facilitators



**Anna Johnson**

OUTREACH NAVIGATOR

Arizona Coalition for Military Families



**Yvonne Acosta**

PREVENTION COORDINATOR & TRAINER

Arizona Coalition for Military Families





# Agenda

- 1 The Impact of Deployments on Spouses and Military Children
- 2 Soldier and Family Support Team



# The Impact of Deployments on Spouses and Military Children

Anjulie Pfeifer

Clinical Therapist

Anjulie Pfeifer, PLLC



# Soldier and Family Support Team

Ami Smith

Soldier and Family Readiness Specialist

CPT Gonzales

State Family Program Director

Arizona National Guard





# **Soldier and Family Support Team Overview**

**CPT Gonzales**  
**State Family Program Director**





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# Military Family Readiness System - The Big Picture

collaboration  
 PERFORMANCE COURAGE  
 readiness and resilience  
 MORALE  
 career inspire DELIV  
 financial ER respect  
 FAITH BASED PROGRAMS MENTOR  
 TEAMWORK  
 integrity

## MILITARY FAMILY READINESS SYSTEM

motivation  
 SERVICE  
 social  
 HEALTH  
 operational readiness  
 ACCOUNTABILITY  
 Federal  
 community well- being  
 DUTY  
 state  
 RETENTI  
 ON  
 suicide prevention  
 recruitment



# Soldier & Family Readiness Groups SFRG



“ A command-sponsored organization of family members, volunteers and Guard members belonging to a unit, that together provided an avenue of mutual support and assistance, and a network of communication among family members, the chain of command and community resources”.

- Act as an extension of the unit, providing official, accurate command information.
- Provide mutual support between the command and the SFRG membership.
- Advocate more efficient use of available community resources.
- Help Families solve problems at the lowest level.

*One major goal of the SFRG is to help Family members feel that they are an integral part of the Army Family, **because they are**.....*



# Revolutionary War – 1775-1783



Family members supported troops by cooking, nursing, mending and carrying equipment.



# Civil War and Western Expansion – 1800's



Families and Soldiers worked side by side.

Unit Coffee Groups developed for social networking among wives and was led by the spouse of the commanding officer.



# WWI – 1914-1918

Americans of all ages were asked by the government to knit wool socks, sweaters, and other garments to warm American soldiers at home and abroad.

The Knit Your Bit campaign was born. School children were allowed time during the day to participate in this effort.





# WWII – 1939-1945



- Officer Wives and NCO Wives Club grew from informal coffee groups into volunteers who raised their own funds to promote their activities and work.
- “Waiting Wives” clubs operated privately on installations for mutual support while Soldiers were at war.



# Vietnam – 1955-1976

- In 1965, the Army Community Service (ACS) became the first official Soldier and Family support organization funded with APFs and focused on Family issues.
- By 1969, ACS was established Army wide.







# The 80's and 90's



- 1980's: First documented Family Support Group (FSG).
  - The FSG was the first official Army attempt to focus on the well-being of Families during deployments.
- 1991: Operation Desert Storm.
- 1993: DA Pam 608-47, “A Guide to Establishing Family Support Groups” is released.



# Early 2000's



- 2007: AR 608-1, Appendix J, clarified FRG functions and roles. Clearly identifies FRGs as a command tool.
- 2008: Family Readiness Support Assistant positions created and added to TDAs.



# Today...

- 2019 – Renaming of the FRG to SFRG
  - Changing the name critically links the Soldier's readiness to the Family. Incorporates all unit personnel, including single Soldiers and their Families, into the communication activities and community network of the SFRG.
- FY19 NGB Volunteer Statistics
  - Recorded 14,409 hours; a monetary equivalent of \$7,297,836

Reference: AD 2019-17 (4-a) Changes to the SFRG Program



# Purpose of Readiness and Resiliency

Resilient Soldiers and Families are essential for readiness.

- Promote resiliency within the unit and SFRG
- Promote Holistic Health and Fitness (H2F) by engaging local support agencies both on and off post
- Promote Comprehensive Soldier and Family Fitness (CSF2)  
Promote unit Readiness and Resilient (R&R) events and activities

*These changes represent a shift away from social activities and fundraising.*



# Areas of Readiness and Resiliency



Resilient Soldiers and Families are essential for readiness. Areas of resiliency include:

- Physical
  - Fitness, sleep hygiene, nutrition
- Emotional
  - Mindfulness, stress/anxiety, problem solving, seeking help
- Social
  - Getting and staying connected, relationships, loneliness
- Spiritual
  - Connecting with something bigger than yourself (Nature, God, etc.)
- Family
  - Family harmony, talking to children, learning, financial

Reference:

[www.armyresilience.army.mil/ARD-Resources](http://www.armyresilience.army.mil/ARD-Resources)



# SFRG Intent

- The SFRG incorporates unit personnel, their family members, volunteers, and single soldiers into an integrated communication, information, and support network.
- Establish high-functioning command information networks that:
  - Communicate
  - Inform
  - Connect
- Changes to the SFRG represent **a shift away from** social activities and fundraising and shift to readiness and resiliency events

Reference: HQDA-EXORD 233-19



# Critical Incidents – SFRG Role

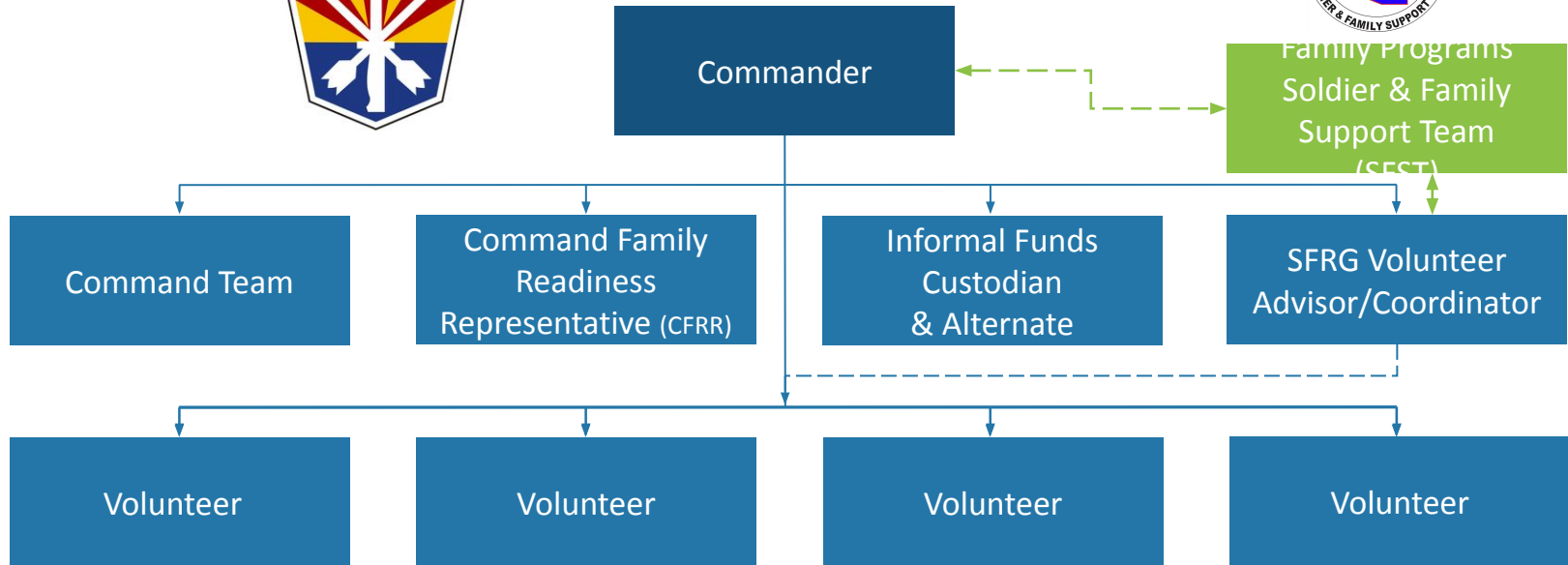


**Critical incidents are defined by the Commander. The Commander determines the SFRG role in these situations.**

## **As directed by Commander:**

- Provide rumor control
- Provide care and support to SFRG not directly impacted by critical incident
- Provide information updates and resources to SFRG

# SFRG Organizational Chart







# Volunteer Roles and Responsibilities

- Support the commander's Soldier and Family readiness goals
- Serve as the advocate of the SFRG
- Assists with ensuring integrated communication gets to the lowest level
- Promote and assist Soldier and Family readiness events and activities
- Assist with recruitment and mentoring of SFRG volunteers
- Complete required volunteer documentation and training, and report volunteer hours worked

Reference: DODI 1342.22



# Volunteer Roles

## STATUTORY VOLUNTEER EXAMPLES

- Volunteer Advisor/Coordinator
- Welcome Coordinators
- Key Contact
- Secretary
- Social Media/Newsletter Assistant
- Volunteer Instructors
- Informal Funds Custodian (or alternate)

## GRATUITOUS VOLUNTEER EXAMPLES

- Event Set-up
- Mass Mailings
- Meeting Assistance
- Donation pick-up and distribution
  - Example: Operation Homefront
- Intermittent Services
  - Examples: Lawn care, event photography, care package assembly, etc.



# Volunteer – All Other

Driven by Commander and unit needs.

May include, but is not limited to the following:

- Volunteer Award and Recognition support
- Meeting Assistance
- Command Volunteer Advisors (CVA)
- Additional trainers/presenters
- Advocate of the SFRG
- SFRG administrative support
- Informal Funds Custodian (or alternate)
- Volunteer Mentor
- Child/Youth Volunteer (not childcare)



# Soldier Family Support Team

## Why is there an SFST?



- Priority for TAG
- Family Readiness is a NGB Requirement:
  - CNGBI 1800.02, and CNGBM 1800.02 National Guard Family Program Instruction
  - AR 608-1, Appendix J
  - AR 600-20, Section 5-10, Appendix (7)(a.)
- SFRGs are a Force Multiplier
- Soldier and Family Readiness SFRSs are part of the Command Team
- State Family Program Office is your partner in Family Readiness
- Provide day-to-day support and continuity to the Command Team and Volunteers in regard to SFRG operations and initiatives
- Serve as the subject-matter expert (SME) on the SFRG
- Maintain SFRG position memorandums, forms, and documentation
- Provide and track required training for SFRG key positions



# Soldier Family Support Team



## Mission and Vision



Provide families and Soldiers with resources and training to increase personal resiliency and support mission readiness.



Provide all families and Soldiers resources to achieve more fulfilled lives.



# Soldier & Family Readiness Team



## Essential Services:

- Behavioral Health / Counseling
- Child & Youth
- Community Resources
- Crisis Intervention and Referral
- Education
- Employment
- ESGR
- Exceptional Family Member Program (EFMP)
- Financial
- ID Cards / DEERS
- Legal
- Rent and Utility Assistance / Homelessness Prevention
- Retirement
- TriCare
- VA Information Financial Assistance and Resources



# Family Assistance Center (FAC)

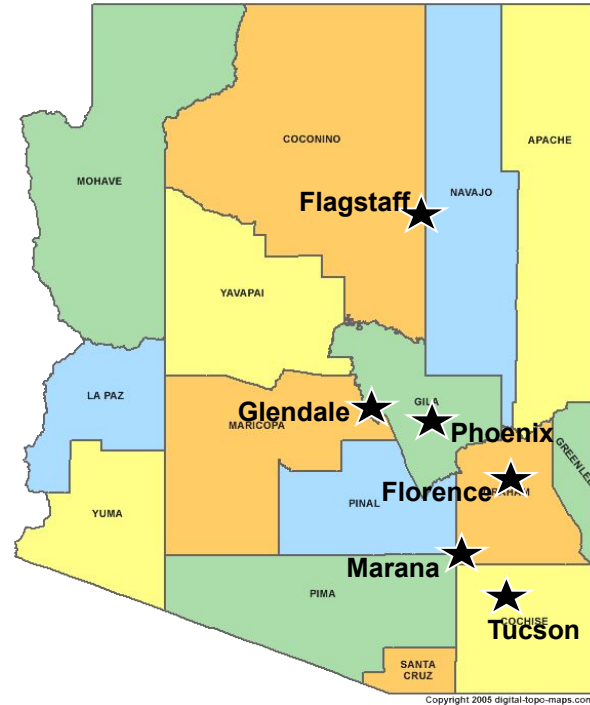


## Who is eligible for assistance?

- Active Duty, Guard and Reserve Service Members and Families
- Veterans
- DoD Civilians

## AZ FAC/SFTS Locations:

- Allen Readiness Center, Phoenix **Amy Smith**
  - Phoenix - **Christie Hoeye, Mark Gallegos**
- Browning-Miller Readiness Center, Florence **Derek Hulsebus**
- Camp Navajo, Flagstaff **Stefanie Jefferson**
- Glendale Armory, Glendale **Gene Bennett**
- Valencia Armory, Tucson **James Puglia**
- Marana Armory, Marana **Rob Gonzalez**



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# FAC Hours and Locations



*Monday – Friday (0700 to 1500, 0800 to 1600 depending on location)  
6 locations geographically dispersed throughout the State*

## **Allen Readiness Center**

5636 E McDowell Rd, Bldg. M5260  
Phoenix, AZ 85008

## **Browning Miller Readiness Center**

20525 N. HWY 79, Bldg. L5020  
Florence, AZ 85132

## **Camp Navajo**

1 Hughes Ave, Bldg. K2100  
Bellemont, AZ 86015

## **Glendale Armory**

6202 W Myrtle Ave  
Glendale, AZ 85301

## **Silverbell Armed Forces Reserve Center**

24641 E. Pinal Airpark  
Red Rock, AZ 85145

## **Valencia Armory**

5500 E. Valencia Rd  
Tucson, AZ 85706





# Arizona Army National Guard Locations

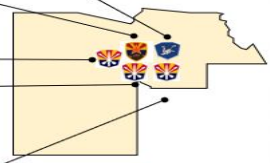


## MSC LEGEND

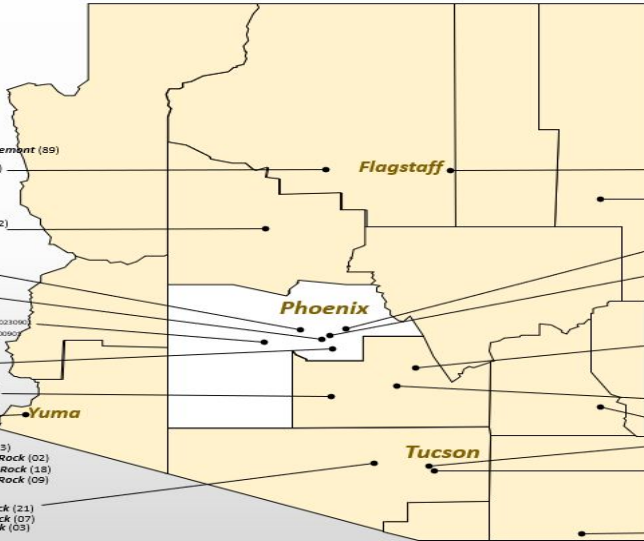
- 158th MEB
- 198th RSG
- 48th GRP
- 98th ATC
- DRU

As of: 1 April 2023

- 158th MEB HSC Phoenix (244)
- 365th S1 Co Phoenix (37)
- HHC 1-158th IN Phoenix (167)
- G Co 29th FSC Phoenix (75)
- Det 1, HHB 1-487th FA BN Phoenix (41)
- HHC 855th MP BN Phoenix (59)
- 198th RSG Phoenix (79)
- 133rd CSSB Phoenix (67)
- 1348th SMC Phoenix (146)
- 366th SMC Phoenix (147)
- 159th FI DET Phoenix (25)
- 160th FI DET Phoenix (25)
- 905th QM PLT Phoenix (52)
- 106th Army Band Phoenix (37)
- 48th OD GRP Phoenix (65) EDAT: 1FEB2023
- 98th ATC Phoenix (40)
- 2-285th AVN BN Phoenix (238)
- Det 4-A-2-641st AVS Phoenix (05)
- ARNG OD 911 ARS Phoenix (02)
- Det 2 - C 2-149th AV Phoenix (21)
- Det 3 - D Co 2-149th AV Phoenix (07)
- Det 5 - E Co 2-149th AV Phoenix (03)
- Joint Forces Headquarters Phoenix (157)
- JFHQ Joint Element Phoenix (29)
- 91st CST Phoenix (22)
- 579th JAG DET Phoenix (05)
- 12th MPAD Phoenix (20)
- 215th RTI Phoenix (44)
- AZ R&R BN (-) Phoenix (15)
- AZ MED Readiness DET Phoenix (15)



- Arizona Training Center (-) Bellemont (89)
- 194th FF Team Bellemont (07)
- 854th MP Co (-) Bellemont (107)
- 819th EN Co Bellemont (103)
- 1404th TC (-) Bellemont (111)
- Det 1 - 856th MP Co Prescott (52)
- C Co 1-158th IN Prescott (132)
- 1120th TC BN Glendale (47)
- A Co R&R BN Glendale (31)
- A Co 996 AMSC Tempe (74)
- D Co 1-158th IN Buckeye (80)
- A-422nd SC Buckeye (138) EDAT: 20230902
- 448th SC Buckeye (153) EDAT: 20230902
- 157th OD BN Chandler (44)
- 361st EOD Co Casa Grande (33)
- Det 1 - 855th MP Co Yuma (50)
- WAATS Red Rock (183)
- B Co 2-285th AV BN Red Rock (43)
- Det 1 - HHC 2-285th AV BN Red Rock (02)
- Det 1 - D Co 2-285th AV BN Red Rock (18)
- Det 1 - E Co 2-285th AV BN Red Rock (09)
- B Co 640th ASB Red Rock (51)
- B Co 140th ARS Red Rock (50)
- Det 1 - C Co 2-149th AV Red Rock (21)
- Det 4 - D Co 2-149th AV Red Rock (07)
- Det 4 - E Co 2-149th AV Red Rock (03)
- F Co 166th ATC Red Rock (45)
- E Co 166th ATC Red Rock (2)
- 260th FF Team Red Rock (7)
- 322nd BRB B&S BN Red Rock (28)
- 913th QM PLT Red Rock (62)
- 158th CSSB Casa Grande (67)



- 1003rd EOD Co Flagstaff (33) EDAT: 15SEP2023
- Det 1 - 1404th TC Show Low (55)
- 855th MP Co (-) Phoenix (109)
- 220th EOD BN Mesa (165)
- B Co R&R BN Mesa (31)
- Florence Training Center Florence (12)
- B Co 1-158th IN Florence (132)
- 253rd EN BN Florence (145)
- 259th EN Co Florence (35)
- 258th EN Co (-) Florence (98)
- 257th EN Co Florence (10)
- 262nd EN (Asphalt) Florence (40) EDAT: 15SEP23
- 263rd EN (Concrete) Florence (12) EDAT: 15SEP23
- 363rd EOD Co Coolidge (33)
- Det 1 - 258th EN Co Safford (55)
- A Co 1-158th IN Tucson (132)
- 860th MP Co Tucson (159)
- 2220th TC (-) Tucson (109)
- Det 1 - 2220th TC Douglas (55)



# Soldier & Family Support Team (SFST)



**James V. Puglia**

[james.v.puglia.civ@army.mil](mailto:james.v.puglia.civ@army.mil)

520-750-5355



Team Leader  
Soldier & Family Readiness



# Soldier and Family Readiness Program



## Contact information:

POSITION	NAME	LOCATION	WORK #	CELL #	EMAIL
Lead Program Specialist	James Puglia	State of AZ	520-750-5355	480-487-1197	<a href="mailto:james.v.puglia.civ@army.mil">james.v.puglia.civ@army.mil</a>
Program Specialist	Amy Smith	Allen Readiness Center Phoenix, AZ	602-629-4802	602-341-9091	<a href="mailto:amelia.m.smith.civ@army.mil">amelia.m.smith.civ@army.mil</a>
Program Specialist	Mark Gallegos	Rab John Readiness Center Phoenix, AZ	602-629-4124	602-513-3562	Mark.a.gallegos12.civ@army.mil
Program Specialist	<b>*Vacant</b>	Petty Crew Armory Phoenix, AZ			
Program Specialist	Christie Hoeye	98th ATC Bldg M5501 Phoenix, AZ	602-629-4016	602-341-8829	<a href="mailto:christiana.r.hoeye.civ@army.mil">christiana.r.hoeye.civ@army.mil</a>
Program Specialist	Gene Bennett	Glendale Armory Phoenix/Glendale	602-629-4584	602-653-5424	<a href="mailto:eugene.w.bennett6.civ@army.mil">eugene.w.bennett6.civ@army.mil</a>
Program Specialist	Derek Hulsebus	Browning-Miller Readiness Center Florence, AZ	602-629-4888		
Program Specialist	James Puglia	Valencia Armory Tucson, AZ	520-750-5355	480-487-1197	<a href="mailto:james.v.puglia.civ@army.mil">james.v.puglia.civ@army.mil</a>
Program Specialist	Roberto Gonzalez	Silverbell Army Heliport Marana/Redrock, AZ	520-750-5663	602-653-5416	<a href="mailto:roberto.r.gonzalez.civ@army.mil">roberto.r.gonzalez.civ@army.mil</a>
Program Specialist	Stefanie Jefferson	Robinson Readiness Center Belmont, AZ	928-773-3123	602-618-7397	<a href="mailto:stefanie.r.jefferson.civ@army.mil">stefanie.r.jefferson.civ@army.mil</a>

**\*All Vacant positions will be covered down by Lead until back filled.**



# Events



- Deployment Readiness
- Drill Weekends and Annual Training
- Family Days
- Gold Phase
- Homecoming events
- SFRG Meetings, Trainings, and Volunteer Recognition
- State Activation Task Force Support
- Soldier Readiness Processing (SRP) – Pre / Post Mobilization
- Suicide Prevention 5k & Kickball Tournament
- Traumatic Event Management
- Yellow Ribbon Events – Pre / During / Post Mobilization



# Questions?





# Session Evaluation

We want to hear from you!

