



IMPORTANT CONTACTS

Unit Name: _____
 Unit Commander: _____
 Unit Readiness/Admin NCO: _____
 Unit Soldier/Military & Family Assistance Specialist: _____
 Unit Soldier/Airman Lead Volunteer: _____

NOTES

SEND US YOUR "GUARD LIFE" PHOTOS TO BE PUBLISHED IN OUR NEWSLETTERS, SOCIAL MEDIA, AND OTHER PLATFORMS.



PEOPLE FIRST

J9 Joint Resiliency Directorate
 Military Community & Family Services



"A team is not a group of people who work together. A team is a group of people who trust each other."
 -Simon Sinek



UTAH GUARD RESOURCES



Spencer J. Cox
Governor of Utah
Commander in Chief
Utah National Guard



Major General Daniel D. Boyack
The Adjutant General
Commanding
Utah National Guard



Command Sergeant Major Spencer D. Nielsen
Senior Enlisted Leader
Utah National Guard

Culture Innovation Readiness

TAG'S LINES OF EFFORT

The Utah National Guard has been provided with The Adjutant Generals Lines of Effort (LOE) This direction allows us to move forward together to accomplish the same goals.



640th Regiment, Regional Training Institute
HHC, 640th RTI
1st Battalion, 640th RTI NCO Academy
2nd Battalion, 640th RTI Modular
3rd Battalion, 640th RTI Field Artillery
4th Battalion, 640th RTI Military Intelligence



97th Troop Command
HHC, 97th TC
85th WMD CST
23rd Army Band
128th MPAD
144th AMSC
DET 3, 174th CPT
653rd TDT
1993rd CCT
115th Maint. Co
1896th QM Plt.
DET 2, 1-112th
DET 2, B Co, 449th ASB



Joint Forces Headquarters



Recruiting and Retention Battalion



**Utah Training Center
Camp W.G. Williams**



Utah Medical Command



19th Special Forces Group (Airborne)

HHC, 19th SFG (A)
GSTC, 19th SFG (A)
19th MICO, 19th SFG (A)
1st Battalion
19th Special Forces Group (Airborne)
HHC, 1-19th SFG (A)
BSC, 1-19th SFG (A)
REC, 1-19th SFG (A)
FSC, 1-19th SFG (A)
B Co, 1-19th SFG (A)
Group Support Battalion
19th Special Forces Group (Airborne)
A Co,GSB, 19th SFG (A)
B Co,GSB, 19th SFG (A)
C Co ,GSB, 19th SFG (A)



300th Military Intelligence Brigade (Linguist)

HHC, 300th MIB (L)
141st Military Intelligence Battalion (Linguist)
HHC, 141st MI BN (L)
A Co, 141st MI BN (L)
B Co, 141st MI BN (L)
D Co, 141st MI BN (L)
E Co, 141st MI BN (L)
IC DET, 141st MI BN (L)
142nd Military Intelligence Battalion (Linguist)
HHC, 142nd MI BN (L)
A Co, 142nd MI BN (L)
B Co, 142st MI BN (L)
D Co, 142nd MI BN (L)
E Co, 142nd MI BN (L)
IC DET, 142nd MI BN (L)



65th Field Artillery Brigade

HCB, 65th FAB
190th SC
1st Battalion
145th Field Artillery
HCB, 1-145th FA
A Btry, 1-145th FA
B Btry, 1-145th FA
C Btry, 1-145th FA
214th FSC
2nd Battalion
222nd Field Artillery
HCB 2-222nd FA
A Btry 2-222nd FA
B Btry 2-222nd FA
C Btry 2-222nd FA
213th FSC



204th Maneuver Enhancement Brigade

HHC 204th MEB
217th NSC
115th EFD
625th Military Police Battalion
HHD, 625th MPB
118th Transportation Co.
1457th Engineer Battalion
HHC, 1457th
FSC, 1457th
116th Vertical Construction Co
4th Infantry Division, Headquarters Battalion
MCP-OD

UTANG HEADQUARTERS

151ST WING



151ST COMPROLLER FLIGHT

151ST OPERATIONS GROUP

191st Air Refueling Squadron
151st Operations Support Squadron
109th Air Control Squadron

151ST MAINTENANCE GROUP

151st Aircraft Maintenance Squadron
151st Maintenance Squadron
151st Maintenance Operations Flight

151ST INTELLIGENCE, SURVEILLANCE, & RECONNAISSANCE GROUP

169th Intelligence Squadron
151st Intelligence Support Squadron

151ST MISSION SUPPORT GROUP

151st Civil Engineer Squadron
151st Security Forces Squadron
151st Logistics Readiness Squadron
151st Force Support Squadron
130th Engineering Installation Squadron
151st Communications Flight

151ST MEDICAL GROUP

151st Medical Squadron
151st Medical Group Det-1



97th Aviation Troop Command

HHC, 97th ATC
DET 50 OSA
DET 4, C Co, 2-641st
DET 2, 1-112th
DET 2, B Co, 449th ASB

1st Battalion 211th Aviation Regiment (Attack Reconnaissance Battalion)

HHC, 1-211th ARB
A Co, 1-211th ARB
B Co, 1-211th ARB
C Co, 1-211th ARB
D Co, 1-211th ARB
E Co, 1-211th ARB

2nd Battalion 211th Aviation Regiment (General Support Aviation Battalion)

HHC, 2-211th GSAB
A Co, 2-211th GSAB
Det 5, D Co, 2-211th GSAB
E Co, 2-211th GSAB
Det 2, G Co, 2-211th GSAB

AIR FORCE CORE VALUES

The common bond that unifies us all. We live and serve with a commitment to three core values.

INTEGRITY FIRST

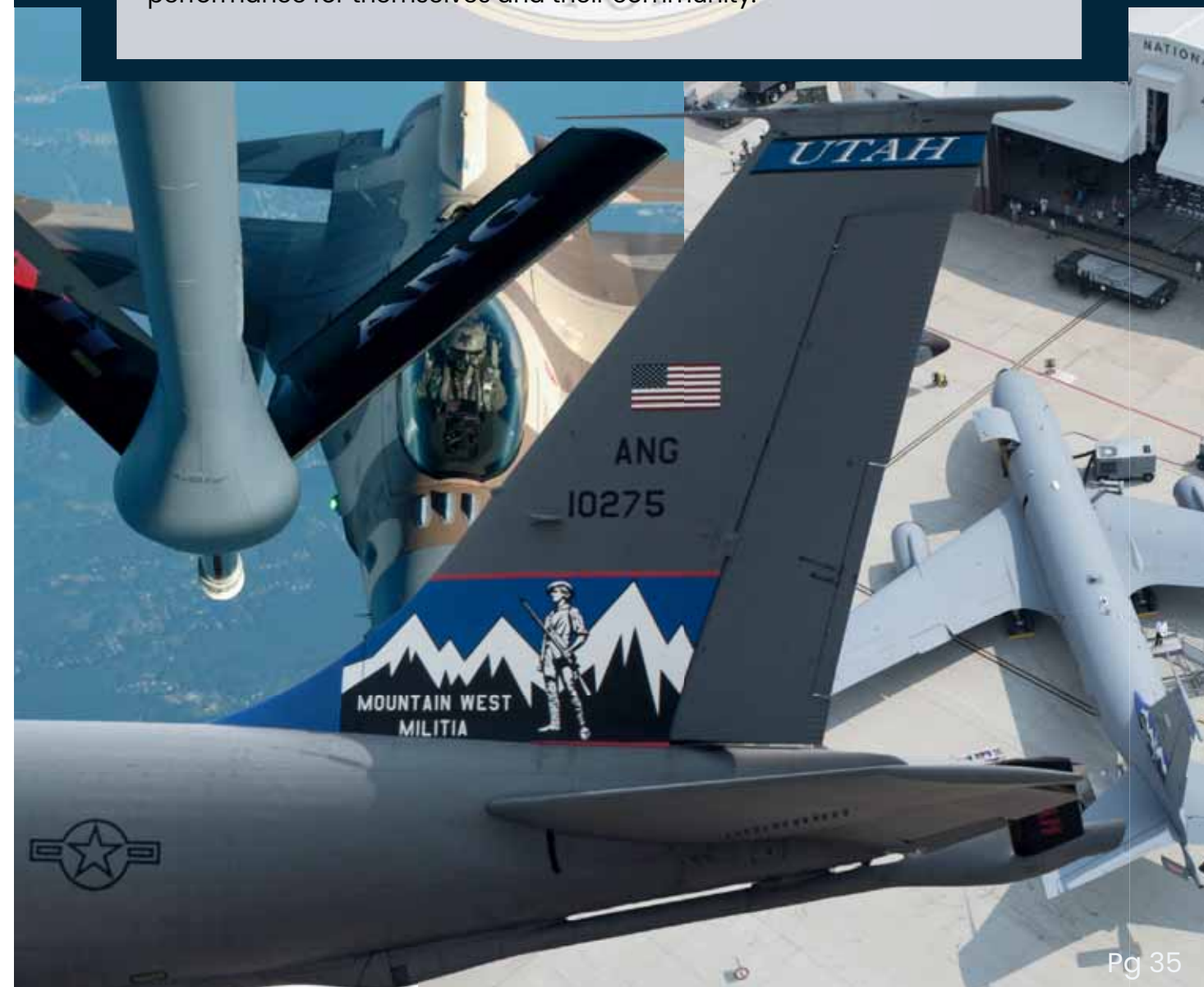
An Airman is a person of integrity, courage and conviction. They must be willing to control their impulses and exercise courage, honesty and accountability in order to do what is right even when no one is looking.

SERVICE BEFORE SELF

An Airman's professional duties take precedence over personal desires. Every Airman is expected to have the discipline to follow rules, exhibit self-control and possess respect for the beliefs, authority and worth of others.

EXCELLENCE IN ALL WE DO

An Airman strives for continual improvement in self and service in order to propel the Air Force further and to achieve greater accomplishment and performance for themselves and their community.



THE ARMY VALUES

Many people know what the words Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage mean. But how often do you see someone actually live up to them? Soldiers learn these values in detail during Basic Combat Training (BCT), from then on they live them every day in everything they do – whether they're on the job or off. In short, the Seven Core Army Values listed below are what being a Soldier is all about.

LOYALTY

Bear true faith and allegiance to the U.S. Constitution, the Army, your unit and other Soldiers. Bearing true faith and allegiance is a matter of believing in and devoting yourself to something or someone. A loyal Soldier is one who supports the leadership and stands up for fellow Soldiers. By wearing the uniform of the U.S. Army you are expressing your loyalty. And by doing your share, you show your loyalty to your unit.

DUTY

Fulfill your obligations. Doing your duty means more than carrying out your assigned tasks. Duty means being able to accomplish tasks as part of a team. The work of the U.S. Army is a complex combination of missions, tasks and responsibilities – all in constant motion. Our work entails building one assignment onto another. You fulfill your obligations as a part of your unit every time you resist the temptation to take “shortcuts” that might undermine the integrity of the final product.

RESPECT

Treat people as they should be treated. In the Soldier's Code, we pledge to “treat others with dignity and respect while expecting others to do the same.” Respect is what allows us to appreciate the best in other people. Respect is trusting that all people have done their jobs and fulfilled their duty. And self-respect is a vital ingredient with the Army value of respect, which results from knowing you have put forth your best effort. The Army is one team and each of us has something to contribute.

SELFLESS SERVICE

Put the welfare of the nation, the Army and your subordinates before your own. Selfless service is larger than just one person. In serving your country, you are doing your duty loyally without thought of recognition or gain. The basic building block of selfless service is the commitment of each team member to go a little further, endure a little longer, and look a little closer to see how he or she can add to the effort.

HONOR

Live up to Army values. The nation's highest military award is The Medal of Honor. This award goes to Soldiers who make honor a matter of daily living – Soldiers who develop the habit of being honorable, and solidify that habit with every value choice they make. Honor is a matter of carrying out, acting, and living the values of respect, duty, loyalty, selfless service, integrity and personal courage in everything you do.

INTEGRITY

Do what's right, legally and morally. Integrity is a quality you develop by adhering to moral principles. It requires that you do and say nothing that deceives others. As your integrity grows, so does the trust others place in you. The more choices you make based on integrity, the more this highly prized value will affect your relationships with family and friends, and, finally, the fundamental acceptance of yourself.

PERSONAL COURAGE

Face fear, danger or adversity (physical or moral). Personal courage has long been associated with our Army. With physical courage, it is a matter of enduring physical duress and at times risking personal safety. Facing moral fear or adversity may be a long, slow process of continuing forward on the right path, especially if taking those actions is not popular with others. You can build your personal courage by daily standing up for and acting upon the things that you know are honorable.

PURPOSE

This guide is designed to be a helpful reminder of the services we offer to help you and your family to be resilient, empowered, and mission focused as you encounter various transitions during your military career.



MISSION



Joint Resiliency Directorate

The Joint Resiliency Directorate (J9) assists Airmen, Soldiers, Families, and Command Teams in enhancing readiness, resilience, and culture through a diverse team of professionals and a combination of programs and resources designed to support the unique challenges of life as a citizen soldier/airman.

Military Community & Family Services

The Utah National Guard Military Community & Family Services Office promotes relationships of trust through ongoing support, sharing of information, education programs, and resources which ultimately improve readiness and quality of life for those who serve and their families.

MILITARY COMMUNITY & FAMILY
SERVICES ALL RESOURCE LINE

1-866-456-4507



Stay up to date on events, opportunities, and discounts by joining the Military Community & Family Services Office on Facebook page.

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100 % CONFIDENTIAL ENVIRONMENT

ADDICTION RECOVERY SUPPORT GROUP

THURS. NIGHTS
6PM



Sunrise Hall, Building 8160
Camp W.G. Williams
17800 South Redwood Road
Bluffdale, Utah, 84065

For more information contact

thomas.g.berry10.mil@army.mil

SAFE FREE TO JOIN ALL ARE WELCOME

IMPORTANT Phone numbers & Websites

Child Care Aware

www.childcareaware.org

DEERS (ID CARDS)

www.rapids-appointment.dmdx.osd.mil

MYPAY

www.mypay.dfas.mil

TRICARE

www.tricare.mil | 1-844-844-9378

Veterans Administration of Utah

www.veterans.utah.gov | 801-582-1565

Domestic Violence Info Line

1-800-897-LINK (5465)

Report Child Abuse/Neglect

Hotline: 855-323-3237

Crisis & Respite Nurseries available statewide at Family Support Centers of Utah.

Visit utahfamilies.org

American Red Cross

800-733-2767

Veterans Crisis Line Dial 988

Download the SAFEUTNG APP



- RELATIONSHIP DIFFICULTIES • DEPRESSION AND ANXIETY • SUICIDE PREVENTION • LOSS AND GRIEF • PTSD • DRUG AND ALCOHOL PROBLEMS • SELF-HARM
- ANY LIFE CHALLENGE



AVAILABLE 24/7 • CALL OR CHAT • ALWAYS CONFIDENTIAL
Services provided by: UNIVERSITY OF UTAH HEALTH Program supported by: SAFEUT COMMISSION



Chill Drills

Keep calmness close by with the Chill Drills by Military

OneSource app, now available for free download and use anytime. This collection of simple, guided audio exercises was developed specifically for members of the military community to relax your body and mind and to help manage stress.



Deployment Readiness Education for Service Women

This progressive app from the Defense Health Agency empowers women by providing a one-stop resource for information before, during and after deployment. Access mental and physical health resources, women's health information, contraception and family planning resources, tips for staying connected to family during deployment, a deployment packing list and tips for navigating TRICARE.

COSTS AND FEES 2024



VOLUNTARY DENTAL PROGRAMS

The TRICARE Dental Program (TDP) is a voluntary, premium-based dental program. Below are the TDP rates. To learn more about dental plans and eligibility, visit www.tricare.mil/dental. Note: Retirees, their families, and certain others may be eligible for dental coverage through the Federal Employees Dental and Vision Insurance Program (FEDVIP). Learn about FEDVIP dental and vision coverage at www.benefeds.com.

TRICARE Dental Program Monthly Premiums (May 1, 2023–April 30, 2024)

Sponsor status	Sponsor only premium	Single premium (one family member, not the sponsor)	Family premium (more than one family member, not the sponsor)	Sponsor and family premium
Active duty	N/A	\$12.36	\$32.13	N/A
Selected Reserve	\$12.36	\$30.89	\$80.33	\$92.69
Individual Ready Reserve	\$30.89	\$30.89	\$80.33	\$111.22

TRICARE Dental Program Out-of-Pocket Costs (May 1, 2023–April 30, 2024)

Services, deductibles, and maximums	TRICARE Dental Program
Diagnostic, preventive (including sealants)	0%
Basic restorative	20%
Endodontic, periodontic, oral surgery	Pay grades E-1 through E-4: 30%; All others: 40%
Prosthetic, implant, orthodontic	50%
Annual deductible	\$0
Non-orthodontic service maximum *	\$1,500 (per person, per contract year: May 1–April 30)
Orthodontic lifetime maximum	\$1,750 (per person, per lifetime)
Dental accident maximum	\$1,200 (per person, per contract year: May 1–April 30)

* Orthodontic diagnostic service charges are applied toward the non-orthodontic service maximum, but other diagnostic and preventive service charges are not. Note: More costs, including those for survivors and medically retired individuals, are available at www.tricare.mil/costs.

LOOKING FOR More Information?

GO TO www.tricare.mil



TRICARE Costs
www.tricare.mil/costs



TRICARE Plan Finder
www.tricare.mil/planfinder



TRICARE East Region
Humana Military
1-800-444-5445
HumanaMilitary.com
www.tricare-east.com



TRICARE Overseas Program (TOP)
International SOS
Government Services, Inc.
www.tricare-overseas.com
For toll-free contact information, visit this website.



TRICARE Pharmacy Program
Express Scripts, Inc.
1-877-363-1303
1-877-540-6261 (TDD/TTY)
www.tricare.mil/pharmacy
<https://militaryrx.express-scripts.com>



TRICARE Dental Program
United Concordia Companies, Inc.
CONUS: 1-844-653-4061
OCONUS: 1-844-653-4060 or 1-717-888-7400
711 (TDD/TTY)
www.ucctdp.com



TRICARE West Region
Health Net Federal Services, LLC
1-844-866-WEST (1-844-866-9378)
www.tricare-west.com

TOP Regional Call Centers Eurasia-Africa

+44-20-8762-8384 (overseas)
1-877-678-1207 (stateside)
tricareion@internationalsos.com

Latin America and Canada
+1-215-942-8393 (overseas)
1-877-451-8659 (stateside)
tricarephi@internationalsos.com

Pacific
+65-6339-2676 (overseas)
1-877-678-1208 (stateside)
sin.tricare@internationalsos.com

An Important Note About TRICARE Program Information
At the time of publication, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law and federal regulations. Changes to TRICARE programs are continually made as public law and/or federal regulations are amended. Military hospital and clinic guidelines and policies may be different than those outlined in this publication. For the most recent information, contact your TRICARE regional contractor or local military hospital or clinic.

TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved.

THERE ARE MANY FACES OF DOMESTIC VIOLENCE **SOME ARE JUST HARDER TO SEE**

KNOW YOUR PEOPLE

LEARN THEIR STORY

ASK THE QUESTION

SCAN ME

FOR DOMESTIC VIOLENCE RESOURCES



Breathe, Think, Do

Laugh and learn as you help a Sesame Street monster friend calm down and solve everyday challenges. This app helps your child learn Sesame's Breathe, Think, Do strategy for problem solving.



Big Moving Adventure

With Sesame's Street's Big Moving Adventure, your young child can create his own Muppet friend and help him or her through the moving process, including: packing, saying goodbye, expressing feelings, traveling, and making new friends.

COSTS AND FEES 2024

Catastrophic Cap

The catastrophic cap is the most you or your family may pay out of pocket for covered TRICARE health services each calendar year (including enrollment fees but excluding premiums). It protects you by limiting the amount of out-of-pocket expenses you pay for TRICARE covered medical services. **Note:** A TRICARE Young Adult member's catastrophic cap is based on the sponsor's status but follows group B. The Continued Health Care Benefit Program catastrophic cap follows Group B.

Sponsor or Beneficiary Type	Group A	Group B
ADFM's	\$1,000/family	\$1,256/family
Retirees, their families, and others	\$3,000/family (TRICARE Prime) \$4,157/family (TRICARE Select)	\$4,399/family
TRS members	(Follow Group B)	\$1,256/family
TRR members	(Follow Group B)	\$4,399/family



PHARMACY COSTS (JAN. 1, 2024–DEC. 31, 2025)

Copayments won't change in 2024 for survivors of active duty service members and medically retired service members and their family members. ADSMs have no prescription drug costs when using a military pharmacy, TRICARE Pharmacy Home Delivery, or a TRICARE retail network pharmacy for covered drugs. Your TRICARE plan, which group you're in (A or B), and pharmacy type determine whether you may have to meet your annual deductible before copayments or cost-shares apply. To learn more, use the TRICARE Compare Cost Tool at www.tricare.mil/comparecosts.

At network and non-network pharmacies, you may get up to a 30-day supply of your covered prescription; with all other pharmacy options, you may get up to a 90-day supply, depending on the type of drug prescribed. Some drugs are only covered through home delivery. Overseas, some limitations may apply. Learn more at <https://militaryrx.express-scripts.com>, or call Express Scripts at 1-877-363-1303.

Pharmacy types	Formulary drug costs		Non-formulary drug costs	Non-covered drug costs
	Generic	Brand-name		
Military pharmacy Up to a 90-day supply	\$0	\$0	Generally not available without medical necessity	Not available
TRICARE Pharmacy Home Delivery Up to a 90-day supply	\$13	\$38	\$76	Not available
TRICARE retail network pharmacy Up to a 30-day supply	\$16	\$43	\$76	Full cost of drug
Non-network pharmacy (in the U.S. and U.S. territories: American Samoa, Guam, the Northern Mariana Islands, Puerto Rico, and the U.S. Virgin Islands)	TRICARE Prime options: 50% cost-share applies after you meet your point-of-service annual deductible All other beneficiaries: You pay for formulary drugs (\$43 or 20% of total cost, whichever is more, after you meet your annual deductible) and non-formulary drugs (\$76 or 20% of total cost, whichever is more, after you meet your annual deductible).			Full cost of drug
Overseas pharmacy (outside the U.S. and U.S. territories) Visit www.tricare.mil/pharmacy for more information.	ADSMs and ADFMs using TRICARE Prime Overseas or TRICARE Prime Remote Overseas: \$0 (you may have to pay the full cost up front and file a claim for reimbursement) ADFM's using TRICARE Select Overseas and TRS members: 20% cost-share after you meet your annual deductible Retirees, their families, TRR members, and all others in TRICARE Select Overseas: 25% cost-share after you meet your annual deductible			Full cost of drug

IN UTAH WE DON'T WORK TOWARDS STANDARD READINESS, OUR SERVICEMEMBERS & FAMILIES NEED TO BE GUARD READY

The National Guard has very unique responsibilities within the military as our servicemembers serve both State and Federal missions. Our force is comprised of servicemembers who are traditional "MDay/DSG" and a full-time force who are supported by state and federal employees, technicians and contractors.

State missions include emergency assistance due to earthquakes, fires, and rescue operations within our communities. We have engaged service members to build roads, to assist with flood relief, and rescue cities from erosion and debris. We conduct trainings for community response and help law enforcement with large-scale operations. Together, the Utah National Guard stands ready to execute any mission at the request of the Utah's Governor or the President of the United States.

Domestic missions, such as natural disasters, frequently require the deployment of our Utah National Guard servicemembers. As professionals, they often carry out their tasks in silence. Our military members serve with honor and take pride in their work. Utah raises the bar in national support with our ability to deploy at a moment's notice. We were on the front line to support efforts in Washington D.C. during the riots of 2020 when Utah garnered national attention for sending 200 soldiers to support law enforcement within a few hours' notice. Additional missions here at home are particularly unique to our National Guard force, as we are the only component of the military to have this increased responsibility while maintaining international operations.

At the height of Operation Iraqi Freedom, 41% of all activated military service members were members of the National Guard. During the same time period, when Hurricane Katrina hit the Gulf Coast in August 2005, National Guard Bureau was able to respond with over 50,000 servicemembers to help with emergency services and restoration, even as the nation was in the beginning era for the War in Iraq. Utah was one of those states to respond to Hurricane Katrina, using their aircraft, water capabilities, and servicemembers with specialized training to rescue stranded individuals.

The call to action is always present. We have witnessed the world change in a blink-of-an-eye through natural disasters, pandemics, political upheavals, wars, and conflicts across the globe. We need service members and families prepared for the mission ahead, even if that means the mission tonight. Notification of deployments can change depending on the immediate need of the state, the nation, or the world. The Utah National Guard Joint Resilience Directorate is at your side, ready to provide support for whatever mission lies ahead.

"You are the brave and the bold committed to protecting our freedoms and democracy, putting others' safety above your own ... When things are hard, you are the first to help and the last to leave. You miss time with your families so other families can know security."

-Dr. Jill Biden, First Lady of the United States

LEADERSHIP Joint Resilience Directorate & Military & Community and Family Services



801-716-9070



801-716-9070



801-432-4537

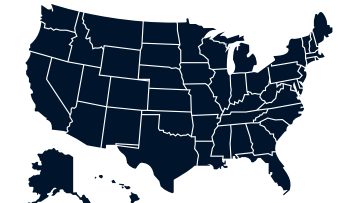
State Emergency Assistance



- Fires
- Flooding
- Earthquakes
- Rescue Operations
- Storm Clean up
- Riots
- Covid Response

Partnerships

- Counter Drug
- Homeland Emergency Response Force (HERF)
- Explosive Ordnance Disposal (EOD) Assistance



Domestic Deployments

- Natural Disasters
- Fires
- Riot Assistance
- Tour of Duties-NGB, Southwest Boarder, Military Training Institutes, etc.

Examples:

- Hurricane Harvey
- Hurricane Katrina
- California Wildfires
- DC Riots



- International Deployments
- Operation Iraq Freedom
- Operation Enduring Freedom
- Operation Joint Guardian
- Operation Noble Eagle
- Operation New Dawn
- Operation Inherent Resolve
- Operation Freedoms Sentinel
- Operation Odessey Lightning
- Operation Pacific Eagle
- Operation Enduring Sentinel

ASSISTANCE & READINESS CENTERS

Servicemember & Family Assistance Centers are here for our US military members, Veterans, and their families regardless of Branch of Armed Forces, Unit, or physical location.



The main objective of the Readiness Specialist is to be a reference and referral agency for families and provide quintessential resources and opportunities to our members.



Scott Jones | 801.541.1452
Military & Family Readiness Program Manager
 Building 210, Room 216
 765 North 2200 West
 Salt Lake City, Utah 84116
 scott.jones.32@us.af.mil



Ashley Warren | 801.432.4522
Cell Phone 801-716-9097
UTARNG Lead Soldier & Family Readiness Specialist
 UTNG Headquarters
 12953 S. Minuteman Dr.
 Draper, Utah 84020
 ashley.n.warren.nfg@army.mil



Erin Henrie | 435.986.6705
Soldier & Family Readiness Specialist
 South-Western Utah Region
 1710 East Commerce Drive
 St George, Utah 84790
 erin.l.henrie.nfg@army.mil

CHOOSE A SPECIALIST BY YOUR LOCATION OR ORGANIZATION ASSIGNMENT ... THERE'S NO WRONG WAY

ASSISTANCE & READINESS CENTER SERVICES

- Deployment/Mobilization and Support Operations
- Tricare Assistance
- Defense Eligibility Reporting Systems (DEERS)
- Legal resource and referral
- Military Pay issues
- Financial counseling and training
- Resources for community support
- Emergency assistance coordination
- Crisis intervention and referral
- Domestic & Interpersonal Violence Advocacy
- Exceptional Family Member Program (EFMP) enrollment
- Servicemember & Family Readiness support and mentoring
- Health and Welfare issues
- Benefits questions
- Employer Guard issues
- Red Cross issues
- Financial assistance issues
- Food Pantry
- Guard Life Classes
- Leadership & Volunteer Trainings

Blue Star Perks Headspace

We make mental health support accessible to everyone, no matter their background or experience. Through our flagship Headspace app, we provide mindfulness tools for everyday life, including meditations, sleepcasts, mindful movement and focus exercises. Our enterprise offerings combine this experience with a human-centered model of care, with coaching, therapy, psychiatry and EAP services under one roof. Our team of experts ranges from mental health clinicians, to Emmy award-winning producers and data scientists, working together as one to help millions of people around the world be healthier and more productive.

Take advantage of the perks your Blue Star Families membership offers:

FREE
Headspace meditation app subscription (Value: \$99)

FREE
Caribu reading app subscription (Value: \$250)

FREE
Spiritune music therapy app subscription (Value: \$299)

FREE
Thrive Market online groceries app subscription (Value: \$59)

Visit bluestarfam.org/family-discounts to access your exclusive member benefits.

COSTS AND FEES 2024



Certain TRICARE Select Out-of-Pocket Costs: Network and Out-of-Network*

Covered Services	ADFM's and TRS members		Retirees, their families, TRR members, and all others	
	Group A	Group B and TRS members	Group A	Group B and TRR members
Preventive Care Visit	\$0	\$0	\$0	\$0
Primary Care Outpatient Visit	Network: \$27 Out-of-Network: 20% [†]	Network: \$18 Out-of-Network: 20% [†]	Network: \$36 Out-of-Network: 25% [†]	Network: \$31 Out-of-Network: 25% [†]
Specialty Care Outpatient Visit	Network: \$38 Out-of-Network: 20% [†]	Network: \$31 Out-of-Network: 20% [†]	Network: \$50 Out-of-Network: 25% [†]	Network: \$50 Out-of-Network: 25% [†]
Urgent Care Center Visit	Network: \$27 Out-of-Network: 20% [†]	Network: \$25 Out-of-Network: 20% [†]	Network: \$36 Out-of-Network: 25% [†]	Network: \$50 Out-of-Network: 25% [†]
Emergency Room Visit	Network: \$104 Out-of-Network: 20% [†]	Network: \$50 Out-of-Network: 20% [†]	Network: \$139 Out-of-Network: 25% [†]	Network: \$100 Out-of-Network: 25% [†]
Inpatient Admission (Hospitalization)	Network and Out-of-Network: \$22.30 per day or \$25 per admission (whichever is more)	Network: \$75 per admission Out-of-Network: 20% [†]	Network: \$250 per day or up to 25% hospital charge (whichever is less); plus 20% separately billed services Out-of-Network: \$1,221 per day [‡] or up to 25% hospital charge (whichever is less); plus 25% separately billed services	Network: \$219 per admission Out-of-Network: 25% [†]
\$22.30 per day (subsistence charge) [‡] military hospital or clinic				

* Network means a provider in the TRICARE network. Out-of-network means a TRICARE-authorized provider not in the TRICARE network.
[†] Percentage of TRICARE maximum-allowable charge after annual deductible is met.
[‡] Subsistence charge refers to the rate charged for inpatient care obtained in a military hospital or clinic.
[§] All final claims reimbursed under the TRICARE Diagnosis Related Group-based payment system are to be priced using the rules, weights, and rates in effect as of the date of discharge.

When enrolled in a premium-based health plan (TRICARE Reserve Select, TRICARE Retired Reserve, TRICARE Young Adult Prime, TRICARE Young Adult Select, or the Continued Health Care Benefit Program), you pay a monthly or quarterly premium and follow Group B annual deductibles and applicable copayments or cost-shares.

Quarterly Premium (Jan. 1 Dec. 31, 2024)		
Premium-Based Plan	Individual	Family
Continued Health Care Benefit Program	\$1,813	\$4,539

Monthly Premium (Jan. 1 Dec. 31, 2024)		
Premium-Based Plan	Member only	Member and family
TRICARE Reserve Select	\$51.95	\$256.87
TRICARE Retired Reserve	\$585.24	\$1,406.22
TRICARE Young Adult Prime	\$637	Not available
TRICARE Young Adult Select	\$311	Not available

Tricare Tips

- Regularly update and verify your MilConnect
- Review and understand your selected policy. These documents can be accessed using your Tricare login online.
- Questions and assistance is available using the following:

Tricare.mil | CONUS 1-800-874-2273, Option 1
OCONUS: MHSNurseAdviseline.com

Additional support can be provided by contacting your Military Readiness Specialist and Unit Admin/Readiness.



Breathe2Relax

Trains you on the “belly breathing” technique that has proven benefits for your overall mental health. Use the app’s breathing exercises to learn and practice on your own or as part of a stress management program supervised by your health care provider.

TRICARE® Costs and Fees 2024



This is a general overview of most costs and fees for TRICARE. For detailed costs and fees, including those for TRICARE For Life, visit www.tricare.mil/costs. Visit www.tricare.mil/planfinder to learn more about eligibility and TRICARE plans.

Are You In Group A or Group B?

- You're in **Group A** if your initial enlistment or appointment or that of your uniformed services sponsor began before Jan. 1, 2018.
- You're in **Group B** if your initial enlistment or appointment or that of your uniformed services sponsor began on or after Jan. 1, 2018.

Note: When enrolled in TRICARE Reserve Select (TRS), TRICARE Retired Reserve (TRR), TRICARE Young Adult (TYA), or the Continued Health Care Benefit Program (CHCBP), Group A beneficiaries follow Group B annual deductibles and applicable copayments or cost-shares.

TRICARE PRIME® (JAN. 1-DEC. 31, 2024)

Includes TRICARE Prime, TRICARE Prime Overseas, TRICARE Prime Remote, TRICARE Prime Remote Overseas, the US Family Health Plan (USFHP), and TYA Prime plans.

Annual Enrollment Fees (TRICARE Prime, TRICARE Prime Remote, and USFHP only)

No annual enrollment fee for active duty service members (ADSMs), active duty family members (ADFMs), and transitional survivors (surviving spouses during the first three years and surviving dependent children) worldwide.

For retirees, their families, and most others:

- **Group A:** \$363 per individual/\$726 per family
- **Group B:** \$438.96 per individual/\$879 per family

Annual Deductible

There is no annual deductible.

TRICARE Prime Out-of-Pocket Costs

ADSMs, ADFMs, and transitional survivors		
Covered service	Group A	Group B
All covered services	\$0	\$0
Retirees, their families, and all others		
Covered service	Group A	Group B
Preventive Care Visit	\$0	\$0
Primary Care Outpatient Visit	\$25	\$25
Specialty Care Outpatient Visit	\$37	\$37
Urgent Care Center Visit	\$37	\$37
Emergency Room Visit	\$75	\$75
Inpatient Admission (Hospitalization), Network	\$188/admission	\$188/admission

TRICARE Prime Point-of-Service Option

When you see a TRICARE-authorized provider other than your primary care manager for any nonemergency services without a referral, you pay:

- An annual deductible before TRICARE cost-sharing will begin: \$300 per individual/\$600 per family.
- For services beyond this deductible, you pay 50% of the TRICARE-allowable charge.
- These costs don't apply to the catastrophic cap.

TRICARE SELECT® (JAN. 1-DEC. 31, 2024)

Includes TRICARE Select, TRICARE Select Overseas, TRS, TRR, TYA Select, and CHCBP plans.

Annual Enrollment Fees (TRICARE Select and TRICARE Select Overseas only)

No annual enrollment fee for ADFMs. For retirees, their families, and others:

- **Group A:** \$177.96 per individual/\$355.92 per family
- **Group B:** \$564.96 per individual/\$1,131 per family

Annual Deductible

You must spend your annual deductible amount before TRICARE cost-sharing begins:

ADFMs and TRS members			
Pay grades E-4 and below			
Group A		Group B and TRS members	
Individual	Family	Individual	Family
\$50	\$100	\$62	\$125
Pay grades E-5 and above			
Group A		Group B and TRS members	
Individual	Family	Individual	Family
\$150	\$300	\$188	\$377
Retirees, their families, TRR members, and all others			
Group A		Group B and TRR members	
Individual	Family	Individual	Family
\$150	\$300	Network*: \$188 Out-of-Network†: \$377	Network*: \$377 Out-of-Network†: \$754

(Continued on next page)

* For certain beneficiaries in Group A, their enrollment fee remains frozen at the rate when the survivor or medically retired member is classified in the Defense Enrollment Eligibility Reporting System in either category and enrolls, as long as there is continuous TRICARE Prime enrollment. See www.tricare.mil/costs for more information.

† Network means a provider in the TRICARE network. Out-of-network means a TRICARE-authorized provider not in the TRICARE network.



Rylee Bryan | 801.476.3811
Soldier & Family Readiness Specialist
Ogden & Logan Centers
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Matt Luker, CPFC | 801.878.5037
Se habla español
Soldier & Family Readiness Specialist
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matthew.m.luker.nfg@army.mil



Amber Kennedy | 801.794.6011
Soldier & Family Readiness Specialist
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Spanish Fork, Utah 84660
amber.m.kennedy10.nfg@army.mil



Holly Walker, CPFC | 435.678.2008
Soldier & Family Readiness Specialist
South-East Utah Region
Blanding Armory
10 West Freedom Way
Blanding, Utah 84511
holly.k.walker6.nfg@army.mil



FAMILY

CARE PLAN

Single parents, dual military couples with dependents, and members with civilian spouses who have unique family situations, as determined by the commander, must complete a Family Care Plan (Army)/ Family Care Certification (Air).

A family care plan is an important document. It helps provide a guide to your selected caregiver(s) ensuring the safe and sensitive care of family members when you are away for deployment or training. This includes details such as school, medical, child care, and family activities.

You may want to invite the caregiver(s) to spend some time observing your family before you leave to better understand your families routine.



Amber Silcox, CPFC | 385.630.1503
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Marcie Mock | 801.878.5353
Soldier & Family Readiness Specialist
Camp Williams- SF Readiness Center
Building 9500, Room102
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Austin Bozzelli, CPFC | 435.867.6513
Soldier & Family Readiness Specialist
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Krystle Ruppe | 435.789.3691
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North/Mid-Eastern Utah Region
Vernal Armory
220 South 500 East,
Vernal, Utah 84078
krystle.a.ruppe.nfg@army.mil

American Red Cross
Hero Care App
Connecting military families with Red Cross services.

Hero Care by the American Red Cross is a complete solution for members of the military, veterans, and their families to prepare for, cope with and respond to the challenges of military service.

The Red Cross is the only civilian organization authorized to serve as the emergency communications link to service members with their families back home.

Hero Care enables families to easily set up and submit an emergency request should circumstances at home require it - 24 hours a day, 365 a year, no matter where in the world service members are stationed.



EFMP & ME

Your Partner in Exceptional Family Support

EFMP Identification & Enrollment

Medical services work with families to coordinate:

- Identification and enrollment in EFMP

- Autism
- Cancer
- School IEP

Do you qualify?

EFMP Family Support

Helps families navigate, advocate and connect through:

- Information, referrals and non-clinical case management at installations.
- Virtual self-service support through the EFMP & Me tool, information and resources and specialty consultations.

EFMP Assignment Coordination

Medical and military personnel departments work with service members and families to:

- Coordinate assignments while ensuring that special medical and educational needs of family members are considered.



UTNG Traditional Guardsmen Retirement Services
Mr Frank Labare
801-432-4550
frank.w.labare.civ@mail.mil

UTNG Active Guard Reserve (AGR) Retirement Services
801-432-4234



Ensuring all Servicemembers and their Families have the knowledge and ability to access all the services and benefits they have earned.

Benefits & Services include:

- VA Benefits
- State Benefits
- Physical and Mental Health
- Disabled Veterans Benefits
- Health & Life Insurance
- Financial Assistance
- Legal Assistance
- Relocation/ Homelessness
- Career Change
- Employment Assistance
- Education & Training

New Team Members Coming Soon.



We are the people in VA who welcome home war Veterans with honor by providing quality readjustment counseling in a caring manner.

Vet Centers understand and appreciate Veterans' war experiences while assisting them and their family members toward a successful post-war adjustment in or near their community. We understand, and most of all, we care because we are also Veterans.

Vet Centers are community based and part of the Department of Veterans Affairs. The goal of the Vet Center program is to provide a broad range of counseling, outreach, and referral services to eligible Veterans in order to help them make a satisfying readjustment to civilian life.
www.vetcenter.va.gov
Vet Center Call Center—24/7
1-877-WAR VETS



Utah Department of Veterans and Military Affairs

Vision is for Utah to best place in the nation to perform military missions and be recognized as a premier location for Veterans, Service Members and their Families to live and succeed

- Four State Veterans Nursing Homes (Ogden, Salt Lake City, Payson and Ivins)
- Utah State Veterans Cemetery and Memorial Park (Bluffdale)
- Thirty-nine DWS One-Stop Employment Centers (statewide)
- The U.S. Dept. of Veterans Affairs George E. Wahlen Medical Center
- Six VA Community Based Outpatient Clinics
- Three Veterans Centers (Salt Lake City, Provo and St. George)
- Focused programs to address PTSD and mental health (VAMC and partners)
- Outreach Program to ensure awareness of benefits and programs (VA, UDVMA, VSOs)
- Storage database of military discharge documents
- Training & Education Programs (UDVMA, DWS, USHE, UCAT, others)
- Employment assistance (DWS, UTNG, Chambers, UVMEC)
- Property tax exemptions and discounts
- Recreation, driver's license and transportation programs
- Homeless Veterans Programs (federal, state, non-profits)
- Veterans Courts (Salt Lake City municipal and US District Court)
- Recognition and commemorative ceremonies and events
- Coordination with military installations, units and supporting organizations
- Participation with Military Affairs Committees

Telephone: (801) 326-2372 | Toll Free: (800) 894-9497
Fax: (801) 326-2369 | Email: veterans@utah.gov

RETIREMENT TIP



Many Veteran Volunteer Organizations such as the, DAV VFW, American Legion, Green Beret Foundation are certified to assist Servicemembers with disability claims.



Warrior and Family Care Resources



CAREGIVER RESOURCE DIRECTORY

Find Resources On:

- Children's Needs
- Mental Health
- Finance & Legal
- Education & Training
- Rest & Relaxation
- Women Veterans
- And more!



NATIONAL RESOURCE DIRECTORY

An Online Partnership for Wounded, Ill and Injured Service Members, Veterans, Their Families and Those Who Support Them.

Purple Heart Foundation



Janet Henscheid
Southern Utah SOS
385-364-9397
Janet.henscheid.ctr@army.mil

Antionette Stapley
Northern Utah SOS
801-400-9179
Antionette.b.stapley.ctr@army.mil

Purpose- To deliver on the Military's commitment to the families of the fallen. Survivor Outreach Services (SOS) connects you with the people and organizations that can help you surface. SOS is here to ensure that the families receive all the entitlements and benefits they deserve as a result of death of the service member (no matter the cause of death). These benefits can include: finances, insurance, education, counseling (grief or financial), DEERS/ID Cards, military reports, connecting with others who have experienced this loss, etc. The military is dedicating to fulfilling the family covenants by providing support to surviving families for as long as the family desires. SOS assist the families from any service branch and covers the entire state of Utah.



BLUE STAR
A family member is currently serving in the Armed Forces overseas in a war zone

SILVER STAR
A Silver star signifies a Servicemember who was wounded while serving overseas or one who is now ill or dying as a direct result from this service.

GOLD STAR
A families Servicemember made the ultimate sacrifice for our country.

VOLUNTEER OPPORTUNITIES

As National Guard members and families our experiences, relationships, and needs differ than those of our friends, family, and members of our community.

Military life with it's ups and downs is unique, empowering, and filled with amazing experiences and opportunities; if you're willing to just jump in, so go ahead do a cannon ball and make a real splash.

Sign up for those trainings, play the games at the Unit family day, and get become as involved and supportive of your unit as possible. One great way to do that is by becoming a volunteer. Our Army and Air National Guard volunteers enhance the lives of our servicemembers and their families every day.

As official Command-Sponsored Organizations our Volunteer Corps provides the following:

- Official communication from Leadership to Families
- Network of Support and Mentorship
- Training Opportunities
- Servicemember Morale activities
- Newsletter and/or Social media communication
- Phone Tree
- Meetings
- Deployment Cycle Support
- Family Day Activities
- Regular Social Events (Book clubs, Monthly Dinner groups, Park play groups, etc.)

How wonderful it is that nobody need wait a single moment before starting to improve the world.
-Anne Frank

Our volunteers are passionate about supporting others through the trials, tribulations, successes, and triumphs of military life. They are dedicated to helping strengthen resiliency and build a since of community amongst our force.



The Department of Defense Spouse Education and Career Opportunities Program provides Education and Career Guidance to military spouses worldwide and offers comprehensive resources and tools for all stages of your career progression.

MCEC supports all military-connected children by educating, advocating, and collaborating to resolve education challenges associated with the military lifestyle.



MCEC delivers programs, services, and professional development to meet the needs of military-connected students, parents, and professional.



Command teams, Staff members, and Gratuitous Volunteers all play vital roles in our Volunteer organizations.

Statutory Volunteer positions include, but are not limited to:


Soldier & Family Readiness Group (SFRG)

- SFRG Advisor
- Informal Fund Custodians
- Newsletter Chair
- Communications Network Volunteer
- Outreach Volunteer
- Commanders Family Readiness Representative

Commander's Key Support Program (CKSP)

- Key Support Mentor
- Key Support Liaison

The **Military Family Life Consultants (MFLCs)** are State Employees who are integrated into the Utah National Guard. Our role is to support Operational Mission Readiness of our Servicemembers and their families. We provide **non-medical mental health counseling** and **consultation**, and have specialized knowledge of military life and its challenges. MFLCs have been strategically located to best support YOU and your overall wellness. If you have questions or don't know where to turn, let us help you!

 **Services are private, confidential, and at no cost; insurance not required.**
MFLCs are available in-person and secured telehealth.

UTAH MFLC

Military & Family Life Consultant Program

SERVICES INCLUDE SUPPORTING THE FOLLOWING:

- **Military Family Life & Culture**
- **Deployment, Separation, and Reintegration**
- **Work/Life Balance**
- **Couple's Relationships**
- **Parent Child Relationships**



SEND A TEXT FOR QUICKER RESPONSE AS MFLCS ARE OFTEN IN SESSION.

Legal Services



The legal assistance program is available to assist eligible clients with their personal legal affairs in a timely and professional manner to increase the readiness, morale, morale, and discipline of the Army.

- Estate/Medical Planning (Wills)
- Real Property (Landlord/Tenant)
- Consumer Transactions
- Notarizations
- Powers of Attorney (Specific)
- Family Law

To make an appointment, contact your unit JAG or contact Headquarters Army | 801-432-4282 ng.ut.utarng.mbx.jfhq-jag@army.mil

Air | 801-245-2255

Utah Veterans Legal Clinic (talk with an attorney at no cost) Available on the 2nd Thursday of every month from 5:30-7 PM at the Salt Lake VA Building 8 Multi-Purpose Center.



MILITARY Citizenship & Immigration Resources



Equal Opportunity



The Office of **Equal Opportunity** serves as a point of contact for all members of the Utah National Guard (UTNG) military, civilian, and technicians seeking assistance with issues of unlawful discrimination, sexual harassment, hazing, bullying, offensive behavior, and hostile work environment.

Mission: The Military Equal Opportunity (MEO) and Equal Employment Opportunity (EEO) programs promote unit readiness, mission accomplishment, and unit effectiveness, by ensuring equal opportunity for every Soldier, Airman and Civilian through human relations education, organizational assessments, counseling, and oversight of Affirmative Action goals and objectives.

Function: Equal Opportunity is the fair, equitable and nondiscriminatory treatment of all UTNG members. The program is designed to maximize the military force potential by ensuring fair treatment without regard to race, color, sex, religion, or national origin.

Purpose: The purpose of Equal Opportunity is to treat one another with dignity and respect to achieve the goal of better moral, greater commitment, increased trust and cohesion and better performance.

Travis Bringhurst | travis.w.bringhurst.civ@army.mil

Office of the Inspector General



To complain without fear of reprisal is the right of any Soldier, Airmen, Civilian, or family member seeking IG help. Problem solving is one of the Inspector General's (IG) primary missions.



To submit a complaint, we prefer you stop by our office at the UTARNG Headquarters Building in Draper, UT. You may also contact us by phone (801) 432-4379. Complaints can also be submitted anonymously in the drop box outside our office door. However, you must be sure to include as much information as possible. Anonymous complaints with little to no detailed information are difficult and in most cases impossible to work.

Diversity, Equality & Inclusion

The National Guard is committed to providing a safe and inclusive culture by prioritizing diversity and inclusion (DE&I) efforts. These efforts are focused on institutionalizing diversity and inclusion by developing an agile, ready, innovative, and adaptive force to attract, recruit, and retain a quality, inclusive, and equitable work force that reflects the communities we serve. The Utah National Guard Diversity, Equality & Inclusion Office offers DE&I Training, resources, and guidance of requirements and benefits.

801-462-3610



Tina Jensen | 801-919-5569
 tjensen@uso.org
 USO Operations & Program Director

Jessica Riggs | 385-327-7285
 jriggss@uso.org
 Transition Specialist

UNITES

The USO creates and maintains strong connections between service members and their families, homes and country, no matter where they serve. The USO expresses America's gratitude and commitment to service members and their families through programs focused on connection, strengthening, wellness and resiliency.

DELIVERS

The USO delivers support to service members stationed abroad who are training in isolated locations or on arduous missions in remote parts of the world. Through expeditionary outreach support – including care packages, snacks, holiday celebration items and internet services provided throughout challenging deployments – we ensure service members stay connected to the people and places they love.

ENTERTAINS

The USO brings celebrities to the doorsteps of service members and their families through a diverse range of activities like our trademark USO entertainment tours. By providing programs that focus on America's culture and pastimes, we bring a grateful nation closer to them in times of separation and celebration.

TRANSITIONS

We provide resources for service members, veterans and military families throughout various transition points of their service. From the moment their military careers begin, through the completion of their service – through voluntary separation, the wounds of service or the ultimate sacrifice – those who serve, and their families, are supported with dignity and respect.



Blue Star Families, founded in 2009 by military spouses with you in mind, we empower military and Veteran families to thrive by connecting them with their civilian neighbors- both people and organizations- to create strong communities of mutual support.

Whether you want to blast off at a science museum, take a walk through nature, encounter animals at the aquarium or meet your heroes at a historic site, Blue Star Museums can help you create memories!

This seasonal program runs from **Armed Forces Day to Labor Day**. Look online to see which locations nationwide are participating this year by offering free entry for military members and their families.

Programs include:

- Blue Star Museums
 - Blue Star Books
 - Blue Star Outdoors
 - Blue Star Summers
- And so much more!



Military OneSource is your 24/7 connection to information, answers and support to help you reach your goals, overcome challenges and thrive. As a member of our military family, you are eligible to us this Department of Defense-funded program anytime, anywhere. Turn to Military OneSource for tax services, spouse employment help, webinars and online training, relocation and deployment toons, and so much more.

Utah MOS Representative
 Hyrum Robb | 801-564-3448



CRISIS MANAGEMENT TEAM

Sarah Larmore, LCSW

Director of Psychological Health
 801-716-9009
 sarah.l.larmore.civ@army.mil



Caroline Searcy, LCSW

Virtual Only
 Psychological Health Coordinator
 801-716-9068
 caroline.a.searcy.civ@army.mil



Brandon Phelps, LCSW

Wing Director of Psychological Health
 801-577-2686
 brandon.phelps4@us.af.mil



Services provided include:

- Consultation with Operational Leadership
- Critical Incident Responses
- Clinical Psychological Assessments
- Provide Referrals & Resources
- Issues related to mental health concerns, drug/alcohol abuse, and life stressors.
- Prevention, Early Intervention and Response Interventions
- Briefings and Trainings
- Assists with Profile Management and Line of Duties (LODs)



Ken Francis, LCSW

Temporarily Unavailable due to deployment.
 See you soon





RISK REDUCTION PROGRAM LIVE WELL



BETTER DAY

Morning	Gratitude
Driving	Be Still/Breathe
Arriving	Name your why
At work	Be in your body
Transition	Speak truth
Getting home	Wash off the dat
Bedtime	Talk to yourself

It's true whether or not you are looking; might as well help

DON'T LET IT GO. PICK IT ALL UP

GIVE YOUR BETTER SELF ITS BEST CHANCE



SUICIDE PREVENTION PROGRAM, SP2

The Army Suicide Prevention Program develops and implements progressive, complementary training and education activities for leaders, Soldiers and prevention professionals to impart the knowledge, skills, and attitudes that enable increased protection and reduced risk of suicide.

Suicide Prevention Training options

- Ask, Care Escort- Suicide Intervention (ACE-SI)**
8 hour prevention and awareness training designed for both Service Members and their families.
- Applied Suicide Intervention Skills Training (ASIST)**
An intensive two day suicide intervention course designated to provide attendees with the needed skills to intervene with someone expressing suicidal thoughts or ideation's.



SUBSTANCE ABUSE PREVENTION PROGRAM, ASAP

The Army Substance Abuse Program (ASAP) provides and leadership on non-clinical alcohol and other drug policy issues; develops, establishes, administers, and evaluates alcohol and other drug abuse prevention, education, treatment and testing programs; oversees the military, Drug Free Federal Workplace and drug testing programs.

The Limited Use Policy is intended to encourage those abusing drugs or alcohol to self-refer so that they can get the help they need. For those who qualify, it serves as a protection against UCMJ action and unfavorable characterization of service.

Airmen can contact Hill ADAPT
801-777-7909



RISK REDUCTION PROGRAM, RRP

The Risk Reduction Program (RRP) reduces high-risk behavior by Soldiers. This program was designed to help commanders maintain Soldier readiness and prevent high risk incidents. As part of the Army Resilience Directorate (ARD), readiness and resilience are critical elements of the RRP.

Jared Anderson
RRP Coordinator
385-988-6288



RISK REDUCTION PROGRAMS

ADDICTION RECOVERY SUPPORT GROUP

Camp W.G. Williams, Bldg 8160
6:00 PM Every Thursday
100% CONFIDENTIAL



utngmwr.com

The Camp Williams Utah Morale Welfare and Recreation (MWR) team is focused on enriching the lives of our fellow service members by offering military services and discounts. Whether you need a haircut, you're getting married, you're going to Disneyland, or you just want a coffee, MWR is here to help.

Camp Williams Pool
Memorial Day to Labor Day
Thursday- Saturday 1100-1900
Sunday 1100-1600
Active Military Free
All other individuals \$4
Under 2 Free
SPECIAL
25 Visit punch pass \$50

Connex Cafe
Open Daily
0530-1300

Beehive (NCO Club)
Thursday-Saturday
1830-0030

Barber Shop
Days/Hours Vary
Contact Stylist
Shanelle 435-896-7561
New Stylist coming soon

Ticket Sales Office
Monday-Thursday
0900-1500
801-878-5466
Zoom Appointments
now available.

RV Storage
801-878-5436

Camp Billeting
801-878-8410

MWR Manager
Brandee Crockett
801-878-5822



At ID.me Shop, we take immense pride in partnering with brands that share our deep commitment to honoring the service of military members, veterans, and their families. Our featured brands recognize the sacrifices made by those who serve and strive to show their appreciation through exclusive military discounts and cash-back offers. You'll save with the best military discounts from apparel companies, top-notch home and electronics brands, trusted travel providers, and more. When you shop with ID.me Shop, you're choosing brands that genuinely value and respect your service. Experience the gratitude and savings firsthand by exploring thousands of military discount stores today



Vet Tix * provides tickets to events which reduce stress, strengthen family bonds, build life-long memories and encourage service members and veterans to stay engaged with local communities and American life. Vet Tix secures tickets to sporting events, concerts, performing arts, educational and family activities across the nation. VetTixers sign up online. We verify their service. VetTixers request tickets to events that interest them, then pay a small delivery fee to receive their free tickets.



America the Beautiful Pass is a lifetime entrance pass to national parks, monuments, historic sites, recreation areas, and national wildlife refuges that charge an entrance fee. The Passport admits the holder and accompanying passengers in a private vehicle. Where entry is not by private vehicle, the passport admits the pass holder, spouse, and children. The Pass may also provide a 50% discount on federal use fees charged for facilities and services such as parking, camping, swimming, and boat launching.



OPERATIONS SECURITY

What is OPSEC?

OPSEC is a warfighting capability used to identify and protect military "bits and pieces" of sensitive information from people who wish to do us harm. This sensitive information, if collected by an adversary, can provide them with indicators pointing to our future activities and give them an advantage. Its not being dramatic to state that lapses of OPSEC can (and have in the past) led to mission failure and even death of military members. OPSEC protects this information.



For Kids OPSEC and fun visit NetSmartzKids.org

Why families need to know about Operations Security (OPSEC) awareness

Adversaries see military family members as soft targets and an easy source of useful information. Family members, whether they know it or not, know a significant amount of sensitive military information. Family members who recognize and understand "what to protect," "how to protect it," and "why it requires protection" become engaged and proactive in safeguarding military critical information and indicators.

What do Family Members Know?

Simply by being associated with the military, accessing Camp, the Air Base or other military facilities, family members know more about our units, missions and operations than we often give credit: specifically, information such as:

- Pending deployment locations, date or purpose
- Installation access procedures (or changes)
- Security procedures and requirements for base or units
- Locations of sensitive facilities on bases
- Morale and personnel issues within a unit
- Unit mission, capabilities, limiting factors, shortages, etc.

The Man in the Arena

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."
— Theodore Roosevelt'



The **Holistic Health and Fitness (H2F)** System is the new approach the Army is taking to address major issues that have resulted from decades at war. It bridges the gaps left by traditionally separate realms to create a more flexible and lethal force. The system approaches health and fitness by empowering Soldiers to take care of themselves from the ground up.

This idea is meant to change the culture of reaction, into a culture of prevention. This will ensure Soldiers stay ahead of their problems and result in lower numbers of medically incapable Soldiers. H2F consists of five Domains; Physical, Spiritual, Mental, Sleep, and Nutrition.

The Family Dinner Project

The Family Dinner Project champions family dinner as an opportunity for family members to connect with each other through food, fun and conversation about things that matter.



20 years of research show why family dinners matter. TFDP shows today's busy families how to achieve the significant physical, social-emotional and academic benefits.

SSG Mark White | H2F Program Manager
mark.d.white62.mil@army.mil



The Military and entire U.S. National Security Communities Go-to source for ways to maximize performance, fitness, wellness, and nutrition.

Human Performance Resources by CHAMP is TOTAL FORCE FITNESS.





"In a high-trust relationship, you can say the wrong thing, and people will still get your meaning. In a low-trust relationship, you can be very measured, even precise, and they'll still interpret you."
 -Stephen M.R. Covey



Military Chaplains are responsible for tending to the spiritual and moral well-being of service members and their families. They perform religious rites, conduct worship services, and provide confidential counseling.

The Strong Bonds program has changed in focus and operation. It is now "Building Strong And Ready Teams" (BSRT). Commanders oversee the building of strong and ready teams (BSRT) to build spiritual readiness and holistic wellness. The program is a command directed, chaplain led, and community partnered program that builds and maintains healthy soldier and family structure.

Research shows that a healthy marriage and strong family bonds help build resiliency and reduce the stressors that can endanger Soldier and Airman readiness. Events include Singles, Couples, Families and Pre and Post deployment.



Camp W.G. Williams, Sunrise Hall, Building 8160
 17800 South Redwood Road,
 Bluffdale, Utah 84065
0800-1600 Monday-Thursday
Chaplain Available

Sunday Services
0730 LDS
0800 Non-Denominational



Army Guard
 Chaplain (MAJ) Thomas Berry
 801-716-9036
 thomas.g.berry10.mil@army.mil



Air Guard
 Chaplain (MAJ) Andrew Madison
 151st AW
 801-884-8819
 andrew.madison.3@us.af.mil



"Everything we were asked to do, we did."
 -GEN Daniel R. Hokanson



The **Yellow Ribbon Reintegration Program** promotes the well-being of National Guard members and their families by connecting them with resources during Yellow Ribbon Events. During a Yellow Ribbon you will learn where you can access information on healthcare, education, employment, financial, and legal benefits.

SFC Lizzy Even | 801-432-4921
 elizabeth.l.even.mil@army.mil



Pre Deployment



Deployment



Reunion & Reintegration



Supporting service members and their families and loved ones throughout the deployment cycle.

Plan My Deployment a program of Military One Source you'll find **task checklists, resources** and **articles** to help you prepare for all phases of the deployment cycle. The information is organized in three phases: pre-deployment, deployment, and reunion and reintegration. Think of this as your **deployment how-to guide**.



Military Outreach

Educate Servicemembers of their rights and responsibilities under the Uniformed Services Employment and Reemployment Rights Act (USARRA) .



Ombudsman Service

Provides FREE mediation services



Employer Outreach

Educate and recognize employers who support our Military Servicemembers and their spouses.

Nominate your Supervisor/Employer for a Patriot Award by visiting WWW. esgr.mil



EMPLOYER SUPPORT OF THE GUARD AND RESERVE

ESGR is a Department of Defense program established in 1972 to promote cooperation and understanding between Reserve Component Service members and their civilian employers and to assist in the resolution of conflicts arising from an employee's military commitment.



ESGR VOLUNTEER OPPORTUNITIES

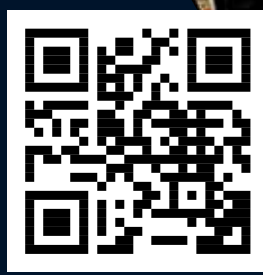
Our dedicated volunteers come from all walks of life. We are business executives, civic leaders, and patriotic citizens. Some volunteer activities include:

Employer Outreach: Develop relationships with employers to promote advocacy for service in the Guard and Reserve.

Ombudsman: Work with employers and Service members to prevent, reduce, or resolve misunderstandings regarding employment rights and responsibilities.

Public Affairs: Work with military and civilian media organizations to promote public understanding of the ESGR mission.

Military Outreach: Inform and educate members of the Guard and Reserve regarding their employment rights and responsibilities under USERRA



Elizabeth Craig | 801-432-4492
elizabeth.k.craig.ctr@army.mil



“Resilience is the antidote to complacency. It’s the mindset that allows you to push beyond your limits and achieve greatness.”
-David Goggins

Resilience Skills

- Goal Setting
- Hunt the Good Stuff
- ATC
Activating Event, Thought, Consequences
- Energy Management
- Avoid Thinking Traps
- Detecting Icebergs
- Problem Solving
- Put It In Perspective
- Mental Games
- Identifying Character Strengths in Self and Others
- Character Strengths: Challenges and Leadership
- Assertive Communication
- Effective Praise and Active Constructive Responding

RESILIENCY PROGRAMS

Utah National Guard Resiliency Program provide Commanders, Service Members, and families with the skills they need to succeed. Designed to be tailored to the needs of the command or the families. Master Resilience Trainers (MRT) are available within each command, as well as at the state level upon request. These skills will aid in the improvement of the mental, physical, emotional, and behavioral ability to face and cope with adversity, adapt to change, recover, learn, and grow from life's challenges.

For more information or to schedule unit or family resiliency training see contact below.

ARMY
SFC Lizzy Even
State Resilience Coordinator
801-432-4921 | elizabeth.l.even.mil@army.mil

AIR
CMSgt. Dena Stillman
Air Resilience Coordinator
801-245-2357 | denaloy.stillman.2@us.af.mil

SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)



Our Mission:

To empower and support survivors through advocacy and resources to make the choices that are best for them. To provide education, increase awareness, and improve culture to prevent sexual and intimate partner violence. The SAPR team is made up of trauma-informed, compassionate professionals focused on providing the best support possible.

HOTLINE
SUPPORT SERVICE



24/7 SAPR Helpline: 801-716-9254

What we offer:

- Fully confidential communication
- Provide info on reporting options
- Provide military and community resources
- Ongoing advocacy
- Support at medical appts., interviews, court, etc.
- Help create safety and address concerns

You can also seek support/resources without filing a report!

Website/Socials:



SAPR_UTNG



SAPR UTNG



SAPR_UTNG



SAPR SITE

Team/Locations:

Draper/JFHQ:

Andrew Kalinen, SAPRO
andrew.j.kalinen.civ@army.mil
24/7 #: 801-716-9254

Jessica Osman, VAC
jessica.c.osman.civ@army.mil
Cell: 801-716-9119

Camp Williams bld. 7060:

Arin Merrill, SARC
arin.k.merrill.civ@army.mil
801-716-9075

JP Moronta, VA
juan.p.moronta.civ@army.mil

St. George Armory:

Starla Olson, SARC
starla.l.olson.civ@army.mil
801-716-9021

Justin Smith, VA
justin.q.smith.civ@army.mil

Air Guard:

Nathan Reid, SARC
nathaniel.reid.3@us.af.mil



DEPARTMENT OF
WORKFORCE SERVICES

Workforce Services helps veteran improve their employment situation, stay off temporary assistance and create a better life for their families. Through our assistance, we've placed more than 60,000 veterans in jobs since 2012.

Veteran Specialist are located at DWS offices across the state. Additionally, a Veteran Specialist is available at the UTNG Headquarters in Draper Utah every Tuesday. Employment classes such as civilian and federal resume and Linked in are available.

Robert Rutledge | 385-244-5804
rrutledge@utah.gov

MONTHLY RESUME CLASS
every 2nd Tuesday 8am-12pm
UTNG Headquarters

12953 S. Minuteman Dr, Draper, UT
includes: private sector and federal
resume writing, interview skills, and
LinkedIn. Open to Servicemembers,
Veterans & their Spouses.



Accelerated Credentialing to Employment (ACE) Program

The ACE Program is designed to assist Utah veterans, actively drilling members of the Guard and Reserve and their respective spouses, overcome barriers to employment or better employment by assisting them in attaining certificates and licenses using their military training and experience or by assisting with short-term training.

The ACE Program is intended to provide an avenue for eligible participants to gain employment in the civilian job market by capitalizing on their past experience, training and knowledge or by assisting them with short-term training that leads to a certificate or license. The program can serve Utah veterans, active military personnel, actively drilling members of the Guard and Reserve and the spouses of the aforementioned as long as they have served at least one day of honorable service in a branch of the Armed Forces.

jobs.utah.gov



from the U.S. Small Business Administration

Boots to Business (B2B) is an entrepreneurial education and training program offered by the U.S. Small Business Administration (SBA) as part of the Department of Defense Transition Assistance Program (TAP). The course provides an overview of entrepreneurship and applicable business ownership fundamentals. Active Duty Service members (including National Guard and Reserve), Veterans of all eras, and spouses are eligible to participate.

START

STARTING YOUR JOURNEY: INTRODUCTION TO ENTREPRENEURSHIP

The "Introduction to Entrepreneurship" course is the foundational piece of Boots to Business (B2B). Participants are introduced to the skills, knowledge, and resources they need to launch a business, including steps for developing business concepts, how to develop a business plan, and information on SBA resources available to help. This two-day in-person program is facilitated by subject matter experts from the SBA and their extensive network of skilled business advisors.



CONTINUING YOUR JOURNEY: FOLLOW-ON SUPPORT

After completing the "Introduction to Entrepreneurship" course, participants can elect to further their study through the B2B Revenue Readiness online course, delivered through a partnership with Mississippi State University (MSU). This course is offered at no cost to Service members, Veterans and military spouses. B2B and B2BR participants are also encouraged to take advantage of the many resources and services offered by the SBA and its partner network, including Veterans Business Outreach Centers, SCORE, Small Business Development Centers, and Women's Business Centers.



Virtual Hope Box

Contains simple tools to help users with coping, relaxation, distraction and positive thinking using personalized audio, video, pictures, games, mindfulness exercises, activity planning, inspirational quotes and coping statements.



The mission is to promote, safeguard, educate, and improve the status, welfare, and professionalism of enlisted National Guard members, veterans, retirees, and families. We will accomplish this through expanding membership, legislative efforts, providing resources for civilian employment, education assistance, emergency resources, and partnerships.



Annual & Membership Dues are on a sliding scale based upon rank. Scan QR code for details.



National Guard Association of Utah and National Guard Association of the United States are strategic partners along with congressional delegations enabling effective communication of our message to continuously improve our relevance, readiness, modernization and quality of life; while promoting our rich militia heritage as the nation's first military organization.



Annual Membership Dues are on a sliding scale based upon rank. Scan QR code for details.

Airmen should contact their Unit Training Manager (UTM) who will forward request to the Force Development Superintendent for CCAF and CLEP testing.

Building 210
Primary: 801-245-2441
Alternate: 801-245-2247



EDUCATION

The **Utah Army National Guard Education Office** assisting our soldiers with obtaining education benefits to include:

- Federal Tuition Assistance
- State Tuition Assistance
- State Tuition Waiver
- Credentialing Assistance

DaleAnne (Annie) Thomas | 801-432-4354
Education Services Officer

Scott Cyr | 801-432-4040
FTA, CA, JST, other resources

Coban Fife | 801-432-4747
STA and STW

Mark Poole | 801-432-4471
GI Bill

Will Morrey | 801-432-4263
Army Personnel Testing

GI Education Office Email: ng.ut.utarng.mbx.education-office@mail.mil
Website: <https://ut.ng.mil/resources/education-services>



TUTOR.COM/MILITARY

Tutor.com for U.S. Military families, funded by the U.S. Department of Defense and Coast Guard Mutual Assistance, is a program that provides on-demand, online tutoring and homework help at no cost to eligible servicemembers, civilian personnel, and their dependents. With live, expert tutors available 24/7, military-connected students can receive academic help at their moment of need-anywhere they have an internet connection.

USU Extension
Statewide Calendar

Continuous Growth,
Classes and Opportunities
in your community.



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Utah National Guard and Department of Defense **Personal Financial Counseling (PFC)** can help you and your family manage finances, resolve financial problems and reach long-term goals.



Trent Scott | 801-718-6397 | scottt2@magellanfederal.com

- Confidential financial consultations for individuals and families.
- Support for family members during deployment
- Help with credit management and budgeting
- Retirement planning
- Understanding mortgages
- Taxes

Use the QR code to find a Department of Defense Personal Financial Counselors near you



Monthly **"Brown Bag Series"** Financial Classes offered monthly at UTNG Headquarters, Camp W.G. Williams, Roland R. Wright Air National Guard Base, and Online.



PRE-DEPLOYMENT	POST-DEPLOYMENT
PCS	MARRIAGE
DIVORCE	VESTING IN THE TSP
PROMOTION	FIRST CHILD
CONTINUATION PAY	DISABLING SICKNESS OR CONDITION

*Tracking/recording completion of training in Digital Training Management System (DTMS):

Training certificates have DTMS Task ID on them. Once complete submit to Training NCO for entry.

Policy: [Army Financial Literacy Training Program SA Memo](#)

[DOD Instruction 1322.34 Financial Readiness of Service Members](#)



MyPay Limited Access



You may provide limited access to you myPay account to one or more **trusted individuals**. Limited access will allow those you authorize to view your pay and tax statements without giving them the ability to make any pay changes. This is a useful tool for those tending to your finances **while your away** or if you share the responsibility **while at home**.

To create a Limited Access Login ID and Password, from your Personal Settings menu, select Limited Access Account. You may delete users' Limited Access at any time. If the user suspends their Limited Access Password you must establish a new Limited Access Password and provide that new Password to the user.



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Our Mission

Provide quality, relevant programming focused on life skills, critical thinking, resilience and leadership. Teaching these skills allow the military family to be mission ready and resilient.

PROGRAM CATALOG

- Service Learning Club
- Lego Robotics
- Archaeology Club
- Cooking
- Jr Master Gardening - Now STATEWIDE!
- Sewing
- Kitchen Science Club
- Cake Decorating Club
- TEEN Youth Council
- STEM Outreach-STATEWIDE
- Resilience
- And so much More!

- Build confident, resilient youth through quality, relevant programming.*
- Connect with partner organizations to expand our reach to geographically dispersed youth, virtually and in person.*
- Offer programs that add to and multiply family readiness and resilience.*
- Have diverse program offerings to appeal to more youth.*
- Provide leadership and mentoring opportunities*

“We have really loved the youth program at Camp Williams. They have done so many fun activities. My kids always ask when the next one is. They have made some new friends and learned many new things. My older kids loved getting to spend the night and being leaders. My youngest loves garden and cooking classes.
-Marie West, wife of SFC Jonathan. R. West”



Connie "Crazy Connie" Packer
Lead Youth Program Coordinator
801-878-5331 Office
801-716-9239 Cell
conniegene.packer.nfg@army.mil

WHERE TO FIND US:

- WWW.UTAHMWR.COM
- @UTNG_KIDS
- UTNGKIDS



Our Junior Master Gardening Outreach Programs are spreading like weeds!

- Richfield Armory
- Spanish Fork Armory
- West Jordan Armory
- 4H Bastian Center (South Jordan)
- St George 4H Fair Grounds
- Ogden Armory
- Cedar Armory

When our harvest is done, it'll be time for STEM

MAY

- 1 STEM ART 4:30-6PM (6-12)
- 2 CEDAR + RICHFIELD JMG 9:30-11:30AM (6-12)
- 7 YOUTH COUNCIL MANDATORY CAMP TRAINING 4:30-6PM
- 9&16 CEDAR + RICHFIELD JMG 9:30-11:30AM (6-12)

JUNE

- 1 CAMP WILLIAMS JMG KICKOFF 10-11:30AM (6-12)
- 5 WJ JMG 9:30-11:30AM (6-12)
- 6 JMG 9:30-11:30AM (6-12)
@CEDAR + RICHFIELD + CAMP WILLIAMS
- 11 YOUTH COUNCIL MANDATORY CAMP PREP 4:30-6PM
- 12 WJ JMG 9:30-11:30AM (6-12)
- 13 JMG 9:30-11:30AM (6-12)
@CEDAR + RICHFIELD + CAMP WILLIAMS
- 19 WJ JMG 9:30-11:30AM (6-12)
- 20 CEDAR + RICHFIELD JMG 9:30-11:30AM (6-12)

- 24&25 UTNG KIDS SUMMER CAMP 1 (9-13)
- 27&28 UTNG KIDS SUMMER CAMP 2 (9-13)

JULY

- 10 WJ JMG 9:30-11:30AM (6-12)
- 11 CAMP WILLIAMS JMG 9:30-11:30AM (6-12)
- 17 WJ JMG 9:30-11:30AM (6-12)
- 18 CAMP WILLIAMS JMG 9:30-11:30AM (6-12)
- 25 CAMP WILLIAMS JMG 9:30-11:30AM (6-12)

AUGUST

- 7 STEM HARVEST COOKING 9:30-11:30AM (9-12)
- 8 STEM HARVEST COOKING 9:30-11:30AM (6-8)

SEPTEMBER

- 5 RICHFIELD STEM 9/11 THEMED SERVICE PROJECT 3:30-5PM (6-12)
- 10 YOUTH COUNCIL MRT 4:30-6PM
- 11 STEM SERVICE PROJECT 4:30-6PM (6-12)
- 18 STEM 4:30-6PM (6-8)
- 19 CEDAR STEM 4-5:30PM (6-12)
- 25 STEM 4:30-6PM (9-12)

OCTOBER

- 2 WJ STEM ENGINEERING 4:30-6PM (6-12)
- 3 KID SMARTZ SERIES: ONLINE SAFETY 6:30-7:30PM
- 15 YOUTH COUNCIL MANDATORY TRT PREP 4:30-6PM
- 19 TRUNK OR TREAT 3-6PM
- 23 STEM 4:30-6PM (6-8)
- 30 STEM 4:30-6PM (9-12)

NOVEMBER

- 6 STEM ART 4:30-6PM (6-8)
- 12 12 - YOUTH COUNCIL 4:30-6PM
- 13 STEM ENGINEERING 4:30-6PM (9-12)
- 20 STEM ART 4:30-6PM (9-12)

DECEMBER

- 4 STEM COOKING 4:30-6PM (6-8)
- 5 STEM COOKING 4:30-6PM (6-8)
- 7 STEM ART EVENT 4:30-8PM (ALL AGES)
- 10 YOUTH COUNCIL SERVICE PROJECT 4:30-6PM
- 11 STEM COOKING 4:30-6PM (9-12)
- 12 STEM COOKING 4:30-6PM (9-12)

“Outreach” Events at armories across the state are added to the schedule throughout the year. Join the UTNG Kids mailing list to stay up-to-date.

