



MARINE CORPS COMMUNITY
SERVICES

**WELCOME ABOARD BRIEF
(INFO BRIEF)**

- Cpl Terry L. Smith Gym
- Major Douglas A. Zembiec Pool
- High Intensity Tactical Training (HITT)
- Ooh-Rah Run Series
- Golf Program
- Intramural Sports
- Single Marine Program
- Outdoor Recreation Equipment Checkout





MARINE & FAMILY PROGRAMS

Located inside Building 12

- Family Care & Readiness Branch

703-614-7200

- Behavioral Health

703-614-7204

Located inside Building 29

- Personal & Professional Development

703-614-9104

MARINE CORPS EXCHANGE

- **Henderson Hall Complex**
 - **Main Store**
 - **Capitol Deli and Food Trucks**
 - **The Vineyard (Package Store)**
 - **American Clipper Barber Shop**
- **Car Wash**
- **8th & I Marine Mart**



- **Community Counseling**
- ***Military Family Life Counselor 703-414-9885***
- **Family Advocacy**
 - ***24 – Hour Domestic Violence Hotline 202-439-6038***
- **New Parent Support**
- **Substance Abuse**
- ***24-Hour DSTRESS Hotline 877-476-7734***



<http://www.mccshh.com/behavioralhealth.html>

Sexual Assault Prevention & Response Program

New Join Brief

Preventing
Sexual Assault
is Everyone's Duty...



SAPR

The USMC SAPR Program

The Sexual Assault Prevention and Response (SAPR) Program is dedicated to eliminating sexual assault within the Marine Corps and providing continuity of care for victims of sexual assault through effective education, policy, and program support.

The SAPR Program is operational in both the garrison and deployed environments



1-877-995-5247



www.safehelpline.org



text your zip code or installation

55-247 (inside the U.S.)

202-470-5546 (outside the U.S.)



MARINE CORPS COMMUNITY
SERVICES

FAMILY CARE & READINESS

LOCATION: BLDG. 12
PHONE NUMBER: 703-614-7200



EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

What is it? **Mandatory** program for any service member who has a family member seeing a medical specialist or receiving special education services.

Purpose? EFMP assists in the assignment process to ensure that both medical and educational services are available for enrolled family members prior to the service member's execution of orders.

Supports? Enrollment process, resources & referrals, special education support, warm hand-off during PCS moves, workshops & trainings, respite care for eligible families, special needs attorney assistance, loan locker and lending library. <http://www.mccshh.com/efmp.html>



MARINE CORPS FAMILY TEAM BUILDING



BUILDING 12

703-693-4840

703-693-8906

703-693-1253

mcfthh@usmc-mccs.org

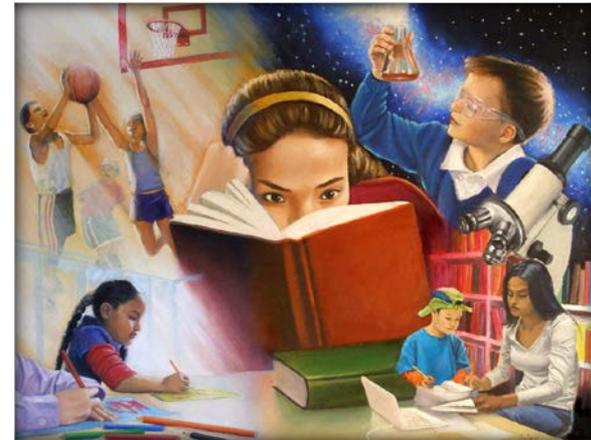
Your Premiere Service for Family Readiness!

Bldg. 12

- ❑ **Serve Marine families with school-aged children**

- ❑ **Contact: Amy Fishman**

(703) 693-8378



www.mccshh.com/liaison.html



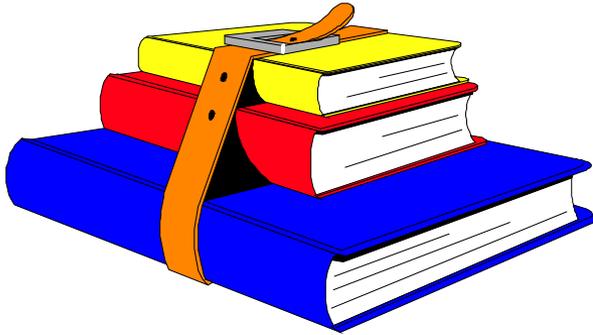


MARINE CORPS COMMUNITY
SERVICES

EDUCATION & CAREER SERVICE

BLDG.29 RM. 100

Education and Career Center



Why Education?

Tuition Assistance

Testing Programs

- **DANTES**
- **Military AFCT**
- **DLPT**

(703) 614-9104



MARINE CORPS COMMUNITY SERVICES

TRANSITION READINESS PROGRAM

BLDG. 21



Transition Assistance Management Program

Transition Readiness Seminar

Automated Job Search

Veteran's Benefits

**Family Member Employment
Assistance Program**



(703) 614-6828



MARINE CORPS COMMUNITY
SERVICES

PERSONAL FINANCIAL MANAGEMENT

**BLDG.29 RM. 100
(703) 614 – 6950**



Personal Financial Management

Education

Classes

Workshops

At Unit, At Henderson Hall

Counseling

Individual, Couples

In Office, at Unit, at Home

Information & Referral

Individuals, Couples

In Office, Telephone, Email

- 1 Income, Expenses, Spending, Budgets
- 2 Military Pay Issues

- 3 Banking & Finance
- 4 Credit Management

- 5 Saving & Investing
- 6 Insurance

- 7 Car Buying Strategy
- 8 Consumer Awareness

- 9 Financial Planning for Deployment
- 10 Money & the Move

- 11 Home Buying
- 12 Paying for College

- 13 Retirement Planning



MARINE CORPS COMMUNITY
SERVICES

INFORMATION & REFERRAL PROGRAM

BLDG.29 RM 107



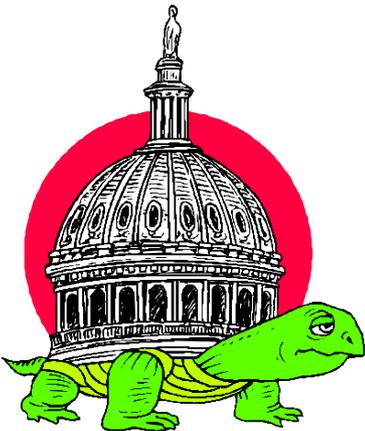
Relocation Assistance

Set-Aside Program/Housing

Sponsorship

Smooth Move/Overseas Briefs

(703) 693-9197





INFORMATION AND REFERRAL

**Quality of Life Workshops
Benefit Information and Resources
Military OneSource
Virginia 2-1-1**

(703) 693-9197



U.S. Citizenship and Immigration Services

Washington District Office
2675 Prosperity Avenue
MS 2400
Fairfax, VA 20598-2400

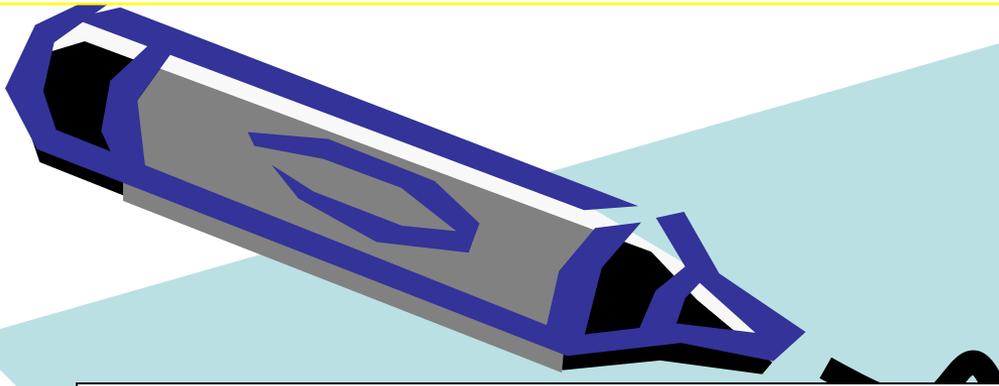
Military Outreach: Bringing Immigration Services to the Troops
Christopher Mendez, Supervisory Information Service Officer (Military Liaison)
christopher.m.mendez@uscis.dhs.gov 703-285-6169

Washington District Office Mailbox for Military
WASN400.overseas@dhs.gov
USCIS Military Help Line
1-877-CIS-4MIL (1-877-247-4645)
www.uscis.gov/military

**“PROTECT WHAT
YOU’VE EARNED”**

SUBSTANCE ABUSE ORIENTATION

**FOR INCOMING
NCR AREA MARINES**

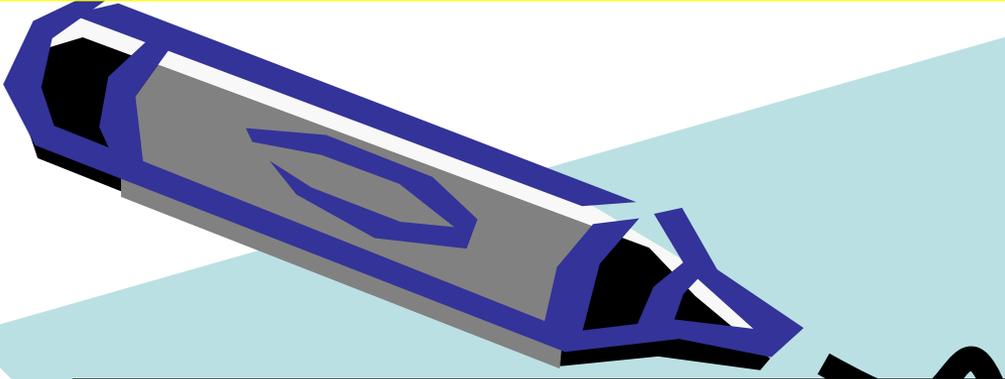


BACKGROUND

- ❑ **WHAT KEEPS GENERAL BERGER UP AT NIGHT?**
 - ❑ **WORRYING ABOUT MARINES, THAT'S WHAT**
 - ❑ **WHAT DOES THE COMMANDANT WANT?**
 - ❑ **THINK SAFETY - CMC WANTS MARINES TO "PROTECT WHAT YOU HAVE EARNED."**

BACKGROUND

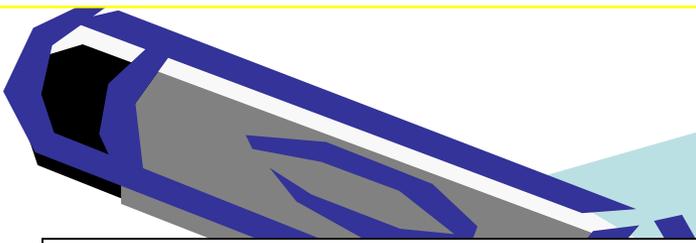
- Keep in mind that with substance abuse issues, it is often better to
- Think of what you can do, i.e. Doing the things you know that you need to do to take care of yourself!
- The following 4 takeaways will help you:



Takeaway #1

Alcohol Impairs Judgment

(So plan ahead ---- don't wait until you're in a crazy situation to try and Make "responsible" decisions).



Takeaway #2

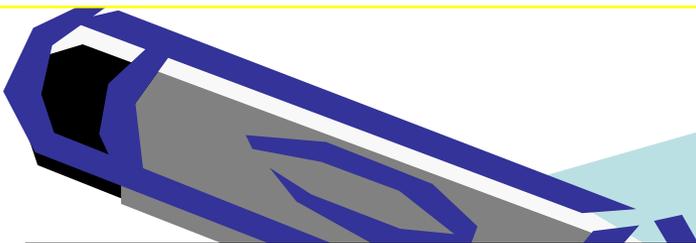
Marine Corps Policy

- ❑ Substance Abuse, to include alcohol misuse, illegal drug use & distribution, and legal & prescription drug abuse:
 - ❑ Undermines Marines' performance
 - ❑ Is contrary to our Marine Corps mission
 - ❑ **WILL NOT BE TOLERATED.**

- **AND NOW, A WORD FROM OUR SPONSORS - ABOUT CBD OIL**

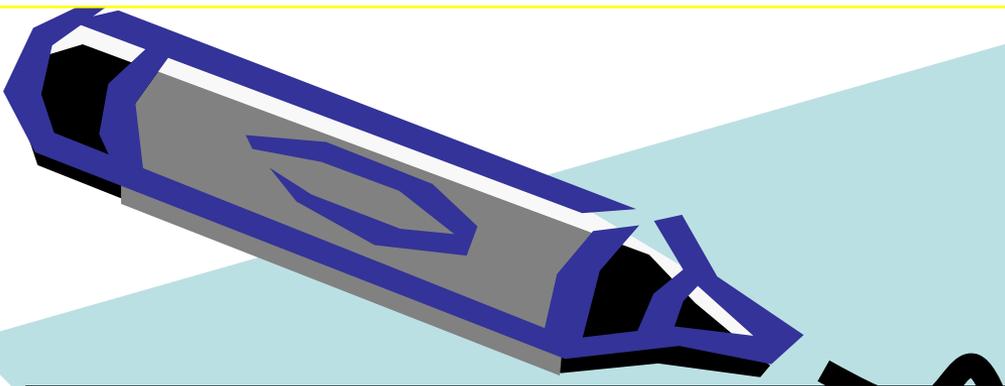
- Marine Corps holds you ultimately responsible for whatever---as in WHATEVER... you decide to put into your system, so
- **DON'T BELIEVE THE HYPE, because**
- Local Marines HAVE tested positive for THC in spite of their apparent certainty that the CBD OIL product they chose to ingest "...Is Legal."





SOMETHING TO THINK ABOUT

- ❑ Why (1) Have a substance abuse policy, (2) What is its purpose, and (3) What do you stand to gain from it?
 - ❑ If you accept the premise that America loves its Marines (You) because you are “good” at what you do, then
 - ❑ CMC's strategy uses the below policy objectives to get rid of anything that gets in the way of you being effective, i.e. being able to “put rounds down range.”



POLICY OBJECTIVES

- Marines should be familiar with the USMC Substance Abuse Policy objectives which are to
 - Identify
 - Refer
 - Treat & Educate w/appropriate discipline
 - Return Marines to Duty
 - Separate (Only when required).



- **KEY ELEMENTS SUPPORTING CMC POLICY**

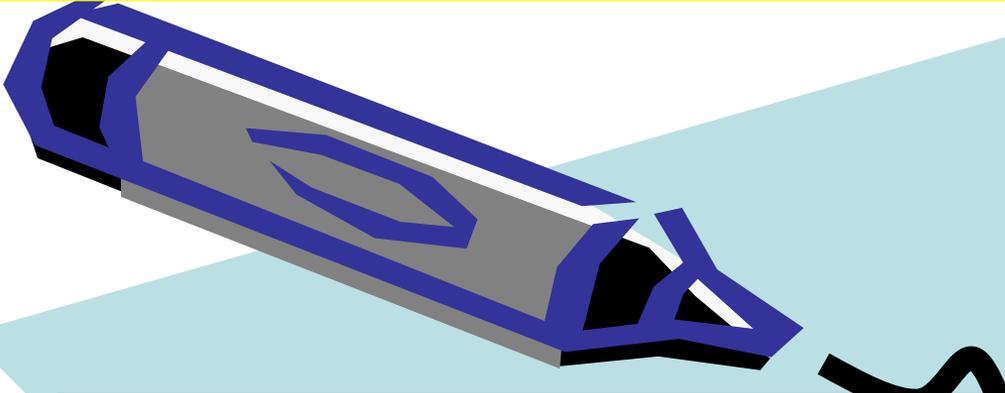
- **Deterrence (10% monthly testing for drugs AND alcohol)**
- **Prevention---predominantly PME (education)**
- **Timely intervention - methods of intervening**
- **Effective treatment - at appropriate stages in the continuum**
- **Recovery-managed through six-month aftercare program**
- **Appropriate discipline (when called for)**
- **Restoration to full duty or separation.**



SUBSTANCE ABUSE COMBAT TEAM

- ❑ SACC Consists Of
 - ❑ Two Certified Clinical Counselors (Screenings & Assessments, Etc...)
 - ❑ One Drug Demand Reduction Coordinator (Deterrence, Prevention & Outreach)

- ❑ SACC + SACOs + Unit Leadership
=
- Effective Substance Abuse Combat Team



Takeaway #3

SACC is approachable

- You can come by and visit SACC in Building #12 adjacent to the Henderson Hall car wash, or
- Call (703) 614-8961

Takeaway #4

SACC is here to help you

- ❑ SACC works with your Unit SACO to facilitate your responsible substance use habits through
 - ❑ Prevention & Deterrence, to include outreach
 - ❑ Intervention, i.e. screenings, assessments, referrals, treatment and aftercare.

YOUR FRIENDLY UNIT SACO

❑ WHAT IS THE ROLE OF THE SACO WITHIN THE UNIT?

- ❑ Unit's Substance Abuse Duty Expert
- ❑ Represents the face of deterrence
- ❑ Coordinates prevention training
- ❑ Serves as liaison with the SACC.



YOUR SACO

- Who is YOUR SACO and how can you contact him/her?
 - YOUR SACO is the Highly Motivated, Truly Dedicated _____
 - You can visit YOUR SACO for contribution purposes in _____
 - You may also contact YOUR SACO by calling _____

