

Army Reserve Child, Youth & School Services



CYSS CONNECTIONS

January 2015

THE BENEFITS OF MENTORING

Monthly Highlights:

National Mentoring Month



- 1 January New Year's Day
- 19 January Martin Luther King, Jr. Day
- 23 January National Reading Day

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Why should youth become involved in a mentoring program? A mentor is a caring adult who devotes time to a youth. All mentors have the same common goal: to assist youth in achieving their full potential and discovering strengths and interpersonal skills.

Military Youth face stressful situations when starting new schools, moving to unfamiliar areas, and developing brand new friendships. Military Mentoring Programs are a great asset to Military Families. One such program is provided by Big Brothers Big Sisters of America. This agency has established the Military Mentoring Program (MMP) which supports Military children regardless of parent's deployment status, children of fallen, wounded, and disabled Soldiers.



The MMP engages Active Duty, Reserve, Retired Military personnel, and civilians to serve as volunteer mentors for youth. Big Brother Big Sisters of America staff match adult mentors and youth mentees in long-term, one-to-one friendships, and provide professional support for volunteers, children, and families during the process. The three goals of the MMP is:

- ◆ strengthening the youth's connection with his/her parent and respective community
- ◆ saluting the importance of Military values in youth development and
- ◆ assisting with youth's educational and life achievement goals.

To find a local Big Brothers Big Sisters location that offers the Military Mentoring Program, go to: <http://www.bbbs.org>. A list of mentoring opportunities is available on page 2. For assistance with local mentoring opportunities for youth contact a CYSS Specialist listed on the CYSS Contact page.

Mentoring is a wonderful program that is proven to help youth progress through life's transitions. Building a close, healthy relationship with a trusted adult can be integral in youth's success.

Article written by Amanda Nimocks, Odyssey TCI Contractor



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MENTORING PROGRAMS/YOUTH OPPORTUNITIES



Organization Name	Web Link	Program Overview
4-H	http://www.4-h.org/youth-development-programs/kids-health/programming-resources/preventative-health-safety/national-mentoring-program/	<p>The 4-H National Mentoring Program is recognized for implementing effective mentoring strategies with goals of improving family relationships, increasing social competencies, increasing school attendance, reducing juvenile delinquency, youth unemployment, and school failure</p>
Boys & Girls Clubs of America	www.bgca.org	<p>Programs and services promote and enhance the development of boys and girls by instilling a sense of competence, usefulness, belonging, and influence.</p>
Boy Scouts of America	http://www.scouting.org/Volunteer.aspx	<p>Boy Scouts of America provides a program for youth that builds character, recognizes citizenship, and develops personal fitness.</p>
The Steve Harvey Mentoring Program for Young Men	http://steveharveymentoring.com/camps/	<p>This National Mentoring Camp is held in Dallas, TX for four days and three nights. There are regional events in Atlanta, Chicago, Los Angeles, New Orleans, and New York. This interactive program teaches the principles of manhood and dream building to young men.</p>
YMCA	http://www.ymca.net/sites/default/files/news-media/Reach-and-Rise-Program-Locations.pdf	<p>The YMCA's Reach & Rise Program connects kids and teens with adult mentors for 12-18 months.</p>



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CYSS FOCUSED ARTICLE

Goal Setting for Children and Youth

Goals are intended to highlight an individual's strength and overcome weaknesses. Therefore, goals are unique to a person and when teaching children and youth the importance of goal setting, the following six tips make goal setting simpler:



Tip #1: Start Small—Initially, start with small short-term goals. Assist children and youth with keeping their goal. If it is a long-term goal, identify shorter sub-goals. **If you have toddlers, a short term goal is allowing children to pick out their clothes and utilize skills such as buttoning, zipping, and tying.**

Tip #2: Get the idea across— Connect youth goals to talents, values, and objectives. Help youth define their goal and review the goal on a daily basis. **School age youth might save money for a video game. Discuss with youth the steps and discipline involved in achieving the goal.**

Tip #3: Let Youth Choose — Goals are personal and individualized. Youth should set attainable benchmarks for meeting their goal instead of pleasing others. Ask your child for suggestions in setting goals. **A Teen may decide to improve overall academic performance. In the process of accomplishing this goal, the youth decides to set attainable benchmarks such as getting organized, take better notes, and improve study habits.**

Tip #4: Be Alert to Possibilities — Obstacles during the accomplishment of a goal are possible. Hurdles and setbacks can be a part of the goal setting process and serve as a learning experience to youth. Encourage children and teens to overcome obstacles, and continue with the accomplishment of the goal.

Tip #5: Showing Becomes Reality—Establish the parameters in order to complete the goal. Ask youth, "How will you know when the goal is accomplished?" Help youth in establishing steps for goal completion. Share a childhood story of achievement.

Tip #6: Applaud Effort — Compliment youth on reaching the set goal. Equally important is recognizing the effort and steps accomplished for trying if the initial goal was not obtained.

Today's youth have a lot on their plate. School, planning for college, extra-curricular activities, voluntary service, family obligations, and faith-based obligations are just some of the activities many youth commit to weekly. Goal setting will help youth find success and help develop positive and lifelong habits. Goal setting helps youth develop purpose, increase self-esteem, develop responsibility, gives focus, and promotes organization.

Article Written by Dan Aukst and Sheena Caston, Odyssey TCI Contractors

Source: Parents.com



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JANUARY CAMPS



January 2015 Military Youth Camping opportunities are listed below. Youth have the opportunity to participate in unique experiences at little or no cost. Winter Camping Opportunities are provided by Military Teen Adventure Camp grants, Operation Military Kids, and YMCA locations. These camps are open to Military-connected youth regardless of Branch of Service who have a parent/loved one in any phase of the deployment cycle; priority is given to children/youth from geographically dispersed families. Camps for youth with special needs (physical disabilities) are also listed. There are spaces still available. Register your youth today!

Name of Event	City	State	January Dates	Ages/Grades	POC Contact
White Mountain Adventure Camp (Youth with physical Disabilities)	Bretton Woods	New Hampshire	2-5	Ages 14-18	Charlotte Cross militaryteen.camp@unh.edu 603.862.0876 www.nhmilitarykids.org \$20 Registration Fee
Summer Camp Reunion	Sewickley	Pennsylvania	4	Ages 6-17	Baierl Family YMCA www.campsoles.org 814.352.7217
Military Kids Youth Summit	Sheboygan	Wisconsin	9-10	Ages 11-13	Shawna Wyman shawna.m.wyman2.ctr@mail.mil 608.242.3483
Super Science Saturday	Fort Wayne	Indiana	10	Grades 4-12	Heather Rosbrugh heather@starbasein.org 260.478.3712
Outdoor Winter Survival Camp	Croghan	New York	16-20	Ages 14-18	Lisa Vaughn lgv6@cornell.edu 315.788.8450, ext. 261 www.ccejefferson.org \$25 registration fee
Intense Winter Wilderness Survival Primitive Skills	Versailles	Kentucky	16-18	Parents and youth ages 14-18	Kerri Ashurst kgoodman@email.uky.edu 859.257.3032 Kelly Ulm Kelly@lifeadventurecenter.org 859.873.3271

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JANUARY CAMPS CONTINUED

Name of Event	City	State	January Dates	Ages/ Grades	POC Contact
Winter Survival Adventure	TBD	Washington	16-18	Ages 14-18	Kevin Powers kcpowers@wsu.edu 509.667.6540 http://county.wsu.edu/chelan-douglas/youth/youth/mtac/Pages/index.aspx
OMK Winter Warrior Games Teen Retreat	Rockwood	Pennsylvania	16-18	Grades 7-12 DEERS Enrolled	Susan Smith sjs52@psu.edu 814.865.2264 http://www.cvent.com/events/omk-winter-warrior-games-teen-retreat/event-summary-6212519cddda44529327e85f42e9ef21.aspx Registration Ends JAN 5, 2015
SnoFest Military Ski and Ride Camp FREE Event for Wounded Warriors	Keystone	Colorado	21-25	Injured Veterans Family and Friends	David Schmid dave@adaptiveadventures.org http://adaptiveadventures.org/event/2015/snofest-military-ski-and-ride-camp
OMK "Lego Robotics" Camp	Lehi	Utah	24	Grades 6-8	Rachelle Greenhalgh Rachelle.greenhalgh@usu.edu 435.632.4608 http://utah4h.org/htm/omk Registration Ends JAN 21, 2015
4-H Fashion Camp	Pollack	Louisiana	24-25	TBD	Tanya Giror TAGiroir@agcenter.lsu.edu 225.578.6303
Art Lab at Upham Woods	Wisconsin Dells	Wisconsin	30-31	Grades 9-12	Sue Curtis Sue.curtis@ces.uwex.edu 608.342.1308 Registration Deadline—6 JAN \$10 registration fee



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COMMAND/UNIT UPDATES

THE SPOTLIGHT

364 ESC Family Readiness Training Day



On December 14, the 364 ESC held a Family Readiness Training Day at the Reserve Center in Maryville, WA. CYSS, in cooperation with Operation: Military Kids, provided activities for youth 6 to 14 years old. Youth participated in an introduction to computer programming and making stuffed snowmen. Soldiers and Families had lunch together in the dining hall, followed by a visit from Santa.

Our next event will be Samsung Building Blocks on January 24 in Tacoma. This program brings science, technology, engineering, and math together in fun and creative ways so youth can learn about innovative engineering and invent their own new projects. Samsung will provide the instructors and technology for this program for youth 8-14. POC: virginia.r.brannan.ctr@mail.mil



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COMMUNITY EVENTS January 2015

Please note that events listed in this newsletter, with the exception of AR CYSS events, are not endorsed by the Army Reserve and are provided only for community awareness.

What's Happening in Your Neck of the Woods...

Washington:

Super Science Saturday, January 24, Tacoma: To register, contact Virginia Brannan virginia.r.brannan.ctr@mail.mil

Super Science Saturday, Feb 7, Marysville: To register, contact Virginia Brannan virginia.r.brannan.ctr@mail.mil

Operation: Military Kids [Winter Survival Adventure](#)

Three trips to choose from: Jan 16-18, Feb 20-22, Mar 6-8 Click link above to register.

Operation: Military Kids [Deschutes River Trip](#)

March 23-27 Click link above to register.

Utah:

Seven great OMK events coming up soon in Northern and Southern Utah! For information or to register for events, go to <http://utah4h.org/htm/omk> or <http://utah4h.org/htm/omk/omk-summer-camp-registration>

Oregon:

Family Events Calendar: Pick specific dates or an entire month then pick an activity from the category drop down box. Activities include: Animals and Agriculture, Fairs, Festivals, Game Nights, Kids' Activities, and more, all over Oregon.

<http://www.eugenecascadescoast.org/family/event-calendar/> Oregon Families: See OMK events in Washington, above!

Idaho:

Watch for OMK events at <http://www.uidaho.edu/extension/4h/programs/omk/omkcamps/roboticsandgps>

Montana:

Search by date and city to see events all over Montana. You may also enter "children" or "family" in the search box to find events specifically for families with children. <http://search.greatfallstribune.com/localevents/100>

All States:

- Family Days Out is a commercial website that lists family-friendly activities for all ages. Enter your zip code and ages of your children for a list of indoor and outdoor activities near you. www.familydaysout.com
- 10 Family Fun Night Ideas: <http://entertainment.howstuffworks.com/leisure/traditional-games/5-fun-family-night-ideas.htm>
- Red Tricycle: Fun ideas for activities you can do with children at home or wherever you are. <http://redtri.com/>

YOU MAY ALSO BE INTERESTED IN CHECKING THE FOLLOWING LINKS REGULARLY FOR EVENTS IN YOUR AREA:

CYSS Events: <https://www.arfp.org/index.php/programs/child-youth-a-school-services>

4-H: www.4-h.org

YMCA: www.ymca.net

Operation Military Kids calendar for your state: www.operationmilitarykids.org/public/states.aspx



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RESOURCES AND WEB LINKS

For Deployed, AGR, Wounded, Ill, Injured or Fallen Soldiers

Army Fee Assistance will be provided by General Services Administration (GSA) working with those who serve in the military find and afford child care that suits their unique needs. Through the fee assistance program, families are eligible to receive monthly fee assistance to help offset the cost of child care in their communities. For more information visit, http://financeweb.gsa.gov/childcare_portal.

Army Respite Care The Army Respite Child Care will provide the family between 8 to 16 hours of hourly child care each month for each of the eligible children. Parents can use this time to run errands, attend appointments, or just take some well-deserved time out for themselves. The Army recognizes the challenges and extraordinary stress the parents and their families may be experiencing, and wants to help support them in meeting their unique child care needs. Eligibility: Deployed; Temporary Change of Station; Unaccompanied Permanent Change of Station; Temporary Duty; Wounded, Ill or Injured Status; Survivors of Fallen Warriors.

For Various Duty Statuses

Boys and Girls Clubs of America's (BGCA) is a network of safe, neighborhood-based facilities, for children/teens to come together. Visit: www.bgca.org

Military Kids Connect (MKC) is an online community of military children (ages 6-17 yr old) that provides access to age-appropriate resources to support children from pre-deployment, through a parent's or caregiver's return. Visit: www.militarykidsconnect.org

Military Mentoring: Operation Bigs is a new mentoring program created by Big Brothers Big Sisters that is specifically for military kids. The Big Brothers Big Sisters MMP supports children of the deployed and non-deployed, children of the fallen and children of the wounded and disabled. The program serves children of veterans at selected locations. The MMP also engages Active Duty, Reserve or Retired/Separated Military personnel, as well as civilians as volunteer mentors. Visit: www.bbbs.org

Operation: Military Kids (OMK) provides support and resources to military youth before, during, and after parents are deployed. Visit: www.operationmilitarykids.org

Sittercity Welcomes Military Families! Sittercity membership at no cost for military families and offer access to a database of local babysitters, nannies, pet sitters, elder caregivers, etc. Memberships are funded by the DoD to help you find local sitters and military subsidized child care providers, and are available to Army, Marines, Navy and Air Force families, including Active Duty, Reserve, and Guard. Activate your membership today! Visit: www.sittercity.com/dod

Military Child Education Coalition (MCEC) is a non-profit organization focusing on academic and school-related needs of military-connected youth. Visit: www.militarychild.org

SOAR is designed for military families, and is easily accessible worldwide. Students take an assessment aligned to state standards, and SOAR directs them to individualized tutorials to improve skills where needed. Visit: <http://www.soarathome.org/> or www.militaryimpactedschoolsassociation.org

Tutor.com for U.S. Military Families - Get help from a professional tutor anytime you need it. FREE for Active Duty, National Guard and Reserve members in the Army, Marines, Navy or Air Force and their dependents. Tutors are online 24/7 and available to help in more than 16 subjects. Visit: www.tutor.com/military



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Family Programs Coordinator

Dr. Tonica Wicker
364th ESC
Marysville, WA
360-403-2303
tonica.r.wicker.civ@mail.mil

Contact Dr. Wicker for assistance with:

- Family Support Services
- Family Programs Training
- Family Readiness



School Services Specialist (SSS)

Virginia Brannan
Contractor: Odyssey-TCI JV, LLC
360-403-2315
virginia.r.brannan.ctr@mail.mil

Contact Mrs. Brannan for assistance with:

- Command/Unit Support
- Educational Events and Activities
- Scholarship Information
- College Prep
- Academic /Tutoring Resources
- School Support Services



Youth Services Specialist (YSS) - Interim

Camara Rajabari
Contractor: Odyssey-TCI JV, LLC
63d RSC/ Dublin, CA
925-875-4791
camara.m.rajabari.ctr@mail.mil

Contact Ms. Rajabari for assistance with:

- Command/Unit Support
- Weekend Events and Activities
- Child Care Resources
- Youth Programming
- Teen Council

Stay connected with the 364th ESC



If you are not part of the 364th ESC or do not reside in Washington, Oregon, or Idaho, contact one of the CYSS Staff members above and we will connect you with the YSS or SSS who serves your area.



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