

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



DIY Music Workshop Weekend Enrichment Program

On 13 December 2014, Army Reserve Child Youth and School Services, along with community partners Operation Military Kids and National Guard CYS hosted the first in a series of music-based Weekend Youth Enrichment Programs at the National Guard 103rd Troop Command Headquarters. The event was titled "DIY Music Workshop," with a focus on music appreciation and performance as a means of stress management and resiliency training. The event was staffed by YSS Manuel Vergara and SSS Sandra Rivera, with support provided by NG CYS Michelle Nieves and OMK Kiki Yoshimoto. Volunteer assistance was offered by teen volunteer Stephanie Rivera. 21 children were able to discuss their personal music preferences, and how those preferences made them feel. There were then two separate hands on sessions: one focusing on percussion instruments, the other on melodic instruments. This gave them a chance to try different types of musical expression, ascertaining what their preferences were in a fun and encouraging environment. In both of the performance sessions, children were able to construct and play their own instruments as well as play high quality manufactured instruments provided by AR CYSS.



CYSS at 9th MSC Family Days

Family Days are an opportunity for Soldiers and their families to increase family ties to the unit, improves morale and increase family resiliency. The 9th MSC Child Youth and School Services (CYSS) coordinated Holiday fine motor skills development activities for 4960th MFTB 32 children and families and 301st 10 children during their Holiday Family Day. Assisting CYSS was Operation Military Kids (OMK) and AR teen volunteers. Families bonded while having fun!



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COMMAND/UNIT UPDATES



December's Army Reserve Teen Volunteers in Action

Every year, teens participate in the Army Reserve Youth Leadership Education and Development Summit. The objective is for these youth to meet other youth connected to the Army Reserve while participating in activities that promote success at home, in school and within their community. They also find out how to make a difference in the lives of Army Reserve Families, and commit to discover ways to become involved through partnerships with teens, adults and community-based programs. These youth also have the opportunity of becoming a part of the Army Reserve Teen Panel (ARTP) to foster communication between the Army Reserve teens and Army Reserve leadership on issues facing youth in today's society.

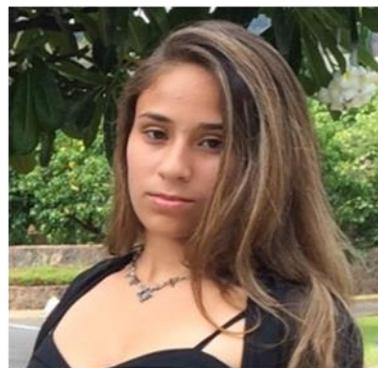
During the month of December, three highly motivated YLEAD and ARTP youth, Anna Hirsch, Jonathan Rivera and Stephanie Rivera, volunteered their time and assisted Child Youth and School Services (CYSS) in delivering fun instructional activities during 9th Mission Support Command (9th MSC) 7 December 4960th Holiday Family Day and 301st Family Day. They also assisted during the 13 December CYSS DIY Music Weekend Enrichment Program event. These teens took time out of their busy school schedules to prepare materials and assist participants throughout the events. Their dedication, support and positive attitude contributed to the success of CYSS activities during December's Family Days and CYSS event.



Anna Hirsch



Jonathan Rivera



Stephanie Rivera



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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...

9 January 2015, 0900-1200, Home Alone Workshop, ACS Building 330, Ft. Shafter, Hawaii. An interactive and fun workshop for parents and children that will provide children ages 10-12 the tools to make responsible decisions as they prepare to stay home without their parents. A parent must be present with their child. Contact (808) 438-4ACS (4227) for more information.

10 January 2015, 0830-1230, Adventure Mountain Bike (Level 2), Schofield Barracks Outdoor Recreation, Hawaii. Ready to take your Biking to the next level? Come with Outdoor Recreation as we explore the mountain bike paths of Sunset Hills. This ride is meant for intermediate to advanced riders. Transportation, equipment, and instruction is provided, you provide your own water and snacks. Ages 10 and up welcome! Contact (808) 655-9046 (or 9045) for more information.

10 January 2015, 1300-1430, American Girl Social Club, Joint Base Elmendorf-Richardson Library, Bldg. 7, Alaska. Meet us at the JBER Library for an exciting American Girl Social. Bring your favorite doll! We will be making 3 awesome crafts for you to take home, as well as making cotton candy for a sticky treat! Tell all your friends! It's sure to be a great event! Contact the JBER Library at 384-1640 for more information on the event.

14 January 2015, 1500-1600, Mad Science Present Fire and Ice, Sgt. Yano Library, Bldg. 560 Schofield Barracks, Hawaii. Explore the wild world of science with chemical reactions and the wonders of dry ice as the Mad Scientist demonstrates a bottle blast, crazy bubble shower, and creepy, foggy effects. Free for elementary ages and up, no registration required. Contact (808) 655-8002 for more information.

15 January 2015, Deadline to register for Indoor Soccer, ages 5-14, Kennecott or Two Rivers Youth Center, Alaska. The season runs from 2 February to 3 April, 2015, and registration is \$70 per player for all divisions. Contact 522-2266 or 384-1508 for registration details.

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 Director

Dr. Kevin Gilbert
Kalani USAR Center, Ft. Shafter
Phone: (808) 438-1600 Ext. 3191
Email: Kevin.j.Gilbert4.civ@mail.mil

Contact Dr. Gilbert for assistance with:

- Family Support Services
- Family Programs Training



Family Programs Coordinator

Belinda Gaines-Hager
Kalani USAR Center, Ft. Shafter
Phone: (808) 438-1600 Ext. 3305
Email: Belinda.D.Gaines-Hager .civ@mail.mil

Contact Mrs. Gaines-Hager for assistance with:

- Family Support Services
- Family Programs Training



School Services Specialist (SSS)

Sandra Rivera
Contractor: Odyssey-TCI JV, LLC
Kalani USAR Center, Ft. Shafter
Phone: (808) 438-1600 Ext. 3549
Email: Sandra.i.Rivera22.ctr@mail.mil

Contact Mrs. Rivera for assistance with:

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



Youth Services Specialist (YSS)

Manuel Vergara
Contractor: Odyssey-TCI JV, LLC
(Hawaii, Alaska, American Samoa)
Kalani USAR Center, Ft. Shafter
Phone: (808) 438-1600 Ext. 3374
Email: manuel.a.vergara.ctr@mail.mil

Contact Mr. Vergara for assistance with:

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



Youth Services Specialist (YSS)

Katherine Quan
Contractor: Odyssey-TCI JV, LLC
(Guam, Saipan, Korea)
Dydasco Reserve Center, Barrigada, GU
Phone: (671) 344-5012
Email: Katherine.t.Quan.ctr@mail.mil

Contact Mrs. Quan for assistance with:

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



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