

## **Army Information Update**

*Because information is power, we are informing you each personally and inspiring you to pass it along.*

### **ARMY FAMILY TOWN HALL OCT 2023**

- ⇒ Read what was discussed during AUSA at the [ARMY FAMILY TOWN HALL 2023](#)
- ⇒ The Chief of Staff has stated that, along with ensuring families are welcomed to their new duty station and unit, access to reliable unit and community information is key to empowering families.
- ⇒ Army Futures Command (AFC) has answered that call with the [MY ARMY POST APP](#). Once complete, this app will help Soldiers and families navigate their post & easily access accurate information. Fort Cavazos is the pilot. The app will be controlled at the installation level to accommodate individual installations.

### **AUSA SCHOLARSHIPS... DID YOU KNOW?**

- ⇒ For active duty, their spouses, children, and their grandchildren.
- ⇒ They have more to give but are not getting the applicants! [APPLY](#)

### **RAISING YOUR VOICE...DID YOU KNOW?**

- ⇒ The [Interactive Customer Evaluation \(ICE\)](#) comment card system on every installation sends the comment to the appropriate Program Manager for action. The intent is to improve a particular service or program at that installation or to highlight an exemplary service or program.
- ⇒ The [Army Family Action Plan submissions](#) are reviewed by the Garrison Commander. The intent is to offer ideas to improve your installation, your community or, depending upon your suggestion, something for the entire Army.

### **REGARDING MENTAL HEALTH...DID YOU KNOW?**

- ⇒ Insurance companies require a patient diagnosis for the provider to be paid. Data is showing that many people would find more benefit from other wellness-focused resources. **In the military, we have a plethora of FREE non-medical wellness benefits for individuals, families, units and SFRGs including:**
  - **35 Wellness Centers.** [Professional services](#) include nutrition counseling, physical fitness support & stress management education and resources.
  - **Free Financial Advice** and resources including access to certified financial planners.
  - **Garrison and Unit chaplains** are confidential and certified counselors. Find your installation website ([home.army.mil/imcom](http://home.army.mil/imcom)) and then search *Religious Support Office*.
  - **Military Family Life Counselors (MFLC).** Go to your installation's MWR site, ask your unit or search [MilitaryOne Source](#)
  - Red Cross on-site and virtual **Mind Body Wellness Workshops** w/ licensed counselors.
  - **Consortium for Health & Military Performance (CHAMP)** offers a host of wellness resources and workshops to maximize wellness, fitness & nutrition.

### **SPOUSE LICENSURE REIMBURSEMENT... DID YOU KNOW?**

- ⇒ This benefit provides up to \$1000 to offset licensure reimbursement costs.
- ⇒ **Since 2019, only 820 spouses have taken advantage of this benefit.**
- ⇒ See this [FACTS SHEET](#) or ask your ACS Employment Readiness Team or Unit S1.
- ⇒ [SAMPLE SF1034 FORM](#)

### **EVEN MORE SPOUSE EMPLOYMENT RESOURCES.**

*Our Goal: Every Army Spouse & Family are Aware of Big Army Information, Efforts, and Initiatives.*