

JOINT RESILIENCE DIRECTORATE

RESOURCE GUIDE





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“Your one stop for all things people.”

ABOUT THE J9:

Our Mission:

The Joint Resiliency Directorate (J9) consists of a team of professionals who provide one-stop support for CONG service members and their families to access prevention, response, and readiness services. Our team synchronizes efforts and creates collaborative relationships with leaders, military, and community-based stakeholders to provide focused, effective programs, and resources.

Background:

In accordance with the National Defense Authorization Act of 2021 and DoD Instruction 6400.11 the CONG has developed the J9 to enhance leaders’ ability to identify and mitigate risks that give rise to harmful behavior.

Who We Assist:

Anyone the service member identifies as part of a Service Members support system:

- Spouse
- Siblings
- Partner
- Roommates
- Pets
- Veterans
- Children
- Grandparents
- Friends
- Parents

Leadership:

J9 Director: COL David Nagel

Senior Enlisted Advisor: SGM Christopher Cole



RESOURCE LINE: 1-866-333-8844





What is Joining Community Forces?

Joining Community Forces is an entity of the Family Program Office. Joining Community Forces is a voluntary military and community cooperative partnership organized to allow service providers to engage in a multi-service networking that assists with connecting service members and families to local military and community resources.

Additionally, the JCF initiative's mission includes guiding and informing community leaders and local commanders across America on how to establish and sustain collaborative community, state, and regional JCF teams. By building community capacity from the ground up, JCF will enable proactive and effective assistance right where veterans, service members, and their families live.

The vision for JCF is to present a single entry point for resources and service providers interested in collaborating with other national and local civic-minded entities in support of veterans, military members, and their families in their communities.

Types of Resources:

- Education
- Emergency Support
- Employment
- Family and Youth Support
- Financial Assistance
- Health and Wellness
- Housing Assistance
- Military Community Groups
- Transportation Services
- Transition Services
- Veteran Affairs & Benefits
- Veteran Service Officers (VSO)

Get in touch!

Taylor Cavanaugh

JCF-Chair

6848 South Revere Parkway Centennial, CO
Building 2 Suite 116
Taylor.l.cavanaugh.civearmy.mil
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Scan the QR below to access the JCF Resource Guide



Scan Me



coloradojcf.org



WHO IS FAMILY PROGRAMS?



The CONG Family Program Office is a conglomerate of programs put in place to support the service members and families of the Colorado National Guard. The Family Program Office assists service members and their families in enjoying a positive military experience.



The Colorado National Guard Family Program will enhance quality of life for service members, veterans, and their families by establishing and facilitating on-going communication, involvement, and support.

Our Office Includes:

- Employment
- Soldier and Family Readiness
- Personal Finance Counseling
- Child and Youth
- Military and Family Counseling
- Yellow Ribbon Reintegration Program
- Survivor Outreach Services
- Airman and Family Readiness
- ESGR
- Transition Assistance
- Military OneSource

Get in touch!

Suzanne Buemi

State Family Program Director
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MEET THE MILITARY AND FAMILY READINESS TEAM

What is a Military and Family Readiness Specialist?

The Military & Family Program Readiness Specialist Team provides support and resources to service members and their Families regardless of their location, deployment status, branch of service, or duty status (active, reserve, retired).

They are here to provide the Eight Essential Services in addition to a multitude of other topics and other necessary resources.

Eight Essential Services:

- Legal Referral
- TRICARE Information
- Financial Assistance
- DEERS/ID Cards
- Crisis Intervention & Referral
- Community Resource & Referral
- Emergency Family Assistance Center (EFAC)
- Exceptional Family Member Program (EFMP)

Other Services:


Assists with the execution of the Military Readiness Standard Operating Procedure for all levels of Command.

Provides orientation, ongoing training, hands-on assistance, and information to subordinate Unit Commanders and Family Readiness Groups on all aspects of family readiness, well-being, and deployment cycle support.

Tracks and maintains family readiness records and reporting requirements for all levels of command. Serves as the liaison between the brigade, battalion, and company commanders, State Family Program Office, Military & Family Program Readiness Specialist (MFRS) and Volunteers. Provides regulatory guidance regarding Family Readiness.

Serves as the subject matter expert on family readiness while facilitating resources.

Get in touch!

 co.ng.mil/family



CONTACT YOUR MILITARY AND FAMILY READINESS SPECIALIST



LISA M COOLEY
Lead Soldier and Family Readiness Specialist



SCAN TO LEARN MORE

Cell: 303-905-0009
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Department of Military & Veteran Affairs
Colorado Army National Guard

Family Programs Main Office,
6848 S. Revere Pkwy. Centennial, CO 80112



DON PONZER
Soldier and Family Readiness Specialist



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JENNIE ZAMBO
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Colorado Army National Guard

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Colorado Army National Guard

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Department of Military & Veteran Affairs
Colorado Army National Guard

Pueblo Readiness Center
1215 Acero Ave
Pueblo, CO 81004



AIRMAN & FAMILY READINESS

About: The A&FRP provides support and resources to members and families of the Colorado Air National Guard by developing and executing policies, programs, and processes that enhance individual, family, and community readiness.

Service Member & Family Support Including:

- Air Force Aid Society (Financial)
- Air Force Families Forever (Family Survivor Continuum of Care)
- Air Force Warrior and Survivor Care
- Casualty Assistance
- Family Readiness Deployment Support
- Employment Assistance
- Personal Financial Readiness (PFR) Services
- Personal and Work Life
- Key Volunteer Program
- Volunteer Resources
- Relocation Assistance Program
- Survivor Benefit Plan (SBP)
- Transition Assistance (TAP, Advising)
- Exceptional Family Member Program (Childcare) (EFMP)
- Survivor Outreach Services
- Yellow Ribbon Reintegration Program



CONTACT INFORMATION:

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Ashley L. Fredenberg

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CHILD AND YOUTH PROGRAM



About: The Child and Youth Program supports year-round programming for school-aged children regardless of the parent's deployment status. Planned programs are provided in conjunction with Yellow Ribbon Reintegration Workshops and specifically addresses the needs of children facing separation or return of a family member in the deployment cycle. Additional activities are also offered throughout the year for school-aged children that focus on resiliency and life skills while encouraging life support!

The Mission: To promote and sustain the quality of life and resilience of Army National Guard dependent children and youth by providing secure, timely, flexible, and high-quality support services and enrichment programs.

Resources

- Deployment Cycle
- Education
- Behavioral Issues
- Grief
- Wellness
- Parenting
- Resiliency
- Military Awareness
- Online Support Programs

Events

- Day & Summer Camps
- Community Partner Outings
- State Teen Panel
- and more!



Get in touch!

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Lead Child and Youth Program Coordinator
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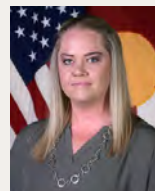
About: Employer Support of the Guard and Reserve (ESGR) is the lead U.S. Defense Department program promoting cooperation and understanding between civilian employers and their National Guard and reserve employees. ESGR develops and promotes supportive work environments for service members in the reserve components through outreach, recognition, and educational opportunities that increase awareness of applicable laws and resolves employer conflicts between the service members and their employers.

Who is our customer? All employers, all uniformed service members, and families of affected service members.

Ombudsman Service Program: ESGR's primary means for mediating workplace conflict is its Ombudsman Services Program. This national network consists of more than 900 volunteers within 54 field committees throughout the United States, Guam, Puerto Rico and the Virgin Islands. While each ombudsman receives extensive training on USERRA and dispute-resolution techniques, ombudsmen do not offer legal counsel or advice. Instead, they serve as an informal, neutral and free resource.

**Employers or service members who have a question can reach an ESGR ombudsmen in the ESGR National Call Center at:
1-800-336-4590 option #1**

Lexi Tegtman
ESGR Volunteer Coordinator
Email: Alexis.r.tegtman.ctr@army.mil
Cell: (720) 250-1176



AWARDS



Scan here
to nominate
your
employer!

USERRA



Scan here
to learn
more about
ESGR!





PERSONAL FINANCE COUNSELING

Briefings Available

- Babies and Budgets (Welcoming a New Child)
- Car Buying
- Continuation Pay (Blended Retirement System)
- Disability
- Divorce
- Estate Planning
- Financial Planning (TAP)
- First Duty Station
- Home Buying
- Marriage
- Paying for College
- Paying Off Student Loans
- PCS (Permanent Change of Station)
- Post-Deployment
- Pre-Deployment
- Promotion
- Raising Financially Fit Kids
- Retirement Planning
- TSP
- Leadership Training

Personal Finance Counselors can do all required Common Military Training (CMT) course presentations. Most of the presentations will take between 45-60 minutes, however, the time can be adjusted to fit available time slots.

These presentations are no cost.

Make The Most of Your Money:

The Office of Financial Readiness Program includes Personal financial Counseling (PFC) to help you and your family manage finances, resolve financial problems and reach long-term goals such as getting an education, buying a house and planning for retirement.

Support and Counseling Services:

- Confidential financial consultations for individuals and families
- Referrals to military and community resources
- Support for family members during deployment
- Help with credit management and budgeting
- Help navigating benefits

Locate a Personal Financial Counselor Statewide:

All active-duty, National Guard, and reserve service members, their family members, and survivors are eligible to receive no-cost financial counseling services.

THE COLORADO PFC TEAM:

Michael Snowden- Denver

6848 South Revere Parkway Centennial, CO
Building 2 Suite 116
pfc.centennial@magellanfederal.com
Cell: (720) 595-6508

Steven King- Colorado Springs

3200 N. Chestnut St. Colorado
Springs, CO 80907
pfc.cosprings@magellanfederal.com
Cell: (719) 313-3775

How do I Transition Out of the Military?



The RCTAA (Reserve Component Transition Assistance Advisor) program helps National Guard members, veterans, and families navigate civilian life by connecting them to earned benefits like education, employment, healthcare, and financial aid, with advisors in every region offering personalized guidance for a smoother transition from military to civilian careers.

Our Services Include:

- Healthcare Referral
- Medical Facilities
- TRICARE Benefits
- VA Dental Care Programs
- Referral for Counseling Services
- SGLI, TSGLI, FSGLI
- Unemployment Needs
- Pre-separation Counseling
- Rehabilitative Care
- Assistance with Veterans benefits
- Veterans Service Organizations
- Financial Hardships
- Compensation Claims
- Locating DD214s
- Locating Medical Records

Scan the QR
code below
to set up
appointment



Get in Touch!

Cliff White

Reserve Component Transition Assistance Advisor Program
6848 South Revere Parkway Centennial, CO Building 2 Suite 116
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(202) 987-3950



Employment Support Program



About: The Colorado National Guard Employment Program prepares and connects Service Members, Dependents, Veterans, and Retirees with education and employment resources, in an effort to enhance readiness and boost resiliency.

Services Provided:

Employment Assistance

- O*Net Training (DoL) for resume guidance, job searching, salary negotiation
- Networking to include using LinkedIn
- Interviewing skills prep
- Resume review and feedback
- Civilian (Chronological/Functional)
- Federal

Educational Opportunities


- Degree Programs
- Licenses and Certifications (no-cost or discounted)
- Internships/Apprenticeships

Get In Touch!

Laura Farlett

CONG Employment Program Specialist
6848 South Revere Parkway Centennial, CO Building 2
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Cell: (720) 288-2344



 [CONG Employment Webpage](#)



YELLOW RIBBON REINTEGRATION PROGRAM



About: The Yellow Ribbon Reintegration Program (YRRP) is here to provide informational events and activities for both the Colorado Army and Air National Guard team and their Families that have deployed 90 cumulative days in a fiscal year.

Pre-Deployment Events:

The pre-deployment event is a one-day, off-site event for the Service Member and their Family. This event focuses on getting the Service Members and their Families emotionally and physically prepared for the deployment. Family members are introduced to their Family Assistance Specialist (FAS) and are then introduced to the resources they have available to them while their Service Member is deployed.

During-Deployment Events:

Events held during-deployment are generally all-day events to which the Family Members of the deployed Service Member are invited. They are usually held at two times, at 30 days after the Service Member has departed and 30 days before the Service.

Post-Deployment Events:

Once the Service Member returns home, there are two events offered to assist the Service Member and his/her Family during the readjustment to the updated lifestyle, the 30-day event and the 60-day event.

Contact Information:

Alannah Rice

Yellow Ribbon Reintegration Program Coordinator
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Alannah.m.rice2.civ@army.mil
Office: (720) 250-1185



MILITARY AND FAMILY LIFE COUNSELING



About Military and Family Life Counseling:

MFLC offers confidential non-medical counseling for free. National Guard members and their families may receive up to 12 sessions per issue via face-to-face, secure online chat, video, or telephone at no cost.

Briefings Available:

Deployment:

- Deployment Survival
- Issues Families Face When Military Deploys
- Maintaining a Healthy Marriage During Deployment
- Making Marriage Work after Deployment
- Pre-Deployment & the Single Service Member
- Stages of Deployment
- The Emotional Cycle of Deployment
- When a Sibling Deploys

Grief and Loss:

- Mortuary Affairs and Grief Issues
- Supporting the Bereaved at Home and Down Range
- Survivor's Guilt
- What to Say When Someone's Grieving

Conflict Resolution:

- At Risk Service Members-A Guide for Command
- Conflict Resolution

Marriage and Couples:

- Building Healthy Marriages
- Challenges Faced by Dual Military Couples
- Creating Healthy Relationships
- Healthy Relationship Skills for Singles
- MatriMoney- Money and Marriage
- Military Spouses Commander Chief on the Homefront
- Mission Based Marriages
- Principles for Healthy Relationships and Marriages
- Recovering from Divorce (formerly known as Facing the Challenges of Divorce)
- Reigniting the Passion after Deployment

Anger Management:

- Anger Management-From Combat to Home
- Anger Management
- Controlling Anger

Communication:

- Communication and Assertiveness Training
- Communication Training
- Coping with Challenges while on RR
- Motivational Interviewing
- Talking to Parents- Effective Parent. Caregiver Communications
- The Three Cs of Communication



Parenting

- From Couplehood to Parenthood

Relocation, Return, Reunion and Reintegration

- Coping with Transitions
- Effects of Extended Daylight and Darkness
- Family Reunion
- From Combat to Home
- Homecoming and Reunion
- Post Combat Risk Taking Behaviors
- Reintegration Challenges for the Single Service Member
- Reintegration
- Return & Reunion Workshop for Spouses
- Reunion Briefing
- Reunion Its a Process Not an Event
- Transitioning to Civilian Life

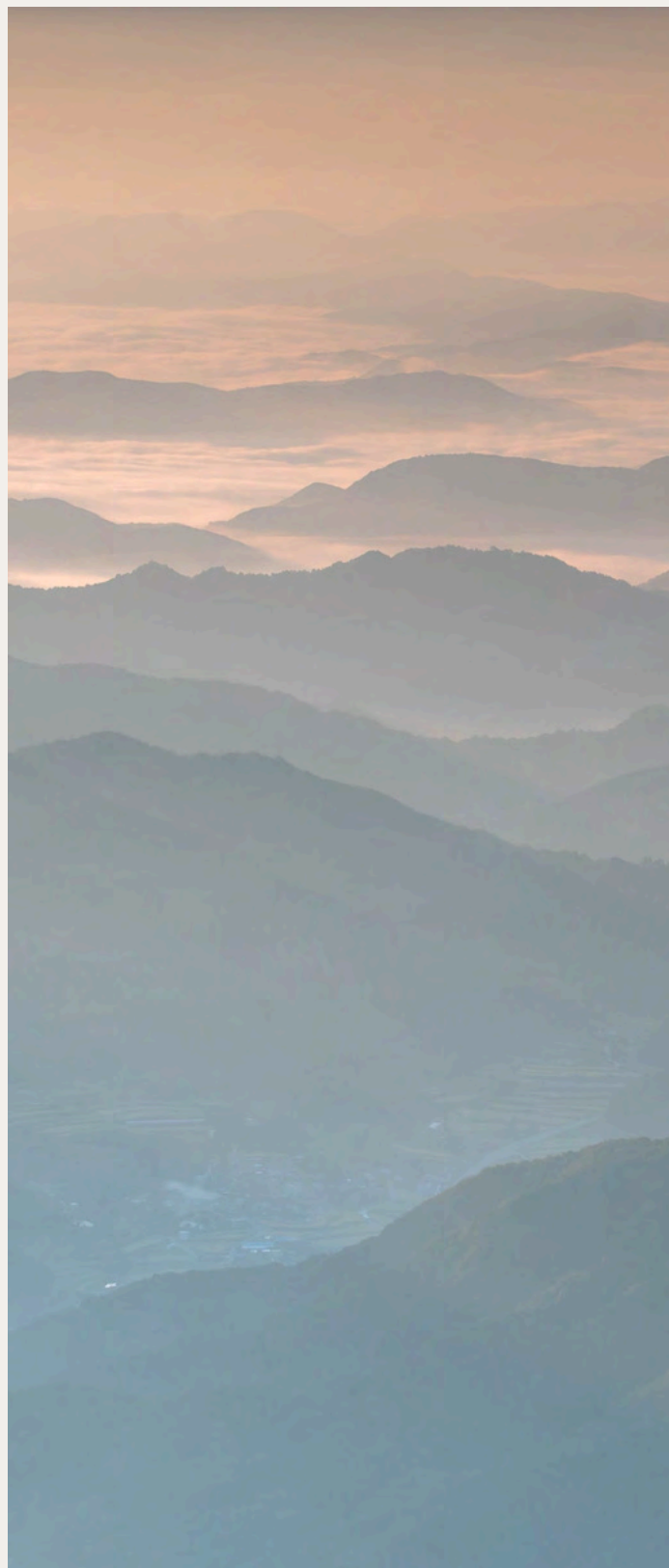
Stress Management

- Balancing Work Life and Command
- Building Stress Resiliency
- Combat Related Stress Reactions Need to Know
- Coping Skills for the Recruiter Lifestyle
- Coping Strategies for the Uncertainties of Life
- Life in Balance. Relaxation and Stress Relief
- Stress During the Holidays-Maintaining Balance and Stress Resilience

MFLC's help military families overcome challenges with free face-to-face support.

MFLC's are master's or doctorate-level licensed counselors who offer service members, their spouses and immediate family members short-term non-medical counseling. MFLC's provide support to individuals, couples, families, groups for a range of issues including, but not limited to:

- Relationships at home and work
- Managing stress
- Adjusting to military culture
- Building parenting skills
- Handling grief and loss
- Staying resilient through deployment and other changes



Contact Information:

Teresa Smiley

Military and Family Life Counselor- Denver
teresa.h.smiley-2@leidos.com
(720) 312-2010

Laurel Maik

Military and Family Life Counselor- Watkins/FoCo/Denver
laurel.maik@leidos.com
(303) 641-8459

What is the Psychological Health Program?

The COARNG Mental Health Team makes mental health a priority. Their scope of practice includes:

- Crisis intervention
- Assessments
- Referrals
- Case Management- BH profiles
- Psychoeducation

Please call the Mental Health Team if you or someone you know is experiencing any mental health issues or needs assistance with mental health professionals.

Have you ever experienced any of these?

- Depression
- Anxiety
- PTSD
- Severe Stress
- Panic Attacks
- Mood Disorders
- Suicidal Thoughts
- Mentally struggling with divorce or family issues

The Mental Health Team can help!

If you or someone you know is having an **EMERGENCY** and needs **IMMEDIATE** assistance:

Please call **911** or the **24/7** lifelines:

988 and Veterans Crisis Line at
1-800-273-8255

ASKING FOR
HELP
IS OK

Who we are

Connect with our office if you or someone you know is experiencing mental health issues



Shawna Denton-Gildea, LSW

Psychological Health Coordinator

(303) 358.7167



Shannon Bennett-Tuke, LCSW

Director of Psychological Health

(720) 219.0749



Ilitza Alvarez-Moreno, LCSW-S, CCM, CLC

Psychological Health Coordinator

(303) 565.6736



CHAPLAINS



About Army Chaplains: The Army Chaplains serve all Soldiers regardless of faith. They provide religious support, crisis response, counseling, and care for the Soldiers of the Colorado Army National Guard.

BRST/Strong Bonds Events

- Financial Peace University
- 5 Love Languages
- Got Your Back
- H2F Spiritual Fitness
- Moral Leadership Training
- Speed of Trust
- 7 Habits of Highly Effective People

Audience: All

Cost: There are no costs to individuals, couples and families.

Above are the courses that the Chaplain Corps can provide. Most fall under the Building Strong and Ready Teams/ Strong Bonds. Events can be anywhere from two hours to two days long.



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CH (MAJ) Katie Fanning
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CH, Maj Brett A. Campbell
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Air Force Chaplain

Army Chaplain's

Equal Opportunity Program

EQUAL OPPORTUNITY

J9 RESOURCE LINE: 1-866-333-8844

The CONG Equal Opportunity program is committed to fostering a culture of fairness and respect throughout our force. We ensure equitable treatment for all Soldiers, Airmen, and civilians by eliminating unlawful discrimination, harassment, and reprisal. The EO program protects service members and technicians from harassment and discrimination based on:

- Race
- Color
- Religion
- Sex
- National Origin
- Age (40+)*
- Disability (including pregnancy)*
- Genetic information (including medical history)*
- Reprisal/retaliation for taking part in protected activity (e.g., complaints)
- Association or relationship with a person in a protected group
 - * Indicates protection for Title 5 Civilian technicians only



Contact your EO Officer:

Matt Elden
State Equal Employment Manager
6848 S. Revere Parkway, Centennial, CO 80112
Matthew.j.elden.civ@army.mil
(720) 250-1175

We do this by:

- Promoting equal access to opportunities (e.g., training, development, assignments)
- Ensuring fairness in evaluation and recognition
- Encouraging mutual respect among force to build trust and morale
- Ensuring complaints are resolved promptly, impartially, and with discretion
- Providing ongoing training and guidance in policy, rights, and responsibilities



PREVENTION WORKFORCE



J9 RESOURCE LINE: 1-866-333-8844

About the Prevention Workforce:

The prevention team provides education and evidence-based prevention support/activities to reduce risk factors and promote protective factors with the goal of reducing and eliminating the impact of harmful behaviors in the military community.

- Integrated Primary Prevention Officer/Deputy J9 Director
- Lead Primary Prevention Specialist (Prevention Specialist aligned with JFHQ, 100th Missile Defense Brigade, 8th Civil Support Team)
- Family Violence and Abuse Prevention Specialist (Prevention Specialist aligned with 140th Wing)
- Self-Directed Harm Prevention Specialist (Prevention Specialist aligned with 169th Fires Brigade)
- Sexual Violence Prevention Specialist (Prevention Specialist aligned with 168th Regional Training Institute, Recruiting & Retention Battalion, Medical Detachment, COARNG Element (USNORTHCOM), Special Operations Detachment - Korea, High-altitude ARNG Aviation Training Site)
- Brigade Primary Prevention Specialist (Prevention Specialist for 89th Troop Command)

Briefings Available:

Domestic Violence and Intimate Partner Violence Prevention - Awareness training aimed at educating on the prevalence of abuse to encourage prevention, readiness, social change, and alert survivor to the options and resources.

Audience: Senior Leaders, Service Members and support system.

Time: About an hour, depending on size of class.

Child Abuse Prevention - Teaches adults and children to recognize the signs, symptoms, prevention tools, and dynamics of child abuse including physical abuse, emotional abuse, sexual abuse and neglect.

Audience: Teens, senior leaders, service members and support system.

Time: About an hour, depending on size of class.

Teen Dating Violence Prevention - Characteristics of healthy and unhealthy teen relationships and early warning signs and factors that may increase a teen's risk for dating violence.

Audience: Teens, senior leaders, service members and support system.

Time: About an hour, depending on size of class.

Elder Abuse Prevention - Increase awareness and recognition of the various forms of elder abuse and the impact of such abuse on victims.

Audience: Senior Leaders, Service Members and support system.

Time: About an hour, depending on size of class.

Stalking Awareness - Overview of stalking warning signs, prevention, intervention, and resources.

Audience: Teens, senior leaders, service members and support system.

Time: About an hour, depending on size of class.

Ask Care Escort (ACE)- The Army conducts annual suicide prevention training for all Soldiers using the ACE training model. The goal of this training is to increase awareness of suicide risk factors and warning signs and available resources, and to encourage intervention with Army Family members who are at risk.

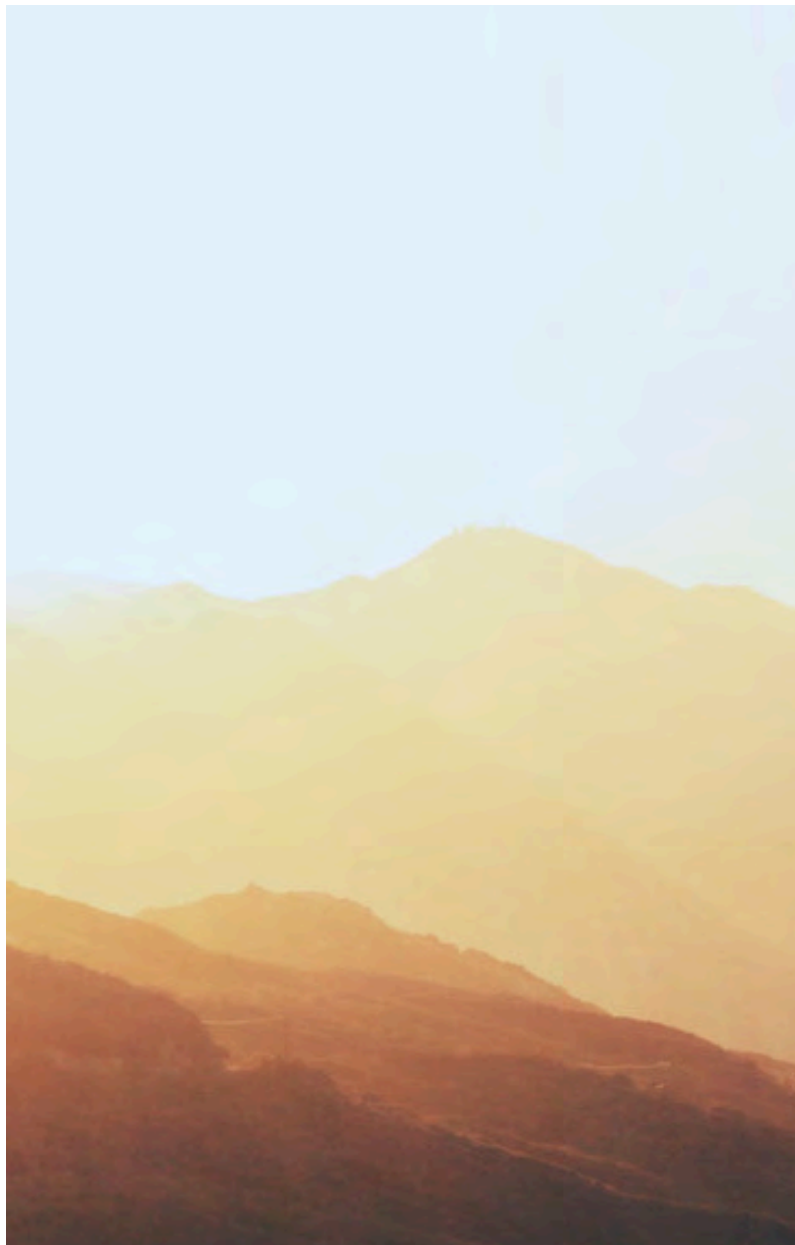
Time: 1 Hour.

Ask Care Suicide Intervention for Leaders (ACE-SI)- A leader focused intervention training that provides leaders with important skills in identifying and acting when suicide risk is discovered. **This class should be completed once in a career for all personnel E5 and above.**

Time: 8 Hours.

Applied Suicide Intervention Skills Training- A two-day workshop designed to provide students with intervention skill and the knowledge to help build suicide safer communities. A minimum of eight registered participants is required to host this course with a maximum of 30 personnel.

Time: 16 hours.



Mini Briefs:

Mini briefs may be requested by topic and designed to fit unit needs.

Additional Information:

If you don't see the training that you're looking for or if you have a need for a specific training that is not yet offered, contact the prevention team with the request or topics you would like to see added to the class catalog.

The Centers for Disease Control defines self-directed violence as anything a person does intentionally that can cause injury to self, including death. For example, cutting, suicide, eating disorders, and substance abuse.

PREVENTION WORKFORCE CONTACT INFORMATION

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*Integrated Primary Prevention
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Lead Prevention Specialist

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Sarah McStraw

*Self-Directed Harm Prevention
Specialist*

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Erin Summers

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Brittney Jones

Prevention Coordinator

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Amber Galloway

Prevention Coordinator

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(928) 991-2995*



SSG Vang Sai Lor

Drug Testing Coordinator

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(720) 209-3476*





SEXUAL HARASSMENT/ASSAULT RESPONSE AND PREVENTION PROGRAM



The Mission: The Department of Defense Sexual Assault Prevention and Response Office promotes military readiness by eliminating sexual assault and ensuring excellence in victim advocacy and prevention efforts through the execution of SAPR policy, planning and oversight across the DoD Community.

Contact Information

Ian Connor

Sexual Assault and Prevention Officer
D-SAACP IV
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Rebecca A. McLain

*Army Sexual Assault Prevention
& Response Coordinator*
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Holly Burrows

*Army Sexual Assault Prevention and Response
Coordinator*
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Lt Col Liz Pzanka

Program Specialist
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(720) 219-8890



Stephen "Lock" Davis

*140th Wing Sexual Assault Response
Coordinator*
stephen.davis.54@us.af.mil
(720) 607-69601

24-HOUR HELPLINE:

(720) 847-7272

J9 RESOURCE LINE:

1-866-333-8844



SHARP/SAPR BRIEFINGS OFFERED

Buddy Aid - Designed and developed by MAJ Bridget Flannery of the SDARNG, Buddy Aid aims to operationalize prevention and response to Sexual Assault. In the same way service members view react to contact or identification of IEDS, Buddy Aid reaches soldiers and airmen to view response to Sexual Assault as part of their duty as a member of the Colorado National Guard.

Audience: All CONG members.

Time: 1.5 hours

Bystander Intervention- In most instances, situations of Sexual Violence or Assault begin with risky behaviors that are commonly witnessed by individuals not involved in the situation, otherwise known as the bystander. Bystander intervention teaches those would be bystanders how to effectively intervene thereby mitigating further harm. Bystander Intervention utilizes the 3 D's method of intervention: Direct, Distract, Delegate.

Audience: All CONG members; emphasis on Junior Enlisted.

Time: 1 hour.

Consent is the foundation of every sexual interaction between two or more people. Alternatively, lack of consent is at the root of every Sexual Assault. This training is a guided discussion on what our views of consent are, what caused us to have those views, and how they differ from the views of others while also comparing views to regulation and law. The end product is a clear, concise view of what affirmative consent is and why it must be respected at all times.

Audience: All CONG members.

Time: 1 Hour.

Consent and Alcohol- Training intended to be taught in tandem with the Consent class. Once the concept of affirmative consent has been established and place in policy identified, this education brings alcohol into the conversation. The training takes a deep dive, in a guided discussion, into how alcohol affects consent, both through the eyes of the service member and through the eyes of the law.

Audience: All CONG members.

Time: 1 hour.

Online Dating Safety and Awareness - 21st Century dating has evolved from traditional courtship into a plethora of different options and opportunities. One of the most common is online dating which utilizes platforms like Tinder, Bumble or Hinge. In this education, we utilize the case study method to identify warning signs when engaging in online dating.

Audience: All CONG members.

Time: 1 hour.

Air National Guard Initial SAPR Volunteer Victim Advocate Course – A compilation of NGB approved and ever-evolving courses that range from victim advocacy, trauma informed care, vicarious trauma, reporting options, offender dynamics, safety planning, DOD standards for program implementation and reporting, roles and responsibilities, community resources and more.

Audience: COARNG Members intending to become Volunteer Victim Advocates.

Time: 40 hours.

Victim Advocate Refresher Course – A compilation of National Organization for Victim Assistance (NOVA) approved and ever-evolving courses that range from victim advocacy, trauma informed care, prevention, vicarious trauma, reporting options, offender dynamics, safety planning, DOD standards for program implementation and reporting, roles and responsibilities, community resources, and more.

Audience: Colorado Air and Army National Guard (D-SAACP Certified only) Victim Advocates.

Time: 16 hours.

Annual SAPR/SHARP Training – An NGB approved training that covers mandatory requirements for all National Guard members. Topics covered include reporting options, pertinent NGB/DOD program updates, and scenario discussions.

Audience: All CONG and COARNG members.

Time: 1 hour.

Ft. Carson Victim Advocate SME Panel – Open discussion with new victim advocates graduating from the SHARP academy about becoming a victim advocate. Discussions range from legal questions to best practices in advocacy, NGB specific guidelines, community partnerships and resources, and more.

Audience: SHARP Academy's New Victim Advocates.

Time: 1.5 hours.

SHARP Leaders Training– Covers a variety of topics to assist leaders in executing a supportive and healthy SHARP program. Topics include commander's toolkit, continuum of harm, reporting options, prevention, responding to sexual harassment/sexual assault, and more.

Audience: Colorado Army National Guard 1SGT's, CDRs, and Supervisors.

Time: 1 hour.

FACILITATED GROUP DISCUSSION

Empathy in Leadership and How to Set Aside Personal Bias – A guided conversation on our responsibility as empathetic leader's and how to both acknowledge and counter a person bias when dealing with people.

Designed to be taught to each group individually so as not to have a barrier to open discussion.

Audience: NCO's, Warrant Officers or Officers.

Time: 1 hour.

Toxic Masculinity: Finding the Healthy Medium –A guided conversation on what Toxic Masculinity is and why countering it is so important in the military environment.

Time: 30 minutes.

MINI BRIEFS

Trauma Informed Leadership – A guided discussion with leader's intended to identify trauma in subordinates, provide empathetic leadership, and accomplish the mission while maintaining the highest caliber of readiness. Designed to be taught to each group individually so as not to have a barrier to open discussion.

Audience: NCO's, Warrant Officers or Officers.

Time: 30 minutes.

Cyber Dating – Short version of Online Dating. Introductory brief on the risk's vs reward concept of online dating.

Audience: All CONG members.

Time: 30 minutes.

Military Hook Up Culture – A stigma shattering brief on the age-old perception of the military being a high hook up zone, why this is not accurate, and what we as service members must do to counter that toxic thinking.

Audience: All CONG members.

Time: 30 minutes.

Offender Dynamics – Countering the opportunistic offender and identifying the imminent offender. This short briefing serves as a WARNO to service members by acknowledging the fact that offenders are in our ranks and teaching how to identify and counter them.

Audience: All CONG members.

Time: 30 minutes.

Stalking Awareness – Overview of stalking warning signs, prevention, intervention, and resources.

Audience: Teens, senior leaders, service members and support system

Time: About an hour, depending on size of class.

Additional Information:

Class cost information is currently not available; classes are typically no cost. For more information, please reach out to a preventionists.





SURVIVOR OUTREACH SERVICES

Survivors — Always a part of the Army Family.

Program Overview:

Survivor Outreach Services (SOS) is the official Army program designed to provide long-term support to surviving Families of fallen Soldiers. This is a program, conceived of and developed by survivors, that is continually refined based on survivor feedback and involvement by Army senior leaders. Army National Guard, US Army Reserve and active component Families are served by SOS staff located across the country. Regardless of the Survivor's loved one's Army component, duty status, location or manner of death, SOS staff provide outreach and support. Services are portable and, where available, may be provided at an Army location (including joint installations, National Guard installations or State headquarters and Army Reserve centers) closest to the survivor's current residence.

Services:

The SOS program offers survivors long-term case management through a menu of services to support their needs. The critical services are milestone management, annual outreach and referral. The goal is to educate survivors on available resources, assist them with concerns with military benefits and help them maintain a connection to the Army. The services offered are based on the individual survivor's needs and eligibility.

The SOS program may provide the following services to eligible survivors which include but are not limited to:

- Milestone management such as changes in benefits, entitlements, financial stability and recertification of enrollment of children in full-time education.
- Liaison to DOD agencies and benefit coordinators, such as the Defense Health Agency, Veterans Affairs, and Defense Finance Accounting Service.
- Liaison with nongovernmental organizations such as Tragedy Assistance for Survivors, Gold Star Wives/Mothers/Fathers and others.

Contact Information:

Alison Patton

Support Coordinator
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Cell: (720) 988-0614
Office: (720) 250-1564



Legal Assistance



About:

Acts as a legal adviser and attorney for the most diverse, complex, difficult, and novel legal issues found in the emerging area of victims' right law.

What can legal do for you?

Assist with Civilian Related Legal Issues:

- J9 attorney lives HERE
- Divorce, Custody, Family Law
- Civilian Debts, Debtor/Creditor Law
- Unlawful eviction, Landlord/Tenant Law
- Estate Planning (Wills, Powers of Attorney)

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