



SMSD Information and Resources

Service Members and Military Families

April 27, 2020

Sexual Assault Awareness and Prevention Month

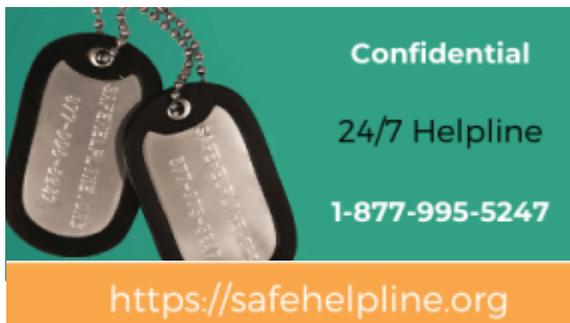
“Protecting our people protects our mission”

What is Sexual Assault?

Sexual assault is intentional sexual contact characterized by the use of force, threats, intimidation, or abuse of authority or when the victim does not or cannot consent. The term includes a broad category of sexual offenses or attempts to commit offenses.

What should I do?

Go to a safe place or contact someone who can take to a safe place. Call 911, contact military law enforcement or [hotline](#). Consider seeking medical care promptly. Evidence can be gathered whether you decide to file a report or not. Make sure you understand the difference between [restricted and unrestricted reporting](#). Providing an understanding of your needs will allow support staff to better assist you. You don't have to do this alone.



Restricted Reporting: Restricted reporting allows a sexual assault victim to confidentially disclose the details of his or her assault to specified individuals and receive medical treatment and counseling, without triggering the official investigative process. The limitations of restricted reporting result in no criminal charges against the assailant and the victim cannot receive a military protective order.

Unrestricted Reporting: This option is for victims of sexual assault who desire medical treatment, counseling, legal assistance, specialists, and an official investigation of the crime.

Contact Resources

Wisconsin Military

Office: 608-242-3742 / 608-242-3736

24hr Helpline: 608-469-2627

<https://wisconsinmilitary.org/>

DoD Safe Helpline

<https://safehelpline.org/howitworks>

RAINN

800.656.HOPE (4673)

<https://www.rainn.org/articles/military-sexual-trauma>

Sexual Harassment / Assault Response

<https://www.sexualassault.army.mil/index.aspx>

1 in 6

Men may also be victims of sexual violence. At least 1 in 6 men have been sexually abused or assaulted. All of the [hotline and website resources](#) listed above can be utilized by sexual assault victims regardless of gender.

For [SHARP](#) resources, consider viewing the available webinars and checking out any affiliate links.

If you're looking for male specific resources check out [1in6.org](#). Their website provides weekly online support groups and webinar series. They provide community and coping resources to encourage resilience and healing for survivors or childhood and/or adult sexual abuse and violence.

[MaleSurvivor.org](#) also offers similar resources regarding online communities. However, they also offer information for parents, partners and resources on how to connect with a therapist.

The Economics of COVID-19

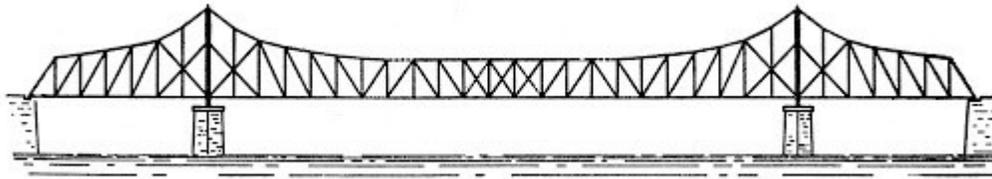
Kyle Bestul | Soldier and Family Readiness Specialist, JFHQ in Madison

Before I got started in the Service Member Support Division, I was (and still am) a job recruiter for the private sector for the past 5 years. I operate my small business out of Poynette. The recruiting industry has been flipped on its head dramatically since the outbreak of COVID-19. What used to be a candidate driven market, where qualified candidates would often end up with multiple job offers, is now flooded with quality professionals. We went from 3.5 million people unemployed in the U.S. to 26 million+ people unemployed over the course of just a month! We haven't seen the peak of unemployment yet, these numbers will continue to grow.

With the dramatic shift and downturn in the economy, I'm sure someone you know has been impacted. Here are some things to think about when going about a search and readjusting your lifestyle in this economy.

Despite the ability to take on more debt, it might not be the greatest idea.

Companies are offering unprecedented rates on new cars, credit offerings, etc. Ask yourself if spending money on a relatively cheaper, albeit still expensive, new car is worth the investment. Even with the low prices on cars, I'd venture to guess they still will not appreciate in value over time. Many economists are calling for depression-era lows in unemployment, which means even more competition for available jobs in the near future. Maybe now is the time to gain critical skills necessary for high demand positions (healthcare field, the trades, accounting, etc.) if you don't already have them. If you're concerned about the stability of your position, start researching high demand career fields that are critical to our country's infrastructure. Some disciplines and industries are still hiring, you might not be qualified for a position today, but if COVID-19 lasts as long as some of these projection models are saying, you might be qualified by the middle of it and get hired then.



Bridge jobs are OK!

Yes, a lesser title or lesser paying job than what you've had in the past might not be ideal and may be seen as a "blemish" on your resume 5 years from now. Putting pride aside and taking that job is OK. As I always tell the candidates I work with, the best time to upgrade your position is when you're employed. When deciding if a bridge job is good enough consider your expenses (and opportunities to decrease them), current savings (including assets), and obviously whether the job pays enough to keep basic needs met for an extended period of time.

Cast a wider net than you think you need!

It was an average of 20 applications/resumes and 6 first time interviews in a candidate driven market. With the influx of quality candidates, those ratios will likely be pushed higher as you're competing against more qualified professionals. Depending on how hard your local market has been hit, these numbers could easily be pushed into the 75+ application range for an average. Try not to get discouraged, and apply to jobs when you meet more than 75% of the criteria. Register with staffing agencies, contact recruiters, and apply by yourself as well!

Last but not least, please be aware of a resource specific to military families:

Citizen Soldier For Life (CSFL), <https://wisconsinmilitary.org/deployment-and-lifecycle-support/life-cycle-support/csfl/> is a link for more info, but otherwise can be found via the dropdowns on www.wisconsinmilitary.org.

April: Month of the Military Child

#MonthoftheMilitaryChild Activities

APRIL 28 • Military Kids are Creative



Follow the WI National Guard [Child and Youth Program](#) and the [Family Programs](#) pages on Facebook for more fantastic ideas during this special month!

Outdoor Fun

Amy Ritter | Soldier and Family Readiness Specialist,
Camp Williams (Camp Douglas, WI)

Before working for the Service Member Support Division, I taught high school Spanish for over 11 ½ years. While I was born and raised in Tomah, I did not anticipate living there. I can say that I have come to appreciate Tomah in my older age.

In the classroom, I had students move to Tomah from cities or different parts of the country. Of course, cities have many things to do; movies, parks, concerts, live music, art, museums, aquariums, cafes, etc. With large eyes, they would walk into my classroom, hungry for understanding small town, rural life. They would say, “There is nothing to do!” I would try to paint the glass half full, and say, “Tomah has a lot to do and is a great place for your creativity to grow!”



What does that mean? If one puts the cell phone and video games aside, Tomah (and the surrounding area) has a lot to offer...outside, even in the dead of winter. You can hike, bike, walk, swim, snowshoe, kayak and scuba dive, all within 30 minutes of Tomah. So, get outside and enjoy nature! Spend quality time with family or by yourself.

Here are three of my favorite outdoor spots:

Mill Bluff State Park

<https://dnr.wi.gov/topic/parks/name/millbluff/>

Smrekar Trails, Black River State Forest

<https://dnr.wi.gov/topic/StateForests/blackRiver/documents/BRSFTrails.pdf>

Juneau County Forestry and Parks

<http://www.co.juneau.wi.gov/land-forestry--parks1.html>

Lions, Tigers and...Pandas?

When the warm spring breezes arrive a plethora of outdoor activities are back on the “To-Do” list. Chances are one of the possibilities is visiting a small, local zoo or making a special trip to a larger zoo or aquarium. It is unknown when we will once again pay a visit to the loud, tropical birds or be amazed at the length of a seemingly ancient crocodilian.

Thankfully the internet has once again provided us with the resources to visit some of the most magnificent, oddball or daunting creatures with which we share our planet.

Atlanta Zoo

[Panda Cam](#)

Georgia Aquarium

[Barrier Reef](#)

[Beluga Whale Cam](#)

[Gator Crossing](#)

[Ocean Voyager](#)

[Penguin Cam](#)

[Piranha Cam](#)

[Sea Lion Cam](#)

[Sea Otter Cam](#)

Monterey Bay Aquarium

[Coral Reef Cam](#)

[Jelly Cam](#)

[Penguin Cam](#)

[Shark Cam](#)

Reid Park Zoo

[Giraffe Cam](#)

[Grizzly Bear](#)

[Lemur Cam](#)

[Lion Cam](#)

Houston Zoo

[Flamingo Cam](#)

[Gorilla Habitat](#)

[Leafcutter Ant](#)

[Rhino Yard](#)

San Diego Zoo

[Ape Cam](#)

[Elephant Cam](#)

[Koala Cam](#)

[Tiger Cam](#)



“Peace doesn’t deny difficulty, but it has an inner calm and quietness even while enduring the difficulty.”

— Glenn C. Stewart

Final Thoughts on Month of the Military Child

Cameron Campbell | Lead Child and Youth Coordinator for the Wisconsin Army National Guard

I have been in the [Child and Youth Program](#) (CYP) for 5 years. I started as a Youth Coordinator for the Iowa Army National Guard and then was promoted to be the Wisconsin lead in 2016. With a bachelor's degree in youth programming, I have been leading youth programs in a professional and volunteer role since 2006.

I am not a person who speaks about my connection with the military very often. I never served, and when I was a child, I never sensed the impact of having a dad in the military. I never sensed this because I didn't know him. My dad is a Vietnam veteran, and I've seen him twice in my life. What I now sense from the lack of a father is nothing compared to the challenges that youth of military families go through.

As the social and communal climate changes for the youth they begin to adapt. This can take form in many ways. Since I work in youth programming, my hope is that this adaptation is a growth within themselves and their family unit. There are times that there is a greater struggle with separation and change that leads to apathy, anger, and depression. If the change begins to curve in this direction, it is important to seek professional advice from your physician.



Let's look at something simple to portray how change can affect our normal social and communal climate. If you look at a stream of water, you will see a normal flow to its path. What happens when you place a large rock within that path? The water will be displaced at some point to compensate for the new object. But the overall path is not the same anymore. The water molds around the rock, and it becomes part of the path. We are presented with a decision when an obstacle is placed within our life. Are we going to mold around it and accept the change to grow from it? Or, are we going to continue to resist it as a dam in our stream? Take the path of least resistance and learn from these obstacles that are placed in your path. I'm not going to lie and say there will not be change when there is an obstacle placed in your life. There will be change. Always remember that anyone can adapt to their new surroundings just like when a stream of water molds to its new path.

Milly Burmesch the WI CYP State Teen Panel President adapted to her surroundings and remains strong. "It is during this month that I am connected with all military youth, not only throughout the state, but the entire country. Although every military youth has had their own experiences and struggles, we are all in this together. Celebration of military youth during this month is not only important to allow this connection to grow, but also to show that every individual is appreciated. It is this month that excites me to share a little bit of purple from my life into the world."

April is the Month of the Military Child and is dedicated to recognizing the youth that go through a lot more than I did. They can be constantly put through a motion of change throughout their childhood. They must adapt more often and bounce back from multiple obstacles as a military family. Their age is not an indicator that they will forget or not be affected. The youth in a military family are not to be forgotten for their sacrifice. These youth make up the military family and I ask you to help recognize them in April, and beyond, for the challenges that they must endure.

Family Readiness Support Services



Need Support? Call us at 1-800-292-9464, Option 1

 <https://www.facebook.com/WIFamilyPrograms/>