



SMSD Information and Resources

Service Members and Military Families

June 8, 2020

You're a Grand Old Flag



Flag Day is celebrated on June 14. It commemorates the adoption of the flag of the United States on June 14, 1777, by resolution of the second Continental Congress. The United States Army also celebrates the U.S. Army birthday on this date. Fun Wisconsin facts; the idea of Flag Day is believed to have first originated with Bernard Cigrand in 1885 in Fredonia, Wisconsin when a school teacher began celebrating Flag Birthday. Appleton, Wisconsin, claims to be the oldest National Flag Day parade in the nation, held annually since 1950. While Flag Day isn't an official federal holiday, it is at the president's discretion to officially proclaim the observance.

How are you going to celebrate? Red, white and blue themed dinner and desserts are a fun way to get the whole family involved and [learn a little history](#). If your current flag is ragged, properly dispose of it at a flag drop-off site and purchase a new flag. Put up a flag pole and light to honor our great USA every day from the comfort of your own home. If you need assistance with obtaining an American Flag, reach out to your Soldier & Family Readiness Specialist (1-800-292-9464 option 1) to get contact information for your local VFW or American Legion.

Pride Month

Governor Tony Evers announced Friday the Rainbow Pride flag will be raised over the Wisconsin State Capitol during the month of June in recognition of Pride Month. It will fly over the East wing of the State Capitol building from 1 P.M. Friday, June 5 to sunset on June 30. "Wisconsin is a proud state that recognizes that diversity makes our communities and our state stronger," said Gov. Evers. "I am proud to once again celebrate the diversity and resiliency of the LGBTQ community this Pride Month and to share this symbol of our commitment to continue to do the work needed to create a more equitable, just, and inclusive state for all."

The celebrations of Pride Month may bring up many feelings of internal conflict. Please know you are not alone. There are many people and organizations that want to assist in whatever feelings you are having. American Foundation for Suicide Prevention is dedicated to supporting efforts to learn more, and to developing and expanding the direction of suicide prevention strategies, programs and practices that serve the unique needs of LGBTQ populations. Funded by the Johnson Family Foundation, the LGBT Knowledge to Prevention Initiative, which was launched from a Consensus Conference co-sponsored by the Gay and Lesbian Medical Association and the Suicide Prevention Resource Center, seeks to stimulate a national LGBT suicide prevention effort by bringing together leading LGBT and national suicide prevention organizations. Below is a listing of resources, many found on [American Foundation for Suicide Prevention](#). Additionally you can check out www.wisconsinmilitary.org for any additional needs. Reach out to your Soldier & Family Readiness Specialists for any questions or information @ 1-800-292-9464 Option 1.

Trevor Project

Lifeline: 1 (866) 488-7386, Phone support for LGBTQ youth available 24/7

Trevor Text: Text START to 678-678, Chat & text support for LGBTQ youth available M-F 3-10pm EST

Trans Lifeline 1-877-565-8860 - Support for transgender people, by transgender people

SAGE LGBT Elder Hotline 1-888-234-SAGE (7243), Peer-support and local resources for older adults.

National Suicide Prevention Lifeline 1-800-273-2255, Provides 24/7, free and confidential support

The Crisis Text Line Text TALK to 741-741, Text with a trained crisis counselor for free, 24/7

Behavioral Health Specialists Introduction

The Service Member Support Division, Behavioral Health Program contracts with four Licensed Behavioral Health Specialists to assist SMSD sister programs, commanders, soldiers and their families who are serving within the Army, National Guard and struggling with Behavioral Health Issues. The team assists with issues that are impairing a soldier's quality of life, well-being or impeding their success in performing their duties within the National Guard.

The Behavioral Health Specialists provide consultation and assistance to Command and Leadership regarding SM with:

- ⇒ Soldiers in crisis and response to serious incident reports
- ⇒ Exhibiting at-risk behaviors
- ⇒ Struggling with stressors
- ⇒ Mental health concerns
- ⇒ DPH staff conduct risk assessments, behavioral health diagnostic evaluations, holistic treatment plans and connection to army and civilian resources and supports.
- ⇒ Unit risk inventory guidance and assistance
- ⇒ Presentations on suicide prevention, behavioral health, health and wellness, grief, domestic violence and trauma debriefings
- ⇒ Collaboration with HSS and case management
- ⇒ SRP assistance
- ⇒ Tailored Structure Response

The primary roles of the team are to provide Service Members and their families prevention services, brief crisis intervention and support and assistance who are facing challenges and experiencing difficulties in their daily lives. Service Members and Families may contact us directly regarding:

- ⇒ Crisis intervention
- ⇒ Mental health
- ⇒ Substance use
- ⇒ Relationship issues
- ⇒ Life stressors and difficulties
- ⇒ Assistance, connection and referrals for supports and services, military and civilian
- ⇒ Supportive guidance



It is recommended interested parties contact the specialist closest to their residence, not their drill location. If you're unsure about who you should contact, reach out to your S&FRS contact and they will be happy to refer you.

Robyn Bradley, LCSW Central Region, 608-504-6027, robyn.r.bradley.ctr@mail.mil

Shelly Bourquin, LCSW Madison Region, 608-640-8344, shelly.l.bourquin.ctr@mail.mil

Deb Koltis, LPC North West Region, 608-640-9315, dkoltis@wtnae.com

Sarah McSorley, LCSW Milwaukee Region, 608-640-9317, sarah.k.mcsorley.ctr@mail.mil

A Challenge for Book Worms

DoD Virtual Summer Reading Program, June 1 - August 31, 2020

Once again, the DoD MWR Libraries is sponsoring the FREE Virtual Summer Reading Program. All you have to do, individually or as a family, is read at home, submit a reading log online, and be entered into weekly gift card drawings. To join, visit <https://dodvirtuallsrp.beanstack.org/>



In search of something new to read? Looking for audio books or educational support for kids? How about accessing magazines, tutorials, and blogs? Check out the Military OneSource's [MWR Digital Library](#) to access all of this and more for FREE! Use this free resource to help you with your summer reading program journey. Enjoy!

Money Matters

Military OneSource offers a plethora of resources to assist with understanding your credit report, talking with creditors, debt consolidation and more. Follow any of the links below to put yourself on the path toward financial success.

[Repairing Your Credit](#): While there's no quick fix for repairing bad credit, you can — and should — dispute inaccurate information on your credit report. In this podcast, you'll learn your rights under the law.

[Military OneSource Money, Taxes & Legal Resources](#)

[Understanding Your Credit Report](#)

[How Credit Works](#)

[Building a Better Credit Report](#) (under Access Resources)

[Dealing With Creditors](#)

[Does Debt Consolidation Make Sense?](#)

[Money: Planning, Saving, and Investing](#)

[Financial Calculators](#) From investments, retirement, savings, purchases, and more.

[Expanding Credit Protections for Service Members and Their Families](#): The Military Lending Act protects military families like yours from wrongful loan practices. Read these FAQs to understand how the act keeps you in control of your finances and loans.

MWR Digital Libraries:

[Weiss Financial Ratings](#) Financial literacy tools on retirement planning, home and mortgage, insurance strategies, and saving for your child's education.

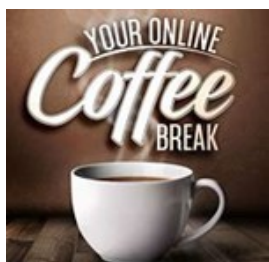
[Universal Class](#) offers more than 500 online courses on a wide range of subjects/levels. Courses are instructor led and self-paced. Some courses offer CEUs. Subject areas include Computers and Technology, Personal Finance, Crafts and Hobbies, Homeschooling, Professional Development and more.

[Consumer Reports](#) Looking to make a purchase? Use this online library to access 1,000+ ratings, reviews, expert buying advice, product comparisons, consumer user reviews and product video clips.

[RBDigital Great Courses](#) money management, understand investments, and more with economics and finance courses.



Virtual Coffee Break



Thurs., June 11th, 0900 CST

Do you get your movies, music and books for free? Have you considered learning a new hobby or skill but money is tight?

Join us for a 20min coffee break to learn more about free resources available to you! Grab a cup of joe,

take a break, or even join us while multitasking. We will be available to connect you to information and services that can help you create your best MilLife.

[Register](#).

Hosted by Rebecca Bernau-Boehlke, WI Military OneSource State Consultant

Wisconsin USO Movie Night

Join the USO as they host a Sunday Family Movie Night by watching [Tarzan](#) virtually. The movie starts at 7pm on 6/21.

Step 1. Visit <https://www.netflixparty.com/>

Add the extension to your device. To install Netflix Party, start by clicking the "install Netflix Party" button on this page. Once you are redirected to the Chrome Web store, click "add to chrome" to finish installing

Step 2. Join a Netflix party: (look for the link on [Facebook USO Wisconsin](#))

To join a party click on a party URL, which will redirect to Netflix's website. Then click on the "NP" button next to the address bar, and you should automatically join the party.



Need Support? Call us at 1-800-292-9464, Option 1
<https://www.facebook.com/WIFamilyPrograms/>

