

A Pathway with Purpose

Guide to Managing Key Life and National Guard Career Transition Points



Family Readiness & Warrior Support



Matthew S. Woodruff

Brigadier General
Assistant Adjutant General for Army



Sheldon Chambliss

Command Sergeant Major
State Command Sergeant Major

A Message From The Command Team

A Soldier for life mindset is a holistic approach to the military career pathway. Integration to various pathways throughout one's military career is essential in their development from start to finish. First, second enlistment, considering retirement, or ending your term of service? Regardless of where you currently stand, do you have a plan? Too late, too soon, not enough time to plan? Start your success story today—it's never too late! As the command team of the Ohio Army National Guard, we have strived to create an atmosphere where every Soldier is offered the same opportunities regardless of race, gender, ethnicity, or sexual orientation. Building a culture that is defined by dignity and respect requires a well thought out plan. A plan of this magnitude must include success for each Soldier both personally and professionally.

Successful plans are balanced plans. Balancing your obligations to your Family, your civilian employer, and the military is not easy. You must be purposeful in finding the right balance at varying points of your personal and military life. CSM Chambliss and I have over 60 years of combined service, which includes many missed birthdays, holidays, and random celebrations. There will be times when your military obligations will take priority, but there will absolutely be times when you must put your Family and/or civilian employer's needs first. The career pathways guide helps Soldiers maximize available programs to help shape those difficult times in life. The ability to make good financial decisions, leverage health care, build healthy relationships, and resiliency are key pillars for success after service. I believe my life is better having served in the Ohio Army National Guard. My hope is you utilize the career pathway guide to make your service worth your countless sacrifices.

God Bless you all and God Bless America,

PEOPLE FIRST, WINNING MATTERS!



Our decisions and actions must be rooted in our Army Values, every day, in and out of uniform. Loyalty, Duty, Respect, Selfless Service, Integrity, Honor and Personal Courage are the very foundation of our profession, and every Soldier has a responsibility to live these values without compromise. Stewardship is our duty to care for the people, other resources, and the profession entrusted to us by the American people. Trust is hard earned, but easily lost. All Army professionals have the duty to be faithful, responsible, and accountable stewards, advancing the Army Profession, strengthening the Army culture of trust, and conveying the legacy we inherited from those who led the way.





Dr . Glenn E. Spencer Jr. DEM, PhD.
 Transition Assistance Advisor
 State Retirement Services Officer
 614-336-7252 office
 614-572-9184 mobile
Glenn.e.spencer2.mil@army.mil

The prospect of transitions throughout a military career and life is both exhilarating and daunting. This guide is a tool to help you navigate the multitude of resources available to support you and your Family throughout your military career and beyond. Maximizing all the resources, use of every benefit that comes with investing in your future will help balance your military and civilian life, employment and Family responsibilities. This publication is a tool that endeavors to help you navigate the various phases of your military career as well as balance your commitments to your Family and civilian employers. Explore every page as it pertains to your military career lifecycle. While there are many resources available to Soldiers and Families of Soldiers, don't lose sight of these great resources offered by the Ohio Army National Guard (OHARNG).

Military Life Cycle Key Transition Points

Transition points represent opportunities to purposefully engage, educate, and assist Soldiers and Families throughout their National Guard career. Maximize your full potential by leveraging all available programs and resources! Explore the recommended resources and programs presented throughout the resource guide as you move through your military career.





First Impressions Matter

How you perform and what you do during your first years of military service will set the stage for the rest of your military career, as well as your personal and professional life outside the military. This is a time when you should focus on learning and seeking out good leaders, coaches and mentors. You will never have more time than now to pursue your educational goals, establish sound a financial foundation, and establish healthy life style habits. Remember, YOU are responsible for your own success. Be proactive in your pursuits and engage with your leadership so they can help you along the way.



If you have not already read through Rucksack Essentials and shared it with your Family, ask your 1SG for a copy or pull it up on the Ohio Army National Guard App. It will provide you with a volume of information about the programs, benefits and resources available to support you and your Family throughout your career.

MY FIRST ENLISTMENT / NEW COMMISSIONING TO DO LIST:

- Log into Army Career Tracker at <https://actnow.army.mil> with your CAC or DS Logon username and password. Click the "Communities" tab and then click on the "Army Transition Community". Explore!
- Follow up with my Operation Solid Start Soldier & Family Readiness Specialist (OSS SFRS) for my first two years of service to ensure I am on track. They can help me with my bonus, education benefits, employment, healthcare, and other resources.
- Complete my Operation Solid Start Self Directed Curriculum that introduces me to a wide range of programs and resources that can help me be successful personally, financially, and professionally (it is on the APP).
- Download the Ohio National Guard APP.
- Talk to my OSS SFRS to build a career plan.
- Get enrolled in school or a certification program using the Ohio National Guard Scholarship (www.ongsp.ohio.gov), Federal Tuition Assistance (www.armyignited.com) and/or the Reserve Component GI Bill (www.benefits.va.gov).
- Meet with one of the Ohio National Guard Financial Counselors to develop a financial plan and seek advice on how to manage my finances.
- Maximize my Thrift Savings Plan match dollars from the Blended Retirement System.
- Ensure I have quality health insurance. Look at TRICARE Reserve Select (www.tricare.mil), it might be even better than what I have now.
- Sign up for a Wellness Coach through Military OneSource so they can help me with a physical training program and healthy diet (<https://www.militaryonesource.mil/confidential-help/specialty-consultations/health-wellness-coaching/>)
- Discuss enrolling in the Distance Learning Course (DLC) with my Training NCO so that I can ensure I am qualified for promotion to E5 (Log on to ACT to learn more about required military education for promotions).
- Take advantage of my Sponsor's mentorship and communicate regularly and often with my First Line Leader.
- Stay a member in good standing! Meet my obligations in order to receive my contracted incentives and follow up with my Readiness NCO to ensure that my accession bonus payments are being processed on time.
- Complete my Family Data Sheet to ensure my Family is provided important information on programs and resources.
- Invite my parents, spouse, or another loved one to join the unit's Family Readiness Group to ensure they understand how they can best support me throughout my military career—Soldiers who have supportive Families are more successful!
- Talk to a Chaplain, an Ohio National Guard Psychological Health Coordinator, or a behavioral health professional from Military OneSource if I need help managing stress or anxiety—asking for help when needed is a sign of strength!



Key Resources

in your first years



Open your camera and scan the QR code to learn more

Download the Ohio Army National Guard APP to see all of the programs and resources available to support you and your Family throughout your military career.



ARMY CAREER TRACKER

The ACT portal puts all your personalized developmental data at your fingertips

<https://actnow.army.mil/>

OhioCares★

Provides assistance in seeking helpful resources in your community.

1-800-761-0868 or OHIOcares.ohio.gov.

NATIONAL
SUICIDE PREVENTION
LIFELINE™
1-800-273-TALK
www.suicidepreventionlifeline.org



Tricare Reserve Select offers comprehensive, affordable healthcare, dental, and pharmacy coverage to meet your changing needs. Go to

<https://tricare.mil/TRS> to learn more.

MILITARY ONE SOURCE

To sign up for a health and wellness coach, call 1-800-342-9647 and a Military OneSource consultant will register you and schedule your first session right away.



- ✓ **Ohio National Guard Scholarship Program** pays 100% of public school tuition costs.
- ✓ **Federal Tuition Assistance and Credentialing Assistance** pays up to \$4,000/year for tuition related costs.
- ✓ **Reserve Component Montgomery GI Bill** pays a monthly stipend



Education Service Officer
614-336-7023



Federal Tuition Assistance
614-336-4905 or www.armyignited.com



Ohio National Guard Scholarship
614-440-5379 or www.ongsp.ohio.gov



GI Bill Programs
614-336-7293

Operation Solid Start

Operation Solid Start & Sponsorship

Your OSS Soldier and Family Readiness Specialist, sponsor, and squad leader are responsible for ensuring that you and your Family are successfully integrated into your unit and you have everything you need to be successful and positioned to do your part to help your unit succeed. If you don't know who your OSS SFRS is contact Philip Gensner at 614-949-0271 or philip.a.gensner.civ@army.mil.



Self-directed Curriculum

The OSS self-directed curriculum is intended to provide new Soldiers a foundation to build future success upon. The curriculum introduces new Soldiers to a broad range of programs, resources, and trainings to encourage healthy life choices, good financial decisions, healthy relationships, stress management, and more. New Soldiers must complete the curriculum within two years of service. Go to the OHARNG App to find the curriculum.

First Name	Last Name	Email	Phone	RSP Company	City
Philip	Gensner	ng.oh.oharng.list.lead-sfrs@army.mil	614-949-0271	Lead SFRS	Columbus
Joshua (Jay)	Hicks	ng.oh.oharng.list.det-1-a-co@army.mil	614-929-4695	A-Company	Columbus
Kelley	Green	ng.oh.oharng.list.det-2-b-co@army.mil	614-949-3201	B-Company	Hamilton
Jodelana (Jody)	Birchfield	ng.oh.oharng.list.det-3-c-co@army.mil	614-639-0336	C-Company	Chillicothe
Justin	Milam	ng.oh.oharng.list.det-4-d-co@army.mil	614-949-7990	D-Company	Brook Park
Michael	Richard	ng.oh.oharng.list.det-5-e-co@army.mil	614-376-5017	E-Company	North Canton
Theodore (Teddy)	Kester	ng.oh.oharng.list.det-6-f-co@army.mil	614-551-6693	F-Company	Newton Falls
Terry	Dean	ng.oh.oharng.list.det-7-g-company@army.mil	937-508-8291	G-Company	Kettering
Denver	Meek	ng.oh.oharng.list.det-8-h-co@army.mil	614-940-7409	H-Company	Marysville
Jeff	Childress	ng.oh.oharng.list.det-9-i-co@army.mil	614-929-8421	I-Company	Toledo
Kevin	Apple	ng.oh.oharng.list.det-10-k-co@army.mil	614-257-7936	K-Company	Coshocton

Leads To Enlistments

LEADS ENLISTMENTS
Get Your Friends To Join!

1ST ENLISTMENT

METALLIC GUARD TUMBLER
OHARING STYLE BACKPACK
BLUETOOTH SPEAKER

CHOOSE ONE & BE NOMINATED FOR A **OHIO RECRUITING RIBBON**

LEADS ENLISTMENTS
Get Your Friends To Join!

2ND ENLISTMENT

METALLIC GUARD TUMBLER
OHARING STYLE BACKPACK
BLUETOOTH SPEAKER

CHOOSE ONE & BE NOMINATED FOR THE **ARMY ACHIEVEMENT MEDAL**

LEADS ENLISTMENTS
Get Your Friends To Join!

3RD ENLISTMENT

METALLIC GUARD TUMBLER
OHARING STYLE BACKPACK
BLUETOOTH SPEAKER

CHOOSE ONE & BE NOMINATED FOR THE **ARMY COMMENDATION MEDAL**

Enlisted members, refer your friends to the Ohio Army National Guard and earn rewards like tumblers, bluetooth speakers, and even medals! To refer an applicant to the Leads 2 Enlistment campaign, download the Ohio National Guard mobile app (now available on all stores). Then, from the homescreen, select "Enlist Now!" and submit the applicant's and your information. If the applicant enlists with the Ohio Army National Guard you'll earn fresh new OHARNG gear and even be recommended for honors such as the Ohio Recruiting Ribbon and the Army Commendation Medal. Download the app today by scanning the QR Code.



Open your camera and scan the QR code to learn more

Personal Financial Counselors

Make the most of your money & get started now!

The Office of Financial Readiness Program offers Personal Financial Counselors (PFCs) to help you and your Family manage finances, resolve financial problems and reach long-term goals such as getting an education, buying a home and planning for retirement. **MAKE AN APPOINTMENT WITH AN OHIO BASED PFC TODAY!**

- Confidential financial consultations for individuals and Families
- Referrals to military and community resources
- Support for Service and Family members during all stages of the deployment cycle
- Help with credit management and budgeting
- Assistance with navigating benefits
- Advocacy information and support



Contact your Ohio Personal Financial Counselor for free confidential assistance.

Columbus -
Lawrence Adeyeye, CFP®
pfc.oh.ng@zeiders.com
Cell: 614.600.8355

Canton -
Lori Mann, AFC®
pfc5.oh.ng@zeiders.com
Cell: 740.447.3727

Toledo/Bowling Green -
Open Position
pfc6.oh.ng@zeiders.com
Cell:

Joe Warner CFP® AFC®
pfc1.oh.nosc@zeiders.com
Cell: 614.296.6701

Dayton -
Kristin Wilson, AFC®
pfc.wpoh.usaf@zeiders.com
Cell: 937.209.8999

Mansfield -
Vance Bennett, CFP®
pfc3.oh.ng@zeiders.com
Cell: 330.620.2042

Cincinnati -
Paula Abbott, CFP®
pfc.cincinnati.usar@zeiders.com
Cell: 513.431.1300

Springfield - Kettering
Thomas J. D'Amico, CFP, ChFC®
pfc2.oh.ng@zeiders.com
Cell: 937.917.6778

Youngstown - (Vienna)
Lucienne Hubiak, CFP®
pfc.youngstown.usafr@zeiders.com
Cell: 440.222.5646

Sarah Martin, CFP®
pfc2.oh.nosc@zeiders.com
Cell: 513.214.9969

Note: Check with your Regional Soldier & Family Readiness Specialist or Operation Solid Start Soldier & Family Readiness Specialist for updates to the PFC contact information.



[HTTPS://FINRED.USALEARNING.GOV/](https://finred.usalearning.gov/)

Touch Points Financial Readiness Modules

Online (Distributed Learning) is the primary platform for training. Commanders will direct Soldiers to the Army Family Web Portal at <https://olms.armyfamilywebportal.com/>. Soldiers will be required to register on the website. Each module takes about 20-30 minutes to complete. Soldiers are encouraged to include their Family members in the training. Talk to your Training NCO to document completion on DTMS.

Milestones	DTMS Task ID
Permanent Change Of Station	G09-COM-0002, Prepare Finances For PCS
Promotion	G09-COM-0001, Prepare Finances For Promotion
Vesting In TSP	G09-COM-0005, Prepare Finances For Vesting In The TSP
Continuation Pay	G09-COM-0006, Prepare Finances For Continuation Pay Under Blended Retirement System
Marriage	G09-COM-0007, Prepare Finances For Marriage
Birth Of First Child	G09-COM-0009, Prepare Finances For A New Child
Divorce	G09-COM-0008, Prepare Finances For A Divorce
Disabling Sickness / Condition	G09-COM-0010, Prepare Finances For A Disabling Sickness Or Condition
Pre-Deployment	G09-COM-0003, Prepare Finances For A Deployment
Post-Deployment	G09-COM-0004, Prepare Finances For Return From Deployment

Blended Retirement System & Thrift Savings Plan

Now is the time to start saving for your retirement! Don't leave money on the table. Under the military's Blended Retirement System, about 85 percent of all active-duty and reserve Service members will receive a retirement benefit, even if they don't qualify for full retirement. Learn more at <https://militarypay.defense.gov/BlendedRetirement/>

Service Contributions To Your Account			
You Put In:	Your Service Puts In Automatic (1%) Contribution	Your Service Puts In Service Matching Contribution	And The Total Contribution Is:
0%	1%	0%	1%
1%	1%	1%	3%
2%	1%	2%	5%
3%	1%	3%	7%
4%	1%	3.5%	8.5%
5%	1%	4%	10%
More Than 5%	1%	4%	Your Contribution +5%

Matching Contributions

Under the BRS, you may receive up to 4 percent in Service Matching Contributions to your Thrift Savings Plan (TSP) account, on top of the Service Automatic (1%) Contribution based on the below chart. Automatic and matching contributions continue through the end of the pay period during which you reach 26 years of service.

Vesting

Being vested means having ownership. You are always vested in (entitled to) your own contributions and their earnings. If you opted into the BRS, you're also immediately vested in the Service Matching Contributions and their earnings. To become vested in the Service Automatic (1%) Contribution, you must have completed two years of service. All Service members who have completed two years of service are considered fully vested.

Type Of Contribution	When Started	When Vested
Your Contribution		When Deposited
1% Auto Match	When Enrolled 60 Days	After Two Years Of Service
1-4% Match	25 Months Of Service	When Deposited

Portability

Your TSP account is a portable retirement benefit. This means that when you leave service, you can have TSP transfer part or all of your account into an IRA or an eligible employer plan (for example, the 401(k) account of a new employer).



Promotions

There is no Cramming for Promotion Boards!

The Enlisted Promotion System (EPS), Officer Career Ranking Board (OCRB), and Department of the Army (DA) Promotion Boards analyze the whole Soldier through a review of the contents of your Performance Folder in iPERMS (as well as any letters to the President of the Board you may submit for consideration). Board preparation includes working every day to meet or exceed your responsibilities and ensuring that your official record accurately reflects your contributions and performance. Do everything within your scope of influence to manage your career progression; don't let your career be guided by chance or be overlooked because your record was incomplete.

Set Yourself Up for Promotion Success

- Have good attendance at IDT weekends and AT periods with a positive attitude
- Adhere to the Army Values and Warrior Ethos
- Always pass ACFT and HT/WT
- Make sure your evaluations are completed in a timely manner and current
- Fire your assigned weapon well
- Seek additional responsibilities and broadening assignments; ensure your evaluations reflect your effort
- Keep in contact with your first-line leaders, raters and senior raters, and branch managers
- Complete PME timely and actively reach out for key developmental assignments
- Carefully review your promotion and performance files to validate accuracy



Manage your Official Military Records Management

- Review your military personnel file regularly- <https://iperms.hrc.army.mil/>
- Review your IPPS-A records regularly- <https://ipps-a.army.mil/>
- Ensure your Soldier Record Brief (SRB) is correct and updated <https://arngg1.ngb.army.mil/v3/SelfService/Careercenter/RBMain.aspx>
- Evaluations must be current and in your iPERMs record!
- Your Readiness NCO is your primary POC

Enlisted: Missing NCOERs is the #1 reason NCOs do not place as high as they could on the EPS list. Carefully review your NGB Form 4100, validate your Promotion Points, board preferences, and consider expanding your region selections could lead to more opportunities but with a longer drive to a unit.

Officer: Missing OERs or receiving a referred OER can adversely affect promotion selection. Officer Boards heavily weigh Leadership Attributes and Competencies on current performance and Senior Raters Potential and recommendation for future positions when selecting best qualified.

Professional Military Education (PME)

You must keep current or ahead of your PME! Be proactive in completing SSD/DLC and online courses. Your Readiness/Training NCO must submit your enrollment application. Be sure to tell your leadership that you want to be considered for the next available PME school. Plan so you attend PME timely.

Civilian Education

Maximize the use of your benefits: you earned them! Utilize OHNG Scholarship and Federal TA to attend civilian education. Send updated transcripts to your Readiness NCO so they can update your IPPS-A and iPERMs Records. If you have other professional certifications, they can be added to your IPPS-A and iPERMs records. This will help you on EPS boards. Officers: A Bachelor's degree is required for promotion to CPT; not having a Bachelor's degree in time will result in non-selection for promotion to CPT and eventually mandatory separation. Graduate level degrees make you more competitive! Keep learning.



Manage Your Incentives Contracts

If you contracted for an incentive (a Bonus or Student Loan Repayment Program (SLRP)), it's important that you take an active role in ensuring that you keep it and don't do anything that might make you ineligible. First and foremost; read your contract - it will outline what you can and cannot do while serving under the incentive contract.

Bonus Contracts

- Bonus contracts will vary in length, amount, and payment schedule depending on the type and when it was signed. The terms of it will always be outlined in the contract
- Be sure you remain a member in good standing and understand the terms of your contract
- 90 days before your payment due date, contact your unit Readiness NCO or GIMS user to ensure your bonus is ready for payment.

Student Loan Repayment Program (SLRP)

- SLRP provides repayment of authorized loans up to a maximum of \$50,000 inclusive of interest
- Payments are made directly to the lender
 - Soldiers cannot be reimbursed for payments they have already made on their own
 - Payments are considered taxable income and taxes will be withheld prior to funds being sent to your lender
- Payments are processed annually on the anniversary of the contract start date. Soldiers must submit their completed DD 2475 and NSLDS documents to their Readiness NCO for submission to the Incentives Office via the Guard Incentives Management System (GIMS)
 - Failure to do so will result in delayed payments
 - Soldier and unit MUST sign a DD Form 2475 each year no earlier than 90 days before the payment due date
 - Soldier must provide copies of their National Student Loan Data Sheets (NSLDS) no earlier than 30 days before the payment due date. The NSLDS file must include the Summary, Loan Detail, and Loan History pages for all loans
- Student loans that are in default on the payment due date, are not eligible for repayment that year. Payment can resume the following year provided the loan is no longer in a default status

Common reasons that Incentives (bonus and SLRP) get terminated:

- Voluntarily transferring out of the contracted MOS
- Transferring to an unauthorized TDA unit
- Voluntary transfer out of the contracted unit (applies only to incentives issued at initial accession)
- Consecutive record ACFT failures
- Consecutive record HT/WT failures
- Becoming a permanent or indefinite military technician
- Exceeding 179 days in a 12-month period as a temporary technician
- Receiving 9 or more UNSATs (AWOL) in a 12-month period or being AWOL from Annual Training
- Accepting an AGR position that requires a change of MOS



Employment Support

National Guard Employment Enhancement Program (NGEEP) is a powerful employment support resource that endeavors to ensure that every Ohio National Guard Soldier, Airman, Veteran, and Family member is well employed and maximizing their employment potential. NGEEP Employment Support Specialists can:

- **Assist** in building resumes and provide guidance on resume improvement
- **Engage** the individual in the employment search process
- **Help** prepare for the interview and discuss areas on where to improve.
- **Motivate** the individual to continue pursuing career opportunities if they don't first succeed.
- **Connect** the job seeker with reserve component friendly employers hiring now

SCAN ME



Region 4

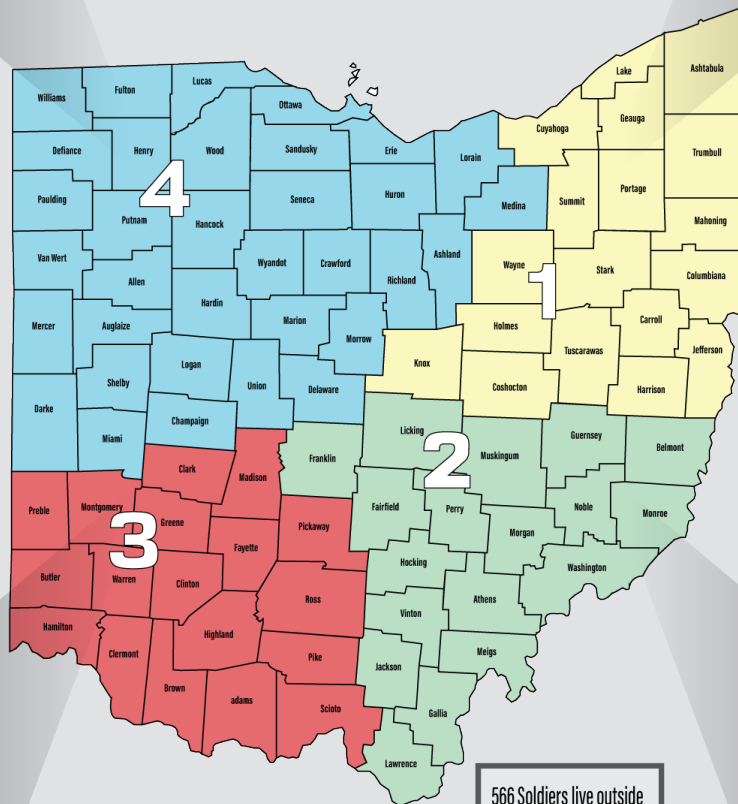
Cheryl Hagan

Cell: 380-206-7565
Office: 614-336-6589
Email: cheryl.hagan@sygnetics.com
Counties Covered: 34
RSP Locations: 2
Total Units / BN : 28
Total Soldiers by zip: 2468

Region 1

Brian Porter

Cell: 380-206-7558
Email: brian.porter@sygnetics.com
Counties Covered: 18
RSP Locations: 4
Total Units / BN : 36
Total Soldiers by zip: 3128



566 Soldiers live outside the state of Ohio.

Region 3

Nita Renfrow

Cell: 380-206-7556
Office: 614-336-4993
Email: nita.renfrow@sygnetics.com
Counties Covered: 18
RSP Locations: 2
Total Units / BN : 27
Total Soldiers by zip: 2454

Region 2

Michele Pershing

Cell: 380-206-7557
Office: 614-595-8110
Email: michele.pershing@sygnetics.com
Counties Covered: 18
RSP Locations: 2
Total Units / BN : 54
Total Soldiers by zip: 2665

Program Manager: Bradley Moeller
Cell: 937-638-9378
Email: bradley.moeller@sygnetics.com

Military Funeral Honors



The Military Funeral Honors Program is an excellent way for young Soldiers to gain experience while honoring the Service members who came before them. Teams are dispatched across Ohio to conduct over 5000 missions a year for Veterans who qualify. There is an application process for joining the team and once selected Soldiers will learn drill and ceremony, customs and courtesies, and the importance of the honor guard. Additional training is offered for Soldiers to hone their skills as an honor guard member. Once a Soldier graduates the level one 40-hour course that Soldier will be authorized an honor guard tab that may be worn while participating in the honor guard program. You can join the program and work missions based on your schedule.

What Do I Need To Be On The Team?

- ASU/AGSUs in good condition
- Mobile phone with access to email
- Reliable transportation
- No flags or profiles
- Proper military bearing and commitment to an important cause

Why Honor Guard?

- Paid training
- For every day you work, receive 1 MUTA and 1 retirement point
- Work around your schedule - send in your availability each week and work when you can
- \$0.62 per mile compensation for travel outside of 25 miles from HOR
- Earn a ARNG Honor Guard shoulder tab after completion of Level 1 course
- Work with other Soldiers in the Guard, make new friends and connect with others from different units and MOS
- Enjoy a rewarding experience that comes with honoring those who served

Contact SSG Jonathan Cecil at jonathan.t.cecil.mil@army.mil or Mr. Vernon Harris at vernon.l.harris10.ctr@army.mil for more information.

Competitive Sports Teams

Push yourself and test your limits! Join one of the Ohio National Guard's competitive sports teams... All members of the Ohio National Guard are encouraged and eligible to participate. The Ohio National Guard is growing our competitive events program and actively looking for more participants to get involved. There are team member opportunities for combatives, marathon, biathlon, and competitive marksmanship. Additional Pay and Travel is available for participants who train and compete throughout the year. Chose to be part of the team -- Hone your skills and represent the Ohio National Guard at State, Regional and National Competitions. Below is more information and POCs for the various competitive teams.



Marathon Team

Team runs one marathon (26.2 miles) a year and actively tracks participants training throughout the year. Training is conducted individually for the lead up to the event. This team demonstrates physical fitness and promotes holistic health and wellness. Team trials (National Event- Lincoln, NE Marathon) in May every two years. Participants are required to run one full marathon a year for the team. Other events are available can be varying distances. Team uses Strava App to track team training. Team POC: **SSG William Collins Jr** william.f.collins16.mil@army.mil or 614-336-8821



Combatives Team

The state combatives team is formed following the completion of the state combatives tournament. The team then will be allotted training periods, and a one week train up prior to the national event, the Lacerda Cup, in Ft. Benning, GA. Those interested in joining the team will have opportunities to gain knowledge and experience through the level one course which will occur two times a year, and the level two course that will occur once a year.

- Team training consists of four training IDTs (December through March) planned in various disciplines for the participants to hone their combatives knowledge.
- Participants will conduct annual training in April to conduct one week of training in preparation for Lacerda Cup at Ft. Benning, GA. Participants are encouraged to participate in the annual combatives tournament at Camp Perry in September.
- Team POC: **SFC Josh Pittman** joshua.l.pittman2.mil@army.mil or 234-567-7271



Competitive Marksmanship Team

There are multiple teams available to compete due to the multitude of weapons systems fired in the various events throughout the year. Team training is ran as preparation for the large events that the teams will be competing in during the year.

- Team training runs February to March during IDT.
- Team members will participate at the Winston P. Wilson Nationals (Sniper, Machine Gun Pistol and Rifle) in Arkansas, and in June MAC-IV Regionals (Pistol and Rifle) at Camp Perry.
- Participants are encouraged to participate in the annual TAG matches in September as teams will be formed following the matches.
- Team POC: **LTC Brett Gould** bret.a.gould.mil@army.mil or 614-336-7443



Biathlon Team

The Biathlon consists of cross-country skiing between rifle ranges and engaging targets. Soldiers ski 7.5 KM to 15 KM during competition and shoot at targets 50M out at the standing and prone positions. Each year the team conducts training events and attends NGB sponsored racing competitions locally and across the country. These events and competitions take place in various locations throughout the winter season leading up to the Chief National Guard Bureau Biathlon Championships. Each year, the team roster changes depending on member availability, but it is generally a 6 to 10 person team comprised of joint Army/Air membership.

- Team training runs August to September during IDT. Regional Competition in January Camp Ripley, Minnesota National Competition in Feb.
- Equipment is provided for the team training and competitions.
- Team POC: **CPT Lauren Myers** ng.oh.oharnq.list.g3-ohng-biathlon-team@army.mil

Second Enlistment / Company Grade (4-8 Years Of Service)

Be, know, do.

By now, you are likely to have taken on a leadership role at the section or squad level. If you have not, you will soon! As you move into increasing positions of responsibility, you must ensure you are prepared. Be an example, a master at your job, lead by example, live the Army Values, and demand that others do the same. Continue to work on your civilian education, evaluate your employment and financial status. Balance your obligations to your Family, your civilian employer and the military; leverage all of the resources available along the way.

MY SKILL LEVEL 2 TO DO LIST:

- Log into Army Career Tracker at <https://actnow.army.mil> with your CAC or DS Logon username and password. Click the "Communities" tab and then click on the "Army Transition Community". Explore and update my information regularly.
- Continue pursuit of a degree or certification program using the Ohio National Guard Scholarship, Federal Tuition Assistance and/or the Reserve Component GI Bill.
- Meet with one of the Ohio National Guard Financial Counselors to develop a financial plan and seek advise on how to manage my finances based on changes that have occurred over the past few years.
- Maximize my Thrift Savings Plan match dollars from the Blended Retirement System.
- Ensure I have quality health insurance. Look at TRICARE Reserve Select, it might be even better than what I have now.
- Stay fit —Pass my Army Combat Fitness Test (ACFT) and meet body composition requirements for height and weight so I can remain eligible for promotion. Sign up for a Wellness Coach through Military OneSource so they can help me with a physical training program and healthy diet.
- Stay ahead of my military education requirements—Complete Distance Learning Course (DLC) with my Training NCO so that I can ensure I am qualified for promotion to E5 or enroll in BNOC to be ready for promotion to E6 (Log on to ACT to learn more about required military education for promotions).
- Review my Record Brief and ensure it is current so I am always promotion board ready. Ask my Readiness NCO for help.
- Complete my NCOER/OER Support Form and my NCOER/OERs within 30 days of the end date of the evaluation period so that I am ready for my next promotion. Provide my raters to the information they need to ensure they are aware of all of my contributions and accomplishments.
- Complete my annual Period Health Assessment (PHA) to ensure I am always medically ready. Review my administrative records carefully to ensure my administrative, pay and dependent information, SGLI, and DD93 beneficiaries are always current.
- Stay a member in good standing! Meet my obligations in order to receive my contracted incentives and follow up with my Readiness NCO to ensure that my incentives are being processed and there are no barriers to eligibility (i.e., MOS changes, unit changes, consecutive ACFT failures, HT/WT failures, Unsatisfactory Participation, etc.).
- Talk to my Unit Retention NCO to learn about retention bonuses available to me 12 months before my ETS.
- Update my Family Data Sheet to ensure my Family is provided important information on programs and resources.
- Enroll my dependents in DEERS to ensure they are eligible for all benefits
- Invite my parents, spouse, or another loved one to join the unit's Family Readiness Group to ensure they understand how they can best support me throughout my military career—Soldiers who have supportive Families are more successful!
- Talk to a Chaplain, an Ohio National Guard Psychological Health Coordinator, or a behavioral health professional from Military OneSource if I need help managing stress or anxiety—asking for help when needed is a sign of strength!
- Complete the Ohio National Guard First Line Leader Course (ask my 1SG about how to enroll).
- Enroll in a Resiliency and/or Suicide Prevention Course to further develop my skills and be a better leader.
- Register for a Strong Bonds Healthy Relationship Event (available for married and single Soldiers).

Strong Bonds & Healthy Relationships

Chaplain Support For Soldiers / Families

Chaplains and Religious Affairs Specialists help to promote strengthened spiritual faith, resilient mental and emotional well-being, and healthy relationships for Soldiers and their Families.

Confidential Pastoral Support

Chaplains provide confidential pastoral support for Soldiers seeking counseling regarding:

- Working through a personal problem, issue, or concern
- Coping with stress, grief, abuse, and addiction
- Addressing issues involving sexual harassment or sexual assault
- Assisting with thoughts about suicide
- Answering questions about religion, theology, or faith
- Assisting with religious accommodations



Religious Diversity

Unit Ministry Teams (UMTs) recognize, value, and respect the plurality of religious expression within our ranks. ONG UMTs support Soldiers with the practice of their religious customs and observances as long as it does not have an adverse impact on readiness, unit cohesion, morale, discipline, safety, health or mission accomplishment. Please contact the State Chaplain's Office if you have a question about religious accommodations.

Questions about Confidential Chaplain Support, Religious Accommodations or Strong Bonds? Contact the State Chaplains Office at [614-336-6941](tel:614-336-6941) / [614-336-4142](tel:614-336-4142) or ohchaplain@army.mil

Strong Bonds Relationship Education

Virtual: The Strong Bonds Program offers year-round virtual and online relationship education courses that Soldiers and Family Members can take at their convenience. Online and virtual courses focus on relationship enrichment for singles, premarital/newly married couples, and married (or unmarried) couples. In addition to free access to the online courses and printed course materials, courses may offer pay orders for completing the course (dependent on funding). See below for more information on each of the virtual programs.

Head Meets Heart (HMH)	HMH is an online course for Single Soldiers who are looking to make wise relationship choices by following their hearts without losing their minds!
Saving Your Marriage Before It Starts (SYMBIS)	Engaged or recently married? Do you want to build a strong foundation for your relationship? SYMBIS provides an exciting opportunity to prepare for a strong and passionate marriage.
Prevention and Relationship Education Program (ePREP)	ePREP is an online couples enrichment course for both married or unmarried couples. ePREP teaches couples how to talk without fighting, keep friendship and fun alive, and beat the odds of relationship difficulties.
Rock Solid Marriage (RSM)	RSM is an online marriage enrichment course. RSM shows couples how to regularly revitalize their marriage by meeting one another's needs for an open, trusting, and fulfilling relationship.

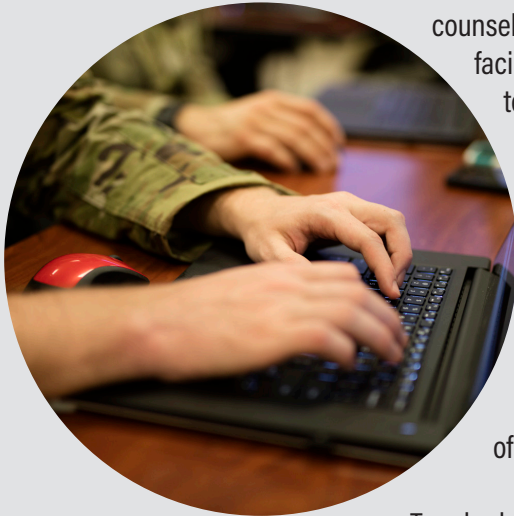
In-Person: Strong Bonds also offers in person weekend events at premier resorts and hotels around the state. These events focus on building healthy relational habits for singles, couples, and Families. These events provide time for relaxation, recreation, fellowship, and fun! COST? IT'S FREE! Funding includes lodging, meals, childcare, and workshop materials.

Click on the link below for more information about either virtual/online relationship education courses or in person weekend events. <https://ong.ohio.gov/programs/strong-bonds/>

Leadership Training Opportunities

In 2020 the Sergeant Major of the Army launched an initiative known as “This is My Squad” to empower noncommissioned officers and reinforce the lost art of Soldier care. This is My Squad — every noncommissioned officer should consider it as a personal pronoun. Take ownership. Be of the mindset that these are my Soldiers and my unit. Choose to be a better leader and take action!

First Line Leader Course



The First Line Leader course is advanced training for conducting effective individual counseling with Soldiers, building professional relationships with subordinates, and facilitating unit cohesion. FLL trained NCOs and Officers will also be better able to recognize and mitigate behavioral health risks early to develop ready and resilient Soldiers. The Course is primarily intended for E-4 through E-9 and O-1 through O-3. Other ranks are welcome to attend to build their leadership repertoire. The four hour FLL course is co-facilitated by certified instructors alongside the Unit First Sergeant.

It is essential that First Line Leaders truly know their Soldiers. Effective leaders know their Soldiers’ challenges and successes. They go beyond superficial interactions and check the box requirements. It is a cornerstone of the leader’s role to take care of Soldiers.

To schedule the First Line Leader course for your unit, see your First Sergeant, Training NCO or Brigade Career Counselor.

Comprehensive Health & Wellness

Breaking Barriers & Building Bridges

There is no quick fix to achieve optimal health and wellness. Leaders can, however, take responsibility for the culture they create. Sign up to attend a Comprehensive Health & Wellness course to expand your leadership skills and work to reach your maximum potential.

Leader Course:

Leaders at all levels can attend this 5-day course to broaden understanding of behavior change, develop prevention/intervention-based strategies for the people they lead, and create psychological safety within the organization.

Leader Course	Idaho	14-18 Nov 2022
Leader Course	Wisconsin	27 Nov - 2 Dec 2022
Leader Course	Wisconsin	19 - 24 Feb 2023
Leader Course	Oklahoma	23 - 29 Apr 2023
Leader Course	Virgin Islands	14 - 19 May 2023
Leader Course	Wisconsin	27 Aug - 1 Sep 2023
Leader Course	Ohio	16 - 20 Aug 2023
Leader Course	Ohio	11 - 15 Sep 2023
Basic Course	Ohio	6 Feb - 20 Feb 2023
Basic Course	Wisconsin	20 Apr - 5 May 2023
Basic Course	Wisconsin	1 - 27 Jun 2023
Basic Course	Idaho	TBD

Attendance will be in an IDT or AT status with commander’s endorsement. For more information and to register for classes, contact Monica Szonn-Lillard at monica.m.szonn-lillard.ctr@army.mil.

Basic Course:

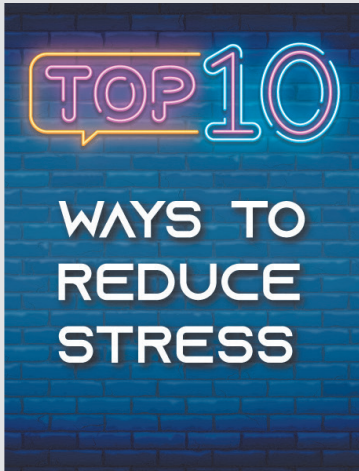
The two-week course helps students identify root-cause behaviors, develop appropriate interventions, and make comprehensive lifestyle changes that stick. Equips students with the proper tools to work on and improve, life, health, and wellness.



Stress Management

A Little Stress Isn't Always Bad

It can be an effective motivator and the adrenaline that stress creates can help improve both mental and physical performance. But too much stress can negatively affect your performance on duty, your relationships, and your physical and mental health. Actively pursue ways to manage stress; know your limits, and take a knee when you need to.



01

Take good care of yourself. Get enough sleep, exercise, and eat nutritious foods.

02

Have a positive outlook. In addition to caring for yourself physically, try to maintain a positive "can do" attitude to keep your stress level under control.

03

Laugh often. Remember that you can take your military duty seriously without always taking yourself seriously.

04

Learn to relax. When you feel stressed, take a few deep breaths and envision yourself in a peaceful place. You can also take a walk, listen to soothing music, or read a good book.

05

Make time for activities you enjoy. If you don't make time, you may never "find" the time to relax and enjoy life.

06

Learn to recognize when you're stressed. Excessive stress can cause symptoms from neck or back pain and headaches to upset stomach, trouble sleeping, and fatigue. When you notice these symptoms, too much stress may be to blame.

07

Focus on the things you can control. When you feel anxious or stressed, ask yourself, "Is there anything I can do to change this situation?" If the answer is no, try to let it go.

08

Get organized at home. Clutter creates stress.

09

Simplify your life. Learn to say "no" to obligations and activities that will overload your schedule.

10

Eat healthier and get recommended hours of sleep. Your body and brain work best when fueled and rested.

Life Stress Inventory

The Holmes and Rahe Stress Scale, was created to help measure the stress load we carry, and think about what we should do about it. Fortunately, there are many ways to control and reduce stress. Learn and apply these stress-management techniques to help limit your stress, stay more relaxed and positive, and maintain a high level of performance both on duty and at home. Score high on this and there is an option to request contact from our team with resources to assist.



OhioCares★

Provides assistance in seeking helpful resources in your community.
1-800-761-0868 or OHIOcares.ohio.gov.



To sign up for a health and wellness coach, call 1-800-342-9647 and a Military OneSource consultant will register you and schedule your first session right away.

NATIONAL
SUICIDE PREVENTION
LIFELINE™
I-800-273-TALK
www.suicidepreventionlifeline.org

Ohio Army National Guard Psychological Health Team

37th IBCT/73rd TRP CMD
Colin Fowler
Colin.b.fowler.ctr@army.mil
614-572-8783

16th EN/Special Troops CMD
Madelyn Scarberry
madelyn.m.scarberry.ctr@army.mil
614-357-5107

174 ADA/371st SUS BDE
Karey Thompson
Kareya.thompson.ctr@army.mil
937-441-4419

Director of Psychological Health
MAJ David Kirker
david.i.kirker.mil@army.mil
614-639-0362



Mid-Career (8-12 Years Of Service)

As most National Guard members approach the end of their second enlistment, or for officers the end of their initial mandatory service obligation, many have finished school and are starting new careers, starting new Families, and are beginning down the path they set for their future. During this phase, if you have not already done so, take advantage of the many programs and resources available to help you in these areas. The Ohio National Guard Employment Enhancement Team can help you find a great job with Reserve Component friendly employers; the Personal Financial Consultants can help you get out of debt, make smart purchases (car and home) as well as start saving for the future; the Strong Bonds programming can help build healthy relationships; and Military OneSource health and fitness coaches can help you and your Family stay healthy. Take advantage of the VA Home Loan if you are ready to buy a house! If you are in the Blended Retirement System, it is critical that you request (contract for) continuation pay before you reach your 12th year of service; if you fail to contract for CP before you reach your 12th year, you will lose eligibility!

MY MID-CAREER TO DO LIST:

- Log into Army Career Tracker at <https://actnow.army.mil> with your CAC or DS Logon username and password. Click the "Communities" tab and then click on the "Army Transition Community". Explore and update my information regularly.
- APPLY FOR BLENDED RETIREMENT CONTINUATION PAY BEFORE MY 12TH YEAR OF SERVICE! I will lose eligibility for this benefit if I reach my 12th year of service. I must apply between after I reach 10 years of service but before I reach 12 years of service based on my PEBD date.
- Talk to my Unit Retention NCO to learn about retention bonuses available to me 12 months before my ETS.
- Meet with one of the Ohio National Guard Financial Counselors to develop a financial plan and seek advise on how to manage my finances based on changes that have occurred over the past few years.
- Maximize my Thrift Savings Plan match dollars from the Blended Retirement System.
- Stay fit —Pass my Army Combat Fitness Test (ACFT) and meet body composition requirements for height and weight so I can remain eligible for promotion. Sign up for a Wellness Coach through Military OneSource so they can help me with a physical training program and healthy diet.
- Stay ahead of my military education requirements for promotion.
- Review my Record Brief and ensure it is current so I am always promotion board ready.
- Learn more about VA Home Loans now that I have more than 6 years of reserve service or qualifying deployment time.
- Complete my NCOER/OER Support Form and my NCOER/OERs within 30 days of the end date of the evaluation period so that I am ready for my next promotion. Provide my raters to the information they need to ensure they are aware of all of my contributions and accomplishments.
- Complete my annual Period Health Assessment (PHA) to ensure I am always medically ready. Review my administrative records carefully to ensure my administrative, pay and dependent information, SGLI, and DD93 beneficiaries are always current.
- Stay a member in good standing! Meet my obligations in order to receive my contracted incentives and follow up with my Readiness NCO to ensure that my incentives are being processed and there are no barriers to eligibility (i.e., MOS changes, unit changes, consecutive ACFT failures, HT/WT failures, Unsatisfactory Participation, etc.).
- Update my Family Data Sheet to ensure my Family is provided important information on programs and resources.
- Enroll my dependents in DEERS to ensure they are eligible for all benefits
- Involve my Family in my military career and invite them to unit functions—Soldiers who have supportive Families are more successful!
- Meet my unit's assigned Regional Soldier & Family Readiness Specialist (SFRS) to learn what emergency support resources are available before either I or one of my Soldiers needs them
- Talk to a Chaplain, an Ohio National Guard Psychological Health Coordinator, or a behavioral health professional from Military OneSource if I need help managing stress or anxiety—asking for help when needed is a sign of strength!

The Blended Retirement System Continuation Pay

Important! If you are in the Blended Retirement System (BRS), your BRS-Continuation Pay application must be signed prior to starting your 12th year of service as computed from your PEBD. If you fail to complete your BRS-CP application before your 12th year of service you become ineligible. You may submit your CP request no earlier than the beginning of your 10th year of service based on PEBD and must submit a Soldier signed CP request on or before the start of their 12th year of service based on PEBD.

Continuation pay is a direct cash payout, like a bonus, available to Service members enrolled in the Blended Retirement System (BRS). It is targeted at the mid-career mark, payable before completion of 12 years of service (calculated from a Service member's Pay Entry Base Date). Most Service members in the BRS will be eligible for continuation pay, but the timing and the amount is determined by your service.

To submit Your Continuation Pay (Blended Retirement System) Request:

1. Complete and electronically sign the "Request for Continuation Pay (Blended Retirement System) form found at <https://www.financialfrontline.org/wp-content/uploads/2019/11/CY22-Request-for-Continuation-Pay.pdf>. Note, this form may change in FY23.
2. Secure your commander/certifying official and approval authority's signatures
3. Submit to SSG Anthony Kline @ anthony.l.kline2.mil@army.mil for processing.

Stay Fit

Optimal health begins with nutrition, fitness and active living. Staying healthy and fit can be fun and impacts your performance at work and in the military. It impacts your relationships at home. Be proactive in your commitment to stay fit and mission ready and find innovative ways that work for you to workout and make healthy diet choices. Find a way to tap into your own intrinsic desire to be healthy physically and mentally – build a workout routine that fits into your life; make it a Family affair! Only you can make this a priority, and only you can put together a plan that is sustainable and effective. Use the resources available to you – sign up for a Health and Wellness Coach and explore the ACFT website for ideas.

ARMY COMBAT FITNESS TEST

The Army Combat Fitness Test is the assessment for the physical domain of the Army's Holistic Health and Fitness System. As a general physical fitness test, an age and gender performance-normed scoring scale will be used to evaluate a Soldier's physical fitness. **To learn more go to:**
<https://www.army.mil/acft/>



To sign up for a health and wellness coach, call **1-800-342-9647** and a Military OneSource consultant will register you and schedule your first session right away.



Improve Soldier & Unit Readiness



Transform The Army's Fitness Culture



Reduce Preventable Injuries & Attraction



Enhanced Mental Toughness & Stamina

Use Army Career Tracker (ACT) To Manage Your Career

Army Career Tracker (ACT) is a leader development tool that integrates training, education, self-development, assignments, and experiential learning into one personalized, easy-to-use interface. The tool allows users to manage their lifelong learning career objectives, monitor progress towards career development and goals, search multiple Army education and training resources, and receive personalized advice from their supervisor and Army leadership.



ARMY CAREER TRACKER

The ACT portal puts all your personalized developmental data at your fingertips
<https://actnow.army.mil/>

Careerist (12-18 Years Of Service)

Kudos! You have made to this point in your career – more than halfway to the finish line, a significant crossroad and decision point. If managed properly up to this point a military career provides an abundance of opportunities to elevate quality of life for the Soldier and military Family. However, that service comes at cost – missed birthdays, anniversaries, weddings, school events, the kid's sports activities, civilian work commitments, etc. Only you can decide whether the promise of a military pension and retiree medical benefits are worth the cost. Make sure you understand what a military retirement can do for you as you weigh out your options.

MY CAREERIST TRANSITION TO DO LIST:

- Log into Army Career Tracker at <https://actnow.army.mil> with your CAC or DS Logon username and password. Click the “Communities” tab and then click on the “Army Transition Community”. Explore!
- Talk to my Unit Retention NCO to learn about retention bonuses available to me 12 months before my ETS; reenlist before my ETS.
- Meet with one of the Ohio National Guard Financial Counselors to develop a financial plan and seek advise on how to manage my finances based on changes that have occurred over the past few years.
- Meet with a Transition Assistance Advisor to learn about benefits and resources that will be available to me now and in retirement.
- Review my Retirement Points Accounting Management (RPAM) statement to make sure all my qualifying time is accounted for.
- Stay fit —Pass my Army Combat Fitness Test (ACFT) and meet body composition requirements for height and weight so I can remain eligible for promotion. Use the Wellness Coaches through Military OneSource so they can help me with a physical training program and healthy diet.
- Enroll my dependents in DEERS to ensure they are eligible for all benefits.
- Involve my Family in my military career and invite them to unit functions—Soldiers who have supportive Families are more successful!
- Talk to a Chaplain, an Ohio National Guard Psychological Health Coordinator, or a behavioral health professional from Military OneSource if I need help managing stress or anxiety—asking for help when needed is a sign of strength!
- Ask about enrolling in a SHARP Leader Course (INSERT CONTACT INFO).



Involve Your Family!

Involve your Family! Unit Readiness and Retention Enhancement Team (URRET) and the Soldier & Family Readiness Group (SFRG)

Successful military careers depend upon supportive and involved Families. Families in the know are Families that are best positioned to support the Soldier and the mission.

To fully synchronize the SFRG with other commander priorities, the SFRG is now embedded within the URRET to ensure that all SFRG activities are purposeful and effective in supporting readiness and retention. Your unit SFRG is represented in the URRET by the unit Commander and the URRET NCOIC (who serves as the Command Family Readiness Representative), and the SFRG Volunteer.

Family members are an integral part of the Soldier & Family Readiness Group (SFRG) team. Whether they serve as a statutory volunteer or as a member, they can make a difference in the retention of Soldiers and Families. Include them – it matters! Ensure you provide their information on the Family Data Sheet. The Family Data sheet allows commanders, the SFRG, and the State Family Program office to share important information, resources and programs that are available.

If your unit does not have an active SFRG, consider working with your unit commander, as well as your Regional Soldier and Family Readiness Specialist to get one started. Step up and drive the change you want to see to make your unit better!

Family Assistance Centers

Know Who To Call When You Need Help!

The Family Assistance Centers provide a “One Stop Shop & Resource” to help Soldiers and Family members cope with any challenges they may be facing. These centers were established to serve the needs of Service members, Veterans, Retirees and their Families. Regional Soldier and Family Readiness Specialists (SFRS) are your conduit to local, state and national resources. To contact your Regional Soldier and Family Readiness Specialist, please call **1-800-589-9914**, then select the prompt associated with your region, or visit <http://homefront.ohio.gov>

Community Info

- Community Services
- Child Care
- Veteran Organizations
- Soldier Family Readiness Groups

ID Cards & Deers

- Initial DEER enrollment
- Adding a new family member
- Renew/replace ID cards
- Obtain an ID card
- Update contact info

Financial Resources

- Counseling & budgeting
- Emergency funds
- Military pay issues
- Tax assistance

Tricare

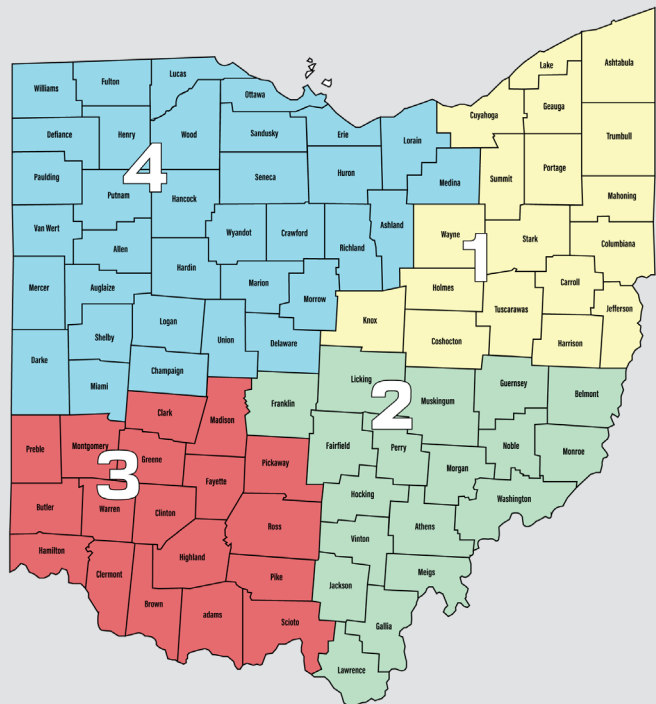
- General Info on benefits
- Eligibility verification
- Finding local providers
- TRICARE medical and dental applications

Legal

- Power of Attorneys
- Wills
- ESGR
- Employment related issues
- Civilian related issues

Crisis Intervention

- Shelters
- Abuse and neglect
- Counseling services
- Danger to self/others



Youth and Family Events and Opportunities

Family Days and Holiday Parties

Do you have an upcoming event? Our youth team would like to add to your Family event! At no additional work to you, our team would bring supplies and volunteers to add resources and activities to your day. Activities would be simple make and take items, games, and other activities. Support is based on a first come first serve basis, and staff availability. Contact Andrew Seward for more information. Please request support a minimum of 45 days prior to event.

Become a Volunteer

Becoming a volunteer with our program is easy and we assure you that the benefits are abundant! As a volunteer, you will receive the opportunity to attend fun events, gain practical experience, enhance professional development skills, and give back to amazing military Families around the state. Our opportunities range from one-day events, to week-long residential camps, making it flexible enough to accommodate your schedule. Interested in taking the first step and learning more? Please visit our website at <http://www.ohio4h.org/operationmilitary-kids>. For more information, contact Andrew Seward

Ohio Military Teen Council

Ohio Military Teen Council (OMTC) exists so that teens can have a say in what they need and want from our programs. Joining OMTC will give teens a voice! Quarterly meetings provide open discussions, hands on activities, and connections to others who live the military connected lifestyle. Teens will gain confidence in leadership skills, mentoring others and becoming role models. OMTC offers teens a way to give back to the OMK program, gain experience for college applications, resumes, and social services in a fun, inspiring environment. Contact Mark Scherer about how you can become part of OMTC today!

Hero Camp

A one day event that typically lasts about 6 hours and includes lunch. Pre-registration is required with a nominal fee. Normally held at a local venue to capitalize on what it has to offer paired with Youth Program specialties.

Family Overnight

Spend the night at a local zoo, science center, aquarium, etc. Your Family will sleep at the venue with breakfast provided. Exact hours and activities vary, and the fun never stops.

Family Camp

Your Family will enjoy Friday evening through Sunday morning participating in numerous activities. You bring the Family and your personal items and we will provide the food and activities, all included in the registration price.

Teen Leadership Events

These events take full advantage of all the venue has to offer paired with intentional and focused leadership and resilience Lessons.

Residential Camps

These 5 day and 4 night camps are a great way for youth and teens to connect and build lifelong connections while enjoying the enriching experiences of camp.

Contact information

Andrew Seward
Lead Child and Youth Program Coordinator
614-336-7274 or email: andrew.j.seward.ctr@mail.mil

Mark Scherer
Child and Youth Program Coordinator
614-336-4214 or email: mark.a.scherer7.ctr@mail.mil



Casualty Assistance

Casualty Notification Officers (CNO) and Casualty Assistance Officers (CAO) needed! Are you up to the challenge? Casualty Assistance is one of the most difficult and rewarding missions in the military. As a CNO or CAO Soldiers help surviving Family members after the loss of their Soldier. CNOs and CAOs must be emotionally mature, served at least 6 years in the Army and meet minimum rank requirements (E7 and above, O3 and above, or CW2 and above). To become a CNO and CAO, Soldiers are required to complete a three day training. Once trained, Soldiers will then be directed by their MSC when they will be required to perform the duties of a CNO/CAO. [If you would like to become a CNO/CAO please reach out to your commander or contact either CSM Justin Tumlinson at \[justin.e.tumlinson.mil@army.mil\]\(mailto:justin.e.tumlinson.mil@army.mil\) or CPT Joshua Walker at \[joshua.d.walker76.mil@army.mil\]\(mailto:joshua.d.walker76.mil@army.mil\).](#)

Suicide Prevention

Suicide involving the use of a firearm is the leading cause of death for Ohio National Guard Soldiers. Wherever you are in your military career or in life, understanding suicide, its risk factors and warning signs can save the life of someone you love or lead. LivingWorks Start training is available to Soldiers and their Family members — consider this hour long evidence based training to increase your knowledge. Prevent accidental discharge, theft, and use for self injury by anyone in the household—safely store all firearms!

Something is different about them. I am worried...

What do I do when they tell me they are thinking about suicide?

What do I say? How do I begin talking about suicide?

Where do I start?

LIVINGWORKS Presents STAR Training

Suicide Prevention Instruction

Suicide is complex, and so are its solutions. Receiving skills training will equip you with the most effective prevention approaches.

Learn how to:
Recognize the signs
Ask about thoughts
State the significance
Find appropriate resources

LIVINGWORKS START is fully mobile, responsive, and accessible on all devices types.

To learn more visit:
www.surveymonkey.com/r/OHARNG_START

Suicide is the leading course of death in the Ohio National Guard. Are you prepared to help your Soldiers, Friends, and Family? It's FREE, Only 90 minutes, and SELF-PACED!

Recognize Suicide Risk Factors

Risk factors are characteristics of a person or his or her environment that increase the likelihood that he or she will die by suicide.

- Guns In the Home
- Prior Suicide Attempts
- Social Isolation
- Mental Health Diagnosis
- Major Physical Illness
- Alcohol Or Substance Abuse Disorders
- Job Loss
- Financial Hardship
- Broken Or Stressed Relationships
- Exposure To Others Who Have Died By Suicide
- Death Of A Loved One

Look For Warning Signs Of Suicide

The behaviors listed below may be some of the signs that someone is thinking about suicide. If these signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

- Talking about wanting to die or kill oneself
- Looking for a way to kill oneself or making a plan
- Talking about feeling helpless or having no purpose
- Talking about feeling trapped
- Talking about being in unbearable pain
- Talking about being a burden to others
- Increased use of alcohol or drugs
- Acting anxious, agitated, or reckless
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Displaying extreme mood swings
- Withdrawing from friends, saying goodbyes or giving away items

5 MINUTES between intent and access can save a life

Many suicide attempts take place during a short-term crisis. Increasing time and space between the decision and action can prevent suicide and save lives.

NO ONE EVER THINKS IT COULD HAPPEN IN THEIR FAMILY

Encourage the ones you love to lock their firearms during times of increased risk.

Talk about suicide saves lives.

To request FREE gun locks go to:
www.surveymonkey.com/r/freegunlocks

**For Immediate Help
1-800-273-Talk (8255)**



Register For Start Training



Order A Free Gun Lock



Pre-Retirement (18-22 Years Of Service)

Retirement Is A Process

Retiring is more than just a formal ceremony at the end of your career. It's everything you do in your last three years of service to prepare yourself and your Family for the next phase of your life. It's more than a checklist of tasks. It's a mental transformation from training and deploying to fight and win our nation's wars. You didn't get to this point in your career without being a good planner and paying attention to details. You will need both of these skills to retire successfully but make no mistake -- life after you retire will be different. To be sure, the grass on the other side of the retirement fence is green. You'll find new and exciting challenges; embrace this new adventure in your life!

PRE- RETIREMENT READY TO DO LIST:

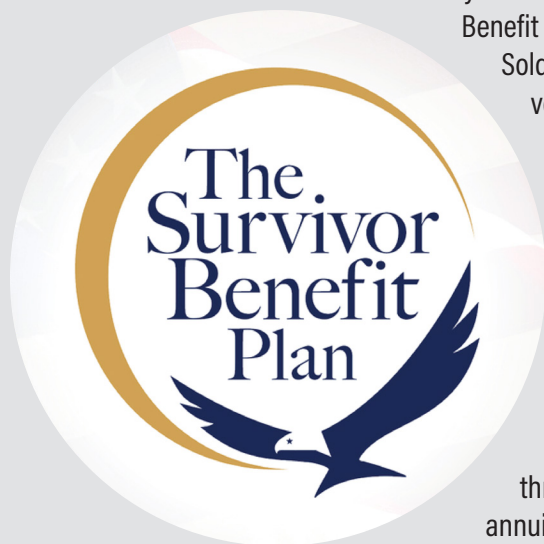
- Attend a Pre-Retirement Workshop (see Pre-retirement tab for dates).
- Prepare my board packet for the Qualitative Retention Board (QRB)/Selective Retention Board (SRB): Make sure my record brief and documents in iPERMS (military education, awards, NCDERS/OERS, civilian education diplomas, etc.) are updated and I have a current PHA, ACFT, and Height/Weight recorded.
- Schedule a meeting to go over your retirement planning and processing with your State Retirement Service Officer and Transitions Service Officer located at Beightler Armory.
- Follow up on my 20 year letter.
- Make Survivor Benefit Plan election and return as instructed via certified mail within 90 days of receipt.
- Meet with one of the Ohio National Guard Financial Counselors to prepare finances and investments for retirement.
- Stay fit —Pass my Army Combat Fitness Test (ACFT) and meet body composition requirements for height and weight so I can remain eligible for promotion. Sign up for a Wellness Coach through Military OneSource so they can help me with a physical training program and healthy diet.
- Involve my Family in my military career and invite them to unit functions—encourage kids to participate in Youth Programs!
- Did you transfer education benefits to Family members? That incurs a 4-year service obligation.

Pre-Retirement / Retirement Workshops

Briefing includes Retirement Points, RCSBP/SBP, Retired Pay Application, VA, TRICARE, Federal Employees Dental and Vision Insurance Program (FEDVIP), ID/DEERS, MyArmyBenefits (other community partners i.e. SSA) to provide Soldiers with education and counseling to make informed decisions related to retirement .

Training Year 2023	Training Year 2024
18 November 2022 (Virtual- Microsoft TEAMS)	09 November 2023 (Virtual- Microsoft TEAMS)
21 January 2023 (Hybrid-Microsoft TEAMS/DSCC, RTI Auditorium)	6 January 2024 (Hybrid-Microsoft TEAMS/DSCC, RTI Auditorium)
20 May 2023 (In Person – DSCC, RTI Auditorium)	04 May 2024 (In Person – DSCC, RTI Auditorium)
16 September 2023 (In Person-DSCC, RTI Auditorium)	07 September 2024 (In Person-DSCC, RTI Auditorium)

Reserve Component Survivor Benefit Plan (RCSBP)



Military retired pay stops upon death of the retiree! The Department of Defense Survivor Benefit Plan (SBP) program was established by Congress in 1972 to give retiring Soldiers a way to provide a portion of their retired pay to their eligible survivors should they pass away. Choosing to participate in the SBP program extends a portion of the benefit of retired pay past the lifetime of the Retired Soldier to their eligible survivor(s). The Reserve Component Survivor Benefit Plan (RCSBP) is designed to provide you, as a retirement-qualified Reserve Component (Army Reserve and Army National Guard) Soldier, an opportunity to provide a guaranteed lifetime annuity for your survivor(s) in the event of your death. The annuity is based upon the retired pay earned by you. Your retired pay cannot be continued after your death: only you may draw the retired pay that you earned. Under the RCSBP, if you have 20 qualifying years of service, you have three options for enrollment, and you may designate to whom you desire the annuity to be paid. Make sure you understand the Survivor Benefits Plan when you make your selection —this may be one of the most important decisions you make about your retirement pay. Go to <https://www.hrc.army.mil/content/Reserve%20Component%20Survivor%20Benefit%20Plan%20RCSBP%20Coverage%20and%20Costs> to learn more.

Retention Boards

Traditional (M-day) Soldiers that have reached 20 years creditable time in service at the start of the board (Qualitative Retention Board (QRB) for enlisted; Selective Retention Board (SRB) for officers/warrant officers) are assessed to determine if they will be retained for continued service or forced into retirement. The whole of your career matters, but pay particular attention to ensuring that your records reflect your contributions and performance in the previous 5 years.

To set yourself up for success, at your 18 year mark, you should:

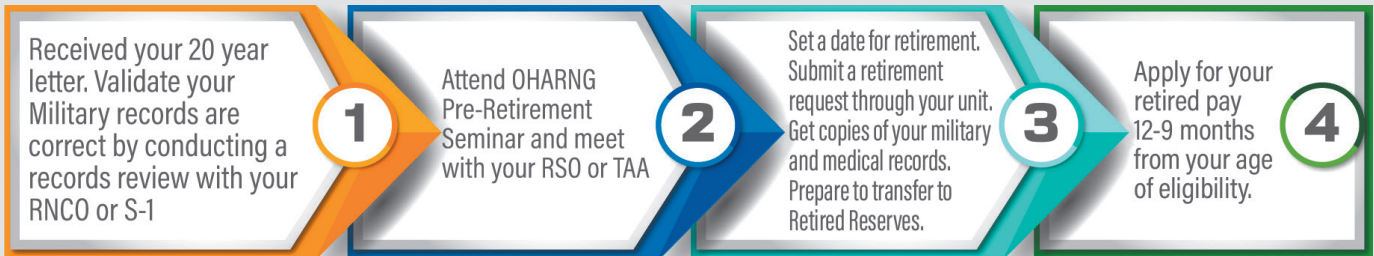
- Conduct a thorough records review with your RNCO or HR Clerk
- Ensure that you have no missing evaluations in your iPERMS file
- Ensure your record brief is current

Six to three months before your scheduled board, review your board packet and address any discrepancies. Work with your unit Readiness NCO to resolve issues or reach out to your Battalion or Brigade S1 to ensure your record is correct. For unresolved discrepancies, consider writing a letter to the board to explain.



Transfer To The Retired Reserve / Gray Area Retiree

Retirement is a Process, not an event! Before you separate from the Ohio National Guard, its important that you closeout your service purposefully to ensure that you have done everything you need to do to maximize your retirement benefits and have access to the documents and information you might need later.



PREPARING TO TRANSFER TO THE RETIRED RESERVE/GRAY AREA RETIREE (20 years of service but not age 60) TO DO LIST:

- Attend a Transition Workshop 365 to 180 days before ETS to ensure I have the information I need to maximize my benefits before and after I am discharged.
- Meet with a TAA or Retirement Services Officer.
- Confirm I completed my mandatory term of service related to transfer of my Post 9/11 GI Bill (4 years from the date I transferred my benefits to my dependent(s)).
- Submit retirement request through the chain of command and follow up until approved.
- Talk to my Readiness NCO about processing any awards and certificates I may have earned (and follow up until confirm processed)
- Know my Reduced Pay Eligibility Date (RPED) (Majority of Soldiers Age 60 unless eligible for Reduced Retirement Age)
- Get a copy of my medical record from the Medical Detachment at my last PHA.
- Address any duty related medical conditions BEFORE my retirement date. If I have any pending duty related conditions, consider an extension until the medical board processes are completed and a disposition determined. Contact a TAA or Medical Case Manager for guidance.
- Download copy of my iPERMS record at <https://iperms.hrc.army.mil/login/#!%2FsoldierRecord%2F> BEFORE my CAC card expires!
- Turn in all my military equipment and clear my hand receipt.
- Request an NGB22 (ask that a draft be prepared before you retire)
- Apply for Early Retirement Eligibility if I have qualifying deployment time
- 6 months prior to age 60 (or sooner if you are eligible for Early Retirement Pay), apply for retirement pay!!! For a seamless process of your retirement benefits and to ensure all documents are received and processed correctly to Defense Finance and Accounting Service (DFAS) Cleveland, the retired pay application should be submitted 9 months but not less than 90 days prior to 60th date of birth.

Retirement Pay Plan

Your Date of Initial Entry into Military Service (DIEMS) determines your retired pay plan. Your DIEMS is the earliest date of enlistment, induction, or appointment in a regular or reserve component of a uniformed service as a commissioned officer, warrant officer, or enlisted member and DOES NOT change. It is rarely the same as your basic active service date (BASD) and usually earlier than your pay entry basic date (PEBD).

Retirement Plan	DIEMS
High-36 Pay Plan (Years of creditable service x 2.5%) x average of highest 36 months basic pay	Between September 8, 1980 and July 31, 1986
High-36 Pay Plan (calculation above) OR Career Status Bonus* (CSB)/REDUX Pay Plan (if you declined CSB, you are automatically High-36) REDUX: (Years of creditable service x 2.5%) minus 1% for each year < 30 years x average of highest 36 months of basic pay * CSB no longer available as of 31 DEC 17	Between August 1, 1986 and December 31, 2017
Blended Retirement System (BRS) (Years of creditable service x 2%) x average of highest 36 months basic pay	January 1, 2018 or later, or opted-in during the opt-in period

Access the MyArmyBenefits calculator to calculate your retirement pay: <https://myarmybenefits.us.army.mil/Benefit-Calculators/Retirement>

Reduced Retirement Age

Army National Guard Soldiers may be entitled to a reduced age retirement when they are under a call to active service by a governor and authorized by the President or the Secretary of Defense under section 502(f) or 115 and 502(f) of Title 32 USC for purposes of responding to either a national emergency declared by the President or a national emergency supported by Federal funds. National Guard personnel must check with their respective states to verify what 502(f) of title 32 orders are in fact eligible for the reduced age retirement.

Note: A Soldier who is wounded, otherwise injured or becomes ill while serving on AD pursuant to a call to order to AD under a provision of law mentioned above, and who is then ordered to AD under section 12301 (h) (1) to receive medical care for the wound, injury, or illness, will be on AD under that order for medical care, and shall be treated as a continuation of the original call or order to active duty for purposes of reducing the eligibility age of the member under NDAA 2008, Section 647.

*Medical- The reduction of the minimum age for eligibility for retired pay for non-regular service does not reduce the age for eligibility for health care under 10 USC 1074 (b). The eligibility for health care will continue to be 60 years of age. Qualified Retired Reserve members under the age of 60 looking for TRICARE medical coverage may purchase TRICARE Retired Reserve (TRR). Once the retiree reaches age 60, the Service member and qualifying Family members become eligible for Tricare Standard, Extra and Prime (where available). See www.tricare.mil for additional information. If you have qualifying AD Service you may be eligible for VA Healthcare.

Application For Retired Pay

Start your retired pay application process early! You can submit your application up to nine months prior to your expected retirement date. You should submit your application at least 90 days before your expected retirement date (your 60th birthday or your reduced age retirement date). Submitting your application early will ensure that you receive your first check on time! Visit the HRC website to learn more. Ultimately your application is between you and HRC. However, if you need assistance in submitting your applications or have any questions, contact the state Retirement Services Officer for assistance.

Dr. Glenn E. Spencer Jr. DEM, PhD.

Transition Assistance Advisor
State Retirement Services Officer

614-336-7252 office

614-572-9184 mobile

Glenn.e.spencer2.mil@army.mil

Retirement Pay Eligible

When you are retirement pay eligible at age 60 (or younger if you have qualifying early retirement eligible deployment time), you are eligible to collect retirement pay and enjoy all of the benefits that come with it!

RETIRED TO DO LIST:

- Explore the information available on the HRC website to ensure I understand all of the programs and resources available to me upon retirement.
- Ensure my address is current with HRC.
- Establish a non-CAC MyPay Account.
- Meet with a financial planner to ensure I am on track to meet all of my retirement goals.
- Apply for Tricare Select Retired.
- Determine what to do with my Thrift Savings Plan Account savings
- Determine whether I want to continue working in the civilian sector; contact an National Guard Employment Enhancement Team (NGEEP) Coordinator to assist in finding me the right job.

United States Army Human Resources Command

U.S. Army Human Resources Command (HRC) is your primary point of contact to access your retirement benefits, to include retirement pay and other benefits. HRC provides human resources services to Soldiers, Veterans, Retirees and Army Families. Go to <https://www.hrc.army.mil/> to learn more!



- Separation and Retirement Services
- Separations
- Gray Area Retirements
- Army Transition Assistance Program
- My Army Benefits
- Army Travel Assistance Center

MyArmy Benefits

Learn more about your military retirement and use the tools provided to better understand how to maximize your benefits by going to the HRC MyArmyBenefits official website: <https://myarmybenefits.us.army.mil/>. You can create a DS Logon account by going to <https://www.dmdc.osd.mil/identitymanagement/authenticate.do?execution=e1s1> and selecting "need an account" in the lower left of the screen. Members in the Retired Reserve may use the MyArmyBenefits personalized retirement calculator to develop an estimate of your retired pay based on the information in your Army personnel record.



MyArmyBenefits
The U.S. Army Official Benefits Website

<http://myarmybenefits.us.army.mil>
1-888-721-2769

Specialized Calculators For Active,
Guard, And Reserve

TRICARE

Tricare Select Retired (Group A): Age 60 Until Medicare Eligible

Reserve Component Retirees and their dependents are eligible for and must enroll in Tricare Select when the Service member reaches age 60. Tricare offers comprehensive, affordable healthcare and pharmacy coverage for a very low monthly premium. Go to <https://www.tricare.mil/Costs/HealthPlan-Costs/TRR>. Effective January 1, 2018, you must enroll yourself and eligible family members in TRICARE or risk losing your benefit to learn more.

Enrollment Fees or Premiums

\$158/year for individual
\$317/year for Family
Deductibles
\$150/individual
\$300/Family



Tricare For Life (Medicare Eligible)

TRICARE for Life is Medicare-wraparound coverage for TRICARE-eligible beneficiaries who have Medicare Part A and B. Go to <https://www.tricare.mil/Plans/HealthPlans/TFL> to learn more.

- Enrollment not required
- Coverage is automatic if you have Medicare Part A and B
- You must pay Medicare Part B premiums
- Available worldwide:
TRICARE pays after Medicare in the U.S. and U.S. Territories
TRICARE is the first payer in all other overseas areas

Thrift Saving Plan

- After you separate from service, you can take multiple post-separation partial withdrawals.
- If you're 59½ or older and still working in federal civilian or uniformed service, you can take up to four in-service withdrawals each year
- You'll be able to choose whether your withdrawal should come from your Roth balance, your traditional balance, or a proportional mix of both
- You will no longer need to make a full withdrawal election after you turn 70½ and are separated from federal service (You will still need to receive IRS required minimum distributions (RMDs))
- If you're a separated participant, you'll be able to take monthly, quarterly, or annual payments
- You'll be able stop, start, or make changes to your installment payments at any time
- You'll have enhanced online tools to help you make withdrawals in the My Account section of <https://www.tsp.gov/index.html>.



Military OneSource

MILITARY
ONE
SOURCE

Military retirees and those Service members discharged under honorable or general under honorable conditions are eligible for services provided by Military OneSource for up to 365 days after their retirement date, end of tour date, or discharge date. Military OneSource is your 24/7 connection to information, answers and support to help you reach your goals, overcome challenges and thrive. As a member of our military family, you are eligible to use this Department of Defense-funded program anytime, anywhere. Turn to Military OneSource for tax services, spouse employment help, webinars and online training, relocation and deployment tools, and much more. Go to www.militaryonesource.mil to learn more or call 1-800-342-9647 for personalized assistance.

Military Funeral Honors

Make sure your Family understands your burial benefits and military funeral honors eligibility as well as how to access these benefits and privileges. Your DD Form 214 and/or your NGB 22/23 may be needed to validate your eligibility; make sure your Family has a copy. By law, an honor guard detail for the burial of an eligible veteran consists of at least two members of the U.S. Armed Forces, and at least one member of the detail must be a representative from the deceased veteran's service branch. The honor detail performs a ceremony that includes the playing of taps and the folding and presentation of the American flag to the next of kin. Your funeral director can help you request military funeral honors.

Link: <https://www.militaryonesource.mil/leaders-service-providers/casualty-assistance/funeral-directory-and-planner-resources/>

Link: National Cemetery Administration: <https://www.cem.va.gov/>

Space A Travel For Retirees & Their Dependents

Space Available (Space-A) travel allows authorized passengers to occupy Department of Defense (DoD) aircraft seats that are surplus after all Space Required (Space-R) passengers have been accommodated. Space-A travel costs nothing but is allowed only on a non-mission interference basis. Retired National Guard Service members are eligible for Space-A travel. Reserve component members entitled to retired pay at age 60 (gray area retirees) may fly within the Continental United States (CONUS) and directly within/ between the CONUS and Alaska, Hawaii, Puerto Rico, the U.S. Virgin Islands, Guam, and American Samoa (Guam and American Samoa travelers may transit Hawaii or Alaska). Dependents are not authorized to travel Space A with these members. However, once the retirement age of 60 is reached and member is receiving retirement pay, no distinction is made between members retired from the Reserves/Guard and members retired from active duty. Dependents of these retirees are authorized to travel Space-A when accompanied by the sponsor. Retired Service members are not eligible for Space-Required travel. The Air Mobility Command website <https://www.amc.af.mil/CivicLeaders/AMC-Travel-Site/> details the sign-up options, including the required information. You can sign up through their website, by email or in person at the terminal.



Retirement Services Support Team

RPAM Administrator

Provides, reviews, corrects RPAM Statements and assist/process transactions related military retirement and survivor benefits.

For more information contact:

SSG Anthony Kline

Phone: 614-336-7277

Fax: 614-336-7373

anthony.l.kline2.mil@mail.mil

Transition Assistance Advisor Program

Transition Assistance Advisors provide Soldiers and Family members assistance in understanding and utilizing local, state, and federal veteran benefits and services. For more information go to:

Web: <https://ong.ohio.gov/programs/transition-assistance/index.html>

Facebook: [ONG Transition Assistance OHARNG Mobile App - Families](#)

Dr. Glenn Spencer OHARNG Transition Assistance Advisor, 614-336-7252

Retirement Services Officer

Provides information, education, and assistance in understanding your retirement benefits and process.

For more information contact:

Dr. Glenn E. Spencer Jr. DEM, PhD.

Transition Assistance Advisor

State Retirement Services Officer

614-336-7252 office

614-572-9184 mobile

Glenn.e.spencer2.mil@army.mil



County Veteran Service Offices

There are 88 County Veterans Service Offices (CVSO) to serve you! Typically located in the county seat, each office is funded by a portion of the assessed local property taxes. CVSOs are staffed by certified and accredited service officers who can assist Ohio veterans and their survivors apply for local, state, and local veteran inter-agency benefits. These benefits include:

FEDERAL – Disability Compensation, Pension, Healthcare, Education, Home Loans, Burial, and Survivor Benefits.

STATE – Ohio Veterans Bonus, Education, Employment, Healthcare, Home Loans, Ohio Veterans Homes and Military Injury Relief Fund.

LOCAL – Claim Preparation and Assistance, Financial Assistance, Transportation to VA medical appointments, Indigent Burials and inter-agency benefits.

Each County Veterans Service Office has certain requirements to help Veterans, or their families experiencing a financial emergency. This short-term assistance varies with the individual abilities of each county. Such assistance may include payment of rent mortgage, food, utilities, car payment, or insurance.

Veterans can find their local office by calling:

1-877-OHIO-VET (1-877-644-6838) Or visiting: www.ohiovet.gov

Expired Term Of Service

If you ultimately decide to separate from the military after completing your term of service—THANK YOU! You will always be part of the 1% of the American population who served in the Armed Forces. Be proud of your service and hopefully you will remember it fondly in years to come. As you prepare to depart, it is important that you closeout your service properly to ensure you leverage all of the resources available to support you in your next phase of life. Hopefully you maximized use of the education and employment benefits that were available to you while you served.

PREPARING TO ETS:

- Talk to my Readiness NCO about processing any awards and certificates I may have earned.
- Make sure all of my bonus and student loan repayment program payments have been processed if I contracted for them.
- Get a copy of my medical record.
- Address any duty related medical conditions BEFORE my ETS date. If I have any pending duty related conditions, consider an extension until the medical board processes are completed and a disposition determined. Contact a TAA or Medical Case Manager for guidance.
- Get a copy of my iPERMS record.
- Turn in all my military equipment and clear my hand receipt.
- Attend a Transition Workshop 180 to 365 days before ETS to ensure I have the information I need to maximize my benefits before and after I am discharged.
- Request an NGB 22 be completed (request a draft before you ETS).
- Understand what Ohio National Guard Scholarship benefits may be available to me if I had qualifying deployment/mobilization time that interrupted my education pathway (state law allows for use of the ONGSP program for up to 5 years after separation if a mobilization or deployment caused the student to miss school).
- Save a copy of my NGB 22 or DD Forms 214 to document my service for future benefits and access to the Veterans Administration to include Medical benefits (if I deployed on T10) and VA Home Loan (Guardsmen are eligible upon completion of 6 years of service). Make sure my family knows where this is secured.



VA Home Loans

- National Guard members eligible after completing 6 years of service or with at least 90 days of active service including at least 30 consecutive days under Title 32, Sections 316, 502, 503, 504 or 505.
- VA Home Loans are provided by private lenders, such as banks and mortgage companies. VA guarantees a portion of the loan, enabling the lender to provide you with more favorable terms.
- No downpayment required (*Note: Lenders may require downpayments for some borrowers using the VA home loan guaranty, but VA does not require a downpayment)
- Competitively low interest rates
- Limited closing costs
- No need for Private Mortgage Insurance (PMI)
- The VA home loan is a lifetime benefit: you can use the guaranty multiple times.
- Go to <https://www.ebenefits.va.gov/ebenefits/homepage> to learn more and apply.



VA Health Benefits

- If you're a current or former member of the Reserves or National Guard, you must have been called to active duty by a federal order and completed the full period for which you were called or ordered to active duty. If you had or have active-duty status for training purposes only, you don't qualify for VA health care.
- Each National Guard career is different and benefits depend on duty status, work with your county veteran service office to determine your eligibility for specific services to include long term care.
- Apply at <https://www.va.gov/health-care/apply/application/introduction>.





Duty Related Injuries

Line Of Duty Determinations

When hurt at work in the civilian world, the case may end up being managed by the Bureau of Workers Compensation. In the Ohio Army National Guard, a Soldier's illness, injury, or disease that occurred while in a duty status must be managed administratively through a Line of Duty (LOD) investigation process.

The purpose of an LOD is to protect both the Soldier and the government's interests. It also documents conditions for Medical and Physical Evaluation Board (MEB/PEB) processing if permanent disability results as well as documents a service connection for veterans filing a claim through the VA. An approved LOD is the foundation to other programs to which a Soldier may be entitled to include healthcare through the Department of Veterans Affairs (VA).

Your Unit Readiness NCO and/or Battalion Medical Readiness NCO can assist you with completing the LOD. At a minimum and depending on circumstances, you will need to submit all medical documentation pertaining to the injury, illness, or disease, both before, during and after. In addition to the medical documents, you will need to provide proof of duty status (orders, 1379, DD 214, etc.), sworn statements detailing the incident resulting in injury, illness, or disease, and any medical bills received for same incident.

For additional support surrounding LOD you can contact the OHARNG G1 Health Services via email at nq.oh.oharng.list.g1-m-hs@army.mil

Disability Evaluation System (DES)

Soldiers who do not meet medical retention standards in accordance with AR 40-501 will be referred to the DES. The DES consists of the Duty Related Medical Evaluation Board (MEB), the Non-Duty Related Physical Evaluation Board (PEB), and the Military Occupational Specialty (MOS) Administrative Retention Review (MAR2). Once a Soldier reaches their Medical Readiness Determination Point (MRDP), the OHARNG Office of the State Surgeon will review the medical case for each Soldier and either refer the Soldier to the DES or return the Soldier to duty with or without limitations.

Referral to the MEB is restricted to only duty related conditions determined by an approved LOD or an approved Integrated DES Referral Memo (IDRM). Referral to the PEB is restricted to only non-duty related conditions. Referral to the MAR2 consists mainly for hearing conditions, however, can also consist of conditions resulting in not meeting MOS retention standards. The DES will make the final determination of fit or unfit for duty. Any appeals to the DES determination must be routed through the Army Board of Correction to Military Records (ABCMR).

Eligibility For Veterans Pension

If you have a service connected injury or illness, you should consider filing a claim with the VA for Veterans Pension. Work with your county veterans service office to understand the benefits, eligibility, as well as assistance in filing a claim. More information can be found at <https://www.va.gov/pension/eligibility/>.

For additional assistance with LODs and the DES Process contact G1 Health Services via email at nq.oh.oharng.list.g1-m-hs@army.mil



Additional Resources



VA

U.S. Department
of Veterans Affairs

www.va.gov

If you're a traditional member of the National Guard and Reserve, whether you have qualifying active duty time or not, you may be eligible for some VA benefits. Explore your eligibility for healthcare, education benefits, VA-backed home loans, life insurance, disability claims, education and career counseling, employment services, burial benefits, housing assistance, etc. Visit the VA website to find out which benefits you may qualify for—and when to apply. Or, contact your county Veterans Service Office for assistance.



**RESERVE
COMPONENT
TRANSITION
ASSISTANCE
ADVISORS**



Open your camera and scan the QR code for more information.



Would you like individualized assistance? My Army Benefits, resources, home loans etc. Just scan the QR Code to find an RCTAA near you.

- State and Local Benefits
- Financial Assistance
- VA Assistance for Physical and Mental Health
- Legal Assistance
- Disabled Veterans Program Assistance
- Relocation Assistance
- Education and Training Assistance
- Effects of a Career Change
- Employment Assistance-
- Health and Life Insurance



Hunter Sintobin

State of Ohio
Reserve Component Transition Assistance Advisor Program
Federal Contractor
hsintobin@gapsi.com
614-907-3316

Other Helpful Links & Tools

- Gray Area Retirements: <https://www.hrc.army.mil/content/Gray%20Area%20Retirements%20Branch>
- Reserve Component Survivor Benefit Plan RCSBP Coverage and Costs: <https://www.hrc.army.mil/content/6033>
- Calculate Survivor Benefits Estimate: <https://myarmybenefits.us.army.mil/benefit-calculators/survivor-benefits>
- Survivor Benefits Smart Book: <https://www.hrc.army.mil/asset/18836>
- Apply for retirement: <https://www.dfas.mil/retiredmilitary/apply/how-to-apply/>
- Pre-separation transition Checklist: <https://www.armyg1.army.mil/dcs/docs/DD%20Form%202648-1%20Pre-Separation%20Counseling%20Checklist%20ORC.pdf>
- Logan: <https://myarmybenefits.us.army.mil/>
- MyArmyBenefits--the Official Military Benefits Website for Soldiers, Veterans, Retirees & Families
- Retired Pay Estimate: <https://www.dfas.mil/retiredmilitary/plan/estimate/>



**Ohio National Guard Family
Readiness & Warrior Support**






2825 W. Dublin Granville Rd.
Columbus OH 43235
(800) 589-9914




Always Ready, Always There



For current information & stories
on the Ohio National Guard, watch the
Buckeye Guard video newscast or read
the digital Buckeye Guard online Publication:
ONG.Ohio.gov/Buckeye-Guard/index.html

-  TheOhioNationalGuard
-  OhioNationalGuard
-  OHNationalGuard
-  OhioNationalGuard
-  OhioNationalGuard



 Open your camera and scan
the QR code to learn more