

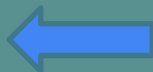
Welcome to the New Spouse Orientation!



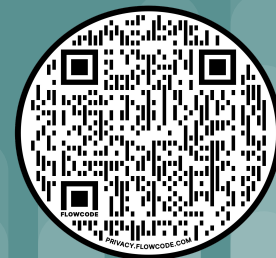
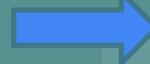
- Restrooms are just down the hall, changing tables located in front bathrooms by auditorium.
- Reserved seating areas are available outside for those who attend the entire briefing. (Today only, no reserved seating for Parade)
- We will dismiss you by flight. You won't miss anything by attending this briefing.
- Feel free to take pictures of any/all the briefing slides.
- Please ask any/all questions you may have. We are here to help.
- If you are not comfortable asking to the group, please see a volunteer for assistance.



Tech school QR
code



Five & Thrive
Spouses Guide QR



[Home](#)[About](#)[Resources](#)[Thrive Guide](#)[SITREPS](#)[Community Solutions](#)[Our Stories](#)

FIVE & THRIVE

"Welcome to the Five & Thrive Landing Page! Five & Thrive was created to improve quality-of-life challenges our Air and Space Force families face in five focus areas: Childcare, Education, Healthcare, Housing, and Spouse Employment. This Landing Page now serves as the hub for all things Five & Thrive, including the modern and inspirational Thrive Guide, informative monthly SITREPS, quality-of-life resources, community partnerships, creative best practices, and MORE! We hope it will provide you with the consolidated and specific tools needed to navigate military life at home and in your community."

Sharene Brown, Spouse of the 22nd CSAF



CHILDCARE



EDUCATION



HEALTHCARE



HOUSING



SPOUSE
EMPLOYMENT





FIVE & THRIVE

*Connecting spouses to resources that will
Improve quality of life challenges!*

NATIONAL



Five & Thrive
Landing Page



Five & Thrive Guide

LOCAL

MILITARY & FAMILY READINESS CENTER

EVERY installation has a M&FRC!
Make it your first stop at your new
location!!! They can help you in-house or
refer you to other local organizations in the
area.



CHILDCARE



EDUCATION




HEALTHCARE



HOUSING



SPOUSE
EMPLOYMENT



Military & Family Readiness Center



Providing support, education, and services for families to prepare them for the challenges and unique demands of military life.

AT YOUR NEW INSTALLATION

- We encourage you to attend the installation Newcomers Orientation with your spouse.
- Plan on attending a New Spouse's Orientation at your new installation.



EDUCATION & TRAINING

- Spouses of Active Duty, National Guard, and Reserve
- Up to \$4,000 of tuition assistance
- Continuing Education Courses License and Certification /Associate Degree necessary to gain employment in a specific field
- General Henry H. Arnold Education Grants
- General Henry H. Arnold Merit Scholarship
- Supplemental Education Loan Program (Sponsored by AFAS)



EMERGENCY ASSISTANCE & SUPPORT

- No-interest loans and/or grants to help meet immediate emergency needs such as rent, vehicle repairs, emergency travel
- Grant to assist relocating Pet(s) to or from overseas up to \$1,000!
- Bundles for Babies \$50 gift card!



American
Red Cross

EMPLOYMENT ASSISTANCE FOR SPOUSES

- Resume Assistance & Interview skills
- Labor Market Information & Networking
- Spousal Employment Connections
- Re-Licensure & Re-Certification reimbursement up to \$1,000



RELOCATION ASSISTANCE

- 20 hours of free childcare (sponsored by AFAS)
- Sponsorship Program

Plan My Move



TIME OFF (LEAVE) AFTER TECHNICAL TRAINING

- Stateside- up to 10 days allowed
- Overseas- up to 14 days allowed
- Recruiter Assistance Program (RAP)
- Must submit application at tech. training location for approval
- Airman/Guardian must pay travel cost for leave and RAP
- The Government will pay to travel to next duty location or cost equivalent



GET CONNECTED



USAF CONNECT

Use this app for installation information



NEW SPOUSES & FIANCÉS

Welcome
TO THE FAMILY!

FREE VIRTUAL
4-Part Weekly Series



Join us on zoom!
Scan to register!

Military OneSource

Connecting You
to Your Best MilLife



More Ways We Serve You

- A single source of information and assistance for service members and military families
- Private, discreet, individualized support
- Free, tailored, confidential
- Trustworthy information and resources
— from the Department of Defense





Interactive Tools and Services

Spouse Education and Career Opportunities

Military OneSource is your connection to SECO — employment and education for military spouses worldwide.

- Personalized guidance from career coaches
- Get assistance with:
 - Career exploration
 - Education, training and licensure
 - Employment readiness
 - Career connections
- Comprehensive resources and tools



Connect to Your Best MilLife

You Can Expect:

- Worldwide access 24/7/365
- Free and confidential support
- Objective and experienced experts
- Current and practical information and tools
- A commitment to help service members and military families thrive



Toll-free telephone
800-342-9647



www.MilitaryOneSource.mil
with live chat



www.MilitaryOneSource.mil



Interaction with
trained professionals

TRICARE[®] DENTAL PROGRAM (TDP)

UNITED CONCORDIA[®]
GOVERNMENT BUSINESS UNIT



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HOW TO ENROLL

Three ways to enroll:

1. **Online:** www.tricare.mil/bwe to access the Beneficiary Web Enrollment (BWE) portal
2. **Mail:** United Concordia TRICARE Dental Program
P. O. Box 645547
Pittsburgh, PA 15264-5253
3. **Phone:**
 - CONUS: 844-653-4061
 - OCONUS: 844-653-4060 (toll free); 717-888-7400 (toll)



1
3



Red Cross



How to reach your Airman/Guardian in the event of a life or death emergency. Please note: ***immediate family members only!***

Patient information needed

- Name and contact information
- Nature of emergency
- Where it can be verified (hospital, doctors office, funeral home)

Service member information needed:

- Service Member's name
- Branch of service
- Rank
- DOB
- Address
- Military installation
- Unit

Red Cross
Phone Number
1-877-272-7337

*The Red Cross has an app called Hero Care that you can set up a profile to have service member's information ready to go.

*Update information each time you move.

Tech School

Think of Tech School as College

In BMT (Basic Military Training), they are learning Air Force core values, rules, and expectations. In tech school, they will be learning their JOB.



How long is your spouse's tech school?

- **Under 20 weeks or Multiple Locations** - Spouse/family will NOT be added to the orders and should prepare for PCS
- Your spouse will be getting BAH (Basic Allowance for Housing).
- **Over 20 weeks** - In ONE location, the spouse/family may be added to the orders. If eligible TMO will be set up for your move.

Tech School is split into Phases

- Each phase will loosen rules, and change as they progress.
- Phases are different across locations and job fields.
- Phases will give you direction on things like whether your Airman/Guardian can have a personal vehicle, or if they can leave base.



Moving AKA PCS

Permanent Change of Station

Orders: Document stating Airman/Guardian is to move to a new location. (very important)

Stow:

- Important documents
- Things you plan to travel with
- Sentimental items



Movers will NOT take

- Pets (Quarantine, Vaccinations, Travel)
- Cars (Eligible for certain overseas locations)
- Children (Use PCS childcare hours)



KEEP IN MIND:

- Each moving company has their own rules
- Movers are required to unpack your household goods if requested.
- You will have a TMO representative assigned to your move
- Military One Source Plan My Move:
<https://planmymove.militaryonesource.mil/>
- Pet Transportation Allowance- \$550 State side \$2000 Overseas.

ON BASE HOUSING

It's not a requirement to live in base housing, but we do recommend being on the housing waiting list!

Check base housing website for:

- Pet restrictions (breed, size, amount)
- House sizes
- Photos (google is not always reliable)
- Requirements
- Layouts
- Housing neighborhood information
- Specific base related rules and regulations that may apply to you.

<https://installations.militaryonesource.mil/>



Airman's Attic

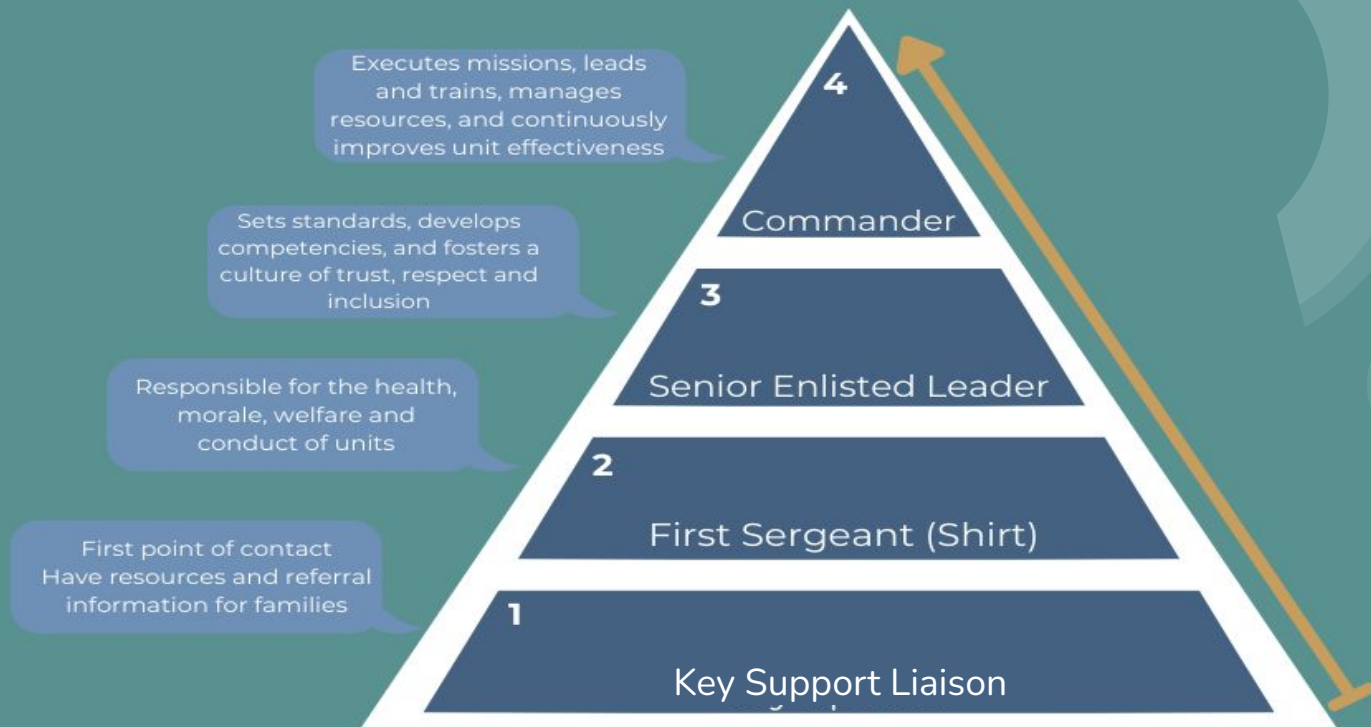


A store that junior enlisted members and their families can go to for:

- Clothes
- Uniforms
- Furniture
- Essential Household items

All items are donated by other military families and are free of charge for you!

Who is in your Corner?



*Key Support Liaisons are an excellent resource for spouses inside their units. They are Volunteers appointed by the commanders to help support the families within the squadrons/units.

USAF First Sergeant – 1SGT

“The Shirt”

Airmen & Families are OUR Business



Every Squadron has a Commander,
Senior Enlisted Leader & First
Sergeant: Together they make up the
“Leadership Triad”

A 1SGT’s primary job is to
advise the Commander & do
anything possible to make sure
Airmen are ready to accomplish
their mission.

A First Sergeants job, the Airmen.

First line of
defense for
Airmen.

Take care
of families while
members are on
deployment.

Advises
commanders on
a multitude of
subjects.

Responsible
for morale,
welfare and
conduct of
units.

No
judgment
zone!!

Assists in
administrating
corrective
actions.



Public Display of Affection (PDA)

AFI 2.13.6 states: When in uniform, Airmen must **NOT** engage in PDA.

This includes but is not limited to:

- Holding hands (except for the hand of a small child)
- Walking arm in arm
- Embracing (hugging)
- Caressing
- Kissing

Brief displays of affection, such as a modest kiss or embrace, may be permitted in situations where physical contact is commonly accepted etiquette such as weddings or graduations. Failure to comply with this regulation may result in disciplinary action for the graduate.

*This rule will apply throughout their Air Force/Space Force career.

Question and Answer

Ask us
Anything!



Q and A New
Spouse Orientation



Five & Thrive Spouses
Guide QR



More detailed information of resources reviewed today
can be found in the Five & Thrive Spouses guide!

Flight Map

