

THRIVE

AIR NATIONAL GUARD EDITION



AN EDUCATIONAL AND INSPIRATIONAL GUIDE
FOR TODAY'S AIR NATIONAL GUARD FAMILIES

FIVE & THRIVE

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Dear Air National Guard Spouses,

Your unwavering strength and sacrifice are nothing short of heroic. As the demands on our Air National Guard have evolved your loved ones find themselves away from home more often than ever before. They answer the call to duty with unwavering commitment, and you stand beside them, providing vital support.

The Air National Guard operates in unique duty statuses, ranging from Title 10, Active Duty to State Active Duty and more. The calls from the President and our Governors have been more frequent. Numerous (or just “many”) deployments for Federal or overseas missions and State and National Disasters have kept our Air Guardsmen extremely busy and vital to our National Defense. We at the ANG Thrive team understand the complexities of each title status and want to connect you to all the tools, benefits and support for your family while your Guardsmen are away. These programs and benefits are your lifeline, ensuring that you, too, thrive in the face of adversity. Your sacrifices are not in vain; they enable the Air National Guard to protect our nation.

We would like to thank Sharene Brown, spouse of the former Chief of Staff of the Air Force, for her unwavering commitment and leadership in supporting military families through Five and Thrive resources. Our sincere appreciation also goes to the Thrive Team for their invaluable assistance which includes the Air Guard edition. We owe a special thanks to the Air Guard Thrive Team in producing the Air National Guard edition. This edition consolidates a wealth of additional resources, tools and exclusive information in one accessible location.

In closing, your dedication is a testament to the strengths that make America strong. We encourage you to lean on the Thrive Guide and Air Guard Edition when needed and remember that we stand with you in gratitude and admiration.

The Air National Guard Family - We are Stronger Together!



With respect and appreciation,

*Your Air National
Guard Thrive Team*

HOW TO USE THE THRIVE GUIDE

GUARD LIFE

This section teaches you about the culture we live in. It demonstrates both specific resources and helpful advice that will empower you to successfully navigate military life.

IN THIS TOGETHER

In this section, we walk you through the basics of building a support network. Here you will learn about Department of the Air Force resources, strategies to build your support system, unit level support, and resilience resources.

FIVE & THRIVE

This section contains resources that will help you navigate five key quality-of-life areas that affect military families: childcare, education, healthcare, housing and spouse employment.

TESTIMONIALS

The testimonials throughout the Thrive Guide offer advice, wisdom, and experiences from today's Air National Guard spouses. If you'd like the opportunity to have your testimonial included, please email it to thriveteam@fiveandthrive.org.

This guide is intended to be used as a living digital document. You will find many active links to additional information. For questions, comments or printing guidance, please email thriveteam@fiveandthrive.org.

For the most recent version visit <https://www.fiveandthrive.org/thrive-guide>.

Connection. I believe that to be the most important thing for an Air National Guard Spouse. Connect with your service member, the unit, other military spouses and families. Building that network for knowledge, education, and support is the key to navigating the Air Guard life. The opportunities are there. Make the choice to connect and follow through. It makes a significant difference.

- **Pam B.**, Texas Air National Guard Spouse, Camp Mabry, Texas

GUARD LIFE

This section will teach you about the culture you live in. It will provide you with specific resources that you will need and helpful information that will empower you to navigate the military culture.



Welcome to the Air National Guard family!

Whether you are new to this life or have been a part of it for a while, you are essential to the success of your Guardsman and to the vision and mission of the Air National Guard (ANG). As a spouse, taking care of the home front and your unwavering support helps keep their focus on the mission.

Living the Air National Guard lifestyle is a unique and rewarding experience that we all can embrace wholeheartedly. It's not just a job; it's a commitment to serving our country while maintaining a civilian life. Guardsmen and their families often explain that being a part of the Air National Guard means balancing three worlds – their military duties and responsibilities with their civilian career, and family life. Balancing this triad requires careful time management and a strong support system, but it also brings a sense of pride and fulfillment that few other professions can offer.

The sense of community within the Air National Guard is second to none. We describe it as an extended family where fellow Guardsmen become close-knit friends and families. Our bond grows stronger through deployments, training exercises, and the challenges we all face together. When explaining the Air National Guard lifestyle, we like to emphasize the dedication, camaraderie, and sense of duty that comes with serving in this vital branch of the military.

MISSION

As the primary combat-ready reserve of the Air Force, the Air National Guard provides mission-ready Airmen to safeguard the homeland, serve our communities, and to execute global operations.

VISION

As an integral part of the Joint Force, we are focused on:

READY AIRMEN—READY FORCES: Provide manned, trained, equipped, and cohesive units ready to meet the demands of our combatant commanders and governors.

PARTNERSHIPS: Build relationships internally and externally through trust, transparency, and communication.

PEOPLE: Recruit and invest in a diverse, physically, and mentally resilient workforce; recognize and retain talent; and achieve a sustainable family, military service, and employer balance.

POLICY: Improve our efficiency and effectiveness by eliminating redundancies and mission distractors and enabling our Airmen to find and implement innovative solutions.

FORCE STRUCTURE: Employ modern and interoperable equipment, systems, and processes that are deployable, sustainable, and overmatch current and future threats, through concurrent and proportional recapitalization and modernization.

TITLE STATUS

A title status refers to the type of orders your Guardsman is on. A title status is assigned to every Guardsman and the status can change depending on the assignment. With a few exceptions, your Guardsman will be in one of three title statuses: Title 10 (T10) or Title 32 (T32) or State Active Duty (SAD).

Knowing the current title status of your Guardsman is vitally important and will help you unlock the availability/accessibility of benefits and resources. Benefits, resources, healthcare, certain pay allowances, to name a few, can be status dependent. Resources and benefits may also depend on how long a Guardsman is in a particular status. If you have a question about accessibility and availability, contact that resource directly and/or your Military & Family Readiness Office or your Airmen & Family Readiness Program Manager (AFRPM), depending on your installation.

STATE ACTIVE DUTY (SAD)

The governor can activate National Guard personnel to State Active Duty in response to natural or man-made disasters or Homeland Defense missions. SAD is based on state statute and policy as well as state funds. Airmen remain under the command and control of the governor. A key aspect of this duty status is that the Posse Comitatus Act does not apply. The Posse Comitatus Act of 1878 removed the military from regular civil law enforcement. National Guardsmen can act in a law enforcement capacity within their home state or adjacent state if granted by that state's governor.

TITLE 32 FULL-TIME NATIONAL GUARD DUTY

Our Airmen can be on T32 full time or on T32 in drill status. "Full-time National Guard Duty" means training or other duty, other than inactive duty, performed by a member of the National Guard. Title 32 allows the governor, with the approval of the president or the secretary of defense, to order a member to duty for operational Homeland Defense activities in accordance with federal law.

The key to this instance is that federal law provides the governor with the ability to place Airmen in a full-time duty status under the command and control of the state but is directly funded with federal dollars. Even though this duty status is authorized by federal statute, this section is a statutory exception to the Posse Comitatus Act; the governor may use the Guard in a law enforcement capacity while the chain of command rests in the state.

TITLE 10 ACTIVE DUTY

"Active duty" means full-time duty in the active military service under Title 10. It allows the president to federalize the National Guard forces by ordering them to active duty in their reserve component status or by calling them into federal service in their militia status in accordance with federal law.

A Drill Status Guardsman is a part-time member of the National Guard who serves during training weekends and annual exercises, while balancing civilian employment and responsibilities. They play a crucial role in maintaining readiness, providing support during emergencies, and serving their community, all while upholding the commitment to both their civilian and military roles.

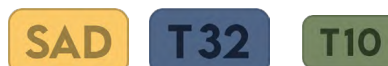
An Active Guard & Reserve (AGR) status Guardsman is always full time. He or she is paid to work full time on the installation and keeping things running for the drill status Guardsmen. AGRs participate in the Regularly Scheduled Drill (RSDs) a.k.a "drill weekend."

No matter the status, your guardsman is vital to the success of their mission.

MILITARY ID CARD

If you are an authorized dependent, a military ID card is required to access the full array of entitlements and benefits.

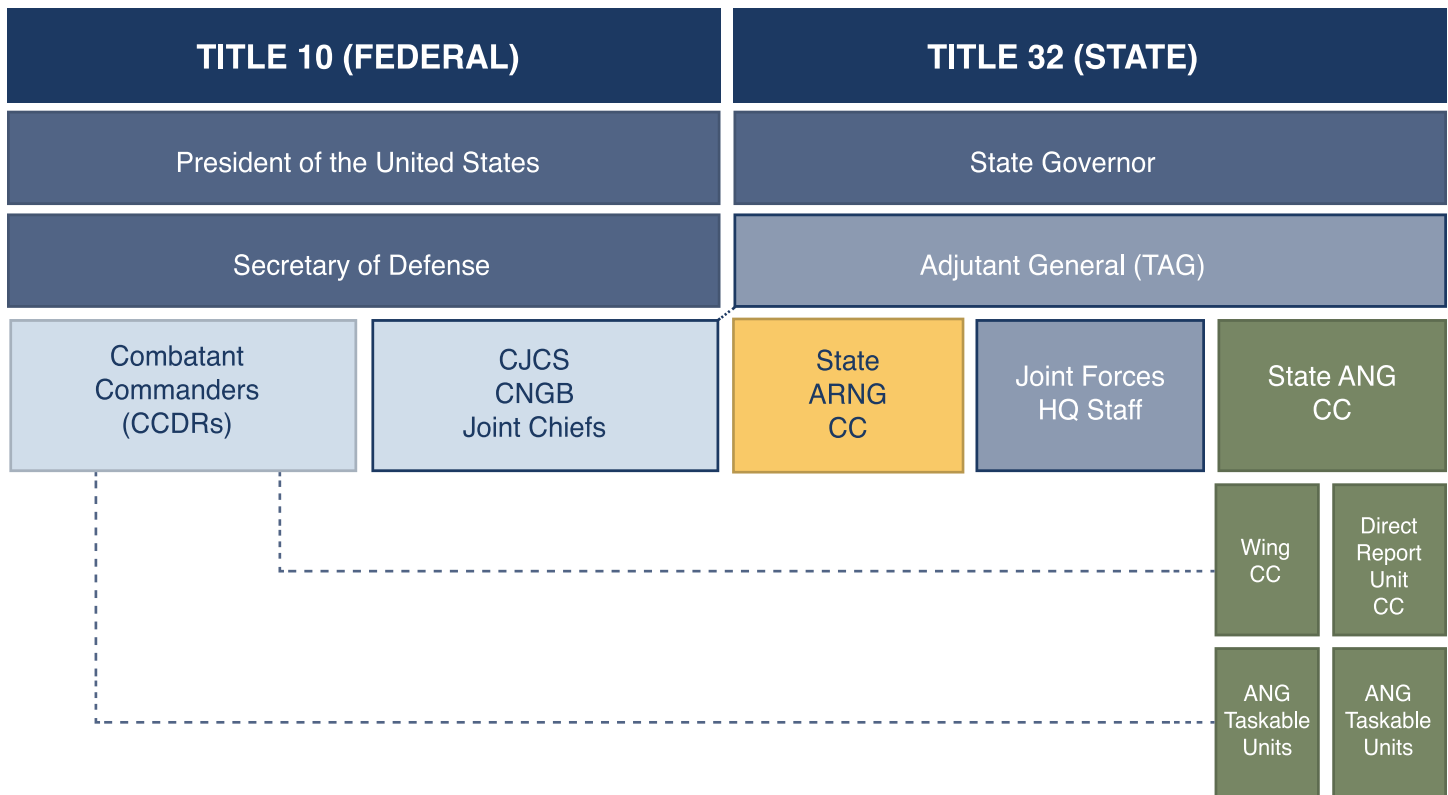
These entitlements change based on the Guardsman's status. Utilizing resources located on a military installation requires a valid military ID card to gain installation access.



LOOK FOR THESE SYMBOLS
THROUGHOUT THE THRIVE GUIDE TO
IDENTIFY WHICH RESOURCES ARE
AVAILABLE FOR EACH STATUS.

CHAIN OF COMMAND

Guardsmen work for the president of the United States and the governor of their unit's state.



Acronyms: CC Commander TAG The Adjutant General CJCS Chairman of the Joint Chiefs of Staff CNGB Chief of the National Guard Bureau

Personal Information

- Guard member's rank, name, and duty title
- Guard member's date of birth
- Guard member's service ID number

Service ID number can be found on the member's common access card, and is NOT their social security number.

Unit Information

- Current unit
- Duty section
- OIC/NCOIC name
- Wing/unit phone #

Contact Information

- Military & Family Readiness Office
- Key spouse/volunteer contact information
- First sergeant name and phone number
- Commander's name and office phone number
- DEERs office contact information

IN THE KNOW

IT IS A GOOD PRACTICE TO KNOW YOUR UNIT'S COMMAND TEAM AND CONTACT INFORMATION. KEEP AN UPDATED COPY OF THIS WITH YOUR EMERGENCY SUPPLIES IN CASE OF EVACUATION.

RANK STRUCTURE

O-1	O-2	O-3	O-4	O-5	O-6
-----	-----	-----	-----	-----	-----



Second
Lieutenant
(2d Lt)



First
Lieutenant
(1st Lt)



Captain
(Capt)



Major
(Maj)



Lieutenant
Colonel
(Lt Col)



Colonel
(Col)

O-7	O-8	O-9	O-10
-----	-----	-----	------



Brigadier
General
(Brig Gen)



Major
General
(Maj Gen)



Lieutenant
General
(Lt Gen)



General
(Gen)

E-1	E-2	E-3	E-4	E-5	E-6
-----	-----	-----	-----	-----	-----

No
Insignia



Airman
(Amn)



Airman
First Class
(A1C)



Senior
Airman
(SrA)



Staff
Sergeant
(SSgt)



Technical
Sergeant
(TSgt)

E-7	E-8	E-9
-----	-----	-----



Master
Sergeant
(MSgt)



Senior Master
Sergeant
(SMSgt)



Chief Master
Sergeant
(CMSgt)



Chief Master Sergeant
of the Air Force
(CMSAF)

E-1	E-2	E-3	E-4	E-5	E-6
-----	-----	-----	-----	-----	-----



Specialist 1
(Spc 1)



Specialist 2
(Spc 2)



Specialist 3
(Spc 3)



Specialist 4
(Spc 4)



Sergeant
(Sgt)



Technical
Sergeant
(TSgt)

E-7	E-8	E-9
-----	-----	-----



Master
Sergeant
(MSgt)



Senior Master
Sergeant
(SMSgt)



Chief Master
Sergeant
(CMSgt)



Chief Master Sergeant
of the Space Force
(CMSSF)

STATE PARTNERSHIP PROGRAM

All states have National Guard units that participate in the State Partnership Program (SPP). The SPP has been successfully building relations for 30 years and now includes 88 partnerships with 100 nations around the globe. This program allows National Guard units to train side-by-side with allies and partners in other countries. Through SPP, the National Guard conducts military-to-military engagements in support of defense security goals but also leverages whole-of-society relationships and capabilities to facilitate broader interagency and corollary engagements spanning military, government, economic and social spheres. Check the [most current map](#) of these relationships.



PARTNER
FOCUSED
STRATEGICALLY
ALIGNED

OPSEC & PERSEC

Operations Security (OPSEC) is a war fighting capability used to identify and protect military “bits and pieces” of sensitive information from people who wish to do us harm. This sensitive information, if collected by an adversary, can provide indicators pointing to our future activities and give them an advantage. It is not dramatic to state that lapses of OPSEC can lead to mission failure and even the death of military members. Adversaries see military family members as soft targets and an easy source of useful information. Personal Security (PERSEC) is identifying, controlling, and protecting information about your life. This is the kind of information that everyone – regardless of military connection – should be careful about. Remember to use good judgment with what you post on social media, while keeping OPSEC and PERSEC in mind.

Do not share...

- Specific information about the mission of assigned units
- Specific dates and locations of deployments
- Your service member’s specific job on the internet
- Your service member’s exact location overseas
- Anything about unit morale or equipment
- Anything about deployment schedules or itineraries
- Exact dates your service member is scheduled to return



Note: This is not an all-inclusive list. Ask your unit leadership for more information about specific OPSEC guidelines for your unit.

PROTOCOL

Protocol is a code of traditional precedence, courtesy, and etiquette in matters of military diplomatic, official, and celebratory ceremonies. Protocol Officers are assigned to commands throughout the Air and Space Forces and can be a great resource to spouses.

HONORS TO THE FLAG AND BUGLE CALLS

National Anthem or To The Colors

Face flag or music and place your right hand over your heart. When outdoors, remove any non-religious headgear and hold over your heart with your right hand. Military veterans have the option to salute when outdoors.

Reveille and Retreat

Reveille is a morning bugle call to signify the start of the day, and Retreat is an afternoon bugle call to signal the end of the duty day. If the installation flies the U.S. Flag continuously for 24-hours with only "Reveille" or "Retreat" played, but no action with the U.S. Flag, or playing of the National Anthem (or To The Colors), individuals are not required to stop themselves or vehicles and provide honors. If the U.S. Flag is raised or lowered in conjunction with The National Anthem (or To The Colors), then render the proper honors to the flag and/or stop driving until the end of the music.

Taps

A bugle call played approximately 10:00 p.m. to signify quiet hours; no action or honors need to be taken. When played as part of a ceremony remove non-religious headgear and hold your right hand over your heart.

CEREMONIES AND EVENTS: ORGANIZATIONAL AND PERSONAL

There are two categories of ceremonies and events; "organizational" honoring units and heritage, and "personal" celebrating individual accomplishments.

ORGANIZATIONAL CEREMONIES AND EVENTS

Change or Assumption of Command

The change of command ceremony is a clear, legal, and symbolic passing of authority and responsibility from one commander to the next. At the conclusion of the ceremony, the new commander and spouse will typically host a reception immediately afterwards, which may include a receiving line. By tradition, the out-going commander and spouse seldom attend this reception, as a courtesy. When the outgoing commander departs the unit early and is not part of the ceremony it is then called an assumption of command ceremony for the incoming commander.

Formal Military Dinners

There are many occasions when formal military dinners are held, such as annual award banquets, and occasions which honor specific people. Decorum and etiquette always prevail and make these events special to attendees.

Dining-in and Dining-out

Dinner events designed to bring a unit together in an atmosphere of camaraderie, good fellowship, and social rapport. There are "Rules of the Mess" to follow and traditions that bring great levity and humor.

Dining-In is a formal dinner for military and civilian members of a unit.

Dining-Out is the same as Dining-In but includes spouses and guests.

Combat Dining-In is far less formal for military and civilian members of a unit.

Combat Dining-Out is the same as Combat Dining-In but includes spouses and guests.

PERSONAL CEREMONIES AND EVENTS

There are a multitude of other events and socials you may be invited to attend, such as teas, coffees, receptions, activation and inactivation of units, and ribbon cutting ceremonies. If stationed at a joint base, you may be invited to events specific to other services. Do not hesitate to go, as it's important to learn about traditions from all of the armed forces. For questions, contact the hosting unit.

Awards and Decorations

The Air Force & Space Force present many levels of awards in recognition of service or achievement. A commander's timely presentation of the appropriate decoration at a public ceremony greatly enhances the value of the award to the recipient and is a motivator for the entire unit. The ceremonies range from formal reviews to small informal office ceremonies, depending largely on the recipient's desires. The basic elements of this ceremony include the reading of the official orders and the presentation of the award or decoration. Spouses and family members are encouraged to attend.

Promotions

The promotion ceremony is important to the fabric of the military, as it recognizes members for their selection to serve in the next higher rank/grade and to accept the increased responsibility that follows. The basic elements of this ceremony are the reading of the official orders and the pinning of the new rank/insignia. Spouses and family members are encouraged to participate in "pinning" the new rank.

Retirements

Recognition of members who retire from a career of long, faithful, and honorable service is one of the oldest traditions of military service. Each retiree should leave the service with a tangible expression of appreciation for their contribution with the assurance that they will continue to be a member of the Air & Space Force family in retirement. The retiree's spouse is also honored in the ceremony for their dedication and service. Respectfully, young children should not attend unless unavoidable, as it is hard to sit through and be quiet for these longer events.

HELPFUL PROTOCOL HINTS

- Always stand (and sing) for the Air Force and Space Force songs, which are typically played at the conclusion of an official function
- If the invitation has an R.S.V.P. or "please respond," you should reply within two days of receiving the invitation, or by the "respond by" date if one is indicated
- Children are typically not invited to a function unless specified
- When invited to a dinner or gathering at someone's private residence, be on time or slightly (five minutes) late, but NEVER arrive early. If you are going to be more than 10 minutes late, call host/hostess to let them know
- It's courteous to bring an inexpensive but thoughtful host/hostess gift when invited to someone's home, but not at all required
- Always try to greet your host/hostess upon arriving to an event and then thank them before departing
- Send a thank you to the host/hostess within seven days
- When addressing someone in a military setting, it is recommended to start with formal titles if known, but Sir or Ma'am always work. If the person asks you to call them something different, please feel free to do so
- A good way to remember where to place your name tag is with the phrase "right is right" which corresponds to extending your right hand for a handshake following the line of sight to the name tag over your right chest

DRESS AND APPEARANCE

The recommended attire is a baseline to help you, but always check your invitations, or check with the host or protocol office if you have any questions. Remember to always take into consideration that there are a multitude of variables such as weather, location, venue, theme, time of day, local customs, and current fashion. Ultimately remember you represent the Department of the Air Force, your affiliated unit, and yourself when attending any level of official events.

Black Tie

Types of events: state dinners, galas, balls

Women: long or tea length dark evening gown or cocktail dress with heels

Men: black tuxedo, white shirt, black or colored bow tie with matching vest or cummerbund, black socks, dress shoes

Uniform: mess dress or enlisted semi-formal dress

Formal

Types of events: evening functions, dinners, military balls, dining-in

Women: formal or cocktail dress (long or short) or classy suit, heels/flats

Men: tuxedo or dark suit, white or light colored dress shirt, optional vest, conservative tie or bow tie, dress shoes

Uniform: mess dress or enlisted semi-formal dress

Semi-Formal

Types of events: parties, cocktail events, retirements, award ceremonies

Women: long or short dress, classy trousers or skirt with dressy top, heels/flats

Men: dark suit, light colored dress shirt, conservative tie or bow tie, dress shoes

Uniform: mess dress or enlisted semi-formal dress

Business

Types of events: meetings, conferences, welcome receptions, parades, ceremonies, official visits

Women: conservative dress, slacks or skirt & blazer with blouse, closed toe shoes

Men: dark or light suit, light colored dress shirt, conservative tie, dress shoes

Uniform: service dress

Business Casual

Types of events: office work, informal meetings or socials

Women: business dress, skirt & blouse (blazer option), jumpsuit, pants with sleeved shirt or blouse, sweater, closed or peep-toe shoes

Men: suit or sport coat with open collar shirt (tie/coat optional), sweater or vest with open collar shirt, slacks, khakis, or chinos with dress shoes/loafers

Uniform: blues shirt or blouse (tie based on occasion)

Casual

Types of events: daily or working attire, informal events, internal office functions

Women: sundress, casual blouse or polo, khakis or dark jeans with no holes, dress shorts, skirt with flats/sandals

Men: shirt with a collar, sweater, Khakis/dark jeans w/no holes, cargo or Bermuda shorts, loafers/sandals

Uniform: OCP

FORCE PROTECTION

FORCE PROTECTION (FP) CONDITIONS

The following is a brief explanation of FP Conditions. The specific measures (such as ID card checking) carried out under each condition can vary from base to base, in the continental U.S. and overseas. If you have questions about FP Conditions talk to the Security Forces personnel at your military base.

Normal

There is a general threat of terrorist activity that warrants a routine security posture, including access control to all DoD installations.

Alpha

There is the threat of possible activity against the base or resources under operational control of assigned/hosted units. Increase your vigilance against a possible local threat against Air & Space Force resources.

Bravo

There is the increased and more predictable threat of possible activity against the base or resources under operational control of assigned/hosted units. Maximize your vigilance against a possible local threat against Air & Space Force resources. Be cognizant of who does and who doesn't belong in your work area.

Charlie

An incident occurs or intelligence is received that indicates imminent terrorist acts against the base or resources under operational control of assigned/hosted units. Secure all work areas and implement 100% identification and entry control procedures for all facilities. Look for suspicious activity and report it immediately.

Delta

A terrorist attack occurs at the base, or intelligence is received that indicates a terrorist attack will be directed against the base, or against resources under operational control of assigned/hosted units. Secure all work areas and implement 100% identification and entry control procedures for all facilities. Look for suspicious activity and report it immediately.

HEALTH PROTECTION CONDITION (HPCON) LEVELS

Zero	Routine	No Community Transmission
Alpha	Limited	Community Transmission Beginning
Bravo	Moderate	Increased Community Transmission
Charlie	Substantial	Sustained Community Transmission
Delta	Severe	Widespread Community Transmission

MILITARY TIME

THE 24 HOUR CLOCK

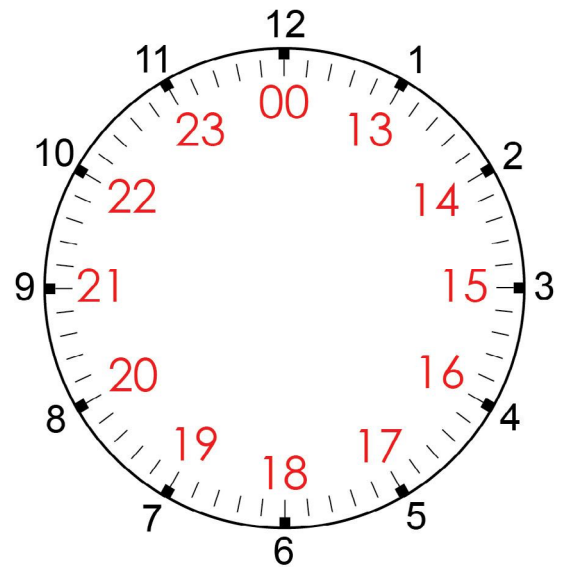
Military time is a method of measuring the time based on the full twenty-four hours of the day rather than two groups of twelve hours. It's also known as the twenty-four-hour clock. Using military time simply omits the need to use AM and PM and avoids any confusion on which half of the day you are referencing.

Just like a 12-hour digital clock, military time is always displayed in four digits. The first two digits represent the hour and the last two digits represent the minutes. 0000 "zero-hundred" is midnight and 1200 "twelve-hundred" is noon.

Anything between 0001 and 1159 is AM time. For example, 0100 "zero, one-hundred" converts into 1AM and 0730 "zero, seven-thirty" converts into 7:30AM.

Anything between 1201 and 2359 is PM time. The PM hours usually give people more trouble. A quick trick you can use is add 12 to the hour. If you want to know what 4 p.m. converts to on the 24-hour clock, take 4 and add 12. It gives you 16. Convert that to time format and you have 1600 "sixteen-hundred."

1:00 am = 0100	Oh-one hundred
2:00 am = 0200	
3:00 am = 0300	
4:00 am = 0400	
5:00 am = 0500	The above times are also known as "oh-dark-thirty"
6:00 am = 0600	
7:00 am = 0700	
8:00 am = 0800	
9:00 am = 0900	
10:00 am = 1000	Ten hundred
11:00 am = 1100	
12:00 am = 1200	Noon or Twelve-hundred
1:00 pm = 1300	Thirteen hundred
2:00 pm = 1400	
3:00 pm = 1500	
4:00 pm = 1600	
5:00 pm = 1700	
6:00 pm = 1800	
7:00 pm = 1900	
8:00 pm = 2000	Twenty hundred
9:00 pm = 2100	
10:00 pm = 2200	
11:00 pm = 2300	
12:00 pm = 2400	Midnight, twenty-four hundred, or zero-hundred (0000)



AIR NATIONAL GUARD INSTALLATIONS

Alabama

Abston ANG
Birmingham ANGB
Hall ANG
Montgomery ANGB
Montgomery Regional Airport

Alaska

Clear SFS
Eielson AFB
Joint Base Elmendorf-Richardson (JBER)

Arizona

Davis-Monthan AFB
Papago Park Military Reservation (PPMR)
Phoenix Sky Harbor Int'l Airport
Tucson Int'l Airport

Arkansas

Ebbing ANGB
Fort Smith Regional Airport
Little Rock AFB

California

Beale AFB
Channel Islands ANG
Fresno Int'l Airport
Los Alamitos JFTB
March ARB
Mather AASF
Moffett ANGB
San Diego ANG
Sepulveda ANG
Vandenberg SFB

Colorado

Buckley SFB
Greeley ANG
Peterson SFB

Connecticut

Bradley Int'l Airport
Orange ANG
New Castle ANGB

Delaware

Dover AFB
New Castle ANGB

District of Columbia

Joint Base Andrews (JBA)

Florida

Camp Blanding JTC
Cape Canaveral SFS
Hurlburt Field
Jacksonville ANGB
MacDill AFB
Patrick SFB
Tyndall AFB

Georgia

Brunswick ANG
Dobbins ARB
Fort Eisenhower
Hunter AAF
Robins AFB
Savannah ANGB

Guam

Andersen AFB

Hawaii

Hilo Int'l Airport
Joint Base Pearl Harbor-Hickam (JBPHH)
Kahului ANG
Kalaeloa Airport
Wheeler AAF

Idaho

Gowen Field ANGB
Mountain Home AFB

Illinois

Abraham Lincoln Capital Airport
Peoria Int'l Airport
Scott AFB

Indiana

Fort Wayne ANGB
Hulman Field ANGB
Stout AAF

Iowa

Des Moines ANGB
Fort Dodge
Sioux City ANGB

Kansas

Forbes Field ANGB
McConnell AFB
Smokey Hill ANG Range

Kentucky

Louisville ANGB

Louisiana

Alexandria Int'l Airport
Hammond Municipal Airport
Jackson Barracks
National Guard Training Center Pineville
NAS JRB New Orleans

Maine

Bangor ANGB
South Portland ANG

Maryland

Fort Meade
Warfield ANGB

Massachusetts

Barnes ANGB
Otis ANGB

Michigan

Alpena County Regional Airport
Battle Creek ANGB
Selfridge ANGB

Minnesota

Duluth ANGB
Minneapolis-St Paul ARS

Mississippi

Gulfport-Biloxi Int'l Airport
Key Field ANGB
Thompson Field ANGB

Missouri

Rosecrans ANGB
Whiteman AFB
Jefferson Barracks

Montana

Great Falls ANGB
Malmstrom AFB

Nebraska

Lincoln ANGB
Offutt AFB

Nevada

Nellis AFB
Reno-Tahoe Int'l Airport

New Hampshire

Pease ANGB

New Jersey

Atlantic City ANGB
Joint Base McGuire-Dix-Lakehurst (JBMDL)

New Mexico

Kirkland AFB

New York

F.S. Gabreski ANGB
Griffis Int'l Airport
Hancock Field
Niagara Fall ARS
Stewart ANGB
Stratton ANGB

North Carolina

Charlotte ANGB
Stanly County Airport

North Dakota

Fargo ANGB
Minor AFB

Ohio

Blue Ash ANG
Camp Perry JTC
Mansfield Lahm ANGB
Rickenbacker ANGB
Springfield ANGB
Toledo Express Airport
Zanesville ANG

Oklahoma

Tulsa ANGB
Will Rogers ANGB

Oregon

Camp Rilea AFTC
Kingsley Field ANGB
Portland ANGB

Pennsylvania

Biddle ANGB
Fort Indiantown Gap
Harrisburg Int'l Airport
John P. Murtha Cambria County Airport
Johnstown ANG
State College ANG

Puerto Rico

Muniz ANGB
Punta Borinquen Radar Station
Punta Salinas AGS

Rhode Island

Quonset Point ANG

South Carolina

McEntire JNGB

South Dakota

Joe Foss Field ANG

Tennessee

Joint Base Berry Field
Lovell Field Airport
McGhee Tyson ANGB
Memphis ANGB

Texas

Biggs AAF
Camp Mabry
Ellington Field
Fort Bliss
Fort Worth Naval Air Station JRB
Hensley Field
Joint Base San Antonio (JBSA)
Kelly Field Annex (JBSA)
Lackland AFB

Utah

Roland R. Wright ANGB

Vermont

Burlington ANGB
Norwich University
Campus (Northfield)

Virgin Island

St Croix ANG

Virginia

Camp Pendleton
Joint Base Langley-Eustis
Richmond Int'l Airport

Washington

Camp Murray
Fairchild AFB
Joint Base Lewis-McChord

West Virginia

McLaughlin ANGB
Shepherd Field ANGB

Wisconsin

General Mitchell ANGB
Truax Field ANGB
Volk Field ANGB

Wyoming

Cheyenne ANGB
F.E. Warren AFB

AB	Air Base
AAF	Army Air Field
AFB	Air Force Base
AFS	Air Force Station
AFTC	Armed Forces Training Center
AGS	Air Guard Station
ANGB	Air National Guard Base
ANGS	Air National Guard Station
ARS	Air Reserve Station
JB	Joint Base
JFTB	Joint Forces Training Base
JNGB	Joint National Guard Base
JRB	Joint Reserve Base
JTC	Joint Training Center
SFB	Space Force Base
SFS	Space Force Station

Note: This is not an all inclusive list. If you know of other installations please email thriveteam@fiveandthrive.org.

IN THIS TOGETHER

In this section, you will learn how to build a support network. Beginning with spouse support resources, followed by learning how to build your support system, how to connect within your unit, and how to prioritize your own resilience. These skills and resources will aid you as you navigate military spouse life.

COMMUNICATION & CONNECTION

COMMUNICATION WITH YOUR GUARDSMAN

Communication is a very important skill for a Guard family. It is essential to develop this skill. Good communication helps reduce misunderstandings, provides clarity, and facilitates a strong relationship. This skill takes time to develop and refine. Talk and listen, be patient, give space if needed, and be understanding. Ask your Guardsman what information he or she needs from you and let them know what information you need from them. Also understand that there are topics that are mission sensitive and cannot be discussed. [Operational Security](#) is vital.

COMMUNICATION WITH YOUR EMPLOYER

As an employed spouse of a service member there may be times when you need a little extra grace from your employer when your service member is deployed. A good way to start that conversation with your employer is to show them a copy of the service member's military orders. It must be noted that a civilian employer is under no obligation to accommodate your requests.

CONNECTION

Another key to this Guard life is to connect with other military spouses. Military spouses have a unique lifestyle and experiences. A great place to start is with the spouses in your Guardsman's unit.

HOW TO BUILD YOUR SUPPORT SYSTEM

One of the most important steps you can take as a military spouse is building your support system. Your travels may take you around the world and have you connecting with some amazing people who will support you in your journey. While it might happen naturally over time, we recommend being proactive when it comes to establishing your support system.



SPECTRUM OF RESILIENCE

SUPPORTING AIRMEN AND THEIR FAMILIES TO HELP THEM THRIVE

SELF	FAMILY & FRIENDS	PEER/SOCIAL	SUPPORT ENTITIES	CLINICAL/MEDICAL HEALTH
Stress Management	Spouses	Religious Groups	Chaplains	TRICARE
Physical Fitness	Partners	MWR	M&FRC	Mental Health Clinic
Mental Fitness	Friends	Shared Hobbies	Victim Advocates	Behavioral Health
Spiritual Fitness	Virtual Friends	Professional	Victims Counsel	Counseling
Wellness	Family Members	Organizations	Employee Assistance	ADAPT
	Mentors	Sports Teams	Ops Support Team	
		Clubs	True North	
		Co-Workers	Unit Leaders	
			Mil OneSource	

Source: Visit <https://www.resilience.af.mil/Resilience/> for more information on resources available to you and your family.

*Available resources may vary by location.

I saw how important the Key Spouse Program was at the unit. It is a great opportunity to collaborate and connect with other military spouses and families. This helps to not feel alone and know there are other spouses and families going through similar experiences.

- **Stacy S.,** New Mexico Air National Guard Spouse

HOW TO CONNECT OPERATIONALLY

There are many reasons why you might need to communicate with someone in your Guardsman's unit. It can be intimidating, but it is acceptable to reach out, especially if you know the right channels to use.

FAMILY

KEY SPOUSE

BASE RESOURCES

**FIRST SERGEANT
OR SUPERVISOR**

COMMANDER

If you do not have access to the contact information of anyone listed above, do not hesitate to ask for it. Some reasons you might reach out to those you would find on your recall roster are as follows: medical issues, base housing issues, school issues, on-base services, deployment information, childcare, etc.

FAMILY

Fellow military families are a huge support to you. They will understand your challenges because they have lived them personally. Reach out and seek connections within your unit and on your installation. We are all in this together.

KEY SPOUSE

If your unit has a Key Spouse Program, the most appropriate channel for you to connect with your unit is through your key spouse. Upon arrival to your new duty station, your key spouse will reach out and introduce themselves to you. Your key spouse is trained to know about available resources and is always there for you if you need support.

Your key spouse can offer:

Practical help:

What are my schooling options? What hospital can I go to?

Emotional support:

I'm lonely and need help finding friends.

Does my Guardsman really not get their schedule more than 24 hours in advance?

Advocate on your behalf to the unit's leadership:

Our family is faltering under this ops tempo. We cannot find adequate childcare or housing.

BASE RESOURCES

Military families have access to many special programs and resources not equaled in most civilian communities: legal assistance, educational services, chaplain support, new parent support, resume help, job search assistance, financial planning, counseling, fitness centers and assessments, etc. Get to know the resources available to you at each installation and take advantage of them.

FIRST SERGEANT

If your unit does not have a key spouse, the unit's first sergeant is always available to help enlisted, officer and civilian families alike. First sergeants, or "Shirts" as they are commonly referred to, are responsible for the health, morale, and welfare of all the enlisted members in a squadron and are the chief adviser to the commander concerning the enlisted force. While caring for families is not the primary duty of the first sergeant, they often do so knowing that it affects the resilience and readiness of their unit. Shirts are well-versed in available resources and can connect you to the right one for your needs.

SUPERVISOR

Your member has a direct supervisor they can and should go to for their needs. This can include work or personal issues. You should know who their supervisor is. However, if you feel a need to reach out to them, we recommend going through your member.

COMMANDER

The unit's commander is in charge of everyone and everything in the unit. They are responsible for overall wellness of the people and accomplishing the mission. If you feel you have information or an issue you would like the commander to be aware of, follow the chain of command and go through your service member, your key spouse or your first sergeant.

SPOUSE SUPPORT

MILITARY & FAMILY READINESS T10 T32 SAD

The Military & Family Readiness Office serves as a one-stop information and referral center for Air Force, Space Force, Guard, Reserve, and retiree members and their families as well as DoD civilians and surviving family members. The major function of the Military & Family Readiness Office is ensuring personnel and their families are provided comprehensive work/life consultations, workshops, seminars, and information that builds readiness, resilience, and well-being.

The Military & Family Readiness Office has many programs, to include a volunteer program where they can connect individuals to on/off base opportunities to support community. A list of programs and offerings is listed below.

- | | | |
|---|--|--|
| <ul style="list-style-type: none">• Hub of Information and Referral• Access to Military and Family Life Counselors• Personal and Family Readiness• Personal and Work Life Education• Air Force Families Forever (Long-term survivor support)• Federal Voting Assistance• Deployment Support (Pre to Post) | <ul style="list-style-type: none">• Personal Financial Readiness• Air Force Aid Society Assists• Transition Assistance• Relocation Assistance• Employment Assistance• Exceptional Family Member - Family Support• Crisis Support and Disaster Response | <ul style="list-style-type: none">• Casualty Assistance and Survivor Benefits Plan Counsel• Spouse Orientation/Assistance• Volunteer Resources• Air Force Wounded Warrior (AFW2)• Childcare for Volunteering• Bundles for Babies• Heart Link |
|---|--|--|

AIR FORCE AID SOCIETY (AFAS) T10 T32 SAD

Air Force Aid Society is an official charity of the US Air Force and US Space Force. AFAS supports Airmen, Guardians, and their families through emergency assistance, education support, and community programs.

KEY SPOUSE PROGRAM (KSP) T10 T32 SAD

The KSP leverages volunteers to provide grassroots support to families at every unit in the DAF. When DAF families feel supported, Airmen are better able to serve the mission. At its core, the KSP exists to take care of families during all of the stages of military life. The program can be adapted based on the unit's location, needs, and mission – with unit leadership dictating how the key spouse team implements the program to ensure the best support for families. Key spouses are community builders who volunteer to provide unit families with the information and resources they need to thrive.

BLUE STAR FAMILIES T10 T32 SAD

Blue Star Families was founded by military spouses in 2009 to empower military families to thrive as they serve. They are committed to strengthening military families by connecting them with their neighbors – individuals and organizations – to create vibrant communities of mutual support.

MILITARY ONESOURCE T10 T32 SAD

Military OneSource, both a call center and a website, provides free, comprehensive information, referrals, and assistance on every aspect of military life 24 hours a day, 7 days a week to all component members of the Armed Forces, their family members, and survivors. Military OneSource can help you find information and resources for, but not limited to:

- | | | |
|---|---|--|
| <ul style="list-style-type: none">• Non-medical Counseling• New-to-the-Military Benefits and Resources• Deployment• Separation and Transition• Veteran Benefits and Resources• Spouse Benefits and Resources• Parenting and Child Resources• Special Needs | <ul style="list-style-type: none">• Gold Star and Surviving Family Members• PCSing• Housing• Personal Finances• Legal Resources• Tax Services• Spouse Education & Employment• Health Care/ Mental Health | <ul style="list-style-type: none">• Digital Library including Ancestry.com• Foreign Language Lessons• Translation Services• Free Caregiver Database• Recreation• Music Lessons• Travel |
|---|---|--|

MYAIRFORCEBENEFITS (MYAFB) T10 T32

MyAirForceBenefits is an official Air and Space Force resource for military benefits information. The MyAFB website contains a Benefit Library of over 180 fact sheets with information on federal and state benefits and entitlements for Airmen, Guardians, Veterans, Retirees, their spouses, and family members.

FIVE & THRIVE

Five&Thrive is an initiative that focuses on the top five quality-of-life challenges our military families face: Childcare, Education, Healthcare, Housing, and Spouse Employment. You can find more resources to support your family in these areas at www.fiveandthrive.org.



CHILDCARE

The military-sponsored childcare resources that are available on military installations (such as a Child Development Center or CDC), are typically not available for Guard members. If you live near an active duty base, check with your local CDC to find all available child care options. **T10** *May be eligible.*

If you are not near an active duty base, call your [Military & Family Readiness Office](#) to see what local options may be available.

CHILD CARE AWARE® OF AMERICA (CCAQA) **T10**

Must be on active orders for 30 consecutive days or more to be eligible for this program.

Child Care Aware® of America works with a national network of more than 400 childcare resource and referral agencies and other partners to ensure that all families have access to quality, affordable childcare. CCAQA leads projects that increase the quality and availability of childcare, conducts research, and advocates for childcare policies that positively impact the lives of children and families. CCAQA operates a fee assistance program that serves military and non-military families. If you have a valid state license and annual licensing inspection, you may be eligible to participate in the program.

FAMILY CARE PLAN **T10** **T32** **SAD**

All Guard members who are single parents or both parents are in the Guard and have dependents are required to complete a Family Care Plan (FCP). The FCP is a collection of legal documents that specifies guardianship and care for dependent children and parents when you are away while serving on active duty or on SAD.

RESERVE COMPONENT MATERNITY LEAVE (RCML) **T10** **T32**

The military Reserve components and National Guard are rolling out new maternity leave policies, providing up to six days of inactive duty pay and retirement points for members who give birth. Birthing parents and approved surrogates who are Drill Status Guardsmen in good standing and would otherwise be scheduled for at least 12 paid Inactive Duty Training (IDT) periods are covered under the RCML. The birth must have occurred on or after 9 June 2022 and the new mom must take maternity absence within 12 months of giving birth. Commanders cannot deny the benefit if taken within the first three months. After that, commanders can weigh mission requirements in considering whether to grant leave. The policy does not apply to adoptions or paternity leave.

YOUTH PROGRAMS (YP) **T10** **T32**

DAF Youth Programs (YP) offer opportunities for positive youth development by supporting the skills, interests, qualities, and abilities of all youth. The DAF operates YPs on 72 DAF-led installations and provides opportunities for geographically separated youth. YP offerings include: youth sports and fitness, programs for positive youth development, partnerships, teen programs, STEM initiatives, residential youth camps, and youth sponsorships.

SAD *Contact resource for eligibility.*

EDUCATION

GI BILL FOR ANG VETERANS AND FAMILIES 101 T10

The [Post-9/11 GI Bill](#) (chapter 33 benefits) is an education benefit program specifically for military members who served on active duty on or after September 11, 2001. Depending on an individual's situation, provisions of the program may include coverage of tuition and fees, a monthly housing allowance, a books and supplies stipend, Yellow Ribbon payments, college fund, rural benefit payments and transferability to eligible immediate family members (spouse and children).

Eligibility

National Guard service members on federal active duty that served at least 90 aggregate days on active duty after September 10, 2001, or served 30 continuous days on active duty after September 10, 2001 and were honorably discharged for a service-connected disability, are eligible for the Post-9/11 GI Bill.

Benefit Highlights

The Post-9/11 GI Bill provides different percentage levels of education benefit depending on an individual's length of active duty service following September 10, 2001. Service members are eligible for up to 36 months of entitlement. Benefits are available for up to 15 years from a service member's last period of active duty of at least 90 consecutive days. Service members released from active duty due to a service-connected disability after 30 days or more of continuous service are also eligible for benefits for 15 years. This education benefit, unlike previous GI Bill versions, can be transferred to immediate family members.

Education Covered

Approved training under the Post-9/11 GI Bill includes both undergraduate and graduate degrees, vocational/technical training, on-the-job training, flight training, correspondence training, licensing and national testing program, entrepreneurship training, and tutorial assistance. All training programs must be approved for GI Bill benefits.

MILITARY CHILD EDUCATION COALITION (MCEC) T10 T32 SAD

The Military Child Education Coalition is a 501(c)(3) nonprofit organization that solely exists to help the military child thrive in the face of transition and separation. MCEC is dedicated to ensuring inclusive, quality educational experiences for all military-connected children affected by mobility, family separation, and transition. MCEC is a professional coalition with a diverse community consisting of public school districts, private schools, colleges and universities, small businesses and corporations, nonprofit organizations, military commands and installations, military families, and caring individuals from local communities across our nation.

[WE SERVE TOO](#)

We Serve Too! is a 501(c)(3) nonprofit organization whose mission is to honor military families – especially military dependents – for the sacrifices they routinely make.

THE YELLOW RIBBON PROGRAM T10

The Yellow Ribbon Program can help pay for higher out-of-state, private school, foreign school, or graduate school tuition and fees that the Post-9/11 GI Bill does not cover.

My husband transferred a year of his GI Bill to me so I could finish my MBA with minimal out of pocket expense. The VA and my university's Veteran Advisor were helpful in ensuring the GI Bill was processed each semester.

- **Tiffany D.**, Texas Air National Guard Spouse, Ellington Field Joint Reserve Base

HEALTHCARE

Switching between civilian status and orders can be frustrating for ANG families. Communication with your service member and your insurance providers is important. To ensure a smooth transition, double-check the dates of your orders and communicate often.

It is important to reach out to TRICARE before, during, and after a service member's period of military orders to ensure proper and suitable healthcare without any gaps in medical coverages for ANG Families. Members and families should also check with the Defense Enrollment Eligibility Reporting System (DEERS) to ensure the service member's tour of duty orders are reflected correctly to ensure the correct healthcare benefit is received.

MEDICAL BENEFITS

ORDERS	TITLE 10 (FEDERAL)	TITLE 32 (STATE)	STATE ACTIVE DUTY
30 days or less	<p>Line of Duty Care Provided for any injury or illness sustained in the line of duty</p> <p>TRICARE Reserve Select Coverage for the sponsor and family</p> <p>TRICARE Dental Program Eligible to enroll sponsor and family</p>	<p>Line of Duty Care Provided for any injury or illness sustained in the line of duty</p> <p>TRICARE Reserve Select Coverage for the sponsor and family</p> <p>TRICARE Dental Program Eligible to enroll sponsor and family</p>	In accordance with State Workers' Compensation Laws
More than 30 days	<p>TRICARE Prime Service member and family become eligible for the same health and dental benefits as active-duty service members</p> <p>TRICARE Dental Program Eligible to enroll service member and family at anytime to reduce premiums</p>	<p>TRICARE Prime Service member and family become eligible for the same health and dental benefits as active-duty service members</p> <p>TRICARE Dental Program Eligible to enroll service member and family at anytime to reduce premiums</p>	In accordance with State Workers' Compensation Laws

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) T10

Must be on active orders for 30 consecutive days or more to be eligible for this program.

The EFMP provides comprehensive support to family members with special needs. EFMP takes an all-inclusive approach to coordinate military and civilian community, educational, medical, housing, and personnel services to help Airmen, Guardians, and their families with special needs. An exceptional family member is a family member with any physical, emotional, developmental, or intellectual special need that requires special treatment, therapy, education, training, or counseling, and meets the eligibility criteria.

Airmen and Guardians with exceptional family members are required to register for EFMP and keep enrollment information current. This way, family needs can be considered during the assignments process and ensure families are assigned to areas where they can access necessary resources.

Families can receive 24/7 support when they find themselves in need of immediate assistance.

Total Force service members and the EFMP families can contact the **Total Force Service Center (TFSC)** to connect with a representative who will help answer EFMP questions and can also elevate issues to an EFMP Central Cell staff member when necessary. **1-800-525-0102, Option 7**

For more information on EFMP, please visit the following:

[Department of the Air Force Facebook Page](#)

[Air Force Personnel Center EFMP](#)

[Military OneSource EFMP & Me](#)

[Department of the Air Force Family Vector](#)

EXTENDED CARE HEALTH OPTION (ECHO) T10

Must be on active orders for 30 consecutive days or more to be eligible for this program.

ECHO provides financial assistance to beneficiaries with special needs for an integrated set of services and supplies. Families enrolled in EFMP who have been diagnosed with a moderate or severe intellectual disability, a serious physical disability, or an extraordinary physical or psychological condition, may qualify for ECHO. The coverage limit for all ECHO benefits combined, excluding ECHO Home Health Care (EHHC), is \$36,000 per beneficiary and per calendar year (Jan. 1–Dec. 31). For more information on whether your family may qualify, download the [ECHO Fact Sheet](#).

PSYCHOLOGICAL HEALTH PROGRAM T10 T32 SAD

The Psychological Health Program was designed to address the unique challenges that National Guard members face. Its mission is to support the psychological fitness of Guard members and their families for operational readiness. Whether you're dealing with stress, work or family issues, the Psychological Health Program can help.

CHAPLAINS T10 T32 SAD

Chaplains are available 24/7 for both in-person and telephone counseling sessions. They counsel on a wide range of issues to include stress, relationships, life transitions, suicide, sexual assault, grief and many others. Information shared with a chaplain is treated with absolute confidentiality, offering privileged communication of personal matters without chain of command notification. They serve all military members and their dependents, and retirees, regardless of religious preference or with no religion at all.

FAMILY ADVOCACY PROGRAM (FAP) T10

The FAP works to promote healthy relationship education, domestic (child and/or adult) and intimate partner violence prevention and intervention. Interventions can include individual and couples therapy, anger management, stress management, and other similar types of services. They serve all active duty military members and their dependents.

MILITARY AND FAMILY LIFE COUNSELING (MFLC) PROGRAM T10 T32 SAD

Military and Family Life Counselors (MFLCs) are licensed professional counselors, marriage and family therapists, social workers, or psychologists who provide confidential, non-medical, and short-term counseling support to service personnel and their dependents. They support a range of issues including relationships, crisis intervention, stress management, grief, academic challenges, occupational, and other individual and family issues.

988 SUICIDE AND CRISIS LIFELINE T10 T32 SAD

988 is the new three-digit calling code that will route people to the National Suicide Prevention Lifeline. Simply call or text 988 to connect immediately to counselors who are trained to handle a wide range of mental health issues and connect you with local resources. Your local crisis center is available 24/7, is free of charge, and is completely confidential.

Veterans and service members can text or dial 988 and then press 1 to be connected to the [Veterans Crisis Line](#) to connect service members, their families, and their friends to a qualified Department of Defense responder in a time of crisis. You can also chat online at www.veteranscrisisline.net.

RESERVE COMPONENT TRANSITION ASSISTANCE ADVISORS (RCTAA) T10 T32 SAD

Reserve Component Transition Assistance Advisors serve as a point of contact to assist eligible members of the reserve components in accessing benefits and health care furnished under laws administered by the secretary of defense and the secretary of veteran's affairs. Knowledgeable RCTAAs are in every state, territory and the District of Columbia to help you receive the benefits you have earned as a result of your service in the military.

Switching back and forth between orders and civilian status is another challenge. Keeping consistent primary care doctors and having our records all in one place. It is difficult to get reestablished every time.

- New Mexico Air Guard Spouse

HOUSING

One of the greatest benefits of serving in the Air National Guard is the ability to choose, for the most part, where to live. There are a few exceptions, of course. Typically, for Drill Status Guardsmen, there is the option to commute to the base where they drill. Guardsmen can live in a different state from their duty installation and some do! Some ANG families choose to live near where they grew up and have family and life long friends nearby. Other ANG families choose to live where their service member has their civilian job.

As part of the DoD housing privatization initiative, many homes on military bases are now professionally managed. As a member of the Air National Guard, you may be entitled or have the opportunity to live on base. Families should contact the installation's housing office to determine the criteria for their specific situation.

Overall, military members stationed within the continental United States (CONUS) are authorized to live in government housing based on certain factors including pay grade and availability. In many cases the following groups can apply for base housing: Active duty military and families, Guard and Reserve military and families, federal civil service employees, retired military, DoD contractors and sometimes the general public.

When considering the possibility of residing on a military base, there are several key factors to take into account. It's important to ask yourself some questions:

Housing Waiting List

Inquire about the waiting list for on-base housing. Understand how long the list is and the lead time required for your application to be processed.

Use of On-Base Amenities

Consider how often you would utilize on-base amenities like the gym, medical clinic, library, and other facilities.

Housing Quality

Evaluate the quality and craftsmanship of available homes by seeking input from current residents. Some bases offer upgraded or newly constructed homes, while others may have older accommodations.

School District

Determine the school district associated with on-base housing to assess educational options for your family.

Proximity to Other Military Families

Reflect on your preference for living near other military families. Consider whether living close to colleagues or supervisors is a factor in your decision. If proximity is a concern, you may choose to receive Basic Allowance for Housing (BAH) and seek off-base housing.

Compliance with Base Regulations

Finally, think about your willingness and ability to adhere to the rules and regulations enforced by the military base. This includes following guidelines related to interior decoration, yard maintenance, quiet hours, and pet ownership restrictions.

Taking these factors into careful consideration will assist you in making an informed decision regarding whether living on a military base is the right choice for you and your family.

SPOUSE EMPLOYMENT

THE NATIONAL GUARD EMPLOYMENT NETWORK (NGEN)

The mission of NGEN, as part of the One Central Employment & Advancement Network (OCEAN) family of dedicated brands and pipelines, provides the National Guard community with employment support resources to help manage unemployment and underemployment that Guard families face. This includes currently and previously serving National Guard members, spouses, caregivers and children. All services are provided at NO-COST.

REIMBURSEMENT FOR RE-LICENSURE/RECERTIFICATION

If your career requires a professional license or certification, your service branch can help reimburse costs that come up when you PCS. The military services continue to support military spouse employment by offering up to \$1,000 in licensure and certification costs resulting from relocations or military moves within the United States or OCONUS to stateside.

MILITARY SPOUSE EMPLOYMENT PARTNERSHIP (MSEP)

MSEP is a Defense Department funded job board, listing openings at private companies that have committed to hiring military spouses and veterans. These companies have also committed to training their human resources departments to work with the military community's unique skills and experiences.

I'm grateful for all of the eye opening and life changing experiences I've had over the last 13 years that I've humbly been part of the military spouse community. I've said it before, and I'll keep saying it, military spouses are some of the most wonderful, resilient, caring, talented group of people I've been around. It really was a whole new world when my husband joined the military all of those years ago. The personal growth I've had since then is tremendous. My perspective has grown. A significant, fulfilling passion was discovered through volunteering. And the lovely people I've met are priceless! Cheers to all of the other military spouses, you are awesome! Thank you for all that you do to navigate this life and MilSpouse your own way.

- **Tiffany D.**, Texas Air National Guard Spouse, Ellington Field Joint Reserve Base

ADDITIONAL RESOURCES

WE CARE FOR AMERICA T10 T32 SAD

The We Care for America Foundation is a National Guard Relief Foundation that is dedicated to providing emergency financial assistance to the men and women of the National Guard and their families when Guardsmen are affected by a catastrophic personal hardship, a declared national disaster, or a nationwide-pandemic.

TRANSITION ASSISTANCE PROGRAM FOR SURVIVORS (TAPS) T10 T32 SAD

TAPS provides compassionate care to all those grieving the death of a military loved one. Since 1994, TAPS has provided comfort and hope 24/7 through a national peer support network and connection to grief resources, all at no cost to surviving families and loved ones.

JOINING FORCES | THE WHITE HOUSE T10 T32 SAD

Joining Forces is a White House initiative to support military families, service members, veterans, caregivers and survivors. Based on the life experiences and the insights shared during both in-person and virtual listening sessions with military families and stakeholders, Joining Forces focuses its efforts on addressing the concerns of military families in the following key areas: employment and business opportunities, education for military children, and the health and welfare of military families. Joining Forces helps the National Guard to conduct community capacity building and garner resources for service member and family support where they may live and drill and is especially helpful for those geographically separated from active duty locations or for service members and family members who may not be entitled to active duty resources due to their duty status.

OUR MILITARY KIDS T10 T32 SAD

Grant eligibility requires 180+ day deployment only or combat recovery only.

Our Military Kids recognizes the sacrifice of children of deployed National Guard, or post 9/11 combat-injured service members by offering extracurricular activity grants that build the child's self-confidence, enhance family wellness, and strengthen a shared sense of community. The mission of Our Military Kids, a national 501(c)(3) nonprofit, is to pay for extracurricular activities military kids and teens (ages 3-18) choose in their communities when mom or dad is deployed or receiving treatment for post 9/11 combat wounds, illnesses, or injuries so the kids know they are valued and can pursue their passions during a stressful time. Since its founding in 2004, Our Military Kids has given out more than 85,000 grants to military families throughout the United States and its four territories.

AIRMAN'S ATTIC T10 T32 SAD

The Airman's Attic contains uniforms and other uniform related items, household goods, furniture, baby gear, toys and clothing available **free** of charge to Airmen and Guardians. Check individual bases for eligibility.

EXCHANGE T10 T32 SAD

The Exchange (or often referred to as the BX) is the military department store. Army Air Force Exchange Services (AAFES) mission is to provide quality merchandise and services at competitive prices (an estimated 25% discount) to active duty and retired, Reserve, Guard, and family members with proper military ID, and to generate reasonable earnings to supplement appropriated funds for the support of Air Force Morale, Welfare, and Recreation programs and quality of life improvements. Facilities that make up the Exchange are: the Main Store, Auto Pride, Shoppette, Military Clothing and Sales and Food Court. Many family members have worked for years with AAFES as they have moved from one installation to another with their military members.

COMMISSARY T10 T32 SAD

The commissary is the military grocery store operated by Defense Commissary Agency (DeCA) at installations stateside and around the world. Active duty and retired, Reserve and Guard (on orders), and family members with proper military ID can purchase food and other items at cost with no sales tax. Commissaries are required by law to sell items at prices set only high enough to recover item cost, with no profit or overhead factored into item price. Because the commissary charges you what it costs them, prices will vary from commissary to commissary, depending on local costs. You will see a 5% surcharge which covers the operational costs – electricity, cashier's salaries, etc. This surcharge does not cover a bagger's salary - they work for tips.

FITNESS CENTER T10 T32 SAD

Most bases have one or more fitness centers (or gyms) dedicated to the physical fitness of active duty, retired, dependents and military ID card holders.

LEGAL OFFICE T10 T32 SAD

The Legal Office provides military families with powers of attorney, notaries, wills, assistance with paperwork for reimbursement on household goods claims, divorce and dependent care issues, Soldiers & Sailors Civil Relief Act, debtor- creditor issues, consumer law problems, veterans' reemployment rights, landlord/tenant and lease issues, tax assistance, and involuntary allotment issues. They cannot assist military members or their families with establishing commercial enterprises, criminal issues, ethics violations, Law of Armed Conflict, issues the military has an interest in, legal concerns of other parties, drafting or reviewing legal documents, or representation in civil court.

Air National Guard service members are generally eligible for limited legal assistance during inactive duty training periods to prepare legal documents in the event of a call to active duty.

SEXUAL ASSAULT RESPONSE COORDINATOR (SARC) T10 T32 SAD

The SARC serves as the installation's primary point of contact for integrating and coordinating sexual assault victim care services for eligible adult recipients. Services may begin at the initial report of sexual assault and continue through disposition and resolution of issues related to the victim's health and well-being. The SARC reports directly to the installation commander (or equivalent) or installation vice commander, executing the Air Force's Sexual Assault Prevention and Response program at the installation level. SARCs assist unit commanders as necessary to ensure victims of sexual assault receive appropriate and responsive care.

THRIFT SHOP T10 T32 SAD

Many bases have a thrift shop available to anyone with base access. It is typically organized and run by the base spouse club. Most thrift shops have a variety of items including: military clothing and uniforms, kids toys, clothes, and household items. The thrift shop funds a scholarship program and charitable community projects through donations and profits. The thrift shop is a great place to volunteer and grow your community. You can find information about volunteering and scholarship applications at your local Military & Family Readiness Office. Some thrift shops also offer a consignment option and will help you sell items while taking a percentage of the profit to put towards their scholarship program.

THE YELLOW RIBBON REINTEGRATION PROGRAM

The Yellow Ribbon Reintegration Program (YRRP) is a Department of Defense-wide effort to promote the well-being of National Guard and Reserve members, their families and communities, by connecting them with resources throughout the deployment cycle. Through Yellow Ribbon events, service members and loved ones connect with local resources before, during, and after deployments. Reintegration during post-deployment is a critical time for members of the National Guard and Reserve, as they often live far from military installations and other members of their units.

BASE LIBRARY

The Base Library serves all active duty and retired members, DoD civilian personnel, and family members. You must show your military ID to register for their services. Services include, but are not limited to: book lending, computer access, educational support, copy machines, monthly/seasonal activities, children's story times, summer reading programs, and educational seminars.

While my husband was on a year-long deployment, our three children were able to participate in an activity of their choice. Thanks to \$1,800 in grants from Our Military Kids they were able to learn how to swim!

- Anonymous Spouse

RESOURCE CHART

INSTALLATION	T10	T32	SAD	Installation Discretion
Airman's Attic				•
Chaplains	•	•	•	
Commissary	•	•	•	
Exchange	•	•	•	
Family Advocacy Program (FAP)	•			
Fitness Center	•	•	•	
Legal Office	•	•	•	
Military & Family Readiness	•	•	•	
Sexual Assault Response Coordinator (SARC)	•	•	•	
Thrift Store				•

NATIONAL	T10	T32	SAD	Installation Discretion
988 Suicide and Crisis Lifeline	•	•	•	
Air Force Aid Society	•	•	•	
Employment and Reemployment	•	•	•	
Exceptional Family Member Program (EFMP)	•			
Extended Care Health Option (ECHO)	•	•		
Family Servicemember's Group Life Insurance (SGLI)	•	•	•	
Funeral Honors	•			
Military and Family Life Counseling Program (MFLC)	•	•	•	
Military OneSource	•	•	•	
Our Military Kids	•	•	•	
Post 9/11 GI Bill	•	•	•	
Psychological Health Program	•	•	•	
Reimbursement for Re-Licensure/Recertification	•			<i>Varies state to state</i>
Servicemembers Relief Act (SCRA)	•			
Servicemember's Group Life Insurance (SGLI)	•	•	•	
Thrift Savings Plan	•	•	•	
Transition Assistance Program for Survivors (TAPS)	•	•	•	
Uniformed Voting Act	•	•	•	
VA Home Loan	•	•	•	
We Care for America	•	•	•	
Youth Programs (YP)	•	•		

Throughout my time being a military spouse, there have been many positive experiences and some trials. When needed, I have met with the Chaplain Corps and Military Family Life Counselors (MFLCs). We've also used Military OneSource.

- **Stacy S.**, New Mexico Air National Guard Spouse

ANG ACRONYMS

A

AAFES	Army & Air Force Exchange Service
AATC	ANG/AFRC Test Center
ABG	Air Base Group
ABW	Air Base Wing
ACCS	Airborne Command & Control Squadron
ACF	Air Communications Flight
ACOS	Air Component Operations Squadron
ACS	Air Control Squadron
ACW	Air Control Wing
AD	Active Duty
ADG	Air Defense Group
ADJ	Adjutant
ADOS	Active Duty Operational Support
ADS	Air Defense Squadron
AE	Aeromedical Evacuation
AFAS	Air Force Aid Society
AFRPM	Airman & Family Readiness Program Managers
AG	Adjutant General
AGR	Active Guard & Reserve
AIS	Air Intelligence Squadron
ALCF	Airlift Control Flight
AMOS	Air Mobility Operations Squadron
AOG	Air Operations Group
AOS	Air Operations Squadron
ARCC	Alaskan Rescue Coordination Center
AROWS	Air Force Reserve Orders Writing System
ARS	Air Refueling Squadron
ARW	Air Refueling Wing
AS	Airlift Squadron
ASOC	Air Support Operations Center
ASOG	Air Support Operations Group
ASOS	Air Support Operations Squadron
AT	Annual Training
ATAG	Assistant Adjutant General (Air)
ATAS	Advanced Tactical Airborne System
ATCS	Air Traffic Control Squadron
ATKS	Attack Squadron
ATKW	Attack Wing
AW	Airlift Wing
AWOL	Absent Without Leave

B

BAH	Basic Allowance for Housing
BAS	Basic Allowance for Subsistence
BS	Bomb Squadron
BW	Bomb Wing
BX	Base Exchange

C

CAC	Common Access Card
CACS	Command and Control Squadron
CBCG	Combat Communications Group
CBCS	Combat Communications Squadron
CDR	Commander
CEF	Civil Engineer Flight
CEIG	Cyberspace Engineering Installation Group
CES	Civil Engineer Squadron
CG	Commanding General
CINC	Commander in Chief
CIRF	Centralized Intermediate Repair Facility
cNAF	Component Numbered Air Force
CNGB	Chief National Guard Bureau
COG	Cyber Operations Group
CONUS	Continental United States
COS	Cyber Operations Squadron
CRTC	Combat Readiness Training Center
CRG	Contingency Response Group
CRW	Contingency Response Wing
CTF	Combat Training Flight
CTS	Combat Training Squadron
CUI	Controlled Unclassified Information
CYOS	Cyberspace Operations Squadron

D

DAG-A	Deputy Adjutant General-Air
DANG	Director Air National Guard
DCGS	Distributed Common Ground Station
DEERS	Defense Enrollment Eligibility Reporting System
DEROS	Date Eligible for Return from Overseas
DET	Detachment
DGS	Distributed Ground System
DOB	Date of Birth
DODIN	Department of Defense Identification Number
DOR	Date of Rank
DPH	Director of Psychological Health
DSG	Drill Status Guardsman
DTOC	Distributed Training Operations Center

E

EANGUS	Enlisted Association of the National Guard of the U.S.
EIS	Engineering Installation Squadron
EISG	Engineering Installation Group
EN	Enlisted
EPR	Enlisted Performance Report
ETP	Exception to Policy

F

FAP	Family Advocacy Program
FCP	Family Care Plan
FEMA	Federal Emergency Management Agency
FMS	Foreign Military Sales
FOUO	For Official Use Only (outdated term replaced by CUI)
FSGLI	Family Servicemembers' Group Life Insurance
FSS	Force Support Squadron
FS	Fighter Squadron
FW	Fighter Wing
FY	Fiscal Year

G

GMRS	Global Mobility Readiness Squadron
GMS	Global Mobility Squadron
GO	General Officer
GSU	Geographically Separated Unit

H

HOR	Home of Record
HQ	Headquarters

I

IAW	In Accordance With
ID Card	Identification card issued to legally recognized members of the Military/Guard family
IDT	Inactive Duty Training
IG	Inspector General
IOF	Information Operations Flight
IOS	Information Operations Squadron
ISR/G	Intelligence Surveillance & Reconnaissance Group
ISRS	Intelligence Surveillance & Reconnaissance Squadron
ISS	Intelligence Support Squadron
IF	Intelligence Flight
IS	Intelligence Squadron
IW	Intelligence Wing
IWAS	Information Warfare Aggressor Squadron

J

JAG	Judge Advocate General
JFHQ	Joint Forces Headquarters (State)
JCSS	Joint Communication Support Squadron
JRB	Joint Reserve Base
JSPOC	Joint Space Operations Center
JTAC	Joint Terminal Attack Controller

K

K9	Security Forces military working Dogs
KS	Key Spouse
KSM	Key Spouse Mentor
KV	Key Volunteer

L			
LES	Leave & Earnings Statement	SPWS	Space Warning Squadron
LRF	Logistics Readiness Flight	SQ	Squadron
LRE	Launch and Recovery Element	STS	Special Tactics Squadron
		SVF	Services Flight
		SWF	Space Warfare Squadron
M			
MDG	Medical Group	T	
MCE	Mission Control Element	TAG	The Adjutant General
MAFFS	Modular Airborne Firefighting System	TDY	Temporary Duty
MFR	Memorandum for Record	TRG Ft	Training Flight
MRE	Meals Ready to Eat	TRG SQ	Training Squadron
MSG	Mission Support Group	TS	Targeting Squadron
MSS	Mission Support Squadron	TS	Test Squadron
MUNS	Munitions Squadron	TSGLI	Traumatic Injury Servicemembers' Group Life Insurance
MWR	Morale, Welfare and Recreation	TSP	Thrift Savings Plan
N		T10	Title 10 United States Code (title status)
NAF	Non-Appropriated Funds	T32	Title 32 United States Code (title status)
NCO	Noncommissioned Officer	U	
NCOIC	Noncommissioned Officer In Charge	UCMJ	Uniform Code of Military Justice
NEADS	Northeast Air Defense Sector	USC	United States Code
NGAUS	National Guard Association of the United States	USERRA	Uniformed Services Employment and Reemployment Rights Act of 1994
NGB	National Guard Bureau		
NOS	Network Operations Squadron	USO	United Service Organization
NWS	Network Warfare Squadron	UTA	Unit Training Assembly (Drill Weekend) (outdated term replaced by RSD)
NRO	National Reconnaissance Office	V	
O		VA	Department of Veterans Affairs
OCONUS	Outside Continental United States	VPLAD	Voluntary Period of Limited Active Duty
OIC	Officer In Charge	VSO	Veterans Service Organization
OPSEC	Operational Security	W	
OPR	Officer Performance Report	WADS	Western Air Defense Sector
OPS	Operations	WXF	Weather Flight
OS	Operations Squadron	WG	Wing
OSC	Operations Support Center		
OSS	Operations Support Squadron		
OPSEC	Operations Security		
P			
POA	Power of Attorney		
POC	Point of Contact		
PT	Physical Training		
Q			
QTRS	Quarters (living area)		
R			
RANS	Range Squadron		
RCS	Range Control Squadron		
REG	Regulation		
REGAF	Regular Air Force		
RHF	RED HORSE Flight		
RHS	RED HORSE Squadron		
RS	Reconnaissance Squadron		
RSD	Regularly Scheduled Drill		
RSG	Regional Support Group		
RSO	Remote Split Operations		
RQS	Rescue Squadron		
RQW	Rescue Wing		
RW	Reconnaissance Wing		
S			
SAD	State Active Duty		
SCMS	Supply Chain Management Squadron		
SFS	Security Forces Squadron		
SOCES	Special Operations Civil Engineer Squadron		
SOCs	Special Operations Communications Squadron		
SOP	Standard Operating Procedure		
SOS	Special Operations Squadron		
SOW	Special Operations Wing		
SPCS	Space Communications Squadron		
SPCS	Space Control Squadron		
SPG	Space Group		
SPOS	Space Operations Squadron		



Created by the Air National Guard Thrive Team
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