



YELLOW RIBBON FAMILY RESILIENCY WORKSHOP PHASE II

116th Cavalry (CBCT)

Location

Date

YELLOW RIBBON AGENDA

- 0730 **Registration**
- 0830 **Yellow Ribbon Welcome**
- Welcome & Introductions – (10 min)
 - AAR – (5 min)
- 0845 **Session #1: Mission Briefing (50 min)**
- Commander – (10 min)
 - Casualty Notification/Assistance - (10 min)
 - Injury/DSWUN Protocols & Procedures - (10 min)
 - DEERS – (5 min)
 - Rear DET – (15 min)
- 0935 **Session #2: Veteran Affairs (15 min)**
- TAA – (5 min)
 - VA Benefits Fed/State – (5 min)
 - Vet Center - (5 min)
- 0950 **Break (10 min)**
- 1000 **Session #3: Legal Resiliency – JAG (25 min)**
- SCRA, SGLI & Beneficiaries – (10 min)
 - Wills, PAO, & Other Legal Assistance – (15 min)
- 1030 **Session #4: Community Resiliency (35 min)**
- Army One Source – (10 min)
 - Military One Source – (15 min)
 - Red Cross Notification/Emergency Number – (5 min)
 - Resources – (5 min)
- 1100 **Break (10 min)**

- 1110 **Session #5: Spiritual Resiliency (40 min)**
- Strong Bonds – (10 min)
 - Suicide Prevention – (30 min)
- 1150 **Mid-Day AAR (5 min)**
- 1155 **Lunch**
- 1300 **Workshop #1: Financial Resiliency (1 hr)**
- Incentive Pay, CZEP, FSA, HZ, BAH - (10 min)
 - Eagle Card - (5 min)
 - Savings Deposit Program - (5 min)
- Break (10 min)**
- Break-Out Session (30 min)
 - Financial Management – Lifestyle Adjustment
 - Technician Pay and Benefits for Military Deployment
- 1340 **Break (10 min)**
- 1350 **Workshop #2: Personal Resiliency (40 min)**
- TRICARE/Dental Enrollment/Benefits
 - Single Soldier
 - Married Soldier
 - Soldier with Family
- 1420 **Break (10 min)**
- 1430 **Workshop #3: Relationship Resiliency (50 min)**
- Coping with Deployment Stress
 - Parents and Siblings of Soldiers
 - Spouses/Significant Others of Soldiers
 - Single Soldier
- 1520 **Break (10 min)**
- 1530 **Workshop #4: Youth Resiliency (50 min)**
- Youth Emotional Cycles of Deployment - (30 min)
 - NCCRA/Child Care – (10 min)
 - Youth Program - (10 min)
- 1620 **Closing Comments**
AAR Completion