



20th Fighter Wing



U.S. AIR FORCE

Airman & Family Readiness Center



**TSgt Evan Singleton
Personal & Family
Readiness NCO
895-1252/1253**



Family Sustainment Programs

- **Deployed/Remote Tour Family Dinner (All)**
 - **“Hearts Apart” Socials (All)**
 - **Give Parents A Break (All)**
 - **Thank God Its Faithful Friday (All)**
 - **Car Care Because We Care (Air Force Only)**
 - **Free Respite Child Care (Army Only)**
 - **Morale Call Program (All)**
 - **Computer Lab/E-Mail & Wi-Fi Hot Spot (All)**
 - **Extended Child Care Services (All)**
 - **Information Overload (All)**
-



Resources

- **Air Force Community**
 - <http://www.afcommunity.af.mil>
 - **Military OneSource**
 - www.militaryonesource.com
 - **Military Homefront**
 - www.militaryhomefront.dod.mil/
-



MILITARY AND FAMILY LIFE COUNSELOR



Mrs. NICOLE SNELL
Mr. FRANCIS SEGEDIN



Military & Family Life Counselor (MFLC)



ADULT MFLC

NICOLE SNELL

Airman & Family Readiness Center
(803) 465 - 7291

CHILD & YOUTH MFLC

FRANCIS SEGEDIN

Child & Youth Programs
(803) 465 - 7286

Non- Medical Support
Coaching
Education
Consultation

Service members and their families
through the cycles of deployment &
reintegration

No records are written or kept.

Counseling is private and
confidential.

Except for Duty to Warn issues –
threat of harm to self or others; child,
spouse, elder or sexual abuse

Supported Counseling

Deployment & Reintegration

Anger & Stress management

Grief and loss

Marriage & Family

20th Fighter Wing

Finance



20 CPTS
DSN 965-1529/1537/1683

This Briefing is:
UNCLASSIFIED//FOUO



Before you Leave



❖ **GTC**

- **Activation**
- **Mission Critical Status**

❖ **MyPay**

- **Have Pin/Password available**
- **Restricted PIN access**

❖ **Power of Attorney**

- **Used to release pay information (must be specific)**
- **Not authorized for pay/allowance claims**
- **SPECIAL POA'S required for allotment actions**



Entitlements



- ❖ **Combat Zone Tax Exclusion**
- ❖ **Hostile Fire/Imminent Danger Pay (HFP/IDP)**
 - **Prorated \$7.50/Day or \$225/Month**
- ❖ **Hardship Duty Pay – Location (HDP-L)**
 - **\$100 Monthly**
- ❖ **Family Separation (FSA)**
 - **\$8.33/Day or \$250/Month**
- ❖ **Meal Deductions**
- ❖ **Per Diem \$3.50/Daily**



VMPF



Processing accruals in VMPF

AIR EXPEDITIONARY FORCE (AEF) INFORMATION	
AEF DESCRIPTION/ROTATION PERIOD BAND P (AD & ARC) JAN 15 - JUN 15	DATE ASSIGNED TO THIS AEF 22 APR 2014
INDIVIDUAL DWELL TIME (IDT) INFORMATION	
IDT EXPIRATION DATE 08 JUN 2007	IDT COUNTER 2679 DAYS



vMPF Introduction

sonnel Flight (vMPF). The capabilities scheduled for release during Personnel Service Delivery, Phase 1 are current
 at have been redesigned to move from the military personnel section towards more web-based transactions. To the left,
 is" you will have the capability to initiate self-service applications. For Commander Support Staff, the same availability
 is, Duty out of CAFSC and Duty Status, Confinements, AWOL, Deserter will only be accessible by the "CSS Actions"

of the various online personnel applications applicable to you. The links on this page will allow navigation to the

off whenever you are finished with the vMPF. Just click the button in the upper right hand corner of any page and you'll

Help

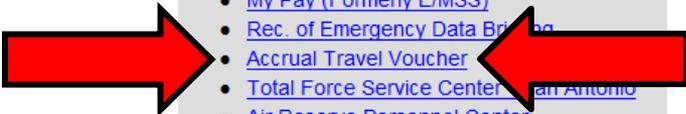
- [Glossary](#)
- [Known Problems](#)
- [Case Management System](#)

System Announcements

- [Voluntary Separation Application](#)
- [Automated Assignment Cancellation Notification Emails \(Unofficial/Fraudeulent Email Notifications\)](#)
- [Pop-up Blocker Notice!!!!](#)
- [This Site Last Reviewed on 1 March 2013](#)
- [Address or phone number problems](#)

Helpful Links

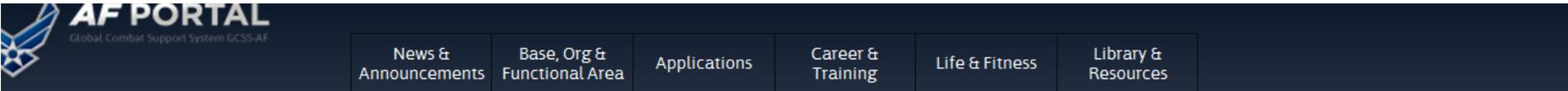
- [Civilian-Employer-Update](#)
- [My Pay \(Formerly E/MSS\)](#)
- [My Pay \(Formerly E/MSS\)](#)
- [Rec. of Emergency Data Br...](#)
- [Accrual Travel Voucher](#)
- [Total Force Service Center San Antonio](#)
- [Air Reserve Personnel Center](#)
- [Air National Guard](#)
- [IDEA Program Data System](#)
- [vFinance](#)





Virtual Finance

- Virtual Finance - Finance "do-it yourself" makes web and online assistance your primary source to obtain financial help.



ity, National Guard, and Reserve Service members during the next few months. The survey is not the only way to let the commission know one's preferences. There is also a comment section on their [public website](#) where you can provide your input. Learn more [here](#).

- Eglin AFB F-35s Surpass 5,000 Combined Sorties
- Permissive TDY Allowed for Voluntary Force Management Separation
- Nuclear Deterrence Medal Approved For Total Force Airmen
- USecAF Touts Air Force Capabilities at 30th Space Symposium
- Civilians - Take 'FIVE' To Get Free Money For Your TSP Account
- 2014 Benefits Fact Sheet
- Zero-Day Affects All Versions of Internet Explorer

urrent Outages/Issues

- ETIMS, ETOV, PAMS, WSMIS, D040, PRPS Unavailable, 13 Jun, 1800-2200 CDT
- myPay Single Sign On Reauthentication
- ITES Shutdown, 19 May
- Previous Outage Notices

Publications Search

ir Force E-Publishing Site

on't use spaces in a search - e.g. pubs:AFI36-2905; forms: AF911

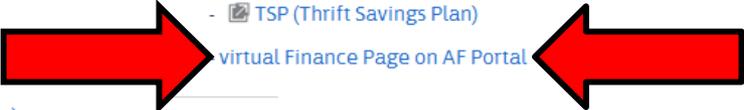
urrent Editions

[AFI 36-2905 \(1 May 2014\)](#)
 [TSP Policy \(1 May 2014\)](#)
 [Other Thrift Policies \(10 May 2014\)](#)

Education/Training/Force Development

Finance & Travel

- 2014 Civilian Pay Schedules
- 2014 Military Pay Table
- ATAAPS (Automated Time Attendance and Production System)
- 2014 Benefits Fact Sheet
- Citibank Cardholder Access
- Defense Travel Management Office
- DMHRSI (Defense Medical Human Resources System)
- DoD Government Travel Charge Card Information
- DTS (Defense Travel System)
- eFinance Workspace
- Financial Services FAQs
- LeaveWeb
- myPay
- Per Diem Rates
- PIPS (PCS In-Processing System)
- TSP (Thrift Savings Plan)



[virtual Finance Page on AF Portal](#)



Helpful Links

- ❖ **GTC website:** <https://home.cards.citidirect.com/CommercialCard/Cards.html>
- ❖ **DTS-** www.defensetravel.osd.mil
- ❖ **Any questions regarding your pay may be directed to:**

20cpts.shawpay@us.af.mil



U.S. AIR FORCE

Family Advocacy

Family Advocacy Program

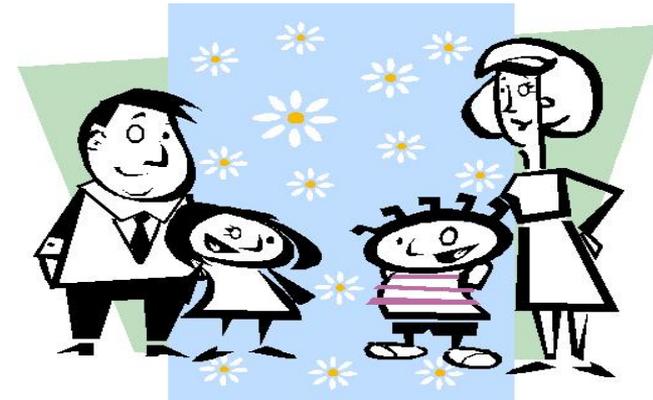
- Located on the 2nd floor of MTF
- Call: (803) 895- 6201



FAST

FAST- Family Advocacy Strength-based Therapy

- Military families w/ significant & escalating marital problems
- Single parents reporting significant stress or limited parenting skills
- Parent(s) with children >3yo experiencing discipline problems &/or fear of losing control



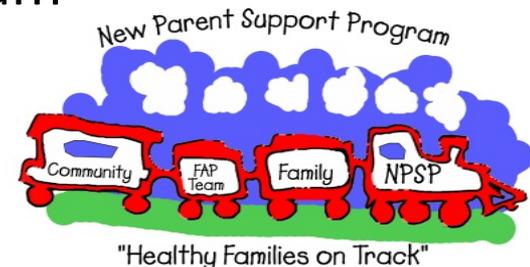
New Parent Support Program

- Home visits for High Needs parent(s)
- For pregnant families &/or children up to 3



www.shutterstock.com · 106778492

- Education on child birthing, child development, parenting, family needs & local resources
- Parent(s) can be seen in the office (2nd floor of MTF)
- Voluntary program



New Parent Support Program Classes

- Newborn Care Class
 - 5 sessions, held on Tuesdays & Thursdays each month
- Childbirth Education
 - 2 sessions, class held monthly
- Prenatal Yoga
 - Introduction to Yoga classes for each trimester of pregnancy
- “Dads 101”
 - For Dads, taught by Dads. No Moms allowed. 2 sessions. Alternates day and evening classes each month.

*** All appointments can be considered the same as a medical appointment, medical appointment slips may be requested if needed**

*** If you cannot attend a class or prefer to have the information provided to you in the privacy of your own home, a NPSP nurse can schedule a home visit**



Call 895-6091 to Register for all Classes



Shaw AFB Family Advocacy Prevention Programs are on FACEBOOK!

facebook
Search



Message All Members

Promote Group with an Ad

Edit Group Settings

Edit Members

Invite People to Join

Create Group Event

Your Shaw AFB FAP Team:

Capt. Katherine Andrade, FAO
 Michelle Vance, FAN
 Debbie Wilson, FAN
 Patti Busser, FAOM
 Cheryl Christmas, FATM
 Anita Carter, FATM
 Frederica Johnson, FAPA
 Jenny Everett, FAPA

Information

Category:
Organizations - Advocacy Organizations

Description:
The Shaw Air Force Base Family

Shaw AFB Family Advocacy Prevention Program (FAP)

Wall
Info
Events
Photos
Video
+

Write something...

Attach:Share



Patti Busser McElveen Library, on Shaw AFB, has Stroller Story Time: A special story time for infants, toddlers, and twos!! Join in every Monday from 11:00-11:30!! This weeks stories are all about things that we can touch!!



6 minutes ago · Comment · Like · Share

[Remove](#)



Patti Busser Check out all the classes available to military families at Shaw AFB!



10 hours ago · Comment · Like · Share

[Remove](#)

Shaw AFB Family Advocacy Prevention Program (FAP)

The New Parent Support Program offers FREE classes and services to all military families at Shaw AFB...

By: Patti Busser

[See More](#)

New Parent Support Program

For any military families with children under 3 years of age or expecting a child.

Nurses make home visits!

Program is about educating parents to create healthy families.

No fee, no cost at any time!

Classes also available.



Call 895-6091/6201 for more information!



Family Advocacy Services

- Anger/Stress Management
- Marriage Counseling
- Breastfeeding Education
- Childbirth Education
- Pre-Natal Yoga
- Common Sense Parenting
- Dads 101
- PREP Relationship Enhancement Course
- FAST Strength-based therapy

**Call 895-6091/6201
for more
information!**

**FIND US ON FACEBOOK AT:
"SHAW AIR FORCE BASE
FAMILY ADVOCACY &
RESILIENCY PROGRAMS**



20th Fighter Wing



LEGAL



Legal Assistance

- Wills
 - Simple Wills
 - Living Wills
 - **By appointment only: Tuesdays 1300 – 1500**
(Unless Short Notice Deployments: With a departure date)
 - On-Line at: <https://aflegalassistance.law.af.mil>

Note: Wills do not control who gets your life insurance benefits and we can not change your SGLI beneficiaries (See MPF).



Legal Assistance

- **Powers of Attorney & Notaries**
 - POA - Legal document that permits another person to conduct business on your behalf
 - General POA vs. Special POA
 - Walk-in: Mon – Fri 0800-1600
 - On-Line at: <https://aflegalassistance.law.af.mil>
 - **Walk-In Legal Assistance Hours**
 - M 0900 – 1000; Wed 1300-1400
-



Legal Assistance

- **20 FW/JA Legal Office Location**
 - **2nd Floor of FSS Building**
 - **895-1560**

- **Tax Center**
 - **2nd Floor of Community Center**
 - **895-8780**

Note: Additional services MAY be available at your deployed location



U.S. AIR FORCE

CHAPEL



Chapel - Support

- **Chaplains provide for the free exercise of religion. They are a spiritual resource for all.**
 - **100% Confidentiality is an ethical principle associated with chaplains. Communication between a person and a chaplain are "privileged" and may not be discussed or divulged to third parties by the chaplain, regardless of the nature of the communications.**
 - **Chaplains are available to everyone; not just people of faith.**
-



Chapel - Support at Remote Site



-
- **Provides religious and cultural information**
 - **Get to know your Chapel Staff**
 - **Volunteer! Get involved in the Chapel**
 - **Look for outreach opportunities in remote environment**
 - **Confidential counseling—always!**
-



DEPLOYED/REMOTE FAMILY DINNER



Carolina Skies Club

**Every 4th Monday of
the month**

6 P.M. UNTIL 8 P.M.



Please Call
895-1106 with
any questions.





Chaplains are Always Available



Find out more: <http://shawchapel.org>



us on



/shawchapel



School Liaison



U.S. AIR FORCE



School Liaison Officer

- **Help school/community understand the challenges of military families**
 - **Transition**
 - **Deployment**
 - **Help family discover educational options**
 - **Public**
 - **Private**
 - **Home School**
 - **Assist parents in advocating for their child**
 - **Serve as intermediary**
 - **Visit child's school before deployment – talk to teacher, school social worker, Counselor**
-



School Liaison Officer

Mission is to eliminate barriers and build bridges for the academic success of military children



John F. Kennedy
School Liaison Officer
Bldg. 1118, Suite 2159
(803) 895-1358

www.mic3.net

