



*North Dakota National Guard
Family Program
Frequently Asked Questions*

1) What is the mission for the NDNG Family Program?

To facilitate ongoing communication, involvement, support and recognition between the North Dakota National Guard and National Guard families in a partnership that promotes the best in both.

2) Who works the NDNG Family Program?

A combination of volunteers across the State of North Dakota, military members, headed up by the State Family Program Coordinator, Family Assistance NCO, and State Family Program Volunteer. Only the State Family Program Coordinator is a paid staff member. The remaining volunteers are from all walks of life.

3) What educational programs does the Family Program offer?

- **Workshops to enhance unit level Family Support Groups.**
- **Support the annual Guard Youth Expo each summer at Camp Gilbert C. Grafton, near Devils Lake, ND.**
- **Guard Family Team Building (GFTB). GFTB improves overall readiness of the Guard by teaching and promoting personal and family readiness issues through educational classes of 45 different subjects.**
- **True Colors©. True Colors is an educational adventure that provides interactive training to military members and their families. It is a personality trait class that allows family members to understand how others think and act. It is based on the Myers-Briggs personality assessment. A well liked course.**
- **Low ROPES. ROPES is another interactive training session for children and adults alike. It teaches the power of trust and teamwork for all that are involved. It uses different training aids in a hands-on training activity. Another well liked course.**

- 4) How does the Family Program assist in unit readiness?

Through educational training, the Family Program prepares National Guard families for deployments. Items such as promoting legal assistance, DEERS enrollment of all family members, coordinating identification cards for all family members, and providing help through the Family Assistance Center.

- 5) What is a Family Assistance Center?

Family Assistance Centers help families of deployed military personnel through essential services during the times of deployments or mobilizations. They range from:

**Dependent ID Cards
Financial assistance through referrals and counseling
Referrals to community agencies
Medical/Health benefits of the TRICARE insurance
Coordination of legal services
Assistance to unit Family Support Groups**

- 6) Where do I join a Family Readiness Group?

A military dependent or a friend of a military family can join and help the Family Readiness Group at the nearest armory to their home. Or, one can become a participant in Family Readiness Groups at the armory where the military member is assigned. It doesn't matter which group they belong to, as long as they are willing to be a team member and desire to understand what is expected of the military family.

- 7) What is the overall goal of the North Dakota Family Program?

Helping families, help themselves. To be self-sufficient during times of mobilization; through continuing education.

- 8) Who do I contact for further information or questions?

Contact the local armory fulltime unit personnel or the State Family Program Coordinator toll free at 1-800-242-4940. In the Bismarck area, call (701) 224-5128.

- 9) What outside agencies does the Family Program deal with?

**The American Red Cross
Human Service Centers
Local Business Groups & Chambers of Commerce
Operation Ready
Salvation Army**