

UNIT, PERSONAL, AND FAMILY READINESS PROGRAM

Your point of contact for readiness information and support is:

Rachael Kolb

Deployment Readiness Coordinator

3d Marine Littoral Regiment

Marine Corps Base Hawaii

Phone: 808-220-6424

Email: rachael.kolb@usmc.mil



The Unit, Personal, and Family Readiness Program (UPFRP) is designed to serve as the link between families and the unit. This program is implemented to maintain **READY** Marines, Sailors, and families by equipping them with knowledge on tools necessary to successfully meet the challenges of deployment and unit missions. Ultimately, the goal of this program is **SUPPORT**

Deployment Readiness	4 STEPS TO READINESS			
	1	Review the Personal Readiness Checklist: This checklist is designed to help keep you and your family in a state of readiness year-round which includes items such as Family Care Plan, Power of Attorneys, Wills, etc.)		
	2	Attend the Unit Briefs and Events: These briefs are intended to keep you informed on what’s happening in the unit and how you and your family can be prepared. - Deployment Readiness Brief - Town Hall - Pre-Deployment/Mid/Return & Reunion/Post Deployment Briefs		
	3	Talk to your DRC: DRCs are embedded in units that are always on the move. It’s important that you talk with your DRC about resources available to you and tips on how to stay ready.		
	4	Have a Plan: Sit down with your Marine or Sailor and have a plan. The Marine Corps trains every day to be the first to fight. They prepare for the worst-case scenario – the pacing threat. If the day comes that they must face that threat, they will be ready.		
Emergency Preparedness	3 STEPS TO READINESS			
	1	Stay Informed about various hazards and what to do before, during, and after an incident or event. Sign up for <u>emergency notifications</u> to get up-to-date information.		
	2	Make a Plan for yourself and your family to know where to go, what to do, who to contact, and what to take when faced with an emergency.		
	3	Build a Kit for your home, office, and vehicle that will sustain you for at least 14 days. In taking these steps, you improve the safety, security, readiness, and resilience of you and those around you. By living a life of preparedness, you are helping the Marine Corps maintain its reputation as the Premier Force in Readiness.		
Resources	~	Military and Family Life Counselor (MFLC) 571-376-3841	~	Military OneSource: 800-342-9647
	~	3d MLR Chaplain: 808-807-6684	~	TRICARE West: 844-866-9378
	~	3d MLR Officer-on-Duty (OOD): 808-224-6643	~	SAPR 24/7 Hotline: 808-216-0126
	~	PMO (Non-Emergency Line): 808-257-2123	~	FAP 24/7 Abuse Hotline: 808-216-7175
	~	Base Legal: 808-496-6738	~	Duty Chaplain: 808-927-6583
	~	Red Cross: 877-272-7337	~	Suicide and Crisis Lifeline: 988
	~	Personal Financial Management Program (PFMP) 808-496-7783	~	Safe Helpline: 877-995-5247

CHECKLIST



		<i>Upon Arrival</i>	<i>Audit Date: _____</i>	<i>Audit Date: _____</i>	<i>Audit Date: _____</i>	<i>Audit Date: _____</i>	<i>Audit Date: _____</i>	<i>Audit Date: _____</i>
Task		6 Mon	1 Year	1.5 Years	2 Years	2.5 Years	3 Years	
Communication								
Give family DRC contact information	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Give family resource contact listing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(Married) Add spouse/self on MOL Family Readiness Module	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(Single) Add family/trusted individual/self on MOL Family Readiness Module	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make a communication plan. Discuss communication expectations for deployments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Discuss PII/OPSEC with family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Discuss Red Cross with family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Discuss overall expectations for deployments with family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Encourage family to attend the unit briefs and events	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Financial								
Make a plan for bill payments when deployed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make a log for bank accounts/financial institution information	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Suspend memberships (if applicable)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have a plan for filing taxes during/after deployment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Documents/IDs								
Ensure all military issued ID cards/DEERS are current (and dependents if applicable)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ensure family/trusted individual has Power of Attorney (POA)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Update Will & Testament/discuss with family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Update Family Care Plan (FCP)/Discuss with family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Update Record of Emergency (REDs)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Update Servicemembers Group Life Insurance (SGLI)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make username login record and provide to family/trusted individual	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ensure family/trusted individual has access to all documents	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Medical/Dental								
Ensure TRICARE information is updated (region specific)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Arrange dependent dental through United Concordia (if applicable)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Emergency Preparedness								
Make Emergency Preparedness Plan/discuss with family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make an Emergency Preparedness Kit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make a Household Inventory	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vehicles								
Plan for vehicle when deployed (storage, maintenance)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Update safety/registration for vehicle (must have POA for non-resident form)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ensure family/trusted individual has access to vehicle documentation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pets								
Plan for pets when deployed/update vaccinations and records	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ensure family/trusted individual has access to all pet documents	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Voting								
Arrange voting registration/absentee ballot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Notes:

DOCUMENTS CHECKLIST

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