

WELCOME HOME



**CAMP LEJEUNE
WELCOME HOME
COMMANDER'S RESOURCE GUIDE**



Introduction and Menu of Available Support Items

Welcome Home Info for Families

MCCS Area Coordinators Listing

List of Available Classes and Scheduling Sheets

Recreation Opportunities and Scheduling Sheet

Retail, Food & Hospitality, Services, Vending, and Scheduling Sheet

MCB Support Information

Installations and Environment

Business and Logistics Support

Installation Security and Safety

MCB Support Request Sheet

Notes

INTRODUCTION

This Guide is intended to inform Commanders and their staffs in planning the smooth transition of their Marines and Sailors back into a normal routine aboard Camp Lejeune following deployment. Marine commanders are fully aware of the DOD, DON and CMC directed reintegration requirements but are often unaware of those supporting programs and services available from their installation commanders, to include the local MCCS Director. This Guide has been developed to inform commanders of supporting actions available from MCB Camp Lejeune and MCCS. It is partitioned into logically organized sections to assist in the scheduling of key events for both essential and quality of life briefs, classes and activities for returning warriors. We hope this Guide will become a valued resource for every unit commander.

Comments and suggestions for improvements to this Guide should be directed to the unit Area Coordinators.

MENU OF RETURN/REUNION/RE-INTEGRATION ITEMS

| Phase | Requirement | Responsibility | MCCS Support Available | Base Support Available | POC | Phone |
|----------|---------------------------------|------------------------|------------------------|----------------------------|-----|-------|
| <i>I</i> | <i>Advance Party Operations</i> | | | | | |
| | Communications to Family | CO | Web page | Web page | | |
| | Develop Homecoming Plan | CO | Area Coordinators | Area Coordinators | | |
| | Force Flow to Base/MCCS | MEF Strategic Mobility | Area Coordinators | PMO | | |
| | ADVON Arrival | CO | Area Coordinators | | | |
| | Barracks Prep | CO | ADVON | Facilities Maint, as req'd | | |
| | Rack Packs | FRO | Area Coordinators | USO | | |
| | | | | | | |

MENU OF RETURN/REUNION/RE-INTEGRATION ITEMS

| | | | | | | |
|-----------|-------------------------|--------|-------------------|------------------------|--|--|
| <i>II</i> | <i>Welcome Home</i> | | | | | |
| | Execute Homecoming Plan | CO | Area Coordinators | PMO, Base Motor T, MCX | | |
| | Rec Gear | XO/FRO | Area Coordinators | | | |
| | Food | XO/FRO | Area Coordinators | | | |
| | Banners | XO/FRO | Area Coordinators | | | |
| | Entertainment | XO/FRO | Area Coordinators | | | |
| | Balloons/Helium | XO/FRO | Area Coordinators | | | |
| | Drinks | XO/FRO | Area Coordinators | | | |
| | | | | | | |

MENU OF RETURN/REUNION/RE-INTEGRATION ITEMS

| Phase | Requirement | Responsibility | MCCS Support | Base Support | POC | Phone |
|------------|----------------------------------|----------------|---------------------------------|--------------|-----|------------------|
| <i>III</i> | <i>Initial Recovery</i> | | | | | |
| | Medical survey | CO | | | | |
| | Driver safety class | CO | | Base Safety | | |
| | Motorcycle safety class | CO | | Base Safety | | |
| | Personal Effects | CO | | TMO | | 451-0488 |
| | Warrior Transition Brief | CO | | | | |
| | Vehicle Claim | CO | | TMO | | 451-2377 X276 |
| | Vehicle Safety Inspection | CO | Semper Fit MCX | | | |
| | Combat Stress Class | CO | | | | |
| | Health Briefs | | Semper Fit Area Coordinators | | | |
| | Car buying Brief | | Semper Fit Area Coordinators | | | |
| | Relationship Briefs | | Semper Fit Area Coordinators | | | |
| | Financial Briefs | | Semper Fit Area Coordinators | | | |
| | Movie Day | | Area Coordinators | | | |
| | Golf Day | | Area Coordinators | | | |
| | Bowling Day | | Area Coordinators | | | |
| | Marina Day | | Area Coordinators | | | |
| | Skeet Range | | Area Coordinators | | | |
| | Paint Ball Day | | Area Coordinators | | | |
| | Beach Day | | Area Coordinators | | | |
| | Cook Out | | Area Coordinators | | | |
| | Sports Event | | Area Coordinators | | | |
| | Entertainment | | Area Coordinators | | | |
| | Field Meet | | Area Coordinators | | | |
| | Kinston Indians Baseball Trip | | Area Coordinators | | | |
| | Coastal Plains Raceway Trip | | Area Coordinators | | | |

MENU OF RETURN/REUNION/RE-INTEGRATION ITEMS

| | | | | | | |
|----|----------------------------------|----|---------------------------------|-------------|--|------------------|
| IV | <i>Extended Recovery Period</i> | | | | | |
| | Medical survey | CO | | | | |
| | Driver safety class | CO | Semper Fit | Base Safety | | |
| | Motorcycle safety class | CO | Semper Fit | Base Safety | | |
| | Personal Effects | CO | | TMO | | 451-0488 |
| | Warrior Transition Brief | CO | | | | |
| | Vehicle Claim | CO | | TMO | | 451-2377 X276 |
| | Vehicle Safety Inspection | CO | Semper Fit MCX | | | |
| | Combat Stress Class | CO | | | | |
| | Drug/ Alcohol Briefs | | Semper Fit Area Coordinators | | | |
| | Suicide Briefs | | Semper Fit Area Coordinators | | | |
| | Health Briefs | | Semper Fit Area Coordinators | | | |
| | Car buying Brief | | Semper Fit Area Coordinators | | | |
| | Domestic Violence Briefs | | Semper Fit Area Coordinators | | | |
| | Relationship Briefs | | Semper Fit Area Coordinators | | | |
| | Financial Briefs | | Semper Fit Area Coordinators | | | |
| | Movie Day | | Area Coordinators | | | |
| | Golf Day | | Area Coordinators | | | |
| | Bowling Day | | Area Coordinators | | | |
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| | Coastal Plains Raceway Trip | | Area Coordinators | | | |

SAMPLE COMMAND HOMECOMING LETTER TO FAMILIES

It's time to talk about homecoming! If you would like to view the Battalion Commander comments or the Company Commanders comments, please visit your Marine's unit web site. As our Marines are busy preparing to come home, this guidebook is dedicated to our preparations for their return. The Family Readiness Team hopes that you will find the following information helpful in planning the reunion with your loved one. There are several issues we would like to address, to include – return dates; your travel plans, transportation and accommodations (if you are a parent or a spouse who is not living in the Jacksonville area); the day of homecoming and what to expect; what you might experience from your Marine. Family members wishing to give a personalized Homecoming to their Marine or Sailor are welcome aboard Camp Lejeune. This guide provides basic information necessary for the family members to have a safe and stress-free reunion with their Marine or Sailor.

Homecoming Expectations

Some family members have commented that they thought there should be more fanfare and ceremony for the returning Marines as they arrive. Most units arrive in small groups by bus or van and the primary desire of the individual Marine is to be reunited with their loved ones and get away from the crowd. Hence, we do not schedule formations or welcoming speeches. We usually have recreation activities, music, refreshments for the comfort and entertainment of the waiting families.

Return Dates

Return dates are passed as "windows", meaning that you will first receive a block of days (usually 3-4) and the return could be on any one of these days. As the time draws closer, the flight schedules and manifests are finalized. When this happens, you will receive notification of what day your Marine will return and you will be given an approximate time. Please keep in mind that days and times are subject to change as weather conditions, flight schedules/availability and transportation are not necessarily controllable. The Battalion/Squadron's toll-free number (which should be clearly available on their website) will be updated to reflect any last minute changes in scheduling. It is suggested that you call this number the day of your Marine's expected return to make sure the timeline has not changed.

Making Travel Plans

Unlike our commercial air travel system that works on fixed schedules, military airlift from overseas works on a priority based system. It is designed, managed and operated to have the maximum amount of flexibility to allow for a last minute, worldwide response to an international crisis. Consequently, it can't be viewed as a precise system. Usually at about the 2 months from return date we can only narrow the arrival dates to a one-week window, then to about a three-day window at about the 2-3 week from return time. Military airlift is frequently redirected at the last moment for higher priority missions in support of international crises and contingencies. It is not uncommon for the arrival hour to shift several times during the last couple of days as well.

How to get on base if you do not have a military (DOD) sticker on your vehicle: If you do not have a DOD military sticker on your vehicle, you must obtain a Visitor's Pass to get on base at Camp Lejeune, MCAS New River, and MCAS Cherry Point. Visitor Passes are available at the Main Gates (PMO Kiosk/Visitor Center) and are issued for a 24-hour period. On the day of the homecoming, special areas will be set-up at the Main Gates for issuing passes to those attending the homecoming. You must provide the Military Police (MP) with a valid driver's license, vehicle registration, and proof of insurance. The MPs will be able to direct you to the appropriate location for your Marine's/Sailor's homecoming. If possible, be sure to bring the return address of your Marine or Sailor as this info will become invaluable if/when the MPs need to provide you directions aboard Camp Lejeune.

Local Airports

Raleigh-Durham International (RDU) - 2.5 hours drive from Jacksonville
Albert J. Ellis Airport, Jacksonville (OAJ) – 30 minutes from Main Gate
Kinston Airport (ISO) – 1 hour drive from Jacksonville
New Bern Airport (EWN) – 45 minutes from Jacksonville
Wilmington Airport (ILM) - 1 hour drive from Jacksonville

Taxi

There are several Taxi services in the area that will provide shuttle services to and from the area airports. The approximate one-way price depends on which airport you are flying in from and where in Jacksonville you are staying. Raleigh- Durham International approx. \$200.00, Wilmington Airport approx. \$70.00 and Jacksonville Airport approx. \$26.00. We are not endorsing any particular Taxi service; however, for more information contact Onslow County Tourism (910) 455-1113.

Rental Car

You may find a rental car is more suited to your needs while you are in town. A few tips to keep in mind – When making a reservation it's a good idea to ensure availability and is often key to receiving special discounts. Check your homeowners or renters insurance policies to see if you are covered or if you need to purchase insurance through the rental agency. Make sure the agency checks and notes any damages already on the vehicle before you sign for it! Enterprise Rentals, conveniently located at the Main Exchange, has adjusted their corporate policy to allow the under 25 driver to rent cars. They can be reached at 451-7744. Budget Truck Rentals is also offered at the Central Service Station. They can be reached at 451-0854.

24/7 Convenience Store

The 24/7 Convenience Store carries an incredibly wide range of merchandiseto include a great selection of food. **Please NOTE: Non-ID Card holders are authorized to purchase food consumed as a meal and emergency health and beauty items.**

Retail Exchanges

Limited exchange privileges for the purpose of purchasing Camp Lejeune and Marine Corps Semper Parati memorabilia is authorized for all Camp Lejeune visitors.

Naval Pharmacy

Full scale Naval Pharmacy now located at the Main Exchange

Hotels

For those of you traveling from out of town there are several hotels available. Remember to ask for military rates (if you are a spouse with a current military ID card), AAA rates and AARP rates if these apply (typically a 10% discount). If you have a large party of people or can coordinate with others who will be in town, you may qualify for a “block of rooms” at a special rate. Be aware that some hotels increase rates based on weekend or weekday stays and may opt not to honor discounts when capacity is near full. Make your reservations early; you can always cancel days you may not need. For more information contact Onslow County Tourism (910) 455-1113.

Marine Corps Base Camp Lejeune Accommodations

Hospitality Inn 910 451-3041
Bachelor Officer’s Quarters 910-456-8554

Onslow Beach Recreation Area (all ranks) 450-7502

Visit www.mccslejeune.com and click on Onslow Beach or type in Onslow Beach from an internet search engine to view information on Beach Cabins, Trailers and Camping Facilities.

Homecoming Day

This is an exciting but often stressful day. Plan ahead! Give yourself plenty of time; often at certain times of day (early morning, lunch and late afternoon) traffic on and off base can be heavy.

Vehicle Pass: If you are coming from out of town and you do not have a military base sticker on your vehicle, you should get a vehicle pass from base before the homecoming day. Vehicle passes are obtained at the Main Gate to Camp Lejeune and can be written for a period of 24 hours.

To get a pass you’ll need:

- a. proof of insurance
- b. driver’s license
- c. car registration

Directions on base

Follow the unit homecoming signs from the entrance gates. These signs will lead you to the reception area (homecoming ground zero). There will be a designated parking area for Family and Friends. There may be maps available at the front gate.

While on Base, you will be able to eat at any of the food establishments – Burger King, Dominos Pizza, Michaelangelo’s Pizza, Subway (several other fast food places are located in the Main Exchange) all of these establishments are located off Holcomb Blvd.- the main road through Base. However, you will not be able to purchase gas or items from the “7 day stores” (gas stations) without a military ID card. There are restroom facilities and an indoor waiting area at the Marine Corps Exchange. If you have small children, you may want to consider packing a change of clothes (accidents happen), extra juice or bottled milk and extra diapers/wipes (remember to prepare for the possibility of delays).

Welcome Home Signs

You can hang up “Welcome Home” signs for your loved one at the homecoming area, or on the Fence at the main gate where permitted. However, you will need to bring your own materials and what goes up, must come down. Please remove them after your Marine has returned to

you. It has long been a tradition for families to hang signs outside of the Main Gate on Hwy 24 on “the fence” – if you’re not familiar with this, trust us, you’ll know it when you see it!

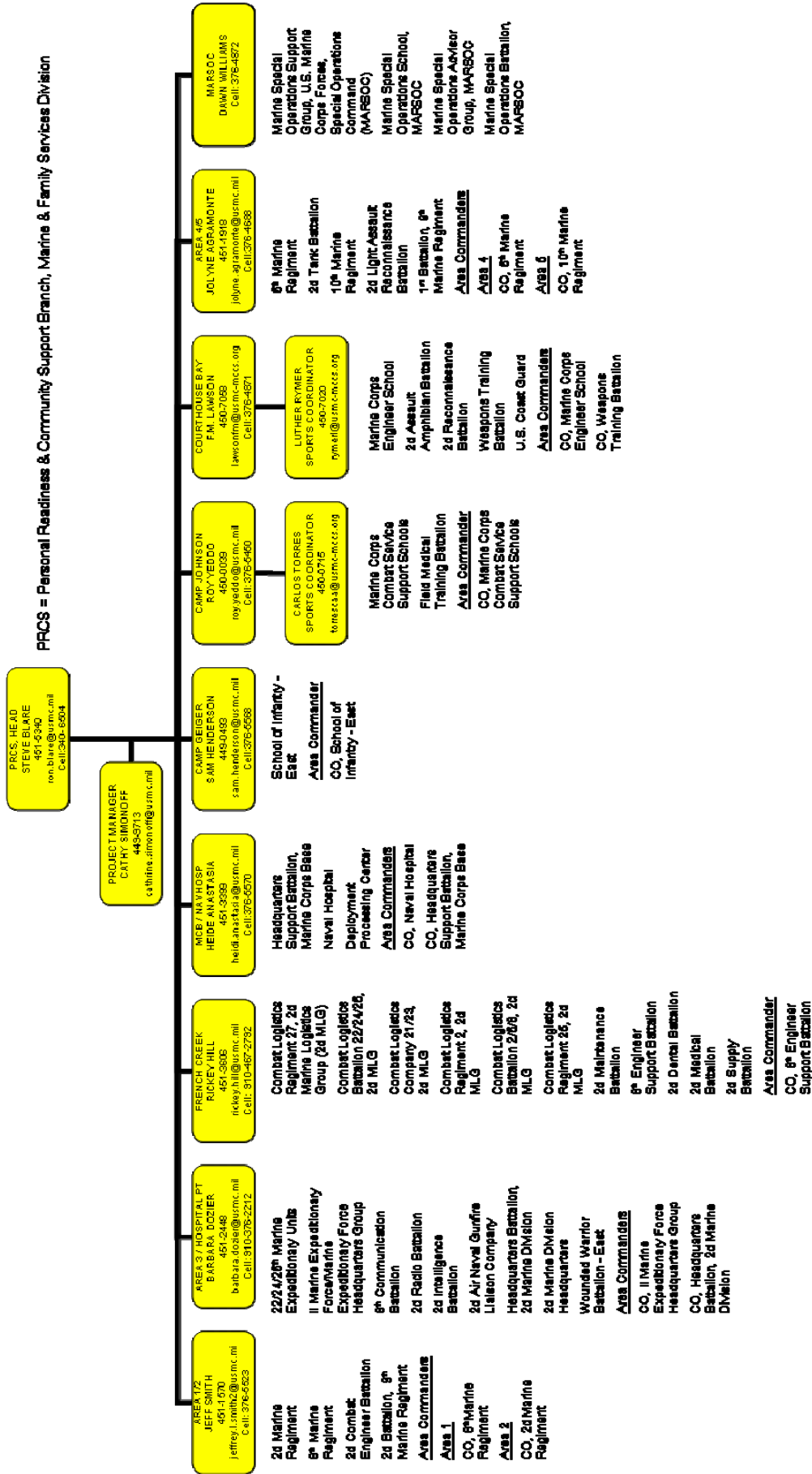
Your Marine

There are a few things to keep in mind when welcoming home your Marine. He has been working 7 days a week with little down time and may find it hard to relax at first. He may not be ready to share his experiences – don’t push for information, let him take the lead in what and when he wants to talk about his deployment. His sleep cycles and patterns may be disrupted – unable to sleep, sleeping at odd hours or for long periods. He may experience, irritability, jumpiness or depression. All of these can be symptoms of operational stress and are normal. As a result of operational stress, he may isolate himself from others, participate in unusually risky behaviors, have conflicts with people, or abuse alcohol. He may seek out the company of Marines with whom he was deployed over that of family and friends. Again, all of these signs and symptoms are normal and can take 3-5 months to subside. When these signs continue beyond 3-5 months or increase in duration and/or frequency then it may be time to consider getting assistance. His command will be periodically conducting health and welfare surveys to help the transition process. There are several services available to Marines, which are designed specifically to address such problems.

- Unit Medical and Religious Personnel-Each unit has Medical and Chaplain support to assist service members in their transition back to a normal routine.
- Community Counseling Center 910-451-2864 individual or group counseling opportunities available.
- Our religious Chaplains – 450-1668/1671 Offers retreats that can help with transition home.
- Military One Source 1-800-869-0278 or www.mccsonesource.com ; User ID: Marines Password: Semper Fi

This information is not intended to make you overly concerned, but is intended to give you a realistic idea of things you might encounter! We have all experienced a lot over the past several months and working to understand one another can only make for a smoother transition period.

MARINE CORPS COMMUNITY SERVICES, CAMP LEJEUNE AREA COORDINATORS



COMMAND BRIEFS

Classes can be brought to most locations or we will provide a location. Classes can be taught on flexible schedules to best meet any command requirements.

- **Alcohol Abuse 101**
Instructor: [Lisa Rivers](#), 451-2865
3 hours. Designed to educate individuals regarding the impact of alcohol abuse. Learning objectives including drinking and driving, alcohol and brain chemistry, alcohol abuse and health, aggression and alcohol abuse, binge drinking in the USMC, alcohol abuse impact on the family, alcohol abuse impact on careers, and a look at tips on social responsible drinking.
- **Alcohol Awareness and Prevention**
Instructor: [Lisa Rivers](#), 451-2865
30-60 mins. Provides detailed information on the dangers associated with alcohol abuse, the laws governing the use of alcohol and the consequences of irresponsible drinking.
- **Anger Management Workshop**
Instructor: [Barbara Miller](#), 451-2865
2 days. Participants learn to identify their style of expressing anger, how to prevent escalation, and positive techniques for dealing with individual anger and conflict.
- **Car Buying – Getting a Fair Deal**
Instructor: [Roy Ells](#), 451-2865
A 3.5 hour interactive training session designed to help individuals develop knowledge and skills necessary to achieve financial goals. Explore your legal rights as a consumer, analyze advertising techniques and sales practices and discuss appropriate steps to protect yourself against SCAMS & FRAUD.
- **Communication in Relationships**
Instructor: [Barbara Miller](#), 451-2865
[A 3 hour session in which](#) participants learn the ingredients of building a healthy relationship and the key to effective communication, whether on a personal or professional basis.
- **Domestic Violence Awareness and Prevention (Child and Spouse Abuse)**
Instructor: [Barbara Miller](#), 451-2865
[Provides 45-60 minutes of](#) detailed information on what patterns of behavior are seen in spouse and child abuse, the effects of abuse on adult and child relationships, how to recognize the danger signs in relationships, and what to do to get help.
- **Drug Awareness Workshop**
Instructor: [Mike Muni/Roland Winston](#), 451-2865
[A 3.5 hour workshop](#) designed to educate service members and their families to the current trends of drug use in the USMC. Current information, statistical data, as well as prevention strategies regarding illegal substance will be provided.

- **Drug Demand Reduction**
Instructor: Caroline Graham/Keith Wright, 451-2865
 Substance abuse prevention and education awareness programs include command and unit briefs and seminars; military and civilian community youth programs prevention and educational programs for military.
- **Financial Management Services and Counseling**
Instructor: Roy Ells, 451-2865
 A 60-180 minute financial awareness and education briefs cover such topics as Using credit wisely, How to manage debt, Common financial pitfalls of military families, Car Buying, Creating a workable budget, and Understanding your debt to income ratio. Information is available on consumer issues/consumer rights, pre-separation or pre-retirement financial planning and basic investing. Short-term credit counseling by appointment.
- **Healthy Relationships Workshop**
Instructor: Barbara Miller, 451-2865
 A quarterly 3-hour interactive workshop where participants learn the ingredients of a healthy relationship, the key to effective communication, red flags on love's horizon and local resources for relationship building.
- **HIV/STD Awareness and Prevention**
Instructor: Barbara Miller, 451-2865
 Red Cross Certified HIV instructor provides required annual seminar on HIV/Aids/STD awareness and prevention. The facts versus the myths associated with the virus and the disease.
- **Investment Basics**
Instructor: Roy Ells, 451-2865
 A three-hour interactive workshop designed to help individuals understand the process involved in savings and investment planning. Participants will explore how to develop and maintain realistic savings and investment goals. Thrift Savings Plan rules, regulations and benefits will also be covered.
- **Personal Financial Counseling**
Instructor: Roy Ells, 451-2865
 Individual financial counseling is available by appointment only. A unit or individual can call our Financial Specialist directly to set up an appointment.
- **Sexual Assault Awareness and Prevention**
Instructor: Barbara Miller, 451-2865
 A one hour seminar that covers identification of "at risk" persons, development of prevention measures, appropriate survival techniques and local resources for assistance.

- **Something to Rave About**
Instructor: Caroline Graham/Keith Wright, 451-2865
 3.5 hours. An interactive workshop designed to educate service members and their families as to the current trends of designer and club drug usage. Current information, statistical data, as well as prevention strategies regarding illegal substance will be provided.
- **Substance Abuse Awareness for Leaders**
Instructor: Caroline Graham/Keith Wright, 451-2865
 3.5 hours. An informative and interactive workshop designed to educate active military members in leadership positions (i.e. SNCO's and above), teachers and medical personnel in the trends, recognition, resource and referral for substance abuse among subordinate personnel.
- **Suicide Awareness and Prevention**
Instructor: Barbara Miller, 451-2865
 A one-hour seminar that covers the causes, warning signs, myths, and feelings associated with loss.
- **Taking Control Of Your Finances**
Instructor: Roy Ells, 451-2865
 60-120 minutes. An interactive training session, which covers the basics of starting a personal financial plan. Participants focus on developing realistic and measurable personal financial goals. Maintaining a workable budget to include savings, understanding military pay and managing your credit/checkbook are further explored.
- **Tobacco Awareness and Prevention**
Instructor: Barbara Miller, 451-2865
 30-60 mins. Information on the effects of tobacco, the process and the consequences addition process associated with its use, and other alternatives to tobacco use.
- **Combat Stress Awareness for Commanders and Leaders**
Instructor: Charlotte M. Wilmer, MSW, LCSW 451-2864
 1.5 hours. An informative class on "stress" and "adaptation"
 Review the common stresses and problems of post-deployment
 Explain traumatic stress injuries (including post-combat stress & Post Traumatic Stress Disorder). Lists ten steps for mental preventive maintenance & promoting resilience during post-deployment. Assists leadership in the trends, recognition, resource and referral for subordinate personnel.
- **Lifestyles, Insight, Networking, Knowledge & Skills (LINKS)**
Instructors: LINKS Team 451-1299
 8 hour interactive session by spouses for spouses to learn about managing demands of Marine Corps life and family; focuses on balancing the needs of the family with the expectations of the Marine Corps.

- **Rebuild & Renew**

- **Instructor: Deployment Support Specialists, 451-0176**

- 45 mins. Briefing on rebuilding relationships and reintegrating into the community post deployment.

- **Education**

- Lifelong Learning – gateway to success!!!! Learn what educational benefits and services are available to you. Some of the services provided are Education Briefs, testing services, apprenticeship programs, counseling/assessments, tuition assistance, remedial courses, distance learning, and library resources. Comprehensive brief provided at your location for groups of 20 or more. Individuals may contact 451-3091 for more information.

DEPLOYMENT, RETURN AND REUNION PROGRAM
Support Services For Active Duty Members and their Families



Camp Lejeune, MCAS New River, and Cherry Point, North Carolina

Self-Help Resources

Deployment Information Line 1-800-451-MCCS (6227)

Web page Resources

<http://lej-www.med.navy.mil/DRRP/DRRP.htm>

Deployment Guide available on the internet at:

http://www.mccslejeune.com/mcftb_frame.htm

Web Sites

The Marine For Life-Injured Support Program (866) 645-8762

- Provides direct assistance to injured Marines and Sailors and their families from the time of injury, through transition, and until their needs are met
- Available online at www.M4L.usmc.mil

Operation Iraq Freedom Marine Link

<http://www.usmc.mil/marinelink/mcn2000.nsf/oif>

MCCS – Download the Pre-Deployment Guide

http://www.mccslejeune.com/mcftb_deploy_support.htm

CAMP LEJEUNE RESOURCES:

For Pre-Deployment

2D Marine Division Psychiatry 450-8598

- Psychiatric Consultation and Liaison Service

Pre-Deployment Brief & Guide 451-0176

Offered by Marine Corps Family Team Building

- Emotional Planning
- Emotional Cycle of Deployment
- Children and Deployment
- Briefs scheduled as needed

Kids and Deployment Workshop 451-0176

Offered by Marine Corps Family Team Building

- Interactive workshop designed to help children deal with parental separation.
- Command requested and also offered once a month to all beneficiaries.

During Deployment

Beyond The Brief - 6-Week Workshop 451-0176

Offered by Marine Corps Family Team Building

Week 1: When Coping is More Difficult than I Thought / Separation – The Stress, The Anxiety, The Fear

Week 2: Should I Stay or Should I Go? / Safe and Sound

Week 3: Understanding the Money

Week 4: CACO – The Process

Week 5: Combat Stress vs. PTSD

Week 6: Homecoming – It's a Good Thing / Redefining Family Roles

Call for date and times of classes.

In the Midst 451-0176

Offered Marine Corps Family Team Building

- Workshop for spouses mid way through a deployment to enhance the tools necessary to sustain military separation.

Deployment Stress - Open Meeting 450-4700

Offered by Naval Hospital

- For active duty and family members
- Screenings, education, and referrals for more intensive care if indicated
- Wednesday of every month at 1800
- CREDO Bldg. 2461 on Tarawa Terrace 2

Marine Corps Base Chaplains 451-3210

- Reintegration & Redeployment Program
- Warrior Transition
- Pastoral Care & Counseling
- Spiritual Formation
- Crisis Intervention
- After Hours Contact 450-2414

New Parents Support Program 450-1540/1541

- Home Visitation
- Mommy and Me
- Parenting Education

Return & Reunion

Deployment Stress - Open Meeting 450-4700

Marine Corps Base Chaplains 451-3210

Post-Deployment Adjustment Group 450-4700

- For active duty and family members
- By referral from Primary Care Providers to Mental Health Clinic only
- Groups held each Wednesday from 1900-2030
- CREDO Bldg. 2461 on Tarawa Terrace 2

Beyond The Brief - 6-Week Workshop 451-0176

“Before I Do” Marriage Foundation Workshop

Instructors: MCFT and Prevention and Education Staff, 451-0176

2 day workshop offered monthly for couples planning to marry or married up to 2 years. Covers the basic foundation for a healthy marriage.

Marriage Enrichment Workshop 451-0176

Instructors: PREP certified personnel, 451-0176

2 day workshop provides an educational experience for couples that will enhance their communication, problem solving skills, prevent marital stress, and sharpen the tools necessary for a lasting, healthy relationship.

Community Counseling Center 451-2486

Provides counseling services on topics that include, but are not limited to: Personal Problems, Substance Abuse, Marital/Family problems, Step Family issues, Parenting/Single Parenting, Separation/Divorce, Anger Management, Child Behavior problems, Stress Management, Sexual Abuse, Challenges of Adolescence, and Pre/Post Deployment Issues. Services at the Family Counseling Center are available for one-on-one counseling and group support sessions.

Self Referrals for Active Duty Members 450-4700

- Active Duty members experiencing problems post deployment may be seen in the Mental Health Clinic without referral from their BAS or clinic

2D Marine Division Psychiatry 450-8598

- Routine Unit Return on request
- Psychiatric Consultation and Liaison Service
- Post Deployment Brief offered every Wednesday at 1300.

Return & Reunion Spouses

Instructor: Deployment Support Specialists, 451-0176

1.5 hour interactive workshop focusing on reintegration, healthy communications, expectations, combat stress and much more.

Kids-n-Reunion Workshop

Facilitators: MCFTB Staff, 451-0176

1.5 hour interactive workshop that provides both children and parents the tools that will enable them to better cope with the emotional aspects of the reunion.

MCAS New River Resources:

MCCS

| | |
|------------------------------|-----------|
| Marine Family Service Center | 449-6110 |
| Kids Deployment Workshop | 449-5259 |
| Stress Management Workshop | 449-6110 |
| Marriage Enrichment Workshop | 449-6110 |
| Pre- & Post-Deployment Brief | 449-6110 |
| Family Team Building | 449-5343 |
| Chaplain | 449- 6172 |

Marine Corps Base Cherry Point Resources:

| | |
|--|--------------------|
| Chaplain (CREDO) | 252 -466-4000 |
| Marine Corps Family Team Building (Pre- and Post-Deployment briefs) | 252 -466-4908 |
| Marine Family Service Center (Deployment Support Services, Kids + Deploy, Return and Reunion Workshops, Stress Mgmt, Counseling) | 252- 466-3264 |
| Navy/Marine Corps Relief Society | 252- 466-2031 |
| American Red Cross | 252-637-3405 |
| Substance Abuse Counseling Center | 252- 466-7568/2273 |
| Counseling Services | 252-466-3264 |
| New Parent Support Services | 252-466-3651 |
| Personal Readiness & Community Support | (252) 466-4401 |

OTHER

Community Counseling Center 451-2864
Family Advocacy/Counseling

Health Promotion, MCCS 451-2865

Financial Counseling
Anger & Stress Management
Communication in Relationships
Healthy Relationships
Suicide Prevention

Sexual Assault
Child Abuse Prevention
Domestic Violence Prevention
Drug & Alcohol Abuse

Veterans Administration 451-0801

VA provides assistance to Marines and Sailors if you are being discharged due to a medical condition or retirement purposes. To schedule an appointment, please call 451-0801.

Navy/Marine Corps Relief 451-5346/5584

Financial Assistance
Budget for Baby
Visiting Nurses

Armed Services YMCA 451-9569

PMO 911

Red Cross 451-2173

II MEF Family Readiness Officer and
II MEF Key Volunteer Center 451-8981

www.iimefpublic.usmc.mil

Marine Corps Family Team Building 451-0176

Lifestyle Insight Networking Knowledge and Skills (LINKS)
Exceptional Family Member Program
New Parent Support Program
“Before I Do” - Marriage Foundation
Key Volunteer/Family Readiness Officer
Training

USO 455-3411

Chamber of Commerce 347-3414

Project Care – Jacksonville/Onslow

Naval Hospital Health Promotion 451-7591

RECREATION OPPORTUNITIES

Paradise Point Golf Course

Will support unit golf outings for groups of up to 88 people at no charge. Event duration is approximately 5 hours. Available times are Monday through Thursday beginning at 1200, and 14 days advance notice is desired. Golf course package includes greens fee, electric cart, rental clubs and range balls. Value of this event is \$24.00 per person. Unit funds may be used to provide a cookout in conjunction with your golf outing.

Bonnyman Bowling Center

Will support unit bowling outings for groups of up to 150 people at no charge. Event duration is approximately 3 hours. Available times are Monday through Friday from 1000 to 1600, and 14 days advance notice is desired. Bowling Center package includes 3 games of bowling and bowling shoes. Value of this event is \$6.50 per person. Unit funds may be used to purchase food and beverages if desired.

Gottschalk Marina

Will support unit outings for groups of up to 50 people at no charge. Event duration is approximately 4 hours. Available times are Monday, Thursday and Friday from 0800 to 1630, and 14 days advance notice is desired. Marina package includes use of canoes and kayaks. Value of this event is \$3.00 per hour, per piece of equipment. Unit funds may be used to provide a cookout in conjunction with your Marina outing.

McIntyre Skeet Range

Will support unit skeet shoots for groups of up to 25 people. Event duration is approximately 1.5 hours. Available times are Thursday and Friday from 0830 to 1800, and 14 days advance notice is desired. Skeet Range package includes weapon rental, ammunition and targets. Ammunition and targets are actual costs to MCCS that must be paid for by the unit at a cost of \$8.15 per person. The skeet shoot will include 25 targets at 8 stations for each participant. Unit funds may be used to provide a cookout in conjunction with the skeet shoot.

Coastal Paintball

Will support unit paintball outings for groups of up to 40 people. Event duration is approximately 3 hours. Available times are Saturday and Sunday from 1000 to 1700, and 14 days advance notice is desired. The paintball package includes paintball guns, headgear and paintballs. The cost for the outing is \$10.00 plus tax per player and must be funded by the unit. This rate is a considerable savings compared to the standard fee of \$28.00 plus tax per person.

ITT / All Points Travel

Contact ITT/All Points Travel (910-451-2000) Monday through Friday from 0900 to 1730 for all your leisure travel needs. Special operating hours are available for groups of 50 or more.

47 passenger buses may be booked through ITT/All Points Travel if your unit desires to arrange a trip in eastern North Carolina (i.e., Kinston Indians baseball game). Cost is approximately \$450-500.

Base Theater

Will support unit movie showings for groups up to 1000 at no charge. A choice of over 800 movie titles is available in our film library. Available times are weekdays from 0800 to 1100 and 1330 to 1630. 14 days advance notice is desired. Refreshments will be available for purchase at the concession stand.

Auto Hobby Shop

Vehicle Safety Program

Offered for platoon, company, and battalion size units. Program consists of a 26 point vehicle safety check. A written report will be available for each vehicle inspected. No labor charge for this service. Consumables (i.e., belts, oil, etc.) will be available on site for purchase if desired. 14 days advance notice is desired. Unit must provide one SNCO to coordinate activity and 2 NCO's to direct traffic. The Hobby Shop can complete approximately 150 safety checks per day.

NC State Emissions/Safety Inspection Site

Effective 1 January 2006, all gasoline powered vehicles 1996 and newer **registered in North Carolina** are subject to emissions inspection. This is an annual requirement at a \$30.00 state directed fee. Vehicles 1995 and older are subject to the annual North Carolina Safety Inspection at a \$9.10 state directed fee. **IMPORTANT CHANGE** – A recent change to Marine Corps Base policy states that vehicles properly registered outside the state of North Carolina will no longer be required to obtain a North Carolina State Inspection Sticker to obtain a base decal.

RETAIL, FOOD & HOSPITALITY, SERVICES, AND VENDING

Retail

Special Hours of Operation

We will make every effort to accommodate requests for special operating hours at any retail activity

Vehicle Safety Inspections

The Retail Division offers North Carolina State Safety Inspections at a cost of \$9.10 for vehicles not required to obtain Emission Testing. For vehicles requiring Emission testing, the state directed fee is \$30.00. Your Area Coordinator can arrange dedicated blocks of time for group vehicle inspections, if desired.

Car Rentals

Rental car service is available from Enterprise, which is located at the Main Exchange Mall.

A Floral Affair

Located at the Main Exchange Complex, we will be available for all your floral needs. For groups of 10 or more, orders should be placed 10 working days prior to desired delivery date. Individual orders or wires handled on a daily basis.

Clubs and Catering (450-6432/451-1144)

Marston Pavilion

Available for groups of up to 1200 people. 6' x 2 ½' tables, grey folding chairs provided at no charge for group unit and/or Key Volunteer functions. Due to heavy utilization, advanced reservations are strongly recommended.

Stone Street Community Center

Available for groups of up to 125 people. 60" round tables, padded chairs, and kitchen facilities provided at no charge for group unit and/or Key Volunteer functions. Due to heavy utilization, advanced reservations are strongly recommended.

Ball Center (Coastal Banquet Room)

Available for catered functions of up to 150 guests.

A lunch room area serves buffet daily.

MCCS Vending

Contact MCCS Vending (910-451-2000) and let us know that you've returned so we can properly service your vending machines.

**THE FOLLOWING THREE SECTIONS DESCRIBE
ADDITIONAL SUPPORT PROVIDED BY
MARINE CORPS BASE CAMP LEJEUNE
THAT YOU MAY FIND HELPFUL DURING
THE RETURN PHASE OF YOUR DEPLOYMENT.**

**MCB CAMP LEJEUNE
INSTALLATION AND ENVIRONMENT SUPPORT
TO II MEF HOMECOMING/RETURNING UNITS (U)**

**INSTALLATIONS AND ENVIRONMENT DEPARTMENT
MGYSGT C. DAILY, TELEPHONE 451-3035**

USE OF TRANSIENT OFFICER/SNCO QUARTERS FOR FAMILY MEMBERS

Families who qualify for and desire to use these facilities will be on a Space-Available basis. Reservations may be made no more than 7 days in advance, based on availability. However, they are subject to being bumped at any time to accommodate those who are traveling on orders. Telephone, 910-456-8554.

UNITS REOCCUPYING BARRACKS AND OFFICE SPACES

ADVONs should be working through their chain of command for space issues. Each MSC G-4 (MHG S4) is responsible for space allocations for their units.

MAINTENANCE REQUESTS FOR UNITS REOCCUPYING BARRACKS AND OFFICE SPACES

Public Works Maintenance Trouble Desk, telephone 451-3001. Units must go through their S-4 or G-4 with their request so that there is a single POC to deal with at each unit. The Battalion S-4 or the MEF/MSC G-4 should call in Maintenance trouble tickets. If necessary, the unit S-4 may contact Mr. Jimmy Mahoney, Deputy Maintenance Supervisor, telephone 451-0895.

SIGNAGE

Personalized signs may be placed on the Midway Park fence along US 24. Signage with offensive or inappropriate wording/graphics will be removed.

Units are allowed to place the normal signs along the side of the road to direct people to their homecoming areas.

Most small signs placed out to direct people to homecoming areas are small and are on wooden stakes that are only driven a few inches into the ground. If units are going to place signs that will require digging or driving a stake in the deck more than 6 inches, they **MUST** obtain a dig permit. To obtain a dig permit contact Mr. Jimmy Mahoney, telephone 451-0895.

In unit areas, they may also hang signs for the catwalks of their BEQs or post similar signs in their area.

Signage other than what is specified above is not allowed.

All signs must be removed once the homecoming ceremony is complete.

**BUSINESS & LOGISTICS SUPPORT DEPARTMENT
MR. TOM BARTON, TELEPHONE 451-4559**

OPERATIONS

The Operations Division coordinates operational staff functions of the various Divisions within the Department and oversees and monitors all logistical related operations of subordinate commands. Coordinates logistical support, including internal and external customers for special events and various exercises conducted at Camp Lejeune. Points of contact listed above.

TRAFFIC MANAGEMENT

LtCol Fred Hyden, OIC TMO, telephone 451-2501

Maj Gorman, Operations Officer, telephone 451-2501 x277

Duty Phone, telephone 459-0972

Passenger Transportation

Mr. Cecil Brinson, telephone 451-1971

Requests for Bus and Baggage Truck service must be routed through the LMCC for validation. Buses will not be used to transport baggage.

Accurate rosters for personnel requiring additional transportation need to be routed through the Major Subordinate Command/Reserve Support Unit to the Passenger Transportation Office (PTO) as soon as the requirement becomes known. If our PTO has a seven-day notice we can arrange for charter air. Otherwise, single ticketing is required. Reservists must be processed through the DPC/RSU. Single tickets generally take one working day to process due to the high volume of requirements. Commanders are urged to coordinate requirements without delay.

TMO will not be responsible nor be a dumping ground for redeploying personnel seabags/backpacks, or other personal cargo. If a Marine/Sailor becomes separated from his personal effects (other than WIA, Med-Evac, etc.), the unit the Marine/Sailor was attached to will have to pay for the shipment via FedEx or other small package carrier.

Freight Shipment Control Office

Mr. Phil Shepard, telephone 451-2377, extension 240

All requirements for redeployment freight services must be routed through the LMCC. For exceptional cases, contact the listed PO

Vehicle and Deployment Storage

Ms. Bonnie Flowers, telephone 451-2377, extension 219
SSgt Rodas, telephone 451-2377, extension 214

Vehicle Storage redeployment requirements are processed through the listed POCs. The Marine/Sailor must have a redeployment letter from their command to present to the POCs. The POCs will coordinate dates and times when vehicles can be released from the POV Storage Lot. Recommend that releases occur during daylight hours because once the Marine/Sailor signs for the vehicle they will not be able to file a claim against the contractor for damages. If release occurs at night, recommend the use of a flashlight to look for damages. The contractor is required to replace flat tires with the spare provided in the vehicle (if available). The contractor will provide jumper service for dead batteries but is not responsible for transportation to an auto store or placement of the replacement battery into the vehicle. Finally, Commanders are highly encouraged to provide a mandatory rest period before Marines/Sailors pick up their vehicles to prevent tired driver accidents.

Deployment Storage deliveries may take up to three working days after the request is made to the POCs through a redeployment letter from the command. Commanders are highly encouraged to contact the POCs as soon as the requirement becomes known. Further, request units provide an advance copy of the personnel who will be present to receive their personal effects, and a roster of personnel who have extended or are otherwise not available to receive their personal effects. This action allows the contractor to pull out only those shipments for personnel available to receive. For stragglers and other less than unit releases, the redeployment letter from the command is still required. These should be kept to a minimum to prevent additional charges when possible.

Personal Effects and Baggage Center (PEBC)

Mr. George Futrell, telephone 451-0488

Marines and Sailors who were wounded in action, Med-Evaced or redeployed from OIF/OEF without their personal effects are highly encouraged to contact the POCs for status on their personal effects.

SUPPLY MANAGEMENT

Mr. Frank Payne, OIC, 451-7571

Ms. Delores Trott, Barracks Furniture/Furnishings/Linen, Temporary loan of folding tables/chairs, telephone 451-5762

Mr. Bill Crenshaw, Fuels/LFC (DSSC), telephone 451-7570

Mr. Harold Taylor, Fuel Farm Supervisor, telephone 451-1460

The Supply Management Division provides end-to-end supply chain management for Base and tenant organizations including procurement, retail commercial product sourcing (administrative, cleaning supplies, etc.), personnel support equipment (furniture/furnishings), and property accounting. The DSSC (Lejeune's First Choice) and the GSA Hardware Store falls under the operational control of Supply Division.

BASE MOTOR TRANSPORT

Mr. Rick Smith, GME Fleet Manager, telephone 451-8683

Ms. Pat McClellan, Deputy, GME Fleet Manager, telephone 451-8693

Mr. Roy Cornnel, GME Operations Director, telephone 451-9478

The Base Motor Transport manages the allocation, operation, and maintenance of Garrison Mobile Equipment. They provide safe and reliable commercial vehicle support to Marine Corps Base units/activities as well as II MEF operating forces and Marine Corps Air Station, New River.

COMMUNICATION/INFORMATION TECHNOLOGY SUPPORT

Ms. Lynn Phillips, **Information Technology Services**, telephone 451-8909

CWO4 Sean **Frankie**, OIC Base Telephone, telephone 451-9292

Mr. Eric **Colclasure**, NMCI Issues, telephone 451-1418

Mr. Mike Babner, Base Telephone, telephone 451-9441

Mr. Jim Rutledge, Base Telephone (Telephone Service Request submissions), telephone 451-2531

Customer Service Center, telephone 451-1019

GIS Services, telephone 451-5876

The Communications **and** Information Technology **Services** Division provides **voice and communications support**, information technology solutions and services including Geographic Information System (GIS) services, applications support, network operations, and information assurance for those supported by the Camp Lejeune Regional Garrison Network. **The Network Operations and Security Division provides NMCI oversight, requirements definition and project management.**

FOOD SERVICES

Maj Tim Evans, OIC, telephone 451-6270

Mr. Charlie Cone, Food Services Regional Contract Manager, telephone, 451-6271

MGySgt Mack, Operations Chief, telephone 451-6276

The Food Services Division provides administrative and operational food services support in order to ensure that quality meals are provided to service personnel authorized to subsist at government expenses in all Marine Corps dining facilities on the east coast. Oversees the East Coast Regional Food Services Contract and ensures contractor's performance. Advises the Commander and Commanding General on all matters pertaining to the Marine Corps Food Service and Subsistence program.

**INSTALLATION SECURITY AND SAFETY
MR. ROBERT CEKLOSKY, TELEPHONE 451-0146**

TRAFFIC SAFETY BRIEFS

Mr. Richard Knight, telephone 451-2776

Mr. Trafford Taylor, telephone 451-5903

Traffic safety briefs can be arranged through Traffic Safety. Units may call direct to the Safety office three working days in advance to reserve a block of time for the traffic safety brief. Safety instructors will travel to the requesting unit's location to give the brief. This brief will cover all aspects of POV and general traffic safety.

Requesting unit shall provide adequate classroom space and functioning audio and visual equipment, computer with speakers, and Infocus/Proxima "one eye" for the class. DVD player capability would be a great enhancer.

MOTORCYCLE SAFETY BRIEFS

Mr. Richard Knight, telephone 451-2776

Mr. Trafford Taylor, telephone 451-5903

Motorcycle safety briefs can be arranged through the Traffic Safety office. Units may call direct to the Safety office three working days in advance to reserve a block of time for the traffic safety brief. Safety instructors will travel to the requesting unit's location to give the brief. This brief will cover all aspects of motorcycle safety. Free Motorcycle Training is provided for all Camp Lejeune active duty service members. For those Marines who purchase motorcycles prior to coming to Building 58, please ensure that they accept the motorcycle safety course voucher, fill it out and bring it to Building 58.

Requesting unit shall provide adequate classroom space and functioning audio and visual equipment, computer with speakers, and Infocus/Proxima "one eye" for the class. DVD player capability is a great assistance.

MOTORCYCLE SAFETY FOUNDATION COURSE CERTIFICATION (MSFC)

Mr. Richard Knight, telephone 451-2776

Mr. Trafford Taylor, telephone 451-5903

Returning Marines will be purchasing motorcycles upon returning from deployment. Before they can register the motorcycle on base, they will need a current MSFC. The MSFC can be arranged through the Traffic Safety office. It is requested that units provide a by-name roster of Marines desiring a MCSF. Base Safety will coordinate a time for these Marines and sailors to receive their MSFC training. Unit safety officers should call the Safety office as soon as possible to reserve a block of time for the training. Weekday and weekend courses are available, and coordinated through the Safety office at Building 58, Room 139.

Coordinate directly with the Base Safety office for details.

VEHICLE REGISTRATION

MSgt John Salvetti, telephone 451-4336

Mr. James Ladson, telephone 451-1158

Building 60, Vehicle Registration will update that Marine's decal and information in the system. To expedite this process, ensure you have proof of insurance, valid driver's license, and valid vehicle registration paperwork.

