

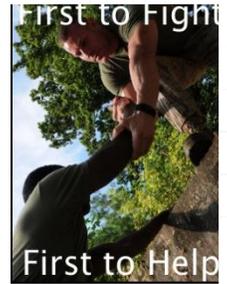


“Taking Care of Our People”

I MEF Quarterly Newsletter

1st Quarter, FY-2013

I MEF Newsletter POC : I MEF IG at 760-763-2547.



The 5 Pillars of Line of Operation 6 (LOO 6)

Mission Assurance

Safety

Family Readiness

Personal and Unit Readiness

Quality of Life

Commanding General's Comments

I MEF Marines, Sailors, and Family Members,

I am very proud of the I MEF team and the accomplishments that we achieve at all levels within our MEF. Bottom line – we remain ready to be “First to Fight” – be most ready when our Nation calls upon us to deploy. An equally important priority in I MEF is to properly care for our people. I expect leaders at all levels (NCOs through Commanders) to be deeply involved in the lives of those people under our charge – you must know your Marines, Sailors, and their family members and be prepared to assist them during times of need. Our MEF readiness mostly relies upon our people – our most valuable resource. We must ensure that resiliency is inculcated throughout our force, whether dealing with unit combat readiness, individual morale, or a personal issue with one of our Marines. In addition to “First to Fight,” we must be “First to Help!” Semper Fidelis, LtGen Toolan sends.

NEWS YOU CAN USE!

1. Sponsorship Program. MCO 1320.11F requires Commanders to appoint a Unit Sponsorship Coordinator (USC) in writing to manage the Unit Sponsorship Program. PCS inbound personnel in the grades of E-1 to E-5, WO to CWO-2, O-1 to O-3, and all accompanied OCONUS personnel will be assigned an appropriate sponsor (others upon request). Click to view [MCO 1320.11F](#).

2. Family Care Plans. All Marines with dependents will be required to have a Family Care Plan on file NLT 26 March 2013. Click to view Family Readiness Order, [MCO 1740.13B](#).

3. Suicide Prevention Program Officer. MCO 1720.2 requires each battalion and squadron to appoint in writing a Marine to fulfill duties as the unit Suicide Prevention Program Officer (SPPO). Click to view [MCO 1720.2](#).

4. I MEF Policy Letter 4-10. I MEF PL 4-10, Personnel Transfer Information Requirements, requires Commanders to ensure that when Marines and Sailors are transferred to another command, or to another unit within the command, a “clean” hand-off occurs between leaders at the company grade officer level of leadership. A best practice for Commands is to ensure this is formally added to your unit check-in/check-out sheets so the appropriate officer is verifying/signing completion of this important task. Click to view [I MEF PL 4-10](#).

5. I MEF Policy Letter 5-10. I MEF PL 5-10, Command Responsibilities Regarding Wounded, Ill and Injured Marines, requires Commanders to review their list of wounded, ill, or injured Marines with their medical provider, administrative officer, training personnel, and limited duty (LIMDU) coordinator each week. Commanding General has further directed that Reporting Seniors and Reviewing Officers comment on fitness reports regarding MRO's efforts and effectiveness in improving the processes for caring for our wounded. Click to view [I MEF PL 5-10](#).

6. Safety Smartpack. For a quick update on safety requirements and safety best practices, refer to the I MEF Safety Smartpack or call I MEF Safety Office at 760-763-7031. Click to view the [I MEF Safety Smartpack](#).

7. Annual and PTP Training Requirements. To assist Marines, especially unit training sections/officers, I MEF compiled a list of all annual and PTP training requirements common for all personnel. Click to view the [Training Requirements](#) spreadsheet.

8. IDES Toolkit. The Integrated Disability Evaluation System (IDES) is critical to proper processing of our injured Marines. Wounded Warrior Regiment developed a toolkit which may prove useful for Command Deck leaders and LIMDU Coordinators. Click to view the [IDES Toolkit](#).

Transition Assistance Program – Goals, Planning, Success (TAP-GPS)

Our bases and stations have implemented the new transition assistance program or Transition Readiness Seminar (TRS). The new LIFE-CYCLE program is predicated upon Marines receiving educational information throughout their active duty experience. At about the one year mark prior to EAS, Marines should attend the full TAP-GPS course that provides basic transition information as well as a 4-track optional system (pathways): follow-on education (college/university), career technical (trade-school/vocational studies), traditional employment (job), or entrepreneurship (business ownership). Our biggest challenge remains getting our Marines to these courses long before they EAS (1 year-out goal). Additionally, operational forces are working in conjunction with our supporting establishments to help link actual employers with Marines leaving active duty. Your MCCS website at each individual base has detailed schedules posted for the TAP-GPS courses.

Alcohol Abuse Prevention (AAP)

Statistics show that alcohol is involved in many of the mishaps and behavior issues of our Marines and Sailors. The Marine Corps Alcohol Abuse Prevention Campaign plan continues to be examined, but it is clear that the focus is shifting from a “responsible drinking” strategy to lowering risk by exploring “left of the boom” strategies that impact the consumption of alcohol prior to the occurrence of negative incidents.

Engaged leadership at all levels is key to reducing alcohol abuse and misuse. Increasing the availability of alternative activities, encouraging individuals to ask for help prior to an incident, and utilizing awareness activities are just some of the areas that can be pursued. I MEF commands and Substance Abuse Counseling Centers brainstormed ideas and resources to assist commanders. Click on the links to view an extensive list of “[Left of Boom](#)” strategies to help Marines and Sailors to lower their risk, “[Right of Boom](#)” resources to assist commanders after alcohol incidents, information on [Alcohol Consumption](#), and a research based booklet “[Rethinking Drinking](#).”

Force Preservation Councils (FPC)

FPCs are a formalized process through which Leaders at every level can identify “at-risk” Marines and Sailors in order to apply engaged leadership to reduce destructive behavior and positively impact their welfare. The intent is to identify stressors and/or adverse behaviors that affect our personnel’s well-being and to apply the right resources to generate tailored risk management plans. The goal of FPCs is combining isolated knowledge across the unit to identify at-risk individuals in order to assist personnel in need. The desired end state is a collaborative organizational environment that engages leadership at all levels to reduce mishaps, misconduct and negative behavioral health incidents that will preserve, protect and support the welfare of our most valued asset – the Marines and Sailors of I MEF. Proactive intervention by leadership at all levels is essential and engaged leadership is the key to success. Click on the following for more info: <http://www.safety.marines.mil/Resources/ForcePreservati onCouncil.aspx>

Sleep/Energy Drinks

We live in a society where there aren’t enough hours in the day. As such, most Americans are in a constant state of sleep debt. Sleep loss is cumulative in nature and small amounts over time can add up to an insurmountable condition producing fatigue and adversely affecting daytime alertness and performance. Today’s youth counteract this inconvenience with highly touted and marketed energy drinks. Unfortunately, energy drinks are not regulated by the FDA and therefore should be used with caution. If you feel the need for an energy drink ask yourself “why” and do a quick evaluation of your current lifestyle. While counter intuitive, it’s easier to adjust your diet, sleep habits and exercise routine to get the extra energy you need throughout the day. If you choose to partake, read the product labels to know what’s in the drink, what the serving size is and check for warning labels. Click on the following for more info regarding energy drinks and sleep: [Energy Drink Consumption](#).