

California National Guard Strong Bonds Program



Strong Bonds
Building Ready Families



Overview



- Joint Program offered to all California National Guard Servicemembers and their Families
- Strong Bonds Program coordinated between Operation Ready Families and the JFHQ State Chaplains Office
- Current programs include:
 - Strong Bonds for Couples (PREP)
 - Strong Bonds for Singles (PICK)



PREP[®]



**THE PREVENTION AND
RELATIONSHIP ENHANCEMENT
PROGRAM**

Who can and cannot attend a Marriage Enrichment Seminar?



- All married California National Guard Servicemembers and their Spouses.
- This is a couple's retreat weekend and children are not allowed to attend.



Benefits to National Guard Couples



- Servicemember receives approval and travel orders from home unit (based on available funding).
- ARNG civilian spouse receives invitational travel order from Operation Ready Families. ANG spouse must coordinate with their Wing Family Coordinators for ITO.
- Both receive per diem.
- Either Servicemember or spouse can claim reimbursement for POV travel. If traveling via commercial air, ticket will be obtained from Carlson Wagonlit Travel.



Additional Information



- Couples will be put on a hotel rooming list once they register. This will cover hotel room/tax for a two night stay (Friday and Saturday) and will be paid for by the Federal Government. A credit card will be required upon check in for incidentals.
- Upon registration, attendees will receive an e-mail with important hotel and contact information.



Additional Information



- Air Guard couples must contact their Wing Family Coordinators for Invitational Travel Orders and information. Once registered, the Operation Ready Families Office will e-mail this information to each ANG registrant.
- If both husband and wife are Servicemembers, approval and travel orders will be requested from home unit.
- Adequate money should be brought to cover weekend expenses and incidentals.



Additional Information



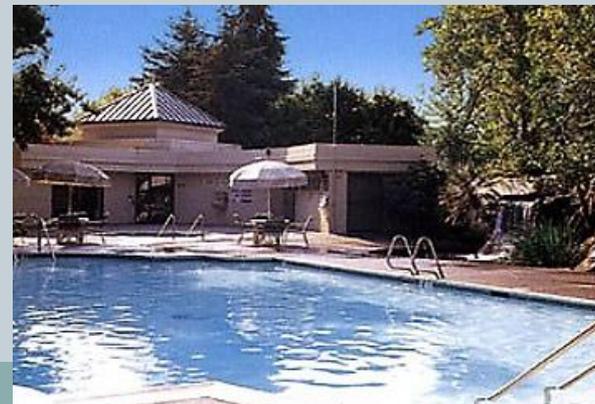
- Air travel arrangements must be made through Carlson Wagonlit Travel (direction on how to do so are on travel orders). Air arrangements made outside of Carlson Wagonlit Travel will not be eligible for reimbursement.
- Couples will be expected to provide for childcare at their own expense in a manner most appropriate to the family. Childcare will not be available at the seminar site.



Doubletree Hotel, San Diego, CA



Marriott Hotel, Sacramento, CA



Military Funded “Retreat”



“Opportunity to renew and refresh your relationship”

“Time to be together”



Romantic Date Night



What Is PREP[®]?



- PREP stands for :
 - *The Prevention and Relationship Enhancement Program*
- PREP is an educational approach to helping couples preserve a lasting, fulfilling love.



Three Reasons You Can Trust PREP



What did the researchers discover?

1. The strategies are based on sound research.
2. The program has been (and continues to be) tested.
3. It is regularly updated.



Overview of PREP Topics

- Danger Signs
- Talking without Fighting
- Filters
- Events, Issues & Hidden Issues
- Expectations
- Fun

- Problem Solving
- Friendship
- Ground Rules
- Core Belief Systems
- The Sensual/Sexual Relationship
- Forgiveness
- Commitment



Overarching Goal



- **Three Kinds of Safety That We Want To Foster:**
 - **Commitment Safety:** security of support and a clear future.
 - **Emotional Safety:** being able to talk openly and to support one another.
 - **Personal Safety:** freedom from fear of physical or emotional harm and intimidation.



Summary: What PREP Is



- PREP is a program for helping couples have strong, fulfilling, lasting marriages.
 - Build on existing couple strengths
 - Prevent future problems
 - Nurture dedication and a long-term view
- PREP is empirically based, empirically tested and regularly updated.



Summary: What PREP Is Not



- PREP is NOT therapy. It is education.
- PREP is not designed to address serious relationship or individual problems.
- No one program can address every issue. PREP encourages continued learning in other areas.



Participant Comments:



“I found this retreat very useful. It showed me where I need to work on things and how to go about it. I would recommend this retreat and even come back to it. Thank You!” (Female, Anonymous)



Participant Comments:



"I was seriously contemplating divorce. I was at the end of my rope with my spouse. Because of what has occurred and has continued. I now at least have a different approach at how to handle 'our' issues and fix or at least manage problems. You have prevented a divorce for now and given tools to give my marriage at least a fighting chance. Thank You and God Bless You All."
(Male, Anonymous)



PICK[®]



PREMARITAL INTERPERSONAL
CHOICES & KNOWLEDGE
PROGRAM

Who can attend a PICK Program?



- All California National Guard single Servicemembers



Benefits to National Guard Servicemembers



- Servicemember receives approval and travel orders from home unit (based on available funding).
- Strong Bonds funding covers the cost of the hotel room, program costs, and event amenities.



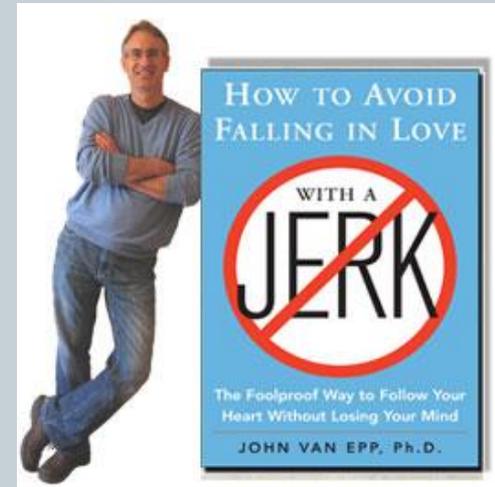
Marriott Hotel, Sacramento, CA



What Is PICK[®]?



- PICK stands for :
 - *Premarital Interpersonal Choices and Knowledge*
- Also known as: How to Avoid Marrying a Jerk or Jerkette.



What Is PICK[®]?



- A research based program that is designed to equip singles to ask the right questions, look for the right (and wrong) characteristics in a potential spouse, and keep relationships at a proper pace.
- The PICK program helps you find the right person in the first place



What Is PICK[®]?



- According to the latest research, five major characteristics can predict the success or failure of a marriage. PICK helps you recognize these characteristics before you get married.



What Is PICK[®]?



- This seminar is a casual weekend (civilian clothing) and taught by instructors that have experience helping soldiers through relationship decisions.
- The seminar is for both males and females. Jerks come in both genders and after this weekend you will have a greater confidence in your skills to be able to recognize potential relationship problems (and problem people) before they happen.
- In addition, you might also have a greater insight into what kind of spouse *you* will be.



Information on Upcoming Events



- www.strongbonds.org
 - search for California events for information on upcoming events.
- www.calguard.ca.gov/readyfamilies/
 - links to register for events.





Questions?

