



McConnell Air Force Base Spouse Guide

Welcome to McConnell Air Force Base! This guide was created to introduce you to resources and programs that are in place to support military families. For more information, please reach out to the points of contact indicated or call the Military & Family Readiness Center: (316) 759-6020.

CHILD RESOURCES

Childcare

Base resources for childcare include the **Child Development Center (CDC)** for ages 6 weeks to 5 years; the **Family Child Care (FCC) Program** for ages 2 weeks to 12 years; the **School Age Program (SAP)** for before and after school care from kindergarten through 7th grade; and the **Youth Center (YC)** for ages 9 to 18. To register for McConnell childcare, visit <https://militarychildcare.com>. For more information on the FCC program and childcare resources, contact the McConnell Family Child Care Coordinator at (316) 759-4222. For off-base childcare resources, visit Child Care Aware of Eastern Kansas (see QR code to the right).



Give Parents a Break (GPAB) is hosted monthly by the CDC. Families of deployed service members qualify for a voucher (call the M&FRC at 316-759-6020). Families experiencing short-term situational stressors may also qualify for a voucher from their First Sergeant, Commander, or the **Military & Family Readiness Center (M&FRC)**. Families who don't qualify for a voucher may still utilize GPAB at the rate of \$8 per hour per child.

The **Child Care for PCS** is sponsored by the Air Force Aid Society and is intended to help relieve some of the stress associated with the PCS process. AFAS will pay for 20 hours of childcare per child within 60 days prior to leaving a base and 20 hours per child within 60 days after arriving at a new base. Certificates are valid only at the base at which they are issued and unused hours do not transfer from one base to another. Hours must be used in an FCC home. Certificates can be obtained at the M&FRC or from the Family Child Care Coordinator.

The **Expanded Child Care Program** assists families in obtaining high-quality child care from certified providers at or near the base. Childcare is available for children ages 2 weeks to 12 years. ECC services can be utilized once enrollment and approval has been completed. Care is dependent on the availability of funding and providers. See attached flyers and contact the Family Child Care Coordinator for more info.

Deployment/Remote Assignment Child Care covers 16 hours of childcare in FCC homes each month during deployment or remote assignment, to include the month before departure and the month following return. For more information, contact the Community Child Care Coordinator.

Military Spouse Appointment Care covers 16 hours of childcare in FCC homes so a spouse can attend medical appointments, classes offered by M&FRC, Chaplain, Family Advocacy, job interviews, and initial job training/new employee orientation.

Emergency Medical Care is designed to provide childcare for families experiencing a medical emergency with an immediate household member. Families may receive up to 48 hours of care per child.

Home Community Care is designed for members of the Guard and Reserves (CAT A and B) during their regularly scheduled, or properly rescheduled, inactive duty training periods. Families may receive up to 12 hours per child per day or less based on actual duty hours plus travel time.

Parenting

The Family Advocacy Program's **New Parent Support Program** helps expectant and experienced parents with children up to age 3. Services include support with adjustment to parenthood, infant/toddler care, nutrition/feeding, sleep issues, toilet training, and more. The **M&FRC** offers two classes specifically for expectant parents. **Great Expectations** (offered every other month) covers what to expect, pro tips for preparing financially, car seat safety, and more – plus you'll receive \$100 from the Air Force Aid Society for attending. **Dads 101** (offered quarterly) is taught by dads and provides a comfortable space to talk about fatherhood.

Schools

The McConnell area offers a wide range of educational opportunities and options. If you live on base, your children will attend schools in Derby (USD 250). Your off base residence will determine where your children go to school. McConnell is in Wichita and surrounding areas include Derby, Haysville, Andover, Rose Hill, Maize, etc. For information on school ratings and reviews, visit www.greatschools.org. Family Watchdog is a helpful resource for locating registered offenders in your area: www.familywatchdog.us. If you have school-aged children, McConnell's **School Liaison** is the central point of contact for military families, commanders, and local school systems on school-related matters for grades K-12. The School Liaison can assist with questions on public schools, private schools, and home schooling. There is a Homeschool Support Group that meets once a month at the base library: (316) 759-4207. You can reach the School Liaison at (316) 759-3326.

EDUCATION

Spouses interested in pursuing or furthering their education may qualify for benefits through the **My Career Advancement Account (MyCAA)** scholarship program. Spouses of active duty service members E1-E6 and O1-O3 who have successfully completed high school are eligible to apply. The scholarship provides up to \$4,000 of tuition assistance to spouses in pursuit or maintenance of a license, certification, or associate degree necessary to gain employment in an occupation or career field. For more information, visit <https://mycaa.militaryonesource.mil/mycaa>. You can find additional information on scholarships and educational opportunities from **Spouse Education & Career Opportunities (MySECO)**: <https://myseco.militaryonesource.mil/portal/topic/spouse-education>. The **Air Force Aid Society** also has various scholarships and tuition programs for spouses: <https://afas.org/how-we-help/education-support>.

EMPLOYMENT

The M&FRC can assist you with your resume, LinkedIn profile, and help you prepare for job interviews. We offer classes on these topics as well as individual appointments. We have a representative from the local Wichita Workforce Center on site to assist with your job search. Home Base Wichita (www.homebasewichita.com) is a local initiative that seeks to support military-connected individuals; they can also assist with your job search. You can follow our employment Facebook page for up-to-date employment opportunities, local job fairs, and employment tours: "McConnell Employment Opportunities from the M&FRC." You can also find employment opportunities on our Google Docs site (see QR code):



Professional Licenses and Certifications

As of March 2024, **Kansas exempts military spouses** from all occupational licensing, registration, and certification fees (HB 2745). While this takes effect immediately, licensing bodies may still be in the process of implementing procedures to comply. We encourage spouses to be aware of the newness of this bill and cite it if necessary when contacting their respective licensing body. For additional information and guidance on transferring your license, visit the Department of Labor's License Recognition page (see QR code):



Spouse Recertification/Re-licensure Reimbursement Program

Military spouses with professional licenses or certifications can be reimbursed up to \$1,000 for licensure/certification costs resulting from military moves within the US or OCONUS to stateside. You have 24 months from the date your sponsor's PCS orders were authenticated to utilize this benefit, and you must be listed on those orders as a dependent who is authorized movement at the government's expense. This benefit is processed with Finance (also known as the 22nd Comptroller Squadron, or 22 CPTS) and they are located in the Dole Community Center (316-759-4618).

HOUSING

The Military Housing Office (316-759-3171) is the point of contact for everyone when making living arrangements on and off base. They can also assist with reviewing lease agreements and identifying areas of concern. There are 38 officer family units and 343 enlisted family units. Contact the Mayroad office for floor plans. For any other housing questions please feel free to contact the MHO as we are here to assist our military families.

KEY SUPPORT LIAISONS

Key Support Liaisons are fellow spouses or supportive individuals who are appointed by your spouse's commander to serve as a resource for you. Key Support Liaisons can help you locate resources and answer questions you have about military life. They will often reach out to you upon your arrival to base, but the contact information they receive from the units they serve can be limited – so if you haven't heard from one and would like to connect, ask your spouse (KSL info is often posted in the units) or call the M&FRC at (316) 759-6020 and we'll get you in touch!

LEGAL

The McConnell Law Center (316-759-3590) can assist you and your family with wills, powers of attorney, notary services, advanced medical directives, and filing a household goods claim. Walk-ins accepted for

powers of attorney and notary services. Wills are by appointment only and you'll need to obtain a ticket number first at <https://aflegalassistance.law.af.mil/lass/lass.html>.

MENTAL HEALTH RESOURCES

Spouses seeking mental health resources have multiple options. Your Primary Care Manager (PCM) can refer you, or you can self-refer utilizing an in-network Tricare provider. You can find a list of **Tricare-covered providers** here: (www.tricare.mil/GettingCare/AllProviderDirectories). Spouses may also seek support from a **Military/Family Life Counselor (MFLC)**. These are masters-level clinicians who provide free counseling. They can see you on or off base (except for your home) and they can be contacted directly to schedule:

Adult MFLCs

Janet Cox	(316) 350-0665/Bldg. 732 (M&FRC)
Mike Gillett	(316) 358-1706/Embedded MFLC for Operations Group and Maintenance Group
Sandy Ellis	(316) 932-4014/Embedded MFLC for Logistics, Security Forces, and Civil Engineering

Child/Youth MFLC

Bryon Bush	(316) 519-3580/CDC, Youth Center, and School Age Program
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School MFLCs

Nancy Rasmussen	(316) 243-7773/Wineteer Elementary
Tamara Bailey	(316) 570-2538/Derby Middle, Derby North, Derby HS
Perry Malzahn	(571) 341-0586/Tanglewood (M/W/F); Park Hill (T); Stone Creek (Th)

Military OneSource (www.militaryonesource.mil) is another option for seeking help. They have a 24/7 call center (1-800-342-9647) as well as a live chat feature that can connect you with local mental health resources in addition to **crisis hotlines for suicide (988), domestic violence (1-800-799-7233), and sexual assault (1-877-995-5247)**. MOS can coordinate local in-person counseling; they can also offer counseling via telephone, secure online chat, or secure video sessions. Children are also eligible for counseling services coordinated by MOS with parental presence/consent. Other wellness resources from MOS include resilience tools, apps, and health/wellness coaches who can support you with fitness goals and life transitions.

The **Family Advocacy Program** (316-759-5768) provides treatment, intervention and education to help prevent and eliminate partner and child maltreatment. Through their Family Advocacy Strengths-Based Therapy (FAST) program, they offer couples/marital counseling; parent education; stress management education; anger management education; referral services; and crisis intervention. FAST services are voluntary. There is no command involvement except in cases where harm to self or others, substance issues, or maltreatment has been identified.

MILITARY & FAMILY READINESS CENTER

The M&FRC offers a variety of educational resources and supportive services to service members and their families. **Right Start** is the newcomers orientation for all recently-arrived personnel. It's mandatory for active duty and new civilian employees to attend and spouses are very welcome to attend, too. Contact the M&FRC for upcoming dates and/or to sign up. **Smooth Move** is held every other month for members and spouse preparing to PCS away from McConnell. You'll learn what to expect from the Traffic Management Office (TMO), Housing, Tricare, as well as helpful PCS resources to ensure your move goes well. **Heart Link: New Spouse Orientation** (offered quarterly) is an orientation just for

spouses where you learn more about military customs and courtesies, base resources for spouses, other helping agencies who can support you, and more.

Deployment Support

If your spouse deploys, they will attend a mandatory **Pre-Deployment** briefing at the M&FRC. These are held every Tuesday and you are welcome to join. During the briefing, your spouse will be asked to provide your contact information to be added to our **Hearts Apart** program. Our Readiness SNCO will then email you regularly to let you know about resources, upcoming events, and invite you to our monthly Hearts Apart event which is held at a different location every month with free admission and meal.

Exceptional Family Member Program

When a service member's spouse and/or child has a special medical or educational need that meets certain criteria, they are enrolled in the Air Force Exceptional Family Member Program. EFMP supports these families through the following components:

- **EFMP Medical** provides screening, enrollment, and assignment coordination through the Family Member Travel Screening process. EFMP-M staff are located in the 22nd Medical Group (22 MDG).
- **EFMP Assignments** considers the medical and educational needs of the family when the required services are not available at the airman's or guardian's current or projected assignment location. EFMP-A is coordinated by the Air Force Personnel Center and the local Military Personnel Flight (MPF).
- **EFMP Family Support** helps you find resources for your family's needs, connects you with educational opportunities, helps you navigate local/state/federal resources, provides non-clinical case management, and coordinates fun and educational activities. The EFMP-FS Coordinator works at the M&FRC and only receives the name of the service member who has enrolled family members. Spouses who are (or have a child) enrolled in EFMP are invited to share their contact info with the EFMP-FS Coordinator so they can receive emails directly about resources and upcoming events. There is also a McConnell EFMP Facebook page you can follow.

Financial Education

The M&FRC has certified financial counselors who can assist you with preparing a family spending plan, discuss ways to save and invest, educate you on maintaining good credit, and more. Classes are offered on topics such as home buying and car buying, but you can also schedule an individual appointment to discuss a financial topic of your choice.

ADDITIONAL SPOUSE RESOURCES

Five and Thrive is an initiative championed by Sharene Brown, spouse of the 21st Chairman of the Joint Chiefs of Staff. The mission of Five and Thrive is to tackle the top five quality of life issues military families face: childcare, education, healthcare, housing, and spouse employment. Visit www.fiveandthrive.org to view the original Five and Thrive Guide as well as monthly situation reports highlighting resources and updates to these quality of life topics.

The **Integrated Resilience Office** provides airmen, guardians, and their families with tools and resources to help them thrive. They offer a variety of courses which are also open to spouses or can be brought to spouse groups.

The **Sexual Assault Prevention & Response (SAPR)** program coordinates care and case management for sexual assault victims from initial reporting through legal disposition and resolution. Active duty members, Air Force Reserve and Air National Guard members and their dependents (18 years and older) are eligible for services. The Family Advocacy Program manages allegations when the alleged offender is the partner in context of a spousal relationship, same sex domestic partnership, unmarried intimate partner relationship or military dependents who are 17 years of age and younger.

You can find a list of McConnell AFB Helping Agencies here:

www.mcconnell.af.mil/Units/22-ARW/Helping-agencies

You can find more information about McConnell (and other bases) here:

<https://installations.militaryonesource.mil>

Official Facebook Pages (including but not limited to):

McConnell Air Force Base

McConnell AFB Military & Family Readiness Center

McConnell Employment Opportunities from the M&FRC

McConnell 22nd Force Support Squadron

McConnell AFB Information, Tickets and Travel

McConnell AFB Youth Programs

McConnell AFB Library

EFMP McConnell AFB

McConnell Family Child Care