



REPLY TO
ATTENTION
OF:

DEPARTMENT OF THE ARMY
OFFICE OF THE CHIEF OF CHAPLAINS
2700 ARMY PENTAGON
WASHINGTON DC 20310-2700

S: 15 July 2009

DACH-ZA

29 May 2009

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Total Army Fiscal Year 2010 Strong Bonds Training and Supplemental Funding Memorandum of Instruction

- 1. Purpose.** This memorandum of instruction establishes responsibilities and policies for conducting Strong Bonds Training and submission of supplemental funding requests during fiscal year 2010 for all Active Component, Reserve Component, and National Guard units.
- 2. General.** Strong Bonds is a key program for Commanders and should be incorporated as part of Soldier readiness and retention initiatives. The Army Chief of Chaplains is the proponent for the Army's Strong Bonds Program. It is a preventative skills-based relationship building program, led by Army Chaplains designed to assist commanders in building, strengthening, preserving and restoring Army Families. Specialized training for single Soldiers and units being deployed or redeployed is also conducted by Unit Ministry Teams (UMTs).
- 3. Program Funding.** The authority to expend funds for implementing the Strong Bonds Program is contained in Title 10, United States Code Section 1789 and paragraph 1-16g, AR 165-1 (See Annex F attached). Commanders are authorized and encouraged to utilize locally available appropriated funds as needed to support the program. Supplemental funding may also be available from the Office of the Chief of Chaplains (OCCH) for active component units, US Army Reserve Command (USARC) Chaplains Office for reserve component units and the National Guard Bureau Office of the Chaplain for Army National Guard (ARNG) units.
- 4. Program Standards.** Program standards for conducting Strong Bonds events are outlined at Annex A. To be designated as a Strong Bonds event, program standards must be met. This criterion also applies for units seeking OCCH, ARNG and USARC supplemental funding. Training/events will be scheduled based on the following topic/categories.

 - a. Strong Bonds for Singles.** Focuses on the skills of finding the right partner and building a great relationship.
 - b. Strong-Bonds for Couples.** Strengthens the marital bond, giving couples the tools and information they need for better communication and relationship building.
 - c. Strong Bonds – Families.** Teaches effective communication and listening skills to parents and children; builds parental skills to help care for and manage children.
 - d. Strong Bonds – Families of Deployed.** Provides the tools to enable Families to not just survive, but thrive in the midst of their Soldier's deployment.
 - e. Strong Bonds – PreDeployment.** Module(s) identifying unique challenges single Soldiers, married couples, and Army Families will face and planning how they will manage their relationships through the stress of pre-deployment.

f. **Strong-Bonds – Reintegration.** Provides tools to assist Soldiers and their Families with issues pertaining to the transition from the battlefield to the home front, as Family members adjust to disrupted routines and challenges of reconnection.

5. Program Curriculum. The foundation for the Strong Bonds curriculum is comprised of training material from the most sought after and respected practitioners of faith-based and secular relationship building programs. The curriculum identified in Annex B is the only authorized material to be utilized by UMTs when conducting Strong Bonds events. Modules from a primary authorized course (i.e. PREP, LINKS, etc) will be used per Strong Bonds Retreat. Once the minimum curriculum hours are met, remaining programmed time is at the discretion of the unit.

6. Instructor Certification Training. All Chaplains, Chaplain Assistants, and Strong Bonds Volunteer Instructors (Spouses) must be trained and certified in specific Strong Bonds curriculum prior to utilizing material during Strong Bonds retreats. Certification can be obtained through the following sources.

a. Chaplains: Attendance to the Family Wellness, PREP, and PICK training conducted by the United States Army Chaplain School, Fort Jackson, SC.

b. Chaplains/Chaplain Assistants/Strong Bonds Volunteer Instructors: Attendance to the Strong Bonds Instructor Training Course. This course will provide training for all approved curriculum. Course is divided into four training tracks. Upon completion of course, individuals will be certified to conduct training for the curricula in the training track completed.

- Track 1
 - Preparation and Relationship Enhancement Program (PREP)
 - Marriage Lasting Intimacy Through Nurturing, Knowledge and Skill (LINKS)
- Track 2
 - Survival Skills for Healthy Families by Family Wellness
 - Seven Habits of Highly Effective Army Families
- Track 3
 - Active Relationships
 - Laugh Your Way to a Better Marriage
 - Couples Communication
- Track 4
 - Eight Habits of Highly Successful Marriages
 - Premarital Interpersonal Choices and Knowledge (PICK)
 - Strong Bonds Families of Deployed
 - Strong Bonds PreDeployment
 - Strong Bonds Reintegration

c. The Strong Bonds Instructor Training Course will be conducted quarterly. OCCH (DACH-MIZ) will publish a memorandum of instruction (MOI) prior to each event. Dates and locations are indicated below:

<u>Quarter</u>	<u>Location</u>	<u>Course Dates</u>
1st	Atlanta, GA	26-30 Oct 2009
2nd	Orlando, FL	1-5 Feb 2010
3rd	Seattle, WA	3-7 May 2010
4th	St Louis, MO	16-20 Aug 2010

d. All specialized training needs beyond currently available certification training above must be coordinated and approved through OCCH DMI.

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7. Program Emphasis for FY10. Critical to obtaining adequate program resourcing is the timely and accurate reporting of information, completion/follow-up on administrative and budgetary requirements, and adherence to program standards. Efforts to improve resources and streamline processes to assist UMTs in the execution of Strong Bonds training are continuing. Areas of emphasis for FY 2010 include:

a. Logistical Support Pilot Program (Active Component). A pilot program has been initiated to assess a centralized support methodology for the logistical coordination of retreats. The goal of the pilot study is to identify a potential business model which will minimize the time and effort required to coordinate food, lodging, childcare etc, gain efficiencies, and/or reduce costs. Units will be selected and identified for participation in pilot program after FY10 event projections are finalized. Initial priority will go to units with 1st and 2nd quarter deployment related events.

b. Improved Strong Bonds Website. Improvements to the www.strongbonds.org web site interface are being planned to accurately capture program metrics, simplify reporting, provide tools to UMTs, and inform Soldiers and Family members of Strong Bonds training events.

c. Posting/Tracking of Unit Training Events. A simplified event tracking process to ensure all Strong Bonds training events are posted online will be developed. This is a crucial requirement that will serve two purposes, 1) provide HQDA with real time data regarding the number of events being executed and 2) enable Soldiers, Family members, and leaders from all components to have visibility on when and where Strong Bonds events are being conducted.

d. Online Registration of Unit Participants. A simplified online registration module for participants will be developed. The goal is to increase online registration and provide UMTs with automated attendance rosters. This will assist in preparing after action reports, compiling demographic data, and measure participation in the Strong Bonds program.

e. After Action Reporting: Close monitoring and renewed effort to ensure after action reports (AARs) are completed in a timely manner. AARs will be due within 14 days after the completion of each event for active component units. ARNG and USAR reports are due within 30 days after each event.

8. Responsibilities.

a. Office of the Chief of Chaplains will perform the following through DACH-MIZ unless otherwise indicated:

- (1) Manage the Strong Bonds program for the Active Component of the Army.
- (2) Establish program policies and requirements in coordination with the USARC and the ARNG Staff Chaplain Office, ensuring a consistent standard of training for the Total Army.
- (3) Monitor the administration of funding for program.
- (4) Collate and analyze program evaluation/outcomes for the Total Army.
- (5) Serve as site administrator for the Strong Bonds website.
- (6) Coordinate/Manage training in required Strong Bonds curriculums for the Total Army.

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b. USARC Office of the Chaplain will:

- (1) Manage the Strong Bonds program for the US Army Reserve.
- (2) Coordinate with DACH-MIZ to ensure consistent program policies and requirements are executed throughout the Total Army.
- (3) Manage the administration of funding for reserve component units.
- (4) Assist in the collection of AARs and program evaluations from Reserve Component units. Participate in analysis to ensure best practices are disseminated across the Total Army.
- (5) Submit quarterly reports summarizing program administration to DACH-MIZ. Reports are due not later than the 15th of the month following each quarter. Format for report is attached at Annex G.
- (6) Support Total Army Strong Bonds training for UMT members.

c. ARNG Staff Chaplain Office of the Chaplain will:

- (1) Manage the Strong Bonds program for the Army National Guard.
- (2) Manage the administration of funds and have oversight on distribution for the Army National Guard either through the State Family Programs Directors or direct funding through the United States Property and Fiscal Officer (USP&FO) as mission dictates.
- (3) Coordinate with DACH-MIZ to ensure consistent program policies and requirements are executed throughout the Total Army.
- (4) Assist in the collection of AARs and program evaluations from Army National Guard units by helping establish a command-and-control procedure for procurement of these items. Participate in analysis to ensure best practices are disseminated across the Total Army.
- (5) Ensure that the quarterly reports summarizing program administration are submitted to DACH-MIZ. Reports are due not later than the 15th of the month following each quarter. Format for report is attached at Annex G.
- (6) Support Total Army Strong Bonds training for UMT members.

d. Commanders will:

- (1) Resource and execute planned Strong Bonds training in accordance with requirements established in this memorandum. As required, seek program funding from the appropriate component.
- (2) Designate unit chaplain as the primary Strong Bonds trainer.
- (3) Support Soldier attendance and ensure training events are included on unit training schedules.

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(4) Coordinate participation by UMTs to market and promote Strong Bonds at community events, officer professional development training, NCO professional development training, family readiness group meetings, etc.

e. Army Command (ACOM), Army Service Component Commands (ASCC) and Direct Reporting Units (DRU) Chaplains will:

(1) Serve as a liaison between UMTs and DACH-MIZ.

(2) Monitor the status of supplemental Strong Bonds funding requests. Ensure supplemental funding requirements for deployed units or units in the deployment cycle are submitted as needed.

(3) Monitor online Strong Bonds event registration and establish internal controls to ensure funded events are executed during the quarter funding is requested.

(4) Monitor and establish internal controls to ensure After Action Reports are completed.

(5) Approve attendance of chaplains, chaplain assistants, and Strong Bonds Volunteer Instructors to the Strong Bonds Instructor Training Course.

(6) Assist DACH-MIZ in advising subordinate commands on program standards and policy, ensure program standards are consistently met.

(7) Communicate Strong Bonds value and standards to Commanders within their commands, ensuring wide-spread usage of Strong Bonds training.

(8) Market and promote Strong Bonds at community events, officer/NCO professional development training, family readiness group meetings, and other appropriate forums.

f. Unit Ministry Teams will:

(1) Schedule Strong Bonds events on the unit training calendar.

(2) Work with commanders to incorporate funding for Strong Bonds events into command budget. Prepare and submit supplemental Strong Bonds Funding Requests to applicable component point of contact.

(3) Track receipt of Supplemental Strong Bonds funds (FADS, MIPR and MIPR Acceptance, etc) and assist resource/financial managers by providing copies of expenditure documents (receipts, invoices, contracts, etc).

(4) Complete registration as a conference coordinator and ensure that all Strong Bonds training events are registered at the www.strongbonds.org web site.

(5) Ensure chaplain presence at all levels of Strong Bonds execution.

(6) Complete an After Action Reports for each Strong Bonds event. AARs will be submitted within 14 days after the completion of each event for active component units. ARNG and USAR reports are due within 30 days after each event.

(7) Market and promote Strong Bonds at community events, officer professional development training, NCO professional development training, family readiness group meetings, etc.

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(8) Active component UMTs will submit all inquiries pertaining to the Strong Bonds Program to the ACOM/ASCC/DRU Command Chaplain offices or to strongbonds@conus.army.mil. ARNG and USAR UMTs will submit inquiries to their component program manager.

9. Coordinating Instructions.

a. Supplemental Strong Bonds Funding: Supplemental funding requests will be submitted to the applicable program manager for each component as indicated below. Units will forecast training needs for the fiscal year and submit fund requests not later than 15 July 2009. Supplemental funding requests received after the suspense date will not be accepted or processed.

(1) Active Component: Submit requests to strongbonds@conus.army.mil and provide courtesy copy to ACOM/ASCC/DRU Chaplain Office. UMTs will direct funding inquiries to their respective ACOM/ASCC/DRU Chaplain Office.

(2) Army National Guard: Office of the Command Chaplain, ATTN: *Strong Bonds* Program Manager, 111 South George Mason Drive, Arlington, VA 22204, Fax: 703-607-7788, or email quentin.d.collins@ng.army.mil.

(3) Army Reserve: Mail: Office of the Command Chaplain, ATTN: Strong Bonds Program Manager, 1401 Deshler St., SW, Ft. McPherson, GA 30330, Fax: 404-464-9413 or e-mail mack.griffith@us.army.mil.

b. Strong Bonds Supplemental Funding Request Form (Annex C): Supplemental funding request must be completed with all required information. Incomplete funding requests will be returned without action. The Unit/Command Chaplain and Commander (COL/06 or LTC/05 delegated support services authority per paragraph 1-16g (2), AR 165-1) must sign and approve request. To ensure funds are available in a timely manner to execute training, units should schedule events during the months of November 2009 to September 2010.

c. Supplemental Funding Templates. Funding will be provided according to the funding template as outlined in the program standard attached as Annex A. All other cost of living supplements must be fully justified.

d. Proper Use of Appropriated Funds. By law, Commanders may use appropriated funds for costs of transportation, food, lodging, child care, supplies, fees, and training materials for members of the armed forces and their Family members while participating in Strong Bonds. Appropriated funding cannot be used to fund entertainment. For example, funding for a Strong Bonds – Singles program may be used to fund food, hotel, and a bus to move Soldiers to the training location. However, appropriated funds cannot be used to pay for ski lift tickets, fishing charters, or amusement park tickets. UMTs are encouraged to seek NAF funding for these expenses, or to ask participants to pay these costs personally.

e. Obligation of Funds: Funds must be obligated NLT 1 August 2010. Exceptions to this deadline will be considered on a case by case basis. Additional guidance regarding the return of unobligated funds will be provided through separate correspondence.

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f. Reimbursable Funding Basis. Active component units will work with unit resource managers to ensure that MIPRs are used on a reimbursable basis only. In situations where the funds from MIPRs are used on a direct fund cite basis, notify OCCH IRML, ATTN: Mona Mincey, mona.mincey@us.army.mil, (703) 601-1141, and forward a copy of the contract or other obligating instrument used upon commitment of these funds.

10. Point of Contact. OCCH POC for this memorandum is Mr. George Watlington Jr., Strong Bonds Program Manager, 703-601-4450 or via email at george.watlington@conus.army.mil.



DOUGLAS L. CARVER
Chaplain (Major General) USA
Chief of Chaplains

7 Encls

1. Annex A - Program Standards
2. Annex B - Program Curriculum
3. Annex C - Funding Request Form
4. Annex D - Event Registration Form
5. Annex E - After Action Report Form
6. Annex F – Support Services Authorization
7. Annex G – Strong Bonds Quarterly Report

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Annex A - Strong Bonds Program Standards

Program Standards: Strong Bonds Retreats must meet the programmed time, curriculum hours, and excursion standards below. Training schedules will be published outlining events. Training will be Chaplain led per Title 10, USC Section 1789. Certified Chaplain Assistants and Volunteers (Spouses) may co-facilitate. Modules will be selected from a primary authorized Strong Bonds curriculum to meet required training hours. Remaining use of programmed time is at the discretion of unit ministry teams. Supplemental faith based activities, if added, will be voluntary, announced in advance, and geared to audience preferences/beliefs.

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Program Category	Curriculum	Standards		Funding Template	
Strong Bonds for Couples	<ul style="list-style-type: none"> - Active Relationships - Couples Communication - Laugh Your Way - Marriage LINKS - PREP - 5 Love Languages - 8 Habits 	Programmed time:	12 hours	AC:	\$490 per Couple
		Curriculum:	6 hours	ARNG:	\$990 per Couple
		Excursion:	Overnight offsite retreat	USAR:	\$1490 per Couple
Strong Bonds for Families	<ul style="list-style-type: none"> - Family Wellness Training - Seven Habits of Highly Effective Army Families 	Programmed time:	10 hours	AC:	\$500 per Family
		Curriculum:	6 hours	ARNG:	\$1000 per Family
		Excursion:	Overnight offsite retreat	USAR:	\$1500 per Family
Strong Bonds for Families of Deployed Soldiers	<ul style="list-style-type: none"> - PREP Deployment and Reintegration Module - SB For Families of Deployed Soldiers Modules 	Programmed time:	10 hours	AC:	\$500 per Family
		Curriculum:	6 hours	ARNG:	\$1000 per Family
		Excursion:	Overnight offsite retreat	USAR:	\$1500 per Family
Strong Bonds – Pre Deployment	<ul style="list-style-type: none"> - Active Relationships - PREP Deployment and Reintegration Module - SB PreDeployment Modules 	Programmed time:	5 hours	AC:	\$490 per Couple
		Curriculum:	5 hours	ARNG:	\$990 per Couple
		Excursion:	Optional	USAR:	\$1490 per Couple
Strong Bonds – Reintegration	<ul style="list-style-type: none"> - Active Relationships - PREP Deployment and Reintegration Module - SB Reintegration Modules 	Programmed time:	12 hours	AC:	\$490 per Couple
		Curriculum:	6 hours	ARNG:	\$990 per Couple
		Excursion:	Overnight offsite retreat	USAR:	\$1490 per Couple
Strong Bonds for Singles	<ul style="list-style-type: none"> - Active Relationships - PICK – How to Avoid Marrying a JERK(ette) 	Programmed time:	10 hours	AC:	\$250 per Soldier
		Curriculum:	5 hours	ARNG:	\$650 per Soldier
		Excursion:	Overnight	USAR:	\$1150 per Soldier

Annex B - Strong Bonds Authorized Program Curriculum

Acceptable Strong Bonds Curriculum: The following curriculum will be used when conducting Strong Bonds training. UMTs will select modules from a primary authorized course and publish module titles on unit training schedule. Course content and schedule will meet minimum required curriculum hours per the program standards outlined at Annex A. These programs require instructors to become trained and/or certified to use the curriculum. Unit ministry teams may only use materials on which they have been properly trained and certified.

Curriculum	Course	Modules	Length	Website
Strong Bonds for Couples	Prevention and Relationship Enhancement Program (PREP)	<ul style="list-style-type: none"> • Introduction to Strong Bonds • Communication Danger Signs • Honey, Let's Talk • Events, Issues, and Hidden Issues • Fun and Friendship • You, Me and Us • Stress and Relaxation • Problem Solving • Forgiveness • Supporting Each Other • The Sensual/Sexual Relationship • Sharing Hearts • Ground Rules • Commitment 	50 minutes 75 minutes 85 minutes 40 minutes 50 minutes 70 minutes 70 minutes 50 minutes 50 minutes 50 minutes 40 minutes 75 minutes 30 minutes 80 minutes	www.prepinc.com
	Couples Communication I	<ul style="list-style-type: none"> • The 7 Dimensions of a Collaborative Marriage • Choosing Communication Styles • Identifying Issues and Using Your Awareness Wheel • Applying the Listening Cycle • Mapping Issues 	20 minutes 120 minutes 120 minutes 120 minutes 120 minutes	www.couplecommunication.com
	Couples Communication II	<ul style="list-style-type: none"> • Session I - The Relationship Map • Session II - Collaborative Communication • Session III - Managing My Anger • Session IV - Responding to My Partner's Anger • Session V – Relationship Phases 	120 minutes 120 minutes 120 minutes 120 minutes 120 minutes	www.couplecommunication.com

Annex B - Strong Bonds Authorized Program Curriculum

Curriculum	Course	Modules	Length	Website
Strong Bonds for Couples	Eight Habits of a Successful Marriage	<ul style="list-style-type: none"> • Habit 1 – Be Proactive • Habit 2 – Begin With the End in Mind • Habit 3 – Put First Things First • Habit 4 – Think Win-Win • Habit 5 – Seek First to Understand Then to be Understood • Habit 6 - Synergize • Habit 7 – Sharpen the Saw • Habit 8 – Lift Yourself by Lifting Your Partner 	70 minutes 50 minutes 60 minutes 50 minutes 80 minutes 50 minutes 50 minutes 50 minutes	www.franklincovey.com
	Laugh Your Way to a Better Marriage	<ul style="list-style-type: none"> • Tale of Two Brains – Part I • Tale of Two Brains – Part II • Flag Page • Number 1 Key to Incredible Sex • How to Stay Married 	60 minutes 60 minutes 45 minutes 60 minutes 35 minutes	www.laughyourway.com
	Five Love Languages	<ul style="list-style-type: none"> • The Experience of Falling in Love • Love as an Attitude • Love as an Emotional Need – The Five Emotional Love Languages • Group Discussion – The Five Love Languages 	15 minutes 5 minutes 20 minutes Group Paced	www.fivelovelanguages.com
	Marriage Lasting Intimacy through Nurturing, Knowledge and Skills (LINKS)	<ul style="list-style-type: none"> • Relentlessly Pursuing Intimacy • Respectfully Cultivating Trust • Reciprocally Meeting Needs • Resiliently Charting Your Course • Romantically Renewing Your Union 	60 minutes 60 minutes 60 minutes 60 minutes 60 minutes	http://www.nojerks.com/

Annex B - Strong Bonds Authorized Program Curriculum

Curriculum	Course	Modules	Length	Website
Strong Bonds for Couples	Active Relationships	<ul style="list-style-type: none"> • Communication Styles in Military Communities 	53 minutes	www.activerelationships.com
		<ul style="list-style-type: none"> • Timing Successful Communication 	20 minutes	
		<ul style="list-style-type: none"> • Emotions and Your Body 	31 minutes	
		<ul style="list-style-type: none"> • Planning to Manage Emotional Upsets 	30 minutes	
		<ul style="list-style-type: none"> • Getting Rid of Destructive Behaviors 	30 minutes	
		<ul style="list-style-type: none"> • Controlling Your Own Happiness 	28 minutes	
		<ul style="list-style-type: none"> • Depression and Family Safety 	11 minutes	
		<ul style="list-style-type: none"> • The Difference between Anger and Abuse 	50 minutes	
		<ul style="list-style-type: none"> • Compassion & Forgiveness Helps YOU 	14 minutes	
		<ul style="list-style-type: none"> • Being Real in Families 	13 minutes	
		<ul style="list-style-type: none"> • Anger Handled Well – P.O.W.E.R 	27 minutes	
		<ul style="list-style-type: none"> • Money Styles, Roles and Responsibilities 	60 minutes	
		<ul style="list-style-type: none"> • Stages of Emotional Development and Conflict Resolution skills 	54 minutes	
		<ul style="list-style-type: none"> • S.M.A.R.T. Peer Practice 	76 minutes	
		<ul style="list-style-type: none"> • The Biology of Love 	23 minutes	
<ul style="list-style-type: none"> • Putting Myself in Your Shoes 	28 minutes			
<ul style="list-style-type: none"> • Little Ideas for Staying Close 	40 minutes			

Annex B - Strong Bonds Authorized Program Curriculum

Curriculum	Course	Modules	Length	Website
Strong Bonds for Families	Survival Skills for Healthy Families by Family Wellness	<ul style="list-style-type: none"> • Parents in Healthy Families • Children in Healthy Families • Adult Relationships–Couples in Healthy Families • As Children Grow-Change in Healthy Families • Solving Family Problems • Sex, Drugs and You-Passing on Your Values to Your Children 	<p>120 minutes</p> <p>120 minutes</p> <p>120 minutes</p> <p>120 minutes</p> <p>120 minutes</p> <p>120 minutes</p>	www.familywellness.com
	Seven Habits of Highly Effective Army Families	<ul style="list-style-type: none"> • Becoming an Agent of Change in your Family • Developing a Family Mission Statement • Making Family a Priority in a Turbulent World • Moving from “Me” to “We” • Solving Family Problems Through Emphatic Communication • Building Family Unity Through Celebrating Differences • Receiving the Family Spirit Through Traditions 	<p>50 minutes</p> <p>50 minutes</p> <p>50 minutes</p> <p>60 minutes</p> <p>80 minutes</p> <p>30 minutes</p> <p>25 minutes</p>	
Strong Bonds for Families of Deployed Soldiers	<p>SB Deployment – Families of Deployed Soldiers</p> <p>Separate version of modules available for</p> <ul style="list-style-type: none"> -Spouses -Juniors (4-7 years) -Juniors(8-12 years) -Teens (13-18 years) 	<ul style="list-style-type: none"> • Module 1: We’re in This Together • Module 2: Why Do I Feel This Way? • Module 3: Finding My Voice • Module 4: My Sources of Power • Module 5: Strength for the Journey • Module 6: We Are Family 	<p>90 minutes</p> <p>90 minutes</p> <p>90 minutes</p> <p>90 minutes</p> <p>90 minutes</p> <p>90 minutes</p>	www.strongbonds.org

Annex B - Strong Bonds Authorized Program Curriculum

Curriculum	Course	Modules	Length	Website
Strong Bonds – Pre Deployment	SB PreDeployment	<ul style="list-style-type: none"> • Module 1: Introduction • Module 2: Conflict • Module 3: Connection • Module 4: Concerns • Module 5: Commitment 	30 minutes 90 minutes 90 minutes 90 minutes 90 minutes	www.strongbonds.org
	Active Relationships	<ul style="list-style-type: none"> • Resilience & Readiness • What to Know about Posttraumatic Stress Disorder and Traumatic Brain Injury 	76 minutes 30 minutes	www.activerelationships.com
	Prevention and Relationship Enhancement Program (PREP)	<ul style="list-style-type: none"> • Deployment and Reintegration 	50 minutes	www.prepinc.com
Strong Bonds – Reintegration	SB Reintegration	<ul style="list-style-type: none"> • Module 1: Welcome • Module 2: Change • Modules 3: Communication • Module 4: Anger • Module 5: Sex & Intimacy • Module 6: Guilt • Module 7: Closing 	30 minutes 90 minutes 90 minutes 90 minutes 90 minutes 90 minutes 30 minutes	www.strongbonds.org
	Prevention and Relationship Enhancement Program (PREP)	<ul style="list-style-type: none"> • Deployment and Reintegration 	50 minutes	www.prepinc.com
	Active Relationships	<ul style="list-style-type: none"> • Privacy of Thoughts • Reintegration Tools for Troops 	28 minutes 35 minutes	www.activerelationships.com

Annex B - Strong Bonds Authorized Program Curriculum

Curriculum	Course	Modules	Length	Website
Strong Bonds for Singles	Premarital Interpersonal Choices and Knowledge (PICK) – How to Avoid Marrying a JERK(ette)	• A Bird’s Eye View of a Growing Relationship	45 minutes	www.nojerks.com
		• You Can’t Marry Jethro Without Getting the Clampetts	45 minutes	
		• The Ingredients for the Recipe of a Lasting Relationship	45 minutes	
		• Why is it That Expectations Lead to Disappointments	45 minutes	
		• Put the Horse Before the Cart	45 minutes	
	Active Relationships	• Predictors of Relationship Satisfaction	50 minutes	www.activerelationships.com
		• Being Ready for Marriage	20 minutes	

Annex C - Strong Bonds Supplemental Funding Request

STRONG BONDS SUPPLEMENTAL FUNDING REQUEST																		
<input checked="" type="checkbox"/> Regular Army <input type="checkbox"/> Army National Guard <input type="checkbox"/> US Army Reserve All requests will be submitted to strongbonds@conus.army.mil or faxed to (703) 601-4455.																		
1. To Directorate of Ministry Initiatives ATTN: DACH-MIZ 1421 Jefferson Davis Highway Arlington, VA 22202				2. From Commander				3. Organization/Command <input type="checkbox"/> AMC <input type="checkbox"/> IMCOM <input type="checkbox"/> TRADOC <input type="checkbox"/> USARC <input type="checkbox"/> USARPAC <input type="checkbox"/> ARNG <input type="checkbox"/> INSCOM <input type="checkbox"/> SDDC <input type="checkbox"/> USARCENT <input type="checkbox"/> USASMDC <input type="checkbox"/> ATEC <input type="checkbox"/> MDW <input type="checkbox"/> USAASC <input type="checkbox"/> USARNORTH <input type="checkbox"/> USASOC <input type="checkbox"/> EUSA <input type="checkbox"/> MEDCOM <input type="checkbox"/> USACE <input type="checkbox"/> USARSO <input type="checkbox"/> USMA <input type="checkbox"/> FORSCOM <input type="checkbox"/> NETCOM <input type="checkbox"/> USACIDC <input type="checkbox"/> USAREUR										
4a. Unit Ministry Team POC				b. Phone Number				c. Email Address										
5. Funding Requirements a. Training Event (Check all that apply)		b. Number of Events Fiscal Year 2010										c. Training Costs Per Soldier/ Couple	d. Cost of Living Supple- ment	e. Est RPA Costs (USAR Only)	f. Soldiers/ Families/ Couples Projected	g. Funding Requested		
		Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	July						Aug	Sep
<input type="checkbox"/> Strong Bonds - Couples														\$490				
<input type="checkbox"/> Strong Bonds - Families														\$500				
<input type="checkbox"/> Strong Bonds - Families of Deployed														\$500				
<input type="checkbox"/> Strong Bonds - PreDeployment														\$490				
<input type="checkbox"/> Strong Bonds - Reintegration														\$490				
<input type="checkbox"/> Strong Bonds - Singles														\$250				
Total Events Per Quarter:														Administrative Program Costs:				
Estimated Quarterly Costs:														Total Funding Requested:				
6. JUSTIFICATION (Enter justification for Cost of Living Supplement. Identify Administrative Program Costs Requirement)																		
7. Certified Strong Bonds Instructors																		
Full Name, Rank/Title		Active Relationships	Couples Communication	Family Wellness	Laugh Your Way	Marriage LINKS	PREP	PICK	7 Habits Families	8 Habits Marriages								
a)	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>								
b)	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>								
c)	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>								
d)	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>								
8. COMMAND CHAPLAIN (Typed name and title)						9. SIGNATURE						10. DATE						
11. COMMANDER (Typed name and title)						12. SIGNATURE						13. DATE						

Strong Bonds Funding Request

Annex D - Strong Bonds Event Registration

STRONG BONDS CONFERENCE / EVENT REGISTRATION		
<p>Directions. Step 1. Complete form and email to strongbonds@conus.army.mil (AC); quentin.d.collins@ng.army.mil (ARNG); mack.griffith@us.army.mil (USAR).</p> <p>Step 2. Register event online at www.strongbonds.org</p>		
1. Unit / State	2. Component <input type="checkbox"/> RA <input type="checkbox"/> ARNG <input type="checkbox"/> USAR	3. Command / Organization
4. Unit Identification Code	5. Start Date	<input type="checkbox"/> AMC <input type="checkbox"/> MEDCOM <input type="checkbox"/> USARCENT <input type="checkbox"/> ARNG <input type="checkbox"/> NETCOM <input type="checkbox"/> USARNORTH <input type="checkbox"/> ATEC <input type="checkbox"/> TRADOC <input type="checkbox"/> USARSO <input type="checkbox"/> EUSA <input type="checkbox"/> SDDC <input type="checkbox"/> USAREUR <input type="checkbox"/> FORSCOM <input type="checkbox"/> USAASC <input type="checkbox"/> USARPAC <input type="checkbox"/> IMCOM <input type="checkbox"/> USACE <input type="checkbox"/> USASMDC <input type="checkbox"/> INSCOM <input type="checkbox"/> USACIDC <input type="checkbox"/> USASOC <input type="checkbox"/> MDW <input type="checkbox"/> USARC <input type="checkbox"/> USMA
6. Event Number	7. Conference End Date	10. Approved FAD/MIPR Number
8. Event Title		11. Conference Administrator Rank/Full Name
9. Type of Event		14. Conference Administrator Email Address
<input type="checkbox"/> Strong Bonds for Couples <input type="checkbox"/> Strong Bonds – Pre Deployment <input type="checkbox"/> Strong Bonds for Families <input type="checkbox"/> Strong Bonds - Reintegration <input type="checkbox"/> Strong Bonds for Families of Deployed Soldiers <input type="checkbox"/> Strong Bonds for Singles		12. Conference Administrator Position
12. Conference Administrator Position	13. Conference Administrator Phone No.	14. Conference Administrator Email Address
VENUE Information		
Venue Name _____ (Hotel/Lodging Facility/Conference Building)	Venue Address 1 _____	Venue Address 2 _____
Venue Email _____	City _____	State _____
Venue Phone _____	Zip Code _____	Country _____
Venue Contact _____ (Name and Position)		

Strong Bonds Conference Event Registration

Annex E - Strong Bonds After Action Report

STRONG BONDS AFTER ACTION REPORT Submit after action report online at www.strongbonds.org Email to strongbonds@conus.army.mil (AC); quentin.d.collins@ng.army.mil (NG); or mack.griffith@us.army.mil (USAR).																			
1. Unit	2. Component <input type="checkbox"/> RA <input type="checkbox"/> ARNG <input type="checkbox"/> USAR	3. Command / Organization <input type="checkbox"/> AMC <input type="checkbox"/> MEDCOM <input type="checkbox"/> USARCENT <input type="checkbox"/> ARNG <input type="checkbox"/> NETCOM <input type="checkbox"/> USARNORTH <input type="checkbox"/> ATEC <input type="checkbox"/> TRADOC <input type="checkbox"/> USARSO <input type="checkbox"/> EUSA <input type="checkbox"/> SDDC <input type="checkbox"/> USAREUR <input type="checkbox"/> FORSCOM <input type="checkbox"/> USAASC <input type="checkbox"/> USARPAC <input type="checkbox"/> IMCOM <input type="checkbox"/> USACE <input type="checkbox"/> USASMDC <input type="checkbox"/> INSCOM <input type="checkbox"/> USACIDC <input type="checkbox"/> USASOC <input type="checkbox"/> MDW <input type="checkbox"/> USARC <input type="checkbox"/> USMA																	
4. Event Number	5. Event Title																		
6. Dates of Event	7. Event Location																		
8. Conference Administrator	9. Email Address																		
10. Commercial Phone Number	11. DSN Number																		
12. Type of Event <input type="checkbox"/> Strong Bonds for Couples <input type="checkbox"/> Strong Bonds for Families <input type="checkbox"/> Strong Bonds for Families of Deployed Soldiers <input type="checkbox"/> Strong Bonds – Pre Deployment <input type="checkbox"/> Strong Bonds - Reintegration <input type="checkbox"/> Strong Bonds for Singles		13. Primary Curriculum Used (Check all that apply) <input type="checkbox"/> Preparation and Relationship Enhancement Program (PREP) <input type="checkbox"/> Couples Communication <input type="checkbox"/> Eight Habits of Highly Successful Marriages <input type="checkbox"/> Laugh Your Way to a Better Marriage <input type="checkbox"/> Five Love Languages <input type="checkbox"/> Active Relationships <input type="checkbox"/> Marriage Lasting Intimacy Through Nurturing, Knowledge and Skill (LINKS) <input type="checkbox"/> Survival Skills for Healthy Families by Family Wellness <input type="checkbox"/> Seven Habits of Highly Effective Families <input type="checkbox"/> Premarital Interpersonal Choices and Knowledge (PICK)																	
14. Training Data _____ Scheduled Training Hours _____ No. of Soldiers Trained _____ No. of Family Members Trained _____ Total Hours of Training	15. Man-hours Spent Coordinating Event _____ Childcare _____ Curriculum _____ Food _____ Lodging _____ Travel	16. Financial Data (Enter costs for each category) <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 80%;">Childcare Costs</td><td style="width: 20%;"></td></tr> <tr><td>Curriculum (Books, DVDs, etc) Costs</td><td></td></tr> <tr><td>Food Costs</td><td></td></tr> <tr><td>Lodging Costs</td><td></td></tr> <tr><td>Travel Costs</td><td></td></tr> <tr><td>Soldier Pay (NG/RC only)</td><td></td></tr> <tr><td>Other:</td><td></td></tr> <tr><td style="text-align: right;">Total Cost</td><td style="background-color: #cccccc;"></td></tr> </table>		Childcare Costs		Curriculum (Books, DVDs, etc) Costs		Food Costs		Lodging Costs		Travel Costs		Soldier Pay (NG/RC only)		Other:		Total Cost	
Childcare Costs																			
Curriculum (Books, DVDs, etc) Costs																			
Food Costs																			
Lodging Costs																			
Travel Costs																			
Soldier Pay (NG/RC only)																			
Other:																			
Total Cost																			
17. Supplemental Funding Received:		18. Funding From Commander:																	
19. FAD/MIPR Number:																			
20a. Trainers (First & Last Name)	b. Rank/Title (Mr., Mrs., Military Rank)	c. Demographic (Chaplain, Ch Asst, SB Volunteer)	d. Curriculum Taught																

Annex E - Strong Bonds After Action Report

21. Unique Successes

22. Unique Challenges

23. Recommendations

Annex F - Strong Bonds Support Services Authorization

**TITLE 10 - ARMED FORCES
SUBTITLE A – GENERAL MILITARY LAW
PART II - PERSONNEL
CHAPTER 88 - MILITARY FAMILY PROGRAMS AND MILITARY CHILD CARE
SUBCHAPTER I - MILITARY FAMILY PROGRAMS**

Section 1789. Chaplain-led programs: authorized support

(a) Authority.— The Secretary of a military department may provide support services described in subsection (b) to support chaplain-led programs to assist members of the armed forces on active duty and their immediate family members, and members of reserve components in an active status and their immediate family members, in building and maintaining a strong family structure.

(b) Authorized Support Services.— The support services referred to in subsection (a) are costs of transportation, food, lodging, child care, supplies, fees, and training materials for members of the armed forces and their family members while participating in programs referred to in that subsection, including participation at retreats and conferences.

(c) Immediate Family Members. — In this section, the term “immediate family members”, with respect to a member of the armed forces, means—

(1) the member’s spouse; and

(2) any child (as defined in section [1072 \(6\)](#) of this title) of the member who is described in subparagraph (D) of section [1072 \(2\)](#) of this title.

Paragraph 1-16g(2), AR 165-1

(2) The Secretary of the Army hereby delegates his or her authority, as prescribed in [10 USC 1789](#), to provide support services to build and maintain a strong family structure among active duty soldiers and reserve soldiers in an active status, and their families, to commanders in the grade of colonel and above. This authority may be delegated to a commander in the grade of lieutenant colonel by the first general officer in the chain of command in situations where there is not an intermediate commander between the commanding general and the commanding lieutenant colonel.

Annex G - Strong Bonds Quarterly Report

STRONG BONDS QUARTERLY REPORT Indicate component branch below (check box). <input type="checkbox"/> Army National Guard <input type="checkbox"/> US Army Reserve							
1. To Commander ATTN: DACH-MIZ 1421 Jefferson Davis Highway Arlington, VA 22202	2. From			3. Point of Contact Name: _____ Phone: _____ Email: _____			
TRAINING AND FUNDING DATA							
4. Training Event	a. Total Number of Events (Select Quarter) <input type="checkbox"/> 1st Qtr <input type="checkbox"/> 2d Qtr <input type="checkbox"/> 3d Qtr <input type="checkbox"/> 4th Qtr				b. Total Cost Per Event Category	c. Total Number of Soldiers & Family Members Trained for Each Event Category	d. Cost per Attendee for Each Event Category
				Quarterly Totals			
Strong Bonds - Couples							
Strong Bonds - Families							
Strong Bonds - Families of Deployed							
Strong Bonds - PreDeployment							
Strong Bonds - Reintegration							
Strong Bonds - Singles							
Total Monthly Events Conducted:					Overall Average Cost Per Attendee:		
					Total Funds Expended:		
CURRICULUM SUMMARY							
5. Curriculum (Enter number times curriculum taught for each event category)	Number of Times Taught						
		Couples	Families	Deployed	Pre-Deployed	Reintegration	Singles
Active Relationships							
Couples Communication							
Eight Habits of Highly Successful Marriages							
Five Love Languages							
Laugh Your Way to a Better Marriage							
Marriage L.I.N.K.S.							
Premarital Interpersonal Choices and Knowledge (PICK)							
Preparation and Relationship Enhancement Program (PREP)							
Seven Habits of Highly Effective Families							
Survival Skills for Healthy Families by Family Wellness							
6. Remarks / Additional Information 							
7. PREPARED BY (Typed name and title)				8. SIGNATURE			9. DATE