



# 9th Mission Support Command AFTB NEWS

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## AFTB Training on Maui

On April 26 the Family Programs Office held an AFTB Concept Block "Making Informed Decisions" in Maui for Volunteers, Family Members and Soldiers from Maui and the Big Island of Hawai'i.

A Concept Block is an ideal way to present AFTB materials that may be of interest to a group and allows the information to be targeted to the needs and interests of the audience.

The AFTB modules that were presented in Maui included: Level 1.5 "Benefits and Entitlements"; Level 1.6 "Military and Community Resources"; and Level 1.10 "Problem Solving".

A total of 24 Volunteers, Family Members, and Soldiers attended the Training. Stacey Malani-Peterson an Army Reserve AFTB Instructor from O'ahu facilitated the class.

Sandra Johnson the 9th MSC Family Programs Director was a subject matter expert on Military and Civilian Resources. Two Military & Family Life Consultants Kandis Bainter and Debra O'Brien attended part of the training and introduced themselves to the participants. They are available to provide confidential counseling to Soldiers and Family members who are having trouble coping with issues of daily life.



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## AFTB ITC in Guam

The 9th MSC hosted a two day AFTB Instructor Training Course (ITC) in Guam for AFTB Volunteers from Guam and Saipan. We now have 11 new AFTB Instructors in the 9th MSC. We are excited to hear about proposed classes that the teams in Guam and Saipan will be offering to their Families and Soldiers.



# ICE BREAKERS



There are many ideas for Ice Breakers when presenting an AFTB class. Ice breakers are used in the first session to reduce tension and anxiety, and to immediately get everyone in the class involved. Here are a few ideas for you to use..

**Introductions:** Participants introduce themselves and tell why they are there. **Variations:** Participants tell how they heard about the class, first became interested in AFTB, their occupation, best book they have ever read...

**Introduce another;** Divide group into pairs. Each person talks about him/herself to the other, sometimes with specific instructions to share a certain piece of information for example "the thing I am most proud of".

**Character Descriptions:** Have students write down one or two adjectives describing themselves. Put these on a stick-on label/badge. Have class members find someone with similar or opposite adjectives and talk for five minutes with the other person.

**I've done something you haven't done:** Have each person introduce themselves and then state something that they have done that they think no one else in the class has done. If some one else has done it, the student must state something else until he/she finds something that no one else has done.

For more ideas on icebreakers go to:  
<http://wilderdom.com/games/icebreakers.html>

**"Don't forget, you need to have completed an AFTB level before you are able to instruct classes from that level in the AFTB curriculum".**



## New AFTB Materials

The Family Programs Office at the 9th MSC has ordered AFTB level I and level II resources for American Samoa, Guam and Saipan. The materials include Instructor Guides for Level I and Level II as well as Level I and II student handouts and binders. The old Level II materials should be thrown away. The Level III

curriculum has been updated but the new Level III materials have not been printed yet. As soon as the new Level III materials are released the Family Programs Office will place an order for Instructor Guides and Student handouts.

Check with your local Family Programs Assistant (FPA) to see if the new ma-

terials have arrived, or call Caron Ferguson at (808) 438-2243 or email at [caron.ferguson1@9rrc.army.mil](mailto:caron.ferguson1@9rrc.army.mil)

Don't forget that you can tailor class materials and modules to meet the needs of your Families. You may select Level I and Level II modules to teach in one instructional block—that's a "CONCEPT BLOCK".

## Recording AFTB Volunteer Hours

Please remember to track the hours you spend working on AFTB. This includes the online training that you complete for levels I, II and II. There are some ITC Graduates who have not yet completed online training. Don't forget that you need to have completed an AFTB level either in class or online before you can teach that level, even if you have completed the ITC.

The online classes are very straightforward and can be accomplished very quickly. As you complete the levels online please print and send a copy of your certificates to Caron Ferguson the AFTB Program Specialist. The Family Programs Office is required to keep a copy of your certificates on file. Remember to send your AFTB hours to Caron each month. All AFTB hours are tracked and reported monthly to the Army Reserve Headquarters.

# Concept Blocks

You may find that our Families respond well to AFTB Concept Block Training. The concept blocks allow for more flexibility with the selection of training materials and time. Here are some examples of Concept Blocks utilizing materials from levels I and II:

Module 1.5—Family and Military Life Expectations with module 1.6—Impact of the Mission on Family Life

Module 1.1—Military Terms, Acronyms, Customs and Courtesies and Module 1.4 Benefits, Entitlements and Compensation

Module 2.5 Exploring Personality Traits with 2.6 Enhancing Personal Relationships

Module 2.7 Team Dynamics with 2.8 Personal Conflict Management

Module 2.2 Personal Time Management with 2.3 Stress Management.

You may also mix and match module content across levels, here are a few ideas:

*Got lemons? Let's Make Lemonade!!* Basic, intermediate and advanced problem solving techniques  
*To Be ..Or Not To Be.. A Good Leader* Introduction to Leadership, Leadership Skills and Listening Skills

*Alphabet Soup and Condiments* Military Terms Acronyms, Customs, Courtesies and Protocol  
*Change can Be Good—Time to De-stress* Stress Management, Acknowledging Change, Introduction to Problem Solving and Creative problem Solving

**The 9th MSC Family Programs Office must keep a record of all attendees for AFTB classes. Please send copies of AFTB sign in rosters to Caron Ferguson the 9th MSC AFTB Program Specialist**

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## Marketing AFTB

We are building the AFTB Program at the 9th MSC and we are always seeking Volunteers for our program. One of our biggest challenges is getting the word out to Families and Soldiers so that they are aware of what AFTB has to offer.

Although the AFTB online classes are effective the 9th MSC Family Programs Office would like to build a strong classroom based AFTB program. In that way we can bring Families and Soldiers together to network, share experiences and build a sense of community.

The Family Programs Office is updating the Tri-fold brochure, and we are working on a web page to give up dated information about classes.

If you need assistance in designing and printing flyers for the classes you are offering please contact Caron Ferguson.

If you have any suggestions or content that you would like to be included in this Newsletter please contact Caron Ferguson.

Army Strong! Family Strong!