



# Soldier & Family Readiness

It is the goal of the Soldier & Family Readiness program to empower our Hawaii National Guard 'ohana to meet the challenges of military and civilian life.

Soldier and Family Readiness Specialists (SFRS) provide resource and referral for whatever challenges you or your family may be facing. We also assist in the setting up and maintaining of Soldier and Family Readiness Groups (SFRGs).

Please contact any of the SFRS below to find out how we can help you through a difficult situation, or if you may be interested in supporting your unit's SFRG.

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Keaukaha Military Reservation - Hilo  
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VACANT  
(808) 672-1441  
29th IBCT Readiness Center - Kapolei

Traci Kaopua  
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29th IBCT/Diamond Head  
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Follow us on Facebook for more resources and announcements!

<https://www.facebook.com/HIARNGsfrs>

## 2022 New Year's Resolution Resources

Looking to set some goals in 2022? Experts suggest you write them down, make a plan, and take action! Expect there may be set backs, but don't let them stop you. Utilize these *free resources* that can give you a great head start through education, awareness and counseling.

### Improve health and wellness?

Call *Military OneSource* at 800-342-9647 to sign up for health and wellness coaching sessions on topics such as fitness, nutrition, stress management, weight loss and more!



<https://www.militaryonesource.mil/health-wellness/healthy-living/fitness-nutrition-active-living/health-and-wellness-coaching-consultation/>



Hawaii Army Physical Fitness Centers

<https://hawaii.armymwr.com/programs/physical-fitness-center>

### Quit smoking?

Visit the Defense Department's *YouCanQuit2* campaign to help people in the US military quit tobacco use.

<https://www.ycq2.org/>



*TRICARE* (counseling, prescription medication, and over-the-counter medications to help you quit tobacco use):

<https://www.tricare.mil/CoveredServices/IsItCovered/TobaccoCessationServices>

*Federal Employees Health Benefit Program* enrollees have access to the tobacco cessation benefit. This may include counseling sessions and FDA-approved tobacco cessation medications, plus no copays or coinsurance. <https://www.opm.gov/healthcare-insurance/special-initiatives/quit-smoking/>



Whether you're thinking about quitting, are not yet ready to quit, or have already quit, *Hawai'i Tobacco Quitline* can help you with each step of the way. Free, Convenient, Safe & Secure.

<https://hawaiiquitline.org/en-US/>



### Build a budget/savings?

HIARNG *Personal Financial Counselors*: Free face-to-face or virtual counseling to help you meet your financial goals.

<https://hawaiiuardohana.org/personal-finance-counselors.php>