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## Plan My Move Booklet for Fort George G. Meade

### Overview



Location

Located in Maryland, midway between the cities of Baltimore, Annapolis and Washington, DC, Fort George G. Meade lies four miles east of Interstate 95 and one-half mile east of the Baltimore-Washington Parkway, between Maryland State Routes 175 and 198. Fort Meade is situated within the communities of Odenton, Laurel, Severn, and Columbia. The base operator's phone number is 301-677-6529 or DSN 312-622-6529.

### History

Fort George G. Meade became an Army installation in 1917. The post was named for Major General George Gordon Meade, whose defensive strategy at the Battle of Gettysburg proved a major factor in turning the tide of the Civil War in favor of the North. Fort Meade was an important training center during World Wars I and II. Its ranges and other facilities were used by more than 3,500,000 men between 1942 and 1946. In August 1990, Fort Meade began processing Army Reserve and National Guard units from several states for the presidential call-up in support of Operation Desert Shield. For more information, go to the [Fort George G. Meade web page](#).

### Mission

A federal campus providing world class service, Fort Meade is a part of the Northeast Region Installation Management Activity (NERO) with the mission of providing support, in all forms, to all military-affiliated personnel assigned to Fort Meade or located in the Baltimore-Washington corridor, including the National Security Agency and the Defense Information School.

### Population Served

Fort Meade is home to approximately 9,350 military personnel, representing all services, as well as 31,669 civilian employees. Approximately 8,100 family members reside on post and in the surrounding communities. There is also a robust retiree population that exceeds 150,000 individuals.

### Base Transportation

The shuttle service provides transportation between the Kimbrough Ambulatory Care Center, Walter Reed Army Medical Center and Bethesda Naval Hospital.

### Sponsorship

Upon receiving assignment to Fort Meade, contact the gaining unit or the Army Community Service (ACS) Relocation Office for sponsorship. We are located on Roberts Avenue in Building 4217. Our phone numbers are 301- 677-5590, DSN 312-923-5590.

### Temporary Quarters

Accommodations may be obtained at the Army Lodging main office in Brett Hall. Abrams Hall, Building 2793, provides family quarters. The facility consists of 54 units with a private bath, two double beds, microwave and refrigerator. A common use kitchen, laundry and vending machine room are on the first floor. First priority is for PCS personnel.

Bachelor Quarters give priority to TDY personnel. There are 191 rooms; of which 92 have shared baths, 55 have single private baths with microwave and refrigerator, and 44 private two room suites which include a kitchenette.

Reservations are accepted and confirmed up to 60 days in advance of arrival for TDY and PCS personnel, and seven day in advance for other visitors, if space is available. You can reach us at 301-677-6529, DSN 312-622-5884/6529.

### **Relocation Assistance**

The Relocation Readiness Program provides services necessary to support service members, DOD civilians, retirees and family members as they relocate. A lending closet is available for short term use. Newcomers orientations are provided. For further information contact us at 301-677-5590, DSN 312-923-5590.

### **Critical Installation Information**

All phone numbers on post are in the 301 area code unless otherwise indicated. Fort Meade DSN is 312-622-xxxx. Post operator can be reached at 301-677-6261. National Security Agency numbers are 301-688-xxxx. The Post Locator can be reached at 301-677-4547.

The use of hand-held mobile phones and devices (without a hands-free capability) while operating a motor vehicle is strictly prohibited on DoD installations.

## Sponsorship

Settling into your new location and your new unit takes time. [Plan My Move](#) is designed to assist you with information about your new location. Complimenting Plan My Move each of the military Services has a Sponsorship Program which is very helpful in providing new unit information. Sponsors can make your transition smoother. The purpose of the Sponsorship program is to:

- Provide a sense of belonging
- Ease the transition for inbound service members or civilians and their family members
- Increase productivity
- Reduce culture shock
- Help newcomers make informed decisions
- Cultivate new friendships
- Improve morale

A sponsor is someone from your new unit who is assigned to assist you settling into your new location. You can request a sponsor through your unit, or with help from the Relocation Assistance Program or the Family Center at your new installation.

Your Service will appoint your sponsor in writing. He/she will be the same or close to your rank and the same marital status, if at all possible. This person will be knowledgeable about the local community and the installation; available to assist you and your family for at least two weeks post arrival, and be someone who is positive and outgoing.

A sponsor's duties include:

- Contacting you and your family by letter of introduction or e-mail upon learning of your assignment to the installation.
- Following up with a personal phone call after contact has been made.
- Sending information about the installation/area which you may require, or putting you in touch with the resources on the web and at the installation that provide current, complete and up-to-date information such as those provide by the Relocation Program.
- Answering any questions which you or your family may have, or, again, providing the proper resources to answer those questions.
- Confirm transportation and lodging arrangements.
- Assisting with obtaining a Post Office Box for your mail.
- Meeting you and your family upon arrival.
- Accompanying you to your check in point for the unit.
- Introducing you to the Family Center and lending closet
- Providing essential service locations such as commissary, exchange, gas station, bank.
- Being available when you arrive at your installation to meet you, show you around, and help you through in-processing.

If you have not been assigned a sponsor, or have not been contacted as of yet, request one by contacting your gaining command or unit. If after contacting your new command you find difficulties in obtaining a sponsor, contact your Relocation Assistance Personnel for additional help with your move.

Service specific processes for requesting a Sponsor include:

- **Army and Defense Logistics Agency:** AR 600-8-8 outlines procedures for DA Form 5434, Sponsorship Program Counseling and Information Sheet. Sponsorship is mandatory for first term Soldiers. All Soldiers, private through colonel (excluding those completing advanced individual training (AIT) and those PCSing to long term schools) and civilian employees through grade 15 may participate in the advance arrival sponsorship program. Reactionary Sponsorship is available for individuals arriving at an installation without a sponsor. Contact the gaining unit to request a sponsor.

- **Air Force:** Gaining Unit Commander Support Staff/Military Personnel Element will assign a sponsor upon receipt of assignment notice. Assigned sponsor will then make contact with the inbound member.
- **Navy:** OPNAV INSTRUCTION 1740.3B prescribes procedures regarding Command Sponsor and Indoctrination Programs. This Program is designed to facilitate the adaptation of Sailors and their families into new working and living environments, to minimize the anxiety associated with a Permanent Change of Station (PCS) move, and afford Sailors and their families the greatest opportunity for a successful and productive tour of duty.

Command sponsor and indoctrination responsibilities begin upon receipt of PCS orders and continue until the Sailor has become an integral part of the new command and is fully cognizant of all policies, programs, services, and responsibilities available through the command. Commanding Officers shall establish a Command Indoctrination Program to include the delivery of the Navy Pride and Professionalism training per this instruction. COs should ensure all incoming personnel receive command indoctrination training within 30 days of arrival or within 3 drill weekends.

Enclosures (1) and (2) of OPNAVINST 1740.3B outline responsibilities and provide guidance for these programs. Assistance to local commands regarding the Command Sponsor Program is through the Fleet and Family Support Center (FFSC) Relocation Assistance Program staff.

- **Marine Corps:** Gaining Unit Commander will assign a sponsor on request. Overseas commands should assign a sponsor automatically, however if one is not assigned, send a request to the gaining command. A sample request form is available on our website that can be filled out and sent to the gaining command. See the following [website](#).

*Sponsors' responsibilities and abilities to be available will vary from installation to installation, depending upon the priority which the installation and unit commanders give to the program; however, the Services are making the Sponsorship program a priority as research has shown the many benefits of good sponsorship to service, family members and youth.*

### **Youth Sponsorship**

The Youth Sponsorship Program depends on the availability of youth who volunteer to become sponsors. The Youth Services topic should explain the Youth Sponsorship program at your new installation, but if it does not answer all of your questions, contact your Relocation Manager to inquire about the program and acquiring a youth sponsor.

## **Directions to Installation**

### **Entering Fort George G. Meade**

*Effective January 2004 until further notice:* Visitors and military personnel who do not have their vehicle registered on Fort George G. Meade must report to the Visitors Control Center located at the Reece Road and Route. 175 entrance. A military identification card, or military sponsorship is required. In addition, a valid driver's license, vehicle registration and proof of insurance are required at time of sign in.

## **Check-in Procedures**

### **Inprocessing Procedures**

Incoming Army personnel report to individual units. Upon arrival, you will enroll in "Start Right" (a one-stop inprocessing program). **Spouses are encouraged to attend.**

Incoming Navy, Air Force, Marine and civilian personnel report to individual unit/personnel office. You should enroll for "Start Right". **Spouses are encouraged to attend.**

## **Relocation Assistance**

### **Programs and Services**

While moving is always stressful, your stress can be drastically reduced if you take full advantage of the information, education, and personal assistance provided to you by the Relocation Program. This is the place to find answers and get referral to other installation resources as well as assistance with in-transit emergencies. The most important thing you can do to ensure a smooth move is to start planning early using the many Relocation Assistance program services and tools available.

*Individual PCS Planning* -- Most relocation programs offer one-on-one consultation for anyone needing assistance. In particular those making their first military move, first overseas move, or those with challenging and complex situations such as special needs family members or financial problems should call the Relocation Program for an appointment.

*Military Installations and Plan My Move* -- For managing and planning your move, use these two DoD sponsored web-based relocation tools with information on over 250 installations worldwide. You can estimate expenses, find the forms necessary for housing and household goods, keep a calendar of events and take other necessary actions to ensure a successful move.

*Loan Closet* -- Basic household goods items are available to borrow while waiting for your personal property pre-departure or upon arrival. The typical items in stock include: pots and pans, dishes, silverware, irons, ironing boards, portacribs, high chairs, and infant/toddler car seats. Generally, towels and bed linens are not available, so these should be packed in your hold baggage.

*Workshops and Briefings* -- The classes offered vary from installation to installation but you can generally find classes on buying, selling and renting smart, budgeting and finance, moving with children, general moving preparation and many other moving related topics.

*Pre-departure Briefings* -- Sometimes called Smooth Move or PCS Briefings, you and your spouse will want to attend for sure. These briefings provide essential information that can prevent you from making uninformed and costly decisions before your move.

*Settling-in Services* -- These may include welcome wagon services, local area tours with childcare often provided, or basic household items to use until your goods arrive. Overseas arrival services may include introductory language classes and cultural awareness training.

*Deployment Support* -- The Family Center assists unit family readiness groups and Ombudsman programs during the entire deployment cycle. Support includes services for special needs, classes on deployment preparation, managing finances, helping children adjust, family separation, return and reunion, and information on resources available locally and on-line.

*Foreign Born Spouse Support* -- Whether your question concerns immigration and naturalization, learning the English language or how to take local transportation, the Relocation Program provides assistance, classes and referrals.

*Emergency Assistance* -- From time-to-time emergencies occur while moving, the Relocation Program office has the resources to provide emergency financial assistance and referrals.

*Transition Assistance* -- This is a mandatory program available to assist personnel and family members when they separate from the military. The Relocation Assistance office will establish your individual transition plan and refer you to all the installation and community resources necessary to complete a successful transition.

### **Installation Specific Information**

Upon your arrival, please stop by the Army Community Service (ACS) Relocation Center located at 4217 Roberts Ave, a mile away from the commissary and post exchange. There you can check out Lending Closet items while you await shipment of your own. The Center offers the following: Pots, pans, dishes, irons, toasters, coffee makers, card tables, chairs, futons (folding mattress), cribs, high chairs, car seats, playpens. There are no linens.

Before leaving your present station, you should pack the following items; bed linens, pillows, shower curtain, alarm

clock, cleaning supplies, flashlight, towels. The Relocation Readiness Program at your losing command can assist with planning and preparing for your move.

For many here, sponsorship is not automatic. Once you receive your orders, you are encouraged to contact your gaining unit. Before you arrive, the relocation staff will be happy to assist you with all your relocation needs, to include newcomer's orientations, housing, school, lodging, child care, budgeting and employment information.

The Fort Meade Army Career Alumni Program, and the Navy Transition Assistance Program, provide advice, guidance and workshops which deal with separating personnel, job hunting, stress, etc. All separating personnel are seen one-on-one by designated personnel representatives established through PAC/PSC. The Information and Referral program links the individual in need of assistance with the appropriate agency or service that will eliminate or alleviate that need. You are strongly encouraged to visit these programs.

## **Emergency Assistance**

### **Planning for Emergencies**

#### *Important Documents/Hand Carry*

Unfortunately, emergencies can and do happen no matter how well you planned for your move. Having important information with you can help ease the frustration of an emergency. First, make sure you always have a set of orders with you when you travel, in fact it is a good idea to have several sets of orders. Keep your new command's phone number, and sponsor's number with you. Have extra cash and credit cards; having an ATM card is also a good idea. You also need to travel with car insurance information.

### **Emergency Contacts**

If you are en route to your new command, and an emergency does come up, try to find the nearest military installation for assistance. Also, the Red Cross is always available for assistance 24 hours a day. You can get the nearest Chapter's phone number in the White Pages. AAA is a good automobile service that you may want to join prior to leaving your losing command; they can assist with roadside emergency services, and towing.

### **Financial Assistance**

If emergency funds are needed en route or once you arrive, Army Emergency Relief, Navy Marine-Corp Relief, Air Force Aid, and the Red Cross can provide such funds through loans on a case-by-case basis. You may ask for Army Emergency Relief assistance at any of these agencies. Keep in mind these funds are usually granted for emergency purposes only. To assist in evaluating your needs, bring your ID card, leave papers, orders, LES, and any other useful information such as dental estimates, medical bills, funeral bills, or vehicle repair estimates which will help the counselor to make a decision regarding any types of aid for which you are applying.

After-duty-hour emergencies should call the staff duty officer at (301) 677-4805. They will serve all branches. Provides financial assistance (loans/grants) to active-duty and retired as well as their family members in times of crisis and will assist with funds for food, emergency shelter, transportation, funeral and hospital expenses. Will not assist to pay credit debts, furniture payments or POV down-payments.

## **Motor Vehicles**

### **Registration & Licensing Requirements**

Maryland State law requires you to have sufficient liability insurance and a valid driver's license in order to operate a vehicle. The term "vehicle" generally includes automobiles, motorcycles, vans, trailers and boats regularly parked or garaged overnight. Further, your vehicle must be properly registered. Even though you are in the Military, you may be required to register your vehicle in-state and obtain an in-state license within a few months of moving. Access complete information on insurance, driver's licensing, and where and how to register your vehicle by visiting the [State Department of Motor Vehicles](#) website.

### **State Laws**

You and your passengers must always wear seatbelts while driving, you will be ticketed and issued heavy fines if seatbelts are not secured. State law requires that all children under 6 years of age and 40 pounds be properly restrained in child seats. Some states also require younger, smaller children to sit in the back seat.

Motorcycles and their operators are subject to special laws. If you own and operate a motorcycle, you must comply with those laws. Visit the State Department of Motor Vehicles website for more information.

Many States and local jurisdictions have strict laws about the use of cell phones and other digital devices while driving. Research these laws on the State Department of Motor Vehicles website. Tickets will be issued and fines assessed for violating these laws. Play it safe and always use a "hands free" device if you must use a cell phone or other PDA while driving. Hands-free devices must be used while operating a motor vehicle on ALL military installations worldwide.

### **Maryland Driver's License**

The Department of Motor Vehicles (DMV) is located at Rt. 2 (Ritchie Hwy), Glen Burnie, MD. The phone number is (410) 768-7370, and hours of operation are 8:30 a.m. to 4:30 p.m., Mon. thru Fri. and the third Sat. of each month. You may also call toll free (800) 950-1682.

The DMV examines and licenses drivers, conducts driver training programs, titles/registers vehicles, issues identification cards to adult non-drivers. The DMV serves persons 16 and over. Fees vary. State residency required. Service members who retain residency in their home state are not required to obtain a Maryland driver's license.

### **Maryland Vehicle Registration**

You have 30 days, from the date you pick up your vehicle from port, to register in Maryland. You cannot have overseas tags past this 30 days.

You must register your vehicle if you intend to drive on Fort Meade. The Directorate of Emergency Services provides installation registration in Bldg 2234 Huber Road.

The telephone number is (301) 677-9625 or DSN: 622-9625. To obtain registration, bring your valid ID card, driver's license, state vehicle registration and proof of insurance to the PMO. Your name must be on the state registration, or you must bring a power of attorney or notarized letter authorizing you to register the vehicle on the owner's behalf. Hours of operation for the PMO are Monday through Friday, 9 am to 1 pm and 2 to 4 pm

### **Base Regulations**

All personnel operating a motor vehicle on post are required to comply with the provisions of Fort Meade Regulations 190 and Maryland motor vehicle laws. Post traffic regulations limit speed to 25 mph unless otherwise posted. Vehicles are required to reduce speed to 10 mph while passing troops and to maintain a minimum clearance of five feet from marching troops.

Accidents -- All vehicle accidents that occur on post must be reported to Military Police. Inquiries regarding accidents may be directed to the Military Police Traffic Branch, (301) 677-3612. Minor accidents are recorded and serve as a basis for future claims or insurance company information.

Criminal Offenses -- If vehicle operator is taken into custody for a criminal offense (i.e. drugs, firearms, larceny, vandalism), appearance before U.S. District Court (if civilian) or military commander (if military) may be required.

### **Registering Vehicles on Base**

There is a 100% vehicle check on vehicles entering Fort Meade. All visitors without vehicle identification or proper military identification cards will be denied access to the installation. First time visitors should report to the Visitors Control Center located at the Reece Road and Rt. 175 entrance. A military identification card or military sponsorship is required. In addition, a valid driver's license, vehicle registration and proof of insurance are required at time of sign-in.

### **Passports and IDs**

Report to Building 4215, Ft. Meade for passport information and assistance. Please call (301) 677-2506 for information and appointments. ID information and processing is obtained at building 4234 Huber Road. You may also call (301) 677-6031 or DSN 622-6031. The hours of operation are 7:30 a.m. to 3:30 p.m..

Customers must have proper documents such as marriage and birth certificates, DD Form 214 (as appropriate), orders and a picture ID (such as a state drivers license) to register vehicles on post. Passes to access post are not required.

## **Loan Closet**

### **Items Available**

The Loan Closet can provide temporary loans of household items while you await shipment of your own. The center offers the following items: pots, pans, dishes, irons, toasters, coffee makers, card tables, chairs, futons (folding mattresses), cribs, high chairs, and car seats.

ACS does not provide the following: bed linens, pillows, blankets, towels, shower curtains, alarm clocks, cleaning supplies and flashlights.

### **How to Borrow**

Visit the ACS Relocation Center located at 4217 Roberts Avenue (a mile away from the commissary and post exchange) to check out availability and borrow the items you need

## **Housing - Overview**

### **Government Housing**

Fort George G. Meade has transferred the entire military family housing mission to include, referral services, community housing and management, operations and maintenance of family housing to Meade-Picerne Partners, LLC. The military family housing at Fort George G. Meade has been privatized under the Army's Residential Communities Initiative program authorized by the Military Housing Privatization Act enacted into law in 1996. This authorization is intended to influence the way military families live in the future by offering safe, affordable, convenient, attractive and quality residential communities for the 21st century. Meade-Picerne Partners will finance, design, construct, manage, operate, maintain and repair privatized military family housing over the next 50 years. There are a variety of housing options available within a 20-35 minute commute of Fort Meade. There are programs available to assist military members and their families in locating off-post housing such as referral services and the Set-Aside Program.

### **Non-Government Housing**

*Housing Referral Office-(HRO)* --The HRO is your contact for any problems you may encounter such as discrimination complaints, tenant/landlord disputes, or any questions or problems about off-post housing is the HRO. The HRO will provide you a list of rentals with corresponding locator maps and give you information regarding the communities in which the rentals are located.

*DoD Automated Housing Referral Network (AHRN)*--Visit [AHRN.com](http://AHRN.com) or ask at your local housing office to learn about this DoD program that is currently available for most installations. The program allows military members and families to:

- Search listings and pictures of available rentals near military installations
- Find out about shared rentals
- List their own properties for rent to other military families
- List their homes for sale by owner (FSBO) to other military members
- Contact installation housing offices

AHRN is not currently available at all installations but the phased program is adding new installations every month. Check the AHRN [website](#) to see if your next assignment is an AHRN base and check out other features to assist you in your home search.

## **Housing - Temporary**

### **Temporary Lodging Facility**

#### **PCS Personnel Lodging**

The Fort Meade Guest House, Abrams Hall, offers a full range of temporary lodging facilities for PCS members and families. Members planning to travel and/or relocate are advised to ***make lodging reservations as soon as possible***. If planning a move during the peak PCS months (May through September), at least 30 days advance notice is recommended. Call (301) 677-5660 to make reservations. Reservations are accepted and confirmed 30 days in advance, 24 hours a day.

#### **Amenities**

The guest house (Abrams Hall), has 54 units with microwave ovens and refrigerators in each room, as well as a common kitchen, laundry and vending machine room on the first floor.

#### **TDY Personnel Lodging**

The Visiting Enlisted Quarters (VEQ) and Visiting Officers Quarters (VOQ) are located at the address listed above.

#### **Amenities**

Each room is equipped with a T.V., double bed, microfridge, worldwide telephone, and cable. Eligible patrons include active-duty/retired personnel in TDY or leave status.

The Dignitary Visitors Quarters (DVQ) is located at 4415 Llewellyn Ave; however, you must first check in at building listed above (4707 Ruffner). Amenities are same as above. Eligible patrons include active-duty/retired officers on TDY, PCS or leave status.

## **Housing - Government**

### **Military Housing**

The military family housing at Fort George G. Meade has been privatized under the Army's Residential Communities Initiative program authorized by the Military Housing Privatization Act enacted into law in 1996. This authorization is intended to influence the way military families live in the future by offering safe, affordable, convenient, attractive and quality residential communities for the 21st century. Meade-Picerne Partners will finance, design, construct, manage, operate, maintain and repair privatized military family housing over the next 50 years. There are a variety of housing options available within a 20-35 minute commute of Fort Meade.

*Availability* -- The housing on Fort Meade consists of 2612 homes. Over the next 10 years, Meade-Picerne Partners will replace 97% of the existing housing inventory on Fort Meade with new homes. Military members will continue to pay their Basic Allowance for Housing as rent for privatized military family housing. This will be accomplished by allotment from the military member's pay account to the trust organization authorized by the partnership.

Waiting times for privatized military family housing varies. We recommend you request information directly from Picerne Military Housing.

*Eligibility* -- Fort Meade houses all service branches stationed within the Baltimore/Washington corridor. Military personnel attached or assigned for duty at Fort Meade have priority over military personnel attached within a 50-mile radius to Fort Meade.

Privatized military family housing is not mandatory. Military members and their families have the option to choose privatized family housing located on-post or select from many off-post prospects.

*Application* -- Please contact Picerne Application procedures for privatized military family housing - military member needs to complete a Picerne Military Housing Application and supply the required documentation to establish eligibility. Required documentation includes Permanent Change of Station (PCS) orders, dependency verification and any other documentation applicable to his/her family needs.

*Unaccompanied/Single Military Personnel* -- Barracks accommodations vary greatly with each unit assigned. You are encouraged to request a sponsor who will tell you what amenities you may expect.

## **Household Goods - Overview**

### **Arranging Household Goods Shipments**

As soon as you are alerted to your upcoming PCS move, you can start getting your house and family ready. Clean up and get rid of junk. Hold a yard sale or take serviceable items you no longer need to a thrift shop or donate to charity. Get important family records together in one place. You can even estimate the weight of your household goods before you visit your transportation office to set up the move. If you are going overseas, you should begin to plan what items you will take in your hold baggage, in your household goods shipment and what might need to go into storage. Remember for overseas assignments electricity is different and houses are generally much smaller and cannot handle large furniture.

Set up an appointment with your transportation office as soon as you have a copy of your PCS orders. The earlier you call or visit your transportation office, the greater your chances of moving on the date you desire. The counselors will explain all your PCS move entitlements in detail. Your first decision is whether to have the government move you or whether to move yourself. There are pros and cons to each type of move. Your counselor will answer all of your questions. If you choose a government move, they will book your shipment and let you know the exact dates the movers will come. If you choose to move yourself, the counselor can assist with recommendations and tips on how to do a personal move.

#### *Automobile*

The government may ship one Privately Owned Vehicle (POV) at their expense to your new overseas location. This is handled through your transportation office. Remember to discuss your POV needs at your initial counseling session. The shipping contractor has established a [website](#) where you can track the location of your POV through the shipping process.

#### *Shipping Pets*

Planning for shipment of your pet includes researching airline requirements and quarantine and restriction laws in your new location. You will need to ask the airlines the requirements for size, weight, number of animals, kennel construction, documentation and season of the year limitations. Occasionally, small pets can be shipped on military flights but availability and regulations are always changing as well as fees. Checking the [SDDC website](#) will provide details on shipping pets.

Many international locations have strict importation laws including extended quarantines and restrictions on breeds or types of animals that can be brought into the country. Carefully research these rules as they could impact your moving schedule. Not only do overseas locations have strict rules but many locations have restrictions on dangerous dogs as well.

### **Delivery of Household Goods Shipments**

It is your responsibility to contact the transportation office as soon as you arrive at your new duty station. Let them know how you can be contacted, phone, mobile phone and e-mail. If you already have new quarters, they will help arrange delivery of your personal property shipments. Otherwise they will arrange for temporary storage until you have permanent housing.

#### *Customer Satisfaction Survey*

Once your personal property is delivered, you'll be asked to [rate the customer service](#) you received from the movers. Make sure you take the time to do this. Your feedback will make the process better for everyone.

#### *Claims*

If you have any loss or damage to your personal property you may need to file a claim. Use the front of [DD Form 1840/1840R](#) to notify the mover of any loss or damage you find at the time of delivery. If further loss or damage is discovered after the transportation provider departs, use the reverse side of the form, DD Form 1840R. You must **file DD Form 1840/1840R within 70 days of delivery**. Completing and submitting the DD Form 1840/1840R does not constitute filing a claim. A claim is separate and distinct from these forms. Your local personal property office and claims office will give you complete instructions on where and how to file DD Form 1840/1840R and your claim.

## **Household Goods - Shipping Pets**

**Pet Transportation** Whether you are moving to another state or overseas, pets are an important concern. The decision to relocate your pet should be based on:

- State/country policies on restricted breeds. Several states as well as Germany have restrictive laws regarding "fighting dog" breeds.
- Age and health of your pet.
- Climate and living conditions your new home will have and the affect it will have on your pet.
- Quarantine regulations.
- Installation or community housing requirements.

Pets are usually transported by air or personal vehicle. Plan a visit to the veterinarian to obtain a health certificate and disease inoculation documentation. Make sure your pet has a special identification tag with name, your name, and a destination address of a relative or friend. Have sufficient medications for your pet on hand during your relocation period.

When traveling by air remember that most commercial airlines do not transport pets during the summer months. FAA approved kennels are usually required for travel. Airlines reserve the right to refuse travel to any animal for any reason. Contact your airline for additional information.

If traveling by vehicle, ensure that your pet has the basic essentials such as water, treats, dishes, favorite toys, leash, bedding, and take several stretch breaks and relief breaks along the way. Nothing can waylay a trip with an animal faster than a health problem, and your pet's well-being should be of primary importance to you. Your pet will be subjected to conditions guaranteed to cause stress to your animal. A clean bill of health is an important first step in assuring your pet's ability to adjust to unfamiliar surroundings. In addition, most states and countries require recent health certificates and disease inoculation documentation before you will be allowed to cross borders, making a trip to the veterinarian mandatory. Even if you are traveling within your own state boundaries, it is a good idea to have your pet examined and inoculated. Your pet will be "out of his/her own back yard" and subject to contact with unknown animals. His chances of contracting disease or infection will greatly increase. Have your pet examined by a licensed veterinarian, preferably one who has cared for animals on a regular basis. Ask the doctor to prescribe a motion sickness pill or sedative as a preventive measure. Don't tranquilize your animal automatically. Sedated animals are more likely to develop problems. (Note: Motion sickness pills are preferable to tranquilizers). NEVER give your pet tranquilizers without your vet's approval and NEVER give an animal any medication that has been prescribed for human use. Avoid traveling with an animal during extreme weather. Exceptionally cold or hot weather can result in hyper- and hypothermia, heart failure, even death. During summer months, schedule travel for early morning or evening hours.

### **Boarding**

The Installation Guest Housing as well as the transient facilities here on Fort Meade do not allow pets of any type. Pets must be boarded either on or off post until you have obtained permanent housing. Check the yellow pages for kennels in the area.

The Pet Care Kennels on Fort Meade offer a full range of pet care services to include boarding, grooming. Contact the Pet Care Kennel at (301) 677-4059. All pets must be registered within first 10 days of arrival on post.

### **Quarantines**

There are no pet quarantines in Maryland.

## Education - General Overview

### **Public School**

There are no DoD schools in the area.

Students living on Ft. Meade and in the immediate, surrounding communities, will attend Anne Arundel County Public Schools. The Meade Feeder System includes nine elementary schools (Grades K-5), two middle schools (Grades 6-8), and one high school (Grades 9-12). Four elementary schools, the middle schools and the high school are located on the installation.

There are two other counties, in the immediate area, in which you may reside. These are Prince George's and Howard Counties. Children should register in the county of residence. If you desire to register your child in an out-of-county school, you will be required to pay a tuition fee and you may incur transportation difficulties.

### *Registration*

Parents are urged to register their children for school as soon as a servicemember arrives at Fort Meade. The Assistant Chief of Staff for Installation Management has directed that military personnel, who are parents of school age children, shall give timely notification to local schools upon arrival and prior to departure of permanent change of station.

**Notification to schools will be a required part of the in and out processing procedure.** Fort Meade Personnel Processing Branch will require all PCS personnel with accompanying school age children to provide 30 days withdrawal notice and out process through their children's school. They are to in-process through the School Liaison Office or designated area schools at the gaining installation.

### *Enrollment Documentation*

To enroll a new student, you must bring the child's birth certificate and a copy of the immunization record to school. A recent transcript/report card is also required for students enrolling from out-of-state. A student transferring from another school system in Maryland must have a Maryland transfer form. High school students entering the 12th grade should bring teacher recommendations for scholarship and college admission applications.

In addition, students in kindergarten, first, second, third, sixth, seventh, eighth, and ninth grades must have proof of a second dose of measles and one dose of mumps immunization to enter school. Students needing these immunizations can walk-in to the Kimbrough Immunization Clinic from 7:30 to 11:30 a.m. and 1 to 3:30 p.m., Mon. thru Fri. Immunizations and medical records should be brought to the clinic. Current physical exams (within one year) are required to participate in youth services and/or school sports programs.

### *Gifted and Talented Program*

Gifted and talented education programs are available to students in Grades Kindergarten through 12 throughout Maryland. State funding for these services is contained within the foundation of The Bridge to Excellence in Public Schools Act of 2002, and its precise use is determined by each local school system. Multiple criteria are reviewed to identify students who need high-end services within an authentic curriculum of rigorous performance expectations. Students under 16 years of age, having completed the seventh grade, may be eligible for College START Gifted and Talented program for academic or fine arts subjects.

### *Special Education Programs*

Anne Arundel County Public Schools offer Special Education Programs for children who are intellectually, emotionally and/or physically challenged. Placement in these programs is made through the School Team at the school and then referred to the Admission, Review and Dismissal (ARD) at the Division of Special Education. **Army/Air Force parents of children with special needs must contact the Exceptional Family Member Manager at Army Community Service 301-677-5590 prior to contacting school, Navy parents should contact Navy Fleet & Family Support Services, 301-677-9014.** The special educational program features include small class size, shorter school day, close adult supervision and guidance, and available school and community support services. The educational program focuses on the different ways students learn and provides frequent communication with parents, guardians, and the home school. Students receive individual and small group counseling, positive alternatives to suspensions, and continuous feedback and evaluation.

Students develop decision-making, communication, and self management skills which enable them to be responsible for well-being of themselves and others.

**Private School**

There are more than 60 private schools in the county offering a wide variety of programs. The Maryland Department of Education publishes a list of state approved private non-church affiliated nursery, kindergarten, child care centers, elementary and secondary schools.

**Home Schooling**

The Fort Meade Home school Group meets during the regular public school calendar year from 09:30 a.m. to 11:30 p.m., Fridays at Child and Youth Services, Building 909. Technology and physical fitness classes are instructed to home school youth, while parents meet and discuss issues specific to military home schooled families. This program is open to all home schooled Child and Youth Services (CYS) registered members ages 6-18.

## **Education - Training (College/Technical)**

### **Continuing Education**

The Army Education Services Division, located at 8601 Zimborski Avenue, provides adult continuing education programs and services for the Active and Reserve Component personnel assigned to or living within commute distance of Fort Meade. Priority is given to Active Component personnel. Adult family members, retirees and government civilians are eligible on a space available basis.

Services include educational counseling, academic advising, Army Tuition Assistance for eligible personnel, the Defense Activity for Non-Traditional Educational Services testing program, Army Personnel Tests program and the Multi-Use Learning Facility. Contact the Education Center for further information and assistance.

### **College**

Four college institutions offer post-secondary programs on Fort Meade. These college institutions have branch offices located in the Army Education Services Division:

Anne Arundel Community College offers certificate/associate degree programs. Classes are scheduled at Meade High School.

University of Maryland, University College offers upper-level undergraduate courses at Fort Meade. Classes are scheduled at Meade High School.

Bowie State University offers graduate studies.

Central Michigan University offers graduate studies.

## **Education - Local Schools**

Choosing the right school for their children is a priority for military families. This article describes excellent resources for your use in planning for your child's educational needs. Parents can find current information about public, charter and private schools by using the tools below:

### **1. How do I choose a good school?**

[Choosing a School for Your Child](#) is a U.S. Department of Education publication that will help families identify what is important in selecting a school.

[The School Visit: What to Look For, What to Ask](#) Whether you are choosing a school for the first time, or because you are in transition, this site will provide you with information about what to do and what to ask.

### **2. What schools are in my area (or in the area where I may move), and how good are they?**

Several high quality commercial tools are available to assist in making decisions about which school to choose for your child. Listed below are these website tools along with information on how you access the information and what type of information each site provides.

Both [Great Schools](#) and [School Matters](#) provide a wealth of information for parents:

- School contact information
- Distance from zip code (provide the installation zip code, or the zip code of the area where you will be living)
- Public, private or charter school designation
- Student/teacher ratios
- Free and reduced school lunch program (an estimate of economic disadvantage)
- Great Schools provides a rating of schools and a parent comment section
- Percentage of students meeting or exceeding the state standards in math, reading and language arts
- Teachers - average number of years teaching experience, % of first year teachers on the staff
- Students: Average percentage of students absent from school for more than 15 days
- Ethnic breakdown and percent of students with English as a second language
- School Matters provides college prep scores (PSAT, SAT, ACT test scores)-for high schools only
- Great Schools also provides parents the ability to rate the schools and make comments on the schools.

For both sites, the user must enter the State and zip code to find schools in the area.

SchoolQuest was developed by the [Military Child Education Coalition](#) to help military families select schools. SchoolQuest also offers an Online Library that provides resources for families in transition. At this time, the SchoolQuest data base covers 99 military installations. The Military Child Education Coalition also provides a [data base of information](#) on each State's educational system.

[The School Report Tool](#) is available from Military OneSource that list names and locations of public, public charter, private, virtual and home schooling choices around major installations. [Charter Schools](#) are nonsectarian public schools of choice that operate with freedom from many of the regulations that apply to traditional public schools. Use this site to find one in your area.

### **3. How can I help plan for a successful transition in this new school and for my child's school career?**

Parents often want to know about the availability of extra curricular activities and sports, or the availability of advanced classes. For these questions, it is best to contact the schools directly. It is important to ask the right questions. The following resources can help with these questions and others.

The [Toolkit for Parents](#) was developed by the Department of Defense, especially for Military Families. This 85 page booklet walks parents through preparing for the move and the first two weeks of school....what to ask, what to take, etc..

The [Military Impacted Association](#) has [checklists](#) available for military kids who are leaving or entering a new school.

The Military Child Education Coalition has a [checklist for transferring students](#) that will be helpful. Additionally, through [SchoolQuest](#), MCEC provides parents with the ability to develop a profile for each of their children, which then will provide them with a report on issues related to transferring to a new school district.

#### **4. Question? What happens if I need help during the school year?**

During the school year, there are always questions that parents have, such as "What is the best way to help with homework?" or "What if my child needs to see a counselor because my spouse is deployed?" Military OneSource helps with these questions and has 24/7 access. You can call them at 1-800-342-9647, connect to them at the website [Military OneSource](#), or [e-mail a consultant](#).

## **Education - Local Schools/Overseas**

### **Overseas Schools -- What You Should Know**

Moving your family from one installation to another in the U.S. can be challenging enough; but moving your family overseas presents an even more complex situation. One of the most important challenges can be summed up by this question, "Where are my children going to go to school?"

This article will provide resources to help guide military families through the many questions and decisions regarding local schools abroad.

#### **Where do I start?**

Start with the information on your new installation. Visit [Plan My Move](#) and review the installation's Education - Overview article. All of the overseas installations have dedicated a portion of the Education Overview to discussing the education options available in the local community as well as the DoD schools located on the installation, if available. Most installations overseas that allow accompanied family travel have one or more DoD schools.

#### **What is the difference between a DoD school and an international or national school?**

[DoDEA](#) is the Department of Defense Education Activity. DoDEA operates DoD schools in 12 foreign countries, Guam and Puerto Rico. All DoDEA schools are fully accredited by U.S. accreditation agencies and maintain high academic standards with well rounded educational programs.

In addition to DoDEA, the [U.S. Department of State's Office of Overseas Schools](#) mission is to promote quality educational opportunities for dependents of American citizens overseas at the elementary and secondary level. If a DoD school is not available on your installation there may be a school in the local community that is an American-Sponsored Elementary and Secondary School.

International schools are English-language schools whereas National schools are schools where courses are taught in the native language. The curriculum and grading system of an International school tends to be similar to the traditional American education system. This is a consideration if your family will be returning to the U.S. prior to your child or children graduating high school. Remember, when choosing a school it is best to try to match the school with your child's needs and expectations.

#### **Where can I find a list of International schools in the country where my family is moving?**

The Internet can be an excellent resource for finding International Schools overseas. You can find a complete directory of overseas schools on the [International Schools Services' website](#).

In addition, the [World Wide Schools](#) website is an excellent resource. From the homepage you can select the country. Once you have done this, a list of schools will appear and you can then choose which one you are interested in researching. All of the information appearing on this website is provided by the schools directly. Some of the information you may find on a school includes: a background summary about the school, the school's address, phone number, website, and even the email address of the director of the school. This information should be explored so that you can make comparisons with other International schools in the area to determine the best place for your child/children.

#### **How do I decide what school is best for my child?**

This process is much the same as it would be in the U.S. You may not have as many choices but it is important to make a list of possible schools and then begin to ask around. This is a daunting task since it is likely that there will be a language barrier. However, talk to the Relocation Personnel in the Family Center and your sponsor at your new installation who may be able to put you in touch other families with children around the same age as your child/children. Always contact the school directly and ask for references.

Once you have narrowed down your options, interview the school or schools directly. This is best done in person, if possible. Ask about: attendance, atmosphere, curriculum; grading system, tuition, accreditations, the staff and administration; as well as other practical details such as, does the school provide meals, what types of extra curricular programs are available, is there transportation, holidays and schedule, sports programs, before and after school care programs, and how is the facility maintained.

**Now that I have chosen a school, how do I successfully facilitate the transition for my child?**

A successful transition should be a priority during planning the move and once the move has been completed. The more knowledge you provide your child with, the more confident he/she will feel once he/she arrives at the new school. Allow your child to be a part of the decision making process, if he/she is old enough, and take his/her opinions into account.

[MilitaryStudent.org](http://MilitaryStudent.org) provides several valuable tools to facilitate the transition process. Although many of these tools are not geared specifically to an international move the resources provided do apply to any military student transitioning to a new school in the U.S. or overseas.

## **Employment - Overview**

### **Employment Opportunities**

Anne Arundel County has a broad employment base, though many residents commute to work in Baltimore and Washington. Within its borders are several large federal institutions, including the National Security Agency, which combines civilian and military intelligence gathering on a large campus near the Baltimore-Washington International Airport (BWI). In addition to the Naval Academy, another large federal employer is the U.S. Coast Guard.

In general, the county's economy is buoyed by high-technology communications, distribution and service industries. Growing areas are environmental technology, regional data centers and life sciences. Recent state estimates showed that 82 percent of the county's employment is in the private sector, with retail trade accounting for 23 percent and services accounting for 26 percent. Federal employment was estimated at 4 percent and state government at 5 percent.

Howard County's largest private employer is the Johns Hopkins Applied Physics Laboratory, which was founded in 1942 by the War Department and receives hundreds of millions of dollars in government grants for research on everything from guided missile systems to the Strategic Defense Initiative. Other large employers include the county school district and county government, Giant Food (which has a distribution center in Jessup), Allied Signal Technical Services Corp. (an aerospace company), the Rouse Co. (the developer of Columbia and a national force in the shopping center industry), the Ryland Group (a builder and mortgage company) and W.R. Grace & Co. (research and development).

Economic development is a consistent priority for most county officials. In recent years, they have courted site development consultants and corporate officials and most recently adopted a set of incentives to attract business. The basic idea is that residential development does not pay for itself, while businesses pay higher taxes without demanding the same amount of government services as young families concerned with education and recreation.

Another consistent issue for the business community is attracting low-wage labor. About 56 percent of people who work in Howard County live elsewhere, often because they cannot afford housing in Howard County.

## **New Parent Support Program**

### **General Program Description**

The Army New Parent Support Program (NPSP) provides intensive home visiting services to eligible Families with children prenatal to 3 years old whether they live on or off the installation. Activities and services provided include information and referral to military and civilian programs that support parents of infants and young children, such as parenting programs, respite care for children, and supervised play time for children. All activities and services provided through NPSP are voluntary and non-stigmatizing and emphasize the parents' strengths.

Goals of the Army NPSP are:

1. Contribute to mission readiness.
2. Support Family member adaptation to military life.
3. Enhance the knowledge and skills Family members need to form healthy relationships and provide safe, nurturing environments for children to prevent Family violence.
4. Foster a supportive military community for young military Families.

### **Staff Qualifications**

NPSP Home Visitor staff consists of Licensed Clinical Social Workers and Registered Nurses. All personnel will possess the knowledge, skills, and abilities necessary for their professional certification/licensure and positions. Local installation or State background checks, including Army Central Registry checks, will be completed on all personnel who provide services to parents and their children and will be updated annually.

### **Eligibility Requirements**

Families may be self-referred or referred by other agencies such as health care providers, chaplains, social service staff, command, or Family Advocacy Program (FAP) staff.

### **How to Enroll**

Interested families may contact the local Army Community Service (ACS) office, or their health care provider, for further information in the New Parent Support Program.

## **Child Care**

### **Child Development Center (CDC)**

The Fort Meade Child Development Centers provide developmentally age appropriate activities for children ages 6 weeks to 5 years of age.

*Centers on Installation* -- There are three CDC facilities on Fort Meade:

- CDC 1, which can be reached at 301-677-7568
- CDC 2, which can be reached at 301-677-6002
- CDC 3, which can be reached at 301-677-1530

*Hours of Operation* -- The CDCs are open from 6:00 am to 5:30 pm, Monday through Friday.

*Programs Offered* -- Full Day Care and hourly care is available for children 6 weeks through 5 years of age. Part Day Pre-School is offered for children 3-4 years of age.

*Eligibility* -- Child and Youth Services serves the family members (ages 6 weeks to 18 years) of Active Duty Military, DOD Civilians, DOD Contractors that are assigned to Fort Meade, and Reservist and National Guard (on active duty).

*Registration* -- Incoming personnel may contact the CDS Central Registration for information regarding child care. Registration can be accepted over the phone and placed in a projected demand status which is to be updated when the sponsor arrives. Registration date for the waiting list is based on the date the child was placed on the projected waiting list.

ID cards(s) to verify eligibility, birth certificate and up-to-date shot records are required for registration. A \$15 registration fee is due upon enrollment.

### **Family Child Care (FCC)**

FCC certifies and monitors military family members who wish to have a daycare business in their Fort Meade home. Providers must be 18 years old and have a high school diploma or GED. A monthly briefing is held for anyone interested in becoming a certified provider. Orientation training is held 6 times during the year. For more information about the FCC program, you may contact us at 301-677-1160.

### **School Age Services (SAS)**

The SAS program provides a before and after school program for children ages 6-12 years of age. SAS is designed for families with children needing care before and after school and during school closures. Participants are transported to and from Fort Meade's local elementary schools to the after school program located in building 1900 on Reece Road. . A Summer Day Camp Program is offered during the summer months.

School age care is available through the Youth Services Before and After School Program and through the Family Child Care Program. Program fees are subject to change. Please contact the Child Development Services (CDS) at 301-677-7712 for current costs.

*Summer Day Camp* -- A 9-week summer program is offered in 2 week sessions ending with a one week mini-session. Program hours are 8 a.m. to 4 p.m., Monday through Friday and is available for children 6-13 years of age. Programs include crafts, sports, field trips, songs and entertainment. Parents must provide their children lunches. Youth Services will provide snacks and drinks. Before camp care and after camp care hours (6:30a.m. to 5:30p.m.) are available. Fees are subject to change. For current fees contact CYS at 301-677-1847.

## Youth Services

### **Child and Youth Development Services**

Child and Youth Development Services is responsible for maintaining a Youth Sponsorship Program, designed to help incoming and outgoing youth adjust to a new installation by sharing information and orientation. Child and Youth Development Services Center and the Army Community Service Employment Readiness Program offer a teen employment workshop to teens which teaches teens how to fill out a resume, questions to ask and not ask on job interviews, how to dress, and how to present themselves in a professional manner. This workshop is followed by a Teen Job Fair. At the Teen Job Fair, teens have the opportunity to talk with different businesses and agencies that have paid and non-paid positions available.

Teens also work as volunteers on Fort Meade and in the local community, learning new skills and gaining experience while having fun. Teens get a positive return on their investment of time, ideas, and commitment.

Youth Services on Fort Meade offers comprehensive programs for children and teens that foster social interaction, promotes personal growth and provides children opportunities to develop educational and recreational skills. Participants must be family members of active duty or retirees, reservists, National Guard, or DoD civilians stationed at Fort Meade.

#### *Youth Center Drop-ins*

Includes game room with foosball, ping-pong, nintendo, pool tables, powder hockey, video games, TV room, children's library.

#### *Teen Center*

Offers teen lounge, library, foosball, bumper pool, stereo system, Super Nintendo, card tables and computers. The Teen Center is governed by an elected teen council and plans various activities, trips and volunteering projects.

#### *Pre-Teen Activities*

Include dances, trips, special events, pre-teen jam, and game room for ages 9-13 years. Pre-teen dances and special events cost \$2.00 for Youth Services card holders, \$3.00 for guests.

#### *Computer Use*

Will be available for use (homework, pleasure, computer games) after youths have completed basic knowledge workshop.

In addition to the many Youth Services programs and activities open to all ages, Youth Services offers several specialized teen activities. Read the "For Teens Only" section of SITES, below, for more information. Moving as a teen can be extremely difficult. When you were younger, your primary support system was your parents. And, when you moved, so did your support system. As a teen, however, your typical support system consists largely of close friends. Thus, the idea of relocating can have you feeling like you're losing your whole support system.

Here are a few coping tips from teens who have moved successfully:

First, it is not necessary to give up your current friendships. Modern technology has made it so easy to stay in touch. Granted, a phone call, letter or internet chat isn't quite the same as being there. However, these things do make it easier to keep track of each other until you are able to catch up later on. \* Remember, the friends you have now were new to you at some point in time. And, you will have the opportunity to make new friends at your next assignment. \* Don't blame your parents for the move. The military rarely makes it an option. Placing blame doesn't help anyone. Instead, look upon this as an opportunity to grow, learn, and experience a new way of life - an opportunity many other teens don't experience. \* Get involved in the process. Ask questions about schools and activities (before you arrive at your new location) so that you can take part in the decision making process. Tell your parents what you are looking for in a school/activities. Ask them to request a sponsor. Many junior and senior high schools, in addition to installation youth service programs, have peer pen pals willing to write you and tell you what you may look forward to when you move.

Now, what is it you need to know about the Fort Meade area? Well, check this out:

### **What kinds of clothes do people wear?**

Guys wear baggy jeans with sweat shorts or boxers underneath & seasonal polo shirts, college team sweat shirts, sweat suits, champion sweat/T-shirts (all of the shirts are normally oversized). Basketball, Hockey, or Soccer jerseys are popular. Name brand sneakers, like Reeboks, Nikis or Timberland boots. Hair style for guys include braids, dreads, high & tights, Afro's, bowl cuts, uncombed hair, pony tails, and the bald Michael Jordan look. Earrings are hot.

Girls are wearing mini skirts, tank mini dresses, oversized T-shirts, jeans, champion sweat shirts with oversized pants, tight mid drift shirts. Soccer & Hockey shirts, some female attire has the "blurred vision" look. Name brand sneakers, like, Reeboks, Sketchers, Nike, Vans. Also, tights, with shiny tight shirts and boots with heels. High-heeled clob knockers, and Timberland boots are also being worn. Hairstyles include braids, bleached blonde, extensions and the Toni Braxton look. Young ladies are also wearing the shimmering pastel eyeshadows/lip glossess. Poet frame eyeglasses and pastel sun shades are being worn. Earrings are hot.

### **What kind of music/radio station is popular?**

It depends on which way you swing. We listen to everything. ..Hip Hop, RAP, Go-Go, & Rock. There are a lot of radio stations in the area, you can find Hip Hop/RAP and RB/Soul on 95.5 WPGC and 96.9 WHUR, Hip Hop/RAP on 93.9 WKYS. Rock is good on 101.1 WWDC, Jazz on 105.9 FM, Country & Western on 93.1 WPOC; Pop on 106.5 WMIX. You can find every type of music in this area, just spin the dial!

### **What are the area teens into, where do they hang-out?**

It's the mall! Most area teens tend to hang out at the mall for shopping, the food court, or the arcade. Go-kart tracks and multi-plex theaters are popular. In some areas swimming pools are hot spots. Teen dances, Go-Go's, midnight bowling and skateboarding are hot....

Your local high school is a great place to hang out during football and basketball season. Also, consider joining a school club, and take some local field trips. Oh yeah, the telephone is real hot!!! To have a beeper or cell phone is prime, as long as you don t take them to school! Surfing the internet is cool, too. Making the honor roll is choice primo!

### **Are there Teen Gangs in the area?**

Not many. They tend to do petty crimes. Some small pocket gangs hang out in high school parking lots and harass the students. They sometimes try and bumrush you and take popular clothing. Select your friends carefully and try to have a buddy system while at school. Become aware of your school s safety measures. It s not a good idea to wear any kind of bandanna - you may be mistaken for someone interested in gang activity.

### **Are drugs/alcohol being used by Teens?**

Depends on who you hang with...but Marijuana, and "Blunts" (cigars mixed with drugs)have been on the rise among teens. Beer has become a drink of choice. Steer clear of that junk...a drugged mind is a cesspool of contamination...

### **What else is there to do in the area?**

MWR is a terrific resource for activities that will make your day! They have discount tickets to area movie theaters (there are many!), discount tickets to area theme parks (Kings Dominion, Bush Gardens, etc.), and they offer many exciting trips (for example, white water rafting, Orioles ball games, Ocean City beach weekends, and more). Call (301) 677-7354 to get the latest on MWR happenings.

### **When can I get a driver s license?**

Teens may get their learner's permit at age 15 1/2. Both a written and behind the wheel test must be passed before a license can be obtained. See Category: INSTALLATION, Subject area: REGULATIONS for locations of the Motor Vehicle Departments nearest your home to get the book on Maryland driving laws and to obtain your permit.

### **Where can I get information about schools, graduation requirements, activities?**

FYI...Each year selected teens represent Fort Meade and/or higher-headquarter youths and teens at conferences, summits, and special forums or focus groups providing our teens experience in speaking, planning, organizing, dealing with others, and traveling as VIP's. If you re interested in making a difference, contact Youth Services and let them know you d like to get involved!

## **Family Center**

### **Programs and Services**

A key resource on your installation and a gateway to accessing all of the resources available to you, the Army Community Services provides information, support and services to help you balance the demands of family and the military lifestyle. The Army Community Services is one part of the overall installation family support system, which is the network of agencies, programs, services, partnerships and individuals that supports your personal and family life readiness, mobilization and deployment readiness, and mobility and economic readiness. The Army Community Services should be one of you first stops upon arriving at an installation; its programs and services will be an important resource for you and your family.

*Deployment Readiness* -- Assists you during all phases of the deployment cycle. We provide programs and services to individual soldiers, civilians, and family members throughout the deployment process. We educate you on what to expect and the best ways to prepare.

*Relocation Readiness* -- Provides information, referral, resources and tools to help you with permanent change of station (PCS) moves and post-move orientations. We maintain a loan closet from which families may borrow basic household goods. We also assist you with in-transit emergencies by providing classes on move-related topics such as buying or selling homes and individual PCS planning, among others. We serve as liaison to citizenship, immigration, and multicultural diversity information, and provide outreach to waiting families.

*Personal Financial Readiness* -- A program to assist you in sustaining financial self-sufficiency. You can learn more about debt liquidation, thrift savings plans, consumer and credit issues, and predatory lending.

*Employment Readiness* -- The training and information provided can help you identify and reach your employment and career development goals, manage the challenges associated with a mobile lifestyle and develop job search skills. Assists you in acquiring skills, networks, and resources that will allow you to participate in the work force and to develop a career/work plan.

*Family Life Education* -- Provides you with information and education about a variety of life cycle issues, including parenting and relationships, among others, to help you strengthen your relationships.

*Information and Referral* -- An integral function of the family center, information and referral services can assist you in locating needed services and programs available on your installation, through civilian agencies in the local community, and connect to national resources.

Army Community Services may also provide other services, such as counseling, family advocacy, fitness and recreation programs and Exceptional Family Member support. Services vary by location.

## **Financial Assistance**

### **Cost of Living**

Because of its premier location, in the midst of the Baltimore/Washington corridor, Fort Meade is in a high cost of living area. Before you leave your losing command, it is a good idea to make an appointment with your finance staff at your losing command and budget for your move. He or she can give you guidance as far as getting advances on your pay and housing allowances, and paying these advances back.

Your finance specialist can tell you exactly what is reimbursable, and the entitlements you are allowed such as travel pay, per diem, dislocation allowance, temporary lodging expenses, advance pay, advance BHA (which has to be paid back). Don't forget to fill out a travel voucher, and keep records and receipts of all expenses incurred from the move.

You may also contact the Army Community Service/Family Service Center for financial advice through the financial management program.

### **Temporary Lodging**

First, you will need money for temporary lodging expenses. Set aside enough money to cover however many nights you plan on staying in temporary lodging, plus taxes. You are entitled to ten days of TLE (Temporary Lodging Expenses); however you must first pay the lodging bill, then get reimbursed.

### **Utility Deposits**

The next financial matter will be covering deposits for rent, utilities, and the phone. If you live on the economy, be prepared to have a deposit equal to two month's rent up front (more if you have pets) [See Community Housing Section], and money to cover all utility deposits, hook-up fees, and phone deposits. It does help sometimes to get letters of good credit from previous utility companies, and telephone companies. Sometimes this will waive or lower the deposits.

### **Dislocation Allowance**

You are entitled to DLA (Dislocation Allowance) which is equal to two months of BHA (Basic Housing Allowance). This may be collected in advance or when you arrive. Keep in mind that if advance DLA is collected, and you are unaccompanied or end up living in Government Housing, you will have to pay the DLA back!

It is advisable to take ten days house-hunting leave before you detach from your losing command; this will give you the chance to search the area for affordable housing, and know the expenses involved before you make a decision to live on the economy. When considering to live on the economy, commuting costs (metro, parking, and gas) need to be included in your budget. It is not uncommon to have a fifty mile round trip commute daily for those who think they are saving money by living further out. You should do a thorough search of available rentals and properties before you make a decision to rent or purchase.

### **Expenses to Remember**

For "first move families", when figuring moving costs, don't forget to include in your moving budget expenses such as cleaning supplies and fees, extra child care expenses, transportation of pets, kennel fees, stocking refrigerator, kitchen, and freezer, professional cleaning of carpets and drapes, refitting of carpets, drapes and rugs, fees for auto license plates, car registration, inspections, emissions checks, club memberships, home owner's association fees, clothes to accommodate all four seasons, house plants, lawn and garden supplies, telephone deposits, advance rent, security deposits, utility deposits, expenses necessary to buy and sell a home, expenses for pre-move house hunting trip, and spouse job hunting trip, transportation costs (gas and oil), lodging expenses, meals, parking, possible car rental, tolls, taxis, traveler's checks, shipping items not authorized by government expense, excess weight charges, commercial transportation, extra furniture or appliances you may need, recreation and sight-seeing expenses, and emergency expenses.

### **Financial Assistance Program**

There are many programs available to help you offset inflated costs. Financial guidance is offered to those experiencing money management difficulties or for those who wish to be in control of their finances. Consumer Affairs and Financial

Counseling service personnel can work with you to prepare a personalized budget and spending plan designed to make life easier. Army Emergency Relief is there when needed in a crisis, making loans and grants.

## **Legal Assistance**

### **Legal Services**

The Fort Meade Office of the Staff Judge Advocate provides timely, accurate advice, service and support for the Command and staff of Fort Meade and partner units. In addition, the office provides legal services and preliminary service to active-duty and retired soldiers, their family members and other individuals authorized to receive legal assistance at Fort Meade and its surrounding area.

#### *Eligibility for Legal Assistance*

The Fort Meade Legal Assistance Division provides direct, confidential legal assistance to members of the Armed Forces and their family members, retired military personnel and their family members, and survivors of members of the Army Forces who would be eligible if the service member was alive. Reserve Component personnel on active duty for thirty days or more are also entitled to legal assistance.

#### *Types of Benefits:*

1. Wills and Estate Planning
2. Legal Separations, Divorce and Child Support
3. Powers of Attorney and Notary
4. Landlord Tenant Disputes
5. Consumer Problems (Debits, Contracts, etc.)

#### *Claims Division*

The Claims Division processes several types of claims for and against the Army and is able to provide claimants with information, assistance and the proper forms to submit claims against the government. In many instances time limits apply in filing claims, so prompt action is required.

#### *Tax Assistance Center*

The Fort Meade Joint Installation Tax Assistance Center is a free service available from January through early May to all active duty and retired military personnel and their family members. Tax preparation and electronic filing assistance is provided. During the remainder of the year, assistance is provided through the Legal Assistance Office.

## **Deployment Support**

### **Family Deployment Support**

If you will be leaving your family behind for any reason, such as, training in lieu of travel, or children finishing school year, etc., there are some things you need to consider:

1. Power of attorney - this is important if a family member is left behind and has to do things in the name of the military member.
2. Family Care Plan - keep an up-to-date family care plan, with correct names, and numbers of those that may have to care for your children.
3. Copies of Order's - leave extra copies of your order's with family member.
4. Finances - make sure allotments, checkbooks, savings accounts, credit cards, etc, are accessible for family members.
5. Vehicles - Up-to-date maintenance schedule.
6. School information - Ensure that all school records are in order for transfer.
7. Contact your Relocation Assistance Program to prepare an Individual Relocation Plan.
8. Contact your local airline ticket office for unaccompanied travel arrangements for family members.

## **Health Care - Overview**

### **Moving With TRICARE**

Your [TRICARE](#) coverage is completely portable-meaning it moves with you. You're covered worldwide-both in transit to your new duty location and once you arrive-but depending on where you go you may use a different TRICARE health plan option. Additionally, you may have different steps depending on which health plan option you are using now.

#### *When Enrolled in a TRICARE Prime Option*

The TRICARE Prime options include TRICARE Prime and TRICARE Prime Remote in the United States, and TRICARE Prime Overseas and TRICARE Global Remote Overseas in regions outside of the United States. Follow these simple steps to ensure you have no break in coverage when you move.

1. Do not disenroll from your TRICARE Prime option before you move.
2. Once you arrive at your new location, update your personal information in the [Defense Enrollment Eligibility Reporting System \(DEERS\)](#) immediately.
3. Select a new primary care manager (PCM), when moving within the same region or submit a new Prime enrollment form within 30 days if you're moving to a new region.

Where you are moving will determine which Prime option you will enroll in.

### **Prime Options in the United States**

#### *TRICARE Prime*

TRICARE Prime is offered in Prime service areas-geographic areas typically located around a military treatment facility-throughout the country.

- North Region [Health Net Federal Services, Inc.](#), 1-877-TRICARE (1-877-874 2273)
- South Region [Humana Military Healthcare Services, Inc.](#) 1-800444-5445
- West Region [TriWest Healthcare Alliance](#) 1-888-TRIWEST (1-888-874-9378)

If you move to a new Prime service area, transfer your enrollment by submitting a TRICARE Prime Enrollment and PCM Change Form to your regional contractor. Be sure to include all family members who wish to use Prime on the form.

#### *TRICARE Prime Remote*

In non-Prime service areas, TRICARE offers TRICARE Prime Remote. To enroll, submit a TRICARE Prime Enrollment and PCM Change Form to your regional contractor. Any TRICARE-eligible family members living with you in a TRICARE Prime Remote area can enroll in TRICARE Prime Remote for Active Duty Family Members. Be sure to include them on the enrollment form.

### **Prime Options Outside of the United States**

#### *TRICARE Prime Overseas*

TRICARE Prime Overseas is offered in overseas areas where there are military treatment facilities or areas in which TRICARE has established a network of qualified host nation providers.

- TRICARE Europe Toll free: 1-888-777-8343; Commercial 011-49-6302-67-7432; DSN 314-496-7432 Fax Numbers: Commercial 011-49-6302-67-6374; DSN 314-496-6374 or [e-mail](#)
- TRICARE Pacific Toll free: 1-888-777-8343; Commercial 011-81-6117-43-2036; DSN: 643-2036; Remote Sites: 011-65-6-338-9277 Fax Numbers: Commercial 011-81-611-743-2037; DSN: 643-2037 or [e-mail](#)
- TRICARE Latin America & Canada (TLAC) Address: TAO-LAC, Bldg 38802, Ft Gordon GA 30905-5650; Toll free 1-888-777-8343; 1-706-787-2424; DSN: 773-2424 Fax Number 1-706-787-3024 or [e-mail](#)

If you move to an area in which TRICARE Prime Overseas is offered, transfer your enrollment by submitting a TRICARE Prime Enrollment Form to the nearest TRICARE Service Center. Command-sponsored family members who reside with you are eligible for TRICARE Prime Overseas. Be sure to include all family members who wish to use TRICARE Prime Overseas on the form.

#### *TRICARE Global Remote Overseas*

TRICARE Global Remote Overseas is a Prime option offered in designated remote overseas locations. If you move to an area in which TRICARE Global Remote Overseas is offered, you and any authorized family members living with you may enroll by submitting a TRICARE Prime Enrollment Form to the nearest TRICARE Service Center.

Before you move to another overseas area or to an area within the United States, contact the nearest TRICARE Service Center. Then, when you arrive in your new area, transfer your enrollment.

#### **When Using TRICARE Standard and Extra**

TRICARE Standard and Extra are available to family members only. Active duty service members are required to enroll in one of the Prime options described above.

TRICARE Standard and Extra are available throughout the United States and enrollment is not required. Any active duty family member who is registered in DEERS may use these programs by seeing any network or non-network providers that are authorized by TRICARE. In areas outside of the United States, active duty family members who don't want to use a Prime option may use TRICARE Standard Overseas by seeing qualified host nation provider.

If you're already using TRICARE Standard and Extra, moving is easy.

1. Once you arrive at your new location, update your personal information in the Defense Enrollment Eligibility Reporting System (DEERS) immediately.
2. Then, find TRICARE-authorized providers in your new area.

Here are a few things to remember about using TRICARE Standard and Extra in a new region

- In the U.S.: Visit your new regional contractor's Web site for a list of providers. Remember, if you see network providers, you'll be using the Extra option and pay lower copayments.
- Outside of the U.S.: Contact your TRICARE Service Center for help locating a qualified host nation provider. The TRICARE Extra option is not available in overseas areas.
- If you move to a new region, you'll have a new claims address for submitting your TRICARE claims.
- Learn your new region's prior authorization requirements because these requirements can differ by region.

#### **When Using TRICARE For Life**

TRICARE For Life-TRICARE's coverage for those who are eligible for Medicare-requires no enrollment and you'll have a smooth transition when you move. [TRICARE for Life](#) contact information: WPS TRICARE For Life, P.O. Box 7889, Madison, WI 53707-7889; 1-866-773-0404; TDD 1-866-773-0405

- Once you arrive at your new location, update your personal information in the Defense Enrollment Eligibility Reporting System (DEERS) immediately.
- Find Medicare providers in your new area.

If you move overseas, your TRICARE For Life coverage may change depending on where you move. In U.S. Territories such as Guam, Puerto Rico and the U.S. Virgin Islands, TRICARE For Life coverage works the same as the stateside program. But, in all other overseas locations, TRICARE For Life Overseas works differently because Medicare does not provide coverage in most overseas locations. Therefore, TRICARE is the primary payer. You can get care from any host nation provider and you will be responsible for TRICARE deductibles and cost shares.

Contact the TRICARE Area Office for the overseas area where you are moving or the nearest American Embassy Health Unit for assistance finding a host nation provider.

### **Getting Care Along the Way**

- Routine Medical and Dental Care-Get it before you go.

Before you move, make sure you've received any routine medical or dental care you think you might need during the time you'll be traveling. Or, delay the care until you get to your new duty location.

- Emergency Care in the United States-Call 911 or go to the nearest emergency room.

TRICARE defines emergency care as medical services provided for a sudden or unexpected medical or psychiatric condition, or the sudden worsening of a chronic (ongoing) condition that is threatening to life, limb, or sight and needs immediate medical treatment, or which has painful symptoms that need immediate relief to stop suffering. If you're traveling near a military treatment facility (MTF), you should go to the MTF or military dental treatment facility for emergency services. If you are hospitalized in a civilian facility for more than 24 hours, contact your regional contractor

- Urgent care in the United States-Coordinate with your PCM and/or regional contractor

TRICARE defines urgent care as medical care for a condition that will not result in disability or death if not treated immediately but should be treated within 24 hours to avoid further complications. If you are in a Prime program, you must coordinate urgent care with your primary care manager and/or regional contractor before receiving care. If you are in TRICARE Standard and Extra or TRICARE For Life, you can receive care as you normally would. You should, however, contact your contractor as soon as possible to coordinate any prior authorizations that are needed.

- Emergency or Urgent care Overseas-Contact closest TRICARE Area Office or TRICARE Global Remote Call Center.

You don't need prior authorization for emergency or urgent care but the TRICARE Area Office or TRICARE Global Remote Call Center will help you find the best care available in the overseas area in which you are traveling.

### **Filling Prescriptions on the Road**

You should have all your prescriptions filled before you leave, but if you need a prescription filled while you're traveling in the United States, you have several options:

- If near an MTF, fill the prescription at the MTF pharmacy.
- Find the closest TRICARE network pharmacy.
- If a network pharmacy is not available, you can visit a non-network pharmacy. In this case, you may have to pay up front for your medications and file a claim with Express Scripts, Inc., for reimbursement. For more details, visit the [TRICARE web site](#)
- The mail-order option is not recommended for a prescription you need right away, but if you'll be traveling for a long time, you can arrange for any regular prescriptions to be filled via the mail-order pharmacy.

Your pharmacy coverage is limited overseas:

- TRICARE network pharmacies are only located in the United States, Puerto Rico, Guam and the U.S. Virgin Islands. You can have prescriptions filled at host-nation pharmacies, if necessary. Host-nation pharmacies are treated the same as non-network pharmacies. If you have prescriptions filled at a host-nation pharmacy, you should expect to pay for the total amount up front and file a claim with Wisconsin Physicians Service for partial reimbursement. To learn more about pharmacy claims, visit the [TRICARE web site](#).
- To use the mail-order pharmacy overseas, the prescription must be from a U.S. licensed provider and you must have an APO or FPO address.

## **If You Have Questions**

Your regional contractors and TRICARE Area Offices are available to answer your questions. These offices are listed above. Find even more information about moving, updating DEERS, the TRICARE regions and much more at the [TRICARE web site](#).

## **Installation Specific Information**

### *Medical Care*

Kimbrough Ambulatory Care Center is not a hospital and therefore has no capability to provide emergency room and inpatient services. Persons who have an emergency are advised to call 911, or go to the closest emergency room.

Beneficiaries who have elected to enroll into TRICARE Prime will be given priority for use of Kimbrough. Active Duty personnel must enroll in TRICARE Prime. Other eligible beneficiaries who have a valid ID card including, active duty family members and retirees and their family members, may use Kimbrough Ambulatory Care Center facilities on a space available basis only.

ID Card and Patient Recording Card -- All adults and children, 10 and older, must present a valid ID card when seeking medical treatment or when picking up their medical records. The Patient Record Card (PRC) should be kept in your possession at all times so that all tests which are prescribed for you can be stamped with it. The PRC will be issued and coded by the medical treatment facility where records are kept and where you receive primary care.

DEERS -- The Defense Enrollment Eligibility Reporting System (DEERS) was designed to ensure that everyone who receives medical care in a military treatment facility is eligible for care. In accordance with AR-600-8-14, the sponsor is responsible for ensuring that his/her family members are enrolled in DEERS and to periodically check to see if an update is needed through his/her personnel section.

General Outpatient Clinic -- The General Outpatient Clinic (GOC) offers same-day appointments for minor illnesses, Monday through Friday, 7:30 am- 4:30 pm, for beneficiaries, ages 16 and older. Please bring your medical records with you. Consults from GOC are needed in order to be seen in the specialty clinics, except Optometry. The GOC does school, sports and work physical exams for ages 16 and older. During its extended hours clinic, the GOC will be located in the Internal Medicine Clinic.

Lab Service --The Laboratory operates Monday through Friday, 7:30 am - 4 pm. On weekends, holidays and after regular hours, only emergency lab procedures are performed. The lab can be reached at 301-677-8221.

Immunization Clinic -- Immunizations are available Monday through Friday, 7:30 am to 3:30 pm. Allergy shots are given Monday, Wednesday and Friday. TB tests are given Monday through Wednesday and Friday. The clinic can be reached at 301-677-8553.

Travel Clinic -- Preventive Medicine Service offers travel counseling to all active military members and their family members. Retired military families, DoD civilians traveling on official business and active duty reservists are also eligible for Travel Clinic appointments. Phone 301-677-8435.

Appointments -- Same Day appointments are made through our Nurse Triage telephone lines. The hours of operation are 6:30 am until 7:30 pm, Monday through Friday and 7:30 am to 3 pm, weekends and holidays.

Call 301-677-8606 or 410-674-8858 for Active Duty Sick Call and Adult Triage. Call 301-677-8036 or 410-674-8857 for Pediatric Triage. Routine or follow-up appointments should be made through Sierra Military Health Services at 888-999-5195 Monday through Friday from 6 a.m. until 8 p.m. and Saturday 6:30 a.m. to 5:30 p.m.

TRICARE Health Benefits Advisor (HBA) -- The TRICARE Health Benefits Advisor can advise you under what circumstance statements of non-availability can be obtained, and can provide them to you. Forms and benefits books can be obtained in the TRICARE Health Benefits Office in the Patient Service Center, which is located with the Patient Administration Division (PAD). They can be reached by calling 301-677-8982

### *Pharmacy*

Prescriptions (new and refills) are dispensed from the Pharmacy to authorized health care beneficiaries. The pharmacy hours of operation are Monday through Friday, 7:30 a.m.-7 p.m. and Saturday, 8 a.m.-4 p.m.

The Pharmacy will fill prescriptions written by civilian physicians and physicians from other medical treatment facilities; however, prior to writing prescriptions, these physicians should call the pharmacy service to ensure the medications being prescribed are in the Pharmacy's formulary. Refills are available by telephone at 800-248-6337, and are ready for pick up after 11 a.m. the next day (Monday through Friday only).

*Exceptional Family Member Program (EFMP)*

The EFM Program is a mandatory enrollment program that works with military and civilian agencies to provide coordinated services for family members with special medical or educational needs. The program helps to ensure that the family member's special needs are considered in the military assignment process. The EFMP and KACC assists military families with enrollment issues, resource coordination, assignment coordination, speech evaluations and Family Member medical screenings for overseas travel. You may reach the EFMP office at 301-677-8412.

## **Health Care - Special Needs**

### **Exceptional Family Member Program**

The [Exceptional Family Member Program](#) (EFMP) is mandatory for all family members who have been identified with a special medical or educational need. Enrolling in the EFMP ensures that the family member's medical needs will be considered during the assignment coordination process.

### **Military Treatment Facility**

The clinics and services available at [Military Treatment Facilities](#) vary by location. Before you move, identify the MTF that will serve you, visit the MTF's website to learn about the clinics and services available and to get relevant contact information.

### **Moving to a New TRICARE Region**

If you anticipate a move to another [TRICARE region](#), work with your local TRICARE Service Center (TSC) or case manager before your move to ensure the transition is as smooth as possible. On arrival at the new duty location, your sponsor should contact the Beneficiary Counseling and Assistance Coordinator (BCAC) or TSC to ensure the transition plans are in place and to obtain authorizations for TRICARE [Extended Care Health Option](#) (ECHO) services, if applicable.

### **Beneficiary Counseling and Assistance Coordinator (BCAC)**

All TRICARE Regional Offices and most MTFs are staffed with [BCACs](#) (formerly known as Health Benefits Advisors.) [BCACs](#) provide information, guidance and assistance on benefit options, TRICARE Prime enrollment, special authorizations, status of claims and eligibility, plus assistance with referrals and appointments. If you or your family member has a more severe medical need, contact your assigned [case manager](#).

### **Case Management**

Case management involves a team of health care professionals who help you and your family to find solutions to complex health problems. It is important to inform your case manager if you are moving as he/she will connect you with the case manager at your new location.

### **Extended Care Health Option (ECHO)**

TRICARE [ECHO](#) provides financial assistance to beneficiaries of active duty service members who qualify based on specific mental or physical disabilities. ECHO offers an integrated set of services and supplies beyond the basic TRICARE program. ECHO is administered by regional contractors in the TRICARE North, South, and West Regions and by TRICARE Regional Offices in overseas locations.

### **Transporting Medical Equipment**

Your [Installation Transportation Office](#) has special procedures to follow for the transportation of medical equipment that is necessary for medical treatment required by the sponsor or family member. Some types of medical equipment may be shipped in the same manner as Professional Books, Papers, and Equipment (PBP&E).

### **Federal and State Health Care Programs**

*Medicaid* - [Medicaid](#) pays for medical assistance for certain individuals and families with low incomes and resources. State Medicaid programs are usually administered by departments of social service or departments of medical assistance.

*Supplemental Security Income (SSI)* - [SSI](#) is a cash assistance program intended to meet basic needs for food, clothing and shelter for those who are aged, blind or disabled. It provides cash to meet basic needs for food, clothing, and shelter. Families must reapply upon each move to another state.

*Title V of the Social Security Act* - Many states have services for children with special health care needs that are funded by the Maternal and Child Health Services Block Grant, or [Title V](#). State departments of health web sites and local health departments will provide information on state health benefits for children with special health care needs. The Maternal and Child Health Bureaus' web site has Title V information organized by State that provide you with [Title V points of](#)

[contact](#) and other pertinent information.

### **Other Important Resources**

*Debt Collection Assistance Officer (DCAO)* - TRICARE has a [DCAO](#) assigned to TRICARE Regional Offices and MTFs worldwide to help beneficiaries understand and get assistance with debt collection problems related to TRICARE. Individuals who have received a notice from a collection agency or a negative credit report because of a medical or dental bill should be referred to the nearest [DCAO](#).

*Family Voices* - [Family Voices](#) is a national, grassroots clearinghouse for information and education concerning the health care of children with special health needs. Family Voices also has [State points of contacts](#) with useful links to State programs and organizations.

### **Installation Specific Information**

#### *Exceptional Family Member Program (EFMP)*

The EFM Program is a mandatory enrollment program that identifies long term medical and special education needs of family members and ensures assignment consideration of those needs when transferring.

To ensure special needs of family members are considered during assignment process, service members are required to enroll when the special needs are identified or at least nine months prior to Projected Rotation Date (PRD). This provides your detailer time to work your next assignment and consider your family member's special needs as well as your career needs and the needs of the military.

This program is open to any authorized family member who meets the following criteria:

- Physical, emotional, or other disability
- Long term chronic illness
- Long term special education needs
- Enrolled in DEERS
- Residing with sponsor

## **Education - Special Education/EIS**

### **Exceptional Family Member Program**

The [Exceptional Family Member Program](#) (EFMP) is mandatory for all family members who have been identified with a special medical or educational need. Enrolling in the EFMP ensures that the family member's medical needs will be considered during the assignment coordination process.

### **Children from Birth to Three Years of Age**

The Individuals with Disabilities Education Act (IDEA) requires all States and territories to provide [early intervention services](#) to children from birth to age three who are developmentally delayed, or who are at high risk of being developmentally delayed. Early intervention services may be provided by local school districts or health departments. There is no common name across States for the programs, but you may hear them referred to as Part C programs (because Part C is the section of the IDEA that pertains to early intervention).

The [National Early Childhood Technical Assistance Center](#) provides a list of State Part C directors and funded programs at their web site. [Military OneSource](#) can identify local early intervention programs for you.

- Parents of children who receive early intervention services should hand-carry a copy of the Individual Family Service Plan (IFSP) and most current evaluation reports to the new location.

### **Children from 3 through 21 Years of Age**

The Individuals with Disabilities Education Act (IDEA) requires all States and Territories to provide [special education services](#) to children who are from 3 through 21 year of age. Each local school district has a special education director, and each school should have a case study committee or school based committee (terms differ) that attends to special education students' needs.

Parents of children receiving special education and related services should hand-carry all pertinent school and medical documents to include their children's Individualized Education Program (IEP) and current testing and evaluation reports to the new school.

The IDEA requires that if a child transfers to a district in the same state, the receiving school must provide comparable services to those in the child's IEP from the sending district's until the new school develops and implements a new IEP. If a child transfers to another State, the receiving district must provide comparable services to those in the child's IEP from the sending district until the receiving district completes an evaluation and creates a new IEP.

### **Others who can help you:**

- **Parent Training and Information Centers** Each state is home to at least one Parent Training and Information Center (PTI). PTIs serve families of children and young adults from birth to age 22 with all disabilities: physical, cognitive, emotional, and learning. They help families obtain appropriate education and services for their children with disabilities; work to improve education results for all children; train and inform parents and professionals on a variety of topics; resolve problems between families and schools or other agencies; and connect children with disabilities to community resources that address their needs. [The Technical Assistance Alliance for Parent Centers](#) provides addresses and phone number of the centers in your state.
- **STOMP (Specialized Training of Military Parents)** is a federally funded Parent Training and Information (PTI) Center established to assist military families who have children with special education or health needs. The staff of the [STOMP Project](#) are parents of children who have disabilities and have experience in raising their children in military communities and traveling with their spouses to different locations.

6316 So. 12th St.  
Tacoma, WA 98465  
253-565-2266 (v/tty)  
1-800-5-PARENT (v/tty)  
Fax: 253-566-8052  
[Email](#)

### **Installation Specific Information**

Special Education is built on the belief that all students can and will learn. It is the school system's responsibility to provide appropriate learning experiences for all students, to recognize and understand the unique nature of each student, to promote the worth and dignity of each student, and to strive for the educational success of every student. Contact Anne Arundel County Special Education Department.

As much as possible, instruction for students with disabilities will be provided in the same setting as instruction for students without disabilities. Special education requirements and accommodations will be assessed upon the child's enrollment in their neighborhood school.

The School Liaison Officer and the Army Community Service Exceptional Family Member Program Manager should be contacted upon your arrival on Fort Meade.

### **Before Your Departure**

Prior to departing your present duty station, request a copy of complete educational records including the Individual Education Plan (IEP) and **hand carry**. Meet with the teacher and review progress that has been made since last IEP review/development. Ask for suggestions that may help you and the staff here at Fort Meade develop the next plan. Hand carry a 2 month supply of medication refills or supplies your child may need. School lessons for review could be included.

## **Contact Information**

830 Chisholm Ave  
Fort Meade, MD 20755  
Phone 301-677-5590  
Phone (DSN) 312-622-5590  
Fax 301-677-2910  
Fax (DSN) 312-622-2910

[Email](#)  
[Website](#)

### **Automotive Services**

*Automotive Skills Center*  
6530-A Taylor Ave.  
Fort Meade, MD 20755  
Phone 301-677-5542  
Phone (DSN) 312-622-5542  
Fax 301-677-4310  
Fax (DSN) 312-622-4310

### **Beauty/Barber Shops**

*Exchange*  
*Towne Center, MacArthur Road at Mapes Road*  
Fort Meade, MD 20755  
Phone 410-674-7170/7171  
[Website](#)  
Monday thru Friday 9:00 am to 9:00 p.m.  
Saturday 10:00 a.m. to 6:00 p.m.  
except for Federal Holidays

### **Citizenship and Immigration Services**

*Legal Assistance*  
2257 Huber Rd.  
Fort Meade, MD 20755  
Phone 301-677-9504  
Phone (DSN) 312-622-9504

### **Commissary/Shoppette**

*Meade Shoppette/Service Station*  
*Bldg 4706 MacArthur Road*  
Fort Meade, MD 20755  
Phone 410-672-1183/1184

24 hours

### **Exceptional Family Member Program/Special Needs**

*Exceptional Family Member Program*  
830 Chisholm Avenue  
Fort Meade, MD 20755  
Phone 301-677-5590  
Phone (DSN) 312-622-5590  
Fax 301-677-2910  
Fax (DSN) 312-622-2910

### **Adult Education Centers**

*Fort Meade Education Office*  
8601 Zimborski Ave.  
Fort Meade, MD 20755-5093  
Phone 301-677-6421  
Phone (DSN) 312-622-6421

[Website](#)

### **Barracks/Single Service Member Housing**

*Quarters, TLF*  
4707 Ruffner Road  
Fort Meade, MD 20755  
Phone 301-677-6529  
Phone (DSN) 312-622-6529

### **Chapels**

*Chaplains Office*  
*6th Armoured Calvary*  
Fort Meade, MD 20755  
Phone 301-677-6865  
Phone (DSN) 312-622-3784  
Fax 301-677-6864

7a.m. to 4p.m. Monday thru Friday except Federal Holidays

### **Commissary/Shoppette**

*Commissary*  
*Towne Center, MacArthur Road at Mapes Road*  
Fort Meade, MD 20755  
Phone 301-677-7463/7465  
Phone (DSN) 312-622-7463/7465

[Website](#)

Monday thru Friday 9:00 a.m. til 9:00 p.m.  
Saturday 8:00 a.m. til 9:00 p.m.  
Sunday 9:00 a.m. til 6:00 p.m.  
except for Federal Holidays

### **Emergency Relief Services**

*Army Emergency Relief*  
830 Chisholm Avenue  
Fort Meade, MD 20755  
Phone 301-677-5590  
Phone (DSN) 312-622-5590  
Fax 301-677-2910  
Fax (DSN) 312-622-2910

[Website](#)

### **Exchange(s)**

*Exchange*  
*Towne Center, MacArthur Road at Mapes Road*  
Fort Meade, MD 20755  
Phone 410-674-7170/7171

[Website](#)

Monday thru Friday 9:00 am to 9:00 p.m.  
Saturday 10:00 a.m. to 6:00 p.m.  
except for Federal Holidays

**Family Advocacy Program**

*Family Advocacy Program*  
 830 Chisholm Avenue  
 Fort Meade, MD 20755  
 Phone 301-677-5590  
 Phone (DSN) 312-622-5590  
 Fax 301-677-2910  
 Fax (DSN) 312-622-2910

7a.m. to 4p.m. Monday thru Friday except ferederal holiday

**Finance Office**

*Defense Military Pay Office*  
 4215 - B Parsons Rd.  
 Fort Meade, MD 20755  
 Phone 301-677-7176  
 Phone (DSN) 312-622-7176  
 Fax 301-677-2107  
 Fax (DSN) 312-622-2107

[Website](#)

**Financial Institutions**

*Citizens National Bank*  
*Fort George G. Meade Branch*  
 Reece Road & McArthur Blvd.  
 Fort Meade, MD 20755  
 Phone 410-551-5300

[Email](#)

**Gymnasiums/Fitness Centers**

*Gaffney Fitness Center*  
 6630 Broadfoot Rd.  
 Fort Meade, MD 20755  
 Phone 301-677-3724  
 Phone (DSN) 312-622-3724

Monday - Friday 5:00 a.m. - 8:30 p.m.  
 Saturday, Sunday & Holidays 9:00 a.m. - 5:00 p.m.

**Household Goods/Transportation Office (inbound)**

*Personal Property Processing Office*  
 2234 Huber Road  
 Fort Meade, MD 20755  
 Phone 301-677-9639  
 Phone (DSN) 312-622-9639

**Housing Office/Government Housing**

*Housing*  
 2234 Huber Road  
 Fort Meade, MD 20755-5115  
 Phone 301-677-9390

[Website](#)

Monday thru Friday 7:00a.m. to 4:00p.m. Except Federal Holidays

**Housing Referral Office/Housing Privatization**

*Community Housing Referral and Relocation Services (CHRRS)*  
 4463 Leonard Wood Avenue  
 Fort Meade, MD 20755  
 Phone 410-305-1041 / 1-866-525-Home  
 Fax 410-672-8013

[Website](#)

**Family Center**

*Army Community Service*  
 830 Chisholm Avenue  
 Fort Meade, MD 20755  
 Phone 301-677-5590  
 Fax 301-677-2910

7 a.m. to 4 p.m. Monday thru Friday except Federal Holidays

**Financial Institutions**

*Bank of America Military Bank*  
 9800 Savage Road, Suite 6406  
 Fort Meade, MD 20755  
 Phone 301-688-6000

[Email](#)

Monday thu Friday 8:00am-3:00p.m. except Federal Holidays

**Golf Courses**

*Golf Course*  
*Mapes Rd.*  
 Fort Meade, MD 20755  
 Phone 301-677-4308  
 Phone (DSN) 312-622-4308

**Hospital/Medical Treatment Facility(s)**

*Kimbrough Ambulatory Care Center*  
 2480 Llewellyn Ave.  
 Fort Meade, MD 20755-5800  
 Phone 301-677-8392  
 Phone (DSN) 312-622-8392  
 Fax 301-677-8088  
 Fax (DSN) 312-622-8088

**Household Goods/Transportation Office (outbound)**

*Personal Property Processing Office*  
 2234 Huber Road  
 Fort Meade, MD 20755  
 Phone 301-677-9639  
 Phone (DSN) 312-622-9639

**Housing Referral Office/Housing Privatization**

*Picerne Military Housing*  
 4463 Leonard Wood Avenue  
 Fort Meade, MD 20755  
 Phone 410-672-4570 / 1-866-525-HOME

[Website](#)

**Information and Referral Services**

*Information, Referral and Follow-up Program*  
 4217 Roberts Avenue  
 Fort Meade, MD 20755-5070  
 Phone 301-677-5590  
 Phone (DSN) 312-622-5590  
 Fax 301-677-2910  
 Fax (DSN) 312-622-2910

**Legal Services/JAG**

*Legal Assistance*  
 2257 Huber Rd.  
 Fort Meade, MD 20755  
 Phone 301-677-9504  
 Phone (DSN) 312-622-9504

**Loan Closet**

*Relocation Readiness Program*  
 830 Chisholm Avenue  
 Fort Meade, MD 20755  
 Phone 301-677-5590  
 Phone (DSN) 312-622-5590  
 Fax 301-677-2910  
 Fax (DSN) 312-622-2910  
[Email](#)  
[Website](#)  
 Mon-Fri 07:30 am -3:30 pm (Except Federal Holidays)

**Personal Financial Management Services**

*Consumer Affairs and Financial Readiness Program*  
 4217 Roberts Avenue  
 Fort Meade, MD 20755-5070  
 Phone 301-677-5590  
 Phone (DSN) 312-622-5590  
 Fax 301-677-2910

**Relocation Assistance Program**

*Relocation Readiness Program*  
 830 Chisholm Avenue  
 Fort Meade, MD 20755  
 Phone 301-677-5590  
 Phone (DSN) 312-622-5590  
 Fax 301-677-2910  
 Fax (DSN) 312-622-2910  
[Email](#)  
[Website](#)  
 Mon-Fri 07:30 am -3:30 pm (Except Federal Holidays)

**Retirement Services**

*Army Career and Alumni Program (ACAP)*  
 2234 Huber Road  
 Fort Meade, MD 20755  
 Phone 301-677-2227  
 Phone (DSN) 312-622-2227

**School Liaison Office/Community Schools**

*Fort Meade School Liaison Officer*  
 1900 Reece Road  
 Fort Meade, MD 20755-5067  
 Phone 301-677-1227  
 Phone (DSN) 312-622-1227  
 Fax 301-677-1598  
[Email](#)  
[Website](#)

**Library**

*Library*  
 4418 Llewellyn Ave.  
 Fort Meade, MD 20755  
 Phone 301-677-5522  
 Phone (DSN) 312-622-5522

7a.m to 4p.m. Monday thru Friday except federal holidays

**New Parent Support Program**

*Family Advocacy Program*  
 830 Chisholm Avenue  
 Fort Meade, MD 20755  
 Phone 301-677-5590  
 Phone (DSN) 312-622-5590  
 Fax 301-677-2910  
 Fax (DSN) 312-622-2910

7a.m. to 4p.m. Monday thru Friday except ferederal holiday

**Relocation Assistance Program**

*Relocation Assistance*  
 830 Chisholm Ave  
 Fort Meade, MD 20755  
 Phone 301-677-5590 / 301-677-5590  
 Phone (DSN) 312-622-5590  
 Fax 301-677-2910  
[Email](#)

**Retirement Services**

*Retirement and Insurance Services*  
 9800 Savage Rd.  
 Ft. Meade, MD 20755-6839  
 Phone 410-859-6188  
 Fax 410-684-7500

**School Age Care**

*Child and Youth Development Services*  
 1900 Reece Road  
 Fort Meade, MD 20755  
 Phone 301-677-1847  
 Phone (DSN) 312-622-1847  
 Fax 301-677-1518

**Spouse Education, Training and Careers**

*Employment Readiness Program*  
 830 Chisholm Avenue  
 Fort Meade, MD 20755  
 Phone 301-677-5590  
 Phone (DSN) 312-622-5590  
 Fax 301-677-2910  
 Fax (DSN) 312-622-2910  
[Website](#)

**Temporary Lodging/Billeting**

*Billeting Office*  
4707 Ruffner Rd.  
Ft. Meade, MD 20755  
Phone 301-677-6529  
Phone (DSN) 312-622-6529

**Veterinary Services**

*Veterinary Treatment Facility - Fort Meade*  
20th Street  
Fort Meade, MD 20755  
Phone 301-677-1300  
[Website](#)

**Youth Programs/Centers**

*Child and Youth Development Services*  
4550 Parade Field Lane  
Fort Meade, MD 20755-5078  
Phone 301-677-4808  
Phone (DSN) 312-622-4808  
Fax 301-677-5207

**Transition Assistance Program**

*Army Career Alumni Program*  
2234 Huber Road  
ATTN: IMEA-MEA-ACAP  
Ft. Meade, MD 20755  
Phone 301-677-9871/9872  
Phone (DSN) 312-622-9871/9872  
Fax 301-677-9876  
Fax (DSN) 312-622-9876  
[Email](#)

**Victim Advocate Services**

*Family Advocacy Program*  
830 Chisholm Avenue  
Fort Meade, MD 20755  
Phone 301-677-5590  
Phone (DSN) 312-622-5590  
Fax 301-677-2910  
Fax (DSN) 312-622-2910

7a.m. to 4p.m. Monday thru Friday except federal holiday

**Youth Programs/Centers**

*Youth Center*  
Ernie Pyle Road  
Fort Meade, MD 20755  
Phone 301-677-1847  
Phone (DSN) 312-622-1847  
Fax 301-677-1518

## **Major Units**

### **Baltimore MEPS**

Military Entrance Processing Station

Contact Information:

COMM: (301) 677-0189

DSN: 622-0189

### **Defense Courier Service**

Contact Information:

COM: (301) 677-6011

DSN: 622-6011

### **Headquarters U.S. Army Garrison**

Contact Information:

COM: (301) 677-2223

DSN: 622-3441

### **Headquarters Command Battalion**

Contact Information:

COM: (301) 677-2850

DSN: 622-5612

### **902nd Military Intelligence Group**

Contact Information:

COM: (301) 677-6994

DSN: 622-6994

### **Public Affairs Proponent Activity**

Contact Information:

COM: (301) 677-7271

DSN: 622-7271

### **55th Signal Company (Combat Camera)**

Contact Information:

COM: (301) 677-5342/5343

DSN: 622-5342/5343

### **70th Intelligence Wing**

Contact Information:

COM: (301) 677-0838

DSN: 622-0838

### **U.S. Army Recruiting Battalion-Baltimore**

Contact Information:

COM: (301) 677-7019

DSN: 622-7019

### **U.S. Medical Department Activity**

Contact Information:

COM: (301) 677-4171

DSN: 622-4171

### **U.S. Army Central Personnel Security Clearance Facility**

Contact Information:

See Internet address in the Installation Overview section above.

### **U.S. Army Field Band**

Contact Information:

See Internet address in the Installation Overview section above.

COM: (301) 677-6231

DSN: 622-6231

### **First United States Army - East**

Contact Information:

COM: (301) 677-7334

DSN: 622-7334

### **704th Military Intelligence Brigade**

Contact Information:

COM: (301) 677-0249

DSN: 622-0249

### **Defense Information School**

Contact Information:

COM: (301) 677-2173

DSN: 622-2173

### **NCO Academy**

Contact Information:

COM: (301) 677-2421

DSN: 622-2421

### **Naval Security Group Activity**

Contact Information:

COM: (301) 677-0351

DSN: 622-0351

### **48th Combat Support Hospital**

Contact Information:

COM: (301) 677-6579

DSN: 622-6579

### **U.S. Army 1st Recruiting Brigade**

Contact Information:

COM: (410) 677-4068

DSN: 622-4068