

ARMY FAMILY TEAM BUILDING (AFTB)

- **BLUF:** AFTB is the Army's primary readiness training program that prepares our Army Families to better manage deployment, long-term separations, and the many challenges of the military lifestyle, allowing Soldiers to stay focused on the mission.
- AFTB is a "Combat Multiplier" that strengthens the "partnership" between the Army and Family members thus improving the communication with the chain of command.
- Provides the Family members with the skills and tools to successfully maneuver through the Army system, understand the military environment and way of life, and access the many resources and services available to them.
- Active, Guard, Reserves, DA civilians, retirees, and their Family members are eligible to participate. Family members are the primary audience.
- Progressive and sequential education program of instruction that reaches young Army spouses, spouses new to the Army, as well as those with experience in the Army lifestyle.

Level I: Design to meet the needs of a Family member new to the military.

Level II: Designed for Family members with several years of experience who want to become more involved in unit and community programs.

Level III: Designed for Family members who have more experience with the Army lifestyle and are seeking to improve their leadership skills, both personally and professionally, and are willing to share life experiences with more junior Family members.

AFTB Instructor Trainings: Provides training opportunity for professional growth and development for those AFTB volunteers who want to become certified instructors.

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- Uses the Army's proven train-the-trainer approach to deliver training.
- Volunteer involvement and support is the backbone of the AFTB program.
- FY08 - 22,682 enrollments through local community classes; of these 19,160 were enlisted; 2,013 completed online AFTB classes; 5,956 Master trainers have been trained and certified since 1994.
- Promotion points are awarded to Soldiers who attend 10 hours of ACS/AFTB classroom or online training.

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Q: What type of training is available to Families to assist them to better manage and cope with the many challenges of the military lifestyle?

A: AFTB is the primary education and training mechanism for Army Families. It provides our Families with the information, knowledge, and skills to gain self-reliance and to use the community resources available to them.

Q: Who is eligible to attend this training?

A: Active, Guard, Reserves, DA civilians, retirees, and their Family members are eligible to participate. Family members are the primary audience.

Q: Where can a Family member find information on the training available?

A: Information and training is available at installation ACS AFTB offices, through the Guard and Reserve Family Programs, and also on line at www.ArmyOneSource.com

Q: Why should Family members get involved with AFTB?

A: AFTB not only prepares Families to better manage deployment, long-term separations, and the many challenges of the military lifestyle, but it also provides the opportunity to become a volunteer and training opportunities for professional growth and development.

Q: How does the Commander benefit from AFTB?

A: AFTB is a "Combat Multiplier." AFTB strengthens the "partnership" between the Army and Family members thus improving the communication with the chain of command. AFTB is a valuable asset in providing support to the Army and its Families and enhancing unit combat readiness.

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Q: How does the Soldier benefit from AFTB?

A: Soldiers who are confident their Families are taken care are more focused on the mission at hand. Families who know how to utilize Army services and programs are more confident and better able to manage the stresses of deployment and separation. Also, when the Soldier takes ten hours of ACS/AFTB or the online training he is eligible to receive promotion points.

Q: What are the elements or what is included in the AFTB training program?

A: In addition to the AFTB levels and Instructor training, AFTB also has other training programs to include:

- AFTB Master Trainer Course: Family members and volunteers are able to enhance their marketable skills by becoming DA certified Master Trainers. They learn basic and advanced skills that make them instructors / facilitators and comfortable presenting in front of a group. AFTB Master Trainers support AFAP as facilitators, teach FRG and Operation Ready Training, and support other unit training requirements.
- AFTB Senior Spouse Leadership Seminar: Designed specifically for senior spouses. This seminar is offered annually to spouses of Soldiers attending the Army War College and the Sergeant Major Academy.
- AFTB Core Volunteer Instructor: Provides training opportunities for professional growth and development for those AFTB volunteers who would like to train at a HQDA level.