

# MCTF IN ACTION

## NAVIGATING CHALLENGES AND EMBRACING OPPORTUNITIES

### LICENSURE REIMBURSEMENT PROGRAM HELPS SPOUSES KEEP THEIR CAREERS MOVING

Military spouses know that a permanent change of station (PCS) often means restarting routines—but it doesn't have to mean restarting their careers.

The Marine Corps provides resources to help spouses and 21st century military families maintain professional licenses, reduce financial barriers, and continue working after a move.

#### Military Spouse Licensure Reimbursement Program

The Marine Corps offers the Military Spouse Licensure Reimbursement Program, which reimburses up to \$1,000 for qualifying license and certification costs and up to \$1,000 for business-related relocation costs tied to a PCS move.

The program has disbursed more than \$200,000 to spouses in the past five years.

Military spouses work in a variety of careers, including:

- Healthcare
- Education
- Social Work
- Real Estate
- Cosmetology
- Self-employment and entrepreneurship



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Many of these professions offer strong portability—an important factor for families who relocate every three to five years.

The reimbursement program helps reduce the financial strain of maintaining credentials and supports both career continuity and family readiness.

For additional guidance, see [MARADMIN 074/25](#).

#### Spouse License Portability and Legal Protections

Military spouses are also

protected under the Servicemembers Civil Relief Act (SCRA) and the Military Spouse Licensing Relief Act.

These protections require states to recognize a military spouse's professional license when relocating due to PCS orders—provided the license is active and in good standing. This helps reduce:

- Repeated testing
- Additional training requirements
- Licensing delays
- Extra relocation costs

While requirements for individual states may still apply, these protections significantly improve license transferability and employment continuity.

Learn more about SCRA protections by visiting [www.militarybenefit.org/get-educated/servicemembers-civil-relief-act/](http://www.militarybenefit.org/get-educated/servicemembers-civil-relief-act/).

For assistance with spouse employment services or the reimbursement program, contact the installation [Family Member Employment Assistance Program \(FMEAP\)](#).

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# SUMMER SAFETY

TIPS TO STAY SAFE IN THE SUN AND WATER!



<p><b>DRINK LOTS OF WATER</b></p>  <p>Carry water with you and sip often. Skip alcohol when it's hot — it dries you out.</p>	<p><b>NO ALCOHOL NEAR WATER</b></p>  <p>Drinking alcohol makes it harder to swim, balance, and think clearly. It also raises your risk of drowning.</p>	<p><b>DON'T DRINK AND BOAT!</b></p>  <p>Alcohol is the #1 cause of deadly boating accidents. Boating under the influence is against the law and can mean fines or jail.</p>	<p><b>USE THE BUDDY SYSTEM</b></p>  <p>Always swim or boat with a friend or group — don't go alone.</p>
<p><b>STAY COOL</b></p>  <p>Take breaks from the sun in the shade or indoors to avoid heat exhaustion.</p>	<p><b>LEARN TO SWIM</b></p>  <p>If you're new to swimming, take lessons that match your age and skill level. If you have children, sign them up for lessons at a young age. But never leave children alone near water — even for a minute.</p>		<p><b>WEAR A LIFE JACKET</b></p>  <p>Everyone should wear a U.S. Coast Guard-approved life jacket during water activities.</p>
<p><b>PROTECT YOUR SKIN</b></p>  <p>Use sunscreen (SPF 30+), wear hats, sunglasses, and light clothing. Reapply sunscreen after swimming.</p>	<p><b>KEEP FIRST AID KIT HANDY</b></p>  <p>Pack a small kit with bandages, antiseptic, and any medications you could need.</p>	<p><b>KNOW THE WEATHER</b></p>  <p>Check forecasts before heading out. Leave the water if you see lightning or storms.</p>	



For more safety tips on the water, please check out the official website of the U.S. Coast Guard's Boating Safety Division, or the American Red Cross.

If you need to talk to someone about your alcohol use, contact your local Substance Assessment and Counseling Center (SACC).



## Use and Share These Prevention Resources

**DoW resources and tools:** Check out the Department of War's [www.prevention.mil](http://www.prevention.mil). It includes information about resources, tools, research, and policy.

**Marine Corps Interactive Suicide Prevention and Mental Fitness Resource:** This online asset provides suicide prevention and skill-building information for all Marines and families.

This is a resource users can come back to as often as they need it. Go to [www.usmc-mccs.org/mfitness](http://www.usmc-mccs.org/mfitness).

**MCCS website:** Visit the Marine Corps Community Services website ([www.usmc-mccs.org](http://www.usmc-mccs.org)) to find information about programs and resources and read articles that offer skill-building information.

**Prevention in Action— Stakeholders Training:** This self-guided online training is designed for service members and civilians who engage in prevention. Participants learn more about how and why to champion prevention.

Visit [www.mcele.usmc.mil](http://www.mcele.usmc.mil) and search Prevention in Action.

## ABOUT THE NEWSLETTER

The Marine Corps' Marine & Family Programs Division publishes MCTF in Action quarterly.

**The contents are for information only** and not intended to be a substitute for professional medical advice, diagnosis, or treatment.

To access hot links, right-click on link, copy link, and paste it into a browser window.

Visit [www.usmc-mccs.org/news/prevention](http://www.usmc-mccs.org/news/prevention) or

scan the QR code to sign up for our mailing list or view past issues.

Your address will only be used for the newsletter. Unsubscribe at any time by responding to the sender.

To suggest topics or questions, email [hqmcprevention@usmc.mil](mailto:hqmcprevention@usmc.mil).



## SMALL CHOICES CAN MAKE A BIG IMPACT

Being a Marine means staying ready—on and off duty. Two words—one less—are a simple reminder that small choices can make a big difference. Choosing to have one less drink is a direct investment in your health, performance, and career.

Alcohol misuse impacts individual Marines, unit cohesion, and overall mission readiness. Making informed decisions about alcohol supports your long-term well-being and strengthens Marine Corps Total Fitness (MCTF).

### Why It Matters

Even moderate alcohol use can:

- Disrupt sleep and slow physical recovery.
- Reduce mental focus and reaction time.
- Impair judgment and



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decision-making.

- Increase risk of injuries and accidents.
- Strain relationships with your unit and family.

Alcohol directly affects performance, safety, and resilience—both in garrison and during operations.

### Strengthening MCTF

The decision to have one less

drink strengthens every domain of MCTF:

- **Physical Fitness** – Improves recovery, endurance, and energy.
- **Mental Fitness** – Sharpens focus and decision-making.
- **Social Fitness** – Strengthens relationships and unit trust.
- **Spiritual Fitness** – Reinforces discipline, values, and

personal accountability.

Staying mission-ready is about more than physical training. It includes healthy lifestyle choices that protect your health, career, and future.

### Know When to Reach Out

If you are having difficulty cutting back on alcohol, support is available.

Talk to a fellow Marine, family member, or trusted leader. You can also contact your local [Substance Assessment and Counseling Center](#) for confidential support, education, and prevention services.

Seeking help is a sign of strength—and a step toward protecting your readiness.

One choice. One less drink. One stronger Marine. One more ready unit.

## Volunteer with Youth Sports

Volunteers are the backbone of the Warrior Athlete Readiness and Resilience (WARR)-Semper Fit youth sports program. They are influential community leaders who create positive experiences for military children and help them develop life skills through training and competition.

Without dedicated volunteers, youth sports programs would not be possible. Youth sports volunteers and coaches:

- Encourage participation.
- Improve the athlete experience.
- Strengthen local military communities.
- Serve as mentors.
- Support the Total Fitness of children.

### How to Volunteer for Youth Sports

Marine Corps installations rely on volunteers to support team and individual sports

programs for children ages 3 to 18. Coaches play a vital role by:

- Modeling positive sportsmanship.
- Teaching teamwork and accountability.
- Building resilience through winning and losing.
- Creating a safe and supportive environment.

Volunteering is an opportunity to make a meaningful impact on military families while strengthening community connections.

### Volunteer Requirements

Individuals interested in volunteering for youth sports should have:

- Knowledge or experience in the specific sport.
- An understanding of positive coaching and motivation techniques.
- The ability to commit time during the playing season.



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If additional training is needed, Marine Corps Community Services provides sport-specific training through the National Youth Sports Coaching Association.

### Get Involved

Contact your local [WARR-Semper Fit](#) program for more information about youth sports opportunities.

To learn more about volunteering in general, connect with your installation [Volunteer Program](#).

# BUILD YOUR TRIBE WITH MCCS



Marine Corps Community Services (MCCS) and other Marine Corps programs help you build a network of support.

## LEARN. LEAD. LEVEL UP —TOGETHER

Attend workshops as a team:

- Bridging the Generation Gap
- Attitudes and Actions
- Four Lenses
- Real Relationships (including Family Edition)
- Say What? (Communication workshop)
- Bond with colleagues or loved ones while gaining tools to thrive.

## WELLNESS. LEADERSHIP. CAMARADERIE IN ACTION.

Benefits of the [Single Marine Program\(SMP\)](#):

- Become an SMP unit rep: Be a voice for your unit and promote quality of life.
- Join SMP life skills workshops: Grow together—topics include finance, nutrition, and more.
- Volunteer as a team: Give back and build purpose-driven connections.
- Participate in SMP events: Create lasting bonds with peers through shared experiences.

## SUPPORT. STRENGTH. SHARED PURPOSE.

Marine Corps Community Services (MCCS) and other Marine Corps programs help you build a network of support:

- [Operational Stress Control and Readiness \(OSCAR\) Team](#): Seek out fellow Marines trained to help you build Marine Corps Total Fitness and resilience.
- [New Parent Support's Baby Boot Camp](#): Connect with other expecting Marine families and grow your parenting tribe early.



## STRONGER TOGETHER.

Benefits of playing [Intramural Sports](#):

- Find a team: Play in leagues like basketball, flag football, and soccer.
- Relieve stress together: Use sports to sharpen resilience and morale.
- Compete with purpose: Events like Battle of the Barracks build unit pride and unity.



Wherever you are in your journey, your tribe is waiting. Explore [MCCS's](#) Behavioral Health, Personal & Professional Readiness, and Semper Fit opportunities at your local installation.