



## UNIT, PERSONAL AND FAMILY READINESS PROGRAM

The Marines and Sailors of VMGR-152 can and will be called upon short notice to deploy around the world in support of a wide variety of assault support missions to include humanitarian assistance/ disaster relief, exercise and training support, and potentially combat operations. As we maintain ourselves in a state of readiness we must also ensure our families are just as ready for deployments.

While life in Japan can be a wonderful experience, it also comes with sacrifices that can create hardships for both Marines and family members. Marines take care of each other, and one tool to ensure we do so is the Unit, Personal and Family Readiness Program (UPFRP). Marines and families that are informed involved, and ready to deploy will be best prepared to balance the unique challenges of life overseas in regards to career, mission, military life, and family. Our Family Readiness Officer's (FRO) mission is to ensure we have the resources to mitigate many of the hardships we face so we are always to deploy with minimal worry about how our families at home will fare.

The VMGR-152 UPFRP will be based on four tenets:

- Official Communication: We will establish and maintain open lines of communication with Marines and family members to deliver timely and relevant information and receive ever-important feedback, while protecting operational security.
- Readiness and Deployment Support: We will educate and assist Marines and their family members to endure the rigors of military lifestyle.
- Information and Resource Referral: We will guide command members to the available resources that will develop family resiliency and enable them to thrive.
- Volunteer Management: We will include family members as active participants in a strong and cohesive support network.

The Sumo FRO is a valued member of the VMGR-152 staff and she will do everything she can to support you and your families. However, this job will not be hers alone. You have the personal responsibility to seek her out to ensure your family is ready for deployments or other unique situations that may occur in this region. Leaders need to ensure their Marines' families are just as prepared as they are for any contingency.

Every day our leaders rely on the Marines and Sailors of VMGR-152 to provide critical assault support for the Marines of III MEF. Our operational readiness and ability to succeed in the accomplishment of any mission is a direct result of our training and ability to sustain our unit and family readiness. Our families are our number one supporters; we have an obligation to ensure their preparedness for any event, readiness for their Marine or Sailor's deployment, and support for them as much as they support us.

For assistance or question about the UPFRP, please contact the Sumo Family Readiness Officer, Mrs. Heather Mota at DSN 253-3230 or e-mail [heather.mota@usmc.mil](mailto:heather.mota@usmc.mil).

Semper Fidelis,

LtCol Andrew Pushart

