

PreSep Notes Reference Sheet

This Reference Sheet is designed to be used during PreSep Counseling.
 The intent is to allow you to quickly capture local and relevant information from the course curriculum.
As topics are introduced from the 10 Steps of PreSep, mark those that are of interest to you, then cross-reference them with PreSep Resource Guide (RG)

You can find all MacDill AFB TAP-related information at www.macdillfss.com/tap

Mark if Relevant to You	Topic	Key Information
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Step 1 - Plan for Your Transition (rg 7-14)

X	Effects of a Career Change	What is going to change? How will the change impact you/your family? Consider the impact for each
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X	TAP Overview	www.macdillfss.com/tap
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TAP Core Curriculum (Classes) and Career Readiness Standards - CRS (Outcomes)

X	Curriculum: DOD Day	Mandatory for everyone
	CRS: DOD Day	u MOC Crosswalk & Post Military Financial Plan

X	Curriculum: VA Day	Mandatory for everyone
	CRS: VA Day	

X	Curriculum: DOL Day	Some exemptions: 20+ retiree / Full-time employed / Full-time Student
	CRS: DOL Day	No CRS for this day

	Curriculum: Tracks	<ul style="list-style-type: none"> * Tiers 1 & 2: All Tracks Optional * Tier 3: <u>Must take at least 1 Track</u>
	CRS: Tracks	Taking Employment Track means you have a draft resume

	CRS: Continuum of Service (Sep Only)	<ul style="list-style-type: none"> * USAF: MSgt Madigan (jason.madigan.1@us.af.mil / 813-828-3059) * USA: SFC William Bake (william.m.bake.mil@army.mil) Other Branches: Contact Career Counselor or local Reserve Center
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X	Capstone	<ul style="list-style-type: none"> * Required step to record completion of TAP. * Produces DD2648
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Notes:

Step 2 - Build Your Transition Team (rg 15-20)

	Installation Resources	<ul style="list-style-type: none"> * MFRC: 813-828-0145 ** MFLC: 813-816-3601 or 813-998-4519 * Education Office: 813-828-3115 / frederick.bandy@us.af.mil
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X	Off Installation Resources	www.careeronestop.org ** www.vetcenter.va.gov ** www.militaryonesource.mil www.va.gov/vsa ** American Job Centers
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	Interagency Partners	www.dol.gov ** www.va.gov ** www.dodtap.mil ** www.sba.gov ** www.tapevents.mil
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	Support	Family, Colleagues, Mentors, Social Network ** www.acp-usa.org
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Notes:

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Step 3 - Know Your VA Benefits (pg 21-31)

X	VA Disability / BDD	Local: Email VBASPTMSCFLORIDA@va.gov or https://vets.force.com/VAVERA/s/www.va.gov/disability
	VA Health Care	What can VA support? www.va.gov/health-care
	VA Women's Health	Women's Health Transitioning Training (WHTT) ** www.va.gov/womenvet/whtt
	VA Mental Health VA Dental Health	What can VA support? www.mentalhealth.va.gov ** www.va.gov/health-care
	Personalized Career Planning Guidance	Free educational and career guidance, planning, and resources
	Veteran Education and Training	Post-9/11 GI Bill / MGIB / Education Transfers
	Veteran Readiness & Employment	Assists Veterans with a service-connected disability that limits their ability to work or prevents them from working
X	VA Life Insurance	VGLI ** TSGLI ** SGLI-DE ** VALife ** VMLI
X	State VA Benefits	www.va.gov/statedva.htm
	Vet Centers and Solid Start	Community veteran resources
	MacDill TAP VA Advisors	LaShawn Merceron: 571-461-8521 / lashawn.merceron.ctr@vatap.calibresys.com

Your Notes:

Step 4 - Plan for Health / Mental Care & Health Insurance (rg 32-43)

X	SHPE / SHA / MHA	SHPE - DOD Physical ** SHA - VA Physical ** MHA - Mental Health Assessment * Flight Medicine / Service Treatment Record
	DoD inTransition	Supports transition between mental health care providers and health care systems
	Suicide Prevention Sexual Assault	Dial 988 ** www.veteranscrisisline.net Sexual Assault Prevention Response (SAPR): 813-828-2678 or 877-995-5247
	State / Local Healthcare	www.statelocalgov.net
X	Health / Dental Insurance	www.tricare.mil *** www.benefeds.com *** www.humanmilitary.com *** www.healthcare.gov * Separating vs Retiring: what are your options?

Your Notes:

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Step 5 - Plan for Civilian Employment / Vocational Training (rg 44-57)

	DOL Employment Track	* MFRC: 813-828-0145 / 6fss.fsh.tap@us.af.mil * www.macdillfss.com/tap
	DOL C2E Track	* MFRC: 813-828-0145 / 6fss.fsh.tap@us.af.mil * www.macdillfss.com/tap
	TEAMS	*Transition Employment Assistance for Military Spouses https://www.dol.gov/agencies/vets/programs/tap
	DOL Resources	* Career One Stop (www.careeronestop.org) * O*NET (www.onetonline.org) * My Next Move for Veterans (www.mynextmove.org/vets) * Unemployment ** State Job Banks ** America Job Centers
	Skillbridge	* Education Office: 813-828-3115 *** Each branch has it's own POC / process * https://skilbridge.osd.mil
	Credentialing	https://www.cool.osd.mil *** https://milgears.osd.mil *** www.careeronestop.org/FindTraining/ *** www.onetonline.org
	Gaining Experience	* Apprenticeship *** USMAP *** Volunteering *** AmeriCorps *** Peace Corps
	USERRA	Separating and joining Reserves? Reemployment Rights Act

Notes:

Step 6 - Learn about Federal Employment (rg 58-62)

	Federal Employment	www.usajobs.gov *** www.tapevents.mil/courses *** www.fedshirevets.gov MFRC: call 828-0145 to register for our Federal Resume class
	Employment Restrictions	180-Day Restriction on DOD for Retirees 6 ARW Legal Office: 813-828-4422 *** Employment Restrictions/Ethics Video

Notes:

Step 7 - Plan for Further Education (rg 63-66)

	Education Track	* Register with MFRC: 813-828-0145 / 6fss.fsh.tap@us.af.mil * https://macdillfss.com/tap
	Education Services & Resources	Education Office: 813-828-3115 ** Transcripts

Notes:

Step 8 - Consider Starting a Business (rg 67-68)

	Entrepreneurship Track	* Register with MFRC: 813-828-0145 / 6fss.fsh.tap@us.af.mil / www.macdillfss.com/tap * www.tapevents.mil/courses * www.sba.gov/vboc * www.sba.gov/bootstobusiness * www.sam.gov (Contractor)
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Step 9 - Explore Additional Informaiton & Benefits (rg 69-79)

	Separation Pay	<ul style="list-style-type: none"> * Do you owe the govt money? * Do you have any earned entitlements? * When will your final pay be deposited?
	TSP	MFRC Financial Counselors: 813-828-0145 <ul style="list-style-type: none"> * Do you want to leave it, roll it over, or withdrawal?
X	SBP (Retirees Only)	<ul style="list-style-type: none"> * USAF: Michael Glover at michael.glover.13@us.af.mil * USA: Mr Smith at 813-828-0163 * USMC: Billy Espinoza at billy.espinoza.civ@usmc.mil *** USN: Online
	Legal	6 ARW Legal Office: 813-828-4422
X	Travel / Transportation	<ul style="list-style-type: none"> * Traffic Management Office: 813-828-2600 * Retiree vs Separatee
X	Permissive TDY Terminal Leave	Local Command Section *** PTDY: All Retirees / some Separatees
	Housing Assistance	Military Housing / Rental Property / HUD / Homelessness
	Voting	<ul style="list-style-type: none"> * Voting Org Box: macdill.voting@us.af.mil * www.fvap.gov
	Adaptive Tools	Computer/Electronic Accomodations Program for those with disabilities or limitations
	AAFES, Commissary, MWR	<ul style="list-style-type: none"> * Separtees: Various Limitations * Retirees: Full access

Notes:

Step 10 - Know Where to go for Assistance (pg 80-82)

www.TAPEvents.mil/resources

Other Notes