



My Next Steps: Transition Assistance for Military Spouses



Question

Are there any programs that specifically target military spouses whose service members are preparing to transition from the military?



Answer

Leaving the military is a time of significant change for your service member and your entire family. The Department of Defense recognizes the important contributions military spouses make to the success of their service members' service. The DoD also recognizes that your continued support and involvement in transition planning and preparation can help your family have a successful transition from military to civilian life.

Recognition of the important role you play in the overall success of your military family has created opportunities for military spouses to participate in nearly all aspects of the DoD's Transition Assistance Program. As a military spouse, you are invited and encouraged to take part in TAP Transition GPS (Goals, Plans, Success) workshops, additional transition training track seminars and Individual Transition Plan development and review. You are eligible to attend transition training and access transition resources in person and online. The Marine Corps even offers in-person transition training specifically for spouses of Marines. The Marine Corps Spouse Transition and Readiness Seminar, or STARS, includes a three-hour information session on topics including family member employment and education assistance, benefits and entitlements, insurance, financial considerations and effects of a career change. If you live on or near a Marine Corps base, register for STARS by contacting the transition readiness office or the family member employment assistance office.

Regardless of your service member's branch of service, with the DoD's launch of the Military Spouse Transition Program, or MySTeP, you now have easy and quick 24/7 access to transition information and resources that are tailored for you. From the in-person transition support available on your installation or in your community to the many online resources for transition-related information and assistance, MySTeP covers everything and directs you to trusted resources that can help you find the information or help you need, when you need it.

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Looking for a program to help you, your service member and your family prepare for successful transition from the military to civilian life? Look no further than MySTeP.

Visit MySECO on Social Media



Resources at a Glance

- [DoD Transition Assistance Program](#)
- [Military Spouse Transition Program](#)



Steps to Consider

These “Steps to Consider” are not meant as a checklist. Use the suggestions to facilitate a discussion with your service member.

- Browse the MySTeP portal on the [MySECO website](#) for information and access to transition-related resources that are specifically designed for military spouses whose service members are at any stage of their military career. View the videos, and download the fact sheets for topics that are relevant to you, your service member and your family, and use them as a guide and resource to help you set and follow your transition goals and plans.
- Begin or continue to discuss your post-transition individual and family goals with your service member.
- Visit the [DoD TAP website](#) and the service-specific transition website for your service member’s branch to learn about the military’s transition training and to understand how military-sponsored transition programs can help your family be successful after transition.
- If your service member is within two years of retirement or one year of separation, [contact](#) the transition office at an installation near you to schedule participation in TAP. If you are unable to attend in-person transition training with your service member, access the [online transition curriculum](#) or the [stand-alone, online curriculum](#) for veterans or family members who do not have a Common Access Card or a Joint Knowledge Online account.
- View the Stepping Beyond section of the MySTeP website to learn about resources specifically designed for military spouses whose service members are within two years of leaving the military.
- If your service member is in the Marine Corps and you live near an installation, contact the [transition readiness office](#) or the [family member employment assistance office](#) to register for STARS.



Resources

Department of Defense and Virtual Resources

- MySTeP: <https://myseco.militaryonesource.mil/portal/mystep>
- DoD TAP: <https://www.dodtap.mil>
- DoD TAP Virtual Curriculum: https://www.dodtap.mil/virtual_curriculum.html
- Stand-alone, online training for veterans and family members who do not have a Common Access Card or a Joint Knowledge Online account: <http://jko.jten.mil/courses/tap/TGPS%20Standalone%20Training/start.html>

Locate a transition assistance office: <https://installations.militaryonesource.mil/>

- In the dropdown menu, choose “I’m looking for a program or service.” Then, type in “Transition Assistance Program” in the “I’m choosing from” text field. Next, you’ll be asked to filter by installation or zip code. After making your selection, select the “Search” button.

Branch-specific Transition Assistance Programs

- Army Transition Assistance Program (Soldier for Life, or SFL-TAP): <https://www.sfl-tap.army.mil/>, or call 800-325-4715.
- Marine Corps Transition Readiness Program: <http://www.usmc-mccs.org/index.cfm/services/career/transition-readiness/>
- Installation transition readiness office: <http://www.usmc-mccs.org/index.cfm/services/career/transition-readiness/>
- Installation family member employment assistance office: <http://www.usmc-mccs.org/index.cfm/services/career/family-member-employment-assistance/>
- STARS: <http://usmc-mccs.org/cycle/transition/>
- Navy Transition Assistance Program: https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/work-and-family-life/transition_assistance.html



Resources (cont.)

- Air Force Transition Assistance Program: <http://www.afpc.af.mil/Separation/Transition-Assistance-Program/>

Branch-specific Transition Office Locator Information

- Army Soldier for Life - Transition Assistance Program: <https://www.sfl-tap.army.mil/locations>
- Marines Corps Transition Offices: <http://www.usmc-mccs.org/MCCS/index.cfm/locations/>
- Navy Fleet and Family Support Centers:
https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/FFSC.html
- Air Force Airmen and Family Readiness Centers: [Links to <https://installations.militaryonesource.mil/>]



Notes

Related MySTeP Topics

Transition Assistance and Training

- Military-Sponsored Transition Resources and Training
- Installation Family Support Centers for Transitioning Family Members

Emotional Health Support

- Maintaining your Connection to the Military Community after Transition
- Mentoring- Sharing your Military Spouse Experience to Help your Community