

How to become a Key Spouse

The Key Spouse program is always looking for energetic spouses that would like to volunteer. There is no experience necessary—only an interest in helping people, a commitment to the program goals and a positive attitude. There is an initial one year commitment which may be renewable based on unit commander's needs. The Airman & Family Readiness Center provides initial and recurring training. If you would like more information about becoming a Key Spouse, contact your unit Commander's Section, First Sergeant, or the Airman & Family Readiness Center (A&FRC).



A&FRC
483 N. Aviation Blvd.
El Segundo, CA 90245
Phone: 310-653-5428
DSN: 633-5428

KEEP THIS SECTION

My Key Spouse(s)

Name:

Phone:

Email:

Name: _____

Phone: _____

Email: _____

Command Section: _____

First Sergeant

Name: _____

Phone: _____

Email: _____



Key Spouse Program Los Angeles Air Force Base



“When you marry an Air Force member, you really become half of the deployment team. The Key Spouse program shows that the Air Force understands that the spouse at home deserves the best resources and support available.”

How Can My Key Spouse Help?

Key Spouses are a peer-to-peer support system. Just like you, they are spouses of unit Airmen and understand the rewards and difficulties of military life. They are part of the “chain of concern”, not the “chain of command”, and are able to foster communication with unit leadership by bringing issues and concerns to the table in a neutral and constructive manner. They have extensive knowledge of unit, community programs, organizations and have the resources to get you answers to your questions.

Framework for Support

Deployments, remote tours and TDYs are a fact of life for us. Our active duty members are gone for longer periods of time than in the past and this can lead to exciting and new challenges at home. Spouses and families are not left alone during these times as they have the Key Spouse for support.

Key Spouses are volunteers appointed by their respective squadron to assist with quality of life programs and services. The Key Spouse program provides a framework for stability and support for the families by maintaining regular contact with family members and referring them to base agencies and squadron resources.

Role of the Key Spouse

The Role of the Key Spouse may include:

- Welcoming new families and spouses
- Building and fostering local support systems for unit families through outreach, education and events.
- Maintaining consistent contact with spouses and families and listens to concerns.
- Assisting families in finding and utilizing available base and community resources.
- Serving as a communication and support link between the Commander, First Sergeant and unit families.

The Role of the Key Spouse is NOT:

- To gossip— Key Spouses are bound by Privacy Act guidelines
- To counsel— Key Spouses are points of referral. They can provide you with information but are not trained counselors.
- To judge— Key Spouses understand the challenges of military life. They will listen to your concerns and refer you to helping agencies, if necessary.

Contacting your Key Spouse

Hopefully, you get to know your unit’s Key Spouses before you need them. This can be done through informal contact and through unit events. The form on the right can be filled out and given to your Key Spouse and/or to A&FRC to keep you informed of upcoming events. If, for whatever reason, you do not know who your Key Spouses are, please contact the First Sergeant or the Airman & Family Readiness Center for current information.

I Want to Stay Connected!

Please fill out information below and return to your Key Spouse.

Name: _____

Spouse’s Name & Unit: _____

Email Address: _____

Address: _____

Phone #'s: _____

The best way to reach me is (check applicable)

Cell: ____ Home: ____ Email: ____

The best time to call is: _____

Please let me know if you have any questions, concerns or ideas at this time:

Interested in being a Key Spouse? See back of this form for more information!