

## NSOMI Welcome Aboard Package



NSOMI located at Ft Bragg, NC is the Naval Detachment within the US Army Joint Special Operations Medical Training Center (JSOMTC). Students are trained to provide life saving medical treatment to the injured as a result of combat operations.

NSOMI has 100 Navy Seats/yr in the SOCM COI, though typically we train approximately 125.

The courses at JSOMTC are considered quota Army/Navy courses, consolidated within the Special Operations Community.

U.S. Army Special Operations Command (USASOC) serves as the executive agent for USSOCOM to facilitate development, coordination, and implementation of the JSOMTC.

NSOMI Staff consists of USMC Recon HM's (8403/27), SEAL/SWCC Medics (5392) and an SWCC (8425). NSOMI also has an administration / medical department with a PS1, HM2 (8404) and GS. One contractor covers our communications / internet division.

**Conduct combat medical training for Special Operations Forces: Recon Corpsman, SEAL and Surface Warfare Combatant-Craft Crewman (SWCC) Medics under U.S. Special Operations Command (USSOCOM).**

**Courses:**

- **Navy: Special Operations Combat Medic** **9 Months**
  - **8 Classes/yr 64 students per class (Navy, Army, Foreign Service)**
  - **512 students annually**
  
- **Navy: Special Operations Independent Duty Corpsman** **2 Months**
  - **22 Navy Students trained in FY-12**
  - **34 students annually**
  
- **Navy: Special Operations Combat Medical Skills Sustainment Course** **9 Days**
  - **125 Navy student trained in FY-12**

**Approximately 20 International Students trained annually**

## NSOMI Senior Enlisted Leader

### **LCDR Timothy Cruickshank, PA-C, MPAS, MSC, USN**



LCDR Cruickshank is a native of Seattle, Washington. He enlisted in the United States Navy in 1990, graduating Boot Camp in Orlando, Florida, then attending Hospitalman A school in Great Lakes, Illinois, and finally graduating from Basic Underwater Demolition SEAL school BUD/S class 182 in 1992. Cruickshank attended Joint Special Operations Medical Training 18D and was then assigned to SEAL Team 8 as a SEAL Corpsman. He completed several worldwide combat deployments and then was assigned to Naval Special Warfare Center, Coronado, California as a SEAL instructor from 1997 to 1999. He received a Bachelor of Science in Psychology from Regents College in 1999. From 2000 to 2002, he was a student at the Interservice Physician Assistant Program at Fort Sam Houston in San Antonio, Texas. In January 2002, Cruickshank graduated from the Interservice Physician Assistant Program with a Bachelors of Science in Physician Assistant Studies from the University of Nebraska and was commissions in to the United States Navy as an Ensign. In 2003, he earned a Master's of Physician Assistant Studies with an emphasis in Family Practice from the University of Nebraska.

For the next decade, he served in a variety of leadership positions. His duties have included:

- Division Officer, RTC Great Lakes, Illinois.
- Assistant Department Head, Naval Special Warfare Group Three Coronado, California.
- Branch OIC, Marine Special Operations Command (MARSOC), Marine Special Operations School (MSOS) Camp LeJeune, North Carolina.
- Medical Department Head, Naval Special Warfare Unit 2 Stuttgart, Germany.

His personal awards include the Bronze Star with Valor, Meritorious Service Medal, Navy and Marine Corps Commendations Medal (5), Navy and Marine Corps Achievement Medal (2) and various campaign medals and unit citations and he is designated as a SEAL, Fleet Marine Force Officer (FMF), Dive Medical Officer (DMO).

## NSOMI Senior Enlisted Leader

### SOC (SEAL) Lee Ames



A native of Naples, Florida, SOC Ames enlisted in the Navy in 1996, graduating boot camp in Great Lakes Illinois, and then attending Hospitalman A school in Great Lakes, Illinois, and finally graduating from Basic Underwater Demolition SEAL school BUD/s class 215 in 1998.

Ames attended Joint special Operations Medical Training and was then assigned to SEAL Team One as a SEAL Corpsman. From 1998 to 2004, he completed multiple deployments with SEAL Team One and then was assigned to Naval Special Warfare Center, Coronado, California as a SEAL instructor from 2005 to 2008. His next assignment was to Naval Special Warfare Group One Training Detachment Land Warfare instructor from 2008-2010. From 2010 to 2011, he was then assigned to Naval Special Warfare Unit Three in Bahrain where he served as a Country Engagement Officer for the Joint Special Operations Task Force- Gulf Cooperation Council. From 2011-2013, SOC Ames was also assigned to SEAL Team Five as a task unit CPO and eventually was given the opportunity as a Platoon LCPO. Upon completion as Platoon LCPO he was assigned to Naval Special Operations Medical Institute Fort Bragg, NC.

His personnel awards include the Bronze Star, Joint Service Commendation Medal, Navy and Marine Corps Commendation Medal (x2), Navy and Marine Corps Achievement Medal (x4), and various campaign medals and unit citations. SOC Ames was also selected as the Sea Sailor of the Year in 2007 while he was a BUD/s instructor.

During normal working hours (0630-1700), report with your orders, medical, dental records and last eval.

**Command Sponsor Coordinator: 859-349-0707 Cell/910-684-8007 Home – HMC Lee**

**Other numbers:**

- Quarterdeck: 910-396-7775
- Admin Department: 910-396-4240

**Command Address:** NSOMI, ATTN: AOJK-MED, 3004 Ardennes St Stop A, Fort Bragg, NC 28310-5000

**Driving Directions**

(We recommend using online map tools to determine your route)

**From I-95 (N)**

- 1 Take exit 58 for Interstate 295/US-13 N toward US-401/Newton Grove
- 2 Keep right at the fork, follow signs for Interstate 295 Future/US-401 and merge onto I-295 N
- 3 Take the US-401 S exit on the left toward Methodist University/Fayetteville
- 4 Turn left onto US-401 S/Ramsey St
- 5 Turn right onto Country Club Dr
- 6 Continue onto Pamalee Dr
- 7 Continue onto Skibo Rd
- 8 Turn right onto Yadkin Rd
- 9 Turn right onto Reilly Rd
- 10 Turn right onto Kedenburg St
- 11 Turn left onto Combat Medic Dr

**From Fayetteville Regional Airport**

- 1 Head north on Doc Bennett Rd toward Delbert Dr 0.4 mi
- 2 Turn left at Airport Rd 0.5 mi
- 3 Take the 3rd right onto I-95 BUS N/US-301N 1.4mi
- 4 Turn left at Owen Dr 3.0 mi
- 5 Continue onto All American Expy 7.7 mi
- 6 Go through gate, turn right onto Gruber
- 7 At third light turn right (Essayons St)
- 8 Left onto Kedenburg St
- 9 Turn right onto Combat Medic Dr

- **Bachelor Officer Quarters:** <http://randolphpoint.com>
- **Bachelor Enlisted Quarters:** <http://www.braggpicerne.com/pmh.html>

### **Galleys**

- **Clubs and Food:** <http://www.fortbraggmwr.com/food.php>

### **Utilities & Services**

- <http://www.fortbraggmwr.com/utilities.php>
- Department of Motor Vehicles (DMV): <http://www.ncdot.org>
- Area Transit: <http://www.ridefast.net>

**Airborne Attic (Lending Locker):** 910-907-2842 (Building 8-7006-A)

**Base Directory:** 910-396-0011

### **Medical Information**

- Tricare (South Region): 800-444-5445
- Womack Army Medical Center
- Quarterdeck/Information: 910-907-6000/6292
- Appointments: 910-907-2778 or 888-610-7420

### **Child Development**

- <http://www.fortbraggmwr.com/kidsfamily.php>
- YMCA Child Care Resource: 800-481-2151 or [www.militaryonesource.com](http://www.militaryonesource.com)

### **School Information**

- Fort Bragg School Liaison Services: 910-432-1008 (<http://www.fortbraggmwr.com/CYS/sls.htm>)
- SchoolQuest: [www.militarychild.org/military-parent/schoolquest](http://www.militarychild.org/military-parent/schoolquest)
  - Military Child Education Coalition (MECC) SchoolQuest is designed for military families and is a safe, secure online resource. It is organized so that you can access information that the MCEC has gathered to help you make decisions on future schools for your children.

### **Basic Travel Entitlements**

Pay and Allowances for travel is based on an individual, meeting specific eligibility criteria. Check with your disbursing office to determine your specific entitlements.

### **Advanced Pay and Allowance**

Advanced pay can be drawn up to 60 days prior to your move. No more than three months of advance pay can be drawn and must be approved by your Commanding Officer. The advance is normally repaid in equal installments over 12 months. In certain cases, repayment can be spread over 24 months. If an advance for rental housing is needed, an advance housing allowance may be issued by the disbursing officer. You must have already rented housing and must provide a copy of the rental agreement to document the housing costs.

### **Dislocation Allowance (DLA)**

Active Duty personnel are entitled to a Dislocation Allowance to offset some of the costs of closing one home and setting up another. These costs include rent deposits, utility hookups, etc. DLA can be drawn up to 10-days in advance.

DLA is not available to service members who:

- are without family members and are assigned to unaccompanied government quarters.
- are transferred to a new duty station or to the same geographical location.
- on separation or retirement orders.

### **Per Diem Allowance**

Refer to the Per Diem Rates chart for exact amounts.

Along with the DLA, food and lodging costs are reimbursed when making a Permanent Change of Station (PCS) move. The allowance is paid at a daily rate for you and your family members. Auto travel is at the rate of 350 miles per day (not to exceed the official authorized distance) and is used to determine how many days per diem will be paid.

Note that per diem may be drawn in advance. The Per Diem Allowance for:

- Service members is \$129 per day, plus \$96.75 per day for their spouse and each family member at least 12 years or older and \$64.50 for family members under age 12.
- Spouses who travel separately, receive \$129 per day (the per diem for other family members traveling separately is \$96.75 or \$64.50, depending on their age).
- .235 cents/mile
  - Service Member
  - Family Member (driving separately of member)

**Note:** These are not official rates.

### **Temporary Lodging Expense (TLE)**

TLE is for PCS transfers within the United States. Access FAQs and answers about TLE. TLE provides service members up to \$180 per day (for ten days) to offset temporary housing costs incurred locally, before departing for an old duty station or after reporting to a new duty station. Personnel going overseas are entitled to TLE for five days. The actual TLE is figured by a complex formula and is different in each area. You must check into your command upon arrival in order to be eligible. TLE cannot be drawn in advance.

### **Basic Allowance for Housing (BAH)**

Basic Allowance for Housing rates are set by the Per Diem, Travel and Transportation Allowance Committee.

**Again, Welcome Aboard!!!!!!**