

“Love your family. Spend time, be kind and serve one another. Make no room for regrets. Tomorrow is not promised and today is short.”

— Unknown

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Family Connection is a publication of the Fleet and Family Support Program.

The Navy’s Fleet and Family Support Program promotes the self-reliance and resilience of Sailors and their families. We provide information that can help you meet the unique challenges of the military lifestyle.

The appearance of external links in this newsletter does not constitute official endorsement on behalf of the U.S. Navy or Department of Defense.

If you have questions or comments, contact the Communications Program Specialist Timothy McGough at timothy.mcgough@navy.mil.

Visit us online at:



April is Sexual Assault Awareness and Prevention Month

Submitted by Shannon Whelan

CNIC N91 Sexual Assault Response and Prevention Program Analyst

The Sexual Assault Prevention and Response (SAPR) program promotes Sexual Assault Awareness and Prevention Month (SAAPM) every April. It is the Department of Defense’s (DOD’s) goal to construct a culture of dignity and respect that eliminates sexual assault. This year’s supporting theme is: “Eliminate Sexual Assault. Know Your Part. Do Your Part.”

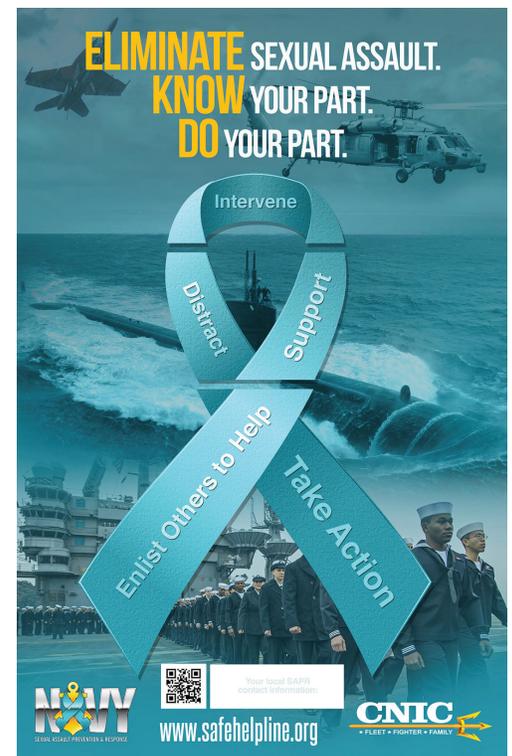
SAAPM plays a vital role in SAPR prevention education and helps create awareness of a hard-to-discuss topic. Greater exposure through the various events and activities across the Navy enterprise stimulates more visibility. SAPR Public Service Announcements (PSAs) will air on American Forces Network (AFN) channels and in Navy Exchanges (NEX) and commissaries everywhere. In addition, SAAPM social media packages and SAAPM toolkits were released to Sexual Assault Response Coordinators (SARCs), and a Commander, Navy Installations Command (CNIC) Headquarters (HQ) proclamation signing to kick off SAAPM took place on April 1, 2015.

Sexual assault negatively impacts the lives of many. Suicidal ideations, substance abuse, depression, and post-traumatic stress disorder (PTSD) are common among individuals who have experienced sexual assault. The unique military culture, which depends on loyalty, trust, and interdependence, intensifies negative outcomes for military personnel. Sexual assault erodes trust and weakens fleet readiness. Most importantly, sexual assault is a crime.

In its annual report to the president of the United States on SAPR, the Navy reported a 50 percent increase in sexual assault reporting, increasing the

overall sexual assault experience ratio from one in 10 to one in four. Awareness matters and is making a difference. Installations will be holding a variety of activities to promote education and awareness. Contact your local SARC to see how you can get involved.

Reference: Department of Defense (2014). *Annual report to the president of the United States on SAPR*. Retrieved from the web: http://www.sapr.mil/public/docs/reports/FY14_POTUS/FY14_DoD_Report_to_POTUS_SAPRO_Report.pdf.



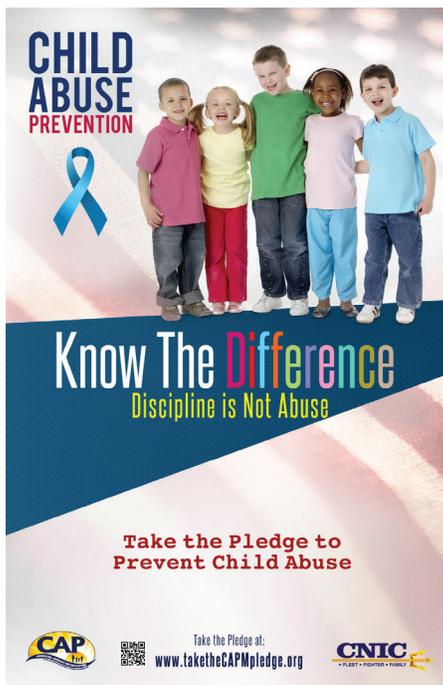
Child Abuse Prevention Month: 'Know the Difference - Discipline is not Abuse'

*Submitted by Towanda Jackson
CNIC N91 New Parent Support Program Analyst*

Child Abuse Prevention Month (CAPM) is the time that our nation remembers child victims of abuse and neglect. It is also the Month of the Military Child (MOTMC) that serves as reminder that children deserve to be safe, nurtured, and cherished.

This year's Child Abuse Prevention Month theme is "Know the Difference – Discipline is not Abuse." This theme was chosen to remind us that child discipline is a challenging responsibility and to reinforce that there is a distinct difference between child discipline and child abuse.

Case studies have shown that numerous child abuse incidents occur when parents and child caregivers discipline children. Unfortunately, many parents and child caregivers confuse discipline and abuse because they have not been taught the true purpose of child discipline.



While we are aware that there controversies about child discipline methods, the purpose for child discipline is clearly defined. Child discipline is the process for teaching children which types of behaviors are and are not acceptable. Research has shown that non-corporal methods are effective and also reduce the risk for child abuse.

Below are several child discipline guidelines for parents and child caregivers to follow when choosing child discipline methods.

- Discipline consists of punishment and reward.
- Discipline is a strategy to coach children on making good decisions and is not solely to punish.
- Discipline may involve taking away privileges, but not denying basic human rights.
- Discipline does not have to be physical.
- Corporal punishment or spanking can become more violent and harm a child.
- Parents and child caregivers for a child should all use the same discipline methods.

This year Commander, Navy Installations Command (CNIC) invites you to take a stand against child abuse. We urge you to take the CAPM pledge and share the link with other military families, civilian and military colleagues, and friends. To take the pledge, go to: www.taketheCAPMpledge.org.

To learn how to prevent child abuse and neglect go to: http://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/family_advocacy/child-abuse-prevention-month.html.



How to avoid the 'catch' in free trials

*Submitted by Fred Davis
CNIC N91 Personal Financial
Management Analyst*

Many of us enjoy watching daytime TV or listening to the radio while working around the house. All of today's media have lots of advertising; that is what pays the bills for the TV and radio stations. However, one needs to pay careful attention to advertising, regardless of however it is encountered.

Whether you are offered no- or low-cost offers to try magazine subscriptions, gym memberships, or mail-order book or DVD clubs, sometimes what you are asked to sign up for is not really free. Introductory offers can be a way to help you decide if you want to continue purchasing a product or service. However, if you do not read the fine print, you may find yourself shelling out more money for shipping, deliveries, or other orders you did not anticipate.

Do you not want to buy more than you intended, but do want to try the offer? The Federal Trade Commission (FTC) has tips on how to make sure you are really getting the trial you want and do not end up with surprise charges on your credit card.

See more at: <http://www.bbb.org/blog/2015/02/how-to-avoid-the-catch-in-free-trials/#sthash.alsFJjQS.dpuf>.

Getting out of the Navy? Check out the O*Net Online Crosswalk Tool

Submitted by *Anthony Stephens*
CNIC N91 Transition Assistance
Program Analyst

Having trouble figuring out what you want to do when you get out of the Navy? Trying to find that civilian job that takes advantage of the skills and training that you already have? Check out the online crosswalk tool from O*NET at www.onetonline.org to assist you with your job search.

Select "military" from the dropdown menu at www.onetonline.org. Then type in your Navy Enlisted Code (NEC) number or your Navy rate. For example if you were a hospital corpsman (HM) with an 8404 NEC, you can use either the HM rate or the 8404 NEC.

O*Net generates a summary report listing civilian career fields consistent with your background, along with an extensive list of job skills that you already have from your military experience. All of this information can help you narrow down your career choices or consider new job opportunities. It will also assist you in fine-tuning your professional resume. Take advantage of this free and valuable tool today!



Tornado Awareness - it could save your life

Submitted by *Heather Martin*
CNIC N91 Family Emergency Preparedness Analyst

Tornadoes are rotating, funnel-shaped clouds with strong winds that can develop out of powerful thunderstorms. They can devastate a community in seconds. Tornado season is generally March through August, but tornadoes can occur at any time and anywhere, with some areas more prone than others. It is important to be prepared.

• **Be informed** and know the terms:

- *Tornado watch:* A tornado is possible. Stay tuned to the TV or radio for information and further instructions.
- *Tornado warning:* A tornado has been spotted. Take shelter immediately.

• **Be alert** to changing weather conditions and the following danger signs:

- Dark, often greenish sky
- Large hailstones
- Dark low-lying cloud
- Loud roar, similar to freight train

• **Make a plan.** Identify a place in your home to take shelter in the event of a tornado:

- A storm shelter or basement provides the best protection.
- Otherwise, choose an interior room or hallway on the lowest floor possible.

What to do if there is a tornado, if you are:

- **In a structure:** Go to the safe room or shelter. Stay away from windows and doors. Do not open windows.
- **In a car:** Pull over and park. Never park under a bridge or overpass. Keep your seatbelt buckled and put your head down below the windows. Cover your head.
- **Outside:** Go to the closest building or shelter. If shelter is not available, lie flat in the lowest area possible. Protect your head with your arms, blanket, or jacket.

Tornadoes occur with little or no notice. Take the time now to learn about them and prepare.

For more information visit: <https://ready.navy.mil> or www.ready.gov.

Employment and Transition Corner

Updated Transition GPS website for service members and families

Wondering what happens if you don't meet Career Readiness Standards (CRS)? Or what the CRS are and why they are important? Chances are the questions you have about transitioning are shared by many other service members. To provide answers, Commander, Navy Installations Command Headquarters (CNIC HQ) redesigned their website to help you and your family.

With more than 20 questions and answers tailored to service members' experience, the new [Transition GPS for Service Members](#) page makes it easy for you "to obtain a very detailed explanation of Transition GPS," according to Mike Cheshier, Military Support Section lead at CNIC. And to find documents necessary for attending the workshops, new transition-related videos, and external websites to help you find post-military opportunities, check out the [Resources for Service Members](#) page.

The site also features a [schedules page](#) where you can find the time and dates for Transition GPS workshops, Career Tracks, and Capstone in your area, as well as upcoming job fairs.

"It truly is," Cheshier said, "a valuable resource for all who are involved in Transition."



What's going on with the Navy's EFMP?

Submitted by Lisa Davis

N91 Exceptional Family Member Program Analyst

The Navy's Exceptional Family Member Program (EFMP) is a quality-of-life program designed to provide support to Navy families with family members who have chronic medical, dental, mental health, developmental, and/or educational conditions requiring special care and services. Enrollment in the EFMP is mandatory and ensures consideration of the family's needs during the assignment process by verifying availability of necessary resources at the prospective duty station.

Navy Medicine, Navy Personnel Command (PERS-4), and Commander, Navy Installations Command (CNIC) work together to assist EFM families and provide support throughout the active duty sponsor's career.

- EFMP coordinators are located at Military Treatment Facilities (MTF) assist Sailors and families with EFMP enrollment and enrollment updates. Coordinators review and process all EFMP enrollment requests. Processing time has been reduced by recent program enhancements that allow electronic processing of EFMP enrollment and enrollment update requests via the Navy Family Accountability and Assessment System (NFAAS).
- Detailers at Navy Personnel Command (NAVPERS) consider the special needs of exceptional family members (EFMs) during the assignment process and ensure they are assigned to areas where they can access necessary resources.

- EFMP Liaisons located at Fleet and Family Support Centers (FFSC) provide EFM families with information and referral, systems navigation, non-medical case management and the development and maintenance of Individualized Services Plans (ISPs). EFMP Liaisons work closely with military and community organizations to promote and provide access to a variety of groups and activities especially tailored for EFM families. Some of the activities EFM families enjoy include support groups, play groups, educational workshops, bowling and movie days, recipe exchanges, zoo visits, theme park visits, and special areas at air shows and base events. These activities provide EFM families with tailored educational and entertainment experiences, and opportunities to build relationships with other EFM families and expand their network of support.



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Returning Warrior Workshops (RWW)

Returning Warrior Workshop Schedule and IA Family Events — www.ia.navy.mil. Click "Resources" then "IA Services."

IA Discussion Group Schedule

[View the Fleet-wide list of classes, support groups and events.](#)

Military Spouse Employment Program

Take 15 Minutes to Learn About the MyCAA Scholarship

The Department of Defense (DOD) Spouse Education and Career Opportunities (SECO) Program invites you to take 15 minutes to learn about funding your education and career goals. If you are military spouse eligible for a My Career Advancement Account (MyCAA), please attend one of the informational webinars during the months of April or May. Eligible spouses are married to a service member on Title 10 orders in pay grades E1-E5, O1-O2, or W1-W2. Find more details at <http://1.usa.gov/1ALNUci>.



Relocation Tip

Personally Procured Move (PPM) occurs when a service member chooses to pack up their own belongings instead of utilizing the moving services provided by the military.



New Spouse Orientation

New Spouse Orientation is offered as an on-demand course designed to support new Navy spouses. It provides information on benefits, support services, military culture and resources to help spouses adapt to the military lifestyle.

Contact the EFMP liaison at your local FFSC for opportunities in your area

There are many online resources available to military families. If you have a special needs family member, you will find [Military OneSource](#) an excellent place to look for information, education and resources. From the home page, click on the "Health & Relationships" tab and then "Special Needs." From here you are able to access information on topics such as family support, moving, medical, education and early intervention, financial and legal issues, adults with special needs, taking care of yourself, and respite care. In addition, hard copies of the Department of Defense (DOD) Special

Needs Parent Tool Kit, Special Care Organization Record (SCOR) for Children with Special Health Care Needs, and the *Understanding Autism Spectrum Disorders* booklet are available via this site.

EFMP information can also be found on the CNIC and Navy Personnel Command websites:

http://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/exceptional_family_member.html and <http://www.public.navy.mil/BUPERS-NPC/SUPPORT/EFM/Pages/default.aspx>.

Respite care for families enrolled in the Navy Exceptional Family Member Program (EFMP)

The U.S. Navy contracts with Child Care Aware® of America to provide respite care for Navy EFMP families. EFM children who reside in the continental United States and are assigned a Category 4 or 5 are eligible to receive 40 hours of free respite care per month, giving parents the opportunity to leave the house, go to an appointment, or just rest, knowing that their child is well-cared-for.

Once eligibility has been confirmed and space is available, Child Care Aware® connects the family with the local agency administering the Navy EFMP

respite care. This agency works individually with each family to complete the necessary application and assists in the connection to a respite care provider who will meet the family's care needs.

Caring for an exceptional family member begins with taking care of you, the primary caregiver. Call Child Care Aware® at 1-800-424-2246 to apply or to learn more about the program.

Contact the EFMP liaison at your local FFSC for further information about the program.

NWW cares for its caregivers as well as warriors

Submitted by *Patty Babb*

Navy Wounded Warrior - Safe Harbor Marketing Director

In addition to providing support to wounded, ill, and injured service members, Navy Wounded Warrior (NWW) – Safe Harbor also assists their caregivers. Though caregivers are essential to the recovery and future success of wounded warriors, too many of them are not aware of, or do not take advantage of, the many resources available to them. Therefore, NWW is recommending that all wounded warrior caregivers take part in Military Caregiver PEER Forums (Personalized Experiences, Engagement, and Resources). They are hosted by

Military Family Life Counselors (MFLC) in confidential settings at military installations throughout the country. During the forums, wounded warrior caregivers can meet and share their experiences with other families and learn about new resources. For more information, visit <http://warriorcare.dodlive.mil/caregiver-resources/> or <http://safeharbor.navylive.dodlive.mil>.



CHILD ABUSE PREVENTION



Know The Difference

Discipline is Not Abuse

**Take the Pledge to
Prevent Child Abuse**



Take the Pledge at:
www.taketheCAPMpledge.org



ELIMINATE SEXUAL ASSAULT.
KNOW YOUR PART.
DO YOUR PART.

Intervene

Distract

Support

Enlist Others to Help

Take Action



Your local SAPR
contact information:

www.safehelpline.org

