Navy observes Domestic Violence Awareness Month in October

From Commander Navy Installations Command Public Affairs

The Navy is observing National Domestic Violence Awareness Month in October as an opportunity to inform Sailors and Navy spouses about domestic violence prevention efforts as well as reporting options for victims.

Domestic violence cuts across all age groups and social classes. It happens to Sailors as well as spouses; to men as well as women.

Domestic violence goes beyond physical abuse. It includes emotional abuse such as threats, isolation, extreme jealousy and humiliation. It also includes sexual abuse. Whenever an adult is placed in physical danger or controlled by threat or use of physical force by their spouse or intimate partner, she or he has been abused. The risk for abuse is greatest when victims are separated from supportive networks.

The theme for National Domestic Violence Awareness Month this year is, "Have you crossed the line? End domestic violence before it starts."

"Our goal is to prevent domestic violence by encouraging people to examine their own behavior and take steps to learn and practice more healthy behaviors," Kathy Turner, of the Fleet and Family Support Program's Counseling Advocacy and Prevention Program, said.

Much is misunderstood about what happens when a Sailor or spouse seeks help for their relationship before domestic violence occurs. All couples have arguments. Making an appointment for couple's counseling does not automatically result in the creation of a Family Advocacy Program (FAP) case. Nor does family or couple's counseling harm one's career or security clearance.

The Defense Department changed the question on its long-standing security clearance form referencing an applicant's mental health history. As of 2008, Standard Form 86, the Questionnaire for National Security Positions no longer asks for mental health treatment details if the care involved only marital, family or grief counseling, not related to violence by the applicant, unless the treatment was court-ordered.

Another myth is that counseling is only sought by people who have been arrested or are filing for divorce. Through counseling, however, adults can learn to treat their partners with compassion and respect and avoid manipulation and criticism, even during arguments.

Professional services of licensed counselors are available free of charge at Fleet and Family Support Centers. These are available to active duty and their family members – even Sailors who are unmarried can have couple's counseling with their partners.

A variety of courses that teach healthy relationship skills are also available at Fleet and Family Support Centers. These include anger management and conflict resolution. These are also free and available to both active duty military and spouses.

"These services are available because the Navy believes so strongly in the importance of the prevention of abusive behavior," Turner said.

Turner has a simple message to those who are considering asking for help. Don't wait.

"Sailors who succeed with their careers and their families have the strength to ask for help before a problem gets out of hand," Turner said. "The Navy knows this, which is why they provide places to get help."

Help is also available for victims of domestic abuse.

There are two types of reporting options, restricted and unrestricted. Restricted reports do not involve military chain of command or law enforcement. Unrestricted reports will include some type of investigation by command and or law enforcement. Both options make available to victims the full range of advocacy, medical and counseling services.

Speak with a counselor of victim advocate at a local Fleet and Family Support Center or a healthcare provider at a military treatment facility about restricted and unrestricted reporting options for domestic violence. If you think you may be a victim of domestic violence, contact the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or visit your installation Fleet and Family Support Center for information on available resources.

NPC representatives educate CFAY Sailors on Perform to Serve

By MCSA Michael Mulcare, Navy Public Affairs Support Element Japan

Representatives from Navy Personnel Command (NPC), finished a two-day visit to Commander Fleet Activities Yokosuka, (CFAY) Sept. 23 where they spent time to better inform Navy Counselors (NC) and Sailors about the Perform to Serve (PTS) program.

According to Chief of Naval Personnel Vice Adm. Mark Ferguson, the PTS program is an essential piece in ensuring the Navy holds onto top Sailors and meets manning standards.

"The Perform to Serve program is a vital element of our Navy's total force strategy, providing an opportunity to keep our best and brightest Sailors in order to meet future fleet and manpower requirements," Ferguson said in an interview earlier this year.

NPC representatives spent time at CFAY stressing to Sailors the many changes that have been implemented in the PTS program.

PTS is a force-shaping tool that assists the Navy in managing billets by allowing the most qualified Sailors to reenlist. Currently it affects all E-6 and below Sailors with 14 years or less time in service.

"Basically every sailor up to an E-6 with 14 years of service is going to be affected by the PTS program," said Master Chief Navy Counselor John Leavitt. "It's affecting so many people. It's very important that everybody understands the timeline and their options so they hit that timeline at the correct time."

Leavitt said it's important that Sailors start thinking about this 15-month timeline. They need to be thinking about it just like they think about their nine-month window for their negotiation of orders.

"At nine months we know we need to negotiate with the detailer, at 15 months we need to know it's time to get our PTS in," said Leavitt. "If I can get every Sailor to understand that, along with the retention teams and leadership, then we are going to be very prepared in the Navy to take care of our Sailors the very best we can."

Sailors need to seek assistance from their career counselor 15 months before their end of active obligated service (EAOS) so they can complete their PTS paperwork. For more information on PTS visit the NPC Web site at: http://www.npc.navy.mil.

Emergency Information cut and save

Cut and save

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Commander Fleet Activites Yokosuka (CFAY) and Negishi and Ikego Housing Detachment residents are advised to stay tuned to the following mediums for emergency information:

- CFAY Web Site: http://www.cnic.navy.mil/yokosuka
- CFAY Facebook page: http://www.Facebook.com (Do a search for CFAY)
- CFAY Twitter page: http://twitter.com/cfay_yokosuka
- CFAY base Channel 15
- Eagle 810 AM Radio station
- A recorded weather message can be obtained by calling 243-5155.

The information provided will include but is not limited to notification of actions to take for severe weather and the unexpected or early dismissal of schools.

Cut and save

The above cut and save is a handy tool to help keep you up-to-date on important emergency information as it occurs. Post it at your work desk, on your refrigerator, in your car or anywhere you can get access to it quickly when needed.