

Relocation Assistance Program

Navy Spouse 101





Welcome to New Spouse Orientation



***“It’s not just a
job.....it’s an
ADVENTURE!”***



Topics



Mission of the Navy & impact

Military Culture

New Spouse Checklist

Fleet and Family Support Center

Programs and Services

Additional Community Resources

So you're new to the Navy.....



- ❑ How long have you been married?
- ❑ At this point, how would you describe your feelings about your new environment? Excited? Confused?
- ❑ What concerns do you have about leading this unique lifestyle?





So you're new to the Navy.....



Whether you are excited or apprehensive, happy or sad, chances are you will have moments of utter confusion.

Even spouses who have been married several years are sometimes overwhelmed when dealing with the unexpected deployment or relocation.

Today, we will talk about how to be a successful military spouse and equip you with the knowledge and information to help you thrive in your new community.

We will address most of your concerns or, if needed, will direct you to the appropriate resource to answer your questions.



So you're new to the Navy.....



Today's world is unpredictable and you're married to someone who is greatly affected by that unpredictability.

Your Navy spouse is trained and prepared to serve whenever and wherever required.

That's a fact of Navy life. But the Navy realizes that the unpredictability of this profession brings uncertainty to the home-front, and that when you said "I do", you didn't get any training on this way of life.

So the Navy has the people, program and resources available for you – because the Navy really believes that you, the spouse, are very, very important.





Readiness



How do you make yourself “ready”? Family readiness – a family can be a spouse with no children or a spouse with a dozen children- comes with knowledge.

Family readiness comes when you know where to find the answers, when you’re able to cope with whatever comes your way.

This course will give you the basics, will show you what web pages to save on your “favorites”, what phone numbers to put on your refrigerator.

The knowledge you’ll gain will enhance your family readiness and empower you to navigate, with ease, through this Navy life-style.

You’ll serve ably and with confidence and you’ll be ready to enjoy the journey!

Values



Not all jobs require you to live by a set of values. The people you know who work for the power company or sell insurance or balance budgets don't agree to live by a set of values; they don't have an insurance salesman's creed they profess.

But *your* spouse has signed up for more than just a job. The Navy is a *profession*, a calling that espouses the values of Honor, Courage, and Commitment, and dictates living by the Sailor's Creed:

- I am a United States Sailor.
- I will support and defend the Constitution of the United States of America and I will obey the orders of those appointed over me.
- I represent the fighting spirit of the Navy and those who have gone before me to defend freedom and democracy around the world.
- I proudly serve my country's Navy combat team with Honor, Courage and Commitment.
- I am committed to excellence and the fair treatment of all.⁷



You and the Navy



You may be thinking, this is all *him/her*. What does this have to do with *me*?

Two things:

First:

When you think about what your spouse has signed up for, you should feel pretty good about your marital decision.

Willingness to live by such values is rare in today's world and the Navy truly is a selfless profession. Pat yourself on the back for recognizing these fine character traits in your choice of a marriage mate!



You and the Navy



Second:

A profession such as the Navy is a 24/7 calling and simply put, this means you'll have to share your spouse. Only if you share your spouse will he or she be able to live the values; and, sometimes, sharing your spouse is hard.

Don't worry. As we said earlier, the Navy realizes how hard it can be and how critical it is for you, the Navy family, to be prepared, equipped and ready. As a Navy spouse, you're an integral part of the Navy mission and the Navy is committed to providing assistance to you now and throughout your spouse's military career.



How military life impacts the family



You are vital to our nation's defense!

Really, you are!

If the Navy family is prepared and equipped when the Military member is deployed, then the Military member is better able to perform his or her mission.

You may not wear a uniform, but you are a critical link in the mission of the Navy and the Navy is determined to give you the information you need to be knowledgeable and empowered.

The stronger the Navy family, the stronger the Navy!



Marrying a Military Member



Of course, you knew you were marrying a Military member, but you didn't really understand what that meant. You're starting to think it means that you left everything familiar. That's what it feels like anyway.

Your new spouse's life is so foreign, so full of acronyms and insignias and rank and *ships*, you feel like you've landed on Mars!

Your spouse has received all sorts of education; he's trained and prepared to live for the Navy. But you didn't go to Boot Camp!

How should you know what a *Fleet* is? How do you get housing at your new duty station?

How do you find a new job there?

How do you know what your spouse is talking about when he looks at a clock and says "seventeen hundred hours!"



Marrying a Military Member



You need some education!

Fortunately, the Navy has provided a ship-load (no pun intended) of training resources for you.

By reading this presentation, you've taken a step in the right direction.

You'll know Mars inside and out and before you know it, you'll be helping other military spouses to adjust to life on Mars, too.





Access assistance provided by the Navy



Type *Navy Spouse* into a search engine on your internet and you'll be flooded with hundreds of websites that offer advice, information, humor, statistics and t-shirts for sale!

If you have hours to spend surfing through the various sites, have fun... but be cautious. Some of the information is old news, may be inaccurate and perhaps more whiny than helpful.

As opposed to being inundated by the fire hose of information on the web, we recommend you use the following resources that the Navy has created just for you.





Access assistance provided by the Navy



Fleet and Family Support Center (FFSC)

<https://www.nffsp.org/skins/nffsp/home.aspx>

Sea Legs

http://www.lifelines.navy.mil/idc/groups/public/documents/cdf/life_006742.pdf

Lifelines

<http://www.lifelines.navy.mil>

Military One Source

<http://www.militaryonesource.com>



Military Culture - Environment



- ❑ Culture can be defined in a thousand different ways. Since it is an abstract concept, you cannot touch it or see it, yet we know it exists.
- ❑ Culture is a common set of values, beliefs, behavior, and worldviews.
- ❑ Within the military, there are definitely aspects of the environment that define the culture and are not found in the civilian culture.





The following common cultural traits are often associated with the military:



Patriotic.

Patriotism runs high not only with military members, but also with spouses and civilian employees as well. Your spouse takes his or her commitment to serving the country very seriously.

Regardless of rank, age, or background, this patriotic attitude is prevalent throughout the Navy and serves to motivate our Sailors in their daily jobs.





The following common cultural traits are often associated with the military:



Dutiful.

Your spouse has taken an oath to support and defend the Constitution of the United States against all enemies, and to obey the orders of the President of the United States.

How does this differ from the civilian community?

Your spouse is on-call 24 hours a day, seven days a week. This requires 100% commitment to their assigned jobs.





The following common cultural traits are often associated with the military:



Dynamic:

The word “dynamic” means “to produce motion”. The military lifestyle is defined by its ever-changing environment.

Whether through deployments, relocations, world events, or planned exercises, the military environment is one of constant motion.

Now, when you include your own career changes, starting a family, or other personal life-changing experiences, your new lifestyle will probably always be dynamic!



The following common cultural traits are often associated with the military: (cont.)



Resilient.

Resilience means to “adjust easily to change”. Because of the dynamic environment, a strong level of resilience is required within military communities. The Navy has to respond quickly and adjust to ever changing requirements and this is no different within Navy families.

Although not always easy, you will indeed learn how to adjust to the changes that will undoubtedly occur throughout your Navy career.





The following common cultural traits are often associated with the military: (cont.)



Resourceful.

And lastly, to support your resilience, the Navy culture embraces and supports the provision of resources that allow you to survive and thrive in a military environment.





Can you identify aspects of your immediate environment that typifies the military culture?



Like?

- Dress (uniforms)
- Ranks
- Protocol
- Living conditions
- Multi-cultural (people from different states, different countries, different races, etc.)
- Other?

Military Culture - Jargon



PCS

PMO

TMO

NEX

BEQ

FFSC

MWR





Navy Jargon



Military jargon constitutes a separate language! You are not the first spouse to be totally confused about this seemingly foreign language. But rest assured that there will come a day that you will be interpreting phrases and acronyms for another new spouse. Although we won't necessarily use all of the phrases or acronyms in our daily language, basic knowledge will help you identify and utilize the numerous resources available to you.

Let's take a look at "Introduction to Navy Jargon" on the next page....



Introduction to Navy Jargon

(1)



New to the Navy lifestyle? Confused by the language? There are hundreds of terms, acronyms, and jargon used on a daily basis. Learn the following 50 and you'll be on your way to "talking Navy".



Airedale

Nickname for service member in the aviation community

Allotment

A fixed amount of money the service member designates to go to a particular place monthly

Blackshoe

Individual in the surface or submarine community

Blues

Winter uniform (there are work and dress version)

Bravo Zulu

A job well done

Brownshoe

Individual in the air community

Chit

Letter, note voucher, receipt or form

CMC

Command Master Chief; senior enlisted member on a surface ship or in a squadron

CO

Commanding Officer, individual in charge, captain of the ship (emergency drill)

COB

Chief of the Boat (the Senior Chief Petty Officer on a submarine); Close of Business

COLA

Entitlement paid to service member in high-cost locations

Compartment

Room or space in barracks or ship

CONUS

Continental United States

CPO

Chief Petty Officer

Deck

The floor or a level on a ship

Five-O

(5.0) Perfect, 100%

Forward

Toward the bow or "pointy end of the boat"

FSG

Family Support Group (also known as spouse group)

GMT

General Military Training. A presentation or training given to service members at their command during the workday

GQ

General Quarters

Head

Restroom

INDOC

Indoctrination: orientation in the Navy, also known as "I" division

Khaki

Chiefs and officers, or uniform worn by chiefs and officers

Leave

Vacation

LES

Leave and Earnings Statement

Liberty

Short periods of authorized time away from work

Introduction to Navy Jargon

(2)



Mess

Dining area

MTF

Military Treatment Facility

MWR

Morale, Welfare, and Recreation

NMCRS

Navy Marine Corps Relief

Society

NUKE

A service member with a nuclear power specialty

One MC (1MC)

Ship's loudspeaker or public address system

Overhead

The ceiling

OCONUS

Outside of the continental United States

Ombudsman

A person who has been officially appointed by his/her spouse's CO to represent the command and assist the families of the command

OPS

Operations

PCS

Permanent Change of Station

POD

Plan of the Day (daily schedule of events prepared and issued by the XO)

Port

If facing forward, the left side of the ship

Quarterdeck

Part of the main deck reserved for honors and ceremonies

Rack

Bunk or bed

Rank

Navy officer or enlisted status

Rate

Career field designation

Starboard

If facing forward, the right side of the ship

TAD

Temporary Assigned Duty

UA

Unauthorized absence

Wardroom

Officer lounge/mess

Watch

Duty period – traditionally a 24 hour day was divided into seven watch periods

Whites

Summer uniform

XO

Executive Officer; second in command, coordinator of all functions/evolutions in a command

Military Culture – Enlisted Ranks and Rates



You have probably noticed that Navy personnel have different titles, different uniforms, and different insignias. All of these signify rank and rate.

“Rank” is the actual title of a service member, and the “rate” describes what they do. To add to the confusion, each branch of the service is different! Today, we will take a quick look at the ranks and rates within the Navy to help “demystify” the military structure.



Military Culture – Enlisted Ranks and Rates



E-1 Seaman Recruit

No Insignia

E-2 Seaman
Apprentice



E-3 Seaman



E-4 Petty Officer
Third Class



E-5 Petty Officer
Second Class



E-6 Petty Officer
First Class



Military Culture – Enlisted Ranks and Rates



E-7 Chief Petty
Officer



E-8 Senior Chief
Petty Officer



E-9 Master Chief
Petty Officer



Military Culture - Officer Ranks And Rates



W01 - W05 Warrant
Officer



01 Ensign



02 Lieutenant JG
(junior grade)



03 Lieutenant



04 Lieutenant
Commander



05 Commander



06 Captain



07 - 10 Admiral



Protocol



As a new spouse, you may be very concerned with proper protocol. Please be assured that common courtesy and good manners are the proper protocol in any social setting or personal situation, regardless of rank.

If you have specific questions regarding personal attire for social events (i.e. the Navy Ball), you can call a more experienced spouse for guidance.



Protocol



The US Navy is built on years of proud service and traditions that have special meaning and importance – but may be new to you and may prompt many questions!

Not to worry; the Navy has compiled several protocols to guide you.

Sea Legs (get a free copy at your Fleet & Family Support Center) discusses some of these protocols on page 46.

A more in-depth guide is provided in the Naval Services' Family Line website, Lifelines, under publications.

Social Customs: Traditions of the Sea Services can be found at the following website:

<http://www.lifelines.navy.mil/idc/groups/public/documents/cdf/socialcustomsguidelines0108.pdf>





Chain of Command

(and How it Affects your Life)



The chain of command is the way the military organizes itself. The service member, your spouse, is in a unit (or command) and that unit falls among other units in a big picture.

Each person in the chain of command is an important link to information, mission success, and unit cohesiveness.

Any break in the chain can lead to confusion, disorganization and mission failure.



Chain of Command

(and How it Affects your Life)



It's important for your spouse to use his/her chain of command effectively. This means when you don't get the house you want, you can't ask your spouse to call the Admiral.

Your spouse will understand how the chain of command works; you just have to support your spouse when he/she uses it!

The Navy is huge! You can gain an appreciation for its size by referencing the website:

<http://www.navy.mil>





What's OPSEC?



OPSEC means Operations Security. Have you heard the expression “Loose lips sink ships”? OPSEC means keeping critical information from our potential adversaries- by keeping our lips shut.

Critical information may not seem important to you, but it's enough to allow our adversaries to jeopardize the mission and lives of our Military members.

Don't discuss deployment dates and times or any information on the unit. This means not calling your mother and telling her that she'd better come next week to see your spouse before the ship takes off or calling your friend and telling her that the entire unit is going to get powers of attorney tomorrow.





What's OPSEC?



It's critical that spouses and family members do not share information on the phone, cell or land line, about locations and times of unit deployments or anything that concerns the Navy unit.

Your ombudsman will be able to answer any questions on OPSEC you may have. If you think it could be an OPSEC violation, it's best to just keep those lips sealed.



Your Ombudsman



Your spouse is in a unit and every unit is led by a Commanding Officer (CO).



Every CO selects a spouse of a member of the command to serve as the official liaison between the command and its families.

In the Navy, the CO's volunteer spouse is called a Navy Family Ombudsman.



Your Ombudsman



The Ombudsman will:

- Work directly under the CO's guidance
- Is selected on the basis of his/her maturity, social skills, willingness to help, and available time to serve
- Receives Commander, Navy Installations Command standardized formal training
- Informs family members about the Command's policies and wishes



Your Ombudsman



The Ombudsman will:

- Is friendly, approachable and is required to keep confidences
- Serves as a source of important information and referral
- Is always ready to help in case of an emergency
- Serves at all times, at all types of commands – shore, sea, medical, air, surface, subs, etc



Your Ombudsman



In order to insure that the communication between the command and your family is maintained, you have to make sure the Ombudsman can reach you!

If you change phone numbers, move, or go home to visit family, make sure your Ombudsman has the current information so that you'll receive the most updated news on your spouse and the command.

The Ombudsman will know things that you want to know (changes in mailing address, changes in re-deployment dates, etc.).

To find your Ombudsman, call your local Fleet & Family Support Center





MILITARY ONE SOURCE



Military One Source can be accessed by calling a toll-free telephone number or the website at the link below. Master's level consultants answer the phone live 24 hours a day, 365 days a year.

Military One Source will research your questions and get back to you with an answer.

On the website, you'll find information on parenting and child care, personal and family readiness, older adults, health issues, addiction and recovery and emotional well-being.



MILITARY ONE SOURCE



On the website, you'll find information on parenting and child care, personal and family readiness, older adults, health issues, addiction and recovery and emotional well-being.

Military One-Source is the most all-encompassing resource available; its purpose is to answer any questions you might have or refer you to the people who have the right answer. When we say “any questions”, we mean *Any Questions! Anything* that will assist you, the Navy spouse.

Military One Source is only available for active duty service members and their families.

Call 1-800- 342-9647



MILITARY ONE SOURCE



Call 1-800- 342-9647

For overseas phone calls, dial 1-800-5404-1233. To reach a Spanish speaking consultant: – En español, llame al 1-877-989-5392. Military One Source also offers simultaneous translation into more than 150 other languages. Phones are TTY/TDD accessible by calling 1-800-346-9188. When dialing local access numbers, local phone charges may apply.



Military and family members must register to utilize the resources available on Military One Source. It is quick and easy to establish your account:

To access the website go to:

<http://www.militaryonesource.com>





New Spouse Checklist



As a military spouse, you are eligible for certain entitlements and benefits but must first demonstrate eligibility. Ensure that your spouse has turned in the appropriate documentation to his or her administrative shop so that you may rightfully receive your entitlements and benefits.

These are basic necessities that you need to check:

- ✓ **DEERS**
- ✓ **Identification Card**
- ✓ **SGLI/FSGLI**
- ✓ **Page 2 in Military Record**
- ✓ **Wills**
- ✓ **Power of Attorney**
- ✓ **Vehicle Registration**



DEERS



This stands for Defense Enrollment Eligibility Reporting System.



This is THE system that you must be enrolled in to ensure provision of entitlements and benefits such as TRICARE, the military healthcare plan.

Once your spouse's command verifies the marriage, your information will be entered into this data base and provide validation of your status as a military family member.



<http://www.tricare.mil/deers/default.cfm>
1-800-538-9552



Identification Card



Your spouse's command will also issue the necessary paperwork that you need to get an ID card.

Your card has an expiration date and it is advisable to have your ID card renewed prior to that date.

Keep this card with you at all times as it is needed to purchase goods at the commissary and the exchange, allows admission onto the base, permits you to participate in recreational activities aboard base.

Also, you will be asked to show your ID whenever you visit a military health clinic.





SOCIAL SECURITY NUMBER



It is important for you to memorize your sponsor's social security number.

You'll use it for many different purposes – even to make doctor's appointments!

Write your spouse's command, duty address and duty phone number on a piece of paper and keep it in your wallet so you have it when you need it.

Go ahead and write your new address and phone number on that sheet of paper, too. (It's easy to forget a zip code under pressure when it's the fourth zip code you've had in three years.)

Keep your ID card safe as your sponsor's social security number is on it.





SGLI/FSGLI



Service Members Group Life Insurance and Family Service Member's Group Life Insurance (SGLI/FSGLI)

SGLI/FSGLI provides life insurance coverage for service members, their spouses and dependent children.

SGLI coverage is available in \$10,000 increments up to the maximum of \$400,000.



SGLI/FSGLI



FSLGI coverage is dependent upon the service member's amount of coverage.

Service members are automatically enrolled.

It is very important that you ensure that you have adequate coverage and that the designated beneficiary (who receives the money) is current.



Page 2.



Page 2 is the second page of your spouse's military record and lists dependents and people to be notified in the event of illness, injury, or death.

This, too, must be updated when you marry or the number of members in your family changes.



Wills



Wills provide for our loved ones in event of our death.

Both you and your spouse need to have a will in order to provide for one another as well as your children.

Wills provide a guide for the distribution of property and assign guardianship for your children.

They can be prepared for you free of charge through the base legal office.





Power of Attorney (POA).



A POA is a legal document that gives another person the authority to sign your name, and can be either general or specific.

POA's are important to military families since your spouse is frequently deployed or otherwise unavailable when you need to arrange for relocation or sell a vehicle.

POA's are issued through the base legal office and require your spouse's authorization.

Vehicle Registration



A base decal is required on vehicles to allow authorized entrance onto a military installation.

Stickers may be obtained from the Pass Office by presenting

- ✓ **a current military ID card**
- ✓ **state inspection (if your state requires),**
- ✓ **proof of insurance,**
- ✓ **state registration (any state)**
- ✓ **and a valid driver's license**



FFSC Programs and Services



As soon as you arrive on installation, you'll need to do certain things. Your spouse will have to sign in somewhere; you'll have to check out housing... and you'll need to go to the Fleet and Family Support Center!

The mission of the Fleet and Family Support Center (FFSC) is to provide support to the Military member and family through programs and services. For a list of all the FFSC phone numbers and locations, call Naval Services Family Line at 1-877-673-7773.

We've already talked a bit about some of the programs offered by the FFSC. To insure that you don't miss out on any of the valuable services they provide, we'll cover all of them in this module. For more in-depth info, check out the FFSC home page at

<http://www.navylifepnw.com/site/28/FFSC.aspx>

<https://www.nffsp.org/skins/nffsp/home.aspx>



FFSC Programs and Services



Relocation Assistance

More than 80,000 Navy members and their families move each year! And if you've been one of those 80,000, you know how stressful moving can be!

The more information you have going into a move, the more prepared you'll be and the more prepared and in control, the less stressful the move will be.

Your Fleet and Family Service Support Center will help you with all aspects of the move. At their website, you can find links titled: Preparing for your Move, the Navy Housing Partnership, Housing and Lodging, After the Move and Resources.



FFSC Programs and Services



The Resources link has websites on everything from how to move your pet to how to assist your children in making this a smooth move.

<http://www.navylifepnw.com/site/28/FFSC.aspx>

<https://www.nffsp.org/skins/nffsp/home.aspx>

Would you like some information on a future duty station?

Check out Military Homefront's *Military Installations*

<http://apps.mhf.dod.mil/pls/psqprod/f?p=MI:ENTRY:3613703371516933>

for information on any installation worldwide.



FFSC Programs and Services



Financial Education

It's almost hard to believe but financial difficulties had more impact on operational readiness than housing, childcare, health care, or the spouse's (that's you) employment. To help prevent problems or solve the ones that may already be there, the Navy has a dedicated Personal Financial Management Program located at the FFSC.

Professionals are available to assist you with everything from budgeting and home buying to checkbook management and savings plans. More info can be found at the FFSC website:

<http://www.navylifepnw.com/site/28/FFSC.aspx>

<https://www.nffsp.org/skins/nffsp/home.aspx>



FFSC Programs and Services



Information and Referral

Have a question about ANYTHING? This is the number to call 24 hours a day/ 7 days a week: 1-800-FSC-line or go to:

<http://www.navylifepnw.com/site/28/FFSC.aspx>

<https://www.nffsp.org/skins/nffsp/home.aspx>



FFSC Programs and Services



Deployment and Mobilization Support

Deployments are a way of life for military service members and their families. Whether single or married, there are effective ways of meeting the challenges of this unique lifestyle and helping you to achieve a continuous level of personal and family readiness.

The FFSP works closely with commands, their Ombudsmen, Family Readiness Groups, individuals and families to provide resources and assistance during all cycles of the deployment process.



FFSC Programs and Services



Services include:

- ✓ Training and education programs emphasizing key elements of personal/family readiness
- ✓ Individual, family and command consultation
- ✓ Return and Reunion Outreach programs to deployed commands and spouses
- ✓ Combat Stress Awareness
- ✓ Customized programs for Individual Augmentees (IAs) and their families
- ✓ Family Advocacy Program (FAP)

<http://www.navylifepnw.com/site/28/FFSC.aspx>

<https://www.nffsp.org/skins/nffsp/home.aspx>



FFSC Programs and Services



Counseling

The FFSP is staffed with highly qualified, licensed counselors who know how to help you increase your problem-solving skills, reduce your stress levels and focus on lifetime solutions.

Services include:

- ✓ Individual, Marriage and Family Counseling
- ✓ Child Counseling
- ✓ Therapeutic Group Counseling
- ✓ Education and Training Programs
- ✓ Deployment Support including specialized Individual Augmentee (IA) services
- ✓ Customized Command Briefs

<http://www.navylifepnw.com/site/28/FFSC.aspx>

<https://www.nffsp.org/skins/nffsp/home.aspx>



FFSC Programs and Services



Sexual Assault Victim Intervention (SAVI) Program

The Navy was the first service to have a dedicated, funded program for sexual assault.

The Sexual Assault Victim Intervention (SAVI) program offers a standardized, consistent, victim-sensitive system to prevent and respond to sexual assault Navy-wide. The program provides awareness and prevention education, victim advocacy and intervention services to all Military members and families.

<http://www.navylifepnw.com/site/28/FFSC.aspx>

<https://www.nffsp.org/skins/nffsp/home.aspx>



FFSC Programs and Services



Family Advocacy Program (FAP)

When family relationships turn volatile and violent the highest level of personal and command readiness is compromised. The FFSP offers prevention, identification, treatment and follow-up. Also provided is the reporting of spouse and child abuse as well as neglect. All efforts are geared toward victim safety and protection, offender accountability and rehabilitation.

The following vital services are provided to individuals and commands:

- ✓ Prevention and Awareness Education
- ✓ Clinical Counseling Resources
- ✓ Family Victim Advocate (FVA) Services
- ✓ Intervention, Treatment and Case Management

<http://www.navylifepnw.com/site/28/FFSC.aspx>

<https://www.nffsp.org/skins/nffsp/home.aspx>



FFSC Programs and Services



Life Skills Education

The FFSP provides a variety of valuable resources and programs to help service members and their families gain knowledge and develop new skills that will enhance self-esteem and interpersonal relations.

Programs Include:

- ✓ Parenting Classes
- ✓ Couple's Communication
- ✓ Stress and Anger Management
- ✓ Family Violence Prevention Education
- ✓ Information and Referral

<http://www.navylifepnw.com/site/28/FFSC.aspx>

<https://www.nffsp.org/skins/nffsp/home.aspx>



FFSC Programs and Services



Employment Assistance - Family Employment Readiness Program (FERP)

Looking for a job? The FERP manager liaisons with local employers to help spouses find that job that fits. Moving? They also work with other FERP managers to help you research the jobs available at your future duty station. Have you been a teacher and think you want to be a nurse? Or you'd like to find a job with the government? The FERP office provides training and guidance.

<http://www.navylifepnw.com/site/28/FFSC.aspx>

<https://www.nffsp.org/skins/nffsp/home.aspx>



FFSC Programs and Services



Transition Assistance Program (TAP)

Are you separating or retiring soon? If so, the FFSP can help you become better prepared for your transition into the civilian sector by providing:

- ✓ TAP Seminars
- ✓ Individual Career Counseling and Resume Assistance
- ✓ Internet Job Searching
- ✓ Employment and Career Workshops
- ✓ Employment Resource Center and Job Listings
- ✓ Federal Employment Application information

<http://www.navylifepnw.com/site/28/FFSC.aspx>

<https://www.nffsp.org/skins/nffsp/home.aspx>



FFSC Programs and Services



Parent Education New Parent Support Home Visitation Program (NPSHVP) –

Parenting is perhaps the most important job we can have, yet, no training is required! NPSP is a home visitation program for expectant parents or families with children from birth to three years old.

This free program was developed to help parents answer questions about parenting right in the privacy of your home.

<http://www.navylifepnw.com/site/28/FFSC.aspx>

<https://www.nffsp.org/skins/nffsp/home.aspx>





Community Resources



Navy Marine Corps Relief Society

American Red Cross

Chaplains

Ombudsman

Family Readiness Group

The Navy takes care of its own!



Community Resources



Child Development Program

Exceptional Family Member Program

TRICARE

Morale, Welfare, and Recreation

Commissary and Exchange

Community Resources



Lifelong Learning
Women, Infant and Children
Self Help and Resource Exchange
Armed Forces YMCA





Operation Prepare



Disaster affects hundreds of thousands of people every year. It may happen at your local Navy installation. It may happen to you.

Are you and your family ready for an emergency?

Whether you're part of the general Navy community, the Navy's emergency management team, or a potential partner in disaster response and recovery, you have a role in planning for emergencies---**preparedness is your duty.**



https://www.cnic.navy.mil/CNIC_HQ_Site/OpPrepare/index.htm

Be Informed



Many events can trigger emergency situations that escalate into disasters. Many hazards, such as power outages or disease breakouts, can happen anywhere at any time, so you should become familiar with the full spectrum of possible dangers and how you will be notified about them.

It also is important to give special consideration to any particular hazards that are more likely to affect your local area, such as severe winter weather, a tornado, or a volcanic eruption.

While the potential threats can seem overwhelming, keep in mind that most of what you address in your family plan or put in your emergency kits will be useful regardless of the hazard.

Have a Plan



When a disaster happens, your family may not be together in one place. You need to pick places to meet, have contact information for everyone, and discuss in advance what you will do during various types of emergencies. Depending on the type of emergency, you may shelter in place, move to a shelter or safe haven, or evacuate.

Formalizing your preparations in a written family plan is a good way to ensure everyone knows what to do when there is an emergency. Your plan needs to take into account special concerns such as caring for very young and very old family members, protecting your property, retaining critical financial or insurance records, and caring for your pets.

https://www.cnic.navy.mil/CNIC_HQ_Site/OpPrepare/EP_RRPlan/index.htm



Make a Kit



Preparing for an emergency includes making a kit of emergency supplies. You need enough supplies for every family member for **at least three days**, maybe longer.

The main items to have in your kit include water, food, and first aid supplies. Depending on your family, you may also need special items for babies, prescription medications, or supplies for your pets.

You may not be at home when disaster strikes, so make smaller emergency kits to keep at work and in your car. You also need a portable kit to take with you if you go to a shelter or evacuate.

The link to the Emergency Kits page provides more tips and list of items to include in your kits, as well as links to handy checklists you can download from the sites of national emergency planning and response agencies.

https://www.cnic.navy.mil/CNIC_HQ_Site/OpPrepare/EPRRKit/index.htm



Navy Region Northwest Fleet & Family Support Programs



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Naval Base Kitsap- Bangor FFSP
2901 Barbel Street
Silverdale, WA 98315
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Or 360-396-4115
DSN:744-4115
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Naval Air Station Whidbey Island
Nor'Wester.
3675 N Lexington St,
Bldg 2556
Oak Harbor, WA 98278-2500
Tel:360-257-NAVY (6289)
DSN:820-NAVY (6289)
Email: ffsp.cnrnw@navy.mil



Summary



The keys to success are:

Rely on your resources.

Seek help as soon as you need it.

Make the most of your new lifestyle!

Welcome to the Navy!



If you have completed this course, you may call, 360-396-4860 or email ffsp.cnrnw@navy.mil to request a certificate of course completion.