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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 resiliency of Sailors and their families. We provide information that can help you meet the unique challenges of the military lifestyle.

If you have questions or comments, contact John Levinson at john.levinson.ctr@navy.mil.

Visit us online at:



Scan QR Code, access via mobile device.

DoD Launches Military Spouse Employment Partnership

"We're going to help spouses get that degree, find that job, or start that new business. We want every company in America to know our military spouses and veterans have the skills and the dedication, and our nation is more competitive when we tap their incredible talents." President Barack Obama.

One of the priorities of the Joining Forces initiative lead by First Lady Michelle Obama and Dr. Jill Biden is to develop career and educational opportunities for military spouses. Dr. Biden, in conjunction with the Department of Defense, launched the Military Spouse Employment Partnership (MSEP) on June 29, 2011. MSEP promotes meaningful, long-term

career opportunities between Fortune 500 PLUS companies and military spouses worldwide. The program aims to expand portable career opportunities for spouses by connecting them with participating MSEP partners who actively recruit military spouses.

Military Spouse Employment Partnership is available to all Navy spouses as well as spouses from all military services, and currently encompasses over 70 organizations. Launch your career search today! For more information or assistance with employment readiness, visit OurMilitary.Mil, [Military OneSource's Education and Career](http://MilitaryOneSource's Education and Career) or contact your local [Fleet and Family Support Center](#).



Free Online Tutoring and Homework Help for Military Families

"Are You Smarter than a Fifth Grader" is a game show that has stumped us all at least once. Back to school equals homework, but Tutor.com offers a lifeline. This program gives eligible military families access to free online tutoring and free homework help from live, professional tutors.

Given frequent relocations or a deployed parent, staying on top of daily assignments or missed lessons can be challenging. Tutor.com can help students with homework, studying, projects and papers. Tutors are available in more than 20 subjects in Math, Science, Social Studies, and English. Military students at every skill level can get help, from Elementary Math to honors English to AP Chemistry. Create a Tutor.com Military Account today!

Tutor.com To Go™ for iPhone, iPad & iPod Touch is now available.

"An investment in knowledge always pays the best interest."

– Benjamin Franklin

Back to School

As the last days of summer melt away, begin preparing your students for the first day of school. Whether your student is prepping for kindergarten, grade or high school, or even college bound, the following tips may be helpful.

Encourage Independence. Any level of independence boosts confidence, from making their lunch the night before to scheduling an appointment with their counselor to talk about college options. Having a say in decisions promotes self-esteem and allows this skill set to grow.

Make Getting Ready Fun. Can you remember the excitement of the first day of school, new clothes; fresh supplies? Go shopping together if possible. Most schools have checklists posted on their website; some stores have lists available too. Make preparation during the weeks and days before the first day of school into events.

Establish a Routine. Set a regular time for homework and study; this creates a habit. Agree on removing possible distractions; no television, phone calls or texting during this time.

Show an Interest. Encourage your child to talk about the day's activities, social events and the other children in class. Ask about the walk or bus ride to and from school.



Listen and Observe. Watch for symptoms that your child may be a bullying victim. Be aware of signs such as withdrawal, a drop in grades, physical signs, or needing extra money or supplies.

Educate Yourself. Find out about special programs or activities (academic and athletic) that are available to help increase your child's learning and social potential. Get involved; ask questions about classes, choices and requirements.

Ask for Help. No one has all the answers. Get help if needed. Work with the administrators, teachers and other parents to ensure your child receives all the attention needed to be successful.



Immunization Awareness Month

What? August is Immunization Awareness Month. *“An ounce of prevention is worth a pound of cure.”* Immunization shots, or vaccinations, are essential. They protect against diseases like measles, mumps, rubella, hepatitis B, polio, diphtheria, tetanus and pertussis (whooping cough).

Why? Vaccine-preventable diseases and deaths still occur in the U.S., affecting children, adolescents and adults. Your immune system helps your body fight germs; it basically “remembers” the germ to fight it again. With the exception of safe drinking water, there is no other health improvement strategy with such a tremendous effect on reducing disease and improving health.

Who? Immunizations are important for adults as well as for children. Recommended vaccinations begin at birth and continue throughout life.

When? Immunization is critical for mission readiness. Now is the time to review your individual and family immunization records with your physician. Service members deploying overseas, should receive all required immunizations before leaving stateside. Immunizations are not only important for your child’s health, but also a requirement for school attendance.

Where? TRICARE® realizes the important role of immunizations as part of a healthy lifestyle. Beneficiaries can receive all necessary vaccinations through military treatment facilities, and TRICARE network and non-network providers.

Visit [TRICARE®](#) to learn more.

Navy School Liaison Officers at Your Service

Navy School Liaison Officers (SLO) are advocates that assist families with school transfers to help level the playing field for military children and youth. Under the Child and Youth Education Services Program, SLOs collaborate with local school districts to ensure school personnel are aware of the stressors on military families brought about by frequent moves and extended deployments.

These education professionals are located on all major Navy installations and serve as a liaison among community schools, Navy commands and military parents. Programming includes installation-based Child and Youth Programs support and school-based support in schools attended by Navy families. Services include:

- School transition services (PCS cycle).
- Deployment support.
- Command, school and community communications.
- Home - school linkage and support.
- Partnerships in education.
- Post-secondary preparations.

For a complete liaison list and more information, go to the [Navy School Liaison Officer website](#) or [Facebook](#).



Suicide Prevention and Awareness

Everyone can make a difference and help prevent suicide at any time. Consider what you would do in a crisis. Use the "ASK CARE TREAT" or "ACT" method:

Ask Ask if someone is depressed or thinking of suicide.

Care Listen, offer hope and don't judge.

Treat Take action. Don't leave the person alone and get assistance.

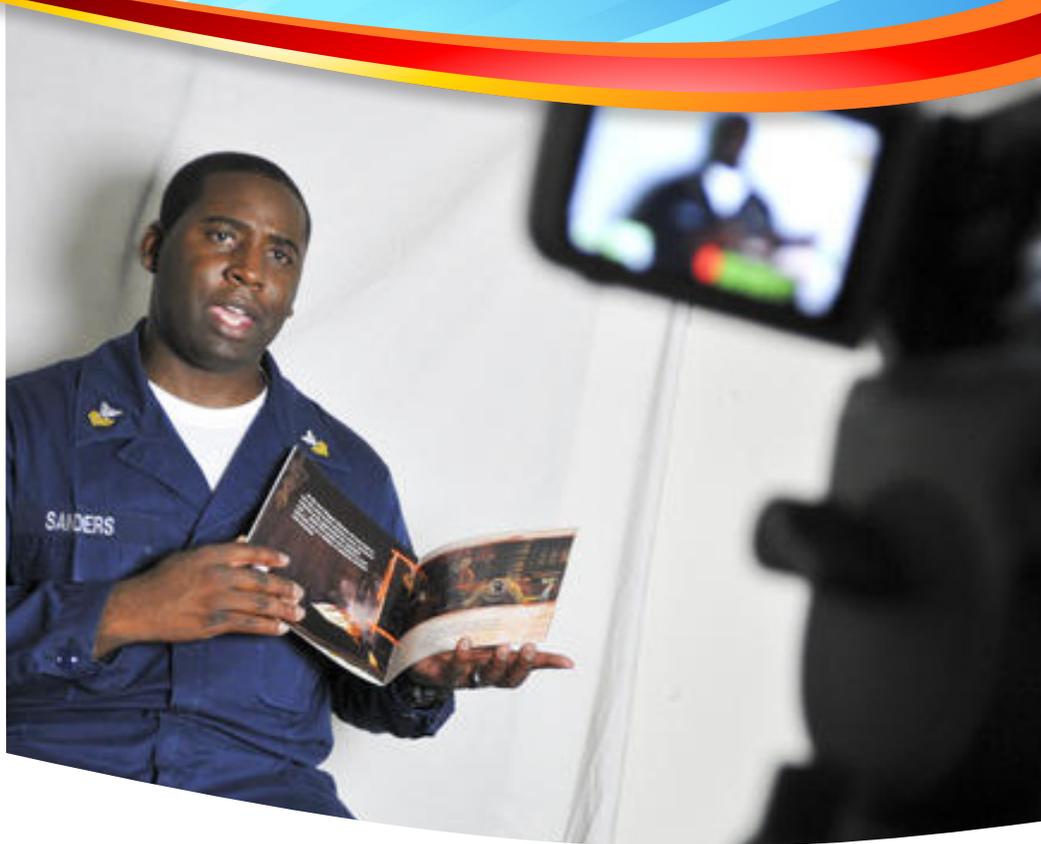
Resources on suicide include:

- [Navy Suicide Awareness and Prevention](#)
- [National Suicide Prevention Lifeline](#) or 1-800-273-TALK
- [Fleet and Family Support Center](#)
- [Chaplain Care](#)
- [Military OneSource](#) or 1-800-342-9647
- [NavyNavStress.com](#)



Navy Family Accountability and Assessment System (NFAAS)

NFAAS allows Navy personnel to manage the recovery process for personnel affected by a wide-spread catastrophic event. It is also helpful in providing commands with information to support IA family members while their sponsors are deployed overseas. Log on to NFAAS at <https://www.navyfamily.navy.mil>.



United Through Reading®

Having a parent deployed is one of the most difficult things a child can experience. The United through Reading® Military Program helps ease the stress of separation for military families by having deployed parents read children's books aloud via DVD for their child to watch at home.

These powerful connections bring families a little closer with each reading. While reassuring a child that their deployed parent is safe and thinking of home; it fosters the opportunity to continue a bedtime ritual. For further information go to <http://www.unit-edthroughreading.org/military/>.

RELOCATION ASSISTANCE PROGRAM



Moving Made Easy

RAP Tip:

You've arrived; but your children may still have some big adjustments ahead of them. It is normal for children to take three to six months to adjust to a new home. Spend time with them – listening, explaining, and reassuring – and the adjustment will go a little more smoothly for the entire family.



Build Healthier Diets with Choose My Plate

First Lady Michelle Obama and the United States Department of Agriculture (USDA) said goodbye to MyPyramid and unveiled the new generation food icon, MyPlate. The intention is to encourage consumers to make healthier food choices. The visual icon itself promotes building a healthy plate at meal times; emphasizing fruit, vegetable, grain, protein and dairy food groups.

According to the National Bureau of Economic Research, nearly one in three children in America is overweight or obese, which puts them at greater risk for health problems like diabetes, heart disease, high blood pressure, cancer and asthma. MyPlate provides practical information to help consumers build healthier diets with resources and tools for dietary assessment, nutrition education and other user-friendly nutrition information. Two things you can do for your health is regular physical activity and healthy eating. To learn more visit www.ChooseMyPlate.gov and www.tricare.mil/healthyliving/getfit.



TRICARE® Express Rx Mobile App

TRICARE® Express Rx mobile app and mobile-optimized website allows TRICARE beneficiaries to manage their prescriptions and access important health information safely and securely from anywhere using their smart phone.

To ensure security and data protection, beneficiaries must register through the member portal at www.express-scripts.com/TRICARE before logging in to the Express Rx app or mobile-optimized site. Once registered, the same username and password allow access to the Express Rx app and mobile-optimized website. Express Scripts, Inc. (ESI) is the TRICARE® Pharmacy contractor.

Manage your prescriptions on the go with any Web-enabled mobile device! Simply **scan the QR code above** or surf to m.esrx.com from your mobile Web browser.

Sign in to the Express Scripts mobile site anytime to:

- Start Home Delivery
- Order Refills
- Check Order Status
- Find a Pharmacy
- Get Drug Information



For more information about TRICARE pharmacy, visit www.tricare.mil/pharmacy. To learn about the TRICARE pharmacy home delivery, go to www.tricare.mil/homedelivery.

IA Discussion Group Schedule

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

Returning Warrior Workshops (RWW)

Returning Warrior Workshop Schedule & IA Family Events - www.ia.navy.mil/



The Real Social Network: Command Ombudsman Program

Summer is at its peak and you may know someone who is moving, or has just moved. Perhaps it is you that is PCSing this summer! Do you need information about your new duty station? The Fleet and Family Support Program offers a "Contact Your Ombudsman" feature which enables families to contact the ombudsman for commands listed in the Ombudsman Registry.

Access "Contact Your Ombudsman" using www.ombudsmanregistry.org or www.ffsp.navy.mil. When the map appears, select your region or Reserve region, then your installation, and finally your command. You will be prompted to complete and send your message to the command ombudsman. The ombudsman will get in touch with you within 24 - 48 hours. If there is no ombudsman listed for that command, the Ombudsman Registry administrator will get in touch with the command and request that someone contacts you.

This is a great way to learn about your new duty station and home before your arrival. And remember – the Fleet and Family Support Center (FFSC) has a full staff available to assist service members and their families with their move and answer any questions.



Your Voice Counts! Worldwide Sexual Assault Survey

Combating sexual assault is an all-hands issue and top priority. In an effort to determine the scope of sexual assault in the Navy, Secretary Ray Mabus has tasked the Department of the Navy Sexual Assault Prevention & Response Office (DoN SAPRO) to conduct a department-wide sexual assault survey assessing the functionality and effectiveness of the Sexual Assault Prevention & Response (SAPR) Program. The feedback will be solicited from Sailors and Marines worldwide. All commanders have been directed to encourage participation of Sailors and Marines in their commands. The confidential and anonymous online survey will be available through 30 September 2011 and can be accessed at www.donsapro.navy.mil/survey.html. DoN SAPRO's method of assessment will also include

site visits, records analysis, personal interviews, focus groups and individual command reviews.

According to Secretary Mabus, "SAPR is not a mere program with checklists and policy statements. All commanding officers are responsible for ensuring a command climate that condemns sexual assault; provides victims with sensitive care, resources, and support; reports incidents of sexual assault; and holds offenders accountable for their actions."

Last year there were over 900 reports of sexual assault in our Navy. The mission is to eliminate sexual assault from within our Navy ranks.

For victim assistance, please contact the [Safe Helpline](#), or call 877-995-5247, or text 55247.





Ways to Save

Back-to-school deals are in full effect. Before you hit the stores, decipher between the wants and the needs. Make a list, set a budget and stick to it. Compare purchases for quality over brands. Often, shopping out of season can save you a few dollars. Many states have tax-free shopping days. Check your state's web page for dates and guidelines.

Joint Services Support (JSS)

JSS provides valuable information on benefits, entitlements, events, trainings and more. Making it easy to stay connected, anytime, anywhere with online access, mobile device applications and interactive voice response. Services are available to all military branches; featuring a community resource locator by state. Go to <http://www.jointservicesupport.org>.



Career Decision Toolkit



Goals, Plan, Succeed. Access on-demand courses via your Career Decision Toolkit to help you navigate and become prepared for transition into the civilian workforce.

Live On-line Learning is available for service members and their families.. Attend a session from the comfort of your home or anywhere broadband Internet and phone are available. Register for August sessions at <http://www.turbotap.org/>

August Sessions

- **Job Fair Success Strategies**
August 2, 8:00 pm EDT
- **Building Better Resumes**
August 4, 8:00 pm EDT
- **Why Write a Cover Letter**
August 9, 8:30 pm EDT
- **The Art of Career Networking**
August 11, 8:00 pm EDT

- **Acing the Interview**

August 16, 8:00 pm EDT

- **Accept, Adjust, Repeat: Strategies for Transition Success**

August 23, 9:00 pm EDT

- **Combat to College**

August 25, 8:00 pm EDT

- **Landing a Federal Job**

August 30, 7:00 pm EDT

In addition to career support and transition assistance, Sailors who are involuntarily separated may be eligible for other benefits, and should contact their personnel office for more information. Other helpful resources include: www.DOL.gov and www.VA.gov.

Transition Assistance Program

Changing Careers? All separating Sailors and their family members are entitled to [Transition Assistance Program](#) (TAP) services. Resources, training and workshops include resume writing, interviewing skills, pre-separation counseling, self-employment information, job fair schedules, college and certification opportunities, apprenticeships, salary and compensation, and financial management and investment strategies. TAP is available through your local [Fleet and Family Support Center \(FFSC\)](#).