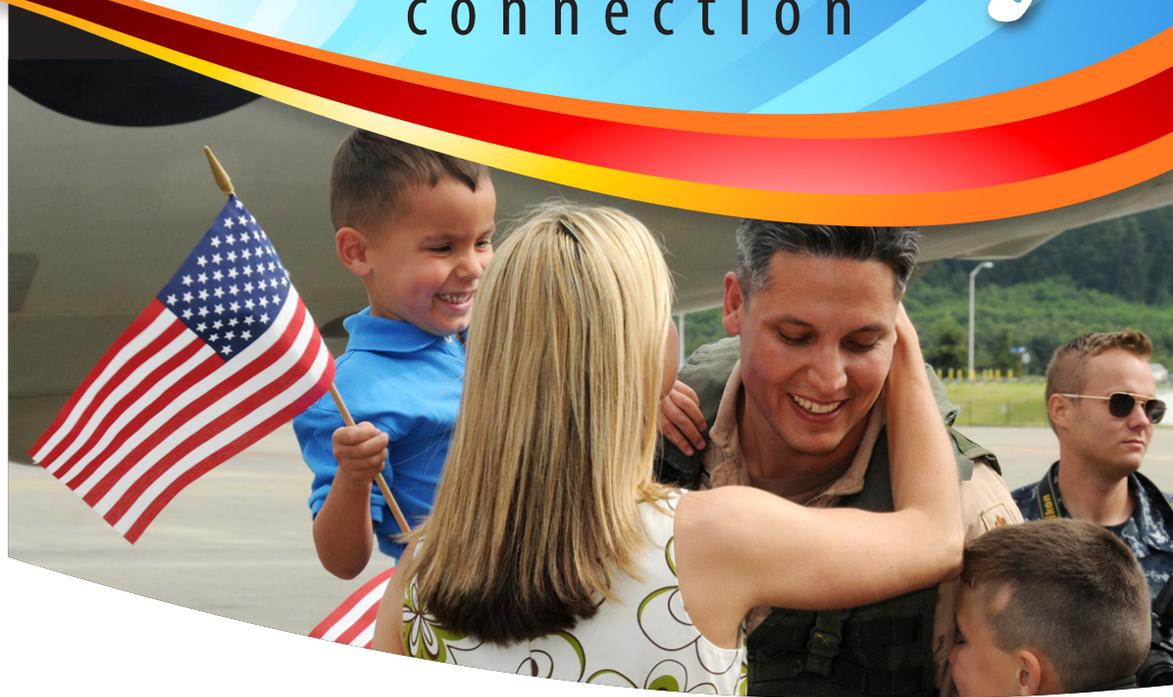


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**EMPOWERED
 NAVY FAMILIES
 Month of the Military Family**

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 Timothy McGough at timothy.mcgough@navy.mil.

Visit us online at:



Scan QR Code to access via mobile device

Military families are inspirational models of devotion, resilience and patriotism. For their daily sacrifices in support of Navy missions and every American's freedom, Fleet and Family Support Centers (FFSCs) salute Navy families. FFSCs offer services to enhance families' well-being and psychological health, provide resources for child and youth education and development, and increase career and educational opportunities for spouses.

Programs and services are currently delivered from 80 sites worldwide. Find your local [Fleet and Family Support Center](#).

Programs available include:

- Deployment support for Sailors and their families.
- Personal and family wellness education and counseling.
- Emergency preparedness and response.
- Crisis intervention and response.
- Military and personal career development.
- Financial education and counseling.

"It is not the strongest of the species that survive, nor the most intelligent, but the ones most responsive to change."

—Darwin



Coaching Into Care

The Department of Veterans Affairs Coaching Into Care program works with family members or friends who become aware of their veteran's post-deployment difficulties. Coaching into Care supports significant others' efforts

to find help for the veteran.

Coaching Into Care offers veterans and their loved ones:

- Encouragement and information about evaluations and services.
- "Coaching" with family members or friends to help motivate veterans to receive evaluations/consultations.
- Referrals to services for veterans and their family members.

Visit the [Department of Veterans Affairs](http://www.va.gov) website, call toll-free: 1-888-823-7458, or email: CoachingIntoCare@va.gov for additional information and resources.

Reduce Stress with Yoga

The word "yoga" means to join, or unite. Methods include focusing on respiration, physical movement, and consciousness.

The iRest military program, based on the ancient practice of Yoga Nidra, is designed to systematically reduce physical, emotional, mental, and even subconscious tension. It can be helpful in the treatment of PTSD. Participants are taught to manage disturbing moods and memories through conscious choices rather than allowing unconscious reactions to answer them. The simple techniques can also be used in other aspects of daily life, letting the student of yoga feel more mentally and emotionally balanced when encountering difficult situations.

iRest may be particularly well-suited for service members and families because it:

- Is a non-pharmaceutical, adjunctive program that complements any current treatments they are using for healing.
- Develops mental focus on the present moment which helps people avoid revisiting traumatic life events or worrying about possible future ones.
- Emphasizes the practice of awareness of and acceptance of immediate as well as past experiences, and acceptance of life as it is without excessive tension.
- Quickly establishes a feeling of success in learning a means of self-regulation.

- Is a self-administered program after just a few hours of in-person instruction.

Research has shown that iRest Yoga Nidra effectively reduces these symptoms of PTSD:

- Depression
- Anxiety
- Insomnia
- Chronic pain
- Chemical dependency

Learn more at the [Integrative Restoration Institute](http://www.integrativerestorationinstitute.com) website or [view the video](#) .



Yoga for Vets

Yoga for Vets is a non-profit organization that exists to welcome home war veterans and help them cope with stress of combat through yoga instruction. The Yoga for Vets website lists studios, teachers, and venues throughout the country that offer four or more free classes to war veterans.

Learn more at [Yoga for Vets](http://www.yogaforvets.com).





Joint Services Support (JSS)

JSS provides valuable information on benefits, entitlements, events, trainings and more. JSS makes 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 the [Joint Services Support website](#).



Ways to Save:

With the holiday season approaching, create and stick to a set amount within your spending plan. Make a gift list to stay on track and start watching the sales to stretch your dollar even further. Consider making the gifts yourself, homemade translates that extra personal touch. Learn more at [Military Saves](#).

New Changes Mark Improved NMPS Care for IA Sailors

Commander U.S. Fleet Forces (USFF) is changing the way the Navy manages its Individual Augmentee (IA) program to facilitate and streamline the deployment process for deploying Sailors.

A new website, standardized flight schedules, and revised communication pieces are among the many improvements implemented by USFF and its Navy partners in an effort to ease the transition of IA Sailors in and out of the "boots on ground" frame of mind.

Key adjustments made to improve and standardize the return process include:

- Sailors can learn about the [Navy Mobilization Processing Site \(NMPS\)](#) prior to arrival and can review briefs in advance.
- Warrior Transition Program travel briefings and information sheets are tailored toward the specific NMPS locations and IA assignments.
- An Expeditionary Combat Readiness Center (ECRC) liaison detachment has been established in Baltimore Washington International Airport (BWI) to welcome Sailors and provide necessary follow-on flight assistance and transportation to designated NMPS.
- Standardized berthing and destination airports have been secured for each NMPS location.
- Dedicated direct flights from BWI to Norfolk reduce overall transit time for Sailors.
- Immediate changes have been implemented for Norfolk and San Diego, with similar changes for Gulfport and Port Hueneme forthcoming.

[Read the entire article...](#)



Navy Family Accountability and Assessment System (NFAAS)

NFAAS allows Navy personnel to manage the recovery process for personnel affected by a widespread 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>.



Strengthening Families— Creating a New Normal

Navy families selflessly make sacrifices and endure challenges as they serve alongside the service member. An important indicator of overall force readiness is the well-being of its families. The New Parent Support Home Visitation Program (NPSHVP) provides supportive and caring services to Navy families with new babies through the age of three using various intervention strategies.

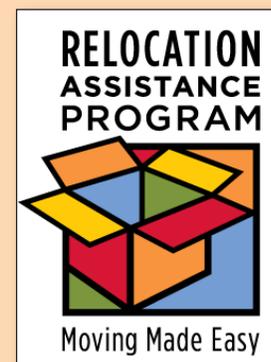


In 2012, NPSHVP will integrate the Strengthening Families framework of the Center for the Study of Social Policy into its overall Healthy Family Awareness Campaign. Five protective factors are the foundation of this approach. Research has shown that together, these factors buffer risk, build on family strengths, and establish an environment that promotes optimal child and youth development.

Below are examples of how the five protective factors can impact a family:

- **Parent Resiliency.** Parents who are emotionally and psychologically healthy are able to resolve conflicts and handle unexpected life challenges
- **Social Connections.** Parents who have supportive and trusting adult relationships are able to receive spontaneous emotional support and advice that could improve their quality of life
- **Concrete Support in Times of Need.** When families are in crisis, having their needs met with accessible and tangible resources alleviates anxiety and stress. Research points to anxiety and stress to the leading precipitators of domestic violence incidents
- **Knowledge of Early Child Development.** Parents who have basic child development education are more likely to set age appropriate expectations and milestones for their child. Unrealistic expectations often precipitate child abuse and neglect incidents.
- **Social and Emotional Competency.** Children who communicate their feelings in an age-appropriate manner seemingly motivate parents to respond appropriately to their needs, building healthy parent and child attachment.

To learn more, visit www.strengtheningfamilies.net. For additional education and support contact your local [Fleet and Family Support Center](#) and ask for your New Parent Support Home Visitation Program specialist.



Moving During the Holiday Season

PCS orders to move during the holiday season can be challenging, but are doable. As with every move, preparation is KEY. Those moving with children should continue at least some family traditions, as this will make the transition easier on them. Which traditions should be kept during the moving process can be the topic of a family meeting. Finding a small Christmas tree, Menorah or Kinara to put in temporary quarters can keep traditions alive and make this time easier on everyone in the family.

Where temporary quarters have a kitchenette, prepared meals from a grocery store can take the place of elaborate holiday dinners and there may still be leftovers later. Relocating families need to give themselves a break and not expect to do everything they normally do.

Electronic holiday cards can take the place of traditional holiday greetings, or mailing can be delayed until a permanent address is established. Cards are a great way to provide new contact information to family and friends.

Even in the midst of relocating, it's important to enjoy spending time with family and beginning a new chapter in life together.





March of Dimes

The March of Dimes is the leading nonprofit organization for pregnancy and baby health. With chapters nationwide, the March of Dimes works to improve the health of babies by preventing birth defects, premature birth and infant mortality. Worldwide, 13 million babies are born early every year, including more than half a million in the United States.

The first-ever [World Prematurity Day](#) will be held November 17 and will call on governments worldwide to reduce death and disability caused by premature birth. Preterm birth, birth before 37 weeks gestation, is the leading cause of neonatal death, and babies who survive an early birth often face the risk of lifelong health challenges. One million babies worldwide die each year as a result of their early birth.

People everywhere can support global prematurity prevention efforts by going to facebook.com/WorldPrematurityDay and joining the virtual campaign by updating their Facebook status to reflect a prematurity awareness message.

In the United States, the March of Dimes volunteers are working to renew the federal PREEMIE act, which expands research into the causes and prevention of prematurity. Also, it is implementing prematurity prevention programs and educational campaigns, and holding awareness events. The Empire State Building in New York City and buildings across the country will be lit purple in November to symbolize hope for a healthy start for more babies.

Learn more about healthy pregnancy resources at: [March of Dimes](#) or [March of Dimes \(Spanish\)](#).



EFMP Mobile Website

Introducing the Exceptional Family Member Programs mobile website, designed to help military families quickly and easily access information about programs and services via a smartphone, tablet, or other mobile device with an internet connection. [Get Connected!](#)

New Webinar for FRG Members and Families

CNIC is proud to offer a Family Readiness Groups (FRG) webinar for FRG members and families. This webinar will highlight the new Family Readiness Groups Standardized Curriculum, and will include topics such as: Establishing an FRG, FRG Membership Building, Fundraising, Event Planning and Emergency Response. The FRG webinar will be held on 7 December at 7 PM EST. Please spread the word! You can register at: <http://learning.zeiders.com>.



Children and Deployment

FOCUS on...Goal Setting.

Times of major change, such as moving, starting school, and deployment are often good opportunities to set family goals. Change often prompts us to look at things in a new way and see things that we may wish were different.

Read more at: [Focus Project](#).

SCORE: GOAL SETTING FOR KIDS!

S	Say it simply. <small>Make sure to keep your goal as simple as possible. Its best if you can say it in just one sentence.</small>
C	Choose your steps. <small>Goals are easier to complete when you break them down into smaller steps.</small>
O	Organize your time. <small>Decide when you want to complete your goal and then get it done on time. Remember to give yourself enough time to get through each of all the steps you listed.</small>
R	Rate your goal. <small>Make sure your goal is do-able. Rate it using the Feeling Thermometer. The best goals are those in the green zone.</small>
E	Excellent job! <small>You created a great new goal, now go out and do it!</small>

Check out FOCUS World at www.focusworld.org



Good Communication

Healthy relationships begin with good communication. Communication is powerful and directly affects our quality of life and relationships. To express what we think and feel without disrupting our ability to really listen and respect how others think and feel greatly contributes to our success at work and at home. Yet, communication is a daily activity that can be taken for granted.

Effective communication can:

- Reduce stress.
- Strengthen relationships.
- Encourage a cooperative environment.
- Increase understanding.



Use the power of communication to strengthen relationships at work and at home by practicing skills that build effective two-way communication. Register for Communication Skills or any of the [Life Skills Education](#) trainings available at your local [Fleet and Family Support Center](#). Life Skills, Life Change! For more ideas, check out the [Family Matters Blog: Keeping Relationships Healthy](#).

Eat Healthy Your Way

Great recipes, coupons and tips for healthier eating are in the current issue of Eat Healthy Your Way magazine—free



at your Commissary. Find fast and simple suppers, gluten-free options and kid-approved veggie dishes.

The [Fall 2011 digital edition](#) can be viewed on your Internet browser, tablet or smartphone. Shop the Commissaries. It's worth the trip!

Learn more at: [Eat Healthy Your Way](#) and the [Commissary](#) website.



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. Click, Links and Resources.





American Red Cross — Coming Home Series

The American Red Cross, with support from Walmart, has developed the Coming Home series for military families to assist with managing the challenges of reintegration. The series uses individual and small group discussions to enhance the likelihood of positive reconnections between family members and the successful reintegration of service members.

Licensed and specially trained Red Cross mental health professionals will facilitate the sessions. Topics include managing anger, supporting children, building communication, reconnecting with others, recognizing PTSD and TBI, and other topics critical to reunion adjustment. The sessions are designed to assist those affected by a military deployment and incorporate all branches of the Armed Forces. Reserve,

National Guard, active-duty service members, veterans and their families, including spouses, parents, siblings and significant others are invited to participate. Workshops include:

- Communicating Clearly.
- Identifying Depression.
- Working Through Anger.
- Exploring Stress and Trauma.
- Relating to Children.

To learn more about this no-cost and confidential program, go to: www.redcross.org and search "Coming Home," or [click here](#). To register, please email your name, city/state and the workshop you would like to attend to ComingHome@usa.redcross.org.

Navy-Marine Corps Relief Society

The Navy-Marine Corps Relief Society (NMCRS) provides need-based financial assistance and other services to members of the United States sea services and their eligible family members and survivors. NMCRS offers financial counseling, no-interest loans, grants, various support services, and referrals to other community-based resources when available. There are no fees for assistance. Operating in partnership with the Navy and Marine Corps, NMCRS operates nearly 250 offices ashore and afloat at Navy and Marine Corps bases around the world. Learn more at the [Navy-Marine Corps Relief Society website](#).



Operation Homefront

Operation Homefront provides emergency financial and other support to the families of all service members, with a focus on wounded warrior care and transition assistance. This includes cash grants — not loans — paid directly to mortgage lenders, auto mechanics, utility companies, doctors and other providers. Assistance is usually provided within 24-72 hours after receiving pertinent information from the warrior or family member. All requests should be made through [Operation Homefront's online application](#).



GI Bill Post-9/11 Changes

Beginning October 1, 2011 students can use the Post-9/11 GI Bill for:

- Non-college degree programs
- On-the-job and apprenticeship training
- Flight school programs
- Correspondence training
- Housing allowance for students (other than those on active duty) enrolled solely in distance learning
- Books and supplies stipend (students on active duty).



Get the details on the [VA website](#).

DoD Schools Seeking Feedback to Shape Way Ahead

Defense Department officials are inviting military and community members to share their thoughts on the quality and continuity of education in DoD schools and their suggestions for improvements.

This feedback will be used in the development of a new Department of Defense Education Activity Community Strategic Plan, a document that will help to shape the Activity's way ahead — including mission, vision, guiding principles, goals and initiatives — through 2016. The current plan expires at the end of this year.

Officials would like to hear from parents, students, principals, staff members, teachers, military leaders, students and any community member who interacts with the school system, such as child care or health care providers. Topics of interest include consistency of communication from schools, strategies to improve support for students and families through transitions, and feedback on curriculum, instruction and assessment in DoD schools.

[Read more](#) or [provide feedback online](#).

Employment Resources and Updates

Military Spouse Employment Partnership (MSEP)



The Military Spouse Employment Partnership (MSEP) is connecting highly qualified, job-seeking military spouses with employers who are ready and eager to hire them. The program has recently expanded to 96 companies and currently has over 54,000 positions to fill. An on-line [job search site](#) along with career and education counseling are available to all military spouses.

Navy Exchange Service Command (NEXCOM)



The Navy Exchange work force consists of approximately 27 percent military family members, so NEX understands the need for associates to have a portable career. Established in 1998, the Navy Exchange Service Command's (NEXCOM) Continuity of Employment Program has placed more than 1,300 associates in positions at an associate's new duty station. When the military member transfers to a new location with a NEX, this program helps ease job transition by providing hiring preference and allowing continuity of employment and benefits. Also, the associate's service date and benefits remain intact as they transition from position to position. Once enrolled in the program, payments can still be made to health, retirement or other benefits the associate has so there is no break in enrollment. Learn more about employment opportunities at: <https://www.mynavyexchange.com/>, then click on "Work for Us."

USAJobs

The Department of the Navy has transitioned its application site to www.USAJOBS.gov. USAJOBS is the U.S. government's official source for federal jobs and employment information, with search categories ranging from individuals with disabilities, veterans, students and recent graduates to senior executives.



The [USAJOBS iPhone/iPad application](#) puts the power of searching for a federal job at your fingertips.

