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Family connection

Contents

National Immunization Awareness Month

Guard/Reserve On-Site Sales

Volunteerism: Creating a Win-Win Opportunity

Navy Chaplain Care Link

Post-Traumatic Stress: Resources to Help

Veterans in Crisis Can Now Text for Help

Navy Safe Harbor

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:

The Fleet & Family Support Center

Scan QR Code to access via mobile device

Back to School

It's that time of year again. The first day as well as the first few months can be overwhelming. With a little preparation, you and your family will be ready to begin the new academic year.

Check-Ups and Immunizations

Review your child's immunization record to ensure it's up-to-date. It's also a great time to have your child's physical, eye and dental exams completed before school starts. Remember, students will need a sports physical or signed release form to participate in sport activities. It's also a good idea to write down questions or concerns you may have for your healthcare provider. Visit TRICARE® for more information.

School Supplies

The cost of clothes, shoes and supplies doesn't have to bust your budget. Most school websites have supply lists posted. Before going shopping, take a complete assessment of what you have and what you really need. During the month of August, some states offer a "sales tax holiday," which means that certain products will not be taxed during a set period of time. Get the most "bang" for your buck; check to see if your state participates in sales tax holidays.

"The more that you read, the more things you will know. The more that you learn, the more places you'll go."

– Dr. Seuss

Homework Help

Are you smarter than a 5th grader? Parents can get students off to a great start by helping them establish a homework routine and providing a quiet, well-lit place to complete assignments. Tutor.com can help too, with tutoring sessions available to children in grades 1-12. Ask A Librarian Online Reference Center is the latest integration to Tutor.com offering a virtual solution with more than 100 public and academic libraries.

continued on page 2

COMMANDER NAVY INSTALLATIONS COMMAND

Back to School

from page 1

Healthier Choices

Nutrition is an important factor in academic performance. Studies have shown that students who eat balanced breakfasts and lunches are more alert and earn higher grades. Get tips on packing a healthful lunch and making better food choices at ChooseMyPlate.gov.

From preschool to college, being present is one of the best things parents can do. Let your child know that you care and create an environment where they can express themselves. Make time to talk with them about safety, physical and cyber bullying, peer pressure and even their favorite TV show. For more resources to help you and your child adjust and have a successful school year, visit your local Fleet and Family Support Center.

National Immunization Awareness Month

Immunizations (or vaccinations) aren't just for babies and school-age kids. National Immunization Awareness Month is a time to remind everyone – family, friends, and coworkers – to get caught up on their shots. We all need shots to help protect us from serious diseases and illness.

Everyone over age 6 months needs a seasonal flu shot every year. Immunization is a part of a healthy lifestyle. Beneficiaries can receive all necessary vaccinations through military treatment facilities, TRICARE network and non-network providers. Check out the TRICARE Media Center for all the latest updates.

Guard/Reserve On-Site Sales

The Guard/Reserve On-Site Sales Program provides the commissary benefit to Guard/Reserve members and their families who live in areas that are not close to an existing commissary store. Check out the locations and dates.

RELOCATION ASSISTANCE PROGRAM
Moving Made Easy

Let Your Voice Be Heard. Whether your move was good or bad, the Customer Satisfaction Survey (CSS) is the key to improving services. Please take a few minutes to complete this important survey after your next move. Login to DPS and click CSS or click the link that was sent via email.

Housing Early Application Tool

The Navy's online Housing Early Application Tool (HEAT) allows Service members and their families to apply for housing at one or more Navy installations before or after receiving Permanent Change of Station (PCS) orders. Housing options include Navy owned or privatized; information about community/local housing is also provided. Housing applicants are encouraged to make early contact, complete an application and once orders are received, applicants are placed on the housing wait list. For frequently asked questions check out the YouTube Video or visit http://www.cnic.navy.mil/HEAT.

HEAT
Housing Early Application Tool

NAVY ia
U.S. Navy Individual Augmentees
Like us on Facebook.

IA Discussion Group Schedule

View the Fleet-wide list of classes, support groups and events.

Transition and Employment Corner

Have a Transition Plan for your Family? Don't just automatically use your military move to return to your hometown. A huge advantage for a military-experienced job seeker is that many times, their military move can pay for relocation to the city of their new job. Use this to your advantage when negotiating with potential employers. For a company that might have to pay for a civilian to relocate, this could be the leg up you need.

CareerOneStop provides information on salary and benefits, career exploration, job searches, and much more.

Volunteerism: Creating a Win-Win Opportunity

Volunteering provides an excellent transition if you are between jobs, beginning a new career or moving to a new area. Everyone has valuable talents that can be put to good use. Many organizations pride themselves on hiring from within. Often volunteers are considered likely candidates for paid positions. Even though there's no actual paycheck, the pay offs of volunteering are endless:

- **Keeps you in practice.** Volunteering allows you to practice your profession and feel vital and connected.
- **Gives you purpose and boosts confidence.** It's networking at its best; you have the inside track for possible job leads.
- **Opportunity to learn something new.** In today's world of constant change and new technology, continuous self development is essential.

Use your knowledge and skills to benefit others and yourself. Find local volunteer opportunities at United We Serve and your local Fleet and Family Support Center.

Navy Chaplain Care Link

The Navy Chaplain Corps is often where we turn when times get a little tough. How many are aware that you can take a "personal care" moment and get acquainted with the chaplain during fair winds and following seas? Providing religious services and support make up an important part of Navy Chaplain Corps services and programs. However, the predominant, day-to-day work of Chaplains is spiritually focused care, provided for all regardless of faith orientation; facilitating the meeting of ordinary and extraordinary needs; and providing advisement to Commanders on moral and well-being concerns which impact good morale and discipline. Simply put, the Navy Chaplain Corps contributes directly to personal readiness and resiliency.

If you have a question or just need to talk, Distance Support for Chaplain and Spiritual Support is available 24/7, 365 days a year. Visit http://www.chaplain.navy.mil/ and click on TALK to a Chaplain or call **1-877-4-1-TOUCH (1-877-418-6824)**. Dial the toll free number above and remember to press option 0 when you hear the recording. A Customer Service Representative (CSR) will come on the line and locate the Chaplain nearest you right away. If calling outside the continental United States, call DSN **510-4-2-TOUCH (510-428-6824)**.

Post-Traumatic Stress: Resources to Help

Posttraumatic Stress Disorder (PTSD) is a mental health problem that can occur after someone goes through a traumatic event like war, assault, or disaster. These wounds are invisible; you are not alone. Resources to help service members and caregivers are available:

About Face

"About Face" videos feature Veterans talking candidly about dealing with PTSD. We encourage you to learn more about the disorder and how Veterans with PTSD were helped by VA treatment. Learn about posttraumatic stress disorder (PTSD) from Veterans who live with it every day. Hear their stories. Find out how treatment turned their lives around.

PTSD Coach Mobile App

PTSD Coach App can help you learn about and manage symptoms that commonly occur after trauma. Features include:

- Reliable information on PTSD and treatments that work.
- Tools for screening and tracking your symptoms.
- Convenient, easy-to-use skills to help you handle stress symptoms.
- Direct links to support and help.
- Always with you when you need it.

PTSD Family Coach Mobile App Coming Soon!

Make the Connection

Make the Connection is a public awareness campaign that connects Veterans and their friends and families with information, resources, and solutions to issues affecting their health, well-being, and everyday lives. The program is designed to encourage Veterans and their families to "make the connection" with information and resources, with the strength and resilience of Veterans like themselves. To locate nearby resources, take a self-assessment or find self-help solutions and more, visit http://maketheconnection.net/.

Veterans in Crisis Can Now Text for Help

Veterans and service members contemplating suicide can now text for help through the Veterans Crisis Line. Trained professionals will provide free mental health support, referrals and advice for military members, former service members and their families via text. Veteran Affairs estimates a half-million calls on its Veterans Crisis Line since it was introduced in 2007, engaging in 31,000 conversations and saving 18,000 veterans from harming themselves. Confidential communication through multiple channels is available 24/7: Veterans Crisis Line **1-800-273-8255 and Press 1**, online chat www.VeteransCrisisLine.net or **text 83-8255**. Callers in Europe may dial **0800-1273-8255 or DSN 118**.

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. Watch the Video and log on to NFAAS.

Navy Safe Harbor

Navy Safe Harbor is the Navy's lead organization for coordinating the non-medical care of seriously wounded, ill, and injured Sailors, Coast Guardsmen, and their families. Through proactive leadership, Safe Harbor provides a lifetime of individually tailored assistance designed to optimize the success of the service member's recovery, rehabilitation, and reintegration activities. For more information: call **877-746-8563** or email safeharbor@navy.mil.