

MEETING YOUR NEEDS DAILY

MILITARY

and Family Support Center



READINESS REVIEW

OCTOBER 2012

 **October is Domestic Violence Awareness Month** 



The Department of Defense and the Navy define domestic abuse as:

(1) Domestic violence or (2) a pattern of behavior resulting in emotional/psychological abuse, economic control, and/or interference with personal liberty when such violence or abuse is directed toward a person of the opposite sex who is: (a) A current or former spouse; (b) A person with whom the abuser

shares a child in common; or (c) A current or former intimate partner with whom the abuser shares or has shared a common domicile.

What is Domestic Violence?

Domestic violence can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner.

Abuse is physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person. This includes any behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure, or wound someone.

Domestic violence can happen to anyone of any race, age, sexual orientation, religion, or gender. It can happen to couples who are married, living together, or who are dating. Domestic violence affects people of all socioeconomic backgrounds and education levels.

Domestic Violence Statistics

- Every 9 seconds in the US a woman is assaulted or beaten.
- Around the world, at least one in every three women has been beaten, coerced into sex or otherwise abused during her lifetime. Most often, the abuser is a member of her own family.
- Domestic violence is the leading cause of injury to women—more than car accidents, muggings, and rapes combined.
- Studies suggest that up to 10 million children witness some form of domestic violence annually.
- Nearly 1 in 5 teenage girls who have been in a relationship said a boyfriend threatened violence or self-harm if presented with a breakup.
- Everyday in the US, more than three women are murdered by their husbands or boyfriends.
- Ninety-two percent of women surveyed listed reducing domestic violence and sexual assault as their top concern.
- Domestic violence victims lose nearly 8 million days of paid work per year in the US alone—the equivalent of 32,000 full-time jobs.
- Based on reports from 10 countries, between 55 percent and 95 percent of women who had been physically abused by their partners had never contacted non-governmental organizations, shelters, or the police for help.
- The costs of intimate partner violence in the US alone exceed \$5.8 billion per year: \$4.1 billion are for direct medical and health care services, while productivity losses account for nearly \$1.8 billion.
- Men who as children witnessed their parents' domestic violence were twice as likely to abuse their own wives than sons of nonviolent parents.

<http://domesticviolencestatistics.org/domestic-violence-statistics/>

If you are in an abusive relationship or if something about your relationship with your partner scares you and you need someone to talk to, if you are in the U.S. you can contact the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or visit their website at www.ndvh.org. For more information or to talk to someone about domestic violence contact the Military and Family Support Center at (202) 433-6151.

Family Advocacy Program

FAP is a command support program for military families who are facing issues of domestic abuse. FAP works to prevent domestic abuse by educating service members and families about the issue; identify families experiencing domestic abuse; providing support services to victims of abuse; and providing treatment for abusers.

FAP staff members work with military commands, military law enforcement personnel, medical staff, Military and Family Support Center personnel, victim advocates, and chaplains to assist families with domestic abuse issues. Civilian organizations and agencies work with the military to provide a coordinated community response to domestic abuse and to see that military families get the help they need.

For additional information and resources:

Military and Family Support Center (202) 433-6151
<http://www.cnic.navy.mil>
www.militaryhomefront.dod.mil
www.militaryonesource.com

Featured Event: Hiring Our Heroes

For more information:

Please contact Ms. Patricia A. Botkins, Military and Family Support Center, Joint Base Anacostia-Bolling at 202-767-0450/FAX 202-767-4482 patricia.botkins@navy.mil. <http://www.uschamber.com/hiringourheroes/joint-base-anacostia-bolling-dc>



MFS OCTOBER CLASS SCHEDULE

	DATE	TIME	LOCATION
Life Skills			
Anger Management (1of2) **/***	3 October	9:00am-Noon	Bldg 72
Moms and Tots Playgroup	4 October	9:45-11:45am	Youth Center
Anger Management (2of2) **/***	10 October	9:00am-Noon	Bldg 72
Parenting: Potty Training	11 October	9:45-11:15am	Youth Center
Moms and Tots Playgroup	11 October	9:45-11:45am	Youth Center
Keeping Your Marriage Strong	18 October	9:00-10:00am	WNY, Bldg 101
Moms and Tots Playgroup	18 October	9:45-11:45am	Youth Center
Parenting: Understanding Temperament	19 October	1:00-3:00pm	Bldg 72
Parenting: Anger/Stress Management	22 October	4:00-5:00pm	Bellevue
Moms and Tots Playgroup	25 October	9:45-11:45am	Youth Center
Conflict Resolution	25 October	2:00-3:00pm	Bldg 72
Employment Assistance/Transition Assistance			
TAP*	1-5 October	8:00am-4:00pm	Bldg 13
Pre-Separation Brief	2 October	9:00-11:00am	Bldg 13
DTAP	5 October	9:00-10:00am	Bldg 13
Career Week			
Job Search Strategies	8 October	9:00am-Noon	Bldg 13
Resume Writing Workshop	8 October	Noon-12:30	Bldg 13
Applying for a Federal Job	10 October	9:00am-Noon	Bldg 13
Interview Techniques	11 October	9:00am-Noon	Bldg 13
Meet the Employer	12 October	10:00am-Noon	Bldg 13
Applying for a Federal Job	13 October	9:00am-Noon	Bldg 13
Pre-Separation Brief	9 October	9:00-11:00am	Bldg 13
TAP*	15-19 October	8:00am-4:00pm	Bldg 13
Transition Benefits Brief	19 October	8:00am-4:00pm	Stewart Theater
ETAP*	22-26 October	8:00am-4:00pm	Bldg 13
Pre-Separation Brief	23 October	9:00-11:00am	Bldg 13
Steps to Starting Your Own Business	24 October	9:00am-Noon	Bldg 13
Pre-Separation Brief	30 October	9:00-11:00am	Bldg 13
Ombudsman Program			
Ombudsman/Key Spouse Basic Training**/***	12-14 October	9:00am-3:00pm	Bldg 13
Ombudsman Advanced Assembly	20 October	9:00am-Noon	Bldg 13
Personal Financial Management			
Car Buying	2 October	2:00-3:00pm	Bldg 72
Credit Management	4 October	2:00-3:00pm	Bldg 72
Consumer Awareness	9 October	2:00-3:00pm	Bldg 72
Thrift Savings Plan	11 October	2:00-3:00pm	Bldg 72
Developing Your Spending Plan	16 October	2:00-3:00pm	Bldg 72
Renting	18 October	2:00-3:00pm	Bldg 72
Command Financial Specialist Training**/***	22-26 October	8:00am-4:00pm	Bldg 72
Relocation			
Right Start	3 October	7:30am-3:00pm	Bldg 13
Right Start	10 October	7:30am-3:00pm	Bldg 13
Sponsor Training	12 October	1:30-3:00pm	Bldg 13
Right Start	17 October	7:30am-3:00pm	Bldg 13
Smooth Move & Overseas Planning	23 October	9:00am-Noon	Bldg 13
Sponsor Training	26 October	9:00-10:30am	Bldg 13
Deployment Support			
Hearts Apart Joint Services (Arlington) Legion	11 October	5:30-7:30pm	American
Special Events			
Domestic Violence Awareness Month	October		

Effective August 1, 2012 All Transition Assistance Programs to include TAP, ETAP, Pre-Separation, and employment classes will be held in Bldg 13.
For more information please call 202-767-0450.

*Registration for these workshops is done through the Command Career Counselor (CCC)

** Must speak with Clinical Counselor/Instructor prior to registration for approval.

*** Must attend all classes to receive certification.

**** Interested individuals can call 1.800.818.9929 at their workstation, at home or join us at the Military and Family Support Center.

Registration is mandatory for all classes

Insufficient enrollment may force cancellation. All classes are open to active duty service members, spouses, retirees and civilians affected by base realignment.
Workshops are open to DoD civilians on a space availability basis.

To register please call Military and Family Support Center at 202-433-6151/202-767-0450, DSN: 288-6151 or
toll Free: 1-866-557-4410

LOCATED IN TWO CONVENIENT LOCATIONS

Military & Family Support Center
118 Brookley Ave., Bldg. 13, Suite 100
Joint Base Anacostia-Bolling, DC 20032

Military & Family Support Center
2767 Watson Rd., Bldg. 72, Suite 101
Joint Base Anacostia-Bolling, DC 20373