

"If you want to lift yourself up, lift up someone else."

— Booker T. Washington

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

The appearance of external links in this newsletter does not constitute official endorsement on behalf of the U.S. Navy or Department of Defense.

If you have questions or comments, contact the Fleet and Family Support Program, [ffsp.fct@navy.mil](mailto:ffsp.fct@navy.mil).

Visit us online at:



## OPM Data Breach – Dedicated DON Website

In the spring of 2015, the Office of Personnel Management (OPM) became aware of unprecedented compromises to government employee personal data. OPM, the Department of Homeland Security (DHS) and the Federal Bureau of Investigation (FBI) continue to investigate the extent of these intrusions. Additionally, OPM confirmed an incident affecting background investigation records of current, former and prospective federal employees, military members and contractors.

While the spectrum of risk to affected individuals is not fully known, it is reasonable to assume it includes identity theft at a minimum. The Secretary of the Navy released an ALL NAVY message and opened a dedicated DON website to increase communications regarding the data breach: <http://www.secnav.navy.mil/OPMBreachDON>.

The new website has information on the OPM data breach including:

- DON Frequently Asked Questions.
- A tool kit with steps you can take to protect yourself.
- A newsfeed with current news headlines.

- An "Ask a Question" feature allowing you to submit your questions regarding the breach for a response.

While not subject matter experts on the OPM data breach, Navy Fleet and Family Support Centers (FFSC) offer general financial planning services, along with counseling, to help Sailors and their families deal with stress. All Sailors, family members and retirees are eligible for these services. [Contact your local FFSC](#) for an appointment.

For Department of the Navy civilian employees who are impacted by the OPM data breach, the [Department of the Navy Civilian Employee Assistance Program](#) (844-366-2327) offers support services that include:

- Access to licensed counselors who provide in-person, short-term counseling for a wide range of concerns including relationships, legal, financial, family, substance abuse, depression, parenting and more.
- Assistance with a wide range of concerns including short-term problem solving, management coaching or crisis management.



# Preparing for Back-To-School Without Stress

Submitted by Navy Operational Stress Control Program

Transitioning from fun in the summer sun to a new, school-focused schedule can be very stressful. It can also be an opportunity to make positive changes to routines and perhaps avoid last year's pitfalls.

Here are some tips to help you and your family navigate the stress of back to school season:

- **Shop smart:** Take advantage of tax-free shopping on your local base or in your community and stick to the school-supplied lists as best you can to avoid overspending. You can also search online for used textbooks and free shipping offers or visit a local dollar store for smaller items, such as pens and pencils.
- **Visit the school:** If your child's school hosts an open house, take advantage of the opportunity not only to see the classrooms and meet the teachers for yourself, but to familiarize your child with where they will spend their days.

- **Create a family calendar:** Knowing who needs to be where and when will build confidence, reduce stress and create a greater sense of control and trust within your family. Make sure you include family time, whether it is a family movie night or a visit to a local park.

Above all, encourage your children. Your love and support will help ease any stress they may be experiencing about the new school year.

For more comprehensive tips to navigating back-to-school stress, read parts [one](#) and [two](#) of the Strategies for Tackling the Stress of Back-to-School on the Navy's Operational Stress Control blog.



## PFM Video Series

The Personal Financial Management program has created a [series of four videos](#) to provide a brief introduction to financial issues of importance to Sailors and their families. These three-minute videos will help Sailors and families navigate some of the financial issues they face: Credit Reports / Credit Scores; Marriage and Money; Vacation Planning; and Renting vs. Buying.

## Relocation Tip

Wondering what your life would be like living in another country? Culture Grams located on [DoD MWR Library Resources](#) will allow you to experience detailed cultural information on more than 200 countries.



## New Spouse Orientation

New Spouse Orientation is offered as an [on-demand course](#) designed to support new Navy spouses. It provides information on benefits, support services, military culture and resources to help spouses adapt to the military lifestyle.



U.S. Navy Individual Augmentees



### IA Discussion Group Schedule

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

### Returning Warrior Workshops (RWW)

Returning Warrior Workshop Schedule and IA Family Events — [www.ia.navy.mil](http://www.ia.navy.mil). Click "Resources" then "IA Services."



## Military Spouses on the Move: Finding a New Job

Moving can be an adventure. However, frequent relocations often cause military spouses to face a unique set of challenges when it comes to employment continuity, upward career mobility and job-related education/training. The Family Employment Readiness Program (FERP) at your local Fleet and Family Support Center (FFSC) is here to help. FERP provides no-cost consultations, programs and services to help families in the job search process. Consultants are available to guide family members on career planning, job seeking and resume writing. Workshops are also offered on portable careers for military families on the move,

starting businesses and the federal employment process.

In addition to the FFSC services, spouses are encouraged to take advantage of a variety of Department of Defense or community-based programs:

**Spouse Education and Career Opportunities (SECO):** The SECO program works to ease transitions with specialized career counselors, information on transferring professional credentials, help with job searches and information on educational opportunities. The MySECO website ensures spouses have 24/7 access to online education and

career information, resources, tools and assessments. Using the tools and assessments there, spouses can begin to explore their interests, skills, passions and personality types to determine the best fit for education and career choices.

**My Career Advancement Account Scholarship:** This workforce development program provides up to \$4,000 in financial assistance to help eligible spouses meet their education, licensing or certification goals.

**Military Spouse Employment Partnership (MSEP) Career Portal:** The MSEP Career Portal allows spouses to set up a personalized account, build a resume, search for available positions and link to an MSEP partner's website to apply for available jobs online. The site also provides additional resources and support services, as well as advice on how to make and manage networking connections.



## Hiring-Our-Heroes: Career Resources for Transitioning Service Members and Military Spouses

Are you a transitioning service member or a military spouse looking for employment? Do you know about Hiring Our Heroes hiring events and transition summits? These events are more than simply job fairs. Participants can also get information on how to create effective resumes, as well as learn successful interview techniques. They are free and open to all U.S. service members, veterans and spouses. Upcoming hiring fairs and other career resource events are listed on the website: <http://www.uschamberfoundation.org/events/hiringfairs>.

Since its origin in 2011, more than 1,700 employers from a cross-section of industries participating in Hiring Our Heroes events have hired more than 585,000 veterans, transitioning service members and military spouses. Hiring Our Heroes is affiliated with the U.S. Chamber of Commerce.

## SAPR Services for Transitioning Service Members

Submitted by *CNIC SAPR Program*

Did you know that support for victims of sexual assault continues during the transition from active duty to civilian?



A warm hand-off takes place between the Sexual Assault Response Coordinator (SARC)/SAPR Victim Advocate and community agencies such as the Department of Veterans Affairs (VA) to provide seamless advocacy services for victims during their transition. Most service members are aware of TRICARE's 180-day window of eligibility of insurance coverage, but the choice of continued mental health support beyond the 180-day window is up to the veteran. This is where the VA and the DoD Safe Helpline can be of assistance.

The **Department of Veterans Affairs** recognizes the special needs and concerns of Military Sexual Trauma (MST) victims and delivers sensitive and supportive care. Their extended MST program encompasses:

- Outpatient care, including specially trained MST counselors and services.
- Inpatient care, including intense treatment and recovery support.
- Outreach by trained MST Coordinators, who help simplify access to care.

Veterans may connect with their local VA by accessing the [VA directory guide](#).

**DoD Safe Helpline** provides worldwide, 24/7 coverage and is available via telephone (877-995-5247), text and online (<http://www.safehelpline.org/>) in a secure and confidential manner. A special section on their website is devoted to [transitioning service members](#), highlighting the impact of the transition and the recovery/healing process for survivors of sexual assault.

## Preventing Identity Theft - 5 Things You Need to Know to Protect Your Financial Future

In this digitally connected world, it is more important than ever to know how to protect yourself from online identity theft that can lead to someone using your Social Security number or other personal information to open new accounts, make purchases or get a tax refund.

Here are five things you can do to protect yourself:

1. **Check your account information.** Monitor it regularly and immediately report any suspicious or unusual activity to your bank or financial institution.
2. **Keep an eye on your credit report.** Request a free credit report at [AnnualCreditReport.com](http://AnnualCreditReport.com) or by calling 1-877-322-8228. Consumers are entitled by law to one free credit report per year from each of the three major credit bureaus - Equifax, Experian and TransUnion - for a total of three reports every year.
3. **Verify who is asking for your information.** Be suspicious of unsolicited phone calls, visits or email messages from individuals asking about you, your
4. **Stay vigilant online.** Do not reveal personal or financial information in email and do not respond to email solicitations for this information. Pay attention to the URL of a website. Malicious websites may look identical to a legitimate site, but the URL may use a variation in spelling or a different domain (for example .com versus .net).
5. **Keep your documents in a safe place.** At home and when you are traveling, it is important to only take what you need. Lock your wallet or purse in a safe place at work and limit what you carry with you. When you go out, take only the identification, credit and debit cards you need.



FEDERAL TRADE COMMISSION

[IdentityTheft.gov](http://IdentityTheft.gov)

## Chaplain Support

Got stress? Looking for a safe place to talk? When was the last time you spoke to your chaplain? Hear more from the Chief of Navy Chaplains Rear Adm. Margaret Grun Kibben about the confidential support chaplains can provide you:

<https://m.youtube.com/watch?t=12&v=Oc264E5xARQ>.





## Summer Heat Pet Safety

August is often one of the hottest months of the year. Regardless of whether you leave your pets at home or take them with you on your summer adventures, it is important to follow a few simple rules to help keep your pets safe from extreme heat.

- **NEVER leave your pets inside a parked car.** Temperatures inside a vehicle can reach over 100 degrees in less than ten minutes, even with windows slightly open. Pets left in a car can suffer brain damage or die from heat stroke or suffocation.
- **Watch for signs of heat stroke/stress,** such as heavy panting, glazed eyes, unsteadiness, profuse salivation and a staggering gait. This is especially important if humidity is high as pets have a more difficult time cooling themselves in this type of weather.
- **Modify your pet's exercise routine** on hot days to either early morning or late in the evening, keeping in mind that asphalt gets very hot and can burn your pet's paws.
- **Provide ample shade and water.** Any time that your pet is outside ensure that he/she has access to fresh, cold water and plenty of shade. The inside of a doghouse is not an appropriate form of shade because it restricts air flow.
- **Plan ahead for any potential emergency.** Have an emergency kit ready so that your furry friend's needs can be met at any time of year.

For more information, please visit: [www.humanesociety.org](http://www.humanesociety.org) or [www.Ready.Navy.mil](http://www.Ready.Navy.mil).



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