

Contents

American Red Cross, still supporting the military

VA establishes 'Coaching into Care' to help you help your veteran

New program to assist returning IA, demobilizing Sailors with the medical referrals

Sexual Assault Prevention, Response in the Navy

Happy Birthday to the Navy Reserve

Tax time is quickly approaching

National Nutrition Month - "Eat right, your way, every day"

Transition, Employment Corner

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

Meet the challenges of deployment, bounce back stronger than ever

Resilience; the new buzz word! What do the [Fleet and Family Support Centers](#) (FFSCs) offer to help our Sailors and families build resilience? What we have always done: provide education, information and resources to effectively manage the issues that are inherent to the military life. These services ensure our Sailors and families build the resilience to withstand the demands of the Navy's increased operational tempo (OPTEMPO), which has resulted in short turn-around times between deployments and extended deployments, some lasting more than 10 months.

While this increase in OPTEMPO is stressful for even the most experienced Navy spouse, to a new Navy spouse, it can be overwhelming. To help meet this challenge, New Spouse Orientation is offered at FFSCs Navy-wide as well as online. The [New Spouse On-Demand Training](#) is a free online course designed to support new Navy spouses who may be geographically isolated and those who are unable to attend the FFSC workshop in person. Available 24/7, this curriculum will help new military spouses familiarize themselves with administrative details, customs, language and resources.

There are also a number of military and community based programs available to augment deployment and mobilization support services provided by FFSCs:



The Bureau of Medicine and Surgery created the [Families OverComing Under Stress](#) (FOCUS) Project, which provides resilience training to military children and families. It teaches practical skills to meet the chal-



"Resilience is accepting your new reality, even if it's less good than the one you had before."

– Elizabeth Edwards

lenges of deployment and reintegration, to communicate and solve problems effectively and to successfully set goals together and create a shared family story.

Services are offered on select [military installations](#) as well as on-line via [FOCUS World](#).



The [Navy and Marine Corp Public Health Center](#) provides products and topic areas specifically for service

members, families and retirees to effectively navigate stress and build resilience. Resources for suicide prevention, anger management and post-traumatic stress disorder (PTSD) are provided as well.

continued on page 2



Continued from page 1



Veterans of Foreign Wars (VFW) National Military Services unites three successful, longstanding programs: VFW Operation Uplink, VFW Unmet Needs and the VFW Military Assistance Program (MAP). These initiatives are just a few of the ways

VFW works to support our brave men and women and their families. Their motto is, "We've been there. We understand."

These are just a few of the many available resources. For more information, contact your local FFSC.

American Red Cross, still supporting the military

When you hear "Red Cross", what comes to mind: Disaster relief, CPR or emergency contact messages? Yes, the American Red Cross (ARC) provides those services, but that is not all they do. The ARC has been supporting the U.S. Military, military families and veterans for decades and their support has never been more robust than now. The ARC's Military Services offers classes to help service members and their families build the resilience needed to cope with the unique challenges associated with military life. Deployment Services are offered to help prepare for deployment, to cope during deployment and

with post-deployment reunion. These classes are available not only to spouses, but also to parents, siblings and significant others who may not be near a military base or eligible to receive deployment related services at a Fleet and Family Support Center. In fact, some are even offered via the web and are available in both English and Spanish. To learn more visit the American Red Cross website, or call your local Red Cross Office.



VA establishes 'Coaching into Care' to help you help your veteran

According to the Navy's 2012 Behavioral Health Quick Poll, talking to a friend or family member is an incredibly important "stress coping method" for both officers and enlisted members. Knowing what to say and do is not always easy, so the Veterans Administration (VA) has established a confidential telephone service for friends and families of veterans. Coaching into Care is a free and confidential coaching service to help callers discover new ways to talk with their Veteran about their concerns and about treatment options. Before you call,

consider reading Tips for Encouraging Your Loved One to Access Mental Health Services on the Defense Centers of Excellence blog.

Military members trust the people closest to them. Close friends and family members are often the only ones able to recognize if a Sailor is having trouble navigating the everyday or extraordinary stress of military life. Early intervention works but Sailors need to know where to go for the appropriate help. Learn what to say and where to get help BEFORE you need it.

Add JSS to your Mobile Network
jssmobile.org

iPhone, iPad User...
 Download JSS at the App Store ▶

JSS Dial-in Access 24/7?
1-877-JSS-NOW1
 (577-6691)

NFAAS

Scan QR code to access NFAAS mobile website 24/7.

Moving Deductions

Moving every few years gets expensive for active-duty members. But if your move is a required permanent change of station, the Internal Revenue Service (IRS) allows you to deduct the "reasonable unreimbursed expenses" of relocating yourself and your family.



New program to assist returning IA, demobilizing Sailors with the medical referrals

A new resource referral tracking service to returning Individual Augmentees and Demobilizing Reservist is now available.

A Senior Medical Officer and a Resource Referral Tracking Manager (RRTM) will assist Sailors in navigating the medical referral process upon returning from deployment. When Sailors transfer from a Navy Mobilization Processing Site (NMPS), they will be provided individual medical and referral support as needed by the RRTM to navigate the medical

systems (Tricare, Military Treatment Facilities and the U.S. Department of Veterans Affairs).

Sailors will also have medical referrals and assistance tracked at NMPS until all medical issues are resolved even if a new service-related medical issue should arise after departure from NMPS.

Questions regarding the post-deployment medical referral process should be directed to 1-855-NAVY-311 (1-855-628-9311) or NMPS_REFERRALMANAGER@NAVY.MIL.

Sexual Assault Prevention, Response in the Navy

Originally established in 1994 as the Sexual Assault Victim Intervention (SAVI) program, which focused solely on victim support, the Navy Sexual Assault Prevention and Response (SAPR) program employs a holistic approach, incorporating prevention in addition to a coordinated victim response and support system.

The SAPR program provides a variety of services for victims of sexual assault, including case management, victim and systems advocacy, emotional support and information and referrals for military and civilian resources. Sexual Assault Response Coordinators (SARCs) ensure that effective victim response is available 24/7. SARCs manage and support all cases, oversee and train SAPR Victim Advocates (VAs), train key SAPR personnel and support prevention and

awareness training at each command.

Active-duty service members, National Guard and Reserve component members who were assaulted when performing active service and military dependents 18 years of age or older are eligible for SAPR services. The DoD Safe Helpline, hosted by the Rape, Abuse, and Incest National Network (RAINN), provides 24/7 secure and confidential information worldwide three ways: telephone helpline (1-877-995-5247), online helpline (<https://safehelpline.org/>), and text for information (55-247 inside the U.S. and 011-202-470-5546 outside the U.S.). Trained Safe Helpline advocates can provide crisis intervention, emotional support and referrals to both military and civilian resources in your area, information on military reporting options, and information for family and friends of victims.



NAVY RESERVE

Happy Birthday to the Navy Reserve

Today the members of the [Navy Reserve](#) make up almost 20 percent of the Navy's Total Force and play a crucial role in everyday operations. Even before Congress officially created the Navy Reserve in 1915, citizen Sailors were serving in America's Navy. They have participated in every war, conflict and military action since the Revolutionary War. Their ranks have included five future Presidents, and the nation's highest military decoration, the Medal of Honor (MOH), has been bestowed on 23 Navy Reservists. Join us on Sunday, Mar. 3, in wishing the Navy Reserve a happy 98th birthday. [See a video](#) and learn more about the history of the Navy Reserve.



Tax time is quickly approaching

Taxes aren't due until Monday, Apr. 15, but it is never too early to prepare, especially if your spouse is deployed. Now is the time to begin gathering the required documents and forms. This will ease the process and ensure your tax filing goes as smoothly as possible. Here are some resources to assist:

[Military OneSource](#) has teamed up with H&R Block to provide online tax preparation services for eligible military families. You will be able to save and file your 2012 Federal taxes and up to three state returns using the H&R Block At Home Basic Tool free of charge, if you are eligible under the current guidelines.



[Volunteer Income Tax Assistance/ Electronic Filing \(VITA/ELF\)](#) Offices are open on most military bases around the world. Volunteers, who have been trained by the IRS, provide income tax return preparation and electronic filing for both state and federal returns.

If you don't know what special considerations apply to active-duty service members visit the IRS's website and review Publication 3, "[Armed Forces Tax Guide](#)."

National Nutrition Month - "Eat right, your way, every day"



eat right. Academy of Nutrition and Dietetics

National Nutrition Month® 2013

Every year during the month of March, the Academy of Nutrition and Dietetics sponsors the National Nutrition Month (NNM) to increase awareness and focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. For more information on NNM and to find valuable, credible and scientifically based information on food and nutrition, visit the [Academy of Nutrition and Dietetics](#).

Employment, Transition Corner

Fastest growing jobs

The new Transition Goals, Plans, Success (GPS) workshop helps service members select a career path (education, entrepreneurship, or employment) and develop a personal transition plan. Many service members already have the training and experience for the job they desire while others may choose to pursue a new career field that requires additional education or training. Before you set off on a career path or career change, find out which fields and industries are hot and have growth potential.

The Bureau of Labor Statistics (BLS) is a federal agency that measures a variety of labor activities in the economy. On their [website](#) you will find employment predictions for hundreds of jobs, determine whether a job field is growing or declining and identify education requirements for a particular job. This information can help you make informed decisions about your career path. A breakdown of occupations is found in the BLS article "[Occupational Employment Projections to 2020](#)."

For additional information contact your FFSC Career and Transition Support Counselor. Find the [FFSC nearest you!](#)



NAVY ia

U.S. Navy Individual Augmentees

Like us on Facebook.



Returning Warrior Workshops (RWW)

Returning Warrior Workshop Schedule & IA Family Events — www.ia.navy.mil. Click "Links and Resources."

IA Discussion Group Schedule

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

