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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 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

Building a Community of “One Voice Against Domestic Violence”

Each year, leaders and advocates across the nation proclaim October as Domestic Violence Awareness Month. But a yearly proclamation isn’t enough. The severity of the problem calls for every person to be engaged in ending domestic violence, year-round. The Navy’s theme this year focuses on blending our voices to stop it: “One Voice Against Domestic Violence.” Mothers, fathers, brothers, sisters, aunts, uncles, cousins, neighbors and co-workers are challenged to step up and speak out against domestic violence.

The Family Advocacy Program (FAP) assesses, treats and educates thousands of domestic violence victims and offenders each year. However, until the entire community becomes proactive, domestic violence will continue its insidious existence in the shadows of our family lives. Everyone needs to speak up when they suspect someone is in danger; staying silent can have grave consequences.

The more people get involved, the more American families will get help with this persistent yet hidden threat to safety and welfare. In addition to reporting violence, we need to become educated about the dynamics of abuse. Through education and encouragement, we can begin to dispel the myths that discourage involvement with this issue and can promote healthier communities as a whole. Take a stand and make a difference!



“A peaceful world is an inclusive world.”

–Judith Umbach

What you can do to stop domestic violence:

- Be the example; model nonviolent and respectful responses to conflict for the next generation.
- Build a consensus among your family, colleagues and neighbors that abusive behavior and language is unacceptable.
- Spread the word; post a link to the National Domestic Violence Hotline (www.thehotline.org) on Facebook or Twitter.

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Exceptional Family Member Enrollment Coming to NFAAS Website



The Navy Family Accountability and Assessment System (NFAAS) website has made Exceptional Family Member Program (EFMP) enrollment easier and faster. Enrollment in the EFMP will soon be available in NFAAS. NFAAS EFMP module Phase I is being released to enable an electronic process to expedite the submission, review and final designation of enrollment forms for new enrollees.

Additionally, the EFMP module will enable case managers at Fleet and Family Support Centers to track information and referral requests, and to develop and manage individualized service plans for new enrollees. The EFM Users Guide is available via the [NFAAS website](#). Once logged in, select the **Help** tab and find the guide in the upper right corner.

See Something, Say Something

In support of the Navy's continuing efforts to combat terrorism and protect Navy personnel, Commander, Navy Installations Command (CNIC) launched its 2011 Antiterrorism Awareness video. The video was created to inform and educate all Navy personnel and families on what constitutes suspicious activity, what actions to take if you observe suspicious activity, and how to best protect yourself from potential terrorist activities or attacks, whether at work, home, or on travel.

It is everyone's responsibility to report suspicious activity. [View the video](#).

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If you or someone you know is a victim of domestic violence, there is help:

- [The National Domestic Violence Hotline](#) at 1-800-799-SAFE (7233).
- Locate your nearest victim advocate or counselor at the [Fleet and Family Support Center](#).
- Military healthcare providers.
- [Chaplain Care](#).
- Base security.
- Military chain of command.
- [Military One Source](#) 1-800-342-9647.
- Anyone experiencing domestic violence—a victim or a witness—should call 9-1-1.

National Disability Employment Awareness Month

Being disabled by no means implies being without ability. Each October, National Disability Employment Awareness Month (NDEAM) leads a national campaign that raises awareness about disability employment issues and celebrates the many and varied contributions of America's workers with disabilities.

The overall goal is to increase awareness of hiring and training programs that assist and level the playing field for people with disabilities. Talent has no boundaries. With the American Jobs

Act, the President is again demonstrating unwavering support of Veterans and businesses by putting forward an aggressive plan that will help create new jobs for Veterans and boost the American economy. Veterans Affairs already employs over 100,000 Veterans — about 30 percent of their workforce. The goal is to up that to 40 percent. For additional information and resources for veterans, visit the [Department of Veterans Affairs](#) website.





Ways to Save Energy

Now is the time to check your utility budget from last year. Review these tips to stay warm and reduce costs:

- Clean HVAC air filters monthly; dirt and dust hinder air flow, reducing efficiency.
- Program your thermostat; adjust the settings to allow for higher daytime temperatures.
- Look for appliance incentives; investing in a new energy-efficient unit can cut costs long-term.



Relocation Assistance Program (RAP) Tip

Whether CONUS or OCONUS, moving is a part of the unique military lifestyle. The Relocation Assistance Program (RAP) offers assistance and resources to help, from the time you receive new orders to the unpacking of that last box. Reduce your stress; contact your [Fleet and Family Support Center](#) now.



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. Safe Harbor provides a lifetime of individually tailored assistance designed to optimize the success of the service member's recovery, rehabilitation and reintegration activities. To learn more, visit www.safeharbor.navy.mil, email safeharbor@navy.mil, or call 877-746-8563.

Operation Give a Hug

[Operation Give a Hug](#) strives to provide comfort to children with a deployed parent while helping families get connected to resources and support. Give a Hug is a 501 (c) (3), charitable organization.



Introducing Electronic OBT!

You've asked, and we've listened! We often hear from family members who would like to volunteer to be a command ombudsman, but are unable to attend the required training due to scheduling, budget, or geographic constraints. Command leadership and command leadership spouses have shared similar comments. In response to these concerns, CNIC is pleased to announce Electronic Ombudsman Basic Training (eOBT); the conversion of Ombudsman Basic Training (OBT) to a combination of five webinars and five on-demand modules. Although we recommend students complete the modules in order, participants are required to begin with eOBT Module 1: Orientation and Program Overview, and end with eOBT Module 10: Capstone Part 2. This alternative to classroom OBT was developed to present the same course information as traditional OBT. However, the presentation order and delivery style varies slightly from classroom OBT to accommodate the webinar and on-demand medium.



eOBT is open to ombudsmen, command leadership and command leadership spouses, but we encourage all to attend the standardized classroom training, whenever possible. If you're an ombudsman awaiting training, or a member of the Command Support Team wanting to learn more about the Ombudsman Program, please consider this training alternative if you are unable to attend classroom training.

All modules, both the webinars and the on-demands, will be available via the Learning Management System (LMS) at <http://learning.zeiders.com>.

The first eOBT course will be offered in early November, 2011. For exact dates and times of the five webinars, please go to the Ombudsman Program Webinar schedules at www.ffsp.navy.mil or www.ombudsmanregistry.org. The on-demand modules will be available to complete at your convenience at the conclusion of eOBT module 1. All questions should be directed to CNIC's Ombudsman Training Coordinator, Doreen Scott, at Doreen.a.scott@gmail.com.

Operational Stress Control

Day-to-day life in the Navy can be extraordinarily stressful. The Operational Stress Control (OSC) program is dedicated to help Sailors and their families be better prepared to navigate life's inevitable challenges. The program's focus is building resilience and keeping stress issues from becoming stress injuries through education and training in conjunction with Navy Medicine and allied programs.

OSC is about prevention. While the program initially targeted service members and deckplate leaders, it has become increasingly focused on reaching out to family members with information about operational stress and ways to mitigate its negative effects.

A recent Navy survey indicated that the majority of Sailors use friends and family members as their primary resource to help them cope with stress-related issues. To be more "family friendly," OSC

is expanding its reach by joining forces with other related efforts to create an understanding of what stress is and provide practical tools Sailors and their families can use.

The OSC Blog, <http://NavyNavStress.com>, offers official information and links to other programs, resources and research; while providing news about the Navy's continually expanding and improving training curriculum. The OSC team hopes that sharing the success stories of family members who have overcome the challenges of long deployments, frequent relocations, reintegration and financial concerns will empower others. Resilience can be learned. The OSC's stress continuum is a guide for identifying stress reactions and appropriate actions to take. Knowing what stress is, how we respond to it, and where to get help will keep us healthier and psychologically fit.

READY	REACTING	INJURED	ILL
<ul style="list-style-type: none"> • Confident and competent • Getting the job done • In control of emotions • Sense of humor • Sleeping enough • Eating well • Working out, staying fit • Playing well • Active socially • Coping well • Functioning well in school, at work and home • Relating well with Marine 	<ul style="list-style-type: none"> • Anxious, irritable, short tempered • Fighting, tantrums, opposition • Unusual sadness or crying • Trouble sleeping • Aches and pains • Eating too much or too little • Loss of interest • Keeping to self, not socializing • Negative, pessimistic • Loss of confidence • Developmental regression • Problems with school or work performance • Communication breakdown 	<ul style="list-style-type: none"> • Persistent sadness or irritability • Can't fall or stay asleep • Persistent loss of appetite • Social avoidance or isolation • Inability to enjoy activities • Severe misbehavior • Persistent aches and pains • Severe deterioration of school or work performance • Misuse of alcohol or drugs or other addictive behavior • Other significant symptoms of depression, anxiety, or misconduct 	<ul style="list-style-type: none"> • Stress injury symptoms that persist • Symptoms that get worse over time instead of better • Symptoms that get better for awhile but then come back worse • Suicidal or homicidal behavior

Responds to Self Help

Needs Professional Help



Combat the Winter Blues

As the fall season approaches with cooler temperatures and shorter daylight hours, many begin to experience what is called the “winter blues.” It usually begins by late fall or early winter and ends by late spring or early summer. Symptoms are characterized by a drop in energy level, social withdrawal, oversleeping or insomnia, difficulty concentrating, irritability, weight gain, and carbohydrate cravings. Consider these tips to improve your mood and combat the winter blues:

- **Exercise.** Exercise is great for relieving the stresses of life. Exercise also helps your mind by releasing those “feel good chemicals” that improve your mood.
- **Eat healthy.** Incorporate complex carbohydrates such as whole wheat breads, veggies and fruit in your diet. Healthy foods provide your body and mind with nutrients, and stabilize blood sugar and energy levels.
- **Get some sun.** Spend a little more time outdoors. Did you know that the sun improves your mood? Keep your shades up during the day to let more light in. Sit near windows while you are out. Try changing the light bulbs in your house to “full spectrum” bulbs. These mimic natural light and actually have the same affects on your mind as the real thing.
- **Reduce alcohol.** Alcohol is a depressant, and rather than improving your mood, it only makes it worse.
- **Treat yourself.** If you plan something exciting, your mood improves when you’re anticipating it and when the event actually occurs.
- **Relax.** Try to spend a few minutes each day doing nothing! Read a book or magazine, sleep in on the weekend, go to bed early, try meditation, or take a yoga class.
- **Embrace the season.** Seeing winter in a positive light, with all the fun activities that it has to offer, will keep your spirits high.
- **Get social support.** Don’t underestimate the power of friends, family, co-workers, neighbors and support groups like Family Readiness Groups. Something as simple as a phone call, a chat over coffee, or a nice email or letter can brighten your mood.



Are You Ready for the Flu Season?

The influenza season is upon us, and it’s important for you and your family to take the necessary precautions. Widespread local outbreaks, called epidemics, occur annually. Very widespread outbreaks, called pandemics, are unpredictable, but the opportunity always exists for an outbreak like the H1N1 virus in 2009, which had far-reaching impacts.

The most important steps to take to prevent the spread of flu viruses are to receive annual vaccinations, wash your hands with soap and water, and cover your mouth and nose when coughing and sneezing. You and your family should also be prepared with an emergency plan and an emergency supply kit. If a flu pandemic seems imminent, increase your emergency supplies to last at least ten days.

In the event of an epidemic, stay informed and follow the instructions of health and emergency authorities to practice safe infection control measures. For more information on what to do and how to prepare, visit the Commander Navy Installations Command, [Operation Prepare](#).



Information on the GO!

Navy Life

Navy Life is an official Navy iPhone/iPod Touch application providing information about important quality of life resources for Navy personnel, retirees and their families. It was created by Commander, Navy Installations Command Fleet and Family Readiness staff and endorsed by the Master Chief Petty Officer of the Navy. The application includes embedded videos and information about Morale, Welfare, and Recreation, Navy Entertainment, single Sailor program, family and bachelor housing, library program, child and youth programs, discounted tours and travel, Fleet and Family Support programs, lodging for business travelers, the Navy Movie Program, and more. Download at <http://itunes.apple.com/us/app/navy-life/id368752284?mt=8>.



Navy Fitness

The Navy Operational Fitness and Fueling Series iPhone/iPod Touch application is now available so you will never be without your Navy Operational Fitness and Fueling Series (NOFFS) workouts. Sailors and their families can read news and events, use an interactive NOFFS virtual meal and workout builder, find answers to their most common questions about fitness, sports, and nutrition, and more! Download at <http://itunes.apple.com/us/app/navy-life/id368752284?mt=8>.



AHRN Mobile



The Automated Housing Referral Network (AHRN.com) is sponsored by the Department of Defense and is designed to improve the process of securing available housing for relocating military members and their families. From AHRN mobile you can:

- Search for listings, including a geo-based search option to show listings near your current location.
- View listing information including photos and maps.
- Check your AHRN message center.
- View housing office contact information.
- Manage your account.

Visit www.ahrn.com/mobile today!

Child ID iPhone App

The first mobile application created by the FBI provides a convenient place to electronically store photos and vital information about your children so that it's literally right at hand if you need it. You can show the pictures and immediately provide physical identifiers such as height and weight to security or police officers. Using a special tab on the app, you can also quickly and easily email the information to authorities with a few clicks. Download at <http://itunes.apple.com/us/app/fbi-child-id/id446158585?mt=8>.



Byki

Byki Online is a new language-learning software system from Transparent Language. Byki can be used on a desktop computer, but also includes iPhone and Android applications. Byki connects online and mobile resources to social media. A free, "express" version of Byki is downloadable from any computer at www.byki.com. A more powerful version is available at no cost through Navy Knowledge Online (NKO).



- Log on to NKO wwwa.nko.navy.mil.
- Click: Reference (upper right of the page).
- Click: E-Library - Foreign Language/Culture (left side of the page).
- Click the Byki Online icon.
- At the Byki site, click the "sign up now" button to create a new account.
- Log in to your new account.
- If you are planning to use your mobile device with Byki, download the free Byki application for that device at your service provider's app store. When it has been installed, you will be prompted for an activation code.
- Click the "Byki Mobile" button on the right side of your Byki desktop to generate the activation code.
- Enter the code into your mobile device.



Employment Resources & Updates

Indefinite Noncompetitive Eligibility for Government Jobs

Husbands and wives of service members disabled or killed in the line of duty now have indefinite noncompetitive eligibility for government jobs. In a final rule published in August in *Federal Register*, the Office of Personnel Management eliminated a two-year limit on a special hiring authority for the spouses of disabled or deceased military personnel. The new regulation provides indefinite eligibility for spouses who are not prepared to enter the workforce within the two-year period because they are still grieving, they are enrolled in school or training programs, or they are caring for children or their disabled spouse. [Read the full article.](#)

Helping Transitioning Military Service Members Start a Career

Transitioning from the military and starting a new career can be challenging. Job Corps can help. At Job Corps, eligible veterans up to age 24 can train hands-on for a new and rewarding career. After training, Job Corps staff

will work with service members to help them find jobs for up to 21 months. No matter where a member is coming from or wants to go, there is a Job Corps center nearby. Check it out at www.recruiting.jobcorps.gov.

TeleTech@Home

Seasonal part-time home agent opportunities are available to assist with the upcoming holiday season. Training classes will begin in early October with new classes starting each week thereafter through year end. For more information visit: <http://www.hirepoint.com/athome-en-US/>.

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/



Family Readiness Groups

Family Readiness Groups (FRG) are an integral part of a support service network. The purpose of a Family Readiness Group is to help plan, coordinate, and conduct informational, care-taking, morale-building and social activities to increase the resiliency and well-being of Sailors and their families. Gain valuable tools to establish, run and maintain a successful FRG by visiting the [Family Readiness Groups](#) site.

