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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.

Visit us online at:



October is National Domestic Violence Awareness Month

Together, we are ONE VOICE against domestic violence. Our HONOR, our COURAGE, our COMMITMENT make a difference.

Did you know one in every four women and one in every seven men have been victims of domestic violence?

October is a time for the Navy and communities across the United States to think of the damage domestic violence causes to victims, children, extended family and friends, healthcare and law enforcement, and the cost it forces us all to bear. It is a time to think about those we care about who have been victims of domestic violence. It is a time to reflect on what we can do to prevent domestic violence in our communities.

This year during Domestic Violence Awareness Month, the Navy will focus on our Core Values of Honor, Courage and Commitment. Consider the Navy Core Values and how you apply them in your everyday life experiences.

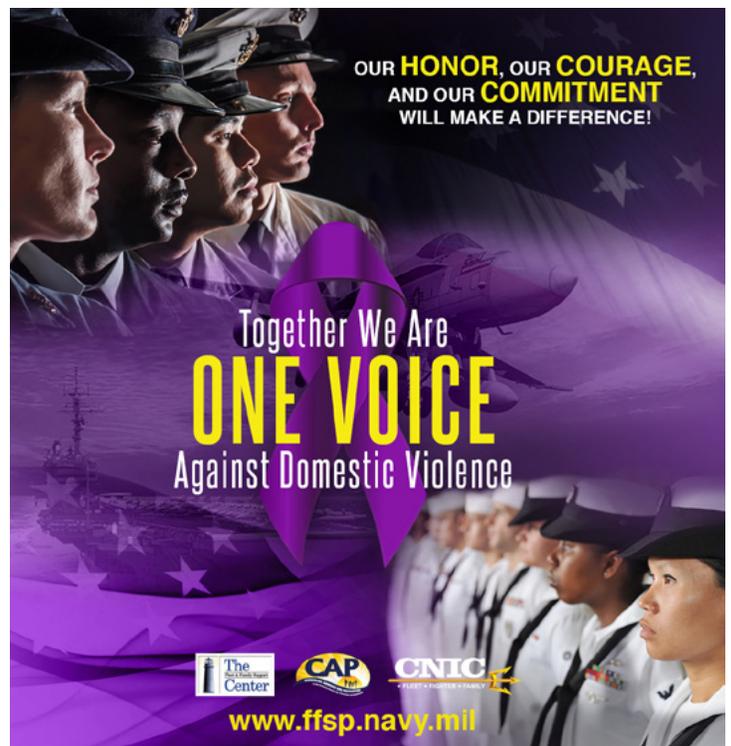
We have a vital role in our community to help eliminate domestic violence. Here are some things that everyone can do:

- If domestic violence is currently taking place, call the police to intervene.
- If you suspect a friend is being abused, let them know that it is not okay for them to

suffer and that you care and want them to get help. Then provide them the FFSC Family Advocacy Program Victim Advocate contact information.

- Educate others that there are two reporting options: restricted and unrestricted.
- Talk to your local FAP Victim Advocate to get more information on how to make a restricted report and what it means.

Please visit the CNIC website (www.cnic.navy.mil) for more information regarding domestic violence, reporting options and safety planning.



NAVSUP Announces 2015 Holiday Season Mailing Deadlines

From NAVSUP Office of Corporate Communications

The Naval Supply Systems Command's (NAVSUP) mail-by dates for pre-Dec. 25 deliveries of holiday cards, letters and packages were released Sept. 14.

For mail addressed to/from:

APO/FPO/DPO AE zips 090-098 (except 093); AA zips 340; AP zips 962-966:

- Priority Express Mail Military Service: Dec. 17.
- First-Class and Priority Mail (letters/cards and packages): Dec. 10.
- Space Available Mail: Nov. 26.
- Standard Post Mail: Nov. 8.

APO/FPO/DPO AE ZIP 093:

- Priority Express Mail Military Service: N/A.
- First-Class and Priority Mail (letters/cards and packages): Dec. 3.
- Space Available Mail: Nov. 26.
- Standard Post Mail: Nov. 8.

Domestic Mail (ships in port and personnel on shore duty in the U.S. mailing to U.S. destinations, not including APO/FPO):

- First-Class Mail: Dec. 20.
- Priority Mail: Dec. 20.
- Priority Express Mail: Dec. 23.

International First-Class Packages and Priority Mail addressed to Africa and Central and South America should be mailed no later than Dec. 2.

International First-Class Packages and Priority Mail addressed to Asia/Pacific Rim; Australia/New Zealand; Canada; Caribbean; Mexico, Europe; and the Middle East should be mailed no later than Dec. 9.

All classes of mail addressed to FPO addresses must contain the new Navy standardized address format, which includes ship or

mobile unit number (or PSC number for ashore FPOs), virtual mail box number, and five-digit ZIP code to ensure delivery. Mail not addressed correctly could be returned to sender as undeliverable.

Priority Express Mail Military Service (PEMMS) is available from selected military post offices. If mailing to an APO/FPO/DPO address, check with your local post office to determine if PEMMS service is available and specific delivery service standards.

Space-Available Mail (SAM) refers to parcels mailed to APO/FPO addresses at parcel post rates first transported domestically by surface, then to overseas destinations by air on a space-available basis. The maximum weight and size limits are 15 pounds and 60 inches in length and girth combined. From overseas locations, items mailed at Standard Post rates are sent to CONUS by air on a space-available basis. The maximum weight

and size limits are 70 pounds and 130 inches in length and girth combined.

It is recommended customers check with local civilian or military post offices for information regarding size restrictions and customs declaration form requirements. Customers are advised that mailing restrictions apply and some items cannot be mailed. Examples of non-mailable items are: alcohol, switchblade knives, pornography, controlled substances and explosive or incendiary devices. If in doubt, contact your local civilian or military post office.

As a final note, customers should ensure articles are packaged properly for mailing and packages do not display markings related to any type of hazardous material, such as bleach, alcohol or cleaning fluids. Parcels found by the U.S. Postal Service with such markings or labels on the outside of the box will not be processed.



Post with a Purpose: How Social Media Can Impact Your Job Search

Social media is a great way to connect with friends and family, but did you know that it also provides an opportunity for potential employers to look into your life and decide if you would be a good fit for their company?

A recent survey conducted by Careerbuilder.com found that 37 percent of employers use social media to screen potential hires. More than half of those employers reported not selecting candidates because of inappropriate information found online. Other studies show that as many as 70 percent of hiring managers refuse candidates because of negative information found on social networking sites.

Why do employers use social networks to learn more about you?

Research shows that a majority of employers want to know how you conduct yourself. Are you professional, well-rounded and will you fit into the organizational culture? Others want to go beyond your polished resume to review and verify your qualifications and get a snapshot of your personality.

Let social media work for you, not against you.

- Remove anything that could be perceived as unprofessional or discriminatory in nature (i.e. photos, text and links).
- Provide consistent information across all social media networks about your professional background.



- Review profile content for errors. Typos could indicate poor communication skills.
- Be selective about who you accept as friends and monitor comments made by others.
- Consider setting a “private” profile so that only designated people can view and/or add comments, photos, etc.

Social media networks can be a great marketing tool as you make your transition from the military to the civilian workforce. Not only can it give you instant access to new job listings and provide networking opportunities, it can also help you differentiate yourself from other candidates. More and more, companies are looking to get a glimpse of you beyond your resume. Get prepared and understand how social media can impact your next career. Remember: always *Post with a Purpose!*



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.

Relocation Tip

Moving can be a bit more challenging when there is a child in the family who has a disability. The [EFMP Family Support Reference Guide](#) provides assistance – including relocation assistance – to military families with special needs.



Ready and Resilient Videos

The [“Building Ready and Resilient Sailors and Families”](#) videos help Navy families adjust to the challenges of deployment. They encourage Sailors and family members to seek out services and resources to promote family resilience.



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. Click “Resources” then “IA Services.”

NAVY ia

U.S. Navy Individual Augmentees



Let's Silence SIDS

October is Sudden Infant Death Syndrome (SIDS) Awareness Month. This campaign sensitizes parents, child caregivers and the public at large to the impact of SIDS on our communities. SIDS is a silent killer of healthy infants. Research has shown that SIDS is one of the leading causes of death for infants between the ages of 1 month to 1 year. In fact, the Centers for Disease Control and Prevention estimates that each year, approximately 4,000 infants die from a SIDS-related incident.

According to the National Institutes of Health, SIDS is defined as the sudden, unexpected death of a baby younger than 1 year of age in incidents where there is no known cause of death.

One of the questions frequently asked is, "How could we prevent SIDS if we don't know the cause?"

The evidence-based intervention strategies below have been proven to minimize the risk factors pediatricians and researchers commonly associated with SIDS.

- Always place babies on their backs to sleep.

- Supervise babies when they are awake and while lying on their tummy.
- Use a firm sleep surface, such as a mattress in a safety-approved crib, covered by a fitted sheet.
- Do not co-sleep with infants. Babies may share your room, not your bed. Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.
- Keep soft objects such as pillows and loose bedding out of your baby's sleep area.
- Prevent exposure to smoking during pregnancy and after birth because these are important risk factors for SIDS. The risk of SIDS is even stronger when a baby shares a bed with a smoker. To reduce risk, do not smoke during pregnancy and do not smoke or allow anyone to smoke around your baby.

To learn more about SIDS prevention and other parenting-related topics, contact your local New Parent Support Home Visitation Program located in the Fleet and Family Support Center (FFSC).

What is the Exceptional Family Member Program (EFMP)?

The EFMP is a mandatory enrollment program designed to assist Sailors by addressing the special needs of their exceptional family members (EFM) during the assignment process to ensure all special needs are available at their prospective duty station.



Do I have a family member who should be enrolled in the EFMP?

If the answer to any of the questions below is yes, your EFM should be enrolled in the EFMP.

My family has a family member who:

- Takes medications regularly for any condition for more than six months.
- Is seen at any specialty clinic (e.g., Cardiology, Neurology, Orthopedics, Behavioral Medicine).
- Receives early intervention (individual family service plan (IFSP)) or special education services (individualized education plan (IEP)).
- Receives services for a developmental delay (including autism spectrum disorder).
- Requires adaptive equipment (such as an apnea home monitor, home nebulizer, wheelchair, splints, braces, orthotics, hearing aids, home oxygen therapy, home ventilator, etc.)

All enrolled EFMs are assigned an EFMP category that helps detailers determine follow-on duty assignment locations for sponsors and their families.

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October Is
SIDS
Awareness
Month



What is the Exceptional Family Member Program (EFMP)?

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EFMP categories at a glance:

- **Category 1:** Needs do not generally limit assignments. Enrollment is for monitoring purposes for medical or educational needs.
- **Category 2:** Limited overseas/remote CONUS assignments. Care is usually available at most locations, except for some isolated CONUS/overseas areas. If orders are for overseas duty, the family must successfully complete overseas screening.
- **Category 3:** No overseas assignments. The medical or educational condition precludes assignment to overseas locations based on non-availability of medical and/or educational services at most overseas locations.
- **Category 4:** One or more medical or educational conditions requires assignment to billets near major medical facilities within continental United States (CONUS) only.
- **Category 5:** Meet the criteria to “homestead” and can receive long term assignment to an area that can support multiple sea/shore rotations and ensure the EFM receives the required services. It is the Navy’s goal to ensure career progression/opportunity and access to family and community support while meeting the needs of the Navy service. [Note: CONUS Personal Change of Station (PCS) moves for Category-5 EFMs can be considered on a case-by-case basis when requested by the service member. Case by case basis PCS moves for a CAT-5 EFM will require coordination with the gaining and losing medical commands to ensure the needs and continuity of care of the family member can be met.]
- **Category 6 (Temporary category):** The medical or educational condition requires a stable environment for six months to a year due to ongoing treatment or diagnostic assessments.

Is your family already enrolled in the EFMP?

Make sure your detailer has current EFMP enrollment information by updating your enrollment information every three years, or sooner, if there is a change in status for any family member enrolled in the EFMP. Ensure contact information is current in NFAAS.

EFMP family support

CNIC has 79 dedicated EFMP professionals located at Fleet and Family Support Centers worldwide, distributed according to the geographic EFM population. Many centers have full-time EFMP Case Liaisons (CLs) who provide a full array of EFMP family support services including information and referral, systems navigation, connection to military and community services, needs assessment, development and maintenance of an individualized services plan and non-medical case management. Centers that do not have full-time CLs have a Collateral Duty CL (CDCL) who will provide information and referral and who will connect you to a full-time CL if expanded services are desired or needed.

Respite care for families enrolled in the EFMP

The U.S. Navy partners with Child Care Aware of America to provide respite care for Navy EFMP families. EFM children who reside in the continental United States and are assigned a category 4 or 5 are eligible to receive 40 hours of free respite care per month, giving parents the opportunity to leave the house, go to an appointment, or just rest, knowing that their child is well cared for.

Once eligibility has been confirmed, Child Care Aware connects the family with the local agency administering Navy EFMP Respite Care. This agency works individually with each family to complete the necessary application and assists in the connection to a respite care provider that will meet the family’s care needs.

Caring for an Exceptional Family Member begins with taking care of you, the primary caregiver. Check with your local EFMP case liaison or call Child Care Aware at 1-800-424-2246 to apply or to learn more about the program.



5 Steps to Get Your Military Family Saving Now!

By Lauren Chaplin, AFC Candidate, FINRA Military Spouse Fellow

"I'll start next month." "I'll wait until Monday to change." You have heard these phrases before and, quite possibly, said them yourself. Whether related to diet, exercise or a bad habit, people have the tendency to put off making changes.

However, making a financial change that offers some great teaching moments for your family should never be put on hold. Here are five simple steps to help get your family saving today.

1. Use cash instead of plastic (this means debit cards, too).
2. Set a savings goal.
3. Budget.
4. Have your children save for something.
5. Talk about allowances.

Read the [full article](#).

Navy Wounded Warrior (NWW) - Safe Harbor

Navy Wounded Warrior (NWW) - Safe Harbor is the Navy's sole organization for coordinating the non-medical care of seriously wounded, ill and injured Sailors and Coast Guardsmen. Watch this Continuum of Care video to learn more about the program and hear moving testimonials from enrollees: <https://youtu.be/vSwZkQpSiRY>.



Consumer Financial Protection Bureau

Servicemembers: Protect Your Credit When You're Away From Home

By Dr. Holly Petraeus, Assistant Director, Servicemember Affairs

If you're a service member, you know you're part of a special group: those who have answered the call to serve our country. You also know that being in the military may mean long periods of time away from home – and your finances. Being away and mission-focused means you won't be able to regularly check your accounts or credit reports, so you may be at increased risk for fraud or identity theft.

Today [September 1], we're releasing our [Fraud Alert Fact Sheet](#), which provides you with the information you need to know about getting protective alerts inserted into your credit reports when you're away.

Few service members sign up for protective alerts

Since October 2012, more than 650 active-duty service members have submitted complaints to the CFPB about their credit reports, and one in six of those complaints involved reports of identity theft or account misuse. However, out of those more than 650 complaints, less than one percent reported putting an Active Duty Alert in place before leaving for active duty.

Sign up for a free Active Duty alert

Having an Active Duty alert on your credit file will notify companies of your military status and ensure that they take reasonable steps to verify the identity of a person who is requesting new credit in your name.

The alert will also generally prohibit credit reporting agencies from providing your name for new prescreened credit offers for two years.

In addition to the Active Duty Alert, federal law also permits you to have notices added to your credit files if you believe you are (or might become) a victim of [credit reporting fraud or identity theft](#). And setting up any of these alerts doesn't cost you a cent!

Security Freeze option available, too

Another choice is a Security Freeze, a protection that varies from state to state and tends to come with a small fee. But it completely blocks the release of your credit file to new lenders, giving you increased protection and increased peace of mind that no one can borrow in your name while the Security Freeze is active.

All of these are valuable tools and I encourage you to think about using one of them when duty takes you to distant places. Take a look at our Fraud Alert Fact Sheet so you can learn about all your options and choose the protection that will work best for you when you're away from home.

You can follow these [tips to keep an eye out for identity theft](#). If you have a problem with a consumer financial issue or know a service member, veteran or military spouse who does, a [complaint can be submitted online](#). If you just want to share your experience, [tell us your story](#). We're here to help.

Navy MWR Digital Library Launches New Site

The Navy General Library Program will launch its new Navy Morale, Welfare and Recreation (MWR) Digital Library on October 1.

The Navy MWR Digital Library, available at www.NavyMWRDigitalLibrary.org, provides all authorized users with easy access at no cost to full-image newspapers; 24/7 tutoring; foreign language mobile applications; eBooks and downloadable audio books; car repair, small engine repair and home repair reference books; genealogy databases; career guides; and relocation information, to name just a few of the myriad resources.

"Users can access the Navy MWR Digital Library from any device with Internet connectivity, including computers, tablets and phones, anytime and anywhere," said Nellie Moffitt, Navy General Library Program manager. "It's a user-friendly website. We're very proud that the Navy MWR Digital Library was created for our Navy MWR customers."

No Common Access Card (CAC) is required for log in, as the Department of Defense Self-Service (DS) Logon is the new authentication method for those without CACs. Those with CACs can choose to use either their CAC or set up a DS Logon account. Users must be enrolled in the Defense Enrollment Eligibility Reporting System (DEERS) to obtain a DS Logon account.

To get started, authorized users may visit www.NavyMWRDigitalLibrary.org, click on "Digital" in the upper right corner of the screen, click "Login," and enter their DS Logon username and password. Those who do not currently have a DS Logon username and password can register for them on the same page.

"The Navy MWR Digital Library provides access to valuable resources for all of our customers, many of whom lost access when Navy Knowledge Online (NKO) went CAC-only in August 2013. Our customers should find this website much easier to navigate and use," added Moffitt. "We'll continue to provide resources through NKO, but we hope our customers will find our new access point quick and easy to use."

The Navy General Library Program provides library resources at no charge to Navy, Marine Corps and Coast Guard personnel; their family members; retired and Reserve military

personnel; Naval Academy Midshipmen; DoN Delayed Entry Program personnel; DoN and NAF civilian employees; and DoN contractors.

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OUR **HONOR**, OUR **COURAGE**,
AND OUR **COMMITMENT**
WILL MAKE A DIFFERENCE!

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