Private employment requires clearance

Story and photo by Joe Schmitt, CFAY Public Affairs

Commander, Fleet Activities, Yokosuka (CFAY) community members or their dependents who would like to have another source of income can apply to run their own business by applying for private employment through the Staff Judge Advocate (SJA) Legal Office.

"They request permission for private employment and then we research it," said Lt. Eric Nelson, CFAY Staff Judge Advocate. "If we find their request is appropriate, then we grant them [permission to do business on base]."

Before being authorized to do business on base, some employment choices require a certification that proves the requestor can do the job.

"We are allowing people to do some hair care services," said Fire Controlman 3rd Class Erika Grimstead, private employment coordinator. "The stipulation to that is that they need to have a beauty certificate or beauty license from the states.

"We also had a person that wanted to make fancy cakes like wedding cakes. Before they could start, they had to go through the food handling safety course."

The requestor's business must not compete directly with a service offered by on base organizations like the Exchange.

"We route the request through housing and any other applicable organizations. If they approve, then it comes to us for final considerations," said Grimstead.

Someone making a request must also consider who is the customer and where they will be conducting business.

"The difference between on base and off-base employment is that on base you sell only to SOFA (Status of Forces Agreement) [personnel] and the only exception to that is teaching English," said Nelson.

"When you work off base, you work for a Japanese company and you pay Japanese taxes," said Grimstead. "If you work for a Japanese language school out on town, you cannot bring those students that are assigned to you out in town on base as their teacher. But, if you are teaching English on base and you are not working for a school or a company then that's different."

Individuals who wish to work for a for profit company off base may do so, but must recieve permission.

"If you do want to teach for an off-base commercial company, you can, but you need to submit a request through the off-base employment instruction," Nelson said.

Nelson also explained that the students for classes taught by SOFA personnel cannot be brought into private residences, stay over night or use some base facilities like the Exchange. The purpose for these rules are to make sure that employment on base is legal and legitimate but also safe.

Lt. Eric Nelson, CFAY Staff Judge Advocate, and FC3 Erika Grimstead, private employment coordinator, discuss a request for private employment in SJA Legal Office. The SJA Legal Service Office is the final authority on private employment requests and writes the guidelines for what is legal and appropriate business to conduct on base.

Commander, Fleet Activities, Yokosuka Instruction 5300.5D "Commercial Activities and Private Employment in Military Family Housing or On Board Fleet Activities, Yokosuka" has more information for those who want to seek private employment or they can contact the CFAY SJA legal office.

USNH Yokosuka on-line improves access to care

By Richard McManus,
U.S. Naval Hospital Yokosuka, Public Affairs

U.S. Naval Hospital (USNH) Yokosuka is helping to improve access to care and patient satisfaction through the implementation of Medical Home Port.

Medical Home Port is a team-based approach to patient and family-centered healthcare, which fosters a strong provider/patient relationship and greater access to care.

USNH Yokosuka Pediatric Clinic and Branch Health Clinic (BHC) Atsugi are currently operating with the Medical Home Port model.

USNH Yokosuka Family Medicine Clinic and BHC Iwakuni are scheduled to begin July 5 with BHC Sasebo scheduled for August.

USNH Yokosuka Internal Medicine Clinic will follow suit in September.

A key element of Medical Home Port is USNH Yokosuka On-line (powered by RelayHealth.)

By providing an email address to clinic staff, people will receive an invitation to access RelayHealth.

After completing a simple registration, individuals will be able to email your provider, request your next appointment, request lab results, request medication refills, access information to manage your health and create their own personal health record which is especially useful for those managing a chronic condition.

The secure messaging system within RelayHealth ensures personal and medical information is kept private with access limited to medical providers on an individual's team.

Navy Medicine has adopted the Medical Home Port model of care and the on-line services of RelayHealth from civilian health care in the United States and is becoming the standard in health care throughout the military and private sector.

The ability to request lab results and email providers, reduces the need for face-to-face visits and creates greater access to care for visits that require a more clinical setting.

USNH Yokosuka On-line can be accessed by visiting U.S. Naval Hospital (USNH) Yokosuka's home page at www.med.navy.mil/sites/nhyoko.

For more information on USNH Yokosuka On-line and RelayHealth, individuals may ask a member of their Medical Home Port team.

CFAY offers solutions for dealing with stress

By Lt. Cmdr. Ji Yoo, USNH Yokosuka

Stress and transient anger are often normal parts of everyday life. However, given the ongoing stressors of military life including being stationed overseas and away from family members as well as increased operational tempo that affect both active duty Sailors and their families, the Yokosuka community has several factors that may potentially lead to increased levels of stress.

Increased stress may lead to counterproductive coping strategies, such as increased alcohol intake, uncontrolled outbursts of anger or thoughts of violence.

Unfortunately, if not addressed, these thoughts can lead to violent acts, either directed towards self or others, that have significant impact on not just our immediate selves and family members, but on the larger community as well.

As a community, we are all interested in maintaining a safe environment for ourselves and our families, as well as providing help for those that need extra services to help them through difficult moments in their lives.

Given the increasing levels of awareness given to mental health issues over the last several years, patients have asked about a summary of available mental health services available in the Yokosuka area. They are:

1) Chaplain services

2) Fleet and Family Support Center (FFSC) which provides individual counseling; marital counseling; classes on parenting, marriage, stress and anger management; and, financial counseling

3) Mental Health Clinic, U.S. Naval Hospital (USNH) Yokosuka provides group and individual psychotherapy, as well as psychiatric medication management.

Chaplain services are available via the Chapel of Hope or through the chaplains stationed at the various commands in Yokosuka.

FFSC services can be accessed by going to the FFSC offices and scheduling an appointment directly with counselors. Mental Health Clinic services can be access by a referral from your primary care provider at USNH Yokosuka or your military healthcare provider at your command. In addition, if you are covered under TRICARE Prime, you may contact the mental health clinic directly at 243-5186, to schedule an appointment with one of our staff.

We are all committed and dedicated to helping those people that need our services to improve relationships, manage stress, and reduce risk for violence towards self or others. Please take time to reflect, educate and care of yourself, your family and your Shipmates.