



FFSC NEWSLETTER OCTOBER 2012

DOMESTIC VIOLENCE:



October is Domestic Violence Prevention Month

What is Domestic Violence

Domestic violence is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior perpetrated by an intimate partner against another. It is an epidemic affecting individuals in every community, regardless of age, economic status, race, religion, nationality or educational background. Violence against women is often accompanied by emotionally abusive and controlling behavior, and thus is part of a systematic pattern of dominance and control. Domestic violence results in physical injury, psychological trauma, and sometimes death. The consequences of domestic violence can cross generations and truly last a lifetime (www.ncadv.org).

Domestic Violence Facts

One in four women (25%) has experienced domestic violence in her lifetime. 85% of domestic violence victims are women. Between 600,000 and 6 million women are victims of domestic violence each year, and between 100,000 and 6 million men, depending on the type of survey used to obtain the data (www.dvrc-or.org).



Affects On Children

Witnessing violence between one's parents or caretakers is the strongest risk factor of transmitting violent behavior from one generation to the next. Boys who witness domestic violence are *twice as likely* to abuse their own partners and children when they become adults. 30% to 60% of perpetrators of intimate partner violence also abuse children in the household (www.ncadv.org).

Homicide and Injury

Almost one-third of female homicide victims that are reported in police records are killed by an intimate partner. In 70-80% of intimate partner homicides, no matter which partner was killed, the man physically abused the woman before the murder (www.ncadv.org).



Help for Victims of Domestic Violence

Victims can make either a restricted or unrestricted report in accordance with OPNAV Instruction 1752.2B

Restricted report

Domestic abuse victims who desire restricted reporting must report the abuse to one of the following individuals: A Domestic Abuse Victim Advocate (DAVA), a Health Care Provider (both afloat and ashore), or a Victim Advocate supervisor. Victims may also report domestic abuse to a chaplain and be afforded privileged communication, which is not altered or affected by the restricted reporting requirements.

This option affords victims the opportunity to report and receive services without prompting command notification or investigation of the incident. The victim will have access to medical care, counseling, and victim advocacy. Also safety planning and civilian services will be made available to support the victim.



Unrestricted reporting

When in the judgment of the HCP, DAVA, or VA supervisor, the disclosure to command officials or law enforcement is necessary to prevent or lessen a serious and imminent threat to the health or safety of the victim or another person.

When there is reason to believe child abuse has occurred in conjunction to the Domestic Abuse.

When a victim discloses domestic abuse to someone other than a DAVA, HCP, VA supervisor, or Chaplain, disclosure may result in command notification and investigation of the allegations.

Offenders of domestic violence are not allowed or afforded the privilege of restricted reporting.

In the event of emergency victims should call base security at 874-5533 or dial 911.

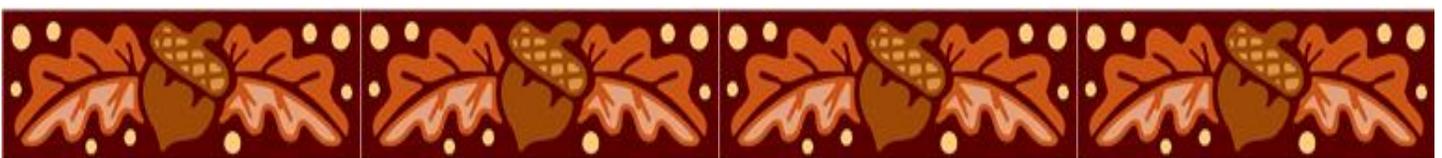
For restricted reports victims should only disclose the information to Cynthia Jones, Family Advocacy Representative or any other FFSC Clinician 874-5930, Fredrick Gillam II, Domestic Abuse Victim Advocate 874-7518, Chaplain 874-5341, or a Health Care Provider 874-6100, Branch Medical Clinic.

References:

Department of Navy issuances. Retrieved from: <http://doni.daps.dla.mil/default.aspx>

Domestic violence statistics. (2012) *Domestic violence resource center.* Retrieved from: <http://www.dvrc-or.org/domestic/violence/resources/C61#dom>

Domestic violence facts. (2007) *National coalition against domestic violence.* Retrieved from: [http://www.ncadv.org/files/DomesticViolenceFactSheet\(National\).pdf](http://www.ncadv.org/files/DomesticViolenceFactSheet(National).pdf)



Life Skills Courses for October



Having trouble controlling your anger?

Are you easily perturbed by the actions of others?

Is your tolerance level low?

Is anger causing problems in your relationships?

Do you find that you are angry more times than you are calm?

Is it hard for you to deescalate your anger?

We will be offering a series of classes at Fleet and Family Support center to help manage those angry emotions.

Classes are designed to:

Help you recognize your triggers for anger

Develop coping mechanisms in stressful situations

Learn techniques to promote positive thinking and corresponding actions

Classes will be offered

October 2, 2012 0900-1100

October 9, 2012 0900-1100

October 18, 2012 0900-1100

October 23, 2012 0900-1100

Please plan to attend all four sessions as the classes are progressive in nature.

Please RSVP by September 28, 2012

POC Fredrick Gillam II, 874-7518

Education Services Facilitator

(901)874-7518

Fredrick.gillam.ctr@navy.mil





Down Syndrome Awareness Month

Down syndrome is a chromosomal condition caused by the presence of all or part of an extra 21st chromosome. Generally, Down syndrome is associated with some impairment of cognitive ability and physical growth. There are more than 50 characteristic features of Down syndrome, respectively. According to the National Down Syndrome Society (NDSS), one in every 691 babies in the U.S. is born with Down Syndrome. <http://www.ndss.org/Down-Syndrome/What-Is-Down-Syndrome/>

Personal Finance Corner



Survivor Benefits: FACT or FICTION?

Test your knowledge of **Active Duty Military Survivor Benefits**. Take the test below before referencing the answer key provided.

FACT or FICTION?

- *An immediate gratuity will be paid to survivors, usually within 36 hours
- *SGLI (Service members Group Life Insurance) will be paid to the next-of-kin immediately upon confirmation of an active duty death
- *Any unused leave or arrears in pay is lost at the time of death?
- *Families must vacate housing or will lose BAH within 180 days of the reported death?
- *Active duty families will be provided a no-cost final move?
- *Dependents will lose their commissary and exchange privileges one year after an active duty death?
- *The Survivors Benefit Program (SBP) will pay a Service member's spouse or children a portion of monthly retirement pay

Answer key is located in the newsletter....to find the answers find the key!



Introducing **“Money Habitudes for Couples”** – a communication workshop designed to help couples understand and work with the differences present in each other’s financial profile. For richer or poorer, money still remains is a key ignition item in couple conflict. Join us on Wednesday October 10th 2012 at 11:00am for a fun discussion and exercise! Please register by calling 901-874-5075/77

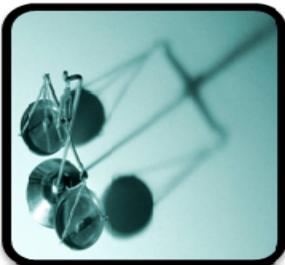
Getting Out of Debt: A two-part series to help you understand your options inside of the **Debt Zone.**



KNOWING YOUR OPTIONS

The first part of this series will help participants find answers to key questions; Who should I work with and trust to provide objective advice? How should I decide between debt consolidation offers, debt settlement or debt management plans? How long and what will it take to rebuild my credit? The keynote speak for this address will be Mr. Bill Moore, Consumer Credit Counseling Service (CCCS) - A DoD Financial Education Partner

Wednesday October 3rd @11am - 12pm. NSA Mid-South Conference Center



THE BANKRUPTCY DECISION

What is bankruptcy and when does it become an option for consumers? How does the process work? What should you expect in terms of time, cost and results?

This forum only serves to educate and inform participants about the subject matter. Participants should NOT expect to obtain any form of specific legal advice. The discussion will be led by a practicing bankruptcy attorney (no solicitation allowed)

Wednesday October 31st @11am - 12pm. NSA Mid-South Conference Center

Command Financial Specialist (CFS) Training 22-26 October 8:00 a.m.- 4 p.m.

This 5 day training is mandatory for all newly appointed Command Financial Specialists and provides practical counseling and training skills to assist subordinates on dealing effectively with their personal financial concerns. For information or to register call Stacy Livingstone-Hoyte, PFM Specialist, at 874-5077.

Special Note:

"The ROTH-TSP option is again delayed beyond 1 October 2012 for the Uniformed Services. DFAS is not ready to implement all facets of the plan, until then, roll-out will be delayed for the Army, Navy and Air Force. More information will follow as new projected dates are planned"

“Marketing Yourself for a Second Career”

A professional development lecture for officers and senior enlisted who may be in transition, or will mentor/counsel a subordinate through the process.

Spouses are cordially invited.

LEARN ABOUT

- Your competition for finding a job.
- Perceptions civilian employers have of military personnel.
- A plan for your job search.
- Resumes, cover letters, broadcast letters, etc.
- How employers read your resume.
- Networking and penetrating the hidden job market.
- Preparing for and conducting a successful interview.
- Salary negotiations and benefit packages.
- Handling rejection and pursuing the next opportunity.



COMMENTS BY ATTENDEES ON THE PRESENTATION

"DYNAMIC."

"THE MOST CONCISE, INFORMATIVE, AND UP-TO-DATE PRESENTATION OF ITS KIND I'VE EVER HEARD."

"A REAL WORLD, POWERFUL, UPDATED PRESENTATION BY ONE WHO WAS ONE OF US AND HAS SUCCESSFULLY MARKETED HIMSELF AFTER TRANSITIONING."

LECTURER - Colonel Dan Koslov, USAF (RET)

- Served 29+ years on active duty.
- In-depth experience in the officer assignments and compensation policy areas of military personnel.
- Extensive research, writing, and lecturing about programs affecting military personnel transitioning to the civilian work force.

Date: Thursday, 29 November 2012

Time: 0830-1100

Location: Helmsman Club, Memphis Room

Project Officer: Tonya Johnson

Phone: (901) 874-7415

Answer Key for Survivor Benefit Fact or Fiction:

FACT: This is called the "Death Gratuity" - \$100,000 benefit can be paid up to 10 designated beneficiaries with each beneficiary receiving \$10,000 or whole \$100,000 paid to one beneficiary (100% tax-free).

FICTION: The death benefit of any insurance policy will be paid to whomever is listed as the beneficiary. It is not controlled by will; so keep this information current if you marry or divorce. SGLI provides up to \$400k coverage; unless the Service member declines coverage or elects a lesser amount. If the deceased was married to another military member, an additional \$100,000 (FSGLI) is payable, unless reduced coverage was selected or coverage declined.

FICTION: Payment is made to survivors for all of the member's unused accrued leave and any arrears in pay. For example; if death occurs on the 10th, pay will be due from the 1st to the 10th.

FICTION: Survivors may elect to remain in government quarters up to 365 days (rent free) or receive a onetime lump sum payment if in civilian quarters, not to exceed 365 days of BAH OR they can opt to receive a combination of both (still not to exceed 365 days of BAH). If the beneficiary is active duty military, payments will be made on a quarterly basis.

FACT: Survivors are also entitled to a transportation per diem and shipment of household goods.

FICTION: Surviving spouses and dependents are eligible to shop at military facilities and retain that privilege until the spouse remarries or children no longer are qualified dependents. Qualified children may be defined as handicapped dependent children or dependent children attending school through age 21 (may be extended to age 23 if a full-time student in a VA approved educational institution).

FACT: Active-duty members are covered by SBP at no cost until retirement.



New!

**Typing Tutorial Software
now available at the FFSC.
Learn to type or improve
your typing speed using fun,
easy to use software.**

**No registration necessary first come, first serve basis
available during normal FFSC business hours.**



CAREER WORKSHOPS

Résumé Writing October 16, 8:30-11:30 a.m.

Computer based training, utilizing software that walks you through all aspects of resume development with classroom instructor to assist. While in this workshop you will develop your resume with the benefit of experienced instructor to assist you. You will take away your resume in Word format on CD for emailing, printing or updating throughout your job search. To register or for information call Tonya Johnson 874-7415.

USA JOBS for the Veteran October 16, 1:00 - 3:00 p.m.

OR

USA JOBS for Military Spouses October 23, 1:00 - 3:00 p.m.

If you are interested in federal employment but have questions regarding the application process or what to include in your résumé, this workshop might be just what you're looking for. The first hour will be spent in the classroom covering the step by step process and the second hour will be hands-on in the lab creating your résumé. REGISTRATION REQUIRED! LAB TIME IS LIMITED TO THE FIRST 6 WHO REGISTER! Contact Brenda Sherman at 874-5330 to reserve your seat.

MS Office Skills Training

Computer based training in Microsoft Word, Excel, Power Point, and Access

- * Beginner, Intermediate & Advanced Levels
- * Work at your own pace
- * Instructor available for problem solving

Date/Time for October:
24 Oct 8:30-11:30 a.m.
Call Tonya Johnson at 874-7415
to reserve your seat.



5722 Integrity Drive
Bldg 456 3rd Floor
Millington, TN 38054

All classes and workshops at the FFSC are free, however, registration is necessary. Services are open to Active duty, Reservists, Retirees and eligible family members. DoD civilians on space available basis only.

MWR FALL FESTIVAL

INDIVIDUAL AUGMENTEE FAMILY EVENT

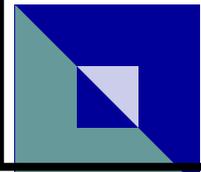
SAVE THE DATE!

SATURDAY OCTOBER 13TH

MORE DETAILS TO FOLLOW



FOR MORE INFORMATION CONTACT DIANE BROWN AT 874-7343



FFSC Calendar of Events October 2012

Mon	Tue	Wed	Thu	Fri
1 Executive TAP I-5 October 8 a.m.-4 p.m.	2 Anger Management 9-11:00 a.m.	3 Knowing Your Options 11 a.m.-12:00 p.m.	4	5
8	9 Anger Management 9-11:00 a.m.	10 Money Habitudes for Couples 11 a.m.- 12:00 p.m.	11	12
15	16 Resume Writing 8:30-11:30 a.m. USA Jobs for Veterans 1-3:00 p.m.	17	18 Anger Management 9-11:00 a.m.	19
22 Command Financial Specialist 22-26 October 8 a.m.-4p.m.	23 Anger Management 9-11:00 a.m. USA Jobs for Military Spouses 1-3:00 p.m.	24 MS Office Computer Skills 8:30-11:30 a.m.	25	26
29	30	31 The Bankruptcy Decision 11 a.m.-12:00 p.m.		