



TABLE OF CONTENTS

- Career Decision Toolkit
- Let's Move!
- There's No Place Like Home
- United Through Reading®
- Talent Has No Boundaries
- Exceptional Family Member Program Liaison Access
- Veterans Employment Coordination Service

Career Decision Toolkit

The Department of Defense Career Decision Toolkit is a part of a series of emerging strategic initiatives that will redevelop the Transition Assistance Program (TAP) over the course of the next 12 to 18 months. It will change how service members access their extensive TAP resources; this process will begin at accession and will continue throughout their military career.

The theme of the Career Decision Toolkit is "Goal, Plan and Succeed" (GPS). Service members and their families who are separating, demobilizing or retiring are provided

new and innovative tools to navigate a smooth and successful transition. These services are also available to recovering wounded warriors and their families to plan effectively for the future. Spouses are encouraged to attend TAP with their service member.

For your toolkit and more resources, contact the Transition Assistance Program (TAP) Manager at your local Fleet and Family Support Center, click here to go to the [CNIC Transition Assistance Web page](http://www.cnictap.com) or <http://www.facebook.com/DoDTAP>.



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.

For more information about the Fleet and Family Support Program, or to join the conversation about deployments and military life, visit:

www.ffsp.navy.mil

www.facebook.com/Navyffsc

twitter.com/Fleet_Family

If you have questions or comments about the content of *Family Connection*, please contact Bruce Moody at bruce.moody@navy.mil.



Let's Move!

TRICARE is an active participant in the Let's Move! program for military kids. This national program works to combat the epidemic of childhood obesity through engaging every sector impacting a child's health, and providing simple tools to help kids be more active, eat better and get healthy. Obesity is one of the leading causes of preventable deaths in the United States, and has reached epidemic proportions. In the general population, adult obesity rates have doubled since 1980; two-thirds of U.S. adults are now considered overweight or obese.

Make getting fit a family affair! Encourage your children to participate in physical activity for at least 60 minutes every day, with you leading the way. And remember, sleep is an essential part of living an active life. A recent study found that with each extra hour of sleep, the risk of a child being overweight or obese dropped by 9 percent. Learn more at www.tricare.mil/getfit, www.letsmove.gov and www.healthierkidsbrighterfutures.org.





There's No Place Like Home

Reintegration is the process of readjusting to family life, returning to work and coping with combat-related stress and injury. Hanging up the work jacket, going from small to larger sleeping quarters, regular sounds of the home and even certain smells may require a moment to get used to.

Education provides solutions focused on the overall health and well-being of the family. Challenges during reintegration are unlike those faced while deployed. Establishing the "new" normal for life after deployment is the first important step. Resources to begin addressing reintegration difficulties are essential:

■ Yellow Ribbon Program

The [Yellow Ribbon Program](#) (YRP) provides service members and their families with valuable information before, during, and after deployments. Through Yellow Ribbon Events, service members can gain access to a wealth of services and knowledge that can help them prepare and handle their deployment.

■ Real Warriors, Real Battles, Real Strength

The [Real Warriors Campaign](#) promotes the processes of building resilience, facilitating recovery and supporting reintegration for returning service members and their families. The message board and live chat helps combat the stigma associated with seeking psychological health care and treatment, and encourages service members to increase their awareness and use resources.

■ Warrior Gateway Program

The [Warrior Gateway Program](#) has been designed to promote easier reintegration into home communities. It establishes a single capability that serves as a trusted and reliable resource for the military community to quickly locate service organizations, identify academic programs and find employers. This program is non-profit, inclusive, free to the military community, and eliminates information barriers and overload.



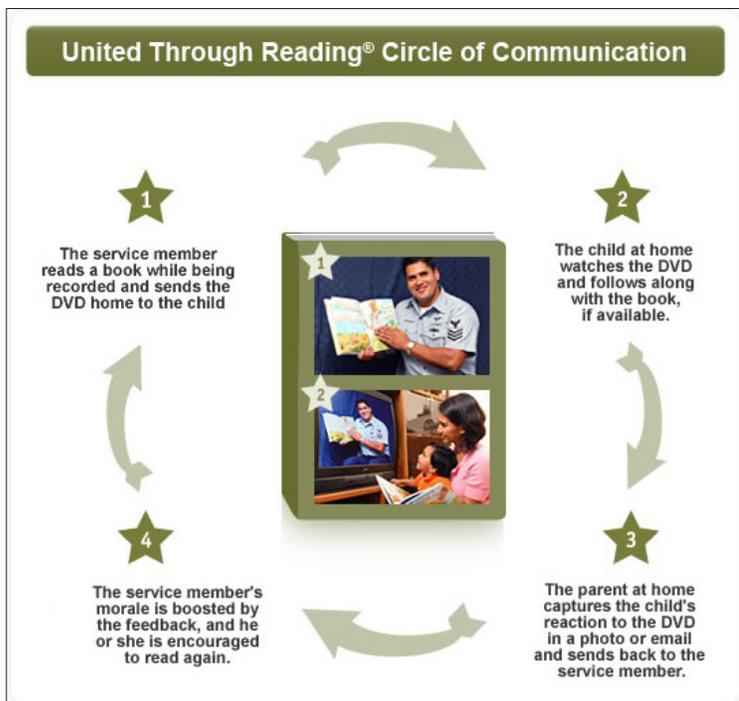
Joint Services Support (JSS)

JSS provides valuable information on benefits, entitlements, events, trainings and more. Making it easy to stay connected, anytime, anywhere with online access, mobile device applications and interactive voice response. Services are available to all military branches; featuring a community resource locator by state. <http://www.jointservicesupport.org>.



Navy Family Accountability and Assessment System (NFAAS)

NFAAS allows Navy personnel to manage the recovery process for personnel affected by a wide-spread catastrophic event. It is also helpful in providing commands with information to support IA family members while their sponsors are deployed overseas. Log on to NFAAS at <https://www.navyfamily.navy.mil>.

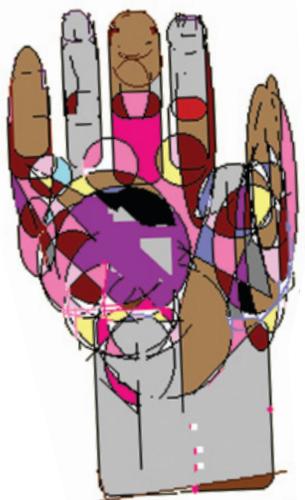


United Through Reading®

One of the most difficult things a child can experience is having a parent deployed to a war zone for an indeterminate period of time. The [United through Reading®](#) Military Program helps ease the stress of separation for military families by having deployed parents read children's books aloud via DVD for their child to watch at home.

Benefits:

- Allows the deployed parent, aunt, uncle, or sibling and the child to make powerful connections
- Helps deployed military personnel parent from afar.
- Reassures the child that mom or dad is safe and thinking of home.
- Provides support to the parent or caregiver at home.



Talent Has No Boundaries

Workforce diversity includes people with disabilities. October marks National Disability Employment Awareness Month, created to "educate the American public about issues related to disability and employment."

To aid in the process of assisting disabled employees, in 2001 the Department of Labor created the Office of Disability Employment Policy (ODEP). The goal of ODEP is to ensure that disabled employees have fair and equal access to employment opportunities regardless of their disabilities.

The current administration stresses the importance of this policy and its commitment to service members and their exceptional family members. Let's continue to embrace a workforce that is inclusive, diverse and accepting of everyone creating a world in which people with disabilities have unlimited employment opportunities. For additional news and resources, sign up for ODEP's e-mail updates at <http://www.dol.gov/odep>.



Returning Warrior Workshops (RWW)

This weekend workshop focuses on making a successful transition from the war zone to the homefront. The workshops are expense-paid weekend events, set at four-star hotels, for service members and their spouse or significant other.

For the schedule, visit the Navy Individual Augmentee website at www.ia.navy.mil/.





Exceptional Family Member Program Liaison Access

To increase support to Sailors and their families with special needs, Exceptional Family Member Program (EFMP) liaisons are now located at the Fleet and Family Support Centers in Norfolk, Jacksonville, San Diego, Bremerton and Washington, D.C. By the end of October 2010, EFMP liaisons will be available to assist with information and referral at all Fleet and Family Support Centers.

The Navy developed the Exceptional Family Member Program (EFMP) to support families with special needs and assure continuity of care, while also supporting operational readiness. The EFMP ensures that Sailors are assigned to geographic areas where specialized support is available to suit the medical, educational, community and personal needs of the family.

Experienced EFMP liaisons align appropriate and available services to help families access needed workshops, counseling and educational assistance through the School Liaison Officer program. Additional resources include special medical, dental, mental health, developmental or educational requirements, wheelchair accessibility, and adaptive equipment or assistive technology devices and services.

For more information, visit or contact your local Fleet and Family Support Center. Click here for the [FFSP Regional Office Program Directory](#).



Veterans Employment Coordination Service

The Department of Veteran Affairs established the Veterans Employment Coordination (VECS) to advance efforts to attract, recruit and hire veterans into VA positions, particularly severely-injured veterans returning from Iraq and Afghanistan.

Services:

- Veteran Employment Advocacy
- Hands-on Employment Assistance
- Resume Review & Federal Application Tips
- Skills & Qualifications Assessment
- Placement Assistance
- Case Management
- Training and Development Counseling
- One-on-one Peer Counseling

For further information go to <http://www4.va.gov/VECS/>, call toll free number 1 866-606-6206 or e-mail at VECS@va.gov.



IA Discussion Group Schedule

Go to www.ffsp.navy.mil to view the Fleet-wide list of classes, support groups and events specifically for individual augmentees (IAs) and their families.

