



FAMILY SUPPORT

Greetings to our Navy Safe Harbor families! By families we mean all caregivers, regardless of whether you are a spouse, parent, other relative, significant other, or friend. We thank you for your dedication and selfless care for your wounded, ill, or injured Sailor or Coast Guardsman. Without the care, support, and continuity of caregivers, our service members would not likely be as successful in their recovery, rehabilitation, and reintegration. Below is a list of resources that are available to assist you.

Navy Safe Harbor Non-Medical Care Manager (NMCM).

Your first and most likely continual resource is your service member's non-medical care manager who is available to connect you with a host of local resources (e.g., child care, lodging, and financial planning) and assist you with other needs (e.g., gaining access to the installation, Invitational Travel Orders (ITOs), and explaining the medical evaluation process). The non-medical care manager will also give you a "Keeping it All Together" notebook where you can document and organize your service member's journey through treatment and recovery.

Navy Safe Harbor Family Programs Coordinator.

The Family Programs Coordinator is part of the Navy Safe Harbor Headquarters team and works to resolve problems associated with the support of families of our wounded, ill, and injured service members. You are welcome to contact the Family Programs Coordinator to ask questions, discuss challenges, or share suggestions as to how we can better support families, 703-697-4699 (DSN: 227) or via e-mail, safeharbor@navy.mil. In the subject line be sure to put: Attention Family Programs Coordinator. You may also visit the Safe Harbor Web site for additional information, www.safeharbor.navy.mil.

Navy Child and Youth Programs (CYP).

Many Navy installations around the Fleet offer childcare through their Child Development Centers (CDC) as well as before and after school care for school-aged children. Navy CYP offers families of Navy Safe Harbor the following services at no charge: 16 hours per child, per month of respite child care; unlimited hourly care for medical appointments; and free hourly care for support group meetings. For those families not near a Navy CDC, Safe Harbor and Navy CYP can often facilitate the provision of childcare through a civilian provider, at no cost to the family. Contact your Navy Safe Harbor non-medical care manager for more details.





Families Overcoming Under Stress (FOCUS).

FOCUS is a resiliency-building program that provides family-centered support for military service members and their families. FOCUS supports families in identifying and building upon existing strengths within each individual and the family unit. FOCUS is founded on leading evidence-based family intervention models for at-risk families which have demonstrated positive emotional, behavioral, and adaptive outcomes over time. FOCUS was developed at the UCLA Semel Institute for Neuroscience and Human Behavior, in collaboration with the National Child Traumatic Stress Network and Children's Hospital Boston / Harvard Medical School. FOCUS has been adapted to address the needs of wounded, ill, and injured Service Members and their family members. All Safe Harbor couples and families are eligible to participate in FOCUS.

Navy Fleet and Family Support Centers (FFSC) are located at Navy installations around the world. FFSCs offer a variety of resources and services. They can help with relocation assistance for those of you who are moving to a new town, city, or state; spouse employment to include resume writing, job searches, and interview tips; personal financial management to include developing a spending plan; counseling

services; and much more. Navy Ombudsmen also serve as a wonderful resource and referral point for families who may benefit from enrollment in Navy Safe Harbor. For location and additional information about FFSCs, visit: www.ffsp.navy.mil.

Military OneSource is a free service available 24-hours-a-day to all active duty, Guard, and Reserve members (regardless of activation status) and their families. Consultants provide information and make referrals on a wide range of issues and concerns related to your wounded, ill, or injured service member. Counseling sessions are available by phone or online. For more information call 1-800-342-9647, 24 hours a day, or visit: www.MilitaryOneSource.com.

National Resource Directory (NRD) is an online tool for wounded, ill, and injured service members, veterans, their families, and those who support them. The NRD links to federal, state, and government agencies; Veterans service and benefit organizations; non-profit and community-based organizations; academic institutions, and professional associations that provide assistance to wounded, ill, and injured service members and their families. To learn more, visit: www.nationalresourcedirectory.gov.

877-746-8563

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