Volume 16 | Issue 10





(EFMP) helps service members and their







you that you are

theme for Fire Prevention Week (FPW) is 'Cooking safety starts with YOU. Naval Air Station Joint Reserve Base (NAS JRB), New Orleans, with the Fleet



hosted their inaugural Career Fair.

and Family Support Center (FFSC),



Do you have a love for service and your community? Are you interested in meaningful and fulfilling employment with competitive pay and excellent benefits? Working in the federal government can



Cyber scams are nothing new. Every day, hackers and other cyber criminals are looking for the easiest target online. Do you think you're not worth being the target of online predators? Think again!



See the full list of webinars available on www.MyNavyFamily.com this month. Topics include Deployment, Employment, Finance, Life Skills, Parenting, Relocation and Transition.



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.

**EFMP Services Standardizing** 

### Enrollment in EFMP is mandatory for all service members qualified family members. The primary goal of EFMP is to ensure Sailors and their families are assigned to geographic areas where their exceptional family member's needs can be met. Fleet and Family Support Center's (FFSC) EFMP case liaisons

connect families enrolled in EFMP to on-base and community resources, help them navigate systems and processes and advocate for themselves and their children. Recent changes to the EFMP program are standardizing service and creating consistency for EFMP families. Those changes include improvements to the enrollment and disenrollment processes,

**Across Branches** 

The Exceptional Family Member Program (EFMP) helps service members and their family members with chronic medical or special educational needs identify and access programs and services.

with both becoming standardized across services. Other services that have been standardized include respite care, assignment coordination and EFMP family support. For details, visit <u>EFMP & Me</u>. FFSC EFMP case liaisons: Provide nonmedical case management.

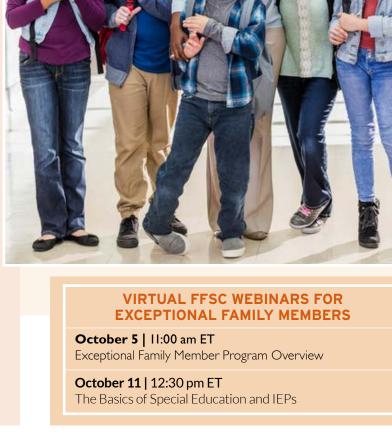
Provide information, referral and system navigation to families enrolled in EFMP such as respite care and priority housing. Link families to available military, local community and national resources and related events. Develop and maintain Individual Service Plans (ISP). Provide training and education to service providers and families.

 Partner with the MTF coordinators to provide information, education and marketing.

- For more information, visit FFSC's Exceptional Family Member <u>Program</u> website or visit your local <u>Fleet and Family Support Center</u>.

- October CNIC Events for EFMP Families
- There is a lot happening for our Exceptional Family Member Program (EFMP) families! Contact your installation's Fleet and Family Support Center (FFSC) EFMP case liaison for additional details and registration information. **NAVY REGION NORTHWEST**

■ October 25 — Beyond Differences/DEIA Monthly Webinar: Disability Employment **NAVAL AIR STATION WHIDBEY ISLAND** 



■ October 14 — Trunk or Treat at Base Gym (EFMP from 1600-

■ October 14-20 — 21st Invisible Disability Awareness Week,

■ October 20 — EFMP hosting a Boo Bash! at the Military Family

October 7 — Sensory Friendly Movie, Center Stage Theatre, 1230-

passing out green ribbons with sunflowers October 16

**NAVAL SUBMARINE BASE KINGS BAY** 

#### ■ October 10 — EFMP Sensory Movie Night **NAVAL AIR STATION JACKSONVILLE** ■ October 12 — Island County Resource Transition Fair ■ October 4 — EFMP Bowling for EFMP Families ■ October 20 —Boo Fest: EFMP Table and EFMP early start for

October 19 — EFMP and New Parent Support craft event Spooky Walk ■ October 26 — EFMP Harvest Festival **JOINT BASE CHARLESTON @ NAVAL WEAPONS** 

**STATION** 

1430

Resource Center

Naval Air Station Patuxent River

■ October 28 — EFM Trunk or Treat **NAVAL STATION EVERETT** ■ October 4 — EFMP Coffee & Conversation

■ October 3, 17 — EFMP Playgroup childhood sign language class

**NAVAL SUPPORT ACTIVITY MID-SOUTH** ■ October 20 — EFMP Halloween Bash at Base Chapel **NAVAL STATION MAYPORT** 

■ October 13 — NEX Customer Appreciation event

■ October 21-22 — EFMP Meet and Greet with the Blue Angels ■ October 24 — EFMP Halloween House at FFSC

**NAVAL BASE KITSAP** 

- EFMP Bowling and Sensory Craft Day, call your case liaison for event dates
- Save The Date: November Federal Hiring Summit

#### in meaningful and fulfilling employment with competitive pay and excellent benefits? Working in the federal government can provide all this and more. Join us from November 6-9, 2023, for Commander, Navy

Two days of 20-minute informal Q&A job booths will follow the employer presentations; the booths are an excellent opportunity for job hunters and future employers to get to know one another. In addition, there will be one educational webinar each day. Check the portal regularly as employers and webinar topics will be announced soon.

Do you have a love for service and your community? Are you interested

Installations Command's (CNIC) virtual Federal Hiring

Summit showcasing worldwide in-person and virtual career opportunities. During the first two days of the four-day event,

their organizations, hiring practices, and veteran and spouse

employer-specific CNIC FFSP LMS pages along with employer

hiring initiatives. Sessions will be recorded and available on

contact information and job booth schedules.

you will meet hiring officials from 12 federal agencies, describing

- October 12 | 10:00 am ET Interview Techniques

- October 8 Sundae Fun Day, at the Track, 1100: Make your favorite sundae with the EFMP team October Holidays and
  - **Observances:** ■ October 1 — CNIC Anniversary (2003)
- October 2 Child Health Day ■ October 8-14 — Fire Prevention Week ■ October 9 — Columbus Day
- October 13 U.S. Navy Birthday (1775) October 26 — National Day of the Deployed ■ October 28 — Make a Difference Day

#### Baby Sleep Safety and SIDS Awareness Month Cybersecurity Awareness Month ■ Domestic Violence Prevention Month National Bullying Prevention Month National Disability Employment Awareness Month

RAL HIRING **NOVEMBER 2023** 

■ October 9 — Indigenous Peoples' Day

- Register at www.mynavyfamily.com For NMCI computers, use https://learning.zeiders.refineddata.com
  - SAVE the DATE



### Eager to make a difference? Register now on www.MyNavyFamily. com to reserve your spot at the Summit! All service members, veterans and their families are welcome. Note: NMCI users, register by visiting <a href="https://learning.zeiders.">https://learning.zeiders.</a> refineddata.com.

October 13 | 1:00 pm ET October 18 | 9:00 am ET October 18 | 3:00 pm ET

> October Is Domestic Violence Awareness Month Relationships occur on a spectrum from healthy to abusive. In a healthy relationship, partners communicate well, make decisions together, trust and respect one another. On the opposite end of the spectrum, in an abusive relationship, one person makes all the decisions. They communicate in a hurtful or threatening way and are controlling of time, household resources and the

> > people you see.

Support Center.



worth being the target of online predators? Think again!

do today to keep yourself cybersafe:

before you click.

neighbors.

cooking fire.

kids, visit sparky.org.

prevent yourself from becoming the victim of a cyber crime.

From cisa.gov

authentication can make you up to 99% less likely to get hacked or have your information stolen! ■ Update your software. Hackers will try to exploit software flaws and vulnerabilities. Update the system software on all your devices, such

as mobile phones, tablets and laptops. Make sure to also check for updates on your applications regularly — especially the web browsers on all your devices, too. Make it easy for yourself by simply turning on automatic updates for all devices, apps and operating systems.

and civilian resources as appropriate. If you think you may be a victim of domestic abuse, contact the National Domestic Violence Hotline at 1-800-799-SAFE or text "START" to 88788. For more information, visit the FFSC Family Advocacy Program website or your local Fleet and Family

and families including counseling, clinical case

Service members and their families deserve

relationships that are free from disrespect or abuse. If your partner's actions make you feel uncomfortable or

hurt you in any way, you are not alone; help is available.

The Family Advocacy Program (FAP) provides clinical

and child abuse. The goal of FAP is to prevent domestic

violence by encouraging people to examine their own

behavior and take steps to learn and practice healthier

behaviors. The FAP provides a variety of interventions and treatment services to meet the needs of individuals

management, treatment groups and referrals to military

assessment, treatment and services for service

members, their intimate partners and their family members involved in allegations of domestic abuse

Cyber scams are nothing new. Every day, hackers and other cyber criminals are looking for the easiest target online. Do you think you're not Whether it's your identity, your bank account information, or simply what's in your email, your information is valuable and cyber criminals will do whatever they can to access it. They're counting on you thinking you're not a target. It's time to get your "shields up" and take steps to Let's start with the basics of cyber hygiene — easy and common-sense ways to protect yourself online. Here are the four easy things you can Use more than one type of authentication on all your accounts. A password isn't enough to keep you safe online. By implementing a second layer of identification, such as a confirmation text message, a code from an authentication app, face or fingerprint verification, or a security key, you're giving your bank, email provider, or any other site you're logging into an extra layer of security. Multi-factor

LOOSE LIPS SINK SHIPS.

**KEEP CALM. CARRY ON.** 

SAFE FOR YOU, SECURE FOR ALL.

The Internet is a shared resource.

Protecting it is our shared responsibility.

www.stopthinkconnect.org

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## Cooking Safety Starts With You

For more than 100 years, the National Fire Protection Association

(FPW). This year's theme is "Cooking safety starts with YOU. Pay attention to fire prevention," to educate everyone about simple but important actions they can take when cooking to keep themselves

(NFPA) has been the official sponsor of Fire Prevention Week

■ **Think before you click.** More than 90% of successful cyber attacks start when you click an unfamiliar link in a phishing email. A phishing scheme is when a link or webpage looks legitimate, but it's a trick designed to have you reveal your

passwords, credit card numbers or other sensitive information. In addition, phishing emails may be attempts to try to get you to run malicious software, also

known as malware. If it's a link you don't recognize, trust your instincts and think

■ **Use strong passwords.** A strong password should be eight or more characters utilizing a combination of letters, numbers and special characters. Avoid using the same password on different accounts. Ideally, individuals should also use a

Our world is increasingly digital and increasingly interconnected, and we all have

a responsibility to truly protect the computer networks we all rely on. Become

a champion for cybersecurity and share these tips with your friends, family and

password manager to generate and store unique passwords.

For more information, visit <u>CISA's Shields Up webpage</u>.

and those around them safe. According to NFPA, cooking is the leading cause of home fires and home fire injuries in the United States. Unattended cooking is the leading cause of cooking fires and deaths. "Year after year, cooking remains the leading cause of home fires by far, accounting for half (49%) of all U.S. home fires," said Lorraine

Carli, vice president of outreach and advocacy at NFPA. "These numbers tell us that there is still much work to do when it comes to better educating the public about ways to stay safe when cooking." The NFPA offers these key safety tips to help reduce the risk of a

1. Watch what you heat. Always keep a close eye on what you are cooking. Set a timer to remind you that you are cooking.

2. Turn pot handles toward the back of the stove. Always keep a lid nearby when cooking. If a small grease fire starts, slide the lid

meter) around the stove or grill and anywhere else hot

over the pan and turn off the burner.

food or drink is prepared or carried.

3. Have a "kid- and pet-free zone" of at least 3 feet (1

To find out more about FPW programs and activities, please contact your local fire department. For more general information about Fire Prevention Week and cooking safety, visit <u>www.fpw.org</u>. For fire safety fun for

construction fields. and civilian sectors.

YOURFSC

**WEBINAR SCHEDULE** 

WATCH what you heat. Set a timer to remind you that you are cooking. Start

**Learn more about cooking safety at fpw.org** 

Always keep a lid nearby when cooking. If a small grease fire

starts, slide the lid over the pan and turn off the burner.





the EFMP.

**Deployment** 

1:00 PM ET

1:00 PM ET

10:00 AM ET

1:00 PM ET

3:00 PM ET

9:00 AM ET

3:00 PM ET

**Finances** 

2:00 PM ET

**Employment** 

Tuesday, October 3rd

Wednesday, October 4th

Tuesday, October 24th

Thursday, October 12th

Friday, October 13th

Tuesday, October 17th

Wednesday, October 18th

Thursday, October 19th

**Thursday, October 5th** 

Tuesday, October 10th

11:00 AM ET

10:00 AM ET

4:00 PM ET

4:00 PM ET

12:00 PM ET Planning for Deployment

IA Deployment 101

# that can provide you more tips and tricks to help tackle the areas that need improving. Spouses are Follow the on-screen instructions to create a new account. Be sure to enter your time

October 2023

employees connect with employers of their choice.

success, and they look forward to providing this event next year.

FFSC representatives are thankful to the military and civilian volunteers for their help setting up and taking down the event and for the concession stand provided by the Navy Ball committee. The NAS JRB New Orleans Career Fair was a

The Basics of Special Education and IEPs

All times are Eastern.

Deployment Started, Now What? 10:00 AM ET 10:00 AM ET 2:00 PM ET

Tuesday, October 17th 2:00 PM ET 3:00 PM ET Interview Techniques 4:00 PM ET Unlocking Opportunities: The Ticket to

the 10-Second (Al-Assisted) Resume Tuesday, October 3rd The Ghost of Christmas Present Tuesday, October 17th

1:00 PM ET CES Forum: Basic Needs Allowance, and Dependent Care Flexible Spending Account (DCFSA) for Service Members

Work Program for SSDI Recipients

Resume Writing and Cover Letters Simplified

Can My Chat Bot Join the Interview?: Introducing

Innovative Interviewing

Monday, October 30th 9:00 AM ET How to Survive the Holidays Financially Life Skills Tuesday, October 3rd 10:00 AM ET Empower Yourself: Understanding and Using Assertive Communication Skills 4:00 PM ET Mind Body Mental Fitness Module 1: Stress Resilience Wednesday, October 4th Youth Suicide Prevention 2:00 PM ET

**Understanding Anger** 

Effective Workplace Communication

Mind Body Mental Fitness Module 2:

Mindfulness and Meditation

12:00 PM ET Command Financial Specialist Forum

The Exceptional Family Member Program and You How can the Exceptional Family Member Program (EFMP) benefit you and your family? Will enrollment negatively affect your service member or limit duty assignments? Who do you contact for answers? Be sure to enroll in webinars offered this month to learn more about **Exceptional Family Member Program Overview** 11:00 AM 5 Oct 11 Oct 12:30 PM

The CNIC LMS

has comprehensive resources for Navy spouses and family members

such as New Spouse Orientation,

the Navy Family eHandbook, and

the Navy Spouse library.

Thursday, October 12th The 5 Love Languages What is a FAP Victim Advocate? Teen Dating Violence Protection

2:00 PM ET

October 2023 Wednesday, October 11th 12:30 PM ET The Basics of Special Education and IEPs Building Healthy Relationships:

Life After High School: Parent Edition Empower Yourself: Understanding and Using Assertive Communication Skills Mind Body Mental Fitness Module 3: Living Core Values Wednesday, October 18th Co-Parenting: Working with Domestic Violence Families Thursday, October 19th

1:00 PM E1 Thursday, October 26th 9:00 AM ET 1:00 PM ET

Sponsorship Training

1:30 PM ET 2:00 PM ET

**Transition** 

1:00 PM ET

Tuesday, October 10th

and Building Healthier Boundaries Tuesday, October 31st 4:00 PM ET Problem Solving **Parenting** Thursday, October 19th 1:00 PM ET What About the Kids?

Relocation

and Building Healthier Boundaries Mind Body Mental Fitness Module 5:

2:00 PM ET Caring for Aging Parents 2:00 PM ET Anger Management Tuesday, October 24th Preventing and Responding to Intimate 11:00 AM ET Partner Violence 4:00 PM FT Mind Body Mental Fitness Module 4: Flexibility 4:00 PM ET Responding to Conflict: Strategies for Improved Communication Wednesday, October 25th Mind Body Mental Fitness Module 4: Flexibility Helping Clients Break the Cycle of Abusive Relationships: Tools for Recognizing, Supporting Helping Clients Break the Cycle of Abusive Relationships: Tools for Recognizing, Supporting Reporting and Responding to FAP Incidents Couples Communication: Fair Fighting

**Exceptional Family Member Program Overview** Wednesday, October 18th 12:00 PM ET

Final Move