



Family Connection

JANUARY 2022



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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 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.

If you have questions or comments, contact the Fleet and Family Support Program, cnic.ffsp.fct@navy.mil.

Letter From The Family Readiness Director

I am elated at the thought that we have closed out another successful year, which was filled with challenges and successes that continue to make us better. We are still here, stronger than ever; and we are ready to move forward in 2022. I want to congratulate every professional and volunteer at Commander, Navy Installations Command's Fleet and Family Support Centers (FFSC) worldwide.



Thank you for another year of hard work and dedicated service to our Navy families. With COVID-19's continued presence and the effects the virus has had on FFSC personnel, and the ever-changing operational tempo; you have worked diligently, with a dedication and perseverance that leaves me proud, amazed and inspired.

In 2021, the Family Readiness team continued to provide Navy families first class programs and services amid a global pandemic. The team has overcome a myriad of obstacles and has provided our Sailors and their families with the right services where and when they are needed.

I want to highlight some of Family Readiness' accomplishments that stood out in 2021, including:

In response to the pandemic, in 2020, we evolved from a mainly in person delivery model to virtual. As we continued to evolve, we realized the tremendous impact of using both in person and virtual as a blended service delivery model that will make us most accessible and impactful to our stakeholders. Our monthly virtual FFSC webinars have an average of 25 participants per class. This has given us and our Navy families greater and safer accessibility to the FFSC programs.

Throughout the past year, our centers have had various challenges, from staffing shortages to installation health protection conditions; but we continue to support our Sailors and families with one-on-one counseling and virtual group sessions. Our four major programs, [Work and Family Life \(WFL\) program](#), [Sexual Assault Prevention and Response \(SAPR\) program](#), [Counseling, Advocacy and Prevention \(CAP\) program](#) and [Navy Gold Star \(NGS\) program](#) have navigated through this year with new ideas and initiatives to deliver quality support services to our customers.

Our WFL programs launched a highly anticipated special education pilot program, taking place in Navy Regions Mid-Atlantic and Southwest. The program provided special education support for exceptional family members with special education challenges. The pilot stemmed from congressional-level interest in program improvement; which includes two newly established [Exceptional Family Member Program \(EFMP\)](#) attorneys, two regional Special Education Liaisons and additional Case Liaisons in both regions, and provides special education and legal support for EFMP families. EFMP attorneys are now available to provide legal support to families with special education needs throughout the entire special education process.

Our SAPR program has employed quality assurance measures such as evaluations and surveys to leverage the expertise of SAPR professionals across the enterprise, as well as the experiences of individuals who use these services. The headquarters SAPR team has created the first enterprise wide SAPR Program Satisfaction Survey.

ATTENTION READERS: Make *Family Connections* Interactive! Share your questions, comments, good news stories, useful resources and articles you have written or found helpful. As space allows, we will include them in future newsletters OR release on social media. Submit to cnic.ffsp.fct@navy.mil

Twice a month, more than 1,200 people attended our CAP virtual training classes. The classes focused on education, program processes and CAP practices. The program hosted approximately 48 hours of training throughout the year and 17 were provided with continuing education credits available to participants.

In conjunction with other Navy and DoD organizations, NGS participated in several survivor advisory working groups. NGS recruited survivor participants and invited them to share their experiences with the Navy's casualty continuum of care with the goal of program improvement. In addition, NGS helped honor our fallen service members at the 6th Annual Bells Across America for Fallen Service Members, held in person or virtually throughout the nation and on every Navy installation worldwide.

As I have said before, the Family Readiness Program's success is due to the never-ending pledge we have made to serve our community with the best possible and compassionate support. It is our team working together for a more ready and resilient Navy family!

As we step into this New Year, I look forward to working alongside our amazing teams. From headquarters to the regions and installations, we will confidently and enthusiastically move forward into another exciting year of opportunities and possibilities. We are proud of serving and being of service to the United States Navy and her families!

From the Fleet and Family Support Program family, may the blessings of the season continue throughout the whole year for you and your family.

Find your installation's FFSC by visiting https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/FFSC.html.

Sincerely,

Shauna Turner

Family Readiness Director

Commander, Navy Installations Command

January Celebrations:

- National Stalking Awareness and Prevention Month
- Financial Wellness Month
- January 1 – New Year's Day
- January 20 – Martin Luther King Jr. Day



2022

HAPPY NEW YEAR

Ombudsman Moment January 2022

BENEFITS OF VOLUNTEERING

Volunteering is time-consuming, and it is easy to understand why some people are hesitant to take the plunge. Let us talk about some of the benefits of volunteering. It is a chance to give back, contribute to a greater good and make a difference. How about on a personal level? Whether you are pursuing your career or putting it on hold for a while, it benefits you to explore interests other than your work.

A volunteer should track volunteer hours and training times. This information could be a valuable component to a job resume, college application or when applying for another volunteer position. Your Family Employment Readiness Program (FERP) staff at Fleet and Family Support Centers (FFSC) can assist you in tracking metrics to transfer to your resume or application. Your willingness to serve exemplifies your good moral character and personal work ethic, something that can help you stand out against another qualified applicant. Additionally, you may learn skills in your volunteer position that open you up to other opportunities.

For more information about the benefits of volunteering, talk to your FFSC FERP staff. To locate your command ombudsman or volunteer within your command, contact your FFSC Ombudsman Coordinator or Reserve Component Command Warrior and Family Support Specialist. Use the Contact Your Ombudsman feature on the Ombudsman Registry home page at <https://ombudsmanregistry.cnic.navy.mil>.



Navy Housing Financial Wellness Spotlight

RENTAL PARTNERSHIP PROGRAM

The Rental Partnership Program (RPP) is a Navy Housing cost-savings program, available to both families and unaccompanied service members. RPP is an agreement between the Housing Service Center (HSC) and landlords that provides service members with suitable and affordable off-base housing and aids in defraying some relocation costs.

RPP varies at each installation, typical benefits may include:

- Homes are inspected by our HSCs and pre-approved as suitable, safe and affordable for service members.
- Discount on rental rates.
- Waived or reduced security and utility deposit costs.
- No fees or reduced fees for application or credit check.
- Rent payments via allotment.
- No income requirements (if receiving basic housing allowance).
- Lease cannot be denied due to a negative credit check.

Learn more about RPP by visiting www.cnic.navy.mil/RPP. RPP is not available at all installations, so contact your local HSC for more information at www.cnic.navy.mil/ContactHousing.



CNO Visits JBPHH EFAC

On December 7, 2021, Chief of Naval Operations (CNO) Admiral Michael Gilday visited the Emergency Family Assistance Center (EFAC) staff at Joint Base Pearl Harbor Hickam, Hawaii. The CNO had the opportunity to learn about the recovery and support efforts offered to families and service members impacted by the ongoing water situation on the installation.

An EFAC is established by and functions under the authority of the installation commanding officer. It is a centralized, official hub of resource partners, counseling support, case management, official information and referral sharing and more to provide ongoing support to military members and families impacted by a disaster or crisis. This is one of the many recovery support functions offered by Fleet and Family Support Centers and Military Family Support Centers.



NSA Hampton Roads Celebrates Ombudsmen

On November 17, 2021, the Naval Support Activity (NSA) Hampton Roads Navy League hosted the Sea Service Ombudsman and Volunteer Appreciation Luncheon at the Virginia Beach, Va. Convention Center. It was attended by all the Hampton Roads area installations with more than 200 people in the audience, mostly comprised of ombudsmen from the Navy, Coast Guard and their command leadership. Providing opening remarks was guest speaker Commander, Navy Region Mid-Atlantic, Rear Adm. Charles Rock along with the keynote speaker, CMDRCM Toby A. Ruiz (I Marine Expeditionary Force.) (U.S. Navy Photos by Mass Communication Specialist Leo Katsareas/released).



NAS JRB New Orleans FERP Educating the Community

In December of 2021, the Public Works command requested a civilian resume workshop. The purpose of the workshop was to educate civilian employees on updating their resumes and to explain job search strategies. Vallon Holley, Fleet and Family Support Center, NAS JRB New Orleans Family Employment Readiness Program (FERP) professional facilitated the workshop with a total of 11 attendees.

Additionally, in December, the NAS JRB New Orleans Navy Reserve requested an employment outreach table during their drill weekend. Vallon Holley, Fleet and Family Support Center, NAS JRB New Orleans, FERP professional was present to explain the program and benefits to approximately 55 Navy Reservists.



Shifting Career Gears - Looking For A New Career

DID YOU KNOW?

On average, working adults change jobs 11 times in their lifetime according to the Bureau of Labor Statistics (2021). The military lifestyle makes job changes more prevalent.

Looking for a new career? A Family Employment Readiness Program (FERP) professional can assist you with career exploration. Whether this makes you happy or sad, one thing is certain – you will have questions about what new career opportunities are available. Your local Fleet and Family Support Center (FFSC) can help. Your questions can be answered by a FERP professional, who provides career coaching.

FERP professionals can help you prepare for your next job search. Capitalize on your skills via a hybrid approach, learn tips on navigating employment, virtually or in-person. Highlight your life experiences that can translate into on-the-job skills. For example, as a military spouse you have probably learned to be adaptable, resilient and culturally aware; employers covet these qualities.

Let them know where you have used those specific skills. You could describe how, after a move, you had to establish a new network of contacts in your community. Let this be an example of building networking and communication skills.

Additional tips:

- Exploring careers and your own skills.
- Education, training and licensing options.
- Getting yourself workplace ready.
- Networking and finding jobs.
- Scholarship opportunities.
- Entrepreneurship guidance.

To help your transition go as smoothly as possible, check with your FFSC FERP professional for training and to answer any questions you may have.

For additional information about FERP, please visit your local Fleet and Family Support Center or the MyNavyFamily App for more information. The app is free and can be downloaded from the Navy App Locker (<https://applocker.navy.mil>).

FAMILY EMPLOYMENT READINESS PROGRAM

FERP



DoD Pays It Forward With Release of Military Leader's Economic Security Toolkit

A critical issue currently being addressed by the Department of Defense (DoD) is economic security. Some of our service members and their families are experiencing economic challenges such as increasingly competitive housing and rental markets, food insecurity and general financial readiness issues. Many of these issues have been exacerbated by the COVID-19 pandemic.

As a result, Secretary of Defense Lloyd J. Austin III directed several actions, one of which is the fielding of a new resource, the *Military Leader's Economic Security Toolkit*. The toolkit highlights a wide range of resources, which are accessible through Military OneSource. The toolkit includes three modules on housing availability, financial well-being and food security. These modules are outlined on the toolkit's landing page, and they help to educate leaders and support them about the nuances of each circumstance.

For example, in the food security module the toolkit has specific resources for leaders on how to identify service members who are struggling to feed themselves and their families, how to engage in difficult conversations and connect service members to additional resources to alleviate food insecurity.

During a Pentagon news conference on November 17, 2021, Secretary Austin announced, "And when it comes to making sure our people have enough to eat, we've created a new toolkit that will help leaders identify service members who are struggling and connect service members and their families to resources and support programs and more."

Each of the three modules highlights web links for information from other DoD or federal partners and provides links to branch-specific content and resources on these topics. This section will be updated in the future as new resources are identified or become available. Additionally, a frequently asked questions section will provide another way for leaders to access key information.

The Military Leader's Economic Security Toolkit is now available at <https://www.militaryonesource.mil/leaders-service-providers/economic-security>.

For personal financial management guidance, contact your installation's Fleet and Family Support Center. Start here on their website at https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/FFSC.html.



MILITARY LEADERS ECONOMIC SECURITY TOOLKIT

This toolkit helps leaders and service providers support the economic security of service members.



Your SAPR Program Highlights from 2021

The Commander, Navy Installations Command Headquarters (CNIC HQ) Sexual Assault Prevention and Response (SAPR) program is committed to ensuring that services and products meet the needs of our service members and their families.

Our team has employed quality assurance measures such as evaluations and surveys to leverage the expertise of SAPR professionals across the enterprise as well as the experiences of individuals who use these services. To that end, we have created the first-ever, enterprise-wide SAPR Program Satisfaction Survey.

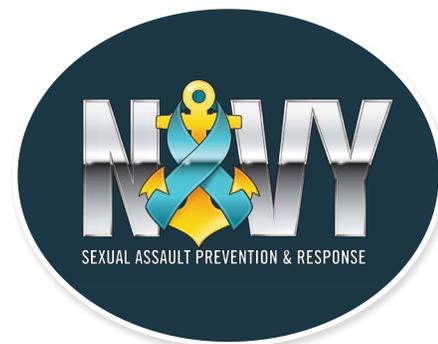
This survey has been long in the making and is part of a larger Fleet and Family Support Program effort to make feedback mechanisms more accessible to the people we serve. Supporting individuals who have been affected by sexual assault to self-advocate and steer their recovery is the bedrock of our work, and this survey is intended to provide them with an opportunity to offer anonymous confidential feedback about the SAPR services they receive and the SAPR personnel supporting their care.

CNIC HQ SAPR will also continue focusing its prevention efforts around the “Respect. Protect. Empower” call to action:

- At all times, we commit to treating others with **Respect**.
- **Protect** one another from harm and retaliation through active intervention.
- **Empower** those around you to speak up or intervene.

For more information or to make a report of sexual assault, contact your local Sexual Assault Response Coordinator (SARC). Around-the-clock assistance for sexual assault is also available via the DoD Safe Helpline by phone (1-877-995-5247), text (55-247 or 001-202-470-5546) or online at <https://www.safehelpline.org>.

Find the SAPR Program Satisfaction Survey here: <https://surveys.max.gov/522128?lang=en>.



Stalking Prevention: Know It. Name It. Stop It.

JANUARY IS STALKING AWARENESS AND PREVENTION MONTH!

January 2022 marks the 18th annual National Stalking Awareness Month (NSAM), a call to action to recognize and respond to this traumatic and dangerous crime. It is critical to raise the issue of stalking as a form of interpersonal violence as well as a crime that frequently predicts and co-occurs with physical and sexual assault.

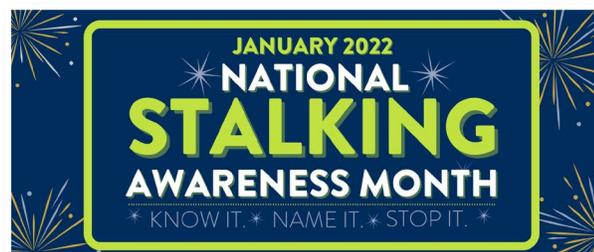
Stalking impacts more than 1 in 6 women and 1 in 17 men in the United States and yet—despite its prevalence and impacts—many victims, families, service providers, criminal justice professionals and members of the public underestimate its danger and urgency. Survivors often suffer anxiety, social dysfunction, and severe depression because of their victimization, and many lose time from work and/or relocate. And it is not only psychological: 1 in 5 stalkers use weapons to threaten or harm victims, and stalking increases the risk of intimate partner homicide by three times.

Stalking is defined as a pattern of behavior directed at a specific person that causes fear or emotional distress. Stalkers often follow, monitor and wait for their victims, as well as leave them unwanted gifts, spread rumors about them and repeatedly call, text and message them. Most stalking victims experience both in person and technology facilitated stalking. The most common types of technology facilitated abuse—harassment, limiting access to technology and surveillance—increased during the pandemic.

One of the difficulties of recognizing and responding to stalking is that each individual act may not be a problem or a crime on its own, but each act becomes criminal when part of that pattern of behavior that comprises stalking. Stalking is a crime in federal jurisdictions, all 50 states, the District of Columbia, U.S. Territories, tribal lands and the military justice system.

NSAM's theme of “Know It. Name It. Stop It.” is a call to action for everyone in the Navy and across the country. Many victims tell friends or family about their situation first, and how we respond influences whether they seek further help or not.

We all have a role to play in identifying stalking, intervening when necessary and supporting victims and survivors. For more information about National Stalking Awareness Month, please visit <https://stalkingawareness.org>.



*For PREGNANT or BREASTFEEDING
mothers with concerns related to
water issues please call*

**MILITARY HEALTH SYSTEM
WATER HOTLINE**

1-808-433-8102

***OPTION 2**

*for more information & updates go to:
navy.mil/jointbasewater*





YOUR *Virtual* FFSC WEBINAR SCHEDULE



We are all more organized in different areas of our life, but luckily FFSC has Subject Matter Experts that can provide you more tips and tricks to help tackle the areas that need improving. Spouses are encouraged to all of these trainings. Be sure to pass this flyer on.

How to register:

Step #1: Make a free account at MyNavyFamily.com (NMCI use <https://learning.zeiders.refineddata.com>) at least one day before the webinar. Follow the on-screen instructions to create a new account. Be sure to enter your time zone!!

Step #2: Click on “Live Webinars” at the top of the page to view the full list of offerings.

Step #3: Click on the title of a session to view the information and description.

Step #4: Click on “register now” to register for the course.

You will get reminder emails with your personalized link.

If you have any trouble, please write to learning@zeiders.com

The CNIC LMS has comprehensive resources for Navy Spouse and family members such as New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse eLibrary.



JANUARY 2022

Deployment

Tuesday, January 4th

4:00 PM EST IA Pre-Deployment Brief

Wednesday, January 12th

11:00 AM EST Single Sailors and the Sea

Thursday, January 13th

1:00 PM EST Reach Out and Touch

Wednesday, January 19th

12:00 PM EST Navigating Your New Normal During Deployment

Friday, January 21st

12:00 PM EST Getting Real About Deployment

Employment

Wednesday, January 5th

9:00 AM EST Job Search Strategies

7:00 PM EST Teen Job Search

Monday, January 10th

4:00 PM EST Informational Interviewing

Tuesday, January 11th

1:00 PM EST Resume Writing 101

Wednesday, January 12th

10:00 AM EST Resume Writing Workshop

1:00 PM EST Effective Resume Writing

Tuesday, January 18th

9:00 AM EST Virtual Interviewing

Wednesday, January 19th

1:00 PM EST Career Planning

6:00 PM EST Virtual Interviewing

Tuesday, January 25th

4:00 PM EST LinkedIn 101: Learning the Basics

Thursday, January 27th

1:00 PM EST Acing the Interview

Friday, January 28th

10:00 AM EST Shifting Career Gears

Finances

Tuesday, January 11th

12:00 PM EST Getting a Refund? What's Next?

Tuesday, January 18th

12:00 PM EST The Ghost of Christmas Past

Wednesday, January 19th

10:00 AM EST Financial Responsibility in the Military

Thursday, January 20th

1:00 PM EST Pure Financial Magic Series: Crypto Basics 101

Life Skills

Tuesday, January 4th

12:00 PM EST Organize Your Life

Tuesday, January 11th

10:00 AM EST Organize Your Life

2:00 PM EST Cultivating Resiliency: Train Your Brain to Be More Positive

3:00 PM EST Effective Communication

Wednesday, January 12th

10:00 AM EST EFMP Special Education Notebook Series: Empowering Families to Navigate the Journey!

Tuesday, January 18th

10:00 AM EST Stress Management

2:00 PM EST Family Advocacy Program Training

3:00 PM EST Conflict Resolution

Wednesday, January 19th

12:00 PM EST Coping with Caregiver Burnout

4:00 PM EST Finding a Way Forward: Principles and Practice of Mindful Conflict Resolution

Monday, January 24th

9:00 AM EST Family Advocacy Program Training

Tuesday, January 25th

10:00 AM EST Building Healthy Relationships

11:00 AM EST Sponsor Training

2:00 PM EST Temper Taming: The Healthy Way of Dealing with Anger

Wednesday, January 26th

1:00 PM EST Family Advocacy Program Training

1:00 PM EST EFMP Resources

Parenting

Thursday, January 6th

10:00 AM EST Raising Financially Fit Children

Friday, January 7th

12:00 PM EST Children and Deployment

Wednesday, January 12th

1:00 PM EST New Parent Boot Camp

Wednesday, January 19th

10:00 AM EST Positive Child Guidance

Thursday, January 20th

1:00 PM EST What About the Kids?

Thursday, January 27th

2:00 PM EST Baby Boot Camp

Monday, January 31st

3:00 PM EST Positive Child Guidance

Relocation

Tuesday, January 18th

11:00 AM EST Smooth Move

3:00 PM EST Permanent Change of Station

Transition

Tuesday, January 25th

3:00 PM EST Life After the Uniform