

Contents

- Web-based Training for Families
- Stress Management and Suicide Awareness
- New Study Reveals Impacts of Deployment on Children of Combat Veterans
- Children and Deployment
- The Transition Assistance Management Program: It's Not Just for Sailors
- Holiday Mail for Heroes
- Commissary Guard/Reserve On-site Sales

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.

If you have questions or comments, contact Timothy McGough at timothy.mcgough@navy.mil.

Visit us online at:



Scan QR Code to access via mobile device

FAMILY RESILIENCY

Building Strength to Meet Life's Challenges

Resilience is the ability to adapt to change and maintain stability during stressful situations. Faced with deployments, relocations and transitions, Navy families build resiliency on a daily basis. Strengths of resilient families include cohesiveness, effective communication and adaptability. Cohesive families provide support, encouragement and constructive criticism with respect, commitment, and trust at their core. Effective communication in resilient families fosters healthy, positive relationships and problem solving while adaptability provides restoration resulting in a stronger family unit.

The holiday season is in full swing and with it comes lots of increased activity and the need to "be busy." Attempts to create a festive atmosphere for family members during this time of the year can also bring a lot of stress. Resiliency is needed to rise above and to carry on in spite of feelings of sadness or longing. Resiliency is what can help bring back joy and good spirits. With this in mind, it is important



to focus on how to add value to your life given that your Sailor is deployed and away. Remember to make plans for fun activities with friends and family and try to have contact with your deployed family member to make this a season of good cheer.

Get plugged in through your local [Fleet and Family Support Center \(FFSC\)](#) and [Morale, Welfare and Recreation \(MWR\)](#) programs to build resilience. Order the booklet "Bouncing Back — Staying Resilient through the Challenges of Life" from [Military OneSource](#); search for "Bouncing Back" after you log in to the site. Resiliency assessments and additional resources are available at afterdeployment.org.

"I don't know the key to success, but the key to failure is trying to please everybody."

Bill Cosby



New Study Reveals Impacts of Deployment on Children of Combat Veterans

While families are proud of their Sailors and their service to our country, deployments can be difficult for every member of the family. Children are especially vulnerable as they struggle to cope with change and uncertainty. Deployments can impact families in a variety of ways. A new study by the University of Washington suggests that when parents are deployed in the military, their children are more than twice as likely to carry a weapon, join a gang or be involved in fights; this includes girls. Last year, nearly 2 million U.S. children had at least one parent serving in the military. There is a great deal of stress while that parent is overseas and in danger, as the remaining parent has to shoulder all responsibilities and family roles shift. There can be additional challenges after a deployed parent returns, especially if they are wounded, ill or injured.

The study was based on a 2008 questionnaire of about 10,000 students in the 8th, 10th and 12th grades in Washington. That state has the sixth-largest active duty population in the country. About 550 of surveyed children said they had a parent deployed to a combat zone in the previous six years. Findings include:

- High-school-age daughters of deployed parents were nearly three times more likely than civilian girls to be in a gang or get into a fight; they were more than twice as likely to carry a weapon to school.
- The rate of boys from deployed families involved in such violent behaviors was twice as high as for girls in deployed families.

While more research is needed, this new study suggests that violence is more common among the children of deployed parents than the children of civilians. [Fleet and Family Support Centers](#) are here to help offering no-cost family counseling and other valuable resources in the event your child is experiencing difficulties coping with deployment or stress.

Children and Deployment

A Backpack Journalist

[A Backpack Journalist](#) provides curriculum, workshops and events for Military Youth age groups 6-11 and 12-18 to assist them through the deployment cycle into reintegration. This is accomplished by teaching youth how to write to express themselves using journalistic reporting, broadcast and scripting. The organization also teaches self-expression through photography and song writing.



MISSION: Youth Outreach

The MISSION: Youth Outreach partnership supports military youth, ages 6-18, coping with a deployed parent or parents by creating a positive, supportive network. Through this partnership, children of National Guard, Reserve and Active Duty families who do not live near or have access to a military Youth Center can receive a free membership to the Boys and Girls Club. Take your completed enrollment form to your nearest Boys and Girls Club. Find a Club TODAY! Visit www.bgca.org/military or call 1-800-854-CLUB.



Navy Family Accountability and Assessment System (NFAAS)

NFAAS allows Navy personnel to manage the recovery process for personnel affected by a widespread 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>.



The Transition Assistance Management Program: It's Not Just for Sailors

As a family member, you should take an interest in the services available to you and your Sailor as you consider transitioning out of the Navy. Whether you are affected by the recent Enlisted Retention Board, nearing the end of an enlistment, or sneaking up on retirement, Navy transition assistance programs are available for all separating Sailors and their families.

The full spectrum of separation benefits available to all Sailors leaving the Navy are designed to help them succeed in civilian life. Transition Assistance Management Program services are available through your local [Fleet and Family Support Center](#) (FFSC). Learn about employment initiatives, permissive travel for job hunting, post-military benefits such as VA health care and the Post-9/11 GI Bill.

Additionally, there are some enhanced transition benefits especially for Sailors not selected for retention by the recent Enlisted Retention Board. These include: involuntary separation pay; transitional TRICARE coverage; continued ID card possession for two years to access medical and other benefits; and commissary and exchange benefits for two years after separation.

For more information on these and other services available to Sailors who are being involuntarily separated through the Enlisted Retention Board, check out the [NPC website](#). Be sure to contact your local Fleet and Family Support Center while preparing to transition to civilian life.

Family Employment Readiness Program

The Navy [Family Employment Readiness Program](#) (FERP) at your local Fleet and Family Support Center (FFSC) assists military family members in obtaining employment and maintaining a career, particularly as families are impacted by changes in the economy, labor market conditions and military lifestyle. Click [here](#) to find your local FFSC.



Military OneSource Spouse Career Center

Military OneSource [Spouse Career Center](#) connects spouses with consultants who will support the pursuit of portable careers. Services include career exploration, planning for education and training, employment readiness preparation and career connections through using resources such as [Military Spouse Employment Partnership](#) (MSEP), [USAJOBS](#), and [CareerOneStop](#).



Military Spouse Career Advancement Accounts (MyCAA)

The [Military Spouse Career Advancement Accounts](#) (MyCAA) is an employment assistance program that provides up to \$4,000 of financial assistance to eligible military spouses who are pursuing a license, certification or an associate's degree in a portable career field or occupation.

Spouses of service members on active duty in pay grades E-1 to E-5, W-1 to W-2, and O-1 to O-2 are eligible to apply.



Weeding Through Your Holiday Decorations.

If you know you may face a transfer next year, consider weeding through your holiday decorations now. When you are pulling out your holiday bins to decorate this year, ask yourself: Do I still like this? Will I put this out this year? Have I used this since our last move? If the answer is no, consider getting rid of it. This will save the stress of moving things you don't want. Also, if you want to sell it, you may have more luck during the holiday season.





Holiday Mail for Heroes



To ensure all Americans have an opportunity to send a "touch of home," the American Red Cross is partnering with Pitney Bowes to collect and distribute holiday cards to American service members, veterans and their families in the United States and around the world. All cards being sent in for 2011 Holiday Mail for Heroes program should be postmarked no later than Friday, December 9, 2011. For more information contact the [American Red Cross](#).

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jssmobile.org
 iPhone, iPad User...
Download JSS at the App Store ▶

JSS Dial-in Access 24/7?
1-877-JSS-NOW1
 (577-6691)



U.S. Navy Individual Augmentees

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Navy IAs "Boots on Ground" as of November 16, 2011:

Active: 4,550

Reserve: 3,580

Total Sailors: 8,130

www.ia.navy.mil.

Returning Warrior Workshops (RWW)

Returning Warrior Workshop Schedule & IA Family Events — www.ia.navy.mil. Click "Links and Resources."

Commissary Guard/Reserve On-site Sales

December 2-3
[Guard and Reserve](#)

RJB Armory
 4200 E. Divide Avenue
 Bismarck, ND 58501

December 8-11
[Tennessee National Guard](#)

3620 Tennessee Avenue
 Chattanooga, TN 37419



VA Caregiver Support

The Department of Veteran Affairs knows your focus as a Family Caregiver is taking care of the Veteran you love. It can be an incredibly demanding job, but you don't have to do it alone. Learn more about the support and services VA offers Family Caregivers click [here](#).



Excited for the Holidays?

Navy Families, your DoD funded Sittercity Membership is here to help during the busiest season at work and home!

Sittercity helps you find caregivers for:

- School holidays
- Holiday travel
- Holiday parties
- Last minute needs
- Pet sitting

Also on Sittercity:
Senior Care, Pet Care, Tutoring & Housekeeping!



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www.sittercity.com/DoD

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