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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 Timothy McGough at timothy.mcgough@navy.mil.

Visit us online at:



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Domestic Violence Awareness

Domestic Violence Awareness Month

The Family Advocacy Program (FAP) is gearing up for the Domestic Violence Awareness Month (DVAM) campaign. This year's DVAM campaign, "Silence Hides Violence," will be active at each installation to highlight available resources and shine awareness on how abuse in relationships thrives in a culture of shame and silence. The theme will center on the impact of getting help for a victim of abuse and the consequences of a victim and the community remaining silent in the face of this epidemic. We aim to address the question "What does your silence cost," as we identify the cost (consequences) that victims, families and children pay when they are affected by abuse.

FAP is a congressionally mandated program intended to prevent and reduce the occurrence of family violence and create an environment of intolerance for such behavior. Family advocacy is the art of bringing public awareness about family violence and prevention techniques to our Sailors and their families. But most importantly, FAP has the ability to help before a situation escalates into violence.

Domestic violence can happen to anyone, anywhere, at any time regardless of their rank, race, ethnicity, education level, religion, gender or age. That is why service members, families and intimate partners need to be aware of the valuable resources available for anyone experiencing domestic violence. If you or someone you know needs help with a domestic violence issue, free tools for accessing immediate assistance are available by contacting:

- Your local Family Advocacy Program
- 911 if you feel that you or a loved one is in immediate danger
- The [National Domestic Violence Hotline](#) at 1-800-799-SAFE (7233)
- [Military OneSource](#) at 1-800-342-9647 to locate a victim advocate in your area
- For help in international locations, call the [Americans Overseas Domestic Violence Crisis Center](#) toll-free at 1-866-USWOMEN

When family members have the strength to come forward and seek assistance, a broad network of resources ranging from counseling, referral and safety planning is readily available. Contact your local Fleet and Family

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"Domestic violence causes far more pain than the visible marks of bruises and scars. It is devastating to be abused by someone that you love and think loves you in return."

– Dianne Feinstein



Domestic Violence (continued from page 1)

Support Center (FFSC) to join their efforts in making DVAM a success. Speak with a counselor or victim advocate at the FFSC or a healthcare provider at a military treatment facility about restricted and unrestricted reporting options.

Navy Exceptional Family Member Program (EFMP)

October is National Disability Awareness Month, a perfect time to remind everyone about the Navy's Exceptional Family Member Program (EFMP) and highlight EFMP family support.

EFMP is a quality of life program. Enrollment is mandatory for Sailors who have family members with chronic medical, dental, mental health, developmental and/or educational conditions requiring special care and services. Currently, there are more than 17,000 Navy family members enrolled in the EFMP.

EFMP enrollment provides family support throughout the sponsor's career and guarantees consideration of the family's needs during the assignment process by ensuring availability of necessary resources at the perspective duty station.

The Navy's EFMP assists Sailors, commands and families by:

- Coordinating the overseas screening and assignment process to confirm availability of medical/educational support, ensuring that special needs are considered.
- Provides networking, information, referral, non-medical case management, systems navigation and individualized services plans, and provides assistance during PCS moves.
- Providing peace of mind for deployed service members and their families.
- Enhancing command readiness through support to the service member and family.
- Improving retention by providing support to skilled Sailors who might otherwise separate from the Navy to meet their family's needs.

Each military service executes and oversees their own EFMP, but all EFMPs include identification and enrollment, assignment coordination and family support. Even though policy differs slightly between services, EFMP family support service providers are trained to provide assistance to all EFM military families regardless of their affiliated service.

Although enrollment is mandatory for active duty personnel with special needs family members, enrollment is not necessary to access family support services. The Navy's EFMP family support service providers are called EFMP Liaisons. EFMP Liaisons are assigned to FFSCs worldwide based on the concentration of EFMP enrolled families. EFMP Liaisons:

- Provide information, referral and system navigation to special needs families.
- Link families with available military, national and local community resources.
- Provide non-medical case management.
- Conduct needs assessments.
- Develop and maintain Individual Service Plans (ISP).
- Partner with the Military Treatment Facility (MTF) coordinators to provide information, education and marketing.

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jss/Mobile.aspx](http://www.jointservicesupport.org/jss/Mobile.aspx)



JSS Dial-in Access 24/7?

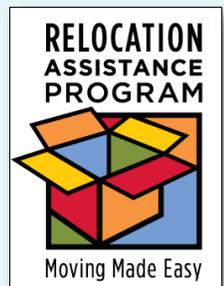
1-877-JSS-NOW1
(577-6691)



**When you
attend a
Smooth
Move Class,**

one of the
many tips you
will learn is
using color
coded shapes
to ensure

movers place boxes into the correct
room. Contact your local [FFSC](#) to sign
up for the next Smooth Move Class.



New Spouse Orientation

(NSO) can be
taken as an
[on-demand
course](#) designed
to support new
Navy spouses.

It provides information on benefits,
support services, military culture and
resources to help new Navy Spouses
adapt to the military lifestyle.



Navy Exceptional Family (continued from page 2)

If you are currently enrolled in the EFMP, or think you might need to enroll, contact the EFMP Liaison at your nearest FFSC. You can get more information on the EFMP by visiting the following websites:

- [Military OneSource](#)
- [Navy Personnel Command](#)
- [Fleet and Family Support Programs](#)
- [Navy Medicine](#)

Armed Services YMCA Program

The Department of Defense (DoD) has contracted with the YMCA to fund memberships at participating YMCAs throughout the United States and Puerto Rico for the following Title 10 (federal active duty status) DoD Military Groups:



- Families of deployed National Guard and Reserve
- Active duty assigned to an independent duty location
- Relocated spouse of deployed active duty personnel
- Respite child care for children up to age 12
- Community Based Wounded in Transition Units (CBWTU)

To determine eligibility or to download an application, visit http://www.navyfitness.org/fitness/armed_services_ymca_program/.

Ready and Resilient Navy Families Webinar Series

In continuation of the Ready and Resilient Navy Families webinar series, on Oct. 31 at 1 p.m. EST Fleet and Family Support will host "The Military Life Cycle for Families."

Learn about the Military Life Cycle from being a new spouse, the deployment cycle and transitioning back to civilian life. Discover the services and resources available to assist during your journey from civilian to Navy family member and back to civilian.

To enter and attend the webinar, Sailors and family members should follow the instructions below:

1. Open Internet Explorer on your computer. Click on the following link: <http://zeiders.adobeconnect.com/deploymentfamilies/>
2. Type your name in the box next to the "Enter as a Guest" label.
3. Click the "Enter" button. The classroom will open in a new screen window. This is a pop-up window, so you may have to disable that security setting for this instance.

2013 Holiday Season Mailing Deadlines

The Naval Supply Systems Command's (NAVSUP) postal policy division released [mail-by dates for pre-Dec. 25](#) delivery of holiday cards, letters and packages.

All classes of mail addressed to FPO/APO addresses must use the nine-digit zip code to ensure delivery. Mail not addressed correctly will be returned to the sender as undeliverable.



It is recommended that customers check with their local civilian or military post office for information on size restrictions and possible need for customs declaration forms. Customers are advised that certain mail restrictions apply and some items cannot be mailed. Examples are: switchblade knives, pornography, controlled substances and explosive or incendiary devices. If in doubt as to what can or cannot be sent through the mail, contact your local civilian or military post office.

As a final note, customers are cautioned that packages must not be mailed in boxes that have markings related to any type of hazardous material, such as bleach, alcohol or cleaning fluids. Parcels found by the U.S. Postal Service with such markings or labels on the outside of the box will not be processed.

Wounded Warriors in America's Disabled Workforce

Held each October, National Disability Employment Awareness Month is a national campaign that raises awareness about disability employment issues and celebrates the many and varied contributions of America's workers with disabilities.

Many seriously wounded, ill and injured Sailors who have separated from military service are part of the disabled workforce. The challenges they face in their daily lives do not diminish their ability to make important professional contributions. Navy Wounded Warrior (NWW) - Safe Harbor provides employment assistance to help these wounded warriors meet their potential and find new professional purpose.

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Wounded Warriors (continued from page 3)

A wounded warrior's successful transition out of military service depends, in large part, upon whether he or she can find meaningful employment and continue providing for his or her family. NWW connects its enrollees and their family members to a host of education resources and career counseling services, from assisting with job applications, to identifying vocational training opportunities, to sharing direct employer contacts.

In addition, NWW serves as a national champion for the hiring of disabled veterans. The program engages with employers interested in hiring wounded warriors, and it supports efforts to shine a spotlight on disability employment issues and the role they play in fostering a disability-friendly work culture.

Are you a wounded warrior, or do you provide care for a wounded warrior? If you are in need of employment or education assistance, please contact NWW at navywoundedwarrior@navy.mil; use "Request for Employment Support" in the subject line of your email. Also, include in your email your full name, address and telephone number(s).

For more information about National Disability Employment Awareness Month, visit <http://www.dol.gov/odep/>. Also, find NWW online at <http://safeharbor.navylive.dodlive.mil/>, or on Facebook (www.facebook.com/navysafeharbor) and Twitter ([@navysafeharbor](https://twitter.com/navysafeharbor)).

DOJ Seeking Complaints

The U.S. Department of Justice's Consumer Protection Branch is seeking input from veterans identifying situations where military service members and veterans may have suffered harm as the result of misrepresentations by institutions of higher education. The DOJ wants to know of any instances in which veterans may have been affected by such misrepresentations. If you would like to submit a case, please forward it to Susan Crim at Susan.D.Crim@usdoj.gov.



Employment and Transition Corner New "Career Track Options" enhance Transition Goals, Plans, Success (GPS)

Transition GPS offers service members and spouses the option of participating in a two-day career track to help fulfill post-military career goals.

The Accessing Higher Education (AHE) career track is designed to guide participants through the process of selecting a degree program, comparing colleges and examining a range of funding to include the GI Bill and the Free Application for Federal Student Aid (FAFSA).

The Technical Training Career Track is designed in much the same way; however, it is for individuals interested in a trade or

technical field that may require a certificate or license. Similar to the AHE Track, the Technical Training Track guides service members and spouses to choose a career path, identify additional training or certification requirements, explore funding options and find a suitable institution. Both the AHE and Technical Training career tracks assist with the application process.

The third career track, Entrepreneurship, is for those interested in self-employment. This track offers service members and spouses a chance to learn what it takes to start a business and have it grow. For more information on self-employment,



visit the Small Business Association (SBA) "Boots to Business" website, <http://boots2business.org/>.

All Career Tracks are scheduled to be delivered at our Fleet and Family Support Centers (FFSCs). Schedules are being determined for FY14. To find out more about Transition GPS and these

Career Track options, please contact the FFSC nearest you. All your questions will be addressed!



NAVY U.S. Navy Individual Augmentees

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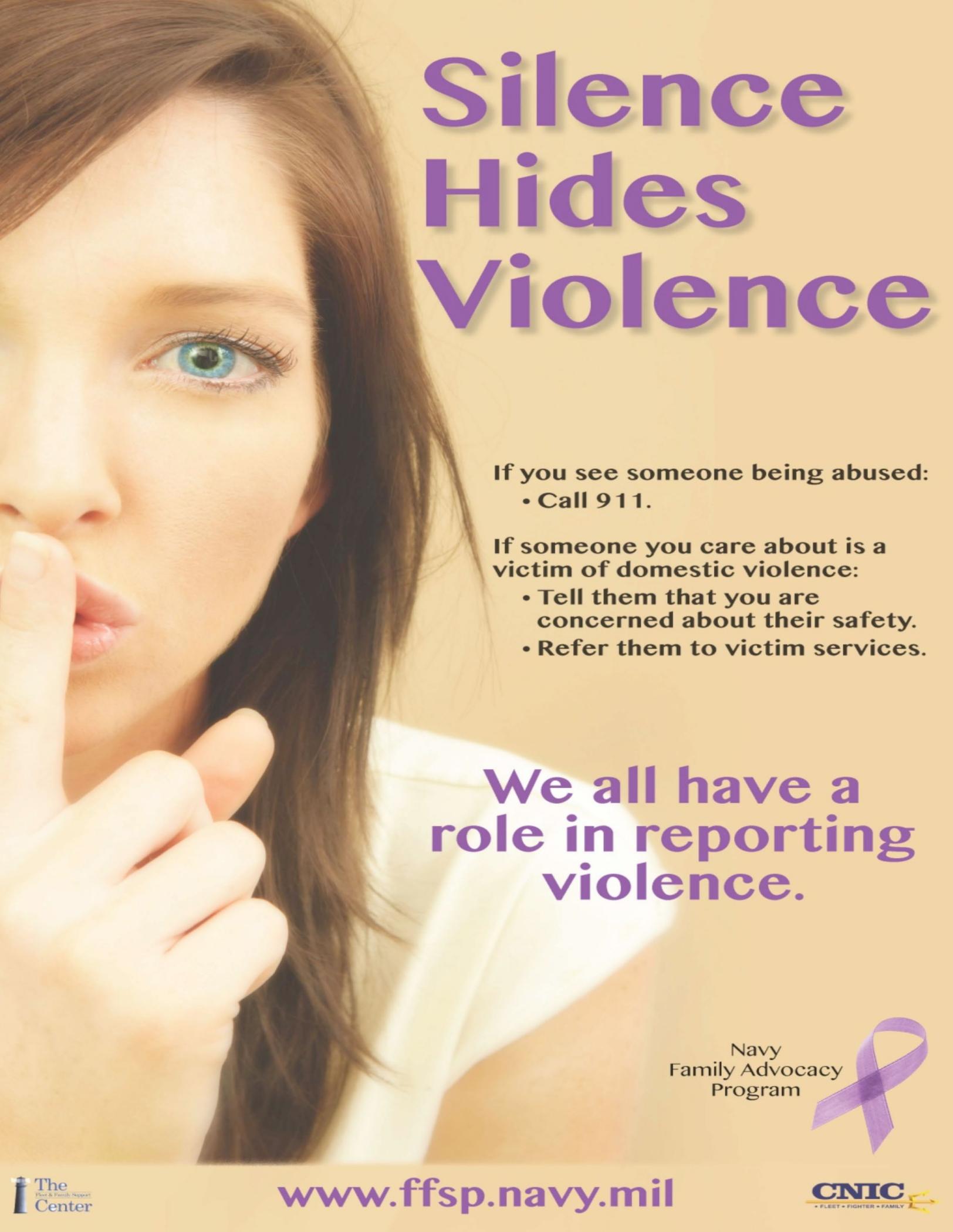
Returning Warrior Workshops (RWW)

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

IA Discussion Group Schedule

View the Fleet-wide list of classes, support groups and events.





Silence Hides Violence

If you see someone being abused:

- Call 911.

If someone you care about is a victim of domestic violence:

- Tell them that you are concerned about their safety.
- Refer them to victim services.

We all have a
role in reporting
violence.

Navy
Family Advocacy
Program

