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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.

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

Preparing for a new school year and a new school

One of the things military children have to frequently adjust to is going to a new school. They have to leave teachers and schoolmates they have grown close to and comfortable with. As they transition, children may worry about whether:

- They will like the new school
- The teacher will like them
- They will make any friends



In most military communities, schools will have some type of welcoming protocol such as connecting a new student with a student volunteer to make the transition easier. Consider contacting the school before you move to learn what welcoming programs they have and whether they will be suitable for your children. You can also help them explore what extracurricular activities they may enjoy. If the schools do not have a particular sport, music or other desired program, the local community or the MWR Child and Youth Program may have recreational leagues or classes that interest your children. In fact, you may be able to register prior to arriving at the new location, ensuring your child does not miss an opportunity. Here are some additional resources to help your family get settled in:

School Liaison Officers (SLO). The School Liaison Officer's primary function is to serve as a conduit between parents, educators and the command so that military-connected children experience a seamless transition during the transfer between schools. They are responsible for ensuring a Youth Sponsorship Program is at both the losing and gaining locations and can connect your children as soon as you receive your orders. Most military children move up to nine times in their Pre-K–12th grade years and consistency and retention of educational goals is a major focus for families when planning to PCS. The School Liaison Officers can offer information on area schools and help facilitate communication between the military family on matters relating to public and private schools as well as home school and alternative modes of education. For more information about the SLO program and to obtain a SLO directory, visit DoDEA's webpage [Military K-12](#).

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"An investment in knowledge always pays the best interest."

– Ben Franklin





New year, new school (continued from page 1)

Check-Ups and Immunizations. It is a good idea to take your child in for a physical and eye exam before school starts. If your child will be participating in a sports activity, your healthcare provider may have to sign a release form to permit your child to participate.

Most schools require your child's immunization shots be up-to-date and each state has different immunization requirements. Find out what forms your child's school requires and provide them to your healthcare provider to complete. Be sure to keep your own copy of any records. Failure to keep immunizations up-to-date could prevent your child from attending school. For school immunization requirements visit your [local state](#) or Department of Defense Education Activity (DoDEA) [website](#).

Ready and Resilient Navy Families webinar series

Navy Fleet and Family Readiness has developed a series of webinars specifically designed to help Navy families adjust to the challenges of deployment. These 60 minute webinars will provide Sailors and family members with the knowledge, resources and tools to promote and enhance family resilience. The first webinar will take place on August 29 at 1:00 p.m. Eastern time and will focus on financial preparedness and insurance benefits.

To 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 the pop-up blocker security setting for this instance.

NOTE: To enter the Adobe classroom, you must have the most up-to-date version of Adobe Flash player installed on your computer. If you get prompted to do this upon entry, simply click "Yes" to install/update automatically. This is a quick install/update.

New Spouse Orientation

This [on-demand course](#) is designed to support new Navy spouses who may be geographically isolated and those who are unable to attend this Fleet and Family Support Center workshop in person. It

provides information on benefits, support services, military culture and resources to help Navy spouses adapt to the military lifestyle. The New Spouse Orientation training should be at the top of any new spouse's to-do list.

iPhone, iPad User...

Download JSS
at the App Store

Add JSS to your
Mobile Network
[www.jointservicesupport.org/
jss/Mobile.aspx](http://www.jointservicesupport.org/jss/Mobile.aspx)



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



Take a
minute to fill
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Whether you
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or bad move,
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Survey (CSS) is your way of helping
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low service members and your family.

[CSS Brochure](#) | [CSS How-to Guide](#)

RELOCATION
ASSISTANCE
PROGRAM



Moving Made Easy

DECA Guard/ Reserve On-site Sales

Due to budget restrictions mandated under sequestration, Guard and Reserve on-site sales have been postponed until further notice. Visit the [Commissary website](#) for additional information.



Summer heat safety

Heat waves and excessive heat exposure pose a very real threat to humans. According to the Centers for Disease Control, between 1999 and 2009 an average of 658 heat-related deaths occurred in the United States each year. The National Weather Service defines a heat wave as “a period of abnormally and uncomfortably hot and unusually humid weather that lasts two or more days.” It is important to prepare for extreme heat and to know how to stay safe during the hot summer months. As with any hazardous situation, the first step to prepare for extreme heat is to ensure you have an emergency kit assembled and a family communication plan arranged.

Next, check inside your home to make sure air-conditioning units are installed properly. Weather stripping around doors and window sills along with appropriate window coverings can also help keep the heat out. If your home is not air-conditioned, you may want to consider spending the warmest part of the day in a public building or community facility. If nothing else, stay in the coolest area of your home and use a fan to circulate the air. Do your best to keep your body cool.

To help protect yourself and your family from heat exhaustion, cramps or heat stroke during intense heat waves, drink plenty of water even if you do not feel thirsty; wear loose, light-colored clothing; avoid strenuous activity and stay indoors away from the sun as much as possible. Limit your intake of alcoholic beverages and eat light, well-balanced meals.

Throughout the summer months stay alert to weather conditions. Know if a heat wave is in the forecast. Keeping a close eye on your local weather conditions will enable you to make choices that are smart for you and your family.

Visit www.Ready.Navy.mil or www.Ready.gov for more information on how to prepare for extreme heat and all other hazards.

Tips to avoid identity theft while traveling

As military families, we are accustomed to giving people our personal information at the military treatment facility (MTF) or other base facilities. Many of us live close-knit communities, especially if we live in base housing, and usually feel a bit more secure than the average American family. However, we must remain vigilant both in our communities as well as while traveling so that we do not become victims of Identity theft. Here are 10 tips you should consider to avoid identity theft while traveling:

- 1. Don't announce your travel plans** on social media. This invites identity thieves to target your house while you are away.
- 2. Place a hold on your mail.** When criminals see an overflowing mailbox, they see an easy way to steal personal information.
- 3. Carry only necessities** in your wallet when traveling. Go through your wallet and leave at home your library card and other cards with your name on them.
- 4. Set up a travel alert** on your credit card accounts, and freeze your credit with the three credit bureaus.
- 5. Leave your laptop computer** at home if you can. If you must travel with a laptop, update your anti-virus and anti-spyware programs. Do not access bank accounts from your laptop while in a hotel room or at a coffee shop or other public locations.
- 6. While staying at a hotel,** lock important documents such as your passport in a safe.
- 7. Use only ATMs** located in banks.
- 8. Protect your smart phone.** Create a password for access, and use an application with a GPS locator to find your phone if it is lost or stolen.
- 9. Don't put your full name and address** on luggage tags. Include just your last name and phone number.
- 10. Tear up and discard** used boarding passes. Many travelers leave boarding passes behind in airplanes or hotels. They often contain full names and other personal information.



Understanding PTSD: Help is available

Service members exposed to combat are not the only people who can experience post-traumatic stress disorder (PTSD); it can affect anyone who has been through a traumatic event. Traumatic events are situations in which you fear death or serious injury to yourself or others and where you feel afraid and not in control of what is happening to or around you.

Symptoms of PTSD can start soon after the traumatic event and vary with each person. Some people may not experience symptoms for months or years after the traumatic event(s), and these symptoms may come and go over the years. Those suffering from PTSD may feel that they are frequently reliving the traumatic event, may avoid situations that remind them of the event, may feel numb and have difficulty expressing their feelings or may feel jittery and always on alert as though they are expecting danger. Additionally, they often have feelings of hopelessness and shame, experience depression and anxiety, may have substance abuse problems, chronic pain or other physical symptoms and relationship or employment issues.

Many people who experience a traumatic event can have some symptoms of PTSD, but only some will truly develop the disorder. When symptoms last longer than four weeks or interfere with a person's day-to-day home and work life, that person may have PTSD.

PTSD symptoms in children may vary depending upon their ages. Children up to age 5 may cling more to parents and become distressed when they are not close by. They may suddenly begin to have trouble with toilet training or experience gastrointestinal upsets. Children ages 6 to 11 may reenact the trauma through play, drawings and stories, have changes in temperament such as increased irritability or have trouble at school or with friends. Older children, ages 12 to 18, have similar symptoms to adults, including depression, anxiety, withdrawal or substance abuse.

Need help? Have questions? You have options:

- Call 911.
- Go to the nearest emergency room.
- Call the Suicide Prevention Lifeline at 1-800-273-8255.
- Contact the Veterans Crisis Line: 1-800-273-8255, press 1 (text 838255) or
- [Confidential Veterans Chat](#) with a counselor
- Visit Military OneSource <http://www.militaryonesource.mil>.
- Contact a Clinical Counselor at your local [Fleet and Family Support Center](#).

Employment and Transition Corner

Did you know that the Department of Labor (DOL) funds a network of almost 2,700 American Job Centers (AJCs) in communities within each state? They are operated through the state workforce agencies that offer job-seeking Veterans and other covered persons, including eligible spouses, Reserve and National Guard members, with priority of service in all employment and job training programs funded by the DOL.

Every AJC (formerly called a Career One-Stop Center) is equipped to assist individual veterans to find employment in their selected career fields, to chart a new career path or even get a job while they are in school or in training. They can also assist Veterans who have just completed military service, their education, vocational training or retraining programs to find work using their unique set of knowledge, skills and abilities.

To access information on American Job Centers in your state or throughout the nation, please visit America's Service Locator website at www.servicelocator.org or call the following toll free number: (877) US-2JOBS or (877) 872-5627. In the event that an AJC is not physically located nearby, a variety of web-based assistance is also available.



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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.](#)



What is SECO?

Career Exploration

Identify career interests and aptitudes and find information about today's job market and work opportunities, including portable skills and careers, entrepreneurship and top federal employment options.

Comprehensive counseling services are available at no cost to all eligible military spouses through the career center. Staffed by certified career counselors, the career center can help military spouses with creating an action plan targeting education programs, financial aid options, training program resources and credential or licensing information.

Call **800-342-9647** or visit <http://www.militaryonesource.mil/seco> for more information.

Education, Training, and Licensing

Identify education, training and licensing/certification opportunities as well as financial aid resources and scholarships.

The MyCAA Scholarship offers up to \$4,000 of financial assistance to eligible military spouses who are pursuing a license/certification, certificate or associates degree in a portable career field and occupation. Spouses of active duty service members in pay grades E-1 to E-5, W-1 to W-2 and O-1 to O-2 on Title 10 military orders are eligible for the scholarship.

Call **800-342-9647** or visit <https://aiportal.acc.af.mil/mycaa/default.aspx> for more information.



SECO

SPOUSE EDUCATION &
CAREER OPPORTUNITIES

Career Connections

Connect with corporations, government organizations and non-profits to gain meaningful, long-term, portable employment.

The Military Spouse Employment Partnership connects military spouses to more than 180 partner employers who have pledged to recruit, hire, promote and retain military spouses in portable careers. To help with their introduction, spouses are encouraged to self-identify when contacting or applying with these employment partners.

Visit <https://msepjobs.militaryonesource.mil> for more information.

Employment Readiness

Receive face-to-face support at the installation level for topics such as resume writing, interviewing skills, federal employment, job search strategies, dressing for success, job fairs, career assessments and more.

Visit <http://www.militaryinstallations.dod.mil> and search by program (Spouse Education, Training and Careers) and an installation or postal code to find the closest office.

Regardless of location, spouses can call **800-342-9647** to speak with a certified career counselor or visit <https://myseco.militaryonesource.mil> for information and resources available 24/7.



The Spouse Education and Career Opportunities Program provides expert education and career guidance to military spouses worldwide. Call the SECO Career Center at **800-342-9647** or log on to <https://myseco.militaryonesource.mil>.