

Teen Dating Violence Awareness and Prevention Month

February marks National Teen Dating Violence Awareness and Prevention Month. The Navy recognizes that dating violence is detrimental to the future of teens and young adults, as it sets the tone for accepting destructive ways of resolving conflict in relationships. The costs to teen victims include:

- depression and suicidal thoughts.
- school failure.
- alcohol and drug abuse.
- sexual activity.
- unwanted pregnancy.
- long-term mental illness.

The costs to our community are enormous and include:

- increased medical costs.
- increased crisis intervention costs.
- increased absences from school.
- increased teen violence/bullying.

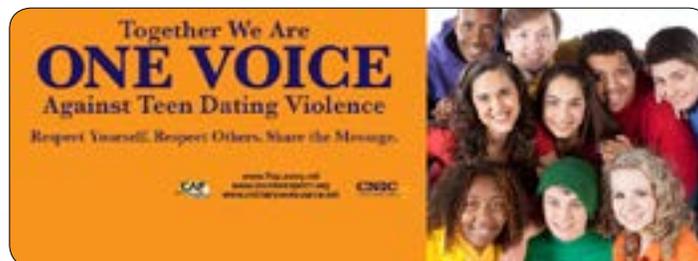
All of these costs also affect Navy mission readiness. Your support in advocating against teen dating violence is crucial, and all of your programs can help. Together we can identify those who need assistance and teach our community about healthy dating and respectful relationships. Together we can end this epidemic.

For more information, go to our website, www.ffsp.navy.mil.

Please also share that the Navy has an iOS and Android [app on Domestic Violence Prevention](#) that satisfies the General Military Training requirement.

Additional resources:

- www.MilitaryOneSource.mil
- www.loveisrespect.org



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Navy Family Readiness Program Staff Connections is a monthly publication of the Commander, Navy Installations Command's Navy Family Readiness Program. It is designed to communicate program news and initiatives to Navy Family Readiness Program (N91) staff. Submission deadlines are the 10th of the month for the next month's publication.

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Learn more about Navy Family Readiness on the Gateway:
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Military Saves Week 2016

As Military Saves Week is fast approaching, remember about this valuable resource available to you 24/7. Perhaps you have already begun the process, but for those of you who have not, please visit the [Military Saves website](#) at your earliest convenience and begin the preparations for a successful campaign.

This website, in addition to much-needed information and updates, provides a separate section for “Unit and Organizational Resources.” This online toolkit provides the information and resources to become a Military Saves Community. You can download posters, flyers, public service announcements (both audio and video), process checklists and an individual resource kit. This resource kit

contains virtually everything necessary for you to plan, coordinate and execute a successful campaign.

The website provides PowerPoint presentations for your use, as well as an “operations plan” for your local area. You can also download the information for Savers Pledges, a vital part of a person’s successful savings strategy.

Each year we see growth in both participation and reach of this event. To date, more than 200,000 people have enrolled in Military Saves. Last year, more than 600 organizations participated in Military Saves Week, assisting more than 30,000 individuals who took the Military Saves Pledge in the first quarter



of 2015. How many people will your organization reach this year?

Once your organization is registered, you will receive periodic emails on setting goals, relevant financial topics, best practices and tools to help you reach potential savers and have a successful Military Saves Week!

To register or for more information visit www.militarysaves.org.

When a Sexual Assault Occurs in Overseas Locations

Living in or visiting an overseas country can be exciting for many people. The opportunity to learn a different culture and tour new sites is an eye-opening experience. Unfortunately, there are times when experiences are not positive, specifically if someone becomes the victim of a sexual assault. The crime of sexual assault knows no boundaries. Sexual assault can happen to anyone, at any time, in any place, including overseas locations.

Before heading into a new overseas location, active-duty service members, DoD civilians and contractors receive training on sexual assault response and resources, local customs and mores in that country, and prevention strategies. Additionally, before every liberty-connected port call, deploying commands receive sexual assault briefs with resource information related to that specific country. It is important to

remember that each country’s sexual assault procedures may vary.

Sexual Assault Response Coordinators (SARCs) are assigned to every Navy installation to assist with program oversight and managing and supporting sexual assault cases. They are responsible for maintaining awareness and disseminating information to inbound personnel on local country laws, procedures and jurisdictions that impact sexual assault response.

When visiting any country, remember that DoD Safe Helpline services are available 24/7, both in the United States and abroad. Victims of sexual assault outside of the U.S. can text their location (zip code or installation/base name) to 001-202-470-5546 to receive the local SARC or SAPR Victim Advocate contact information. Deploying commands making an overseas port call visit will be handed a business card with local SAPR contact information of the nearest Navy installation. The U.S. Navy and the SAPR program remain committed to providing effective response and quality support and advocacy to victims worldwide.



Your Virtual Briefcase

Here at CNIC we understand the importance of having reliable, current information about military programs and resources. This is key to offering the most comprehensive support to service members and their families as they transition from active duty to civilian life.

Did you know that the [CNIC Transition Assistance webpage](#) provides a single place for TGPS facilitators to find up-to-date information relative to guides and trainings, marketing materials, legislation, policies and links to additional online resources? We want to ensure that we are meeting the needs of FFSC service providers by making resources



readily available no matter where you are in the world. Many resources are available for print, download and sharing on social media.

In addition to the CNIC website, service providers may also find many useful resources and training materials on the [gowiflive](#) site. Keep in mind that a CAC

may be required to access some resources.

Get connected and take some time to explore the links below. This is your virtual briefcase when you need real time, up-to-date information on the go!

- [Transition GPS for Facilitators](#)
- [gowiflive.com](#)

Family Employment Resources

Do you have a client who is wondering if they have the entrepreneurial skills and abilities to own their own business? [The Entrepreneur EDGE™](#) assessment offered through Military OneSource - SECO allows one to see if they have what it takes to own their own business. Clients can contact a certified Career Counselor at 800-342-9647 and receive a pass to take this 90-question online assessment. Upon completion, a personalized report will be generated which can help clients decide if entrepreneurship is right for them.

[Be Your Own Boss/Start your own business as a military spouse](#): Turn

your small business dreams into reality. SECO's webinar series will show you how. With insider information from the U.S. Small Business Administration, you will learn how to start and stay in business. Webinars are held the first Wednesday of each month at noon EST.

The [Office of Veterans Business Development's](#) mission is to maximize the availability, applicability and usability of all administration small business programs for veterans, service-disabled veterans, reserve component members and their dependents or survivors.



Relocation Resources

Need a tool which helps one take inventory of their household goods? [Know Your Stuff](#) offers web-based home inventory software with handy lists of rooms and item prompts. You can also upload photographs and scanned receipts or appraisal forms. Once your inventory is complete, the user can generate several types of reports to assist in filing a claim, if needed.

The website provides free, secure online storage so you can access your inventory anywhere, anytime. Your clients may know when they will be PCSing, but they never know when a disaster may strike. Help them be prepared with an up-to-date home inventory.

For additional resources, check out [How to Inventory Your Belongings](#) on Military OneSource. This article provides important information for clients who may need to file insurance claims for damaged or missing items.





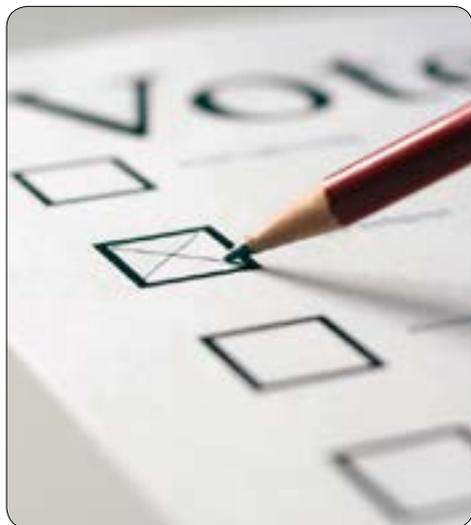
Primaries Are Coming Up; Register for Absentee Ballots Now

By Katie Lange, DoD News,
Defense Media Activity
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It is finally 2016, and it is going to be a big year. In just 10 short months, Americans are going to vote for a new president. The first primaries to pick party candidates begin next month, so if you have not gotten your absentee ballot yet and want one, you had better start the process now.

Many service members are either overseas or stationed away from their home states when elections roll around, so it is important to register to vote and request your absentee ballot as early as you can. It is pretty easy to do all at once – all you have to do is fill out a [Federal Post Card Application](#).

[Full article](#) includes primary deadlines, ballot information and links to service branch Voter Assistance Offices.



Around the FFSCs



Mayport hosts First Lady of Florida

On December 9, Mayport FFSC welcomed Anne Scott, First Lady of Florida. The purpose of the visit was to help stuff “Santa’s” bag full of holiday cheer for deployed service members. The FFSC staff, along with the USO, NAVSTA Mayport Ombudsmen, and representatives from the Florida Air National Guard teamed with Mrs. Scott to put together more than 100 “Holiday Care Packages” for deployed heroes. Mrs. Scott took the time to speak with all of those in attendance, posed for pictures and attended an informal luncheon following the “Care Package” event.

Herschel Walker Visits Kings Bay

Herschel Walker, winner of the Heisman Trophy and author of *Breaking Free*, visited Naval Submarine Base Kings Bay and spoke to service members on the importance of resiliency and seeking counseling, if needed. Mr. Walker spent the morning at physical training with Sailors and held a speaking engagement and autograph session at the Base Chapel with Navy, Marine and Coast Guard service members. In the afternoon, he toured the USS West Virginia, Trident Refit Facility, Trident Training Facility and met with Fleet and Family Support Center counselors, the base psychiatrist, Substance Abuse Rehabilitation Program staff, chaplains and personnel from the Naval Branch Health Clinic. Mr. Walker also met with Sailors and their families at the Morale, Welfare and Recreation (MWR) Triplex where he signed sports memorabilia and took photographs.



Kings Bay Holiday Cheer

Fleet and Family Support Center Kings Bay spread holiday cheer by delivering baked goods throughout the base as a continuing effort to support suicide prevention during the holidays.



“Misfit Socks” in Yokosuka

During Christmas break, Vicki Boehler from FFSC Yokosuka spoke with 29 children at the Command Fleet Activities Yokosuka School Age Care Center. Mrs. Boehler provided a positive holiday outreach on adjusting to PCS moves by reading “The Misfit Sock” by Karen Kiefer. The children recognized that it is OK to feel anxious or lonely, but that support was available from a parent, teacher or childcare provider. Mrs. Boehler added a little holiday fun by giving each child a different sock with a couple of holiday treats in them. Then they had to find the other child with the same sock, forming a bond with another child and paving the way to new friendships.



Sasebo Bids Farewell to FFSC Director

On Wednesday, January 7, Fleet Activities Sasebo's Commanding Officer Matthew Ovios presented FFSC Sasebo Director Mary Tyler with her commendation letter as she retired from the federal government after many years of service. With her parting words, Mary praised the FFSC staff, Sasebo community and her overall experiences working for the Navy. Mary said that she plans to take up painting and to volunteer in her retirement.



Sasebo Honors Volunteers

Sasebo staff took the opportunity to honor its volunteers in the Harbor View Yoneda Room on December 8. All volunteers received framed volunteer appreciation poems, which were read to the group by FFSC Director Mary Tyler. All volunteers left with gifts expressing the gratitude of FFSC staff and the Sasebo community.

Gold Star Memorial Tree Decorated at NVBC

Naval Base Ventura County FFSC erected a Gold Star Memorial Tree. Family members placed 12 Gold Stars in recognition of deceased loved ones who have served in some capacity with the military. Many stopped to admire the tree, pay silent respect and learn the meaning behind the Gold Star Program.



Santa Hosted on the FRE

In partnership with Lincoln Military Housing, FFSC San Diego hosted Santa Claus on the Family Readiness Express (mobile FFSC) at three of the Lincoln Military housing sites: Village at NTC, Santo Terrace and Chollas Heights. Nearly 200 family members visited with Santa. The events demonstrated how FFSC reaches service members and family members in their communities, while partnering with outside agencies to enrich the lives of our clients.



San Diego Transition Workshop

FFSC San Diego partnered with civilian and civil service human resource managers to conduct an employer panel for transitioning service members. The HR managers imparted career and job search advice. The Sailors who took advantage of the opportunity learned how to conduct an effective job search, the best time frame to prepare for their transition and how to apply for GS positions.

Foreign Spouse Group Outreach

Members of the Lemoore FFSC team braved the cold winds in front of the Lemoore Commissary to promote our new Foreign Spouse Group and



weekly Language Lunches. FFSC volunteers Lily Reynolds and Tiare Fernandez-Blanchard, supported by FFSC staff, engaged passers-by and helped spread awareness of the support and resources available to foreign spouses.



Lemoore Appreciates Volunteers

Lemoore FFSC staff thanks the great team of dynamic volunteers who helped and inspired us in 2015. The volunteer group put in countless hours helping individual programs succeed, creating and implementing their own positive endeavors and adding to the overall accessibility of the Center. A very heartfelt thank you from the FFSC staff to volunteers Nancy Ahumada, Tiare Fernandez-Blanchard, Mary-Ann Ramelb, Lily Reynolds, Rodney Roberson and Liesl Vitter.



Boots-to-Business in San Diego

FFSC San Diego partnered with the Small Business Administration (SBA) and the Service Corps of Retired Executives (SCORE) to conduct a two day Boots-to-Business workshop. Twenty-two participants learned the proper way to conduct market research, build a viable business plan and fund their potential new businesses.

See [more stories](#) from "Around the FFSCs" on the G2.



Together We Are
ONE VOICE
Against Teen Dating Violence

**Respect Yourself.
Respect Others.
Share the Message.**

Don't stand by and
let it continue. Tell
someone or seek help at
your local Fleet and
Family Support Center.



www.ffsp.navy.mil
www.lovesrespect.org
www.militaryonesource.mil

