



MARCH 2022

Family Connection



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Visit us online at:



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.

DoD Safe Helpline is a Safe HelpRoom

The Safe Helpline is the Department of Defense's (DoD) hotline for members of the DoD community affected by sexual assault. The Safe Helpline is a completely anonymous, confidential, 24/7, specialized service providing help and information anytime and anywhere. A Safe Helpline user can access one-on-one support, peer-to-peer support, information, resources and self-care exercises to aid in their recovery.

The Safe HelpRoom is a group chat service that allows survivors of sexual assault in the military to connect with and support one another in a moderated and secure online environment at SafeHelpRoom.org.

Safe Helpline's top priority is safety. Because of that, they designed the Safe HelpRoom from the ground up, so that a user remains completely anonymous and their participation in a Safe HelpRoom discussion is confidential. Safe HelpRoom discussions have a moderator who can provide referrals and help keep the conversation focused on survivors' needs as well as a reviewer who ensures all participants adhere to the ground rules.

Safe Helpline hosts topic-specific Safe HelpRoom sessions twice a month.

Upcoming Safe HelpRoom Sessions:

- Disclosure Planning and Support on Wednesday, March 9 from 8 to 9 am ET
- Special sessions for men are held every Sunday from 1 to 3 pm ET.

If a session is not available or if you would like to connect one-on-one, you can always contact a Safe Helpline staff member 24/7 for anonymous confidential support via the [telephone helpline](https://www.dodsafehelpline.org/telephone) at 877-995-5247 or the [online helpline](https://www.dodsafehelpline.org/online).

If you would like to find a responder in your local area to connect with for support, you can search for local responders via the [Responders Near Me](https://www.dodsafehelpline.org/responders) database.



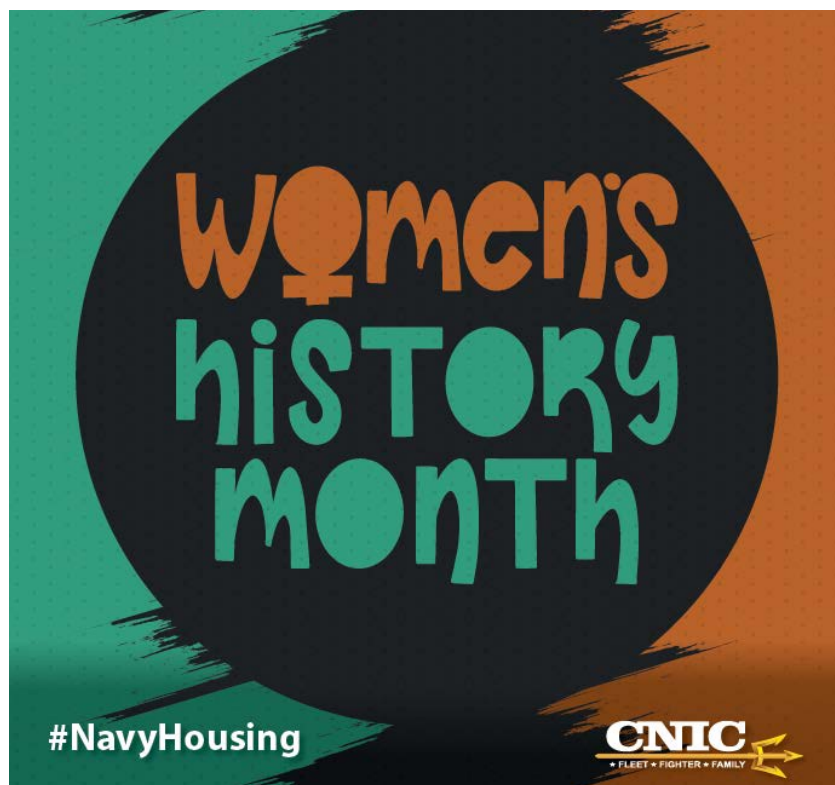
March Celebrations

- American Red Cross Month
- Brain Injury Awareness Month
- National Nutrition Month
- Professional Social Worker Appreciation Month
- Reserve Support Month
- Women's History Month
- March 13 to March 19 – National Sleep Awareness Week
- March 3 – U.S. Navy Reserve Birthday
- March 20 to March 26 – National Poison Prevention Week
- March 25 – Medal of Honor Day

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

Navy Housing Celebrates Women's History Month

Navy Housing joins the U.S. Navy and the nation in celebrating Women's History Month by honoring the contributions of women serving in the military and Department of Defense civilian forces. During the month of March, we celebrate the richness and diversity of achievements women have made throughout history as well as their contributions to strengthen our Navy team.



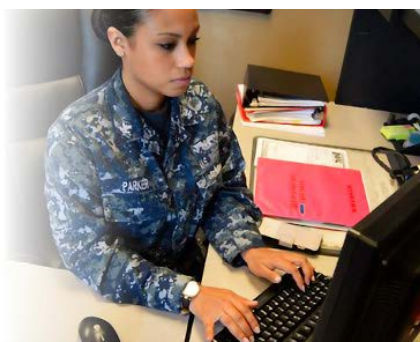
Are You Moving Overseas This Year?

The Navy Housing Service Center (HSC) at overseas locations have a wide variety of specialized services including home finding, translation and more. The HSC can assist you with government owned or leased housing or with housing in the community. Contact your local HSC today.

Visit www.cnic.navy.mil/ContactHousing to view HSC contact information.



Find your local HSC to contact Navy Housing for better assistance!



Nutrition Facts Read the Label

Helping Kids Make Healthy Food Choices

1 Size up Servings



Read the Label for... Serving Size!

Food packages can—and often do—contain more than one serving! If you eat or drink two servings of the food or beverage, you are getting **double the calories and nutrients** that are listed on the label.

2 Consider the Calories



Read the Label for... Calories!

How many calories are you *really* getting: 100? 200? 300? Here's how to know:

1. Check the Nutrition Facts label for the serving size and figure out the number of servings you are actually eating or drinking
2. Multiply the number of servings by calories per serving

That's how you'll know the total number of calories you're really consuming. Some containers may also have information displayed per package.

3 Choose Nutrients Wisely



Read the Label for... Nutrients!

- If a food has 5% DV or less of a nutrient per serving, it is considered **low** in that nutrient.
- If a food has 20% DV or more of a nutrient per serving, it is considered **high** in that nutrient.

www.fda.gov/nutritioneducation



Ombudsman Moment March 2022

RESOURCES FOR MILITARY FAMILIES

Do you know what resources are available to you and your family? If not, your ombudsman does.

They can help you determine what organization will help with what you are looking for. For example, most people know that the American Red Cross can help notify their Sailor in an emergency. But did you know that they offer classes and other support? Classes are offered in many areas including Cardiopulmonary Resuscitation (CPR), swimming and water safety, lifeguarding, babysitting and childcare. The Red Cross can also help with financial support in an emergency. To see what they have to offer, visit www.redcross.org.

If an ombudsman can't find an immediate answer for your specific need, they will do some research to find an answer. And while doing so, they will keep you updated so that you never feel abandoned. Don't let yourself get frustrated when you're looking for an answer, contact your expert resource - your command ombudsman! They will identify resources and organizations that focus on helping and supporting our military members and their families. This is especially helpful information for our families that are not near a military installation, such as U.S. Navy Reserve families, recruiting command families and even our overseas families.

To locate your command ombudsman, contact your Fleet and Family Support Center 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>.



NAS JRB New Orleans Hosts In-Person Job Fair

Naval Air Station Joint Reserve Base New Orleans' Fleet and Family Support Center (FFSC) hosted the first in-person job fair in more than two years. More than 100 job seekers had a chance to get in front of 22 employers from finance, aerospace, retail, fast food and healthcare industries. Local companies with the willingness to hire veterans and their family members participated, while job seekers were offered breakout sessions such as "Creating a LinkedIn Profile" where they were given information on LinkedIn accounts for service members and spouses.

Check in with your local FFSC for job search resources or take an employment webinar hosted on the CNIC LMS (<https://learning.zeiders.refineddata.com/>).

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 advice and proven
 employment techniques.**

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 information or download the MyNavy Family app.
www.ffsp.navy.mil

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 Fleet & Family Support
 Center

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NSA Mid-South Conducts EFAC Training

The Naval Support Activity (NSA) Mid-South's Fleet and Family Support Center (FFSC) conducted an Emergency Family Assistance Center (EFAC) drill on January 25 as part of an on-going effort to improve the quality of support services on board NSA Mid-South, Tenn.

The drill trained FFSC staff on various aspects of response during and after an emergent incident at the installation. The mission of an EFAC is to serve as central point for promoting short and long-term recovery. This includes the return to a stable environment and mission ready status for Department of Defense (DoD) personnel and their families following an all-hazards incident.

"There were really two reasons for running this EFAC drill. First, it is a requirement that all FFSCs conduct a yearly drill and this drill meets that requirement," said Richard "Train" Hatton, FFSC director. "Second, because it has been a few years since we have conducted a fully integrated drill and because only 15 percent of the staff had even been involved with an EFAC we determined it was a great opportunity for training and an opportunity to reconnect with partner organizations."

While the installation runs security and emergency operation drills consistently throughout the year, due to time constraints, the EFAC is rarely fully exercised during these events.

"This drill is very different than other drills. Most drills on the installation are conducted as a response to an ongoing situation, like an active shooter and typically these are fast moving events with a limited timeline," said Hatton. "Our EFAC drill is in response to a situation that has happened in the past and as part of the recovery phase of an incident. This allows us to focus not on the event itself, but on the support of the service members and their families impacted."

While the drill was focused on FFSC, it incorporated other departments and mutual aid partnerships to mimic a real-world emergency response.

"Several departments are critical to the success of an EFAC, including Navy Housing, MWR [Morale, Welfare and Recreation], chaplain, security and legal," Hatton said. "Additionally, we included some on installation organizations, like Navy and Marine Corps Relief Society and the Navy Wives Club. Partnerships tested during this drill will be of great benefit in the event of an actual EFAC."

During the drill, FFSC personnel spent hours reviewing processes and resources that may be needed during an emergent event, affording them the opportunity to assess service members and their families to develop a solution to address their needs.

In a real-world emergency, an EFAC is stood up by direction from the installation commanding officer. For example, Naval Air Station Pensacola stood up an EFAC after their active shooter incident with the focus of providing crisis response and psychological first aid to those impacted by that event.

"Because of this drill, the FFSC staff is better prepared to execute an EFAC in the case of a real emergency and will be able to quickly provide services and support," said Capt. Mike Mosbrugger, commanding officer, NSA Mid-South. "In addition, the partnerships that have been renewed will be key to providing assistance and shelter if the installation is faced with the aftermath of an event that damages our housing units. I am proud of FFSC and our entire team for the work they put into this drill to improve emergency response to better support our personnel and families."

The drill successfully trained 16 FFSC staff members on the EFAC process and potential scenarios. The work with external agencies strengthened relationships with tenant commands and local organizations.



Role players simulate possible responses to stress during the Fleet and Family Support Center's Emergency Family Assistance Center drill.



A variety of departments, agencies and community resource organizations participated in the Fleet and Family Support Center's Emergency Family Assistance Center drill to provide support services and responses to various family needs.



During the drill, the FFSC team simulated their response to a tornado that affected installation family housing. The FFSC is well equipped to respond to a crisis through a variety of programs, but the ability to exercise their response to role players in need ensures they are ready to handle real world events.

'The Time Is Right' to Celebrate Social Workers

BY MACKARIA ESTES, LCSW, FAP CASE MANAGEMENT ANALYST COMMANDER, NAVY INSTALLATIONS COMMAND

During the month of March, the legacy and contributions of social workers are celebrated. In 1984, the White House officially recognized March as National Professional Social Work Month, and today, the tradition continues. This year's theme, "The Time Is Right," highlights the need for social workers and while the necessity for social workers is evident, there is a need for those in the helping profession to take care of themselves as we encourage others to do the same.

The Navy's Family Advocacy Program (FAP) is comprised of clinical social workers who advocate for victims of domestic violence and who provide treatment for Sailors, intimate partners, and families. While the official social worker code of conduct was updated last year to emphasize the importance of self-care for providers, we also encourage and advocate for everyone to participate in more self-care activities.

The need to take care of ourselves is relevant and imperative, especially in the current climate. COVID-19 and social restrictions have been hard for all of us. We are innately social beings and so being restricted and isolated from friends, family and loved ones brings on more hardship and loneliness. More and more people are seeking mental health services partly due to the stressors of the pandemic and ongoing civil unrest. Self-care is essential for better physical and mental health.

Self-care leads to a happier lifestyle and more satisfied relationships with intimate partners and children.

When riding on an airplane, we all understand the idea that "putting on your own oxygen mask first" is essential before you can "assist someone else to put on their oxygen mask." The application of that idea in other world situations can be difficult to pursue. We encourage you to take care of yourself first and then you will have the strength and health to help take care of others.



The following techniques will not repel stress, but they may help you manage your life situations more effectively with consistent effort.

- ✓ Start the day with small wins. Make a small goal to achieve tomorrow morning and do it.
- ✓ Take meaningful breaks throughout the day.
- ✓ Designate time to decompress after work.
- ✓ Look for opportunities to view things differently. When you find yourself resistant to change, view the situation in a different way.
- ✓ Recognize your progress and achievements. Pat yourself on the back. Reward yourself.
- ✓ Curate a support system. Reach out to co-workers, friends, family and virtual contacts.
- ✓ Practice daily gratitude. Look for things in your life that you are thankful. Express your "thanks" aloud and to others.
- ✓ Move! Exercise and explore nature.
- ✓ Be mindful of the content that you absorb.
- ✓ Don't hesitate to seek help from a friend, family member, chaplain, behavioral health clinic or from your local FAP team.

For more information about FAP, contact your local Fleet and Family Support Center (FFSC) by searching the FFSC Directory at https://www.cnmc.navy.mil/ffr/family_readiness/fleet_and_family_support_program/FFSC.html.



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**NATIONAL
VIETNAM WAR VETERANS
DAY: 29 MARCH**



SYMPTOMS OF A TRAUMATIC BRAIN INJURY



THINKING/MEMORY

This may include trouble thinking clearly, feeling slowed down, lack of concentration or difficulty retaining new information.



PHYSICAL

This may include headaches, fuzzy or blurred vision, dizziness, sensitivity to noise or light, nausea, vomiting, trouble balancing, lack of energy, tiredness.



MOOD CHANGES

This may include feelings of irritability, sadness, nervousness, anxiety or more emotional.



CHANGES IN SLEEP PATTERNS

This may include sleeping more than usual, sleeping less than usual and trouble falling asleep.

SOURCE CDC



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.



MARCH 2022

Deployment

Thursday, March 10th

1:00 PM EST Reintegration with Partners

Thursday, March 24th

1:00 PM EST Managing Deployment Successfully

Thursday, March 31st

1:00 PM EST Navigating Your New Normal

Employment

Wednesday, March 2nd

1:00 PM EST Resume Writing 101

Thursday, March 3rd

9:00 AM EST USAJobs Resume Workshop

Tuesday, March 8th

1:00 PM EST Winning Interview Techniques

7:00 PM EST Teen Job Search

Wednesday, March 9th

1:00 PM EST Effective Resume Writing

Wednesday, March 16th

10:00 AM EST Resume Writing Workshop

1:00 PM EST Job Search Strategies

Wednesday, March 23rd

2:00 PM EST Career Planning

Finances

Tuesday, March 22nd

12:00 PM EST Teens and Money

Life Skills

Tuesday, March 1st

9:00 AM EST Coping with Stress

2:00 PM EST Mind Body Mental Fitness (MBMF)
Part 1: Stress Resilience

Wednesday, March 2nd

2:00 PM EST Mind Body Mental Fitness (MBMF)
Part 3: Living Core Values

Tuesday, March 8th

2:00 PM EST Mind Body Mental Fitness (MBMF)
Part 2: Mindfulness and Meditation

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

5:00 PM EST EFMP Understanding the Dynamics of Cyberbullying
Technology and our Youth

Wednesday, March 9th

9:00 AM EST Improving Workplace Relationships

Thursday, March 10th

12:00 PM EST Organize Your Life

2:00 PM EST Family Advocacy Program Training

Monday, March 14th

11:00 AM EST Family Advocacy Program Training

Tuesday, March 15th

10:00 AM EST Stress Management

2:00 PM EST Diversity and Cultural Competency in the Workplace

2:00 PM EST Mind Body Mental Fitness (MBMF)
Part 3: Living Core Values

Wednesday, March 16th

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

Thursday, March 17th

2:00 PM EST Reintegrating with Children

Tuesday, March 22nd

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

2:00 PM EST NSW Mind Body Mental Fitness (MBMF)
Part 4: Flexibility

Thursday, March 24th

10:30 AM EST Special Education Notebook Session 2

11:30 AM EST Family Advocacy Program Training

Tuesday, March 29th

11:00 AM EST Sponsor Training

12:00 PM EST Time Management

2:00 PM EST Mind Body Mental Fitness (MBMF) Part 5: Problem Solving

Thursday, March 31st

7:00 PM EST Improving Workplace Relationships

Ombudsman

Thursday, March 10th

1:00 PM EST What's the Difference Between an Ombudsman and FRG?

Parenting

Thursday, March 17th

1:00 PM EST What About the Kids?

Tuesday, March 22nd

11:00 AM EST Returning to Children After Deployment

Thursday, March 24th

2:00 PM EST Baby Boot Camp

Relocation

Tuesday, March 1st

12:00 PM EST Home Selling

Thursday, March 3rd

12:00 PM EST Now I'm the Landlord

Thursday, March 10th

4:00 PM EST Final Move

Wednesday, March 16th

1:00 PM EST How to Complete a Household Goods Move Application

Tuesday, March 22nd

11:00 AM EST Smooth Move

Wednesday, March 23rd

11:00 AM EST Moving Overseas

Transition

Thursday, March 10th

11:00 AM EST Skillbridge

Wednesday, March 16th

4:00 PM EST DoD Skillbridge Overview

Tuesday, March 22nd

5:00 PM EST Skillbridge: The Realities of the Skillbridge Program