



Family Readiness Programs Overview

- *Fleet and Family Support Centers are dedicated to supporting Service Members and their Families in the National Capital Region by providing professional Leadership, Advocacy, Resources, and Education services with a clear customer focus, to assist with the challenges and opportunities of military life.*





Family Support Programs

Family Life Support

- ❖ Ombudsman Support
- ❖ Deployment Support
- ❖ Family Readiness Groups
- ❖ Exceptional Family Member (EFMP)
- ❖ Relocation Assistance
- ❖ Family Employment Readiness
- ❖ Personal Financial Management
- ❖ Life Skills Education
- ❖ Transition Assistance
- ❖ Navy Gold Star

Counseling

- ❖ Clinical Counseling Services
- ❖ Deployed Resiliency Support
- ❖ Family Advocacy Program
- ❖ New Parent Support
- ❖ Sexual Assault Prevention and Response

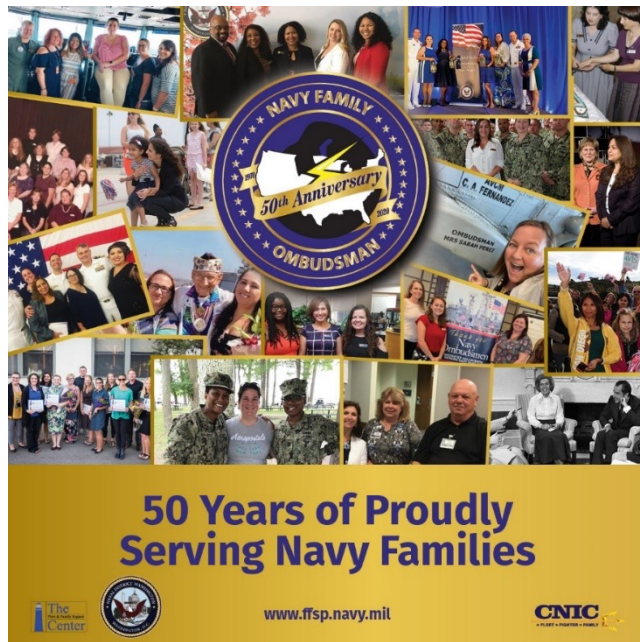
Emergency Response

- ❖ Emergency Preparedness
- ❖ Navy Family Accountability
- ❖ Disaster Response





Ombudsman Program



- Adm. Elmo R. Zumwalt Jr., Chief of Naval Operations, established the Navy Family Ombudsman Program when he issued Z-gram 24 on Sept. 14, 1970
- Professionally trained volunteers serving as a vital link between the command and family members:
 - Direct link to Commanding Officer
 - Personalized support and guidance for Sailors and families
 - Resource information and referral services





Deployment Support

- Offer support to service members and their families before, during and after deployment to promote positive adjustment to deployment, separation, reunion and reintegration

- Three phases of Deployment:
 - Pre-deployment
 - Update and Organize Important Documents
 - Learn about the Emotional Ups and Downs of Deployment
 - Financial review and establish a spending plan
 - Deployment
 - Providing support systems
 - Navigating new household dynamic
 - Post-Deployment
 - Shipboard Return and Reunion program to help Sailors reintegrate with families



Programs and services to sustain deployment and mission readiness



Exceptional Family Member Program

- **Serves military families with special needs**
- **Assists Sailors during the assignment process by addressing the special needs of their exceptional family members (EFM) and ensuring they are assigned to areas where they can access necessary resources**
- **EFMP Liaisons located at Fleet and Family Support Centers:**
 - **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**
 - **Develop and maintain Individual Service Plans (ISP)**
 - **Partner with the MTF Coordinators to provide information, education and marketing**



EFMP Exceptional Family Member Program



Relocation Assistance



- **Assisting active duty personnel and their families in identifying relocation needs**
- **Provides computer-based technology resources to research new installations or locations**
- **Workshops include:**
 - **Spouse and Family Orientation to new installation/location**
 - **Overseas Planning**
 - **Sponsorship Training**
 - **Smooth Move**
 - **Information on schools, neighborhoods, housing, local community**



Approximately one third of service members make a permanent change of station (PCS) move annually



Family Employment Readiness

- **Family Employment Readiness program provides family members services to assist them in finding employment**

- **One-on-One Counseling and Educational Workshops provided by employment experts on a range of subjects including:**
 - **Resume Writing**
 - **Job Search Strategies**
 - **Job Interview Skills**
 - **Portable careers**
 - **Help with obtaining professional licenses (ex. medical, clinical, teachers, and legal)**



Programs and services to increase service member retention, family support and career support planning



Personal Financial Management

- **Educational services through a network of financial educators/counselors, Command Financial Specialists (CFS) and external partner organizations.**

- **One-on-One Counseling and Educational seminars on a range of subjects including:**
 - **Financial Planning**
 - **Credit/Debt Management**
 - **Military Retirement Plans – Thrift Savings Plan**
 - **Investment Strategies**
 - **Home Buying**
 - **Personal Banking**
 - **Budgeting**
 - **Car Buying**

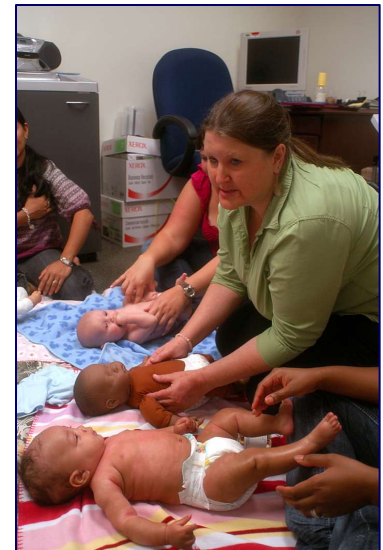
Provides education and counseling emphasizing a proactive approach to personal financial stability and security



Life Skills Education

- Workshops for Sailor and family members focused on building resiliency and ability to cope with the stresses of the Navy lifestyle

- Examples of classes offered:
 - Effective Communication
 - Mind Body Mental Fitness
 - Parenting Strategies
 - Conflict Resolution
 - Stress and Anger Management
 - Building Healthy Relationships
 - Babysitting Basics
 - Suicide Prevention Training



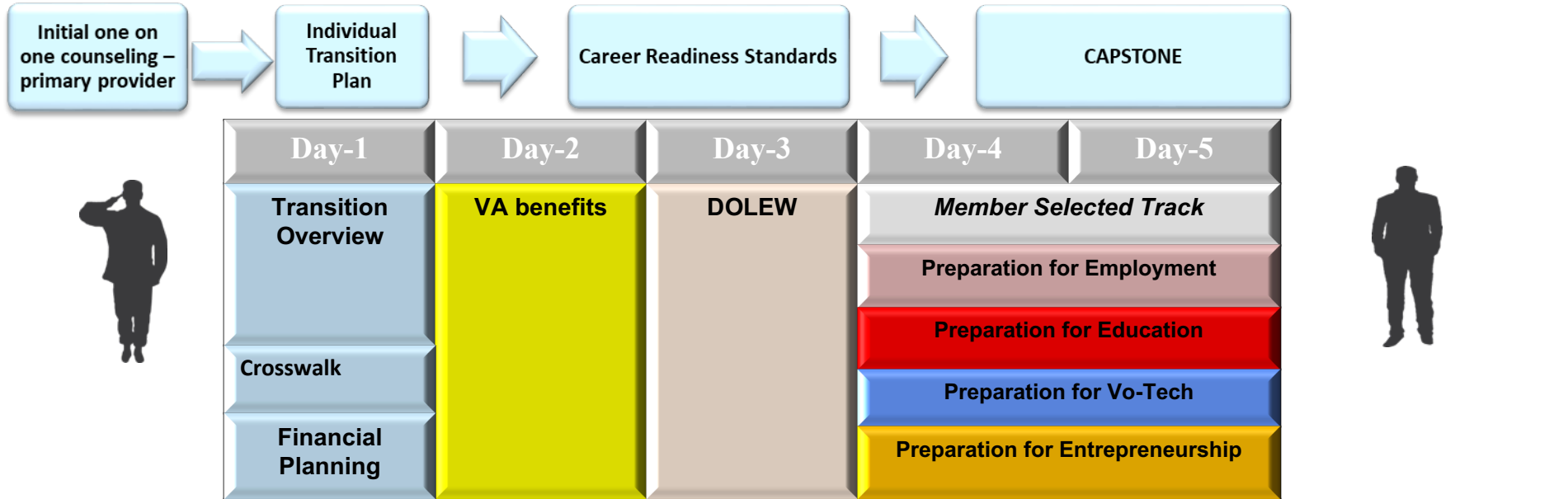
Provides Sailors and families skills to cope with Navy life



Transition Assistance

➤ Transition Assistance Program (TAP), is the Navy’s transition program designed to ensure members and their families are prepared to transition from military to civilian life

- Provides information about post-military benefits, certification & training resources, financial planning and job search techniques
- Mandatory for Service members leaving the Navy
- Spouses are encouraged to attend the training
- Job Fairs are held on bases to link Sailors and employers



Prepares Sailors for civilian life and future employment



Navy Gold Star

- The Navy Gold Star (NGS) Program provides support and services to surviving families of deceased service members who die on active duty.
- Eligible personnel include the widow, parents, and the next of kin of deceased service members including children, brothers and sisters .
- NGS uses an all-inclusive approach to delivering services through a combination of both available government and non-government programs and organizations
 - Personal financial counseling
 - Family employment assistance
 - Clinical Counseling
 - Chaplain services

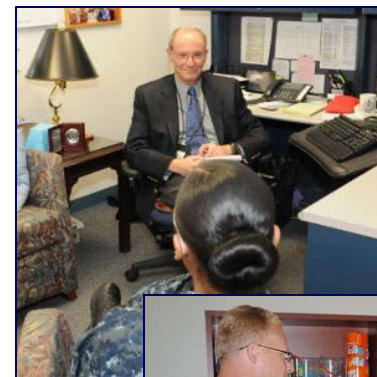


Survivor assistance program to ensure the Navy's promise of lasting support



Clinical Counseling Services

- **Voluntary counseling support encompassing a wide scope of educational, preventive and therapeutic services**
- **Promote improved quality of life and increased resilience for Sailors and families**
- **Services include:**
 - **General Counseling Services**
 - **Individual Counseling**
 - **Marital/Couple Counseling**
 - **Family Counseling**
 - **Child Counseling**



Programs and services that provide counseling and support, victim intervention, and related prevention education



Family Advocacy Program

- **Prevention, identification, reporting, evaluation, intervention, and follow-up of allegations of child abuse/neglect and domestic abuse**
- **Services Include:**
 - Training military personnel in recognizing and reporting domestic abuse
 - Conducting prevention activities to include training in parenting skills, anger and stress
 - Counseling for couples and parents
 - Support for victims and appropriate treatment to alleged abusers



Goal is to prevent abuse and to provide treatment to reduce the chance of repeat offenses



New Parent Support Program

- **Helps military families who are expecting or who have young children (under the age of four) adjust to parenthood and thrive as healthy families**

- **Services Include:**
 - **Voluntary home visits to enhance their knowledge of healthy parenting practices**
 - **Assistance in “baby proofing” the home**
 - **Screening for families at risk for engaging in child abuse**



Provides parenting education for expectant active-duty personnel and their families



Sexual Assault Prevention and Response Program

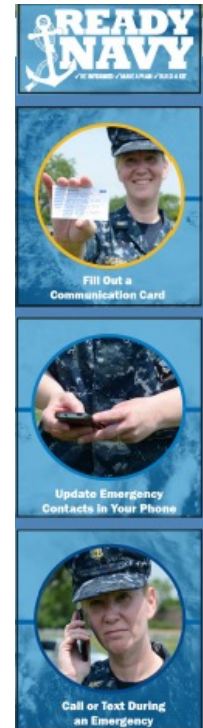
- **Supports commanding officers in creating a command climate intolerant of sexual assault and provides support to victims.**
- **Services Include:**
 - **Installation-wide sexual assault awareness efforts**
 - **Sexual assault prevention and response training to victim advocates and command leadership**
 - **24/7 access to assault reporting and victim care**
- **Sexual Assault Response Coordinators (SARCs) are assigned to installations to coordinate victim response services and provide sexual assault case management**
- **Victim Advocates respond to victims, accompany them to medical and legal procedures and provide information and referral to military and community victim services**

**Navy's Sexual Assault Prevention and Response (SAPR)
Program is designed to meet the needs of victims.**



Emergency Preparedness

- Training on emergency response plans provided to families, staff, volunteers, and other service/community organizations
- Distribute emergency preparedness information and resources to Navy families
- Ensure Family Readiness Programs are included in emergency response protocols, plans and exercises at all levels of Navy emergency management

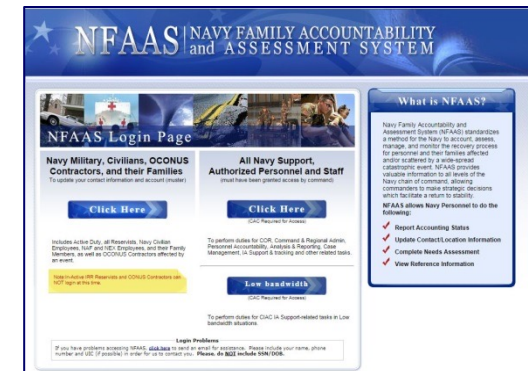


Prepares Navy families to deal with all types of emergencies



Navy Family Accountability

- The Navy Family Accountability and Assessment System (NFAAS) provides a method for the Navy to account, assess, manage, and monitor the recovery process for members and their families affected by a wide-spread catastrophic event
 - Implemented as a result of Hurricane Katrina
- NFAAS allows members to:
 - Report Status
 - Update Contact / Location Information
 - Identify Family Needs
 - Shelter, Pet Care, Medical needs
- Access via phone call, computer, mobile device, or in person at a Fleet and Family Support Center



Enables the Navy to respond to needs of Navy families following a disaster



Disaster Response

- **The Family Emergency Response Program ensures that Family Readiness Programs are included in emergency response protocols, plans and exercises at all levels of Navy emergency management**

- **Utilizing NFAAS, Navy emergency management provides support and assistance to families after a natural or man-made disaster**
 - Temporary Lodging
 - Transportation
 - Access to counseling and medical care
 - Emergency supplies of food and medicine

- **Emergency Family Assistance Centers provide dedicated response assets to assist families**



Provides needed support and assistance to Navy families following a disaster or crisis situation



Resources

- **Fleet and Family Support Center Directory:**
https://www.cnmc.navy.mil/ffr/family_readiness/fleet_and_family_support_program/FFSC.html
 - **Counseling/Family Advocacy:**
https://www.cnmc.navy.mil/ffr/family_readiness/fleet_and_family_support_program/counseling-advocacy-and-prevention.html
 - **Sexual Assault Prevention and Response Program:**
https://www.cnmc.navy.mil/ffr/family_readiness/fleet_and_family_support_program/sexual_assault_prevention_and_response.html
 - **Disaster Preparedness and Emergency Response:**
https://www.cnmc.navy.mil/ffr/family_readiness/fleet_and_family_support_program/work-and-family-life/disaster_preparedness.html
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