

NEW YEAR'S  
RESOLUTIONS

1. smile  
love more  
hard

8. med.  
9. do yoga  
10. read more



**KNOW US, BEFORE YOU NEED US!**



SCAN ME!



## HOURS OF OPERATION

**MON, TUES, WED & FRI  
8:00 A.M.-4:30 P.M.**

**THURS  
9:00 A.M.-4:30 P.M.**

**CONNECT WITH US  
912-573-4512/4513**

## Get Organized with Plan My Deployment

Plan My Deployment is an online tool from MilitaryOneSource that helps Service Members and families manage and build resilience throughout the deployment cycle. It organizes deployment information and resources into three phases--predeployment, deployment and reunion/reintegration.

- Predeployment: Learn the essentials of preparing for deployment, like organizing financial and legal matters and preparing emotionally.

- Deployment: Find resources to help with the challenges of separation, from maintaining good communications to practicing overall operational security.
- Reunion & Reintegration: Get tips for creating your "new normal"--including how to restore routines and set realistic expectations.
- Each deployment phase section contains a list of "Tasks & Considerations" with topics applicable to that particular phase. you can click the + sign at the right of each topic for a brief description and links to documents and more information. To create your own custom task list, click the blue **PRINT YOUR TASKS** button at the bottom of the list. Then choose the tasks you want to add to your custom list. When you are finished, click the red **PRINT YOUR TASKS** button.

This online tool can be found at:

<https://planmydeployment.militaryonesource.mil/>

# Avoid These Common Tax Mistakes

Let's face it: Filing taxes can be stressful! Do you wonder if you are doing them right? If you are using your Leave and Earning Statement (LES) to do your taxes early vice waiting on your W-2 from DFAS you may be making mistakes.

To avoid "taxing" situations, beware of these eight common mistakes.

1. Not claiming all your credits and deductions, such as Child, Education, Earned Income or Retirement Savings Contributions.
2. Not being aware of tax considerations for the Military. Because of your military status, you may be eligible for an exemption of all or a portion of your earnings from federal taxes while you are deployed to a designated combat zone.
3. Not keeping up with your paperwork. Reconstructing the year for tax purposes is easier if you keep up with your records throughout the year. Track things like donations, buying or selling crypto assets, home office expenses or vehicle mileage, especially if you can itemize.
4. Not double checking for errors. We all make mistakes, but mistakes on your tax return can be costly. According to the IRS, the error rate for paper returns is 21%, compared with less than 1% for e-filed returns.
5. Filing too early. If you file early you may not have received all the documents you need. Missing a Travel W-2 from a Military Move could prevent you from getting additional money or cause you to owe the IRS money.



6. Those who use their LES vice their W-2 often make the mistake of using their entire income vice their taxable income. This may cause the IRS to send them a letter after tax season. This letter may state they owe thousands more even though they don't.

7. Not planning for next year. Get a jump on the next tax season by planning ahead. If you owed additional money this year, you may want to adjust your withholdings for next year. Also consider life changing events that may happen over the next year.

8. Not getting help when you need it. You don't have to go it alone when it comes to filing taxes and you do not need to spend money to get help! A wealth of no-cost assistance is available to you at:

- [www.militaryonesource.mil/benefits/miltax-free-tax-services/](http://www.militaryonesource.mil/benefits/miltax-free-tax-services/) Free tax services including filing software, federal and state filings, and consultation.
- Check out [www.irs.gov/newsroom](http://www.irs.gov/newsroom) for tax tips.
- Receive no-cost tax help from a Volunteer Income Tax Assistance (VITA) program.
- Visit [www.milspousemoneymission.org](http://www.milspousemoneymission.org) for personal financial education geared for spouses.



## New Year, New You!

Here is some advice that is free, invest in your TSP.

BRS, say less, but let me tell you more  
for you to explore.

Contributions come directly from your pay  
without a scratch,

But even better they offer a match.

Your service automatically contributes

1 % no matter what you put in,

But maximize the government's matching by  
investing at least 5 % for a wider grin.

Questions always arise.

When am I vested? Government match  
auto or otherwise?

After two years of service. For your contributions?

Immediately. Is that a surprise?

Is the TSP portable? Why yes!

When you leave service, you are eligible to stay or  
roll it over with little to no mess!

There are also different options for funds  
G, S, I, F and C.

Or leave them in the L and let them be,

Before you make any decisions, come talk to me.

Or any local PFM, for more information,  
so that we can help you plan for those future  
VACATIONS!



## Life Skills for Young Adults Entering College

When your teen transitions to a young adult, the additional responsibilities of making independent decisions and managing their own finances can feel overwhelming. Here are five areas to focus on that will help them prepare, flourish and succeed.

1. **Stress Management:** Having good coping skills when a young adult faces the stress of a new college environment will help them navigate the stressors of rigorous academics, relationships and hobbies.
2. **Independent Living Skills:** Understanding the basic day-to-day activities, like cooking, cleaning or managing a financial budget, builds confidence and supports increased independence.
3. **Core Values:** A young adults beliefs guide their thoughts, behaviors and choices. Building time into their schedule for self-reflection will lead to better prioritization of things that matter the most and will foster the critical thinking that leads to increased independence and success.
4. **Relationship Skills:** Authentic relationships can positively impact quality of life and mental health. Developing listening skills, learning how to communicate honestly and directly, taking personal accountability and setting boundaries can lead to better relationships.
5. **Executive Functioning Skills:** Planning, organizing, emotional regulation, self-motivation and time management are the key skills needed for success in college and the workplace.

## New Year's Resolutions for Special Needs Parents

It is January and many of us are eager for a new beginning! The new year offers a blank canvas, giving us a chance to embark on a positive journey. If you are open to exploring some options, here are a few suggestions.

### 1. Focus on the Positive

As a parent, it is easy to focus on the tough moments, whether it is challenging behaviors, skills your child is struggling with or the everyday hurdles. We encourage you to seek out the positives; take a moment to cherish the special viewpoint you have on life.

### 2. Provide Structure

Children, particularly those with Autism and other special needs, flourish in structured environments. As parents, we understand that establishing the boundaries and routines they need requires effort. Consider the times or activities that often lead to meltdowns and develop a new routine to help ease those moments.

### 3. Ask for Help

It is common to feel like you need to do everything for your children. However, with just 24 hours in a day, that can be quite a challenge. This year, make a commitment to reach out for help when necessary. Tap into community resources and welcome the support around you.

### 4. Practice Self Care

Taking care of yourself can be challenging, especially when you are a parent! However, to be the best parent you can be, it is essential to prioritize your well-being, and that means allowing yourself some time to unwind. Find little moments to refresh yourself, whether it is enjoying a quiet cup of coffee before the household stirs or setting aside time for a workout. Discover what rejuvenates you the most and make it a priority in your routine.



**EFMP** Exceptional Family Member Program

## My Career Advance Accounts (MyCAA)... Am I Eligible, What is it?

MyCAA is a career tool for military spouses whose Active Duty spouse is either an E-1 to E-9, W-1 to W-3 or O1 to O-3. This includes Reserve and National Guard Members under Title 10, federal orders.

With a maximum of \$4,000 dollars and an annual fiscal year cap of \$2,000, spouses can use this money to pay for tuition and testing fees. MyCAA funds can be used in pursuit of a license, certification, an associate's degree or continuing education courses to maintain a license or certification needed for employment. From the start date of your first course, the scholarship has a three-year limit date.

How do I get started in this program? Verify you are registered in the Defense Enrollment Eligibility Reporting System (DEERS) and then establish an account on the MilitaryOneSource website via <https://mycaa.militaryonesource.mil/mycaa>. Once there, all applicants will be required to log in and access their accounts by creating a DS Log-In.

MilitaryOneSource is an invaluable education resource and offers an online assessment tool which allows spouses to pursue education programs leading to career opportunities. These opportunities are based on interests, aptitudes, skills and education levels. There are four different assessment tools available, and they can be found online at: <https://myseco.militaryonesource.mil/portal/article/career-self-assessment-tools>

For those who are in an occupation that requires a license or certification and are PCSing, there are processes in place to have them transferred via testing or reciprocity. Learn more about this online at: <https://www.militaryonesource.mil/education-employment/seco/state-licensing-and-career-credentials-initiative/>



# HOP ABOARD THE KINGS BAY EXPRESS!



Scan Me to Register!

Come get a tour of your Home away from Home.

Join us for a Base tour of Kings Bay. Sign-up is required. Call 912-573-4513 for more information.

**2ND WEDNESDAY  
OF EACH MONTH**

**GET  
YOUR  
TICKET  
TICKET  
FROM  
FLEET  
AND  
FAMILY  
SUPPORT  
CENTER**



Seeking help early and often prevents needing a higher level of care and impact to career. Most Sailors don't seek help because they want to fix things themselves, they worry about impact to their careers or security clearance or they fear gossip and embarrassment.

**Taking care of your mental health takes courage and it's a sign of strength!**

# Naval Submarine Base Kings Bay Counseling Resources



**Military OneSource**

Counseling for family, financial, stress, and coping skills with no referral needed and no health record documentation.

**Contact Mil OneSource:**  
800-342-9647 or live chat on  
[www.militaryonesource.mil](http://www.militaryonesource.mil)



**Command CHAPLAINS**

Chaplains provide more than spiritual counseling – talking to your Chaplain is 100% confidential, with no reporting requirements and no health record documentation.

**POC for Sub Commands: 912-573-3960**  
**POC for Shore Commands: 912-573-4501**  
**POC for MCSFBn: 912-464-0645**



**Fleet and Family SUPPORT CENTER**

Offers individual and couples life skills counseling, with no referral needed and no health record documentation.


**Contact your FFSC:**  
912-573-4222  
**Virtual Clinical Counseling**  
1-855-205-6749



**MILITARY & FAMILY LIFE COUNSELING**

MFLC provides non-medical counseling with flexible locations, no referral needed, no health record documentation, and minimal reporting requirements.

**Contact your MFLC:**  
**MFLC Regional Supervisor**  
**Marchell Coleman**  
912-661-7271



**Independent Duty Corpsman/ General Medical Officer**

IDCs and GMOs can place referrals to embedded mental health, MTFs, and network providers for serious conditions. They provide medical management for most mental health concerns and can communicate with CO and other providers.



**EMBEDDED MENTAL HEALTH**

EMH can evaluate and treat mental health conditions with therapy and medication. EMH is authorized to determine fit for duty and to communicate diagnosis and plans with other providers and CO.


**Contact your EMH:**  
**POC for Sub Commands: 912-573-6664**  
**POC for Shore Commands: 912-573-4524**



**MILITARY TREATMENT FACILITIES**

Provide inpatient psychiatry and emergency room services, group treatment, and comprehensive care; authorized to make military duty determinations and to communicate with other providers and CO.

**Schedule an appointment:**  
904-546-6351



**EMERGENCY ROOM**

ERs are for life-threatening conditions; ie. the patient is a danger to self or others or has become gravely disabled.

**911**

**OTHER RESOURCES**

Shore Side Embedded Mental Health has SARP-Substance Abuse Rehabilitation Program. You may also utilize Doctorondemand.com and telemynd.com for therapy options. Both are virtual options for Service Members but they must report to Chain of Command if Sub/Nuc/PRP and using this option.



Download the Navy's  
**MENTAL HEALTH PLAYBOOK**

# FFSC Virtual Clinical Counseling **CONNECT to GET CARE**

The Fleet and Family Support Center (FFSC) now provides in-person and virtual clinical counseling! Sailors and families can access virtual clinical counseling from the privacy of their own homes. Virtual clinical counseling is a nonmedical, clinical, short-term solution-focused service. It is available to individuals, couples and families.

## Virtual clinical counseling helps with:

- Separation
- Grief
- Deployment
- Relocation
- Relationship issues
- Parent-child interactions
- Other challenges related to military and family life

**To schedule an appointment, call 1-855-205-6749.** If calling outside of regular business hours, leave a message. Your call will be returned within one business day.

[www.ffsp.navy.mil](http://www.ffsp.navy.mil)



## RELOCATION

PCS with DPS  
Every Tuesday @ 9:30am  
Thursday @ 3:00pm

CONUS Smooth Move  
23 JAN 10:30am-12:30pm

## DEPLOYMENT

Kings Bay Express (Base Tour)  
8 JAN 10:00am-12:00pm

## LIFE SKILLS

Communication Path to Healthy  
Relationships  
8 JAN 2:00pm-4:00pm

## COMMAND LEADERSHIP

COB Quals  
2nd and 4th Tuesday of the Month  
11:00am-12:00pm

SAPR/FAP/SAIL/IPPW  
Commander's Tool Kit  
1st Tuesday of each Month  
1:00pm-3:00pm

**REGISTRATION FOR  
CLASSES IS REQUIRED.**

## TRANSITION/EMPLOYMENT

Federal Employment 101  
Navigating USA Jobs  
8 JAN 10:00am-11:30am

Federal Employment 102  
Resume Writing  
9 JAN 10:00am-11:30am

Separation TAP  
13-17 JAN 7:30am-4:30pm

My Education  
16-17 JAN 9:00am-4:30pm

Executive TAP  
21-23 JAN 7:00am-4:30pm

## COUNSELING & ADVOCACY

Anger Management Intensive  
Every Tuesday @ 1:00pm

STOP  
Every Wednesday @ 1:00pm

Parenting Class  
Every Monday  
9:00am-11:30am

Expectant Family Workshop  
23 JAN 1:00pm-4:00pm

What About the Kids?  
Every 4th Wednesday of the Month  
9:00am-11:00am

## PERSONAL FINANCIAL MANAGEMENT

Tax Preparation 101  
8 JAN 3:00pm-5:00pm

Command Financial Specialist Forum  
8 JAN 1:00pm-2:00pm

Understanding Your LES  
22 JAN 11:00am-1:00pm

Tax Preparation 101  
22 JAN 5:00pm-7:00pm

CFS Basic Training  
27-31 JAN 8:00am-4:30pm

## SAPR

40-Hour Initial Victim Advocate Training  
6-10 JAN 8:00am-4:30pm

Initial AUVA Training  
15 JAN 8:30am-12:30pm

SAPR Advanced Training  
22 JAN 8:00am-9:30am

## OMBUDSMAN/FRG

Ombudsman Assembly  
27 JAN 5:30pm

