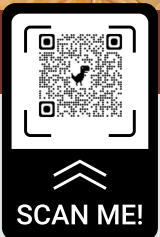




KNOW US, BEFORE YOU NEED US!



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



**Make a Plan with
“Plan My Move”!**

The opportunity to live in different parts of the country and even the world, is one of the benefits of the military. As a Service Member, you will have to manage some of the logistics of a permanent change of station. The Plan My Move tool through Military OneSource, creates a custom checklist for you, filled with the tasks you need to complete and how and when to complete them.

You can save, download and print your list to update during your moving process and use for future moves. Jump on planmymove.militaryonesource.mil and get moving!



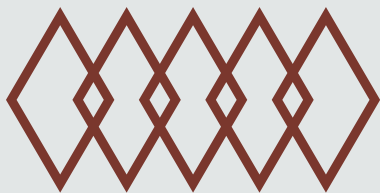
6 Tips to Reduce Holiday Stress for Families with Special Needs

The holiday season is often filled with joy, but it can also bring stress, especially for families with special needs. The unfamiliar sounds, scents and influx of visitors can create disruptions. To help alleviate stress during this festive time, consider implementing six straightforward strategies to keep your family member engaged and at ease.

1. Find calm where you can. Everyone benefits from some quiet time to recharge. Plan periods throughout the day for relaxation, where you can focus entirely on your family member and address their needs. Establishing a code word that they can use when feeling overwhelmed allows them to have some control over their environment, which can help alleviate anxiety.

2. Establish a routine. Individuals with special needs often find comfort in structure. Provide a clear schedule of activities, especially on days with numerous transitions. A written list, visual aids or a calendar outlining upcoming events will work. Regularly review the schedule with them to ensure understanding.

3. Be mindful of sensory overload. The holiday is a sensory-rich experience which can be overwhelming for those who are particularly sensitive. Prepare in advance for potentially stimulating environments by bringing earplugs to loud gatherings and minimizing decorations at home. Strive to maintain a calm and predictable atmosphere.



4. Prepare your family and friends. Prior to holiday gatherings, have conversations with relatives and friends about your family member's unique needs and what can help them feel secure and comfortable. When visiting others, consider bringing along some of your family member's favorite items for added comfort.

5. Keep it simple. If you find yourself short on time this year, do not stress about sending out cards or decorating. There is no need to search for the ideal gift for each family member. Consider bypassing the stores and opting for gift certificates instead. Find ways to simplify your holiday preparations.

6. Ask for help. Avoid the temptation to handle everything on your own. Delegate tasks whenever you can. Involve your children by assigning them responsibilities and do not hesitate to reach out to your family for support. Provide them with clear instructions. Compile a list of tasks they can assist with, such as shopping, cooking or entertaining your child, while you prepare for gatherings.

We all want the holidays to be perfect, but getting locked into that ideal can cause much of our stress. This year, try to take the holiday as it comes. Minimize your stress by preparing ahead, asking for help and simplifying whenever possible. The joy will follow. Happy Holidays!

Managing Holiday Financially...3 Songs with Tips

Song 1: ***It's the Most Wonderful Time of the Year.*** Don't forget to BUDGET and PLAN. If you fail to plan, you plan to fail. The right time to start preparing for this holiday season is now (if you haven't begun already). While it is the most wonderful time of the year, the cost of food, decorations, attire, travel and gifts can add up. Plan for all holiday expenditures and begin budgeting accordingly.

Song 2: ***All I Want for Christmas is You.*** Not debt, extra bills or extra stress. To prevent accruing debt, unwanted expenses and unwanted stress, stick to the plan and stay disciplined. Do not deviate from your budget. Try different tips such as: 1. Using cash (save on the interest rates or splurging beyond your budgeted amount) 2. Gift creative (craft or take someone out) 3. Cook (meals and foods are gifts too).

Song 3: ***We Wish You a Merry Christmas.*** There is no pressure to buy gifts. Learn from this year for future years. If you want to expand on this year's holiday budget, start planning for next year. Check out special savings accounts that many credit unions or banks offer. Some institutions have savings clubs to promote not touching holiday spending money until that time comes.



Why Job References Matter

Who are the people that you should list when it comes to references? Do you know how many you are supposed to have? Where do references belong in your resumes?

References are able to vouch for you. Employers will ask for their name and information such as email address, phone number and how long you have known this person. They may ask for both professional and personal references; be certain to let your references know you are using them.

The recommended amount of people to ask is around four to eight. This may help if people don't answer phone calls or call the employer back.

When using references, someone might ask, do I need to use the same person in the same industry that I am applying for? The answer is no. Use those closest to you who are able to speak positively on your behalf. References can be peers, supervisors and people within your company with whom you have established a professional relationship.

Resumes don't normally list your references; It will say references upon request. Remember when you go to the interview, have those references readily available.

Preparing Your Children for Deployment

Children may need help coping with the stress of an upcoming deployment. Reassure them that they will be cared for while Mom or Dad is away. Encourage them to ask any questions they might have. They may not be able to talk about how they are feeling because they may not be sure of their own emotions. Typical behaviors may include:

- Shock, denial, anger or fear.
- Sadness that a parent is leaving.
- Feelings of isolation.
- Moodiness, whining and irritability.
- Testing limits.
- Angry outbursts, possibly followed by clinginess.
- Acting out at home or school.
- Reverting to previously outgrown behaviors.

When these feelings or behaviors arise, remind yourself that they are normal responses to a Deployment. Listen to, and talk with, your child about your deployment. If able, take them on a tour of your boat to allow them to see where you will be living and working while you are away. Let them know that you also wish you did not have to leave. If your children say they are afraid you will not come back, talk about all of the training and practice you have had and how that will keep you safe.

If your child is struggling, do not hesitate to contact your child's school counselor, the School Liaison Officer, Fleet and Family Support Center, a MFLAC, Chaplain or Military OneSource for assistance.



Your Transition Journey

Your transition journey is to ensure you have the opportunity to meet all Career Readiness Standards (CRS) as defined by the Department of Defense.

1. The first step is to engage with your Command Career Counselor to accomplish your Initial Counseling. DOD and USN Guidance states this must be accomplished prior to 365 days from your final day on active duty. The Initial Counseling will determine your TIER Status.

- a. TIER III - Required to attend full five-day TAP class
- b. TIER II - Required to attend a full five-day TAP class, with some exceptions
- c. TIER I - Able to wave portions of TAP

2. The second step is to attend an in-person TAP class. Recent revisions to TAP guidance have made attendance in a TAP class virtually is allowed only for personnel stationed overseas, when in-person TAP is not offered or personnel experiencing a short-notice separation.

3. The final step is to schedule and attend a CAPSTONE event. This should be accomplished prior to 90 days from your final day on active duty.

7 Keys to Positive Communication

1. Make time to talk. Life can get hectic, especially as a deployment approaches. Prioritize making opportunities to talk at stress-free times. If there are challenging topics to address, take breaks and tackle one difficult subject at a time.

2. Be an active listener. It is so important not just to hear but to actually listen. Rather than formulating a response and waiting for your chance to share it, give your full attention to your partner. Be courteous and minimize interruptions by turning off the television and putting the phone or computer away. Upcoming deployments tend to bring in many emotions and feelings. Paraphrase your understanding of your partner's comments and ask questions to clarify and ensure you're on the same page.

3. Be mindful of body language. Keep an open posture and make eye contact. Keep in mind that nonverbal communication speaks volumes and should support what's being said. If body language contradicts the information that's being communicated, the receiver of the message may feel as though their partner is being dishonest.



4. Keep your sense of humor. You are partners for a reason. Although tough topics will inevitably arise, humor can melt away some of the tension and help you connect through stressful times.

5. Use "I" statements. Use neutral statements to express your thoughts and feelings, such as "I feel ..." or "I'm concerned that ..." Be specific when communicating and focus on building solutions together rather than placing blame.

6. Maintain an open heart and mind. Be honest and share your feelings openly. Intentional communication can be tough, especially if something prompts a defensive reaction. This may be easier said than done, but don't make assumptions and resolve to set aside judgment.

7. Give praise. Open and honest communication requires thoughtful effort, and it helps if you both focus on what you can give rather than what you can take. Everyone likes to feel appreciated and valued. Be emotionally generous by openly appreciating your partner's perspectives and offering support and encouragement.

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

MILITARY
ONE
SOURCE

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



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.



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



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 telemetrynd.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



RELOCATION

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

CONUS Smooth Move
7 DEC 10:00am-12:00pm

OCONUS Smooth Move
18 DEC 5:00pm-7:00pm

DEPLOYMENT

Kings Bay Express (Base Tour)
11 DEC 10:00am-12:00pm

EFMP

EFMP 101
11 DEC 10:00am-11:00am

LIFE SKILLS

Effective Goal Setting
18 DEC 10:00am-11:30am

**REGISTRATION FOR
CLASSES IS REQUIRED.**

TRANSITION/EMPLOYMENT

Separation TAP
2-6 DEC 7:30am-4:30pm

Career & Credentialing Exploration (C2E)
5-6 DEC 9:00am-4:30pm

TAP TOO
16 DEC 9:00am-12:30pm

COUNSELING & ADVOCACY

Anger Management Intensive
Every Tuesday @ 1:00pm

STOP
Every Wednesday @ 1:00pm

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

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

PERSONAL FINANCIAL MANAGEMENT

Exploring Digital Assets
3 DEC 5:00pm-7:00pm

COB Quads
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

