



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



NSB Kings Bay

## Integrated Primary Prevention Workforce (IPPW)

The Navy's IPPW program aims to prevent harmful behaviors like sexual assault, domestic violence, suicide and harassment. By establishing a culture of wellness and resilience through research-based prevention strategies, the IPPW works closely with leaders to cultivate healthy command climates free from abuse and harm.

Key points about the program:

- **Focus on primary prevention:** Prioritizes preventing harmful behaviors before they occur by addressing risk factors and promoting protective factors within the Navy community.
- **Holistic approach:** IPPW professionals work to address multiple issues simultaneously, including mental health, substance abuse and relationship violence.
- **Data-driven strategies:** The IPPW utilizes research and data to inform Commands on prevention efforts and assist with measuring the effectiveness of implemented programs as needed.
- **Goal of a healthy community:** The ultimate goal is to create a Navy environment where Sailors and their families feel safe, supported and empowered to seek help when needed.



# Military Spouse Employment Benefits

Establishing and maintaining employment as a military spouse can be challenging, but there are some great “Perks” to be taken advantage of regardless of whether you are a new spouse seeking employment or a seasoned spouse refreshing your knowledge on career readiness.

1) **LICENSE PORTABILITY.** Most states have policies in place that allow you to maintain or obtain credentialing as you move. (In some cases, you can be reimbursed up to \$1000.)

2) **MILITARY SPOUSE PREFERENCE.** You will be eligible for military spouse preference when applying for Department of Defense civilian jobs (this applies to active-duty status only.)

3) **MILITARY SPOUSE PROFESSIONAL NETWORKS.** Part of your network is pre-built for you! No matter your location, you can be a part of a supportive community that understands the unique challenges of balancing a career with the demands of a military lifestyle.



# Money Habits

Habit is defined as a settled tendency or usual manner of behavior. Our habits can be positive, neutral or damaging and they tend to govern our lives. Experts say developing regular habits such as exercising, eating healthy, regular sleep and mindfulness (to name a few) can improve our work, relationships and mental health. Developing good Money Habits is no different from other positive habits.

See these nine tips to jump start YOUR positive Money Habits:

1. Make SMART Goals. Turn wishes into actionable items by setting SPECIFIC, MEASURABLE, ACHIEVABLE, REALISTIC and TIME-BOUND GOALS.
2. Regularly REVIEW your finances; do not take the “out of sight out of mind” approach with your money!
3. When making a budget or spending plan, INCLUDE a line for unplanned opportunities, gifts and special splurges for yourself or others.
4. Purchase for VALUE! Quality over quantity reduces the risk of buyer’s remorse.
5. AVOID emotional spending; modern-day sales techniques attempt to get people to buy things that they do not need.
6. STICK to the LIST. Only shopping for items on your list will help reduce the wasting of money.
7. Plan for your FUTURE. Some expenses may seem a long way away, but by giving your money time to grow, you minimize financial sacrifices in the future.
8. READ a personal financial article: Keep educating yourself!
9. VISIT your Personal Financial Manager at your local FLEET and FAMILY to help you navigate your goals and further your positive money habits.



# PCS Pet Reimbursement

Did you know you can claim pet-related PCS expenses for one cat or dog per household on your travel claim? The DOD authorizes pet reimbursement in the Joint Travel Regulation (JTR) (para. 050107). You can get up to \$550 for moves in CONUS or up to \$2,000 for moves to or from OCONUS.

Reimbursable expenses may include:

- Mandatory microchipping
- Boarding fees
- Hotel service charges
- Licensing fees at the new permanent duty station
- Pet shipping fees, or the pet is shipped separate from the member (non-availability statement is required)

In August 2024, the Centers for Disease Control and Prevention (CDC) implemented a regulation requiring a higher level of screening for dogs returning to the U.S. from certain countries that pose a high-risk for dog rabies and significantly reduced the number of ports of entry for dogs from those countries.

The JTR was updated to accommodate this new regulation. Effective November 25, 2024, Service Members on a PCS move from one of the high-risk countries may receive reimbursement up to \$4,000 when both Patriot Express capacity and regularly scheduled commercial airline service are not available for pets. The reimbursement of pet transportation expenses in excess of \$2,000 must be approved through the Secretarial Process.

Are you eligible? Talk to your CPPA or TMO about the documentation needed for your PCS Pet Reimbursement.



# PCSing with EFMP

For military families with exceptional needs members, the Permanent Change of Station (PCS) process brings unique stressors and challenges. The Exceptional Family Member Program (EFMP) is here to provide essential support and guidance.

The first step is to contact your EFMP Case Liaison at the Fleet and Family Support Center as soon as you have your orders. Your Liaison will assist in facilitating a "warm handoff" to the EFMP Family Support office at your new duty station. This handoff involves direct communication between your current EFMP support team and the EFMP team at your new duty station. This proactive approach helps families maintain consistent care during their transition, covers medical and educational needs, community services and school system support and ensures that your new location is prepared to support you upon arrival. You will also be linked to helpful resources such as checklists, TRICARE contacts and more.

You can also get useful information from the EFMP & Me platform which has checklists, fact sheets and the Plan My Move tool, which allows families to create a personalized list to manage their PCS move efficiently.

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

The EFMP plays a vital role in easing the complexities of PCSing for families with exceptional needs no matter where they are stationed.

Preparing for your move  
fact sheet:



XXXXX



**EFMP** Exceptional Family Member Program

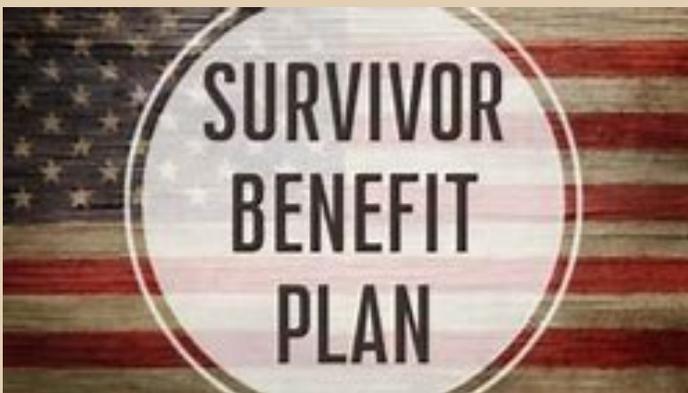
## Survivor's Benefits Plan

Retirement from the military raises many financial considerations. Planning ahead is an important first step in the process. The Survivor Benefit Plan, or SBP, can help ensure your family is protected should the unforeseeable happens. SBP pays a monthly check to designated beneficiaries of the eligible Service Member or a retiree, ensuring they continue to receive income after the members death. SBP offers a peace of mind to by providing continued financial stability.

Before making your decision on SBP, consider your options.

For Active Duty Service Members, SBP is automatic. Once retired, SBP will charge a percentage of your retirement pay, with a 30-year period of payment. Before you make a decision to decline based on cost, you should evaluate your family's financial situation. If you decline SBP, your military retirement and Veterans Affairs (VA) Disability Pay will stop upon death. That income disappears as does any. If you and your spouse are both receiving Social Security Benefits, your family will go from two Social Security checks to one. The surviving spouse will receive the higher of the two.

For additional resources and information, please visit the Department of Defense's website on SBP at <https://militarypay.defense.gov/Benefits/Survivor-Benefit-Program/>.



## Military Spouse Professional License Portability

Good news for Military Spouses undergoing a military move. You are now able to transfer your professional licenses with a minimum of delay.

The Servicemembers Civil Relief Act (SCRA) has been updated to support military spouse ability to transfer their working professional license from one state to another.

The Military Spouse Licensing Relief Act (MSLRA) also provides assistance for those who are having difficulty with license transfer.

Many states also have legislation in place to support license reciprocity for military spouses.

For more information, contact the Department of Justice at:

<https://www.justice.gov/servicemembers>



# 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**





*Calling all kids, parents and other caring adults.  
Join us as we walk, stroll & roll against child abuse!*

**APRIL 3, 2025**

**1015-1200**

**YOUTH CENTER PARKING LOT**

*Join us afterwards for some extra fun!*

**MUSIC || GAMES || BOUNCE HOUSE  
ARTS & CRAFTS || FOOD || PRIZES**

*Special thanks to the  
partners/sponsors of this event*

**NSB KINGS BAY COMMISSARY (DeCA)  
FLEET & FAMILY SUPPORT CENTER  
MWR/CHILD & YOUTH PROGRAMS**

**SUBASE KINGS BAY FIRE & RESCUE  
SUBASE SECURITY, NAVY FEDERAL CREDIT UNION,  
HEALTH PROMOTIONS & WELLNESS,  
RELIGIOUS MINISTRIES,  
NAVYMARINE CORPS RELIEF SOCIETY,  
HOUSING SERVICE CENTER**



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# 1 APRIL 2025

## Spouse

# TOWNHALL

# Meeting

You're invited to our Townhall Meeting. This is an opportunity to connect, engage and make your voice heard on the issues that matter most to you!

# Save The Date

## Come Get Answers from:

Command Leadership

FFSC

CYP

Navy Exchange

Commissary

MWR

Two time slots-  
you choose!

11:00 AM-1:00 PM

5:30 PM-7:30 PM



For More info call  
912-573-2453/4512



Location: Kings Bay Triplex

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](http://Doctorondemand.com) and [telemetrynd.com](http://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](http://www.ffsp.navy.mil)



## RELOCATION

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

CONUS Smooth Move  
8 APR 5:00pm-7:00pm

Moving with EFMP  
16 APR 9:00am-11:00am

OCONUS Smooth Move  
17 APR 11:00am-1:00pm

## DEPLOYMENT

Kings Bay Express (Base Tour)  
9 APR 10:00am-12:00pm

Inside Out:  
Emotional Cycles of Deployment  
5:00pm-6:30pm

## LIFE SKILLS

Mind Body Mental Fitness  
9&10 Apr 9:30am-3:30pm

## 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

## TRANSITION/EMPLOYMENT

Managing Your Education for Spouses  
7-8 APR 9:00am-11:00am

LinkedIn: What Will They See?  
9 APR 5:00pm-6:30pm

Retirement TAP  
21-25 APR 7:00am-4:30pm

Certification and Credentialing Exploration  
(C2E)  
24-25 APR 9:00am-4:30pm

## COUNSELING & ADVOCACY

Anger Management Intensive  
Every Tuesday @ 1:00pm

STOP  
Every Wednesday @ 1:00pm

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

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

Expectant Family Workshop  
10 APR 12:00pm-4:00pm

**REGISTRATION FOR  
CLASSES IS REQUIRED.**

## PERSONAL FINANCIAL MANAGEMENT

Home Buying  
1 APR 4:00pm-7:00pm

Health Care & Dependent Care  
Flexible Spending Account  
2 APR 2:00pm-4:00pm

Tax Preparation 101  
2 APR 5:00pm-7:00pm

Command Financial Specialist  
Basic Training  
7-11 APR 8:00am-4:00pm

Understanding Your LES  
16 APR 2:00pm-4:00pm

Will Renting Work for Me?  
23 APR 4:00pm-6:00pm

## SAPR

SAPR 40-Hour  
Uniform Victim Advocate Training  
31 MAR-4APR 8:00am-4:30pm

Forms Review/Refresher Training  
23 APR 8:00am-9:30am

## OMBUDSMAN/FRG

Ombudsman Basic Training  
14-18 APR 5:00pm-9:00pm

Ombudsman Assembly  
28 APR 5:30pm