



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**

Tips to Help Children during PCS

Moving to a new home can be both exciting and overwhelming for children. Advance planning helps ensure there will be plenty of time for transition and adjustment for the child. Connecting to friends, family and your military community can help ease the stress of uncertainty.

- Tell your children about the move as soon as possible. Give them plenty of time to adjust to the idea of moving and say goodbye to all their friends.
- Prepare for your move and anticipate your child's needs and concerns. Planning ahead is key. Visit the Military OneSource "Plan My Move" page at <https://planmymove.militaryonesource.mil/> to create a personalized checklist.
- Select your child's next school with assistance from your local School Liaison Officer. As soon as you receive your PCS orders, reach out to them and check out the Changing Schools MilLife Guide at [MilitaryOneSource.mil](https://militaryonesource.mil/).



MilitaryOneSource.mil offers a variety of resources and assistance to help make your next move a smooth one for the entire family.



Pay Yourself First!



You have tracked your expenses, identified where your money needs to go and set your limits on spending. As a result of smart spending, you now have a surplus: Now pay yourself. Think about setting aside money as if you were earning a salary. The sooner you begin to do this, the more you will accumulate over time. Consider the following ideas:

- Automatically transfer a portion of your pay to a savings account through an allotment, direct deposit or an automatic transfer. That way, you may have less temptation to spend the money.
- Create an emergency fund. Experts recommend having at least three to six months of basic living expenses – enough to manage a crisis without borrowing money. The fund should be low-risk and liquid, so the money is available whenever you need it.
- When you begin setting aside money strive to save 10% to 15% of your monthly gross income. If you cannot afford this amount, allocate as much as you can. Even if you can only afford \$5.00 a month, the idea is to get started. If you wait until later in life, you will need to save more.
- Increase contributions when you can. For example, when you receive pay raises for years of service, promotions, federal income tax refunds or rebates, put that towards your saving goal.


Financial Freedom

On July 4th, 1776, the Declaration of Independence was adopted and the United States officially became its own nation. While we are celebrating the Independence of the country, let's also work towards Financial FREEDOM.

- F** - FINANCIALLY Free? What does it mean to you?
- R**- RESERVE Savings. Put money away for future expenses, emergencies and contingencies.
- E**- EVERY dollar has a name. Try zero- dollar budgeting by allocating money to specific bills, savings and investments.
- E** - ESTATE Plan. One goal of estate planning is to minimize taxes and debts so that your beneficiaries can keep more wealth.
- D**- DIVERSIFY your portfolio. Have different asset types and investment vehicles to reduce your portfolio risk.
- O** - OPPORTUNITY Cost. Review the value of what you may have to give up to get something else on your journey.
- M**- MAKE your money work for you! Don't lose out on the benefit of compounding interest!

As you explore what financial freedom means to you, reach out to your local Personal Financial Manager to help you along the journey.





Separation History and Physical (SHPE), Separation Health Assessment (SHA) and Mental Health Assessment (MHA)

Two of the Key Milestones that every separating or retiring Service Member must meet is the SHPE or SHA and the MHA.

A SHPE will be conducted at your military medical facility while a SHA is conducted, via the VA, using off-site providers.

These MUST be accomplished prior to reaching 90 days out from their final day on Active Duty. No more than 30 days prior to separation, there must be an administrative review and validation of the qualifying SHPE.

- 1) A SHPE up to 30 days prior to the date of separation from active duty requires no further documentation.
- 2) A SHPE up to 90 days prior to the date of separation from active duty must be validated as current not more than 30 days prior to the date of separation, consistent with separation processing procedures of the Military Department concerned.
- 3) When conducted by the VA, a separation exam up to 180 days prior to the date of separation from active duty is acceptable.
- 4) A DoD-performed physical examination may be accepted between 90 days and up to 12 months prior to the scheduled date of separation from active duty if it meets SHPE minimum standards, but a medical assessment must be completed no more than 30 days prior to separation from active duty.

To get more information regarding the SHPE visit: <https://health.mil/Reference-Center/Frequently-Asked-Questions/Separation-Health-Assessment>

You can also review the DoD guidance by downloading DoD Instruction 6040.46

Spouse Employment and Some of the “Perks”

Employment as a military spouse can be challenging, however managing a career is rewarding and a feat worth celebrating! Maybe you are a new spouse seeking employment or a seasoned spouse refreshing your knowledge on career readiness, we are here to help you! Let's explore some benefits that may help you manage your career as you navigate this journey.

- 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 under the Military Spouse Preference Program (this applies to active-duty status only.)
- 3) MILITARY SPOUSE PROFESSIONAL NETWORKS. Part of your network is prebuilt for you. No matter your location, you can be a part of a supportive community of like-minded spouses who understand the challenges of balancing a career with the demands of a military lifestyle. This can help you not only with networking, but with job fairs, volunteering and utilizing resources.

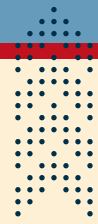
Would you like more information? Need more support? Resume help? Reach out to your local Fleet and Family Support Center that can help you navigate your journey through spousal employment.



Developing Basic College Skills

College students have an increase in personal responsibility. The academic workload increases, no set times to study, no one to tell you when to rest or sleep and so many new opportunities. In order to prepare for adjusting to college, take inventory on some essential skills you have or need to work on that will help you achieve success.

- **Good Study Habits:** Understand your learning style. In college, you must be a good listener, note taker and engage actively when studying the material. Do you retain information better from seeing, listening or doing? Maybe you are a multi-faceted learner and do well learning with all three. Once you figure that out, you can plan how you study accordingly and it can yield higher grades.
- **Time Management:** Going to college can be a full-time job so it's important to have good time management. Prepare a weekly schedule that includes time in class, studying, activities, work, meals and time with friends.
- **Money Management:** It is important to have experience independently handling money, using an ATM, reading a bank statement and learning to make responsible decisions about living on a budget.
- **Assertiveness:** Be assertive and learn to communicate in ways that does not allow others to take advantage of you. This skill is helpful when it comes to communicating with roommates, study groups and conflict resolution. It also requires learning and practicing the importance of developing healthy boundaries.
- **Self-Care:** Going away to college is the first taste of true independence. No one is making sure that you have enough sleep, a healthy diet or making decisions on your behalf. Eating well, getting plenty of sleep, exercising and avoiding risky behaviors are important steps to managing stress and keeping focused on succeeding in college.



Employment Options for Adults with a Disability

There are plenty of opportunities for adults with a disability to join the workforce. A variety of protections, employment options and assistance programs can help ensure a positive employment experience and equal opportunities in the workplace.

Employment protections for adults with a disability

There are several laws to safeguard adults with a disability in the workforce, including the Americans With Disabilities Act.

To ensure equal work opportunities for those with disabilities, the ADA requires employers with 15 or more employees to provide reasonable accommodations for otherwise qualified applicants with special needs. For more information and assistance, contact the [ADA National Network](#) at 800-949-4232.

Employers may not ask about limitations, so it's up to you to disclose that information and provide the necessary supporting documentation. Include any accommodations you need to help improve your job performance.

Reasonable accommodations are generally free or low-cost solutions that the employer can provide to remove barriers that may exclude someone from employment. If an accommodation imposes an undue hardship based on the difficulty or expense when compared to the size, financial resources, nature or structure of a business, employers are not required to provide it. For more information about accommodations, visit <https://askjan.org/>

Employment Assistance

Individuals with disabilities can find information and support through links to national, state and local employment assistance on the Office of Disability Employment Policy <https://www.dol.gov/agencies/odep> and on Military OneSource <https://www.militaryonesource.mil/>.

Check out our local Kings Bay Fleet and Family Job posting links below.

Kings Bay FFSC - LinkedIn page

<https://www.linkedin.com/company/fleet-and-family-support-center-kings-bay>



FFSC Kings Bay Job Posting - Facebook page.

[Kings Bay FFSC - LinkedIn page](#)

<https://www.linkedin.com/company/fleet-and-family-support-center-kings-bay>



EFMP Exceptional Family Member Program

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

**MILITARY
ONE
SOURCE**

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

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 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



RELOCATION

PCS with DPS
Every Thursday @ 3:00pm

Married to the Military 101
24 JUL 10:00am-12:00pm

CONUS Smooth Move
31 JUL 5:00pm-7:00pm

DEPLOYMENT

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

Staying Connected Through
Deployment
24 JUL 5:00pm-6:30pm

Predeployment 101
25 JUL 5:00pm-7:00pm

LIFE SKILLS

Stress Management 101
22 JUL 10:00am-11:30am

Closing the Time Warp: Time Management
24 JUL 2:00pm-3:30pm

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

Pre-Separation Counseling
10 JUL 10:00am-12:00pm

TAP (Separation)
15-19 JUL 7:00am-4:30pm

TAP (Retirement)
29 JUL-2 AUG 7:00am-4:30pm

Boots 2 Business
18-19 JUL 9:00am-4:30pm

TAP Too
24 JUL 9:00am-12:00pm

Federal Employment 101
10:00am-1:00pm

COUNSELING & ADVOCACY

Anger Management Intensive
Every Tuesday @ 1:00pm

STOP
Every Wednesday @ 1:00pm

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

Expectant Family Workshop
25 JUL 1:00pm-4:00pm

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

**REGISTRATION FOR
CLASSES IS REQUIRED.**

PERSONAL FINANCIAL MANAGEMENT

Continuation Pay and More!
24 JUL 2:00pm-4:00pm

Debt Destroyer
24 JUL 5:00pm-7:00pm

EXCEPTIONAL FAMILY MEMBER PROGRAM

EFMP 101
11 JUL 6:00pm-7:00pm

Meet & Greet Special Education Liaison
16 JUL 1:00pm & 5:00pm

SAPR PROGRAM

8-HR UVA Training
10 JUL 8:00am-4:30pm

OMBUDSMAN & FRG

Ombudsman Assembly
22 JUL 5:30pm

HAPPY ANNIVERSARY

July 16, 1979

