



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**

Preparing for Deployment

Roles and responsibilities change when preparing for deployment and can cause stress for Service Members and their families. We can provide classes and information to help reduce this stress to include:

- 1) The development of planning checklists that make the preparation for deployment manageable.
- 2) Assistance in creating pre or post deployment activities that strengthen and prepare families for periods of separation.
- 3) Guidance on how to improve or develop new communication strategies to maintain family bonds.

Call or email us for more information on a deployment planning workshop so that when you leave, you are the most prepared that you and your loved one can be.



*Ombudsman Appreciation Day is
September 14, 2024*

Thank your Ombudsman.



Dependent Care Flexible Spending Account (DCFSA)

Understanding the Dependent Care Flexible Spending Account Benefit. If you have dependents, you already know that dependent care can be expensive! The DCFSA is a benefit that may provide some relief for you or those you support. The Department of Defense implemented DCFSA's in 2024 to support families with expenses such as child care, preschool, elder care, summer camp and more.

Who is it for? DoD civilians, regular (active) component Service Members and Active Guard Reserve Members on Title 10 orders who have dependents with eligible expenses.

Open enrollment for the 2025 DCFSA is mid November thru mid December 2024. You can sign up during the annual Federal Benefits Open Enrollment Season or after experiencing a qualifying life event. Visit www.fsafeds.com for more information and to enroll.

Additional information is located at: <https://finred.usalearning.gov/Benefits/DCFSA> or www.fsafeds.com.



Money Habits

A habit is defined as a settled tendency or usual manner of behavior which tend to govern our lives. Habits can be positive, neutral or damaging. 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 we strive to develop each day. In honor of embarking on the 9th month of the year, please see the following 9 tips to help jump start positive Money Habits:

1. **Make SMART Goals...** gone are the days we make wishes. Start turning our wishes into actionable items by setting Specific, Measurable, Achievable, Realistic and Time-Bound Goals.
2. **Regularly review your finances.** Don't 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 buyers remorse.
5. **Avoid** emotional spending; remember, modern-day sales techniques attempt to get people to buy things that they do not necessarily need or want.
6. **Stick to the list.** Make the list, stick to the list. Only shopping for items on your list will help reduce the wasting money.
7. **Plan for your future.** While things may seem a long way away, giving your money time to grow helps you avoid making sacrifices in the future.
8. **Read** a personal financial article: Keep educating yourself.
9. **Visit** your Personal Financial Manager to help you navigate your goals and further your positive money habits.





The inTransition Program



The Defense Health Agency inTransition Program helps Service Members and Veterans connect to mental health care when going through a transition or when seeking care for the first time. This free and confidential program is available to Active-Duty, Veterans, Retirees and National Guard members.

The inTransition Program helps those who are:

- Relocating to another assignment
- Returning from deployment
- Transitioning from Active-Duty to Reserve Component or Reserve Component to Active-Duty
- Preparing to leave the military
- In need of a mental health provider for other reasons

To access this benefit visit:

<https://health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/inTransition>



Translation Services through Military OneSource

Military OneSource provides free translation and interpretation to ease stress for military personnel and families.

What services are available?

- Real-time help via telephone interpretation service
- Interpretation and document services for more than 150 languages
- Translations of birth certificates, transcripts, marriage and divorce documents
- Leases and employment-related documents

How does translation work?

Translators will certify, notarize and include a certificate of authenticity. Translations take two to three days if the document is under 5,000 words. More time is required to process longer documents. Medical documents, flyers, brochures that advertise installation events or family support programs do not qualify for translation. Military OneSource will direct you to the right people who can translate non-qualifying documents.

Contact 1-800-342-9647 for assistance. You may call collect if you are calling outside the United States or Canada and do not have access to the toll-free number. Make sure to have the document you need translated handy when you call.



Autism Care Demonstration

TRICARE covers clinically necessary and appropriate services for beneficiaries diagnosed with autism spectrum disorder (ASD). ASD affects essential human behaviors such as social interaction, the ability to communicate ideas and feelings, imagination and relationship formation. TRICARE covered services must be clinically necessary and appropriate. These services include occupational therapy, physical therapy, speech therapy, psychological services, psychological testing and prescription drugs.

Applied behavior analysis (ABA) services are a benefit covered under the TRICARE Comprehensive Autism Care Demonstration (ACD). This is separate from the TRICARE medical benefit that provides coverage of the medical services listed above. ABA services are a set of techniques based on behavior modification principles, like positive reinforcement, to increase or decrease targeted behaviors. ABA services can help develop skills like language and social interaction. These services can also help to decrease maladaptive behaviors. TRICARE covers clinically necessary and appropriate ABA services that target the core symptoms of ASD.

AUTISM CARE DEMONSTRATION ELIGIBILITY

ABA services are covered under the ACD for all qualifying family members of Active-Duty Service Members, Retirees and certain National Guard and Reserve members. To qualify, your child must also:

- Be enrolled in a TRICARE health plan.
- Be diagnosed with ASD by an approved ASD-diagnosing provider, such as a primary care manager, nurse practitioner, psychologist, a physician board certified or board eligible in developmental-behavioral pediatrics or provider that would otherwise meet TRICARE authorization as defined in the ACD policy.

If the child's sponsor is an Active Duty Service Member (unless waived in specific situations), the child must be enrolled in the Exceptional Family Member Program (EFMP) of the sponsor's service and be registered in the Extended Care Health Option (ECHO).

For more information <https://www.tricare.mil/autism>



Time Management for Kids

Teaching time management for kids is essential. Learning and practicing this can help them understand the value of time and set their priorities.

Here are a few tips:

- Help them create a schedule: Observe how they spend their time, analyze this and ask them to create a schedule that allocates time for studying, playing, spending time with friends, afterschool activities and sleep. When it comes to gadgets, set a time limit.
- Prioritize tasks: Help your child differentiate between tasks that need immediate action like homework and preparing for tests and tasks that can be done later. Adding deadlines to each task will help them finish on time. Setting deadlines and reviewing progress instills a sense of accountability.
- Avoid overscheduling: This can increase stress. If they are not given a chance to relax or "let loose", help them make changes so they can enjoy some down time.
- Reward them: Children are motivated by awards. Recognize and acknowledge their new skill of time management. Encourage them to do well. Rewards can be as simple as spending time with friends or engaging an activity they enjoy.





EXCEPTIONAL FAMILY RESOURCE FAIR

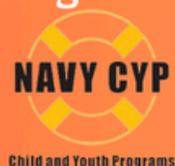
Make connections and educate yourself on disability services and resources available in your community.

This FREE event is your opportunity to ask questions and get the answers you need.

SATURDAY
14 SEPTEMBER
10:00AM-1:00PM



- ✓ Variety of Exhibitors with Valuable Resources
- ✓ Naval Submarine Base Kings Bay Youth Center, Bldg 0166
- ✓ For more information, Call 912-573-4513



Child and Youth Programs



TRI-BASE JOB FAIR

Open to all Active Duty Military, Veterans, National Guard and Reservists, Military Spouses and Military Family Members

Military ID, VA VHIC or DD-214 required for entry.

September 18, 2024
0900 - 1400

Adam W. Herbert
University Center
12000 Alumni Drive
Jacksonville, FL 32224-2620

National and local companies will be hiring!

Bring copies of your targeted resumes and come dressed for success!

For questions or a list of employers, contact: NSB Kings Bay Fleet and Family Support Center at 912-573-4513.



Sponsored by
Navy Fleet and Family Support Centers
NSB Kings Bay, NAS Jacksonville & NS Mayport





BELLS ACROSS AMERICA FOR FALLEN SERVICE MEMBERS

SEPTEMBER 26, 2024

10:00 A.M.- 11:00 A.M.

Tolling in Remembrance of Our Nation's Fallen

Join us as we pay tribute to the brave men and women who died in service to our nation and recognize the sacrifices of those who have been left behind.

**Naval Submarine Base, Kings Bay
Base Chapel**

For questions, call 912-573-4513.

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



Know Us Before You Need Us!

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

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

CONUS Smooth Move
5 SEP 2:00pm-4:00pm

DEPLOYMENT

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

Reintegrating with Family
16 SEP 12:00pm-1:30pm

MIND, BODY, MENTAL FITNESS

Stress Resilience
Mindfulness & Meditation
9 SEP 2:00pm-4:00pm

Living Core Values
Flexibility
16 SEP 2:00pm-4:00pm

Problem Solving
Connection
30 SEP 2:00pm-4:00pm

**REGISTRATION FOR
CLASSES IS REQUIRED.**

TRANSITION/EMPLOYMENT

Executive TAP
3-5 SEP 7:00am-4:30pm

Federal Employment 102
17 SEP 10:00am-11:30am

TAP Separation
23-27 SEP 7:00am-4:30pm

My Education
26-27 SEP 9:00am-4:30pm

COUNSELING & ADVOCACY

Anger Management Intensive
Every Tuesday @ 1:00pm

STOP
Every Wednesday @ 1:00pm

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

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

PERSONAL FINANCIAL MANAGEMENT

Car Buying
17 SEP 2:00pm-4:00pm

SAPR

SAPR 40-Hour UVA Training
9-13 SEP 8:00am-4:30pm

SAPR AUVA Training
17 SEP 8:30pm-12:30pm

OMBUDSMAN



*Ombudsman Appreciation Day
September 14, 2024*

*Have you thanked your
Ombudsman today?*

