

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**



LOOKING FOR A RESOURCE TO START A NEW CAREER OR RETURN TO WORKFORCE? THE MILITARY SPOUSE EMPLOYMENT PARTNERSHIP IS YOUR GO TO! THEY HAVE OVER 1,000 EMPLOYERS AND 400,000 JOBS!

<https://msepjobs.militaryonesource.mil/msep/>
<https://myseco.militaryonesource.mil/portal/msep/jobs>

THIS PROGRAM HAS BEEN IN PLACE SINCE 2011 AND HAS PROVIDED CAREER OPPORTUNITIES TO OVER 350,000 MILITARY SPOUSES!!!

Unlocking a Wonderful Summer: Essential Tips to Empower Children with Special Needs Through Transitions

Transitioning from School to Summer

The shift from a structured school schedule to the flexibility of summer can be challenging for many children, especially those with special needs. The lack of structure during the summer may lead to behavioral challenges as they adjust to new rhythms and expectations.

To ease this transition, it is essential to plan ahead. Create a visual schedule for the summer and display it in a central location such as the refrigerator. This provides consistency and helps your child anticipate daily activities. It is also helpful to discuss the schedule with your child regularly to ensure they understand what to expect.

Transitioning Between Summer Activities

Summer activities can be unpredictable. Some children attend part-time summer school, while others may go to camps that vary in duration or have different staff. These changes can be particularly difficult for children who rely on stability. To help your child manage, discuss any upcoming changes in advance. When starting a new activity, reassure them that it is temporary and provide a clear schedule to minimize uncertainty.

Transitioning from Summer Back to School

As summer ends, transitioning back to school is more predictable but still requires preparation. Mark key dates on the family calendar and involve your child in back-to-school preparations.

Visiting the school before the year starts can help your child get familiar with the environment, reducing anxiety and easing the adjustment.



May and the PCS Season

The month of blossoming flowers, which brings the pollen.

We celebrate moms and the beginning of PCS season, let's get haulin.'

Budgets are strained, by distance and strife,
As moves carve paths through financial life.

With every move, a monetary tide,
We must navigate waves where budgets collide.

There are entitlements, such as dislocation allowance, per diem, and TLE,
But that does not mean we can go on a shopping spree!

Ask yourself questions, to rent or to buy?
How's my credit? Pull that free report. Don't be shy.

Save as much as you can for today and tomorrow,
No need for unexpected expenses to cause you sorrow.

Know your rights under the SCRA,
this law may help keep unwanted finances at bay!

Project out those moving and change of location expenses,
In some areas the cost of milk makes you lose your senses.

There is a lot of information, and this is just the beginning,

Schedule a meeting with your local Personal Financial Manager (PFM) to keep WINNING.



Your Military Retirement



The key components in planning for your retirement is the decision on when and knowing what your plan offers.

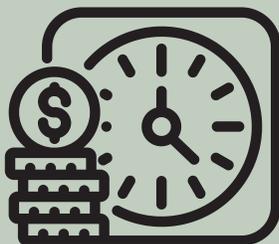
Retirement planning is a journey, and the outcome heavily depends on the choices you make with your career and income.

- The Thrift Savings Plan (TSP) is available to all Service Members. Learn the difference between Traditional and Roth TSP and determine which is right for you. Spend time discussing your options with your family and make sure your contributions, matching funds and incentives or bonuses complement your financial goals.
- If you are married, maximize your retirement savings as a couple and create security for a nonworking spouse by contributing to individual IRAs. Nonworking spouses can have their own retirement funds through a spouse-funded IRA, sometimes called a spousal IRA.
- It is easy to get stuck in the now; early planning, is the key to being prepared for your military retirement.

Are you prepared to retire now?

High-3 Military retirement

- Under the High 3 retirement system, a Service Member will get an average of their highest 3 years of base pay.
- Example: The difference for a Chief retiring at 20 years vs at 24 years?
- At 20 years a Chief will get 50% of base pay. (i.e., monthly est. \$3,008 gross).
- At 24 years they will get 60% of base pay. (i.e., monthly est. \$3,813 gross).



Blended Retirement System (BRS)

- Under the BRS 3 retirement system, a Service Member will get an average of their highest 3 years of base pay.
- Example: The difference for a Chief retiring at 20 years vs at 24 years?
- At 20 years a Chief will get 40% of base pay. (i.e., monthly est. \$2,406 gross).
- At 24 years they will get 48% of base pay. (i.e., monthly est. \$3,050 gross).

Single Sailor Deployment Readiness

Deployments are just as demanding for single sailors as they are for those with partners. They will have relationships to maintain, finances to safeguard and personal goals to continuously work on. Here are a few tips.

- Communication: Let your friends and family know there are avenues for communication, but they will be limited. Discuss OPSEC with them.
- Financial Planning for Deployment: Get your financial affairs in order before deployment. Develop a spending plan that addresses how your bills will get paid while keeping your identity safe.
- Goal Setting: Are you able to continue working on them while on deployment? The time you have to work on your goals when deployed will be different. This process is easier when your goals are SMART:

Specific, **M**easurable, **A**chievable, **R**elevant and **T**ime bound.

Want to learn more? Stop by FFSC to get your Single Sailor Deployment Checklist.



You Are Not Alone...

An estimated 1 in 5 adults experience a mental health-disorder each year. Many of these conditions are treatable, but many suffer in silence because of stigma and shame. The Department of Defense prioritizes the mental well-being of our Service Members and families year-round.

Mentally, physically and spiritually healthy Service Members, civilians and families are critical to mission success. Asking for help is a sign of strength, and the DoD strives to create a culture where individuals feel empowered to reach out for the support they need.

You can find help by contacting Chaplain Services at 912-573-4501, Fleet and Family Support Center (FFSC) at 912-573-4512, virtual clinical counseling at 855-205-6749 or you can reach out to a medical provider through the Military Treatment Facility at 904-545-6351.

Military OneSource services are accessible 24/7. Service Members and family members can call Military OneSource at 800-342-9647 or go to <http://militaryonesource.mil>.

The Military Crisis Line is available 24/7 (dial 988 then press 1 or call 1-800-273-TALK, press 1 or text 838255) to receive assistance.

If you or someone you know is struggling or in a crisis, help is available. Together, we can foster a community that values and supports mental health.



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



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 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
21 MAY 2:00pm-4:00pm

LIFE SKILLS

Bridging the Generation Gap
14 MAY 10:00am-12:00pm

INTEGRATED PRIMARY PREVENTION WORKFORCE (IPPW)

Suicide Prevention Coordinator Forum
15 MAY 9:30am-11:00am



**REGISTRATION FOR
CLASSES IS REQUIRED.**

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

Federal Employment 101:
Navigating Federal Jobs
7 MAY 10:00am-11:30am

Federal Employment 102:
Federal Resumé Writing
8 MAY 10:30am-12:00pm

Separation TAP
19-23 MAY 7:00am-4:30pm

MY Education
22-23 MAY 9:00am-4:30pm

Executive TAP
27-29 MAY 7:00am-4:30pm

COUNSELING & ADVOCACY

Anger Management Intensive
Every Tuesday @ 1:00pm

Women's STOP
Every Tuesday at 10:00am

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

PERSONAL FINANCIAL MANAGEMENT

Be Financially Prepared for Disasters
14 MAY 2:00pm-4:00pm

EFMP

EFMP POC Training
7 MAY 10:00am-11:00am

EFMP POC Forum
7 MAY 11:00am-12:00pm

DEPLOYMENT

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

Single and Squared
Away for Deployment
13 MAY 2:30pm-4:00pm

OMBUDSMAN/FRG

FRG Basic Training
3-4 MAY 9:00am-4:00pm

Ombudsman Assembly
19 MAY 5:30pm

