



TABLE OF CONTENTS

- Combat Operational Stress
- Operation Purple Camp
- IA Families Attend Children's Concert
- Free Credit Report
- Operation Military Child Care
- Disabled American Veterans
- Virtual Programs

Combat Operational Stress

Many family members worry that their Sailor will experience severe stress that will change him or her forever as a result of serving in a combat zone. The following chart shows the continuum of combat and operational stress.

Sailors are *ready* when they are trained, are confident in their leadership and their families are prepared. Sailors may *react* to their environment or mission and need mental or physical first aid. Service members may become *injured* through experiencing or hearing about a traumatic event, being repeatedly exposed to traumatic events, losing colleagues and struggling with their role in combat. And finally, service members can become *ill* from their combat experience. Fortunately, most Sailors are serving in support roles and help is readily available. For example, Chaplains and medical personnel are embedded with military units and ready to assist.

Combat Operational Stress Continuum



COSC Common Stress Symptoms for Families

READY	REACTING	INJURED	ILL
<ul style="list-style-type: none"> • Confident and competent • Getting the job done • In control of emotions • Sense of humor • Sleeping enough • Eating well • Working out, staying fit • Playing well • Active socially • Coping well • Functioning well in school, at work and home • Relating well with Marine 	<ul style="list-style-type: none"> • Anxious, irritable, short tempered • Fighting, tantrums, opposition • Unusual sadness or crying • Trouble sleeping • Aches and pains • Eating too much or too little • Loss of interest • Keeping to self, not socializing • Negative, pessimistic • Loss of confidence • Developmental regression • Problems with school or work performance • Communication breakdown 	<ul style="list-style-type: none"> • Persistent sadness or irritability • Can't fall or stay asleep • Persistent loss of appetite • Social avoidance or isolation • Inability to enjoy activities • Severe misbehavior • Persistent aches and pains • Severe deterioration of school or work performance • Misuse of alcohol or drugs or other addictive behavior • Other significant symptoms of depression anxiety, or misconduct 	<ul style="list-style-type: none"> • Stress injury symptoms that persist • Symptoms that get <u>worse</u> over time instead of better • Symptoms that get better for awhile but then come back worse • Suicidal or homicidal behavior
Responds to Self Help		Needs Professional Help	

Did you realize that combat operational stress can impact you as well even though you are no where near a combat zone? It's important to *ready* yourself for deployment and to stay ready. When you notice that you may be beginning to *react* make additional efforts at self-care. If you are struggling with the deployment don't hesitate to seek help. Remember that it's much easier to fix a minor problem before it balloons into a major one. For more information about combat operational stress contact your local Fleet and Family Support Center, chaplain, doctor or www.militaryonesource.org

From Combat Operational Stress Control: The Family Dynamic 2009 Professional Development Training Course.



How Does IA Gram 3 Affect You?

By Doreen Scott, CNIC Program Analyst

The December 2008 edition of *Family Connections* talked about IA Gram 3 and what it means to IA Sailors and their families. But what does that really mean for you in day-to-day living? Let's take a few of the highlights of the Parent Command responsibilities and put them into perspective for how you may personally be affected.

Provide family support through the ombudsman or Family Readiness Group (FRG).

The ombudsman from any command that has an IA Sailor receives the contact information for that Sailor's spouse, or anyone else they have designated to receive support. She or he will call you at least once a month to check in and ensure that all is well. The ombudsman may encourage you to join the FRG or help to identify other resources that may interest you and your family. The purpose of this monthly call is to reassure you that you are not alone during this unconventional deployment and to ensure that you have a comfort level with the command if you ever need or desire assistance.

Provide accounting of and evacuation orders for families during a disaster. Imagine that a hurricane is forecast to hit your area while your Sailor is deployed. The command will make sure that you receive the same evacuation support that every spouse receives. You will not be alone as you decide the best plan of action for your family.

Make periodic contact with families at all times while the member is preparing for, in theatre, or returning from an IA assignment. Each command now has a Command Individual Augmentee Coordinator (CIAC). The CIAC's role is to be the central point of contact for you and your Sailor during an IA deployment. They will track your contact information, pre-deployment briefs and Return and Reunion briefs, and any contact that is made to you by them or the command ombudsman. This may mean that you receive several calls every month. Please don't look at these as a nuisance, but as a promise that you have support available should you need it.

As much as it's important for the Parent Command to stay in touch with you, it's equally important for you to stay in touch with your Parent Command. If you plan to go out of town for an extended period, please let the command ombudsman or CIAC know, along with a phone number where you can be reached. In case of a disaster of any kind, it's important for the command to have a full and complete accounting of all personnel and family members. For more information on IA Grams and IA support, visit the US Fleet Forces Command Web site at www.ia.navy.mil.

Operation Purple Camp



Registration for the popular Operation Purple Summer Camp Program will soon begin.

Operation Purple Camp was created in 2004 to help military children struggling with having a parent deployed. Any military child can apply; however, priority is given to those children who have a parent/guardian or family household member deployed. *Deployment* is defined loosely as it is recognized that TAD and travel can often take service members away from family for significant periods of time. Details on how to register and the necessary forms to apply for camp are available at www.operationpurple.org. Click on the applicable state for camp registration, application, and contact information.



IA Families Attend Children's Concert

by Stephanie Hunter, Naval District Washington

Kids' Inaugural: We Are the Future, was a concert celebration held on January 19, 2009, at the Verizon Center in Washington, DC. The concert honored military families and was hosted by Mrs. Michelle Obama, Dr. Jill Biden and their families.



Annie & Emily Shipley

A number of families from the Annapolis area were able to attend. It was a once in a lifetime opportunity for the families to meet the First Lady and the Vice President's wife, plus see their favorite entertainers perform. The event was an opportunity for them to show their appreciation for the sacrifices made by service members and their families.

Michele Shipley, an IA spouse, was able to attend the concert with her two girls, Annie, 9 and Emily, 7. Michele said, *"The girls had a GREAT time (and I did, too). Mrs. Obama, Dr. Biden and some of the guest speakers acknowledged the military families and said that they were just as special as the men and women who serve and that really made the girls feel good about themselves — getting to see some of their favorite performers was just icing on the cake!"*

The Presidential Inaugural Committee lined up high energy musical performers to appeal to a youthful audience; Jonas Brothers, Miley Cyrus, Demi Lovato, Bow Wow, Billy Ray Cyrus, Keke Palmer, Usher Raymond IV, and 13-year-old Perry Ruben, daughter of entertainment reporter Sam Ruben, was the special backstage correspondent.

Free Credit Report

The Fair Credit Reporting Act requires each of the nationwide consumer reporting companies, Equifax, Experian, and TransUnion, to provide a free copy of your credit report upon request once every twelve months. The Federal Trade Commission (FTC), the nation's consumer protection agency, reminds consumers that there is only one authorized website for your free annual credit report: www.annualcreditreport.com. Many other websites claim to offer "free credit reports", "free credit scores", or "free credit monitoring." Be careful. These sites are not part of the official annual free credit report program.

Note: You will have to pay for your credit scores, which generally run about \$8. Checking your credit report is something that should be done every year, for the rest of your life. Nearly one-third of all credit reports have errors on them.



The Expeditionary Combat Readiness Center provides information and support to IA Sailors and their families. Contact them at:

ECRC IA FAMILY HELPDESK
ecrc.fs.fct@navy.mil

ECRC IA WEBSITE
www.ecrc.navy.mil

ECRC IA HELPDESK
ecrc.hq.fct@navy.mil

For **EMERGENCIES**
 Staff Duty Officer (757) 763-8640
 24 HR Toll Free Family Hotline
 1-877-364-4302



Operation Military Child Care



Operation Military Child Care is a Department of Defense initiative to support child care needs of military parents who are activated or deployed. Active duty families who are unable to access care on military installations are eligible during the deployment period and for 60 days after the return of the military parent.

This initiative helps eligible military families locate and subsidize affordable child care in local communities. Military families who are using licensed/legally operating community-based child care programs and providers pay reduced fees.

Child care costs often increase when your Sailor is deployed. This subsidy program can be used if you are employed or looking for work, going to school or have special medical needs. For more information contact the National Association of Child Care Resource and Referral Agencies at 800-424-2246 or visit their web site at www.naccrra.org/MilitaryPrograms/navy.php.

Disabled American Veterans

As a military family member you may be asked about services available to service members and their families in your community. One such service is the Disabled American Veterans (DAV) which has over 1.2 million members throughout the country. DAV is a non-profit 501(c)(4) charity dedicated to building better lives for America's disabled veterans and their families.

The DAV was founded in 1920 by disabled veterans returning from World War I to represent their unique interests. In 1932, the DAV was congressionally chartered as the official voice of the nation's wartime disabled veterans.

DAV employs 260 National Service Officers (NSO) who represents veterans and their families with claims for benefits from the Department of Veterans Affairs, the Department of Defense and other government agencies. Veterans need not be DAV members to take advantage of this assistance, which is provided free of charge.

NSOs function as attorneys-in-fact, assisting veterans and their families in filing claims for VA disability compensation and pension; vocational rehabilitation and employment; education; home loan guaranty; life insurance; death benefits; and health care. They provide information seminars, counseling and community outreach. NSOs also represent veterans and active duty military personnel before Discharge Review Boards, Boards for Correction of Military Records, Physical Evaluation Boards and other official panels. Annually, the DAV represents more than 200,000 veterans and their dependents with claims for benefits from the [Department of Veterans Affairs](#) and [Department of Defense](#).

The DAV's [Voluntary Services](#) Program operates a network of volunteers who provide veterans free rides to and from VA medical facilities and improve care and morale for sick and disabled veterans. To learn more about the DAV go to www.dav.org.

Virtual Programs

Fleet and Family Support virtual family support Webinars will be back soon. Until then, if you need support or someone to talk with don't hesitate to contact your local FFSC. To find out more, go to www.ffsp.navy.mil. They will happily talk with you via telephone or e-mail.

