



OMBUDSMAN NEWSLETTER

A newsletter for NMCS D families

Naval Medical Center San Diego

May 2012

Ombudsman Corner



Military Spouse Appreciation Month

Take a bow, military spouses, because this month is all about you! It's often said that spouses have one of the toughest jobs in the military. Over the years military spouses have transitioned from "the silent ranks" to informed, empowered individuals who are getting credit for their strength and sacrifice.

The Naval Medical Center Ombudsman would like to thank all military spouses for their selfless support and contributions to all service members of every branch! As always we are here to support you and continue to offer our assistance whenever you need it. Please continue to reach out to all available resources and chains of support to remain resilient and strong in all aspects.

For more on Military Spouse Appreciation Month click below!

<http://www.militaryonesource.mil/MOS/f?p=MOSNEWS:ARTICLE:0:::MONTH,YEAR,COHE,PAGE:May,2012,266505,2>

INTERESTED IN VOLUNTEERING AS AN OMBUDSMAN?

The Command is currently looking to add to the Ombudsman Team. If you are interested in becoming part of the NMCS D Command Ombudsman team, please email Alexandria Warren at nmcsd_ombudsman1@yahoo.com with NMCS D TEAM in the subject line.

POINT OF CONTACT INFORMATION FOR COMMAND OMBUDSMAN-



Mrs. Alexandria Warren
(619) 921-1168

Email: nmcsd_ombudsman1@yahoo.com



Mrs. Xandi Downing
(619) 602-9474

Email: nmcsd_ombudsman2@yahoo.com

Routine call hours are from 0800-1700 and emergencies are taken at anytime! Please leave your name and contact information if we are not immediately available and we will contact you ASAP. We look forward to serving you!



HAVE A SAFE MEMORIAL DAY WEEKEND!

Spotlight on Mental Health Awareness

May is Mental Health Awareness Month, the designated month to raise awareness about the importance of mental health and to help reduce the stigma associated with mental illness through education and outreach.

Although mental health professionals define mental illness and mental health differently, it is important to know that, if left untreated, mental illness may result in extensive problems and lead to dysfunction in many areas of a person's life. If you or someone you know is suffering from depression, anxiety, or other mental distress, take action by talking to a medical professional.

Recommended Resources

If you need assistance with improving your overall well-being, or just need some guidance for dealing with the stressors of military family life, resources are available:

Military OneSource Health and Wellness Coaching Programs— a free resource for eligible individuals whose goal is to improve their health and overall well-being. Sessions are conducted online or via telephone. Areas of focus for coaching include weight management, fitness and nutrition, health condition management, and stress management. Coaching is also available to address transitions such as lifestyle changes, deployment, moving, becoming a new parent, or retirement. Visit [Military OneSource](#) for more information.

Military OneSource Specialty Consultations—provides one hour consultations, up to twelve times a year, with a Special Needs Specialty Consultant. The consultant will assess your family's needs and answer your questions about moving benefits, education, finances, housing, support groups, medical resources, and more. To schedule a consultation, call Military OneSource at 1 (800) 342-9647 and ask for an appointment with a Special Needs Specialty Consultant.

Substance Abuse and Mental Health Services Administration (SAMHSA)—a comprehensive resource for information and support related to substance abuse and mental health services; as well as information about programs and initiatives to reduce the impact of substance abuse and mental illness on America's communities. Visit [SAMHSA](#) for more information.

Content Source: Centers for Disease Control and Prevention, National Institute of Mental Health, and Military OneSource

Parenting Tip of the Week - Researching New Schools

As you prepare for a Permanent Change of Station (PCS), researching schools for your children is inevitably on your "to do" list. Careful planning is a must whether you're choosing a public or private school or homeschooling and whether or not you are paying tuition. Here are four steps for selecting the school that is right for your children:

1. **Consider your child and your family.** Start your search by thinking about what you want a school to do for your child.
2. **Gather information about schools.** You can find reliable school information at the [National Center for Education Statistics website](#).
3. **Visit and observe schools.** Contact the schools you are interested in and make an appointment for a visit. If possible, tour the schools during regular school hours and visit a few classes.
4. **Apply to the schools you choose.** You'll want to begin this process as early as possible to ensure you meet all the deadlines.

CAMPS FOR MILITARY TEENS

Purdue University in partnership with the Office of the Secretary of Defense Military Community and Family Policy announced today the locations of the 2012 Extension-Military High Adventure Camps. Would you like to spend time whitewater rafting, hiking, rock climbing, winter camping, backpacking, mountain biking, exploring the environment, running ropes courses, geo-caching, or practicing wilderness skills? What if you could do these activities with other military youth just like you?

Military teens (14-18 years old) will have an opportunity to participate in adventure camps scheduled April 2012 through March 2013. These high energy, high adventure, and high experience camps are planned across the United States from Alaska to Maine and from Colorado to Georgia as well as states in between. There are even opportunities for military teens in the Pacific Rim. This is the perfect chance for you to experience the outdoors as you never have before! Each camp offers a unique outdoor experience that will allow you to build your leadership, self-confidence, and teamwork skills while participating in activities like camp cooking and archery. Camps have funding available to assist with transportation costs. Camps for youth with special needs (mental, physical, and emotional) are also planned in California, Ohio, and New Hampshire. There is something for everyone!

For more information and how to register, visit http://www.extension.purdue.edu/Adventure_camps/. Go to the link for the camp of your choice to learn more about that opportunity and that camp's specific registration information. If you have questions about a particular camp, contact the person listed for each camp opportunity.

CHECK OUT YOUR LOCAL MWR LINK FOR FUN ACTIVITIES AND EVENTS!



<http://mwrtoday.com/sandiego/about/nltw/>



TRICARE DENTAL PROGRAM

<http://www.tricare.mil/mybenefit/home/Dental/DentalProgram?>

Browse the site for new information regarding dental program changes or call: 1-855-638-8371



N@VY KNOWLEDGE ONLINE

CAREER MANAGEMENT

Ctrl click below!

- ❖ [DON Civilian Human Resources](#)

- ❖ [NMFA-Spouse Employment](#)

- [Navy Career Tools](#)

- ❖ [Military Spouse Career Center](#)

- ❖ [Military Spouse Employment](#)

WHAT CAN I FIND AT N@VY KNOWLEDGE ONLINE?

The **Navy Family Community** teaches Sailors and their families about the many programs, services, and benefits available within the military community. For example:

- * **Deployment Readiness and Deployment Support**
- * **Individual Augmentee Family Support**
- * **Navy Family Accountability and Assessment System (NFAAS)**
- * **Operation Prepare - Be Informed, Have a Plan, Make a Kit**
- * **Connect with other spouses and Ombudsmen on SpouseNET and Ombudsmen Forum**
- * **Commander, Navy Installations Command**
- * **Fleet and Family Support Center**
- * **US Fleet Forces IA Sailor/Family Support**

Operational Stress Control

"OSC is designed to help Sailors and Families recognize the signs of chronic stress and offer actions to improve psychological health, building resilience and a strong Navy family."

Homeport Information

MilitaryHOMEFRONT is the official Department of Defense web site for reliable Quality of Life information designed to help troops and their families, leaders and service providers.

<https://wwa.nko.navy.mil/portal/home>

Leadership Spouse Corner: Michelle Faison



OAKLEAF CLUB OF SAN DIEGO

Serving the Spouses of the Officers in the Medical, Dental, Medical Service and Nurse Corps and the Spouses of other Officers attached to the Naval Medical Center who are Regular, Retired, or Reserve on full-time active duty, and widows of such Officers in the San Diego area. The Oakleaf Club carries on the banner of the oldest service club in the San Diego area.



We are a club that strives to nurture lasting friendships among members to promote esprit de corps within Navy Medicine by providing a forum for social activities, educational programs, and participation in charitable programs. Our monthly activities include gatherings for a variety of interests including children's playgroup, book clubs, Bunco, lunches out, as well as other new activities at the request of our members. We hold two fundraising bake sales a year to fund our scholarship, and also have other fundraising events to purchase items needed in clinics for patients comfort at the hospital that are not provided by the government (colorful bandaids for kids, toothbrushes, coloring books, toys for waiting rooms, etc). Please check us out on Facebook under "Oakleaf Club of San Diego" for up-to-date information on activities and news!

Ombudsman. Your ombudsmen serve as a direct link between you and the command. This position is staffed by volunteers, many of whom are military family members. In addition to information, these individuals provide support for families of deployed service members and can provide assistance to families in coping with personal matters while service members are away. We have two Ombudsmen: **Mrs. Xandi Downing** (619) 602-9474 and **Mrs. Alex Warren** (619) 921-1168. They report directly to me so I can quickly engage and help if needed.

Chaplains. NMCS D chaplains can help families to ensure that they are prepared and supported spiritually, emotionally, and socially. In times of personal, emotional and marital difficulties, chaplains can provide counseling to help service members and their families work through their problems. Chaplains have a deep understanding of the military lifestyle and the challenges that arise for families during a deployment. They also have a wealth of information regarding resources available to support service members and their families both on and off base. Our Chaplain is **CAPT Robert McClanahan Jr.** He can be reached at (619) 532-6025.

Fleet and Family Support Center. Family centers provide assistance to service members and their families to help support them in meeting the unique demands of the military lifestyle. Family centers provide assistance before, during, and after a deployment through mobilization and deployment assistance, information and referral, personal financial management, employment assistance for spouses, the coordination of volunteer opportunities, relocation assistance, community outreach, family life education, and crisis assistance. Service members and families are eligible to receive services from any family center, regardless of branch of Service or the branch of Service of the family center. The Fleet and Family Support Center is located at Naval Base San Diego. Their hours are 0730-1630, Monday – Friday, and they can be contacted at (619)556-7404. Their website is: <https://www.cnic.navy.mil/SanDiego/FleetAndFamilyReadiness/index.htm?ssSourceSiteId=CNRSW>

Morale, Welfare, and Recreation. While your loved one is deployed, it is important that you and your family take care of yourselves and take time to relax. Through the Morale, Welfare, and Recreation (MWR) programs, a number of recreational outlets for families are available that can be a great way to burn off stress. Typical recreational opportunities on include gymnasiums, intramural and youth sports, bowling, swimming pools, libraries, sports facilities, parks and picnic areas, outdoor recreation equipment check out, youth centers, theaters, and automotive and crafts shops. Our MWR program is located in Bldg. 26 and can be contacted at 619-532-7245. The website for the Navy Region Southwest MWR is: <http://mwrtoday.com/sandiego/>

Armed Services YMCA. The ASYMCA works with the Department of Defense (DoD) to provide a number of programs and services including home visit counseling and crisis counseling. They are located on the NMCS D campus in Bldg 1 on the Ground floor across from the barbershop. Their hours are 0800-1700, Monday-Friday, and their number is (619) 532-8156.

American Red Cross. The American Red Cross offers confidential counseling, guidance, information, referrals, and other social services to all military personnel (active duty, National Guard, and Reserves) and their families. They are located on the NMCS D campus in Bldg 1 on the Ground floor across from the barbershop and their number is 619-532-8165.