An Ombudsman is an appointed representative of the Commanding Officer that serves as an information link between command leadership and Navy families."

I am an Official Command Representative and a point of contact for family members connected to COMOPTEVFOR. As an Ombudsman, I help the Commanding Officer gain insight on the pulse of family members and issues of concern. I disseminate information both up and down the chain of command, including official Navy and command information. I can provide resource referrals when needed that are instrumental in resolving family issues before the issues require extensive command attention. Remember: Family Readiness = Mission Readiness.

**WHAT I CAN DO:**
I act as an advocate for the command families using knowledge of the system. I provide access the appropriate level of the chain of command for necessary intervention, forward suitable requests or grievances, and assist during a crisis or disaster all while maintaining strict confidentiality.

Below are a few examples of when to call an Ombudsman.

<table>
<thead>
<tr>
<th>Resource &amp; Referral</th>
<th>Red Cross Messages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Death in the Family</td>
<td>Financial Matters</td>
</tr>
<tr>
<td>At Risk Pregnancy</td>
<td>Births</td>
</tr>
<tr>
<td>Hospitalizations</td>
<td>POC During Crisis or Disaster</td>
</tr>
</tbody>
</table>

**WHAT I DON’T DO:**
I am not a mediator and DO NOT get involved in chain-of-command matters. I AM NOT a counselor, social worker, or a babysitting service, but I do know where you can find one.

While it is part of the Ombudsmen Code of Ethics to maintain confidentiality, there are four instances listed below that require immediate action and must be reported to the Commanding Officer.

1. Known or suspected child abuse/neglect
2. Known or alleged spouse abuse
3. Suspected/potential homicides, violence, or life endangering situations of yourself or others
4. All suspected/potential suicidal risks

The Ombudsman is a vital link between the Command and Navy families. In broader terms, the Navy family is made up of all active-duty and selected reserve Navy members, including single and married service members, their family members, the service member’s parents, siblings, and others at the discretion of the Commanding Officer.

I have twelve years of experience as an Ombudsman and have received extensive training, allowing me to assist families in times of crisis and emergency. I am able to direct you in your course of action and contact the command if necessary should you experience an emergency.

I can be reached via cell phone and email which are both listed below. If you are new to the command - Welcome Aboard! Please contact me so that I can add you to the Ombudsman recall roster. This will enable you to receive command updates and other information of importance to Navy families. If you have been onboard for a while and you are not receiving information from me via email, I ask that you contact me so I can update my records.

I hope you enjoy your tour with COMOPTEVFOR. If I can ever be of assistance to you, please don’t hesitate to call.

**DON’T WAIT FOR AN EMERGENCY TO GET TO KNOW YOUR OMBUDSMAN!**

Command Ombudsman
Cell: 757-323-2133
Email: cotf.ombudsman@gmail.com