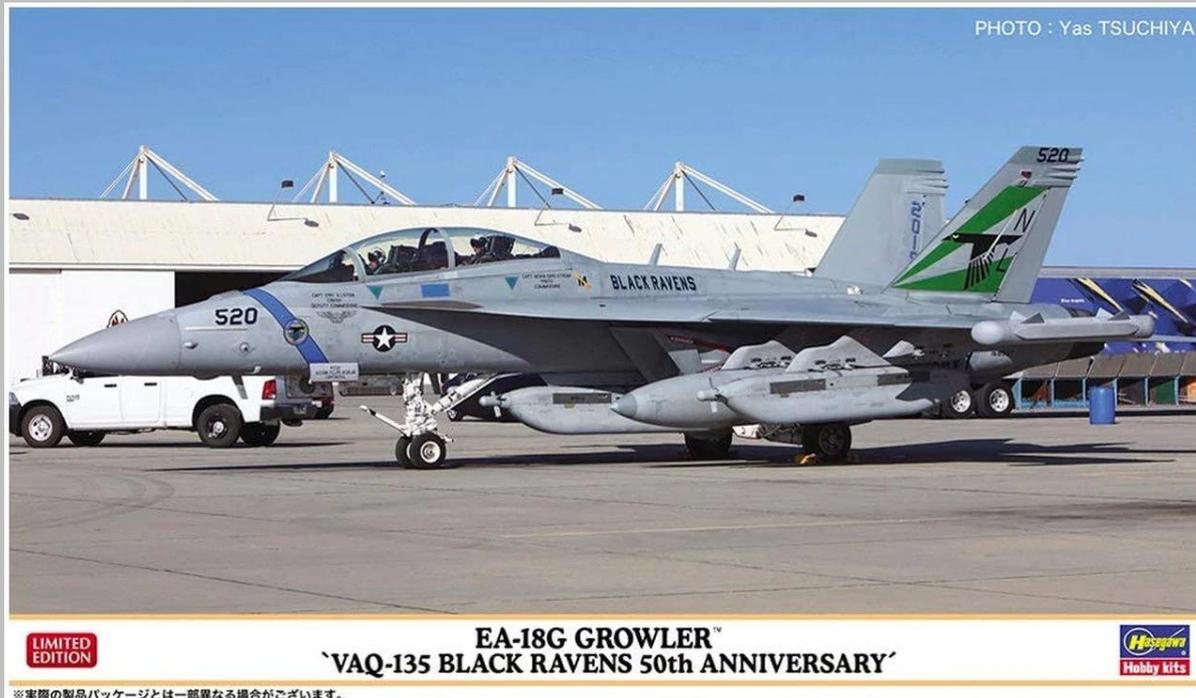


Opening Remarks

Commanding Officer
CDR N. L. Mollenhauer

Executive Officer
CDR M. Rodgers



VAQ-135 Ombudsman

Ombudsman

Email: VAQ135Ombudsman@gmail.com

Facebook: VAQ-135 Ombudsman

<https://www.facebook.com/groups/837847076289774/>

Phone: 360-632-8315



American Red Cross

- Can facilitate emergency financial assistance – a grant or loan.
- **Emergency Communication**
Be prepared to provide:
 - Full legal name
 - Rank/Rating
 - Branch of Service
 - SSN and DOB
 - Unit Address
 - Info about the deployed unit and home base
 - Info about the emergency

www.redcross.org

1-877-272-7337

Download their Hero Care App
Or

Text: “getherocare” to 90999



FOCUS

Families OverComing Under Stress

- Provides family-level resilience training to military families & couples
- Teaches FAMILIES and COUPLES the five core FOCUS skills through the creation of a shared family story
 - Managing Feelings
 - Communication
 - Goal Setting
 - Problem Solving
 - Managing deployment and stress reminders
- Confidential with family friendly hours
- TeleFOCUS option via Video TeleConferencing
- Contact us:
Georgette Anglum, LMFTA, Resilience Trainer
 - Phone: 360.257.8043
 - Email: gangler@focusproject.org
 - Website: Focusproject.org



F★O★C★U★S

I'm on deployment, what if my spouse needs help?

FINANCIAL

- **NMCRS Pre-Authorization**
Stored securely in our office in the event your spouse needs financial assistance.
- **Power of Attorney**
Must include power to start allotments from military pay.
- **Email from “.mil” address**
Written permission from you allowing us to assist.

NON-FINANCIAL

- **Budget 4 Baby**
- **Uniform / Thrift Shop**
- **Visiting Nurse**
- **Financial Budgeting**
- **Resource Referrals**

Seaplane Base Bldg 13
360-257-2728





LEGAL ASSISTANCE NASWI

○ LOCATION:

- 1045 Midway Street, BLDG 2739
RM 112
- **LOBBY CURRENTLY CLOSED
/ CALL FOR ASSISTANCE**

○ HOURS:

- Monday-Thursday 0730-1600
- Friday 0730-1200

○ PHONE:

- (360) 257-2126
- (360) 257-2127

SERVICES OFFERED:

- POWERS OF ATTORNEY
 - WILLS
- LANDLORD/TENANT SERVICES
- STEP-PARENT ADOPTION
 - IMMIGRATION
 - CREDITOR/DEBTOR SERVICES
- DIVORCE/CUSTODY

Religious Ministry Team



LCDR Andrew J. Hayler

RP2 Robert C. Crowley

Hangar 5, room 345
360-257-4176/1885

Duty Chaplain Phone
360-914-7938



Religious Ministry Team

CORE CAPABILITIES

CVWP Command Religious Program (CRP) exists to provide religious ministry to all CVWP units and personnel, and readiness to deploying squadrons.

~ **Provide** and **Facilitate** religious ministry for all CVWP squadrons, ensuring that all personnel are permitted access to the free exercise of religion.

~ **Care** for Sailors, spouses and all authorized personnel, regardless of their religious convictions or beliefs (or those of the Chaplain).

~ **Advise** the Commanding Officer in all matters pertaining to Religious, Spiritual, Ethical and Moral issues.



The
Fleet & Family Support
Center

Deployment Readiness



Black Ravens Pre-Deployment Brief

Shelby Bassett
Sarah Hogue
Yvonne Williford
Fleet & Family Support Center

Sides of Deployment



Practical

Finances

Paperwork

Household

Transportation



Emotional

Communication

Companionship

Parenting

Adapting

Agenda



1

10 Keys to Success

2

**Practical and Emotional
Readiness**

3

Helpful Resources

Deployment Keys to Success

1 ID Cards (update DEERS)

2 Power of attorney (Region Legal Service Office)

3 Service member's full deployment address

4 Navy Family Accountability and Assessment System

5 Beneficiary information (update SGLI)

Deployment Keys to Success

6 Command Ombudsman

7 Page Two (Emergency Data Form)

8 Spending plan (CFS or FFSC)

9 A will (Region Legal Service Office)

10 Support system (your go-to person or resource)

Deployment Checklists



Deployment Support Handbook



Single Service members

Couples

Parents

Family Care Plan



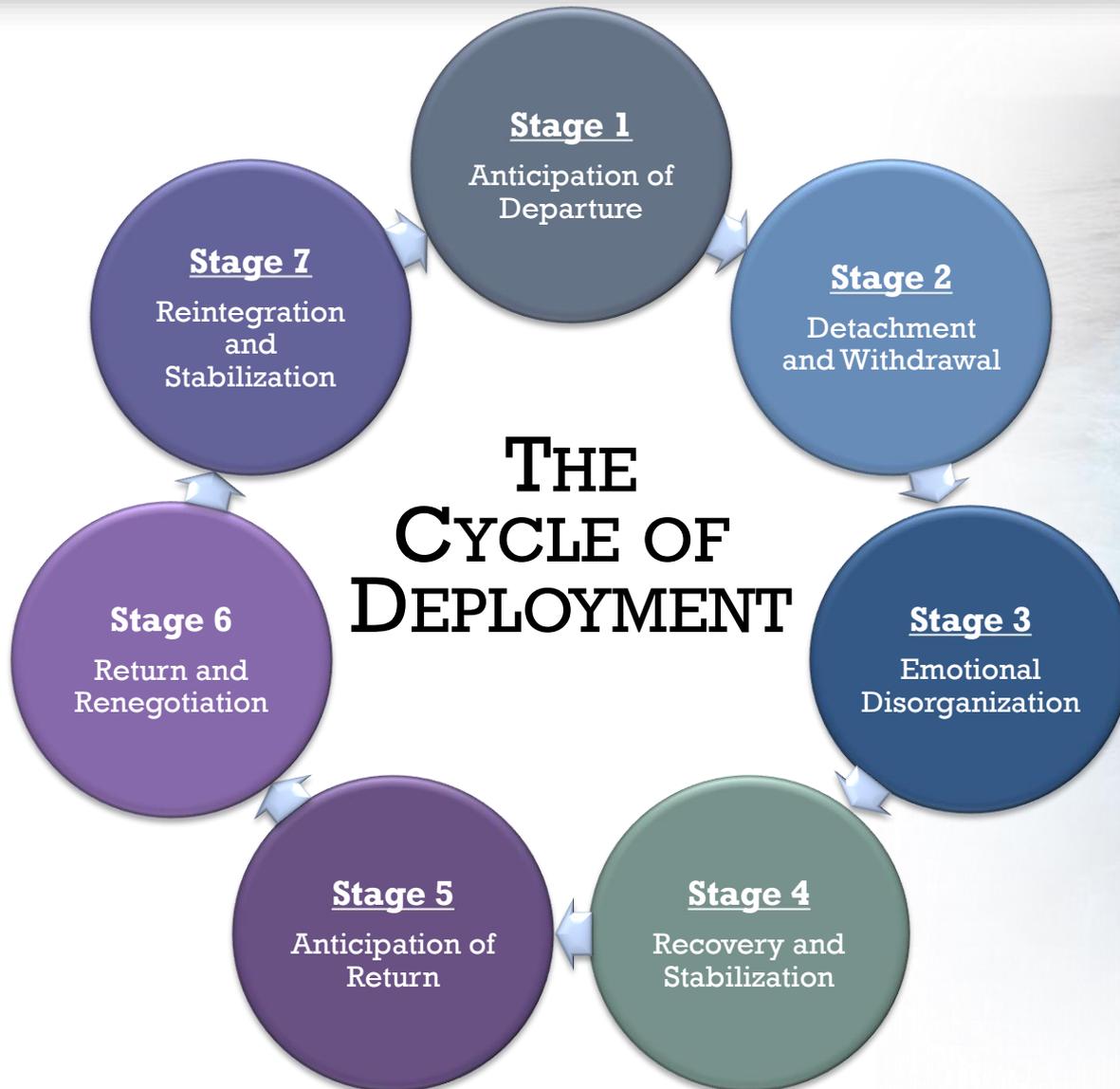
Single parents

Dual-military couples

Legally responsible for

- **Elderly**
- **Disabled**
- **Chronically sick**

Emotional Cycle of Deployment



Stage 1: Anticipation of Departure

2-8 weeks leading up to departure

Family

Physically drained

Emotionally numb
or tired

Mentally separating

Anger, resentment

Denial

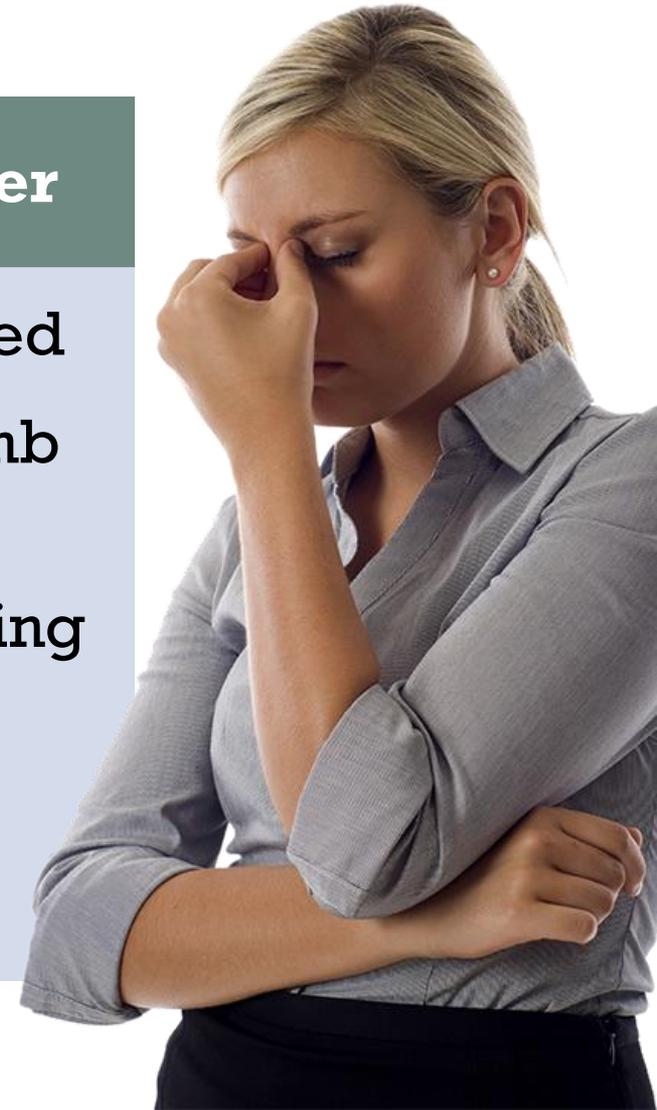
Service member

Physically drained

Emotionally numb
or tired

Mentally separating

Guilt



Stage 2: Detachment and Withdrawal

Last week prior to deployment and up to 4 weeks after

Family

Overwhelmed
or tired

Hurt, rejection

Sad or lonely

Nervous about
responsibilities

Worried

Service member

Ready to get
started

Guilt for leaving

Sad or lonely

Excited
to perform

Worried



Stage 3: Emotional Disorganization

Up to 4-8 weeks after deployment

Family

Disorganized
and unfocused

Overwhelmed

Emptiness, loss

Worried

Can get stuck in this
stage

Service member

Relief followed
by guilt

Mission-focused

Sad or lonely

Worried

Can get stuck in this
stage



Operational Stress Control

Operational Stress

Changes in physical or mental functioning or behavior resulting from military operations other than combat (peacetime)



Stress Continuum Model

GREEN

YELLOW

ORANGE

RED

Not stress-free,
but mission
ready

Reacting to
life's normal
stressors

Temporarily
non-mission
ready

Medical
attention is
required

May have
trouble
sleeping or
increased
irritability

May be more
stress than
your service
member can
handle alone

Can only be
diagnosed by
healthcare
professionals

Mild and
reversible

Seek help



Activity: OSC Stress Zones

GREEN

YELLOW

ORANGE

RED

Calm, steady and confident
Ethical and moral behavior
Stays fit, eats and sleeps well
Sense of humor
Socially and spiritually active
Limits alcohol
Gets job done
Respects others

Anxious, fearful, sad, angry, grouchy, irritable or mean
Cuts corners
Negative or pessimistic
Loses interests energy or enthusiasm
Trouble concentrating
Excessive behaviors

Loses control of emotions and thinking
Nightmares, sleep problems, obsessive thinking
Feels guilt, shame, panic or rage
Abuses alcohol and/or drugs
Changes in appearance or behavior
Loses moral values

Orange symptoms that do not improve within several weeks
Stress injuries that worsen over time
Stress injuries that return after improving





Use your Resources

360-257-NAVY

APPT Line: 866-854-0638

Deployment Readiness

Family Employment

Personal Finances

Relocation Assistance

Life Skills

Clinical Counseling

Exceptional Family Member Program

New Parent Support

Transition, Goals, Plans, Success

And so much more...



Thank You!



NAS Whidbey Island FFSC

Front Desk: 360-257-6289
Appointment Line: 866-854-0638

VAQ Command Reps:

Shelby Bassett: shelby.bassett@navy.mil
Sarah Hogue: sarah.hogue.ctr@navy.mil
Yvonne Williford: Yvonne.Williford@navy.mil

Car Storage

- **Initial Steps:**
 - Go to QD at BLDG 385 to get form to fill out
 - Form includes the following information
 - Driver's License, Registration, Insurance
 - Any existing damage to vehicle
 - Any valuables that will be left in vehicle
 - Return form and show proof of:
 - Valid Drivers License
 - Current Registration
 - Current Insurance

Car Storage

- **Next Steps**
 - Call 360-257-2631 to set up appointment time to move vehicle to storage
 - Easier if one POC and multiple vehicles at one time frame on one day
 - Meet the Messenger of the Watch at storage by base gym
 - Unplug Battery Cables
 - Have charging cables in vehicle in case
 - Leave form on dash board