



USS Zumwalt DDG 1000
Ombudsman: Information Sheet



What is an Ombudsman?

An Ombudsman is a trained volunteer, appointed by the Commanding Officer, to serve as an information link between command leadership and Navy families. As a Navy spouse within the command, the Ombudsman is a person who can offer valuable resources to family members including spouses, parents, extended family among others, especially during deployments. The Ombudsman work closely with the Commanding Officer and Command Master Chief to raise awareness of family issues and act as an advocate for the families.

How can the Ombudsman help me?

An Ombudsman is a person with whom command families and sailors can discuss any problem that may arise in confidence. From critical emergencies to routine everyday needs, as an Ombudsman I can help you find the resources you need to solve most problems. We have information on local and national resources that help with financial support, food resources, counseling, spouse employment, volunteer opportunities, deployment support and much more.

The Ombudsman Code of Ethics guarantees support of the command's mission, professionalism, and confidentiality. However, an Ombudsman is obligated to report life-threatening situations and potential and alleged abuse to the command and related agencies to obtain help for those in crisis.

As your Ombudsman, I manage a quarterly Ombudsman newsletter, update the Command Facebook page, and send information to email accounts provided to me by the sailors. Again, remember, an Ombudsman has a direct link to the command and is the source of official and accurate command information, especially during deployments and emergencies.

How do I contact my Ombudsman?

(619) 787-5885
ombudsman.ddg1000@gmail.com

I encourage you to make sure that your spouse/ significant other(s) have my information in case they need information to resources as well as have a contact person for when the ship deploys.

Thank you!

Very Respectfully,

Your Command Ombudsman