Hair's the News!

New Female Hair Regulations Announced...and More

CNO Adm. John Richardson and CNP Vice Adm. Robert Burke announced the expansion of hairstyles for women and other uniform policy updates during a Facebook Live All Hands Call, July 10. Women are authorized to wear their hair in a single braid, French braid, or single ponytail in service, working and physical training uniforms. The ponytail may extend up to three inches below the bottom edge of the of the shirt, jacket or coat collar. The accessory holding the ponytail must not be visible when facing forward, and be consistent with the color of the hair. Women may also wear a hair bun that does not exceed or extend beyond the width of the back of the head. Hair cannot be worn below the bottom of the uniform collar where there are hazards such as rotating gear.

New uniform policies are the result of Fleet feedback. Read about additional changes to women’s khaki pants, the new uniform app, and more by checking out NAVADMIN 163/18 at www.npc.navy.mil.

NROTC Sea Trials

New Training Program to Get Officers Fleet Ready!

More than 160 Naval Reserve Officer Training Corps (NROTC) midshipmen successfully completed "Sea Trials," a pilot program in Newport, R.I., and Jacksonville, Fla., this Summer.

The 10-day program includes fast-paced training in seamanship, navigation, watch standing, teamwork, leadership and warrior toughness. The midshipmen were able to qualify in level one firefighting, wet trainer damage control, 9mm service pistol, and swim qualifications. The curriculum is designed to provide the skills specifically required of Naval Officers, so they arrive to the Fleet better prepared to perform from day one.

"This was an opportunity for the midshipmen to learn, train and test themselves," said Rear Adm. Mike Bernacchi, commander, Naval Service Training Command. "We set a high standard, and tested the midshipman in a high stress environment. We saw them succeed, and learn they could perform under hard conditions. It was a great experience for them."

Naval Service Training Command is analyzing the results of the pilot programs and as it moves toward implementing Sea Trials as a mandatory part of all NROTC midshipman training planned for next year. Midshipman response to the program was overwhelmingly positive, recognizing the benefit of the both the skills they learned and how they were delivered.

"You don't know how you're going to act until you are put into one of those situations and I think that was one of the whole points of Sea Trials," said Midshipman 2nd Class Joseph Ginnane. "This is why we do what we do in day in and day out evolutions, because it will be put to the test once we hit the Fleet."

You can see what some of the midshipman experienced at: https://www.youtube.com/watch?v=Sj_MXJJsJGA.

Mission Success

MyNavy CDS Norfolk

The success of the MyNavy Career Development Symposium (CDS) reverberated throughout the Norfolk area as senior leadership and subject matter experts presented Sailor 2025 initiatives and career management programs to Sailors at Joint Expeditionary Base Little Creek-Fort Story, Naval Air Station Oceana and Naval Station Norfolk, June 19 – 21. Navy leadership also invited Sailors to offer their input and opinions during each session.

Sailors were briefed on a range of topics including the new performance evaluations, rating modernization, Detailing Marketplace and saw a demonstration of a prototype Navy mobile app that will allow Sailors to easily access their military record, myPay and even negotiate for orders.

Professional Apprenticeship Career Tract (PACT) Sailors attending MyNavy CDS met with enlisted community managers, learned valuable information and many were integrated into a rate. Throughout the three-day event a total of 545 PACT Sailors were rated on site.

You can watch highlights of the June event and past CDSs at http://www.public.navy.mil/bupers-npc/career/talentmanagement/Pages/CDS.aspx.

COMING SOON

Be on the Lookout for these Personnel Announcements:

◆ Active duty E-7 board Results
◆ Command Resilience Team Guide

Check Out the New Detailing Marketplace Video

You've heard about it, but have you seen it in action? It's just a demonstration video and we are still working on the "real" version, but this will show you what we are thinking! Detailing Marketplace will provide transparency and flexibility when negotiating for PCS orders. Sailors will be empowered with options such as the ability to choose geographic locations, work out of rate and change ratings for their next set of orders.

You can view the demonstration video at https://www.youtube.com/watch?v=9mHKS0avXKQ&feature=share.

—Connecting with the Fleet—
Ready, Relevant Learning (RRL) is making steady progress to change up how Sailors gain the knowledge they need to do their jobs. As a pillar of Sailor 2025, RRL will provide Sailors the right training at the right time and in the most effective manner.

NETC’s Role
Deliver the training! To date, RRL efforts have been focused on analyzing, reviewing and approving Fleet requirements for select ratings - what portions of existing curriculum need to be delivered when and how. This analysis has also been an opportunity to include training elements that are missing from today’s schoolhouse training objectives. It has been a joint effort between USFF, the Type Commanders, NETC, and NAWCTSD to ensure we are meeting the needs of the Fleet. As NETC works to field the enhanced training, the focus revolves around the final content delivery and implementation for getting modernized content to the Sailor.

More than just “A” School
Instead of front-loading training at the very beginning of a Sailor’s career as we tend to do today, the Navy will provide incremental training, or blocks, across a career-long learning continuum that trains Sailors at specific points in their career, closer to when they are expected to perform specific work. Over the past year, almost 5,400 fleet Sailors in 29 ratings have completed Block 0, or initial technical training, and almost 250 of those Sailors are within six months of their Block 1 window, where they will gain the next level of skill sets. Fleet training officers are coordinating closely with NETC’s training support centers in Hampton Roads and San Diego to keep these Sailors on track.

More than just PowerPoint
Modern delivery methods such as mobile, virtual trainers that can be used at the waterfront or in remote areas will complement today’s brick-and-mortar schoolhouses. Tailorable training will also strengthen skill sets based on Sailors’ individual needs through hands-on, practical exercises that leverage training systems technology and can be rapidly updated as systems or processes change. Translation – it’s less about clicking through slides and more about providing better, more effective and frequent training to the Fleet that is more focused on performing critical skills as opposed to traditional rote memorization. Even personnel qualification standards will be modernized through RRL, moving away from the current paper-based system.

An Example from the Deckplates
The OS rating was picked for an accelerated timeline for RRL delivery because it had no career training continuum beyond “A” school and has been entirely dependent on the brick-and-mortar schoolhouses. Tailorable training will also strengthen skill sets based on Sailors’ individual needs through hands-on, practical exercises that leverage training systems technology and can be rapidly updated as systems or processes change. Translation – it’s less about clicking through slides and more about providing better, more effective and frequent training to the Fleet that is more focused on performing critical skills as opposed to traditional rote memorization. Even personnel qualification standards will be modernized through RRL, moving away from the current paper-based system.

RRL Long Term
Who doesn’t want to have the ability to reach back for training and resources when you hit a challenge or just want a refresher? The answer is an investment in modernized training systems and a robust learning management system. Traditional delivery methods such as instructor-led and laboratory training will still be necessary, but with RRL, Sailors will see reconfigurable, gaming-based, portable training capabilities at the pier and even aboard ships. Technology advancements will help us shift from a heavy emphasis on memorizing, describing or listing and toward more performance-based training with application, repetition and practice. Key to all – accessible and relevant training that keeps our Fleet ready!

Launching Command Pay, Personnel Administrators Training
To improve pay and personnel transactions across the Navy, a new two-week Command Pay and Personnel Administrator (CPPA) course is being launched on July 30. The instructor-led course will provide CPPAs with necessary skills to be the critical link between an individual Sailor, their command, and the supporting pay and personnel organization.

The first class is in Dam Neck, Va., and future classes will be held in both Dam Neck and San Diego. Find class dates and locations in the Catalog of Navy Training Courses at https://app.prod.ectars.training.navy.mil/cantrac/vol2.html.

—Connecting with the Fleet—

DoD Post-9/11 GI Bill Changes
DoD made changes to the policy for transferring of “Post-9/11 GI Bill” education benefits to eligible family member, July 12. What does this mean for Sailors?

Former exceptions that permitted Sailors with 10 years of service, but unable to obligate 4 years due to policy (such as HYT) or statute, to transfer benefits have been cancelled.

Previously, there were no restrictions on when Sailors could transfer education benefits to their family members. The provision for a Sailor to have at least six years of service to apply to transfer benefits remains unchanged.

DO IT NOW! DON’T WAIT!
Sailors with more than 16 years of credible service who have not completed the transfer eligibility by July 12, 2019 will not retain the ability to transfer education benefits to eligible family members.

All approvals for transferability of Post-9/11 GI Bill continue to require a four-year commitment in the Armed Forces. So, more importantly, the member must be eligible to be retained for four years from the date of election.

For more information about the Post-9/11 GI Bill policy changes, see NAVADMIN 170/18 at www.npc.navy.mil. For more info on DoD’s policy, visit http://www.esd.whs.mil/DD/.
MYTHS: BUSTED

**Fleet Questions**

"Can I get birth control on my ship?"

Yes, you can, but only certain types. Ships carry three types of oral contraceptives and a limited number of other contraceptives. Long acting reversible contraceptives, such as IUDs and nexpalanon, are not available on ships and a Sailor should get these before they deploy.

"Can I only get emergency contraception, like Plan B with a script?"

No, you don’t need a prescription to get emergency contraception in the Navy. Emergency contraception is available on all ships with pharmacies and at all military pharmacies. Sailors can walk up to the pharmacy window and request it—no questions asked and no medical appointment needed.

**So what are the facts?**

*There are excellent patient resources available for free to help guide you in choosing a reliable contraceptive method.*

**FACT:** Plan B, also known as the morning after pill, or levonorgestrel, is available to all Active Duty women for free without a prescription. Active Duty men may also pick up the medication for their family member provided they have their eligible beneficiary’s identification. There is no limit to how often a Sailor can request Plan B, although they may be encouraged to seek out a more effective form of contraception.

**FACT:** Plan B is effective up to 72 hours after unprotected intercourse and does not cause abortions. If you are already pregnant, it will not terminate the pregnancy. The sooner Plan B is taken, the more effective it is. However, it is not as effective as more reliable daily methods of contraception such as oral contraceptive pills, ortho evra, Nuva Ring, intrauterine devices, nexpalanon, or sterilization. Plan B is not meant to be used as a regular method of birth control, but as a *back-up* plan.

**FACT:** In the Navy, only 45% of women and 31% of men know how to access emergency contraception, and only 22% of women know that emergency contraception is available at their military pharmacy without a prescription.

**FACT:** The best approach to contraception is to be proactive and use a reliable method. Currently there are 11 walk in contraception clinics (known as “PINC” clinics, “Process Improvement for Non-Delayed Contraception), located at Navy health care facilities where you can obtain same day service contraception without an appointment. They are first come, first serve clinics.

Find more on PINC clinics including hours and locations, along with reproductive health information go to: [https://www.med.mil/sites/nmchpch/health-promotion/reproductive-sexual-health/Pages/contraception.aspx](https://www.med.mil/sites/nmchpch/health-promotion/reproductive-sexual-health/Pages/contraception.aspx).

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**Tips for Handling Summer Transition Stress**

Summertime can be a lot of fun, but it can also be a stressful transitional period with Permanent Change of Station (PCS) moves and deployments. We’ve got some tips to make these transitions easier to manage.

**Navigating the Stress of PCS Moves:**

- Use the Relocation Assistance Program (RAP) at the Fleet and Family Support Center (FFSC). It has numerous resources to help Navy families navigate a big move, including its Sponsorship program which pairs you with someone similar in rank and family structure prior to your move.
- Get step-by-step prep tips from Military OneSource’s Plan My Move, a tool that gives Service members a custom plan of all the things to think about and do prior to a PCS move.
- Reach out to someone who can relate. The BeThere Peer Support Call and Outreach Center’s peer counselors provide a listening ear to Sailors and families, offering customized tips, support and perspective during difficult situations such as deployments, moves, relationship challenges, career issues, and other every day stressors. Connect with them online at [www.betherepeersupport.org](http://www.betherepeersupport.org), by phone at 1-844-357-PEER (7337) or via text at 480-360-6188.

**Continuing Psychological Support:**

- Inform your current provider of the upcoming move. Discuss your progress and work together to determine what goals to implement with your new provider. If you are on medications for psychological health, make sure that you have enough to get you through the time before meeting with a new provider.
- If transitioning to a non-military provider, be sure to sign a release of information with your current provider so that the new provider can understand your history and offer the appropriate care.
- Let the inTransition program assist you with making the switch to a new provider after any kind of move within or even outside of the Navy. The program connects Sailors with a personal coach who can make the move easier by providing support, locating resources, and helping connect them to their new provider. Check it out at [http://www.pdhealth.mil/resource-center/intransition](http://www.pdhealth.mil/resource-center/intransition).

**Preparing for Deployment:**

- Military OneSource’s Military Deployment Guide has information, tips, and check-lists to help prepare for deployment, navigate life during deployment, and reintegrate after the return home. Find it at [https://www.militaryonesource.mil/deployment](https://www.militaryonesource.mil/deployment).
- Take advantage of family counseling available through your local FFSC. Their trained counselors can offer support for Sailors and families navigating the stresses of deployment and reintegration, and can provide referrals for any additional services that may be needed.
- Learn more about Navy Operational Stress Control’s new Navigating Stress for Navy Families training, which helps Sailors and their families understand how to better navigate stress, including stress that may be associated with deployment.