1.) Navy Directs Commands to Contact 100% of Sailors Living in Government and PPV Housing / 23 FEB 19
Navy News Service Public Affairs

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2.) Suicide Prevention and Supervisors: The Front Line When Things Get Tough / 27 FEB 19
Navy NavStress

Navy leaders have great influence and impact on their shipmates’ sense of connectedness. Active communication is important, especially if a Sailor is alone and away from his or her support networks. Supervisors are key to this effort.

3.) Building Navy Medicine’s Future: Taking a bearing / 21 FEB 19

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4.) 3 Things to Know About Navy College Program App Updates / 28 FEB 19
Naval Education and Training Command Public Affairs

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5.) Supplemental Articles bi-weekly roll-up: (URLs on Last Page)
Every other week, we roll up the latest supplemental articles from around the Fleet. Below are the latest:

- Navy Returns to Flying Union Jack
- New Navy Cryptologic & Cyber Warfare Community Vision Released
- NROTC Midshipmen Surface Warfare Officers Select First Ships
- Two-Piece, Flame-Resistant Organizational Clothing Reaches Next Step of Testing

To sign up for the @USNPeople Weekly Wire, email usnpeople.fct@navy.mil, or find it online at www.navy.mil/cnp
1.) Navy Directs Commands to Contact 100% of Sailors Living in Government and PPV Housing / 23 FEB 19

WASHINGTON (NNS) -- The Navy announced Feb. 23 that 100% of Sailors living in government and Public Private Venture (PPV) family housing will be contacted by their commands and asked if their housing is satisfactory.

NAVADMIN 043/19, released by Chief of Naval Operations (CNO) John Richardson and Master Chief Petty Officer of the Navy (MCPON) Russell Smith, directed the action upon being alerted that the health, safety and well-being of some Sailors may have been negatively affected by the condition of their government and PPV family housing.

Richardson and Smith both affirmatively stated that our, “Sailors and their families deserve safe, quality living quarters and commands must advocate for all Sailors and their families.”

Every Sailor residing in PPV or government housing will be afforded an opportunity for a visit from their command at their residence no later than April 15, 2019. The visits are to be strictly voluntary and by invitation only. The purpose of these visits is to raise Navy awareness of family living conditions, to allow command leadership to personally observe any issues affecting the home and to understand any actions being taken to address them. If a problem is found, the visits serve as an opportunity to help Sailors and their families resolve the problem.

“We are prioritizing efforts to better understand our Sailors’ living conditions in on-base government family and PPV housing to ensure that as residents they are provided with the quality of life they have earned and deserve,” said Richardson.

Additional guidance will be released to commands early next week detailing how visits must be conducted. Importantly, the 100% contact order is not an inspection program but rather an opportunity for commands to advocate for their Sailors.

“Trust and confidence are the foundational bedrock upon which effective command rests and an open flow of communication is imperative,” said Smith. “We first encourage Sailors to raise issues with their chain of command. In the same vein, we need leaders to be engaged in the ways that Sailors are most receptive.”

2.) Suicide Prevention and Supervisors: The Front Line When Things Get Tough / 27 FEB 19

Navy NavStress

Navy leaders have great influence and impact on their shipmates’ sense of connectedness. Front-line supervisors in particular can make a difference because of their unique position—the close quarters and long hours that characterize much of Navy life mean lots of day-to-day contact and many opportunities to really get to know your teammates. Supervisors are also knowledgeable about significant events Sailors are experiencing, such as promotion, deployment or family status.

Most Sailors who die by suicide were experiencing multiple stressors before their deaths, including relationship issues, transitions, and career or personal setbacks. Annual case reviews consistently reveal missed opportunities to “connect the dots” when a Sailor is experiencing negative effects of stress. Active communication is important, especially if a Sailor is alone and away from his or her support networks. Supervisors are key to this effort.
The Supervisor’s Role in Suicide Prevention

Though Sailors may compartmentalize their personal stressors to stay focused on the mission, if those stressors aren’t being adequately addressed or continue to pile up, they’re likely to spill over into their work performance. Taking the time to get to know your people can better enable you to notice when something seems off. For example, a Sailor who used to be engaged and happy at work is becoming more withdrawn, unable to focus or is easily agitated. These can be signals that a Sailor is in crisis and are opportunities for supportive conversation and ACTion. Consider reaching out to one of their peers who knows them well, as well as their family members who are more likely to have a more complete picture of what may be troubling the Sailor so that you can connect the dots and offer appropriate support.

It’s also imperative to reach out to the Sailor one-on-one and mention that you’ve noticed that they haven’t seemed like themselves lately. Ask directly “are you thinking about killing yourself?” You can follow up with questions like “do you have a plan to kill yourself?” Show them that you Care by listening without judgement and paying close attention to any additional warning signs, like statements about not wanting to live, feeling like a burden, feeling hopeless or discussion of lethal means. Help them get to Treatment immediately and escort them to a medical professional or Navy chaplain for safety. You can also call the Military Crisis Line with them.

Be there throughout the process, follow up and offer continued support, regardless of the level of care needed to help the Sailor bounce back. Ensure that they have ample time to attend appointments for any services they may need and help them overcome logistical barriers. For Sailors who have experienced a suicide-related behavior (SRB), remember that your suicide prevention coordinator (SPC) will need to initiate a referral to the Sailor Assistance and Intercept for Life (SAIL) program. SAIL provides caring contacts to Sailors in the 90 days after an SRB and keeps them connected to resources. Let the Sailor know that they’ll receive a call from a Fleet and Family Support Center (FFSC) SAIL Case Manager inviting them to receive these services to support their recovery. For more information on SAIL and key messages for leaders, visit https://go.usa.gov/xEE69.

Command Directed Mental Health Evaluations and Voluntary Storage of Firearms

Sometimes Sailors may be hesitant to seek treatment, even when it could be life-saving. A commander or supervisor may direct Sailors to undergo a mental health evaluation if they reasonably believe that a Sailor’s current mental health state places them at risk of hurting themselves or others. Command directed mental health evaluations are also appropriate when a Sailor has displayed marked changes in behavior or when the leader is concerned about a Sailor’s fitness for duty. Commanding Officers may consult with the nearest available mental health provider for guidance on the referral as well as necessary precautions such as escorts and removing access to lethal means.

As an added safety precaution during times of increased stress, Commanders must ask Sailors believed to be at-risk for suicide to voluntarily allow their privately-owned firearms to be stored for temporary safekeeping by the command per NAVADMIN 263/14. Leaders must work with base security and/or other local resources to proactively determine storage and safety protocol for local implementation of this DoD-wide policy. For more information, refer to DoD Instruction 6490.04.

Be There for Every Sailor, Every Day

Fostering communication and encouraging connectedness among team members are two strategies to increase protective factors against suicide that are recommended by the International Association for Suicide Prevention. Negative attitudes about mental illness can keep people from sharing their situation and reaching out for help. Lead by example and reassure your Sailors that mental health problems can happen to anyone and are
treatable. Talk about mental health openly, honestly and supportively, just as you would about physical health. Encourage use of professional resources like medical providers and Navy’s Counseling Advocacy Program, as well as confidential support from a Navy chaplain or the Military Crisis Line.

Leaders should also share resources, contact information and educational materials regularly to foster a supportive command climate. Lifelink Newsletter includes articles that can be reproduced for your command’s blog or local publication, plan of the week notes and more. There are posters and other print resources available for download as well on the Every Sailor, Every Day campaign’s “Get Involved” webpage on http://www.suicide.navy.mil. Your support helps to reshape the negative perceptions about the impacts of seeking help on one’s career, especially when it comes to treatment from leaders and peers.

An All-Hands Responsibility

All Sailors, regardless of supervisory status, have specific responsibilities for suicide prevention which are outlined in the Navy’s latest Suicide Prevention Program Instruction, OPNAVINST 1720.4B. In addition to the mandatory general military training (GMT) required for all Navy personnel and the specialized training for SPCs and Suicide Prevention Program Managers (SPPMs), Navy Suicide Prevention Branch also provides training resources for communities who have frequent contact with at-risk Sailors. Gatekeeper Training is available for legal defense personnel, transient personnel unit (TPU) staff, ombudsmen and medical staff. This training includes a facilitator guide, can be downloaded from www.suicide.navy.mil, and meets the Suicide Prevention GMT requirements. Additionally, the new Navigating Stress for Navy Families course provides practical tools and effective techniques to help spouses and families build resilience and navigate stress.

Resources to support locally-developed training can be found on the Navy Suicide Prevention Branch website, including facts and warning signs, informational materials, videos and statistics. Also available on the website is the 2019 Navy Suicide Prevention Handbook, which serves as an accessible, comprehensive guide for all members of the Navy community.

3.) Building Navy Medicine’s Future: Taking a bearing / 21 FEB 19


Military medicine, including Navy Medicine, is undergoing some of the most significant changes we have seen in decades. From changes mandated by Congress, to Department of Defense-directed reforms, we have an opportunity to successfully navigate these changes and create an improved Navy Medicine to support our Navy and Marine Corps. In doing so, our focus will be on three major areas: the next fight, a renewed emphasis on readiness, and our new organization.

Focusing on the next fight

First, Navy Medicine is not a building, nor is it just peacetime health care. Our first responsibility is being ready to go and save lives where it counts, when it counts. We need to ensure we are preparing for the future and to be ready, as we have been in the past.

For the past 18 years, the heroic service and sacrifices of our hospital corpsmen, nurses and doctors on the battlefield have resulted in unprecedented combat survival rates. As we look to the future and the possibility of peer or near-peer adversaries, it will be a different fight and it is clear we cannot assume the same advantages we have enjoyed.
As the Navy and Marine Corps move toward more distributed operations, casualty care and survival may depend on the individual medical personnel on a ship or in a unit, potentially for extended periods of time. The readiness of every single member of the Navy Medicine team is paramount to combat survival in the future. Our focus will be on getting and keeping them ready.

**Renewed emphasis on readiness**

You may have heard about the transfer of management and administration of our military treatment facilities (MTFs) to the Defense Health Agency (DHA). These transfers are slated to occur in phases over the next several years. Phase one started last October and, for Navy, was the transfer of Naval Hospital Jacksonville and its branch clinics. So far, that transition is going well.

For beneficiaries, the bottom line is the transition of the MTFs to the DHA shouldn’t cause you to experience any significant changes. If you’re a patient at a Navy facility, you’ll still continue to receive high quality medical care.

As we transition MTFs to the DHA, we are, in parallel, standing up new commands, Navy Medicine Readiness and Training Commands (NMRTC), at each location.

Currently, our military medical personnel are assigned to platforms (such as a ship), but with duties at an MTF when not deployed, taking care of Sailors, Marines, their families and retirees. As the NMRTCs stand up across the enterprise, our military medical personnel will continue to be assigned to platforms, but with duty at the NMRTC. The goal is a command dedicated to tracking how our medical personnel develop and maintain operationally relevant skills and competencies – those useful on the battlefield.

**Navy Medicine’s new organization**

As Navy Medicine establishes these NMRTCs, we are also restructuring our headquarters – called the Bureau of Medicine and Surgery – and our regions, which are currently designed to manage Navy MTFs on the East and West Coasts, and all of our other subordinate commands around the globe. Navy Medicine East and West will be replaced by Medical Forces Atlantic and Pacific, respectively, and will focus exclusively on readiness for our Navy and Marine Corps. We are also exploring changes at our third “regional” command – Navy Medicine Education, Training and Logistics Command – to ensure continuity in our training and functional command missions.

As we undergo this transformation, I want to share three commitments that we will keep. First, we will continue to ensure our Sailors and Marines are medically ready for the fight tonight. Second, we are going to set the DHA up for success during and after transition – we cannot be successful if they are not successful. And finally, we will do right by all the members of our Navy Medicine family – both military and civilian – by keeping them fully informed as decisions are made and we move forward.

Change can be challenging and sometimes daunting. It can also be good if it provides new opportunities to do things better, refocus on priorities, make more of an impact and help those we are privileged to serve. Change is part of life. In medicine, we know this better than most because our profession is always changing, always improving, always moving forward. These changes are no different; we will fully seize those opportunities, and the military men and women we serve will be better for it.
PENSACOLA, Fla. (NNS) -- The Navy College Program (NCP) mobile application features improvements that expand support for Sailors’ educational needs when they are on the go with the latest app update release, Feb. 28.

The NCP app is primarily for active-duty members and is a key tool for educational service officers and career counselors. The app provides access to voluntary education planning tools; the Navy College Virtual Education Center (NCVEC) through phone, live chat, or help ticket; contact information on open overseas Navy College Offices; the MyEducation module; training videos; and additional resources.

Here are three NCP app updates every Sailor should know about:

1. **LOOK AND FEEL.** A new and improved design makes it easier to navigate the app, and even after adding new features, the app takes up less space on devices.

2. **MyEducation ACCESS.** The MyEducation module and required training videos can now be accessed by entering in name, date of birth, and Department of Defense ID number instead of using a Common Access Card (CAC) for those times when Sailors cannot log on to a CAC-enabled computer.

3. **24-HOUR SUPPORT DURING THE WEEK.** Combining the NCVEC hours (7 a.m. to 7 p.m. EST) with the hours of 11 overseas Navy College Offices gives Sailors 24-hour support Monday through Friday. A new app feature connects Sailors with contact information for any open Navy College Office. Sailors can now also search frequently asked questions, another self-service tool right at a Sailor’s fingertips with the app.

“Today’s Sailor does everything through their phone – banking, insurance, shopping, and much more,” said Chris Cruz, Navy VOLED’s director of virtual education capabilities. “Getting help with their educational needs should be no different.”

One of the most popular features of the NCP app continues to be live chat with an education counselor directly from a smartphone.

“Last year, we saw a 126 percent increase in the number of live chats,” said Cruz. “With little to no wait time and the convenience of chatting directly from your phone, it’s easy to see why it’s one of our most popular virtual tools.”

The app’s tools are relevant to all Navy applicants, current Sailors, transitioning Sailors, and veterans. Featuring public content only, no authentication or authorization is required.

Users can download the app from the iTunes and Google Play online stores at no cost. To find the free NCP app, search "Navy College" in the app stores or in your web browser.

Navy College Program staff asks Sailors to continue to provide feedback about the VOLED program through the NCP customer service opinion survey at https://www.research.net/r/NCVEC_CSAT_SURV_V2.

For more information on Navy Voluntary Education, visit the NCP website at https://www.navycollege.navy.mil, and check out the Navy College Chatbot and online VOLED Assistance Center. Follow Navy VOLED on Facebook at https://www.facebook.com/NavyVoluntaryEducation/ for the latest news and updates.
The Navy College Program App was developed by the Navy’s Sea Warrior Program (PMW 240) which assists Sailors with their manpower, personnel, training and education needs. The NCP app is part of family of official Navy apps that can be found by visiting the Navy App Locker at http://www.applocker.navy.mil. In addition to educational apps, Sailors will find apps on fitness, uniforms and financial planning.

Get more information about the Navy from US Navy facebook or twitter.

For more news from Naval Education and Training Command, visit www.navy.mil/local/cnet/.

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For more information, affecting Sailors and their families follow:

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