Dependent Travel—Flexibility To Help Navy Families

Navy has expanded the categories for approval of advanced and delayed dependent travel (DDT). Now Sailors with permanent change of station (PCS) cases within the 50 states may request delay for their family’s travel of up to six months before and after their PCS move in the following situations: spousal employment or education, dependents in elementary or secondary school (K-12), dependent enrolled in the Exceptional Family Member Program, or caring for an immediate family member with a chronic or long-term illness. The previous approved policy that allowed DDT for the length of the school year is unchanged by this expansion.

For moves from the 50 states to overseas locations, only delayed dependent travel (DDT) will be authorized. For moves from overseas locations to the 50 states, only advance dependent travel (ADT) will be authorized. Requests for DDT or ADT must be submitted to Commander, Navy Personnel Command (PERS-451). Sailors will only receive one housing allowance, either for their location or their dependent’s location, under delayed or advance travel. A Sailor or family may be assigned government quarters if available.

Got questions? Email the subject matter experts at NXAG_N130C@navy.mil.

MyNavy Career Center—Open for Business, 24/7

180924-N-YD641-0050 MILLINGTON, Tenn. (Sept. 24, 2018) Rear Adm. Jeff Hughes, commander, Navy Personnel Command (NPC) (right), Ann Stewart, assistant commander, NPC for Pay and Personnel Management and Cmdr. Ross Drenning, MNCC Operations Center director, cut a ribbon during a ceremony signaling the launch of the MyNavy Career Center (MNCC) Contact Center. Staffed with more than 200 agents, the MNCC Contact Center is a customer service center offering round-the-clock support for Sailors who need help with administrative needs. Sailors can contact the MNCC at 1-833-330-MNCC, via email at askmncc@navy.mil, or at MyNavy Portal at my.navy.mil. (U.S. Navy photo by Mass Communication Specialist 2nd Class Matthew Riggs/Released)

Stockdale Leadership Award Recipients Named

Congratulations to this year’s 2018 Vice Admiral James Bond Stockdale Leadership Award recipients!

Cmdr. Michael T. Lisa, former commanding officer of Electronic Attack Squadron (VAQ) 135, is the Pacific Fleet recipient, and Cmdr. Allen M. Siegrist, commanding officer of USS James E. Williams (DDG 95), is the Fleet Forces recipient.

The award ceremony is scheduled for Nov. 14 at the Pentagon.

The Stockdale award was established in honor of Vice Adm. Stockdale whose distinguished naval career symbolized the highest standards of excellence in both personal conduct and leadership.

The award is presented annually to two commissioned officers on active duty in the grade of commander or below who are serving in command of a single ship, submarine, aviation squadron, Sea, Air, Land (SEAL) team, naval special warfare squadron, SEAL delivery vehicle team, special boat team, explosive ordnance disposal mobile unit, mobile diving and salvage unit, or Navy special clearance team and who serve as examples of excellence in leadership and conspicuous contribution to the improvement of leadership in the Navy.

COMING SOON

Be on the Lookout for these Personnel Announcements

♦ Grad Ed selection process changes for active duty URL Officers NAVADMIN
♦ Professional Flight Instructor NAVADMIN
♦ Professional Military Exam online

Mark your calendar! MyNavy Career Development Symposium will be visiting NAS Lemoore on Nov. 1st. This is a great opportunity to hear the latest about personnel initiatives, updates to ongoing programs, and talk with detailers about your Navy career.
Navy Cool—Be Like “The Fonz”, Be Navy COOL

For many of a certain age, a favorite show growing up was the American Sitcom ‘Happy Days’ and without a doubt, the favorite character was Arthur “The Fonz” Fonzie. He was the motorcycle-riding, leather jacket-wearing, cool dude that everyone wanted to be. You too can be cool just like “The Fonz” through Navy COOL or Credentialing Opportunities On-Line!

What is Navy COOL?
Navy COOL is a credentialing-assistance program for Sailors and DOD civilians to obtain licenses and certifications to validate their knowledge and experience and open doors to new opportunities in the Navy and in the civilian community.

Why are credentials important?
Obtaining credentials – certifications and licenses – shows that you meet certain professional and technical standards of many civilian jobs. The Navy has made credentials part of its workforce professionalization, so getting certified can help you in your Navy career while you’re still in service. Nobody stays in the Navy forever, so when you transition to civilian employment, credentials help translate your military training and experience into something civilian employers can easily recognize. That can help you get hired, get a better job, or be promoted sooner!

What are the steps to get a credential?
To get COOL, take these easy steps:

- Find and select related credentials. Select credentials and determine your eligibility by using the “find” feature and “checking your eligibility” feature at https://www.cool.navy.mil/usn/.
- Complete voucher and apply. Complete the voucher request for the exam or maintenance fee.
- Get credential. Navy COOL is NOT a credentialing organization. Contact the credentialing organization or test vendor to schedule and take the exam.
- Report results to Navy COOL. Once you’ve taken the appropriate exam or have met requirements for recertification, you are ready to report your results to COOL and other agencies.

Sailors Selected for Spot Advancement

In August, we conducted our first Advancement to Vacancy board—a pilot program as part of our Rating Modernization effort where active duty enlisted Sailors may apply for specific priority billets in higher paygrades and be temporarily advanced, similar to the officer spot promotion process for surface and submarine Chief Engineers. This pilot board looked at critical E8 and E9 billets. The advancement-to-vacancy board convened Aug. 15 to review the records of 91 applicants and selected those Sailors considered to be the best and most fully qualified to fill priority billets. Factors the board looked at included sustained superior performance, documented qualifications, platform experience, and potential to succeed in the specified priority billets. Applicants had to meet all the eligibility requirements for the regularly scheduled FY-19 active-duty E-8 or E-9 selection board.

And wow...was it a success! Nineteen senior and master chiefs were selected to be temporarily (spot) advanced to fill priority billets. Upon reporting to their ultimate duty station the selected Sailors will be advanced to the paygrade associated with their billet and receive pay for that paygrade.

For complete list of those selected read NAVADMIN 220/18 at www.npc.navy.mil.

HUZZAH!! Navy’s Newest Chief Petty Officers

LNC Maria Bryant, the congressional liaison and paralegal in the Master Chief Petty Officer of the Navy’s Office, is pinned by her daughter, Olivia Bryant, during the Chiefs’ pinning ceremony at the Navy Memorial in Washington D.C. Chief Bryant was one of nearly 4,700 Sailors donning anchors, Sept. 14.

—Connecting with the Fleet—
**MPT&E Fleet Questions**

**MYTHS: BUSTED**

"Can I adopt a child while I’m in the Navy?"

Yes, you can — and Navy can help! Navy is committed to supporting all Navy families through a network of programs, services and resources, and this includes supporting families who decide adoption is right for them. Adoption is a great option for non-traditional families, including same-sex families and families who struggle with infertility issues.

**So what are the FACTS?**

Reimbursement: An Active Duty Sailor who adopts a child under 18 years of age may be reimbursed for up to $2,000 of adoption expenses per child (not to exceed $5,000 per calendar year) by filling out DD Form 2675. There are some requirements, such as the adoption must be arranged by an agency recognized by a state government in the United States. The full reimbursement policy can be found in OPNAVINST 1754.4A.

Leave: Adopting a child qualifies Active Duty Sailors for primary and secondary caregiver leave, just like a birth. The primary caregiver receives six weeks of non-chargeable leave, while the secondary caregiver receives two weeks of non-chargeable leave.

PCS Moves: Adopting in the Navy can be difficult due to how frequently Sailors move from state to state. However, DODI 1315.18 Encl. 3 states that when practicable, a PCS move for a service member who is in the process of adopting an unrelated child under 18 years of age should occur at a time that allows for completion of the adoption or avoids disruption of the proceedings. Sailors should inform their details of their adoption plans and try to start adoption proceedings as soon as they arrive at a new duty station.

**Did You Know:**

♦ Although most Sailors who start the adoption process are married or in a long-term partnership (89%), women in the Navy are more likely than men to start the adoption process while single (22% vs. 3%). They are also far more likely than men to be unable to complete the adoption process due to work-related factors (72% vs. 33%).

♦ 29% of Sailors have either considered adoption or have gone through the adoption process.

♦ Sailors who adopt are authorized four months of operational deferment starting from the date a child is placed in a home as a part of the formal adoption process. For a dual military couple, only one parent will receive an operational deferment.

Want to learn more? Check out the Child Welfare Information Gateway, which has a wealth of resources for military families considering adoption. Read more about the role Navy families play as an integral part of our Navy team and a vital contributor to mission success in the Navy Family Framework.

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**Breaking the Silence**

— By RDML Philip Sobeck, Director, 21st Century Sailor Office

September is Suicide Prevention month, but I encourage everyone to recognize it year-round and be there for your shipmates and loved ones.

Suicide is something we don’t discuss openly enough until we lose someone. I’ve experienced that loss and still feel the pain that we shared as a unit, command and community. We were both officers, and he was my boss. He was seemingly happy and I had a tremendous amount of respect for him as a leader and our families knew each other. Bottom line, I didn’t realize my boss was struggling. Unfortunately, after the fact, the warning signs became apparent that he was in pain.

**Shipmates, we have to break the silence.** We must talk about our psychological health just as openly and as often as we talk about our physical fitness. That’s how we can build trust and connection. That’s how we can see each other’s pain and show that there’s nothing to be ashamed of. **That’s how we can be there.**

**Prevention starts with each of us.** We must help each other feel comfortable talking about our challenges, our stressors, and the things that seem like they’re piling up on us.

**Ongoing conversation will help us better recognize the subtle signs that often go unnoticed, like sudden mood changes, social withdrawal, trouble sleeping or casually disguised statements about feeling no purpose in life. If anything seems out of the norm, trust your gut. Ask your shipmate directly if they’re thinking about suicide.**

**Talking about and acknowledging their emotional pain will not give them morbid thoughts. Speaking the words “have you had thoughts of killing yourself?” will not increase their suicidal ideations.** Quite the opposite. It will show them that someone cares, that you are open to speaking about suicide in a supportive and non-judgmental way and that you want to help them start their journey to recovery.

After losing my boss and in my career other shipmates, I leaned on peers and crewmembers who were struggling as well. **But this is where I learned that the chaplain and family support centers were a safe place to ask why, to learn how to cry, and to cope, and even more importantly, to understand the effects of emotional trauma - especially if left unchecked.** It was like physical therapy for my feelings.... Bottom line, I needed to be connected and still do.

There are a number of confidential support resources available to all of us at any time, whether we’re seeking help for a shipmate or ourselves. Don’t hesitate to reach out to a professional in person, like a mental healthcare provider, chaplain, Fleet & Family Support Center counselor or your deployed resilience counselor.

**Military Crisis Line:** 1-800-273-8255, PRESS 1 or text 838255.

Be There Peer Support Call & Outreach Center: 1-844-357-PEER or text: 480-360-6188. Information is also available at www.suicide.navy.mil and www.militarycrisisline.net.

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