

## ABOUT THE CCN NAVIGATOR

### GUIDING THE WAY OF THE CCN TO SUPPORT SAILORS

This newsletter provides members of the Cultural Champion Network (CCN) with important and timely information, updates, and resources to carry out their roles in supporting Sailors to help the Navy drive towards a Culture of Excellence (COE). This edition of The CCN Navigator primarily focuses on Expanded Operational Stress Control (E-OSC) and CCN programmatic updates.

Feel free to share The CCN Navigator content with others who may benefit. If you have questions or would like to submit feedback, please contact [CulturalChampions@navy.mil](mailto:CulturalChampions@navy.mil). To subscribe, [click here](#).

### E-OSC TEAM LEADER TRAINING IS NOW AVAILABLE – SIGN UP YOUR TEAM

**BY: CAPT PAUL SARGENT, M.D., OPNAV N17 21ST CENTURY SAILOR OFFICE**

Leadership training for E-OSC is rolling out Navy-wide. The first E-OSC Team Leader (TL) and Assistant Team Leader (ATL) courses started in July 2021 and will continue through mid-December 2021. Thirty trained facilitators are available to help ensure ample training opportunities are provided. Every command in the Navy with more than 30 personnel is required to have an E-OSC team. Larger commands can appoint more E-OSC team members as needed.

Each command has a CRT, and the E-OSC TL is an important member of the CRT. The TL and ATL are responsible for the implementation and management of the E-OSC program at each command. According to program documents, each E-OSC TL will:

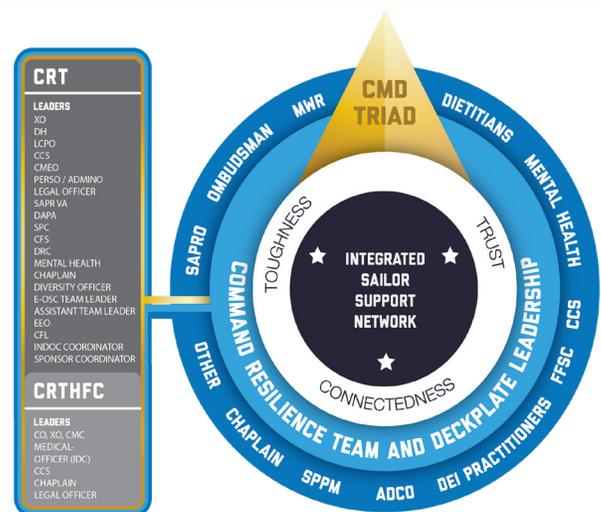
1. Serve as a member of the CRT
2. Brief leadership on the E-OSC program and requirements
3. Establish and train an appropriate number of team members
4. Plan and conduct E-OSC training
5. Establish the E-OSC Command Consultation and Support elements to include, Buddy Care, Unit Assessment, and the Stress-o-Meter
6. Market and promote the E-OSC program
7. Document E-OSC training and Command Consultation and Support Activities

Being an E-OSC TL means you are committed to making the Navy a better place for Sailors and interested in teaching others how to navigate their life challenges more effectively. Each E-OSC TL takes a 2.5-day training and becomes part of a network of E-OSC TLs across a variety of commands. The tools that are learned will help TLs offer good perspective to other leaders who seek them out for advice.

Currently 10 classes per week are offered virtually in different time zones to support commands around the globe. Students must have a computer with a camera and be able to access Zoom.

**In order to register for training, Sailors must be appointed by their Chain of Command as either the TL or ATL. Once they have this duty they can sign up [here](#).**

E-OSC is best seen as a grass roots, local effort, nested within a COE. This program improves the lives of Sailors across each command. It is a unique opportunity to work “peer to peer” or “shipmate to shipmate” to improve the way we operate as individuals and also in our relationships and care for each other. This course can be used by Sailors at every level, to build lifelong skills that sustain health, improve performance, enhance camaraderie, esprit de corps, and support mission accomplishment.



**AUGUST OBSERVANCES**

In 1971, the U.S. Congress designated August 26th as "Women's Equality Day" to honor women's continuing efforts toward equality. Resources related to Women's Equality Day are available on the Defense Equal Opportunity Management Institute [website](#).

**DRUG DETECTION AND DETERRENCE (DDD) ANNOUNCEMENT**

Delta-8-THC (tetrahydrocannabinol) is now included in the standard drug testing panel. Sailors should avoid the use of any cannabinoid products, including THC and cannabidiol (CBD) products, as they are prohibited. Program and policy updates are available on the [N173A webpage](#). The DDD office will host webinars for drug and alcohol program personnel on the following topics and corresponding dates:

**August 19:** ADCOs Lessons Learned (Open Forum Discussion)

**August 26:** WebDTP & DTP Lite Use

**September 2:** Various WebDTP Command Reports

**September 9:** ADMITS Update/Demonstration

**September 16:** DTP Lite Transition Updates

For more information, click [here](#).

**DIVERSITY, EQUITY & INCLUSION (DEI)**

DEI webinars are monthly opportunities to explore various topics around inclusion and diversity. Interested in attending? Please reach out to PSC(SW) Knutson at [sara.knutson@navy.mil](mailto:sara.knutson@navy.mil).

Upcoming webinars:

**August 26 (1200-1300 EST):** Navy Trailblazers: Commemorating Women's Equality Day

**September 21 (1200-1300 EST):** DEI Practitioner Best Practices

The August DEI webinar will celebrate Navy women who propelled the fight for gender equality and influenced lasting change that is still felt today. Dr. Jessica Milam, OPNAV N17 DEI, will lead this webinar in partnership with Mrs. Denise Krepp, Naval History & Heritage Command. Krepp's research regarding women in the Navy will provide a historical overview and share key defining moments in Navy history as it relates to gender equality.

**UPCOMING DEI AWARD DEADLINES**

Nominations for the MD Sidney Shachnow Grateful Nation Award are due to [ALTN\\_USN\\_INCLUSION\\_AND\\_DIVERSITY@navy.mil](mailto:ALTN_USN_INCLUSION_AND_DIVERSITY@navy.mil) on **September 27**. Please share with your teams and encourage participation. For more information, email Mrs. Wendy Boler at [wendy.d.boler.civ@us.navy.mil](mailto:wendy.d.boler.civ@us.navy.mil).

The [MG Sidney Shachnow Grateful Nation Award](#), established in 2003, is presented annually to six young heroes recognized for having distinguished themselves through superior conduct in the War on Terrorism. Honorees are chosen by their respective service and come from the enlisted, noncommissioned officer and junior officer ranks. Honorees represent each of the five branches of the U.S. military and the U.S. Special Operations Command.

**SEPTEMBER IS HISPANIC HERITAGE MONTH**

Hispanic Heritage Month is observed annually from September 15 to October 15. This month corresponds with Mexican Independence Day, which is commemorated on September 16, and marks the revolution in 1810 that ended the Spanish dictatorship in Mexico. Hispanic Heritage Month celebrates and recognizes the cultural, historical, and political contributions Hispanic Americans have made to American society and culture and honors the five Central American nations (Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua, and Mexico) who celebrate their Independence days in September.

**RESOURCES**

**Call:** 800-273-8255

**Visit:** [Veterans Crisis Line](#)

**Text:** 838255



**Call:** 877-995-5247

**Visit:** [Safe Helpline](#)



**Call:** 1-800-342-9647

**Chat:** [Military One Source](#)



**Call:** 800-662-HELP (4357)

**Visit:** [SAMSHA-Find Help](#)



**DoD SAPR Connect:**

[SAPR Connect](#)



## THREE THINGS TO KNOW FOR 2021 NAVY SUICIDE PREVENTION MONTH

### COURTESY OF NAVY SUICIDE PREVENTION

- 1. A 365-Day Commitment.** The Navy recognizes each September as Navy Suicide Prevention Month. The goal of annual suicide prevention observances is not to prevent suicide on a singular day, week, or month. Rather, Navy Suicide Prevention Month reinforces our “all hands, all of the time” approach using September as a month-long launch for tailored engagement at the deck plate throughout the upcoming fiscal year. This approach advances our efforts to sustain initiatives that motivate positive action and facilitate conversations about mental health and resilience.
- 2. Connect to Protect.** 2021 Suicide Prevention Month messages will align to the Navy’s COE approach by highlighting the importance of lethal means safety and connectedness in supporting every Sailor, every day with the Defense Suicide Prevention Office’s (DSPO) theme, “Connect to Protect: Support is Within Reach.” As we continue to navigate the physical and mental health effects of a global pandemic, we must foster a sense of connection and support among Sailors. Messages used during and beyond 2021 Suicide Prevention Month serve as a call-to-action to promote help-seeking behaviors, connect with others, and discuss psychological health concerns.
- 3. 1 Small ACT** can make a difference and save a life. When it comes to suicide prevention, everyone is a leader. It is up to all of us to communicate safely about suicide and help foster environments in both our personal and professional lives where everyone feels safe and supported to reach out for help. The [DSPO Safe Messaging Guide](#) and the [2021 Suicide Prevention Month & Campaign Outreach Toolkit](#) are great resources for safely and effectively communicating about suicide and promoting safe environments.

## NAVY’S PHYSICAL FITNESS ASSESSMENT (PFA) CYCLE 2021

### BY: MR. DAVID GREENE, SECTION LEADER, PHYSICAL READINESS PROGRAM (OPNAV N171A)

The Navy’s single PFA Cycle for 2021 started July 1 and continues until December 31. NAVADMIN 129/21 provides tools and guidance for safe execution of the physical fitness assessment as we emerge from the restricted COVID-19 environment. For policy related questions, e-mail [PRP@navy.mil](mailto:PRP@navy.mil) or call (901) 874-2210.

### Highlights include:

- All Sailors must participate in PFA Cycle 2021.
- CFLs should use the Physical Readiness Program (PRP) Guide 10, “How to Conduct the Calendar Year 2021 PFA,” and updated Guides 4, 5, and 15 outlining how to safely conduct PFA Cycle 2021.
- Sailors are required to complete a Periodic Health Assessment (PHA) prior to commencing a Physical Readiness Test (PRT) or physical conditioning.
- Forearm plank replaces the curl-ups as the core muscular endurance modality. For this initial cycle, plank scores will not count toward individual scores, however officials will use the results to further validate the scoring tables.
- Premier of a 2000-meter row as one of the cardio options.
- Sailors who pass the BCA within the Navy age-adjusted standards (AAS) and score an overall excellent low or better (with no single event lower than good low) on the push-up and cardio PRT modalities only are eligible to be exempt from participation in the PRT during Cycle 1-2022 as long as they are still within AAS in PFA Cycle 1-2022.
- Transition from legacy PRIMS to PRIMS-2. PRIMS-2 will be online starting September 2021. Command Fitness Leaders (CFLs) and Assistant CFLs will enter all PFA documentation/results, with the exception of PARFQ data, into PRIMS-2 when available for use.

## NUTRITION IN THE SUMMER

BY: LCDR MELISSA AMESCUA, MS, RD/LD, MSCM, USN, OPNAV N17 21ST CENTURY SAILOR OFFICE

Summer traditions includes the food we eat at picnics, barbeques, vacations, and fairs. Foods like hot dogs, hamburgers, funnel cakes, and ice cream can start adding up, resulting in weight gain, and the complications that come along with it. All too often we make excuses and insist that we will start watching what we eat tomorrow, but tomorrow turns into a week, a month and then a year. Before you know it, nothing has changed. Life does not wait, so if we are going to live our best life now, we need to ask ourselves how we can make nutrition a priority during the summer?

Here are some summer strategies to continue to plan those vacays, picnics, and barbeques in a way that can still help you live your best life, healthfully.

- 1. Eat seasonal fruits and vegetables all summer long!** Summertime is when fresh produce is peak season and the least expensive. When you're hungry have the fruits and veggies first. Find a local farmers market or garden and freeze that fresh produce so that you can have it available all year long.
- 2. Drink lots of water!** This helps primarily with staying hydrated but can help with weight management too. Focus on limiting or avoiding sugary drinks such as lemonade, milkshakes, and sodas. If you are drinking alcohol, try to avoid sugary cocktails and drink water between beverages.
- 3. Plan ahead and be active!** Making meal plans and knowing what you are going to eat before you go to a restaurant (hint: check menus online) can help you pick healthier choices. In addition, if you are going to a party bring a healthy dish to share that you know you can enjoy too! It is also important to be active and exercise on most days. Making sure to include activity in your daily routine is important not only for keeping extra weight off, but for our heart health and overall it can improve our mood and how we feel.

Enjoy your summer and make the food you pick count towards your health!

## SPOTLIGHT: CDR SUSAN M. BURGE

CDR Susan M. Burge is the Executive Officer at Navy Air Logistics Office at Naval Air Station Joint Reserve Base New Orleans.

**How does your role support COE?**

As an Executive Officer and a member of the triad, I believe in leading from the front and trying to set the best example for my team. When we are physically, mentally, and emotionally resilient and we take care of our family/home life, we can come to work and do our jobs to the best of our abilities, coming back each day with the motivation to be the best we can be.

**What does COE mean to you personally?**

When we live by the signature core values, treating each other and ourselves with respect and dignity, we foster strong team bonds, which in turn makes us a resilient fighting force.

**What is the most rewarding part of your job?**

The most rewarding part of my job is watching my Sailors succeed. Whether that is on the job, advancement, hitting an educational milestone, conquering a personal goal or a family milestone, it is by far the best part.

**What might people in the Navy not know about what you do to support others?**

Most of my time as an XO is spent learning about ways to help Sailors in their personal and professional lives. If I can help the team succeed as individuals and as a whole, I am doing my job in a way that best supports the command and the Navy as a whole.

**What is one resource for Sailors that you'd like to highlight?**

One of the best resources I have found to help my team is the Fleet and Family Support Center. It is far more than a place to go when someone needs someone to talk to (which is their most valuable asset, in my opinion.) As an XO I have had a lot of exposure to the classes that they offer, the resources they bring to the table and the training that they can give, and it is far underutilized, in my opinion.



Do you know a Cultural Champion who deserves to be nominated for a spotlight?

Please email [culturalchampions@navy.mil](mailto:culturalchampions@navy.mil) to provide submissions or to learn more about the CCN.