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 Family Readiness.

Learn how DEI makes us better warfighters, and how to navigate stress as a family on page 2. Concerned about inflation? Take a financial wellbeing assessment, and find nutrition resources, on page 3. Check out page 4 for more info about other ongoing efforts and events that could prove helpful at your Command.

Feel free to share The CCN Navigator content with others who may benefit. To subscribe, click here or email culturalchampions@navy.mil. Interested in reading past issues of The CCN Navigator? Click here to download!

**NAVY FAMILY FRAMEWORK:**

**FOSTER A COMMAND WHERE SAILORS AND FAMILIES CAN THRIVE**

**BETTER CONNECT AND INFORM OUR NAVY TEAM**

**ENSURE RELEVANT AND RESPONSIVE FAMILY QUALITY OF LIFE PROGRAMS**

Is your command instituting the following best practices to support family readiness?

**Leadership:**

- Empower and fully support the Ombudsman as an integral member of the leadership Triad
- Make sure leadership at all levels are aware of the tools and resources available to support families

**Integration:**

- Integrate family readiness tools, resources, processes, and procedures into the command’s standard operating procedures and culture; for example, families can be included in the command sponsorship program and command indoctrination program

**Communication:**

- Establish consistent and regular communication directly to families providing information on resources, schedules (as allowed), command events/news, etc., leveraging all tools and digital resources at your disposal
- Invite representatives from the local Fleet and Family Support Center to address the command during stand downs, pre-deployment briefs, or quarters to inform Sailors and families of available support resources

**KEY RESOURCES FOR FAMILY READINESS:**

- MyNavy Family Mobile Application & MyNavy Financial Literacy Mobile Application (available at Navy app locker, Apple Store or Google Play)
- Military OneSource
- CNIC Family Readiness Homepage
- 21st Century Sailor Family Readiness Homepage
Navigating Stress as a Family

COURTESY OF PROJECT 1 SMALL ACT

Military families, especially military children and spouses, experience many of the same transitions as their service member and must also navigate the associated stress. Separation during deployments, PCS moves and reintegration are some of the many transitions that can impact each member of a military family.

Remembering and applying the 5 Principles of Resilience (Predictability, Controllability, Relationships, Trust and Meaning) can help families shore up their family resilience and thrive during periods of transition and stress. Use these quick tips to help your family stay mission ready:

**Connect with your community (Relationships, Meaning).** There is never a bad time to get engaged with your community. Volunteering at a local shelter, soup kitchen, food bank, toy drive or food drive can help lend a helping hand to the community and provide a way for families to get involved in an activity together.

**Build new family traditions (Meaning).** Whether miles apart or under the same roof, taking time to craft new family traditions that everyone can participate in is a great way for military families to stay connected any time of year.

**Share your feelings (Predictability, Controllability, Trust).** Navigating the stress that comes with military transitions whether they be deployments, PCS moves or reintegration can be difficult. Open communication is an essential component of the stress navigation process. Taking the time to sit down as a family to discuss changes and expectations can promote a sense of control and build trust within the family unit.

For more information, visit the Project 1 Small ACT blog [here](#), and follow us on [Facebook](#) and [Twitter](#).

DIVERSITY, EQUITY AND INCLUSION MAKES BETTER WARFIGHTERS

BY DR. JESSICA A. MILAM, OPNAV N174

Have you ever been asked if Navy’s work promoting Diversity, Equity and Inclusion (DEI) takes away from warfighting? Rest assured: DEI promotes warfighting. Here’s how.

Our Navy teams are incredibly diverse. Sailors bring different upbringing, backgrounds, experiences and viewpoints to their work in the Navy. Unique perspectives provide different lenses to tackle challenges, review courses of action and interact with people. We are united under our common core values and mission; we promote dignity and respect for all teammates. This makes us stronger warfighters.

Sailors need proper tools to ensure they can perform. Because every Sailor is different, their need for resources varies too. We can’t give the same tools to every Sailor—imagine only issuing eye glasses for nearsightedness. That wouldn’t help our teammates who are farsighted. We’re all unique and need different types of tools to succeed to achieve our maximum potential. Warfighting demands our best.

Inclusion is what builds trust and brings people together. Navy has prioritized a culture that empowers every Sailor to speak up and share their story so team members can know them better, understand and empathize with their experiences and be curious about how they think. Curiosity leads to better ideas and solutions for warfighting. When Sailors know they are listened to as an important part of the team, we increase a sense of belonging and improve Sailors’ trust in each other, their commands, and the Navy.

We prioritize DEI to make our teams strong. That cohesion makes stronger warfighters.

Questions about DEI in the Navy, or resources you can integrate into your Command? Email ALTN_USN_INCLUSION_AND_DIVERSITY@navy.mil.
CONCERNED ABOUT INFLATION? TAKE THE NEW FINANCIAL WELL-BEING ASSESSMENT

COURTESY OF THE NAVY FAMILY READINESS PROGRAMS POLICY OFFICE

Sailors now have access to the new Financial Well-Being Assessment on the Department of Defense Office of Financial Readiness website. The quick and easy-to-use self-assessment, just 12 simple questions, provides a score and targeted resources based on the Sailor’s responses. This assessment can also be used by leaders, Fleet and Family Support Center personal financial managers, and Career Development Boards (CDBs) as a conversation starter with Sailors about their financial journey and where to locate resources, as needed.

This tool is part of the Department of Defense strategy to focus on solutions to strengthen the economic security of service members and their families as some service members and families may face economic challenges due to COVID-19 pandemic impacts and increasingly competitive housing markets.

The Financial Well-Being Assessment can be accessed in two ways: an interactive web-based tool and a downloadable hard copy. The assessment is anonymous and there is no tracking of any data users provide. Sailors are encouraged to take the self-assessment once a year, along with their annual review of their credit report and score — or more often if their financial situation changes.


NUTRITION OBSERVANCES SUPPORTING FAMILY READINESS

LCDR MELISSA AMESCUA, MS, LD, RD, OPNAV N171 DIETITIAN

In the month of August, there are several observances specific to nutrition, with the first week focusing on breastfeeding. During World Breastfeeding Week the world annually celebrates breastfeeding as a key to improve nutrition, ensure food security and reduce inequalities across 120 countries. If you would like more information on how to contribute and participate, you can go to the following website: https://worldbreastfeedingweek.org/

In addition, August is also “Kids Eat Right” month. Info on this observance can be found at https://www.eatright.org/for-kids. The site provides resources, recipes and tips on ways to feed your child and has a section focused on infant formula safety.

When it comes to eating right, remember it is really for the whole family! Implementing family meals has shown to help strengthen family bonds, improve communication, and encourage healthy relationships. More info can be found at: https://pathways.org/family-meals. Other great resources to share for eating healthy for our families at all stages can be found on the USDA Lifecycle Nutrition website: https://www.nal.usda.gov/legacy/fnic/life-stage-nutrition.

Keeping our families healthy is important since it ultimately does impact readiness.
NAVY DRUG AND ALCOHOL DETERRENCE WEBINARS
The Drug and Alcohol Deterrence office continues to host weekly webinars for drug and alcohol program personnel. Visit Navy Drug Detection and Deterrence for the full schedule of upcoming webinars and information on how to join, or email MILL_NDSP@navy.mil.

MATERNITY UNIFORM PILOT PROGRAM (MPP)
The MPP (NAVADMIN 284/21) launched January 2, 2022 and will conclude September 30, 2026. The program is open to officers and enlisted, Active and Reserve Sailors assigned to CONUS and OCONUS commands. Participation in the program is voluntary and requires command endorsement. Selection for participation will be on a first-come, first-serve basis provided all eligibility requirements are met. More information on the program and eligibility requirements are available online.

JOIN THE WEEKLY “E-OSC SUPPORT AND BEST PRACTICE HUDDLE” HOSTED BY OPNAV N17 AND NCCOSC STAFF!
Implementing Expanded Operational Stress Control (E-OSC) at your command is a very important process and requires a motivated and Proactive Team Leader. Beginning implementation is challenging and Team Leaders will benefit from the support of other Team Leaders at nearby commands, and subject matter experts at OPNAV N17 and NCCOSC. All Team Leaders are welcome to join in the virtual weekly support meeting to ask questions and solve problems in a collaborative environment.

Commands that feel that E-OSC implementation is going well are encouraged to join in order to share their lessons learned with the wider Navy community.

The meeting occurs every Monday at 13:00EST/10:00PST. If you would like the meeting details, please email: eosc.fct@navy.mil