

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 primarily focuses on Suicide Prevention and Domestic Violence Awareness Month 2021. To subscribe, click [here](#). Interested in reading past issues of The CCN Navigator? Click [here](#) to download!

WE WANT TO HEAR FROM YOU!

Do you have an idea for The CCN Navigator? We want to hear from you. Email culturalchampions@navy.mil with your feedback and suggestions for content.

SUICIDE PREVENTION AND SUPERVISORS: THE FRONT LINE WHEN THINGS GET TOUGH

BY: SUICIDE PREVENTION OFFICE, OPNAV N17 21ST CENTURY SAILOR OFFICE

Navy leaders have great influence and impact on their Sailors' 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.

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 adequately addressed or continue to pile up, they'll likely 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 For example, a Sailor who used to be engaged and happy at work is becoming more withdrawn, is unable to focus or is easily agitated.

These can be signals that a Sailor is in crisis and provide opportunities for supportive conversations and ACTION:

- **Ask** directly "are you thinking about suicide?" You can follow up with questions like "do you have a plan" or "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.

Lead by example and reassure your Sailors that mental health concerns 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. 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.



ON YOUR RADAR

SEPTEMBER OBSERVANCES

Hispanic Heritage Month is observed from September 15 to October 15. This month corresponds with Mexican Independence Day, which is celebrated on September 16. It also recognizes the revolution in 1810 that ended the Spanish dictatorship and honors five Central American neighbors (Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua) who also celebrate their Independence Days in September. Hispanic Heritage Month celebrates and recognizes the incredible contributions Hispanic Americans have made to American society and culture.

Resources related to Hispanic Heritage Month are available on the Defense Equal Opportunity Management Institute [website](#).

NAVY SAILOR AND FAMILY PROGRAMS POLICY OFFICE

As a reminder, 12 new Navy e-Learning (NeL) financial readiness touchpoint training courses are now available to Sailors to address the mandatory training requirements established by Congress and DoD. These courses are available for enrollment on NeL. On NeL, search for "touchpoint" under the Course Catalog tab. To make it easier, the MyNavy Financial Literacy mobile app also hosts the NeL touchpoint training courses and allows Sailors to submit course completion certificates to their Electronic Training Jacket (ETJ). The app is available on the Apple App and Google Play stores.

If a Sailor prefers in-person training, corresponding courses are provided by a Command Financial Specialist or a Fleet and Family Support Center Personal Financial Manager. Once in-person training is completed, the Sailor must ensure training is recorded in their ETJ by documenting in the Fleet Training Management Planning System via a Learning Event Completion Form.

For additional information on financial readiness touchpoint training, please 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 ALTN_USN_INCLUSION_AND_DIVERSITY@navy.mil.

Upcoming webinars:

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

The September webinar will cover best practices for DEI practitioners and recommend tips for success when fulfilling roles and responsibilities. Our goal is to inform attendees about recent policies and resources and highlight upcoming DEI initiatives. We will also provide a space for discussing challenges practitioners may be facing.

SEXUAL ASSAULT PREVENTION AND RESPONSE (SAPR) UPDATE

The Workplace and Gender Relations Survey is postponed until December 2021 at the earliest. Updates will be sent out when the opening date is finalized.

PHYSICAL READINESS PROGRAM REMINDER

Command Fitness Leaders (CFLs) and Assistant Command Fitness Leaders (ACFLs) need to request an account for PRIMS-2 by submitting a SAAR-N Form (OPNAV 5239/14 (Rev 9/2011)). Submitting a completed SAAR-N Form generates an account for the CFL/ACFL but they will not have access until PRIMS-2 goes live to the Fleet.

Click [here](#) to download the SAAR-N Form. Form directions are available [here](#).

RESOURCES



Call: 800-273-8255

Visit: [Veterans Crisis Line](#)

Text: 838255



Call: 877-995-5247

Visit: [Safe Helpline](#)

MILITARY
ONE SOURCE

Call: 1-800-342-9647

Chat: [Military One Source](#)



Call: 800-662-HELP (4357)

Visit: [SAMSHA-Find Help](#)



DoD SAPR Connect:

[SAPR Connect](#)



IS NUTRITION THE MISSING LINK TO FIGHTING MENTAL HEALTH DISORDERS?

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

The foods we eat do not just help with combating disease and assist with our physical health, the foods we consume also contribute to our mental health. Regularly eating unhealthy foods like ice cream, refined breads, pastas, chips and candy is a missed opportunity to consume the healthier foods our brain needs and to improve mental health.

Our brain requires significant energy to operate, typically consuming 20 percent of an average person's energy per day. Studies show that eating fruits, vegetables and whole grains is linked to lower risks of depression and even suicide.

Following diets such as the DASH or Dietary Approaches to Stop Hypertension (found on the [National Institutes of Health](#)), the [Mediterranean diet](#) or the traditional [Japanese diet](#) have been shown to decrease one's risk for depression by 25-35 percent compared to those who ate a traditional American diet.

Some people report an improvement of both their emotional and physical health after switching their diet to this approach. September is Fruits and Vegetables month, a national observance and awareness campaign to educate on the health benefits of eating fruits and vegetables. Make it a goal to consume a new fruit or vegetable each week during September to fuel your body and brain with the nutrients it needs to fully operate.

Take this opportunity to transform your diet and make changes to improve your physical and mental wellbeing.

DOMESTIC VIOLENCE AWARENESS MONTH (DVAM) 2021

BY: FAMILY ADVOCACY PROGRAM, OPNAV N17 21ST CENTURY SAILOR OFFICE

The annual observance of [DVAM](#) every October intends to unite our community in efforts to end domestic violence. Preventing domestic abuse is a shared community responsibility, and one that starts with a message of support for victims. This year the Navy will continue to build upon last year's DVAM theme, United to End Domestic Abuse, to remind victims that assistance is available despite the safety measures taken to mitigate the spread of COVID-19.

This campaign also aligns with the Navy Primary Prevention Strategy to utilize efforts that aid in healthier relationships, interactions and choices.

Everyone has a role to play in preventing and disrupting cycles of domestic violence in our communities. As our daily lives were significantly altered by the protective measures implemented to combat the COVID-19 pandemic, this "all hands on deck" approach is more important than ever. Our efforts to slow the transmission of COVID-19 by confinement at home and social distancing created unique conditions of isolation which contributes to increased risk for violence.

Furthermore, economic instability, loss of income, associated stress and family conflicts, have all been strongly connected with increased risk of violence. The United to End Domestic Abuse campaign aims to provide victims with an understanding of the wide range of potential circumstances they may experience as a result of the pandemic.

As a community, we must promote an understanding of what safe and healthy relationships look like, raise awareness of the risk factors and early warning signs, and most importantly, provide support and resources to those impacted and seeking help.

Domestic violence presents a significant public health problem affecting the health and wellbeing of victims, their families, and communities. The campaign, [United to End Domestic Abuse](#) and One Love workshops work together to introduce simple, safe and effective ways for family, friends and concerned community members to help individuals at risk for domestic violence - while also promoting healthy behaviors during a time of heightened isolation.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

BY: FAMILY READINESS, OPNAV NI7 21ST CENTURY SAILOR OFFICE

The Navy's EFMP was established in September 1987 and became a mandatory enrollment program in September 1988 to help Sailors continue serving by assisting with access to care and support for their Exceptional Family Members (EFM) with special needs.

As of August 2021, there over 19,000 Sailors enrolled in the EFMP with over 23,500 family members meeting the requirement for the program.

EFMP includes identification of the family member's special needs and enrollment in the program, assignment coordination and family support. The program assists Sailors during the assignment process by addressing the special needs of their EFMs and ensuring they are assigned to areas where they can access necessary resources.

Special needs include special medical, dental, mental health, developmental or educational requirements, the requirement for adaptive equipment, assistive technology devices and services, and/or wheelchair accessibility.

The Navy seeks to educate Sailors and their spouses on how to enroll in EFMP and utilize all facets of the current program. Planning a successful EFMP enrollment means engaging with the program long before relocation to a new duty station.

Sailors are encouraged to contact their command's EFMP coordinator, the EFMP Coordinator at the Military Treatment Facility or the EFMP Case Liaison at the Fleet and Family Support Center, as soon as the need is identified to ease the transition.

There are also numerous online [EFMP information](#) and tools to help Sailors successfully navigate the program:



[MyNavy Family App](#)



[Navy EFMP App](#)



[Military One Source App](#)

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