

#21 OCTOBER 2025 FFSC MAYPORT -MASSEY AVE, BLDG 1 JACKSONVILLE, FL 32228

M - THU: 0730 - 1600

F: 0730 - 1500





Welcome to Our Newsletter

Welcome to our newsletter where we share insights into our programs and exciting projects. Keep an eye out for upcoming workshops and events. We hope you have a fantastic October and we look forward to seeing you for the next issue!

-A Word from our Director-

The month of October is always one of our busy months in the year. We focus around two very important themes that can affect our families: Domestic Violence Awareness Month and highlighting the Exceptional Family Member Program (EFMP). As a reminder, the EFMP program is not a voluntary program. We have FOUR EFMP Case Liaisons to navigate through this process and make sure that your special needs family member gets the services they need. Separately, domestic violence is not just one month, sadly this topic has been around too long. We have two TWO Victim Advocates to support our domestic violence survivors. I hope to see you with our activities this month. Our sailors and our families deserve the best. You can call me at 904-270-6600 ext. 1602 or e-mail me at amie.m.mckague.civ@us.navy.mil.

Fleet and Family Support Center Mayport Fiscal Year 2025 Recap:

Thank you for making Fiscal Year 2025 a great success!

Your strength, support, and sacrifices are what drive our mission every single day.



OCTOBER SPOTLIGHT: EXCEPTIONAL FAMILY MEMBER PROGRAM Written by: Jackie Rodriguez and Ciara Bundrige - Gross

OCTOBER IS EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) MONTH, AND WE HAVE AN EXCITING LINEUP OF ACTIVITIES PLANNED FOR THE ENTIRE FAMILY TO ENJOY!

WE INVITE YOU TO JOIN US FOR A VARIETY OF FUN AND INFORMATIVE EVENTS
DESIGNED TO SUPPORT AND CELEBRATE OUR MILITARY FAMILIES.
BE SURE TO CHECK OUT THE FFSC MAYPORT FACEBOOK PAGE FOR ALL THE
DETAILS ON UPCOMING EVENTS, INCLUDING:

OCTOBER 1ST: <u>FREE</u> EFMP BOWLING PARTY
OCTOBER 7TH: RESOURCE FAIR
OCTOBER 8TH AND 15TH: ICE CREAM SOCIAL

EFMP UPDATES: DON'T BE AFRAID OF CHANGE AND HERE'S WHY!

As of October 1st, the Exceptional Family Member Program (EFMP) has officially transitioned to "purple", signifying that all military branches have shifted from using the traditional Category system to a new Level of Needs approach. This change aims to provide a more comprehensive and standardized way to assess and address the unique requirements of military families with exceptional needs, ensuring better support and resources across the board.

EFMP AND YOU: A CHECKLIST FOR A SMOOTH TRANSITION!

EFMP Enrollment/Update Checklist: Each qualifying family member should complete the DD Form 2792 (Medical Summary) and/ or the DD Form 2792-1 (Special Education/ Early Intervention Summary). Attach a complete copy of the current IEP or IFSP, including all accommodations. (This is required to be included if child has one in place). Optional documents that would assist in providing a clearer picture of the EFMs' condition: Physician or therapist letters. You will receive automatic email updates as your case moves through the process via your primary email address in NFAAS. Ensure your primary email address in NFAAS is current and accurate.

OCTOBER SPOTLIGHT: DOMESTIC VIOLENCE AWARENESS MONTH Written by: Libby Duffy

October is National Domestic Violence Awareness Month. You may see purple ribbons around the base as a reminder to speak up against domestic violence, learn the dynamics of abuse, and support all victims.

Many of us know someone who has been a victim of relationship abuse. So, what can we do to help? What should we look for?

A good place to start is understanding what an abusive relationship is—refer to the graphic power and control wheel. Most, but not all, domestic abuse incidents are related to power and control issues. This occurs when one partner has more power and control, either through economic or emotional abuse, over the other partner. Examples of power and control include having to share your location, always having to explain yourself to your partner, especially when you receive a text message or call, being jealous of everyone including coworkers, isolating victims from family and friends, and name-calling, put-downs, and bullying.

Keep in mind that not all forms of abuse are alike. Physical abuse is usually visible, but economic and emotional abuse are harder to recognize and just as damaging.

Signs to look for in victims of abuse include:

- DOMESTIC OR INTIMATE PARTNER VIOLENCE and Threatening Intimidation Makes and/or carries out Makes me feel afraid or unsafe with actions, threats to hurt me; Threatens to commit suicide: Threatens gesutures and/or looks; to report/embarrass/out me Throws things; Breaks things; Damages my to an agency or others; Keeps Puts me Threatens to leave property; Abuses me from down: Makes my pets; Displays me: Pressures me getting or keeping me feel bad about to commit illegal and talks about a job; Makes me ask myself; Calls me actions. weapons. for money; Gives me an names; Makes me think allowance; Takes my money; I'm crazy, misrepresenting or overreacting; Plays mind games; Refuses to let me know about Humiliates me; Makes me feel or have any kind of access to our shared income. guilty or ashamed. **POWER** Using Economic Abuse **Using Emotional Abuse Using Privilege Using Isolation** Treats me like a servant; Acts Controls what I do, who I see, like the head of the household: what I read, where I go and who Makes all the big decisions I talk to; Limits my volunteer, Defines each person's role religious or outside activities: in the relationship; Uses Monitors my behavior and Makes me Makes light my communication; gender, race, class féel guilty about of the abuse: or sociological Uses jealousy the children: Uses Doesn't take any stereotypes to justify the children to relay of my concerns against actions. messages; Uses our seriously; Denies abuse me visitation arrangements ever happened; shifts to harass me; Threatens blame for the abuse to me to take the children away. saying I caused or deserved it. Minimizing, **Using Children** Denying and Blaming Jesisydd leutiriga
- Tardiness at work and receiving a lot more texts and calls from their partner.
- Making excuses for being late and changes in work performance.
- Unexplained bruises or excessive use of makeup, suddenly wearing long sleeves, or using dark glasses indoors.
- · Changes in mood-seeming depressed or anxious, complaining of not getting enough sleep, or not feeling well.

Talking to someone who is in an abusive relationship is never easy. However, if you recognize these signs in a coworker, friend, or family member, it is important to say something. Be supportive, listen, never judge, and validate their feelings.

Remember, some victims choose to remain in the home with the abuser. Just remind them that you will support them either way. Offer resources and volunteer to go with them to get help. Most of all, reassure them that you care about their safety and well-being.

The Fleet and Family Support Center's Victim Advocates offer safety planning 24/7 at 904-542-8673, and professional counseling staff are ready to assist at the center Monday-Thursday from 0730 to 1600, and Friday from 0730 to 1500.

Call 904-270-6600 for more information. Military One Source is available at 800-342-9647, and the National Domestic Violence Hotline can be reached at 800-799-7233.

Join us this October, Domestic Violence Awareness Month, to spread the word and start the conversation about how we can prevent domestic violence. Look for the purple ribbons and our resource table at the NEX for more information.

EMPLOYEE SPOTLIGHT - Meet Tre B.

What are your hobbies?: "Hiking, riding my bike, reading (what interest me) and listening to my rainy day playlist, while strolling in the rain (can't do that in FL)."

What's your go-to way to unwind and recharge after a long work week?: "Dance in kitchen to Bob Marley, pretend I can sing and watc my dog be the least bit entertained by my antics."

What's the one item you can't live without at your desk?: "A large fancy note pad."

Favorite Food and where do you like to get it here in Jacksonville?: "Mood related, most frequent food however, Thai, Blue Orchid has proven themselves."

What's the most interesting place you've traveled to?: "Tomasopo a town in San Luis Potosi (Mexico)."

What's a small thing that always makes you smile?: "My dog (Sky)."

How do you see your role impacting FFSC's overall mission?:

"As an IPC, I help advance FFSC's mission by building partnerships, using data to guide prevention, and strengthening resilience so our sailors and families can thrive."



