



Anchor Program Mentor Guide



Sailors Caring for their Seriously Wounded, Ill and Injured Shipmates



“ My Anchor Program mentor has made a huge impact on my life. There have been times that I didn’t feel like talking, and she has understood. Never pushy or obnoxious, she has simply been available when I needed her. She is a Navy veteran and a mother, and she can relate to my unique experiences. She has ensured that, despite my distance from military life,
I never feel forgotten.

- Retired Navy Utilitiesman 2nd Class Jessica Landeros ”



Mission

The purpose of the Anchor Program is to foster a multifaceted social, professional and/or spiritual relationship with a seriously wounded, ill or injured service member and their family. The key word is ...

Relationship

The level of support and degree of involvement may vary by wounded warrior. However, the baseline expectation is that a mentor will develop a meaningful relationship – in whatever shape or form – with the wounded warrior and their family.

- **Break the Ice:** Establish immediate contact and let the wounded warrior know you are available during their transition from military service.
- **Lay the Foundation:** Meet the wounded warrior when they arrive in the community (or shortly after making contact remotely). Connect with them and communicate your desire and availability to assist.
- **Follow Up:** Contact the wounded warrior at least once a month for one year, ensuring their transition remains smooth.

Listener. Friend. Shipmate.



Key Concerns

You are fully empowered to use your social contacts to assist the wounded warrior and their family; however, you should not incur personal expenses. When a financial need is identified, it is critical that you notify Navy Wounded Warrior – Safe Harbor, rather than addressing it yourself. You will not be reimbursed for any costs associated with your interactions with the wounded warrior.

Privacy is Paramount

Never divulge information concerning the issues surrounding the service member and their family (especially medical information). They have shared with you parts of their lives that are very sensitive, and you must respect their privacy.

Your Service is Voluntary

On occasion it may be necessary to discontinue the mentor-service member relationship. If you are overwhelmed or the chemistry is not working, it is okay. Simply notify the Navy Wounded Warrior – Safe Harbor Anchor Program coordinator.



Expectations

Your knowledge of the local community and your personal contacts will be invaluable for the wounded warrior and their family. Referrals you might provide range from housing, to churches, to shopping.

In some cases, you might be able to connect the wounded warrior and their family with local employers. You also might be able to direct them to a local VA hospital, or state and local support agencies.

Eyes & Ears – Local “Boots on the Ground”

You are not expected to be a non-medical care expert, and you should never offer advice on those issues or any legal issues.

As a mentor, you will serve as a sounding board. When you hear or see a problem, it is imperative that you notify the Navy Wounded Warrior – Safe Harbor Anchor Program coordinator.



**WHEN IN DOUBT:
CALL NAVY WOUNDED WARRIOR – SAFE HARBOR**



Summary

Thank you very much for your willingness to share in the life of a seriously wounded, ill or injured service member and their caregiver(s). Your service ensures that wounded warriors remain part of the Navy family even after transition.

Responsibilities

- Commit to a minimum of one year of availability
- Contact the wounded warrior/family monthly
- Offer social contact and personal referrals
- Protect the privacy of the wounded warrior/family
- Inform Navy Wounded Warrior – Safe Harbor of any issues

The most important piece of information – **contact information** – can be found on the last page of this booklet.



**Any Questions Regarding the
Anchor Program?
Call or Email Navy Wounded Warrior –
Safe Harbor!**

Navy Wounded Warrior – Safe Harbor

CONTACT US 24-7!

855-NAVY WWP / 855-628-9997

navywoundedwarrior@navy.mil

Non-medical Care Provider

Name: _____

Phone: _____

Email: _____

Anchor Program Coordinator

David Pennington

202-433-9163

david.pennington.ctr@navy.mil

Family Programs Coordinator

Dario Santana

202-433-9162

dario.santana@navy.mil



Navy Wounded Warrior – Safe Harbor is the Navy’s organization for coordinating the non-medical care of seriously wounded, ill and injured Sailors and Coast Guardsmen, and providing resources and support for their families. Through proactive leadership, the program provides individually tailored assistance designed to optimize the success of the enrollees’ recovery, rehabilitation and reintegration activities.

1-855-NAVY WWP / 1-855-628-9997
NAVYWOUNDEDWARRIOR@NAVY.MIL

[HTTP://SAFEHARBOR.NAVYLIVE.DODLIVE.MIL](http://SAFEHARBOR.NAVYLIVE.DODLIVE.MIL)

