

# Wounded Warrior

# FAMILY QUARTERLY NEWSLETTER



August 2015



## SEPTEMBER: SUICIDE PREVENTION MONTH

September is Suicide Prevention Month across the Navy and Department of Defense. Each member of the Navy team is valued and irreplaceable, and family members are an important part of that team. Family members and caregivers of Wounded Warriors face unique challenges, and may be the first to see signs of distress in a loved one. Strong relationships are protective factors during life's challenges, enabling early intervention when additional support is needed. We rely on our Navy family members to help us make September a launch pad to re-energize suicide prevention efforts throughout the year.

To that end, we're introducing a new message within our Every Sailor, Every Day campaign: "1 Small ACT." This message encourages simple actions we can all take to promote cohesion and inspire hope, based on the Ask, Care, Treat (ACT) bystander intervention model. We're asking you to think of the small actions you can do to make a difference, and then share these acts with the world in our 1 Small ACT photo gallery. Visit [www.suicide.navy.mil](http://www.suicide.navy.mil) for more information, including details on how you can participate in the gallery and get involved in local efforts.

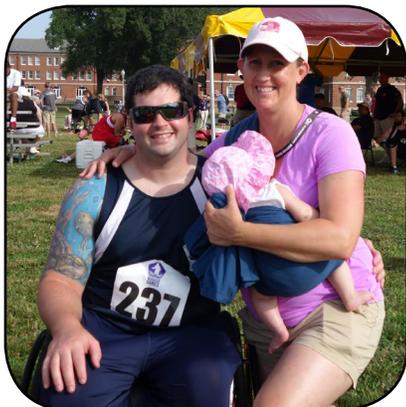
We need you to break the silence and start the conversation about stress and suicide early to open the door for intervention and support. Your 1 Small ACT — being there to listen and offer encouragement, or connecting your Sailor with resources to build resilience — can lead to one big step in the right direction. Your Navy Wounded Warrior (NWW) — Safe Harbor staff are here to help, and so are we, the 21st Century Sailor Office's Suicide Prevention Branch (OPNAV N171.)

Help is always available. Call the Military Crisis Line at 1-800-273-TALK (Press 1), visit [www.militarycrisisline.net](http://www.militarycrisisline.net) or text 838255 for free confidential support, 24/7.

## FAMILY SYMPOSIUM OCT. 30 AT WALTER REED NATIONAL MEDICAL CENTER

NWW Family Symposiums provide an opportunity for seriously wounded, ill and injured service members, as well as their caregivers and families, to share testimonials that could lead to discussions on how to better support our wounded warriors and family members. The next symposium will take place at Walter Reed National Medical Center (WRNMC) United Services Organization (USO) on Oct. 30 at 8:30 a.m. and includes lunch and a resource fair. Medical professionals, and wounded warrior and veteran support organizations will be present to provide valuable information and support for attendees. For more information, please contact Dario Santana at 202-433-9154 or [dario.santana@navy.mil](mailto:dario.santana@navy.mil).

## THANK YOU FAMILIES FOR SUPPORTING YOUR WOUNDED WARRIORS DURING THE 2015 DoD WARRIOR GAMES



Senior Chief Austin Reece's wife Charity, their daughter Nadia (not pictured), and newborn baby girl supported him throughout the DoD Warrior Games in Quantico, Va.

**Ida Malone, wife of Navy Chief Petty Officer Averill Malone** "I want Averill to know he's supported. I just want him to have that satisfaction that his family and friends are in his corner cheering for him."

**Coast Guard Marine Safety Officer Lt. Sancho Johnson** "It was a proud moment to have [my wife] there by my side, cheering and yelling and clapping."

**Navy Senior Chief Petty Officer Austin Reese** "It was great sitting at the starting line and hearing my daughter yelling, 'Let's go, Daddy!' There was so much positive energy and excitement when I was coming around the corner as I saw my mom and cousins there. It was awesome."

**Michelle Walcott, mother of Airman Sadie Strong** "My daughter is new to shooting. Last year's DoD Warrior Games was her first time she participated and she won gold. It is amazing to see this crazy, amazing, talent that I never knew she had."



## A LETTER FROM LEADERSHIP

In addition to Suicide Prevention Month in September, NWW is proud to support National Disability Employment

Awareness Month (NDEAM). Held each October, NDEAM aims to educate about disability employment issues and celebrate the many and varied contributions of our nation's workers with disabilities. The theme for this year - which marks 70 years since the first observance - is "My Disability is One Part of Who I Am," and is closely aligned with NWW's efforts to connect seriously wounded, ill and injured Sailors and Coast Guardsmen to education, training and employment opportunities.

Everyone can help promote NDEAM, and share the important stories of people with disabilities who are making a positive impact on our workforce. Access outreach materials at <http://www.dol.gov/odep/topics/ndeam/>, and share them widely throughout October.

Employment and education assistance is a key component of NWW's Transition and Veterans Support Program for enrolled seriously wounded, ill and injured Sailors and Coast Guardsmen. NWW non-medical care management teams provide services such as building and editing resumes, preparing for job interviews, identifying internship opportunities, and providing information about upcoming job fairs. To learn more, contact the Employment and Education Initiative coordinator through the NWW hotline at 855-628-9997.

Sincerely,  
Capt. Brent Breining  
NWW Director

## SECRETARY OF LABOR DISCUSSES OPERATION WARFIGHTER AT NSA BETHESDA



Secretary of Labor Thomas E. Perez visits with Navy Wounded Warrior (NWW) — Safe Harbor enrollee Yeoman 1st Class Theresa Brim and NWW Transition Care Coordinator Gary Simpson on July 27 at Naval Support Activity Bethesda.

Secretary of Labor Thomas E. Perez visited NSA on July 27 to discuss hiring and employment initiatives with seriously wounded, ill and injured service members. NWW Transition Care Coordinator Gary Simpson and NWW enrollee Yeoman 1st Class Theresa Brim had the distinct honor of meeting and speaking with the Secretary of Labor about Department of Defense (DoD) and Department of Labor (DoL) hiring initiatives for disabled veterans.

One of the key topics of discussion involved the DoD Office of Warrior Care Policy initiative, Operation Warfighter (OWF), which is a DoD internship program that matches qualified wounded, ill and injured service members with non-funded federal internships, providing them valuable work experience during their recovery and rehabilitation.

This program assists the service members' reintegration to duty, or their transition into the civilian work environment, enabling them to employ their newly-acquired skills in a non-military work setting. The secretary and his staff lauded Simpson's efforts in using the OWF program to secure an internship at the Defense Intelligence Agency (DIA) for Petty Officer Brim. "Being blind in my left eye has been a challenge for me, especially in trying to find work. This new internship will help prepare me for a future career in the civilian workforce," said Brim. For more information on OWF, please contact [OSD.OWF@mail.mil](mailto:OSD.OWF@mail.mil).

## BACK-TO-SCHOOL RESOURCES FOR WOUNDED WARRIOR FAMILIES



**Operation Homefront Back-to-School Brigade:** This organization offers free school supplies for students in families of service members (E1-E6). Visit [operationhomefront.net](http://operationhomefront.net) for more information.

### AAFES and NEX Price Match:

Army and Air Force Exchange Service and Navy Exchange offer a price match guarantee. Visit [shopmyexchange.com](http://shopmyexchange.com) and [mynavyexchange.com](http://mynavyexchange.com) for details.

**Tutor.com for U.S. Military Families:** Tutor.com offers free tutoring for military families. Get homework and studying assistance from a professional tutor 24/7 in as many as 16 different subjects! They even have a mobile app. Visit [tutor.com/military](http://tutor.com/military) for more information.

**Military Child Education Coalition (MCEC):** Some of the resources available to military families on this popular site include parent-to-parent and student-to-student peer programs. Visit [militarychild.org](http://militarychild.org) for more information.

## PEER SUPPORT FOR WOUNDED WARRIOR FAMILIES

DOD is committed to providing opportunities for caregivers to connect and meet with families like their own. Military caregiver peer forums provide pathways to empowerment and hope. The forums span across 70 installations. Learn about future dates and locations of the forums at [warriorcare.dodlive.mil/caregiver-resources](http://warriorcare.dodlive.mil/caregiver-resources).

## NAVY LIBRARY PROGRAM

The Navy General Library Program (NGLP) features facilities that offer a wide variety of books and periodicals, computer resources, and programs that enhance opportunities for educational research and recreational reading. For more information, visit [navymwrdigitallibrary.org](http://navymwrdigitallibrary.org) or e-mail [NGLP@navy.mil](mailto:NGLP@navy.mil).

## CNIC WELCOMES FISHER HOUSE MANAGERS

Fisher Houses provide a "home away from home" for wounded, ill and injured service members — both active duty and retired — and their families. These facilities enable family members to be close to a loved one at an extremely stressful time — during hospitalization for an unexpected illness or injury.

On July 13, Commander, Navy Installations Command (CNIC) welcomed Fisher House managers for an all-day training session focusing on building partnerships, program standards, program accreditation, and information exchange. CNIC is committed to supporting the fleet, fighter and family, and these types of partnerships allow for enhanced knowledge in order to better support the families. To learn more about the Fisher Houses, visit [fisherhouse.org/programs/houses](http://fisherhouse.org/programs/houses).

