



THE INDIVIDUAL AUGMENTEE (IA) JOINT REPORT

GETTING THE MESSAGE TO IA SAILORS AND CIACs
A Joint Report for IA Sailors and CIACs Navigating the IA Continuum
4ND EDITION, 1ST QUARTER FY2019

IA SAILORS AND COMMAND IA COORDINATORS (CIAC),

THE IA JOINT REPORT, 4ND EDITION is a coordinated and collaborated newsletter with input from U.S. Fleet Forces (USFF), Commander Navy Installations Command (CNIC), Commander Naval Reserve Forces Command (CNRFC), and Expeditionary Readiness Combat Center (ECRC) to communicate important messages relevant to IA Sailors' deployments and those who support them throughout the IA continuum. Topics highlighted in this edition include:

- [Government Travel Charge Card SmartPay 3 Transition Card Issue Update](#)
- ****NEW**** [Pre-deployment Expeditionary Screening Checklist and Guide Sheet](#)
- [Government Travel Charge Card \(GTCC\) hierarchy ownership](#)
- [Mobilized? Legally protect yourself!](#)
- [Medical preparations and recommendations from ECRC Medical](#)
- [New PFA Policy and IA eligibility](#)
- [Yellow Ribbon Overview: Deployment Readiness Training and Returning Warrior Workshop](#)
- [Deployment Support and Operational Stress Control](#)

FEEDBACK – USFF

Your suggestions for improving the IA process and/or the CIAC program are greatly appreciated. Please send any feedback to: usff.ia.fct@navy.mil

INFORMATION YOU NEED TO KNOW!

- [Navy IA website](#)
- [ECRC website](#)
- [CNIC website](#)
- [CNRFC N35 SharePoint Page](#)
- [CNIC Family Connection – March 2018 \(and archived versions\)](#)
- [FY2018 Returning Warrior Workshop \(RWW\) Schedule](#)
- **Emergency Numbers:**
 - [ECRC 24/7 Family Hotline](#): 1-877-364-4302
 - [American Red Cross](#): 1-866-438-4636
 - [Military OneSource](#): 1-800-342-9647

POLICY UPDATES/REMINDERS – USFF/CNRFC

Government Travel Charge Card SmartPay 3 Transition Card Issue Update

–The Department of Defense (DoD) Government Travel Charge Card (GTCC) program is required by Public Law 105-264. The existing GSA SmartPay 2 (SP2) master contract ends on 29 November 2018. A new SmartPay 3 (SP3) master contract was awarded to Citibank and will begin on 30 November 2018. ****A new card will no longer to be issued prior to the transition. All card holders should keep their current card and utilize as authorized. Contact your unit Agency Program Coordinator (APC) with any further questions**.** Card holders will receive a blue SmartPay 3 card with the same account number upon the expiration date on their current card.

****NEW** Pre-Deployment/Expeditionary Screening Checklist AND Guide Sheet (NAVPERS 1300/22, Rev. 06-2018)** – Effective June 2018, USFFC updated the Pre-Deployment/Expeditionary Screening Checklist

to be more streamlined, easier to execute, and organized with regards to checklist items specific to geographic locations of ultimate duty station. USFFC removed good to know information that are not absolute requirements for mobilization/deployment (now attached in a supplementary “Guide Sheet” located on the IA.NAVY.MIL website). USFFC also grouped training requirements into three specific deployment locations: CONUS deployers, AFRICOM, and CENTCOM.

Please review the updated [Pre-Deployment/Expeditionary Screening Checklist](#) and the new [Guide Sheet](#).

Government travel charge card (GTCC) hierarchy ownership while boots on ground

– USFFC Policy and Assessments was notified by CNRFC N4 Supply and Logistics of recent occurrences were IA mobilizers are having their GTCC hierarchy pulled into their theater Army command’s ownership (instead of being properly left under their NOSC’s).

Reserve and active duty IAs should ask NOSC’s/Parent commands to maintain ownership of their GTCC’s. USFFC Policy and Assessments was notified by CNRFC N4 Supply and Logistics of recent occurrences were IA mobilizers are having their GTCC hierarchy pulled into their theater Army command’s ownership (instead of being properly left under their NOSC’s). This transfer in ownership of GTCC causes potential administrative problems detrimental to the service member. If the Army assumes ownership of the Navy mobilizers GTCC, CNRFC no longer has visibility to the members account status and would be unable to provide accurate account notifications to the service member. This could increase the chances of account delinquency and disrupt proper account management.

IA mobilizers should maintain account hierarchy under their NOSC’s (for RC members) and Parent Commands (for AC members). The NOSC’s/Parent Commands cannot stop a theater command from pulling hierarchy ownership; it is incumbent upon the IA to communicate with theater commands during the course of administrative processing to prevent this transfer.

MOBILIZATION – USFF/ECRC/CNRFC

Mobilized? Legally protect yourself

–The most common legal issues that arise during deployment are related to finances, so it is essential to remain financially engaged while deployed. Even when you are proactive by establishing a power of attorney and auto-pay before mobilizing, unforeseen events may occur, such as automatic payments stop working or fraudulent activity on credit cards.

While deployed, continue to check your bank statements, leave and earning statements, and even your credit report. If you have a power of attorney or someone collecting your mail, have them scan and email you any delinquent bills, collection letters, notices of court proceedings, or any questionable correspondence. If you become aware of a legal issue, immediately seek legal assistance services—there are laws in place to protect you but time is of the essence.

The Servicemembers Civil Relief Act (SCRA) provides a wide range of protections for individuals called to active duty. The protections generally begin on the date of entering active duty and terminate within 30 to 90 days after the date of discharge from active duty. The SCRA allows service members to postpone or suspend certain civil obligations such as civil court cases to enable them to devote full attention to duty. The SCRA also provides for a reduction of interest rate to 6% on qualifying loans or financial obligations as long as the member incurred the debt before being recalled to active duty. The member must contact the lender in writing and provide a copy of their orders for the reduction to 6%. The rate will continue throughout the deployment. Eligible loans include credit card debt, mortgages, and car loans. Creditors and insurers are cannot take any adverse actions such as notifying credit agencies, denying credit, or changing terms against service members who use this right. A legal assistance attorney can advise you on your rights and aide you in rectifying your financial dilemma.

To learn more about legal assistance topics that commonly affect military members, or to locate the nearest legal assistance office, please visit: http://www.jag.navy.mil/legal_services/legal_services_locator_rls0.htm.

Medical preparations and recommendations from ECRC Medical– Thorough medical screening, beginning with the Navy Operational Support Center (NOSC) or parent command, is a vital component to successful Individual Augmentee preparation. The Expeditionary Combat Readiness Center (ECRC) medical department provides comprehensive medical interviews with all Sailors preparing to mobilize to determine medical suitability for each individual mission.

By utilizing Area of Responsibility (AOR) specific guidelines, medical providers review each member's medical history using the Medical Readiness Reporting System (MRRS) Armed Forces Health Longitudinal Technology Application (AHLTA), Veterans Affairs Records (JLV), and any civilian medical records. It is imperative that command Medical Department Representatives (MDR) prescreen members identified for mobilization utilizing these medical systems. All medications paid for by Tricare (including Tricare Reserve Select) will be visible in AHLTA.

The Process

Day 1: Members report directly to the medical department and turn their records in to the processing Corpsman. The HMs review the records to determine what requirements have not been met (e.g. immunizations, labs etc.). At the end of the day, the medical staff returns the records and provide a brief to the Sailors on what they need to get done in order to be cleared medically.

Day 2 & 3: The mobilizing Sailors report to medical to complete all requirements that have not yet been completed. Once all requirements are complete, the Sailors see a credentialed provider to determine ultimate medical suitability.

Day 4: Members requiring anti-malaria medication report to medical for dispensing of prescriptions and a brief on the medications.

Day 5: Medical team conducts a final overall review for outstanding medical issues or concerns (e.g. waivers, holdover status).

Common Deployment Limiting Conditions

Some common deployment limiting conditions that require a medical waiver or deem a member to be Not Physically Qualified (NPQ) are:

- Failure to disclose all medical issues or medications
- Failure to comply with medical directives (e.g. medications, lifestyle changes)
- Failure to complete follow-up appointments and clearance for deployability
- Major Dental Issues (Must be a class I or II)
- Body Mass Index (BMI) restrictions
- Behavioral/Mental Health conditions, especially those that require specific medications
- Failure to complete women's wellness examinations
- Use of equipment such as CPAP machine for sleep apnea

Medical Waivers

NOSC Medical Department Representatives are responsible for the completion of NAVMED 1300/4 prior to releasing the Sailor for travel to ECRC. The form is to be completed in its entirety by the MDR and signed by a medical screener, a medical provider, a dental officer and verified by the Commanding Officer. Any required medical waivers must be initiated by the NOSC or parent command 30 days prior to the member reporting to ECRC in accordance with the AOR guidelines. The final medical waiver approval authority lies with the theater command surgeon.

New PFA Policy and IA eligibility

-In an effort to align with NAVADMIN 304/17 (DTG 211859Z DEC 17) "Physical Readiness Program Policy Change," the Commander, Navy Reserve Force (CNRF) issued ALNAVRESFOR 012/18 (DTG 141724Z JUN 18) reflecting the following change to Navy Reserve mobilization policy:

Physical Fitness Assessment (PFA) failures do not automatically preclude mobilization. Service members with PFA failures are now eligible for both voluntary and involuntary mobilizations. Navy Reserve Activities (NRAs) should prepare and process Sailors identified for mobilization, regardless of PFA status. Mobilization orders cancelled, or approved for cancellation, by Commander, Navy Reserve Force (CNRF) prior to 14 June 2018 will remain cancelled.

Sailors who fail the PFA prior to mobilization should expect to participate in the Fitness Enhancement Program (FEP), or equivalent fitness program, at their ultimate duty station.

US Fleet Forces Command will evaluate potential adverse mission impacts this policy may have on specific mobilization requirements. If a Sailor with a PFA failure is determined unfit to fulfill their mobilization orders, the orders will be cancelled. Sailors in this circumstance may be re-tasked by CNRF to a different mobilization requirement.

The Expeditionary Combat Readiness Center (ECRC) will continue to determine ultimate medical suitability for mobilization.

The Pre-deployment/Expeditionary Screening Checklist (NAVPERS 1300/22) has been updated to reflect this policy change.

RE-DEPLOYMENT – CNRFC

Yellow Ribbon Training Events –

-Yellow Ribbon Training events are designed to inform Service members, family members and designated representatives about the assistance and services available to them during the deployment continuum, Yellow Ribbon events utilize authorized local, state and federal organizations to ensure readiness and resiliency of service members, their families, designated representatives, employers and the affected communities for the rigors of deployment and separation. Members of the Navy Reserve and their families/designated representatives who have executed or been identified for mobilization are eligible to attend Yellow Ribbon training events primarily Deployment Readiness Training (DRT's) and Returning Warrior Workshops (RWW's).

DRTs are mandatory events for all Navy Reserve Sailors who have been notified of mobilization and have not attended a pre-deployment event within the preceding 18 calendar months of their Naval Reserve Activity verbal notification date. All Navy Reserve Sailors approved for volunteer status are highly encouraged to attend a DRT event prior to being identified on the RC1 list (NRA verbally notified). Family members/designated representative and kids of deployed Sailors are invited to attend as well. This event will provide a better understanding of all the available support programs and what to expect in each phase of deployment to help build resilience and knowledge. DRTs are a single day, in-person training event consisting of a minimum of six hours of instruction. These events are hosted by a NOSC designated in our FY-19 schedule (www.yellowribbonevents.org) and executed by the Regional Component Commands (RCC's).

RWW is the Navy Reserves signature reintegration event that celebrates the service of the member and the support of the designated representatives. This event recognizes their sacrifice and service, educates them about the myriad of resources available and facilitates relationship growth throughout the reintegration process. This event is voluntary but strongly encouraged for those service members and families/designated representatives who have returned from deployment or mobilization. Participation is intended to develop resiliency in coping with the rigors of the military lifestyle and the stressors caused by deployment separation

and subsequent reintegration. This event does not allow children under the age of eighteen. The RWW also provides a safe, relaxed atmosphere in which to identify and address potential issues that may arise during post deployment reintegration.

All FY-19 Yellow Ribbon events are posted on the DoD Yellow Ribbon Events website www.yellowribbonevents.org.

FLEET & FAMILY SERVICES – CNIC

Deployment support and Operational Stress Control –The deployment support program strengthens commands, Sailors and their families by ensuring readiness and preparedness to meet the challenges posed by increased OPTEMPO, ongoing deployments and IA assignments. Equally important, it addresses the need for family and community resiliency with access to relevant prevention and enrichment programs to get to and stay in Operational Stress Control (OSC) mission-ready green.

The Navy's OSC program has been integrated into all fleet and family support program (FFSP) trainings and briefs to heighten command awareness regarding reintegration challenges. This model normalizes stress responses by and provides commands, Sailors, and family members the tools necessary to assist returning warriors with the reintegration process.

IA Sailor, Spouse and Family Member Support

- The individual deployment support (IDS) program provides support, information and referral services to IA Sailors and their families through outreach calls and discussion groups.
- The Navy Family Accountability and Assessment System (NFAAS) IDS module is a standardized Navy database for fleet and family support center (FFSC) individual deployment support specialists (IDSS) to provide outreach by contacting designated IA family members on a monthly basis throughout the deployment cycle.
- Individual deployment support specialists proactively support IAs and their families throughout the deployment cycle and for a minimum of 180 day post deployment.
- The Family Connection Newsletter provides current resources and information. Produced monthly, the electronic publication is disseminated via fleet & family support program (FFSP) website, email, Facebook, ombudsman registry, FFSC, as well as links on NFAAS and IA websites. Emergency preparedness and crisis response is provided by FFSC staff.
- The IA Family Handbook, available via the FFSP website, addresses deployment preparation, support resources and reintegration.

Pre-Deployment and Deployment Support

- Pre-deployment focuses on the months before a deployment begins; the practical, the emotional and the effects on families and helping them adjust. FFSC offer pre-deployment support briefs including: pre-deployment preparation for singles/couples, financial planning for deployment, parent child pre-deployment brief, deployment planning for kids, and communication during deployment.
- Family readiness group (FRG) leadership training is available at FFSC. The FRG handbook and related resources are available via the FFSP website.
- FFSP offers deployment support via web-based resources such as the FFSP webpage, Facebook, Twitter, ombudsman registry and the NFAAS.

Post-Deployment and Reintegration Support

- FFSC - Work and family life (WFL) program areas (i.e., homecoming/reintegration, life skills education, personal financial management, and clinical counseling).

- Homecoming/reintegration programs assist families in renegotiating roles and responsibilities, communicating with children and maintaining resiliency and balance. Programs include: reintegration strong Navy couples workshop and family and friends homecoming program.
- Life skills education provides methodology to communicate interact and problem-solve for positive change for parenting, stress, anger and conflict management and communication skills to assist families to get to and stay in (OSC) mission-ready green.
- Personal financial management educates families in gaining financial stability.

Operational Stress Control

Stress is a fact of life for Navy families. Deployments, reintegration and relocation can cause stress for the entire family. In addition to the stressors unique to military life, Navy families must cope with common stressors like work, school, managing finances and raising children. The OSC Program offers tools and resources to help Sailors and families navigate stress and build resilience.

Stress Continuum

Use the stress continuum below to identify your stress zone and take the necessary action to help manage your reactions to stress.

	READY	REACTING	INJURED	ILL
INDIVIDUALS	<ul style="list-style-type: none"> • Good sleep habits • Good fitness habits • Healthy eating • Sense of humor • Positive attitude • Productive and focused • Socially connected • Calm and confident • Effective communication • Moderation and balance • Able to relax • Sense of purpose • Feel on top of things 	<ul style="list-style-type: none"> • Impatient or irritable • Worried • Trouble sleeping • Appetite change • Apathetic • Withdrawing socially • Cutting corners • Reduced concentration • Increased use of alcohol • Increased use of tobacco • Muscle tension/fatigue • Excessive escape mechanisms (TV, internet, gambling, etc.) 	<ul style="list-style-type: none"> • Cannot fall asleep or stay asleep • Weight changes • Persistent, vivid nightmares • Intense emotions • Loss of interest in activities • Social isolation • Loss of moral bearing • Suicidal/homicidal ideas • Confusion/disorientation • Episodes of rage or panic • Numbness • Loss of control • Substance abuse 	<ul style="list-style-type: none"> • Symptoms persist, worsen, or return with more severity • Persistent trouble functioning
FAMILIES	<ul style="list-style-type: none"> • Children well-adjusted and secure • Regular routines • Good communication • Clean/organized home 	<ul style="list-style-type: none"> • Children acting out or insecure • Dropping routines • Difficult communication • Increased clutter and disorder • Reduced intimacy 	<ul style="list-style-type: none"> • Major behavior issues • Feeling of chaos • Constant fighting • Silence, severe lack of communication • Loss of intimacy • Verbal or physical abuse 	<ul style="list-style-type: none"> • Symptoms persist, worsen, or return with more severity • Persistent trouble functioning

ACTIONS FOR INDIVIDUALS AND FAMILIES

READY	<ul style="list-style-type: none"> • Maintain physical fitness/healthy eating • Get adequate rest 	<ul style="list-style-type: none"> • Use alcohol in moderation, if at all • Practice core values 	<ul style="list-style-type: none"> • Build strong relationships • Resolve conflicts effectively
REACTING	Includes all actions above and... <ul style="list-style-type: none"> • Be self-aware • Rest, eat and stay hydrated 	<ul style="list-style-type: none"> • Talk with shipmate and/or family • Scale back from excesses 	<ul style="list-style-type: none"> • Practice relaxation • Stress first aid
INJURED	Includes all actions above and... <ul style="list-style-type: none"> • Talk with leaders 	<ul style="list-style-type: none"> • Seek guidance (chaplains, counselors, medical professionals) 	<ul style="list-style-type: none"> • Build social support • Set goals to get to green
ILL	Includes all actions above and... <ul style="list-style-type: none"> • Seek medical treatment 	<ul style="list-style-type: none"> • Follow the treatment plan 	

Visit the [FFSP for IAs and the closest FFSC](#) near you for more information.
[Front page](#)