MAY 2024

SPOTLIGHT

MENTAL HEALTH PLAYBOOK
The Mental Health Playbook is designed to help Navy leaders prevent, mitigate, and address mental health issues within their commands. This work begins well-before a mental health issue occurs. It starts with the climate our leaders create and how they lead the people in their care.

This playbook empowers leaders at all levels to share an understanding of how to conduct mental health preventive maintenance and where to go for additional resources. Look out for an updated edition this summer!

NAVY CULTURE

EVERY SAILOR A RECRUITER
Interested in recruiting Sailors from your hometown? The Hometown Area Recruiting Program (HARP) and Officer Hometown Area Recruiting Program (OHARP) returns outstanding Navy personnel to their hometowns to temporarily assist local recruiters in locating qualified individuals. These programs are an excellent way to return Sailors home to share their experiences and explain the benefits of a naval career.

PROFESSIONAL DEVELOPMENT

ENLISTED LEADER DEVELOPMENT COURSE
Beginning in calendar year 2025, the Enlisted Leader Development Course will be a prerequisite to take the Navy Wide Advancement Exam (NWAE) for E-6 and E-7, as well as a requirement to be eligible for selection to E-8 beginning with the Fiscal Year 2026 Selection Board. This training is available now and places a premium on personal and professional growth throughout the course of a Sailor’s career. By investing in our enlisted leaders, we drive each leader closer to his or her theoretical limits of performance.
**MONEY MATTERS**

**DEBT DESTROYER WORKSHOP**
The Debt Destroyer Workshop is a free, self-paced course designed to empower you and your family to get out — and stay out — of debt. You will learn proven techniques to overcome or avoid high-interest consumer debt, make the most of the money you earn, and get on track to a more secure financial future. Take the course today!

**HEALTH & WELLNESS**

**DEPLOYED RESILIENCY COUNSELORS**
Deployed Resiliency Counselors (DRCs) are licensed and credentialed clinical counselors who deploy with aircraft carriers and large-deck amphibious ships to provide short-term individual therapy and psycho-educational trainings on topics including suicide prevention, substance abuse, and the prevention of sexual assault. DRCs are one of many resources committed to supporting our warfighters. Ships across the Fleet can also deploy with other mental health support personnel, including chaplains and behavioral health specialists.

**FAMILY RESOURCES**

**MILITARY SPOUSE APPRECIATION MONTH**
Just as Sailors sacrifice so much in service to our country, so too do their spouses. The Navy recognizes the invaluable contributions of Navy spouses and welcomes their talents and strengths in our civilian workforce.

**OMBUDSMAN PROGRAM**
The Navy Ombudsman Program assists commands in maintaining the morale, health, and welfare of Navy families by helping commanders better understand the opportunities and issues among their command’s families. Find and connect with your ombudsman here.

**DIRECT HIRE AUTHORITY**
Military spouses who accompany a member of the Navy stationed at duty locations outside the U.S. are eligible to be appointed to a time-limited appointment using direct hire authority. Learn more about DHA here.

**RESOURCE SPOTLIGHT**

**MILITARY ONESOURCE NON-MEDICAL COUNSELING**
Did you know you can get 12 free non-medical counseling sessions with just a phone call? Confidential counseling from Military OneSource provides service members and their loved ones with resources and support to address a variety of issues and build important skills to tackle life’s challenges. Learn more about non-medical counseling options by visiting MilitaryOneSource or calling 800-342-9647 (CONUS) or 800-342-9647 (OCONUS).