PLANDEMONTH

Your Leadership Tool for Communicating Internally

DECEMBER 2024

IMPORTANT DATES:

Dec. 7 Pearl Harbor Day

Dec. 14 Army Navy Game

Dec. 31 New Year's Eve

Jan. 16 E7 Advancement Exam

DEADLINES:

Deadline for Enlisted Applications to the FY25 Judge Advocate Dec. 13

General's (JAG) Corps In-

Service Procurement Program

Deadline for Applications to the Dec. 15 2026 Navy Legislative

Fellowship Program

Deadline for Enlisted Applications to the Dec. 31 Naval Academy Class

of 2029

Deadline for Enlisted Applications to the 2026 Feb. 14

Navy Flight

Demonstration Squadron (Blue Angels)

PREPARED BY Navy Office of Information

MENTAL HEALTH

SUPPORT DURING THE HOLIDAYS

The holiday season, while joyful to many, can be a difficult time for others. The Military Crisis Line connects those in need to a trained counselor with a single phone call. This confidential, immediate help is available 24/7 at no cost to active-duty, Guard and reserve members or their families and friends. Contact the Military Crisis Line at 988, then press 1, or access online chat by texting 838255.



SPOTLIGHT



PFA UPDATE

PRT phenoms! Calling all NAVADMIN 242-24, effective for the CY2025 PFA cycle, Sailors who do not meet official Navy BCA standards and score EXCELLENT-LOW or above on their official PRT will receive an overall PFA PASS and be exempt from participation in FEP. Sailors who do not meet Age-Adjusted Standards and score EXCELLENT-LOW or above on their official PRT will also be exempt from participation in FEP. Learn more here.

PROFESSIONAL DEVELOPMENT

CAREER DEVELOPMENT SYMPOSIUM

The MvNavv HR Career Development Symposium (CDS) helps Sailors take charge of their careers by connecting them with tools, resources, and HR experts. CDS Southeast kicks off December 3 - check MyNavy HR CDS for updates on when one may be happening near you!

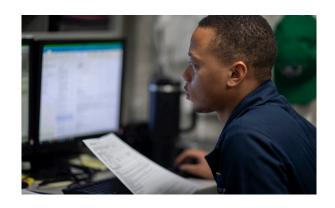




MONEY MATTERS

FINANCIAL WELLBEING ASSESSMENT

Have you checked your financial health recently? The <u>Financial Well-Being Assessment</u> can help provide you insights into areas where you might have room to improve. Answer just 12 simple questions to get your score and then review additional resources to help you take control of your financial future.



HEALTH & WELLNESS



TRICARE TRAVELING GUIDE

Traveling this holiday season? TRICARE ensures you're covered for medical care. Emergency care is available wherever you go—just call 911 or head to the nearest ER and keep your receipts for easy reimbursement later. For medical advice on the go, reach out to the MHS Nurse Advice Line at 800-TRICARE, option 1. Specific rules depend on your plan, so check out the TRICARE Traveling Guide before you go.

FAMILY RESOURCES



OPERATION KID COMFORT

Make deployment a little easier for your little one. Operation Kid Comfort, available through the Armed Services YMCA, offers custom quilts and pillowcases for children ages 0-12 that incorporate personal photos of their hero overseas. Since its establishment in 2004, Operation Kid Comfort has distributed thousands of quilts and pillowcases around the country, helping children cope with the separation of a deployed family member. Learn more about the application process and eligibility here.

RESOURCE SPOTLIGHT

SPOUSE EDUCATION AND CAREER OPPORTUNITIES

Family readiness is mission readiness. The <u>SECO</u> (Spouse Education and Career Opportunities) program provides military spouses with resources and support to achieve their education and career goals. It offers personalized career counseling, access to job search tools, and information on education and training opportunities.

