

PLAN OF THE MONTH



Your Leadership Tool for Communicating Internally

APRIL 2024

IMPORTANT DATES:

Feb. 1- Nov. 30	CY24 PRT Cycle
April 1	First Day of Month of the Military Child
April 1	First Day of Sexual Assault Awareness and Prevention Month
April 1	Navy Chief Birthday
April 15	Tax Day

DEADLINES:

May 3	Blue Angels Enlisted Applications Due
May 5	FY25 Advanced Education Voucher Program Applications Due
May 10	Mrs. Sybil Stockdale Ombudsman of the Year Award Nominations Due
July 1	Seaman-to-Admiral (STA-21) Applications Due

SPOTLIGHT

CONFIDENTIAL REPORTING OPTION FOR SEXUAL HARASSMENT

[NAVADMIN 022/24](#) implements a new confidential reporting option for service members who experience sexual harassment. Key updates within the policy include:

- CCS or CMEC will inform the reporting service member's Commanding Officer (CO) or commander of a confidential report within 24 hours of receipt.
- Program managers must not disclose the identity or any Personally Identifiable Information (PII) within the report, and it will not trigger an investigation or disciplinary action.

For more information call (800) 253-0931 or e-mail MILL_Navy_EO_Advice@navy.mil.



PROFESSIONAL DEVELOPMENT



NAVY CREDENTIALING OPPORTUNITIES ONLINE

The [NAVY COOL](#) (Credentialing Opportunities On-Line) all-in-one platform is available to help Sailors find information on certifications, licenses, and course funding. Dive into career development resources including Learning and Development Roadmaps (LaDRs), advancement exam bibliographies, and apprenticeships. Applications are accepted year-round on the website, and via the [iOS App](#) or [Android App](#).

MONEY MATTERS

THRIFT SAVINGS PLAN CONTRIBUTIONS

Have you considered increasing your TSP contribution the next time you get a pay increase? The 2024 IRS annual limit for regular TSP contributions is \$23,000 and BRS participants can receive up to 5% matching contribution. View the [TSP announcement](#) for detailed information on making your TSP election for 2024.



PREPARED BY

Navy Office of Information

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HEALTH & WELLNESS

24/7 FITNESS CENTER ACCESS FOR SAILORS

As a direct result of feedback from the fleet and ongoing efforts to improve Quality of Service, Sailors will soon have access to fitness centers on all Navy installations 24 hours a day, seven days a week. Outside regular business hours, fitness centers may be staffed or unstaffed, and several restrictions will be implemented for the safety of patrons while they are unstaffed. Unstaffed restrictions may include age restrictions for patrons; guest access, or access to saunas, steam rooms, whirlpools, and aquatic spaces is not permitted. Sailors and families can contact the nearest installation MWR fitness center for more information.



FAMILY RESOURCES



FFSC VIRTUAL CLINICAL COUNSELING

Fleet and Family Support Center (FFSC) now offers [virtual clinical counseling](#) for Sailors and family members. This expanded service delivery model will increase access to mental care services regardless of a Sailor's geographic location. The remote clinical counselors are professional, licensed clinicians and provide nonmedical, virtual, short-term counseling at no cost to active-duty service members and their families. Currently, virtual clinical counseling is available to Sailors and family members in CNRSW, CNRNW, NDW, CNRMA, NRSE and EURAFCENT with planned expansion to all Navy regions by the end of 2024. For additional mental health resources, please see the [Mental Health Playbook](#).

RESOURCE SPOTLIGHT



SAILOR ASSISTANCE AND INTERCEPT FOR LIFE (SAIL)

[SAIL](#) is a program available to Sailors who have experienced suicidal ideation or suicide-related behavior. This voluntary program serves as a link between programs and resources dedicated to support Sailors. SAIL is not an alternative to mental health treatment, but provides additional tools to assist with care coordination. For more information, call your Fleet and Family Support Center.

NAVY CULTURE

CULTURE OF EXCELLENCE 2.0

The Navy launched Culture of Excellence 2.0 (COE 2.0) with [NAVADMIN 051/24](#) as an actionable approach to building great culture at every Navy command. Several products accompany the launch, such as the [COE 2.0 visual placemat](#) that serves as a concise explanation of "what right looks like," and a [playbook](#) that serves as a comprehensive guide to implement COE 2.0 at the command level. COE 2.0 offers concrete examples of what commands with great culture look like, setting realistic expectations for what every Sailor should see from their leadership, while also providing tools for Sailors to be good teammates and become great leaders. All warfighters must know the standard, achieve or exceed it, and be personally committed to the mission of our Navy.

