

Family Advocacy Program (FAP) Services

If you have concerns about your relationship, contact your local Fleet and Family Support Center (FFSC) and ask to speak with a FAP counselor.

- **Counseling Services:** Licensed clinicians are available to provide counseling on a variety of issues such as adjustment to military lifestyle, work issues, relationship issues and parenting issues.
- **Prevention and Education:** FAP provides annual campaigns to raise awareness. FAP also provides classes for the military community.
- **Victim Advocacy:** Safety is a priority for individuals experiencing domestic violence. A victim advocate can provide assistance with safety planning, referrals to needed services, and support during criminal investigations and judiciary proceedings.
- **Rehabilitation for Domestic Violence:** Licensed clinicians provide assessments, treatment groups, individual and marriage counseling, and case management to those who have used violence or experienced violence in relationships.

Resources for Those Experiencing Abuse

FFSC FAP victim advocate or FAP counselor for reporting options, referrals and safety planning



National Domestic Violence Hotline

www.thehotline.org
1-800-799-SAFE (7233)
TDY 1-800-787-3224

MilitaryOneSource
www.militaryonesource.mil
1-800-342-9647

Call your **local police department** or **base security** if you are witnessing domestic violence or suspect that someone is in immediate danger.



navyffsc



Fleet_Family



Navy Family Readiness

www.ffsp.navy.mil

Know the Signs of Healthy Relationships & How to Strengthen Yours.



Love & Learn About Healthy Relationships.

DOMESTIC VIOLENCE PREVENTION



www.ffsp.navy.mil



Know the Signs of a Healthy Relationship

Both partners:

- **Listen** to each other and share their thoughts and feelings without fear of repercussion
- **Trust** each other and feel safe emotionally and physically
- **Respect** boundaries including emotional, physical and digital boundaries
- **Feel** that the relationship is equal or are working toward creating balance in the relationship
- **Believe** that consent is a mutual agreement between partners about what they want to experience in the relationship

Conflicts happen – even in a healthy relationship. What matters is that they are resolved in a healthy way.

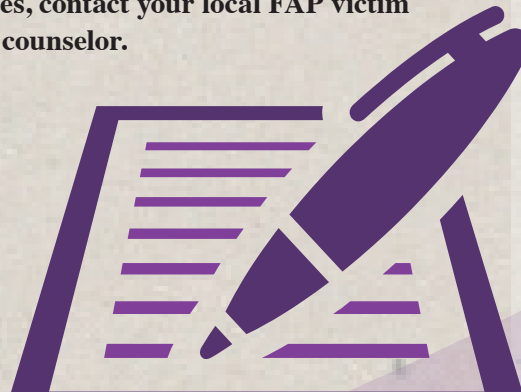
Our Community is Here to Support You

Adult victims of domestic abuse have two reporting options. All military medical and FAP services are available to or for victims with either option.

Restricted Reporting Option allows an adult victim of domestic abuse to receive health care from a military medical facility or FAP without initiating an investigation or notifying the service member's command. **This option applies only if there is no imminent risk, no children involved, no other reports have been or are made, and the victim is a service member or beneficiary.** Only military medical providers or FAP victim advocates and counselors are designated to receive restricted reports.

Unrestricted Reporting Option allows victims of domestic abuse who want to pursue an official command or criminal investigation of an incident to use official channels, which include the chain of command, FAP and/or law enforcement.

If you have questions about which reporting option applies, contact your local FAP victim advocate or counselor.



Be Aware of Unhealthy Behaviors in Relationships

Learn to recognize domestic violence and refer those experiencing it to professional assistance.

Emotional Abuse

- Consistent name calling and put-downs
- Extreme financial control
- Excessive control and monitoring
- Threats
- Digital stalking
- Restricting access to family, friends or social support
- Restricting access to or use of military services
- Causes emotional and psychological repercussions

Physical Abuse

- Strangulation or choking
- Hitting, slapping, punching or kicking
- Restraining or preventing someone from leaving
- Causes pain and injury, and, in extreme cases, death

Sexual Abuse

- Rape
- Sexual assault
- Threats
- Causes pain, injury and psychological repercussions

Neglect

- Lack of medical care and necessities for those unable to care for themselves
- Preventing necessary acculturation to survive independently
- Isolation leads to physical ailments, stress, psychological repercussions, and sometimes death

Visit the National Domestic Violence Hotline at www.thehotline.org for more information on warning signs and how to help.