



The Official Newsletter of **MyNAVYHR**

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HAVE YOU TAKEN YOUR HOUSE HUNTING LEAVE?

What is house hunting leave?

It is permissive temporary duty, or PTDY, to allow Sailors time away from their regular duties to find living accommodations at their new permanent duty station. A Sailor is eligible when they are receiving PCS orders and are authorized to occupy non-government quarters.

When can I take house hunting PTDY?

After receiving PCS orders, a commanding officer may authorize up to five normal workdays of house-hunting PTDY. When combined with weekends, holidays and liberty, the period may extend to 10 calendar days. Sailors unable to use the benefit before transferring may be authorized PTDY by their gaining command within 90 days of reporting.

Who pays for house hunting PTDY?

House-hunting PTDY is not automatic or funded travel. Sailors are responsible for travel, lodging, meals and other expenses. Approval is subject to command and operational requirements.

I just received my orders. What next?

Once you have hard orders, contact your chain of command or administrative office early to determine eligibility and request authorization.

TRAINING TO MASTERY

The U.S. Military Apprenticeship Program (USMAP) ensures Sailors are trained to mastery by translating everyday duties into civilian-recognized journeyman qualifications, and Navy COOL funds industry-recognized credentials.

Time is running out in FY-26. Leaders should ensure Sailors complete the FY26 Common Military Training before Sept. 30, 2026.

24/7 support for pay benefits, records, leave, and PCS

☎ (833) 330-6622

ATTENTION!

Sailors can now reach the My Navy Career Center at their new email address:

✉ AskMNCC@us.navy.mil



SAILOR MOVES

- Scuttlebutt from the Chiefs Mess: For FY-27, [AERR Schedule for 1st and 2nd Quarters, active-duty E7 legacy advancement results, active-duty E7 Senior Enlisted Marketplace screening board results](#).
- Congratulations to this year's winners of the [MCPON Delbert D. Black Leadership Award](#)!
- Commanding officers should submit nomination packages to OPNAV N133 at [ALTN Nuke MAP@us.navy.mil](#) by Sept. 15, 2026 for [Calendar Year 2026 Meritorious Advancement Program](#) for eligible active-component nuclear-trained Sailors competing for advancement to E-5 and E-6.



FIT TO FIGHT

- [Warrior Ethos](#) isn't reserved for combat. It is a mindset carried since the day the oath is sworn. Every day, in every detail, Sailors represent the discipline and professionalism of the most lethal maritime force in the world.
- Resources to help Sailors stay ready: [24/7 fitness centers](#), [Navy Nutrition](#), the [Fitness Enhancement Program \(FEP\)](#), [Noom](#), the [Mental Health Playbook](#), & [Total Sailor: Fit to Fight](#).
- Guidance for [CY 2026 Command Climate Assessment](#) is released. Commands must administer the DEOCS Aug. 1-Nov. 30.



WHAT RIGHT LOOKS LIKE

- The Navy has a new designator in our chief warrant officer ranks, Executive Support Technicians. The first class was announced with [NAVADMIN 201/26](#) for FY-27. Welcome to the wardroom!
- Congratulations to the newest line and staff officers putting on O3 - O6 and CWO3 - CWO5 Chief Warrior Officer ([Reserve](#) and [Active-Duty](#)). And a job well done to those selected for active-duty staff [Commander](#) and [Lieutenant Commander](#).
- High standards of appearance and professionalism reinforce the discipline and accountability required of a ready warfighting force. The [Guidance on Grooming Standards for Facial Hair and Religious Liberty \(NAVADMIN 180/26\)](#) is the latest uniform policy update.



STAY NAVY - BENEFITS OF YOUR SERVICE

- Long-term educational benefits are available through the [Post-9/11 GI Bill](#), while [Federal Student Aid \(FAFSA\)](#) scholarships provide additional critical financial support for Sailors and their dependents. [Navy College Program for Afloat College Education \(NCPACE\)](#) provides certain sea duty personnel with educational opportunities comparable to those available on shore duty.
- At Career Development Symposiums (CDS), Sailors receive direct interaction with senior leadership, detailers, and community managers to help shape their careers. CDS in Japan and Guam just concluded, but if you missed it your next opportunity is coming to 6th Fleet. Check MyNavyHR for [the latest details on CDS Europe](#).



MODERNIZING THE SAILOR EXPERIENCE

- MyNavy HR is getting a major update. The [Millington Data Center migration](#) to the cloud strengthens cybersecurity, protects Sailor information, reduces infrastructure risk, and reinforces data security across the Fleet.



PRACTICE BEFORE PRESSURE

NAVY TESTS VR TRAINING FOR CRITICAL INTERVENTIONS

ARLINGTON, VA. - A Sailor sits across from a shipmate who may be in crisis. The warning signs are there. For a moment, there is only silence. What do you say? How do you keep the conversation going? What happens if you miss a cue?

The Total Sailor: Fit to Fight Virtual Reality Training Pilot gives Sailors a chance to work through those moments before the pressure is real. Through immersive scenarios, participants practice suicide prevention, sexual assault prevention and response, mental health conversations, peer support, leadership and operational safety without putting anyone at real-world risk.

For personnel at Naval Information Forces, one of the commands that facilitated VR training, the experience offered the feeling of being inside the conversation. Instead of listening to a scenario or clicking through slides offered by traditional training modules, users listened, responded and adjusted as the interaction unfolded. The headset may provide the setting, but the real training is the resultant judgment, empathy and leadership.

"The research indicates the virtual reality modules can provide a safe and immersive training environment where Sailors can succeed or fail based on the scenarios they are presented with," said Cmdr. Tessa DeMulder, acting branch head for Innovation and Future Capabilities in the Navy Culture and Force Resilience Office. "The goal is to determine whether this delivery method can enhance current training and improve how prepared Sailors feel to help a shipmate."

The pilot supports Total Sailor: Fit to Fight, the Navy's integrated approach to building warfighters and teams that

are strong in mind, body and spirit. OPNAV N17, the Navy Culture and Force Resilience Office, is leading the effort to determine how effectively virtual reality can deliver interpersonal communication, intervention and leadership training that can be difficult to practice through traditional methods alone.

Developed by an immersive training company, the pilot includes eight modules covering active intervention in sexual assault prevention and response; suicide prevention and postvention; mental health; leadership conversations; peer support; operational safety; and conversations following suicide-related behavior. Lt. Cmdr. Tia Hatcher, a Sailor stationed at Commander, Naval Information Forces, shared her experience about using the VR training.

"The experience was so immersive and realistic that I found myself fully engaged in conversation with a Sailor, walking through a scenario I was genuinely passionate about," Hatcher said.

During each scenario, Sailors speak with virtual characters and choose how to respond. The system tracks their decisions and provides feedback on empathy, risk recognition and the likely effect of each response, allowing participants to see where a different approach could lead to a safer or more supportive outcome. Hatcher went on to say how it felt like more than just another training.

"For a moment, it didn't feel like training technology," she said. "It felt like real leadership, real decision-making, and real mentorship in action."

Approximately 7,400 training sessions have been completed across aviation, surface



and submarine-type commands during the past year. Among participants providing feedback, 95% said they would recommend the training to other Sailors. Early results also show increased confidence among Sailors who complete the modules.

Sailors aboard USS Pearl Harbor (LSD 52) are also using the suicide prevention and sexual assault prevention and response modules across the command. The pilot is scheduled to continue through fiscal year 2027.

Future plans include training midshipmen at the U.S. Naval Academy and exploring use of the modules in leader development programs in Newport, Rhode Island.

"The value for Sailors is the opportunity to practice before the pressure is real," DeMulder said. "When a shipmate needs help, we want Sailors to feel prepared to recognize the situation, begin the conversation and connect that person with the right support." Sailors in crisis can call 988 and press 1 or text 838255 to reach the Military Crisis Line. Sexual assault survivors can receive confidential support through the Department of Defense Safe Helpline at 877-995-5247. For an immediate emergency, call 911.

September is **Suicide Prevention Month**. Explore the support available to you.

