



THE FLIGHT PLAN

MAPPING OUT SUPPORT AND SUCCESS

FFSC NAS MERIDIAN

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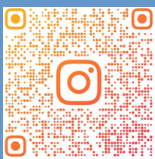
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A Look Back...

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FFSC NAS Meridian Open House – 1 August!


We are excited to invite you to the Fleet and Family Support Center Open House, today, 1 August from 1630-1800. This is a great opportunity to learn more about the vital services we provide to the NAS Meridian community, meet our compassionate team, and find out how we can support you and your family. There will be light refreshments, kid friendly activities, and information tables highlighting our programs, including counseling, family advocacy, financial education, and more. We will also have free school uniform exchange just in time for back to school. Whether you're looking for resources or just want to connect, we hope you'll stop by and say hello. We look forward to seeing you there!


For more information on FFSC call
601-679-2360.



 cnicsemrdnffsc@us.navy.mil

 405 Rosenbaum Avenue

 601-679-2360

 Monday-Thursday: 0800-1630

Friday: 0700-1530



Computer/Resource Lab

The Resource Room has everything that military family members (16 years old and older) and transitioning service members need to conduct successful job searches and relocations resources—WiFi, computers, printer, copier, and helpful reference materials.

A Pinch of This

SPA Program:

FFSC is developing a 24-hour response Suicide Prevention Advocate program that will provide non-judgmental support to Service Members who are experiencing emotional struggles or in distress. We are creating a team of non-clinical advocates that will be trained in ASSIST, crisis intervention, and psychological first aid. It is important to encourage help-seeking behavior and linking to professional support. Volunteers assist those they will be supporting by providing sensitive care and active listening to explore options for seeking help and safety. If you are an active duty Service Member interested in joining this support team, please contact Kimberly Garrett, FFSC Director, at kimberly.b.garrett2.civ@us.navy.mil.

Looking to Volunteer?

Call FFSC @ 601-679-2360!

*Front Desk *Events
*Marketing *Networking



SAVE THE DATE:

September

11, 12, 13 & 15

**Commissary Sidewalk
Sale**

September 25

Bells Across America

**Tell us how
we're doing!**



**Scan the QR code
and leave a review!**

Director's Corner:

On 16 July, FFSCs around the globe celebrated 46 years of dedicated support to service members, families, and communities. To mark the occasion, here at NAS Meridian, we hosted a special cake cutting ceremony, light refreshments, and special guests. It was a wonderful opportunity to reflect on our journey, recognize the incredible work of our team, and connect with those we serve. Thank you to everyone who joined us and continues to be a part of the FFSC mission.

I would also like to publicly shout out Abby, Brittney, Kasie, Marie, and Christen for an amazing job in ensuring FFSC NAS Meridian a successful Mid-Cycle Certification Review which occurred 15-17 July. This accomplishment is a testament to their dedication, expertise, and unwavering commitment to serving the NAS Meridian community with excellence. Thank you for your hard work and for continually holding the highest standards in your field. I am proud of you all!

Sincerely, Kimberly Garrett



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Bite Sized Briefs

NASM SAPR Presents: “Dr. Roy Nafarrete's (Captain, USN, retired) comprehensive approach to the prevention of destructive events, such as sexual assault, sexual harassment, domestic violence, hazing, bullying and discrimination. The energetic, interactive 1-hour program builds upon the Socio-Ecological Model and research from the World Health Organization, Centers for Disease Control, Kotter, Graham, Munch, Kilmartin, and Katz.

The program promotes primary prevention of destructive behaviors/events by: 1. Defining Culture 2. Examining society's role in the development of our personal behaviors 3. Challenging individuals, especially the "critical middle management," to assess their own behaviors 4. Emphasizing that "change starts with the individual" 5. Re-defining and executing new social norms derived from individual behavior change.

The Bottom Line: To prevent destructive behaviors and destructive events, we have to attack the root cause - the sometimes violent use and abuse of power and control that can only exist in a culture which lacks dignity and respect for people. Since 2015, Dr. Nafarrete has personally delivered Culture of Excellence training to over 135,300 people, comprising, Sailors, Airmen, Marines, Soldiers, and Civilians, with overwhelmingly positive feedback.”

Dr. Nafarrete will have four presentations while at NAS Meridian:

Tuesday, 5 August: 2 presentations: (TW-1) 1000-1100 and (Chapel) 1400-1500.

Wednesday 6 August: 2 presentations: (TW-1) 1000-1100 and (Chapel) 1400-1500



Abby's Counseling Corner: Back to School, not Back to Stress

As August rolls in, so does the whirlwind of back-to-school prep- new schedules, supply lists, and that mix of excitement and anxiety for both kids and parents. The transition doesn't have to be stressful!

Tip of the Month: Start the routine early. Begin adjusting to wake-up times, meal routines, and screen limits 1-2 weeks before school starts. Easing into structure can help everyone feel more prepared and less overwhelmed. And remember, transitions are tough- even for grown-ups. If your family is feeling the pressure, FFSC offers confidential counseling and parenting support to help you manage stress, build resilience, and start the school year strong.

Command Financial Specialist Contact List

For financial assistance, please contact the CFS below

SSGT Khalil Nelson	MATSS-1	601-679-2501
AZ1 Dylan Roberts	NATTC	601-679-2624
YN1 Brandon Scott	NATTC	601-679-2505
AZC Eric Hanely	NATTC	601-679-2788
HM2 Amanda Bullard	NMRTU Meridian	601-679-2242
HM1 Kyle Papineau	NMRTU Meridian	601-679-2230
LS1 Darryl Walton	NAS Meridian	601-679-3476
ET2 Zachary Oswald	NAS Meridian	601-679-3459
RP2 Michael Halloran	NAS Meridian	601-679-3635
AC2 Jirrard Nielsen	NAS Meridian	601-679-2505
FCA1 Rafel Sarucam	NAS Meridian	601-679-2541
MA2 Grayson Smith	NAS Meridian	601-679-2541
AC1 Brett Godfrey	NAS Meridian	601-679-2505



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Education and Trainings

Transition/Career Assistance Program

Transition Assistance Program – In Person

Monday – Friday, August 11-15, 8:00 a.m. – 4:00 p.m.

Monday – Friday, Sept. 29-Oct. 3, 8:00 a.m. – 4:00 p.m.

The Transition Assistance Program (TAP) is a congressionally mandated program for all members who've served 180 days or more and plan to separate or retire. The program offers information, tools, and training to guide service members and their spouses to successfully move from the military to civilian life. From start to finish, TAP provides members with information and resources on veteran benefits, educational options, employment support (resume writing, interviewing), and more. Register now if you plan to retire or separate! Classes fill up quickly! **IMPORTANT!!!** You must contact your Command Career Counselor and complete a Self-assessment 365 days before your separation date. During this session, you will be assigned a tier level, which is a prerequisite to attending TAP

Transition Capstone (By Appointment Only)

CAPSTONE is the final mandatory event for all transitioning military members. Service members must demonstrate appropriate Career Readiness Standards (CRS) based on the goals they plan to pursue after completing their military service (employment, education, entrepreneurship, or technical training). All transitioning service members must complete CAPSTONE NLT 90 days before separation. Call FFSC for an appointment with a TAP Team member.

Life Skills Programs

Welcome Aboard - In Person

Tuesday, September 9, 8:00 a.m.

Join us for Welcome Aboard, the official indoctrination class at NAS Meridian, designed to help new personnel and their families transition smoothly into life at the installation. This course provides an overview of NAS Meridian's mission, command structure, support services, local resources. Participants will gain valuable insight into Navy culture, expectations, and the wide range of programs available to support personal and professional success.

SAPR Program

Victim Advocate Initial 40 Hr Course - In Person

Monday-Friday, September 22-26, 8:00 a.m.

Join the Installation SARC for the SAPR Initial 40 Hour Course for all new command Victim Advocates. Per DOD Policy, each command must have two credentialed uniformed VA's. To register for this in person course, contact Christen Alarcon at 601-679-2360.

Financial Management Programs

Command Financial Specialist Training – In Person

Monday-Friday, Sept 15-19, 8:00 a.m. – 4:00 p.m.

Empower your shipmates with financial readiness through Command Financial Specialist (CFS) Training. This comprehensive course equips designated Sailors with the knowledge and tools to serve as financial mentors within their commands. Participants will learn core financial principles, including budgeting, debt management, savings, credit, and resources available through Navy Personal Financial Management (PFM) programs. Upon completion, Sailors will be certified to assist their peers in making informed financial decisions and promoting long-term financial stability across the fleet. CFS Requirements include:

- Must hold the rank of E5 or above with COC approval, and for E5s, have 6 or more years of service unless a waiver is granted.
- Minimum of 12 months remaining at the current command.
- Demonstrate financial stability.
- Dedicated to delivering sound financial counseling to service members and their families.
- Available to support other CFSs or commands, including those from other branches of the military.

Family Employment Readiness Program

Resume Writing - In Person

Friday, October 17, 8:00 a.m.

Unlock the power of a strong resume in this interactive workshop designed to help job seekers at all levels create impactful, tailored resumes that stand out. Participants will learn how to structure and format their resumes, highlight relevant skills and achievements, and tailor content to align with specific job descriptions. Whether you're entering the job market for the first time or looking to refresh your existing resume, this class offers practical tools, expert guidance, and real-world examples to help you present your experience with clarity and confidence.



Visit [MyNavyFamily.com](https://www.mynavyfamily.com)
or download the APP for
more virtual webinars,
classes and trainings!



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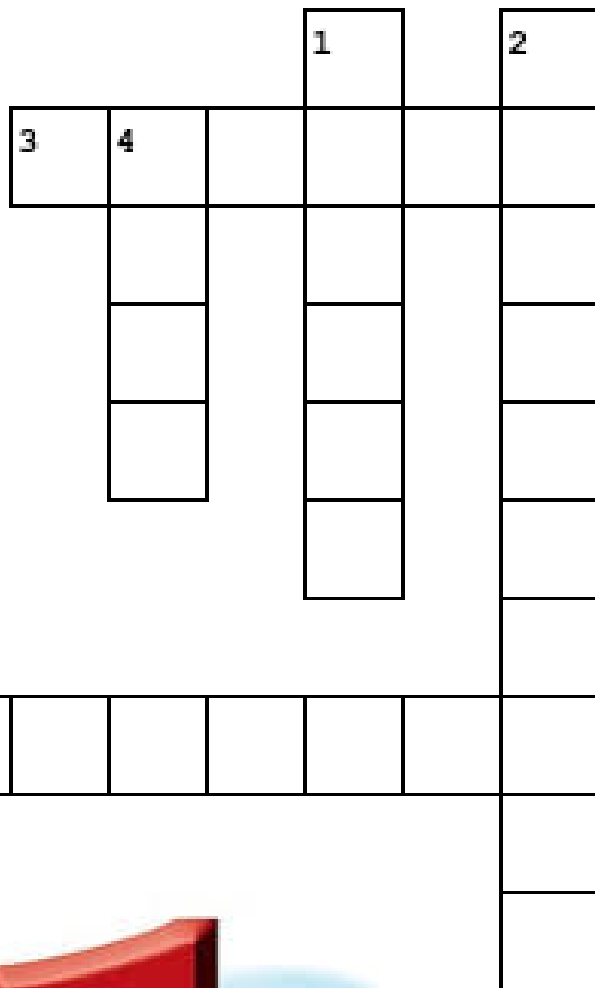
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Just a Lil' Somethin'



FFSC Crossword puzzle

Across

3. Document improved during job search assistance
5. A vital relationship skill taught in counseling programs

Down

1. A financial planning tool covered in FFSC workshops
2. Support provided when moving to a new duty station
4. Acronym for a program supporting families with special needs



Helpful Numbers:

- Emergency: 911 or Base Security: 601-679-2922
- SARC/SAPR Issues: 601-481-4274 OR 601-604-3037
- Suicide Hotline: 988
- DoD Safe Helpline: 877-995-5247
- Chaplain Duty Cell: 601-604-2015
- NAS Meridian CDO: 601-695-7055
- Military One Source: 800-342-9647



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A LOOK BACK....

FFSC Virtual Clinical Counseling CONNECT to GET CARE

The Fleet and Family Support Center (FFSC) now provides in-person and virtual clinical counseling! Sailors and families can access virtual clinical counseling from the privacy of their own homes. Virtual clinical counseling is a nonmedical, clinical, short-term solution-focused service. It is available to individuals, couples and families.

To schedule an appointment, call 1-855-205-6749. If calling outside of regular business hours, leave a message. Your call will be returned within one business day.

www.ffsp.navy.mil



Fleet and Family Celebrated its 46th Anniversary with a cake cutting. Joining the celebration was FFSC regional team and NAS Meridian Leadership!

SAIL 

Sailor Assistance & Intercept for Life

Instilling Hope. Saving Lives.

What is SAIL?

SAIL is a voluntary program that quickly provides you support during the stressful period after a suicide-related behavior (SRB). SAIL does not replace mental health treatment. SAIL is designed around a series of caring contacts within the first 90 days after an SRB, the period of highest risk. These contacts occur at 1, 3, 7, 14, 30, 60, and 90 days.



If you or someone you know is in need of immediate assistance, the Military Crisis Line is available 24/7. Call 1-800-273-8255 (option 1), text 838255, visit www.militarycrisisline.net or <https://988lifeline.org>, or dial 988 Suicide Crisis Line for free and confidential support.

Your Southeast SAIL Team:



Tracie Carter
tracie.r.carter.ctr@us.navy.mil
(571) 587-6864

Kerstian Tucker
Kerstian.m.tucker.ctr@us.navy.mil
(571) 587-6863



Crossword Answers:

Across:

3. Resume
5. Communication

Down:

1. Budget
2. Relocation
4. EFMP

DoD

Safe Helpline
Sexual Assault Support for the DoD Community

safehelpline.org | 877-995-5247



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