



THE FLIGHT PLAN

MAPPING OUT SUPPORT AND SUCCESS

FFSC NAS MERIDIAN

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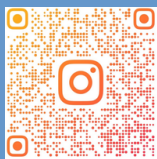
Education &
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A Look Back...

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Abby's Counseling Corner: Suicide Prevention Month

Every September, the military community joins the nation in recognizing Suicide Prevention Month- a time to raise awareness, foster open conversations, and remind every service member, family member, and veteran that you are not alone.

The stress of military life- frequent moves, deployments, operational demands, relationship issues, and separation from loved ones- can feel overwhelming at times. In fact, suicide is among the top 3 causes of death in the Navy annually. But no one must face these challenges in isolation. The strength of our Navy and our military community lies in our people, and that means taking care of each other.

Know the Signs - hopelessness, withdrawal, declining self-care, talking about death or giving away possessions. Take these signs seriously. Your action could save a life.


How to Help - Use ACT (Ask, Care, Treat): Ask "Are you thinking about suicide?". Care about them, listen and offer messages of hope and support. Treat: Escort them to help - Chaplain, medical, command, or call 988 (press 1).

Resources: MilitaryOneSource: 1-800-342-9647 | FFSC Meridian: 601-679-3839 | Chaplain, Medical, Command Support, SAIL Program, or call 988 and Press 1.

In addition to Abby's efforts in promoting awareness and supporting individuals in need, the Fleet and Family Support Center (FFSC) has been developing a peer program for active-duty members experiencing self-harming thoughts. The Suicide Prevention Advocate (SPA) Program is being designed to function similarly to the Sexual Assault Prevention and Response (SAPR) Program. Trained active-duty volunteers will provide emotional support to individuals who reach out, whether anonymously through a dedicated hotline or in person. These advocates will be available to offer continued support as long as the individual desires. Ensuring individuals feel supported and that their privacy remains respected remains a priority. For more information or to learn how to become a trained advocate, please contact Kimberly Garrett, FFSC Director at 601-679-2360 or Kimberly.b.garrett2.civ@us.navy.mil.

 cnicsemrdrnffsc@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



24/7 CALL, TEXT, CHAT

SAVE THE DATE:

September

11, 12, 13 & 15

Commissary Sidewalk Sale

BELLS ACROSS AMERICA FOR FALLEN SERVICE MEMBERS

Tolling in Remembrance of Our Nation's Fallen

Join us as we pay tribute to the brave men and women who died in service to our nation and recognize the sacrifices of those who have been left behind.

September 25th, 2025

Local Information:

NAS Meridian

Navy Reserve Center Meridian

Time: 9:00 A.M.

POC: Brittney Butchee - Brittney.a.butchee.naf@us.navy.mil

Phone: 601-679-2360

Looking to Volunteer?

**Call FFSC @
601-679-2360!**

- *Front Desk**
- *Events**
- *Marketing**
- *Networking**

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



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

SAIL/MIP Spotlight:

The SAIL (Sailor Assistance and Intercept for Life) Program is a confidential, voluntary outreach service for Sailors who have experienced suicide-related behavior or ideation. The MIP (Marine Intercept Program) is a similar program for Marines. Marines can use either SAIL or MIP. For 90 days, a trained case manager provides regular check-ins, helps navigate resources, and offers encouragement during recovery. SAIL isn't a replacement for treatment, it's a safety net that helps keep you connected reinforces protective factors, and reminds you that you are not alone. Ask FFSC or your command for more information on enrolling or referring a shipmate.



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Just a Lil' Somethin'

Need to talk?

FFSC Offers Virtual Counseling Services

1-855-205-6749



For Sailors and Families



Via computer or mobile device



Wherever you choose



At a time that works for you

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

Command Financial Specialist Contact List

For financial assistance, please contact the CFS below

SSgt Hunter Hill	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 Jirard 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

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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September

Suicide Prevention Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1  PREVENTION SCAVENGER HUNT IS ON!	2  STOP AT FLEET AND FAMILY FOR A MESSAGE OF HOPE!	3 POSITIVE PENCIL DROP OFF AT THE LIBRARY! 	4 9AM CHALK THE WALK @ FFSC 	5  PAINT THE BASE PURPLE AND TEAL	6 SELF CARE SATURDAY: DO SOMETHING CREATIVE LIKE PAINTING OR CRAFTING!	7 AFFIRMATION SUNDAY: "I AM ENOUGH"
8  988 DAY	9  you are enough	10  WORLD SUICIDE PREVENTION DAY	11  FOLLOW US ON INSTAGRAM!	12 POSITIVE PENCIL DROP OFF AT THE SAC! 	13 SELF CARE SATURDAY: GO FOR A WALK OR MEDITATE AROUND NATURE	14 AFFIRMATION SUNDAY: "I CHOOSE PEACE OVER PERFECTION"
NATIONAL SUICIDE PREVENTION WEEK						
15  FOLLOW US ON FACEBOOK!	16 COME BY FLEET AND FAMILY AND GRAB SOME INFORMATION!	17  National Physician Suicide Awareness Day	18  PAINT AND SIP @ HOUSING	19 POPCORN FOR PREVENTION AT FFSC! 	20 SELF CARE SATURDAY: WRITE IT OUT. JOURNAL YOUR THOUGHTS, GRATITUDE, OR WORRIES.	21 AFFIRMATION SUNDAY: "I AM WORTHY OF LOVE AND KINDNESS"
22 STOP AT FFSC TO GET A PREVENTION STICKER! 	23  PAINT AND SIP FOR THE LIBERTY STUDENTS	24 POPCORN FOR PREVENTION AT THE LIBRARY! 	25  Need to talk? FFSC offers Virtual Counseling Services 1-855-205-6749	26  LAW ENFORCEMENT SUICIDE AWARENESS DAY	27 SELF CARE SATURDAY: TREAT YOURSELF TO SOMETHING THAT MAKES YOU HAPPY	28 AFFIRMATION SUNDAY: "I AM STRONG, CAPABLE AND RESILIENT"
29  FIREMAN/EMT SUICIDE AWARENESS DAY	30 TURN IN YOUR COMPLETED SCAVENGER HUNT TO FFSC! 					

REMEMBER

You are **STRONG**

You are **WORTHY**

You are **ENOUGH**

important numbers:

Suicide and Crisis Lifeline
988

SAIL Crisis Line
1-800-273-8255

Fleet and Family
601-679-2360

Naval Branch Health Clinic
601-679-2210

Military One Source
800-342-9647

CHAPS
601-679-3629



Education and Trainings

Transition/Career Assistance Program

Transition Assistance Program – In Person

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.

Monday, September 29, 8am-10pm - Admin Training

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

TBD

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 E5's 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 CFS's 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 or
download the APP for
more virtual webinars,
classes and trainings!



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A LOOK BACK....



Thank you to everyone who came out to support our Open House! It was a huge success and we enjoyed having everyone!



Thank you to Dr. Nafarrate for coming to speak to our students and pilots!!



Kasie McInnis hosted a Cookie Decorating with the Housing department. everyone enjoyed making their own popsicle cookies!



Want more information on what Fleet and Family has to offer? Stop by the center, give us a call, or check out our social media pages!!!!



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