



## THE FLIGHT PLAN

### MAPPING OUT SUPPORT AND SUCCESS

## FFSC NAS MERIDIAN

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### Follow Us:

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Be sure to follow us on Facebook and Instagram to stay up to date on our programs, resources, events, and FFSC updates.

## HAPPY NEW YEAR, NAS MERIDIAN COMMUNITY!

As we welcome the new year, FFSC is excited to continue to provide our regular programming and services to support you and your families. This year, our goals are to expand outreach, strengthen engagement, and continue to deliver useful, accessible, and impactful services. We also look forward to welcoming new team members who will help us grow and better serve our community.

I would like to send a special shout out to our incredible team: Abby, Brittney, Christen, Kasie, and Tamika. Thank you for an amazing 2025. Your dedication, teamwork, and passion truly make a difference, and you are all awesome. Together, we will make this year just as resourceful and memorable. Here's to another successful and fulfilling year ahead.



cnicsemrdnffsc@us.navy.mil



405 Rosenbaum Avenue



601-679-2360



Monday-Thursday: 0730-1600

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](mailto:kimberly.b.garrett2.civ@us.navy.mil).

## New FFSC

## Operating Hours:

Starting January 5<sup>th</sup>, 2026  
Fleet and Family will be  
open:

**Mon-Thurs -**

7:30Am until 4:00pm

**Friday -**

7:00Am until 3:30pm

## Finding Your Foothing: How Military OneSource Supports You

Military life brings constant change—moves, deployments, reunions, and new challenges for the whole family. In the middle of it all, it's easy to feel overwhelmed and unsure where to turn. You're not alone.

Military OneSource is a free, confidential support system created by the Department of War for service members and their families. Available 24/7, it connects you with real people who listen and help—no matter the challenge. Through non-medical counseling, you can talk openly about stress, family concerns, grief, or life transitions with up to 12 free sessions by phone, video, or in person. These conversations are private and never added to a military record.

Military OneSource also offers practical support, from relocation planning and financial counseling to career coaching for military spouses. Programs like SECO and MyCAA help spouses build meaningful careers despite frequent moves.

This support is available to active duty, National Guard, and Reserve members their families, and recent retirees. Wherever you are in your military journey, Military OneSource is there to help you find steady ground.

Contact Military OneSource at: 800-342-9647 or [MilitaryOneSource.mil](http://MilitaryOneSource.mil). Live chat is available 24/7.



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# Bite Sized Briefs

## Start the Year with a Plan, Not Guesswork

January is the perfect time to reset goals, review finances, and plan what's next. Whether you're preparing for retirement, transitioning careers, or managing military life changes, FERP and PFM program offer practical support to help you start the year strong.

### **Plan Your Next Chapter with Confidence**

FERP supports service members, retirees, and dependents navigating career transitions and retirement decisions.

FERP Services Include:

- Career planning and employment guidance
- Federal and civilian job search support
- Resume and interview preparation
- Retirement transition and post-service planning

### **Strengthen Your Financial Foundation**

PFM focuses on financial readiness to support mission success and long-term stability.

PFM Services Include:

Budgeting and money management

Debt reduction strategies

Credit education and financial goal setting

Planning for life changes (PCS, separation, retirement)

*Contact Brittney Butchee, WFL or Tamika Farley, PFM at 601-679-2360.*

## National Stalking Awareness Month

January is National Stalking Awareness Month, a time to reflect on how stalking and sexual violence intersect and co-occur.

\*Nearly 1 in 3 women who were stalked by an intimate partner were also sexually assaulted by that partner. Offenders may use sexual violence such as sexual threats, sexual assault, and nonconsensual distribution of intimate images.

Stalking is a pattern of behavior directed at a specific person that causes fear or emotional distress.

\*More than 1 in 5 women and approximately 1 in 10 men in the U.S. experience stalking in their lifetimes.

Stalking can have devastating and long-lasting physical, emotional, and psychological effects on victims, but stalking is often underrecognized and/or overlooked. On average, intimate partner stalkers are more threatening and dangerous than non-intimate partner stalkers, and intimate partner abusers who stalk are more threatening and dangerous than abusers who don't stalk.

Join us this month as we share more information on the installation and on our FFSC social media accounts about stalking so it can be identified when it occurs. By learning more about stalking we can help victims take stalking into account when assessing risk, safety planning, and obtaining the support they need.

For more information, please contact Christen Alarcon, Sexual Assault Response Coordinator or Abby Miller, LCSW, Clinical Counselor at 601-679-2360.



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# Education and Trainings

## Transition/Career Assistance Program

### Transition Assistance Program - In Person

Monday-Friday, Jan 26-30, 2026

7:30am until 4:00pm

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 Ms. Brittney Butchee to complete initial counseling 365 days before your separation date.

### 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, Brittney Butchee: 601-679-2360.

## Relocation Program

### Welcome Aboard - In Person

Tuesday, January 6, 2026

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 Admin Course - In Person

Tuesday, January 20, 1:00p.m.-3:00 p.m.

Course provides mandatory Administrative UVA training for commands who must appoint one unit SAPR VA as the primary unit SAPR VA responsible for ensuring the SAPR responsibilities outlined in DoDi 6495.02 are met.

## 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

TBD

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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Friday: 0700-1530

# Just a Lil' Somethin'

## SAPR NOTE:

Effective immediately as of 12/12/25, the following guidance is in place until further notice:

For potential uniformed victim advocates, please shift all recruitment and training efforts to focus on service members in pay grades E6 and above, including all officer ranks. All initial victim advocate training for new E1-E5 SAPR UVAs is paused.

Current VAs: All currently certified D-SAACP SAPR VAs, regardless of rank, may continue their duties as normal.

For questions or concerns, please contact Christen Alarcon, Installation SARC at 601-679-2360.

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



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

## 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 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

## 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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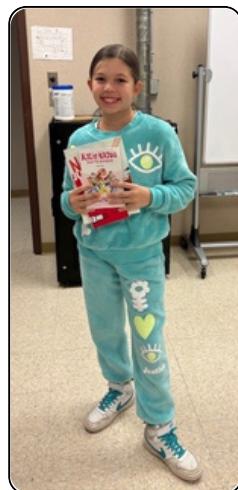
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