



THE FLIGHT PLAN

MAPPING OUT SUPPORT AND SUCCESS

FFSC NAS MERIDIAN

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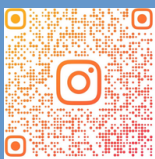
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What is Fleet and Family?

Fleet and Family Support Center programs support individual and family readiness through a full array of programs and resources which help Navy families to be resilient, well-informed and adaptable to the Navy environment. The NAS Meridian FFSC has been in operation since 1985. We have been fully accredited in all functions at four-year intervals, most recently in 2023. This means the FFSC meets or exceeds all quality standards established by the Navy for Fleet and Family Support Programs. FFSC programs include:


- Work and Family Life (WFL) - Transition Assistance, Relocation Assistance, Life Skills Education, Family Employment, Exceptional Family Member Program, Ombudsman Program, Webinar Classes, Emergency Response
- Counseling, Advocacy, and Prevention (CAP) - Clinical Counseling, Sailor Assistance and Intercept for Life (SAIL), Family Advocacy Program (FAP), Resources
- Personal Financial Management - Budgeting, Financial Education, Training, and Counseling, Credit/Debt Management, Investing
- Sexual Assault Prevention and Response Program (SAPR) - Awareness/Prevention Education, Victim Advocacy, Training, Response Coordination, Case Management.

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



 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

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:

August 1st

FFSC Open House

September

11, 12, 13 & 15

Commissary Sidewalk
Sale

Tell us how
we're doing!



Scan the QR code
and leave a review!

Director's Corner:

It is an honor and privilege to celebrate the 46th Anniversary of Fleet and Family Support Center. FFSC has stood as a pillar of strength, support, and service – dedicated to enhancing the well-being of our military families and communities. On 16 July 2025, we reflect on the incredible journey we've taken – from our humble beginnings to the impactful organization we are today. Our commitment to resilience, compassion, and excellence has never wavered. We will continue to help our customers navigate challenges, build stronger families, and thrive in every aspect. This is not just a celebration of years, it is also a celebration of people: our staff, volunteers, and partners who have given their hearts to this mission. To every service member, spouse, and child we've had to privilege to serve – thank you for trusting us to be a part of your journey. Congratulations, and let's celebrate this legacy together.

Sincerely, Kimberly Garrett



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Bite Sized Briefs

FFSC Exceptional Family Member Program case liaison, Brittney Butchee, collaborated with EFMP Coordinator, Mrs. Susan Smith from Gulfport to provide EFMP POC training and IEP training. The EFMP is a mandatory enrollment program for Service members with qualifying family members. Enrollment in the EFMP ensures Service members are assigned only to those geographic areas where the medical (physical, developmental, and/or mental health) and/or educational needs of their family member(s) are available and accessible. For more information about EFMP, contact Brittney Butchee at (601) 679-2360.



SAPR Snippet:

Mississippi Senate Bill 2211 was signed into law on April 23, 2025. This law takes effect on July 1, 2025. This law provides a major upgrade in rights and services for survivors in Mississippi.

What does Senate Bill 2211 do?

1. Victim Rights Notification

- Requires law enforcement to inform sexual assault victims about kit location, testing status, DNA profiling, and matching in CODIS.
- Mandates a 60-day written notice before evidence is destroyed with an option to request extended preservation.

2. Hospital Requirements - Ensures licensed hospitals with ERs must have at least one qualified provider per shift for forensic sexual assault exams and maintain sufficient rape kits, never deny victim exams, and may contract with forensic nurses.

3. Enhanced Evidence Handling

- Establishes stricter guidelines requiring law enforcement to collect kits within 24hrs of exam, store and transport them properly, and submit to the crime lab within 7 days.
- Crime labs must process kits within 60 days and upload DNA to CODIS - a timeframe tighter than previous law.

PFM NOTE: How to Fix a Flaw in Unfair Credit Score Reporting

Your credit score is affected most by your payment history, which makes up 35% of the score. The second most influential factor is raising or lowering your score is your credit utilization ration, affecting 30% of the score. This ration is calculated by dividing your total available revolving (credit card) limits by your total revolving balances. "The higher the ration, the lower your credit score. The bottom line: For starters, always set an automatic minimum payment at least three days before the billing cycle ends – not at the end of the billing cycle and not on the due date. This strategy proves effective for some, often leading to an improvement in their credit score.

For further questions or assistance, please contact Ms. Marie Brinston, PFM at (601) 679-2360.

Abby's Counseling Corner: Strengthening Family Connections This Summer

July is the perfect time to reconnect as a family- school's out, routines shift, and opportunities to bond grow. But more time together can also mean more stress and conflict. That's okay- and normal!

Family Tip of the Month: Create a 10 minute daily check in. No screens, no distractions- just a quick chat where everyone shares one good thing and one challenge from their day. It builds trust, communication, and emotional safety.

Struggling with parenting stress, partner dynamics, or big life transitions? Our FFSC Counseling team offers support for the entire family unit. Let us help you build strong, healthy connections at home.



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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.

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, July 1, 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.



Visit
MyNavyFamily.com
or download the APP
for more virtual
webinars, classes
and trainings!

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

Navigating USA Jobs - In Person

Thursday, July 10, 8:00 a.m.

Learn how to successfully navigate USAJOBS.gov-the official portal for federal employment-in this focused workshop. Participants will gain a clear understanding of how to search for federal job openings, interpret job announcements, and create a competitive federal resume. The class will also cover key tips for submitting applications through the USAJOBS system and strategies to increase your chances of landing a government position. Perfect for those new to federal employment or seeking to enhance their applications for U.S. government jobs.

Resume Writing - In Person

Friday, July 11, 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.



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Just a Lil' Somethin'

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



CNIC

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

Special thanks to
Brandon Ellison
(Commissary) and
Kevin Burrage
(Coca Cola) for
supporting the
EFMP program!



Navy and Marine students enjoyed a cookie decorating class taught by Kasie McInnis. In the photo, they are showing off their favorite cookie!

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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Job Fair = Success!

Thank you to all of the employers who came out to provide career information to our community! Thank you to all of the volunteers who worked and helped FFSC in our preparations to make this a successful Job Fair for NAS Meridian!



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