The Navigator monthly newsletter provides members of the Cultural Champion Network important and timely information, updates, and resources to carry out their roles in supporting Sailors to help the Navy drive towards a Culture of Excellence. This edition of the Navigator primarily focuses on suicide prevention. If you have questions or would like to submit feedback, please contact CulturalChampions@navy.mil. To subscribe, click here. For more information, see the Culture of Excellence website.

### ABOUT THE NAVIGATOR

#### GUIDING THE WAY OF THE CCN TO SUPPORT SAILORS

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### THREE ACTIONS TO TAKE TO PRACTICE LETHAL MEANS SAFETY

**COURTESY OF NAVY SUICIDE PREVENTION (OPNAV N170F)**

Preventing suicide is an all hands, community effort. Consider adding “taking steps to prevent suicide” to your personal goal list this year. Whether you take time to support a friend following a challenging time or equip members of your team with free and confidential resources for psychological health, we all can play a role in completing small ACTs to help others.

Although some are planned in advance, the majority of suicides and attempts are impulsive reactions to stress, and many suicide attempts are made during a short-term crisis period. Storing lethal means properly can interrupt the impulse and give someone in crisis just enough time to reconsider a suicide attempt. Practicing lethal means safety is one way you can support yourself and others in reducing suicide risk. Lethal means safety is the process of ensuring that lethal means of suicide, like firearms and prescription drugs, are out of reach during times of increased stress. The concept behind lethal means safety is exactly that – storing any lethal means safely.

Take these steps to practice lethal means safety and help prevent suicide:

1. Secure any current prescription medications and dispose of unwanted, unused, or expired medications. Visit your local Military Treatment Facility (MTF) which has convenient, safe, and anonymous drop boxes as part of the Military Health System’s year-round prescription drug take back program.

2. Store your firearms safely. Whether it’s within your own home, or in a home you may be visiting, make sure firearms are safely stored, separated from ammunition, and secured in a locked location or with a safety device.

3. Understand and share the Principles of Resilience with others. Navigate stress with confidence by predicting challenges, maintaining a sense of control, strengthening your relationships, fostering trust, and finding meaning. Additionally, use the Stress Continuum to know your zone and recognize your level of stress and actions you can take.

For more suicide prevention and stress management resources, find Project 1 Small ACT on Facebook, Twitter, WordPress, and Flickr.

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**PROPERLY STORING YOUR FIREARM CAN HELP PREVENT SUICIDE**

A few moments to retrieve and unlock a secured firearm can interrupt the impulse and open the door for help.

- **DID YOU KNOW?**
  - Firearms are the most common method of suicide in the U.S.
  - The majority of suicides and attempts occur within an hour of crisis.
  - Studies have shown that when a highly lethal method of suicide is less accessible, the likelihood of the immediate attempt decreases.

- **Store firearms unloaded with a gunlock in a secured cabinet, safe or case.**
- **Closets, drawers and shoeboxes are NOT safe locations.**
- **Keep ammunition in a separate secured storage location.**

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**NOT FEELING LIKE YOURSELF?**

Consider storing personal firearms during highly stressful periods. Try to recognize those who may need help and offer to store their weapons.

Help is always available through your local Navy chaplain, Fleet and Family Support Center or the Military Crisis Line at 1-800-273-TALK (Press 1).
ON YOUR RADAR

NOMINATIONS SOUGHT FOR SOH, FISHER AWARDS

Nominate individuals or organizations now for the annual Spirit of Hope (SOH) Award and Zachary and Elizabeth Fisher Distinguished Civilian Humanitarian Award. The SOH Award is presented to individuals or organizations that embody the core values of Mr. Bob Hope, who gave generously to service members for five decades. The Fisher Award recognizes private sector individuals or organizations that demonstrate exceptional patriotism and humanitarian service for service members of the U.S. Armed Forces or their families as inspired by Zachary and Elizabeth Fisher, founders of the Fisher Houses.

Submit nomination packages to Deputy Chief of Naval Operations (Manpower, Personnel, Training and Education(CNO(N1))) via command channels by March 12. Award recipients will be announced via Navy.mil.

ONLINE FINANCIAL LITERACY TRAINING AVAILABLE

Did you know, the Navy provides Sailors financial literacy training at personal and professional “touchpoints” across the military lifecycle, beginning with recruit and officer accessions training, and continuing throughout a service member’s career and transition to civilian life? Even if you did, do you know how to explain to a Sailor why it’s important to engage and Financial literacy training? Financial literacy is more than just another mandatory training course. ‘We want Sailors to understand that their financial future is within their control, and financial literacy training aids in this cause by helping Sailors make informed decisions that will lead to financial prosperity,” says John Hunt, supervisory program manager of the Navy Financial Literacy Program Policy Office (OPNAV N170C).

Twelve new Navy e-Learning (NeL) financial readiness touchpoint training courses are now available to Sailors that address the financial literacy “touchpoints.” These courses are available for enrollment on NeL. On NeL, search for “touchpoint” under the Course Catalog tab.

To make it easier for Sailors to access, the MyNavy Financial Literacy mobile app also now hosts the NeL touchpoint training courses and allows Sailors to submit course completion certificates directly to their Electronic Training Jacket (ETJ). The app is available on the Apple and Google Play stores. If a Sailor prefers in-person training, corresponding courses are available and provided by a Command Financial Specialist (CFS) or a Fleet and Family Support Center (FFSC) Personal Financial Manager. Once in-person training is completed though, the Sailor will need to ensure training is recorded in their ETJ by documenting in the Fleet Training Management Planning System (FTMPS) via a Learning Event Completion Form (LECF).


SHARE, PROMOTE REAL GOOD DAY CAMPAIGN

The Navy’s Real Good Day campaign is building a community focused on sharing actionable health and wellness strategies that work. Each day is a chance for Sailors to take care of themselves, their family and their Navy community better than ever before. Real Good Day provides tools to aid personal growth, tips to build healthy habits, ideas for how Sailors can recognize the connection between themselves and something bigger and resources for investing in relationships. Leaders are encouraged to share Real Good Day content and promote Real Good Day resources to their teams. Find the Real Good Day campaign on Instagram and Twitter, and check out the Real Good Day blog on Medium. The Real Good Day Campaign also hosts content for use by Cultural Champion Network members and their Public Affairs (PA) teams on Flickr. Contact the campaign team by emailing every sailoreveryday@navy.mil for more information on how to get involved.
SAIL PROGRAM UPDATE STRENGTHENS COMMUNICATIONS

Sailor Assistance & Intercept for Life

COURTESY OF NAVY SUICIDE PREVENTION (OPNAV N170F)

Suicide prevention is an all-hands effort that requires ongoing efforts to promote health and a sense of community. Sailor Assistance and Intercept for Life (SAIL) is a program that quickly provides Sailors needed connection and support during the stressful period after a suicide-related behavior.

Per NAVADMIN 021/21, the Navy has adjusted procedures for the SAIL program. Effective March 1, SAIL procedures require Commanding Officers to take a more proactive approach by instructing and verifying that the Sailors who have experienced a suicide-related behavior (SRB) have contacted the SAIL case manager at the nearest Fleet and Family Service Center. SAIL case managers continue to have difficulty contacting Sailors referred to the program. This minor change in policy strengthens communication between Sailors and SAIL case managers by involving both in the initial contact process.

After the Sailor is contacted, participation in the SAIL program remains voluntary, but leaders are encouraged to take an active role in seeing that Sailors get the help and resources they need.

Extensive research has shown that caring contacts programs are effective in the vulnerable days following a suicide-related behavior—allowing time for people to choose safety. SAIL is not a replacement for mental health treatment. Rather, SAIL is a support network to assist the Sailor in navigating support services throughout their recovery process.

In order to adapt to the COVID-19 environment, SAIL Case Managers are providing caring contacts both via telephonic contacts and face-to-face, in-person contacts. Now more than ever, commands and Suicide Prevention Coordinators (SPCs) must continue to submit SAIL referrals following instances of suicide-related behaviors. For more information on SAIL, Suicide Prevention Program Managers (SPPMs) may contact Mr. Vic Gooden at victor.gooden@navy.mil or 901-874-4220.

#BeThe1To

FOLLOW UP

Staying in contact with a friend in the days and weeks after a crisis can make a difference in keeping them alive.

Find out how this 1 Small ACT can save a life at www.bethe1to.com.

The Military Crisis Line is here for you 24/7. Call 1-800-273-TALK, Press 1
SPOTLIGHT: CMDCM SAMIRA McBRIDE

Currently based out of the Afloat Training Group (ATG) in Norfolk, Command Master Chief Petty Officer (CMDCM) Samira McBride demonstrates her ability to make an impact in supporting Sailors through role modeling positive actions. CMDCM McBride is a trailblazer, and she was the first woman to ever receive the Navy Delbert D. Black Leadership Award, one of the top Navy senior enlisted leadership honors. In an article originally published on Navy.mil, CMDCM McBride’s “inspirational leadership, commitment to her Sailors, and operational excellence” were noted as key qualities that she’s carried throughout her career.

How does your role support the Navy’s Culture of Excellence (COE)? What does COE mean to you personally?
I believe in setting the tone for excellence at my Command. What COE means to me is waking up every day and giving our best – setting the best example we can with pride and professionalism in all we do!

What is the most rewarding part of your job?
To have the honor to influence and inspire those I lead.

What do people in the Navy not know about what you do that we should share?
At this point in my career, there is nothing left but to pay it forward. I've been blessed with some outstanding leadership who have helped me in my journey. I wake up every day proud to serve and do my part to give back and grow the continuous Culture of Excellence.

What is one resource for Sailors that you’d like to highlight?
The Chief Petty Officers Mess. Anything a Sailor needs for help grows, resides and is exemplified in the Chiefs Mess. So I say: ask the Chief!

Is there anything else you’d like to share with fellow Cultural Champion Network members?
Be proud to have the honor to serve. Everyone doesn't qualify to do what we do. It's humbling to know our countrymen and women sleep great at night because we have the watch. Everything we do starts and stops with excellence!

If you would like to connect with CMDCM McBride, learn more about resources or to nominate a Sailor (active, reserve, or civilian) for the Navigator spotlight please email culturalchampions@navy.mil.

THE CONNECTION BETWEEN NUTRITION AND MENTAL HEALTH

BY LCDR MELISSA AMESCUA, MS, RD/LD, MSC, USN; OPNAV N17 21ST CENTURY SAILOR OFFICE

March is National Nutrition Month. How we eat is not only an important component of how we function physically, but also mentally. Multiple studies has found that eating a diet high in refined sugars, processed meats, refined grains, and high-fat dairy products with a low intake of fruits and vegetables increases risk of not just obesity, but also depression, suicide, and other mental health related disorders.

It's important to recognize the role of nutrition in supporting the mental health of our fellow service members.

The Department of Defense (DoD) Health of the Force 2018 report noted that between 2013 and 2017 there were 1,788 active duty service members diagnosed with eating disorders. The Eating Disorders Coalition, which is a group of associations, facilities, and family members that advocate for eating disorder research, education and legislation, have found that military members and their families have higher prevalence rates of eating disorders than the civilian population, estimated between seven and eight percent of all troops.

Research has also shown that there is a connection between individuals that suffer from an eating disorder and suicide. A 2018 study from the British Journal of Psychiatry reported that patients who suffered from the eating disorder anorexia nervosa had a high risk of dying by suicide. What did the people who both had an eating disorder and who died by suicide have in common? One answer is that they all suffered from malnutrition. Malnutrition means having poor intake of foods such as fruits, vegetables, whole grains, and healthy proteins. Optimal brain function relies on good nutrition and getting the right amounts of carbohydrates, protein, fat, antioxidants, vitamins, and minerals. In fact, growing research suggests that having a diet rich in the foods discussed and other sources of Omega-3 fatty acids, selenium, vitamin D, folate, B-12, calcium, magnesium, and zinc can assist in our brain function.

Contact your local dietitian, read the 2018 DoD Health of the Force Report or visit the Navy Nutrition Program website to find out more information on how to make changes to improve the way we think about how we eat.