

The Navy has started providing sailors mental health support in the early stages of deployments so they are better equipped to manage common stressors they may encounter while getting underway.

Under the Navy's new Departure & Separation Program, sailors on six surface ships were provided access to licensed counselors and specially trained educators during their first two to six weeks of deployment. **WHAT A BUNCH OF SHIT**

"They say an ounce of prevention is worth a pound of cure, and it's no different with mental health," said Kim Speed, a Counseling Advocacy Program **ANOTHER USELESS GOVERNMENT PROGRAM** supervisor who worked with sailors aboard the guided-missile cruiser Monterey during the ship's restriction of movement (ROM) period, in a Navy news release. **OF COURSE SHE SPOUTS THIS LINE OF BULLSHIT SHES ON THE GOVERNMENT TIT**
The Monterey departed Norfolk in February with the Dwight D. Eisenhower Carrier Strike Group.

The program launched ahead of schedule in December when leadership aboard the six ships — the cruisers Monterey and Vella Gulf and the guided-missile destroyers Mitscher, Mahan, Jason Dunham and Laboon — **sent an urgent** request to Navy Installations Command's Fleet and Family Support Program about providing emotional support for their sailors. **WHY DON'T THEY LET THEIR MOMMY'S GO ON THE CRUISE WITH THEM ?**

YOU KNOW I DIDN'T SEE ANY LCS'S WITH THEM O YEA THAT'S RIGHT THEY DON'T GET UNDERWAY A 30 BILLION DOLLAR JOKE

Some crew members were coping with a series of challenges and exhibiting heightened stress levels stemming from the COVID-19 pandemic, loss of shipmates, the pressures of pre-deployment work-ups, operational tempo and restriction of movement (ROM) periods. **AND THEY NEEDED SOMEONE TO BLOW THEIR NOSE AND WIPE THEIR ASS BUTCH UP**

WHO THE FUCK IS GOING TO HOLD THEIR HAND. IF THEY EVER HAVE TO GO UP AGAINST THE CHINESE OR RUSSIANS ? GOD HELP US!!!



Commanding officers to get more involved in SAIL program

LETS ALL HOLD HANDS AND SING CUM BUY YALL. YOU KNOW I KNOW SOME WOMEN THAT HAVE BIGGER BALLS THAN THESE SO CALLED SAILORS.

As a result, the Navy sent trained experts to those ships where they could provide sailors with non-medical counseling, group workshops, walk-around engagements, one-on-one consultations and psychoeducation. **SOUNDS LIKE PSYCO-BABEL TO ME.** Additionally, the program addresses typical issues that sailors may encounter while deployed like co-parenting at a distance, stress and sleep management, and financial readiness, the Navy said. **SLEEP MANAGEMENT WHAT THE FUCK IS THAT?**

A total of 10 volunteers were assigned to the six ships during their respective ROM periods, and three volunteers participated in the first month of deployments.

(please select a country)





Service member suicide prevention: Why the military must end the stigma on mental health

**YEA I REMBER THAT GUY, BUT HE WAS WEARING A MARINE UNIFORM GUARDING THE GATE AND MADE SURE YOU WERE WEARING A BELT AND HAD SOCKS ON AND A HAIRCUT BEFORE YOU LEFT THE BASE.AND HE NEVER TOLD ME HE LOVED ME
WHAT THE FUCK HAS HAPPENED TO THE NAVY**

Mental health services must be normalized in the military for our service members to properly utilize them, say the authors of this commentary.

Katrina Games and Aliyah Theargood

“The Departure & Separation program was invaluable to Laboon,” said Cmdr. Charles C. Spivey, the ship’s commanding officer, in the release.

ARE WE TALKING ABOUT MEN OR TRANSEXUALS I’M JUST NOT SURE WOULDN’T WANT TO OFFEND ANYONE

“The quality training for the command and one-on-one sessions improved each Sailor’s personal readiness,” Spivey said. “Laboon was better able to prepare for

deployment because the curriculum gave our crew new skills and appropriate resources to be successful while we are gone.” **I BET**



Somalia Allen, a personal financial manager at Fleet and Family Support Center, helps sailors learn financial management skills at Naval Base Kitsap-Bangor, Wash., in July 2018. (MC3 Greg Hall/Navy)

According to Rachel Cooke, a Transition Assistance Management Program Employment Education Services facilitator, the Laboon’s command master chief gave her a tour on her first day aboard the ship and identified sailors who needed additional support. **I THINK WHAT HE MEANT, THESE ARE THE SAILORS THAT DON’T BELONG IN THE NAVY** That showed her that he and the ship’s leadership took mental health seriously, she said.

“He knew who needed my help, what was going on with them and worked to make sure they got the help they needed, one way or another,” she said. **YOU MEAN OUT OF THE NAVY**

The program officially launched in December 2020 — a month ahead of schedule.

“Too many people, especially active duty service members, resist counseling or avoid it until things in their life really take a downward turn,” Speed said. “If someone is struggling, it’s best to get them help early on rather than wait until

they start exhibiting problematic behavior. **THIS PROGRAM IS PROBLEMATIC**

“Issues can start small, like being worried about finances, not hearing from a loved one or being concerned about a friend’s health,” Speed said. “There’s no shame in talking to someone like me about any of it, even if it seems minor.”

I WOULD SAY TALK TO YOUR CHIEF BUT MY GUESS IS HE IS ALSO IN THE PROGRAM. WE ARE LOST.

I JUST DON'T HAVE A WARM AND FUZZY FEELING ABOUT THE ABILITY OR RESOLVE OF TODAY'S NAVY LET ME KNOW WHAT YOU THINK