

SEPT 2025

FAREWELL SASEBO

CELEBRATING 6 YEARS FORWARD-DEPLOYED ON LHA 6

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Magazine of the USS America

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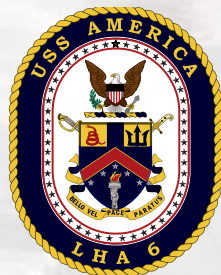
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TIMES OF AMERICA

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TIMES OF AMERICA

An official publication of
the USS AMERICA (LHA 6)
Public Affairs Team

CAPTAIN'S CORNER

A MESSAGE FROM THE COMMANDING OFFICER

Families and Friends of USS AMERICA,

As I write this letter, with much anticipation and emotion, we are now watching Sasebo disappear over the horizon. Over the course of six-years from AMERICA's arrival to her departure, its crew and our families developed strong bonds throughout the ship's 12 patrols and rigorous operational tempo. For a handful of Sailors, Sasebo became a home-away-from-home and we were able to find them a billet on another ship to remain part of the Forward-Deployed Naval Forces (FDNF) in Japan. For the rest of the crew, we're departing with many fond memories of our time in Sasebo and service as a key 7th Fleet asset in the Indo-Pacific region.

As we look ahead, I want to provide insight on how the next phase in the ship's lifecycle will look for the crew. Once we arrive in San Diego, the ship and crew will transition from high-tempo operations to a full-on maintenance cycle. The daily work tasks will shift as AMERICA enters a nearly two-year maintenance and dry-dock period to include a series of upgrades, preservation projects and systems modernization, as part of the ship's regularly scheduled upkeep. Every Sailor on the ship has worked through an incredible number of professional qualifications, with the goal of ensuring we have skilled firefighters, first responders and watchstanders throughout the maintenance cycle and on the backside of the prolonged maintenance period. The crew's focus on maintenance, preservation and training are a critical foundation to keeping AMERICA in the fight and ready for our Nation's Tasking. Even though our setting will bring us home at the end of each day, the workload will bring its own challenges—and just as you have supported us in the past, we will lean on your enduring support to get us through the maintenance phase and back to the operational fleet, as soon as possible.

I can say firsthand from talking to Sailors, that the crew is collectively excited about our new home of San Diego and what being back in the U.S. will offer. Though we have become accustomed to cultural aspects of Japan, many are looking forward to the amazing food, scenery, and climate that San Diego offers. Most importantly, Sailors are looking forward to reuniting with families and friends, and being within similar time zones as their loved ones.

Throughout our latest patrol with the 31st MEU, the crew enjoyed many accomplishments. AMERICA continued to celebrate a high promotion rate through standard merit-based advancement, the new advance-to-promote process, and Chief/Officer promotion-board results. We are extremely proud of our Chief Selectees—AMERICA is pushing eight future Chiefs through the coveted "Forged in Steel" initiation process! This Chiefs' season also includes our Master Sergeant Marine which is an amazing display of how strong our blue-green team is on AMERICA.

AMERICA left for Patrol on May 17th and has been running hard every day. We served as the flagship for two large exercises, including Talisman Sabre, which was held off the east coast of Australia, and the 31st MEU's Amphibious Integrated Training and Certification Exercise where the blue-green teams were put through their paces exercising a full scope of Navy-Marine Corps expeditionary and amphibious capabilities.

While underway, we operated at new highs consisting of 1,085 aircraft launches which involved aircraft from 16 different countries, to include partner nation F-35B Lightning fighter jets which embarked AMERICA for a period. We also were the centerpiece of two large photo evolutions where warships from the world's leading navies come together to display the impressive naval power of the United States and our allies in 7th Fleet. We also exercised our ability to provide fuel at sea to a destroyer as well as receive fuel from a fleet tanker. Among all the operational accomplishments, the crew had the opportunity to experience some much needed liberty in Sydney, Brisbane, Okinawa, Sasebo, and Pearl Harbor. Another area that I like to highlight which is a true testament to the might of our Navy is the ability to be self-sufficient by repairing our own systems at sea. Sailors in the engineering department completed complex repairs across to include work on our big diesel generators, main propulsion gas turbines, control systems, piping repairs, compressor repairs, elevator repairs and the list goes on. The combat systems team did an excellent job of keeping our massive communications suite in peak condition as well as our weapons systems ready for any eventuality. Our Aircraft Intermediate Maintenance Department (AIMD) team was extremely busy ensuring we maintained the highest aviation readiness I have ever seen, but also in repairing and manufacturing parts for other departments and other ships. All these accomplishments highlight the team-of-teams effort to make the work of the ship happen.

Throughout it all, the crew's dedication, professionalism, and sacrifice has been remarkable. I am incredibly proud of all that team AMERICA achieved and of their resilience amidst challenges presented by a compressed operational FDNF schedule, on top of all the preparations that have gone into our homeport shift to San Diego. Every service-member aboard and our families and friends sacrificed so much to enable a successful forward-deployment, homeport shift and entry into the maintenance period. I am deeply grateful for you—our families and friends that keep supporting our mission day in and day out. Behind every awesome Sailor or Marine is an amazing support structure. Thank you for what you do to support your service-member in keeping AMERICA as a premier warfighting asset.

Homecoming is an unforgettable experience and I encourage everyone to enjoy much needed time off to reconnect with your loved ones and get established in our new home of San Diego.



With utmost respect and admiration,
CAPT Ethan M. Rule
Commanding Officer, USS AMERICA

WHAT OUR SAILORS ARE WATCHING

PHOTOGRAPHS BY MCSN DOUGLASS

 AN SHARMER	 THE SUMMER I TURNED PRETTY Following Isabel "Belly" Conklin as she spends her summers at a beach house where a love triangle ensues. Following themes of growing up, self-discovery, and the complexities of love and friendships.	 IT2 OWEN	 NEON GENESIS: EVANGELION An anime about Shinji Ikari, a troubled teenager summoned by his estranged father, Gendo, to pilot a giant, bio-organic war machine called an Evangelion. Shinji and other child pilots must defend humanity from enigmatic invaders.
 AO2 MATTESON	 ANIMAL KINGDOM A documentary series The Magic of Disney's Animal Kingdom offers a behind-the-scenes look at the operations of the Walt Disney World theme park, following the animals and caretakers at the Animal Kingdom park.	 LSSN GARNER	 SNOWFALL A crime drama series set in 1983 Los Angeles that chronicles the beginnings of the crack cocaine epidemic through the intersecting lives of several characters, including 19-year-old drug dealer Franklin Saint whose rise from a street-level dealer to a drug kingpin.
 AOAN CARTER	 SAILORMOON Follows Usagi Tsukino, a clumsy but kindhearted 14-year-old girl who discovers she is the reincarnated magical warrior Sailor Moon. With the help of a talking cat named Luna and mysterious allies fight against evil forces to protect the earth and the universe.	 HM3 HIPOLITO	 RIISING OF THE SHIELD HERO Follows Naofumi Iwatani, a college student summoned to a fantasy world with three other men to become one of the Four Cardinal Heroes, responsible for defending the world from dimensional invasions called Waves.
 LT SIMON	 "DANGER 5" An Australian action-comedy series set in a surreal, 1960s-inspired World War II where a team of five international spies attempts to kill Adolf Hitler and defeat his increasingly bizarre Nazi plans, which includes the likes of dinosaur soldiers, and robot armies.	 BM2 WIMER	 THE A-TEAM An action-adventure series about a former U.S. Army Special Forces unit that was wrongly convicted of a crime they didn't commit during the Vietnam War. The team becomes a group of mercenaries for hire who utilize their special skills in combat.
 SN MAROOQUIN	 THE TERMINAL LIST A thriller series on Prime Video about Navy SEAL Lieutenant Commander James Reece, who seeks revenge after he is the sole survivor of a disastrous covert mission that wiped out his entire platoon and later his family.	 DC3 BERNARD	 SEAL TEAM SEAL Team is a military drama following Bravo Team, an elite unit of U.S. Navy SEALs, as they undertake dangerous, high-stakes missions around the globe. The series explores professional challenges along with personal struggles faced during covert operations.

 MA1 MOORE	 BRIDGERTON Centering on the romantic lives of the eight Bridgerton siblings in Regency-era London. Each book focuses on the love story of one of the siblings, while the show adapts these stories and intertwines them with a broader narrative, including the gossip and social commentary	 RSSN CANNON	 EMPIRE A musical drama centered on the hip-hop mogul Lucious Lyon, who, after being diagnosed with ALS, must choose a successor for his company, Empire Entertainment, from among his three sons while battling family and corporate drama. Exploring themes of family, and power.
 ABH3 CASTRO	 PAW PATROL A children's show about a 10-year-old boy named Ryder who leads a team of heroic rescue dogs called the PAW Patrol to protect the community of Adventure Bay. Each dog has unique skills, vehicles, and gear. These dogs adorable dogs face high-stakes rescues.	 RS3 VORHEES	 BLINDSPOT A crime thriller about Jane Doe, a woman found with amnesia in Times Square, covered in tattoos. When an FBI agent is assigned the case, he and his team discover that the tattoos serve as a series of clues to solve crimes and unravel a complex conspiracy.
 AC2 MITCHELL	 GAME OF THRONES An American fantasy series set in the fictional continents of Westeros, where nine noble families fight for control of the Iron Throne, the seat of power in the Seven Kingdoms. The series follows multiple simultaneous storylines.	 AN PORTER	 TITANS A live-action American superhero series that follows a team of young, tormented heroes who must confront their demons to save the world from evil. The show centers on Dick Grayson, who leads a new team of superheroes as they find their place in the world.
 RS3 ROBINSON	 BLACK MAFIA FAMILY A true-story inspired crime series about the Flenory brothers Demetrius "Big Meech" and Terry "Southwest T", who rose from poverty in Detroit to create one of America's most influential drug and money laundering organizations.	 YNSN CUAQUEHUA	 ONE PIECE Following the journey of Monkey D. Luffy, an optimistic young pirate with the power to stretch his body, as he recruits a diverse crew- including the swordsman Zoro, the thief Nami, and the sharpshooter Usopp- to find the legendary treasure One Piece and become the King of Pirates.
 ABHAN DAVENPORT	 FRIENDS A 1990s American sitcom following the lives of six friends as they navigate their twenties in New York City, dealing with career changes, romantic relationships, and everyday life, all while gathering at their apartments and their favorite coffee shop, Central Perk.	 ABHAN HERNANDEZ	 I AM LEGEND Following Jeon Selhee, a women who leaves her unhappy marriage to a wealthy lawyer and reunites her high school rock band to pursue her musical dreams again. The series follows the titular protagonist and other married women as they navigate their lives.
 IT2 GIENAPP	 LOVE ISLAND A reality TV dating competition where single contestants called "Islanders" live in an isolated villa, constantly under video surveillance, and must pair up to survive as they participate in coupling ceremonies to form couples. New contestants join while others are eliminated.	 HM2 DONEGAN	 LAW & ORDER SVU A long-running NBC crime procedural that follows the New York City police detective of the special victims unit (SVU) as they prosecute crimes involving vulnerable victims. Most are inspired by real-life cases, focusing on emotional toll.

INTRODUCING USS AMERICA'S

EMBEDDED INTEGRATED PREVENTION & DEPLOYED RESILIENCY COORDINATORS

WRITTEN BY MC2 MULLINS & PHOTOGRAPHED BY MEDIA



JANAE' CAREY

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As USS America undergoes its homeport shift from Sasebo, Japan, to San Diego, California, Sailors and their families are navigating one of the most significant transitions in their naval careers. Standing ready to support them throughout this process is the ship's Embedded Integrated Prevention Coordinator (EIPC), **Janae' A. Carey**.

Carey, who works for the Fleet and Family Support Center (FFSC), brings both professional expertise and firsthand Navy experience to her role. A U.S. Navy veteran who served from 2019 to 2024 and holding a Master's degree in School Counseling, she is uniquely equipped to guide Sailors through the challenges of relocation, family transitions, and long-term planning. She sees her work as part of a larger mission. "Each EIPC has their *why*," Carey explained. "We are here to serve Sailors and their families because you decided to selflessly serve our country. My personal mission is to help each Sailor fulfill their contract and support his or her personal and professional goals through a healthy and realistic lens."

The success of USS America's transition is measured not only in operational readiness but also in the well-being of its crew. By supporting Sailors' personal and professional lives, Carey ensures they can stay focused on the mission at hand.

Thanks to her leadership and dedication, the move to San Diego will be more than a change of station—it will be a launch into new possibilities.



DONNA FRAGAPANE

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The USS America welcomes **Donna Fragapane** as our new Deployed Resiliency Counselor (DRC). With the demands of deployment and shipboard life, mental and emotional well-being are critical, and Donna is here to support the crew. She brings experience and compassion to help navigate challenges like separation from loved ones and the pressures of mission operations.

Donna provides confidential individual counseling addressing stress, conflict, grief, and relationship issues. She also facilitates group sessions and workshops to build resilience, improve communication, and foster ship-wide communities. Whether you're experiencing sleep problems, anxiety, isolation, or need a supportive listener, the DRC is a valuable resource for everyone aboard.

Services include stress management techniques, conflict resolution strategies, and coping mechanisms for the unique stressors of deployment. She can help with relationship issues, grief counseling, and strategies for maintaining a positive outlook. Feel free to learn more about available programs. All sessions are confidential, and scheduling an appointment is easy; take advantage of this valuable resource.

Prioritizing our mental and emotional health ensures we can all perform our duties effectively and return home stronger than ever.

FAREWELL SASEBO

CELEBRATING 6 YEARS FORWARD-DEPLOYED ON LHA 6

PHOTOGRAPHED BY MEDIA

After six years of service, USS America (LHA 6) departs Sasebo, Japan, leaving a legacy of honor, courage and commitment. From multinational exercises to humanitarian assistance missions, America's crew and capabilities have strengthened partnerships and ensured regional stability. As America moves to 3rd Fleet, the crew carries depth of experience, strong relationships with shipmates and partners, and the memory of steady contribution to peace and security in the Indo-Pacific.



DEPLOYING ADVANCED OCEANOGRAPHIC DEVICES

USS AMERICA'S SUPPORT TO ATMOSPHERIC RESEARCH

WRITTEN BY MC2 MULLINS & PHOTOGRAPHED BY MCSN DOUGLASS

In a significant stride toward enhancing environmental awareness and maritime readiness, the forward-deployed amphibious assault ship USS America (LHA 6) has deployed four advanced oceanographic and atmospheric data collection devices in support of ongoing naval and atmospheric research. These tools are expected to play a vital role in developing both short-term and long-term weather forecasts, ultimately improving the U.S. Navy's ability to issue timely warnings and implement protective measures across its global operations.

The recently deployed devices, Teledyne Webb Research Autonomous Profiling Explorer (APEX) profiling floats, are a critical component of the Navy's efforts to gather real-time, high-resolution data from the ocean. These autonomous, free-drifting floats collect detailed measurements of water conductivity, temperature, and pressure, contributing directly to the accuracy of ocean models and weather forecasting systems used throughout the fleet to inform the accuracy of weather forecasts.

"Our team is excited for the opportunity to assist the larger Meteorology and Oceanography (METOC) community in providing the warfighter Battlespace-on-Demand through data collection," explained Chief Aerographer's Mate (IW/SW/AW) Chris Rondeau. "These are autonomous drifting profilers that acquire water column profile data, such as water conductivity, temperature, and pressure."

While the impact of these floats may not be immediately noticeable aboard the deploying platform, their long-term value to the Navy's METOC community is substantial. Rondeau noted that although the deployment won't have a direct effect on USS America's current operations, it will significantly benefit other Navy assets as the data is collected over time. "The floats we launched will not directly affect or impact us onboard," he said. "But they will provide data to the METOC community for the benefit of 7th Fleet maritime assets and decision-making. We will not really be able to observe any of the fruits that these bear in the near term, but future operations will benefit from the data."

The data collected by APEX floats supports a wide range of strategic goals, from enhancing battlespace awareness to increasing the Navy's capacity to operate safely in challenging environments. These deployments reflect a broader commitment by the Navy to use data-driven insights for decision superiority, enabling warfighters to anticipate environmental conditions and make informed operational choices.

As the Navy continues to evolve its approach to maritime domain awareness, devices like the APEX float represent an invaluable link between scientific research and tactical readiness. Each data point gathered from the ocean's depths strengthens the Navy's ability to safeguard its assets, support allied operations, and respond effectively to dynamic and often unpredictable maritime environments.

"We were grateful and excited for the opportunity to give back to the METOC community in our own small way. These floats,

in conjunction with a network of other sensors, are how we can improve our forecast processes which ultimately enables our decision-making abilities," said Lt. Cmdr. Jasmine DePompeo, USS America's METOC Officer.

Through the deployment of the APEX floats, USS America reaffirms its commitment not only to maritime safety but also to environmental and scientific advancement, both critical elements in ensuring our leaders are enabled with critical data to successfully conduct maritime operations.

America, lead ship of the America Amphibious Ready Group, is operating in the U.S. 7th Fleet area of operations. U.S. 7th Fleet is the U.S. Navy's largest forward-deployed numbered fleet, and routinely interacts and operates with allies and partners in preserving a free and open Indo-Pacific region.



SPIRITUAL READINESS

FOR COMBAT READINESS

WRITTEN BY LT COSTEPHENS

I remember hearing every morning from my 5th grade teacher, Mr. Benny, "Today is the first day of the rest of your life, how will you live?" It is a question that has been at the forefront of my mind ever since. Today, is the first day of the rest of our lives, how will I impact people both positively and negatively?

I grew up in North St. Louis County in Jennings, and Florissant, Missouri. I ended up pastoring in Florissant and Ferguson Missouri. My wife and I with our four kids felt called to impact the place we grew up, so we started a church and spent 14 years working in that community. We started not-for-profits and did all we could to change people's lives. During the transition from pastor to Navy Chaplain, I thought about legacy and relationships. I wrote down two questions that sum up what matters most to me in life.

First, what do I do with people? The relationships, mentorship, and the influence we have on one another is what matters. I don't care if I am remembered, I care that people are better for interacting with me.

Second, why am I here? What is my reason for existing? I exist to enjoy God by being His hands and feet to those I interact with. Whether it is my family, my sailors, or a stranger on the street, my aim is to do the best I can for them.

As you get to know me, know that my intentions are to help and to encourage. My hope and prayer is to be present for you and to walk through this life with you for the next few years. Let me end by asking what are you doing to impact those around you and what is your ultimate reason for living? I am here for anyone who needs to talk or process.

God Bless!



THE VOYAGE OF THE GREAT WHITE FLEET

BY NAVAL HISTORY & HERITAGE COMMAND

In December 1907, President Theodore Roosevelt launched one of the most ambitious demonstrations of American naval power in history: the voyage of the Great White Fleet. Composed of sixteen battleships painted a striking white with gilded scrollwork on their bows, this fleet represented the United States' growing strength on the world stage. Over the next two years, the fleet circumnavigated the globe, covering more than 43,000 nautical miles and calling at ports on six continents. The mission was both a test of endurance and a powerful statement of diplomacy through naval might.

At the dawn of the 20th century, the United States was rapidly expanding its influence. The U.S. victory in the Spanish-American War of 1898 had left the U.S. with overseas territories such as the Philippines, Guam, and Puerto Rico. Yet, many European powers remained skeptical of America's ability to project power globally. Roosevelt, a firm believer in the importance of sea power, saw the fleet as the embodiment of America's new role as a world power. Sending it on a global cruise would not only train the Navy in long-distance operations but also signal to allies and rivals alike that the United States had arrived on the world stage.

The fleet departed from Hampton Roads, Virginia, on December 16, 1907. Its first leg took it down to South America, with stops in Trinidad, Brazil, Chile, and Peru. Each port call was met with elaborate celebrations, showcasing both goodwill and curiosity about the imposing American warships. After transiting through the Strait of Magellan, the ships crossed into the Pacific Ocean, where they made an important stop in San Francisco. This leg underscored the challenges of maintaining such a large fleet far from home, logistics, coal resupply, and crew discipline all tested the Navy's organizational skills.

From the U.S. West Coast, the fleet sailed across the Pacific, making port in Hawaii, New Zealand, Australia, and the Philippines. In Australia, the fleet received rapturous welcomes, with crowds numbering in the hundreds of thousands, signaling a recognition of shared democratic values and maritime interests. In Asia, particularly Japan, the stop carried added weight. Tensions between the United States and Japan had been simmering, and Roosevelt intended the fleet's presence to serve as a deterrent while also extending a hand of friendship. Remarkably, Japanese officials responded with hospitality, easing fears of confrontation.

The homeward journey took the fleet through the Indian Ocean, Suez Canal, and Mediterranean Sea, where it visited Egypt, Italy, and France before crossing the Atlantic back to the United States. Everywhere it went, the fleet was celebrated as a marvel of modern naval engineering and a symbol of American resolve. The voyage concluded in February 1909, just weeks before Roosevelt left office.

The Great White Fleet's journey had lasting consequences. It showcased the U.S. Navy's ability to operate around the world, strengthened ties with allies, and impressed upon rivals the seriousness of American power. Domestically, it fueled enthusiasm for further naval expansion and modernization, leading directly to the development of even larger and more advanced battleships. Above all, the voyage transformed the image of the United States Navy from a coastal force to a global power.



MWR SEPT CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 5K Yoga	1 America Social Night Chess CLub	2 Spin Class Running Seminar Yoga Trivia	3 Running Seminar Tekken Tournament	4 Spin Class Yoga	5 Find the Rock Fridays!	6 Swim Call Steel Beach Picnic
7 Spin Class Yoga	8	9	10	11 Spin Class Yoga	12 Find The Rock! Anime Club	13 Mario Kart Tournament
14 Spin Class Yoga	15 America Social Night Chess CLub	16 Spin Class Running Seminar Yoga Dominos Tournament	17 Running Seminar	18	19	20
21	22	23	24	25 SAN DIEGO	26	27
28	29	26	27	28	MWR MEETINGS are every Teusday at 1900 in the Rec Room	

5K: Flight Deck 0700-0830. Run at your own pace. **America's Social Night:** Mess Decks 2000-2200. Come play board games, D&D, Yu-Gi-Oh, Magic the Gathering, Video Games or Arts & Craft. **Chess Club:** Mess Deck 2000. All Skill Levels invited. **Trivia:** Mess Decks 2000. Teams of 4. **Tekken Tournament:** Mess Decks 2000. **Swim Call & Steel Beach Picnic:** More information to follow! **Find the Rock:** Clues will be posted by 1300. **Dominos Tournament:** Mess Decks 2000.



DEPLOYMENT SUPPORT PROGRAM REINTEGRATING ALONE OR WITH PARTNERS

FLEET & FAMILY SUPPORT CENTER SAN DIEGO | WWW.SANDIEGO.NAVYLIFESW.COM/FFSC

THREE ANCHORS		
OPEN COMMUNICATION	LEARN AFFECTION	PRACTICE EMPATHY
Feel Closer Improve Communication Have Fun Together Increase Awareness	Be Considerate Rely on Each Other Establish Date Nights	See Perspectives Be Non-judgmental Understand Feelings

NAVIGATING CHANGE		
FINDING COMMON GROUND	COMMUNICATING EXPECTATIONS	FOSTERING INTIMACY
What has NOT changed vs what HAS changed How will this change make us Stronger?	Reunions Vary Re-acclimation fluctuates Changes happen Adjustments Take Time	What were you doing when you first fell in love? Start with Touch Discuss Feelings Prioritize Intimacy

STRESS CONTINUUM MODEL				
BLUE	GREEN	YELLOW	ORANGE	RED
<ul style="list-style-type: none">Under-stressed & UnproductiveFeels bored & ApatheticMay be recovering from a stress injury	<ul style="list-style-type: none">Not stress-free, but mission ready	<ul style="list-style-type: none">Reacting to Life's normal stressorsMay have trouble sleeping or increased irritabilityMild and reversible	<ul style="list-style-type: none">Temporarily non-mission readyMay be more stress than you can handle aloneSeek help	<ul style="list-style-type: none">Medical attention is requiredCan only be diagnosed by healthcare professionals

OSC Resources	
WHILE DEPLOYED	SHORESIDE SERVICES
<ul style="list-style-type: none">ChaplainChain of CommandCommand OmbudsmanFleet & Family Support Center (FFSC)Military OneSourceNaval Center for Combat and Operational Stress Control	<ul style="list-style-type: none">Veteran Crisis LineWork & Family LifeCounseling, Advocacy and PreventionSexual Assault Prevention and ResponseCNIC Learning Management System

DEPLOYMENT SUPPORT HANDBOOK



- Deployment and homecoming tips
- Military, community and National Resources

SUICIDE PREVENTION		
ASK	CARE	TREAT
IF THEY ARE THINKING OF SUICIDE	LISTEN OFFER HOPE, AND DO NOT JUDGE	TAKE ACTION, DO NOT LEAVE ALONE, AND GET ASSISTANCE

CO'S VIRTUAL SUGGESTION BOX

This virtual Suggestion Box is your opportunity to share your thoughts and concerns with leadership at your command.

https://usnavy.gov1.qualtrics.com/jfe/form/SV_9FiQbwnfgRgfXRr?UIC=20103



Need to Talk?

If you've been sexually assaulted, anonymous help is available.

safehelpline.org
877-995-5247



SEXUAL ASSAULT RESOURCES

SAPRVAS@LHA6.NAVY.MIL | Duty SAPR dial: 2999

SUBSTANCE ABUSE SUPPORT

DAPA@LHA6.NAVY.MIL | AOCS Shackleford dial: 2850

SPEAK WITH A CHAPLAIN

BARRETT.CRAIG@LHA6.NAVY.MIL | CDR Craig dial: 2736

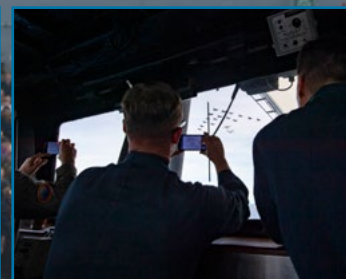
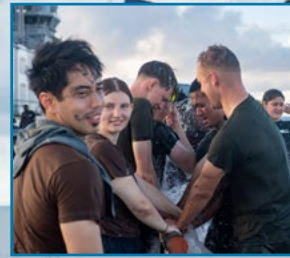
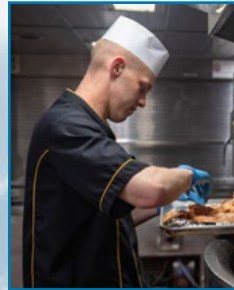
DEOCS SURVEY:





FACES OF AMERICA

PHOTOGRAPHED BY SAILORS OF USS AMERICA





**PREPARED IN WAR
OR IN PEACE**

6  TIMES OF AMERICA