



The Official Newsletter of **MyNAVYHR**

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NAVY EDUCATION BENEFITS PUT DEGREES WITHIN REACH

*By Mass Communication Specialist 2nd Class
Kendra Helmbrecht*

ARLINGTON, Va. — Continuing education can help Sailors advance personal and professional goals throughout their Navy careers and beyond. Learning doesn't stop after boot camp, "A" school, or even after arriving at their first command. Through Tuition Assistance, the GI Bill, and opportunities to earn college credit by examination, the Navy provides multiple paths for Sailors to pursue a degree, reduce out-of-pocket costs and build toward their professional goals. Whether that means pursuing a degree for the first time or continuing an education they began before joining, the Navy can offer support.

Active-duty Sailors may use Tuition Assistance (TA) to cover up to 100% of tuition costs for eligible education programs. The program funds eligible undergraduate and graduate courses, as well as approved certificate, certification-preparation and diploma programs. Sailors must meet eligibility requirements and request TA before the start of each course. They can use the benefit throughout their career without impacting other entitlements.

The GI Bill can help cover education costs during and after military service. The Post-9/11 GI Bill provides education benefits to service members and veterans based on qualifying military service. Sailors can use this benefit both while on active duty and after transitioning from the Navy. An unused GI Bill may also be transferred to a spouse or children allowing dependents to use the benefits toward their own education.

Additionally, Sailors can earn college credit

Story continued on back

24/7 support for pay benefits, records, leave, and PCS

☎ (833) 330-6622

ATTENTION!

Sailors can now reach the My Navy Career Center at their new email address:

✉ AskMNCC@us.navy.mil



SAILOR MOVES

- Congratulations to the newest Chiefs across the Fleet! Chief selects were officially pinned as Chief Petty Officers on Sept. 16, 2026, marking the culmination of CPO Initiation. Welcome to the Mess!
- Congratulations to the Sailors selected for the FY-27 Seaman to Admiral Commissioning Program! Selectees should review [NAVADMIN 211/26](#) for next steps.
- The Department of the Navy joins the Nation in recognizing [Red Ribbon Week scheduled Oct. 23-31, 2026](#). This observance is intended to increase awareness of the consequences of illegal drug use and prescription misuse and the need for prevention efforts.



FIT TO FIGHT

- Get ready for the upcoming PFA cycle. Command fitness leaders and Sailors must ensure all local physical fitness assessments and tracking align with [OPNAVINST 6110.1L CH-1](#).
- Sailors who supported Operation Epic Fury may be awarded the Combat Action Ribbon and accompanying devices. See [NAVADMIN 213/26](#) for details.
- It's that time of year again: [update your NFAAS](#)! Navy uniformed and civilian personnel must update their Navy Family Accountability and Assessment System by Oct. 16, per [NAVADMIN 210/26](#).



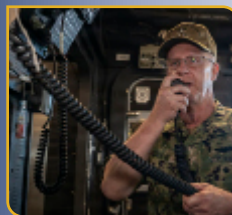
WHAT RIGHT LOOKS LIKE

- Inspirational leadership remains the bedrock of naval excellence. Congratulations to the commanding officers selected as the FY-27 recipients of the Vice Admiral James Bond Stockdale Leadership Award ([NAVADMIN 205/26](#)), honoring exceptional moral courage and leadership by personal example.
- The Copernicus Award recognizes individual contributions to Naval Warfare in Command, Control, Communications, Computers, and Intelligence (C4I), Information Systems, Cyber Operations, and Information Warfare. Nominations are due by Nov. 1. More details can be found in [NAVADMIN 216/26](#).



MODERNIZING THE SAILOR EXPERIENCE

- Our Navy continues to be on the forefront of technology. CNO Caudle shares with [C-Note #10: Directed Energy](#) how we are investing, experimenting, and trailblazing to stay ahead of our adversaries. He further explains in [C-Note #11: Forging Robotic and Autonomous System Advantage](#) how we are integrating robotic and autonomous systems into reliable, scalable Fleet combat power.



STAY NAVY - BENEFITS OF YOUR SERVICE

- Foreign language skills are enduring critical competencies essential to the Navy's ability to align tightly with national defense priorities, integrate with allied partners, and preserve enduring advantage at sea. Check [NAVADMIN 216/26](#) for eligibility of the One-Time Testing Bonus component of the [Foreign Language Proficiency Bonus program](#).





Story continued from front

without taking traditional college courses, helping cut down on the time and cost of earning a degree. Credits can be earned through College Level Examination Program (CLEP) standardized tests. These exams allow Sailors to demonstrate the knowledge they already have in certain subjects and earn credits without completing traditional classroom courses. The Defense Activity for Non-Traditional Education Support (DANTES) funds the first attempt at CLEP exams, allowing Sailors to earn college credits without using Tuition Assistance.

Military training is another path to college credits. The Joint Services Transcript (JST) provides Sailors with a record of military training and recommended college credits for corresponding courses and training. Colleges and universities can review a JST for potential academic credit, reducing the number of courses a Sailor needs to complete. Beyond earning credit for completed training, Sailors can also pursue a degree without using any other education benefits.

United States Naval Community College (USNCC) provides another path to higher education. USNCC partners with accredited colleges and universities to offer fully funded associate degree programs. USNCC does not require Sailors to use Tuition Assistance or their GI Bill benefits, allowing Sailors to pursue a degree while preserving their benefits for future education.

No single funding option will fit every Sailor or education plan. Using the resources available and understanding how they work can help make progress toward educational goals while reducing out of pocket costs. Sailors should speak with their command education services officer or Navy College education counselor to identify the option that best supports their academic and career goals. For more information about education benefits and financial assistance please visit <https://www.mynavyhr.navy.mil/Career-Management/Education/>.

SUICIDE PREVENTION STARTS BEFORE A CRISIS

By Mass Communication Specialist 1st Class Jaimar Carson Bondurant

ARLINGTON, Va. — A Sailor struggling with a relationship, worried about money or preparing for major transition may not think of those circumstances as a crossroad in cultivating protective factors or amplifying risk when it comes to suicide prevention. However, Navy suicide prevention experts say addressing everyday pressures is exactly where prevention can begin.

Relationships, finances and transitions are among the most common stressors seen in Sailors, according to Paul Rosen, acting director of the Navy's Culture and Force Resilience Office. And although those challenges may never develop into a mental health crisis, addressing them early is part of the Navy's broader approach to suicide prevention.

"There's no two that are alike," Rosen said of suicide cases he has reviewed. "People are unique. Their stressors are unique, the situations are unique."

That complexity means there is no single solution to such a multifaceted issue. Instead, the Navy has been building what officials describe as an ecosystem of support, designed to give Sailors different doors to walk through, depending on what they are experiencing.

Sometimes that door leads to a psychologist. Other times, it's a chaplain, deployed resiliency counselor, financial counselor or a class focused on stress, relationships or life skills.

The Navy's Mental Health Playbook was created in part to make those choices easier to navigate. The effort also increasingly means bringing support to Sailors instead of expecting Sailors to find it themselves. Rather than treating a mental health provider as the automatic first stop, the playbook maps out resources available within commands, the Chaplain Corps, Fleet and Family Support Centers and mental health care. Some commands have created localized versions identifying specific resources available to their Sailors.

Commander, Navy Installations Command has 54 virtual clinical counselors, allowing Sailors and families to receive counseling even when they're far from an installation. Deployed resiliency counselors provide another option aboard ships, while approximately 40% of the Navy's active-duty mental health providers are now embedded within units.

Last year, a combination of intervention pathways referred 3,241 Sailors to the Sailor Assistance and Intercept for Life (SAIL); the SAIL program has proven effective in providing caring contact and coordinated support for those Sailors at elevated risk.

CNIC has also established mobile

clinicians who can travel to commands experiencing increased stress, even before a crisis occurs.

"We can send them to meet the command in port or afloat," said Dr. Shauna Turner, who oversees CNIC quality-of-life programs. "The command just needs to request, and we can send out our mobile clinicians."

But prevention doesn't always look like counseling. Turner said programs teaching financial readiness, stress and anger management, conflict management, parenting and relationship skills have attracted significant participation. Mind Body Mental Fitness, one of the newer programs, has become one of CNIC's most popular programs.

The challenge is getting Sailors through those doors early. Turner said Sailors sometimes seek financial counseling only after they are already experiencing financial difficulties. The goal is to shift that interaction earlier, when those resources can serve as prevention rather than a response to an existing problem.

That same philosophy extends across suicide prevention: support does not have to wait until someone identifies themselves as being in crisis. It can begin when a Sailor is overwhelmed by money, struggling through a breakup, having difficulty adjusting to a new duty station or simply recognizing that something in life is becoming harder to manage.

For Rosen, that broader responsibility comes with the nature of military service.

"We all need support at times," he said. "We all need to take a knee at times. It is not a sign of weakness. It is a sign of strength to step forward and do that."

If you or someone you know is experiencing a mental health crisis or having thoughts of suicide, help is available. Call or text the Suicide & Crisis Lifeline at 988, then press 1 to connect with the Veterans Crisis Line.

KEY RESOURCES



[Mental Health Playbook](#)



[Sailor Assistance and Intercept for Life \(SAIL\)](#)



[Fleet and Family Support Center](#)



[Military One Source International Calling Options](#)



[Suicide-Related Behavior Response & Postvention Guide](#)