



USAJFKSWCS

Family Programs Newsletter

Special Edition



September 2025

Mission & Vision

Mission: Family Programs promotes family stability and growth through outreach, information, referral, and follow-up services. Connecting the Families to the Military and Civilian community support services that will make a positive difference in their lives.

Vision: Our commitment is to provide a connection between the Special Warfare School Center (SWCS) Families, the Command, and the community resources which promotes self-reliance and resiliency. Through this connection we will increase a Family's ability to develop the life skills necessary to adapt to the unique challenges of Special Operations.

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Important Announcement

This newsletter contains discussions on topics related to suicide and mental health, which may be sensitive or distressing for some readers. If you or someone you know is experiencing suicidal thoughts or facing a mental health crisis, please call 911 or seek immediate assistance from a qualified mental health professional or reach out to a crisis hotline. In the United States, the National Suicide Prevention Lifeline is available at 1-800-273-TALK (8255), and you can also text “HELLO” to 741741 to connect with a trained crisis counselor.

Please note that the information provided in this article is for informational purposes only and is not intended to replace professional medical advice, diagnosis, or treatment. Always consult your physician or a qualified healthcare provider with any questions or concerns regarding your health or medical condition.

988 Veterans & Military Crisis Line

Signed into law in 2020, the National Suicide Hotline Designation Act authorized 988 as the new three-digit number for the National Suicide Prevention Lifeline. As part of the law, all telephone service providers in the U.S. had to activate the number no later than July 16, 2022.

Veterans and Service Members can use this new option by dialing 988 and pressing 1 to contact the Veterans Crisis Line. Veterans may still reach the Veterans Crisis Line with the previous phone number: [1-800-273-8255](tel:1-800-273-8255) and [Press 1](#) by text ([838255](tel:838255)), and through chat (VeteransCrisisLine.net/Chat). For Deaf/Hard of hearing: [ASL now](#)

What are the risk factors for suicide?

People of all genders, ages, and ethnicities can be at risk. Suicidal behavior is complex, and there is no single cause. The main risk factors for suicide are:

- Depression, other mental disorders, or substance use disorder.
- Chronic pain.
- Personal history of suicide attempts.
- Family history of mental disorder or substance use.
- Family history of suicide.
- Exposure to family violence, including physical or sexual abuse.
- Presence of guns or other firearms in the home.

Direct or indirect exposure to others' suicidal behavior such as that of family members, peers, or celebrities can increase risk for people with suicidal thoughts.

Most people who have risk factors will not attempt suicide, and it is difficult to tell who will act on suicidal thoughts. Although risk factors for suicide are important to keep in mind, someone who is actively showing warning signs of suicide may be at higher risk for danger and in need immediate attention.

Stressful life events (such as the loss of a loved one, legal troubles, or financial difficulties) and interpersonal stressors (such as shame, harassment, bullying, discrimination, or relationship troubles) may contribute to suicide risk, especially when they occur along with suicide risk factors.

Family and friends are often the first to recognize the [warning signs of suicide](#), and they can take the first step toward helping a loved one find mental health treatment.

Learn more about NIMH [research priorities](#) and [recent research on suicide prevention](#). If you're not sure where to start.

Suicide Prevention Awareness Month (SPAM)

*September is National Suicide Prevention Awareness Month.
“We are stronger together. Connect to Protect.”*

While suicide prevention is important to address year-round, SPAM provides dedicated time to come together with collective passion and strength to address this difficult topic.

Suicide is not a normal response to stress. **Suicidal thoughts or actions are a sign of extreme distress and should not be ignored.** If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

SWCS Family Programs SPAM Upcoming Events

- ❖ 03 Sep – Kick-Off Ultimate Frisbee Game 0700 – 0900 at SWCS Quad. Come cheer on your teammates as they compete for a trophy and bragging rights.
- ❖ 10 Sep – Spouse Q-Course 0830 – 1530 at Camp Mackall
To register by 05 Sep: <https://buytickets.at/1swtraininggroup/1795512>
- ❖ 19 Sep – Mind-Body Connection & Awareness 1145 – 1300 at Bank Hall Basement Gym. To register email: swcsfamilyprograms@socom.mil or call 910-396-4455. **Open to all Active-Duty SWCS Cadre and Students.**
- ❖ 26 Sep – Resources Rodeo with Food Trucks 1100 – 1300 at JFK Chapel Parking Lot. To register:
- ❖ 30 Sep – Run/Walk for your Life 5Kish 0700 – UTC start line at JFK Chapel Parking Lot. No Registration is required.

* To view all these events and more visit our Official Facebook Page at:

<https://www.facebook.com/S.W.C.S.FamilyPrograms>



For more information,
contact the USA/FSWCS
Family Programs at 910-396-4455.
Subject to change. No federal endorsement intended.
Current as of Aug. 6, 2025.

Installation Resources for Suicide Prevention

USAJFKSWCS Unit Ministry Team

Website: <https://socom.sharepoint-mil.us/sites/USASOC-SWCS-HQ-CHAP>

Chaplain

LTC Belton, Robert

Phone: 910-432-1762

Religious Affairs NCO

SFC Sandino, Bryan

Phone: 910-643-3757

USAJFKSWCS Military and Family Life Counselors (MFLCs)

Location: They can meet in any location up to 50 miles from Fort Bragg.

Caters: Active-Duty Soldiers and their Families. They offer confidential non-medical counseling services to Service Members and their families.

Mr. Ron Butler, LCSW

Ms. Lisa Davis, LCMHC

Mr. Jason Martin, LCMHC

Mobile: 910-729-9380

Mobile: 910-850-4416

Mobile: 910-723-3815

USASOC Suicide Awareness and Intervention Program Manager

Chance Reynolds, MSW, LCSW

Phone: 472-260-6566

Email: tyler.c.reynolds.ctr@socom.mil

Army Substance Abuse Program

Location: Basement Floor, Soldier Support Center Basement, Room B-C-1 Bldg.

Phone: 910-369-4100

Services: The Suicide Prevention Program Coordinators (SPPC) promotes suicide prevention throughout the installation, focusing on Active-Duty Service Members, Family Members, and DA civilians. The SPPC'S enhance the understanding of suicide prevention, engage with the military community, and provide training and education on the Ask, Care, Escort (ACE) module.

Fort Bragg Armed Forces Wellness Center

Location: 2532 Stiner Rd, Fort Bragg, NC 28310

Phone: 910-643-2101

Services: Provides health assessments, exercise prescription, nutrition counseling, weight management, stress management, and anthropometric testing for Active-Duty Soldiers, Spouses, Retirees, Family Members, and DoD Civilians.

Federal Resources for Suicide Prevention

The U.S. Department of Health and Human Services released the [2024 National Strategy for Suicide Prevention](#), a 10-year comprehensive approach to suicide prevention that provides recommendations for addressing gaps in the field. The strategy is accompanied by a Federal Action Plan, which identifies more than 200 actions across the federal government to be taken over the next three years in support of those goals.

The [African American Youth Suicide: Report to Congress](#) is a response by the U.S. Department of Health and Human Services that builds upon the 2019 Congressional Black Caucus report, “Ring the Alarm: The Crisis of Black Suicide in America.” The report examines patterns of youth suicide by race and ethnicity, what is known about youth suicide decedent characteristics, information on risk and protective factors, interventions, and remaining knowledge gaps.

The [Suicide Prevention Resource Center \(SPRC\)](#) is the only federally supported resource center devoted to advancing the implementation of the National Strategy for Suicide Prevention. SPRC is funded by SAMHSA.

The American Indian and Alaska Native (AI/AN) National Suicide Prevention Strategic Plan is a national initiative addressing suicide prevention, based on fostering collaborations across Tribes, Tribal organizations, Urban Indian organizations, and the Indian Health Service (IHS). The [IHS Suicide Prevention and Care Program site](#) provides resources to support suicide prevention efforts, and to help communities and individuals understand and obtain services related to suicide.

The Center for Disease Control and Prevention’s (CDC) [Suicide Prevention webpage](#) provides resources for communities and states to support suicide prevention efforts.

[MedlinePlus](#) offers information about suicide from the U.S. National Library of Medicine.

[National Action Alliance for Suicide Prevention](#) is a public-private partnership working to advance the National Strategy for Suicide Prevention.

The Surgeon General's Call to Action to Implement the National Strategy for Suicide Prevention outlines the actions that communities and individuals can take to reduce the rates of suicide and help improve resilience.

#BeThe1To is the National Suicide Prevention Lifeline's message to spread the word about actions everyone can take to prevent suicide.

Ask Suicide-Screening Questions (ASQ) is free screening resource for medical settings (e.g., emergency departments, inpatient medical/surgical units, outpatient clinics/primary care) that can help nurses or physicians successfully identify youth at risk for suicide.

Contact Us

USAJFKSWCS Family Programs Office

Location: Bldg. D-3404 Darby Loop, Fort Bragg, NC 28310

Phone: 910-396-4455

Official Website: <https://www.swcs.mil/Resources/Family-Programs/>

Facebook Page: <https://www.facebook.com/S.W.C.S.FamilyPrograms>

Online Newsletter: <https://sway.cloud.microsoft/ZoZFzfF28wZmfvkO?ref=Link>

**** This newsletter includes both formal and informal content. ****

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