

The MDC Fortitude: Mindset. Direction. Character.

A newsletter made by the staff of Midshipmen Development Center



INSIDE, WE ALSO TALK ABOUT:

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Good News
Story:
A Simple Text
Can Make a
Difference



The Protective Power of Micro-Connections

By Mengchun “Meng” Chiang, MDC Outreach Coordinator

Across the Yard—Midshipmen, CO/SELs, faculty, staff, and coaches—our primary mission remains the deckplate leadership of our Midshipmen. This Suicide Prevention Month, remember: you don't need to be a therapist to save a life. Micro-connections are everyday interactions that prove a midshipman is seen and valued, and they are our strongest safety net.

The Science of Feeling “Seen”

Loneliness and feeling like a burden are key drivers of suicidal ideation. Conversely, feeling genuinely “seen” in routine moments triggers a neurobiological sense of safety, lowering stress hormones, increasing bonding hormones, and acting as a profound cognitive shield against despair.

Simple, Actionable Habits

These small gestures take seconds in the margins of your day but show real investment:

- Micro-Appreciation: Send a supportive text recognizing a job well done.



- The "One-Fact" Rule: Ask about a personal detail like their hometown or hobby.

Model the "Resilience Network"

Midshipmen mimic your behavior. Model healthy habits by sharing who you lean on when stressed. Encourage peer-to-peer support and normalize using resources like Chaps and the Midshipman Development Center (MDC). Daily check-ins build an unbreakable safety net.

Your presence is the first line of defense; one authentic conversation can shatter isolation before it becomes a crisis.

*Learn more about [Strengthen Relationships](#) and [Connect to Protect](#).

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Nutrition Corner

By Jessica Hickie, MS, RDN, LDN, IFNCP
Registered Dietitian, MDC

Midshipmen, are you concerned about the new BCA changes? A **biweekly nutrition brief** will be held at the MDC in 8th Wing to provide foundational nutrition strategies to help Midshipmen meet USNA standards. The brief will take place during T period on the 2nd and 4th Thursday of each month, beginning **27AUG**.

Reminder, Registered Dietitians cannot provide refrigerator chits. Midshipmen should begin with their company process for these requests.



Peer Advisers' Good News Story

A Simple Text Can Make a Difference

Sometimes, helping someone doesn't require a big gesture. It can start with a simple text message.

Recently, one Peer Adviser, 1/C Jordan Mueller reached out to everyone in her class, checking in even though no one had specifically asked for help. By making the first move, she hoped to create an open door for anyone who might be feeling alone, stuck, or simply in need of connection.

"I went through and texted everyone in my class!" she shared. "No one specifically had indicated they needed any help, but reaching out first opens doors for people who feel alone or stuck."

The effort quickly became an opportunity to reconnect with company mates, catch up, and strengthen relationships. It also left them looking forward to the Fall semester with renewed excitement.

Being there for others doesn't always mean waiting for someone to ask. Sometimes, it means taking the initiative to check in and let people know they're not alone.

Jordan's advice to others is straightforward: "Reach out to your people and be accessible!" Even a quick "How are you?" can make someone's day. The skills and experiences gained through MDC can help build the confidence to take initiative, connect with others, and lead through everyday action. As she put it, "The role as a Peer Adviser never stops."



MDC Hours: M-F 0745-1530

 **410-293-4897**

**Let's Talk: M/W T-6th Period,
Levy 2nd Deck #261**



Key Events

- **Sept 1** (T-Period): Suicide Prevention Month Training (Open to Brigade) — Mitscher Hall
- **Sept 8**: Wristband Distribution & 20% Midstore — T-Court
- **Sept 10** (Noon Meal): Suicide Prevention 4MD - KH
- **Sept 19** (0800): HQMC OSCAR Team Member Training – Rickover Hall, Sign-up required
- **Sept 30** (0530): Suicide Prevention Small Unit Workout – Farragut Field