

Capability Statement

Cybersecurity | GRC | Emergency Preparedness | Tabletop Exercises

SBA CERTIFIED SDVOSB

SAM.GOV ACTIVE

CAGE: 1AFL4



PROTECT • PREPARE • MOVE FORWARD

COMPANY DATA

Legal Name: Forward Career Labs LLC
DBA: Forward Security Labs
UEI: XLRANAT2ULJ9
CAGE Code: 1AFL4
SAM.gov: Active
SDVOSB: SBA Certified 06/26/2026
VOSB: SBA Certified

NAICS CODES

- 541512 Computer Systems Design (Primary)
- 541519 Other Computer Related Services
- 541511 Custom Computer Programming
- 541611 Management Consulting Services
- 611430 Professional and Management Training

CONTACT

Michael Messina, Founder
Forward Career Labs LLC, DBA Forward Security Labs
Wolcott, Connecticut
michael@forwardsecuritylabs.com
ForwardSecurityLabs.com

COMPANY OVERVIEW

Forward Security Labs provides cybersecurity, GRC, emergency preparedness, and tabletop exercise services to healthcare organizations, public safety agencies, and government contractors.

Founded by a U.S. Army combat veteran and paramedic supervisor with 20+ years in emergency healthcare, FSL delivers implementation-ready solutions built from real operational experience.

Available for direct engagement, subcontracting, and teaming arrangements. All work is reviewed and delivered by the founder, with no account-manager handoffs or junior-staff substitution.

CORE CAPABILITIES

- GRC Consulting**
Gap assessments and control mapping aligned to NIST CSF, HIPAA, and SOC 2.
- HIPAA Security Risk Assessment**
Full SRA for covered entities and business associates, with gap identification and remediation planning.
- SOC 2 Readiness**
Control documentation and readiness assessment for Type 1 and Type 2 audits.
- Policy and Documentation**
Security policies, procedures, and frameworks built for real-world use, not shelfware.
- Incident Response**
IR plan development, tabletop exercise facilitation, and after-action documentation.
- Tabletop Exercises**
Ready-to-run and custom TTX packages for ransomware, MCI/active shooter, and business email compromise.
- Emergency Preparedness**
Full-cycle planning aligned to HSEEP and NIMS: hazard identification, gap analysis, plan development, and exercise execution.
- Business Continuity**
BCP development, business impact analysis, and recovery documentation aligned to NIST 800-34.
- Vendor Risk Management**
Third-party risk assessments, security questionnaire support, and vendor documentation review.

DIFFERENTIATORS

- Combat-Tested Judgment**
U.S. Army veteran, Afghanistan deployment. Real decisions under pressure, not classroom scenarios.
- EMS Operational Background**
20+ years in emergency healthcare including EMS supervision and mass casualty response.
- Academic Foundation**
B.S. Cybersecurity, Cum Laude. GRC and compliance applied directly to every client deliverable.
- No Fluff Deliverables**
Implementation-ready documentation clients can actually use.
- SBA Certified SDVOSB**
Certified 06/26/2026. Supports prime contractor set-aside and subcontracting goals.

DIRECT ACCESS

Founder-led delivery from start to finish.
No account managers, no junior analysts, and no handoffs between sales and delivery.

RELEVANT EXPERIENCE

- MCI incident command and mass casualty response planning/execution as paramedic supervisor
- HIPAA and SOC 2 policy and compliance documentation for healthcare and technology clients
- Published tabletop exercise packages for MCI/active shooter, ransomware, and business email compromise
- Operational continuity planning aligned to framework requirements

SUBCONTRACTING SUPPORT

- Business and operational continuity planning
- Emergency preparedness documentation and exercise programs
- Tabletop exercise development and incident response documentation
- HIPAA risk assessments and compliance documentation
- Policy and procedure development
- Healthcare preparedness support
- Vendor risk reviews

TARGET AGENCIES

- Department of Veterans Affairs (VA Vets First)
- Department of Health and Human Services
- CISA / DHS Cybersecurity
- FEMA — exercises, HSEEP, continuity planning
- State and local emergency management and public health
- Prime contractors with SDVOSB subcontracting goals