



Washington National Guard Joint Services Support

Monthly Update

June 2016

INSIDE THIS ISSUE

Remembrance Run	2-3
Youth Camp	4-5
ESGR Nominations	7
Quick Month Review	10-11
Volunteer Appreciation	14-15
ASIST Schedule	16
Meet the Suicide Prevention Team	17
JSS Contact List	20

Family Programs Volunteer Nominations

Washington State Family Programs is excited to announce that nominations are again being accepted for the 2015 National and State Volunteer Awards. The ability to reach out and connect with each National Guard Family Member is only possible because of our truly professional and dedicated Volunteer Team!

Washington National Guard Family Program Volunteers continue to impact the lives of many individuals by donating their time to help others, and for that we would like to recognize them.

We encourage you to nominate that Volunteer who has made a difference. Any individual may nominate a Washington National Guard Family Readiness Volunteer.



WASHINGTON JOINT SERVICES SUPPORT

BUILDING 3, CAMP MURRAY WA

(800) 364-7492

<http://mil.wa.gov/family-programs>

@ JSSWA



Camp Murray's Annual Remembrance Run

During the month of May America recognizes the sacrifice of its nation's heroes on Memorial Day. Here on Camp Murray we recognize the state's fallen who are our friends and family. At JSS our Survivor Outreach Services host a Remembrance Run that emphasizes the remembrance of all those we have lost. This year we hosted it on Friday the 20th of May. Camp Murray's runners, walkers and families of the fallen came out to pay tribute and remember those we have lost.



The National Guard Association of Washington sponsored our run with a delicious BBQ that brought a sense of community to the somber event. A Hot Dog bar full of popular fixins' from across our nation including the famous "Seattle Dog" which gave the participants full freedom to create the dog of their choice.





Gone but never forgotten



WANGYEASTCAMP 2016

Washington National Guard Child & Youth Program Presents

Camp August 14-19

Registration begins June 1st

<http://wangyeast2016.eventbrite.com>



Contact Robbin Seeberger with any questions at
(253) 512-7985 robbin.a.seeberger.ctr@mail.mil

Washington National Guard
Child & Youth Program
Presents

THE AMAZING RACE

Camp August 28—September 1

Registration begins June 1st

<http://wangywest2016.eventbrite.com>



Contact Robbin Seeberger with any questions at
(253) 512-7985 robbin.a.seeberger.ctr@mail.mil

WANGY WEST CAMP
2016

WorkSource



*This Job Fair is
a Partnership Between:*

WorkSource
Seattle-King County

King County
Veterans' Program

**SOUTH SEATTLE
COLLEGE**
One of the Seattle Colleges

WorkSource
Pierce

*ALL participating employers are
committed to hiring Veterans, and
offer at least \$12/hr for positions
they're recruiting for at the fair*



3rd Annual

HIRE-A-VET JOB FAIR

Thursday, May 26, 2016

9:00am-12:00pm

**South Seattle College - Georgetown Campus
6737 Corson Ave. South, Building C
Seattle, WA 98108**



**Limited Space! REGISTRATION IS REQUIRED
@ our event page**

www.worksourceveterans.eventbrite.com

MORE THAN 50 EMPLOYERS CONFIRMED!!!

Partial List of Employers Includes:

- Aero Controls
- Aerotek
- Boeing
- Alaskan Copper
- Amazon
- Aramark
- Bureau of Prisons
- CHPW
- City of Renton
- Crowley Maritime
- Crown Moving
- Cummins
- Foss
- Ocean Beauty
- Office of Port Jobs
- Prince Telecom
- Puget Sound Energy
- Public Safety Testing
- Safe Boats
- Services Linen
- Tradesman International
- Universal Protective Services
- USPS
- UW Medicine
- WA Dept. of Enterprise Services
- Washington State Patrol
- World Vision
- Xerox

**This event is targeted for Veterans, Transitioning Military, and Military Community Members, but all others are welcome to register to attend. Due to limited space only pre-registered job seekers will be admitted into the event.*

WorkSource partners are equal opportunity employers and providers of employment and training services. Auxiliary aids and services are available upon request to people with disabilities.

RECOGNIZE YOUR EMPLOYER



An employee serving in the National Guard or Reserve, or the spouse of a Guard or Reserve member, may nominate individual supervisors and bosses for support provided directly to the nominating Service member and his or her family. The Patriot Award reflects the efforts made to support Citizen Warriors through a wide-range of measures including flexible schedules, time off prior to and after deployment, caring for families and granting leaves of absence if needed.

Patriot Awards are awarded to individual supervisors, not to an entire staff or organization as a whole. You may nominate as many supervisors as

you would like, and each will receive a Patriot Award certificate (framed or unframed) and accompanying lapel pin. You may request a Patriot award be sent to either your home address or to the ESGR State Committee in your supervisor's state, which can help you arrange the presentation of the award to your supervisor. While some Reservists and Guardsmen may have an opportunity to nominate their supervisor at an ESGR briefing, the best way to nominate is online. The average turnaround time for the Patriot Award to reach the address provided is 45 days from the date of submission.

www.ESGR.mil



Family Workshop

June 11, 2016

0830-1200



Come enjoy a morning of education and networking!

Workshop will be on Camp Murray, Bldg. 2
Registration will begin at 0830

This is open to all military families.

Training for the day :

- ◆ National Guard 101
- ◆ Problem Solving
- ◆ Active Praise and Active Constructive Respond

Complementary beverages and refreshments will be available

Please register at <https://www.jointservicessupport.org>

For more information or questions please contact:

Sonja Wood at 253-512-8345
or sonja.d.wood2.ctr@mail.mil

Win Tickets

FATHER'S



WE
HONOR
YOU!

DAY

WASHINGTON NATIONAL GUARD CHILD & YOUTH PROGRAM PRESENTS

BASEBALL WITH DAD

Win Suite Tickets to the Tacoma Rainiers Father's Day Game
Then spend time with the greatest DAD on earth

To enter simply write us a brief reason why your Dad is the Greatest!
10 random entries will be selected to win 3 tickets for the June 19th Rainiers Game.
All entries must be submitted via Facebook Post or Emailed to Robbin Seeberger no later than June 10th.
robbin.a.seeberger.ctr@mail.mil



Missed out on all the events this past month?



WA National Guard Child & Youth Night at the Cheney Stadium to see the Rainiers where our youth got to hang in the USO suite and get a personal visit from Rhubarb!

Tacoma Dome Veterans Resource Fair filled the entire space with community partners, health resources and companies looking to hire Veterans.



Washington State Military Transition Council met with community partners to discuss the transitioning Military Members and their communities.



Follow us on Facebook and Twitter to stay connected @JSSWA



Countless companies showed up to a Goodwill Hiring Event at American Lake Conference Center looking to hire people with the skills that can only be found in Military Members.

Hiring our Heroes Job Fair at SAFECO Field brought out employers, Veterans and Spouses in search of great careers!



Community & Military Leaders came together for a South Sound Military & Communities Partnership meeting to discuss how we can continue to be Great American Defense Communities



WASHINGTON NATIONAL GUARD CHILD & YOUTH
PROGRAM PRESENTS

SCHOOLS OUT SUMMER

LOCK IN

WANGY Summer Kickoff Lock In Event to Summer 2016

This overnight event will run from 7pm Thursday June 23 to 7 am Friday June 24 2016.

Building 34, Camp Murray - Open to Ages 11-17

Youth will have the opportunity to participate in a variety of activities including bumper ball, volleyball, projects, games, and more. An optional snack bar will be available for youth to purchase food items. (all proceeds will go to the FRG's coordinating it)

POC: Robbin Seeberger, 253-512-7985 / robbin.a.seeberger.ctr@mail.mil

POC: James Goodman, 253-512-1356, james.n.goodman.ctr@mail.mil

To Register visit:

<https://wangyschoolsoutlockin.eventbrite.com>

Adult Volunteer Chaperones Wanted



JOINT BASE LEWIS-MCCHORD

MILSPOUSEFEST
2016

JUNE 9TH



10AM-2PM (Lunch Provided)

Presenting Sponsor:



The Club at McChord
700 Barnes Boulevard
JBLM, WA

Brought to You By:



It's FREE! Register Here:

<https://milspousefestjblm.eventbrite.com>

2015 National Guard Volunteer Award Nominations

Washington State Family Programs is excited to announce that nominations are again being accepted for the 2015 National and State Volunteer Awards. The ability to reach out and connect with each National Guard Family Member is only possible because of our truly professional and dedicated Volunteer Team!

Washington National Guard Family Program Volunteers continue to impact the lives of many individuals by donating their time to help others, and for that we would like to recognize them.

We encourage you to nominate that Volunteer who has made a difference. Any individual may nominate a Washington National Guard Family Readiness Volunteer.

For more detailed information on the nomination process, please refer to the attached packet which includes the nomination forms.

Family Programs will recognize all volunteers who have provided volunteer service during the past year. All Volunteers who submit Activity Hours on www.jointservicesupport.org will receive a Certificate of Appreciation.

For more information, please contact your MSC / Wing level FRSA.

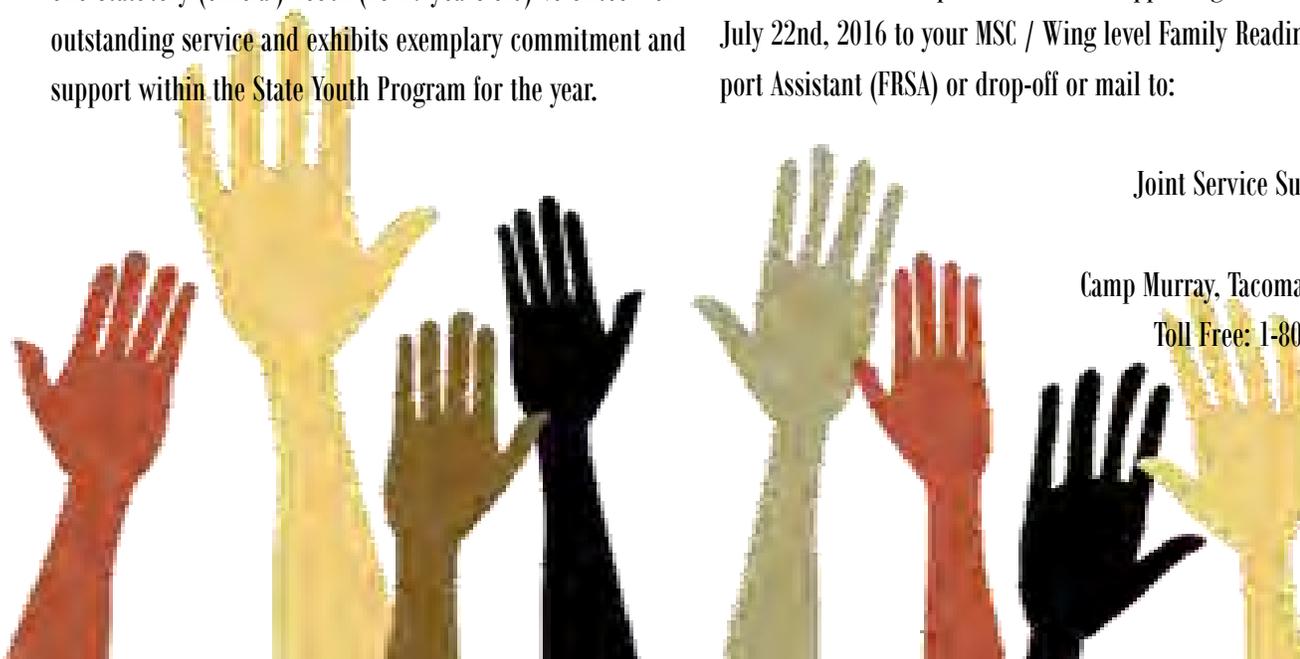


2015 Washington National Guard Family Program Volunteer Awards:

- a. **Outstanding Volunteer of the Year Award** - Awarded to one Statutory (official) Guard Volunteer that shows outstanding and exceptional service to the Family Readiness Program.
- b. **Family of the Year Award** - Presented to one Guard Family that shows outstanding and exceptional service to the Family Readiness Program. Family defined as two or more people.
- c. **Family Readiness Group (FRG) of the Year Award** - Presented to one unit level group that best exemplifies the ability to work as a team while providing outstanding communication with Families and the unit.
- d. **Washington Air/Army National Guard Youth (WANGY) Youth Volunteer of the Year Award** - Awarded to one Statutory (official) Youth (15-17 years old) Volunteer for outstanding service and exhibits exemplary commitment and support within the State Youth Program for the year.
- e. **Performance Award** - Awarded to one Statutory (official) Guard Volunteer who has performed beyond expectations for one project or throughout the past year.
- f. **Family Readiness Liaison (FRL) of the Year Award** - Awarded to one Air Guard and one Army Guard Service Member who has served as the Family Readiness Liaison for the unit Family Readiness Group. This is a one-time award for outstanding service throughout the past year.
- g. **Washington Air/Army National Guard Youth (WANGY) Adult Volunteer of the Year Award** - Awarded to one Statutory (official) Adult Youth Volunteer for outstanding service within the State Youth Program for the year.
- h. **The Gold Award** - Presented to one Guard Volunteer showing long term, consistent, and dedicated support in volunteering with the Family Program. Recognition for the longevity of support dedicated to the National Guard Family Programs and their community.

Please send completed form and supporting documentation by July 22nd, 2016 to your MSC / Wing level Family Readiness Support Assistant (FRSA) or drop-off or mail to:

Joint Service Support (JSS)
Building 3
Camp Murray, Tacoma, WA 98430
Toll Free: 1-800-364-7492





ASIST

Applied Suicide Intervention Skills Training



ASIST is a two-day interactive workshop that teaches practical crisis intervention skills designed to help anyone prevent the immediate risk of suicide. Guardsmen have a 10% unit requirement, and have first priority. Family members, Veterans and community resource providers serving these demographics are also welcome on a limited basis.

May 5-6, 2016	Vancouver
May 26-27, 2016	Burien
June 16-17, 2016	Yakima (TBA)
July 21-22, 2016	Marysville
August 18-19, 2016	JBLM

Certificate includes 15 CEU hours and qualifies as the required annual suicide prevention training for healthcare professionals. Please email for a registration form. Space is limited so register today!

Rebecca Wolf (253) 512-1342
rebecca.b.wolf2.ctr@mail.mil
SSG Zangenberg (253) 512-1357
adam.p.zangenberg.mil@mail.mil



This event is being presented by the WA National Guard Joint Services Support Directorate's Suicide Prevention Program, benefiting Soldiers, Airmen, Veterans and their Families.



The National Guard has made it a priority to promote resilience and risk reduction and to correspondingly decrease suicidal thoughts and actions. This includes enhancing the resilience of our Guardsmen and families through institutionalized training, leadership awareness, and prevention and intervention programs.

Suicide is the leading cause of death for military service members. Suicide is a symptom that someone requires additional assistance with personal and/or behavioral health problems. Suicide prevention is a broad term that includes crisis response and intervention, workshops and annual briefings, post, and prevention assistance.

The WAARNG Suicide Prevention team is available for assessment and crisis response as needed. These individuals work tirelessly to educate the WA National Guard and its Service Members on resilience, risk, reduction and suicide prevention. They are able to direct Service Members to mental health providers during times of crisis and guide units in identifying at risk individuals. By providing adequate unit level training our team is able to ensure resources and intervention measures are in place. The team is able to provide tools that promote awareness of both early warning signs and high risk factors. While education is a great tool in itself, providing reporting requirements keeps the units and the state accountable in a more organized manner.

The JSS has 2 Program Managers, these individuals are dedicated to the implementation of suicide prevention measures and reduction of the nations high rate of suicide in Service Members.



24/7 Phone Line

253-318-9827

ng.wa.waarng.list.jss-suicide-prevention@mail.mil





STAND WITH THOSE WHO SERVE

PRESENTS

PUBLIC SAFETY CAREER FAIR

SATURDAY, JULY 23RD, 2016, JBLM – HERITAGE HILL

0900-1200 HOURS

EVENT INFORMATION

Join us and meet with recruiters from law enforcement, fire, corrections, communications agencies from city, state and federal agencies who are hiring.

The event is open to military personnel (active or retired) and their spouses interested in public safety career opportunities.

RSVP

Career Seekers, Register Here:

<https://goo.gl/ByyFnK>

Exhibitors & Agency Register Here:

<https://goo.gl/wNBpXU>

JBLM Base Access Information:

<http://goo.gl/yrnYie>

QUESTIONS

Detective Carrie McNally, Seattle Police Department

carrie.mcnally@seattle.gov





JFHQ Sexual Assault Response Coordinator & Victim Advocate Coordinator



SFC Melinda Heikkinen
JFHQ SARC
Phone (253) 512-1365
melinda.e.heikkinen.mil@mail.mil

**Washington SARC
24/7 Line
253-307-6483**



SSG Jennika Cardenas
JFHQ Victim Advocate Coordinator
Phone (253) 512-7881
Jennika.m.cardenas.mil@mail.mil

**If YOU Have Been Sexually Assaulted
Go to a safe location
Call 911 or your SARC 24/7 Line 253-307-6483**

Restricted reports can be made to:

- MEDICAL PERSONNEL
- JFHQ SARC
- UNIT VICTIM ADVOCATE

Unrestricted reports can be made to:

- MEDICAL PERSONNEL
- JFHQ SARC
- UNIT VICTIM ADVOCATE
- Chain of Command
- Law Enforcement



Live 1-on-1 Help Confidential 24/7/365

Help is just a Click, Call or Text away!

Click www.SafeHelpline.org

Safe Helpline
United Assault Support for the Full Community

Call 877-995-5247
Text* 55-247

*Text your location for the nearest support resources



JSS Contact List



Joint Services Support Director & State Family Programs Director

CH (COL) Carl Steele
253-512-7600 | 253-606-9271



Operations

Operations NCO

1SG Dana Trakel
253-512-1381
Dana.m.trakel.mil@mail.mil

Program Analyst

SSG Michele Thomas
253-512-7755
michelle.r.thomas63.mil@mail.mil

Marketing Program Coordinator

Lauren Feringa-Nash
253-512-8534 | 310-7477
WANG.JSS.MARKETING@gmail.com

Sexual Assault Response Coordinator

The SARC serves as the designated program manager of victim support services, ensuring that victims are provided with advocacy and access to needed care and support.



Sexual Assault Response Coordinator

SFC Melinda Heikkinen 253-512-1365

Victim Advocate Coordinator

SSG Jennika Cardenas 253-512-7881
24/7 Hotline 253-307-6483

R3SP

Resilience, Risk, Reduction, Suicide Prevention

It is our priority to promote resilience and risk reduction, and to correspondingly decrease suicidal thoughts and actions. This includes enhancing the resilience of our Guardsmen & families through training, awareness, prevention & intervention programs.



Suicide Prevention Program Managers

Rebecca Wolf (253) 512-1342
SSG Adam Zangenberg 253-512-1357
National Suicide Lifeline
800-273-TALK

Master Resiliency Training Program

Creating a culture of consistent fitness, well nutrition, PT standardized goals and motivation through education; this course meets MRT standards.

SPC Becky Davis 253-512-1358

Yellow Ribbon Reintegration Program

Pre, During & Post YRRP events, family counseling, VA support, financial planning, daycare, injuries & more.

LT Cassandra Hawley 253-512-1355



Family Assistance Specialist

Referral for Crisis Intervention Counseling, Com Information and Referral, TriCare Medical and Dental Referral, Legal Resources Referral, ID Cards, Defense Enrollment Eligibility Referral (DEERS), Financial Resource Referral.



State Family Assistance Coordinator

Deborah Discolo 253-945-1869 | 253-355-5124

Family Assistance Specialist's

Camp Murray Bldg 3

Denise Whitten 253-512-8367 | 253-355-5875

JBLM

Kimberly Huss 253-512-1350 | 253-355-5936

Seattle

206-378-6466 | 206-473-2896
1601 W Armory Way, Seattle 98119

Olympia

Eva Valentine 360-704-6707 | 360-628-7195
515 Eastside St SE, Olympia 98501

Marysville

Angela 360-436-2423 | 253-355-6388
13613 40th Ave NE Marysville 98271

Port Orchard-Bremerton

Heather Velez
360-874-2966 | 360-254-2412 | 253-254-1906
1950 Mile High Drive, Port Orchard 98366

Yakima

Tim Gatton 509-469-4638 | 509-844-4059
2501 Airport Lane, Yakima 98901

Moses Lake/Wenatchee

Doug Heimbigner 509-630-0701
6500 32nd Ave NE, Moses Lake 98837

Spokane(Fairchild)

Kim Cole 509-532-2775 | 509-844-1115
1626 N. Rebecca, Spokane 99224

Kent

Sarah Monta 253-512-8766 | 253-208-8602
24410 Military Road, Kent 98032

Longview-Vancouver

Liz Johnston 360-604-7303 | 253-355-6239
15005 N.E 65th St. Vancouver, WA 98682

Family Readiness Support Assistant

To empower commanders in their duty to deliver the Total Army Family Program so that Soldiers and Families are entitled, informed, educated, assisted, and made ready for the unique demands of military life before, during, and after deployment.

Family Readiness Support Services

253-512-7753
Bldg 3, Camp Murray, WA 98430

81st BCT

Jacque Taylor 253-512-8506

96th TRP CMD/56th

Sonja Wood 253-512-8345

66th AVN

Jacqueline Harcrow 253-304-8803

Child & Youth Program

Child & Youth Program provides programs and opportunities for National Guard connected youth.



Lead Child & Youth Program Coordinator

Robbin Seeberger 253-512-7985
Bldg 3, Camp Murray 98340

Child & Youth Program Coordinator

James Goodman 253-512-1356
Bldg 3, Camp Murray 98340

Survivor Outreach Services

Provide benefits and services to surviving families to ensure that they feel part of the Army National Guard Family.

SOS Support Coordinator, Camp Murray

Sara Vargo 253-202-0982

SOS Support Coordinator, Tri-Cities

Shirley Schmunk 509-734-7053

Transition Assistance Advisors

Assists Service Members and their families with accessing Veterans Affairs benefits and filing claims, TRICARE, state benefits, locating documents such as dd-214's and medical documents, and accessing community resources.

Annie DeAndrea 253-512-8722

Department of Veterans Affairs

Service Officer (American Legion)

Cathy Hennie
253-512-8196 | 360-951-8182

Employment Transition Services

Employment Transition Services (ETS) provides helpful coaching to assist unemployed, separating and retired military personnel enter the civilian world.

Camp Murray (Western WA)

Will Gable 253-512-8727
Shannon Leacy 253-512-8903
Tom Adams 253-512-1351

Moses Lake/Yakima/Tri-Cities (Central WA)

Rey Villarreal 509-760-3238 | 509-361-4173
6500 32nd Ave, Moses Lake 98837

Spokane (Eastern WA)

Eric Barnes 509-532-2795
1626 N. Rebecca, Spokane 99224

Kent/Everett/Marysville/Seattle

Cathie McKinney 253-945-1821

Vancouver/Centralia/Longview

Jennifer Hibbs 360-604-7320
MAIN NUMBER: 253-512-8540

Director of Psychological Health

The mission of the Psychological Health Program is to advocate, promote, and guide National Guard members and their families by supporting psychological fitness for operational readiness.

Director of Psychological Health - Army Western WA

Julie Madsen 253-512-8783 | 253-273-1769

Eastern WA

Tawnya Wright 509-910-3125

Director of Psychological Health - Air

Lynn Mackinnon 253-370-2048 | 253-905-4620

Airmen Family Readiness Coordinators

Camp Murray

Angela Sutter 253-512-3397
Building 107, Camp Murray 98430

Spokane

Mary Thomas 509-247-7009
1403 W Wainright Blvd.
Fairchild Air Force Base, Spokane 99224

Employer Support of the Guard and Reserve

The ESGR seeks to promote a culture in which all American employers support and value the military service of their employees.

Program Support Technicians

Kenneth Schwarm 253-512-8468
Marie Moynahan 253-512-8489

Administrative Support Technician

Kathleen Wilcox 253-512-8253
State Office 877-306-1971
National ESGR 800-336-4590

www.esgr.mil

Hero 2 Hired Employment Coordinator

Matching the Guard and Reserve "2" jobs they deserve.
Tamie Clark (253) 512-1383

Military One Source

Military OneSource

800-342-9647

www.militaryonesource.com

