
Work-Life Balance Resources – *Quick Reference for District 11 AOR*

Work-Life Offices – 800-872-4957

Critical Incident Response - 510-437-3700

CG Support Program – Counseling and Work-Life Balance – 855-CG SUPRT (247-8778)

Work-Life Supervisor (Actg.), Alameda - LCDR Melba J. Crisp – 510-437-3189

Work-Life Supervisor, LA/Long Beach - LT Lori Tillman – 310-521-6126

Employee Assistance – Kim Cosley – 510-437-3927 and Tiffani Collier – 310-521-6136

- Critical Incident Stress Management Coordinator and Peer Training
- Workplace Violence Intervention

Additionally:

- Suicide Prevention Awareness Coordinator

Family Advocacy – John Schempf – 707-765-7045 and Felice Roth – 310-521-6133

- Family Violence Crisis Intervention
- Child Abuse Intervention

Additionally:

- Assists Employee Assistance Coordinator with suicide and sexual assault prevention

Family Resource – Kristine Rutland-Cooper – 510-437-3881 and Tony Haynes – 310-521-6134

- Family Special Needs Coordinator

Additionally:

- Elder Care Resources
- Adoption Reimbursement Assistance, Educational Scholarship, Grant, Loan Resources

Health Promotion – Cynthia Castellon – 310-521-6131

- Unit Health Promotion Coordinator Training

Additionally:

- Health Risk Appraisal
- Nutritional Counseling, Exercise Prescription, Tobacco Cessation/Stress Management

Sexual Assault Response Coordinator – Nicole Beeson – 510-437-3446

and Tiffani Collier – 310-521-6136 and Clint Watanabe – 707-765-7106

- Restricted and unrestricted reporting of sexual assault with coordination of resources

Additionally:

- Sexual Assault case management and Victim Advocate assignment.

Transition and Relocation – CJ Johnson – 510-437-5991 and Jennifer Conole – 619-278-7117

- Transition (separation) and Retirement Seminars (TAPS)

Additionally:

- Transfer and Relocation Resources and Spousal Employment Assistance

Child Development Services – Lena Gavello – 510-437-3237

- Child Care Resources

Ombudsman Coordinators – Lena Gavello - 510-437-3237 and Jennifer Conole – 619-278-7117

Substance Abuse Prevention - CPO Scott Croinex – 707-765-7081 and PO1 Jason Bosko– 619-278-7137

- CDAR Coordinator - Awareness and Prevention Training

CG Support Program – (CG SUPRT)

- Short term counseling and life management assistance to include Suicide Prevention Hotline – 855-CG SUPRT (247-8778). www.CGSUPRT.com