

Work-Life Philosophy

The mission of Work-Life is to create a network of individuals and organizations to support Coast Guard Members, employees and their families.

The Work-Life Initiative seeks to help individuals strike a reasonable balance between their needs and the needs of the Coast Guard, thereby enhancing mission performance.



Phone Directory

Supervisor, Work-Life Staff
LCDR Jonathan Stehn
(206) 217-6611

Administrative Assistant

(206) 217-6640

Family Advocacy Specialist
Mr. Troy Olson
(206) 217-6612

Dr. David Wilcox
(206) 217-6613

**Employee Assistance Program
Coordinators**
Ms. Kristin Cox
(206) 217-6607

Ms. Shirley Dujardin
(206) 217-6608

Sexual Assault Response Coordinator
Ms. Jennifer Husman
(206) 217-6675

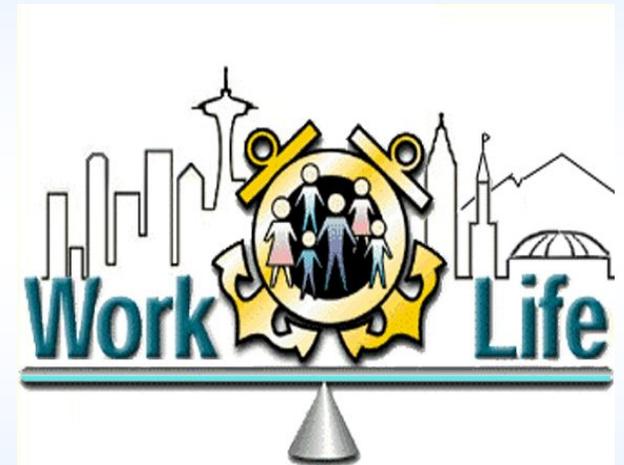
Family Resource Specialist
Ms. May Chao-Higginbotham
(206) 217-6786

Transition Relocation Manager
Mr. David Sweeney
(206) 217-6615

Health Promotion Manager
Ms. Barbara Herry
(206) 217-6614

Child Development Service Specialist
Located in Astoria, OR
Ms. Kelly Smitherman
(503) 861-6242

*Coast Guard
HSWL
Seattle*



*Work-Life
Services*

Family Advocacy Programs

The Family Advocacy Specialist (FAS) is a human service professional that understands the needs of Coast Guard personnel and their families and works to reduce the factors leading to family violence. Additionally, the program seeks to prevent and reduce the incidence of family violence through education programs, information, referral, and case management.

Employee Assistance Program Coordinators

The Coast Guard EAP Coordinator (EAPC) provides command consultation, education, resources, and referrals for the following programs: critical incident stress management, suicide prevention, rape/sexual assault prevention, victim support, workplace violence prevention and intervention, and the American Red Cross. To access EAPC services, call the Work-Life office.

CG SUPRT

CGSUPRT is a confidential counseling and referral service that can help you and your family successfully navigate life's challenges. This service is free. Call 24 hours a day, seven days a week for confidential help with work, family, personal matters, legal or financial issues. Information is also available via www.cgsuprt.com. To access CGSUPRT by phone, please call

(855) CG SUPRT

Or (855) 247-8778

Family Resource Program

The Family Resource Specialist (FRS) assists Coast Guard members with special needs, family childcare, CG child care subsidy, adoption reimbursement, scholarship information, and elder care. Enrollment in the special needs program is required for family members with a documented long-term

medical, physical, psychological, mental, or educational disability

Health Program Manager

The Health Promotion Manager (HPM) provides education, resources and promotional activities regarding wellness topics, to D13 area beneficiaries, and also trains and provides ongoing support to unit Health Promotion Coordinators. The Health Promotion Program seeks to enhance the well being of our members by encouraging the adoption and maintenance of healthy lifestyles. Components of the program include nutrition, weight management, physical fitness, tobacco cessation, stress management, and lifestyle related disease risk reduction.

Sexual Assault Response Coordinator

The SARC is the single point of contact for all issues of sexual assault. Victims of sexual assault can receive confidential support and information, including legal advice and medical care through a Victim Advocate or the SARC. *To report a sexual assault or for more information about the Sexual Assault Prevention and Response Program contact the SARC directly or through the DOD Safe Helpline at 877-995-5247.*

Transition Relocation Assistance

The Transition Relocation Manager (TRM) assists Coast Guard active duty members and their families as they go through the relocation cycle by providing information and referral based on needs assessment. The TRM also provides regional Transition Assistance Program Seminars (TAPS) and Pre-Retirement Seminars for

outgoing members transitioning to civilian life.

Ombudsman Coordinator

Unit Ombudsman efforts are coordinated through the Work-Life Ombudsman Coordinator. Ombudsmen inform family members on the Command's behalf and meet with Command to obtain information of concern to unit families. The Ombudsman role is to refer families to appropriate sources of assistance in resolving family related questions. The Ombudsman Coordinator serves as the point-of-contact for unit Ombudsmen and conducts annual training sessions.

Child Development Services Specialist (located in Astoria, OR)

The CDSS is the point of contact subject matter expert for all active duty Coast Guard members requesting Family Child Care Certification and seeking child care services to champion opportunities for maximizing the educational/academic success of children, and to identify state and local resources for children and families.

Retiree Service Desk/Retiree Council

The Northwest Retiree Council acts as a liaison between the retired and active duty Coast Guard community. The Retiree Service Desk office is staffed on Tuesdays. Staff members assist retired and active duty Coast Guard members with questions pertaining to a variety of retirement benefits.