

## Family Advocacy Specialist (FAS)

The FAS helps members prevent and resolve family violence. This includes consulting with commands, providing referrals, and overseeing treatment process to completion. Areas of focus include: physical/emotional partner abuse, child abuse/neglect, elder abuse and parent abuse. Training and subject matter expertise is offered in all areas related to family relationships.

The FAS hosts the annual required training on family advocacy issues for command leadership and is available for All Hands training at the command's request.

---

## Health Promotion Manager (HPM)

The HPM educates, supports, and encourages Coast Guard members and their families in all areas related to health and well-being, with emphasis on

- Physical Fitness
- Nutrition and Weight Control
- Stress Management
- Tobacco Cessation
- Cardio Vascular Health
- Substance Abuse Prevention

The HPM provides comprehensive Health Risk Appraisals for individuals and commands, and hosts annual Health Promotions Coordinator Training.

## The "800" Number

The EAP Contracted Counseling Service  
**FREE and CONFIDENTIAL**  
For members, their families, and civilians.  
Call anytime, 24/7.

**(800) 222-0364**

**Free Legal and Financial Assistance, too!**



## Employee Assistance

### Program Administrator (EAPA)

The EAPA is the primary, CONFIDENTIAL field point of contact for work, personal and family issues; provides supervisory consults, counseling, subject matter expertise and training and information/referral in the following areas:

- Suicide Awareness/Prevention
- Critical Incident Stress
- Workplace Violence Prevention
- Sexual Assault Awareness/Counseling
- Gambling/Process Addictions
- American Red Cross Services

The EAPA coordinates all **required Work Life.GMT.**

## Career Development Advisor (CDA)

The CDA is the subject matter expert on developing your Coast Guard career and your leadership skills. The CDA also provides information on benefits and risks to members separating from the service. Other aspects of the CDA program include:

- Goal Setting
- Educational Benefits
- Commissioning Programs
- "A" & "C" School Opportunities
- Veterans Affairs (VA) Benefits
- Promotions and Advancements

Members of the Work Life staff will develop, coordinate or present training in other areas at your unit's request. Just let us know what you need!

---

## *Work Life Mission Statement*

*. . . to promote  
healthy work-life balance by  
providing our people and their families  
with quality information so that they  
can make informed decisions.*

## Family Resource Specialist (FRS)

The FRS manages the Special Needs Program, provides Command consultation, and advocates for special needs families to ensure that proper services and resources are available locally and upon PCS; coordinates the In-Home Family Child Care Program; and provides assistance and subject matter expertise on:

- Adoption Reimbursements
- Elder Care Options
- Family Member Scholarships, Grants and Loans
- Child Care Subsidies
- **Family Care Plans**

## Transition/Relocation Manager (TRM)

The TRM assists members and families during the relocation process with local area information; assists spouses seeking employment, and manages the Transition Assistance Program (TAP).

**The TRM is located in San Diego, to help with any and all emergent Work Life issues in that region! Call (619) 278-7117.**

## Educational Services Officer (ESO)

The ESO manages voluntary education programs and services, including tuition assistance and credit-by-examination tests, end-of-course tests, DANTES, and educational counseling.

Work Life Supervisor      **310-521-6126**  
**LT James Jarnac**

Family Advocacy Specialist      **310-521-6133**  
**Ms. Felice Roth**

Family Resource Specialist      **310-521-6134**  
**Mr. Tony Haynes**

Health Promotion Manager      **310-521-6131**  
**Dr. John "Bud" Clay**

**ESO** San Pedro      **310-521-6125**  
San Diego      **619-278-7135**

Transition/Relocation      **619-278-7117**  
**Mr. Richard Arriaga**

Career Development      **310-521-6132**  
**PSC Alex Gayson**

EAP Administrator      **310-521-6136**  
**Ms. Tiffani Collier**

Yeoman      **310-521-6125**  
**YN1 Jason Klaus**

Chaplain      **310-521-6130**

PAC AREA Legal      **310-437-5891**

Tri Care Service Ctr      **800-242-6788**

**EMERGENCIES      310-345-5941**



**1-800-USCG-WLS**  
**(1-800-782-4957)**

**(310) 521-6125**

Commanding Officer  
U. S. Coast Guard  
Integrated  
Support Command  
1001 S. Seaside Avenue  
San Pedro, CA 90731-0208  
(310) 521-6000