

HSWL Philosophy

The mission of HSWL Regional Practice Seattle is to provide health, safety, and work-life services focused on beneficiary satisfaction and mission support.

The vision of the HSWL Regional Practice Seattle is to continually improve and optimize the care and services we provide to our beneficiaries in order to support the full range of Coast Guard missions and sustain the health of those entrusted to our care.



Phone Directory

**Regional Practice Manager,
Work-Life Supervisor**
LCDR John Allen
(206) 217-6611

Administrative Assistant
Marsha Gallion – (206) 217-6640

Family Advocacy Specialists
Troy Olson (206) 217-6612

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

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

Shirley Dujardin – (206) 217-6608

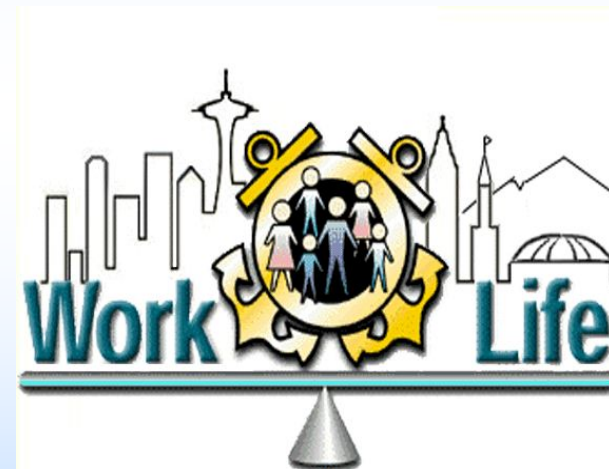
**Transition Relocation Manager
Ombudsman Coordinator**
David Sweeney – (206) 217-6615

Health Promotion Manager
Barbara Herry – (206) 217-6614

USCG EAP Services
(855)-CG SUPRT
(855) 247-8778
<http://www.cgsuprt.com>

Retired Affairs/Retiree Council

Coast Guard Health, Safety & Work-Life (HSWL) Regional Practice Seattle



**(800) 872-4957 ext 313
(206) 217-6610**

www.uscg.mil/hswlseattle/worklife

Family Advocacy Programs

The Family Advocacy Specialists (FAS) are human service professionals that understand 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.

POC: Troy Olson
troy.e.olson@uscg.mil

Employee Assistance Programs

The Coast Guard EAP Coordinators (EAPC) provide command consultation, education, resources, and referrals for the following programs: critical incident stress management, suicide prevention, rape/sexual assault response, victim support, workplace violence prevention and intervention, and the American Red Cross.

POC: Kristin Cox kristin.l.cox@uscg.mil

Shirley Dujardin shirley.v.dujardin@uscg.mil

The contracted Employee Assistance Program (EAP) is a confidential counseling and referral service that can help you and your family successfully deal with 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 the EAP counseling service, call (855) CG SUPRT (247-8778)

Family Resource Program

The Family Resource Specialist (FRS) assists Coast Guard members with special needs, family childcare, 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

POC: May Chao-Higginbotham
may.chaohigginbotham@uscg.mil

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.

POC: Barbara Herry
barbara.l.herry@uscg.mil

Retired Affairs/Retiree Council

The Northwest Retiree Council acts as a liaison between the retired and active duty Coast Guard community. The Retired Affairs office is staffed on Tuesdays and Thursdays. Staff members assist retired and active duty Coast Guard members with questions pertaining to a variety of retirement benefits. Active duty members are provided assistance

with filing claims for Veterans disability compensation.

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 (TAP) and Pre-Retirement Seminars for outgoing members transitioning to civilian life.

POC: David Sweeney
david.j.sweeney@uscg.mil

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 raining sessions.

Last updated: MAY 2012

www.cgsuprt.com