



Lower 8th District Eight Work-Life

The Coast Guard recognizes that Work-Life balance is critical to individual and organizational success. Work-Life Programs provide resources for the entire Coast Guard family.

Service delivery of Work-Life Programs is accomplished by Work-Life Staff assigned to Health, Safety, and Work-Life Regional Practices (HSWL RP) Coast Guard wide.

These Work-Life specialists administer their respective programs per Commandant (CG-111) and HSWL Service Center directives. They coordinate a myriad of program elements as specified by these directives, including training, mandatory reporting, marketing, measuring and evaluation, networking with local care providers, education and outreach.

Whether preparing for deployment, PCS move, or an emergency event, in times of stress or joy, your work-life staff is committed to bringing you together with the highest quality information, resources, and services.

Our Mission

The Work-Life Staff is committed to assisting Coast Guard Units, employees, and their families in improving and balancing their personal and professional lives by providing education, training, resources, and support to enhance mission readiness and individual well-being.

How to reach us



All staff members can be reached Monday through Friday, or by calling 1-800-USCGWLS (800-872-4957), ext. 308. After hours/weekends/holidays you can reach staff by calling their cell phone number or by calling the Base New Orleans OOD at 504-329-1969.

Programs and Staff

Employee Assistance Program (EAP)

Teresa Blais
(504)253-4711
(504)628-5307

 Teresa.Blais@uscg.mil

James Bailey
(713)671-5121
(504)202-2367

James.W.Bailey@uscg.mil

- Assist members & commands with the Employee Assistance program and referrals to local services
- Victim & Witness Assistance Program Coordination
- Suicide prevention information & referral
- Workplace Violence/Threatening Behavior
- Critical Incident Stress Management (CISM)
- Sexual Assault Prevention and Response through training; victim support; and accountability that enhances the safety and well-being of affiliates

Family Advocacy Specialists (FAS)

Kelli Deluca
(504)253-4701
(504)628-1646

 Kelli.Deluca@uscg.mil

Debra Voelker
(504)253-4702
(504)782-7137

 Debra.C.Voelker@uscg.mil

Leslie Lubritz
(504)253-4710
(504)899-2130

 Leslie.Lubritz@uscg.mil

- Family Violence Crisis Intervention
- Family Advocacy Case Management (child abuse/sexual assault, spousal abuse)
- Education and prevention training on all aspects of domestic violence to prevent abuse and strengthen Coast Guard families.

Family Resource Specialists (FRS)

James Green
(504)253-4709
(504)331-0288

 James.G.Green@uscg.mil

Leslie Mathes
(504)253-4708
(504)451-6202

 Leslie.S.Mathes@uscg.mil

- Special Needs Case Management
- Information and Resource Specialist
- In-Home Child Care Certification
- Elder Care/Child care resources
- Scholarship Programs
- Adoption Reimbursement

Health Promotion Managers (HPM)

Brad Welch
(504)253-4707

 Brad.Welch@uscg.mil

Michelle Murray
(504)253-4705

 Michelle.L.Murray@uscg.mil

- Health Risk Assessments (unit or personal)
- Health Promotion Coordinator Training
- Health & Fitness Training
- Unit Health Program Consultation
- Stress Management
- Weight Management/Nutrition Counseling

Transition/Relocation Manager (TRM)/Ombudsman Coordinator

Bob Casale
(504)253-4703

 Robert.Casale@uscg.mil

- Local housing/rental information/school information
- Employment information (including spousal employment assistance)
- Career Planning

- Retirement/Transition Seminars
- Separation travel and transportation information
- Career and Personality Assessment
- Ombudsman Core Training upon request

Regional Practice Manager/Work-Life Supervisor

LT William R. Chew

(504)253-4721

(504)430-3698

 William.R.Chew@uscg.mil

Exportable Training

Proactive education of Work-Life programs promotes healthy lifestyles and healthy family relationships, which directly impacts the productivity of our people. Check it out, then call the appropriate staff member to arrange unit or individual training or get information:

Health Promotion topics

- Health Risk Assessments
- Physical Fitness
- Stress Management
- Tobacco Cessation
- Health Promotion Program
- Nutrition or Weight Management
- Personal Wellness Profiles

Family Resource topics

- Adoption Reimbursement Programs
- Special Needs Program Overview
- Eldercare
- Scholarship/Grant programs

Family Advocacy topics

- Domestic Violence Awareness/Prevention
- Child Abuse Prevention
- Family Advocacy Program Overview

Employee Assistance Program topics

- Employee Assistance Program Overview
- Financial Responsibility/Indebtedness
- Critical Incident Stress Management Pre-Incident Preparation Training
- Rape/Sexual Assault Awareness Training
- Suicide Awareness & Prevention Training
- Victim and Witness Assistance

- Workplace Violence/Threatening Behavior

Transition and Relocation topics

- Job Search/Career Development
- Relocation Resources
- Ombudsman Training
- Spouse Employment Assistance

Suicide and Sexual Assault Assistance

Immediately escort person to medical attention or contact your Duty HS in your Sector:

SFO Galveston:	(409)682-4456
Air Sta Houston:	(281)924-1126
Air Station Corpus Christi:	(361)438-0197
Sector Mobile:	(251)421-1257
ATC Mobile:	(251)441-6410
Sector New Orleans:	(504)329-1447

For Command advice, call the EAPC:

Sector CC and Houston:	(504)202-2367
Sector Mobile and NOLA:	(504)628-5307

CG SUPRT Program

CG SUPRT provides CG active duty, reservists (SELRES), civilian employees, and family members with 24/7 confidential assistance and referral. Financial management is also provided through one-on-one money coaching and educational webinars. Call **1-855-CG-SUPRT** or visit www.CGSUPRT.com



Other Helpful Numbers

Eighth District Chaplain:	(504)671-2001 or (618)225-7887
Base OOD Cell:	(504)329-1969

How Are We Doing?

Please take a moment to complete the survey at the following link and let us know how we can better serve you. www.uscg.mil/dol/survey