

THE OFFICIAL NEWSLETTER OF MONTANA
ARMY NATIONAL GUARD FAMILY PROGRAMS

FROM THE HOMEFRONT

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<https://montanaguard.gov/Family/Family.html>Follow us on Facebook!
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STATE FAMILY PROGRAMS
DIRECTOR'S CORNER

JOSHUA JOPLING



May is Mental Health Awareness Month. This month, more than others, is a time to reflect on the emotional well-being of our National Guard community. The unique challenges faced by Guardsmen, from balancing civilian and military life to deployments and emergency responses, can take a toll on mental health. Recognizing the signs of stress, anxiety, depression, or trauma is not a weakness—it's a vital step toward strength and resilience. Just as we train our bodies to face physical challenges, caring for our minds ensures mission readiness and long-term well-being. With many Annual Training weeks coming up soon, I encourage our families, not just Soldiers, to prepare mentally for the stress that can bring.

This month, we encourage every Soldier and family member to engage in open conversations, access support services, and check in on one another. Resources like embedded behavioral health teams, chaplains, and Military OneSource are here to help. There are many options available in the newsletter, and Family Programs will help you find the best one for you. Let's break the stigma together and promote a culture where seeking help is seen as courageous and necessary. When we prioritize mental health, we don't just strengthen individuals—we strengthen our entire force.





CHAPLAINS REFLECTION



“The Struggle of Waiting”

CH (CPT) Jimmy Karlin

Have you ever gone through a stretch of life where nothing seemed to move forward? Maybe you took a bold step—something that required effort, faith in yourself, and a bit of risk—only to watch it stall, despite all your dedication. You gave it time. You pushed through. And still, no breakthrough.

I have recently found myself in a situation like that. I tried for something new, put in time and effort, and it didn't turn out the way I had hoped. While I am not in a dire state, I do have moments of questioning why my result missed the mark. Did I make the wrong choice? Was I just being blindly optimistic?

When a friend is going through something like this, it's tempting to offer well-meaning phrases like: “Just stay positive,” “Things will work out,” and “Maybe something better is coming.” While those thoughts can carry a bit of comfort, they're not always helpful, especially when things feel heavy, or when forced optimism doesn't match our reality.

But maybe there's room for another kind of hope. One that doesn't require us to pretend everything is fine. One that acknowledges uncertainty and disappointment, yet still dares to believe that this moment, no matter how stuck I feel, is not the end of the story. For me, that hope comes from my faith.

Hope doesn't have to mean wearing a smile when we feel overwhelmed. Sometimes, it simply means giving ourselves permission to believe that change is still possible. That since healing, progress, and clarity have shown up before, they will show up again. It's less about denying the struggle and more about holding space for possibility even when it's not immediately visible.

In older traditions, hope was never about wishful thinking. It was about waiting, sometimes with tension and even a bit of frustration, but always with a quiet sense of persistence. Even in stillness, even in uncertainty, hope can live.

The Bible has a lot to say about waiting on God when things don't make sense. One verse I turn to often when I'm struggling to figure things out is Psalms 46:1, “God is our refuge and strength, an ever-present, help in trouble.” This psalm talks about the world feeling like chaos around us, but we can trust in our ever-present source of hope to be right there with us as a source of strength and help. It helps me trust that there is something good coming, even when I can't see how it might come about.

So, if you're in a season where life feels paused, or where the answers haven't come yet, take heart. You're not alone. And while no one can promise exactly when or how things will shift, take it one moment at a time, find your source of hope, and wait patiently for the results.

Whatever your beliefs or background, may you find peace in the waiting, and strength in knowing that change often takes its time—but it does come.



May 9th

is Spouse Appreciation day

On Military Spouse Appreciation Day we honor the contributions and sacrifices made by our military spouses. Their continuous commitment and support help to keep our country safe. America's military spouses are the backbone of the families who support our troops during missions, deployment, drills and Annual Training. Military spouses are silent heroes who are essential to our nation's strength, and serve our country just like their soldiers do, but in different ways. Let's make our military spouses feel special this year by highlighting the work they do on a daily basis.

**CHECK OUT OUR FACEBOOK
FOR HIGHLIGHTED SPOUSES!**





ATTENTION MT GUARD YOUTH!

WOULD YOU
LIKE TO
RECEIVE
SWAG?

WE ARE UPDATING OUR
MAILING LIST PLEASE
REACH OUT TO OUR
PROGRAM WITH UPDATED
EMAILS AND PHYSICAL
ADDRESS

WOULD YOU
LIKE TO
RECEIVE
MAILERS?

CONNECT WITH US

📌 MONTANA GUARD KIDS 📌

✉️ MTNGYOUTHPROGRAMS@GMAIL.COM

📞 (406) 324-3925

📞 (406) 324-5120

📞 (406) 324-5833

MTNG CHILD AND YOUTH
PROGRAM

📍 1956 MT. MAJO
FORT HARRISON, MT 59636



June 16 - 19
9 am - 2 pm



2025 STARBASE Fort Harrison Military Kids STEAM Camp

Fort Harrison, Building 121

**Science, Technology, Engineering,
Art/Design, and Math Activities**



**Free for
Military
Dependents
going into
grades 4-7.**

Register for camp at:
<https://bit.ly/sbfhsteamcamp>

MONTANA GUARD KIDS

FORT HARRISON

DAY CAMP

AGES
6-10

*BY FIRST DAY OF CAMP



GUARD ORIENTED WORKSHOPS EACH DAY TO SEE THE AWESOME THINGS OUR PARENTS DO!

AGR & TECHNICIANS
RECEIVE UP TO 40
HOURS OF PAID LEAVE

VOLUNTEERS RECEIVE
MILEAGE & PER DIEM

KIDS AGES 13+ CAN
REGISTER TO BE
JUNIOR COUNSELORS

**0700-1600
EVERY DAY**

JUNE 25TH
JUNE 26TH
JUNE 27TH


**REGISTRATION
WILL CLOSE IN
MID-MAY**




If registering as a
volunteer, sign up as a
"camper" first



 Montana Guard Kids  MTNGCYP_

 (406) 324-3925
(406) 324-5120
(406) 324-5833

 MTNG Child and Youth
Program
1956 Mt. Majo
Fort Harrison, MT 59636

 mtarng.childandyouthprogram.mil@army.mil

Priority given to MTARNG Kids
currently, about to, or recently
experienced deployment.

Remaining slots will be filled by
others.



LEADERSHIP & ADVENTURE TEEN CAMP

BOZEMAN, MONTANA
JUNE 30TH-JULY 3RD, 2025
MONTANA GUARD TEENS- AGES 13-17

Get ready for an action-packed week at our Teen Adventure Camp! From June 30th to July 3rd (Monday-Thursday), join us for an unforgettable experience filled with thrilling outdoor activities and essential leadership skills.



What to Expect:

- High-Flying Fun: Test your limits on our exciting zipline and ropes course!
- Team Building: Learn valuable leadership and communication skills through engaging courses.
- Adventure & Growth: Experience a perfect blend of exhilarating activities and personal development.

This camp is designed for ages 13-17 and is perfect for those seeking adventure, building confidence, and developing leadership abilities.

REGISTRATION OPEN!

- ★ Wait listing through April. Acceptances released end of May
- ★ Priority given to MT Military Youth currently, about to, or have recently experienced deployment. Remaining slots will be filled with other Military Youth.

REGISTER ONLINE

<https://mtngkids.campmanagement.com/campers>

OR SCAN THE QR CODE



Montana Guard Kids MTNGCYP_

(406) 324-3925
(406) 324-5120
(406) 324-5833

MTNG Child and Youth Program
1956 Mt. Majo
Fort Harrison, MT 59636

mtarng.childandyouthprogram.mil@army.mil



CAMP RUNNAMUKA

MONDAY AUGUST 4TH-FRIDAY AUGUST 8TH

MONTANA GUARD KIDS AGES 9-SENIOR YEAR

SET HIGH IN THE RUGGED MOUNTAINS OF PARADISE VALLEY,
JUST SOUTH OF LIVINGSTON

THIS SUMMER AT RUNNAMUKA!

GET READY TO VENTURE DEEP INTO THE WILD!
CAN YOU BUILD A SHELTER, NAVIGATE WITHOUT A MAP, OR
OUTSMART NATURE ITSELF?

JOIN US FOR A WEEK OF SURVIVAL CHALLENGES, WILD
ADVENTURES, AND EPIC DISCOVERIES. THE FOREST IS
CALLING... ARE YOU READY TO ANSWER?

REGISTRATION CLOSES
06/10/25!

SPOTS ARE LIMITED
SIGN UP SOON!

*ALL KIDS WAITLISTED THROUGH
THE END OF JUNE

*PRIORITY TO KIDS CURRENTLY,
ABOUT TO, OR
RECENTLY EXPERIENCED DEPLOYMENT

VOLUNTEERS
ARE STILL NEEDED!

TO REGISTER AS A
CABIN PARENT
SIGN UP AS 'CAMPER'
THEN SELECT CABIN
PARENT OR
VOLUNTEER



Montana Guard Kids @ MTNGCYP_

(406) 324-3925
(406) 324-5120
(406) 324-5833

MTNG Child and Youth
Program
1956 Mt. Majo
Fort Harrison, MT 59636

mtngyouthprograms@gmail.com



WE WANT

YOUR

FEEDBACK



PLEASE HELP IMPROVE OUR CHILD AND YOUTH PROGRAM. WE PUT TOGETHER A QUICK SURVEY TO GET YOUR THOUGHTS ON HOW THE CHILD AND YOUTH PROGRAM IS MEETING OR NOT MEETING YOUR NEEDS. IT'S SHORT, ANONYMOUS, AND HELPS US MAKE IMPROVEMENTS WHERE THEY MATTER MOST- TO THE KIDS.

SCAN ME!





Scan Here!



ARNGCYS.COM

Soldier-Parent Survey

*Help us improve our program by sharing
your experience - take the survey today!*

- ✓ Resilience
- ✓ Skill-Development
- ✓ Supportive
- ✓ Fun-Filled



Family Assistance Center Locations



DEAN BELCOURT
LEAD SOLDIER AND FAMILY
READINESS SPECIALIST
HELENA
406-324-3232



KRISTEN MONROY
SOLDIER AND FAMILY
READINESS SPECIALIST
MISSOULA/ BUTTE
406-324-5121/5280



JODY CORNER
SOLDIER AND FAMILY
READINESS SPECIALIST
HAVRE
406-324-5573



MELISSA COPPOCK
SOLDIER AND FAMILY
READINESS SPECIALIST
KALISPELL
406-324-5182



KRIS NICHOLS
SOLDIER AND FAMILY
READINESS SPECIALIST
BELGRADE
406-324-5021



WILLIE EWERS
SOLDIER AND FAMILY
READINESS SPECIALIST
BILLINGS
406-324-5450



RUSS REED
SOLDIER AND FAMILY
READINESS SPECIALIST
HELENA
406-324-3202

Billings Area SFRG presents:



Pastries, Parents & Photo Memories



Treat your taste buds, strike a pose, and celebrate the ones who mean the most—our awesome parents!

Swing by for tasty pastries, fun family photo ops, and sweet memories that'll last a lifetime. It's all love, laughs, and a sprinkle of sugar



**RSVP Before
May 8th**

Scan this QR Code



**2915 Gabel Road
Billings Armory**

**Saturday May 10th
10am-12pm**



POINT OF CONTACT

WILLIE EWERS

Office- 406-324-5450

Cell- 406-410-2938

Join Family Programs

Yogurt w/Family Programs

May 8th @ 6:30-7:30 PM

Billings Best Yogurt; 1001 Shiloh Crossings

Miles City Coffee w/Family Programs

May 13th @ 1100 AM -12 PM

The Ugly Mug; 115 N 7th St

Glendive Coffee w/Family Programs

Bloom Coffeehouse; 209 Gibson St

May 15th @ 1130-1 PM

Red Lodge Coffee w/Family Programs

Red Lodge Coffee Roasters

May 16th @ 10-11 AM

Join Willie Ewers, Soldier and Family Readiness Specialist for conversation about Family Programs. We provide the space, you provide the refreshment.

Call or text 406-410-2938 with Questions.





12TH ANNUAL



HEROES @ HOME BBQ & MUSIC FEST

ARMED FORCES DAY: MAY 17, 2025

Location:



**ROCKY MOUNTAIN
MUSEUM OF
MILITARY HISTORY**
2975 General Foster Ave. (Bldg T-316)

VSAP route runs through historic Fort Missoula!

- ✦ **10AM OPENING CEREMONY & VSAP**
runsignup.com/vsap
- ✦ **11AM FREE FOOD** while supplies last
- MUSIC, SILENT AUCTION, KIDS ACTIVITIES**
- VETERAN SERVICE PROVIDERS (VSP)**
- VETERAN-FRIENDLY EMPLOYERS**
- VETERAN OWNED BUSINESSES (VOB)**
- ✦ Set up is at 0900 & the event generally lasts until 1500

Our Mission is to honor Montana Veterans & bring the community together to raise awareness of Veteran suicide & prevention, memorialize our brothers & sisters who lost the battle, and remind Veterans, service members, and their families / caregivers that they are appreciated, and **THEY ARE NOT ALONE!**



Everyone is WELCOME ~ Don't forget your lawn chairs!



A fun, family-friendly forum for Veterans, service-members, and their families to connect with our community. Join us at this event which represents our community-covenant to support, recognize, and remember the contributions of our **HOMETOWN HEROES!**

Donors, VSP, VOB & CONTACT INFO: vsnmontana.org/vsap

VETERAN SUPPORT NETWORK (VSN) ~ MISSOULA REGION

**VISIT [VSNMONTANA.ORG/VSAP](https://vsnmontana.org/vsap)
FOR MORE INFO!**



Women VETERANS SYMPOSIUM

MAY 16-18 AT FORT HARRISON

We invite you to help us make the Women Veterans Symposium a success! This event is dedicated to honoring, supporting and connecting our women veterans through resources, networking, and camaraderie.

FRIDAY, MAY 16:

VENDOR FAIR: (9:00 AM- 1:00 PM) DRILL FLOOR AT FORT HARRISON

GUEST SPEAKERS: AUDITORIUM AT FORT HARRISON

EVENING ICEBREAKERS: (6:30 PM) DOUBLETREE HOTEL DOWNTOWN

SATURDAY, MAY 17:

BREAKOUT SESSIONS: POKER RUNS, SELF DEFENSE CLASSES, EQUINE THERAPY, FLYFISHING, AND APC FACILITY TOUR AND WORKOUT

Scan the QR code to access the registration form. Forms and payment due by May 5th.



MONTANA MILITARY MUSEUM



FREE ADMISSION
Open Thursdays 0900-1600



EXHIBITS INCLUDE:



**WW1 & WW2
Naval Aviation**

**Viet Nam Era
Artifacts**



**Lost Warrior
Dancer**

**Static Display of
Military Vehicles**



- Camp Rimini
- First Special Service Force
- Doolittle Raiders - Tokyo Raid
- OIF - OEF



406-324-3550



montanamilitarymuseum.org



1956 Mt. Majo Street,
Fort Harrison, MT 59636

Prevention Messaging



GUARDING OUR MIND AS WELL AS OUR NATION

As members of the National Guard, we train to stay ready—mentally, physically, and emotionally. This May, during Mental Health Awareness Month, we're focusing on the most powerful weapon in our arsenal: our mental fitness.

Mental health isn't just about crisis response—it's about prevention, just like physical training and readiness. When we take proactive steps to care for our mental health, we improve our performance, strengthen our teams, and safeguard our futures.

Know the Signs. Take Action Early.

Mental health issues often start small. Trouble sleeping, irritability, lack of motivation, or withdrawing from others might seem minor—but they can build up over time. Just like an injury ignored can become a long-term problem, mental strain left unaddressed can grow into burnout, depression, or worse.

Here's how we prevent that:

- Check in with yourself regularly. Notice changes in mood, sleep, and motivation.
- Reach out early. Talk to a buddy, a chaplain, or behavioral health specialist. Asking for help is a sign of strength, not weakness.

- Support each other. If you notice a fellow Guard member struggling, say something. Your voice could be what helps them take that first step.
- Build resilience every day. Sleep, exercise, and strong social connections are your daily armor.

Resources Are Ready When You Are

We've got your six. Whether you're at home, at drill, or deployed, support is available.

This month—and every month—let's break the stigma, open the conversation, and take care of our force. Because mental readiness is mission readiness.

Stay sharp. Stay connected. Stay strong.

PREVENTION

Cait Clark, MSW
LICSW
Integrated Primary
Prevention Manager
406-324-3335
MTNG-J9 Soldier and
Family Programs



Jerry Palmer, LCPC
Great Falls, Lead Air
Guard
406-899-5214
Safe Workplace SME



Mark Juntunen
Billings, Lead Army
Guard
406-324-5400
Transformational
Leadership SME



Shelley Lamey
Helena
406-324-3853
Wellness SME



Cora Domeier
Missoula
406-324-5123
Mental Fitness SME



Shelby Kerr
Butte
406-410-2942
Healthy Families
SME



PREVENTION ACTIVITIES

SENSING SESSIONS

Army unit leadership is invited to schedule sensing sessions with their assigned Prevention Specialist. These sessions range from 30 to 60 minutes and are designed to spark meaningful conversations with a small group of Soldiers to gain expansive insight about issues within the unit indicated by DEOCS and URI results.

Contact your assigned Prevention Specialist for more information.

FITNESS FUSION MIXED WORKOUTS

WEDNESDAYS at 12:00-1240 BUILDING 1020 on FTH

Fully loaded, dynamic, functional workouts set to music using a variety of tools that incorporate fun, full body exercises with abs and back. Total body conditioning in a packed 40-minute class! Shock your body with results in 2025!

YOGA STRETCH/RELAXATION FOR PAIN RELIEF, FLEXIBILITY /INJURY RECOVERY

THURSDAY at 12:00-1240 BUILDING 1020 on FTH

Easy user-friendly stretches for all levels to relieve tightness, improve mobility and melt away stress in the mind and body. (Mats, blocks and equipment provided) 40 minutes of heaven!

If interested in the classes offered above, please contact Prevention Specialist Shelley Lamey for scheduling and more information. 406-324-3853

Resources

988-Suicide and mental health crisis care.
Text or call (988) 24/7.

211- Montana 211 is a free, confidential, 24/7 service that connects people to essential health and human services with emphasis on local community resources and care coordination. Text (211), call (211), or visit their website at montana211.org.

Veterans Crisis Line- Send a text to 838255

Confidential Counseling

**Address issues. Tackle life's challenges.
Get guidance and support to thrive in your MilLife.**

Our counselors know military life so they understand your challenges and how to help. Nine out of 10 people who have used counseling would use it again.

Confidential counseling can help you with:

- Relationships at home and work
- Stress management
- Marital and communication issues
- Adjustment to military culture
- Phases of deployment
- Parenting skills
- Grief or loss

If counseling is not appropriate for your situation, we will connect you with other vetted resources. Situations outside the scope of counseling include: long-term support, post-traumatic stress disorder, addictions, mental health diagnoses requiring medication, determining medical diagnosis and crisis situations.

For active-duty, National Guard and reserve service members, immediate family and survivors.

- Confidential counseling is not reported to command
- Up to 12 sessions per issue
- Counseling from licensed mental health clinicians

Call on us anytime.

- Contact us 24/7 by phone or website for an appointment
- Counseling sessions face-to-face, by phone, online chat or secure live video
- Face-to-face sessions also available through the Military and Family Life Counseling Program at installations worldwide

Just need to talk? Connect with support anytime.

www.MilitaryOneSource.mil | 800-342-9647



U.S. Department of Defense



**SUBMIT ANONYMOUS FEEDBACK
IF YOU CHOOSE!**

MTARNG Soldier & Family Support Link



Let's Get Connected! Scan the QR Code to make the connection



THE HELPDESK CONNECTION CAN ALSO BE
ACCESSED ONLINE AT:

[HTTPS://TOUCHPOINTS.APP.CLOUD.GOV/
TOUCHPOINTS/3C2FFD12/SUBMIT](https://touchpoints.app.cloud.gov/touchpoints/3c2ffd12/submit)

OR

YOU CAN EMAIL THE MTARNG SOLDIER HELPDESK
DIRECTLY AT: MTARNGSOLDIERHELPDESK@ARMY.MIL



pay issues, retention, education, or benefits



- share positive feedback or concern
- have an idea or suggestion to improve the organization



have a mental fitness professional call you



want to schedule an appointment with a: financial counselor,
transition assistance coordinator, family programs specialist

• **NOTE: THIS IS A NON-CRISIS HELP DESK** •

MILITARY ONESOURCE

Military One Source is a confidential Department of Defense-funded program providing comprehensive information 24/7 on every aspect of military life at no cost to active duty, guard, and reserve component members and their families. Information includes, but is not limited to; deployment, reunion, relationships, grief, spouse employment and education, parenting and childhood, and more.

Montana Military OneSource Consultant; Janene Felter
janene.felter@militaryonesource.com
Office: 406-781-4986
www.militaryonesource.mil
or call: 800-342-9647



Personal Financial Counselors

Are you eligible? All active-duty, National Guard and reserve service members, their family members and survivors are eligible to receive no-cost financial counseling services. If a counselor is not available within 50 miles of your location, PFCs can provide virtual appointments. While you'll see service branch affiliation listed, you are welcome to work with any PFC.

- Support and Counseling Services:
- Confidential financial consultations for individuals & families
- Referrals to military and community resources
- Help with credit management and budgeting

Helena, Montana

Laura Leck

pfc.helena@magellanfederal.com

406-202-4276



Direct liaison to VA health and disability benefits and Vets Center Information. Serves as a first line of support for returning veterans to help troubleshoot concerns surrounding their benefits, education assistance, employment and other issues they may encounter when they return home from deployment or transition back into civilian life.

Tim Ingraham
MONTANA

Transition Assistance Advisor

Federal Contractor

Phone 406 324 3257

Email TIngraham.ctr@gapsi.com



The Montana National Guard Family Support Fund

MTARNG Family Support Fund provides grants and zero-interest loans for emergency/urgent situations for Montana Army National Guard members and their families whom have exhausted other avenues of help.

Contact your local Soldier and Family Readiness Specialist for more information about how to apply for the Family Support Fund.



NOTICE



DID YOU KNOW?

Sponsors can now renew their eligible dependent's ID Card online and have it mailed directly to them without having to visit an ID Card office!

The dependent must have already been enrolled in DEERS.

- The sponsor cannot replace their own ID Card (just the dependent's Card).
- Dependents 17 years and under need a photo that is less than 12 years old in DEERS.
- Dependents 18 years and over need two forms of ID, must already be in DEERS, and need a photo that is less than 12 years old.

Scan the QR code below or visit <https://dwp.dmdc.osd.mil/dwp/app/id-management/id-cards> for more information.





MONTANA NATIONAL GUARD

Soldiers, Airmen & Families

JOINT SUPPORT AND OUTREACH SERVICES

SUPPORT

LTC Christopher Oelkers
J9 Director
Office - 406-324-3226
Cell - 406-465-2144
christopher.l.oelkers.mil@army.mil

Joshua Jopling
State Family Programs Director
Office: 406-324-3239
Cell: 406-410-2940
joshua.w.jopling.civ@army.mil

SOLDIER AND FAMILY READINESS



Kristen Davis
Butte/ Missoula

406-324-5280/5121



Kris Nichols
Belgrade

406-324-5021



Russell Reed
Helena

406-324-3202



Montana National Guard Military and Family Readiness Specialists



Melissa Coppock
Kallispell

406-324-5182



Jody Corner
Havre

406-324-5573



Willie Ewers
Billings

406-324-5450

Integrated Primary Prevention Workforce



Cait Clark
Integrated Primary Prevention Officer
Helena
406-324-3335
caitlin.a.clark10.civ@army.mil



Mark Juntunen
Integrated Primary Prevention Specialist
Billings
406-324-5400
mark.juntunen2.civ@army.mil



Jerry Palmer
Primary Prevention Specialist
Great Falls
406-791-0255
jerald.palmer.1@us.af.mil



Cora Domeier
Primary Prevention Specialist
Missoula
406-324-5123
cora.m.domeier.civ@army.mil



Shelley Lamey
Primary Prevention Specialist
Helena
406-324-3853
shelley.lamey.civ@army.mil



Shelby Alsop
Primary Prevention Specialist
Butte/Belgrade
406-410-2942
shelby.j.alsop.civ@army.mil



Paige Morgan
MTANG Airman and Family Readiness Program Manager
120th Air Wing
Great Falls Air National Guard Base
Office 406-791-0122
paige.morgan.1@us.af.mil



Dean Belcourt
Lead Military and Family Readiness Specialist
Fort Harrison, MT
Office (406)324-3232
dean.a.belcourt.civ@army.mil



Janene Felter
Toll-Free:
800-342-9647
militaryonesource.mil



Lance Hoover
Lead Child and Youth Coordinator
Fort Harrison, MT
Office 406-324-5120
lance.r.hoover2.civ@army.mil
Facebook: Montana Guard Kids



Pat Trammelle
Montana Resilience, Risk
Reduction and Suicide
Prevention (R3SP)
(406) 324-3242



1LT Mitch Brinkman
Yellow Ribbon Coordinator MTARNG
Fort Harrison, MT
O: 406-324-3128
mitchell.l.brinkman.mil@army.mil



INTERVENTION SERVICES



Rose Krieg
Office: 406-324-5821
Cell: 406-202-3946
rose.a.krieg.civ@army.mil

Kimberly Gronning
Office: 406-791-5815
Cell: 406-788-5334
kimberly.a.gronning.1@us.af.mil

For reporting, questions, support or advocacy
related to SAPR, please contact the 24/7 Helpline
at **406-465-9928**

to reach a credentialed SAPR/Victim Advocate.
Personnel can also contact the
DoD SafeHelpline for Anonymous and Confidential
24/7 assistance at
1-877-995-5247.



Behavioral Health Specialist
Troop Medical Clinic
1956 Mount Majo Street
Fort Harrison, MT 59636
Office: 406-324-3279

Confidential CHAT
WEB
MilitaryCrisisLine.net
TEXT 838255

Behavioral Health Specialist
2915 Gabel Rd.
Billings MT 59102
Office: 406-324-5441

SUPPORT PROGRAMS



www.ESGR.mil
Employment Assistance, employer recognition, resume writing.

USERRA - Uniformed
Services Employment
and Reemployment
Rights Act Case Call:
1-800-336-4529
option 1 -or-
405-453-7672



Doug Ross
Office: 406-324-5218
Cell: 406-465-2216
douglas.b.ross2.civ@army.mil



Vet Center Call Center
1-877-927-8387 is a free, around the clock
confidential call center where Veterans,
service members and their families can talk
about their military experience or any other
issue they are facing in transitioning after
military service or trauma and get
connected to their nearest Vet Center. Our
call center team is comprised of combat
Veterans from several eras as well as family
members of Veterans



CW3 Julie Benson
Education
Services Officer
Office: 406-324-3736
julia.a.benson2.mil@army.mil



Laura Leck, AFC
NOSC, Helena, MT
Personal Financial Counselor (PFC)
Leckl@magellanfederal.com



CALL 988 or
TEXT MT TO 741-741
24/7 for help

Transition Assistance Advisors



Timothy Ingraham
406-324-3257
tingraham.ctr@gapsi.com
Justin Dreyer
202-987-3896
justin.dreyer@gapsi.com



Defense: Adverse Actions,
Separation, & Investigations
Contact Trial Defense Services (TDS)
by calling: ARNG TDS: 703-601-2214
ng.ngb.tdsfts@army.mil
TDS will connect you with JAG in
Montana



Office of the Staff Judge Advocate
Support: Wills, powers of attorney,
advanced medical directive,
landlord-tenant issues, and
consumer law.
Call: 406-324-3325



CHAPLAIN

CH (LTC) Brian Daum (JFHQ) (Helena) 406-324-3308 Full Time
CH (LTC) Cody Roach (1889th RSG) (Billings) 406-324-5459 Full Time
CH (LTC) Darren Schwartz (95th TC) (Kallispell) 406-324-5155 Full Time
CH (CAPT) Josh Rohacs (MTANG) (Great Falls) 406-791-0300 Full Time
CH (CPT) Brad Hopsfensperger (1-163rd) 406-324-3309 Full Time
Religious Support Office (Room 179, HAFRC) 406-324-3220
CH (CPT) Joe Windham (190th CSSB) M-Day
CH (CPT) Stormy Tuffield (1-189th GSAB) M-Day



<https://montanaguard.gov/Family/Family.html>



Montana National Guard Family Programs



WESTERN MT MOBILE VET CENTER



OUTREACH WILL BE CONDUCTED ON THE MOBILE VET CENTER ON THE FOLLOWING DATES / PLACES*:

*** ALL DATES, LOCATIONS AND TIMES SCHEDULED COULD CHANGE DUE TO WEATHER OR OTHER REQUIRED EVENTS OUT OF THE VET CENTERS CONTROL**

✿ 1st Tuesday of the month: Plains MT- VFW Post 3596 at 201 Lynch St, Plains, MT 59859 (Parked in the back lot behind the VFW.)

✿ 2nd, 3rd, 4th and 5th Tuesday of the month: Stevensville MT- American Legion Post 94 at 754 Middle Burnt Fork Rd, Stevensville, MT 59870 (Parked up front of A.L. hall)

Serving Montana's Veterans

all dates, locations and times scheduled could change due to weather or other required events out of the Vet Centers control