
MISSOURI ARMY NATIONAL GUARD PSYCHOLOGICAL HEALTH PROGRAM

DIRECTOR OF PSYCHOLOGICAL HEALTH

Ms. Thomas brings more than twenty years of clinical experience to the statewide coordination of the MOARNG Psychological Health Program. As a clinical provider, she is available to provide support, guidance and psychoeducation to Commands and service members. Ms. Thomas also provides postvention support and is available for on-call guidance during drill activities.

Blake Thomas, MSW, LCSW
Ike Skelton Training Site, Jefferson City
(573) 638-9500 x37083 Office
(573) 694-8651
Blake.R.Thomas10.civ@army.mil



PSYCHOLOGICAL HEALTH COORDINATORS

Psychological Health Coordinators (PHCs) are MOARNG's first line of support for Soldiers who need help with coping skills and strategies to address stress, depression, anxiety, family issues, and overall wellness and resilience. PHC's provide brief, solution-focused interventions and connect service members with valuable community and VA resources.

Chelsea Sherley, MSW, LCSW
ISTS, Jefferson City



(573) 638-9500 x37275 Office
(573) 658-0535 Cell
chelsea.r.sherley.civ@army.mil

Kristine Stephens, MSW, LCSW
Columbia



(573) 449-6246 x11615 Office
(573) 658-0534 Cell
kristine.a.stephens3.civ@army.mil

Emma Wangelin, MSW, LCSW
Jefferson Barracks, St. Louis



(314) 416-6675 Office
(314) 580-5089 Cell
emma.n.wangelin.civ@army.mil



AIR NATIONAL GUARD PSYCHOLOGICAL HEALTH PROGRAM

DIRECTOR OF PSYCHOLOGICAL HEALTH- MISSOURI AIR NATIONAL GUARD TEAM

What is the Psychological Health Program?

The Psychological Health Program provides free and confidential services to members of the Missouri Air National Guard and their families. The program offers convenient access to a psychological health expert for consultation, resource coordination, and emotional support. Common concerns include work and personal stressors, relationship discord, anxiety, depression, grief, and deployment challenges.

Goals and Commitment of the program

- Provide quality mental health services tailored to each individual's needs.
- Maintain confidentiality while coordinating professional services in your community.
- Provide educational resources to maintain and improve personal resiliency.
- Dispel the stigma of help seeking behaviors and mental health.

Our services

- Provide short term, brief solution that addresses issues related to conditions of living, life skills, improving relationships at home and at work, stress management, adjustment issues, marital problems, parenting, grief and loss, deployment and reintegration.
- Conduct Intake, Assessment and Referral to vetted, community based providers in your locality.
- Consultation with Unit and Wing Leadership.
- Provide free services to all Air National Guard members and their family members.

DIRECTOR OF PSYCHOLOGICAL HEALTH- MISSOURI AIR NATIONAL GUARD TEAM

Who is the Director of Psychological Health?

The Director of Psychological Health is a qualified, licensed clinical mental health practitioner responsible for working with state, local and community resources to respond to the psychological needs of Air National Guard members and their families.



Dr. Kimberly Barragan, LCSW

131st Bomb Wing-Jefferson
Barracks/Whiteman AFB, Missouri
314-527-8280 Office
314-939-0246 Cell

Kimberly.barragan@us.af.mil



Jason Dye, MSW, LCSW

139th Air Lift Wing
St. Joseph, Missouri
816-236-3356 Office
816-244-3032 Cell

Jason.dye@us.af.mil