

# MO National Guard Care Team Contacts

If there is a medical emergency, **CALL 911**

**Suicide Prevention Helpline: 1-800-273-8255 press 1**

**Risk Reduction, Resilience, & Suicide Prevention: 573-694-8652**

**Missouri 24/7 Sexual Assault Helpline: 573-694-4124**

**Missouri Family Assistance Helpline: 866-269-7959**

**If no response to listed numbers, contact MAJ Adrienne Spadavecchia: 573-690-6341**

## **Chief, Family and Warrior Support (FWS)**

MAJ Adrienne Spadavecchia  
W: 573-638-9827 (PBX 39827)  
C: 573-690-6341

## **NCOIC, Family and Warrior Support (FWS)**

MSG Pauline Laird  
W: 573-638-9500 (PBX 37096)  
C: 1-866-269-7959

## **Risk Reduction, Resilience, and Suicide Prevention (R3SP) OIC**

1LT Jacob W. Thompson  
W: 573-638-9500 (PBX 37094)  
C: 573-694-8652

## **State Family Program Director (SFPD)**

Kay Calton  
W: 573-638-9891 (PBX 39891)  
**Lead Soldier and Family Readiness Specialist (Lead SFRS)**  
Gessee S. Steck  
W: 573-638-9500 (PBX 37009)  
C: 573-777-0972

## **State Casualty Assistance Officer (CAO/CNO)**

SFC Juan Bernard  
W: 573-638-9595 (PBX 39595)

## **Retirement Services Office (RSO)**

John R. Lewis  
W: 573-638-9648 (PBX 39648)  
Lora A. Finn  
W: 573-638-9500 (PBX 37011)  
Pauline Spurgeon  
W: 573-638-9602 (PBX 39602)  
Eric Schaben  
W: 573-638-9672 (PBX 39672)

## **Transition Assistance Advisor (TAA)**

Mark S. Jones  
W: 573-638-9797 (PBX 39797)

## **DEERS/ID Card Office (Jeff City)**

SSG Amy M. Pelsor  
W: 573-638-9500 (PBX 37731 / 37732)

## **Acting Sexual Assault Response Coordinator (SARC)**

SFC Kerri McGovern  
573-638-9500 (PBX 37486)

## **State Victim Advocate Coordinator (VAC)**

SGT Benjamin C. Funk  
W: 573-638-9500 (PBX 37489)

## **Behavioral-Psychological Health Jefferson City**

### **Director of Psychological Health**

Kristin M. Baker  
W: 573-638-9500 (PBX 37083)  
C: 573-694-8651

### **Psychological Health Coordinator**

Chelsea Sherley  
W: 573-638-9500 (PBX 37275)  
C: 573-658-0535  
Rick Ashbaugh  
W: 573-638-9500 (PBX 37398)

## **State Chaplain (Jefferson City)**

CH (COL) R. Patrick Moore  
W: 573-638-9613 (PBX 39613)  
C: 573-301-6964

## **Religious Affairs Specialist**

SFC Evangeline Mckay  
W: 573-638-9677 (PBX 39677)

## **ARNG Chaplains**

### **Kansas City**

W: 816-922-5026 (PBX 35026)

### **Springfield**

W: 417-868-6069 (PBX 36069)

### **St. Louis (Jefferson Barracks)**

CH (LTC) David A. Spears  
W: 314-416-6660 (PBX 36660)

## **Passports (Jeff City)**

SGT Veronica D. Smith  
W: 573-638-9538 (PBX 39538)

**Missouri National Guard Operator: 888-526-6664 (MONG) or 573-638-9500**

The MONG Care Team Map is located at:

<https://www.moguard.ngb.mil/Programs/Care-Team-Map//>

## **Send email or call updates to:**

SGT Veronica D. Smith  
[veronica.d.smith31.mil@mail.mil](mailto:veronica.d.smith31.mil@mail.mil)  
W: 573-638-9538 (PBX 39538)

**As of 23 Nov 21**

# Army National Guard

## Risk Reduction, Resilience, and Suicide Prevention (R3SP) NCOIC

SSG Jason K. Comstock  
W: 573-638-9500 (PBX 37090)  
**Suicide Prevention Coordinator (SPC)**

Julie Minx  
W: 573-638-9557 (PBX 39557)

## Risk Reduction/SAP

Kimerly "Kim" E. Chillers  
W: 573-638-9500 (PBX 37727)  
James Howard K "Kiilani" Keeter  
W: 573-638-9596 (PBX 39596)  
Stella M. Druml  
W: 573-638-9500 (PBX 37087)

## MOARNG Drug Testing Program

SSG Sayanara N. Brown  
W: 573-638-9500 (PBX 37137)  
SSG Connally Russell  
W: 573-638-9812 (PBX 39812)

## Child & Youth Program (CYP)

Shavon R. Parker  
W: 573-638-9500 (PBX 37739)  
C: 573-353-7501  
Katie L. Tohill  
W: 573-638-9500 (PBX 37729)  
C: 573-353-7491

## Education and Incentives NCOIC; Bonuses, SLRP, BRS-CP

SFC Stephanie Wakeland  
573-638-9500 ext. 37051  
**Federal Tuition Assistance**  
Mr. Bryan Steele  
573-638-9500 ext. 37053

## State Tuition Assistance

Ms. Brenella Mehrhoff  
573-638-9500 ext. 37023

## SLRP/Bonuses

SSG Autumn Malloy  
573-638-9500 ext 37690  
SGT Martina Meng  
573-638-9500 ext 39367

## GI Bill

SGT Stephen Embree  
573-638-9500 ext 37052

## Yellow Ribbon Reintegration Program (YRRP)

MAJ Erick Turley - OIC  
W: 573-638-9500 (PBX 37093)  
C: 660-238-4617  
SFC Michael Geiger - NCOIC  
W: 573-638-9504 (PBX 39504)  
C: 573-321-0152

# Air National Guard

## Whiteman Air Force Base / St. Louis 131<sup>st</sup> BW Directors of Psychological Health

Bethany A. Harris  
W: 660-687-7407  
C: 314-753-0342  
Kimberly Barragan  
C: 314-939-0246  
Dedicated to Local Bomb Wing

## 131<sup>st</sup> BW Yellow Ribbon Support Specialist (YRSS)

Hannah Helmkamp  
W: 660-687-2369

## 131<sup>st</sup> Chaplain Services

Lt Col Sam Smith  
C: 636-248-8972  
Maj Charlie Dey  
C: 314-299-3363

## 131<sup>st</sup> Sexual Assault Response Program

Mrs. Jennifer Calcote  
W: 660-687-2650  
C: 660-563-0666  
SAPR Hotline: 660-687-7272

## 131<sup>st</sup> Airman & Family Readiness Program

Mona Wendzillo  
W: 660-687-7972

## 131<sup>st</sup> Inspector General

Vacant  
W: 660-687-6963

## 131<sup>st</sup> Equal Opportunity

MAJ Jocelyn Southerland  
W: 660-687-5736

## 131<sup>st</sup> Human Resource Advisor

Mr. James Ethington—JB  
W: 660-687-7519

## 131<sup>st</sup> Domestic Abuse Victim Advocate-WAFB

Luzmeilyn Camper  
W: 660-687-5509

## St. Joseph 139<sup>th</sup> AW Director of Psychological Health

Vacant  
W: 816-236-3356  
C: 816-244-3032  
Dedicated to Local Air Wing

## 139<sup>th</sup> AW Sexual Assault Response Coordinator (SARC)

Jennifer "Jen" Streeter  
W: 816-236-3008  
C: 816-341-3348

## 139<sup>th</sup> AW Airmen & Family Readiness Program Manager (AFRPM)

Amy M. Mathias  
W: 816-236-3511  
C: 816-390-2777

## 139<sup>th</sup> AW Chaplain

CH (Lt Col) Marty Clary  
W: 816-236-3236  
C: 816-390-0975

## 139<sup>th</sup> AW Yellow Ribbon Support Specialist (YRSS)

Mary Katharine "Kathy" Kapp  
W: 816-236-3064

## 139<sup>th</sup> AW Military and Family Life Counseling (MFLC)

Karen O'Dea  
W: 816-236-3199  
C: 816-722-0342

## Education and Incentives

W: 573-638-9633  
Fax: 573-638-9822

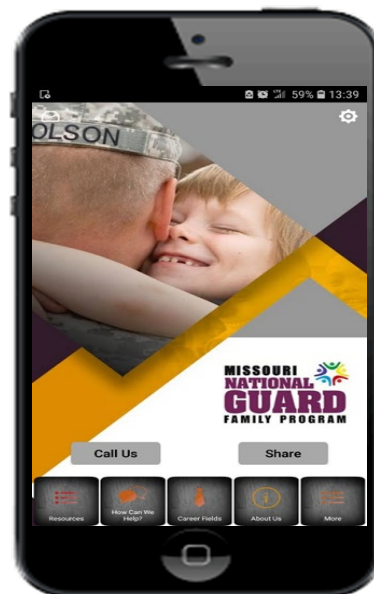
## 139<sup>th</sup> Equal Opportunity

MSgt. Sara Linthacum  
W: 816-236-3837

## 139<sup>th</sup> Human Resource Advisor

TSgt Jamie Israel  
W: 816-236-3264

The Family & Warrior Support (FWS) mobile app is free and available for both iOS and Android devices. To download, search for 'MONG Family & Warrior Support or scan the codes below.



# Servicing All Branches of Service

## **Soldier and Family Readiness Specialist (SFRS)**

### **St. Joseph**

Vacant

W: 816-390-8693 (PBX 15402)

C: 816-565-3400

### **Kansas City (Ozark Armory)**

Dermoth "Danny" K. Higgins

W: 816-922-5000 (PBX 35106)

C: 573-301-4565

### **Joplin**

Neil M. Lamont III

W: 417-624-0722 (PBX 13132)

C: 417-430-5199

### **Springfield**

Nicholas L. Carnes

W: 417-868-6024 (PBX 36024)

C: 417-425-3452

### **Fort Leonard Wood**

Antoinette S. Clark

W: 573-329-9000 (PBX 39027)

C: 573-508-2878

### **Cape Girardeau**

Michael L. Woods

W: 573-339-6206 (PBX 16206)

C: 573-508-8656

### **St. Louis (Jefferson Barracks)**

Ryan G. Fisher

W: 314-416-6638 (PBX 36638)

C: 636-535-7333

### **Bridgeton**

Krystl D. Jessop

W: 314-832-1158 (PBX 13008)

C: 314-914-9328

### **Jefferson City (Blue Armory)**

Marie C. Ward

W: 573-659-1600 (PBX 31626)

C: 573-489-7463

### **Macon**

Christopher S. Smead

W: 660-385-1167 (PBX 13716)

C: 573-529-6312

### **Sedalia**

Carla M. Caldwell

W: 816-559-4100 (PBX 34022)

C: 660-351-5877

### **Lexington**

Bryan E. Dodge

W: 660-259-4262 (PBX 13620)

C: 660-351-5659

## **DEERS / ID Cards – Call Ahead**

### **Cape Girardeau**

573-339-6204 (PBX 16204)

### **Fort Leonard Wood (35<sup>th</sup> EN BDE)**

573-329-9000 (PBX 39111)

### **Jefferson City (ISTS)**

573-638-9500 (PBX 37731 / 37732)

### **Kansas City (Ozark Armory)**

816-922-5033 (PBX 35121)

### **Lexington**

660-259-7731 (PBX 13623)

### **Sedalia**

573-638-9500 (PBX 34020)

### **St. Joseph**

816-236-3330

### **St. Louis (Jefferson Barracks)**

314-416-6619 (PBX 36619)

### **Springfield**

573-638-9500 (PBX 36046)

## **TRICARE - West Region**

844-866-9378 [www.tricare-west.com](http://www.tricare-west.com)

## **TRICARE - East Region**

800-444-5445 [www.tricare-east.com](http://www.tricare-east.com)

## **TRICARE For Life (TFL) with Medicare**

### **A&B**

866-773-0404 [www.tricare4u.com](http://www.tricare4u.com)

## **TRICARE Pharmacy**

877-363-1303

[www.express-scripts.com](http://www.express-scripts.com)

## **Active Duty Dental Program (ADDP)**

**For AGRs & ADOS w/over 30-day order**

866-984-2337 [www.addp-ucci.com](http://www.addp-ucci.com)

## **TRICARE Dental Program (TDP)**

**For M-Days & All Family Members**

844-653-4061 [www.uccitdp.com](http://www.uccitdp.com)

## **Retiree Dental Program**

888-888-3337 [www.benefeds.com](http://www.benefeds.com)

## **M-Days & All Family Members Vision**

877-888-3337 [www.benefeds.com](http://www.benefeds.com)

## **Retiree Vision Program**

877-888-3337 [www.benefeds.com](http://www.benefeds.com)

## **Food Pantries**

### **VFW, Jefferson City**

Judy Minard

C: 573-694-8831

Patty Lecomte

C: 573-645-1955

### **St. Louis**

Linda Ferguson (JB)

C: 314-650-0188

## **Retiree Council Members**

### **Northeast Region-**

Alan Garrison

[Alan.garrison@juno.com](mailto:Alan.garrison@juno.com)

### **East-**

Bill Leeper

314-487-3863

314-580-8768

[billandal@SBCglobal.net](mailto:billandal@SBCglobal.net)

David Riley

314-750-6584

[lucilleriley@SBCglobal.net](mailto:lucilleriley@SBCglobal.net)

John Argent

314-843-2807

[silver9800@SBCglobal.net](mailto:silver9800@SBCglobal.net)

Bob Julius

314-846-7743

314-608-3751

[julius6275@SBCglobal.net](mailto:julius6275@SBCglobal.net)

David Simons

314-892-0939

314-578-6248

[dhsimons@sbcglobal.net](mailto:dhsimons@sbcglobal.net)

Tony Cosentino

636-296-9908

314-422-3436

[tpcosentino@sbcglobal.net](mailto:tpcosentino@sbcglobal.net)

### **Southeast-**

Matt Jenkins

573-335-1286

[mattjenx@wildblue.net](mailto:mattjenx@wildblue.net)

Donal Firebaugh

573-783-5447

537-783-9436

[firebaughd@yahoo.com](mailto:firebaughd@yahoo.com)

### **Central-**

Todd Henderson

573-814-6000 ext 53071

[todd.hendersom@va.gov](mailto:todd.hendersom@va.gov)

Bob Proctor

573-257-6074

[normanrproctor@gmail.com](mailto:normanrproctor@gmail.com)

### **Northwest-**

Gaila Sullivan

816-436-5860

[sulli819@Hotmail.com](mailto:sulli819@Hotmail.com)

Randy Rodenberg

660-329-0540

[breazydaze@yahoo.com](mailto:breazydaze@yahoo.com)

Sam Smith

573-378-7595

[samsmith7595@gmail.com](mailto:samsmith7595@gmail.com)

## **Retiree Council Members Cont.**

### **West-**

Gary Boyd

816-835-1043

[boydg@umkc.edu](mailto:boydg@umkc.edu)

### **Southwest-**

James Dunn

417-438-1985

[sfcdunn@sbcglobal.net](mailto:sfcdunn@sbcglobal.net)

Mark Bartley

417-223-4415

[markbartley54@yahoo.com](mailto:markbartley54@yahoo.com)

## **Survivor Outreach Services (SOS)**

### **Jefferson City**

Cynthia J. Fields

W: 573-638-9500 (PBX 37784)

C: 573-508-2868

### **Springfield**

Kristina "Kristie" E. Cross

W: 417-868-6006 (PBX 36006)

C: 417-496-7940

### **St. Louis (Jefferson Barracks)**

Janice M. Moore

W: 314-416-6600 (PBX 36543)

C: 314-327-5707

Scott M. Tessin

W: 314-416-6600 (PBX 36635)

C: 314-201-1418

## **Missouri Veteran Centers**

### **Columbia**

4040 N. Rangeline Street Suite #105

Columbia, MO 65202

573-814-6206

### **Kansas City-**

4800 Main Street Suite #107, Kansas City,

MO 64112

816-922-5300

### **Springfield-**

3616 S. Camobell Avenue, Springfield, MO

65807

417-881-4197

### **St. Louis-**

287 N. Lindbergh Blvd, St. Louis, MO

63141

317-894-5739

## **Military One Source**

800-342-9647