



Recce Resilience

Current as of August 20th 1200

During this time of significant changes due to the COVID-19 outbreak, we understand that these are trying times on Airmen and their families. For assistance, please see below for the on base support.

9RW Chaplain Corps - Serving Active Duty and Family Members

9 RW Chaplain Corps Counseling Services are open during normal duty hours. Limited walk-in availability.

Please call in advance: 530-634-4705

The Chaplain Corps has a Chaplain and a Religious Affairs Airmen available 24/7, daily that can provide counseling and crisis assistance in person or over the phone. The contact method is through the Beale Command Post who will notify the on-duty Chaplain.

Command Post: 530-634-5700

True North Active Duty Only

True North Religious Support Teams (RSTs) Available during normal duty hours:

Chaplain Capt Caskey: (530) 634-0949 / Cell: (530) 434-4735
MSgt King: (530) 634-8261 / Cell: (530) 434-8173
Chaplain Capt George Kahl: 530-634-9561/Cell: 530-812-5091
Beale Command Post after duty hours: 530-634-5700

Also available through True North (TN): 24/7 – Ms. Alysa Johnson, TN Clinical Oversight Manager, for extreme stress reactions. Available via phone during COVID-19. The member's CC or CCF may contact Ms. Johnson by cell if the need arises.

Beale AFB Military Family Life Counselors (MFLCs) available for Active Duty & Family Members

Military Family Life Counselors For Adults (By Appointment Only; Call Between 0800-2000L):
(530) 434-3705 / (530) 777-8170
mflcbeale@gmail.com

Child and Youth Military Family Life Counselors:
Shari Mosely 530-599-1000
Jenelle Okkerse 530-777-8450

MFLCs are able to meet with the member or family member at any location of their choosing, minus the member's home. Please call for appointments.

548th Airmen Resiliency Team (ART) for Airmen and Family Members

Coaching, education and consultation for 548th Airmen. The ART can see family members with the active duty member for couples/coaching, and works to address questions/concerns/suggestions from family members whenever possible.

Maj Joanna Ho, 548ISR Group Psychologist
Mental Health Technician, MSgt James Elliott

Walk-ins welcome. Availability during day-time shifts. Available during other shifts when requested. Please contact us below for appointments and questions:

Email: 548ISRG.ART.ARTDISTRO@us.af.mil
Facebook: <https://www.facebook.com/548thART/>

The 548th Airman Resiliency Team also has a Chaplain & a Religious Affairs NCO that are available with 100% confidentiality & will see dependents individually. Please use the contact information provided above for appointments.

940th Air Refueling Reserve Wing

Molly Noyes, LCSW, Director of Psychological Health
Available for Airmen of the 940th and their families
Cell: (530) 632- 8613

Monday-Friday 0730-1600 with ability to flex hours based on needs.
Leave a voicemail, text, or email to make future appointments

Military One Source

Non-Medical counseling for Active Duty and Family Members available 24/7: 1-800-342-9647

Landing page (updated continually): <https://www.militaryonesource.mil/coronavirus>

OSD FAP-produced article: Navigating Relationship Safety during the COVID-19 Pandemic:
<https://www.militaryonesource.mil/family-relationships/family-life/preventing-abuse-neglect/navigating-relationship-safety-during-the-covid-19-pandemic>

OSD FAP-produced article: Staying Safe while Staying Healthy (Tips for Military Families):
<https://www.militaryonesource.mil/family-relationships/family-life/preventing-abuse-neglect/staying-safe-and-healthy>

Chill Drills: free audio files that can be downloaded to assist with relaxation, pain, sleep, etc.
<https://www.militaryonesource.mil/products#!detail/55>

Suicide Prevention

Suicide Crisis Line: 916-368-3111
VA/Military Crisis Line: 1-800-273-8255, Press 1 for 24/7 access
When in doubt, call **9-1-1** and remain with the person until emergency services arrive.

Resources for pregnant women, parents with young children, and military families

Guidance from CDC on COVID-19 for Pregnant Women (updated continually):
<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnant-women-and-children.html>

From Zero to Three- Tips for parents of small children for activities, wellness, and how to talk to your children about coronavirus: <https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

From the National Child Traumatic Stress Network- Parent/caregiver guide to helping families cope with the stress of the coronavirus: <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

From Uniformed Services University Center for Traumatic Stress- Helping Homebound Children during COVID-19 Outbreak: https://www.cstsonline.org/assets/media/documents/CSTS_FS_Helping_Homebound_Children_during_COVID19_Outbreak.pdf

From Uniformed Services University Center for Traumatic Stress- Taking Care of Your Family During Coronavirus: https://www.cstsonline.org/assets/media/documents/CSTS_FS_Corona_Taking_Care_of_Your_Family.pdf.pdf

Resources for Domestic Abuse Victims

From the National Domestic Violence Hotline- Staying safe during COVID-19: <https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/>

From the National Domestic Violence Hotline- Safety planning with children: <https://www.thehotline.org/2013/04/12/safety-planning-with-children/>

National Hotlines

Local Suicide Crisis Line: 916-368-3111
VA/Military Crisis Line: 1-800-273-8255, press 1 for 24/7 access
Domestic Violence Hotline: 1-800-799-7233
National Substance Abuse Helpline: 1-800-662-HELP (4357)
National Alliance on Mental Illness (NAMI): 1-800-950-NAMI (6264)
Crisis Text Line: text CONNECT to 741741

Beale Mental Health (MH) Clinic

Available during duty hours: 634-3420 or Walk-in Available
Beale Command Post after duty hours: 530-634-5700

Helpful Mental Health Apps

