



Recce Resilience

Current as of April 8th 2020

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:

Capt Caskey: (530) 634-0949 / Cell: (530) 434-4735
MSgt King: (530) 634-8261 / Cell: (530) 434-8173
Chaplain Findley: 530-634-9561/Cell: 530-812-5091
MSgt Ross: 530-634-9566 / Cell 530-812-5191
Beale Command Post after duty hours: 530-634-5700

Also available through True North (TN): Ms. Alysa Johnson, TN Clinical Oversight Manager, for extreme stress reactions 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

Family Life Counselors (By Appointment Only; Call Between 0800-2000L):

(530) 218-4023 / (530) 708-0844

MFLCs are currently able to provide non-medical counseling for adults telephonically or by video. MFLCs can be reached by telephone to request a counseling appointment.

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

Coaching, education and consultation for 548th Airmen. The 548th 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. The 548th ART is currently assisting Airmen through a combination of on-site daily presence and telework.

Maj Joanna Ho, 548 ISR Group Psychologist: Available for tele-coaching. Meetings held via telephone and/or <https://doxy.me/dgs2psych> Mon/Weds/Thurs: 1000-1200, and 1400-1700 530-634-6914 (office); 916-846-4071 (cell)

Chaplain Jensen: Available for tele-counseling appointments (individual or couples; 100% privileged communication) Meetings held via telephone, video chat, Zoom, etc. Contact via phone or e-mail to schedule: valdon.jensen.1@us.af.mil or vstevejensen@gmail.com 530-634-8094 (office); 530-755-7427 (cell)

MSgt James Elliott, Mental Health Technician: Available for tele-coaching. Meetings held via telephone, Facebook Messenger, Zoom, etc. Contact via email to schedule: jelliamesott@gmail.com with dates, times, and desired topic of coaching. 530-634-1954 (office); 530-557-5455 (cell)

Please contact the ART Team for appointments and questions:

Comm: (530) 634-6914

Email: 548ISRG.ART.ARTDISTRO@us.af.mil

Facebook: <https://www.facebook.com/548thART/>

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>

Air Force Employee Assistance Program (EAP)

Non-Medical counseling available for GS and NAF Civilian Employees:
1-866-580-9078 or register at MagellanAscend.com, click on Find Care, select the Location tab, under Choose a Provider, select Telehealth EAP

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

