

## Resource List

### Yellow Ribbon Event and Resource Fair

Pease ANGB – 5 January 2014

#### NH Veterans Resource Directory for NH

<http://www.nhes.nh.gov/forms/documents/digest-size-718a.pdf>

---

**Karen Morton-Clark**  
**NHANG Yellow Ribbon Program Manager**  
**Contractor, MPSC**  
**157<sup>th</sup> Air Refueling Wing**  
**302 Newmarket Street**  
**Building 145, Second Floor**  
**Pease ANGB, NH 03803-0157**  
**Phone: 603-430-3272**  
**DSN: 852-3272**  
**Email: [Karen.Morton-Clark@ang.af.mil](mailto:Karen.Morton-Clark@ang.af.mil)**

The mission of the Yellow Ribbon Program is to promote the well-being of National Guard and Reserve Service Members, their families and communities, by connecting them with resources during all deployment phases. This mission is accomplished primarily through Yellow Ribbon Events that feature an array of resources that provide relevant, timely and valuable information to service members and families with a focus on minimizing stress and maximizing resiliency.

---

**Bonnie Lee Rice**  
**Airman & Family Readiness Program Manager**  
**Building 100, 2<sup>nd</sup> Floor, Pease ANGB**  
**Office: (603) 430-3545**  
**DSN: 852-3545**  
**Cell: (603) 828-3892**  
**Emergency 24-hour hotline: 1-800-472-0328**  
**Email: [bonnie.rice@ang.af.mil](mailto:bonnie.rice@ang.af.mil)**

The Airman and Family Readiness Program provides leadership, unit commanders and service members with the resources, support, and training needed to innovatively empower military family self-reliance during all phases of the deployment cycle. This is a confidential service available 24/7 that focuses on continuously improving communication through Family Readiness, Family Assistance and Youth Support.

---

---

**Chaplain****LtCol Robert Cordery****Building 100, 2<sup>nd</sup> Floor, Pease ANGB****Office: (603) 430-3456****DSN: 852-3456****Email: [robert.cordery@ang.af.mil](mailto:robert.cordery@ang.af.mil)**

The Chaplain provides spiritual and emotional support and guidance to Service Members and Families through all stages of deployment and in all stages of life. Chaplain "Father Bob" also provides support and resources related to suicide prevention, as well as the Strong Bonds Program to increase individual service member and family member readiness through relationship education and skills training.

---

**Stephanie Gould****Military and Family Life Consultant (MFLC)****Joint Family Support Assistance Program (JFSAP)****New Hampshire****Phone: 603-726-1438****Email: [Stephanie.X.Gould@healthnet.com](mailto:Stephanie.X.Gould@healthnet.com)**

The program was designed to deliver short term, situational, problem-solving non-medical counseling services. MFLC support addresses issues that occur specifically within the military lifestyle and helps Service members and their families cope with normal reactions to the stressful/adverse situations created by deployments and reintegration. The services of MFLCs are intended to augment existing military counseling services.

The consultants' role in this program is unique in that they are not working as traditional therapists. The primary MFLC role is to assess needs, provide support or refer to appropriate resources as necessary. Assisting a Military Service member and/or family in developing an action plan to address a problem is a key component of the program. All consultants work under the direction of an MHN clinical supervisor and a military point of contact (POC).

---

**Jena Palisoul, CFP, MSFS, ChFC**  
**New Hampshire**  
**Phone: 603-303-2657**  
**Email: [jpalisoul@mflc.zeiders.com](mailto:jpalisoul@mflc.zeiders.com)**

The Military and Family Life Counselor (MFLC) Program includes Personal Financial Counseling (PFC) to help you and your family manage finances, provide assistance with budgeting and credit management, navigating benefits, and resolving financial problems and reach long-term goals such as getting an education, buying a home and planning for retirement. PFC services are NO cost, private and confidential.

---

**TechWerks – Certified Master Resiliency Training**  
**Brigadier General (retired) Rhonda Cornum, PhD, MD**  
**[info@technologywerks.com](mailto:info@technologywerks.com)**  
**Jill Antonishak, PhD**  
**[jillantonishak@gmail.com](mailto:jillantonishak@gmail.com)**  
**Christopher Poe**  
**804-955-9846**  
**[chris@technologywerks.com](mailto:chris@technologywerks.com)**

TechWerks Resilience provides training on thinking, communication, and decision-making skills to help people be more physically fit, mentally tough, and emotionally strong. Resilience—or the ability to withstand, recover, and grow in the face of stressors and changing demands—is not one specific skill; it is a set of resources and skills that promotes effective problem-solving, adaptability, positive coping, self-regulation, and social support. TechWerks Resilience programs are truly a comprehensive strengths-based, promotion program designed to create a force of "optimally fit" individuals by building resilience and enhancing performance.

TechWerks Resilience programs are backed by science, practical, and designed to provide concrete skills that participants can begin using immediately. Each of the skill areas includes interactive activities, and the modules are designed to be multimodal and interactive. They have a training specifically geared to Airmen and their Family Members.

---

**NHANG Psychological Health Program**  
**Michael Jarzombek Psy.D., LCMHC**  
**Building 145, Room 222**  
**Cell: 603-498-7132**  
**Email: [michael.jarzombek.ctr@ang.af.mil](mailto:michael.jarzombek.ctr@ang.af.mil)**

The Psychological Health Director provides assessment, confidential counseling, problem resolution, and follow up for service members. This position also works with leadership to identify trends and problems, and recommend solutions, especially on complex problems that may have large scale implications. The DPH may also assign clients to affiliate counselors for assessment and short term problem resolution counseling, and to appropriate resources for care, and performs follow-up and case management services.

---

**Health Net Federal Services**  
**Tricare North Region**  
**1-877-TRICARE (877-874-2273)**  
**[www.hnfs.com](http://www.hnfs.com)**

Health Net, Inc. is a publicly traded managed care organization that delivers managed health care services through health plans and government-sponsored managed care plans. Its mission is to help people be healthy, secure and comfortable. Health Net, through its subsidiaries, provides and administers health benefits to approximately 5.4 million individuals across the country through group, individual, Medicare (including the Medicare prescription drug benefit commonly referred to as "Part D"), Medicaid, U.S. Department of Defense, including TRICARE, and Veterans Affairs programs. Health Net's behavioral health services subsidiary, Managed Health Network, Inc., provides behavioral health, substance abuse and employee assistance programs to approximately 4.9 million individuals, including Health Net's own health plan members. Health Net's subsidiaries also offer managed health care products related to prescription drugs, and offer managed health care product coordination for multi-region employers and administrative services for medical groups and self-funded benefits programs.

---

**Mary Heathman**

**President**

**Military Spouses Club**

**Phone: 603-430-3272**

**Email: [peasemilitaryspousesclub@gmail.com](mailto:peasemilitaryspousesclub@gmail.com), [maryheathman@msn.com](mailto:maryheathman@msn.com)**

The Military Spouses Club is open to spouses and significant others (male or female) of Active, Reserve, National Guard, and Retired members from all branches of service. The mission of the Military Spouses Club is to support military spouses, service members (single and married) and their families. We also strive to invest in our local communities by supporting local charities and town projects.

---

**John Reed**

**Martin's Point Healthcare**

**Uniformed Services Family Health Plan**

**Health Benefits Specialist**

**161 Corporate Dr**

**Portsmouth, NH 03801**

**603-430-5057 (office)**

**603-651-7112 (cell)**

**[John.reed@martinspoint.org](mailto:John.reed@martinspoint.org)**

Martin's Point is contracted with the DOD to provide a Tricare Prime Health Benefit (the Uniformed Services Family Health Plan) covering ME, NH, VT, NY and northern PA. If you live within Martin's Point market area you are fortunate to have more than one Tricare Prime Option. Martin's Point provides a large civilian network of over 5,000 Primary Care Providers and over 14,000 Specialists. Martin's Point Health Benefits Specialists are also available to educate military service members, retiree's, and their families on their military health benefit options to assist them in making the best decision when it comes to selecting their healthcare.

---

**Kristin M. Maxwell, LCSW**  
**OEF/OIF/OND Program Manager**  
**VA Medical Center**  
**718 Smyth Rd.**  
**Manchester, NH 03104**  
**(603) 624-4366, ext. 6483**  
**[kristin.maxwell@va.gov](mailto:kristin.maxwell@va.gov)**

**James T. Mazzuchelli, LICSW**  
**OEF/OIF/OND Case Manager**  
**VA Medical Center**  
**718 Smyth Rd.**  
**Manchester, NH 03104**  
**Phone: (603) 624-4366, ext. 6932**  
**[james.mazzuchelli@va.gov](mailto:james.mazzuchelli@va.gov)**

The OEF/OIF/OND Transition Program serves to meet the needs of veterans whom have served active duty during a time-frame which falls between 11/11/1998-present date. Our team helps link veterans with the benefits they are entitled to, and to review an array of other available social service resources based on need. As our program name implies, we assist veterans and their families through the transition phase to help reintegrate them back home and into the civilian sector

---

**Chrystn Fisher**  
**Intake Coordinator**  
**Easter Seals NH, Military and Veterans Services**  
**555 Auburn St.**  
**Manchester, NH 03103**  
**Cell: (603)315-4354**  
**Email: [cfisher@eastersealsnh.org](mailto:cfisher@eastersealsnh.org)**

The Care Coordination Program is a one-of-a-kind New Hampshire program that provides comprehensive, free, and confidential support designed to meet the unique needs of Service Members and their families. Our care coordinators work individually with Service Members/Families in their home or local community to help address any challenges they are facing. They also have access to emergency assistance funds should they be needed. The program works in conjunction with existing military, VA and other community programs, and is an important part of the full range of Service Member/family support services available to you and your family.

---

**Lisa A. Aldridge - Contractor**  
**NH Transition Assistance Advisor (TAA)**  
**Skyline Ultd Inc.**  
**Tel. 603-225-1309**  
**Cell 603-568-4656**  
**[lisa.a.aldridge.ctr@mail.mil](mailto:lisa.a.aldridge.ctr@mail.mil)**

The NH TAA is a VA/TRICARE and benefits trained expert providing education, advocacy and assistance with Federal and State benefits and resources for all branches and eras, including Retirees and Family Members in NH. THE TAA helps veterans connect to the benefits they have earned. It is her job to know what the benefits are, know who the points of contact are at the different organizations, and to ensure timely enrollment. It is also her job to “cut through the red tape” if you encounter any difficulties along the way.

---

**Sexual Assault Prevention and Response Program (SAPR)**  
**1<sup>st</sup> Lt. Aaron McCarthy**  
**Building 100 – Pease ANGB**  
**Phone: (603) 430-3461**  
**DSN: 852-3461**  
**Email: [aaron.mccarthy@ang.af.mil](mailto:aaron.mccarthy@ang.af.mil)**

Through preventative education, civilian partnerships, bystander intervention, and victim advocacy, SAPR empowers Service Members to report incidents they’ve experienced, and recognize when they or someone they know may be in a dangerous situation.

---

**Military One Source**  
**John Nelson**  
**New Hampshire**  
**Phone: (603) 491-6612**  
**Email: [john.nelson@militaryonesource.com](mailto:john.nelson@militaryonesource.com)**  
**[www.militaryonesource.mil](http://www.militaryonesource.mil)**

Military OneSource is a confidential Department of Defense-funded program providing comprehensive information 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, relationship, grief, spouse employment and education, parenting and child care, and much more.

---

## **ESGR**

**James (Jim) Goss, Executive Director**

**New Hampshire**

**Phone: (603) 225-1342**

**Email: [james.goss@us.army.mil](mailto:james.goss@us.army.mil)**

ESGR is dedicated to providing information and education to the business community on the rights and responsibilities of Guard or Reserve members who may be in their employ. They also recognize employers who have gone above and beyond in supporting their Guard or Reserve employees, through various awards and other types of recognition.

The ESGR Ombudsman Services Program was established to provide information, counseling, and mediation on issues related to the Uniformed Services Employment and Reemployment Rights Act (USERRA). Specially trained Ombudsmen are available to assist members of the Guard and Reserve and employers in resolving disputes related to military service in the Uniformed Services through mediation.

---

## **Hero to Hired**

**John Willbarger**

**New Hampshire**

**Phone: 603-227-1485**

**Email: [jwillbarger@a-teamsolutions.com](mailto:jwillbarger@a-teamsolutions.com)**

Hero2Hired (H2H) was created to make it easy for Reserve Component service members to connect to and find jobs with military-friendly companies. H2H also offers career exploration tools, military-to-civilian skills translations, education and training resources, as well as a mobile app. Support for H2H is provided through the Department of Defense's Yellow Ribbon Reintegration Program.

---

## **Small Business Administration (SBA)**

**Miguel A. Moralez, Jr.**

**Veterans Business Development Specialist**

**New Hampshire**

**Phone: 603-225-1601**

**Email: [Miguel.moralez@sba.gov](mailto:Miguel.moralez@sba.gov)**

The US SBA was created in 1953 as an independent agency of the federal government to aid, counsel, assist and protect the interests of small business concerns; to preserve free competitive enterprise; and to maintain and strengthen the overall economy of our nation. Small business is critical to our economic recovery and strength, to building America's future, and to helping the United States compete in today's global marketplace.

**Personnel Systems Manager**  
**Pease ANGB**  
**TSgt Patrice Foggarty**  
*Your source for DEERS info and more.*  
**Phone: (603) 430-3511**  
**DSN: 852-3511**  
**Email: [patrice.foggarty@ang.af.mil](mailto:patrice.foggarty@ang.af.mil)**

---

**Retention Office Manager**  
**Pease ANGB**  
**MSgt Dan Pollard**  
**Phone: (603)**  
*Your source for the Post 9-11 GI Bill and more.*  
**Phone: (603) 430-3507**  
**DSN: 852-3507**  
**Email: [dan.pollard@ang.af.mil](mailto:dan.pollard@ang.af.mil)**

---

**Red Cross**  
**American Red Cross Service to the Armed Forces National Hotline for Emergency Services:**  
**1-877-272-7238**  
**NH Regional SAF Number**  
**603-318-8200**

Red Cross is in fact always there to insure that emergency or important events information can and will be accessible to our military personnel. Specifically, the ARC has an SAF presence on military installations throughout the world, on bases in the US, overseas and in "hostile" settings where our troops are in a day-to-day combat environment. In the US, our chapters are immediately accessible to all of our military partners, through phone, email and/or a short drive by a trained SAF ARC paid staff or volunteer.

---

**JAG**  
**LtCol Thaddeus Day**  
**Pease ANGB**  
**Building 100**  
**Phone: (603) 430-2758**  
**DSN: 852-2758**  
**Email: [thaddeus.day@ang.af.mil](mailto:thaddeus.day@ang.af.mil)**

The JAG provides legal assistance and reviews issues that could be facing deployers including changes to parental rights orders, child support orders, family care plans, guardianship documents, powers of attorney documents, and will documents. He also reviews protections that may need addressing under the Service Members Civil Relief Act.

---

**Operation Military Kids**  
**Charlotte Cross, Program Director**  
**UNH Cooperative Extension**  
**Phone: (603) 862-2495**  
**Email: [Charlotte.Cross@unh.edu](mailto:Charlotte.Cross@unh.edu)**

OMK collaborates with groups across the state to provide sustainable local support services to military youth before, during, and after their family members are deployed.

OMK creates networks of support for the military children and connects them with other military and non-military youth through a variety of recreational, social and educational programs.

OMK works to raise community awareness and foster understanding about the impact of the deployment cycle on the military member, family, child and larger community.

OMK organizations act as resources for military children/families for things like summer camps, after school programs, youth councils, and more.

---

**Manchester Vet Center**  
**Kevin Sullivan**  
**Outreach Specialist**  
**1461 Hooksett Rd., B6**  
**Hooksett, NH 03106**  
**Phone: 603-668-7060**

Call with any questions you have.

---

**Loren Haberski, LICSW**  
**Suicide Prevention Coordinator**  
**Manchester VA Medical Center**  
**718 Smyth Rd**  
**Manchester, NH 03104**  
**603-624-4366 Ext 2150**  
**[Loren.Haberski@va.gov](mailto:Loren.Haberski@va.gov)**

The VA tries to reach veterans by publicizing its mental health services at community and sports events, such as NASCAR races at Loudon. At those events, veterans can sign right up for help. "We're at pretty much every event where there might be veterans," Haberski says.

---

**Sarah Ward**  
**CADCA Vetcorps Prevention Coordinator**  
**Americorps VISTA**  
**10 Ferry Street, Suite 307**  
**Concord, NH 03301**  
**603-225-9540 Ext. 117**  
**[sward@new-futures.org](mailto:sward@new-futures.org)**

Sarah serves New Futures as the CADCA VetCorps sponsored Prevention Coordinator and focuses on enhancing the coalition's capacity to represent veterans' perspectives. Her specific focus is on substance abuse and mental health issues that Veteran, Active Duty Military and their families face within New Hampshire.

---

**Workforce Housing Coalition of the Greater Seacoast**  
**Ashlee Iber, Executive Director**  
**One Middle Street, Suite 211**  
**PO Box 4772**  
**Portsmouth, NH 03802-4772**  
**603-205-0539**  
**[ashlee@seacoastwhc.org](mailto:ashlee@seacoastwhc.org)**

The mission of the Workforce Housing Coalition of the Greater Seacoast is to be a catalyst for the development of a range of housing options for the diverse workforce in the Greater Seacoast region of New Hampshire and Maine.

---

**A Safe Place**  
**Karen McCall**  
**Education & Volunteer Coordinator**  
**M-Th 603-890-6393**  
**Fri 603-436-4619**  
**Cell 603-321-6818**  
**[karenm@asafeplacenh.org](mailto:karenm@asafeplacenh.org)**

A Safe Place was founded in 1976 to prevent and eliminate domestic abuse. We are a non-profit organization that provides free shelter and support services for those who need them. **All services are free and confidential.**

---