



Psychological Health Program (PHP)



The USAR Behavioral Health (BH) resource

<https://www.usar.army.mil/PHP/>

USARC HQ Mailbox for the Psychological Health Program:

usarmy.usarc.usarc-hq.mbx.psychological-health-program@army.mil



OPERATION ORDER 21-043



United States Army Reserve Command (USARC) Psychological Health Program (PHP)

The scope of our program
as outlined by LTG
Daniels (April 2021):



OPORD 21-043
USARC PHP



Victory In Health!



Mission:

To achieve and sustain the most resilient and mentally fit Reserve force in the Nation.

Vision:

To provide trained, ready, and proficient psychological health professionals who are passionate about delivering world-class behavior health services to USAR Soldiers across the nation.

Who We Are:

The PHP is an Army Reserve specific program. We understand the stressors of Army Reserve Soldier responsibilities of balancing a civilian job, school, family, work, and being a Soldier.

The Psychological Health Program is run by USARC's Surgeon Directorate, with professionals in each Readiness Division who are ready to assist all levels of the USAR.



What We Do



✓ Soldier Assistance

- Assess Soldier needs
- Connect to suited resources/supports
- Assist with BH profile questions



✓ Command Consultation

- Serve as SMEs who can advise on behavioral health (BH) profiles, regulations, evaluations, processes, etc.
- Discuss options and resources to assist Soldier with BH needs.

✓ Case Management

- Assist Soldiers in complicated/severe situations
- Serve as a bridge between Soldier, Command, and other programs

✓ Unit Support & Education

- Train units on mental health issues and resources
- Support units after a Soldier death, in collaboration with Command and Chaplains



Current USARC PHP Contact Info.



Director, Psychological Health Program

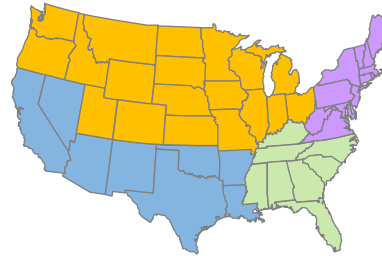
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Program Manager

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<u>63RD</u>	<u>88th</u>	<u>81st</u>	<u>99th</u>
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<p>NCM Jill Robinson, RN Cell: 726-206-4895 Jill.E.Robinson9.ctr@army.mil</p>	<p>NCM Bruce Kyllonen, RN Cell: 507-399-6985 Bruce.A.Kyllonen.ctr@army.mil</p>	<p>NCM TBA 803-949-8859</p>	<p>NCM TBA 848-313-4418</p>
Coming soon	Coming soon	Coming soon	Coming soon
Floating DPHs provide backup coverage across all RDs:		<p>Antoniella Delvecchio, LCSW Antoniella.A.Delvecchio.ctr@army.mil 772-877-4848</p>	

Updated Jan 2022



Referral Sources:



The PHP receives most referrals via:

- MHA portion of the PHA
- CCIRs
- AR-MMC
- SPPMs
- ASAP (substance abuse)
- PDHRAs (post deployment)
- Military OneSource
- Commanders
- Soldier self-referrals



Non-Stigmatizing Unit BH Program



stand up against stigma

**No Health without
Mental Health**

[BG Litynski](#)

Overcoming PTSD: Post Traumatic Stress Disorder can affect any Soldier, of any rank, background, ethnicity or life experience. In this video, Brig. Gen. Litynski, CG of the 85th USAR Support Command, shares his personal story of recovery from trauma in hopes of encouraging other Soldiers to seek the same help that changed his life for the better.





USARC Psychological Health Program

(USARC PHP) Professionals who are passionate about delivering world-class services across all phases of action



USARC PHP SERVICES:

Soldier Outreach and Assistance

- Assess Soldier needs.
- Connect to suited resources/supports.
- Assist with BH profile questions/concerns.

Soldier Case Management

- Assist Soldiers in complex and/or severe situations.
- Serve as a bridge between Soldier, Command, and other programs.
- Connect to appropriate resources & support.

Command Consultation

- Serve as SMEs who can advise CoC on behavioral health (BH) regulations, profiles, evaluation processes, and more.
- Discuss options and resources to assist Soldiers with BH needs.

Unit Support & Education

- Provide training to CMD and units on mental health issues and resources.
- Collaborate with Command and Chaplains to provide unit support after the death of a Soldier.

www.usar.army.mil/PHP
for more resources & staff contact info.

Hotlines, Counseling, & other Psychological Health Help

TriCare (& other insurances) also provide coverage for counseling & psychiatric care Tricare.mil/mentalhealth



800-273-8255 (TALK)

or Text to **838255** for crisis support,

VA.gov to find VA hospitals, homeless services, & more



VetCenter.va.gov Call Center **877-927-8387**

24/7 referral to nearest Vet Center for: *Free Counseling* (individual and group), referrals to military benefits, VSOs, employment, financial, homeless, & more



800-342-9647

free counseling (*not for those with suicidal thoughts or need meds*)

militaryonesource.mil also has 100s of resources, including "Chill Drills", financial counseling, free tax filing & info on almost any military topic



GiveAnHour.org/military click on "Get Help"

Non-military, licensed therapists volunteer to provide FREE, counseling to Service Members and Family for up to a year.



Substance Abuse & Mental Health Services Administration

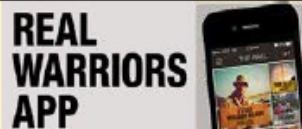
a branch of the US Dept of Health & Human Services that helps

connect individuals to substance use treatment www.samhsa.gov



vets4warriors.com or **855-838-8255 (TALK)**

24/7 telephonic, confidential peer-to-peer support by veterans to help you find solutions



RealWarriors.net

information and resources including several excellent phone apps including: PTSD Coach, Breathe2Relax, Virtual Hope Box, & Dream EZ

fun individual, family, and couple retreats. **StrongBonds.army.mil**
get paid to attend a relationship retreat run by the Chaplains Program.
Select an event w/in 450 miles of HOR & get approval from your CoC





Resources for financial, employment, & other needs



To achieve and sustain the most resilient and mentally fit Reserve force

How do I know if I need help?

- Changes in sleep
- Changes in mood (intense anger or sadness that won't go away, mood swings, anxiety that is difficult to manage)
- Trouble controlling use of alcohol or drugs
- Increased isolation (not due to COVID)
- Thoughts of harm to self or others

general program email:
usarmy.usarc.usarc-hq.mbx.psychological-health-program@army.mil

Victory in Health!

www.usar.army.mil/PHP



Army Reserve Family Programs 844-663-3269

connects Soldiers & Family to resources within their community
www.usar.army.mil/ARFP/



Family Assistance Centers (FACs)

provide Reserve & Guard Soldiers w/emergency financial services & referrals
 Go to MilitaryOneSource.mil and search for "National Guard Family Programs"



National Resource Directory NRD.gov

comprehensive directory of services for Soldiers, Veterans, & Families



inTransition
 CONNECTING • COACHING • EMPOWERING

Psychological Health Center of Excellence (PHCoE)

24/7 support & programs for psychological health, TBI, and Soldiers in transition pdhealth.mil **866-966-1020**



Private Public Partnership of the USAR

employment opportunities & training for Soldiers
usar.army.mil/P3



Tragedy Assistance Program for Survivors

TAPS.org or **800-959-8277 (TAPS)**

24/7 helpline & programs for those grieving the loss of a Soldier



MakeTheConnection.net

allows Soldiers and Family to easily search for resources in the VA system, SAMHSA, & NRD all on one url

Finding Community Resources



Call 2-1-1 to find local resources for crisis, food, housing, utilities, employment and healthcare, or visit 2-1-1.org



helps locate social services and support groups in your community. Simply enter your zip code at AuntBertha.com



Social Services near home. Simply click on the needed service and scroll down.
ReliefBenefits.com