

**WEST VIRGINIA NATIONAL GUARD**  
**SUBSTANCE ABUSE PREVENTION COORDINATOR**  
304-201-3102  
304-380-6495(BLACKBERRY)

#### **HELPFUL RESOURCES**

##### **WVARNG CHAPLIN**

LTC GARY COFFEY (304) 561-6490  
LTC BRUCE D REED (304) 561-6328

##### **DIRECTOR OF PSYCHOLOGICAL HEALTH**

ELIZABETH COFFEY (304)561-6690

##### **MILITARY FAMILY LIFE CONSULTANT**

DONNA COOKE (304)561-6829  
TINA NIBERT (304)561-6829

##### **MILITARY RESOURCES**

*MILITARY ONE SOURCE*

[HTTP://WWW.MILITARYONESOURCE.COM](http://www.militaryonesource.com)

##### **ALCOHOL USE SELF ASSESSMENT**

[HTTP://WWW.ALCOHOLSCREENING.ORG/](http://www.alcoholscreening.org/)

##### **DRUG USE SELF ASSESSMENT**

[HTTP://WWW.DRUGSCREENING.ORG/](http://www.drugscreening.org/)

##### **12 STEP/SUPPORT PROGRAMS**

[HTTP://WWW.ALCOHOLICS-ANONYMOUS.ORG/](http://www.alcoholics-anonymous.org/)

[HTTP://WWW.NA.ORG](http://www.na.org)

##### **SUICIDE HOTLINE**

**1 800 273 TALK (8255) OPT 1**

##### **JAG/LEGAL ASSISTANCE**

MAJ KELLY AMBROSE (304) 561-6323

##### **HEALTH BENEFITS ASSISTANT**

TONEY COLAGROSSO (304) 552-2938

##### **TRANSITION ASSISTANCE ADVISOR (TAA)**

DANIEL SEARLES (304)561-6824

## *Limited Use Policy*

*If you or someone you know is abusing alcohol or drugs, it is best to admit the concern to your chain of command so they can help before you get caught. If you admit your abuse and request help, you may be protected from any adverse action taken against you. Self-referrals are protected under AR600-85. You should contact your chain of command or the JSAPP office for assistance.*



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Charleston, WV 25314

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Blackberry: 304-380-6495  
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E-mail: [jessica.f.cunningham@us.army.mil](mailto:jessica.f.cunningham@us.army.mil)

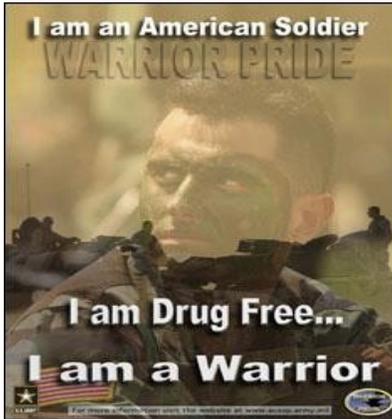


## **Our Mission**

*Our mission is to provide prevention training, outreach to military families, and treatment resources to increase military discipline, individual performance and combat readiness.*



## Prevention Treatment and Outreach NATIONAL GUARD



THE SUBSTANCE ABUSE PROGRAM CAN PROVIDE A VARIETY OF PROGRAMS TO HELP SOLDIERS WITH ALCOHOL AND DRUG DEPENDENCIES, AND MENTAL HEALTH AS WELL AS, PROVIDE PREVENTION EDUCATION AND OUTREACH PROGRAMS DESIGNED TO HELP GUARD MEMBERS AND THEIR FAMILIES MAINTAIN HEALTHY LIFESTYLES.

PLEASE CONTACT TSGT JESSICA CUNNINGHAM @ (304)201-3102 TO SCHEDULE PREVENTION TRAINING OR TO REQUEST TRAINING AIDS FROM THE OFFICE. **TAKING CARE OF OUR SOLDIERS IS PRIORITY ONE.**

### HOW WE CAN HELP

Being a member or family member of the National Guard is a very demanding commitment and can be very stressful at times. Because you choose to serve your country and take on these commitments, the West Virginia National Guard Prevention Program is committed to helping you with a variety of needs. Whether you need intervention for a family member with a substance abuse problem or you find yourself looking for help with your stresses, the Prevention Program is here for you. We can find the available resources to get you back on track. Please call with any questions or concerns you have

### Assistance

The Prevention Program gives you the knowledge to make healthy choices in your career and the training to utilize that knowledge to help others in your unit and/or family. In some cases we can help find the financial assistance needed to process and make sure that you aren't too far from home. Getting the help you or a family member needs should be your first priority, let us make it ours too.



## Responsible Drinking

### BEFORE YOU DRINK

Eat before and during drinking

**DESIGNATE**...Identify a responsible driver or public transportation

Don't chug! Drink slowly and make your drink last.

Alternate between Alcoholic and Non-Alcoholic Drinks

Remember **HALT!** Don't drink if you are **Hungry, Angry, Lonely or Tired!!**

Remember, **It is ALWAYS ok not to drink, but if you do,**

**DRINK RESPONSIBLY** and think **before you drink!**

