



Know Your Resources *for District 11 SOUTH AOR*

HSWL Regional Practice Manager: CDR Benjamin Mazyck
HSWL Deputy Regional Practice Manager: LTJG Nyjah Turner

510-437-3189
310-521-6126 (office)
424-339-8809 (cell 24/7)



D11 Work-Life Supervisor: Mr. David Romero
USCG Work-Life Offices Directory:
Critical Incident Stress Response

510-437-5981
202-475-5100
510-437-3700 or Local Command Center/Local EAPC

Employee Assistance Program Coordinator (EAPC)

Tiffani Collier (310) 877-3779 cell

- General Assistance and Resources for Professional/Work and Personal/Life issues
- Suicide Awareness and Prevention and Intervention; All Hands Training
 - Critical Incident Response and All Hands Pre-Incident Training; CISM Peer Training
 - Workplace Violence Threat Intervention and Training

Family Advocacy Specialist (FAS)

Felice Roth (310) 521-6133 and (310) 483-6737 cell

- Family Violence Crisis Intervention
- Child Abuse Intervention

Family Resources Specialist (FRS)

Locksley (Tony) Haynes (310) 521-6134

- Family Special Needs Coordinator
- Additionally:*
- Elder Care Resources
 - Adoption Reimbursement Assistance, Educational Scholarship, Grants and CG Sponsored Loan Resources
 - Special Needs Grant and CG Respite Care Support/Grant information
 - HUMS Documentation for Special Needs Families

Personal Financial Manager (PFM)

Vondi Irwin (310) 487-0021 cell

- Financial Education, Debt and Credit Counseling, Budgeting, Goal Setting, Resource Referral
- Command Financial Specialist (CFS) Training and Coordinator
- Financial Touchpoints for military lifecycle ALCOAST 104/22

Sexual Assault Response Coordinator (SARC)

Anna DeWitt (510) 871-0114 cell 24/7

- Restricted and unrestricted reporting of sexual assault with coordination of resources
- Additionally:*
- Sexual Assault case management and Victim Advocate assignment.
 - Victim Advocate Recruitment and Screening

Substance Abuse Prevention

HSC Juan A Zavala (510) 437-3182

- CDAR Coordinator - Awareness and Prevention Training

Transition and Relocation Manager (TRM) (located in San Diego)

Junior Infante (310) 259-2752 cell

- Transition Services - Separation and Retirement Seminars (TAP)
- Additionally:*
- Spousal Employment Assistance & Resumes
 - Ombudsman Coordinator

Chaplain for Central LA/LB
Chaplain for San Diego

LT Michael Potesta (510) 207-4140
LT Ryan Daffron (949) 310-8644

Confidential Counseling: www.cgsuprt.com or 855-CG-SUPRT or Espyr Connect (app)

Sexual Assault: www.safehelpline.org or 877-995-5247 or text 55-247

Suicidal Thoughts: www.suicidepreventionlifeline.org or 800-273-TALK or text/call 988

Welfare Check: Call 911