

THE OFFICIAL NEWSLETTER OF MONTANA
ARMY NATIONAL GUARD FAMILY PROGRAMS

FROM THE HOMEFRONT

IN THIS ISSUE:

<https://montanaguard.gov/Family/Family.html>

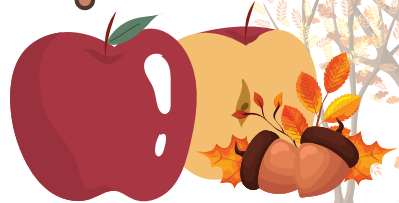
Follow us on Facebook!
Montana National Guard
Family Programs



MTARNG Family Programs
Facebook page

- Family Programs FY26 Needs Assessment Survey
- Chaplain's Reflection - The Backcountry Buddy System CH (LTC) Brian Daum
- Events - Sept Calendar
- Family Programs - Join your local MFRS for Coffee!
- Operation Homefront - Free School Supplies at your local Armory!
- Military OneSource - When a Service Member May be at Risk for Suicide

September STATE FAMILY PROGRAMS DIRECTOR'S CORNER



JOSHUA JOPLING



As the changes of September settle over Montana and the autumn routine takes hold, we turn our focus to a theme close to the heart of every military household: readiness. September is National Preparedness Month, a timely opportunity to ensure our families are fully equipped to handle any unexpected challenges, from natural disasters to crazy school routines to sudden shifts in military schedules. For our Montana National Guard families, resilience isn't just a word—it is a daily practice, and taking the time this month to proactively prepare our homes and loved ones provides a profound sense of security and peace of mind during times of transition.

True preparedness starts with simple, actionable steps that involve the entire household, beginning with a clear family communication plan. Sit down with your loved ones to establish how you will contact one another during an emergency, designating both a local and an out-of-area contact, as well as a safe, easily accessible family meeting spot. Maybe create code words so your children can keep you informed without fear of embarrassment. Pair this communication plan with a well-stocked emergency home kit containing essential items like water, non-perishable food, flashlights, first-aid supplies, and copies of important documents. Involving your children in assembling these "go-bags" can turn a serious topic into a reassuring, empowering learning experience that demystifies emergency scenarios and builds vital life skills.

As always, you do not have to build these safety nets in isolation—the Montana National Guard Family Support Programs are here to guide and support you every step of the way. From providing comprehensive emergency checklists and youth-focused educational resources to offering a helping hand through our Family Assistance Centers (FACs), our team is dedicated to keeping your family safe, informed, and connected. Let's use this September to strengthen our households from the ground up, standing together as a prepared, resilient, and united Guard community.



School Supplies are in!

STRESSED OUT ABOUT
SCHOOL SUPPLIES
BREAKING THE BANK?
OPERATION
HOMEFRONT HAS GOT
YOU COVERED!

Visit your local
Armory
for FREE
School Supplies
this month!





**SUBMIT ANONYMOUS FEEDBACK
IF YOU CHOOSE!**

MTARNG Soldier & Family Support Link



Let's Get Connected! Scan the QR Code to make the connection



THE HELPDESK CONNECTION CAN ALSO BE ACCESSED
ONLINE AT:

[HTTPS://TOUCHPOINTS.APP.CLOUD.GOV/
TOUCHPOINTS/3C2FFD12/SUBMIT](https://touchpoints.app.cloud.gov/touchpoints/3c2ffd12/submit)

OR

YOU CAN EMAIL THE MTARNG SOLDIER HELPDESK
DIRECTLY AT: MTARNGSOLDIERHELPDESK@ARMY.MIL



pay issues, retention, education, or benefits



- share positive feedback or concern
- have an idea or suggestion to improve the organization



have a mental fitness professional call you



**want to schedule an appointment with a: financial counselor,
transition assistance coordinator, family programs specialist**



NOTE: THIS IS A NON-CRISIS HELP DESK





FY26 NEEDS ASSESSMENT SURVEY

Assessment will be open from May 1, 2026 to September 30, 2026. We value your feedback and are eager to improve and strengthen areas to better serve you!



FY26 Military and Family Readiness Needs assessment

Provides valuable feedback to help Family Programs improve



Help us identify areas of strength and improvement

Allows us to focus resources on the needs of our Soldiers and Families.

Scan here





CHAPLAINS REFLECTION



“The Backcountry Buddy System”

by, CH (LTC) Brian Daum

Do you remember the first time you backpacked into Montana backcountry? Maybe it was a trip into the Bob Marshall Wilderness, or just a hike up the ridges behind your own home. There is a crispness in the September air that gets every Montanan's heart beating a little faster. It's a time of change—the aspens are turning gold, archery season is open, and we are all preparing for the winter ahead.

But as beautiful as our mountains are, anyone who has spent time in them knows they demand respect. The weather can turn on a dime. An easy trail can quickly become a steep, exhausting climb, especially when you are carrying a heavy pack.

There are important decisions when going backpacking: you don't head over the ridge alone or without a plan, and you always watch out for your partner. In the backcountry, if you notice your hunting partner is starting to drag, shivering from an unexpected chill, or struggling under the weight of their gear, you don't just hike on ahead. You stop. You check on them. You might split the weight of their pack, build a fire, or decide it's time to head back to the trailhead together. It's not a sign of weakness; it's just how we survive and thrive.

This fundamental practice in our Montana wilderness is actually ancient wisdom. In the book of Ecclesiastes, we find a passage that perfectly captures the essence of this "backcountry buddy system":

"Two are better than one, because they have a good reward for their labor. For if they fall, one will lift up his companion. But woe to him who is alone when he falls, for he has no one to help him up. Again, if two lie down together, they will keep warm; But how can one keep warm alone? Though one may be overpowered by another, two can withstand him. And a threefold cord is not quickly broken."— Ecclesiastes 4:9-12 (NKJV)

Just like us on the rugged trails of Montana, this scripture reminds us that we were never designed to navigate life's wilderness in isolation. When we stumble, we need a partner to pull us up. When the emotional or spiritual winds chill us to the bone, we need the warmth of community. And when challenges threaten to overwhelm us, standing together makes us resilient—forming a "threefold cord" that cannot easily be broken.

Sometimes, the steepest climbs we face aren't on a mountain trail. They are in our everyday lives. The weight of family responsibilities, financial stresses, drill schedules, deployments, or hidden hurts can start to feel like a 100-pound pack on a vertical ridge. There are moments when the storm rolls in, and thoughts creep in wondering if the climb is still worth it, or if you can even make it to the next ridge.

September's focus is on Suicide Prevention, so I want to encourage you to utilize this ultimate backcountry buddy system. If your own pack is getting too heavy to carry, please don't try to tough it out in silence. Set it down and call out. And if you look at a battle buddy, a spouse, a friend, or a neighbor and notice they are struggling to keep up, pull up next to them. Ask them how they are really doing. Offer to share the load.

We have an incredible network of support, and you never have to navigate the rough terrain alone. Whether you need a listening ear, a safe place to vent, or help finding the right path forward, please reach out to a friend, a counselor, or your Chaplain. We are always ready to hit the trail with you.

Blessings to you and your loved ones on the journey,

CH (LTC) Brian Daum
State Chaplain
406-459-4007
Brian.j.daum.mil@mail.mil

Backcountry Resources for the Journey

• **The Suicide & Crisis Lifeline:** Dial 988 (Press 1 for the Military/Veterans Crisis Line) – Available 24/7, free, and confidential.

• **MTARNG Chaplain Corps:** 406-459-4007

• **MTARNG Behavioral Health Program:** 406-324-3373

• **Military OneSource:** 1-800-342-9647

WANT TO VOLUNTEER?

Volunteer Opportunities:

- Summer Camp Cabin Parent
- General Event Support
- Workshop Facilitator

Requirements:

- Volunteer Application
- Background Check
- Training

The Perks:

- Food and Lodging During Event
- Supporting Service Members and Their Families!



@MTNGCYP_



MONTANAGUARDKIDS

FOLLOW US!

Montana Guard Kids



CONTACT US!



Lance Hopper
LEAD CHILD & YOUTH COORDINATOR

MTNG Child and
Youth Program

1956 Mt. Majo

Fort Harrison,
MT 59636

406-324-5120
406-324-3925



KADEN HITCHENS
CHILD & YOUTH COORDINATOR

MONTANA CHILD & YOUTH PROGRAM

Available to school age dependents, ages 6 to 18 years, of National Guard Soldiers and Airmen, regardless of deployment status.

HAVE A TEEN? WE HAVE A SPOT FOR THEM!

State Teen Council

The MT Teen Council gives Montana's military teens a voice to support and improve the MT ARNG Child and Youth Program.



ANNUAL EVENTS

- Month of the Military Child
- Purple Up Day
- Fort Harrison Day Camp
- Teen Adventure Camp
- Camp Runnamucka
- Deployment Support
- Family Resilience Camp

SIGN UP FOR
EVENTS HERE



*PLEASE NOTE:
REGISTRATION WILL BE
HANDLED THROUGH JOTFORM
RATHER THAN CAMPSITE THIS
YEAR.

WE HAVE A
Winner!

Congratulations

SHAYNE UTTER

On the Volunteer of the
Year Award for 2025!!

Thank you for all your
hard work and dedication!



SEPTEMBER

2026

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1	2	3	4	5
6	7	8  Great Falls	9	10  Helena	11  Livingston	12
13	14	15  Malta	16	17	18	19
20	21	22  Havre	23	24  Helena	25	26
27	28	29	30	1	2	3

COFFEE CHATS AROUND MONTANA



SEPTEMBER 2026

COFFEE CHAT

WITH MTNG FAMILY PROGRAMS

10 SEPT @1000 – 1889 COFFEE
1800 PROSPECT AVE, HELENA, MT

24 SEPT @ 1000 – CITY BREW
2245 MONTANA AVE, HELENA, MT

You grab some coffee; we provide the conversation.

For information please contact:
Mr. Russ Reed
Military and Family Readiness Specialist – Helena
(O) 406-324-3202
russell.r.reed10.civ@army.mil



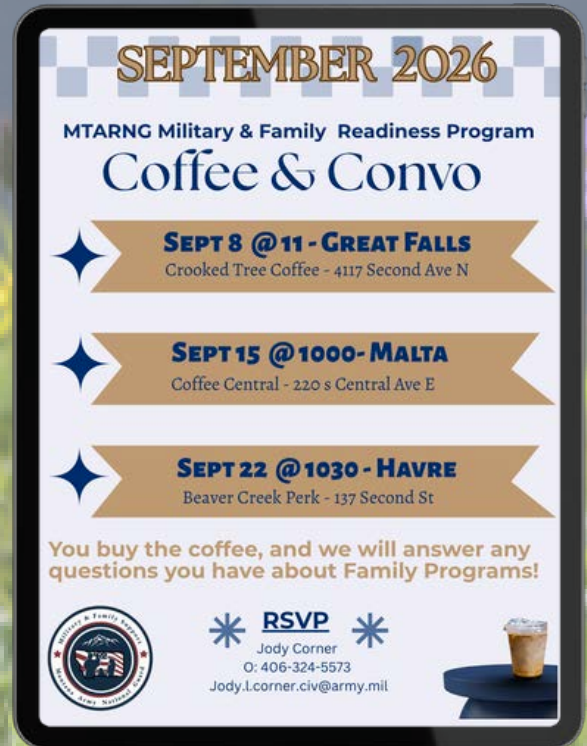
**CHAT WITH WITH
FAMILY
PROGRAMS**

Coffee

CLUB

TRU NORTH CAFE
SEPTEMBER 11TH
104 N MAIN STREET, LIVINGSTON

**SEPT
2026**



SEPTEMBER 2026

MTARNG Military & Family Readiness Program

Coffee & Convo

SEPT 8 @11 - GREAT FALLS
Crooked Tree Coffee - 4117 Second Ave N

SEPT 15 @1000 - MALTA
Coffee Central - 220 s Central Ave E

SEPT 22 @1030 - HAVRE
Beaver Creek Perk - 137 Second St

You buy the coffee, and we will answer any questions you have about Family Programs!

 **RSVP** 
Jody Corner
O: 406-324-5573
Jody.L.corner.civ@army.mil



**COME SEE YOUR LOCAL MFRS AT COFFEE
CHAT AROUND THE STATE!**



Join the Women Veterans Network

WoVeN is an 8-week, online or in-person program led by women Veterans that explores life transitions, balance, connections, and more!



"WoVeN has given me a sense of friendship and belonging with other female Veterans — a sisterhood."

Interested in joining WoVeN?

1. Go to www.wovenwomenvets.org/join to sign-up
2. WoVeNpeerleaders will be in touch with you about the time and date of your WoVeN group!

Questions? Get in touch!

Contact Your State's Peer Leader!

Name: **Kristen Correll**

Contact: **kristen.l.davis2@gmail.com**



www.facebook.com/wovenwomenvets



[@womenveteransnetwork](https://www.instagram.com/womenveteransnetwork)





AIR FORCE BAND AND SINGING SERGEANTS TOUR MONTANA

The United States Air Force Band and Singing Sergeants from Washington, D.C., are embarking on an 11-day community relations tour to Montana. This tour honors the service of Airmen past and present through a showcase of musical excellence. All concerts are free and open to the public, but tickets are required. Free tickets for each posted concert date are available on our website at:

<https://www.music.af.mil/USAFBand/Events/National-Tours/Concert-Band/>

Wednesday, October 14 at 7:30 p.m.

Alberta Bair Theater
2801 3rd Ave. North
Billings, MT 59101

Wednesday, October 21 at 7:00 p.m.

Hamilton High School
327 Fairgrounds Rd.
Hamilton, MT 59840

Thursday, October 15 at 7:00 p.m.

Wilson Auditorium
404 W. Main St
Bozeman, MT 59715

Thursday, October 22 at 5:00 p.m.

Big Sky High School
2100 South Ave.
West Missoula, MT 59804

Saturday, October 17 at 3:00 p.m.

Wilson Auditorium
404 W. Main St
Bozeman, MT 59715

Friday, October 23 at 7:00 p.m.

Flathead High School
644 4th Ave. West
Kalispell, MT 59901

Sunday, October 18 at 3:00 p.m.

Helena Civic Center
340 Neill Ave.
Helena, MT 59601

Saturday, October 24 at 3:00 p.m.

Polson High School
1712 2nd St. West
Polson, MT 59860

Monday, October 19 at 7:00 p.m.

Mansfield Center for the Performing Arts
2 Park Dr.
Great Falls, MT 59401

Sunday, October 25 at 3:00 p.m.

Lincoln County High School
340 9th St. East
Eureka, MT 59917

Tuesday, October 20 at 7:00 p.m.

Dennison Theater
College of the Arts and Media
32 Campus Dr.
Missoula, MT 59812





FREE

FULL-BODY FITNESS CLASS

If you want, bring :
dumbbells, resistance bands,
and/or yoga mat.

There is a small playground,
however

NO CHILDCARE PROVIDED

**Wake up
and
Workout**

**Open to all
Military & dependents
ACTIVE & RETIRED**

**SATURDAY SEPTEMBER
19TH, 9:00-10:00 AM**

**PLEASE
RSVP**

MELISSA.L.COPPOCK.CIV@ARMY.MIL
OR CALL 406-324-5182

LOCATION:

THOMPSON MEMORIAL PARK
900 7TH AVE E
KALISPELL, MT



Back to school, means back to homework....

Tutor.com Military and DoD Eligibility Table

DoD or Coast Guard Affiliation	Dependents			Service Member/ Federal Personnel
	Child (Grades K-12)	Child (College)	Spouse	
Funded by the U.S. Department of Defense (DoD)				
Army, Navy, Air Force, Space Force, and Marine Corps (Active Duty, Reserve, National Guard, Survivor*, and Wounded Warrior)	✓	✓	✓	✓
DoD Civilians	✓	✓	✓	✓
Students attending schools operated and funded by DoDEA	✓	n/a	n/a	n/a
Cadets: DoD Service Academies	n/a	n/a	n/a	✓
Cadets: ROTC & NROTC	✓	✓	✓	✓
Funded by Coast Guard Mutual Assistance (CGMA)				
Coast Guard (Active Duty and Reserve)	✓	✓	✓	✓
Cadets and Cadet Candidates: Coast Guard Academy	n/a	n/a	n/a	✓
Coast Guard Civilians	✓	✓	✓	✓
* Survivor's parent or spouse died while on Active Duty, and spouse has not remarried.				



24/7 Tutoring Anytime, Anywhere
Learners can get personalized help from an expert tutor—anytime, on any internet-connected device, from anywhere in the world.



Expert Tutors in 150+ Subjects
4,000+ rigorously vetted tutors are available in more than 150+ subjects, including bilingual Spanish offerings in math, science, social studies, writing, study skills, and parent coaching.



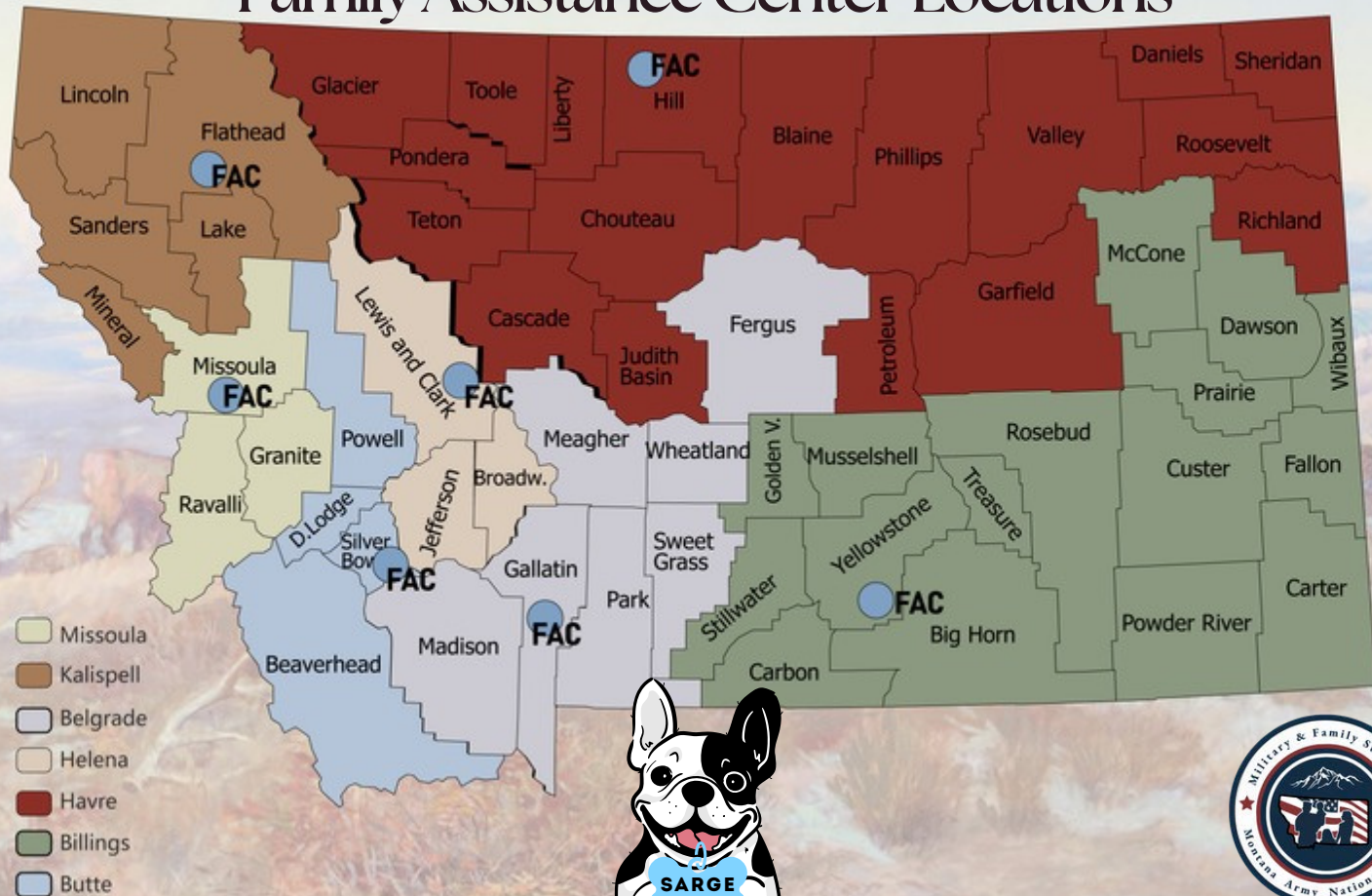
Safe, Secure, Anonymous
Every tutoring session is anonymous and takes place in a secure online classroom. Our tutors undergo comprehensive screenings, including background checks, and are monitored for quality control.



*The appearance of U.S. Department of Defense (DoD) visual information does not imply or constitute DoD endorsement.

Got Homework Questions? Tutor.com is always ready to help!

Family Assistance Center Locations



JOSHUA JOPLING
STATE FAMILY PROGRAMS
DIRECTOR
HELENA
406-324-3239



DEAN BELCOURT
LEAD MILITARY AND FAMILY
READINESS SPECIALIST
HELENA
406-324-3232



KRISTEN CORRELL
MILITARY AND FAMILY
READINESS SPECIALIST
MISSOULA
406-324-5121



MELISSA COPPOCK
MILITARY AND FAMILY
READINESS SPECIALIST
KALISPELL
406-324-5182



JODY CORNER
MILITARY AND FAMILY
READINESS SPECIALIST
HAVRE
406-324-5573



ANNE LORY BARR
MILITARY AND FAMILY
READINESS SPECIALIST
BILLINGS
406-324-5450



KRIS NICHOLS
MILITARY AND FAMILY
READINESS SPECIALIST
BELGRADE
406-324-5021



RUSS REED
MILITARY AND FAMILY
READINESS SPECIALIST
HELENA
406-324-3202

Butte Family Assistance Center 406-324-5280



Fellow
**WOMEN
VETS**

of the Flathead

Hey, ladies!
Let's get together!

3rd Saturday of Each Month

COFFEE HOUR

10 - 11AM

@Black Rifle Coffee
305 2nd Ave W., Kalispell

Contact:

Catherine Lerner, USAF @ 406.270.3582

Sandee Haats, AZC(AW) USN Ret. @ 406.465.5202

When a Service Member May Be at Risk for Suicide

4 minute read • Sept. 2, 2021

Suicide prevention is a serious issue for service members and their loved ones. Stress that never seems to let up can affect anyone, and some service members may be at greater risk for suicide than others.

National Guard members and reservists are of special concern because they often live in areas with limited access to health care services. Knowing when a person is at risk and recognizing the warning signs can help you take action to possibly prevent a suicide and make sure the person gets help.

Understanding suicide risk factors

Risk factors for suicide are conditions, behaviors or characteristics that may increase the chance that a person may try to take their own life. They are:

Life circumstances

- Being a young, enlisted male service member
- Difficulty readjusting following deployment
- Lack of advancement or having a sense of a loss of honor due to a disciplinary action
- Access to a lethal means of self-harm, such as firearms or medications
- Loss from deaths and/or suicides among family or community
- Loss of, or problems within, a close relationship
- Financial and/or legal challenges
- A recent return from deployment, especially when experiencing deployment-related physical and/or mental health problems
- Transition from military to civilian life

Psychological issues

- History of abuse, family violence, neglect or trauma

- Medical or mental health challenges such as depression
- Prior suicide attempt
- Family history of suicide
- Impulsiveness, aggressiveness
- Alcohol and substance misuse
- Severe or prolonged stress or combat-related psychological injuries
- Overwhelming grief from a loss (death of a loved one, divorce, disabling injury, etc.)

Cultural issues

- Limited access to health care
- Religious beliefs that support suicide as a solution; negative attitudes toward getting help
- Limited social and familial support
-

Understanding and acting on warning signs

As a family member, close friend or fellow community member, you may recognize the signs and changes in your service member's behavior, and that puts you in a position to offer help.

Many suicidal people have mixed feelings about ending their lives and knowingly or unknowingly give off signals warning of their intentions. Call 911, contact the Veterans and Military Crisis Line at 988 and Press 1, [chat online](#) or text 838255, or seek immediate help from an emergency room or mental health care provider if the service member:

- Talks or writes about suicide, death or ways to die
- Threatens to hurt or kill oneself
- Tries to get pills, guns or other means of ending their own life

Contact a mental health professional or contact the Veterans and Military Crisis Line at 988 and Press 1, [chat online](#) or text 838255 if you see any of these warning signs:

- Sudden or dramatic changes in mood or behavior, including reckless or risky behaviors or changes in sleeping or eating habits
- Feeling hopeless or trapped, saying there's no reason to live or no way out
- Preparing a will, giving away possessions, making arrangements for pets
- Unusual spending
- Withdrawal from others
- Intense rage or desire for revenge; anxiety or agitation

- Increased alcohol or drug use

Keeping the service member safe

If you believe a service member's suicide risk is high, do the following:

- Stay with the service member until help arrives. Never leave a person alone who is experiencing suicidal thoughts.
- Remove any weapons, drugs or other means of self-injury from the area, if possible.
- If you're on the phone with a service member who you believe is in immediate danger, try to keep them on the line while you or someone else calls 911 or contacts the Veterans and Military Crisis Line at 988 and Press 1, [chat online](#) or text 838255. Ask if there's someone nearby who could offer support, and keep talking until help arrives.
- If the service member is unwilling to accept help, contact command or law enforcement.

Learn more about [suicide prevention](#).



Strengthen Your Family's Financial Future



MilSpouse Money Mission delivers resources specifically created for you and your family. Visit www.milspousemoneymission.org and explore:

Share on Social

Check out our regularly updated and post-ready content and images curated for MilSpouse communities.



Money Ready – Tackle a variety of financial topics relevant to your situation with our handy guide.

MilLife Milestones – Make smart money moves during life's big moments.

MilKids – Explore engaging tools and videos to help you discuss money with your kids.

MilCommunity – Learn and share insightful tips from other MilSpouses to help in your journey.

Blogs and eNewsletters – Learn the latest about resources available to you and your family.

Videos and more – Find [videos](#), [wallet cards](#), [calculators](#), and other helpful resources to stay financially fit.



MILITARY ONESOURCE

Military One Source is a confidential Department of Defense-funded program providing comprehensive information 24/7 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, relationships, grief, spouse employment and education, parenting and childhood, and more.

Montana Military OneSource
www.militaryonesource.mil
or call: 800-342-9647



Personal Financial Counselors

Are you eligible? All active-duty, National Guard and reserve service members, their family members and survivors are eligible to receive no-cost financial counseling services. If a counselor is not available within 50 miles of your location, PFCs can provide virtual appointments. While you'll see service branch affiliation listed, you are welcome to work with any PFC.

- Support and Counseling Services:
- Confidential financial consultations for individuals & families
- Referrals to military and community resources
- Help with credit management and budgeting

Helena, Montana

Laura Leck

pfc.helena@magellanfederal.com

406-202-4276



Direct liaison to VA health and disability benefits and Vets Center Information. Serves as a first line of support for returning veterans to help troubleshoot concerns surrounding their benefits, education assistance, employment and other issues they may encounter when they return home from deployment or transition back into civilian life.



The Montana National Guard Family Support Fund

MTARNG Family Support Fund provides grants and zero-interest loans for emergency/urgent situations for Montana Army National Guard members and their families whom have exhausted other avenues of help.

Contact your local Soldier and Family Readiness Specialist for more information about how to apply for the Family Support Fund.



NOTICE



DID YOU KNOW?

Sponsors can now renew their eligible dependent's ID Card online and have it mailed directly to them without having to visit an ID Card office!

The dependent must have already been enrolled in DEERS.

- The sponsor cannot replace their own ID Card (just the dependent's Card).
- Dependents 17 years and under need a photo that is less than 12 years old in DEERS.
- Dependents 18 years and over need two forms of ID, must already be in DEERS, and need a photo that is less than 12 years old.

Scan the QR code below or visit <https://dwp.dmdc.osd.mil/dwp/app/id-management/id-cards> for more information.



MONTANA ID CARD STATIONS

LOCATION	PHONE	HOURS
HELENA - FT HARRISON 1956 MT MAJO ST. FT HARRISON, MT	406-324-3263 SITE: 620755/620336	WALK IN ONLY M-TH 0830-1630 F 0830-1500
BILLINGS 2915 GABLE RD. BILLINGS, MT	406-324-5409 SITE: 153314	BY APT HTTPS://IDCO.DMDC.OSD. MIL/IDCO/ 0800-1600
BELGRADE 350 AIRPORT RD. BELGRADE, MT	406-324-5057 or 5026 SITE: 620171	BY APT TUES-THURS 0900-1300
KALISPELL 2989 US HWY 93 N KALISPELL, MT	406-324-5168 SITE: 620172	WALK IN ONLY WED & THURS 0900-1200/1300-1600
BUTTE 415 SUGAR LOAF LOOP BUTTE, MT	406-324-5217 SITE: 620173	BY APT WED & THURS 0800-1600
MISSOULA 9383 RUNNING W RD. MISSOULA, MT	406-324-5113 or 5100 SITE: 620335	WALK IN ONLY TUES & WED 0900-1100/1300-1500
GREAT FALLS 2800 AIRPORT AVE B GREAT FALLS, MT	406-791-0284	WALK IN ONLY MON- THURS 0800-1200/1300-1530
GREAT FALLS - MALMSTROM GOODARD AVE GREAT FALLS, MT	406-731-4155	WALK IN/ APT MON-FRI 0730-1630



MONTANA NATIONAL GUARD

Soldiers, Airmen & Families

JOINT SUPPORT AND OUTREACH SERVICES

SUPPORT

MAJ Kaleigh Koeppen
J9 Director
Office - 406-324-3226
Kaleigh.A.Koeppen.mil@army.mil

Joshua Jopling
State Military And Family Readiness Director
Office: 406-324-3239
joshua.w.jopling.civ@army.mil

MILITARY AND FAMILY READINESS



Kristen Correll
Missoula
406-324-5121



Kris Nichols
Belgrade
406-324-5021



Russell Reed
Helena
406-324-3202



Montana National Guard Military and Family Readiness Specialists



Melissa Coppock
Kalispell
406-324-5182



Jody Corner
Havre
406-324-5573



Anne Lory Barr
Billings
406-324-5450

Integrated Primary Prevention Workforce



Cait Clark
Integrated Primary Prevention Officer
Helena
406-324-3335
Caitlin.a.clark10.civ@army.mil



Mark Juntunen
Integrated Primary Prevention Specialist
Billings
406-324-5400
Mark.juntunen2.civ@army.mil



Jerry Palmer
Primary Prevention Specialist
Great Falls
406-791-0255
jerald.palmer.1@us.af.mil



Ashley Rose
Prevention Specialist
Helena
406-324-3806
Ashely.W.Rose.civ@army.mil



Kendyl Pierson
Prevention Specialist
Helena
406-324-3853
Kendyl.R.Pierson.civ@army.mil



Paige Morgan
MTANG Airman and Family Readiness Program Manager
120th Air Wing
Great Falls Air National Guard Base
Office 406-791-0122
paige.morgan.1@us.af.mil



Dean Belcourt
Lead Military & Family Readiness Specialist
Fort Harrison, MT
Office (406)324-3232
dean.a.belcourt.civ@army.mil



Toll-Free:
800-342-9647

militaryonesource.mil



Lance Hoover
Lead Child and Youth Coordinator
Fort Harrison, MT
Office 406-324-5120
ance.r.hoover2.civ@army.mil
Facebook: Montana Guard Kids



Montana Resilience, Risk
Reduction and Suicide
Prevention (R3SP)
(406) 324-3242



MTARNG
Yellow Ribbon Coordinator
Fort Harrison, MT
O: 406-324-3128

INTERVENTION SERVICES



Andy Emerson
MTNG Primary SARC
Office: 406-324-3803
Cell: 406-431-1204
Anita.Lemerson3.civ@army.mil

Rose Krieg
1889th BDE SARC
Office: 406-324-5821
Cell: 406-202-3946
rose.a.krieg.civ@army.mil

Kimberly Gronning
Air Guard SARC
Office: 406-791-0515
Cell: 406-788-5334
kimberly.a.gronning.1@us.af.mil

Angela Richards
JFHQ Victim Advocate
Office: 406-324-3825
Cell: angela.s.richards.civ@army.mil

Willie Ewers
Brigade Victim Advocate
Office: 406-324-3606
Cell: Wilbur.e.ewers.civ@army.mil

For reporting, questions, support or
advocacy related to SAPR, please
contact the 24/7 Helpline at 406-
465-9928.

to reach a credentialed SAPR/Victim
Advocate.
Personnel can also contact the
DoD SafeHelpline for Anonymous
and Confidential
24/7 assistance at
1-877-995-5247.



Confidential CHAT
WEB
MilitaryCrisisLine.net
TEXT 838255

Ms. Terry Hines, LCSW
Behavioral Health Specialist
Troop Medical Clinic
1956 Mount Majo Street
Fort Harrison, MT 59636
Office: 406-324-3279
Terry.L.hines21.civ@army.mil

Behavioral Health Specialist
2915 Gabel Rd.
Billings MT 59102
Office: 406-324-5441

SUPPORT PROGRAMS



Justin Bailey
406-324-3809

www.ESGR.mil
Employment Assistance, employer recognition, resume writing.

USERRA - Uniformed Services
Employment and
Reemployment Rights Act
Case Call:
1-800-336-4529
option 1 -or-
406-324-3809



Mandy Sammons
Helena
Office: 406-324-3234
Cell: 406-431-0709
Mandy.j.sammons.ctr@army.mil



Vet Center Call Center
1-877-927-8387 is a free, around the clock
confidential call center where Veterans,
service members and their families can talk
about their military experience or any other
issue they are facing in transitioning after
military service or trauma and get
connected to their nearest Vet Center. Our
call center team is comprised of combat
Veterans from several eras as well as family
members of Veterans



CW3 Julie Benson
Education
Services Officer
Office: 406-324-3236
Julie.a.benson2.mil@army.mil



Laura Leck, AFC
NOSC, Helena, MT
Personal Financial Counselor (PFC)
LeckL@magellanfederal.com
406-202-4276



CALL 988 or
TEXT MT TO 741-741
24/7 for help



Transition Assistance Advisor

D. C. (Deiv) Smart
Office: 202-987-3616
Cell: 385-337-1973
DSmart.ctr@gapsi.com



Defense: Adverse Actions,
Separation, & Investigations
Contact Trial Defense Services (TDS)
by calling: ARNG TDS: 703-601-2214
ng.ngb.tdsfts@army.mil
TDS will connect you with JAG in
Montana



Office of the Staff Judge Advocate
Support: Wills, powers of attorney,
advanced medical directive,
landlord-tenant issues, and
consumer law.
Call: 406-324-3325



CHAPLAIN

ARMY GUARD

CH (LTC) Brian Daum (JFHQ) (Helena) 406-324-3308 Full Time
CH (LTC) Cody Roach (1889th RSG) (Billings) 406-324-5459 Full Time
CH (CPT) Brad Hopsfensperger (1-163rd) 406-324-3309 Full Time
CH (CPT) Stormy Tuffield (1-189th GSAB) M-Day

AIR GUARD

CH (CAPT) Josh Rohacs (MTANG) (Great Falls) M-Day
CH (LTC) Jeffery Simpson (MTANG) M-Day



<https://montanaguard.gov/Family/Family.html>



Montana National Guard Family Programs

Updated 3 SEP 26



VOA NORTHERN ROCKIES FREE VETERAN RETREAT

2026 MORAL INJURY MENDING WOUNDED SOULS RETREATS

Moral injury results from perpetrating, failing to act, or witnessing an act that goes against your sense of right and wrong. 40% of combat veterans have experienced it.

Moral injury isn't PTSD but it is related. Moral injury is an invisible wound of the soul that can result in intense shame, agonizing guilt, grief, depression, substance abuse, relationship struggles, anxiety, and suicide.

SOUND LIKE YOU? YOU ARE NOT ALONE. WE CAN HELP.

Hamilton, MT

Lost Horse Lodge

June 5-7

In the heart of the
Bitterroot Valley

Burgess Junction, WY

Bear Lodge Resort

June 12-14

Beautifully located in the Big
Horn Mtns.

Cody, WY

Absaroka Mtn. Lodge

June 26-28

Peacefully located
near Yellowstone.

Centennial, WY

Table in the Wilderness

July 24-26

Snowy Mtns. Comfortable
but more rugged setting
with limited accessibility.

Cody, WY

Absaroka Mtn. Lodge

Sept. 25-27

Women Only
(military
sexual trauma)

Most retreats start Friday afternoon around 2pm and conclude Sunday after lunch.

Lodging, meals, and experience fully covered by SSG Fox Suicide Prevention Grant program.

**FOR MORE INFORMATION ON THE RETREAT AND TO APPLY,
CONTACT US AT:**

 **EMAIL: Moralinjury@voanr.org**

 **WEB: VOANR.org/Services/MI-Retreats**

SCAN ME



INTERESTED IN VOLUNTEERING FOR YOUR SERVICE MEMBERS UNIT?



SFRG Members

Soldier and Family Readiness Groups (SFRG) are SEEKING FAMILY MEMBERS to join in and become an active SFRG Volunteer for their Soldier's unit. Family members include; spouse, mom, dad, sister, brother, girlfriend, boyfriend and extended family!



TO VOLUNTEER OR
HEAR MORE,
CONTACT OUR
STAFF:

Family Programs

Military and Family Readiness Lead

Mr. Dean Belcourt, CIV

O: 406-324-3232

dean.a.belcourt.civ@army.mil

WHAT ARE THE GOALS AND EXPECTATIONS OF THE SOLDIER AND FAMILY READINESS GROUP?

- ▶ Act as an extension of the unit command in providing official and accurate command information to Soldiers and their Families.
- ▶ Connect Soldiers and Families to the chain of command and provide support between the command and SFRG members.
- ▶ Connect SFRG members to available community members.
- ▶ Offer a network of mutual support.
- ▶ Provide outreach, unit readiness activities and Family educational programs.



WESTERN MT MOBILE VET CENTER



OUTREACH WILL BE CONDUCTED ON THE MOBILE VET CENTER ON THE FOLLOWING DATES / PLACES*:

* ALL DATES, LOCATIONS AND TIMES SCHEDULED COULD CHANGE DUE TO WEATHER OR OTHER REQUIRED EVENTS OUT OF THE VET CENTERS CONTROL

* 1st Tuesday of the month: Plains MT- VFW Post 3596 at 201 Lynch St, Plains, MT 59859 (Parked in the back lot behind the VFW.)

* 2nd, 3rd, 4th and 5th Tuesday of the month: Stevensville MT- American Legion Post 94 at 754 Middle Burnt Fork Rd, Stevensville, MT 59870 (Parked up front of A.L. hall)

Serving Montana's Veterans

all dates, locations and times scheduled could change due to weather or other required events out of the Vet Centers control