



# Psychological Health Program (PHP)



## 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](mailto:usarmy.usarc.usarc-hq.mbx.psychological-health-program@army.mil)



# PSYCHOLOGICAL HEALTH PROGRAM



## Mission

To achieve and sustain the most resilient and mentally fit Reserve force in the Nation. We will accomplish this by facilitating behavioral health services for Soldiers and family members who need them. Assist operational leadership through Command consultation, preserving unit cohesion through traumatic event management, and developing enduring partnerships with sister organizations.

## Vision

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

## Who we are

An Army Reserve specific program who understands the stressors of the Army Reserve Soldiers' responsibilities of balancing a civilian job, school, family, work and being a Soldier.

The Psychological Health Program run by USARC's Surgeon Directorate, has points of contacts in each Readiness Division ready to assist you. Give us a call. Services are confidential.

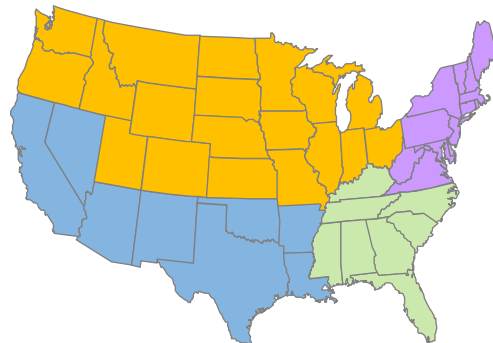


# Current USAR PHP Contacts



**Director,**  
**Psychological Health Program**  
**COL Leanna Brown, AN (Fort Bragg)**  
910-570-8095  
[Leanna.J.Brown.mil@army.mil](mailto:Leanna.J.Brown.mil@army.mil)

**Senior Team Lead**  
**Stacey Feig, LPC (Fort Belvoir)**  
Cell: 703-254-8246  
[Stacey.A.Feig.ctr@army.mil](mailto:Stacey.A.Feig.ctr@army.mil)



**Deputy Director,**  
**Psychological Health Program**  
**CPT Dawn Westmoreland, AN (Ft. Bragg)**  
Desk: 910-570-9964, cell: 910-929-7402  
[Dawn.L.Westmoreland.mil@army.mil](mailto:Dawn.L.Westmoreland.mil@army.mil)

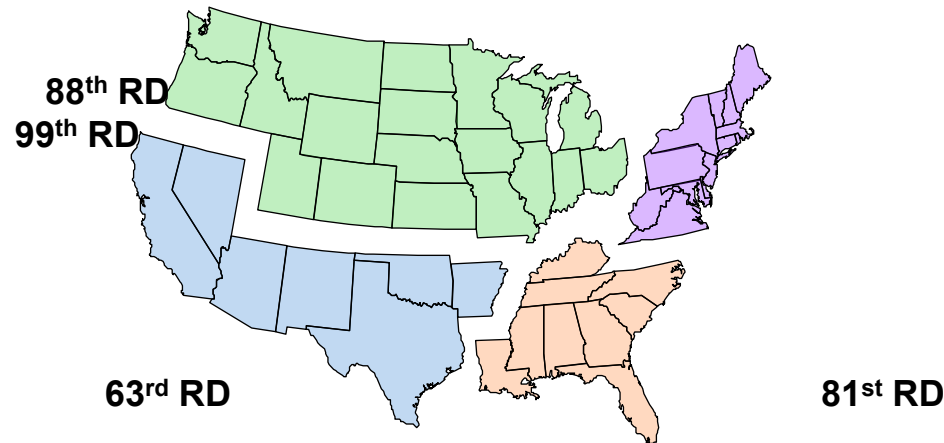
**81<sup>st</sup> DPH & QA Team Lead:**  
**Donna Brunetti, LMHC, LPCC, LPC**  
Cell: 843-981-9782  
[Donna.M.Brunetti.ctr@army.mil](mailto:Donna.M.Brunetti.ctr@army.mil)

<b><u>63<sup>RD</sup> RD</u></b>	<b><u>88<sup>th</sup> RD</u></b>	<b><u>81<sup>st</sup> RD</u></b>	<b><u>99<sup>th</sup> RD</u></b>
<b>DPH Holly Wallraff, LCSW</b> Cell: 254-419-9721 <a href="mailto:Holly.J.Wallraff.ctr@army.mil">Holly.J.Wallraff.ctr@army.mil</a>	<b>DPH Deb Koltis, LPC</b> Cell: 715-523-3827 <a href="mailto:Debra.A.Koltis.ctr@army.mil">Debra.A.Koltis.ctr@army.mil</a>	<b>DPH Antoniella DelVecchio, LMHC, LPCC</b> Cell: 772-877-4848 <a href="mailto:Antoniella.DelVecchio.ctr@army.mil">Antoniella.DelVecchio.ctr@army.mil</a>	<b>DPH Patricia Moloney, LCSW</b> Cell: 609-598-2224 <a href="mailto:Patricia.A.Moloney.ctr@army.mil">Patricia.A.Moloney.ctr@army.mil</a>
<b>DPH Nicole Wallace, LPC</b> Cell: 254-922-6072 <a href="mailto:Nicole.B.Wallace.ctr@army.mil">Nicole.B.Wallace.ctr@army.mil</a>	<b>DPH Deb Olson, LCSW</b> Office: 608-388-0338 Cell: 715-523-9087 <a href="mailto:Deborah.J.Olson10.ctr@army.mil">Deborah.J.Olson10.ctr@army.mil</a>	<b>DPH Rhoda Donnelly, LCSW</b> Cell: 813-922-8245 <a href="mailto:Rhoda.D.Donnelly.ctr@army.mil">Rhoda.D.Donnelly.ctr@army.mil</a>	<b>DPH Christine Cloud-O'Brien, LPC</b> Cell: 609-297-6099 <a href="mailto:Christine.M.Cloud-Obrien.ctr@army.mil">Christine.M.Cloud-Obrien.ctr@army.mil</a>
<b>NCM Jill Robinson, MBA, RN, CCM</b> Cell: 726-206-4895 <a href="mailto:Jill.E.Robinson9.ctr@army.mil">Jill.E.Robinson9.ctr@army.mil</a>	<b>NCM Bruce Kyllonen, RN, CCM</b> Cell: 507-399-6985 <a href="mailto:Bruce.A.Kyllonen.ctr@army.mil">Bruce.A.Kyllonen.ctr@army.mil</a>	<b>NCM Trevor Hall, RN</b> Cell: 864-948-9335 <a href="mailto:Trevor.D.Hall.ctr@army.mil">Trevor.D.Hall.ctr@army.mil</a>	<b>NCM Theodora Agyei, MPH, RN, CCM</b> 757-798-4261 <a href="mailto:Theodora.T.Agyei2.ctr@army.mil">Theodora.T.Agyei2.ctr@army.mil</a>
<b>NCM Anna Jacoby, RN</b> Cell: 760-759-4216 <a href="mailto:Annavictoria.P.Jacoby.ctr@army.mil">Annavictoria.P.Jacoby.ctr@army.mil</a>	<b>NCM Cindy Delphey, MBA, RN, CCM</b> Cell: 608-867-0060 <a href="mailto:Cynthia.M.Delphey.ctr@army.mil">Cynthia.M.Delphey.ctr@army.mil</a>	<b>NCM</b> onboarding	<b>NCM Cari Sanford, RN</b> 304-915-6071 <a href="mailto:Cari.L.Sanford.ctr@army.mil">Cari.L.Sanford.ctr@army.mil</a>
<b>63<sup>rd</sup> DPH (Float): Rhonda Gilchrist, LPC</b> Cell: 830-888-1266 <a href="mailto:Rhonda.E.Gilchrist.ctr@army.mil">Rhonda.E.Gilchrist.ctr@army.mil</a>		<b>General Program Email: <a href="mailto:usarmy.usarc.usarc-hq.mbx.psychological-health-program@mail.mil">usarmy.usarc.usarc-hq.mbx.psychological-health-program@mail.mil</a></b>	





# USAR PHP Readiness Division Coverage Map



**63<sup>rd</sup> RD:** California, Nevada, Arizona, New Mexico, Texas, Oklahoma, Arkansas, Alaska, Hawaii, and Guam (9<sup>th</sup> MSC).

**81<sup>st</sup> RD:** Louisiana, Mississippi, Alabama, Georgia, Florida, South Carolina, North Carolina, Tennessee, Kentucky, and Puerto Rico (1<sup>st</sup> MSC).

**88<sup>th</sup> RD:** Washington, Oregon, Idaho, Montana, Wyoming, North Dakota, South Dakota, Nebraska, Minnesota, Iowa, Wisconsin, Michigan, Ohio, Indiana, Illinois, Missouri, Kansas, Colorado, and Utah.

**99<sup>th</sup> RD:** Maine, Connecticut, New York, Pennsylvania, West Virginia, Virginia, Maryland, New Hampshire, New Jersey, Vermont, Rhode Island, Massachusetts, Delaware, and Germany (7<sup>th</sup> MSC)



# PSYCHOLOGICAL HEALTH PROGRAM



The PHP receives most referrals via:

- MHA portion of the PHA
- PDHRAs (post deployment health reassessment)
- CCIRs (Commander's Critical Information Requirement)
- AR-MMC (Medical Management Center)
- SPPMs (suicide prevention program)
- ASAP (substance abuse)
- Military OneSource
- Commanders
- Soldier self-referrals



# PSYCHOLOGICAL HEALTH PROGRAM



## ✓ **COMMANDERS –**

- Provide subject matter expertise on behavioral health matters and procedures i.e., Command Directed Behavior Health Evaluations (CDBHE), profiles, etc.
- Offer consultation, upon request, or following Command Critical Incident Response (CCIR).
- Arrange and provide postvention support for units after the loss of a Soldier.

## ✓ **SOLDIERS & FAMILIES –**

- Offer clinical assessment and referral for behavioral services (mental health, employment, housing, finances, relationships etc.)
- Assist with finding local, state, federal and national resources
- Provide case management and profile management
- Conduct outreach following Pre, Post, or Periodic Health Assessment which may indicate possible mental health or behavioral health needs
- Review medical records and serve as a liaison for civilian providers and Army policy requirements
- Advocate for coordination and continuity of care
- Facilitate communicate with commands on behalf of the Soldiers while preserving confidentiality.



# PSYCHOLOGICAL HEALTH PROGRAM



## What is Mental Health?

Emotional

Psychological

Social-Wellbeing

How we think, feel, act

Handle stress

Important at every stage of life

Childhood through adulthood



## STIGMA

**stand up against stigma**

No Health without  
Mental Health





## Mental Health Issues

Depression

Relationship

Financial

Substance Use

Stress





# PSYCHOLOGICAL HEALTH PROGRAM



The screenshot shows the official website for the Army Reserve Psychological Health Program. At the top, there is a navigation bar with links: Home, About Us, Leadership, Commands, Tailored, Resources, News, Jobs Us, and Chief of Army Reserve. Below this is the program's logo and title. The main content area is divided into sections: 'WHO WE ARE' (describing the program's purpose for Army Reserve Soldiers), 'MISSION' (to achieve and sustain the most resilient and mentally fit Reserve force), and 'VISION' (to provide trained, ready, and proficient psychological health professionals). A large photo of a smiling soldier in uniform is featured. Below the photo, the 'SERVICES' section lists support for Commanders, Soldiers & Families, and a sidebar with a 'Contact Our Staff' dropdown menu. The bottom of the page shows a photo of a soldier with his family and a 'SPOTLIGHT' section.

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

## What should I do if someone is in a crisis?

- Call the National Suicide Hotline **1-800-273-8255 (TALK)**
- Call **911**
- Take the soldier to the **nearest emergency department**

## How do I know if I (or one of my Soldiers/Family Members) is in a crisis?

- Soldiers experience thoughts about harming themselves or others
- Soldiers may be acting irrational or inappropriate