



## **Work-Life Balance Resources**

*Quick Reference for District 11 AOR*

**HSWL Regional Practice Manager**, CDR Melba J. Crisp – 510-437-3189  
**HSWL Deputy Regional Practice Manager**, LT Christopher Morrett – 310-521-6126  
**Work-Life Supervisor, D11** – Mr. David Romero – 510-437-5981  
**HSWL Administrative Asst., Alameda** – Ms. Eleanor B. Cody – 510-437-5924  
**Work-Life Offices** – 800-872-4957  
**Critical Incident Response** - 510-437-3700  
**CG Support Program** – Counseling and Work-Life Balance – 855-CG SUPRT (247-8778)  
**Suicide Prevention Hotline** – 800 273-TALK (8255)

**Employee Assistance** -----D11 North: [John Schempf](#) - 707-765-7045 & D11 South: [Tiffani Collier](#) – 310-521-6136

- General Assistance and Resources for Professional/Work and Personal/Life issues
- Suicide Awareness and Prevention and Intervention
- Critical Incident Response and Support Services
- Mandated and Peer Training
- Workplace Violence Intervention and Training

**Additionally:** [SARC BACKUP](#)

**Family Advocacy** -----D11 North: [Rick Reed](#) - 510-437-5838 /TRACEN [John Schempf](#) – 707-765-7045 & D11 South: [Felice Roth](#) – 310-521-6133

- Family Violence Crisis Intervention
- Child Abuse Intervention

**Family Resource** ----- D11 North: [Kristine Rutland-Cooper](#) –510-437-3881 & D11 South: [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

**Sexual Assault Response Coordinator** -----D11: [Eric Barreras](#) SARC – 510-437-3446

Restricted and unrestricted reporting of sexual assault with coordination of resources

**Additionally:**

- Sexual Assault case management and Victim Advocate assignment.

**Personal Financial Management Coordinator** -----D11 North: [Lena Gavello](#) – 510-437-3237 & D11 South: [Jennifer Conole](#) – 619-278-7117

- Financial Education, Counseling, Resource Referral, and Financial Course Coordination

**Transition and Relocation** – D11 North: & D11 South: [Jennifer Conole](#) – 619-278-7117

- Transition Services - Separation and Retirement Seminars (TGPS – formerly TAPS)

**Additionally:**

- Spousal Employment Assistance & Resumes

**Child Development Services** -----[Lena Gavello](#) – 510-437-3237

- Child Care Resources & CG Home Child Care License Asst.

**Ombudsman Coordinators** ----- D11 North: [Lena Gavello](#) – 510-437-3237 & D11 South: [Jennifer Conole](#) – 619-278-7117

**Substance Abuse Prevention** ----- D11 North: [HSC Eugene K. Porterfield](#)– 707-765-7081 & D11 South: [HSC Emmett Blount](#)– (510) 637-1190

- CDAR Coordinator - Awareness and Prevention Training

**CG Support Program** – (CG SUPRT) [www.CGSUPRT.com](http://www.CGSUPRT.com)

- Short term counseling AND life management assistance: 855-CG SUPRT (247-8778)