



**U.S. COAST GUARD
CG SUPRT
EASNA INSTITUTE 2015**



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U.S. COAST GUARD



U.S. COAST GUARD SNAPSHOT

Workforce Totals (Nov 2014):

Military Active – 40,389
Military Reserves – 7,257
Civilian – 9,011
Auxiliarists – 32,156

Six Programs (\$11B):

Maritime Security Operations
Maritime Law Enforcement
Maritime Prevention
Maritime Response
Defense Operations
Marine Transportation System Management



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Asset Totals:

Cutters – 244
Boats – 1,776
Aircraft – 198

Locations:

Districts – 9
Sectors – 35
Units – 1,208

Average Age:

Enlisted – 30
Officers – 37



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COMMANDANT GUIDING PRINCIPLES

Service to Nation:

We will serve our Nation through the selfless performance of our missions.

Duty to People:

We will honor our duty to protect those we serve and those who serve with us.

Commitment to Excellence:

We will commit ourselves to excellence by supporting and executing our operations in a proficient and professional manner.



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COMMANDANT GUIDING PRINCIPLES

Duty to People:

We will honor our duty to protect those we serve and those who serve with us. As a Coast Guard we will:

- Live the Core Values of Honor, Respect, and Devotion to Duty.
- Demonstrate moral courage and commit to a safe, inclusive, and respectful workplace.
- Commit to the well-being of our Coast Guard Family.



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HSWL OFFICE OF WORK-LIFE

Behavioral Health Services Division

- Health Promotion Program
- Substance Abuse and Prevention Program
- Food Services Program
- Sexual Assault Prevention and Response Program
- Family Advocacy Program
- Employee Assistance Program (CG SUPRT)
 - Suicide Prevention
 - Critical Incident Stress Mgmt

Family Services Division

- Ombudsman Program
- Special Needs Program
- Transition/Relocation Program
- Child Development Services
- Family Support Programs
 - Adoption
 - Elder Care
 - Scholarships
 - School Liaison Services



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WHAT'S IMPORTANT ABOUT ALL THIS FOR THE EAP?

- Not only are the MISSIONS of the USCG regulated, so is the BEHAVIOR.
- The workforce is VERY young as are the leaders.
- There are many USCG locations all over the country (and world) and many are small.
- Missions are intense and constant.
- Stigma and loss of security clearances are big concerns



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HOW DO THESE FACTORS IMPACT EAP DESIGN?

- Must understand and collaborate with other regulated behavior programs (SA, DV).
- Services must attract and keep the interest of young people.
- Services must be available in many locations including for those out to sea.
- Stigma and spotlight are ALWAYS there!
- Culture supports the need for services.
- Prevention must be the focus; keeping people to the left of continuum (shifting view of data).



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Coast Guard

Solutions. Understanding. Prevention. Resilience & Trust

- The Employee Assistance Program for the USCG
- Eligible members include USCG Active Duty members, civilian employees, members of the Selected Reserve, and their family members
- CG SUPRT launched 3 year ago with ValueOptions as our contracted partner.
- Branding and senior leadership engagement were critical to program success.



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RANGE OF SUPPORT

- EAP counseling
- Consultations
- Work-Life balance
- Legal, financial and tax services
- Health coaching
- Career counseling for dependents
- Training
- Critical incident support



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CG SUPRT WEBSITE

- Find Services
- Resources
- 10 Quick Links
- 11 Topics
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- Managers Tools
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- Access to the iPrevail program
- Additional Resources
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USCG HSWL APP HAS LAUNCHED!

The official United States Coast Guard (USCG) iPhone/iPad Touch application developed by the Health, Safety, and Work Life Directorate (CG-11) has launched.

[MORE](#)

RESOURCES

- Military Crisis Line 1-800-273-8255
- Resources for Active Duty
- Resources for Selected Reserve
- Resources for Civilians

Mindfulness: The Art of Being Present

Why are experts telling busy people to slow down

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