

THOMAS R. WINKEL, MA, LPC, NCC

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PROFESSIONAL EXPERIENCE

Arizona Coalition for Military Families – Phoenix, Arizona – August 2009 - Present **Director**

- Formed and implemented the Arizona Coalition for Military Families, a nationally-recognized best practice approach to public/private partnership focused on building support for all service members, veterans & their families.
- Facilitate partnerships and foster cross-sector collaboration between the military, government agencies, and community organizations in support of the military, veteran and family population. Provide technical assistance.
- Facilitate partnership and collaborations between the Coalition key national organizations to provide training and technical assistance to effectively meet the needs of service members, veterans and their families, such as the White House Joining Forces Initiative, Office of the Secretary of Defense, Chairman of the Joint Chiefs, National Guard Bureau, Center for Deployment Psychology, the VA, SAMHSA and other entities.
- Initiated nationally-recognized best practice training to service members, families, and organizations on topics such as military culture, resilience and reintegration.
- Developed initiatives focused on veteran employment and suicide prevention.

Arizona National Guard – Phoenix, Arizona – December 2008 to August 2014 **Military Family Life Consultant**

- Provided counseling and consulting services to military members, veterans and family members to address a range of issues.
- Provided consultation to the Arizona National Guard and The Adjutant General for creation, implementation and ongoing development of the *Be Resilient Program* and Total Force Team, resulting in a drop in suicide rate from the highest ever in 2010 to three years straight with no suicide, while the program was operational. This consultation included advising on the adaptation of Combat and Operational Stress First Aid for use within the Arizona National Guard.

The Waypoint Group, LLC – Phoenix, Arizona – February 2003 to Present **Managing Partner/Therapist**

- Provide specialized mental health services (individual, family, and couples therapy) and life skills training to adults, adolescents, and children in a private practice, outpatient setting to address a broad range of therapeutic issues, including family conflict, trauma and grief, substance abuse and personality disorders.

- Consulting for mental health and other employment related issues including executive and senior management level issues and concerns.
- Create and facilitate trainings and presentations for non-profits, community groups, and local and international conferences.
- Served as subject matter expert on team that adapted Mental Health First Aid for use with the military and veteran population, under a Department of Defense grant.
- Assisted in disaster relief in Indonesia after the December 2004 tsunami. Created *Restoring Hope*, a brief curriculum on trauma. Provided trauma counseling to survivors. Conducted trainings for relief workers. Co-authored *Transformation from Tragedy: Stories of Hope, Faith & Community After the Tsunami*.

Samaritan Behavioral Health Hospital – Scottsdale, Arizona – January 1999 to February 2003

Clinical Care Manager

- Managed the provision of services for adult and adolescent patients in an acute inpatient/residential program for individuals with co-existing disorders.
- Provided clinical supervision to direct service staff members to maintain the highest level of care towards patients and their families, and to facilitate teamwork between staff members.
- Provided individual, family, and group counseling and facilitated in-service trainings.

EDUCATION

Master of Arts, Counseling Psychology

Lewis & Clark Graduate School of Professional Studies, Portland, Oregon

Bachelor of Arts, Psychology

Lewis & Clark College, Portland, Oregon

LICENSURE & AFFILIATIONS

Licensed Professional Counselor, State of Arizona (License #LPC-10297)

Nationally Certified Counselor, National Board of Certified Counselors

MILITARY EXPERIENCE

United States Marine Corps

Army National Guard

HONORS

- Spoke at the signing ceremony for a Presidential Executive Order on veteran suicide prevention.
- Awarded The Adjutant General Medal by Major General Hugo E. Salazar, Arizona National Guard.
- Invited on multiple occasions by the White House-National Security Council, Office of the Chairman of the Joint Chiefs of Staff, Office of the Secretary of Defense-Reserve Affairs, National Guard Bureau and SAMHSA to present and advise about state-level, cross-sector collaboration in support of service members, veterans and their families throughout 2010-2013.
- Selected for appointment to the Arizona National Guard *Be Resilient* Council by Major General Hugo E. Salazar, The Adjutant General.
- Appointed by the Governor's Office to serve on a team representing Arizona at multiple convenings hosted by the US Department of Health and Human Services Substance Abuse and Mental Health Services Administration.
- Authored *Transformation from Tragedy: Stories of Hope, Faith & Community After the Tsunami*, with a foreword by President George H.W. Bush.
- Received Lewis & Clark College Scholarship.
- Selected as Truman Scholarship Finalist.
- Earned Honorable Discharge from the United States Marine Corps.
- Awarded medals and citations associated with service in the Gulf War.

BOARDS & COMMISSIONS

- Appointed Co-Chair Governor's Challenge Veteran Suicide Prevention
- Appointed Co-Chair Phoenix Mayor's Challenge Veteran Suicide Prevention
- Appointed to the Workforce Arizona Council
- Appointed to Governor's Commission on Service and Volunteerism
- Former Board Member "Be Resilient" Committee, Arizona National Guard
- Appointed to Governor's Veterans Policy Academy - SAMHSA
- Former Board Member of the Arizona Public Health Association
- Former Board Member of the Arizona Adolescent Health Coalition

CONFERENCE PRESENTATION HIGHLIGHTS

National League of Cities – Washington, DC – March 2019

Annual Statewide Symposium in Support of Service Members, Veterans & Their Families – Phoenix, AZ – 2010 - 2018

Keynote & M.C. - Cross-sector event for military, government and community organizations.

American Association of Suicidology Conference– Phoenix, AZ – April 2017
Veteran roundtable discussion and special reception

NADCP 20th Annual Training Conference/2014 Vet Court Con – Anaheim 2014
Collective Impact: Strategies for Developing Strategic Community Partnerships in Support of Justice-Involved Veterans

Veterans Court Southwest Symposium & Workshop – Tucson, AZ March 2014
Speaker and Presenter – Military Culture and the Justice Involved Veteran

HERO Initiative, City of Phoenix Mayor’s Office – Phoenix, AZ – December 2012
Keynote Speaker- “A Workforce Unlike Any Other” Service Members, Veterans and their Families and the role of the employer.

Substance Abuse and Mental Health Services Administration - Veterans Policy Academy –Washington, D.C. – 2012 - 2019
Technical Assistance & Speaker - Reporting for Duty: Developing a Statewide Education and Employment Strategy for Military/Veteran Families. Best Practices.

VA/DoD Suicide Prevention Conference – Washington, D.C. – June 2012
Panelist - Arizona’s cross-sector integrated training model for strengthening support for the military and veteran population. Best Practices.

2012 National Conference on Volunteerism and Service – Chicago, IL – June 2012
Multi-Session Presenter - Building military/community collaboration in support of service members, veterans and their families. Best Practices.

Office of the Secretary of Defense for Reserve Affairs - Family and Employer Policy and Programs (FEPP) Directorate – Washington, DC – December 2011
Arizona’s successes in addressing unemployment and underemployment with the Military/Veteran Employment Initiative, in support of service members, veterans and their families

Office of the Chairman of the Joint Chiefs of Staff: Senior Military Spouse Forum – Washington, DC – December 2011
Arizona’s model for state-level collaboration in support of service members, veterans and their families and how other states can engage in similar efforts

International Congress on Counseling – Istanbul, Turkey – 2008
Providing cross-cultural mental health services following significant trauma events

International Conference on Violence, Abuse & Trauma – San Diego, CA – September 2006
Community transformation after disaster

International Counseling Conference – Brisbane, Australia – 2006
Community recovery after trauma and cross-cultural Mental Health Concepts