

192nd Wing welcomes Lange as new commander

Col. Brock “Magma” Lange took command of the Virginia Air National Guard’s 192nd Wing from Col. Christopher “Skosh” Batterton during a change of command ceremony Sept. 9, 2023, at Joint Base Langley-Eustis, Virginia.

Brig. Gen. Catherine M. Jumper, commander of the Virginia Air National Guard, officiated the ceremony. Maj. Gen. James W. Ring, the Adjutant General of Virginia, numerous distinguished visitors, Airmen of the VaANG, and friends and families of the colonels attended.

“From agile combat employment exercises, training multi-capable Airmen, innovation initiatives recognized all the way at the HAF [Headquarters Air Force] level, these Airmen are ready,” said Jumper. “They are ready for a leader who will challenge their Warrior Ethos, a leader who will prepare them to operate in a challenging austere and potentially deadly environment, a leader who lives the Air Force Core Values, a leader who understands without a doubt the challenges our nation and the commonwealth face in the years ahead. Magma, you are that leader.”

Read more at <https://ngpa.us/26946>



Col. Brock E. Lange takes command of the Virginia Air National Guard’s 192nd Wing from Col. Christopher G. Batterton during a change of command ceremony Sept. 9, 2023, at Joint Base Langley-Eustis, Virginia.

Virginia National Guard News Headlines

192nd Medical Group completes their annual training in San Diego

The Virginia Air National Guard’s 192nd Medical Group, 192nd Wing, sent 17 members to California to complete their Medical Facility Annual Training Aug. 22–Sept. 2, 2023, at Naval Medical Center San Diego.

Read more at <https://ngpa.us/26947>

Pre-WOCS prepares Soldiers to become VAARNG’s technical experts

The 183rd Regiment, Regional Training Institute Warrant Officer Candidate School hosted a Pre-Warrant Officer Candidate Course Sept. 8-10, 2023, at Fort Barfoot, Virginia. Completion of Pre-WOC is a pre-requisite for any Virginia Army National Guard Soldier to attend Warrant Officer Candidate School.

Read more at <https://ngpa.us/26949>

Red Dragon shooters compete in Finnish sniper championship

Three Virginia National Guard Soldiers assigned to the Lynchburg-based 1st Battalion, 116th Infantry Regiment competed in HÄYHÄ 2023, a Finnish Sniper Championship, held Aug. 25-27, near Taipalsaari, Finland.

Read more at <https://ngpa.us/26950>

Goodwin goes with the flow, reaches top warrant officer rank

This year, Chief Warrant Officer 5 DJuana Goodwin became the first African American woman to ever attain the top warrant officer rank in the Virginia Army National Guard.

Read more at <https://ngpa.us/26951>

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Va. Army National Guard

<http://nationalguard.com/va>

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Earn \$1,000 with the VNG Referral Enlistment Program

<https://ngpa.us/26606>

Soldier committed to assisting with suicide intervention, prevention

Note: September is Suicide Prevention Awareness Month. In recognition of this month, we are highlighting a member of the Virginia Army National Guard mental health support team

Sgt. Ian Gallagher is a behavioral health technician with the Virginia Army National Guard Medical Command at Fort Barfoot. When he joined the VNG in 2015 he was looking for a military occupational specialty that supported Soldiers actively serving.

“Growing up during the Global War on Terror, hearing the stories of service members returning home with mental and physical scars made me want to be a person that helped them recover,” he said. He is currently enrolled in to complete his bachelor’s in social work late next year, with the ultimate goal to commission as behavioral health officer.

Gallagher spent time as the suicide prevention coordinator for the state Resilience, Risk Reduction & Suicide Prevention, or R3SP, Program before deploying to the Horn of Africa with Task Force Red Dragon in 2022.

To work in the field of mental health and effectively help other people, a person has to constantly be accessing their own mental wellbeing, according to Gallagher.

“And while I have never had my own struggles with suicide, it has affected my immediate family,” he explained. “It was earth-shattering when my mother told me what was going on. I could not believe someone I thought was invincible had considered ending her own life. But acknowledging it was her first step to recovery and she did amazing.”

Over the years Gallagher has worked in many roles related to suicide intervention and prevention, and each case is different.

“That is the challenge,” he explained. “I was once told suicide is the most uncommon, yet common problem in our society. It’s uncommon because most people have never dealt with the struggle themselves, but common because everyone has been affected in some way, whether it was a friend or celebrity icon lost.”

The best advice he can give to help prevent suicide is to understand what suicide is and have a plan to help. According to Gallagher, the brain is like any other organ or bone in your body—sometimes things go wrong and you need treatment.

“Treatment for mental illnesses is rather simple—therapy and medications, but the caveat is that it takes time to heal,” he said. “There is no quick fix to suicidal thoughts, sometimes it can be a lifelong struggle. However, the sooner someone reaches out for help, the more likely treatment can help.”

As for a plan, he explained that this is a major challenge in overcoming suicide in our culture. Most people do not know how to respond to someone who has expressed thoughts. Oftentimes, we will jump straight to solutions rather than listening to the struggling person.

“That feeling of responsibility to save someone’s life is a stressful situation, but everyone can help by having a plan,” he said. “Let me be clear, if your plan is as simple as calling 911, and staying with them until help arrives, you have done your job. Plans should always be discussed with the person and have their



Sgt. Ian Gallagher poses for a photo while deployed to the Horn of Africa with Task Force Red Dragon in 2022. Gallagher now serves as a behavioral health technician with the Virginia Army National Guard Medical Command at Fort Barfoot, Virginia.

agreement, as it allows them to start taking control of suicidal thoughts.”

Read more at <https://ngpa.us/26948>

MORE ON THE WEB

VaARNG G4 hosts logistics training workshop

Read more at <https://ngpa.us/26952>

VNG Resilience, Risk Reduction, Suicide Prevention

Read more at <https://ngpa.us/26954>

Military OneSource Non-Medical Counseling

Read more at <https://ngpa.us/26955>

Veterans Crisis Line national suicide prevention hotline

Read more at <https://ngpa.us/26956>

Virginia Veteran and Family Support

Read more at <https://ngpa.us/26958>



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