

HELEN D. NOEL

Helen D. Noel was born in Elyria, Ohio in 1964 and enlisted in the United States Air Force in 1985. During her 24-year military tenure she obtained the highest enlisted rank of Chief Master Sergeant and retired honorably in 2009. She received three degrees while serving on active duty: Community College of the Air Force Degree in Human Resources, a Bachelor of Science in Occupational Education, and a Masters of Arts in Management. She garnered numerous awards and decorations to include HQ ACC Personnel Manager of the Year, 15th Air Base Wing Superintendent of the Year, Outstanding Family Support Individual Award, CMSgt Archer Tuskegee Airman Award, and distinguished graduate awards at the NCO Preparatory Course and Senior Noncommissioned Officer Academy. Helen was actively involved in numerous special interests' groups serving in the capacity of President, Vice-President, and a member of Black History Month, Women's History Month Programs, Hispanic Heritage Month, Asian-Pacific Month, Top 3 Association, and Chief's Group. She served in the position of Superintendent of the Airman and Family Readiness Center from 2001-2005 and was personally selected as a Victim Support Liaison (VSL) for the Hickam Sexual Assault Response Coordinator Program. As a victim of sexual assault on a military installation, her expertise and knowledge as a VSL were instrumental in assisting three victims. Her non-judgmental stance, support, and guidance were extremely beneficial and significantly enhanced the overall success of the program. On active duty in 2008, she published a faith-based book, *7 Days in the Fire*, and later discovered she was re-experiencing a childhood traumatic experience when the book was written. Her self-diagnosis of Post-Traumatic Stress Disorder (PTSD) and resiliency to bounce back prompted her to seek counseling and to become an advocate/mentor for others suffering with PTSD. Helen retired in 2009 and has become a highly sought-after motivational speaker. In 2010, prior to her husband's 1-year deployment to Iraq, she discovered that he was also a victim of PTSD and encouraged him to seek counseling. During her husband's deployment, she wrote a 24/7/365 prayer book to encourage and strengthen military spouses. She was chosen as one of Protestant Women of the Chapel (PWOC) International Speakers in 2012 and she's spoken at women's conferences, churches, Department of Veterans Affairs, Hurlburt Field AFB, Robins AFB, Joint-Base Langley-Eustis, Aviano AB, Misawa AB, Army Corps of Engineers, Ft. Belvoir, and the Center for Disease Control, to name a few. Her passion for family and genealogy led to discovering her family's presumed involvement in an investigative study initiated by the League of Nations and her thorough research prompted her to write a documentary, "Generational Trauma, An American Family's Post-Traumatic Love Story." In April 2013, she donated a kidney to her brother and wrote another book, "It is Written: Am I My Brother's Keeper? Yes I Am!" to educate and increase awareness in organ donation. In 2019, she devised a PTSD accommodation in the workplace training plan and incorporated interactive scenarios to educate about PTSD in the workforce. Her books are currently in the hands of editors. As a victor of PTSD, her heart-felt desire is to motivate others through sharing her story of resilience and recovery.

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