



**CSM John M. Contreras, Command Sergeant Major, Medical Readiness Command, Pacific**

Command Sergeant Major John “Mike” Contreras assumed responsibility as the Command Sergeant Major for Medical Readiness Command, Pacific, based at Honolulu, Hawai’i on August 16, 2024. He enlisted in the U.S. Army as a Combat Medic in 2002. CSM Contreras is a native of Holly, CO. He completed Basic Combat Training at Fort Benning, GA. and Advanced Individual Training at Fort Sam Houston, TX. His previous assignments include Command Sergeant Major, Tripler Army Medical Center, Honolulu, HI; Command Sergeant Major, Troop Command, Landstuhl Regional Medical Center, Landstuhl, Germany; Chief Medical NCO/Division Surgeon Sergeant Major, 4th ID, Fort Carson, CO; First Sergeant, C Co 64th BSB, 4th ID, Fort Carson, CO; Division Senior Medical Operations NCO, 4th ID, Fort Carson, CO; Brigade Operations NCO, 2d Combat Aviation Brigade, Camp Humphreys, South Korea; Senior Operations Sergeant, Warrior Transition BN, Fort Carson, CO; Platoon Sergeant, 4th Brigade Support Battalion (BSB), 4th ID, Fort Carson, CO; Post Immunization Team and Medical Reception NCO, 43rd AG, Fort Leonard Wood, MO; Military Transition Team Medic, Fort Riley, KS; Allergy/Immunization Clinic NCOIC, General Leonard Wood Army Community Hospital (GLWACH), Fort Leonard Wood, MO; Medic, 2-8 Infantry, Fort Hood, TX. His awards and decorations include: Legion of Merit, Bronze Star Medal (2), Purple Heart, Meritorious Service Medal (3), Army Commendation Medal (3), Army Achievement Medal (3), Valorous Unit Award, Meritorious Unit Award, Army Superior Unit Award, Army Good Conduct Medal (5th), National Defense Service Medal, Afghanistan Campaign Medal, Iraq Campaign Medal, Global War on Terrorism Expeditionary Medal, Global War on Terrorism Service Medal, Korean Defense Service Medal, Overseas Service Ribbon (4), Armed Forces Service Medal, NATO medal, Driver’s Badge w/ Wheel, Combat Medic Badge, and he is a member of the Order of Military Medical Merit (O2M3). His military professional education includes Emergency Medical Technician Course; Primary Development Course-Commandant’s List (PLDC); Brigade Combat Team Trauma Training (BCT3); Action Officer Developmental Course; Unit Prevention Leader; Advanced Leader Course-Commandant’s List (ALC); Advanced Military Transition Team Training Course; Equal Opportunity Leader Course; Senior Leader Course-Commandant’s List (SLC); Field Sanitation Team Course; Sexual Harassment Assault Response Prevention Course; Master Resiliency Trainer Level 1 and Level 2 Facilitator; Senior Enlisted Joint Professional Military Education Course; Master Fitness Trainer Course; Battle Staff; 1SG Course; Sergeant Major Academy - Class 69; Battalion Precommand Course, CSM Development Course, Joint Medical Executive Skills Course and Capstone Course.