



## **Reserve Forces Policy Board**

**Captain Jeffrey G. Bennington**  
**Director of Staff**

**Senior Policy Advisor, U.S. Navy Reserve**

CAPT Jeffrey Bennington is a native of Seattle, WA. He earned a Bachelor of Arts in Cognitive Science from Occidental College, Los Angeles, CA, in 1988. Upon graduation, he was employed at Mellon Capital Management in San Francisco, CA, where he served as a senior network administrator. He enlisted in the Navy Reserve as a Data System Technician in 1997 and deployed aboard USS CONSTELLATION (CV 64) in 1999. He received his Direct Commission as an Intelligence Officer in January 2000 and transitioned to Training and Administration of the Reserve (TAR) active-duty program.



CAPT Bennington completed initial Intelligence Officer training and was assigned to USS NIMITZ (CVN 68), where he served as intelligence systems officer and division officer, deploying to the Western Pacific and Persian Gulf. A highlight of his sea tour includes earning his Supplemental Plot Watch Officer qualification. Following NIMITZ, he served as Officer in Charge of Reserve Intelligence Area Southwest, San Diego, CA. In March 2008, CAPT Bennington reported to Naval Postgraduate School, Monterey, CA, earning a Master of Science in Information Technology Management and completing Joint Professional Military Education (JPME) Phase I via the Naval War College. Upon graduation, he transitioned to the Human Resources Officer program with a focus on Information Technology.

CAPT Bennington's career includes service as Director for Shared Services and Information Technology Operations at the Information Directorate, Commander Navy Reserve Forces Command (CNRFC). During this period, he earned the Senior Professional in Human Resources (SPHR) and Certified Information Systems Security Professional (CISSP) certifications. From 2013 to 2015, he commanded Navy Operational Support Center Saginaw, MI, simultaneously earning a Master of Business Administration from Saginaw Valley State University. Subsequently, he served as Executive Officer of Navy Pay & Personnel Support Center (NPPSC), overseeing Personnel Support Detachment (PSD) operations worldwide, and attained the Senior Professional in Human Resources (SPHR) credential. Following this, he held the position of Director, Career Waypoints/Bupers-33, followed by service as the Force Cyber Security Officer and IT Operations Officer at the CNRFC N6 Directorate. He then served as Director, Reserve Personnel Status and Services (PERS-91) at Navy Personnel Command. From 2023 to 2025, CAPT Bennington served as the Chief Information Officer (CIO) for Navy Reserve Force (OPNAV N0956). He currently serves as Director of Staff for the Reserve Forces Policy Board and Senior Policy Advisor for U.S. Navy Reserve.

CAPT Bennington's personal awards include the Legion of Merit, Meritorious Service Medal (4 awards), Navy Commendation Medal (3 awards), Navy Achievement Medal (3 awards), Sea Service Deployment Ribbon (2 awards), various campaign and service medals, and two Battle "E" awards recognizing combat ship battle efficiency.

While stationed in Norfolk, VA, he met Mr. John Bragg, and they were married in 2022.

*Updated: April 2026*