CPT Fields-Rouse enlisted into the 154th Transportation Bn in 1985 as a 75D-Personnel Records Specialist. After reaching the rank of E-5, she attended Officer Candidate School (OCS) and was commissioned in the United States Transportation Corps in August 1990.

Military and civilian education: CPT Fields-Rouse earned a Bachelor of Science in Social Relations and Criminology from Cheyney University of PA, Cheyney, PA in 1998 and a Masters Degree in Social Work and Counseling from the University of Pittsburgh, PA in 2000. In December 14, 2018 CPT Fields-Rouse received her Opioid Treatment Specialist Certificate from Clarion University. She is a graduate of the Transportation Officer Basic Course, Fort Eustis, VA, and Transportation Officer Advanced Course, Fort Eustis, VA.

Assignments: CPT Fields-Rouse's first assignment was a Platoon Leader, 121st Transportation Company, ARNG, Lebanon PA in 1991. In 1995 she was selected for Detachment Commander, HHD 154th Trans BN. After finishing Company Command in 1997, she worked as the S-1 Administrative Officer until 1998. In 1998, she moved to 228th Movement Control Team as the Movement Control Officer until 2000. In 2000, she was selected as S-2 Officer and stayed in that slot until the until was mobilized in 2003 and deployed to Kabul, Afghanistan where she served as the Night Battle Captain. In 2004, CPT Fields-Rouse was assigned to the 15th Quartermaster Bn where she retired in 2006 after twenty-one years of service. CPT Fields-Rouse made the selection board for promotion to Major prior to retiring.

Awards and decorations: CPT Fields-Rouse's military awards and decorations include the Joint Service Commendation Medal, Army Achievement Medal (3rd), Army Reserve Components Achievement Award (3rd), National Defense Service Medal, Global War on Terrorism Expeditionary Medal, Global War on Terrorism Service Medal, Armed Forces Reserve Medal w/Bronze Hourglass and with "M" Device, PA Twenty Year Service Medal, Governor's Unit Citation, PA Service Ribbon, M.G. T.R. White, Jr. Medal, Noncommissioned Officer's Professional Development Ribbon, Gen. T. J. Stewart Medal.

Employment

CPT Fields-Rouse currently resides in Philadelphia, PA with her son Koree Days. CPT Fields-Rouse works at the Department of Behavioral Health and Intellectual disAbility Services in the Veteran Initiatives Unit. She also worked with the 25th District as Co-Responders in response to the Opioid Epidemic in Kensington. CPT Fields-Rouse also received her Certification as an Opioid Treatment Specialist in response to the Opioid Epidemic.

Civilian Awards

CPT Fields-Rouse was selected on February 19, 2020 to be honored at the Pennsylvania's Commission for Women's Female Veteran's Day celebration for service to veterans in the Philadelphia area.

CPT Fields-Rouse was selected on September 28, 2020 for the 2020 Making a Difference Award by the Mayor's Commission on Addiction and Recovery (MCAR)