MSG Jason Henderson was born to a military family in Merced CA. He enlisted in 2000 as a 14S, Stinger Missile/Avenger Crew Member. Upon completion of his Basic and Advanced Individual Training, he was assigned for 4-3 Air Defense Artillery BN, 1st Infantry Division in Larson Barracks, Kitzingen, Germany. From 2001 to 2005, MSG Henderson served as a Stinger missile/Avenger Gunner, Command Group Driver, and Stinger Team Chief. He also deployed in support of Operation Iraqi Freedom 1 (OIF 1) as a Squad Leader. After the deployment was completed, MSG Henderson went to 1st Infantry Division, G-2 in Wurzberg, Germany to receive on the job training and serve as Intelligence Analyst.

In 2006, MSG Henderson transferred to the Military Intelligence Corps as an Intelligence Analyst. Upon the completion of his reclassification training, he was assigned to 16th Corps Support Group in Hanau, Germany as the Senior Intelligence NCO and later the Groups S-2 NCOIC. In 2007, MSG Henderson was reassigned to the newly created 16th Sustainment Brigade in Bamberg, Germany. There MSG Henderson served as the Brigade S-2 NCOIC and in 2008 deployed in that position to Iraq for 15 months. Upon redeployment in 2009, MSG Henderson was reassigned to United States Army Central (USARCENT) at Fort McPherson, GA. Initially, he served as the Senior Intelligence Sergeant for USARCENT's Digital Army Liaison Team and later as the NCOIC of USARCENT's Assault Command Post (ACP). As the ACP NCOIC, MSG Henderson deployed twice, first to Kuwait in support of Operation New Dawn and then to Jordan in support of Operation Enduring Freedom. In 2013, after redeployment, he completed a permanent change of station to the United Stated Army Intelligence Center of Excellence (USAICoE) at Fort Huachuca, AZ. While assigned to USAICoE, MSG Henderson served in a variety of positions. Initially, he served as the Battle Lab NCOIC within the Capabilities Development and Integration Directorate (CDID). A six months later, he was reassigned to the Military Intelligence Lessons Learned Directorate to serve as the Directorate NCOIC. After completing one year in that position, MSG Henderson interviewed and was selected to serve as the 35F and 35X Personnel Proponent Manger within the Office, Chief Military Intelligence (OCMI). In 2016, after the successful completion of his tour at Fort Huachuca, MSG Henderson came down on orders for the 205th Military Intelligence Battalion (MI BN), 500th Military Intelligence Brigade-Theater (MIB-T) on Fort Shafter, HI. There, MSG Henderson was selected to serve as the 1SG of Charlie Company, a Counter-Intelligence and Human Intelligence organization within the 205th MI BN. After two years, MSG Henderson was reassigned to 500th MIB-T Headquarters and Headquarters Company to serve and the BDE S-2 NCOIC and Special Security Officer. In late 2018, MSG Henderson completed his tour in Hawaii and was reassigned to the United States Army Electronic Proving Ground to serve as the Senior Enlisted Advisor.

MSG Henderson has an Associate's Degree in intelligence studies from Cochise College. He has completed Basic Leaders Course, Advanced Leaders Course, Senior Leaders Course, Joint Firepower Course, and the Company Command/First Sergeant Pre-Command course. His awards and decorations include: Bronze Star, Meritorious Service Medal (2 OLC), Army Commendation Medal (1 OLC), Army Achievement Medal (1 OLC), Army Good Conduct Medal, National Defense Service Medal, Iraqi Campaign Medal (1 OLC), Global War on Terrorism Expeditionary Medal, Global War on Terrorism Service Medal, Non-Commissioned Officer Professional Development Ribbon, Army Service Ribbon, and the Overseas Service Ribbon.