CSM Carey is a native of Jersey City, New Jersey and enlisted in the Army in July 2001 as a culinary specialist. He attended basic training at Fort Benning, Georgia and Advanced Individual Training (AIT) at Fort Lee, Virginia.

CSM Carey has served as a first cook, shift leader, rations NCO, administration NCO, dining facility manager, maintenance platoon sergeant, sustainment platoon sergeant, senior culinary management NCO, Brigade S-4 NCOIC, forward support company first sergeant, and an AIT department training SGM. His stateside assignments include Fort Lewis, WA, Fort Bliss, TX, and Fort Lee, VA. His overseas assignments include Italy. He has deployed thirteen times to Afghanistan and three times to Iraq for combat operations.

CSM Carey's military education includes Airborne, Ranger Indoctrinate Program, Combat Life Saver, Ranger Course, Basic Leaders Course, Jumpmaster, Pathfinder, Combatives Level 1, Advanced Culinary Skills, Advanced Leaders Course, Senior Leaders Course, Demonstrated Senior Logistical, Contract Officer Representative, Food Service Contract Representative, First Sergeants course and the United States Army Sergeant Majors Academy. His civilian education includes high school graduate from East Stroudsburg High School, graduate from Monroe County Vocational School in Culinary Arts and a Bachelors in leadership and workplace development.

CSM Carey's awards and decorations include the Bronze Star (third award), the Meritorious Service Medal (third award), the Joint Service Commendation Medal, the Army Commendation Medal (fourth award), the Joint Service Achievement Medal, the Army Achievement Medal (fourth award), the Presidential Unit Citation Award, the Joint Meritorious Unit Award, the Valorous Unit Citation Award, the Ranger tab, the Combat Action badge, the Pathfinder badge, the Master Rated Jumpmaster badge, Italian Jump wings, Canadian Jump wings, Israeli Jump wings, United Kingdom jump wings and Australian Jump wings.