

# 3rd Edition Veterans Resources



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Operation Makeover Events ([www.operationmakeover.com](http://www.operationmakeover.com)) &

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Updating INFO every 6 months!

**The high lighted items are NEW! All the other sections are updated as well!**



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# 1- Benefits & Benefits Assistance



- ❑ **Benefits & Benefits Assistance American Legion** – [www.legion.org](http://www.legion.org). Go to a post and click on it to find an American Legion office near you. You can also look at the “How we Serve” link that shows the services they can provide Veterans. American Legion can help you file a disability benefits claim.
- ❑ **American Veterans Organization** – [www.amvets.org](http://www.amvets.org). Whose goals are service to veterans and communities. The agency is also has national service officers trained to help file veterans benefits claims and there are local chapters listed.
- ❑ **Appealing Veterans Benefits Claims** can be difficult. The following agencies may be able to assist you in that process. U.S. Court of Appeals for Veterans Claims at [www.vetapp.uscourts.gov](http://www.vetapp.uscourts.gov) or (202) 501-5950. The Veterans Consortium Pro Bono Program may be able to help with legal assistance at [www.vetsprobono.org](http://www.vetsprobono.org) or (888) 838-7727. Finally, the National Veterans Legal Services Program may be of assistance for qualified veteran applicants at [www.nvlsp.org](http://www.nvlsp.org).
- ❑ **Disabled American Veterans** – [www.dav.org](http://www.dav.org). Go to the “Benefits Assistance” link. It will help explain how to file a disability benefits claim, but you will probably want to locate the DAV office and service representative nearest you and that is also available on that link.
- ❑ **Elder Care Publishing** - <http://www.eldercaresurvival.com/> ElderCare Publishing Company is a unique on-line publisher of Disability resource manuals and newsletters whose mission is to raise the awareness of individuals and their advisors about the risks and issues relative to filing long term disability claims and successfully collecting benefits.
- ❑ **Federal Guide for Veterans, Dependents and Survivors: 2011 Edition** [Federal Benefits for Veterans, Dependents and Survivors: 2011 Edition](#) This quick link will take you to detailed and up-to-date information regarding Veterans benefits.
- ❑ **GI Bill Information** [www.mygibill.org](http://www.mygibill.org). Web site launched by The American Legion “to help vets and their families understand the post-9/11 GI Bill that takes effect August 1, 2009. The site includes explanations of different GI Bill benefits, news alerts, online applications.



## 2-More: Benefits & Benefits Assistance

- ❑ **The National Archives** [www.archives.gov](http://www.archives.gov). This website offers a robust list of government services, including resources for a veteran's specific military branch. Plus, veterans can find out about government assistance in their communities, submit requests for lost documents and search for buddies.
- ❑ **U.S. Department of Veterans Affairs** Official site of the primary agency. Provides detailed information on claims submission, appeals and local VA contact information. [www.va.gov](http://www.va.gov). For and **ON LINE APPLICATION** for veterans benefits, go to <http://www.ebenefits.va.gov/>. The form is called VONAPP and can make your application process move much more quickly than the paper version.
- ❑ Similar pages:  
VA Forms – [www.va.gov/vaforms/](http://www.va.gov/vaforms/)  
Disabled Veterans – [www.vba.va.gov/bln/vre/](http://www.vba.va.gov/bln/vre/)  
Veteran Data – [www.va.gov/vetdata](http://www.va.gov/vetdata).  
More results from [www.va.gov](http://www.va.gov)
- ❑ To register a veteran, you must have his Military ID, his DD214 (proof of military service), and any medical records or exam reports that you have available. Only the soldier can register.
- ❑ **Veterans of Foreign War** – [www.vfw.org](http://www.vfw.org). Go to the “Assistance” link to find how they can help you apply for Veterans benefits. They will also have a link that will tell you a local office. VFW can help you file a disability benefits claim and advocate for your soldier.
- ❑ **Vet Centers** [www.vetcenter.va.gov](http://www.vetcenter.va.gov). Vet Centers offer a wide range of services to help you make a successful transition from military to civilian life. Services include individual & group counseling, marital and family counseling, bereavement counseling, medical & benefits referrals, employment counseling. To locate the Vet Center nearest you, click on “find a vet center” in the right hand menu.
- ❑ **Wounded Warrior Project** [www.woundedwarriorproject.org](http://www.woundedwarriorproject.org). The mission of the Wounded Warrior Project is to honor and serve veterans. In the left hand menu there is a place for “advocacy” and “benefits counseling” and they are very active in legislation to support our wounded warriors home.

# 3- Counseling



- ❖ **Give An Hour** – [www.giveanhour.org](http://www.giveanhour.org). A non-profit organization offering **FREE** mental health resources for military and families affected by the current conflicts in Iraq and Afghanistan.
- ❖ **Military One Source** - [www.militaryonesource.com](http://www.militaryonesource.com). This source is a one-stop shop for all branches of the military that includes legal matters, addiction and recovery, readjustment information, immediate counseling and a link to each military branch. They also have a 24/7 phone number at 1-800-342-9647.
- ❖ **Red Cross** – [www.redcross.org](http://www.redcross.org) / [http://servicesarmedforces.redcross.org/reconnection-workshops-g/?utm\\_source=Google&utm\\_medium=CPC&utm\\_campaign=SAFGo](http://servicesarmedforces.redcross.org/reconnection-workshops-g/?utm_source=Google&utm_medium=CPC&utm_campaign=SAFGo) to “Getting Assistance” and click on “Military Families” to find out about the resources that are offered by the red cross with regard to counseling and other social service needs or call 1-877-272-7337.
- ❖ **Substance Abuse and Mental Health Administration**. [www.samhsa.gov](http://www.samhsa.gov). The United States Department of Health and Human Services special link to mental health resources. Look in left hand menu under “treatment locators” to find community mental health resources near you.
- ❖ **Tricare On-Line Counseling** – [www.tricare.mil](http://www.tricare.mil). The web-based TRICARE Assistance Program (TRIAP) demonstration and the new telemental health care benefit are now available to active duty military families. Use video chat and instant messaging under **TRIAP** for counseling 24/7. Access behavioral health services including psychotherapy and medications under **TRICARE’s telemental health care benefit**.
- ❖ **The Soldiers Project** – [www.thesoldiersproject.org](http://www.thesoldiersproject.org). A group of licensed mental health professionals who offer **FREE** psychological treatment to military service members (active duty, National Guard, Reserve and veterans) who have served or expect to serve in the conflicts in Iraq or Afghanistan.
- ❖ **Vet Centers** - [www.vetcenter.va.gov](http://www.vetcenter.va.gov). Vet Centers offer a wide range of services to help you make a successful transition from military to civilian life. Services include -individual & group counseling, marital and family counseling, bereavement counseling, medical & benefits referrals, employment counseling. To locate the Vet Center nearest you, click on “find a vet center” in the right hand menu.
- ❖ **NEW! Vets 4 Warriors** – [www.vetsforwarriors.com/](http://www.vetsforwarriors.com/) This is a PEER SUPPORT line and not answered by a mental health therapist. The hotline is available 24/7/365 can be reached by calling 1-855-838-8255.
- ❖ **War Within** – [www.warwithin.org](http://www.warwithin.org). Connecting Servicemembers, Families and Veterans with Health Care Providers.

# 4-Resources for Female Veterans



[VA Center for Women Veterans](#) - Access information, fact sheets, frequently asked questions, and reports for women Veterans covering health care, mental health and sexual trauma counseling.

[American Women Veterans Foundation](#) - Learn about the American women Veterans foundation and how to help homeless female Veterans transition to civilian life.

[Final Salute](#) - Offers the [H.O.M.E](#) and [S.A.F.E.](#) programs that provide housing and financial assistance to homeless female Veterans in the District of Columbia, Maryland and Virginia.

[Grace After Fire](#) - Connect with women Veterans and clinical providers who specialize in treating mental health, substance abuse and trauma issues of women who have served.

[Homeless Women Veterans Listening Sessions](#) - Learn about the unique needs of homeless women Veterans based on interviews conducted by the Department of Labor.

[Low-Cost Prenatal Care](#) - Offers tips on healthy pregnancy and resources for low-cost care. Provided by Department of Health & Human Services.

[Service Women's Action Network](#) - Connects women Veterans to mentors for personal and professional guidance, legal advice and counseling services.

[Trauma Informed Care for Women Veterans Experiencing Homelessness](#) - Commissioned by the U.S. Department of Labor (DOL) Women's Bureau (WB) as one of its many efforts to help women veterans who are experiencing homelessness find jobs and successfully reintegrate back to civilian life.

[Women Marines Association Emergency Fund for Veterans](#) - Provides assistance up to \$1,000 to help women Veterans facing emergency short-term needs due to severe illness, loss of support and catastrophic accidents.



# 5-Credit for Military Training



- <http://online.champlain.edu/military-personnel>
- As a service member, you may be eligible to receive Champlain College credit for prior college level learning, military training and experience, applicable course work and/or national testing program examinations. This can greatly accelerate the time toward completing your undergraduate degree. Please follow the directions below for requesting official transcripts from your specific branch of service. Champlain will then evaluate your transcript for any transferable credit.
- **Air Force**
- The U.S. Air Force uses the Community College of Air Force (CCAF) transcript for documenting ACE-certified military training and experience, course work and CLEP or DSST exams worthy of academic credit. Champlain College uses the CCAF transcript to determine whether specific training or previous course work qualifies for credit toward a Champlain degree program.
- For information on how to request your official transcript, visit the [CCAF Web site](#). Designate that your official CCAF transcript be mailed to Champlain College.
- **Army/National Guard**
- The U.S. Army uses the Army/American Council on Education Registry Transcript Service (AARTS) for documenting ACE-certified military training for academic credit purposes. Champlain College uses the AARTS form to determine whether military training and experience, course work and CLEP or DSST exams qualifies for credit toward a Champlain degree program.
- Visit the [AARTS Web site](#) or call toll-free (866) 297-4427. Enter your Social Security Number, birth date and Basic Active Service Date (BASD) or Pay Entry Basic Date (PEBD) and click "continue." (Note: BASD is for active duty soldiers and PEBD is primarily used by guards and reservists. When in doubt, use your BASD.) And request that transcripts be sent to Champlain College.

# 6-More: Credit for Military Training



## ○ **Coast Guard**

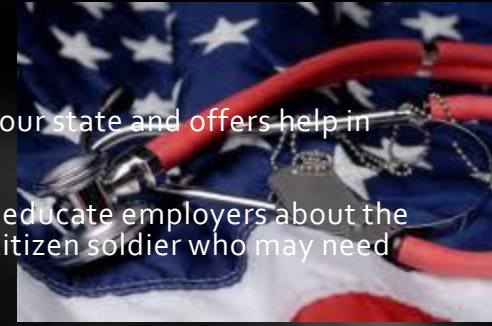
- The Coast Guard uses the U.S. Coast Guard Transcript for documenting all training and experience worthy of academic credit. Champlain College uses the transcript to determine whether specific ACE-certified training or previous course work qualifies for credit toward a Champlain degree program.
- Visit the [U.S. Coast Guard Institute Web site](#). Visit 'Official Transcripts' for instructions about how to submit a written request for your transcripts. A copy of your DD-214 (discharge papers) and copies of course completion letters or certificates must also be attached to your request. And designate that the official Coast Guard transcript be mailed to Champlain College.

## ○ **Marine Corps/Navy**

- The U.S. Navy and Marine Corps use the Sailor/Marine American Council on Education Registry Transcript (SMART) for documenting ACE-certified military training and experience, course work, and CLEP or DSST exams worthy of academic credit. Champlain College uses the SMART to determine whether specific training on your military transcript qualifies for credit toward a Champlain degree program.
- Visit the [SMART Web site](#) for more information on how to request your transcripts or call toll-free (877) 253-7122. Designate that your official SMART transcript be mailed to Champlain College.

# 7-Employment

- **America's Job Bank** – [www.ajb.org](http://www.ajb.org). This U.S. Dept. of Labor web site lists jobs available in your state and offers help in building an on-line resume that can be sent to prospective employers listed in the job bank.
- **America's Heroes At Work** - [www.AmericasHeroesAtWork.gov](http://www.AmericasHeroesAtWork.gov). This website is designed to educate employers about the signs/symptoms of combat PTSD and TBI and to use creative ways to support the returning citizen soldier who may need assistance.
- **Department of Labor: <http://www.dol.gov/vets/>** "VETS" Proudly Serves Veterans & Service Members! We Provide Resources and Expertise to Assist and Prepare them to Obtain Meaningful Careers, Maximize their Employment Opportunities, and Protect their Employment Rights.
- **Employer Support of Guard and Reserve** – [www.esgr.org](http://www.esgr.org). This web site explains the help for returning Reservist and Guardsmen who may be having employment disputes and/or are looking for civilian employers who support our Guard and Reserve. It also has a link to Ombudsmen. This is a group that helps resolve disputes or answers questions about employment related problems for Reservist or Guardsmen.
- **Feds Hire Vets** – [www.fedshirevets.gov](http://www.fedshirevets.gov). On November 9, 2009, President Barack Obama signed Executive Order 13518, Employment of Veterans in the Federal Government, which establishes the Veterans Employment Initiative. The Initiative is a strategic, yet very straightforward, approach to helping the men and women who have served our country in the military find employment in the Federal Government.
- **NEW! Hero 2 Hired** – [www.H2H.jobs](http://www.H2H.jobs) Hero 2 Hired includes easy access to career assessments, searching for available jobs by city/state, finding out about education and resources. Launched in Dec. 2011, this website is full of helpful tools and tips for veterans.
- **Job Opportunities for Disabled Veterans** – [www.JOFDAV.com](http://www.JOFDAV.com). This site is full of information for disabled vets, from tips to seeking jobs, to actual job postings. This may be of great benefit to unemployed disabled vets.
- **USA Jobs** – [www.usajobs.gov](http://www.usajobs.gov). This is the official web site for government jobs. There is a link specifically for veterans.
- **Veterans Employment Coordination Service (VECS)** – <http://www.va.gov/vecs/>. Established to advance efforts to attract, recruit and hire veterans into the VA, particularly severely injured veterans returning from Operation Enduring Freedom and Operation Iraqi Freedom.
- **VetSuccess** - [www.vetsuccess.gov](http://www.vetsuccess.gov). A virtual employment resource center developed by the Vocational Rehabilitation and Employment Service. Serves as a resource for veterans seeking employment. 1-877-743-8237 sign up for an application or get help to walk through the application for help-to-work.
- **MilitaryConnection** - [www.militaryconnection.com](http://www.militaryconnection.com) Government jobs, up-to-date information on *military* school, federal jobs, *military* loans, *military* pay and new GI Bill and much more.





# 8-More: Employment

Find Overseas Contract Jobs...*Fast!*

Finding overseas contract jobs: More than 600+ U.S. company career sites offering 1000's of overseas jobs seldom listed on major job sites. Most of those listings provide the tools and expert guidance needed to launch an effective overseas job search....in one convenient website!

[https://www.overseasjobs.com/?gclid=CODtj\\_msLECFQl1hwodtQoAcg;](https://www.overseasjobs.com/?gclid=CODtj_msLECFQl1hwodtQoAcg;)

<http://www.fpa.org/jobs/>

<http://www.dangerzonejobs.com/artman/publish/index.shtml;>

[http://www.overseasjobportal.com/osjp/portal/osjp\\_execute.action;](http://www.overseasjobportal.com/osjp/portal/osjp_execute.action;)

<http://inastan.blogspot.com/2011/04/getting-overseas-contracting-jobs.html>



# 9-JOB SEARCH TOOLKIT



## Career Self-Assessment Links

The Skills Profiler - Identifies skills and matches them to jobs  
<http://www.careerinfonet.org/skills/default.aspx?nodeid=20>

O\*NET's Ability Profiler - Matches strengths with occupations <http://www.onetcenter.org/AP.html>

O\*NET's Interest Profiler - Identifies broad interest areas <http://www.onetcenter.org/IP.html>

O\*NET's Work Importance Locator - Identifies job features important to you  
<http://www.onetcenter.org/WIL.html>

Military.com Skills Translator <http://www.onetonline.org/crosswalk/MOC/>

## Preparing Your Resume

Resume Samples by Industry <http://workbloom.com/resume/resume-samples.aspx>

More Resume Samples by Industry – Monster.com <http://career-advice.monster.com/resumes-cover-letters/resume-samples/sample-resumes-by-industry/article.aspx>

Management and Executive Resume Examples <http://www.resume-resource.com/examples-executive.html>

## Cover Letters

Cover Letter Examples - Monster.com <http://career-advice.monster.com/resumes-cover-letters/cover-letter-samples/jobs.aspx>



# 10-More: JOB SEARCH TOOLKIT



## Interviewing and Follow Up

Career One Stop – Interview Guide

<http://www.careeronestop.org/ResumesInterviews/Interviews/GetReady.aspx>

## Networking Sources

Linked In in Your Job Search <http://jobsearch.about.com/od/networking/a/linkedin.htm>

Social Media in Your Job Search

<http://jobsearch.about.com/od/networking/a/socialmedia.htm>

Network and Job Search Network Groups by State <http://www.job-hunt.org/job-search-networking/job-search-networking.shtml>

## Veterans Job Search Assistance Programs

TRANSITION ASSISTANCE PROGRAM:

[http://www.dol.gov/vets/programs/tap/tap\\_fs.htm](http://www.dol.gov/vets/programs/tap/tap_fs.htm)

Jobs for Veterans: Only serving CA: <http://www.goodwillsoal.org/employment/veterans/>



# 11-More: JOB SEARCH TOOLKIT

## National Guard "Work for Warriors" Program

California is home to the largest and most frequently deployed National Guard force in the country. Since September 11, 2001, service members have faced deployment in Afghanistan and Iraq, some for multiple tours of duty. Many have faced dangers inherent in combat and have made us all proud by their dedication and sacrifice. These individuals deserve every opportunity as they make their transition back to civilian life.

That's why the California State Assembly recently contributed \$500,000 to help establish the new National Guard employment pilot program called Work for Warriors. The program will match up the skills of unemployed and underemployed National Guard members with the hiring needs of employers. If you are a California National Guard member, know someone who is, or if you are an employer, who would like to partner with the California National Guard, please access the link below.

<http://www.calguard.ca.gov/EIP/Pages/Default1.aspx>

# 12- New Employment Initiatives for Veterans

## New Employment Initiatives for Veterans

<http://www.dol.gov/vets/goldcard.html>

The **Gold Card** provides unemployed post-9/11 era veterans with the intensive and follow-up services they need to succeed in today's job market. The Gold Card initiative is a joint effort of the Department of Labor's Employment and Training Administration (ETA) and the Veterans' Employment and Training Service (VETS).

An eligible veteran can present the Gold Card at his/her local **One-Stop Career Center** to receive enhanced intensive services including up to six months of follow-up. The enhanced in-person services available for Gold Card holders at local **One-Stop Career Centers** may include:



# 13- More: Employment Initiatives for Veterans (NEW)



## THE BOTTOM LINE

The Work Opportunity Tax Credit (WOTC) is a federal tax credit that offers an incentive for private sector businesses to hire individuals from 9 targeted groups that have consistently faced significant barriers to employment, including Veterans.

Depending on the employment scenario, private sector businesses may be eligible to reduce their federal income tax liability by as much as:

[http://www.doleta.gov/business/incentives/opptax/pdf/wotc\\_vets\\_brochure.pdf](http://www.doleta.gov/business/incentives/opptax/pdf/wotc_vets_brochure.pdf)

## Expanded Work Opportunity Tax Credit Available for Hiring Qualified Veterans

The VOW to Hire Heroes Act of 2011 made changes to the Work Opportunity Tax Credit (WOTC). The Act added two new categories to the existing qualified veteran targeted group and made the WOTC available to certain tax-exempt employers as a credit against the employer's share of social security tax. The Act allows employers to claim the WOTC for veterans certified as qualified veterans and who begin work before January 1, 2013.

The credit can be as high as \$9,600 per qualified veteran for for-profit employers or up to \$6,240 for qualified tax-exempt organizations, but the amount of the credit will also depend on a number of factors, including the length of the veteran's unemployment before hire, the number of hours the veteran works, and the veteran's first-year wages.

<http://www.irs.gov/Businesses/Small-Businesses-&Self-Employed/Expanded-Work-Opportunity-Tax-Credit-Available-for-Hiring-Qualified-Veterans>



# 14-Reserves Employment Resources (NEW)

## National Guard and Reserves Members

[https://www.cool.army.mil/index.htm?goback=%2Egde\\_4058911\\_member\\_177412049](https://www.cool.army.mil/index.htm?goback=%2Egde_4058911_member_177412049)

If you are a member of the National Guard or Reserves, you may be able to receive GI Bill reimbursement for licensing and certifications test fees. Qualifying members of the Guard and Reserve can now receive reimbursement of up to \$2,000 per test. The benefit has been available to Active Duty service members through the GI Bill since 2002, and was extended to qualifying members of the Guard and Reserve in January 2006. For more information and to find out whether you qualify for this benefit, please see the Department of Veterans' Affairs [Licensing and Certification Brochure](#).

The Office of the Assistant Secretary of Defense  
**RESERVE AFFAIRS**

<http://ra.defense.gov/>

## The Uniformed Services Employment and Reemployment Rights Act (USERRA)

**BASIC INFORMATION:** [Employment Law Guide - Uniformed Service Members](#) - Describes the basic provisions and requirements of reemployment rights and veterans' preference afforded persons who perform duty, voluntarily or involuntarily, in the uniformed services, which include the Army, Navy, Marine Corps, Air Force, Coast Guard, National Guard, and Public Health Service commissioned corps, as well as the reserve components of each of these services.

[Veterans' Employment and Training Service's Uniformed Services Employment and Reemployment Rights Act \(USERRA\) Guide](#) - Contains general information about

**USERRA:** ["Your Rights under USERRA"](#) - Describes the required notice employers must provide to workers covered by USERRA.

**FACT SHEETS:** [Uniformed Services Employment and Reemployment Rights Act \(USERRA\)](#)

[Job Rights for Veterans and Reserve Component Members](#) - Provides information to all veterans having claims under USERRA.

[FMLA/USERRA Guidance Memo](#) - A Department of Labor memorandum that clarifies its position on the rights of returning service members to family and medical leave under USERRA.

**E-TOOLS:** [eLaws Uniformed Services Employment & Reemployment Rights Act \(USERRA\) Advisor](#) - Helps employees and contractors understand veterans' employee eligibility and job entitlements for reservists and National Guard returning to private employment. Allows service members to submit a USERRA complaint form electronically.

# 15-Active Duty Employment Resources

(NEW)

## Promotion Points

Soldiers competing for promotion to sergeant and staff sergeant can now receive promotion points for approved technical certifications. COOL identifies these certifications with the promotion points icon: . Look for the icon as you review information for your military occupational specialty. For information about technical certification and promotion points, see:

[The Technical Certification and Promotion Points Fact Sheet](#)

[The U.S. Army Human Resources Command Technical Certification Matrices](#) web page

## Introduction to Transition Assistance

Returning to civilian life is an exciting time, one full of hope for what the next chapter might bring. But the transition is also a complex undertaking. So where should you start?

The Pre-Separation Guide has been developed to augment, expand, and enhance the five components of the **Transition Assistance Program (TAP)**, which include:

- » »Pre-Separation Counseling: which is conducted and administered by the Military Services.
- » »Department of Labor (DOL) Transition Assistance Program: Employment Workshops that are facilitated and sponsored by DOL.
- » »Veterans Benefits Briefings: which are facilitated and conducted by the Department of Veterans Affairs (VA ).
- » »Disabled Transition Assistance Program (DTA P): which is also facilitated and sponsored by VA .
- » »Personalized coaching and Practicum

<http://www.turbotap.org/portal/transition/lifestyles/Introduction/>



# 16- Employment Related: My Next Move for Veterans



([www.MyNextMove.org/vets](http://www.MyNextMove.org/vets)) veterans will find a simple and quick search engine where they enter their prior military experience (branch of service and military occupation code or title) and link to the information they need to explore information on civilian careers and related training, including information they can use to write resumes that highlight related civilian skills. In addition, My Next Move for Veterans contains a link to an online assessment, the O\*NET Interest Profiler, which provides results comparable to the Strong Interest Inventory being used in the new Transition Assistance Program (TAP). Veterans who have not received an interest assessment as part of TAP can access and take this interest assessment online from a link in the lower right-hand corner of My Next Move for Veterans or directly at:

<http://www.mynextmove.org/explore/ip>.

# 17-Get Job Skills: Elevate America Veterans

<http://www.microsoft.com/about/corporatecitizenship/en-us/community-tools/job-skills/veterans/>

Microsoft launched the Elevate America veterans initiative to help our country's veterans and their spouses acquire the skills and resources that they need to be successful in today's workplace. Through this initiative, Microsoft is convening a coalition of public, private, and nonprofit organizations that are interested in contributing expertise, cash, and in-kind resources to help U.S. veterans and their spouses build the skills and access the resources that they need to be successful in today's workforce.

[Welcome](#)

[Voucher Information](#)

[In person training](#)

[More resources](#)

Microsoft is proud to help veterans and their spouses successfully transition from the military to civilian employment. Through Microsoft's investments of more than \$12 million in cash, software and related support, veterans and their eligible spouses can take advantage of resources including: technology skills training and certification, job placement, career counseling and other support services such as childcare, transportation and housing to help in their successful transition to civilian life.

Learn about a [no-cost voucher](#) for technology skills training and certification

Find resources to help you [transition to civilian life](#) through our nonprofit partnerships

Explore additional [no-cost and low-cost resources from Microsoft](#) to support your training and job readiness needs

See how [your military occupational code translates to jobs](#) available at Microsoft today

Our thanks to [The American Legion](#), [Iraq and Afghanistan Veterans of America \(IAVA\)](#), [Paralyzed Veterans of America](#), [United Service Organizations \(USO\)](#), and the [Wounded Warrior Project](#) who have served as members of the Elevate America veterans initiative advisory committee.



# 18- Toolkit for Employers (NEW)



Military background is not always assessed by clinicians or spontaneously shared by Veteran clients. Asking if the individual in your office has served in the military is simple, quick, and can have important implications for available benefits and care.

<http://www.mentalhealth.va.gov/communityproviders/screening.asp>

[http://www.wrksolutions.com/employer/toolkit/TWS-Military-Toolkit\\_v5.pdf](http://www.wrksolutions.com/employer/toolkit/TWS-Military-Toolkit_v5.pdf)

## Employer Partnership

The Employer Partnership (EP) was created as a way to provide America's employers with a direct link to some of America's finest employees – Service members and their families. Through the partnership, Service members can leverage their military training and experience for career opportunities in today's civilian job market with national, regional and local Employer Partners.

## Creating a Better Workplace

This partnership facilitates the transition that comes with a leave of absence from the civilian workplace to serve the nation. With military training and deployment schedules, Service members and their families can better prepare for a leave of absence and employers are afforded a more predictable picture of their future staffing needs. Employers may also see potential cost saving in recruiting and training. This partnership is a win-win situation for service members, employers and the Nation as a whole.

<https://www.employerpartnership.org/>

# 19-Financial Aid for Military



<http://online.champlain.edu/military-personnel#financial>

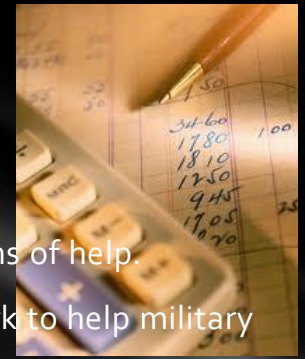
- Champlain College is approved for veterans by the State Board of Education. In addition to state or federal aid, you may be eligible to receive a variety of tuition assistance and veterans' education benefits. Eligible veterans should contact the Financial Aid Office prior to registration.
- **DANTES Affiliate:**
- Champlain College is a Defense Activity for Non-Traditional Education Support (DANTES) affiliate. Military personnel wishing to be reimbursed via DANTES must submit DANTES form 1562/31 with their registration <http://www.dantes.doded.mil>.
- **FAFSA**
- The Free Application for Federal Student Aid (FAFSA) is required for financial aid at Champlain College. Unless otherwise noted, no additional applications are required to be considered for federal or institutional scholarship or grant programs. The Financial Aid process is exactly the same for online students as for students who physically attend the campus. The students must meet the eligibility requirements and maintain satisfactory academic progress (information can be found in [Student Handbook](#)) to be eligible for financial aid.
- You may complete your FAFSA online or you may request a paper version from the Champlain College Financial Aid Office at [finaid@champlain.edu](mailto:finaid@champlain.edu).

# 20- More: Financial Aid for Military

- **Grants/Scholarships**
- Federal Grants
- Federal grants are available for students in undergraduate programs who have a demonstrated financial need. This need is determined by the government based on the information you include in your FAFSA. Pell Grants are the most common grant awarded. For more information about grants, please visit the following sites:
- [Grants.gov](http://Grants.gov)
- [Benefits.gov](http://Benefits.gov)
- [Studentaid.ed.gov](http://Studentaid.ed.gov)
- State Grants
- State grants may be available from your home state. Vermont residents should apply for the Vermont state grant at: [www.vsac.org](http://www.vsac.org). Students from outside the state of Vermont should contact your state grant agency for further information and application procedures.
- Scholarships
- While grants are awarded based upon financial need, scholarships are awarded based upon criteria determined by the granting organization/committee. Scholarships have been created based on geographic location, grades, field of study, membership within an organization, the list is endless. To begin your scholarship search we recommend utilizing the [Vermont Student Assistance Corporation scholarships page](#), as their resources are legitimate and up to date. To avoid scholarship scams please visit the [Federal Trade Commission site](#) before giving out any personal information.



# 21- More: Financial Aid for Military & Families



Financial help for military families is available, as are counseling services, referrals, and other forms of help.

- It is essential that you reach out immediately when you need help. The following agencies work to help military families with emergency financial needs: <http://www.emilitary.org/pay6.html>
- The [Red Cross](#) offers many orientation sessions to inform soldiers, Marines, airmen and sailors on how best to access these services.
- [United Way](#)
- [Salvation Army](#)

Installation Family Support Services (Emergency Relief)

- [Military Families, Money and Mobility](#) A must have booklet for all military families to help with financial readiness and health. Prepared by the National Military Family Association.
- [Defense Financial Website for Military Pay and Assistance Information](#)

When your military member is deployed and you face financial difficulty with credit cards, you can call them and many will work with you, sometimes even placing a hold on payments and interest accrual. Military credit cards normally have this plan in place.

Whatever you do, please seek out help from these agencies and not quick cash or easy loan type of establishments. They will charge high interest rates and lead you further into debt.

- [Kiplinger's 2012 Financial Field Manual: The Personal Financial Guide for Military Families](http://www.kiplinger.com/money/military/pdfs/Military_Families_Final.pdf) (PDF) - [http://www.kiplinger.com/money/military/pdfs/Military\\_Families\\_Final.pdf](http://www.kiplinger.com/money/military/pdfs/Military_Families_Final.pdf)

# 22- Financial Aid for Military & Families

*Family Assistance Sites:* <http://www.emilitary.org/pay6.html>

[Air Force Aid Society](#)

[Air Force Crossroads](#): Resource site for Air Force families

[American Red Cross](#)

[Army Community Service](#)

[Army Emergency Relief](#)

[Coast Guard Mutual Assistance](#)

[Information about the Uniformed Services Former Spouses' Protection Act](#) A summary of the law, examples of how the law breaks down with regard to benefits and links to organizations offering support.

[Fisher House](#): A national network of comfort houses providing a "home away from home" for families of patients receiving care at major regional military and VA medical centers.

[Lifelines](#): A Joint Military Services Partnership for QOL Support Services Delivery. This site was developed by the Navy but is designed to aid service members in all branches of the armed forces and their families.

[Military Assistance Program](#): Services to make your life easier.

[Navy-Marine Corps Relief Society](#): The mission of the Navy-Marine Corps Relief Society is to provide, in partnership with the Navy and Marine Corps, financial, educational, and other assistance to members of the Naval Services of the United States, eligible family members, and survivors when in need; and to receive and manage funds to administer these programs.



# 23- Homeless Veterans



- ✓ Homeless Veterans
- ✓ National Call Center for Homeless Veterans  
**Homeless Veterans 24/7 Hotline 1-877-424-3838.** Find a list of veterans homeless assistance by state at [http://www.va.gov/homeless/docs/HCHV\\_Sites\\_ByState.pdf](http://www.va.gov/homeless/docs/HCHV_Sites_ByState.pdf) or go to [http://va.gov/homeless/help\\_a\\_homeless\\_veteran\\_general.asp?gclid=CJ6RqdSNtrECFQQJRQodBD4ALA](http://va.gov/homeless/help_a_homeless_veteran_general.asp?gclid=CJ6RqdSNtrECFQQJRQodBD4ALA) for more information about VA benefits.
- ✓ **National Coalition for Homeless Veterans** [www.nchv.org](http://www.nchv.org). or 1-800-vet-help Resources for homeless veterans and/or veterans facing homelessness.
- ✓ **US Vets Inc.** – [www.usvetsinc.org](http://www.usvetsinc.org). This non-profit organization is dedicated to helping homeless and at-risk veterans in their effort to reintegrate to civilian life. 12 locations across the nation and a toll free number for veterans having challenges with reintegration. Excellent resource.

The VA estimates  
more than  
**300,000**  
Vets are homeless  
on any given night



# 24- More: Homeless Veterans (NEW)

## National Resource Directory

Connecting Wounded Warriors, Service Members, Veterans, Their Families and Caregivers with Those Who Support Them

<https://www.nrd.gov/>



# 25- Legal Assistance



- **Justice for Vets** - [www.justiceforvets.org](http://www.justiceforvets.org) Justice for Vets is the National Clearinghouse for Veterans Treatment Courts. This comprehensive website explains how Veterans Treatment Courts are hybrid Drug and Mental Health Courts that use [the Drug Court model](#) to serve veterans struggling with addiction, serious mental illness and/or co-occurring disorders.
- **Lawyers Serving Warriors** – [www.lawyerservingwarriors.com](http://www.lawyerservingwarriors.com). New website for veterans who need legal representation regarding war related issues. Has a tab that says "request free legal help".
- **National Veterans Legal Services Program** – [www.nvlsp.org](http://www.nvlsp.org). NVLSP is an independent, nonprofit, veterans service organization dedicated to ensuring that the U.S. government honors its commitment to our veterans and the parent organization for Lawyers Serving Warriors.
- **The Veterans Consortium: Pro Bono Program** – [www.vetsprobono.org](http://www.vetsprobono.org). This group of volunteer legal advisors will review your BVA decision and VA claims file if you meet certain criteria. Go to "what we do" on the site for more information. There are also good links that may assist veterans who are filing a claim.
- **Veterans for Common Sense's** – [www.veteransforcommonsense.org](http://www.veteransforcommonsense.org). Their mission is to raise the unique and powerful voices of veterans so that our military, veterans, freedom, and national security are protected and enhanced, for ourselves and for future generations.
- **DAV** - [www.dav.org](http://www.dav.org) Disabled American Veterans function as attorneys-in-fact, assisting veterans and their families in filing claims for VA disability compensation and pension; vocational rehabilitation and employment; education; home loan guaranty; life insurance; death benefits; health care and much more. They provide free services, such as information seminars, counseling and community outreach. NSOs also represent veterans and active duty military personnel before Discharge Review Boards, Boards for Correction of Military Records, Physical Evaluation Boards and other official panels.

# 26- Mental Health Resources



- ❑ **After Deployment** – [www.afterdeployment.org](http://www.afterdeployment.org). This website provides “self care” solutions targeting Post Traumatic Stress Disorder, Depression and other behavioral health challenges commonly faced after deployment. There are self assessment tools, videos and other resources for both veterans and family members. It is a joint effort between the Dept. of Defense, Veteran Affairs and civilian agencies.
- ❑ **Coming Home Project** – [www.cominghomeproject.net](http://www.cominghomeproject.net). “Devoted to providing compassionate care, support and stress management tools for Iraq and Afghanistan veterans and their families . . . a range of free services: residential retreats; psychological counseling; education, training and consultation; self-care for service providers; and community forums . . . emotional, spiritual, relationship, and reintegration challenges faced by veterans and families before, during and after deployment.”
- ❑ **Grace After Fire** -[www.graceafterfire.org](http://www.graceafterfire.org). Grace After Fire is designed to serve women veterans from all eras and branches of service (currently 1.8M), and is preparing to meet the high numbers of women (approximately 14 percent of the armed services) currently serving. Treatment links and options are listed.
- ❑ **The Mental Health America Resource Center** – [www.nmha.org](http://www.nmha.org). National Mental Health Association.
- ❑ **Military Mental Health Assessment** – [www.militarymentalhealth.org](http://www.militarymentalhealth.org). This has a mental health self-assessment screening and referral program offered to families and service members affected by deployment or mobilization.
- ❑ **Not Alone** – [www.notalone.com](http://www.notalone.com). This site is intended for:
  - Warriors from any branch of service who are currently serving or have served in combat – especially those who have recently come home.
  - Family members and close friends of warriors that deal with the effects of combat stress on a daily basis.
  - Supporters who care about our warriors and their families. Under the “group” section, you can sign up for 60-90 minute video classes that may be helpful in understanding readjustment issues.
- ❑ **National Alliance on Mental Illness** – [www.nami.org/veterans](http://www.nami.org/veterans). Specific information about Veterans and mental health related illnesses and information for resources for veterans and their families.

# 27-More: Mental Health Resources



- ❑ **National Institute of Mental Health** – <http://www.nimh.nih.gov/index.shtml> Scroll down to “Mental Health Topics” to get a description of mental health diagnosis and how to locate resources for assistance.
- ❑ **National Center for Post Traumatic Stress Disorder** – [www.ptsd.va.gov](http://www.ptsd.va.gov). Information on PTSD from the National Center for PTSD.
- ❑ **NEW! Operation Reach Out – FREE! Suicide Prevention Apps for** <http://militaryfamily.com/downloads/apps/military-suicide-prevention-operation-reach-out/> These apps are designed to encourage people to reach out for help when they are having suicidal thoughts, help those who are concerned about family members, spouses, or fellow service members who may be suicidal, provide a personal contact help center, provide activities to help people who are depressed stay connected to others.
- ❑ **Red Cross** – [www.redcross.org](http://www.redcross.org) Go to “Getting Assistance” and click on “Military Families” to find out about the resources that are offered by the red cross with regard to counseling and other social service needs or call 1-877-272-7337.
- ❑ **Substance Abuse and Mental Health Administration** - [www.samhsa.gov](http://www.samhsa.gov). The United States Department of Health and Human Services special link to mental health resources. Look in left hand menu under “treatment locators” to find community mental health resources near you. NEW! For specific information about veterans, visit [www.samhsa.gov/vets/](http://www.samhsa.gov/vets/)
- ❑ **Suicide Prevention Action Network** – [www.spanusa.org](http://www.spanusa.org). A national suicide prevention organization that provides extensive information that may be helpful for veterans and their families. 1-800-273-TALK for 24/7 assistance.
- ❑ **Suicide Information/Assistance** <http://www1.va.gov/opa/pressrel/pressrelease.cfm?id=1363> and <http://www.mentalhealth.va.gov/>. VA Suicide Hotline and other mental Health support and information.
- ❑ **Vet Centers** - [www.vetcenter.va.gov](http://www.vetcenter.va.gov). Vet Centers offer a wide range of services to help you make a successful transition from military to civilian life. Services include -individual & group counseling, marital and family counseling, bereavement counseling, medical & benefits referrals, employment counseling. To locate the Vet Center nearest you, click on “find a vet center” in the right hand menu.

# 28-More: Mental Health APPS (NEW)

Posttraumatic Stress Disorder (PTSD) is a mental health problem that can occur after someone goes through a traumatic event like war, assault, or disaster.

[www.ptsd.va.gov](http://www.ptsd.va.gov)

**FIND PTSD overview**

**FIND How to treat PTSD**

**FIND Courses for free CE/CME credit**

**FIND Assessment information**

**FIND Resources for community providers**

*(employers, clergy, law enforcement)*

**FIND Where to refer to get help for PTSD**

**FIND Manuals, videos, handouts for patients**

## PTSD Coach mobile app

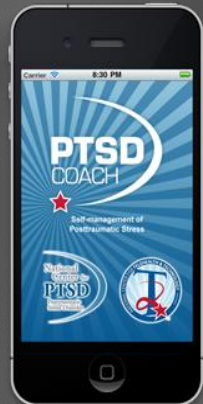
[http://www.ptsd.va.gov/public/pages/ptsd\\_coach.asp](http://www.ptsd.va.gov/public/pages/ptsd_coach.asp)

- Free for iPhone and Android
- Information on PTSD and treatments that work
- Tools for screening and tracking symptoms
- Skills to handle stress symptoms
- Direct links to support and help
- Available 24/7

**Download the mobile app**

**Free PTSD Coach download from:**

[iTunes \(iOS\)\\*](#) and [Google Play \(Android\)\\*](#)



# 29- TBI Resources/Treatments



**NEW!** Welcome to our new link dedicated specifically to Traumatic Brain Injury (TBI). We are in the process of creating what we hope will be helpful information about TBI to veterans, their families and friends. In the meantime, we have listed several resources for you below. Look for our new resource coming to you by March 2012.

- ❖ · **Brain Line** – <http://www.brainline.org/> is a national multimedia project offering information about preventing, treating and living with TBI.
- ❖ · **Brain Injury Association of America** – <http://www.biausa.org/>. Information about brain injuries and living with them for the injured, families and caregivers.
- ❖ · **NEW! Center for Deployment Psychology** – <http://deploymentpsych.org/training/training-catalog/course-119-online-the-fundamentals-of-traumatic-brain-injury-tbi> Free training about TBI. Click on “Take for Free” and receive a very up-to-date review of TBI and how it may be diagnosed and/or treated. (NOTE: if the link does not connect immediately, follow prompts and it should connect).
- ❖ · **Cognitive Systems** – <http://www.cog-systems.com/> innovative treatment for mild traumatic brain injury and other neurological injuries that can be done from home.
- ❖ · **NEW! Defense and Veterans Brain Injury Center** – [www.dvbic.org](http://www.dvbic.org) The mission of the Defense and Veterans Brain Injury Center (DVBIC) is to serve active duty military, their beneficiaries, and veterans with traumatic brain injuries (TBIs) through state-of-the-art clinical care, innovative clinical research initiatives and educational programs.
- ❖ · **Resurrecting Lives – TBI** – [www.ResurrectingLives.org](http://www.ResurrectingLives.org) This organization is dedicated to systematically, efficiently and successfully diagnosing and treating veterans who are returning from war primarily in Iraq and Afghanistan for Traumatic Brain Injury (TBI) while also contributing to the prevention of TBI in the future. Helpful information is available on this site.
- ❖ · **What is TBI** – <http://www.whatistib.org/> This website has some general information, myths about TBI, and a screening tool and is also linked to “Resurrecting Lives” website.



# 30- NATIONAL CENTER FOR PTSD



This section contains links to resources for U.S. Troops and Veterans and the sites of U.S. military branches or find [family](#) related resources.

[DoD Outreach Center](#)  
1-866-966-1020

24/7 assistance for Service Members, Veterans, families and those that support them.  
[resources@dcoeoutreach.org](mailto:resources@dcoeoutreach.org)

[afterdeployment.org](http://afterdeployment.org)\*  
A mental wellness resource for service members, Veterans, and military families.

[Courage To Care Campaign](#)  
Courage to Care is an electronic health campaign for professionals serving the military community, as well as for military and families. Content is developed by military health experts from Uniformed Services University of the Health Sciences.

## [VA PTSD Program Locator](#)

**NOTE:** VA Medical Centers without a specific PTSD Program do offer PTSD Treatment. Contact your [local VA Medical Center](#) and ask for the Mental Health clinic. Many Vet Centers and VA Community Based Outpatient Clinics also offer PTSD treatment.

[http://www2.va.gov/directory/guide/ptsd\\_flsh.asp](http://www2.va.gov/directory/guide/ptsd_flsh.asp)

[National Resource Directory](#): Links to 10,000+ resources that support recovery for Service Members, Veterans, their families and those that support them.

[Hooah4Health.com](http://Hooah4Health.com)\*  
The US Army health promotion and wellness website.

[Institute of Medicine: Veterans Health](#)\*  
The IOM website includes information about a variety of military-related health issues.

[SAMHSA Veteran Resources](#)  
The Substance Abuse and Mental Health Services Administration provides resources for returning Veterans and their families.



# 31- War Related Clinician/Community Resources



- ❑ **NEW! ARMY ONE SOURCE: Treating the Invisible Wounds of War** [www.aheconnect.com/citizensoldier](http://www.aheconnect.com/citizensoldier) ASO Referral Code: AOSEOK21 This includes curriculum designed to assist clinicians in treating invisible wounds of war.
- ❑ **NEW! Citizen Soldier Support Program** – <http://citizensoldiersupport.org/initiatives/health.php> A special clinician link can assist providers with new and updated information that will increase readiness and resiliency of the Reserve Component and their families.
- ❑ **NEW! Clinician Tool Kit aimed at Screening Families For Military Stress** – <http://www.boston.com/Boston/whitecoatnotes/2011/08/tool-kit-aimed-screening-military-families-for-deployment-stress/ndShJEHmNGbDVdwjYuD1uI/index.html> The tool kit comes with simple checklists that teenagers or parents of younger children can fill out during check-in for a regular appointment so that their doctor can evaluate whether they are having trouble coping.
- ❑ **NEW! Defense Center for Excellence** - <http://www.dcoe.health.mil/> An extensive resource base of education for veterans, families, and clinicians regarding Mental Health and TBI. Click on the “For Professionals” link to obtain the latest research and protocol for these issues offered by the DCOE.
- ❑ **Virtual Reality Medical Center** – [www.vrphobia.com](http://www.vrphobia.com). For the past 10 years, The Virtual Reality Medical Center (VRMC) has been using simulation technologies in three main areas: 1) treating patients with anxiety disorders, 2) training for both military and civilian populations, and 3) enhancing various educational programs. With U.S. offices in San Diego, West Los Angeles, Palo Alto, California and an office and manufacturing facility in Orlando, Florida, VRMC is a world leader in applying virtual reality technology in combination with physiological monitoring and feedback for training, therapy, and emerging applications. We are also focused on developing a comprehensive protocol to address an array of needs for military personnel and civilian first responders as well as emerging technologies for various security and intelligence operations.
- ❑ **VA PTSD Provider/Clinician Link** – <http://www.ptsd.va.gov/professional/index.asp> A great link for professionals/providers who want to access resources to assist military, vets and families who are faced with PTSD.



# 32- Education Benefits



<http://www.army.com/education/veterans>

## U.S. Army Education Benefits: Veterans

The U.S. Army has education benefits in place to help eligible Army veterans and their dependents continue or complete their educations. U.S. Army education benefits can help veterans earn a college degree, which can increase civilian employment opportunities and even lead to increased earning potential.

### VA Education Benefits for Army Veterans

Most of the education benefits programs in place for Army veterans and their dependents are administered by the Department of Veterans Affairs (VA). The primary U.S. Army education benefit for veterans is the **GI Bill**. The GI Bill has been in place since 1944 and has helped numerous Army veterans earn college degrees. There are two main versions of the GI Bill available for today's Army veterans: the Montgomery GI Bill and the Post-9/11 GI Bill.

### Montgomery GI Bill-Active Duty (MGIB-AD)

The **MGIB-AD** can provide eligible Army veterans with up to 36 months of education benefits. To be eligible for full benefits, you must enroll in the MGIB program when you enlist, contribute \$1,200 during your first year, and serve at least 36 months on active duty. The Montgomery GI Bill can provide you with up to \$1,368 per month for tuition, fees, and other educational costs. The benefits must be used within 10 years of separation from active duty and may be used for:

Attending colleges and universities

Taking technical or vocational courses

Participating in approved online degree programs

Participating in apprenticeships

Flight training

On-the-job training

Certification tests

# 33- More: Education Benefits



## Post-9/11 GI Bill (New GI Bill)

The New GI Bill can provide Army veterans with more [U.S. Army education benefits](#) than any prior GI Bill. This GI Bill even offers eligible soldiers the opportunity to transfer GI Bill benefits to their spouses and children. Army veterans may be eligible for this VA education benefit program if they served on active duty for at least 90 days on or after September 11, 2001. To be eligible for the full benefits, you must have at least 36 months of active-duty service. Post-9/11 GI Bill benefits must be used within 15 years of separating from active duty. Full Post-9/11 GI Bill benefits can provide you with:

36 months of tuition assistance at a college or university

A monthly housing allowance

A yearly book stipend

Assistance for tutoring

Assistance for relocating to an approved school

## Veterans Education Assistance Program (VEAP)

[VEAP](#) is a variation of the GI Bill which preceded the MGIB-AD. You may be eligible for VEAP if you served on active duty between January 1, 1977 and June 30, 1985. If you were on active duty during this period and opened a VEAP contribution account prior to April 1, 1987, the VA would contribute \$2 for every \$1 you placed in your account. VEAP benefits can be used for:

Degree programs

Correspondence and online courses

Apprenticeships

Certificates and licenses

Vocational flight training

## State Veteran Education Benefits

State governments often have their own versions of the VA education benefits programs. The benefits that you or your dependents may be eligible for vary by state, but some states offer benefits similar to the GI Bill. Many states offer reduced tuition or tuition waivers for Army veterans attending state supported colleges and universities, and there are often education benefits programs for the dependents of Army veterans who have been killed or disabled while on active duty. Contact your state's Department of Veterans Affairs for more information.

# 34 - VA Education Benefits

Champlain College is an approved institution for veterans' educational benefits. To determine if you are eligible to receive benefits, visit the [G.I. Bill Web site](#) or call 1-888-GI-BILL-1.

VA benefit programs include:

[Post 9/11 GI Bill](#)

[Montgomery GI Bill - Active Duty](#)

[Montgomery GI Bill - Selected Reserve](#)

[Montgomery GI Bill Kicker](#)

[Reserve Educational Assistance Program \(REAP\)](#)

[Veterans Educational Assistance Program \(VEAP\)](#)

[Survivors' and Dependents' Educational Assistance Program \(DEA\)](#)

You can access all the [pamphlets and fact sheets](#) from the Veteran's Administration.

For personal assistance, please contact the Veteran Services Office at [sco@champlain.edu](mailto:sco@champlain.edu) or (802) 865-5777, or call the Veterans Administration toll-free number at (888) 442-4551.



# 35-Transportation Resources

- **Air Compassion for Veterans** – [www.aircompassionforveterans.org](http://www.aircompassionforveterans.org)  
Wounded warriors and their families are provided FREE medically related flights.
- **Hope for the Warriors** – <http://hopeforthewarriors.org/immneeds.html>  
Hope For The Warriors® works daily with wounded service members, their families, and families of the fallen to meet immediate financial needs. Applicants may apply once a year. Payment is always made to a third party, typical grants cover household utilities, gas cards for vehicles to get to appointments, groceries, rent, mortgage, and rental deposits.



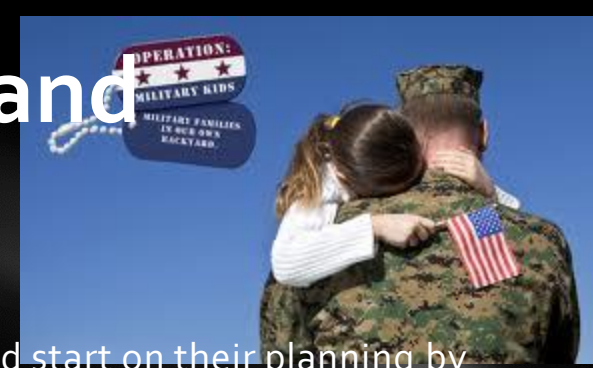
# 36- Resources: Children and Youth



- ❖ **Books for Military Children** - <http://www.military.com/opinion/0,15202,121091,00.html>. Over 30 books recommended in the advisory column, "Field Problems", at Military.com.Today.
- ❖ **Behavioral Health for Children of Military Families** – <http://www.behavioralhealth.army.mil/families/index.html>. On line videos to help children with all phases of military duty and return. Excellent resource.
- ❖ **Child Care Aware** – [www.childcareaware.org/en/operationchildcare](http://www.childcareaware.org/en/operationchildcare). Web site for National Guard and Reservists children issues.
- ❖ **Crisis Issues for Children of Veterans School Safety and Crisis Resources** – [http://www.nasponline.org/resources/crisis\\_safety/index.aspx](http://www.nasponline.org/resources/crisis_safety/index.aspx). This link is to the American Psychological Association web site that addresses crisis issues for children of veterans. You will have to scroll down the page to find the information, but it is an excellent source of ideas and help.
- ❖ **Military Child** – [www.militarychild.org](http://www.militarychild.org). Resources, publications, and educational information for children.
- ❖ **National Guard Family Program** – [www.guardfamily.org](http://www.guardfamily.org). National Guard Family Program.
- ❖ **National Guard Youth Web Site** – [www.guardfamilyyouth.org](http://www.guardfamilyyouth.org). National Guard Family Youth Website.
- ❖ **Seeds of Hope** – [www.seedsofhopebooks.com](http://www.seedsofhopebooks.com). Finding My Way: A Teen's Guide to Living with a Parent Who Has Experienced Trauma (2005) Michelle D. Sherman, Ph.D.
- ❖ **Time to Talk**- [www.timetotalk.org](http://www.timetotalk.org). Time to Talk provides ways of talking to your kids about the risks of drugs and alcohol. They have free, easy-to-use, research-based tools and tips to help you have ongoing conversations with your kids to keep them healthy and drug-free. Look for the FREE KIT for Military Families.
- ❖ **Zero to Three** – [www.zerotothree.org/military](http://www.zerotothree.org/military). Ways to help children stay connected to deployed servicemen/women.
- ❖ **Child, Youth and School Services - Army OneSource** : Army Child, Youth & School programs exist to support *military* readiness by ... and resources that help "level the playing field" for transitioning *military* students.  
<http://www.myarmyonesource.com/ChildYouthandSchoolServices/default.aspx>



# 37- More Resources: Children and Youth



- ❑ **Military Kids - Free Summer Camps** - Military families can get a head start on their planning by applying for the **National Military Family Association's** - [www.militaryfamily.org/ Operation Purple Summer Camp](http://www.militaryfamily.org/OperationPurpleSummerCamp) - program. The nonprofit organization launched this free program nine years ago to support military children, ages 7 to 17, dealing with the stress of war.
- ❑ **Military Children Scholarships - College Funding Assistance Comes from State Programs:** The children of military personnel have a wide range of scholarships and other free tuition programs available to them. The eligibility criteria vary amongst the programs, as do the awards given. It is important to be familiar with all of the application and qualification information in order to receive consideration.  
<http://www.collegescholarships.org/scholarships/children.htm>
- ❑ **Preparing for a PCS with Children** - <http://www.militaryhomefront.dod.mil/> - Do you have orders for a new duty station? Preparing for a PCS is often part of the military lifestyle. Below are tools and resources to help you stay organized to ensure a smooth move, learn about your new installation, and help your teenager cope with an upcoming relocation - [Helping Your Teenager Cope with Relocation](#)
- ❑ **10 Things Military Teens Want You to Know** (PDF) - <http://www.militaryfamily.org/assets/pdf/What-Military-Teens-Want-You-to-Know-Toolkit.pdf>  
The National Military Family Association created this toolkit to give the people in military teens' lives a way to help them manage the best and hardest parts of military life.
- ❑ **Resources for Supporting the Military Child** - <http://www.aasa.org/content.aspx?id=9004>



# 38- More Resources: Children & Youth (NEW)



## *Study Strong / Tutoring*

<http://www.myarmyonesource.com/ChildYouthandSchoolServices/CYSServicesOnlineTutoring/Default.aspx>

**Tutor.com is a live, online tutoring and career help service available in English and Spanish 24 hours a day, no matter where you live.**

### **How it Works:**

Army affiliated students submit a one-time registration (at right) to obtain their passcode. Students can then use it to log in (at right) from home or any computer. They enter their grade level and the subject they need help in. They are then connected to the first available subject expert tutor in an online classroom. Students and tutors work together in an online classroom using controlled chat and an interactive white board. Students can send computer files, such as essays, to the tutor for review and assistance. They can also share educational websites.

Educational support is available for Kindergarten – 12th grade and college prep.

Subjects supported are all grade levels of math, science, English, and social studies.

Preparations for career transitions, writing resumes and studying for exams are available for Adults.

## *School & Community Resources*

**SCHOOLQUEST**-Designed for military students, their families and the caring professionals who support them, SchoolQuest is an **educational resource tool** from the Military Child Education Coalition. It is meant to facilitate the search for new schools and centralize resources. For more information, go to

website: <http://www.schoolquest.org>

**SOAR** is designed for military families, and is easily accessible worldwide. Students take an assessment aligned to state standards, and SOAR directs them to individualized tutorials to improve skills where needed. For more information on SOAR go to: <http://www.soarathome.org/> or [www.militaryimpactedschoolsassociation.org](http://www.militaryimpactedschoolsassociation.org)

**STOMP** - Specialized Training of Military Families is a federally funded Parent Training and Information (PTI) Center established to *assist military families who have children with special education or health needs*. For more information go to e-mail: [stomp@wapave.org](mailto:stomp@wapave.org) or Web Page: [www.stompproject.org](http://www.stompproject.org)

**NACCRRA- National Association of Child Care of Resource & Referral** is our nation's leading voice for child care. **Within NACCRRA, Child Care Aware® of America** is working with the U.S. Military Services to help those who serve in the military find and afford child care that suits their unique needs. If you need assistance, please contact us toll free at 1-800-424-2246, or send an email to [msp@naccrra.org](mailto:msp@naccrra.org)

# 39- Support for Family



- ❑ **The Armed Forces Foundation** – [www.ArmedForcesFoundation.org](http://www.ArmedForcesFoundation.org). The Armed Forces Foundation is a non profit organization that started in 2010 and is dedicated to providing comfort and solace to members of the military community through financial support, career counseling, housing assistance and recreational therapy programs. Vital programs are offered to active-duty and retired personnel, National Guard, Reserve components, and their loved ones. This website is full of wonderful assistance options for vets/families along with applications for assistance that are only 4 pages long! Go to AFF Programs to get more specific information.
- ❑ **Air Compassion for Veterans** – [www.aircompassionforveterans.org](http://www.aircompassionforveterans.org) Wounded warriors and their families are provided FREE medically related flights.
- ❑ **Army Home Front** - [www.armyhomefront.org](http://www.armyhomefront.org) The Army Homefront Fund provides emergency financial and other support to the families of soldiers, with a focus on wounded warrior care and transition assistance.
- ❑ **Caring Bridge** – [www.caringbridge.org](http://www.caringbridge.org) CaringBridge provides free websites that connect people experiencing a significant health challenge to family and friends, making each health journey easier.
- ❑ **NEW! Federal Guide for Veterans, Dependents and Survivors: 2011 Edition** [Federal Benefits for Veterans, Dependents and Survivors: 2011 Edition](#) This quick link will take you to detailed and up-to-date information regarding Veterans benefits.
- ❑ **Fisher House** – [www.fisherhouse.org](http://www.fisherhouse.org). Fisher House Foundation continues to support existing Fisher Houses and help individual military families in need. They also administer and sponsor Scholarships for Military Children, the Hero Miles program, and co-sponsor the Newman's Own Award.
- ❑ **Hope for the Warriors** – [www.hopeforthewarriors.org](http://www.hopeforthewarriors.org). The mission of Hope For The Warriors® is to enhance quality of life for U.S. service members and their families nationwide who have been adversely affected by injuries or death in the line of duty. Hope For The Warriors® actively seeks to ensure that the sacrifices of wounded and fallen warriors and their families are never forgotten nor their needs unmet. Includes assistance for “immediate needs”, “family assistance”, “warriors wish”, etc.
- ❑ **Military Family Support** – [www.militaryfamilysupport.org](http://www.militaryfamilysupport.org). Military Family Support speaks up on behalf of military families and empower husbands, wives, and children to understand and access their benefits. They provide military members and their families with insightful recommendations, innovative programs, and grassroots efforts to better the quality of life for military families. Helpful links listed at the bottom of the home page.



# 40- More: Support for Family



- ❑ **Quality of Life Foundation** – [www.golfoundation.org](http://www.golfoundation.org). Their mission is to honor and serve the families of our severely injured combat service members by helping them face the intense, life-changing challenges unique to their situations.
- ❑ **Rebuild Hope** – [www.rebuildhope.org](http://www.rebuildhope.org). Rebuild Hope offers an immediate and easy way to help these OEF/OIF families. Our one-of-a-kind, national network “connects” donors to beneficiaries, and we provide complementary services that increase the veteran’s odds of success. Rebuild Hope also recognizes their personal sacrifices and efforts to rebuild their lives by sharing their personal stories.
- ❑ **Red Cross** – [www.redcross.org](http://www.redcross.org) Go to “Getting Assistance” and click on “Military Families” to find out about the resources that are offered by the red cross with regard to counseling and other social service needs or call 1-877-272-7337.
- ❑ **NEW! Support Your Vet** - <http://www.supportyourvet.org/> A veteran’s experiences in Iraq and Afghanistan are unimaginable, and returning home isn’t always easy. As a family member or friend of a veteran, you have the power to help, but knowing where to start can be difficult. This site provides “user friendly” tips for families and friends to welcome warriors home.
- ❑ **Tragedy Assistance Program for Survivors** – [www.taps.org](http://www.taps.org). TAPS is the 24/7 tragedy assistance resource for ANYONE who has suffered the loss of a military loved one, regardless of the relationship to the deceased or the circumstance of the death.
- ❑ **NEW! VA Caregiver Support** – [www.caregiver.va.gov/](http://www.caregiver.va.gov/) VA knows your focus as a Family Caregiver is taking care of the Veteran you love. It can be an incredibly demanding job, and we want you to know you don’t have to do it alone. Learn more about the support and services VA offers Family Caregivers or by calling 1-855-260-3274.
- ❑ **Military OneSource** [www.militaryonesource.mil/](http://www.militaryonesource.mil/) is a free service provided by the Department of Defense to service members and their families to help with a broad range of concerns including money management, spouse employment and education, parenting and child care, relocation, deployment, reunion, and the particular concerns of families with special-needs members. They can also include more complex issues like relationships, stress, and grief. Services are available 24 hours a day --- 1-800- 342- 9647

# 41- Aid for Vets, Military & Families

Fund for Veterans' Assistance - <http://www.tvc.texas.gov/Fund-for-Veterans-Assistance.aspx>

The Fund for Veterans' Assistance program awards reimbursement grants in two categories: FVA General Assistance Grants and Housing4TexasHeroes. Both categories offer funding to non-profit and local government organizations to provide direct services to Texas Veterans and their families.

Federal grants help connect veterans to their communities – Washington State [http://www.wsdot.wa.gov/News/2012/07/17\\_vets\\_grant.htm](http://www.wsdot.wa.gov/News/2012/07/17_vets_grant.htm)

OLYMPIA – Washington's military veterans and their families will have better information about and access to reliable transportation options thanks to four federal grants totaling more than \$400,000.

Hopelink, Paratransit Services, Human Services Council and Pierce County Community Connections will use the Federal Transit Administration (FTA) grants to make existing transportation options for vets just a mouse click or a phone call away.



## 42- Military Spouse Career Advancement Initiative Participating Installations and Contact Information

### Department of Defense - Department of Labor

- ❑ The Military Spouse Career Advancement Initiative provides assistance to military spouses seeking to gain the skills and credentials necessary to begin or advance their career. Career Advancement Accounts (CAA) cover the costs of training and education, enabling participants to earn a degree or credential in in-demand, portable fields in almost any community across the country.

The following installations are participating in this demonstration. To get started, make an appointment with the Family Support Center or Voluntary Education Center. They can assist with career counseling, finding education and training resources, and starting the application process, including determining whether or not you are eligible for a Career Advancement Account.

#### ❑ **Camp Pendleton Marine Corps Base, Calif.**

- Family Member Employment Assistance Program (FMEAP), [Website](#)  
Address: Family Member Employment Assistance Program, P.O. Box 555020, Building 13150, Camp Pendleton, CA 92055  
Phone: 760-725-4737  
DSN: 365-4737
- Joint Education Center - Lifelong Learning Center  
Address: Box 555020, Bldg 1331, Camp Pendleton Ca 92055-5020  
Phone: 760-725-6414
- One-Stop Career Center  
North County Career Center  
Address: 1949 Avenida del Oro, Suite 106, Oceanside, CA 92056  
Phone: 760-631-6150
- Child Development Center  
Phone: 760-725-5608 (San Luis Rey)  
Phone: 760-725-2817 (Browne)  
Phone: 760-725-5113 (Courteau)  
Phone: 760-725-7311 (San Onofre)  
Phone: 760-725-9954 (Stuart Mesa)
- Child Care Connection for [92055](#)
- Find Schools, Colleges, Libraries for [92055](#)



# 43- Military Spouse Resources



<http://www.careeronestop.org/militaryspouse/>

## ☐ Employment Resources

Contact your local [One-Stop Career Center](#) to meet with a career specialist.

Visit your base [Family Center](#) to discuss military spouse related opportunities or programs.

Link to your [state job bank](#) for local jobs.

Review [career planning and job search](#) resources for military spouses.

## ☐ Education or Training Help

Find the [MyCAA program](#) and other military spouse educational opportunities on the [Military Spouse Education and Career](#) Web page.

Learn about education and training opportunities on [CareerOneStop](#) and from your local [One-Stop Career Center](#).

Visit your base [Voluntary Education Center or Family Center](#) to discuss military spouse related education opportunities or programs.

Research [financial aid and scholarships](#) on CareerOneStop's Key to Career Success Web site.

## ☐ Relocation Information

[Plan My Move](#) provides the tools to help you plan a successful move.

Use the Military OneSource [Relocation Tool](#) to learn about various communities throughout the United States.

Find more [relocation resources](#) on CareerOneStop's Key to Career Success Web site.



# 44- Partners, Parents + Significant Others

(NEW)



## Partners, Parents + Significant Others

<http://www.militaryfamily.org/get-info/partners-parents-others/>

As a partner, parent, or significant other of a service member, you play a key role in supporting your service member. You may be in a committed relationship with the service member, or a dedicated family member or friend who has the service member's best interest at heart.

As a non-ID holder, you may feel like you are not connected with the military community your service member is a part of, especially if you do not live close to your service member's installation. There are several things that you can do for yourself to make that connection and to support your service member.

<http://www.militaryfamily.org/get-info/partners-parents-others/>

# 45- Pet's & Vets



- ❑ **Re-homing your pet responsibly and humanely** - <http://blog.petsforpatriots.org/rehoming-your-pet-responsibly-and-humanely/> The heart-wrenching task of re-homing the family pet is often due to circumstances like the loss of a job or home, a debilitating illness or injury, or PCSing to a location where personal animals aren't allowed. Here are some tips on how to re-home your dog or cat responsibly and humanely.
- ❑ **Healing Vets and Saving Pets** - <http://pets-for-vets.com/> At Pets for Vets, we believe our country owes military veterans a debt of gratitude.
- ❑ **Guardian Angels for Soldiers' Pet** - [www.guardianangelsforsoldierspet.org/](http://www.guardianangelsforsoldierspet.org/) Guardian Angels For Soldier's *Pet* supports our military service members, *veterans*, and *their* beloved *pets* to ensure the *pets* are reunited with *their* owners following deployment or emergency hardship.
- ❑ **Patriot Paws** - <http://patriotpaws.org/> - The mission of Patriot PAWS is to train and provide service dogs of their highest quality at no cost to disabled American veterans and others with mobile disabilities in order to help restore their physical and emotional independence
- ❑ **Vet Service Dog Organizations** – [www.vetsadoptpets.org/](http://www.vetsadoptpets.org/) - Contact Pam 813-503-8861 & Mike at 727-692-7101. K-9s for *Veterans help* disabled *Veterans* by providing obedient dogs
- ❑ **Military Reunions with Man's Best Friend: Dogs Welcoming Home Their Owners from Deployment** - <http://www.youtube.com/watch?v=iD3cgDRsDck>

