# OFFICE OF WARRIOR CARE POLICY

Military Caregiver Support



I am a spouse. I am a parent.
I am a family member.
I am a friend. I am an advocate.

I am a Military Caregiver.





While it is impossible to capture a complete list of resources, this directory includes the most commonly referenced resources for caregivers of recovering Service members, most of them at the national level. The National Resource Directory has vetted them; though it makes no recommendations or endorsements about the quality of services offered. All the resources and links included here were accurate and up-to-date at press time; however, it is unavoidable that some will become outdated over time. We recommend you always seek updated information using your preferred search engine.

This directory is a dynamic document that will be uploaded and refined on a regular basis. We encourage you to access the electronic version of the Caregiver Resource Directory through the Warrior Care Blog (warriorcare.dodlive.mil/wounded-warrior-resources/caregiver-resources/).

For more comprehensive listings of state and local resources, please visit the National Resource Directory at www.nrd.gov.

If you have questions or feedback regarding the directory, please send an email to <code>InfoNRD.osd@mail.mil</code>.

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# To the caregivers of recovering Service members...

A serious wound, illness, or injury doesn't just significantly change a Service member's life. As the caregiver of a recovering Service member, your life has changed significantly as well and you are now facing new and demanding challenges. With many organizations offering different types of help and services, it can be difficult to sort out the specific type of help or services best suited for your needs. Therefore, this directory was formulated with you—the caregiver—as its primary focus. It was designed to provide information in a manner that enables you to quickly identify many of the available resources that address your particular needs and requirements. In addition, this directory serves as another tangible demonstration from a grateful nation that you are not in this alone!

Whatever particular challenges you are facing, or whatever specific help you need, we hope this directory can assist in the following ways:

- Help you get the type of assistance you need. This directory lists many government
  and nonprofit resources, which you can access both in-person and online, intended
  to address just about every conceivable need you may have. Most are free to you.
- Help you get educated about your recovering Service member's medical condition. Knowledge is power, and no one will advocate for your Service member the way you will. Plus, the more you learn about your loved one's condition, the more comfortable, prepared, and capable you'll become to handle any unexpected circumstances you may encounter.
- Help you connect with others. You'll discover, if you haven't already, that you're
  part of a larger community of caregivers and caregiver supporters who have made
  themselves available for contact, interaction, and networking. You are truly not alone.
- Help you take care of yourself. This is a subject often overlooked but vitally
  important. Unquestionably, the act of caregiving exacts a tremendous physical
  and mental toll on the caregiver. So, it's important that you make self care a top
  priority. With that in mind, look for the heart icon (), which designates resources
  specifically designed to help you do so.

Just remember, taking care of you is never a selfish act—
it's an act that helps you take care of your hero better now and in the future!

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## How to Use this Directory

## Find helpful resources to:

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## The following icons will help you more quickly find what you are looking for:

Caring for the Caregiver	Indicates resources that emphasize caregivers' personal needs; all resources listed in this Directory support caregivers' everyday care of their recovering Service member and family
DoD Program	Indicates resources managed or sponsored by the Department of Defense (DoD)
VA Program	Indicates resources managed or sponsored by the Department of Veterans Affairs (VA)
Reserve/Guard Specific Resource	Indicates resources intended for Reservists and Guardsmen and their families/caregivers
Non-Profit Organization	Indicates non-profit organizations providing day-to-day support to recovering Service members, families, and caregivers
Veterans Service Organizations	Indicates Veterans Service Organizations (VSOs) that are involved in a wide variety of veteran's issues and may be recognized by VA for claims processing
্ট্রী Military Children	Indicates resources that are military children and teen friendly
ES Español Available	Indicates resources available in Spanish/Español
② 24/7 Availability	Indicates resources with access to personnel available to talk or chat 24/7 (this icon only appears in the Helplines tab)
Smartphone App	Indicates resources with applications that are available for download to a smartphone or tablet device

"Military caregivers play a fundamental role in the lives of their wounded, ill, and injured Service members as they transition back to military or civilian life. Treating our Service members and their families as a whole recognizes that once a Service member becomes ill or injured, the family becomes ill or injured as well. As a member of this new recovery team, military caregivers often times sacrifice their careers, hobbies, and interests to support their Service members. It is imperative that we support our military caregivers, bolster their strength, give them opportunities to **connect with their peers**, and encourage their abilities to care for themselves and their families. The Caregiver Resource Directory, in conjunction with Military Caregiver PEER Forums, serves as an invaluable tool that aids military caregivers in resolving the myriad of issues they face on a daily basis."

> Mr. James Rodriguez Deputy Assistant Secretary of Defense, Office of Warrior Care Policy, OSD

## **Helplines Offering Information and Assistance**

The Marine Corps, Army, and Navy Safe Harbor have hotlines that operate 24/7, including the Marine Corps Sergeant Merlin German Wounded Warrior Call Center and the Army Wounded Soldier and Family Hotline. The Air Force website provides key links and telephone numbers, but does not operate a Service-specific Wounded Warrior hotline.





### Air Force Wounded Warrior Program (AFW2)



800-581-9437

Works hand-in-hand with the Air Force Survivor Assistance Program and Airman and Family Readiness Centers to ensure Airmen and families receive professional support and care from the point of injury, through separation or retirement, for life; hours are M-F, 6:30 a.m.-5:00 p.m. (CT)

#### American Red Cross 9 1 1 1 1



877-272-7337

Provides immediate assistance for emergency communications services and financial assistance. information and referral, and deployment services

## Army Wounded Warrior Program (AW2) 🖤 💥



800-237-1336

Provides personalized local support to Soldiers, veterans, and their families through the assignment of an AW2 Advocate; refer to wtc.army.mil/aw2 for program requirements

## Caregiver Support Line 💙 🏖



855-260-3274

Connects caregivers with someone who offers answers, instead of endless menu options; local caregiver support can also be found online at www.caregiver.va.gov; hours are M-F, 8:00 a.m.-11:00 p.m. (ET), and Saturday 10:30 a.m.-6:00 p.m. (ET)

#### Coaching into Care $\checkmark$



888-823-7458

Offers a free and confidential coaching service to help callers discover new ways to talk with their veteran about their concerns and treatment options; hours are M-F, 8:00 a.m.-8:00 p.m. (ET)



Caring for the Caregiver



DoD Program



VA Program



Reserve/Guard Specific Resource



Non-Profit Organization



Veterans Service Organizations



ES Español Available



24/7 Availability





### Defense Centers of Excellence (DCoE) Outreach Center W

866-966-1020

(Includes online chat at www.dcoe.health.mil/Families/ Help and email at resources@dcoeoutreach.org)

Provides access to health resource consultants with expertise in psychological health and traumatic brain injury

### DoD Safe Helpline Sexual Assault Support V



877-995-5247

(Includes texting at 55247 and online chat at SafeHelpline.org) Offers personalized advice and support; connects callers to sexual assault response coordinators, civilian rape crisis centers, the suicide prevention helpline, or Military OneSource

#### DSTRESS Line W



877-476-7734

(Includes online chat at DStressLine.com)

Provides professional, anonymous counseling for Marines, attached Sailors, and families when needed most

## Federal Recovery Coordination Team 💙 🅸



877-732-4456

Develops an individualized recovery plan; to qualify be referred by a member of your multi-disciplinary team, your commander, recovering warrior program, or through self-referral

### Fort Family Outreach and Support 💙 💥 🜟



866-345-8248

Provides relevant information and responsive support for Army Reserve Soldiers and families

### InTransition Mental Health Coaching and Support \(\psi\)

Assists Service members receiving mental health treatment make a transition between health care systems or providers by connecting them to the right resources

800-424-7877 (CONUS)

314-387-4700 (Overseas)

### Marine Corps Sergeant Merlin German Wounded Warrior Call Center \*\*



877-487-6299

Conducts outreach calls to offer assistance; assists Marines. families, and caregivers with benefits and referrals





## Military Crisis Line 🖤 🥸



(Includes texting at 838255 and chat at veteranscrisisline.net) Helps Service members and families who might be in danger, or be a danger to others

800-273-8255 (CONUS) 0080012738255 or DSN 118\* (OCONUS)

## Military OneSource Wounded Warrior



Offers a primary telephone resource for recovering warriors and their families; provides specialty consultation services: access to immediate assistance

800-342-9647

### Military Spouse Employment Partnerships 💙 💥



800-342-9647

Provides career exploration opportunities; education and training to help identify academic, licensing, or credentialing requirements; employment readiness assistance; and employment connections; Spouse Career Center from M–F, 7:00 a.m.–10:00 p.m. (ET), and Saturday, 10:00 a.m.-5:00 p.m. (ET)

## My HealtheVet 💚 🅸



Provides access to the VA's Personal Health Record via a toll-free number; M-F, 6:00 a.m.-7:00 p.m. (CT)

1-877-327-0022

### National Domestic Violence Hotline P



(Email available at thehotline.org) Provides anonymous crisis intervention 800-7990-SAFE (7233)

#### National Suicide Prevention Lifeline FES



(Includes online chat at suicidepreventionlifeline.org and texting at 838255)

Helps distressed warriors find a reason to keep living; connects individuals to a skilled, trained counselor at a local crisis center

800-273-TALK (8255) (J)

For veterans, press 1 En Español oprima el 2

## Navy Wounded Warrior-Safe Harbor Call Center 🖤 💥



Provides personalized support and assistance to wounded, ill, or injured Sailors and their families

855-NAVY-WWP (6289-997)





## OEF/OIF/OND Care Management Program 💙 🅸





877-222-8387

877-259-5637

Helps Service members and caregivers navigate local VA programs during their transition

PTSD Treatment Help



(Includes online chat at PTSDtreatmentHelp.com) Helps with domestic violence and PTSD; offers free, brief, and confidential assessment

Rape, Abuse, Incest National Network



800-656-HOPE (4673)

(Includes online chat at ohl.rainn.org/online)

Provides crisis intervention and support; information about medical issues; and referrals to resources in your area

TRICARE's Smoking QuitLine

(Includes online chat at www.ucanquit2. org/en/HowToQuit/LiveChat.aspx)

Provides all non-Medicare-eligible beneficiaries assistance with smoking cessation through TRICARE's toll-free Smoking Quitline, available 24 hours a day, 7 days a week, including weekends and holidays

North Region: 866-459-8766

South Region: 877-414-9949

West Region: 888-713-4597

**USSOCOM Care Coalition Program**





877-672-3039

813-826-8888

Provides opportunity for career transition for Special Operations Forces wounded, ill, or injured Service members who may not meet medical requirements of their Service

Vet Center Combat Call Center 💚 🅸 🖪



877-WAR-VETS (927-8387)

Provides a confidential call center where combat veterans and their families can talk with a staff of peers



800-827-1000

Offers a portal for veteran health care. benefit programs, and services





### Veteran Crisis Hotline V



(Includes texting at 838255 and online chat at veteranscrisisline.net)

Provides a hotline if there is a crisis or you are worried someone is in danger

800-273-8255 (press 1)

### Vets 4 Warriors



855-838-8255

(Includes online chat at vets4warriors.com; email contactus@vets4warriors.com)

Offers a confidential peer support service and does not discuss calls with the military, VA, or anyone else



Provides a single avenue for women veterans to get the help they need

855-VA-WOMEN (829-6636)

## Wounded Soldier and Family Hotline 🖤 💥



800-984-8523

(Includes email at wsfsupport@conus.army.mil)

Offers wounded, ill, and/or injured Soldiers and their families a way to share concerns on the quality of patient care

## Wounded Warrior Project Resource Center 💙 🔮



888-997-2586

(Includes email resourcecenter@woundedwarriorproject.org) Provides a contact center that actively reaches out to warriors and caregivers; M-F, 9:00 a.m. - 8:00 p.m. (ET)



www.NRD.gov

The National Resource Directory provides access to thousands of programs and services at the national, state, and local levels to assist in the recovery, rehabilitation, and community integration of wounded warriors, Service members, veterans, families, and caregivers.

### Find information on:

### **Benefits & Compensation**

- DoD Benefits
- VA Benefits
- · Filing Claims & Appeals

### **Education & Training**

- · GI Bill & Educational Assistance
- Financial Aid
- Continuing Education
- Career Counseling

### **Employment**

- Job Services
- Workplace Accommodations
- · Transition Assistance

## **Family & Caregiver Support**

- Family Support
- Children & Youth Resources
- · Financial Information & Assistance

#### Health

- · Medical & Rehabilitation Resources
- Psychological & Behavioral Conditions
- Health Care Provider Resources

### **Homeless Assistance**

- Government & Non-Profit Programs
- Shelters & Meals
- Emergency & Transitional Housing

### Housing

- · Housing Locators
- Loans & Financial Assistance
- · Off-Base & Accessible Housing

## **Transportation & Travel**

- Military Travel Pay
- Transportation Assistance
- Automobile Adaptations

#### Other Services & Resources

- · Wounded Warrior Programs
- · Women's Resources
- Financial Assistance

#### STAY CONNECTED!









## **Advocacy and Benefit Information**





Caring for the Caregiver



DoD Program



VA Program



Reserve/Guard Specific Resource



Non-Profit Organization



Veterans Service Organizations



Military Children



Español Available



Smartphone App







Disabled American Veterans <mark>%</mark>	www.dav.org	Provides help filing for VA disability compensation and benefits
DoD Compensation and Benefits Handbook for Wounded, III, and Injured Service members	warriorcare.dodlive.mil/ benefits/compensation- and-benefits	Provides a quick reference from rehabilitation to reintegration; links to resource sites; answers immediate questions and leads to additional answers
eBenefits 🏖	www.ebenefits.va.gov	Offers a central location for veterans, Service members, and their families to research, find, access, and manage benefits and personal information
Federal Benefits for Veterans, Dependents and Survivors, 2011 Edition ��	www.va.gov/opa/ publications/benefits_ book.asp	Provides a quick link about detailed and up-to-date information regarding veterans' benefits
Handbook of Injured Service members and Their Families (2010) ⊕	www.fallenheroesfund. org/About-IFHF.aspx	Offers concise information on various benefits available online at no cost
InTransition Mental Health Coaching and Support **	www.health.mil/ intransition	Helps Service members receiving mental health treatment make a successful transition between health care systems or providers
Military Order of the Purple Heart   Representation    Market State    Market	www.purpleheart.org	Provides a network of National Service Officers (NSO) across the nation, usually co-located with a VA facility to help with VA issues; call 888-668-1656 to find the nearest NSO







## My Army Benefits

myarmybenefits.us. army.mil Provides over 150 benefit fact sheets, disability rating and education benefit estimators, forecast retirement benefits; specialized calculators for the Reserve component; section for wounded warriors and their families

## National Veterans Foundation Resource Center

nvf.org/veterans-benefits

Explains the eligibility requirements for various benefits, how to apply for them, and how to get more information

## Navy Family Ombudsman Program

ombudsmanregistry.org

Serves as the communication link between the Commanding Officer and family members

## Paralyzed Veterans of America 8

www.pva.org/site/c. ajIRK9NJLcJ2E/ b.6349711/k.9087/ For\_Veterans.htm Assists veterans with spinal cord injury and disease as well as other veterans needing assistance with VA benefits, entitlements, medical care, and other benefits

# Social Security Disability Benefits for Wounded Warriors

www.ssa.gov/ woundedwarriors Eexplains disability benefits for recovering Service members; sponsored by the Social Security Administration

## Transition Assistance Advisors ★ ♦ ♦

www.taapmo.com/ taaprogram.htm

Lists statewide points of contact to assist members in accessing VA benefits and health care services

## Veterans Benefit Administration

benefits.va.gov/benefits

Provides information needed to begin to file for VA benefits such as compensation, home loans, education, life insurance, pensions, etc.







Veterans of Foreign Wars <sup>№</sup>

www.vfw.org

Provides help filing for VA disability compensation and benefits

Wounded Soldier and Family Hotline

armymedicine.mil/Pages/ wounded-soldier-andfamily-hotline.aspx Offers recovering Service members and their families a way to share concerns on the quality of patient care; call 800-984-8523; or email wsfsupport@conus.army.mil; available 24/7

Wounded Warrior Project

www.woundedwarrior project.org

Works closely with warriors to understand and apply for VA and DoD benefits

## **Career Transitions and Employment**

## **Career Guidance**

46	<u> </u>	<b>①</b>
Armed Forces Foundation <b>⊕</b>	www.armedforces foundation.org	Offers career counseling
Blue Star Families (Careers) ♥♥	bluestarfam.org/ resources/blue-star- careers	Provides a Resume Toolkit that will translate volunteer experience into relevant resume points
Defenders of Freedom	defendersoffreedom.us	Offers life and career mentoring, job search assistance, and general assistance transitioning to the civilian sector
Hero 2 Hired	www.H2H.jobs	Offers career exploration tools, military-to-civilian skills translators, and education and training resources
Hire Heroes USA ₽	www.hireheroesusa.org	Provides dedicated assistance to each veteran from a highly-trained staff member to help them overcome barriers to employment; look into their VetNet program
Hope for the Warriors Above and Beyond Program	www.hopeforthe warriors.org	Explores "next step" options for a civilian or military career, higher education/ advanced training, or a small business startup



Caring for the Caregiver



VA Program





Reserve/Guard Specific Resource



Non-Profit Organization



Veterans Service Organizations



Military Children



ES Español Available



Smartphone App







In Gear Career 🛡 🚇 http://ingearcareer.org/ Promotes the exchange of information through local and online community building efforts and advocacy programs across all professional occupations International www.vetfran.com/ Fosters access to franchise veterans-toolkit opportunities for veterans **Franchise** and military spouses Association's **VetFran Toolkit** ₩ iava.org/career-Includes resume builder. Irag and Afghanistan pathfinder military skills translator, and career mapping tool Veterans of America Career Pathfinder 8 **Job Opportunities** www.JOFDAV.com Offers free career tips for Disabled to job seekers American Veterans **Joining Forces** www.joiningforces Offers unlimited free personal mentoringplus.org and employment coaching Mentoring Plus 🕮 🖷 and professional guidance for caregivers of wounded warriors, women veterans of all ranks and eras, and military/veterans spouses Military Friendly www.military Helps former military interested Franchises franchising.com in owning their own business connect with home-based franchises that demonstrate good military recruiting practices

www.militaryfranchising.

com/spouse/

Helps military spouses interested

in owning their own business

franchises that demonstrate

good military recruiting practices

connect with home-based

Military Friendly

Franchising for

Military Spouses

Franchises—







### Military One Source Spouse Career Center \*\* \*\* \*\* \*\*

www.militaryonesource. mil/seco Provides high quality education and career services, resources, guidance, and consultations accessible online or by calling 1-800-342-9647

# Military Service Time to Civil Service Retirement

www.dfas.mil/ civilianemployees/ militaryservice/ militaryservice deposits.html Provides resources on military service deposit, estimated earnings and "buy back" military service time offered to Veterans working in the federal government

## Military Spouse Employment Partnerships

msepjobs. militaryonesource.mil Creates employment connections that provide companies with direct access to military spouses seeking career opportunities and spouses with direct access to employers who are actively recruiting

## Military to Federal Jobs Crosswalk

www.dllr.state.md.us/ mil2fedjobs Helps translate military occupations to federal jobs

## Military Warriors Support Foundation

www.militarywarriors.org

Provides the link between partnering companies and veterans

## MilSpouse eMentoring Program ©

www.ementorprogram. org/p/milspouse

Offers personalized career guidance and support from more experienced spouses, career mentors and veteranfriendly employers

## Semper Fi Fund

www.semperfifund.org

Assists with books, fees, training, interview attire, and equipment; offers Veterans 2 Veterans Program at seven locations







Stand Beside Them	www.standbeside them.org	Provides free life and career coaching focusing on resume writing, interview help, researching job opportunities and networking guidance; offered face to face, by phone or Skype to Service members, veterans, their caregivers and families; info@standbesidethem.org
Student Veterans of America 🖁	www.studentveterans.org	Provides veterans with the resources, support, and advocacy needed to succeed in higher education and graduation
Tutor.com 💥	www.tutor.com	Teaches resume writing
USA Cares <b>⊕</b>	www.usacares.org	Offers career building and training; provides money for travel to job interviews
USO and Georgetown University— Franchise Course	www.uso.org	Provides free guidance on navigating the challenges of small business management and identifies franchise opportunities
USO Warrior and Family Care Program ⊕	www.uso.org/ warriorandfamilycare	Focuses on resume writing, mock interviews, professional work practices, and translating prior military experience into a civilian career
VA for Vets ੴ	vaforvets.va.gov	Offers career tools for veterans seeking employment at VA, career development services, and coaching and reintegration support for Service members
Vet Power ₽	www.vetpower.org	Helps veterans start and grow their own home-based and franchised businesses







Veterans Retraining
Assistance
Program 🅸

www.benefits.va.gov/

Offers up to 12 months of retraining assistance to veterans who meet all the specific criteria

## Vocational Rehabilitation and Employment 🏖

www.vba.va.gov/bln/vre

Offers assistance with employment, education, and training for independent living

### Yellow Ribbon Fund

www.yellowribbon fund.org

Helps injured Service members build new lives through education and career guidance. networking, and job shadowing

## Job Search







### **Blue Star Families** (Jobs) 💚 🧶

bluestarfam.org/ resources/blue-star-jobs

Provides new opportunities for military spouses through hundreds of thousands of available jobs

## Defenders of Freedom 2

defendersoffreedom.us/ jobs-for-dof.php

Provides a mentor to review resumes, match up potential jobs, set up a plan for submission of the resume to companies, and coach prior to interviews

## Helmets to Hardhats

www.helmetstohard hats.org

Offers career opportunities in the construction industry that match military backgrounds

## Hero 2 Hired ★ 🚇 🗆



www.H2H.jobs

Allows job searches by city/ state; offers career tools, military-to-civilian skills translations, education and training resources for Reserve component members







Hiring Heroes Program 💥	godefense.cpms.osd.mil/ veterans	Offers multiple avenues to ask questions and discuss employment with a career advisor; 888-DOD-4USA (888- 363-4872) or TTY 703-696-5436
Hiring Our Heroes	www.uschamber.com/ hiringourheroes	Helps veterans and military spouses find meaningful employment through the Chamber of Commerce network; look into their VetNet program
Job Explorer 💥	www.mcjex.net	Provides access to a free job search engine for military community
Job Opportunities for Disabled Veterans ₩	www.JOFDAV.com	Provides job postings for disabled veterans
Military Spouse Employment Partnerships	msepjobs. militaryonesource.mil	Creates employment connections that provide companies with direct access to military spouses seeking career opportunities and spouses with direct access to employers who are actively recruiting
Military Warriors Support Foundation CEOs4Warriors ₽	www.militarywarriors.org/ ceos4heroes	Provides a link between partnering companies and veterans seeking employment opportunities
National Labor Exchange	us.jobs/national-labor- exchange	Provides free job- seeker services
Recruit Military	recruitmilitary.com	Hosts resume database and job board
USA Jobs	www.usajobs.gov	Official OPM website for government and federal jobs







USO and Hire
Heroes—USA
<b>Career Opportunity</b>
Day

www.uso.org

Offers small-scale career fairs for transitioning troops, their spouses and caregivers to network and meet with hiring employers for on-site introductory interviews

## Veterans Enterprise ♥

www.veterans enterprise.com

Connects warriors with employers who recruit transitioning Service members

## Warrior Gateway

www.warriorgateway.org

Connects Service members, veterans, and their families with government programs as well as local non-profit organizations

## 

www.yellowribbon fund.org

Offers education and career guidance, networking, and job shadowing

## Military Transition Programs







## AF Wounded Warrior Program \*\*

www.woundedwarrior. af.mil Provides professional services such as transition assistance and employment assistance

## Army Career Alumni Program (ACAP XXI)

www.acap.army.mil

Provides pre-separation guidance, job assistance training, and interview skills

## Boots to Business—From Service to Startup

boots2business.org

Introduces and trains transitioning veterans, Service members, and their spouses on business ownership







Career	One	Stop

www.careeronestop.org/ ReEmployment/Veterans Offers information on unemployment benefits. re-employment, and career assistance; sponsored by DOL

Code of Support ♥ 

codeofsupport.org



Provides a single point of contact to navigate through the multitude of support programs and services available: Intended for non-life threatening situations only

Defense Advanced **Research Projects** Agency (DARPA)-Service Chiefs' **Fellows Program** (SCFP)

www.darpa.mil/ Opportunities/ Military\_Services/ Service Chiefs Fellows\_Program/ Service Chiefs Fellows Program\_%28SCFP%29. aspx

Immerses outstanding military officers into science and technology research through a three-month fellowship: provides participants with insight into cutting-edge technology and opportunity to potentially aid in developing a future DARPA technology

Department of Agriculture—New Farmers and **Ranchers Program**  www.usda.gov/ wps/portal/usda/ newfarmers?navid= newfarmers

Offers opportunities and resources available to help veterans start a career in farming and ranching, including information on loans, grants, and where to find help and technical assistance

Department of **Labor Employment** & Training Administration— Registered **Apprenticeship** 

www.doleta.gov/OA/ veterans.cfm

Offers Service members and veterans ways to find and apply for apprenticeship occupations and careers, as well as additional resources, tools, and information

**DoD Hiring Heroes** Program 💥

godefense.cpms.osd.mil/ veterans

Offers avenues to ask questions and discuss employment with a career advisor; 888-DOD-4USA







Education and Employment Initiative (E2I)	warriorcare.dodlive. mil/wounded-warrior- resources/e2i	Finds employment opportunities and provides career planning support for recovering Service members before they transition
Farmer Veteran Coalition	www.farmvetco.org	Helps veterans start their own farm business, transition back to the family farm, or find employment in agriculture
Feds Hire Vets	www.fedshirevets.gov	Provides information on federal job preferences and special job hiring authorities
G.I. Go Fund	www.gigofund.org	Provides assistance to military veterans by helping them find employment, access housing, and secure benefits
Joint Services Support ★ ੈ	www.jointservices support.org	Offers Career, Family, Finance, Behavioral Health, Sexual Assault, and Transition Support programs; Virtual military community for National Guard members and families
Marine Corps Transition Assistance Management Program	www.usmc-mccs.org	Provides career, education, and employment assistance to separating Marines and family
MOAA Career Transition Center 🎗	www.moaa.org	Offers resume critiques, career consulting, interview practice, networking, and job boards for transitioning Service members and their spouses; free to members
National Veterans Transition Services	www.nvtsi.org	Offers transition workshops to help veterans and spouses adjust to civilian life







National Veterans Transition Services—REBOOT Workshops ⊕	www.nvtsi.org	Providies assistance to veterans with adjusting to civilian life and securing meaningful employment by combining best-practice performance social solutions and techniques
Navy Transition GPS/TAP	www.cnic.navy.mil	Provides separating/retiring Service members and their families with skills needed to re-enter the civilian work force
Operation Engage America 🛡	operation-engage- america.org	Provides support, education and resources for Veterans, their family members, and community residents living with PTSD and TBI
Partnership for Youth Success	www.armypays.com	Helps Soldiers find employment after leaving the Army
REALifelines 🏖	www.dol.gov/vets/ programs/Real-life	Links Service members and their families with local community resources for recovery and reemployment
Reinventing Michael Banks ₽	www.reinventing michaelbanks.com	Helps transitioning Service members and veterans understand the civilian hiring process and how to market their military skills to potential employers
Safe Harbor Foundation Anchors Program ⊕	safeharbor.navylive. dodlive.mil/transition/ anchor-program	Connects Sailors with mentors who assist with the challenges associated with returning to civilian life
Still Serving Veterans	www.stillserving veterans.org	Helps Service members and families transition to post-military lives







Stand Beside Them <b>₽</b>	www.standbeside them.org	Provides free life and career coaching focusing on resume writing, interview help, researching job opportunities and networking guidance; offered face to face, by phone or Skype to Service members, veterans, their caregivers and families; info@standbesidethem.org
Transition Assistance Advisors <b>★ 🗞 ★</b>	www.taapmo.com	Lists points of contact to assist members in accessing VA benefits and health care services
Turbo Transition Assistance Program ***	www.dmdc.osd.mil/appj/ dwp/index.jsp	Provides full transition resources
United Services Military Apprenticeship Program (USMAP)	https://usmap.cnet. navy.mil/usmapss/static/ genInfo.jsp	Gives active duty Coast Guard, Marine Corps, or Navy Service members in an authorized trade occupation a system to become a DOL registered apprentice
USSOCOM Care Coalition	www.socom.mil/Care Coalition	Provides career transition for Special Operations Forces warriors and their caregivers
VA Center for Innovation (VACI)— TechShop ୪୬	www.innovation.va.gov/ program-techshop.html	Offers 2,000 one-year memberships at six TechShop locations
VA Pre-Discharge Programs ☎	benefits.va.gov/ predischarge	Enables Service members to submit disability compensation claims up to 180 days prior to separation, retirement, or release from active duty or demobilization







Veterans Employment Center ❤️	www.ebenefits.va.gov/ ebenefits/jobs	Provides a virtual employment resource center for veterans
VetNet ♥₽	vetnethq.com	Includes information on companies looking to hire veterans and spouses
Vet-Trans <b>⊕</b>	www.vet-trans.com	Provides a one-stop site for transition assistance, and more
Yellow Ribbon Reintegration Program ♥ ※ ★	www.yellowribbon.mil	Offers events where Reservists, Guardsmen, and their families can get information on health care, education/training opportunities, and legal benefits

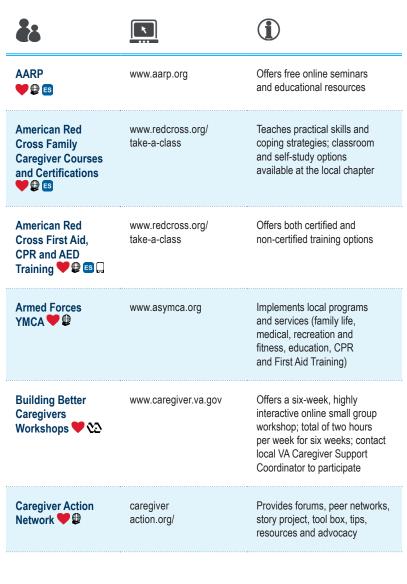
## **Caregiver Support**

Caring for the Caregiver

DoD Program

VA Program

## Caregiving Knowledge and Skills



Reserve/Guard Specific Resource

Veterans Service Organizations

Non-Profit Organization

23

Military Children

Español Available

Smartphone App







resources for pre-deployment, deployment, and reintegration; special section on military caregiving, including videos

Caregivers' Resources (USA.gov) ♥ 🖼	www.usa.gov/Citizen/ Topics/Health/ caregivers.shtml	Helps finding nursing homes, assisted living, or hospice; checks eligibility for benefits; sponsored by General Services Administration
Caregiver's Journey ♥ 💥	www.traumaticbraininjury atoz.org	Provides the resource Caregiver's Journey: TBI Guide for Caregivers of Service members and veterans
Center for the Study of Traumatic Stress	www.cstsonline.org	Shares research and Courage to Care fact sheets
Coaching into Care ♥ ��	www.mirecc.va.gov/ coaching	Provides support and problem solving assistance and information about available programs or enrolling in VA care
Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury	www.dcoe.health.mil	Provides TBI information, tips for treating mild TBI and PTSD, integrative health and wellness, and provider resources; special section on "Supporting Your Service Member"
Easter Seals Caregiver Training Program 🎔 🖨 😆	www.easterseals.com	Provides training to eligible caregivers on self care, home safety, caregiver skills, veteran personal care, managing difficult behaviors, and support resources
Everyone Serves Book ♥₽	www.everyoneserves book.com	Offers a handbook created for family and friends of Service members; information and







Family Caregiver Alliance National Center on Caregiving	www.caregiver.org/ caregiver/jsp/home.jsp	Provides fact sheets, discussion groups, telephone conferences, and other educational resources, including state-by-state resources
Help Guide ₽	www.helpguide.org/ mental/ptsd-family-help- support.htm	Provides PTSD fact sheet, tips for; rebuilding trust and safety, encouraging and supporting treatment, anticipating and managing triggers, and much more
Military Family Caregiving Online Training	www.extension.org/ militaryfamilies	Provides an interactive learning environment with caregiving skills training, tips, and resources; offered by the Military Family Extension-University of District of Columbia
Military Family Caregiving Videos •••	www.extension.org/ pages/64645/military- family-caregiving-video- series	Shares a series of topical videos designed to alleviate caregiver burden and provide a basic understanding of injuries sustained in military combat
Military and Veteran Caregiver Network (MVCN)	milvetcare givernetwork.org/	MVCN helps caregivers of all ages at all stages of their caring through access to online peer support communities, community-based peer support groups, and peer mentor support
My HealtheVet Caregiver Assistance Center ♥ 🏖	www.myhealth.va.gov/ mhv-portal-web	Helps caregivers take better care of themselves; offers information on VA benefits and services and community resources
National Alliance for Caregiving    ©   ©  ©  ©  ©  ©  ©  ©  ©  ©  ©  ©	www.caregiving.org	Provides free brochures on caregiving







National
Military Family
Association 🛡 🛡

www.militaryfamily.org/ get-info/caregiver Provides caregivers assistance with navigating DoD and VA support programs and health care; lists caregiver benefits

Network of Care

www.networkofcare.org

Offers communitybased resources and tools for caregivers

Next Step in Care (Family Caregivers and Medical Professionals Working Together)

www.nextstepincare.org/ Caregiver\_Home Offers nine practical first steps new caregivers should take and advice for pacing oneself for the long term; Intended for both new and experienced caregivers

Operation Family Caregiver

www.rosalynncarter.org/ returning soldiers/ Helps families of returning OEF/ OIF/OND Service members with health issues; offers a personalized 4-6 month program either in-home, by telephone, or via Skype; free and confidential

Prepare to Care (AARP Foundation)

aarp.org/home-family/ caregiving Includes information on how to get started, questions to ask, and where to find basic resources in the Family Caregiving Planning Guide

Real Warriors
Campaign

www.realwarriors. net/family/support/ psychhealth.php Provides information on how to support Service members with psychological health concerns

Silent Siren 🚇

www.silentsiren.org

Educates emergency support personnel, military families and caregivers about PTSD and fundamental approaches to responding to PTSD crisis situations

Strength for Caring 

©

www.strengthfor caring.com

Includes articles and resource center







## Support and Family Education (SAFE) ♥ 🏖

www.ouhsc.edu/ safeprogram Presents 18-session family education modules for people who care about someone living with mental illness or PTSD

## TBI: Family Caregiver Curriculum ♥



www.traumaticbraininjury atoz.org

Trains individuals to provide care and assistance to members and former members of the Armed Forces with TBI

## Traumatic Brain Injury: A Guide for Caregivers of Service members and Veterans

dvbic.dcoe.mil/material/ traumatic-brain-injuryguide-caregivers-servicemembers-and-veterans Covers topics on understanding TBI, navigating services and benefits, and what caregivers can do to help

## VA Caregiver Support ♥ ♦

www.caregiver.va.gov

Includes tips and tools for family caregivers, stories, and videos of family caregivers of veterans, and a zip code look-up feature to find the closest VA caregiver Support Coordinator

## VA Health Benefits and Services ♥ ৩১

www.va.gov/ healthBenefits/resources/ eligibility\_check.asp Provides support including Caregiver Eligibility Check for VA program; assistance applying for VA's Comprehensive Assistance for Family Caregivers Program at 877-222-VETS (877-222-8387)

## Veteran Caregiver

www.veteran caregiver.com

Provides peer-to-peer support and special assistance for caregivers of veterans, as well as for veterans

## Caregiver's Mental Health and Wellbeing









#### Cell Phones for Soldiers 💚 🚇

www.cellphones forsoldiers.com

Provides cost-free communication services. including cell phones and calling cards, to active-duty military members and veterans

#### Child and Family Program of the Center for the Study of Traumatic Stress W

www.couragetotalk.org

Provides resources for family and friends to communicate more effectively about war injuries

#### Coaching into Care V

www.mirecc. va.gov/Coaching/ PostDeploymentStress\_ Families.pdf

Offers a booklet on Post Deployment Stress—What Families Should Know, What Families Can Do

#### **Coming Home** Project 🛡 🛡

www.cominghome project.net

Offers free counseling in Northern California; provides information and referral services to others

# **Family Caregivers** Briefcase (American **Psychological** Association)

www.apa.org/pi/about/ publications/caregivers/ final-report-2010.aspx

Includes 160 pages of information and resources for and about caregivers

# Family of a Vet $\heartsuit$

www.familyofavet.com

Provides free download of "Taking Care of Me" packet and much more information

#### Giftina Warriors 💙 🗣 🦝



www.giftingwarriors.org/ index.php

Assists with medical bills, household goods, furniture, food, clothing, utilies, mental health services, vocational training, child care assistance, travel assistance and any other aid that will help bridge the gap between injury and a successful recovery.







Give an Hour ♥	www.giveanhour.org	Offers therapists who have signed up to "give an hour" a week for up to a year; use the "Provider Search" function to find a therapist nearby
Hearts of Valor ♥ ⊕	www.operationhomefront. net/servicedetail. aspx?id=1034	Provides female caregivers opportunities to build relationships, access resources, and enjoy brief moments of rest and respite
Joint Family Support Assistance Program ♥ 💥 ≿	www.jointservices support.org	Provides support for families who are far from a military installation; services are delivered through collaborative partnership with Federal, State, and local resources
Military Crisis Line ♥ ��	www.veteranscrisis line.net	Provides a free hotline; call 800-273-8255, text also at 838255, or chat online at veteranscrisisline.net/activeduty
Military and Family Life Counselor Program	www.militaryonesource. mil/12038/MOS/Booklets/ MFLC_Program_ Brochure.pdf	Provides support for relationships, stress management, grief, and other challenges; no cost to Active Duty, Guard, Reserve, and family members
Military OneSource  ▼ ※	www.militaryone source.mil	Provides in-person and telephonic counseling; special category on "Caring for Injured Service Member"
Military Pathways	www.militarymental health.org	Provides 24/7 access to free, anonymous online mental health self assessments

startmovingforward.

t2.health.mil

Offers free online life coaching program to Service members,

veterans, and their families

Moving Forward— Overcoming Life's Challenges ★ 🐿







## National Guard Bureau Psychological Health Services

www.jointservices support.org/ resourcefinder/ topic.aspx Provides telephone and faceto-face consultations; free and confidential; search website for local contacts and resources

## Navy Reserve and Marine Corps Reserve Psychological Health Outreach Program (PHOP)

www.marforres.marines. mil/GeneralSpecialStaffs/ HealthServicesSupport/ PsychologicalHealth OutreachProgram Ensures USMC and Navy reservists and their families have access to psychological health care services; not an emergency or first responder service

# Operation Live Well

www.health.mil/Military-Health-Topics/Operation-Live-Well Provides tools, resources, and mental and physical health tips to adopt or maintain a healthy lifestyle

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www.oplove.org

Provides free professional photography sessions and photo gifts to military families pre and post deployment

# Operation: Showers of Appreciation

osoamil.org/

Hosts baby showers for families of Active Duty Military, Veterans, Reserves, and Wounded Warriors. Provides baby care packages, diaper programs, and provides support to expecting mothers and their families

#### 



Provides free lawn, landscape and snow removal services for military families nationwide via volunteers

# PTSD Treatment Help

PTSDtreatmentHelp.com

Helps with domestic violence and PTSD; offers free, brief, and confidential assessment







Rand	Corporation
<b>A</b>	-

www.rand.org/pubs/ corporate\_pubs/2008/ RAND\_CP535-2008-03.pdf Offers the Booklet: Post Deployment Stress, What Families Should Know, What Families Can Do

# 

www.restorewarriors.org

Offers questionnaire and online help for stress, loss, self esteem, relationships, etc.

#### Soldier's Angels ♥ ₽

www.soldiersangels.org

Offers programs for wounded, deployed, families and others. Hosts a variety of programs towards different needs of recovering Service members and their families

# Special Operations Warrior Foundation

www.specialops.org

Provides caregivers of Special Operations Forces personnel with spa services

# Stand Beside Them

www.standbeside them.org

Provides free life and career coaching focusing on resume writing, interview help, researching job opportunities and networking guidance; offered face to face, by phone or Skype to Service members, veterans, their caregivers and families; info@standbesidethem.org

# Substance Abuse and Mental Health Administration

www.samhsa.gov

Offers treatment locations, downloads, videos, and publications

# The Soldier's Project ♥ ₽

www.thesoldiersproject.

Offers free psychotherapy







# TRICARE Telemental Health Services

www.tricare.mil/ CoveredServices/ SeeWhatsCovered/ TelementalHealth. aspx?sc\_database=web Offers a network of offsite providers who can evaluate, treat and refer you as necessary via video; contact TRICARE regional coordinator to request services

#### 

www.uso.org

Provides one-day conference that focus on skills for building stronger, more resilient military families; Topics include couple's intimacy, addressing challenging behaviors preventing burnout and more

# VA Caregiver Support ♥ ₩

www.caregiver.va.gov/ support/support\_ services.asp

Provides a caregiver toolbox, diagnosis care sheets, everyday tips, and help staying organized

#### Vet Centers ♥ ১৯ 🗈 🕏

www.vetcenter.va.gov

Offers free individual and family counseling to eligible veterans and families

# Veteran's Campground on Big Marine Lake ♥ ♣ 番

www.vetscampmn.org

Provides facilities and opportunities for recreation, rest and well-being for all Veterans and their families

# Veterans Restorative Project

http://veteransrestorative program.org

Provides complimentary deep relaxation and meditation programs to active duty, Veterans and families of Service members as well as on-going classes, retreats and workshops

# Weddings for Heroes ♥ ₽

www.weddingsfor heroes.org

Provides support and assistance to active duty, combat wounded or combat veteran Service members who are in the process of planning a wedding on a budget.

# Maintenance and Home Care Assistance







#### **Gifting Warriors**

www.giftingwarriors.org/index.php

Assists with medical bills, household goods, furniture, food, clothing, utilities, mental health services, vocational training, child care assistance, travel assistance and any other aid that will help bridge the gap between injury and a successful recovery

# Homes on the Home front

www.homesonthe homefront.org

Provides assistance for Service members who don't currently own a home, are willing to live in a donated home as a primary residence, and are financial capable of sustaining

#### 

www.hopeforthe warriors.org

Offers grants to cover household utilities, gas cards for vehicles to get to appointments, money for groceries, rent, mortgage, and rental deposits

# Operation Comfort Warriors

www.legion.org/ operationcomfort

Provides a program dedicated to meeting the needs of wounded, injured or ill military personnel, and their families by providing them with comfort items not usually supplied by the government

#### 

projectever green.org

Provide free, volunteerbased lawn, landscape and snow removal services for military families nationwide

# Respite Care for Caregivers

TRICARE'S respite care benefit offers short term care to seriously ill or injured active duty Service members to give their caregiver some rest and a change from assisting them with activities of daily living (e.g., dressing, feeding, hygiene). The case manager or another approving authority may approve respite care if the Service member's care includes more than two "interventions during the eight-hour period per day that the primary caregiver would normally be sleeping." Respite care is limited to eight hours per day, five days per week, and must be provided by a TRICARE-authorized home health agency. Federal law authorizing respite for TRICARE ECHO participants—family members of Service members—was amended to allow this benefit for Service members.

For more information: www.tricare.mil/lifeevents/injuredonAD/healthbenefits

dcoe.health.mil

**Support Line: 866-966-1020** 

The mission of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) is to improve the lives of our nation's Service members, families, and veterans by advancing excellence in psychological health and traumatic brain injury prevention and care.

#### Find information on:

#### **DCoE Centers**

- Defense and Veterans Brain Injury Center
- · Deployment Health Clinical Center
- National Center for Telehealth and Technology

# **Psychological Health**

- Psychological Health Information
- · Integrative Health & Wellness
- · PTSD Treatment Options
- Tips for Treating mTBI and PTSD

# Traumatic Brain Injury

- Accessing Services and Resources Housing
- Tips for Treating mTBI and PTSD
- TBI Clinical Documents
- · TBI Case Management

#### Service members and Families

- 24/7 Help
- Suicide Prevention

- Before and After Deployment Resources
- inTransition
- · Guard and Reserve
- Adjusting to Changes
- · Taking Care of Yourself
- Locating Health Care

#### Media Center

- News Room
- Blogs
- Social Media
- Info Kit
- · Videos and Podcasts

# **Training and Conferences**

- Continuing Education
- · Leadership Training Toolkit
- Conferences
- Webinars
- · Educator Resources
- · Training Effectiveness Toolkit

# Military Caregiver Lifestyle

#### **Milestones**







**Brides Across** America

www.bridesacross america.com/

Supports Wounded Warriors, Veterans, and active duty military Service members and their families through offering free wedding dresses to military brides

Mission Sleep 

www.missionsleep.org

Provides free, overnight newborn care when parent's partner is deployed or wounded

**New Parent Support** Program 🏋 🔠

www.militaryonesource. mil/parenting?content\_ id=266691

Helps parents and expectant parents develop skills needed to provide a nurturing environment; free service on most installations

**Operation Shower** ₽₽₩

operationshower.org

Prepares a Shower in a Box for each mom-to-be who has a spouse or partner who was injured during deployment

**Operation: Showers** of Appreciation 💚 🛡 osoamil.org

Hosts baby showers for families of Active Duty Military, Veterans, Reserves, and Wounded Warriors; Provides baby care packages, support to expecting mothers and their families



Caring for the Caregiver



VA Program



Reserve/Guard Specific Resource



Non-Profit Organization



Veterans Service Organizations



Military Children



Español Available



Smartphone App







# The Carrying On Project &

www.carryingonproject.

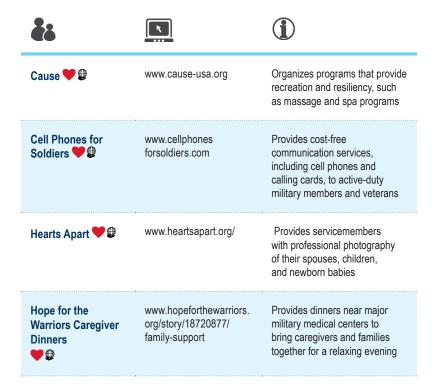
Helps get carriers to the families of our military so that they may better obtain secure attachments with their children, something that deployment and injuries will often interrupt

#### Weddings for Heroes ♥ ₽

www.weddingsfor heroes.org

Provides support and assistance to active duty, combat wounded or veteran Service members to plan a wedding on a budget

## Stress Relief Aides









#### **Operation Live** Well 💥

www.health.mil/Military-Health-Topics/Operation-Live-Well

Provides tools, resources, and mental and physical health tips to adopt or maintain a healthy lifestyle

## Operation: Love Reunited > 3

www.oplove.org

Provides free professional photography sessions and photo gifts to military families pre and post deployment

#### Operation Makeover

http://www. operationmakeover.com/ Home.php

Provides free makeovers for military caregivers and spouses, along with a free photo session

## Operation Second **Chance Day Trips and Nights** Out 💙 🕮

www.operationsecond chance.org/daytrips

Offers warriors, caregivers, and guests trips away from the hospital

#### **Veterans** Restorative Project

veteransrestorative program.org

Provides complimentary deep relaxation and meditation programs to active duty, Veterans and families of Service members as well as on-going classes, retreats and workshops

# **Hobbies & Interests**







#### Catch a Lift 💙 🚇



www.catchaliftfund.com/ about-us

Provides gym memberships or in-home gym equipment to wounded post 9-11 Veterans anywhere in the United States. If the wounded veteran's requires assistance from their Caregiver, their membership will be granted as well







free classes to Veterans. The goal of Yoga For Vets is to reduce the symptoms of PTSD, stress and injuries of Veterans, and help them deal, during and after deployment, with various mental and physical challeges

Connected Warriors ♥ ₽	http://connectedwarriors. org/	Provides free, trauma-conscious yoga therapy for service members, veterans and their families in the United States
Higher Ground	www.highergroundsv.org	Combines sports, family and coping therapies to restore and rehabilitate Service Members, specializes in serving Veterans with traumatic brain injury (TBI), post-traumatic stress (PTS), military sexual trauma (MST) and polytrauma
Horses 4 Heroes 🛡 🕏	horses4heroes.org	Provides affordable recreational, instructional, and health and wellness equestrian programs for all ages, all riding levels, and supports all breeds and disciplines; check out the Operation Free Ride program
United Through Reading ស៊ី	http://www. unitedthroughreading.org	Offers deployed parents the opportunity to be video recorded reading storybooks to their children which creates positive emotional connections and cultivates a love of reading
Yoga for Vets	www.yogafor vets.org	Lists yoga studios, teachers, and venues throughout the country that offer four or more

# Children's Needs

# **Child Care Assistance**

<b>&amp;</b> &	T.	<b>(i)</b>
Armed Forces Foundation <b>₽</b> &	www.armedforces foundation.org	Offers child care during illness, surgery, and recovery
Army One Source 🏋 🕏	www.myarmyone source.com	Gives child care referrals
AuPairCare 📆	www.aupaircare.com	Provides live-in child care at affordable prices
Childcare Aware  ★	www.childcareaware.org	Allows users to search for child care by zip code; includes general advice and resources
Gifting Warriors ♥ ♣ &	www.giftingwarriors.org/ index.php	Assists with medical bills, household goods, furniture, food, clothing, utilies, mental health services, vocational training, child care assistance, travel assistance and any other aid that will help bridge the gap between injury and a successful recovery
Joint Services Support ★ ★ &	www.jointservices support.org	Virtual military community for National Guard members and families; offers Career, Family, Finance, Behavioral Health, Sexual Assault, and Transition Support programs



Caring for the Caregiver



Maria DoD Program



VA Program



Reserve/Guard Specific Resource



Non-Profit Organization



Veterans Service Organizations



Military Children



ES Español Available



Smartphone App







Little Warrior Respite
Program (Easter
Seals) 🛡 🔠

gwbr.easterseals.com/ site/PageServer? pagename=DCMD\_ LittleWarriors Provides educational services, respite events, and relaxations days for wounded warrior families and their children ages birth to 13 years old (serving DC, MD, VA)

# Military Child Care in Your Neighborhood

www.naccrra.org/ military-families Provides fee assistance for Active Duty and civilian technicians who are unable to access on-post child care

# Military Heroes

www.pentagon foundation.org

Pays for on-site, quality child care at Walter Reed Medical Center

# Military OneSource ★ ♣ 🖺 📧

www.militaryonesource. mil/parenting Provides assistance with any child care related services and counseling

# Operation Military Child Care

www.childcareaware.org

Supports Reserve component and geographically dispersed military families; provides assistance while looking for employment

# Operation Second Chance ♥ ₼

www.operationsecond chance.org/support andassistance Provides child care during illness or surgery

#### 

www.naccrra.org/ military-families Offers 16 hours of respite child care per month at no cost; not intended to be a substitute for regularly scheduled child care (i.e., to go to work or attend school); limited to eligibility guidelines and funding availability

# Sitter City 💥 💍

www.sittercity.com/dod

Offers free membership to help find fee-based child care, housekeeping, and animal care services







Yellow Ribbon Fund ♥ 🕏

www.yellowribbon fund.org

Offers babysitting, kid matinees, and pool days

# Children's Health and Wellbeing

<b>&amp;</b>	<u> </u>	<b>①</b>
4-H Military Partnerships ♥ ಔ	http://4- hmilitarypartnerships.org/ military-family/index.html	Offers Boys and Girls Youth Club and Camps in partnership with the Joint Services
AASA—The School Superintendents Association # 5	www.aasa.org/ MilitaryChild.aspx	Advocates and champions children's causes in their districts and nationwide
American Legion <mark>%</mark> &	www.legion.org	Awards cash grants to minor children of veterans who are eligible for membership
Armed Services YMCA's Operation Hero Program	www.asymca.org/ programs/operation- hero4	Targets children ages six to 12 years who exhibit low self esteem or difficulty adjusting academically/socially in school
Blue Star Families <b>₽</b> &	bluestarfam.org	Offers complimentary theater admission to all military personnel, their families, and veterans
Camp C.O.P.E. ♥ क़	www.campcope.org	Provides recreational activities for children of injured or deployed Service members or Veterans, and provides interactive small group counseling for children







Child and Program Center fo	of the
Study of Stress	Traumatic

www.couragetotalk.org

Provides resources for family and friends to communicate more effectively about war injuries

Children and Youth Behavioral Military and Family Life Counselors

www.militaryonesource. mil/monthlyfocus?content\_ id=268679 Offers information on Military and Family Life Counselors and how to seek their services

Children of
Military Service
members Resource
Guide ★ 🖔

www.dcoe.mil/ content/Navigation/ Documents/DCoE%20 Children%20of%20 Military%20Service%20 Members%20 Resource%20Guide.pdf provides a quick-reference tool for parents, other family members and health care providers who work with the children of military Service members; resources are organized by topic and cognitive age level

Defending the Blue Line ♥ ♣ ♣

www.defending theblueline.org Offers multiple programs for children of military members to participate in the game of hockey

Exceptional Family Member Program \*\* 5

www.militaryonesource. mil/efmp

Supports Service members who have dependents with chronic medical, dental, mental health, developmental, or educational conditions and require special care and services

Family of a Vet  $\bigcirc$   $\bigcirc$ 

www.familyofavet.com/ parent\_teacher\_packet Offers parent/teacher packet about PTSD

FOCUS Program

⊕ ਨ

www.focusproject.org

Offers resilience training for children and teens







Horses 4 Heroes <b>₽</b> &	horses4heroes.org	Provides affordable recreational, instructional, and health and wellness equestrian programs for all ages, all riding levels, and supports all breeds and disciplines; check out the Operation Free Ride program
K2 Adventures Foundation <b>₽</b> 🐯	www.k2adventures.org/ about-us	Provides services, support, and funds for educational and medical enrichment for families with special needs and/or life changing medical circumstances
Little Patriots Embraced	littlepatriots embraced.org	Helps reduce the emotional stress that military family members have due to separation, relocation, or death of a loved one; thanks military family members, with a special focus on the children, for their sacrifices for our country.
Military Child Education Coalition ⊕ &	www.militarychild.org	Advocates for military children's educational needs
Military Families Knowledge Bank ♥ ※ ಔ	mfkb.nctsn.org	Includes useful resources available to assist traumatized children and their families
Military Kids Connect ★ &	militarykidsconnect.org	Connects online community of military children (ages 6-17) to informative activities, fun games, and helpful videos
MilKidz Club <b>₽</b> &	www.bluestarfam.org/ milkidz-club	Offers free tickets and other events for military children
Military OneSource ★ 🗟 🕏	www.militaryonesource. mil/parenting	Distributes free booklet, "Honoring Our Babies and Toddlers"







Military.tutor.com	military.tutor.com	Offers free online tutoring to active duty military and their dependents
Mission Sleep ♥ ∰ &	www.missionsleep.org	Provides free, overnight newborn care when parent's partner is deployed or wounded
Mission Youth Outreach <b>₽</b> &	www.bgcaa.com	Allows geographically dispersed Active Duty, Guard, and Reserve youth to attend a local boys and girls club at no cost to the family
Moving Forward— Overcoming Life's Challenges ❤️ 🏖	startmovingforward. t2.health.mil	Offers free online life coaching program to Service members, veterans, and their families
New Parent Support Program 🌋 🛱	www.militaryonesource. mil/parenting?content_ id=266691	Helps parents and expectant parents develop skills needed to provide a nurturing environment; free service on most installations
Operation Homefront <b>⊕</b> 📅	www.operationhome front.net	Offers assistance with baby food, diapers, formula, etc.
Operation Purple Programs ♥ ∰ 🚡	www.militaryfamily.org	The National Military Family Association has designed several programs for military children, such as summer camps, family retreats, and Operation Purple Healing Adventures
Operation Military Kids 🎔 ಔ	www.operationmilitary kids.org	Supports military kids impacted by deployment and those geographically dispersed
Operation Shower	operationshower.org	Operation Shower prepares a Shower in a Box for each mom-to-be who has a spouse or partner who was injured during deployment







#### Our Military Kids ♥ ਨ

www.ourmilitarykids.org

Pays for children's participation nationwide in extra-curricular activities, such as sports, fine arts and tutoring

# Parenting for Service members and Veterans \*\* &

militaryparenting. t2.health.mil/index.php Provides information, strategies, reconnection tips for after deployment, and helpful exercises via free online course

# Rand Corporation

www.rand.org/pubs/ corporate\_pubs/2008/ RAND\_CP535-2008-03.pdf Provides a booklet: Post Deployment Stress, What Families Should Know, What Families Can Do

# Read.gov 🖔

.....

Offers books, books on tape, and eBooks via Library of Congress

## Semper Fi Fund ###

www.semperfifund.org

Provides a Kids Camps week where campers are matched up with high school student mentors

# Sesame Street Connections ♥ 🚡

www.sesamestreet. org/tlc Provides support and resources for military children between the ages of two and five; DVDs offered by USO at many centers

# STOMP 🔠 🛡

wapave.org/programs/ specialized-trainingmilitaryparents-stomp Provides information on parent rights and responsibilities regarding special education services for military children; federally funded Parent Training and Information Center established to assist military families who have children with special education or health needs

# The General's Kids ♥ 🕏

www.thegeneralskids.org

Helps cover costs so children can participate in local activities such as sports, music, and dance







Tutor.com 💥 🐯	www.tutor.com	Provides online tutoring program
United Through Reading ∰	www.unitedthrough reading.org	Offers deployed parents the opportunity to be video recorded reading storybooks to their children which creates positive emotional connections and cultivates a love of reading
USO/Comfort Crew for Military Kids "Taking Care of You" Kit ♥ ಔ	www.uso.org	Distributes DVDs and books to support military children who are dealing with a "new normal"
Yellow Ribbon Fund ♥ &	www.yellowribbon fund.org	Offers babysitting, kid matinees, and pool days
Zero to Three ₽ ಔ	www.zerotothree.org	Distributes free booklet to support young children whose parent/caregiver has been injured

# Veterans Service Organizations (VSOs)

# What They Are and How They Can Help

VSOs are not part of VA. VSOs are recognized national and state organizations that help veterans and their families with their claims. These services are provided free of charge. VSOs can help you with questions about your VA claims. They can also act on your behalf regarding your claim with VA.

A directory of VSOs can be found at: www.va.gov/VSO

# VA Grants for Home Modifications

**Specially Adapted Housing (SAH) Grant:** The SAH grant is designed to help provide a barrier-free living environment that affords the individual a level of independent living he or she may not otherwise enjoy, such as a wheelchair accessible home. Veterans with specific service-connected disabilities may be entitled to a grant for the purpose of constructing or modifying a home to meet their adaptive needs. The grant is currently limited to \$64,960.

**Special Home Adaptation (SHA) Grant:** The SHA grant is for modifying an existing home to meet adaptive needs, such as assistance with mobility throughout the home. Veterans and Service members with specific service-connected disabilities may be entitled to this type of grant. The grant is currently limited to \$12,992. A temporary grant may be available to veterans and Service members who are or will be temporarily residing in a home owned by a family member.

# Home Improvement and Structural Alterations

(HISA) Grant: The HISA program offers assistance for any home improvement necessary for the continuation of treatment or for disability access to the home and essential lavatory and sanitary facilities. A HISA grant is available to veterans with service-connected and non-service connected disabilities who have received a medical determination indicating that improvements and structural alterations are necessary or appropriate for the effective and economical treatment of their disability.

# **Education and Training**

# Scholarships, Loans, and Grants







Air Force Aid Society 💙 🛡 🐯

www.afas.org/ed-loans

Distributes \$2,000 need-based grants to full-time college undergraduates who are dependent children and spouses of Active Duty Air Force, retirees, or deceased members

Air Force **Association Spouse** Scholarships 🛡 🛡

www.afa.org/ informationfor/military/ scholarships

Encourages Air Force spouses to pursue undergraduate or graduate degrees

American Legion 88 www.legion.org/ scholarships

Offers scholarships and other resources to assist young people in their pursuit of higher education, including kin of wartime veterans and participants in Legion programs

**AMVETS** Scholarships 🎗 🔠 www.amvets.org/ programs/scholarships Awards scholarships to veterans/ Active military, their sons, daughters, and grandchildren

**Army Emergency** Relief

www.aerhg.org/dnn563

Provides financial assistance for Army spouses and dependent children who are pursuing their first undergraduate degree

Blue Star Families bluestarfam.org/ resources/blue-starcareers

Provides scholarships to militaryaffiliated students enrolled in select distance-learning degree programs at partner schools to help defray the costs associated with pursuing higher education



Caring for the Caregiver







Reserve/Guard Specific Resource



Non-Profit Organization



Veterans Service Organizations



Military Children



Español Available



Smartphone App







Children of Fallen Patriots Foundation ♥ ♥ ₺	fallenpatriots.org	Provides college scholarships and educational counseling to military children who have lost a parent in combat or training
Department of Education— Financial Aid	www2.ed.gov/finaid/ landing.jhtml?src=In	Offers options for paying for college, including federal loans, grants, and work-study
Federal Student Aid ಔ	studentaid.ed.gov/types/ grants-scholarships/ military	Offers scholarship information for military members and families; sponsored by the Department of Education
Fisher House Foundation Military Scholarships 🛱	www.militaryscholar.org	Provides service to sons and daughters of Active Duty, Reserve/Guard, or retired commissary customers
Folds of Honor	scholarships. foldsofhonor.org	Offers scholarships not based on need or merit for spouses and dependents of Service members
Freedom Alliance Scholarship Fund <b>⊕</b> ∰	freedomalliance.org/ programs/scholar ship-fund	Funds scholarships for dependent children of Active Duty Service members who were killed or permanently disabled (100% VA rating)
Green Beret Foundation ♥ क़	greenberetfoundation. org/scholarships	Provides scholarships for children of wounded, ill, or injured U.S. Army Special Forces Soldiers
Hope for the Warriors ♥ ₽	www.hopeforthe warriors.org	Provides caregivers/ spouses scholarships at an accredited university, college, or trade school
Job Explorer	www.mcsfex.net	Allows users to search for military friendly scholarships for Service members and families







John and Betty Pope Scholarship Program ♥ ₽	www.rosalynncarter.org/ PopeFellowship/	Provides financial assistance for the online Caregiving Issues and Management Certificate Program at Georgia Southwestern State University
Marine Corps Scholarship Foundation ♥ 番	www.marine-scholars.org	Provides scholarships for children of active duty and veteran Marines
Mattie J. T. Stepanek Caregiving Scholarship	www.rosalynncarter.org/ Mattie Stepanek/	Provides financial assistance to caregivers who are seeking training or education in specific skills, procedures, and strategies that lead to more effective care
Military Officers Association of America ♥ 🕏	www.moaa.org	Offers interest-free loans, scholarships, and grants for students seeking undergraduate degrees
Military Order of the Purple Heart Scholarship Program 🎖 🐯	www.purpleheart.org	Awards scholarships to select students who complete the application process and meet certain criteria
Military Spouse Career Advancement Account Program (MyCAA)	aiportal.acc.af.mil/mycaa	Scholarship program helps you get the credentials you need to achieve your career goal; provides up to \$4,000 of financial assistance to eligible military spouses
Military Warrior Support Foundation Education 4 Heroes	www.militarywarriors.org/ education4heroes	Helps cover tuition and educational costs at an accredited higher learning institution at the in-state fee level







National Military Family Association Military Spouse Scholarships	www.militaryfamily.org	Provides tuition, fees, and school room and board for GED/ESL, vocational training, professional certification, post-secondary, graduate school, in-class/online, and full/part time
Navy Marine Corps Relief Society ♥ 🖔	www.nmcrs.org	Assists eligible Sailors, Marines, and families to pursue academic goals by providing a source of education financing
No Greater Sacrifice <b>₽</b> &	www.nogreater sacrifice.org	Provides scholarships and other educational resources for children of America's heroes
Post GI Bill  ▼ 22 &	www.gibill.va.gov	Covers up to 36 months of education benefits, including monthly housing allowance; transferability of benefits to eligible dependents allowed
Post GI Bill Calculator (Iraq and Afghanistan Veterans of America)	newgibill.org/calculator	Calculates GI Bill benefits plus Frequently Asked Questions
Calculator (Iraq and Afghanistan Veterans of	newgibill.org/calculator www.semperfifund.org	
Calculator (Iraq and Afghanistan Veterans of America) ※		Assists with costs of books, fees, and training; travel to job







#### Tillman Military Scholarship Program ••••

pattillmanfoundation.org/ apply-to-be-a-scholar/ Offers direct study-related expenses such as tuition, fees, books, room and board, and other needs, such as child care

# Veterans of Foreign Wars ₹ 55

www.vfw.org/Community/ Programs Provides scholarships to high school students through the VFW's Voice of Democracy audio-essay competition

# Training, Rehabilitation, and Internships







Education and
Employment
Initiative (E2I) 💥

warriorcare.dodlive. mil/wounded-warriorresources/e2i Finds employment opportunities and provides career planning support for recovering Service members before they transition

## Entrepreneurship Bootcamp for Veterans with Disabilities (EBV)

whitman.syr.edu/ebv

Provides experiential training in entrepreneurship and small business management to post 9/11 veterans with disabilities, at no cost

# Entrepreneurship Bootcamp for Veterans' Families (EBV-F)

whitman.syr.edu/ebv/ programs/families Integrates training in small business management with caregiver and family issues, at no cost

# Military.tutor.com

military.tutor.com

Offers free online tutoring to active duty military and their dependents

# Mission Continues

missioncontinues.org

Provides community service fellowships for veterans followed by full time employment, pursuit of higher education, or permanent role in service







# Operation Warfighter \*\*\*

warriorcare.dodlive. mil/wounded-warriorresources/operationwarfighter Offers a Federal internship program for active duty recovering Service members

## PAVE (Paving Access for Veterans Employment) <sup>⊗</sup>

www.PVA.org

Provides one-on-one support for coordinating rehabilitation needs with medical care and VA benefits

# Red Cross — Nursing Assistant Training

www.redcross.org/ take-a-class/programhighlights/nurseassistant-training Places a high emphasis on learning excellent communications skills and the Art of Caregiving to provide compassionate care for people in the health care system

## STOMP ₩ ●

wapave.org/programs/ specialized-trainingmilitaryparents-stomp Provides information on parent rights and responsibilities regarding special education services for military children; federally funded Parent Training and Information Center established to assist military families who have children with special education or health needs

# Troops to Teachers Program

www.proudtoserve again.com

Helps eligible military personnel begin a new career as teachers in public schools

# VA Work-Study Program ♥ �� ౘ

gibill.va.gov/resources/ education\_resources/ programs/work\_study\_ program.html Offers part-time employment to students receiving VA education benefits related to VA; work at school or nearby VA facility



vetnethq.com

Includes inside information on companies looking to hire veterans and spouses







Vet Power <b>⊕</b>	vetpower.org	Offers a connection to nine universities who provide free entrepreneurial studies programs
Veterans Retraining Assistance Program 🏖	www.benefits.gov/ benefits/benefit- details/5884	Provides up to 12 months of retraining for high-demand jobs; visit <i>ebenefits.va.gov</i> to apply
Veterans Upward Bound	www2.ed.gov/programs/ triovub	Assists veterans with refreshing their academic skills to succeed in post-secondary schooling
Vocational Rehabilitation and Employment ❖❖	www.vba.va.gov/bln/vre	Offers assistance with employment, education, and training for independent living



# Keep Your DEERS Information Up-to-Date!

Information at: www.tricare.mil/deers 1-800-538-9552 1-831-655-8317 (fax)

The key to receiving timely TRICARE benefits is keeping your information in the Defense Enrollment Eligibility System (DEERS) up-to-date.

You have several convenient options for updating DEERS:

- MilConnect: www.dmdc.osd.mil/milconnect
- Verify and update your DEERS information
- Learn about your other military benefits
- Learn more about how to log on to MilConnect at www.dmdc.osd.mil/identitymanagement

Find a local ID card-issuing facility: www.dmdc.mil/rsl

# **Financial Support**

## **General Assistance**







Aid and Attendance Program

www.veteranaid.org/index.php

Provides free assistance to qualified veterans and surviving spouses in applying for Aid and Attendance pension benefits

Air Force Aid Society

www.afas.org

Provides interest free loans and grants for basic living expenses, emergency travel, vehicle expenses, medical/ dental, child care/respite, moving expenses, etc.

Air Force Aid Society Falcon Fund www.afas.org

Provides funds in emergency situations to cover shortterm, unexpected situations; loan amount cap of \$750

American Legion <sup>№</sup> 🐯 www.legion.org

Awards cash grants to minor children of veterans eligible for American Legion membership for the cost of shelter, food, utilities, and health expenses

American Red Cross

www.redcross.org

Provides reliable financial assistance to eligible applicants 24/7/365

America's Fund ♥ 🕏

americasfund.org

Provides direct financial assistance to all Service members and families for long hospitalization or rehabilitation



Caring for the Caregiver



Reserve/Guard Specific Resource



Military Children



DoD Program

VA Program



Non-Profit Organization



Veterans Service Organizations



Smartphone App







Armed Forces Foundation	www.armedforces foundation.org	Provides financial support with utilities, rent, and mortgage
Armed Forces YMCA ♥	www.asymca.org	Offers grants for junior enlisted personnel
Army Emergency Relief <b>₽</b>	www.aerhq.org/dnn563	Provides dedicated Army emergency financial assistance organization to "Helping the Army Take Care of Its Own"
Army One Source	www.myarmyone source.com	Offers tools such as Army Gold Game, and calculators
Brides Across America	www.bridesacross america.com/	Supports wounded warriors, veterans, and active duty military Service members and their families through offering free wedding dresses to military brides
Cell Phones for Soldiers ♥♥	www.cellphones forsoldiers.com	Provides cost-free communication services, including cell phones and calling cards, to active-duty military members and veterans
Certified Financial Planner Board of Standards #	www.letsmakeaplan. org/financial-planning- resources	Offers financial planning resources for Service members and their families; search for CFP professionals who specialize in financial planning
Children of Fallen Patriots Foundation ♥ ♣ क़	fallenpatriots.org	Provides college scholarships and educational counseling to military children who have lost a parent in combat or training
Coast Guard Mutual Assistance	www.cgmahq.org	Offers grants; referrals; short-term, interest free loans; free financial counseling







#### The Coalition to Salute America's Heroes \*\*

#### saluteheroes.org

Provides financial aid assistance and other services to disabled Veterans that are facing foreclosure, reposession, missed utilities, or other financial needs.

#### Gifting Warriors > 🕊 🕮 🚜



www.giftingwarriors.org/ index.php

Assists with medical bills. household goods, furniture, food, clothing, utilies, mental health services, vocational training, child care assistance, travel assistance and any other aid that will help bridge the gap between injury and a successful recovery

#### Hope for the Warriors— **Critical Care** Coordination

www.hopeforthe warriors.org

Offers grants to cover household utilities, gas cards for vehicles to get to appointments. money for groceries, rent, mortgage, and rental deposits

#### Homeowners **Assistance Program** (Expanded) 💥

hap.usace.army.mil

Assists eligible homeowners who face financial loss when selling their primary residence homes in areas where real estate values have declined

# Homes on the Homefront

www.homesonthe homefront.org

Provides assistance for Service members who don't currently own a home, are willing to live in a donated home as a primary residence, and are financial capable of sustaining the home

## **Joint Services** Support 🏋 🤸 🔠



www.jointservices support.org

Provides a virtual military community for National Guard members and families; offers Career, Family, Finance. Behavioral Health, Sexual Assault, and Transition Support programs







Lead the Way Fund ♥ ₽ &	www.leadthewayfund.org	Provides families of deceased, disabled, or Active Duty 75 RGT Rangers with assistance for health and wellness programs and other vital services to the family's well being
Military and Family Life Consultant Program Personal Financial Counselors	www.mhngs.com/app/ programsandservices/ mflc_program.content	Offers personal financial readiness, money management, savings and budget strategies; free, anonymous, and confidential; referrals to military and community resources; counselors through Family Readiness Centers
Military Heroes Fund Emergency Financial Assistance	www.pentagon foundation.org	Supports requests to meet "unmet needs" which cannot be supported by government agencies
Military OneSource Financial Consultations	www.militaryone source.mil	Offers telephonic counseling with certified financial planners offering short-term counseling; twelve free sessions per year
Military Warriors Support Foundation ₽	www.militarywarriors.org/ openhomes	Awards mortgage-free homes and three years of family and financial mentoring
Modest Needs <b>⊕</b>	www.modestneeds.org	Provides short term financial assistance to individuals and families in temporary crisis who, because they are working and live just above the poverty level, are ineligible for certain types of social assistance
Navy-Marine Corps Relief Society <b>₽</b>	www.nmcrs.org	Provides interest-free loans or grants for transportation, medical, food, rent, and utilities, child care, essential vehicle repairs, and family emergencies







# Operation Comfort Warriors

www.legion.org/ operationcomfort Meets the needs of wounded, injured or ill military personnel, and their families by providing them with comfort items not usually supplied by the government

# Operation Family Fund

operationfamilyfund.org

Provides financial grants for those injured and families of those who have been injured or killed as a part of the Global War on Terrorism, whether domestic or abroad, military or civilian

# Operation First Response

www.operationfirst response.org

Provides financial aid based on individual needs ranging from: rent, utilities, vehicle payments, food, clothing, and travel expenses

# Operation Homefront

www.operationhome front.net

Provides rent and mortgage assistance, family transitional housing, baby items, emergency home repair, local moving assistance, essential home items, vehicle repair and food assistance

# Operation: Love Reunited

www.oplove.org

Provides free professional photography sessions and photo gifts to military families pre and post deployment

# Operation One Voice ♥ 🕏

operationonevoice.org

Helps the financial needs of children and families of wounded and fallen Special Operation Forces

# Operation Second Chance

www.operationsecond chance.org/supportand assistance

Gives assistance to those currently receiving care at a military health care facility; helps with rent/mortgage and utility bills (electric, gas, water, sewer)







Pentagon Federal Credit Union Foundation	www.pentagon foundation.org	Offers financial education, emergency loans, and home ownership grants
Rebuild Hope	www.rebuildhope.org	Connects donors to beneficiaries via a National network
Reserve Aid 🗡 🛡	reserveaid.org	Provides grants for rent/ mortgage, utility, car payments, car insurance, and Wal-Mart gift card for food/fuel
Special Operations Warrior Foundation	www.specialops.org	Provides immediate financial assistance to special operations personnel severely wounded in combat; provides \$3,000 to families so they can be bedside at the hospital with loved ones
Save and Invest	saveandinvest.org	Offers a multifaceted program that includes online and on-the-ground training to make sure you're supported at key financial milestones; Offers free credit score analysis for military families
Thrift Savings Plan 💥	www.tsp.gov	Provides guidance on accessing TSP funds in moments of distress (loans, distributions, and tax breaks)
Turbo Transition Assistance Program	www.dmdc.osd.mil/appj/ dwp/index.jsp	Offers financial planning for transition
USA Cares	www.usacares.org	Pays basic expenses— mortgage/rent, food and home utilities







VA Home Loan
Guarantee
Program 🅸

www.benefits.va.gov/homeloans

Offers guaranteed home loans, refinancing assistance, and special grants

### VA Work-Study Program ♥ �� क़️

gibill.va.gov/resources/ education\_resources/ programs/work\_study\_ program.html Offers part-time employment to students receiving VA education benefits related to VA; work at school or nearby VA facility

### Veterans of Foreign Wars Unmet Needs Program <sup>№</sup>

www.vfw.org

Provides emergency grants to military families who need temporary help making ends meet

# Wounded Heroes Foundation **₽**

www.woundedheroes fund.net

Offers physical, emotional, and financial support to injured Armed Forces

### **Temporary Lodging Expenses**







# America's Fund

americasfund.org

Provides family support grants to enable all military families to spend time at loved ones' hospital bedsides, free from the financial pressures of travel, temporary lodging, and lost wages

AMVETS
<b>National Service</b>
Foundation 🖁

www.amvetsnsf.org

Offers the Healing Heroes Program

Fisher House

www.fisherhouse.org

Offers the Hotels for Heroes Program







Navy Safe Harbor Foundation ⊕	www.safeharbor foundation.org/ pdf/2011NSHF_ Brochure.pdf	Provides financial and legal support for travel expenses, court costs, and housing/rental support
Operation Homefront Villages <b>2</b>	www.operationhome front.net	Provides recovering Service member transitional family housing; currently operates three villages in CA, MD, and TX
Yellow Ribbon Fund <b>⊕</b>	www.yellowribbon fund.org	Provides free, furnished apartments and hotel rooms for families

### Travel and Transportation Expenses

<b>å</b> &	<u> </u>	<b>①</b>
Air Compassion for Veterans	www.aircompassionfor veterans.org	Provides transportation through commercial airline tickets
Air Force Aid Society Falcon Fund	www.afas.org	Provides Falcon Loans for emergency travel regardless of the relationship to the Air Force member
America's Fund ♥₽	americasfund.org	Provides family support grants to enable all military families to spend time at loved ones' hospital bedsides
AMVETS National Service Foundation	www.amvetsnsf.org	Offers the Healing Heroes Program
Armed Forces Foundation <b>₽</b>	www.armedforces foundation.org	Pays car insurance, registration payments, and car payments







Armed Forces
YMCA Jack Daniel's
Operation Ride
Home 🛡 🛡

www.asymca.org

Provides junior enlisted (E-4 and below) single Service members and families the opportunity to travel home

### Disabled American Veterans 8

www.dav.org/veterans/ineed-a-ride

Provides a transportation network for veterans at 172 medical centers to help veterans get needed treatment

### Fisher House

www.fisherhouse.org

Offers the Hero Miles program

### Hope for the Warriors

www.hopeforthe warriors.org

Provides gas cards for vehicles to get to appointments

### Mercy Medical Angels

http://mercymedical.org/

Administers transportation through multiple programs that enables financiallystressed patients to travel to distant medical specialists for essential care and treatment

#### Luke's Wings | • •



www.lukeswings.org

Offers free transportation assistance for caregivers, Service members, and others

#### **Navy Safe Harbor** Foundation

www.safeharbor foundation.org/ pdf/2011NSHF\_ Brochure.pdf

Provides financial and legal support for travel expenses, court costs, and housing/rental support

### **Operation Second** Chance

www.operationsecond chance.org/supportand assistance

Assists with travel to include special circumstances. one-way flights, and urgent or short notice flights

### Soldiers' Angels Tank Support

soldiersangels.org/index. php?mact=News,cntnt0 1,detail,0&cntnt01articl eid=133&cntnt01return id=120

Provides gasoline gift cards to help ensure returning OEF/OIF veterans get the regular checkups and medical care they need







Veterans Airlift Command ₽	www.veteransairlift.org	Provides free air transportation for medical and other compassionate purposes through a national network of volunteer aircraft
Weddings for Heroes ♥	www.weddingsfor heroes.org	Provides support and assistance to active duty, combat wounded or combat veteran Service members who are in the process of planning a wedding on a budget
Yellow Ribbon Fund ♥	www.yellowribbon fund.org	Provides free rental cars and taxi rides

### **Health Care Needs**

### Health Benefits and Coverage







Citizen Soldier Support Center **Primary Health Care** and Behavioral **Health Provider** Directory 💚 💥 🜟

www.warwithin.org

Connects Service members and their families to health care and behavioral health providers nearby who are trained in issues that affect military members and their families; sponsored by UnitedHealth Group (UNH)

Civilian Health and **Medical Program** (CHAMPVA) 💙 🕸 www.va.gov/hac/ forbeneficiaries/ champva/champva.asp Offers health care coverage for eligible individuals who are not eliaible for TRICARE

Continued **Health Care Benefit Program** (CHCBP) 🛡 💥 www.humanamilitary.com

Offers transitional premiumbased health care coverage after TRICARE eligibility ends; need to purchase within 60 days of losing TRICARE or TAMP eligibility

Family and Medical Leave Act

www.dol.gov/whd/fmla/ index.htm

Provides an overview of the Family and Medical Leave Act

Foreign Medical Program 🅸

www.va.gov/HAC/ forbeneficiaries/fmp/ fmp.asp

Provides health care benefits to veterans with VA-rated service-connected conditions who are residing or traveling abroad (Philippines excluded)

InTransition Mental **Health Coach** and Support Program 🏋

www.health.mil/ intransition

Provides recovering Service members with encouragement from a personal coach and other resources to get started with a new mental health provider



Caring for the Caregiver



Reserve/Guard Specific Resource



Military Children



DoD Program

VA Program



Non-Profit Organization



Veterans Service Organizations



Español Available









### Meds by Mail 🅸 🖪

www.va.gov/hac/ forbeneficiaries/ forbeneficiaries.asp Provides a safe, easy and cost-free way to receive non-urgent maintenance medications delivered at home

### Military Medical Support Office

www.tricare.mil/tma/ MMSO Supports medical care to remotely located Active Duty and Reserve Component Service members

### My HealtheVet ▼ 🏠

www.myhealth.va.gov

Provides access to online records to manage health care, obtain information, and get facts about VA benefits and services

### Navy Reserve and Marine Corps Reserve Psychological Health Outreach Program (PHOP)

www.marforres.marines. mil/GeneralSpecialStaffs/ HealthServicesSupport/ PsychologicalHealth OutreachProgram

Ensures USMC and Navy reservists and their families have access to psychological health care services; PHOP is not an emergency or first responder service; for more information, contact the regional PHOP team listed on the website

### Quit Tobacco

ucanquit2.org

Provides access to Quit Coaches who are available 7 days a week, 24 hours a day to answer your questions about quitting smoking and chewing tobacco and ways to stay quit; please indicate that you are a veteran enrolled in the VA health care system

# Rebuilding America's Warriors

www.rebuildingamericas warriors.com Provides free reconstructive surgery to recently wounded and disfigured active service and veteran status warriors

Transitional
Assistance
Management
Program

www.tricare. mil/Welcome/ SpecialPrograms/TAMP Provides 180 days of transitional health care benefits after regular TRICARE benefits end







# Transitional Care for Service-Related Conditions

www.tricare. mil/Welcome/ SpecialPrograms/TAMP/ TCSRC Extends TRICARE coverage for certain service-related conditions beyond their regular 180-day Transitional Assistance Management Program (TAMP) coverage period; available worldwide

# TRICARE Dental Program T

www.trdp.org

Provides dental coverage for eligible National Guard and Reserve members and their families; voluntary enrollment; 100% coverage for most preventive and diagnostic services; lower specialty care cost shares for E-1 thru E-4 pay grades; monthly premiums vary by location and type of plan

# TRICARE— Injured on Active Duty

www.tricare.mil/wii

Explains health care programs and benefits for Service members who were injured on Active Duty

# TRICARE Overseas Program

www.tricareoverseas.com Provides healthcare services from the best available providers around the world; offers established host nation provider networks around military treatment facilities and in many remote locations

# TRICARE Pharmacy Program Tricare

www.tricare.mil/ pharmacy

Provides prescription medications for all eligible beneficiaries; can convert prescriptions from a TRICARE retail network pharmacy to home delivery by calling the Member Choice Center (877-363-1433)

# TRICARE Program \*\*

www.tricare.mil

Grants access to the DoD's worldwide health care program available to eligible beneficiaries as determined by information in DEERS







### **TRICARE** Resources \*\*

www.tricare.mil/smart

Provides resources for TRICARE materials online: view, print, or download TRICARE briefings, fact sheets, handbooks, and other materials

### TRICARE **Telemental Health** Services \*\*

www.tricare.mil/ CoveredServices/ SeeWhatsCovered/ TelementalHealth.aspx Offers a network of offsite providers who evaluate, treat and refer you as necessary via video; contact TRICARE regional coordinator to request services

### **TRICARE Tobacco** Cessation Program 🟋

www.tricare.mil/ tobaccocessation Offers four ways to help break the tobacco cycle: Web-based Educational Materials, Smoking Quitlines, Counseling Services, and **Smoking Cessation Medication** 

### General Medical Information







Afterdeployment	www.afterdeployment.org	Outlines DoD/VA clinical practice guidelines
Blind Rehabilitation Service ��	www.va.gov/blindrehab	Includes adjustment to blindness counseling, patient and family education, residential inpatient training, and outpatient rehabilitation services
Depression Screening Tools	afterdeployment. t2.health.mil/topics- depression	Provides video stories, assessments, resources, library, personal stories and more
Hearing Center of Excellence	hearing.health.mil	Fosters and promotes the treatment and research of hearing loss and auditory injury







MedlinePlus 😆	www.nlm.nih.gov/ medlineplus	Provides information about diseases, conditions, and wellness issues; offers reliable, up-to-date health information for free; sponsored by the National Institutes of Health (NIH)
Mental Health America Resource Center ⊕	www.mentalhealth america.net	Offers information regarding the realities of various mental health and mental illnesses
Military Pathways	www.militarymental health.org	Provides military mental health screening and referrals
Moving Forward— Overcoming Life's Challenges ❤️ 🏖	startmovingforward. t2.health.mil	Offers free online life coaching program to Service members, veterans, and their families
National Alliance on Mental Illness 🔀 😆	www.nami.org/veterans	Distributes information about veterans and mental health illnesses for veterans and their families
National Institute of Mental Health	www.nimh.nih.gov	Offers a description of mental health diagnoses and how to locate resources for assistance
Polytrauma System of Care Centers ♥ 🏖	www.polytrauma.va.gov/ support/training-and- education.asp	Includes interactive tool to guide families through the steps of the TBI/polytrauma rehabilitation process
Spinal Cord Injury and Disorders Centers 🏖	www.sci.va.gov	Injured Service members may be approved by DoD for one of the 20 SCI centers available

throughout the VA system; these centers provide specialized rehabilitative services to

individuals with the onset of SCI







# Vision Center of Excellence

vce.health.mil

Works with TRICARE, Military Health System, VA, and other Centers of Excellence to provide patient-centered support close to home, unit, and family

# War Related Illness and Injury Study Center ❤️

www.warrelated illness.va.gov

Provides a second opinion for veterans referred with difficult-to-diagnose warrelated illnesses and injuries

# Wounded Warrior Project Restore Warriors

www.woundedwarrior project.org/programs/ combat-stress-recoveryprogram/restore-warriors Offers tools and self-help strategies, including videos of other warriors sharing their experiences, along with coping strategies

### Home-Based Health Care Assistance







### **Home Telehealth**



www.telehealth.va.gov

Provides access to a care coordinator by using technology in the home; includes education and training or online and telephone support groups

### Home-Based Primary Care Program



www.caregiver.va.gov/ support/support\_ services.asp Delivers routine health care services to the home when the veteran has medical issues that make it challenging for him or her to travel

### Homemaker and Home Health Aide Program



www.caregiver.va.gov/ support/support\_ services.asp Provides a home health aide to come to the home on a regular schedule to allow the caregiver time to take care of their own needs







### Navy Marine Corps Relief Society Visiting Nurse Program

₩0

www.nmcrs.org/pages/ health-education-andpost-combat-support Offers nursing service to all Navy and Marine Corps members and their family members within a 25-mile radius of the program site; nurse may offer resource information by telephone or mail to individuals outside the driving area

### TRICARE Respite Care Program



www.tricare.mil/ LifeEvents/InjuredonAD/ HealthBenefits Provides rest and change for caregivers; benefits are limited to 40 hours/week, 5 days/week; 8 hours/day

### TBI and PTSD Information and Programs







### 

www.abctcentral. org/xFAT/index. cfm?fa=search\_ advanced Searches local Cognitive
Behavior Therapists; provides
resources to help understand
psychological treatment options
and make informed decisions

### America's Heroes At Work

www.AmericasHeroes AtWork.gov

Educates employers about signs/symptoms of combat PTSD and TBI and how to support warriors who need assistance; sponsored by DOL

# Armed Forces Foundation **₽**

www.armedforces foundation.org

Distributes "Hidden Battles on Unseen Fronts," authored by Foundation President Patricia Driscoll and Foundation Supporter/author Celia Straus

# Brain Injury Association of America

www.biausa.org/livingwith-brain-injury.htm Provides direct support, information, resources, education, and advocacy for individuals living with brain injury







BrainlineMilitary	brainlinemilitary.org	Provides military-specific information and resources on TBI
Brave Heart Veterans ♥ ₽	braveheartveterans.org	Provides veterans and families in the Southeastern U.S. with web- based coping resources, such as anonymous online self-screening tools and a local resource finder
Braveminds ♥	www.braveminds.org	Provides programs, resources and supportive communities for caregivers and families of military personnel and veterans who have sustained a TBI or PTSD
Caregiver's Journey ♥ 💥	www.traumaticbrain injuryatoz.org	Distributes TBI Guide for Caregivers of Service members and veterans
Center for American Military Music Opportunities (C*A*M*M*O) ₽	www.cammomusic.org	Provides opportunities to heal through music; trains and educates on music industry and career opportunities
Center for Deployment Psychology	deploymentpsych.org/ training/training-catalog/ course-119-online- the-fundamentals-of- traumatic-brain-injury-tbi	Offers free training about TBI; click on "Take for Free" and receive an up-to-date review of TBI and how it may be diagnosed and/or treated
Center for the Study of Traumatic Stress ♥ ※ ₼	www.couragetotalk.org	Provides family resources, fact sheets, etc.
Centre for Neuro Skills ♥ 🖺	www.neuroskills.com	Provides resources and help for families related to Traumatic Brain Injury rehabilitation







Citizen Soldier
Support Center
<b>Primary Health Care</b>
and Behavioral
Health Provider
Directory <b>W</b> *** *

www.warwithin.org

Connects Service members and their families to health care and behavioral health providers nearby, sponsored by UnitedHealth Group

### **Cognitive Systems**

www.Cog-Systems.com

Provides innovative treatment for mild TBI and other neurological injuries that can be done from home

# DCoE for PH and TBI Psychological Health Information

www.dcoe.health.mil/ PsychologicalHealth/ Psychological\_Health\_ Information Includes resources on treatments for Major Depressive Disorder, TBI, and PTSD

### Defense Veterans Brain Injury Center ♥ ※ &

www.dvbic.org

Distributes booklet: Talking to children about moderate/severe TBI

### Depression Screening Tools

afterdeployment. t2.health.mil/topicsdepression Provides video stories, assessments, resources, library, personal stories and more

# Disabled American Vets <sup>♀</sup>

www.dav.org/ veterans/documents/ PTSDBrochure.pdf Distributes brochure: Living with Traumatic Stress

# EEG (Neurofeedback) Information

www.eeginfo.com

Provides neurobiofeedback resources

### EMDR Institute, Inc.

www.emdr.com

Offers information about Eye Movement Desensitization Reprocessing and its healing potential for TBI conditions







Family of a Vet ♥	www.familyofavet.com	Provides general information on TBI, PTSD, and other post-combat issues; written by warriors and loved ones with first-hand experiences
Health Journeys 🤀	www.healthjourneys.com	Distributes "Invisible Heroes: Survivors of Trauma and How They Heal," by Belleruth Naperstek
Help Guide 🛡	www.helpguide.org/ mental/ptsd-family-help- support.htm	Provides PTSD fact sheet and tips for rebuilding trust and safety, anticipating and managing triggers, and more
Intrepid Fallen Heroes Fund NICoE Satellite Centers	www.fallenheroes fund.org	Offers state of the art facility for treating wounded heroes suffering from TBI
Make the Connection ♥ ��	maketheconnection.net	Helpful resources and information about invisible wounds of war, and how to identify, get help, and understand them better
Medal of Honor Speak Out ₽	www.medalof honorspeakout.org	Features Medal of Honor recipients who speak out about adjusting to life after combat, particularly for post traumatic stress
Moving Forward— Overcoming Life's Challenges ❤️ 🏖	startmovingforward. t2.health.mil	Offers free online life coaching program to Service members, veterans, and their families
National Center for PTSD €2	www.ptsd.va.gov	Features information on PTSD and treatments, tools for screening and tracking symptoms, skills to handle stress symptoms, and links of support







National Intrepid Centers of Excellence Family Program	www.nicoe.capmed.mil/ patientcare/SitePages/ Home.aspx	Provides short-term, solution- focused therapies done in individual, marital, group, and family sessions
The Pathway Home <b>₽</b>	www.thepathway home.org	Offers private treatment for OEF/OIF veterans with PTSD
PTSD Program Locator 🐿	www.va.gov/directory/ guide/ptsd_flsh.asp	Helpos locate nearby specialized PTSD programs; search by state or by program type
PTSD Treatment Help	PTSDtreatmentHelp.com	Helps with domestic violence and PTSD; offers free, brief, and confidential assessment
Semper Fi Fund	semperfifund.org/ resources	Distributes movie: Cover Me (about combat operational stress)
Sidran Institute Traumatic Stress Education and Advocacy	www.sidran.org	Lists resources and provides a help desk that helps Service members/veterans find therapists or treatment centers for trauma recovery
Soldiers Heart	www.soldiersheart.net	Alleviates symptoms of PTSD through storytelling, purification, community forgiveness, and healing and restitution
Survivors of Traumatic Events—Managing Your Stress ♥	store.samhsa.gov/ product/NMH05- 0209PUNJABI	Provides tips to relieve stress; describes how and when to seek professional help; provides accompanying resources
The Traumatic Brain Injury: The Journey Home ♥ ※	www.traumaticbraininjury atoz.org	Provides an informative and sensitive exploration of TBI; includes information for patients, family members, and caregivers







Uniformed Services Medical University Clinical Research	www.usuhs.mil	Offers information about research studies on brain injury
Vet Centers ♥ № №	www.vetcenter.va.gov	Helps combat veterans and their families; 200 community locations
Warrior Canine Connection ⊕	www.warriorcanine connection.org	Provides Service members and veterans with PTSD and TBI the opportunity to be part of a critical mission helping fellow RSMs

### Home and Automobile Modifications and **Special Equipment**







### Automobiles and **Adaptive Equipment** ∞

benefits.va.gov/benefits

Provides a one-time payment of no more than \$18,900 toward the purchase of an automobile or other transportation; additionally. VA will pay for adaptive equipment, or for repair, replacement, and reinstallation of automobile equipment required because of disability

### Blind Rehabilitation Service 22

www.va.gov/blindrehab

Provides technology to regain independence and return to full activity; approved technology required by veterans is provided by VA Prosthetics Service at no cost

### Cell Phones for Soldiers

www.cellphones forsoldiers.com

Provides cost-free communication services, including cell phones and calling cards, to active-duty military members and veterans

### Clothing Allowance 3

www.va.gov/health

Reimburses the veteran if, because of a serviceconnected condition, clothing gets permanently damaged by a prosthetic or orthopedic appliance worn or a prescribed medication used on skin



Caring for the Caregiver



DoD Program



VA Program



Reserve/Guard Specific Resource



Non-Profit Organization



Veterans Service Organizations



Military Children



Español Available









Computer/
Electronics
Accommodations
Program 🏋

#### www.cap.mil/wsm

Equips Service members with assistive technology devices, accommodations, and training to help individuals with dexterity impairments, cognitive difficulties, vision loss, and hearing loss recover and transition to employment

### Helping a Hero 🎱

### www.helping ahero.org/

Builds homes for wounded warriors and offers mentoring, employment, emotional, financial, recreational and educational support programs

### 

#### www.helpourmilitary heroes.org

Provides recovering Service members with fully-equipped handicapped vehicles

# Home Improvements and Structural Alterations (HISA) Grant 🏖

#### www.benefits.va.gov/ HOMELOANS

Provides assistance for any home improvement necessary for the continuation of treatment or for disability access to the home and essential lavatory and sanitary facilities; currently limited to \$4,100 (see pg. 50)

# Homes for Our Troops

#### www.hfotusa.org/home

Provides specially adapted homes for severely injured Service members. Access eligibility requirements, discuss program goals and receive application assistance

### 

### www.extension.org/ pages/22208/theliveability-house

Teaches individuals about real life assistive technology devices that may increase their ability to remain living at home

# Navy Safe Harbor Foundation

www.safeharbor foundation.org/pdf/ 2011NSHF\_Brochure.pdf Offers help for housing modifications, vehicle modifications, and other equipment



**Special Home** 

Adaptation (SHA)
Grant 🏖





Project Evergreen ♥ ₽	project evergreen.org	Volunteers provide free lawn, landscape and snow removal services for military families nationwide
Prosthetic Appliances 🏖	www.prosthetics.va.gov/ About_PSAS.asp	Provides medically prescribed prosthetic and sensory aids to eligible veterans; these aids include artificial limbs, hearing aids, communication aids, eyeglasses, orthopedic braces and shoes, wheelchairs, crutches, and canes
Semper Fi Fund	semperfifund.org/ assistance	Provides grants for visual enhancement devices for the visually impaired, software programs for those who cannot type, specialized wheelchairs, and therapeutic mattresses
Soldiers' Angels Project Valour-IT ₽	soldiersangels.org/ project-valour-it.html	Provides voice-controlled/ adaptive laptop computers, iPads, personal GPS, Wii Video Game Systems, and other technology to support Soldiers, Sailors, Airmen, and Marines recovering from hand wounds and other severe injuries
Special Adapted Housing (SAH) Grant 🏖	www.benefits.va.gov/ HOMELOANS	Provides assistance for constructing or modifying a home to meet recovering Service members' adaptive needs; grant limited to \$64,960 (see pg. 50)

www.benefits.va.gov/

**HOMELOANS** 

Aids in modifying an existing

home to meet adaptive needs; grant is currently limited to \$12,992 (see pg. 50)

# Special Compensation for Assistance with Activities of Daily Living (SCAADL)

Special Compensation for Assistance with Activities of Daily Living (SCAADL) was authorized by the Fiscal Year 2010 National Defense Authorization Act. This special monthly compensation is for Service members who incur a permanent catastrophic injury or illness and require assistance with activities of daily living or who require constant supervision. SCAADL helps offset the loss of income by a primary caregiver who provides non-medical care, support, and assistance for the Service member.

Contact a member of your recovery team (to include the Primary Care Manager, Nurse Case Manager, Recovery Care Coordinator, Non-Medical Care Manager, or unit leadership) for the SCAADL application and guidance.

For more information: militarypay.defense.gov

### Legal Assistance

Contact one of the many Veterans Service Organizations for free representation when appealing denied VA claims. See full directory of VSOs at www.va.gov/vso.







**Employer Support** of Guard and Reserve 🦋 🌟

www.esgr.mil

Helps resolve disputes or answer questions about employment related problems for Reservists and Guardsmen

**Justice for Vets** (Veteran Mentors)

www.justiceforvets.org/ veteran-mentors

Provides Veteran Mentors who assist their fellow veterans with peer support, housing. employment linkages, job training, education, transportation, disability compensation claims, discharge status, and other linkages available at the local, state, and federal level

### **Justice for Vets** (Veterans Treatment Courts)

www.justiceforvets.org/ veterans-treatment-courtlocations

Serves a large segment of the justice-involved veteran population; a Veterans Treatment Court judge better understands the issues that a veteran may be struggling with, such as substance addiction, PTSD, TBI, and military sexual trauma

#### Military OneSource ES ES

www.militaryone source.mil

Offers legal assistance information

### **National Disability** Rights Network

www.ndrn.org/index.php

Provides large network of legally based advocacy services to people with disabilities; membership organization



Caring for the Caregiver



Reserve/Guard Specific Resource



Military Children



DoD Program

VA Program



Non-Profit Organization



Veterans Service Organizations









National Veterans Legal Services Program ⊕	www.nvlsp.org	Offers legal aid referral services
Navy Safe Harbor Foundation ⊕	www.safeharbor foundation.org/pdf/ 2011NSHF_Brochure.pdf	Provides financial and legal support for travel expenses, court costs, and housing/rental support
Service members Law Center ★ 🖁	www.Service members- lawcenter.org	Provides free legal information on laws relevant to reservists; does not accept clients nor does it engage in the practice of law; established by the Reserve Officers Association
Veterans Consortium Pro Bono Program <b>⊕</b>	www.vetsprobono.org	Helps with legal assistance to appeal veterans' benefits claims
Yellow Ribbon Fund ♥	www.yellowribbon fund.com	Provides pro bono legal services

### **Online Social Networking**



Most organizations included in this directory have Facebook pages. The Facebook pages listed in this section are some of the most commonly used Facebook pages by caregivers. Connecting to one of more of them is highly recommended to get the most up-to-date sources of information and support.

Army Wives Network	www.facebook.com/ArmyWifeNetwork
Battling Bare ♥♥	www.facebook.com/BattlingBare
Caregiver Action Network ♥♥	caregiveraction.org/
Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury	www.facebook.com/DCoEpage
Family of A Vet/Life After Combat	www.facebook.com/LifeAfterCombat
Green Beret Foundation (Steel Magnolias) ♥	www.facebook.com/ GreenBeretFoundation
Her War/Her Voice ♥	www.facebook.com/HerWarHerVoice
Hope for the Warriors ♥●	www.facebook.com/ HopeForTheWarriors
In Gear Career for Military Spouses 🎔 🕏	www.facebook.com/ BPWF4WomenVets#!/InGearCareer
Joining Forces for Women ♥●	www.facebook.com/BPWF4WomenVets











Reserve/Guard Specific Resource



Make the Connection ♥ 🌣	www.facebook.com/VeteransMTC
Military OneSource	www.facebook.com/military.1source
Military Pathways 💥	www.facebook.com/militarypathways
Not Alone: Life After War ₽	www.facebook.com/LifeAfterWar
Operation Family Caregiver	www.facebook.com/pages/Operation- Family-Caregiver/235902813138469
Operation Homefront Hearts of Valor	www.facebook.com/heartsofvalor
Real Warriors Campaign 💙 💥	www.facebook.com/realwarriors
Semper Fi Fund ₽	www.facebook.com/semperfifund
Sesame Street for Military Families 🗣 🕏	www.facebook.com/ SesameStreetForMilitaryFamilies
SpouseBUZZ •	www.facebook.com/spousebuzz
USO <b>⊕</b>	www.facebook.com/theUSO
USSOCOM Care Coalition 💥	www.facebook.com/ussocom?fref=ts
Veteran Caregiver ♥♥	www.facebook.com/pages/Veteran- CareGiver/116044328407998?fref=ts
Veterans Affairs ��	www.facebook.com/VeteransAffairs
Veterans' Families United Foundation ♥	www.facebook.com/pages/ Veterans-Families-United- Foundation/117619665868
Warrior Care 💙 🐨	www.facebook.com/WarriorCare

Wounded Warrior Project ♥	www.facebook.com/wwpinc.fans
Yellow Ribbon Fund ♥ ₽	www.facebook.com/YellowRibbonFund



Afterdeployment 💥	www.afterdeployment.org/blog
Battling Bare ♥●	battlingbare.blogspot.com
Caregiver Action Network	caregiveraction.org/
Caring Bridge ♥ 🖶	www.caringbridge.org
Courageous Caregivers: Those Who Serve by Caring for the Wounded	veterancaregivervoices.blogspot.com
Family of a Vet ♥♥	blog.familyofavet.com
Learning by Accident ♥ 🖶 🗈	www.brainline.org/rosemary
Military OneSource Blog Brigade 💥	www.militaryonesource.mil
Military Pathways 💥	www.mentalhealthscreening.org
Mother Lover Fighter Sage Foundation ♥	unbridledfreedom.com
Operation Homefront Hearts of Valor	www.wifeofawoundedsoldier.com
USO <b>⊕</b>	blog.uso.org
Tutor.com <b>▼</b> ♥	blog.tutor.com

Warrior Care Blog 💥	warriorcare.dodlive.mil
Warrior Care Blog/Caregiver	warriorcare.dodlive.mil/caregiver- resources
Wounded Warrior Project Connect ₽	www.woundedwarriorproject.org/ connect



### Online Chat Rooms/Forums/Groups

Afterdeployment—Peer to Peer Forum	www.afterdeployment.org/forums/ peer-2-peer
Aid and Attendance Program	www.veteranaid.org/index.php
Armed Forces Crossroads— Air Force Spouse Forum ♥ ※	www.afcrossroads.com
Caring Bridge ♥ ₽	www.caringbridge.org
Courage Beyond ♥♥	couragebeyond.org
DCoE Outreach Center	www.dcoe.health.mil/Families/Help
Family Caregiver Alliance ♥ ₽	lists.caregiver.org/mailman/listinfo/ caregiver-online_lists.caregiver.org
Google for Veterans	www.googleforveterans.com
Marine Family Network <b>₽</b>	marinefamilynetwork.com
Marine Parents ♥ ₽	www.marineparents.com
Military Kids Connect 🏋 🕏	militarykidsconnect.org

Military SOS 💙	www.militarysos.com
Operation Homefront Hearts of Valor	www.heartsofvalor.org
Pinterest Resources for Caregivers of Wounded Warriors ♥	www.pinterest.com/heartsofvalor/ resources-for-caregivers-wounded- warriors/
Restore Warriors #	www.restorewarriors.org
Veteran CareGiver ♥	www.veterancaregiver.com
Vets 4 Warriors <b>₽</b>	www.vets4warriors.com/Services
Wounded Warrior Project Connect ⊕	connect.woundedwarriorproject.org



Caregiver Action Network ♥●	caregiveraction.org/
Courage Beyond ♥♥	couragebeyond.org
Family Caregiver Alliance ♥	lists.caregiver.org/mailman/listinfo/ caregiver-online_lists.caregiver.org
Naval Center for Combat and Operational Stress Control Success Stories	www.med.navy.mil/sites/nmcsd/ nccosc/Service membersv2/ successstories
Restore Warriors	www.restorewarriors.org
VA Caregiver Connections Program ♥ ৩১	www.caregiver.va.gov
Veteran CareGiver ♥♥	www.veterancaregiver.com



DoD Compensation and Benefits Handbook for Wounded, III, and Injured Members of the Armed Forces, 2011

Download at: warriorcare.dodlive.mil/benefits/compensation-and-benefits

The Compensation and Benefits Handbook can help you understand and make better use of the processes, procedures, and resources that wounded, ill, or injured Service members and their family/caregiver may need. Topic areas include Recovery, Medical Care, DoD Pay and Allowances, The Disability Evaluation System, Disability Compensation, Survivor Benefit Plan, Social Security, Reintegration, and VA benefits.

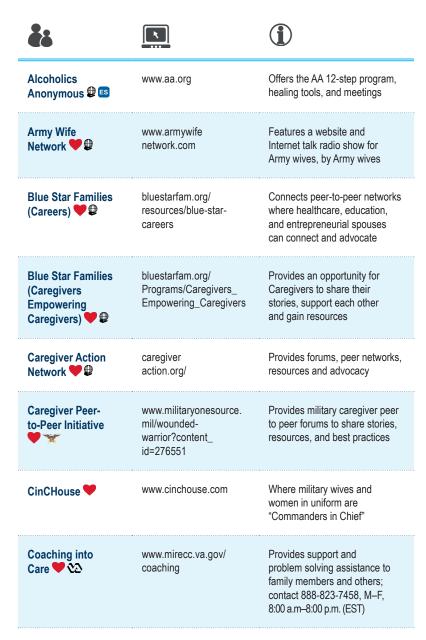
Many of the answers to your questions will depend on your specific, personal circumstances. Take advantage of the assistance of your Recovery Care Coordinator (RCC), Army Wounded Warrior (AW2) Program Advocate, Navy Safe Harbor Non-Medical Care Manager (NMCM), or Federal Recovery Coordinator (FRC) to find the answers to your questions or help you contact the appropriate experts.

### **Peer Support and Mentoring**

Caring for the Caregiver

DoD Program

VA Program



Reserve/Guard Specific Resource

Veterans Service Organizations

Non-Profit Organization

93

Military Children

Español Available







Codependents Anonymous <b>₽</b>	www.coda.org	Provides information for people who live with someone who is using an addictive substance that is negatively affecting their life
Coming Home Project <b>₽</b>	www.cominghome project.net	Offers free and confidential group support and stress management retreats
Courage Beyond ♥ ₽	couragebeyond.org	Provides online support groups and in-person support groups and counseling
Google for Veterans	www.googleforveterans. com/veterans	Connects fellow veterans through free calls, group video chat, and sharing tools
Green Beret Foundation (Steel Magnolias) ♥ ⊕	greenberetfoundation.org	An exclusive group of female caregivers, spouses, and Gold Star wives of Special Forces soldiers
In Gear Career for Military Spouses	www.ingearcareer.org	Provides a community forum for addressing the challenges and strengths of the career- minded military spouse
Iraq and Afghanistan Veterans of America Community of Veterans ♀	iava.org	Connects the largest online social network exclusively for Iraq and Afghanistan veterans
Make the Connection ♥ ☎	maketheconnection.net	Provides a connection based on life events or experiences to get information, stories, and resources for support
Marine Parents  ♥  ●	www.marineparents.com	Offers Regional Support Groups, Start a Support Group, Purple Heart Hero Support <sup>™</sup> , Gold Star Family Support <sup>™</sup>







Military and Veteran
<b>Caregiver Network</b>
(MVCN)

milvetcare givernetwork.org/ MVCN helps caregivers of all ages at all stages of their caring through access to online peer support communities, community-based peer support groups, and peer mentor support

### MilSpouse eMentor Program ♥ ₽

www.ementorprogram. org/p/milspouse

Offers personalized career advice and support from experienced military spouses, career mentors, and employers

### Narcotics Anonymous **⊕ ■**

www.na.org

Offers a 12-step program and meetings for people who are addicted to nonprescribed narcotics

# Operation Homefront Hearts of Valor

www.heartsofvalor.org/ SupportGroups Hosts support groups in several locations; led by the members of Hearts of Valor who are willing to serve as facilitators

#### 

operationshower.org

Prepares a Shower in a Box for each mom-to-be who has a spouse or partner who was injured during deployment

# Paralyzed Veterans of America Caregivers Circle

www.pva.org

Shares caregiver stories, resources, and links

### Restore Warriors

www.restorewarriors.org/ online-help Offers resources and selfhelp strategies for warriors living with PTSD, combat and operational stress, or depression

### Pinterest Resources for Caregivers of Wounded Warriors

www.pinterest.com/ heartsofvalor/resourcesfor-caregivers-woundedwarriors

Provides an online board has nonprofits that help caregivers of recovering Service members; hosted by Operation Homefront Hearts of Valor







Safe Harbor	
Foundation	
Anchors Program	Þ

safeharbor.navylive. dodlive.mil/transition/ anchor-program Offers mentors to support Sailors grapple with the challenges associated with returning to civilian life

### Stand Beside Them

www.standbeside them.org Provides free life and career coaching focusing on resume writing, interview help, researching job opportunities and networking guidance; offered face-to-face, by phone or Skype to Service members, veterans, their caregivers, and families; info@standbesidethem.org

### United We Stand at E.A.S.E. (Equine Assisted Self-Exploration)

www.unitedwestandat ease.com

Hosts retreats via Quantum Leap Farm's At E.A.S.E. program for W.O.W. (Women of Warriors) retreats

### 

veteransfamilies united.org

Review requests for help by a veteran's family member or VFU trained volunteer who will provide links to appropriate resources

#### 

www.vets4warriors.com/ Services Provides a toll free peer support line—855-838-8255 (855-VET-TALK)—is available 24/7 for National Guard and Reserve Service members

### Wounded Warrior Project Peer Mentoring €

www.woundedwarrior project.org/programs/ peer-support Helps Soldiers develop one-on-one friendships with fellow warriors who are further along in the recovery process; peer mentors also available

### Yellow Ribbon Fund Mentoring Program ♥

www.yellowribbon fund.org

Helps injured Service members build new lives through education and career guidance, networking, and job shadowing

### Pet and Service Animal Assistance







**Assistance Dogs** International

www.assistancedogs international.org

Helps find assistance dog programs in your area; ADI is a coalition of these programs and does not train assistance dogs

**Guardian Angels** Soldiers Pet

quardianangelsfor soldierspet.org

Reunites pets with their owners after a deployment or for any emergency or hardship impacting their ability to retain their pet ownership rights

**Guide and Service** Dogs 🏖

www.va.gov/health/ ServiceAndGuide Dogs.asp

Refers Veterans approved for service dogs to Assistance Dogs Internationalaccredited agencies; there is no charge for the dog or the associated training

K9s for Warriors

http://www. k9sforwarriors.org/

Provides service canines to warriors suffering from Posttraumatic Stress Disability. traumatic brain injury and/or military sexual trauma as a result of military service post 9/11

Mutts with a Mission 🚇

www.muttswitha mission.org

Helps Warriors train their dogs to become highly skilled service dogs

Operation Freedom Paws

operationfreedom paws.org

Offers a lifeline to disabled veterans through a service dog (no charge); instructs veterans on training their own service dog; typically uses shelter dogs to save a dog's life too



Caring for the Caregiver







Reserve/Guard Specific Resource



Non-Profit Organization



Veterans Service Organizations



Military Children



Español Available









Operation Military Pets #	http://www.spcai.org/get- involved/military-support/ operation-military-pets/	Assists in keeping military families together by providing financial assistance for pet relocation costs
Patriot Paws	patriotpaws.org/	Trains and provides service dogs of the highest quality at no cost to disabled American veterans to help restore their physical and emotional independence
Puppies Behind Bars	www.puppiesbehind bars.com	Trains service dogs with 85 industry standard commands (i.e., retrieving objects, turning on/off lights, etc), as well as five specific commands to assist Service members returning with PTSD and TBI
Semper Fi Fund Canine Companions	semperfifund.org/ assistance	Unites injured Service members with service dogs and ensures the dogs are trained and cared for despite the financial difficulties
Sherri's Project: Wounded Warrior Pack	http://www. woundedwarriorpack.org/ default.html	Assists combat wounded, injured, or disabled Veterans of the Armed Forces who would benefit from the use of personally trained Service Dog
SitterCity	www.sittercity.com/ pet-sitting.html	Helps find local pet sitters skilled in areas like training and housebreaking; licensed, bonded, insured; and available for drop-in to extended stay
Soldier's Best Friend <b>₽</b>	soldiers bestfriend.org/	Provides U.S. Military veterans living with combat- related PTSD or TBI with a service or therapeutic companion service dog







Southeastern Guide Dogs ₽	www.guidedogs.org	Helps create and nurture a partnership between a visually impaired individual and a guide dog
Warrior Canine Connection	www.warriorcanine connection.org	Provides Service members and veterans with PTSD and TBI the opportunity to be part of a critical military- support mission helping fellow recovering Service members

### Physical Evaluation Board (PEB) Disposition Findings

When the PEB makes its decision on medical fitness for duty, there are **five possible outcomes**.

- Return to Duty: If the conditions are not considered severe enough to make the Service member unfit for duty, the Service member will be returned to his/her job and Service. No disability benefits would be paid while continuing to serve, but the Service member may be eligible for VA benefits after leaving the military.
- **2** Separate without Benefits: Some injuries are determined to be "not in the line of duty" if they are a result of intentional misconduct or willful negligence or took place when not on orders if a member of the National Guard or Reserve. If the injury is found "not in the line of duty," but is "unfitting," the member could be separated without benefits for those injuries. If the injury or illness resulted from a medical problem before entering the service, and the injury or illness was not permanently aggravated by service, the member may be separated without benefits.
- 3 Separate with Severance Pay: If one or more of the member's conditions are considered "unfitting" for continued service, but the combined disability rating for all the unfitting conditions is less than 30 percent, the member may be separated from Active Duty and be awarded severance pay based on their time in service and current pay grade.
- Transfer to the Temporary Disability Retirement List (TDRL): The TDRL allows the Service to ensure a medical condition stabilizes before making a final disability determination. If the Service member is eligible for permanent disability retirement, but the condition is not considered stable, the member will be temporarily retired and placed on the TDRL for a maximum of five years. Every 12–18 months the Service member will be medically reevaluated to determine if the condition remains unstable, or has either changed (improved or worsened) or has stabilized. Benefits while on the TDRL are the same as those for the Permanent Disability Retirement List (PDRL). While on the TDRL, disability retirement compensation will be at least 50% of retired base pay. If during those five years, the Service determines the condition is stable and the member is fit for duty, the Service will offer the member the chance to return to duty. If the condition stabilizes, but the member is not able to return to duty, the member will be either separated with severance pay or transferred to the PDRL, depending on the final disability determination.
- Transfer to the Permanent Disability Retirement List (PDRL): If all the unfitting conditions resulted in a combined disability rating of 30 percent or higher, and the condition is considered stable (meaning the disability rating is unlikely to change within five years), the member will be permanently retired for disability and placed on the PDRL. This provides the member with disability retirement pay, access to TRICARE for the member and dependents, commissary and exchange privileges, and all other benefits or regular military retirement. If the Service member has more than 20 years of service and the combined disability rating is less than 30 percent, the member will be allowed to retire with all the regular military retirement benefits.

#### Rest and Relaxation

#### Retreats and Vacations







**Armed Forces** Crossroads Leisure & Recreation Activities

www.afcrossroads.com

Provides listings by state of family camps and military recreation centers, including various campgrounds throughout the United States and overseas

**Armed Forces Recreation Centers** Resorts 92

www.armymwr.com/ travel/recreationcenters Offers information about resorts operated by the Army Family and Morale, Welfare and Recreation Command for Service members, and their families

**Boulder Crest** Retreat 💙 🛡 🐯 bouldercrestretreat.org

Provides a free, first-class rural retreat (2-14 days) for seriously wounded and recovering warriors and their families to reconnect and recover

**Coming Home** Project—Stress Management Retreats 2

www.cominghome project.net

Offers community-building experiences; workshops are free and confidential; offers travel and lodging scholarships

**Compass Retreat** Center

www.compass retreatcenter.org Participate in a reintegration retreat to help Service Members and their families bridge the gap between military and civilian life

Hope for the Warriors Counseling Retreats www.hopeforthewarriors. org/story/18720877/ family-support

Offers weekend counseling retreat at Holliswood Hospital in Queens, NY; all program costs, including travel, are free of charge



Caring for the Caregiver



Reserve/Guard Specific Resource



Military Children



DoD Program



Non-Profit Organization



Español Available



VA Program

Veterans Service Organizations









Lone	Surviv	or/
Foun	dation	0

lonesurvivor foundation.org

Offers education, counseling, support, and inspiration using short-term retreats and medium-term, in-house care and advocacy programs

## No Barriers—Soldiers to Summit ♥ ₽

www.nobarriers soldiers.org

Helps active duty Service members, veterans, and their families overcome barriers through outdoor explorations and team building activities

# Operation Black Hills Cabin Vacation ♥ ♥ ₼

operationblackhills cabin.org

Offers a week's vacation to qualifying wounded veterans and their families, at little or no expense to them, with the exception of transportation

# Operation Homefront Hearts of Valor—Retreats for Caregivers

www.operationhome front.net

Offers two-day retreats for caregivers; all retreat costs, including travel and accommodations are provided

# Operation Purple Healing Adventures

www.militaryfamily.org

Provides free, 4-day retreats for recovering warriors and their families; hiking, canoeing, and more

# Operation Second Chance— Retreats

www.operationsecond chance.org/retreats

Offers two types of retreats depending on the individual's injuries and their ability to get away; short local overnight trips week-long retreats

#### **Project New Hope**

www.projectnew hopema.org

Assists combat veterans and their families with the transition from wartime back to peacetime living through outdoor activities, including camps, retreats, fishing, and more







Project Sanctuary	projectsanctuary.us	Offers free-of-charge retreats for six days and five nights of therapeutic recreation in the heart of the Rocky Mountains for Veterans, active military personnel, their spouses and children. These retreats include professional counseling and classes focused on a healthy marriage and finances
Semper Fi Fund— Odyssey Camp ₽	semperfifund.org/ assistance	Offers a six-day, holistic transition assistance program for injured and critically ill Service members
Serve Our Willing Warriors—Bull Run Retreat ♥	www.willingwarriors.org	Offers recovering wounded, ill and injured warriors and their families a break from the hospital environment to relax in a weeklong retreat
Strong Bonds	www.StrongBonds.org	Locates Chaplain Sponsored couple and family retreats to help Service members re-connect with family
USO and Stronger Families—Couples Seminar €	www.uso.org	Offers two hour weekly or full-day workshop/retreats focus on education, support, and self-exploration for Service members and families
USO Warrior and Family Care Program—Couples Seminars	www.uso.org	Helps wounded, ill, and injured couples strengthen their relationship and work on tough issues in a fun and non-threatening environment
Veteran's Campground on Big Marine Lake ♥ ♣ क़	www.vetscampmn.org	Provides facilities and opportunities for recreation, rest and well-being for all Veterans and their families







#### Veterans Restorative Project ♥ ₽

veteransrestorative program.org

Provides complimentary deep relaxation and meditation programs to active duty, veterans and families of Service members as well as on-going classes, retreats and workshops

#### 

www.unitedwestandatease.com Focuses on education, support, and self exploration for individuals, couples, and groups in a two hour weekly, or full-day workshop/retreats format, for the family and/or Service members

# Wounded Warrior Family Support—Vacations ♥ ♣ 🖔

www.wwfs.org

Provides five fully furnished condominium units available for vacation reservation; four are in the Bahama Bay Resort in Orlando, FL; passes are provided to families free of charge

#### Wounded Warrior Project—Family Support Retreats ♣ ##

www.woundedwarrior project.org/programs/ family-support/familysupport-retreat Provides weekend all-expensepaid retreats hosted at numerous locations around the country; all travel expenses to and from the retreat are free of charge

#### Short Breaks for the Caregiver

For caregivers who are reluctant to leave their recovering Service member alone without nearby medical assistance, check out the Home-Based Health Care Assistance resources on page 74.







ARCH National Respite Network

archrespite.org/staterespite-coalitions Helps parents, caregivers, and professionals find respite services in their area







Camp C.O.P.E. <b>₽</b> &	www.campcope.org	Provides recreational activities for children of injured or deployed Service members or Veterans; provides interactive group counseling for children
Cause 🕶 🔁	www.cause-usa.org	Organizes programs that provide recreation and resiliency, such as massage and spa programs
Childcare Aware  ♥ **	www.childcareaware.org	Allows users to search for child care, general advice and other resources
Defending the Blue Line ♥♥ ₼	www.defending theblueline.org	Offers hockey programs for children of military members to participate in
Hope for the Warriors Caregiver Dinners	www.hopeforthewarriors. org/story/18720877/ family-support	Provides dinners near major military medical centers to bring caregivers and families together for a relaxing evening
Operation Second Chance Day Trips and Nights Out	www.operationsecond chance.org/daytrips	Offers warriors, caregivers, and guests trips away from the hospital
Project Evergreen ♥♥	projectevergreen.org	Volunteers provide free lawn, landscape and snow removal services for military families nationwide
Respite Care Program ♥ ੴ	www.caregiver.va.gov/ support/support_ services.asp	Provides eligible caregivers up to 30 days of respite care per year; support also provided for unexpected hospitalization or a family emergency







Respite Child Care ♥ ★ ₺	www.naccrra.org/ military-families	Offers 16 hours of respite child care per month at no cost; not intended to be a substitute for regularly scheduled child care; limited to eligibility guidelines and funding availability
USO Day Rooms 🤀	www.uso.org	Others rooms with TVs, furniture, gaming systems, refrigerators, or other comfort necessities to support Warrior Transition Units etc.
VA Caregiver Support Adult Day Health Care Centers ♥ ��	www.caregiver.va.gov/ support/support_ services.asp	Provides safe and active environment for veterans to get out of the home and participate in activities while the family caregiver gets time for themselves
Veteran's Campground on Big Marine Lake ♥♥ ಔ	www.vetscampmn.org	Provides facilities and opportunities for recreation, rest and well-being for all Veterans and their families
Wounded Warrior Family Support— Caregiver Respite Program ♥ ♣ ♣	www.wwfs.org	Provides short-term and temporary relief (child care, secondary caregiver assistance, respite aid for remote areas, and supplemental caregivers as needed)
Yellow Ribbon Fund Family Caregiver Program ♥ ♣ क़	www.yellowribbon fund.org	Offers child care and family- oriented activities, massages and spa visits, mutually supportive dinners out, and more—at no charge

## **Smartphone Apps**

Note: Applications may not be available across all smartphone and tablet platforms. Please check your app store for availability.





#### American Red Cross First Aid

Connects with Red Cross and community resources through a network of chapters in communities; offers both certified and non-certified options for first aid, CPR, and automated external defibrillator training



#### BioZen 💥

Makes it easier for clinicians and patients to use biofeedback in and out of the clinic



#### Breathe2Relax

Provides portable stress management tool



#### Hero 2 Hired 🦋 👉 🕮

Offers career exploration tools, military-to-civilian skills translators, and education and training resources



#### ICE Standard—The Emergency Standard Card

Helps first responders and emergency room personnel locate a person's updated medical information, contacts, insurance information, blood type, name, address, and a photo verification of the individual



#### Life Armor 🔭

Offers information on 17 topics, including sleep, depression, relationship issues, and PTSD



#### mTBI pocket Guide \*\*\*

Provides guick-reference guide on improving care for mTBI patients





Caring for the Caregiver



Reserve/Guard Specific Resource



Military Children Español Available



DoD Program



Non-Profit Organization





Smartphone App



VA Program





#### My Military Life 🛡 🛡



Created by the National Military Family Association to help military spouses navigate the many adventures of military life







Aimed at preventing suicide among military personnel and veterans





Supports the tasks associated with prolonged exposure treatment for PTSD



#### Positive Activity Jackpot \*\*\*

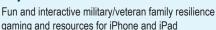


Uses Pleasant Event Scheduling (PES), which is used to overcome depression and build resilience



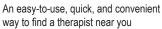
#### Project FOCUS on the Go 💙 🕹 🚡













#### PTSD Coach 🅸







#### PTSD Support for Veterans 🏖





Includes videos and testimonials discussing PTSD, links to resources, and a fan wall for people to support each other

#### Real Warriors Campaign



Online photo-sharing service offers peer support for Warriors, veterans and military families; users can upload photos to the Wall, salute others and access 24/7 resources





#### Sesame Street for Military Families 🛡 🕏 🖪





Puts all of Sesame's bilingual (English & Spanish) resources for military families right in your pocket; engaging videos, articles, storybooks, parent guides, and more



#### T2 Mood Tracker

Users can monitor, track, and reference their emotional experiences associated with common deployment-related behavioral health issues



#### Tactical Breather



Help gain control over physiological and psychological responses to stress



#### Virtual Hope Box 🏋



Contains simple tools to help patients with coping, relaxation, distraction, and positive thinking



#### Wounded Warrior Regiment \*\*



Up-to-the-minute news and information for Marines and their families



# Military Caregiver PEER Initiative

The Military Caregiver Personalized Experiences, Engagement and Resources (PEER) Initiative utilizes Military Family Life Counselors at Army, Navy, Marine Corps and Air Force installations to organize and conduct forums that provide non-medical counseling opportunities for caregivers.

At these forums, attendees discuss topics *they* would like to focus on like managing stress, nutrition, financial wellness, employment etc. Caregiver peer-to-peer forums aim to reduce stress, provide emotional support, and be a resource for valuable information through guided discussion among caregivers, allowing them to share practical, accurate, and thorough information based on their personal life experiences.

For more information: http://warriorcare.dodlive.mil/caregiver-resources/

## **Sports and Recreation**







**Adaptive** Adventures Military Operations 🛡 🛡

adaptiveadventures. org/program/adaptiveadventures-militaryoperations

Addresses the veteran's current abilities and helps to build physical and mental strength

The Armed Forces Foundation—Classic Outdoor Sports Program

www.armedforces foundation.org

Plans hunting, fishing, and other outdoor recreational events around the country

Blue Star Families 🗣 👫 bluestarfam.org

Offers complimentary admission to all military personnel, their families, and veterans; see website for participating theaters

Camp C.O.P.E.

www.campcope.org

Provides recreational activities for children of injured or deployed Service members or Veterans; provides interactive group counseling for children

Catch a Lift 💙 🚇

www.catchaliftfund.com/ about-us/

Provides gym memberships or in-home gym equipment to wounded post 9-11 Veterans anywhere in the United States; provides Caregivers with memberships as well

Center for American Military Music **Opportunities** (C\*A\*M\*M\*O)

www.cammomusic.org

Connects Service members with talent development specialists. trains and educates veterans in music industry career opportunities, and presents performances and workshops



Caring for the Caregiver



VA Program



Reserve/Guard Specific Resource



Non-Profit Organization



Veterans Service Organizations



Military Children



Español Available



Smartphone App







### Challenged Athletes Foundation-Operation Rebound

challengedathletes.org/ site/c.4nJHJQPqEiKUE/ b.6449449/k.B480/ Operation\_Rebound.htm Provides military personnel and veterans the opportunity to pursue active, athletic lifestyles by offering access to funding for equipment and training and competition expenses

#### Combat Paper Project

www.combatpaper.org/index.html

Allows servicemembers to use their uniforms worn in service to create works of art; Participants use the transformative process of papermaking to reclaim their uniforms as art and express their experiences with the military

# Defending the Blue Line ♥ ♣ 🕏

www.defending theblueline.org Offers multiple programs for children of military members to participate in the game of hockey

## Disabled Sports USA

www.dsusa.org

Improve the lives of Wounded Warriors, youth and adults with disabilities through sports and recreation opportunities

# Easter Seals— Camping and Recreation ♥ ♣ ₼

www.easterseals.com

Provides children and adults extracurricular, educational, and personal development activities

# Healing Warrior Hearts **₽ ਨ**

starfishfound.org/ veterans/ Offers retreats for military personnel, Veterans and their families which emphasize communication, reintegration and healing from war

#### 

www.heroesonthe water.org

Provides healing and rehabilitating kayak fishing outings that are physically and mentally therapeutic through a nationwide community of volunteers and donors







Higher Ground <b>⊕</b>	www.highergroundsv.org	Combines sports, family and coping therapies to restore and rehabilitate Service Members, specializes in serving Veterans with traumatic brain injury, post-traumatic stress, military sexual trauma and polytrauma
Horses 4 Heroes ♥ &	horses4heroes.org	Provides affordable recreational, instructional, and health and wellness equestrian programs for all ages; check out Operation Free Ride
Hope for the Warriors—Outdoor Adventures Program	www.hopeforthewarriors. org/story/18727106/ outdoor-adventures	Provides adaptive opportunities for wounded heroes to participate in sporting activities in the great outdoors
K2 Adventures Foundation <b>₽</b> 🕏	www.k2adventures.org/ about-us	Provides services, support, and funds, used for educational and medical enrichment
Lone Survivor Foundation— Ranch Retreats and Therapeutic Activities	lonesurvivor foundation.org	Provides short-term retreats and medium-term, in-house care through health, wellness, and therapeutic support
Military Warriors Support Foundation— Skills 4 Life ♥ ಔ	www.militarywarriors.org/ skills4life	Provides recreational outings and family mentoring with hunting, fishing, sporting events, and vacations
No Barriers - Soldiers to Summit ♥ €	www.nobarriers soldiers.org	Helps active duty Service members, veterans and their families overcome barriers through active participation in outdoor and team building activities







Operation: Love Reunited ♥ ₽ ₺	www.oplove.org	Provides free professional photography sessions and photo gifts to military families pre and post deployment
Operation One Voice—Wounded Warrior Bike Program	www.operation onevoice.org	Provides a variety of bikes to wounded Special Operations warriors to aid in the warrior's rehab and quality of life
Our Military Kids 🗣 🕏	www.ourmilitarykids.org	Pays for children's participation nationwide in extra-curricular activities
Resounding Joy — Semper Sound	http://resoundingjoyinc. org/programs-2/military- music-therapy/	Music therapy program devoted to working directly with service members and veterans diagnosed with PTSD, TBI, substance abuse, and other physical and psychological diagnoses related to combat stress and trauma
Semper Fi Fund— Horsemanship Program ♥ ⊕	www.semperfifund.org	Provides confidence-building horsemanship clinics to wounded Service members and their families across the nation
Semper Fi Fund—Recovery Through Sport ⊕	www.semperfifund.org	Networks Service men and women who have embraced a fighting, athletic spirit on their road to recovery
Semper Fi Fund— Therapeutic Arts ₽	www.semperfifund.org	Provides grants for therapeutic arts such as instruments, arts supplies, and art education
Strive Recreational Therapy	www.striveonline.org	Creates recreational therapy programs for Service Members and Veterans with disabilities







	& Back
Again	<b>@</b>

thereandbackagain.org/

Helps Veterans and wounded warriors integrate through free yoga and other fitness programs related to combat injuries

#### U.S. Olympic Committee Paralympic Military & Veteran Programs

www.teamusa.org/US-Paralympics/Military

Introduces Service members and veterans with physical injuries to adaptive sport techniques and opportunities through clinics and camps

#### 

www.uso.org/ warriorandfamilycare/ Improves the health and wellness of wounded troops through Spinning® and outdoor cycling activities

#### USO Warrior and Family Care Programs—Rivers of Recovery €

www.uso.org/ warriorandfamilycare Offers small fishing retreats

## Warrior Wellness Solutions

www.warriorwellness solutions.org

Provides holistic, and integrative health and wellness training and education to Wounded, III, and Injured service members and their caregivers

#### 

www.woundedwarrior project.org/programs/ combat-stress-recoveryprogram/project-odyssey

Offers horseback riding, canoeing, whitewater rafting, kayaking, rock climbing, and other activities at retreats

#### 

www.wwiaf.org

Provides world-class outdoor sporting activities consisting of hunting and fishing

#### Yoga for Vets **2**

www.yogafor vets.org/

Lists yoga studios, teachers, and venues throughout the country that offer four or more free classes to Veterans; helps them deal with various mental and physical challeges



#### www.militaryonesource.mil/ wounded-warrior

Support Line: 800-342-9647

The Military OneSource Wounded Warrior Program can help you understand benefits, research independent living options, and identify counseling and advocacy resources. Use these resources, tools, and articles to find the support you and your family need.

#### **General Information**

- Family Readiness System
- Wounded Warrior Acronyms
- · Wounded Warrior Programs

#### Keeping It All Together Handbook

Free download; find information on:

- First Questions and Answers
- Keeping a Medical Journal
- · Support and Resources
- The Recovery Team
- · Travel and Lodging Information

#### Independent Living

- Accessing Services and Resources for Housing
- · Independent Living Skills
- · Paying for Care
- Technology Resources

#### Living with a Disability

- Advocacy
- · Emotional Well-Being
- · Information and Resources

#### Severely Injured Service members

- Taking Care of Yourself When Your Spouse Has a Combat Stress Injury
- · Care and Benefits
- Family Impacts
- Vocational Training and Rehabilitation

#### Caring for an Injured Service Member

- · Coping with Compassion Fatigue
- · Coping with a Traumatic Event
- Preparing a Child to See an Injured Service Member for the First Time
- Recognizing the Signs of Combat Stress
- When You Become Your Spouse's Caregiver

#### **Tools & Resources**

Free downloads; must log in to order

- Honoring Our Babies and Toddlers: Supporting Young Children Affected by a Military Parent's Injury
- · I'm Here for You Now
- Keeping It All Together Handbook
- Special Care Organizational Record (SCOR) for Adults

#### Suicide Prevention







American
Foundation
for Suicide
Prevention

www.afsp.org/

Promotes understanding and suicide prevention through research, education, reaches out to people with mood disorders and those impacted by suicide

#### **Dstress Line**



www.dstressline.com

Provides professional, anonymous counseling for Marines, attached Sailors and families when it's needed most

## Military Crisis

www.militarycrisisline.net

800-273-8255 (press 1) Assists Service members cope with stress, anxiety, PTSD and other challenges

# Military OneSource Wounded Warrior

www.militaryonesource. mil/wounded-warrior 800-342-9647; provides free service available to all Active Duty, Guard, and Reserve members and their families; consultants provide information and referrals

## Operation Reach Out □ □

militaryfamily.com/ downloads/apps/militarysuicide-preventionoperation-reach-out Aims to prevent suicide among military personnel and veterans

# Real Warriors Campaign

www.realwarriors. net/active/treatment/ suicidesigns.php Provides suicide prevention tools and resources for warriors and their families

#### 

capwiz.com/spanusa/

Provides a bibliography on various topics concerning suicide



Caring for the Caregiver



Reserve/Guard Specific Resource



Military Children



DoD Program

VA Program



Non-Profit Organization



Veterans Service Organizations



Smartphone App







The Trevor Project ♥ 🕏	www.thetrevorproject.org	Provides crisis intervention and suicide prevention services to LGBTQ teens and young adults ages 13-24
Wingman Project  ▼ ** ★    S	wingmanproject.org	Raises suicide awareness by encouraging every Guard member and their family to know the ACE (Ask, Care, Escort) suicide intervention method
You Matter 🧡	www.youmatter. suicideprevention lifeline.org	National Suicide Prevention Lifeline: 800-273- TALK (800-273-8255); sponsored by SAMHA

#### **Women Veterans**





Caring for the Caregiver







VA Program



Reserve/Guard Specific Resource



Non-Profit Organization



Veterans Service Organizations



Transition Support programs

Military Children



Español Available



Smartphone App







No Barriers - Soldiers to Summit ♥ ₽	www.nobarriers soldiers.org	Helps active duty Service members, veterans and their families overcome barriers through active participation in outdoor explorations and team building activities
Operation Engaging Vision	www.f7group.com	Secures and provides resources, training, support and mentoring to Female Veterans and Women in Military Families
Operation Reinvent	operationreinvent.org	Provides post-9/11 women veterans with the professional guidance, tools and resources they need to identify career paths that suit their skills, education, experience, goals, and interests—and find the right job
PTSD Treatment Help	ptsdtreatmenthelp.com/ women-in-the-military- and-ptsd	Provides information on women in the military and PTSD; helps identify symptoms and how to get help; offers 24/7 free, brief, confidential assessment at 877-259-5637
Trauma Informed Care for Women Veterans ₽	www.dol.gov/wb/trauma	Addresses psychological and mental needs of women veterans
Veteran Women Igniting the Spirit of Entrepreneurship (V-WISE) ♥ ⊕	whitman.syr.edu/vwise	Provides the tools women veterans, Active Duty, and female family members need to become successful entrepreneurs
Women Organizing Women Veteran Advocacy ⊕	www.vetwow.com	Provides advocacy for sexual trauma victims including support for related PTSD







# Women Veterans Call Center ♥ ৩১

www.womenshealth. va.gov/Program Overview/wvcc.asp Offers a call center that receives and responds to questions from women veterans, their families, and caregivers across the nation about available VA services and resources

# Women Veterans Health Care ❤️

www.womenshealth. va.gov Provides comprehensive health care services for women veterans at VA health facilities nationwide

#### 

www.WomenVets Rock.org Provides a coalition of Women Veterans Organizations and Women Advocacy Organizations supporting America's women veterans and military families in the areas of housing, jobs, education, financial stability, health, and wellness



#### www.arfp.org/index.php/ programs/army-strongcommunity-center-ascc

The mission of the Army Strong Community Center (ASCC) is to develop resilient families through effective community partnerships, thus enhancing the strength of our total force and the communities where they live.

The ASCC is an element of the Virtual Installation initiative that was created to fill gaps in services and to support geographically-dispersed families. The ASCC supports ALL branches of the Military, veterans, retirees, and their families by working one-on-one through every situation until a resolution has been reached. Support is provided by experienced and knowledgeable staff, delivered with a personal touch and excellent technological capabilities.

#### Find information on:

#### **Assistance**

- Benefits and Entitlements
- TRICARE (Medical and Dental information)
- VA Benefits (including GI Bill)
- Web Access for Military Members and Families
- Employment/Resume Assistance
- Emergency Assistance
- Community Resources

#### Referrals

- Post-Traumatic Stress Disorder (PTSD)
- · Family Management
- Addiction
- Suicide Awareness
- · Financial Assistance
- · Legal Assistance
- · Food, Clothing and Housing

#### **On-Site Resources**

- Lending Library
- Children's Play Area
- Internet-Enabled Computer

#### **Briefings**

- Unit/Family Day
- SRP
- ISFAC
- Mobilization
- Deployment
- SPARC
- Integration
- .

#### We Welcome Your Comments.

We invite you to answer the following questions and return the attached Business Reply card below.

If you would like to share additional comments, please email them to InfoNRD.osd@mail.mil.

Warrie Can		Caregiver			Direct ent (	_
Describe yourself (check	all that appl	v):				
□ Caregiver □ Militar		☐ Non Beneficia	rv Famil	/ Mem	ber/Fri	iend
☐ Guard/Reserve ☐ SCAA		☐ Active Duty Se				
	Profit Org.	☐ Veterans Serv			n	
☐ Government Organization		☐ Other	•			
Did you find the Caregive	r Resource	Directory usefu	<b>!? □</b> Ye	s [	<b>□</b> No	
Which section(s) of the di	irectory did	you use? (chec	k all tha	ıt app	ıly)	
☐ Helplines	□ Advocacy	& Benefit Info	☐ Car	eer &	Emplo	yment
Caregiver Support	☐ Children's	s Needs	☐ Education & Training			
Financial Support	Health Ca	are Needs	☐ Home/Auto Mods			
Legal Assistance	Online Social Networking		☐ Peer Support/Mentoring			
☐ Pet/Service Animal Assist.	□ Rest & Relaxation		☐ Smartphone Apps			
☐ Sports & Recreation	☐ Suicide P	revention	☐ Wo	men V	eterar	ıs
How did you receive a co	py of this di	rectory?				
How often do you use the	_	Resource Direct	-			
Please rate the following and 5 = Very Satisfied (ple				y Diss	satisf	ied
Information/Content Rele	evance	1	2	3	4	5
Ease of Use/Directory La	yout	1	2	3	4	5
Is there anything else you	ı would like	to see added to	this di	ecto	ry?	

Thank you for taking the time to give us your feedback!



NO POSTAGE NECESSARY IF MAILED IN THE UNITED STATES



BUSINESS REPLY MAIL
FIRST-CLASS MAIL PERMIT NO. 213 ARLINGTON, VA
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WARRIOR CARE POLICY 2345 CRYSTAL DRIVE SUITE 120 ARLINGTON, VA 22202 

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