



# VETERAN AND FAMILY RESOURCES

**Presented by Bonnie Bessler, Transition  
Assistance Advisor (TAA)**



# Nebraska's JFSAP Team

- Military OneSource Consultant  
***Tom Shunk***
- Military Family Life Consultant  
***Jerad Osborne***
- Child and Youth Consultant  
***Barb Shupe***
- Operation Military Kid  
***Diane Shottenkirk***
- Red Cross  
***Nick Farruggia***

***Please see the JFSAP Handout for contact information.***



# **Military OneSource**

**You name it... We can help**

**TomShunk**

**Office: 402.309.7347**

**thomas.shunk@militaryonesource.com**



# Range of Support

<p><b>Counseling - Need to Talk?</b></p> <ul style="list-style-type: none"> <li>• Relationships</li> <li>• Family issues</li> <li>• Problem solving</li> </ul>	<p><b>Money Matters</b></p> <ul style="list-style-type: none"> <li>• Budgeting</li> <li>• Debt management</li> <li>• Savings/investing</li> </ul>	<p><b>Deployment</b></p> <ul style="list-style-type: none"> <li>• Preparation</li> <li>• Separation</li> <li>• Reunion/reintegration</li> </ul>
<p><b>Children &amp; Youth</b></p> <ul style="list-style-type: none"> <li>• K-12 public and private</li> <li>• Special needs</li> <li>• Child care</li> <li>• Parenting</li> </ul>	<p><b>Life-Long Learning</b></p> <ul style="list-style-type: none"> <li>• College locator</li> <li>• Loans &amp; scholarships</li> <li>• Continuing education</li> <li>• Distance learning</li> </ul>	<p><b>Spouse Training, Education &amp; Career</b></p> <ul style="list-style-type: none"> <li>• Spouse employment</li> <li>• Career development</li> <li>• Managing change</li> </ul>
<p><b>Self-help Groups</b></p> <ul style="list-style-type: none"> <li>• Drug &amp; alcohol abuse</li> <li>• Gambling addiction</li> <li>• Eating disorders</li> </ul>	<p><b>Shopping &amp; Services</b></p> <ul style="list-style-type: none"> <li>• Community resources</li> <li>• Consumer purchases</li> <li>• Pet care</li> </ul>	<p><b>Healthy Habits</b>  <b>Moving</b>  <b>Special Needs</b>  <b>Transition and</b></p>

more...

# Specialty Consultations

- Financial counseling
- Stress management
- Education
- Decision making
- Adoption
- Special needs
- Communication
- Nanny
- Adult disability
- Elder care
- Parenting skills
- Grief



# Face to Face Counseling Referrals

- Available in U.S., Puerto Rico, and the Virgin Islands
- Up to six non-medical consultations in the community with licensed counselors
- Short-term problem resolution, non-medical counseling
  - Family concerns
  - Adjusting to deployment or reunion
  - Grief counseling
  - Couples concerns
  - Stress management



# Short Term Solution Focused-Telephonic (STSF-T) Consultations

- Alternative support for OCONUS and remote locations
- Up to six non-medical, scheduled, telephonic sessions with STSF-T- trained mental health professionals
- Non-medical, strength-based and action/goal-oriented
  - Adjustment to situational stressors
  - Stress management
  - Decision making
  - Communication
  - Parenting-skills issues



# NEW PROGRAM

**Health**

Exercise + Habits

**1-800-342-9647**

## New! Health Coaching

- Personal, telephonic coaching from a dedicated, experienced health coach
  - *Weight Management (iCanChange)*
  - *Stress Management (iCanRelax)*
  - *Cardiovascular Health (iCanThrive)*
- Includes toolkit with an educational workbook and other items
- Healthy Habits Web site with online line tools and educational materials
- Eligible: Active Duty, National Guard and Reserve service members (regardless of activation status) and their family members
- Registration and login to [www.militaryonesource.com](http://www.militaryonesource.com) required
- Access program by calling to request enrollment or completing online health assessment
- Health coach makes contact within three business days.
- Session numbers vary according to need (average is seven sessions)

**Things**

**1**

MILITARY ONESOURCE  
24/7

**1-800-342-9647**

source.com

# New! Health Coaching

- Personal, telephonic coaching from a dedicated, experienced health coach
  - *Weight Management (iCanChange)*
  - *Stress Management (iCanRelax)*
  - *Cardiovascular Health (iCanThrive)*
- Includes toolkit with an educational workbook and other items
- Healthy Habits Web site with online line tools and educational materials
- Eligible: Active Duty, National Guard and Reserve service members (regardless of activation status) and their family members
- Registration and login to [www.militaryonesource.com](http://www.militaryonesource.com) required
- Access program by calling to request enrollment or completing online health assessment
- Health coach makes contact within three business days.
- Session numbers vary according to need (average is seven sessions)



Supporting our Troops & their Families

Tuesday August 12

Troops & Families

Leadership

Service Providers

Search

### JFRC Scheduler

Military OneSource 24/7 family assistance 1-800-342-9647

Welcome

Request Date: 12-AUG-2008

### Request for Resources Joint Family Resource Center

\* Date Event Begins   
DD-MON-YYYY

Submit request form a minimum of **14 days** prior to event

\* Date Event Ends   
DD-MON-YYYY

\* indicates field must be completed prior to submission

#### Command/Unit Information

##### Point of Contact Information (including military or civilian rank)

\* Name

\* Position/Title

\* Email Address

\* Work Phone

\* Cell Phone

\* Fax Number

##### Name/Address of Command/Unit

\* Address

\* City

\* State/Territory

\* Zip Code

##### \* Military Status

Active Duty  Guard  Reserve

##### \* Deployment Status of Unit

Unit is not in Deployment Status  Pre-Deployment/Pre-Mobilization

Deployed/Mobilized  Demobilization (Initial Reintegration)

# Military Family Life Consultant

- Provide direct short-term non-medical, solution focused counseling services to individual, couples, families, and groups for situations resulting from commonly occurring life circumstances.
- Free
- Confidential
- Mobile



# Child and Youth Consultant

Able to provide consultations to parents and children of all ages regarding issues related to deployment.

- Relationship Building
- Behavioral concerns
- Parenting skills
- Separation and Reunion
- Coping skills
- Child Development
- Education
- Assessment and referrals



# American Red Cross

- **Committed to supporting Military Families and the JFSAP initiatives.**
- **Introduce JFSAP partners and initiatives to the Red Cross Community.**
  - **Red Cross Chapters and Clients.**
  - **Red Cross Partners and Community Leaders.**
  - **Other Non-Profits.**
- **Provide greater accessibility to Red Cross facilities and programs to support the JFSAP mission and Military Families.**
- **Assist with greater information & referral resources.**
- **Continue our Emergency Communication Services and educate military families how to access those services.**
- **Educate military families about other Red Cross services.**

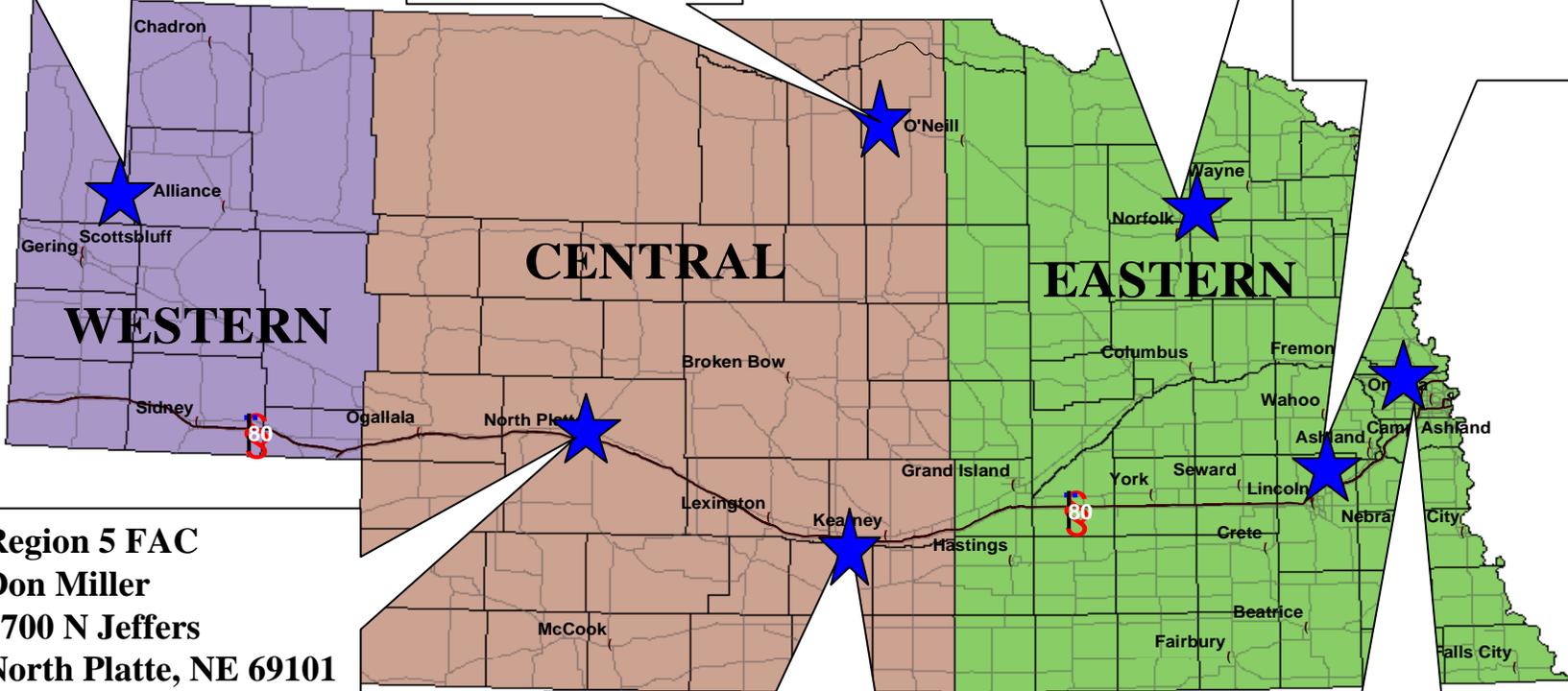


**Region 6 FAC**  
**Amy Reinpold**  
2810 1st Ave.  
Scottsbluff, NE 69361  
402-309-7778

**Region 4 FAC**  
**John Moyes**  
635 N 4<sup>th</sup> Street  
O'Neill, NE 68763  
402-309-8882

**Region 2 FAC**  
**Layne Beza**  
800 E 7<sup>th</sup> Street  
Wayne, NE 68787  
402-309-8940

**SFPO CW4 Kathy Molinaro**  
**State FAC Lori Neumann**  
1776 N. 10<sup>th</sup> Street, Lincoln,  
NE 68508  
402-309-7331/2/3



**Region 5 FAC**  
**Don Miller**  
1700 N Jeffers  
North Platte, NE 69101  
402-309-8602

**Region 3 FAC**  
**Carey Wilson**  
5710 Airport Rd  
Kearney, NE 68847  
402-309-7747

**Region 1 FAC**  
**Robert Reichwein**  
11650 Rainwood  
Road, Omaha NE  
68106  
402-309-7086



# **Family Readiness Groups**

**Ann Thompson Reicks  
Family Readiness Assistant**





# **Family Readiness Group Mission**

- **FRG's increase Family readiness by:**
  - **Providing official, accurate, command information**
  - **Offering mutual support**
  - **Advocating use of available community resources**
  - **Helping Families solve problems at the lowest level**





# Benefits of the FRG

- **Everyone benefits from an effective FRG**
  - **Families - provides a sense of belonging**
  - **Soldier - help focus on their mission**
  - **Commander/Unit Leadership – helps reduce workload in the area of Soldier and Family readiness**



# Alcohol/Substance Abuse Education

**Terry Johnson, Contractor  
Family Program Office  
402-309-7013 office  
402-812-7013 cell**



# Education & Prevention

- **Early awareness and prevention can be a deterrent to much more serious problems**
- **Knowing the facts and warning signs can save a life, career, or family**
- **Ask for help**

# HELP IS AVAILABLE

- Our goal is to educate the Nebraska National Guard service members & families on Drug & Alcohol Awareness
- 24/7 INFORMATIONAL SERVICES AVAILABLE
- Will travel anywhere in the state to provide on site education
- Available to brief units, service members and families individually or in a group setting
- For more information call Terry Johnson at 402-309-7013 or 402-812-7013 day or night or email [terry.johnson33@us.army.mil](mailto:terry.johnson33@us.army.mil) or [terryjohnson1960@yahoo.com](mailto:terryjohnson1960@yahoo.com)



# TRICARE RESERVE SELECT

- Premium-based health plan qualified National Guard and Reserve members may purchase
- You are qualified to purchase TRS if you are:
  - A member of the Selected Reserve and;**
  - Not eligible for or enrolled in the Federal Employees Health Benefits (FEHB) program**
- If you qualify, you may purchase TRS coverage to begin in any month throughout the year
- Coverage begins on the first day of the first or second month after the postmark date of your TRS Request form
- You choose which month coverage begins
- You must qualify for and purchase TRS no later than 60 days after loss of other TRICARE coverage to ensure no break in health care coverage
- TRS is effective immediately following the termination of other TRICARE coverage



- **Member's qualification for TRS must be reflected in DEERS; member must not be eligible for or enrolled in the FEHB program**
- **First month's premium due with TRS Request form**

<b>Member only coverage</b>	<b>\$81</b>
<b>Member and family coverage</b>	<b>\$253</b>

## **RESOURCES**

- **SFC Tracey Eitel**  
**(402)309-7336**  
**tracey.eitel@us.army.mil**
- **DEERS Updates: [www.dmdc.osd.mil/rsi](http://www.dmdc.osd.mil/rsi)**
- **Reserve Affairs Web site: [www.defenselink.mil/ra](http://www.defenselink.mil/ra)**
- **Guard-Reserve Portal: <https://www.dmdc.osd.mil/Guard-ReservePortal>**
- **TRICARE Web site: [www.tricare.mil](http://www.tricare.mil)**



# RESOURCES

## Transition Assistance Advisor

- Assist veterans with VA Health Care and understanding VA benefits
  - National Guard VA Liaison
- Conduit of information
  - Assist veteran with direct contact with internal and external resources





# RESOURCES

## Internal

- Military Chaplains Full Time Support
  - LTC Dave Smith
  - Chaplains Assistant
    - SFC Dan Fullerton
  - Family & Youth Counselor
    - Dr. Toby Canning





# RESOURCES

## Internal

- Employer Support of the Guard and Reserve (ESGR)
  - Full Time Paid Staff
    - Mr. Bill Nelson
    - Ms. Peggy Brown
    - Mr. John Bryan





# RESOURCES

## Internal

- Judge Advocate General (JAG)
  - COL Doug Wilken
- Peer Support Specialist
  - Communication Skills
  - Resourcing





# RESOURCES

## External

- VA Health Care (VHA) – OIF/OEF Coordinators
  - Omaha – Heather – (402) 657-3573
  - Lincoln – Lori – (402) 480-1801
  - Grand Island – Joyce – (308) 383-8573





# RESOURCES

## External

- VA Health Care
  - Substance Use Disorder Program (SUDP)
  - Inpatient services
    - Omaha and Grand Island
  - Outpatient services
    - Lincoln





# RESOURCES

## External

- VA Health Care
  - OEF/OIF Transition Clinics
  - Women's Health Care Clinic





# RESOURCES

## External

- After hours – NURSEVA
  - 1-800-687-7382
  - This service can be used after “normal” duty hours at the VA to get a referral to local medical services.





# RESOURCES

## External

**VA SUICIDE HOTLINE**

**1-800-273-TALK (8255)**





# RESOURCES

## External

- Vet Centers
  - Individual and Group Counseling
  - Readjustment Counseling
  - Marital, family or partner Counseling
  - Career and Vocational Counseling
  - Substance Abuse Counseling
  - Other services





# RESOURCES

## External

- Vet Centers
  - Veterans Groups
    - Kearney – Central Community College
      - 1<sup>st</sup> & 3<sup>rd</sup> Wednesday every month – 7:00pm
    - Norfolk - Veterans Home
      - 2<sup>nd</sup> & 4<sup>th</sup> Thursday every month – 6:00pm





# RESOURCES

## External

- VA Benefits (VBA) – OIF/OEF Manager
  - Disability Compensation
  - GI Bill
  - Vocational, Rehabilitation and Employment Program (VR&E)





# RESOURCES

## External

- Social Security Administration
  - Wounded Warrior Program





# RESOURCES

## External

- Army Wounded Warrior Program (AW2)
- Palace HART (Helping Airmen Recover Together) – Air Force Program
  - Both programs assist severely wounded and their families





# RESOURCES

## External

### State of Nebraska Health and Human Services (Handout)

- <http://www.ptsd.ne.gov/ptsd-services.html>
- Maybe fee based





# RESOURCES

## External

- The Nebraska Rural Response Hotline
- 1-800-464-0258





# RESOURCES

## External

**State Department of Veterans Affairs**  
Web Page <http://www.vets.state.ne.us/>

– State Veterans Benefits

- State Service Officers – Advocate for Veteran Benefits
- Veterans Mutual Aide Fund – Financial Assistance
- PTSD Web Link





# RESOURCES

## External

- County Veterans Service Officers
  - First Line of Defense
    - Veterans themselves
    - Assist with VA processes
    - May have financial resources
  - Should be a part of your UWT





# RESOURCES

## External

- Veterans' Service Organizations
  - American Legion – Troop Support Services
  - VFW – Unmet Needs Program
- Other VSO's may have services as well.
- Should be a part of UWT





# RESOURCES

## External

- U.S. Department of Labor
  - Veterans' Workforce Development
    - Veterans' Workforce Investment Program (VWIP)





# RESOURCES

## External

- Employment Assistance
  - USAJOBS.com
  - Vetjobs.com
  - Etc.....
  
- See Reintegration Resource Handout





# RESOURCES

## External

- Chaplains
  - Local Clergy
  - Interfaith Ministries of Nebraska





# RESOURCES

## External

- Turbo Tap
  - Multitude of assistance
- Military.com





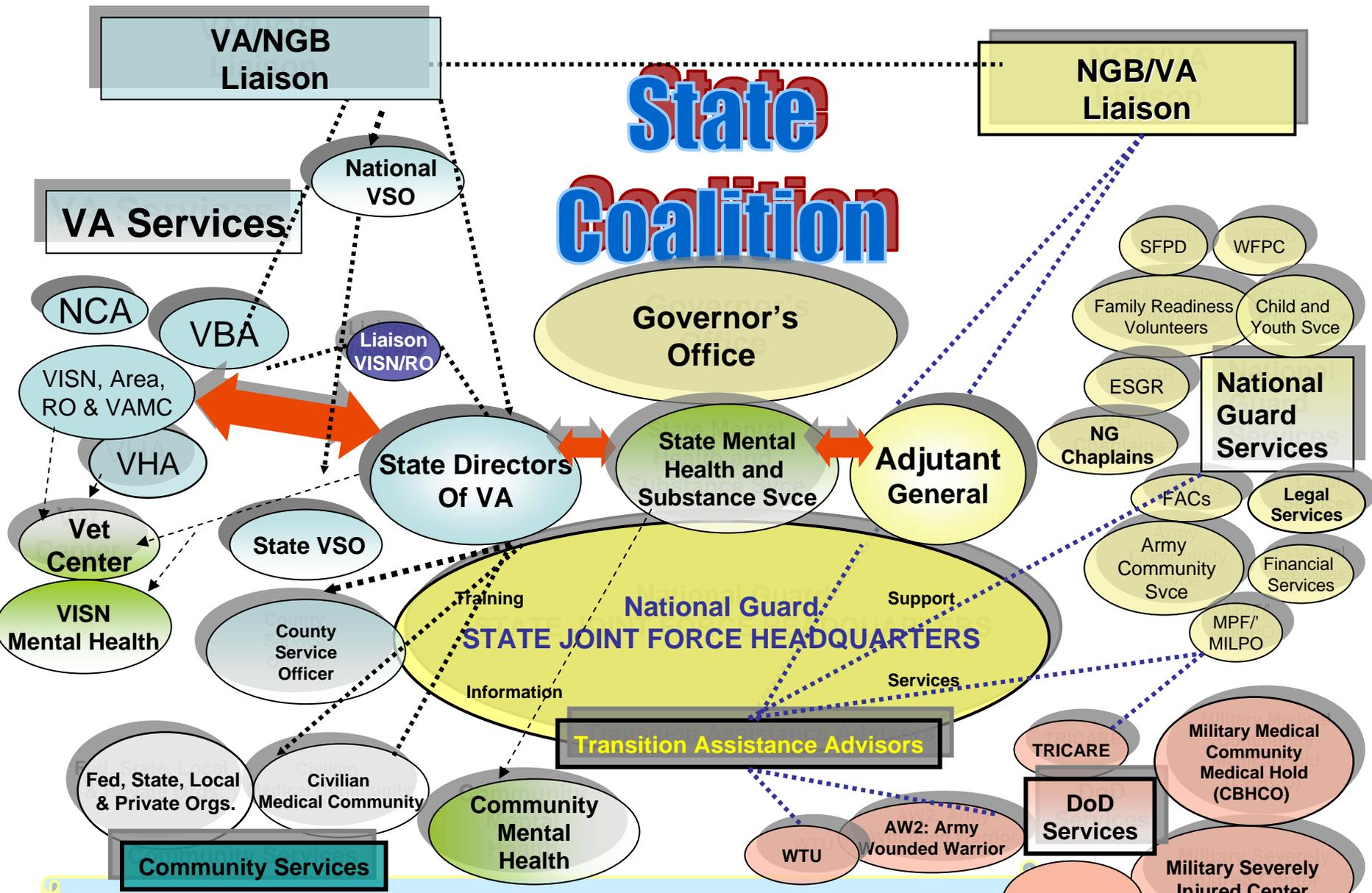
# RESOURCES

## External

- Self Assessment for Behavioral Health
  - Depression
  - Dipolar Disorder
  - PTSD
  - Alcohol
  - Generalized Anxiety
  - Brief Screen for Adolescents
- [www.MilitaryMentalHealth.org](http://www.MilitaryMentalHealth.org)
- Available 24/7



# State Coalition



**Governor's Office**

**State Directors Of VA**

**State Mental Health and Substance Svce**

**Adjutant General**

**National Guard STATE JOINT FORCE HEADQUARTERS**

**Transition Assistance Advisors**

**DoD Services**

**Community Services**

**Returning to the State: All Service Members and Family**