



**LUTHERAN MILITARY VETERANS
AND
FAMILIES MINISTRIES INC.**

RESOURCE GUIDE

**3480 STELLHORN RD
FORT WAYNE, IN 46815
260-755-2239
www.lmvfm.org**

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LMVFM Resources
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“There’s no more effective way of creating bitter enemies of the Army than by failing to do everything we can possibly do in a time of bereavement, nor is there a more effective way of making friends for the Army than by showing we are personally interested in every casualty which occurs.”

General of the Army, George C. Marshall, Army Chief of Staff, 1944.

For military personnel and their families there are a number of resources available to provide aid and support during times of distress, and tragedy. The following resources are provided to assist care givers, veterans and or their family members in locating appropriate military related organizations, resources, and reference materials.

Service Sponsored Websites

Each branch of the military sponsors a website that provides an overview of programs and support available to military personnel and family members. These websites also provide news articles and information relating to life in the military and online tutorials. Military branch specific relief societies also exist to help their service members/families with unexpected problems or financial emergencies. Help may be available for the following needs:

- Emergency transportation.
- Funeral expenses.
- Disaster relief assistance.
- Childcare expenses.
- Essential vehicle repairs.
- Unforeseen family emergencies.
- Food, rent, and utilities.
- Medical/dental bills (patient's share).

Lutheran Military Veterans and Families Ministries, Inc. (LMVFM) provides veterans, family members, congregations, and care provider’s assistance with short term counseling and assistance, and further assists them in identifying the appropriate resources for needs which go beyond the short term care we provide. Unless otherwise indicated, Lutheran Military Veterans and Families Ministries do not specially endorse any specific listing contained in this resource.

As a Christian ministry, having a Lutheran understanding of God and His promise for mankind, the LMVFM therefore draws its strength from God, and follows the example of mercy and forgiveness in the application of human care. All veterans and their family members, regardless of their faith identification, and beliefs are welcomed by the LMVFM, and eligible to receive services. Care and services are provided to veterans and their family members without cost.

For more information please contact us at:

260-755-2239

www.lmvfm.org

Contents

- I. Links to Official DoD and VA Sites
- II. Links to Military, Religious, and Other Agencies
- III. Unofficial Sites and Other Helpful Organizations and Programs
- IV. Articles
- V. Books
- VI. DVD's and Other Media
- VII. Devotionals/Religious
- VIII. Misc. Information

Quick Sources:

Chaplain Assistance - <http://www.chapnet.army.mil/>

DEERS Eligibility - <http://tricare.mil/mybenefit/>

Identification Cards - <http://www.cac.mil/uniformed-services-id-card/>

Legal - http://www.loc.gov/rr/frd/Military_Law/military-legal-resources-home.html

Medical - <http://www.medicare.gov/>

Medical (TRICARE) - <http://www.tricare.mil/>

Medical (TRICARE Toll Free Numbers) – <http://www.tricare.mil/contacts/>

Military Pay - <http://www.dfas.mil>

Military Records - <http://www.military.com/benefits/resources/military-records/military-records-overview>

Social Security Administration (SSA) - <http://www.ssa.gov/>

Social Security Offices - <https://secure.ssa.gov/apps6z/FOLO/fo001.jsp>

Taxes - <http://www.irs.gov/>

I. Links to Official DoD and VA sites

Air Force Aid Society

www.afas.org

Air Force Cross Roads

www.afcrossroads.com

Air Force Palace HART: The Air Force Palace HART (Helping Airmen Recover Together)

The HART program follows Air Force wounded in action until they return to active duty, or are medically retired. For immediate, 24-hour response, the Military Severely Injured Center can direct you to an Air Force point of contact. Call toll free at **1-888-774-1361**

<http://www.woundedwarrior.af.mil/news/story.asp?id=123110847>

American Academy of Child and Adolescent Psychiatry

DoD nationwide program to showcase and communicate American support to the men and women of the Armed Forces.

http://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Military_Families_Resource_Center/Home.aspx

www.OurMilitary.mil

American Battle Monuments

<http://www.abmc.gov>

American Legion Nat'l Customer Service

www.legion.org

AMVETS

For almost 60 years, AMVETS has provided service and support to America's veterans and their communities. At every level of the organization, people are involved in making a difference in the lives of those who have given so much to this country. Contact AMVETS at 1-877-726-8387.

www.amvets.org/

Army Casualty and Mortuary Affairs Operations Center

<https://www.hrc.army.mil/TAGD/CMAOC>

Army Casualty Assistance Center Directory

<https://www.hrc.army.mil/Search.aspx?searchTags=CAC>

Army Emergency Relief "AER"

AER is the Army's own emergency financial assistance organization and is dedicated to —Helping the Army Take Care of Its Own . AER is a valuable asset for commanders in assisting them in providing for the morale and welfare of their soldiers. Army Emergency Relief can provide monetary grants to widows based upon financial need.

1-866-878-6378 or 1-703-428-0000 www.aerhq.org

Army Family Readiness Group (FRG)

The Army FRG website is a secure site only available to Soldiers/DA Civilians and their Family Members. The Army FRG site provides Family Members with a valuable tool to access documents, view photos/videos, participate in forums, and gain important information about the Army Unit that their Soldier/DA Civilian belongs to 24/7 from anywhere in the world.

<https://www.armyfrg.org/skins/frg/home.aspx>

Army Family Team Building (See My Army Life, Too)

http://www.fortjacksonmwr.com/acs_aftb/

<http://www.spousebuzz.com/blog/2008/02/my-army-life-to.html>

Army Future Soldiers Training Program

This website contains information to help prepare you and your Family with your transition into the Army lifestyle.

www.FutureSoldiers.com

Army Housing One Stop

<https://www.housing.army.mil/>

Army Human Resources Command

<https://www.hrc.army.mil/site/index.asp>

Army Information Line: The Army Information Line (toll-free) provides accurate information, useful resources and helpful referral services to those with issues or concerns about Army Life including but not limited to:

Child Support

Deployment

Family Readiness

Family Readiness Groups

Finance

Military Installations

Natural Disaster Relief and Recovery Information

Contingency Operations Information Experienced Constituent Liaisons staff the line and are available to assist members of the Soldiers (Active-Duty, National Guard and Army Reserve), Civilians, Retirees, Veterans and Families. The Army Information Line also serves as a safety net for those who have exhausted all other resources. 1-800-833-6622

Army Knowledge Online

<https://www.us.army.mil/>

Army Family and Morale, Welfare, and Recreation

www.armymwr.com

Army National Guard

www.arng.army.mil

Army Public Affairs Office

Public Affairs fulfills the Army's obligation to keep the American people and the Army informed, and helps to establish the conditions that lead to confidence in America's Army and its readiness to conduct operations in peacetime, conflict and war.

<http://www.army.mil/info/institution/publicAffairs/>

Army Reserve Family Programs

www.arfp.org

Army Staff Judge Advocate

<https://www.jagcnet.army.mil/>

Associates of Vietnam Veterans of America

AVVA supports the needs of all Veterans, their families, and their communities.

www.avva.org

Burial Flags (Funeral directors)

<http://www.united-states-flag.com/cotton-flags.html?gclid=CLySzZLJ9qcCFYS8KgodXV2caA>

How to Order: http://www.ehow.com/how_5584497_flags-presented-funerals-military.html

Chaplain Assistance

www.chapnet.army.mil/

Coast Guard

www.uscg.mil/

Cold War Recognition Certificates & Form 180

<http://www.nara.gov> (Nat'l Archives Records Admin).

Commissaries and Exchanges

Learn more about what's on sale today and special offers such as phone cards and gift certificates for deployed service members.

www.commissaries.com

www.militaryfoodex.com

<http://mymcx.com>

<http://thor.milexch.com/scs/default.aspx>

Committee on Vets Affairs: U.S. Senate

<http://veterans.senate.gov/>

Courage to Care

Courage to Care is an electronic health campaign consisting of fact sheets that deal with health topics relevant to military life. Courage to Care content is developed by leading military health experts from the Uniformed Services University of the Health Sciences.

www.couragetocareforme.org

Defense Enrollment Eligibility Reporting System (DEERS)

Locate where to get a military or family member identification card.

www.dmdc.osd.mil/rsl

Defense Finance and Accounting Service (DFAS)

<http://www.dfas.mil/>

Defense Manpower Data Center (ID Card Site Locator)

See also **Defense Enrollment Eligibility Reporting System (DEERS)**

www.dmdc.osd.mil/rsl/

Defense Manpower Data Center

<https://www.dmdc.osd.mil/appj/dwp/index.jsp>

Department of Defense (DoD)

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

Department of Defense Education Activity (DODEA)

<http://www.dodea.edu/home/>

Department of Defense Family Advocacy Program

http://www.militaryonesource.mil/phases-military-leadership?content_id=266712

1745 Jefferson Davis Highway

Crystal Square 4, Suite 302

Arlington, VA 22202

703-602-4990

Department of Veteran Affairs

<http://www.va.gov/>

Department of Veterans Affairs (VA) Education Benefits

[www.gibill.va.gov\](http://www.gibill.va.gov/)

Department of Veterans' Affairs Health Care Benefits Information Line

1-877-222-8387

Department of Veterans Affairs Veterans Benefit Administration

<http://www.vba.va.gov/>

Department of Veterans Affairs Survivor Information

<http://www.vba.va.gov/survivors/>

Deployment Health Clinical Center (DHCC)

A gateway to information on deployment health and healthcare for healthcare providers, service members, veterans, and their families.

<http://www.pdhealth.mil/>

Deployment Health Clinical Center Library

<http://www.pdhealth.mil/library/default.asp>

Deployment Health Support Directorate

Current information on deployment-related health issues is published on an interactive web site, Deployment LINK. The Directorate also operates a toll-free, direct hotline number where staff members answer deployment-related questions, locate lost medical records and provide contact information in the Department of Veterans Affairs. The number is 800-497-6261.

<http://deploymenthealthlibrary.fhp.osd.mil/>

Deployment Health & Family Readiness Library

This website is the result of a partnership between DoD Health Affairs and DoD Military Community & Family Policy. It provides official fact sheets and other user friendly resources about environmental, occupational and physical health issues related to deployment as well as family readiness information.

<http://deploymenthealthlibrary.fhp.osd.mil/>

Disabled American Veterans (DAV)

The DAV is dedicated to one single purpose: building better lives for all of our Nation's disabled veterans and their families. DAV provides a variety of free services to America's veterans and service members, which includes reviewing Medical Evaluation Board (MEB) results, representation before a Personnel Evaluation Board (PEB), and submission of claims before the VA for disability compensation, rehabilitation and other benefit programs. Contact DAV at (877) I AM A VET, (202) 554-3501, or fax at (202) 554-3581.

<http://www.dav.org/>

DoD Job Search

See also **USA Jobs**

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

DoD Transportal

To find locations and phone numbers of all Transition Assistance Offices as well as mini-courses on conducting successful job search campaigns, writing resumes, using the Internet to find a job, and links to job search and recruiting websites.

<http://www.veteranprograms.com/id105.html>

Exceptional Family Member Program

The Exceptional Family Member Program (EFMP) is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, and educational, medical, and personnel services to families with special needs.

Air Force

<https://www.usafservices.com/home/spousesupport/specialneeds.aspx>

Army

<http://efmp.amedd.army.mil/>

Coast Guard

http://www.uscg.mil/worklife/special_needs.asp

Marine

https://www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MF/Family%20Care/Exceptional%20Family%20Member%20Program

Navy

<http://www.public.navy.mil/bupers-npc/support/efm/Pages/default.aspx>

Army Long Term Family Assistance (formerly Families First Casualty Call Center (24/7 assistance))

Families First Casualty Call Center offers additional assistance to families of Soldiers lost in combat or by accident. Free one-on-one telephone support program has helped more than 3,000 immediate and extended families by providing ongoing support services and links to other resources to help alleviate the pain of losing their Soldier. Families who have lost their Soldiers are encouraged to call an FFCCC support coordinator, toll-free at **(866) 272-5841** or **Fax: 703-325-2074**

Mailing Address: Army Human Resources Command ATTN: AHRC-PEC (FFCCC) 200 Stovall Street Alexandria, VA 22332

Family Advocacy Program:

The military community is not immune to personal or family problems. Problems may range from experiencing stress due to a deployment to experiencing domestic violence including spouse or child abuse. FAP sponsors activities and services to include public awareness briefings, individual and couples counseling, crisis intervention, support groups, stress management, and other well-being workshops. FAP services may be found at military medical facilities or at Family Support Centers. For more information, go to:

http://www.militaryonesource.mil/phases-military-leadership?content_id=266712

Fleet and Family Support Programs

http://www.cnic.navy.mil/ffr/family_readiness.html

Force Health Protection and Readiness Library

The Deputy Assistant Secretary of Defense (DASD) for Force Health Protection and Readiness (FHP&R) Serves as the principal staff assistant and advisor to the Assistant Secretary of Defense (Health Affairs) for all DoD deployment medicine policies, programs, and activities. In carrying out these responsibilities the office is responsible for deployment related health policy, doctrine, theater information systems, system rightsizing and international agreements.

<http://home.fhpr.osd.mil/home.aspx>

Deployment Health & Family Readiness Library Support Directorate

Deployment Health Support Directorate was established by the DoD to ensure that medical lessons learned from previous conflicts and deployments are integrated into current policy, doctrine and practice. Current information on deployment-related health issues is published on an interactive web site, Deployment LINK. The Directorate also operates a toll-free, direct hotline number where staff members answer deployment-related questions, locate lost medical records and provide contact information in the Department of Veterans Affairs. The number is 800-497-6261.

<http://deploymenthealthlibrary.fhp.osd.mil/>

<http://home.fhpr.osd.mil/home.aspx>

Federal Jobs for Veterans (see also USA Jobs)

<http://federaljobs.net/fed.htm>

Force Health Protection and Readiness Library

The Deputy Assistant Secretary of Defense (DASD) for Force Health Protection & Readiness (FHP&R) serves as the principal staff assistant and advisor to the Assistant Secretary of Defense (Health Affairs) for all DoD deployment medicine policies, programs, and activities. In carrying out these responsibilities the office is responsible for deployment related health policy, doctrine, theater information systems, system rightsizing and international agreements.

<http://fhpr.dhha.health.mil/resources/deployment-health-family-readiness-library.aspx>

Gulf War Veterans Resource Center

The National Gulf War Resource Center (NGWRC) helps veterans affected by the 'invisible' injuries most common in the current conflict period, from 1989 to the present day, including Gulf War Illness (GWI), Traumatic Brain Injury (TBI), and Post-Traumatic Stress Disorder (PTSD).

www.ngwrc.org

Gulf War Vets Illness Links

http://www.va.gov/RAC-GWVI/Gulf_War_Illnesses_links.asp

Identification Cards (See Defense Enrollment Eligibility Reporting System)

Korean War Veterans Association (KWVA)

The KWVA serves to organize, promote and maintain for benevolent and charitable purposes an association of persons who have seen honorable service during the Korean War at any time between June 25, 1950 and 31 January 1955. Contact the KWVA at 217-345-4414, or by email at Membership@kwva.org.

<http://www.kwva.org/>

Korean War Project

www.koreanwar.org

Life Insurance Program

www.insurance.va.gov/

Naval Services Family Line

An all-volunteer, non-profit organization dedicated to serving Navy, Marine Corps, and Coast Guard families across the country and the world. Their objective is to create a network of informed Navy families that can strengthen one another and provide a solid, united homefront.

<http://www.nsfamilyline.org/>

Marine Corps Community Services

Provides information about and links to Marine and Family Programs, Recreation and Fitness Programs, and Retiree Info.

www.usmc-mccs.org

Marine for Life Injured Support Program (M4L)

The Marine For Life Injured Support program provides information, advocacy and assistance from the time of injury through return to full duty or transition to the Veterans Administration, up to one year after separation. Injured Marines, Sailors or family members needing assistance can call toll-free:

866-645-8762 or E-mail: injuredsupport@M4L.usmc.mil

<http://www.marineforlife.org/>

Military Spouse Resources

This website is a comprehensive listing of resources that are of special interest to military spouses -- employment, child care, relocation, family support and more. It is sponsored by the Departments of Defense and Labor

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

The Miles Foundation: Domestic Violence, Child Abuse, Child Sexual Abuse, Sexual Assault by Military Personnel. The Miles Foundation is a private, nonprofit organization that offers services to victims of violence associated with the military.

P.O. Box 423

Newtown, CT 06470-0423

1-877-570-0688 203-270-7861

milesfdn@aol.com OR milesfd@yahoo.com

Military Assistance Program

<http://usmilitary.about.com/od/glossarytermsm/g/m3956.htm>

Military.com/spouse

This section of the Military.com website is sponsored by the DoD Office of Military Community & Family Policy. It features a career center for military spouses.

www.military.com/spouse

Military.com/support

This section of the Military.com website is sponsored by the DoD Office of Military Community & Family Policy. It provides resources and support for severely injured service members and their families.

www.military.com/support

Military Families Resource Center

http://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Military_Families_Resource_Center/Home.aspx

Military Funeral Honors

www.militaryfuneralhonors.osd.mil

Military HOMEFRONT

Military HOMEFRONT is the official Department of Defense web site for reliable Quality of Life information for troops and their families, leaders and service providers.

<http://www.militaryinstallations.dod.mil/>

Military One Source

Military OneSource is a confidential Department of Defense-funded program providing comprehensive information on every aspect of military life at no cost to active duty, National Guard, and reserve members, and their families.

www.militaryonesource.com

Military Order of the Purple Heart

www.purpleheart.org

Military Pathways (See also Vets Prevail)

Military Pathways (formerly the Mental Health Self-Assessment Program®) provides free, anonymous mental health and alcohol self-assessments for family members and service personnel in all branches including the National Guard and Reserve.

<http://www.pdhealth.mil/militarypathways.asp>

Military Pay

<http://www.dfas.mil/>

Military Records

<http://www.archives.gov/st-louis/military-personnel/>

MilitaryStudent.org

This website has been developed by the DoD Office of Military Community & Family Policy. It provides resources designed especially for school aged military children, parents and teachers. Focus is on relocation and deployment support needs.

<http://www.militaryimpactedschoolsassociation.org/>

Military Youth on the Move

This is your one-stop-shop for advice and info on moving, social life, school and more. Check out the general resource links or stuff for kids your age.

<http://apps.militaryonesource.mil/MOS/f?p=MYOM:HOME2:0>

National Amputation Foundation, Inc. (NAF)

Since 1919 the National Amputation Foundation (NAF) has offered valuable assistance to veterans of World War I, II, Korea, the Vietnam Conflict, Desert Storm and Iraqi Freedom. The Foundation has expanded its facilities, and also includes civilian amputees. Contact NAF at (516) 887-3600.

<http://www.nationalamputation.org/>

National Cemetery Administration

Includes links to information about burial and memorial benefits.

<http://www.cem.va.gov/>

National Center for PTSD (VA Sponsored Center for PTSD)

The PTSD Information Center contains in-depth information on PTSD and traumatic stress for a general audience. The line to the PTSD information voice mail is 1-802-296-6300.

<http://www.ptsd.va.gov/>

National Military Family Association Inc.

The National Military Family Association is the leading non-profit organization focusing on issues important to military families.

<http://www.nmfa.org>

National Archives Personnel Records Center

<http://www.archives.gov/st-louis/military-personnel/index.html>

National Veterans Affairs & Rehabilitation

American Legion Auxiliary (ALA) members and volunteers step up to advance the mission of service to veterans, military and their families.

<https://www.alaforveterans.org/about/>

Nat'l Veterans Foundation Help Line

Since 1985 the National Veterans Foundation has helped over 350,000 veterans and their families with crisis and information services through the nation's first toll-free, vet-to-vet hotline for all U.S. veterans and their families. Our veteran counselors provide veterans and their families with information, counseling and service referrals for issues around VA benefits, mental health counseling, housing, medical services, education benefits, financial issues and more.

<http://www.nvf.org/>

1-888-777-4443 (M-F 9-9 Pacific)

Naval Historical Center

www.history.navy.mil

Navy-Marine Corps Relief Society

The Navy-Marine Corps Relief Society provides emergency assistance for a dependent spouse, minor children and dependent parent(s) of deceased Navy personnel. Aid may be rendered in the form of money or as a loan. Assistance is also furnished in applying for pensions, insurance and other benefits accruing to the dependent by reason of the decedent's military service. Inquiries should be addressed to: **801 N.**

Randolph Street Arlington, VA 22203-1978 Phone: (703) 696-4904

www.nmcrs.org/

Navy Safe Harbor Program

The Navy Safe Harbor Program has a coordinated and tailored response for its men and women returning from *Iraq, Afghanistan* and other areas of conflict with severe debilitating injuries. For immediate, 24-hour response call 1-877-746-8563. For further Information go to <http://www.safeharborfoundation.org/>
Or email safeharbor@navy.mil

New York State Division of Veterans Affairs

<http://www.veterans.ny.gov/>

Operation Homefront

Operation Homefront supports every military family member. They assist military families during difficult financial times by providing food assistance, auto and home repair, vision care, travel and transportation, moving assistance, essential home items, and financial assistance. Operation Homefront Village helps caregivers for Wounded Warriors.
<http://www.operationhomefront.net/>

President's Committee on Employment for People with Disabilities

<http://www.dol.gov/odep/>

Reemployment Rights

http://www.dol.gov/vets/programs/fact/userra_vets03.htm

Replacing Military Records/Nat'l Archives

<http://www.archives.gov/veterans/military-service-records/>

Requests for medals from NPRC (eligible vets & next of kin)

<http://www.archives.gov/veterans/replace-medals.html>

Survivor Benefit Plan (SBP)

<http://soldierforlife.army.mil/retirement/sbp>

Suicide Hotlines 1-888-649-1366 1-800-SUICIDE 1-800-784-2433

Suicide Help Online

<http://www.hopeline.com>

<http://www.afsp.org/>

The Military Coalition (TMC)

The Military Coalition is comprised of 32 organizations representing more than 5.5 million members of the uniformed services--active, reserve, retired, survivors, veterans--and their families.

www.themilitarycoalition.org

The Widowed Information and Consultation Service

This service helps widows cope with their special problems. Contact:

909 North J Tacoma, WA 98402 **OR:** 1005 1/2 S.W. 152nd Seattle, WA 98166

<http://www.kcwics.org/>

The Women's Trauma Recovery Program in Menlo Park, California

<http://www.womenvetsptsd.va.gov/>

Tragedy Assistance Program for Survivors (TAPS)

TAPS is dedicated to supporting anyone and everyone who has ever been affected by a service member's death occurring on active duty. TAPS has programs to provide peer support and assistance, and provides, at no cost to the survivor, a national peer support network, grief-counseling referral service, 24hr crisis intervention and case worker assistance. TAPS case-workers are experienced, empathetic liaisons who help family members find solutions to problems. They work with Federal, State, and private agencies to help families find solutions to problems that arise after the death of a service member.

To speak with a TAPS counselor call 1-800-368-TAPS (8277). Taps publishes a quarterly newsletter. For more information you may contact: 1621 Connecticut Avenue NW Suite 300 Washington, DC 20009 800-959-TAPS

<http://www.taps.org>

Transition Assistance Program -- new website name:

This website is sponsored by the DoD Office of Military Community & Family Policy. It represents the commitment of the Department of Defense, Department of Labor, Department of Veterans Affairs, Department of Education and other partner organizations to lifetime support for transitioning military service members. This site is the starting place for those who are within 12 months of separating from military service or 24 months prior to retirement.

<http://www.taonline.com/TAPOffice/>

TRICARE

<http://www.tricare.mil/>

Uniformed Services Family Health Plan (USFHP)

www.usfhp.com

US Air Force Personnel Center

<http://www.afpc.af.mil/>

United States Army Public Health Command (formerly CHPPM)

Provides health promotion and preventive medicine leadership and services to counter environmental, occupational, and disease threats.

<http://phc.amedd.army.mil/Pages/default.aspx>

U.S. Army Wounded Warrior (AW2) Program (Formerly the Army Disabled Soldiers Support System (DS3)):

Through the U.S. Army Wounded Warrior Program (AW2), the Army provides its most severely disabled Soldiers and their families with a holistic system of advocacy and follow-up with personal support and liaison to resources, to assist them in their transition from military service to civilian life.

The AW2 toll free number is: **1-877-393-9113**. <http://www.wtc.army.mil/>

US Court of Appeals for Veterans Claims

<http://www.uscourts.cavc.gov/>

United States Department of Defense Sexual Assault, Prevention and Response Office: Hotline Numbers
Within the United States: 800-342-9647 Overseas: 00-800-3429-6477 Overseas Collect: 1-484-530-5908
www.sapr.mil

US Dept. of Labor
<http://www.dol.gov>

US House Committee on Veterans' Affairs
<http://www.veterans.house.gov>

US Marine Corps
HQMC M&RA (MRO)
3280 Russell Road
Quantico, VA 22134-5009
703-784-9546

US Navy Family Advocacy Program
Navy Personnel Command P661
Department of the Navy
5720 Integrity Drive
Millington, TN 38055-6610
901-874-4355
http://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/family_advocacy.html

USA Jobs
Website for finding employment with the Federal Government.
<https://www.usajobs.gov/>

USA4MilitaryFamilies
The USA4 Military Families initiative seeks to engage and educate state policymakers, not-for-profit associations, concerned business interests, and other state leaders about the needs of Military members and their families, particularly as those needs intersect with state public policy. Through state/military partnerships, DoD seeks to develop relationships with states, work with them to remove unnecessary barriers, and significantly improve the quality of life for military families. Top 10 Issues being addressed are: Care of the Guard and Reserve, Assistance to Severely Injured Servicemembers, In-State Tuition, Military Children during School Transition and Deployments, Spouse Employment, Unemployment Compensation, Predatory Lending, Voting, Foreign Language Requirements, and Accessible Support for Military Families.
<http://www.usa4militaryfamilies.dod.mil/>

VA Health Care Info (for you only) "MyHealthVet" website
www.myhealth.va.gov

V.A. Home Loans
<http://www.benefits.va.gov/homeloans/>

Veterans Affairs

<http://www.va.gov/>

Veteran Center Readjustment Counseling and Bereavement Counseling:

<http://www.vetcenter.va.gov/>

Veterans and Families

www.veteransandfamilies.org

Veterans of Foreign Wars (VFW)

The Veterans of Foreign Wars enhance the lives of millions through its legislative advocacy program that speaks out on Capitol Hill in support of service members, veterans and their families, and through community service programs and special projects. From assisting service members in procuring entitlements, providing free phone cards to the nation's active-duty military personnel, to supporting numerous community-based projects, the VFW is committed to honoring our fallen comrades by helping the living.

Contact the VFW at 1-800-VFW-1899 or 1-816-756-3390

www.vfw.org

Veterans Service Organizations List

Lists Organizations Chartered by Congress and/or Recognized by VA for Claim Representation

<http://www.va.gov/vso/>

Veteran-to-Veteran Peer Counseling

1-877-VET2VET

<http://www.veteranscall.us/>

Veterans of the Vietnam War

1-800-843-8626

Veterans' Widows International Network, Inc.

This organization formed to help with support for Veterans and retiree widows across the country. Contact: 3657 E. South Laredo St Aurora, CO 80013 **Phone:** 303-693-4745

<http://www.vetsurvivors.com/>

Vietnam Veterans of America (VVA)

Founded in 1978, Vietnam Veterans of America, Inc. is the only national Vietnam veterans organization congressionally chartered (May 23, 1986) and exclusively dedicated to Vietnam-era veterans and their families – 45,000 members. "Never again shall one generation of veterans abandon another," is VVA's Founding Principle. Contact VVA at 1-800-882-1316, (301) 585-4000, or by fax **at** (301)585-0519.

www.vva.org

Veteran Aid

The Veterans Administration offers Aid and Attendance as part of an "Improved Pension" Benefit that is largely unknown. This Improved Pension allows for Veterans and surviving spouses who require the regular attendance of another person to assist in eating, bathing, dressing, undressing, medication dosing, or taking care of the needs of nature to receive additional monetary benefits. It also includes individuals who are blind or a patient in a nursing home because of mental or physical incapacity. Assisted care in an Assisted Living facility also qualifies.

<http://www.veteranaid.org/>

War-Zone-Related Stress Reactions: What Veterans Need to Know

An explanation of the reactions veterans may have to traumatic war experiences. An explanation of the reactions veterans may have to traumatic war experiences.

<http://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=2&ved=0CCkQFjAB&url=http%3A%2F%2Fwww.ptsd.ne.gov%2Fpdfs%2Fwarzone-related-stress-reactions.pdf&ei=4Re4VLz9GIm4ggT0voLgAg&usg=AFQjCNFE0ArTGNOPkONUPdBpMc6Xyelxhw&sig=2=-08FA8jbep6QzuV-REbVIA&bvm=bv.83829542,d.eXY>

Women Organizing Women

www.vetwow.com

Wounded Warrior Project

“Helping Those That Have Paid a Price”

An injured Soldier, Airman, Seaman, or Marine should be offered access to the same services as the Soldier, Airman, Seaman, or Marine recuperating in the bed next to them in a military hospital. This agency continues to ask that the role of the DoD and the VA be clearly explained and delineated and joint efforts between all the Services and the VA, in support of the service member and family, continue to be the priority.

<http://www.woundedwarriorproject.org/>

II. Links to Military, Religious, and Other Agencies

Arlington National Cemetery: <http://www.arlingtoncemetery.org>

Army Center for Substance Abuse

Anti-drug awareness and Army Substance Abuse Program (ASAP) information

<http://www.acsap.army.mil>

Army Civilian Personnel Online: <http://www.cpol.army.mil/>

Battle Mind Training: <http://fhp.osd.mil/pdhrainfo/battlemind.jsp>

Compassionate listening service (FREE) for military family members living without a loved one (Stephen's Touch)

The Stephen Ministries is a non-denominational ministry that provides a one-on-one confidential listening ministry. Since starting in 1975, more than 9,000 congregations from over 100 denominations are involved

in Stephen Ministry. These congregations come from all 50 states in the U.S.A, 9 Canadian provinces and 21 other countries. Stephen Ministers care for people who are suffering some difficulty or trauma in their lives. Stephen Ministers don't give advice and they don't proselytize. If the person receiving care wishes, the Stephen Minister may say a prayer during the session for them but that is totally optional. The caring listening is being offered to spouses, parents, adult children and siblings of those who died or those who are dealing with separation due to military service. Please pass this information along to others who would benefit from the caring listener. www.stephenstouch.org

Corporate Gray: <http://www.corporategray.com>

Inquiries about medals and decorations: <http://www.usmilitarystuff.com/army-stuff/medals-and-ribbons/>

Miscellaneous programs designed to help vets: <http://www.military.com/resources/>

The Army Reserve Family Programs Locator (for command and Army Reserve Region POCs) can be found at: <http://www.arfp.org/>

The NGB-Family Program Office has established an array of POC information for each of the 54 states and territories. <https://www.jointservicesupport.org/fp/>

The Society of Military Widows (SMW)

SMW was founded in 1968 by Theresa (Tess) Alexander to serve the interests of women whose husbands died while on active military duty, of a service-connected illness, or during disability or regular retirement from the armed forces. SMW is a nonprofit organization chartered in the State of California under section 501 (c) (4) of the Internal Revenue Service Code.

<http://www.militarywidows.org/>

The Widowed Information and Consultation Service

This service helps widows cope with their special problems. Contact:
909 North J Tacoma, WA 98402 **OR** 1005 1/2 S.W. 152nd Seattle, WA 98166
<http://www.kcwics.org/>

Treats for troops: (packages to your soldier for foster-a-soldier): <http://treatsforthetroops.us/>

USO Cares: (sponsor care pkg. by USO for \$25.00 donation):
<https://www.uso.org/OUCP-donation-page-with-partner.aspx?LangType=1033>

Vets Benefits on-line: <http://www.vabenefits.vba.va.gov>

Women Organizing Women: www.vetwow.com

III. Links to Unofficial Sites and Other Helpful Organizations and Programs

Accessibility & Disability Information & Resources in Psychology Training & Practice:
<http://kpope.com/>

Adopt a Platoon-(so no soldier leaves mail call empty handed): <http://adoptaplatoon.org/site/>

Advocacy & Intelligence Index for POW: / <http://www.leatherneck.com/forums/showthread.php?t=2891>

American Red Cross

Today's American Red Cross is keeping pace with the changing military. Using the latest in computer and telecommunications technology, the Red Cross sends communications on behalf of family members who are facing emergencies or other important events to members of the U.S. Armed Forces serving all over the world. These communications are delivered around-the-clock, 7 days a week, 365 days a year.

Red Cross services for members of the Reserves and National Guard include:

- Emergency communication
- Access to emergency financial assistance
- Counseling
- Veterans services
- Information and referral provided by Armed Forces Emergency Services.

<http://www.redcross.org/>

American Veterans With Brain Injuries (<http://www.cominghomeproject.net>) The Coming Home Project is a nonprofit organization devoted to providing care and support to Iraq and Afghanistan veterans and their families with emotional, spiritual, and relationship problems before, during, and after deployment.

Any soldier-(sending care packages to Iraq): http://www.ehow.com/how_5079224_ship-care-packages-iraq.html

Any Soldier- If you would like to correspond with someone in the military who is deployed overseas, go to: www.eMail.ourmilitary.com

Armed Forces Crossroads (<http://www.afcrossroads.com>): Armed Forces Crossroads provides information to military members and their families on topics such as parenting, relocation, education, employment, finances, deployment, and post-deployment. It also includes a forum for airmen to give advice and receive advice from other military members.

Asian & Pacific Islander Institute on Domestic Violence

450 Sutter Street, Suite 600

San Francisco, CA 94108

415-954-9988

Email: apidvinst@apiahf.org

<http://www.apiidv.org/>

Battered Women's Justice Project: 800-903-0111, ext. 1

2104 4th Ave. So., Suite B

Minneapolis, MN 55404

www.bwjp.org

Books For Soldiers –(& DVD’s): <http://www.booksforsoldiers.com>

Burial benefits contact: <http://www.cemeterydepot.com/Burial-Benefits-for-Veterans-information.php>

Cadre (National Center on Dispute Resolution)

Cadre encourages the use of mediation and other collaborative strategies to resolve disagreements about special education and early intervention programs. Cadre offers a spectrum of services including promoting ways to prevent conflict and help with early dispute assistance, education about conflict resolution options, mediation, resolution sessions, and due process hearings. To contact Cadre, call 1-541-686-5060 (voice), or 1-541-284-4740 (TTY) or send a fax to 1-541-686-5063.

Or go to: www.directionservice.org

Caring for the Clinicians Who Care for Traumatically Injured Patients: clinician guide chapter 8

<http://www.ptsd.va.gov/professional/materials/manuals/iraq-war-clinician-guide.asp>

Cell Phones for Soldiers-(recycled for cash to buy calling cards): <http://www.cellphonesforsoldiers.com/>

Center for the Prevention of Sexual and Domestic Violence

2400 North 45th St., Suite 10

Seattle, WA 98103

206-634-1903

<http://www.ncdsv.org/>

Child abuse can happen anywhere, anytime, in every socio-economic group.

<http://www.childhelp.org/pages/hotline-home>

How to Report Suspected Child Abuse

Fact: Children being abused cry in silence for someone to come and help them. If you suspect child abuse or neglect, it should be reported to local law enforcement, social service agency, or child protective services. The following is a toll-free hot-line recommended by the U.S. Department of Health and Human Services Administration that may also prove useful to you.

Child Abuse Hotline (1-800-422-4453)

24 HOURS A DAY

To locate and track registered offenders in your neighborhood. Stay aware of dangers that surround your home and your loved ones. Go to: <http://www.familywatchdog.us/>

Comfort Zone Camp Lynne B. Hughes founded Comfort Zone Camp to help children who have experienced the death of a loved one. The weekend camps are for children ages 7 to 17. The camp is free and travel scholarships may be provided. www.comfortzonecamp.org

Coming Home Project (<http://www.cominghomeproject.net/>): The Coming Home Project is a nonprofit organization devoted to providing care and support to Iraq and Afghanistan veterans and their families. The organization assists military members and their families with emotional, spiritual, and relationship problems before, during, and after deployment.

Defense of Battered Women Issues

800-903-0111 Ext. 3

Domestic Violence/Criminal Justice & Military Issues

800-903-0111 Ext.1

Fallen Patriot Fund (<http://www.fallenpatriotfund.org>): The Fallen Patriot Fund helps families of U.S. military personnel who were killed or seriously injured during Operation Iraqi Freedom. Support to the families is primarily financial in nature.

Family Guide Building Blocks For a Healthy Future- available from: <http://www.bblocks.samhsa.gov/store/>

Family Services and Individual Service Member Support. These organizations provide a wide variety of services to service members and their families, including individual and marital therapy financial counseling, and many other support services:

All Armed Forces Family Support (<http://www.afcrossroads.com>)

Marine Corps Community Services (<http://www.usmc-mccs.org/>)

National Guard Bureau State Family Programs (<https://www.jointservicesupport.org/fp/>)

Navy Fleet and Family Support:

http://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program.html

Fisher House (<http://www.fisherhouse.org>): Fisher House provides lodging and support to military family members so that families can be close to their loved ones during times of hospitalization.

Food Stamps and FSSA

The Food Stamp Program (www.fns.usda.gov) enables low-income families to buy nutritious food with Electronic Benefits Transfer (EBT) cards. Food stamp recipients spend their benefits to buy eligible food in authorized retail food stores, including the commissary. To pre-qualify online, go to the website and click on —Pre Screening Tool. For more information, go to: <http://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

Give an Hour: Give an Hour Project asks mental health providers to donate one hour per week for a year to assist service members or family members who need these services. www.giveanhour.org

Gold Star Family Support: (<http://www.goldstarfamilies.com/>) Gold Star Family provides programs and support to address the needs of families who have lost a service member.

Gold Star Mothers of America: www.goldstarmoms.com/

Gold Star Wives of America

Gold Star Wives of America, Inc. This military survivor's organization has been serving war widows, widowers, and veterans with service-connected disabilities since 1945. Gold Star Wives of America is a non-profit organization dedicated to the needs (except monetary), concerns and welfare for widows of deceased service members. The organization is located in all 50 states and works in government, industry, commercial

enterprises, in homes, and in schools throughout the country. Members of Gold Star Wives of America also volunteer their services in the community and in military and veterans hospitals.

Gold Stars Wives of America, Inc. 2900 P Street, SE Washington, DC 20020-3625 Phone: (202) 584-3503
<http://goldstarwives.org>

Groceries for Families (Gift certificates to commissary):

<http://www.svmcards.net/commissaries/ShowDetails.cfm?ProdID=284>

Health Resource Center on Domestic Violence FVPF

383 Rhode Island St., Suite 304

San Francisco, CA 94103-5133

800-313-1310

<http://www.futureswithoutviolence.org/health/>

Homes for Our Troops (assists injured vets adapt homes):

<http://www.homesforourtroops.org/site/News2?page=NewsArticle&id=6317>

How to access Red Cross services:

Members of the National Guard and Reserves and their families should contact their local Red Cross chapter, Active duty service members on overseas military installations may access Red Cross reporting and communication assistance by contacting base/installation operators for the listing of the on-base Red Cross office or information on how to access Red Cross assistance if there is not a representative on the local installation.

The American Red Cross assists family members of deceased Sailors in applying for federal and state benefits. They provide information on other resources, counseling relative to problems arising from the death and planning to meet financial needs. Local chapters of the American Red Cross serve every community in the United States. <http://www.redcross.org/>

In Memory Memorial Plaque Project:

<http://www.vietnamproject.ttu.edu/inmemory/vietwarmem/plaque2.htm>

Intrepid Fallen Heroes Fund (assists injured vets adapt homes):

<http://www.fallenheroesfund.org/>

Lutheran Military Veterans and Families Ministries, Inc. (LMVFM)

The LMVFM provides veterans and their family members with short term counseling, support programs and assistance in locating the appropriate care resources. We provide congregations, care providers, service agencies, and groups with inexpensive, up to date quality training programs. These programs are designed to focus on the unique needs of veterans and their families, and thoroughly examine underlying issues that are created by military service. We serve as an educational resource, providing information sheets covering a wide range of military care information. Additionally the LMVFM assists veterans and caregivers in locating services and resources, and contact information for veterans and their family members in their area.

As a Christian ministry, the LMVFM draws its strength from God, and follows His example of mercy and forgiveness in the application of human care. All veterans and their family members, regardless of their faith

identification are welcomed by the LMVFM, and eligible to receive services. Care and services are provided to veterans and their family members without cost. For more information please contact us at:

260-755-2237

260-755-2239

www.lmvfm.org

Marine for Life: <http://www.marineforlife.org>

Medicare: www.medicare.gov

Military Child Education Coalition (MCEC)

The Military Child Education Coalition is a 501© (3) non-profit, world-wide organization that identifies the challenges that face the highly mobile military child, increases awareness of these challenges in military and educational communities and initiates and implements programs to meet the challenges. MCEC's goal is to level the educational playing field for military children wherever they are located around the world and to serve as a model for all highly mobile children.

<http://www.militarychild.org/>

Military Children and Youth: <http://www.operationmilitarykids.org/public/home.aspx>

Military Funeral Honors Program: <https://www.dmdc.osd.mil/mfh/>

Military Moms: (Support to Moms with children in the military)

<http://www.facebook.com/pages/Military-Moms/98763655757>

Military Money

In Charge Education Foundation developed **Military Money** to provide an authoritative financial resource for military families and help ensure the fighting readiness of America's armed forces by enhancing their financial readiness to make informed decisions in their everyday lives. The magazine and its companion website, explore such personal finance issues as money management, home and family life for military families, education and career advice, deployment and relocation, and transitioning to the civilian world.

www.militarymoney.com

Military Parents: We Regret to Inform You

This upcoming and critically needed survival guide will help Gold Star mothers and fathers who bear the burden of living the ultimate sacrifice made by their sons and daughters.

<http://military-parents.com/>

Military Sentinel

Military Sentinel is a project of the Federal Trade Commission and the Department of Defense to identify and target consumer protection issues that affect members of the Armed Forces.

<http://www.military.ncpw.gov/file-complaint>

Military Special Needs Networks: <http://www.militaryspecialneedsnetwork.com/> and/or

Military Spouses' Career Network: <http://www.msccn.org/>

Military Spouse Help: <http://supportmilitaryspouses.org/>

Military Youth on the Move:

<http://apps.militaryonesource.mil/pls/psgprod/f?p=123:HOME2:0::NO::>

Mustard Seed Furniture Bank

Their mission is to help rebuild the lives of families and individuals who have suffered disaster, personal tragedy or adverse circumstances by providing household furniture. Beds4Kids. Mon- Fri (10am-4pm.)
3636 Illinois Rd.

Ft. Wayne, IN 46804

<http://www.mustardseedfortwayne.com/>

National Center on Domestic and Sexual Violence

7800 Shoal Creek Blvd., Suite 120-N

Austin, TX 78757

512-407-9020

www.ncdsv.org

National Clearinghouse on Abuse in Later Life

WCADV

307 South Paterson St., Suite 1

Madison, WI 53703-3041

608-255-0539

<http://ncall.us/>

National Clearinghouse for the Defense of Battered Women

125 South 9th St., Suite 302

Philadelphia, PA 19107

215-351-0010

<http://www.ncdbw.org/>

National Clearinghouse on Marital and Date Rape

2325 Oak Street

Berkeley, CA 94708 510-524-1582

<http://www.ncmdr.org/>

National Coalition Against Domestic Violence

PO Box 18749

Denver, CO 80218

www.ncadv.org

National Coalition for Homeless Vets 1-800-VET-HELP

<http://www.nchv.org/>

National Conference of Viet Nam Veteran Ministers This unique organization is made up of an ecumenical group of clergy who served in Vietnam as chaplains during the war or were ordained after. There are currently 64 members. Its purpose is to act as a resource to aid in the understanding and treatment of post-traumatic stress disorder.

P.O. Box 2965 Attleboro, MA 02703-0963 508.222.7313 T vetlady40@aol.com

<http://www.vietnamveteranministers.org/>

National Domestic Violence Hotline

1-800-799-7233

1-800-787-3244 (TTY)

National Military Family Association (NMFA)

1-800-260-0218

www.nmfa.org

National Resource Center on Domestic Violence PCADV

6400 Flank Drive, Suite 1300

Harrisburg, PA 17112

800-537-2238 www.nrcdv.org

National Sexual Assault Hotline: 800-656-HOPE

Northwest Indiana New Hope Outreach Abuse Prevention & Child Safety

Abuse Awareness and Prevention For parents/care-givers: One-hour workshop and written information. For organizations: Two-hour workshop and information packet. Child-Safety Workshops: For children: Discreet, comprehensive workshops for pre-school through 8th grade. Topics covered in these workshops include general safety tips to keep kids safe, safe strangers, Internet safety, bullying, good touch/bad touch and much more. We provide Toxic Relationship video workshops for 9th-12th grade. For parents/care-givers: General safety tips, Internet safety, bullying, latch-key children, child safety in youth sports, being street-wise and safe and much more.

New Hope Outreach

PO Box 732

Griffith, IN 46319

Operation Air Conditioner: (Air Conditioners & heaters to those in Iraq and Afghanistan)

<http://www.operationac.com/>

Operation Hero Miles: (donate your used frequent flier miles to soldiers & families on emergency leave): <http://www.militaryhub.com/article.cfm?id=214>

Operation Interdependence: (care packages to deployed soldiers)

<http://www.oidelivers.org/>

Operation Military Kids: www.operationmilitarykids.org

Operation Military Pride: (sends cards, letters, & care packages to troops)

<http://www.operationmilitarypride.org/>

Operation Uplink: (phone cards to troops to call home): <http://www.vfw.org/Assistance/National-Military-Services/>

Operation Welcome Home: (to greet our loved ones when they return):

<http://www.operationwelcomehome.org/>

Presidential Memorial Certificate

This is a parchment certificate with a calligraphic inscription expressing the nation's grateful recognition of an honorably discharged, deceased veteran's service in the Armed Forces. The veteran's name is inscribed and the certificate bears the signature of the President.

To obtain this certificate The family may request a Presidential Memorial Certificate (PMC) either in person at any VA regional office or by U.S. mail. Requests cannot be sent via email. There is no form to fill out when requesting the certificate. Please send your PMC request in one of the following manners: 1. Fax your request and all supporting documents (copy of discharge and death certificate) to: (202) 565-8054, 2. Mail your request and all supporting documents using either the U.S. Postal Service or a commercial mail service, such as one of the overnight or express mail delivery services, to the: **National Cemetery Administration (403A) Department of Veterans Affairs** 810 Vermont Avenue, NW Washington, DC 20420-0001 or <http://www.cem.va.gov/cems/listcem.asp>

PTSD Links: http://www.ptsdsupport.net/ptsd_links.html

Reserve Affairs: <http://www.defenselink.mil/ra/>

Resources for People working with Military Personnel and Their Families:

<http://kspope.com/torvic/war.php>

Resource Center on Domestic Violence: Child Protection and Custody Family Violence Department.

NCJFCJ

PO Box 8970

Reno, NV 89507

800-527-3223

<http://www.ncjfcj.org/>

Retirement Services: <http://soldierforlife.army.mil/retirement/>

Returning from the War Zone a Guide for Families of Military Members: (National Center for PTSD)

National Center PTSD Various support articles for veterans and their family members in re., PTS and other common military related challenges and issues.

<http://www.ptsd.va.gov/index.asp>

Save your ink cartridges & cell phones, cash sent to troops:

<http://www.veteransadvantage.com/cms/giving-back/recycle>

Soaring to Glory The U.S.A.F. Memorial Foundation: www.airforcememorial.org

Social Security Administration: www.ssa.gov/

Social Security Survivor Benefits: <http://www.ssa.gov/pubs/10084.html>

Soldiers' Angels: (adopt a service member): <http://www.soldiersangels.org/>

Sons and Daughters in Touch: <http://www.sdit.org/>

Special Needs Network:

<http://militaryspecialneedsnetwork.com/>

Spouse Buzz by Military.com Spouse Buzz is the largest online magazine and web-based community for military wives, girlfriends and women in uniform. <http://spousebuzz.com/>

STOMP (Specialized Training of Military Parents)

STOMP is a federally funded Parent Training and Information (PTI) Center established to *assist military* families who have children with special education or health needs. The staff of the STOMP Project are parents of children who have disabilities and have experience in raising their children in military communities and traveling with their spouses to different locations **STOMP** serves families in four main ways:

By providing information and training about Laws, regulations and resources for military families of children with disabilities

By connecting families to other families

By assisting parents and professionals in developing their own community parent education/support group

By providing a voice to raise awareness of issues faced by military families of children with disabilities.

www.stompproject.org

Strong Bonds

Strong Bonds is a unit-based, chaplain-led program that helps Soldiers and their Families build strong relationships. It includes four sub-programs: Single soldier program (Helps warriors choose wisely and build life-long, Couple program, Family program, and Couples preparing for or returning from deployment.)

www.strongbonds.org

Substance Abuse and Mental Health Services Administration Center for Substance Abuse Prevention

<http://www.samhsa.gov/>

Suicide Hotlines:

VA Suicide Prevention - Are You a Veteran in Crisis?

800-273-TALK (8255), Veterans then Press 1 1-888-649-1366 1-800-SUICIDE 1-800-784-2433

Suicide Help Online:

<http://www.mentalhealth.va.gov/>

Taxes: <http://www.irs.gov/>

The Moving Wall-Vietnam Combat Veterans Ltd: <http://www.themovingwall.org>

The Tragedy Assistance Program for Survivors:

<http://www.taps.org/>

The Veterans Coalition (to support our troops: <http://www.theveteranscoalition.org/>

The Virtual Wall: www.virtualwall.org

United Concordia Companies, Incorporated: <http://www.ucci.com>

United Spinal Association: <http://www.unitedspinal.org/pages.php?catid=205>

U.S. VETS

U.S. VETS is dedicated to helping homeless veterans. More than 250,000 veterans will sleep on the streets of our nation tonight. Our vision is that one day there will no longer be homeless veterans in America. Call U.S. VETS at **(202) 546-6994**, or fax at **(202) 546-6748**. <http://www.usvetsinc.org/>

Veterans and Families (Purple Star Veterans and Families)

Veterans and Families Coming Home is a national non-profit community service and support organization, founded and directed by veterans, parents, grandparents, family members, employers, mental health professionals, academics and community leaders.

<http://www.veteransandfamilies.org/>

VietVets

Provides practical information (e.g., on veterans' benefits), <http://www.vietvet.org/>

Were you (a veteran) deployed in hostile areas and now have unexplained deployment related illness?

Call (800) 248-8005 or for more information visit <http://www.warrelatedillness.va.gov/>

Women Organizing Women: www.vetwow.com

Zero to Three

ZERO TO THREE'S mission is to support the healthy development and well-being of infants, toddlers and their families. A national nonprofit multi-disciplinary organization that advances our mission by informing, educating and supporting adults who influence the lives of infants and toddlers.

<http://www.zerotothree.org/>

IV. Articles

A Survivor's Guide to Benefits: Taking Care of Our Own This DoD guide provides an extensive list of resources, including information on survivor benefits, veteran's affairs, and healthcare as well as information about private organizations that support military survivors.

http://www.myarmyonesource.com/cmsresources/Army%20OneSource/Media/PDFs/Family%20Programs%20and%20Services/Surviving%20Families/Survivors_Guide.pdf

Adjustments Among Adolescents in Military Families When a Parent Is Deployed

Final Report June 30, 2005 (Military Family Research Institute Purdue University)

<http://www.cfs.purdue.edu/mfri/public/publications/reports.aspx>

The American Psychiatric Association A Vision for the Mental Health System April 3, 2003

http://www.michigan.gov/documents/visionreport040303_1_83176_7.pdf

The Effect of Combat-Related Posttraumatic Stress Disorder on the Family

<http://www.ncbi.nlm.nih.gov/pubmed/3064117>

The Emotional Cycle of Deployment: A Military Family Perspective

<http://cdm15290.contentdm.oclc.org/cdm/ref/collection/p15290coll3/id/898>

Hidden Toll of the War in Iraq Mental Health and the Military September, 2004:

<https://www.americanprogress.org/issues/military/news/2004/09/14/1086/hidden-toll-of-the-war-in-iraq/>

The Impact of Deployment on the Military Family:

http://www.rand.org/pubs/working_papers/2008/RAND_WR566.pdf

Iraq War Clinician Guide, 2nd Edition: (online)

<http://www.globalsecurity.org/military/library/report/2004/040600-iraq.htm>

Impact of the Threat of War on Children in Military Families:

<http://www.ncbi.nlm.nih.gov/pubmed/12226593>

Interpreting Symptoms in Military Personnel after Combat. Abstract (START)

<http://www.ncbi.nlm.nih.gov/pubmed/16731251>

Mental Health Advisor Team (MHAT) V:

<http://www.armymedicine.army.mil/news/releases/20080306mhatv.cfm>

Multiple Transitions of Deployment and Reunion for Military Families Purdue University June 22, 2006

<http://www.cfs.purdue.edu/mfri/>

The President's New Freedom Commission Report:

<http://govinfo.library.unt.edu/mentalhealthcommission/index.htm>

Resource Guide: Veterans of Operation Iraqi Freedom and Enduring Freedom:

<http://www.northerncalifornia.va.gov/freedom.asp>

The Returning Veteran of the Iraq War: Background Issues & Assessment Guidelines:

http://www.ptsd.va.gov/professional/manuals/manual-pdf/iwccg/iraq_clinician_guide_ch_3.pdf

School Mental Health Services in the United States 2002-2003

<http://store.samhsa.gov/pages/searchResult/school+mental+health+services+in+the+united+states>

Working with the Bereaved: U.S. Army Experiences with Nontraditional Families. Read Abstract

<http://www.tandfonline.com/doi/abs/10.1080/07481189608252762>

V. Books

A Bloody Business: America's War Zone Contractors and the Occupation of Iraq. by Colonel Gerald Schumacher. (Zenith Press, 2006).

A Few Good Women: America's Military Women From WWI to the Wars in Iraq and Afghanistan

Evelyn M. Monahan, Rosemary Neidel-Greenlee (Alfred A. Knopf New York, 2010)

A Families Guide to the Military: For Dummies. by Sheryl Garrett and Sue Hoppin. (Wiley Press, 2009)

A War of Nerves: Soldiers and Psychiatrists in the Twentieth Century. Ben Shephard (Harvard University Press, 2001)

Achilles in Vietnam: Combat Trauma and the Undoing of Character. Jonathan Shay, M.D., PH. D.

Acts of War: The Behavior of Men in Battle, by Richard Holmes (Free Press 1985)

After the War Zone: A Practical Guide for returning Troops and Their Families. by Laurie B. Slone, Matthew J. Friedman. (Da Capo Lifelong, 2008)

Afterward: Healing the Moral Wounds of Our Soldiers Nancy Sherman (Oxford University Press, 2015)
American society has not seen the large scale reintegration of troops back into society since the Vietnam war. Afterwar explores the moral and philosophical complexities of homecomings for modern day soldiers. **Sherman writes about the serious injuries of the soul. These injuries of the soul are created when the core moral beliefs of a person are severely challenged.**

An Intimate History of Killing: Face to Face Killing in 20th Century Warfare. Joanna Bourke (Basic Books, 1999)

Animals In War: Valiant Horses, Courageous Dogs, and Other Unsung Animal Heroes, by Jilly Cooper (The Globe Pequot Press, 2002) From ancient times right up to today, all sorts of brave animals have been drawn into the service of the armed forces. Some have been skilled specialists, such as carrier pigeons and mine-sniffing dogs. Others have time and again shown their incredible resilience as beasts of burden, such as

horses, donkeys, and mules. And still others, from cats to elephants, have played their parts as well. "This is not a pretty story," Jilly Cooper admits, and yet her pages are filled with sweet and comic stories too, since front-line pets and mascots have bought humor and true affection to even the most desperate military situations.

Army Wives. by Tonya Biank. The unwritten code of military marriage. (St Martin's Press, 2007)

Band of Sisters: American Women at War in Iraq. by Kirsten Holmstedt. (Stackpole Books, 2007).

Back From the Front: Combat Trauma, Love, and the Family Aphrodite Matsakis, PH.D. (Sidran Institute Press, 2007)

Beyond the Yellow Ribbon by David A. Thompson and Darlene Wetterstrom. (Abingdon Press 2009).
Ministering to returning combat veterans. This book identifies specific needs of veterans and their families and gives creative and practical ways your church can minister to them.

Binding Their Wounds: America's Assault on its Veterans, by Robert J. Topmiller and T. Kerby Neill (Paradigm Publishers, 2011) A reminder that wars don't end when the fighting stops, this book is an impassioned pleas for America to do better by those who bear the scars of war.

Blood Makes the Grass Grow Green: A Year in the Desert with Team America. by Johnny Rico. (Presidio Press (Random House), 2007) Outrageous, hilarious, and absolutely candid, this book is Johnny Rico's firsthand account of fighting the Taliban in Afghanistan, a memoir that also reveals the universal truths about the madness of war.

Boots on the Ground: A Month with the 82nd Airborne in the Battle for Iraq, by Karl Zinsmeister (St Martin's Press, 2003) This is a riveting account of the war in Iraq with the 82nd Airborne as it convoys north from Kuwait to Iraq's Tallil Air Base en route to night-and-day battles within the major cities of Samawah and its bridges across the Euphrates. This is an action filled microcosm of the new kinds of ultramodern war fighting showcased in the overall battle for Iraq.

Broken Bodies, Shattered Minds: A Medical Odyssey From Vietnam to Afghanistan, by Ronald J. Glasser M.D. (History Publishing Company, 2011) The author traces the changing nature of warfare from the jungles of Vietnam to the streets and mountains of Iraq and Afghanistan and the physical and psychological damage of wounds to troops in the U.S. Army and Marine Corps, and what it has come to realize. The large scale concussive cerebral damage, a new phenomenon in military medical treatment requiring lifetime care of the wounded is examined, and the escalating hidden costs of lifetime care put into perspective.

Chicken Soup for the Military Wife's Soul, by Jack Canfield, Mark Hansen, Charles Preston, and Cindy Pederson. (Health Communications, 2005).

[Clinician's Guide to Treating]Stress After War: Education and Coping Interventions for Veterans
Julia M. Whealin, Lorie T. DeCarvalho, Edward M. Vega (Wiley, 2008) *See also* Strategies for Managing Stress After War.

The Code of the Warrior: Exploring Warrior Values Past and Present. Shannon E. French (Rowman & Littlefield, 2003)

Combat Corpsman. By Greg McPartlin. (Penguin, 2005)

Combat Stress. by U.S. Marine Corps. (University Press of the Pacific, 2004).

Combat Stress Reaction: The Enduring Toll of War. by Zahava Solomon. (Plenum Press, NY 1993)

Combat Trauma: A Personal Look at Long Term Consequences, by James D. Johnson (Rowman & Littlefield Publishers, 2010) Here, Johnson relates the stories of fifteen of his combat brothers to share with the world what their terror of four decades ago has done to them and how it affects them to this day. With candor and vivid detail, they reveal how their combat trauma symptoms still infect their thoughts, feelings, and behaviors on a daily basis. Those returning from battle today and their family and friends will find here a road map of what to expect from those suffering from PTS as a result of combat.

Counseling Military Families: What Mental Health Professionals Need to Know. Lynn K. Hall (Routledge, 2008)

Courage After Fire, by Keith Armstrong, Suzanne Best and Paula Domenici. Offers coping strategies for returning troops and their families, including reconnecting with loved ones. (Ulysses, 2006)

Courage After Fire for Parents of Service Members, by Paula Domenici, PhD; Suzanne Best, PhD; and Keith Armstrong, LCSW Strategies for coping when your son or daughter returns from deployment.

The Day After He Left For Iraq, by Melissa Seligman (Skyhorse Publishing, 2008)

Deployment Journal for Parents Rachel Robertson, Copyright @ 2008 A personal journal for parents who have an adult child deployed with the military.

Down Range to Iraq and Back, by Bridget C. Cantrell and Chuck Dean. Discusses why many veterans suffer from flashbacks, depression and other effects of post-traumatic stress disorder. (Word Smith Publishing, 2005)

Exit Wounds: A Survival Guide to Pain Management for Returning Veterans and Their Families, by Derek McGinnis with Stephen R. Braun (American Pain Foundation, 2009)

Written by a wounded Iraq war veteran, in collaboration with pain management experts at the American Pain Foundation, Exit Wounds and its companion website offer veterans and their families need-to-know information about acute and chronic pain syndromes afflicting veterans; risks of co-morbidity of physical and psychological pain; importance of treating acute pain quickly; treatment options, strategies for self-advocating for optimal pain care; and medical resources.

Faith Deployed: Daily Encouragement for Military Wives, by Jocelyn Green (Moody Publishing, 2009)

Fields of Combat: Understanding PTSD Among Veterans of Iraq and Afghanistan, by Erin P. Finley (ILR Press, 2011) Both heartbreaking and hopeful, this book tells the story of how American veterans and their families navigate the return home. Following a group of veterans and sharing their personal stories of war, trauma, and recovery, Finley illustrates the devastating impact PTSD can have on veterans, their loved ones, and their communities.

The Fighting 69th: One Remarkable National Guard Unit's Journey from Ground Zero to Baghdad By Sean Michael Flynn (Viking, 2007)

Final Salute: A Story of Unfinished Lives. by Jim Sheeler. (Penguin Press, 2008).

Flashback: Posttraumatic Stress Disorder, Suicide, and the Lessons of War. by Penny Coleman. (Beacon Press, 2006).

Flying For Her Country. by Amy Goodpaster Strebe. The American and Soviet women military pilots of World War II. (Praeger Security International, 2007).

Fobbit by David Abrams. (Black Cat 2012), A humorous novel based on the authors own experience.

Following the Flag: Marriage and the Modern Military, by Betty A. Alt, (Praeger Security International 2006) How the role of the military family has changed.

From Baghdad, With Love, by LTC Jay Kopelman (The Lyons Press, 2006) The dramatic rescue attempt of a dog named Lava and Lava's rescue of at least one Marine, LTC Jay Kopelman, from the emotional ravages of war.

The Girls Come Marching Home. by Kirsten Holmstedt. Stories of women warriors returning from the war in Iraq. (Stockpole Books, 2009).

God in the Foxhole, by Charles W. Sasser (Threshold Editions, 2008) Inspiring true stories of miracles on the battlefield.

Going Overboard: The Misadventures of a Military Wife, by Sarah Smiley (Penguin Group, 2005).

Grace Under Fire: Letters of Faith in Times of War. Andrew Carroll (Doubleday, 2007)

Haunted by Combat by Daryl S. Paulson and Stanley Krippner (Praeger Security International 2007) Understanding PTSD in war veterans including women, reservists, and those coming back from Iraq.

Help! I'm a Military Spouse: I Want a Life Too. by Kathie Hightower and Holly Scherer (Hightower and Scherer, 2005).

Her War Story, Edited by Sayre P. Sheldon (Southern Illinois University Press, 1999) Selections cover WWI, the Spanish Civil War, WWII, Korea, Vietnam, and the Cold War, as well as the periods between wars. The twentieth century has redefined the meaning of combat and expanded the territory of war to include women in larger numbers than ever before. When the technological advances of modern war began to

target civilians, the homefront became the front line. Women took an active part in war whether or not by choice.

Hidden Battles on Unseen Fronts: Stories of American Soldiers with Traumatic Brain Injuries and PTSD

By Patricia Driscoll, Celia Strauss (Casemate, 2009)

Home Fires Burning: Married to the Military for Better or Worse, by Karen Houppert (Random House, 2006).

The Homefront Club: The Hardheaded Woman's Guide to Raising a Military Family, by Jacey Eckhart (Naval Institute Press, 2005).

Homeward Bound: American Families in the Cold War Era. by Elaine Tyler May. (Basic Book, 2003)

Homeward Bound by Richard H. Taylor with Sandra Wright Taylor. (Praeger Security International 2007). The struggles of returning vets from the Revolutionary war to today.

Honor and Betrayal, by Patrick Robinson (Da Capo Press, 2013) The untold story of the Navy Seals who captured the “Butcher of Fallujah” – and the shameful ordeal they later endured.

Honor Betrayed: Sexual Abuse In America’s Military. by Dr. Mic Hunter. (Barricade Books, 2007)

Humanity: A Moral History of the Twentieth Century. by Jonathan Glover. (Yale University Press, 2000)

I Want You to Know Me: Love, your American hero: Vickie L. Mullins, Copyright @ 2007 is a creative way to connect the families to their American Hero.

The Last True Story I’ll Ever Tell: An Accidental Soldier’s Account of the War in Iraq. by John Crawford. (Riverhead Books, 2006)

Lethal Warriors by David Philipps (Macmillan 2010). Uncovering the tragic reality of PTSD.

Living and Surviving in Harm’s Way: A Psychological Treatment Handbook for Pre-and Post- Deployment

The Long Road Home. by Martha Raddatz. (Penguin Group, 2007) ABC News' chief correspondent Martha Raddatz shares remarkable tales of heroism, hope, and heartbreak.

The Lonely Soldier: The Private War of Women Serving in Iraq. By Helen Benedict (Beacon Press 2009) The stories of five women who fought in Iraq between 2003 and 2006.

Love My Rifle More Than You: Young and Female in the U.S. Army. by Kayla Williams. (Weidenfeld & Nicolson, 2006).

Love Our Vets: Restoring Hope for Families of Veterans with PTSD, by Welby O’Brien (Deep River Books, 2012) This book answers more than 60 heartfelt questions, providing wisdom and tips for taking care of yourself. Sharing as a counselor and from her personal experience of living with a 100% disabled veteran with

PTS, O'Brien gives hope, encouragement, and practical help for families and loved ones who are caught in the wake of trauma.

Made Not Borne: Why Some Soldiers are Better Than Others. by Bruce Newsome. (Greenwood Publishing Group, 2007).

Mass Casualties: A Young Medic's True Story of Death, Deception and Dishonor in Iraq. by SPC. Michael Anthony. (Adams Media, 2009).

Married to the Military: A Survival Guide for Military Wives, Girlfriends, and Women in Uniform, by Meredith Leyva (Simon & Schuster, 2003).

Military Brats: Legacies of Children Inside the Fortress, by Mary Edwards Wertsch (Harmony Books, 1991)
A startling exploration of the long-term psychological effects of growing up in warrior society, with an emphasis on resolving the experience successfully. Based on five years of research, this book explores the consequences of being raised in a family characterized by rigid discipline, nomadic rootlessness, dedication to the military mission, and the threat of war and personal loss.

Military Life. Edited by Carl Andrew Castro, Amy B. Adler, and Thomas W. Britt. The psychology of serving in peace and combat. (Praeger Security International, 2006)

Military Personnel. by Sharon Morgillo Freeman, Bret A. Moore and Arthur Freeman. (Routledge Taylor & Francis Group, 2009)

Military Psychology: Clinical and Operational Applications. by Carrie H. Kennedy, Eric a. Zillmer. (Guilford Press, 2006).

Military Veterans PTSD Reference Manual. by I.S. Parrish. (Infinity, 1999)

Military Widow: A Survival Guide. by Joanne M. Steen, and M Regina Asaro. (Naval Institute Press, 2006)

Minefields of the Heart: A Mother's Stories of a Son at War Sue Diaz, Copyright @ 2010

Journalist mother Sue Diaz chronicles the two deployments to Iraq of her son, Sgt. Roman Diaz, from the perspective of the home front.

My Men are My Heroes: The Brad Kasal Story. by Brad Kasal, Nathaniel R. Helms. (Meredith Books, 2007).

The National Guard Reserve: A Reference Handbook. by Michael D. Doubler. (Greenwood Publishing, 2008).

No Atheists in Foxholes, by Chaplain Patrick McLaughlin, CDR, USN (Thomas Nelson, 2008) Prayers and reflections from the front.

No Buddy Left Behind: Bringing U.S. Troops' Dogs and Cats Safely Home from the Combat Zone, by Terri Crisp with Cynthia Hurn (Lyons Press, 2012) How the love of a stray dog or cat rescued in the combat zone helps U.S. troops deal with the trauma of war, and how one woman risks everything to bring these soldiers' buddies home.

No Man's War: Irreverent Confessions of an Infantry Wife, by Angela Ricketts (Counterpoint, 2014) With humor, candor, and a brazen attitude, Ricketts pulls back the curtain on the part of the war machine that stays behind: the subculture of military families who support the troops going off to war.

None of Us Were Like This Before: American Soldiers and Torture, by Joshua E.S. Phillips (Verso, 2010) Sergeant Adam Gray made it home from Iraq only to die in his barracks. For more than three years, reporter Joshua E.S. Phillips – with the support of Adam's mother and several of his Army buddies – investigated Adam's death. What Phillips uncovered was a story of American veterans psychologically scarred by the abuse they had meted out to Iraqi prisoners.

Once A Warrior Always A Warrior: Navigating the Transition from Combat to Home Including Combat Stress, PTSD and mTBI. Charles W. Hoge, MD (Guilford Press, 2010)

On Combat: The Psychology and Physiology of Deadly Conflict in War and in Peace. By Dave Grossman and Loren W. Christensen. (Warrior Science publications, 2008)

One Bullet Away: The Making of a Marine Officer By (CPT) Nathaniel Fick (Houghton Mifflin Co., 2005)

On the Frontline: A Personal Guidebook for the Physical, Emotional, and Spiritual Challenges of Military Life. by Tom Neven. (WaterBrook Press, 2006)

On Killing: The Psychological Cost of Learning to Kill in War and Society. By Lt. Col. Dave Grossman. (Back Bay Books, 2009)

Operation Homecoming: Iraq, Afghanistan, and the Home Front, in the Words of U.S. Troops and Their Families. (University of Chicago Press, 2006, 2008)

Out of the Night: The Spiritual Journey of Vietnam Vets, by William P. Mahedy (Ballantine Books, 1986) This is the story of how many of the vets have made the journey from despair to renewed life and faith – and a powerful reminder that it is a journey we must all share. The nation that for so long, out of embarrassment, fear, or self-righteous revulsion, rejected or tried to ignore the vets is the same nation that sent them to Vietnam – and directed, sanctioned, or accepted everything they did or suffered there.

Paws and Effect by Sharon Sakson (Alyson Books 2007) The healing power of dogs.

Perpetration-Induced Traumatic Stress: The Psychological Consequences of Killing by Rachel M. MacNair (Praeger, 2002)

Plenty of Time When We Get Home: Love and Recovery in the Aftermath of War, by Kayla Williams (W.W. Norton & Company, 2014) An intimate and honest portrayal of marriage after the tragedy of war, this book is a must read for military spouses, caregivers, and anyone hoping to gain an understanding of the challenges faced by soldiers coming home.

Prisoners of War. by Arnold Krammer. (Praeger Security International, an Imprint of Greenwood Publishing, 2008)

The Psychology of War: Comprehending Its Mystique and Madness. by Lawrence LeShan. (Helios Press, 2002).

Returning Wars' Wounded, Injured, and Ill: A Reference Handbook. By Nathan David Ainspan and Walter Penk (Praeger Security International, 2008)

Rule Number Two: Lessons I learned in a Combat Hospital. By Dr. Heidi Squier Kraft. (Little Brown and Company, 2007).

The Second Tour, by Terry P. Rizzuti (Spinetinglers Publishing, 2008)

“What was it like in Vietnam – How in hell do you describe it?” This book tells the story of Vietnam in fragmented, non-sequential visions from the perspective of a low-level marine. He describes how he and his friends survived, how they lived, and how they died – although not necessarily in that order. By also giving readers brief glimpses of his life after Vietnam, he allows them to see the tremendous impact that serving in Vietnam for just thirteen months has had on his life.

Separated By Duty, United in Love: A Guide to Long-Distance Relationships. By Shellie Vandevoorde. (Citadel Press, 2003, 2006, 2010)

Shade it Black by Jess Goodell with John Hearn (Casemate Publishers 2012). An intimate and compelling view of one you Marine's tour of Iraq as well as her experiences beyond.

Sharpening The Warriors Edge: Psychology & Science of Training, by Bruce K. Siddle (Siddle, 1995)

Shook Over Hell: Post Traumatic Stress, Vietnam, and the Civil War By Eric T. Dean, Jr. (Harvard University Press, 1997).

Signature Wound: Rocking TBI, (a Doonesbury Book) by G.B. Trudeau (Andrews McMeel Publishing LLC, 2010) Completes a trilogy of Doonesbury books that examines the impact of combat on American Soldiers in Iraq. In this volume, B.D. comes to the aid of one of his men, SPC Leo Deluca. Missing an eye and suffering from aphasia, SPC Deluca fights to recover from TBI.

Soft Spots: A Marine's Memoir of Combat and Post-Traumatic Stress Disorder. by Clint Van Winkle. (St Martin's Press, 2009).

The Soldier's War: The great War Through Veterans' Eyes. By Richard Van Emden (Bloomsbury, 2008)

Soldier From the War Returning, by Thomas Childers (First Mariner Books, 2009)

The Greatest Generation fought heroically and then, we're told, returned to America happy, healthy, and well-adjusted. Historian Thomas Childers shatters that myth. Interweaving the intimate stories of three families – including his own – he paints an entirely new picture of the war's aftermath. Alcoholism, homelessness, and unemployment were rampant, leading to domestic violence and a skyrocketing divorce rate. Though many veterans bounced back, others were haunted for decades afterward: some never fully recovered. Childers's book is a stark reminder that the price of war is unimaginably high, and the toll can stretch across generations.

Souls Under Siege: The effects of Multiple Troop Deployments and How to Weather the Storm. By Bridget C. Contrell, Ph.D. (Hearts Toward Home International, 2009).

Strategies for Managing Stress After War: Veteran's Workbook and Guide to Wellness Julia M. Whealin, Lorie T. DeCarvalho, Edward M. Vega (Wiley, 2008) *See also* [Clinician's Guide to Treating]Stress After War: Education and Coping Interventions for Veterans

Steel My Soldiers Hearts: The Hopeless to Hardcore Transformation of the U.S. Army, 4th Battalion, 39th Infantry, Vietnam. by Col. David H. Hackworth and Eilhys England. (Touchstone, 2002)

Steeling the Mind: Combat Stress Reactions and Their Implications for Urban Warfare. By Todd C. Helmus and Russell w. Glenn. (Rand, 2005).

Surviving Deployment: A Guide for Military Families, by Karen M. Pavlicin. A basic book for dealing with deployment and accompanying stress. (Elva Resa Publishing, 2003).

They Were Soldiers: How the Wounded Return from America's Wars – the Untold Story, by Ann Jones (Haymarket Books, 2013) Ann Jones shines a much-needed light on the dead, wounded, mutilated, brain-damaged, drug-addicted, suicidal, homicidal casualties of our distant wars, taking us on a stunning journey from the devastating moment an American Soldier is first wounded in rural Afghanistan to their return home.

The Things They Cannot Say by Kevin Sites (Harper 2013) Stories soldiers won't tell you about what they've seen, done or failed to do in war.

Today's Military Wife: Meeting the Challenges of Service Life. by Lydia Sloan Cline (Stackpole, 2003).

Trained to Kill: Soldiers at War. By Theodore Nadelson. (The John Hopkins University Press, 2005)

Undaunted: The Real Story of American's Servicewomen, by Tanya Biank (NAL Caliber, 2013) Since 9/11, more than 250,000 women have fought in Iraq and Afghanistan – more than 140 have died there, and they currently make up more than 14 percent of the total active duty forces. Despite advances, today's servicewomen are constantly pressed to prove themselves, to overcome challenges men never face, and to put the military mission ahead of all other aspects of their lives, particularly marriage and motherhood. In this insider's look, Tanya Biank brings to light the real issues – of femininity, belonging to an old boys' club, veiled discrimination, dating, marriage problems, separation from children, questions about life goals, and self-worth – that servicewomen are facing by focusing on four individual stories with widespread implications.

Under the Sabers. By Tonya Biank. The unwritten code of Army wives. (St Martin's Press,2006).

The Untold War: Inside the Hearts , Minds, and Souls of Our Soldiers By Nancy Sherman (W.W. Norton & Co., Inc., 2010)

Unspeakable Acts, Ordinary People: The Dynamics of Torture, by John Conroy (Knopf, 2000)

A compelling investigation of three incidents of torture in the Western World and what they tell us about how ordinary people can become torturers, about the rationalization societies adopt to justify torture, and about the potential in each of us for acting unspeakably.

Until Tuesday by Luis Carlos Montalvan with Bret Witter (Hyperion 2011) A wounded warrior and the golden retriever who saved him.

The Untold War: Inside the Hearts, Minds, and Souls of Our Soldiers. by Nancy Sherman. (W. W. Norton and Co., 2010).

U.S. Army Combat Stress Control Handbook. by the Department of the Army. (Lyons Press, 2003).

Vietnam Wives: Facing the Challenges of Life with Veterans Suffering Post-Traumatic Stress, by Aphrodite Matsakis, Ph.D. (The Sidran Press, 1996)

Convincingly illuminates the inner life of Vietnam wives and the family climate made toxic by the war. This book is a “must read” for families of veterans who have PTS from their war experiences. Compassionate, wise, and useful, this down-to-earth book will benefit all who read it.

War: As Soldiers Really Live It. Sebastian Junger (Twelve Hachette Book Group, 2010)

War and Soul: Healing Our Nation’s Veterans from Post-Traumatic Stress Disorder. By Edward Tick, Ph.D. (Quest Books, 2005)

War Dogs: A History of Loyalty and Heroism, by Michael G. Lemish (Brassey’s, 1996)

Meet the real dogfaces – the canine corps that fought tooth and nail on some of the most dangerous battlefields of the twentieth century. Performing deadly missions loyally and courageously, canines on all sides have proven themselves time and again the soldier’s best battlefield friend. Covering more than 30 breeds of dogs used in combat from WWI to Desert Storm.

War is a Force That Gives Us Meaning. by Chris Hedges. (Paw Prints, 2008)

Hedges has seen war at its worst and knows too well that to those who pass through it, war can be exhilarating and even addictive: “It gives us purpose, meaning, a reason for living.” Drawing on his own experience and on the literature of combat from Homer to Michael Herr, Hedges shows how war seduces not just those on the front lines but entire societies, corrupting politics, destroying culture, and perverting basic human desires. Mixing hard-nosed realism with profound moral and philosophical insight, this is a work of terrible power and redemptive clarity whose truths have never been more necessary.

The War Within: One More Step at a Time, (A Doonesbury Book) by G.B. Trudeau (Andrews McMeel Publishing LLC, 2006) As this powerful sequel shows, the “war within” can be a long and lonely struggle, hardly the life of a “glamorous amputee” imagined by his daughter’s jealous classmate. With his coaching job at Walden resecured and the marathon PT sessions paying off, B.D.’s return to normalcy seems to be progressing well. But those who love him see alarming signs of trouble, namely anger and alcohol.

The Warrior: A Mother’s Story of a Son at War. by Frances Richey. (Penguin Books, 2008).

The Warrior Ethos by Steven Pressfield (Black Irish 2011).

The Warrior Image: Soldiers in American Culture from the Second World War to the Vietnam Era by Andrew J. Huebner. (University of North Carolina, 2008-03-03)

Warrior Mindset: Mental Toughness Skills for a Nation's Peacekeepers, by Michael J. Asken, PhD, LTC Dave Grossman with Loren W. Christensen (Human Factor Research Group, 2010)

We Band of Angles. by Elizabeth M. Norman. An untold story of American nurses trapped on Bataan by the Japanese. (Pocket Books, 2000)

Welcome Them Home, Help Them Heal: Pastoral Care and Ministry With Service Members Returning From War by John Sippola LTC ret., Amy Blumenshine MSW., MA, Donald A. Tubesing, PhD, MDiv., Valerie Yancey, PhD, RN (Wheatridge, 2009)

What Every Person Should Know About War, by Chris Hedges (Free Press, 2003)

A critical and fascinating lesson in the dangerous realities of our age: a stark look at the effects of war on combatants. Utterly lacking in rhetoric or dogma, this manual relies instead on bare fact, frank description, and a spare question-and-answer format. Hedges poses dozens of questions that young soldiers might ask about combat, and then answers them by quoting from medical and psychological studies. What are my chances of being wounded or killed? What does it feel like to get shot? Etc.

What Was Asked of Us: An Oral History of the Iraq War by the Soldiers Who Fought It By Trish Wood (Little Brown and Company, 2006)

Wheels Down: Adjusting to Life After Deployment By Brett A. Moore, Carrie H. Kennedy (APA LifeTools 2010) Practical advice covering the unique challenges of returning home from war.

When God Says War is Right, by Darrell Cole (Waterbrook Press, 2002)

For Christians trying to navigate their way through a war-stricken world, this book offers valuable, timely, and trustworthy guidance. A thorough and highly readable overview of the historic doctrine of a "just war." Expert examination focuses on these topics: reconciling the character of God with the use of force; determining when and how Christians ought to fight; understanding why Christian virtues are vital when using force; learning lessons from WWII, Vietnam, and the Gulf War; responding to today's war on terrorism.

When the War Never Ends by Leah Wizelman (Rowman & Littlefield 2011). The voices of military members with PTSD and their families.

When War Becomes Personal: Soldiers' Accounts From the Civil War to Iraq Edited by Donald Anderson (University of Iowa Press 2008)

While They're at War: The True Stories of American Families on the Homefront, by Kristin Henderson (Houghton Mifflin, 2005).

Women in the Line of Fire. by Erin Solaro. What you should know about women in the military. (Seal Press, 2006)

Women at War: Iraq, Afghanistan, and Other Conflicts. by James E. Wise and Scott Baron. (Naval Institute Press, 2006)

Women Warriors: A History. by David E. Jones. Paperback (Brassey's, 2000)

Wounded Warriors: Those for Whom the War Never Ends. by Mike Sager (Da Capo Press, 2008)

VI. DVD's and Other Media

Alive Day Memories: Home from Iraq by James Gandolfini (HBO Documentary films 2007) There are two days U.S. soldiers wounded in Iraq remember...their birthday and their "alive day."

Battle for Haditha By Nick Broomfield (Film4 HanWay Films, 2007) Reality, death, loss.

Behind the Lines: In War, Sanity is the Ultimate Casualty (see also Regeneration) By Gillis MacKinnon based on the book by Pat Barker. Artisan Films. Based on the work of WWI military psychologist W.H.R.Rivers and two of his famous patients Siegfried Sasson and Wilfred Owen.

Beneath Hill 60: After Gallipoli Was Still a War to be Won (Ikano Film Sdn.Bhd, 2010) WWI true accounts based on diaries.

Craft in America: PBS series documenting the power of using crafts as an effective tool to helping veterans heal from their war time experiences. Copyright @ 2014

The Hurt Locker By Mark Boal (Summit Entertainment, 2010) This is an excellent resource for teaching students, and clients through the process of performing character studies.

The Invisible War by Kirby Dick (docudramafilms 2012). Investigative documentary about one of America's most shameful and best-kept secrets: the epidemic of rape within the U.S. military.

Let There Be Light-Treatment Methods for WWII Battle Neurosis by U. S. Army (THA New Media 2009) Treatment methods for neuropsychiatric battle casualties during WWII.

Lioness by Meg McLagan and Daria Sommers (Docuramafilms, 2008) An honest, and insightful film that illuminates the reality that women in the US Armed Forces are not only actively serving in combat roles during war, but are doing so very well.

Occupation Dreamland: This is Falluja. Be Careful of Falluja By Garrett Scott and Ian Olds (Greenhouse Pictures, 2004) Documentary. Excellent account of the Battle for Falluja-with accurate footage.

Regeneration by Gillies MacKannon (echo bridge 2010). Set in Edinburgh's Craiglockhart Hospital during WWI.

Restrepo by Tim Hetherington and Sebastian Junger (Virgil Films, 2010) A moving documentary chronicles an Airborne Army platoon deployed to a remote 15 man outpost in Afghanistan's Korengal Valley. It's

a movie about soldiers, told by soldiers. *Filmographer Tim Hetherinton was later killed covering the war in Lybia may 2011.

To Save a Life: Everyone Has Problems Not Everyone Has Faith By Jim Britts (Sony Pictures, 2010) Deals with suicide, guilt and faith

Soldiers of Conscience by Gary Weimberg and Catherine Ryan (Docuramafilms, 2007) To kill or not to kill? For some the war is within. The film reveals how everyone grapples with the morality of killing in war, not as a philosophical problem, but as a soldiers experience.

Unsung Heroes by Frank Martin (Eleventh Day Entertainment Workaholic, 2014) This inspiring story of perseverance and triumph, dramatically and for all time, sets the record straight on women's unrecognized courage and sacrifices.

Voices of War: Stories of Service From the Homefront and the Frontlines (Library of Congress, 2004) a National Geographic presentation, and Veterans History Project covering WWI through Gulf War 1. 8 CD's.

Wartorn 1861-2010 by James Gandolfini (HBO documentary Films 2011) The lingering effects of combat stress on military personnel and their families throughout recorded America military history.

Who Will Stand by Phil Valentine and Michael Bedik (Red Live and Sundance Films, 2008) About Post Traumatic Stress, its symptoms and challenges tied to it.

14 War Stories by Jan Peter and Yury Winterberg (BBC, 2014) Fourteen vivid, true stories help you experience love and loss, happiness and grief on both sides of WWI through the words of those that actually lived it.

VII. Devotionals/Religious

Battlefields and Blessings: Stories of Faith and Courage from the Civil War by Terry Tully, 2006
The period from 1861-1865 proved to be one of the greatest periods of trial and suffering in our nation's history. A significant lapse of time had passed since America had engaged in the horrors of war. After the war of 1812, little memory remained of the fact that war could be —hell. A veteran of the war with Mexico, General —Stonewall Jackson wrote to his wife and said, —People who are anxious to bring on war don't know what they are bargaining for; they don't see all the horrors that must accompany such an event.

Battlefields and Blessings: Stories of Faith and Courage from the Revolutionary War Jane Hampton (Cook, Copyright @ 2007) This daily devotional offers nourishment for the soul with inspiration and patriotic thoughts through 365 stories.

Battlefields and Blessings: Stories of Faith and Courage from the War on Terrorism Jane Hampton Cook, John Croushorn, Jocelyn Green, Copyright @ 2009 *Stories of Faith and Courage from the War on Terrorism* is a 365 day collection of inspiring stories of courage, perseverance and faith based on first-hand accounts of more than seventy who have served in the war in Iraq and Afghanistan. Through multiple, never-before-told stories, readers will uncover the personal challenges of the battlefield. In *Battlefields & Blessings: Stories of*

Faith and Courage from the War on Terrorism you'll find the experiences and perspectives of deployed soldiers, chaplains, military wives and parents, organizers of humanitarian efforts, veterans suffering from post-traumatic stress disorder.

Bullet Proof Faith CH Jeff Struecker

Jeff Struecker was a sergeant during the battle in Mogadishu made famous by the book and movie "Black Hawk Down." This is the story of his courage and faith. Available **free of charge** - To order these please contact Dr. Bill Buck at Buck Publishing Company, 2409 Vestavia Dr, Birmingham, AL, 35216 or at (205) 979-2296.

Daily Strength for the Battle Chaplain (Colonel) Scott McChrystal, Copyright @ 2010

The *Daily Strength for the Battle Series* are manuals for Christian growth, written in everyday language and loaded with practical insights from God's Word in correlation with real life stories.

Seven weeks of teaching and insights for every battle.

A new theme each week.

Practical wisdom taken from real battlefield stories.

Reflections on God's word for the trials of each day.

Pocket sized 130 pages.

The *Daily Strength for the Battle Series* is written for anyone who wants to strengthen their walk with God. Originally begun 15 years ago for military warriors going through tough training at a combat training center, these devotionals quickly proved to have wide appeal. Military family members and civilians from all walks of life have expressed their appreciation for the powerful biblical lessons shared in a brief, practical, and interesting style.

www.dailystrengthforthebattle.com

Excellent or Praiseworthy-A devotional to help military families stay connected during deployments

It is our goal to minister to you and to help you think about things which will refresh and comfort you during this time of war. We want you to have hope! We know that there is a battle in the mind—a spiritual battle against discouragement and fear. But for those who persevere under trial there are great promises. A publication of Campus Crusade for Christ Military Ministry.

www.excellentorpraiseworthy.org

Experiencing God Day-By-Day Devotional Henry T. Blackaby, Richard Blackaby, Copyright @ 1998

God has allowed Blackaby Ministries International to make available this version of the *Experiencing God Day-by-Day Devotional* to the military **free of charge**. We hope that this book will help convey God's love to the men and women in the military and help them to know that they can have courage and peace in their difficult circumstances. Please go to the National Day of Prayer's Military Ministry page to receive one of these devotionals. Shipping charges apply for bulk orders.

www.blackaby.org.

Faith Deployed: Daily Encouragement for Military Wives Jocelyn Green (with contributing authors from every branch of the U.S. military), Copyright @ 2008

As a military wife, if you have ever felt overlooked and undernourished as you strive daily to meet the needs of everyone around you—in a culture that largely does not understand your stressful lifestyle—this book is for you. *Faith Deployed* is not a guide to long-distance relationships or a how-to on navigating through the

military culture. It does not offer —ten easy steps for an easier, painless life. Instead, through squarely addressing the challenges you face, *Faith Deployed* will equip you to respond biblically to the daily struggles that threaten to wear you down.

SPECIAL DISCOUNT Save 40% off if you purchase more than six at a time. E-mail Gene Eble at Gene.Eble@moody.edu to obtain the discount.

Faith in the Fog of War (Volume 1): Stories of Triumph and Tragedy in the Midst of War

Chris Plekenpol, Copyright @ 2006

You want the flare of your faith to burn as intensely as a fire on the battlefield. That means digging into God's truth regardless of the chaos raging around you. These devotions are written by a man who had considered war something that someone else always did, and was then himself deployed to Iraq as a company commander. From the frontlines of the blackest days and in the face of inexplicable suffering, you'll discover the heart of the question, —Why, God? and its often unsettling answer. Because in war, as in contemporary America, reality involves struggle, trial, and triumph. Let God meet you in the midst of life's nonsense to find the peace that is a crucial part of His impeccable plan.

Why, God? War screams the same questions whispered in everyday life. The battlefield explodes with the same tenacity of emotions that wretch our souls. Smoke fills the air just as doubt clouds our minds. Are you on the frontlines of war overseas? Or perhaps your battle is personal, deep within. These devotions, penned by Captain Chris Plekenpol while on the battlefield in Iraq, expose the depths of inexplicable suffering as well as the heights of incredible victory in God. Through every adversity and in any circumstance, you will find a still voice reminding you of God's sovereignty...in war and peace.

Faith in the Fog of War (Volume 2): Let Us Die to Make Men Free Chris Plekenpol, Copyright 2008

A Soldier's Journal: Stories of triumph and tragedy in the midst of battle. A compilation of inspiring devotionals that use life and combat situations to bring God's word to life

Finding Hope Beyond the Battle: A Bible for Military Families Copyright @ 2007 This new NIV Bible, developed specifically for military families, points to our greater hope beyond all personal and political battles. Study notes will help you explore the unfolding drama of God's story, summarized in five acts. Includes a dictionary/concordance. Front and back there are testimonies by military wives who share their real life, —rubber meets the road, personal testimonies of how God walked with them through the fire. In the middle is the easy-to-read New International Version of the Holy Bible.

God Strong: The Military Wife's Spiritual Survival Guide Sara Horn, Copyright @ 2010

As a military wife, caring for your home and family is a mission that never stops. You want to support your husband while he serves, but you often wonder if you have what it takes. As someone who has been through this herself, Sara Horn will remind you with encouraging spiritual insights that you don't have to be an army of one when you are *God Strong*.

Jesus Was An Airborn Ranger: CH John McDougall, Copyright @ 2015

Army Chaplain/Ranger John McDougall's book offers an alternative to the soft, gentle caricature of Jesus. Demonstrating that only the warrior Christ can impact our broken world. The only real issue with this book is that it is written from a "Baptist" theological understanding-but most people should be able to get past that.

Keepers of the Flame: Devotions for Military Spouses Judy P. Davis, Copyright @ 2007

Keepers of the Flame, Devotions for Military Spouses, will touch not only the men and women who serve our country but also the many military spouses who are left behind to carry on. May God touch many lives through each page of this book so others may know Him!

The Military Edition of OnTrack is a 12-month study through the New Testament and Proverbs written for today's military personnel. The included User Guide walks the reader through the basics of inductive Bible Study (Observation, Interpretation, Application, Implementation), allowing them to start at their current skill level and work to develop skill while diving into the meat of the Word of God. Whether you are a Chaplain looking for resources for your unit, a church with active duty military personnel or a soldier that needs a field-ready devotional guide, MOTD fits the bill.

www.simplyapilgrim.com **

Psalm 91 - God's Shield of Protection Peggy Joyce Ruth, Copyright @ 2005, 2007

"Psalm 91" is a comprehensive look at this powerful psalm and Scriptural promise of protection from spiritual and physical harm. You'll also read testimonies of soldiers and other servicemen from WWII to the Iraq war, who have been divinely guided and protected by praying this psalm or by family praying it over them. Learn how you can claim the Lord's promises for yourself and your loved ones.

Strength for Service to God and Country Copyright @ 2002

Strength for Service is the devotional written specifically for those in service of others. First published in 1942, the volume went out of print in the 1950s as armed forces personnel returned home. Fifty years later, Boy Scout Evan Hunsberger discovered his grandfather's well-worn copy of the book and made an Eagle Scout project out of seeing the volume republished. Today, the revised book has been distributed to 300,000 service personnel of many denominations. Your help is needed to share this inspiring devotional with thousands more. Whether serving on the front lines in Iraq or caring for the wounded stateside, U.S. military personnel around the world need *Strength for Service*. www.strengthforservice.org

The One Year Yellow Ribbon Devotional: Take a Stand in Prayer for Our Nation and Those Who Serve Carol McGlothlin, Brenda Pace, Copyright @ 2008

So many people are affected by the absence of those who leave home and serve in distant lands. Those who are left behind often struggle to find contentment and hope. This devotional will not only meet the needs of those individuals but will also encourage all Americans to take a stand by praying for our country and the men and women serving overseas.

The One Year Yellow Ribbon Devotional - 30 days of devotions via Operation Worship

Operation Worship brings you 30 days of devotions just for the home front heroes of those in the military. Each devotion includes a note encouragement and a prayer for your loved one on active duty. These devotions are from *The One Year Yellow Ribbon Devotional*, with 365 devotions by Brenda Pace and Carol McGlothlin. www.operationworship.com

VIII. CHILDREN'S RESOURCE BOOKS

Creative Interventions with Traumatized Children. by Cathy A. Malchiodi. (Guilford Press, 2008)

Daddy's Gone to War: The second World War in the Lives of America's Children. William M. Tuttle, Jr.

(Oxford University Press, 1993)

Daddy's in Iraq, But I Want Him Back by Carmen R. Hoyt, published by Trafford (2005).

Deployment Journal for Kids by Rachel Robertson, published by Elva Resa (2005).

Finding My Way: A Teen's Guide to Living with a Parent Who Has Experienced Trauma, by Michelle D. Sherman and DeAnne M. Sherman. This book taps into teen concerns about parents who have served in combat. (Seeds of Hope Books, 2005).

Flat Daddies and Flat Mommies (<http://flatdaddies.com/>): Families can order free of charge a life-sized Poster of a deployed mom or dad for military children.

I miss you! A Military Kid's Book About Deployment By Beth Andrews and Hawley Wright. Published by Prometheus Books (2007)

My Dad's a Hero by Rebecca Christiansen and Jewel Armstrong, published by Word Association (2007).

My Hero: Military Kids Write About Their Moms and Dads. by Allen Appel & Mike Rothmiller. (St Martin's Press, 2008).

My Mommy Wears Combat Boots by Sharon McBride, published by AuthorHouse (2008).

Sesame Street Workshop and **Sesame Street Deployment Kit**: Free bilingual kit helps families with 3-5 y/o's cope with challenges and concerns related to pre-deployment, deployment, and homecoming. Including a DVD with the beloved Muppets from Sesame Street, and a magazine and poster for parents or caregivers. <http://www.sesameworkshop.org/>

VIII. Misc. Information

VA Adult Day Health Care

Adult Day Health Care is a program Veterans can go to during the day for social activities, peer support, companionship, and recreation. Adult Day Health Care is for Veterans who need skilled services, case management, and assistance with activities of daily living (e.g., bathing and getting dressed) or instrumental activities of daily. Adult Day Health Care can provide respite care for a family caregiver and can also help Veterans and their caregiver gain skills to manage the Veteran's care at home.

VHA Handbook 1141.03

17. PARTICIPATION OF VETERANS

Indications for participation of Veterans in the ADHC Program are:

- a. The Veteran is eligible for VA care as set forth in paragraph 2.

b. It is determined that the Veteran will likely benefit from ADHC on the basis of an interdisciplinary assessment, identifying one or more of the following conditions:

(1) Three or more ADL dependencies, or

(2) Significant cognitive impairment, or

(3) Two ADL dependencies and two or more of the following conditions:

(a) Dependency in three or more Instrumental Activities of Daily Living (IADL).

(b) Recent discharge from a nursing home, or planned nursing home discharge contingent on receipt of home and community-based care services.

(c) Seventy-five years old, or older.

(d) High use of medical services defined as three or more hospitalizations in the past year; or twelve or more visits to outpatient clinics and emergency evaluation units in the past year.

(e) Clinical depression.

(f) Living alone in the community.

c. It is recognized that every contingency cannot be foreseen. When a Veteran who does not strictly meet the preceding criteria and nevertheless is determined by the clinical care team to need ADHC services, the services may be ordered, but the reason for the variance from these standards must be documented in the Veteran's electronic health record.

d. If the sole purpose of the ADHC visits is to provide respite care, then eligibility requirements for respite care must be met (see 38 U.S.C. 1720B and VHA Handbook 1140.02).

18. CARE MANAGEMENT

The ADHC Program provides care management to enrolled Veterans through the assignment of one of the core ADHC team members. Caregivers and family members may participate in the treatment planning with the Veteran's consent when the Veteran possesses adequate decision-making capacity, or with the Veteran's surrogate decision-maker's consent when the Veteran does not have adequate decision-making capacity. The designated Care Manager in ADHC must ensure:

a. An interdisciplinary assessment of each Veteran.

b. A periodic review of the Veteran's status at least every 90 days.

c. The development of a Veteran treatment plan which is to include:

(1) Implementation of the treatment plan;

(2) Coordination and monitoring of services;

(3) Communication of treatment plan to Veteran, the Veteran's caregiver, and the Veteran's health care providers;

(4) Active participation in the treatment plan and goals, including Veteran and the Veteran's family preferences and discharge planning;

(5) Advocacy;

(6) Discharge planning; and

(7) Follow-up.

d. Participation in the coordination and monitoring of services within and outside of ADHC.

19. CAREGIVER SUPPORT

ADHC considers the Veteran and the caregiver as the unit of care, and recognizes the burden of care can be great with social, psychological, physical and economic costs. Every ADHC Program is encouraged to develop caregiver support services which offer support, education, information, and referral within the boundaries of VA policy and legislative authority.

20. PROCESS OF CARE

a. Referral Process

(1) ADHC services are to be readily accessible.

(2) Veterans may be referred to ADHC from any setting, including inpatient, outpatient, nursing homes, and domiciliary and local community sources for consultation. Referrals for ADHC must be submitted through the appropriate VA referral process using the VA Form 10-0415, VA Geriatrics and Extended Care Referral.

(3) Following the referral and prior to enrollment, each Veteran's medical record must be reviewed. An interview is conducted with the Veteran and caregiver. The Veteran or caregiver will be informed of the possibility of co-payment charges for services (see VA Form 10-10EC, Application for Extended Care Services).

(4) If the Veteran clearly does not meet the ADHC admission criteria, ADHC will make recommendations regarding an alternate plan to manage the Veteran's care needs.

b. Orientation to the Program. The Veteran and the Veteran's family or caregiver is given an orientation to ADHC to include a full explanation of the program, its objectives, capabilities, and limitations.

c. Assessment. After admission to ADHC, each interdisciplinary team member assesses the Veteran. The goal of this initial team assessment is to identify those impairments and problems that interfere with the individual's ability to achieve the highest level of functioning and to maintain living in the least restrictive environment that is safe for the Veteran.

32. TRANSPORTATION

The success of ADHC Programs is largely dependent on their ability to secure safe and adequate transportation for Veterans.

a. ADHC's primary role is in facilitating Veterans' maximum use of community transportation systems, identifying systems, aiding in the application process, etc. Such systems may include:

(1) Area "Agency on Aging" supported transportation;

(2) Caregivers;

(3) Regional transit;

(4) Local handicapped transportation resources;

(5) Veteran Service Organization vehicles; and

(6) Volunteer transportation systems, etc.

- b. When there is a lack of adequate community transportation systems, coordination of local Disabled American Veteran (DAV) transportation services may be sought.
- c. Escorts are provided, as needed, to assist Veterans to and from the vehicle at the ADHC site or other VA facility, as clinically indicated. In arranging transportation, consideration must be given to safety, specific needs of each Veteran, and limiting the amount of time that the Veteran is in transit. Transit should not exceed 1 hour, except for rare instances. **NOTE:** *Special attention should be given for safe travel for Veterans with dementia.*
- d. The VA Beneficiary Travel program is generally administered by the facility Business Office. This program provides certain eligible Veterans with mileage reimbursement, or special mode transportation (ambulance, wheelchair van, etc.) based on medical needs. Outside of VA specific Beneficiary Travel program authority, facilities may consider options such as Voluntary Services who may be of assistance in the coordination of local DAV transportation services or referral to the local site's Social Work Services for community transportation assistance.