Caregiver Resource Directory

September 2015

Department of Defense Warrior Care
RECOVER
REINTEGRATE
TRIUMPH

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and links included here were accurate and up-to-date at press time; however, it is unavoidable that some will become outdated over time.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

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

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

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

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To the caregivers of recovering Service members…

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

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

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

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

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How to Use this Directory

Find helpful resources to:

Get help in the middle of the night *(look for the 🕒 icon for 24/7 support)*	**1**	Helplines
	117	Suicide Prevention
	87	Online Social Networking
Connect with other caregivers	**87**	Online Social Networking
	93	Peer Support and Mentoring
Take care of yourself	**28**	Caregiver's Mental Health and Wellbeing
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	69	Health Care Needs
Take care of your family responsibilities	**41**	Children's Needs
	101	Rest and Relaxation
Enable you to do the best caring for your loved one	**23**	Caregiving Knowledge and Skills
	74	Home-Based Health Care Assistance
	72	General Medical Information
Find the "new normal"	**111**	Sports and Recreation
	11	Career Transitions and Employment
	51	Education and Training
Seek disability benefits	**7**	Advocacy and Benefit Information
	69	Health Benefits and Coverage
Deal with dangerous, unwanted, or difficult behaviors	**1**	Helplines
	117	Suicide Prevention
Learn more about your loved one's medical condition or disease	**72**	General Medical Information
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Manage your finances	**59**	Financial Support
	51	Scholarships, Loans, and Grants
Access free transportation and temporary housing	**65**	Temporary Lodging Expenses
	60	Travel and Transportation Expenses
Get special accommodations	**81**	Home and Automobile Modifications
	97	Pet and Service Animal Assistance
Seek legal assistance	**85**	Legal Assistance
	7	Advocacy and Benefit Information

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

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

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

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

Helplines Offering Information and Assistance

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

Air Force Wounded Warrior Program (AFW2) Works hand-in-hand with the Air Force Survivor Assistance Program and Airman and Family Readiness Centers to ensure Airmen and families receive professional support and care from the point of injury, through separation or retirement, for life; hours are M–F, 6:30 a.m.–5:00 p.m. (CT)	**800-581-9437**
American Red Cross Provides immediate assistance for emergency communications services and financial assistance, information and referral, and deployment services	**877-272-7337**
Army Wounded Warrior Program (AW2) Provides personalized local support to Soldiers, veterans, and their families through the assignment of an AW2 Advocate; refer to *wtc.army.mil/aw2* for program requirements	**800-237-1336**
Caregiver Support Line Connects caregivers with someone who offers answers, instead of endless menu options; local caregiver support can also be found online at *www.caregiver.va.gov;* hours are M–F, 8:00 a.m.–11:00 p.m. (ET), and Saturday 10:30 a.m.–6:00 p.m. (ET)	**855-260-3274**
Coaching into Care Offers a free and confidential coaching service to help callers discover new ways to talk with their veteran about their concerns and treatment options; hours are M–F, 8:00 a.m.–8:00 p.m. (ET)	**888-823-7458**

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VA Program
Reserve/Guard Specific Resource
Non-Profit Organization
Veterans Service Organizations
Español Available
Smartphone App
24/7 Availability

Defense Centers of Excellence (DCoE) Outreach Center *(Includes online chat at www.dcoe.health.mil/Families/Help and email at resources@dcoeoutreach.org)* Provides access to health resource consultants with expertise in psychological health and traumatic brain injury	**866-966-1020**
DoD Safe Helpline Sexual Assault Support *(Includes texting at 55247 and online chat at SafeHelpline.org)* Offers personalized advice and support; connects callers to sexual assault response coordinators, civilian rape crisis centers, the suicide prevention helpline, or Military OneSource	**877-995-5247**
DSTRESS Line *(Includes online chat at DStressLine.com)* Provides professional, anonymous counseling for Marines, attached Sailors, and families when needed most	**877-476-7734**
Federal Recovery Coordination Team Develops an individualized recovery plan; to qualify be referred by a member of your multi-disciplinary team, your commander, recovering warrior program, or through self-referral	**877-732-4456**
Fort Family Outreach and Support Provides relevant information and responsive support for Army Reserve Soldiers and families	**866-345-8248**
InTransition Mental Health Coaching and Support Assists Service members receiving mental health treatment make a transition between health care systems or providers by connecting them to the right resources	**800-424-7877 (CONUS)** **314-387-4700 (Overseas)**
Marine Corps Sergeant Merlin German Wounded Warrior Call Center Conducts outreach calls to offer assistance; assists Marines, families, and caregivers with benefits and referrals	**877-487-6299**

Military Crisis Line *(Includes texting at 838255 and chat at veteranscrisisline.net)* Helps Service members and families who might be in danger, or be a danger to others	**800-273-8255 (CONUS)** **0080012738255 or DSN 118* (OCONUS)**
Military OneSource Wounded Warrior Specialty Consultations ES Offers a primary telephone resource for recovering warriors and their families; provides specialty consultation services; access to immediate assistance	**800-342-9647**
Military Spouse Employment Partnerships Provides career exploration opportunities; education and training to help identify academic, licensing, or credentialing requirements; employment readiness assistance; and employment connections; Spouse Career Center from M–F, 7:00 a.m.–10:00 p.m. (ET), and Saturday, 10:00 a.m.–5:00 p.m. (ET)	**800-342-9647**
My HealtheVet Provides access to the VA's Personal Health Record via a toll-free number; M–F, 6:00 a.m.–7:00 p.m. (CT)	**1-877-327-0022**
National Domestic Violence Hotline ES *(Email available at thehotline.org)* Provides anonymous crisis intervention	**800-7990-SAFE (7233)**
National Suicide Prevention Lifeline ES *(Includes online chat at suicidepreventionlifeline.org and texting at 838255)* Helps distressed warriors find a reason to keep living; connects individuals to a skilled, trained counselor at a local crisis center	**800-273-TALK (8255)** For veterans, press 1 En Español oprima el 2
Navy Wounded Warrior-Safe Harbor Call Center Provides personalized support and assistance to wounded, ill, or injured Sailors and their families	**855-NAVY-WWP (6289-997)**

OEF/OIF/OND Care Management Program Helps Service members and caregivers navigate local VA programs during their transition	**877-222-8387**
PTSD Treatment Help *(Includes online chat at PTSDtreatmentHelp.com)* Helps with domestic violence and PTSD; offers free, brief, and confidential assessment	**877-259-5637**
Rape, Abuse, Incest National Network *(Includes online chat at ohl.rainn.org/online)* Provides crisis intervention and support; information about medical issues; and referrals to resources in your area	**800-656-HOPE (4673)**
TRICARE's Smoking QuitLine *(Includes online chat at www.ucanquit2.org/en/HowToQuit/LiveChat.aspx)* Provides all non-Medicare-eligible beneficiaries assistance with smoking cessation through TRICARE's toll-free Smoking Quitline, available 24 hours a day, 7 days a week, including weekends and holidays	**North Region:** **866-459-8766** **South Region:** **877-414-9949** **West Region:** **888-713-4597**
USSOCOM Care Coalition Program Provides opportunity for career transition for Special Operations Forces wounded, ill, or injured Service members who may not meet medical requirements of their Service	**877-672-3039** **813-826-8888**
Vet Center Combat Call Center Provides a confidential call center where combat veterans and their families can talk with a staff of peers	**877-WAR-VETS (927-8387)**
Veterans Benefits Administration Offers a portal for veteran health care, benefit programs, and services	**800-827-1000**

Veteran Crisis Hotline *(Includes texting at 838255 and online chat at veteranscrisisline.net)* Provides a hotline if there is a crisis or you are worried someone is in danger	**800-273-8255 (press 1)**
Vets 4 Warriors *(Includes online chat at vets4warriors.com; email contactus@vets4warriors.com)* Offers a confidential peer support service and does not discuss calls with the military, VA, or anyone else	**855-838-8255**
Women Veterans Call Center Provides a single avenue for women veterans to get the help they need	**855-VA-WOMEN (829-6636)**
Wounded Soldier and Family Hotline *(Includes email at wsfsupport@conus.army.mil)* Offers wounded, ill, and/or injured Soldiers and their families a way to share concerns on the quality of patient care	**800-984-8523**
Wounded Warrior Project Resource Center *(Includes email resourcecenter@woundedwarriorproject.org)* Provides a contact center that actively reaches out to warriors and caregivers; M–F, 9:00 a.m. – 8:00 p.m. (ET)	**888-997-2586**

National Resource Directory

www.NRD.gov

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

Find information on:

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

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

Employment
- Job Services
- Workplace Accommodations
- Transition Assistance

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

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

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

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

Transportation & Travel
- Military Travel Pay
- Transportation Assistance
- Automobile Adaptations

Other Services & Resources
- Wounded Warrior Programs
- Women's Resources
- Financial Assistance

STAY CONNECTED!

Advocacy and Benefit Information

Aid and Attendance Program	www.veteranaid.org/index.php	Provides free assistance to qualified veterans and surviving spouses in applying for Aid and Attendance pension benefits
American Legion	www.legion.org	Provides access to Veterans Service Officers who offer free advice and guidance for veterans who need to deal with VA
AMVETS	www.amvets.org	Provides direct representation when filing for benefits with VA, at no cost to the veteran
Benefits.gov ES	www.benefits.gov	Provides online pathway to government benefits; sponsored by DOL
Code of Support	codeofsupport.org	Serves as an active case coordinator with a single point of contact to navigate through the multitude of support programs and services available; Intended for non-life threatening situations only
Disability.gov	www.disability.gov	Provides comprehensive online information on disability programs and services in communities nationwide; searches can be narrowed to the caregiver audience; sponsored by DOL

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

My Army Benefits	myarmybenefits.us.army.mil	Provides over 150 benefit fact sheets, disability rating and education benefit estimators, forecast retirement benefits; specialized calculators for the Reserve component; section for wounded warriors and their families
National Veterans Foundation Resource Center	nvf.org/veterans-benefits	Explains the eligibility requirements for various benefits, how to apply for them, and how to get more information
Navy Family Ombudsman Program	ombudsmanregistry.org	Serves as the communication link between the Commanding Officer and family members
Paralyzed Veterans of America	www.pva.org/site/c.ajIRK9NJLcJ2E/b.6349711/k.9087/For_Veterans.htm	Assists veterans with spinal cord injury and disease as well as other veterans needing assistance with VA benefits, entitlements, medical care, and other benefits
Social Security Disability Benefits for Wounded Warriors ES	www.ssa.gov/woundedwarriors	Eexplains disability benefits for recovering Service members; sponsored by the Social Security Administration
Transition Assistance Advisors	www.taapmo.com/taaprogram.htm	Lists statewide points of contact to assist members in accessing VA benefits and health care services
Veterans Benefit Administration	benefits.va.gov/benefits	Provides information needed to begin to file for VA benefits such as compensation, home loans, education, life insurance, pensions, etc.

Veterans of Foreign Wars	www.vfw.org	Provides help filing for VA disability compensation and benefits
Wounded Soldier and Family Hotline	armymedicine.mil/Pages/wounded-soldier-and-family-hotline.aspx	Offers recovering Service members and their families a way to share concerns on the quality of patient care; call 800-984-8523; or email *wsfsupport@conus.army.mil;* available 24/7
Wounded Warrior Project	www.woundedwarriorproject.org	Works closely with warriors to understand and apply for VA and DoD benefits

Career Transitions and Employment

Career Guidance

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

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

Military One Source Spouse Career Center ES	www.militaryonesource.mil/seco	Provides high quality education and career services, resources, guidance, and consultations accessible online or by calling 1-800-342-9647
Military Service Time to Civil Service Retirement	www.dfas.mil/civilianemployees/militaryservice/militaryservicedeposits.html	Provides resources on military service deposit, estimated earnings and “buy back” military service time offered to Veterans working in the federal government
Military Spouse Employment Partnerships	msepjobs.militaryonesource.mil	Creates employment connections that provide companies with direct access to military spouses seeking career opportunities and spouses with direct access to employers who are actively recruiting
Military to Federal Jobs Crosswalk	www.dllr.state.md.us/mil2fedjobs	Helps translate military occupations to federal jobs
Military Warriors Support Foundation	www.militarywarriors.org	Provides the link between partnering companies and veterans
MilSpouse eMentoring Program	www.ementorprogram.org/p/milspouse	Offers personalized career guidance and support from more experienced spouses, career mentors and veteran-friendly employers
Semper Fi Fund	www.semperfifund.org	Assists with books, fees, training, interview attire, and equipment; offers Veterans 2 Veterans Program at seven locations

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

Veterans Retraining Assistance Program	www.benefits.va.gov/VOW	Offers up to 12 months of retraining assistance to veterans who meet all the specific criteria
Vocational Rehabilitation and Employment	www.vba.va.gov/bln/vre	Offers assistance with employment, education, and training for independent living
Yellow Ribbon Fund	www.yellowribbonfund.org	Helps injured Service members build new lives through education and career guidance, networking, and job shadowing

Job Search

Blue Star Families (Jobs)	bluestarfam.org/resources/blue-star-jobs	Provides new opportunities for military spouses through hundreds of thousands of available jobs
Defenders of Freedom	defendersoffreedom.us/jobs-for-dof.php	Provides a mentor to review resumes, match up potential jobs, set up a plan for submission of the resume to companies, and coach prior to interviews
Helmets to Hardhats	www.helmetstohardhats.org	Offers career opportunities in the construction industry that match military backgrounds
Hero 2 Hired	www.H2H.jobs	Allows job searches by city/state; offers career tools, military-to-civilian skills translations, education and training resources for Reserve component members

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

USO and Hire Heroes—USA Career Opportunity Day	www.uso.org	Offers small-scale career fairs for transitioning troops, their spouses and caregivers to network and meet with hiring employers for on-site introductory interviews
Veterans Enterprise	www.veterans enterprise.com	Connects warriors with employers who recruit transitioning Service members
Warrior Gateway	www.warriorgateway.org	Connects Service members, veterans, and their families with government programs as well as local non-profit organizations
Yellow Ribbon Fund Mentoring Program	www.yellowribbon fund.org	Offers education and career guidance, networking, and job shadowing

Military Transition Programs

AF Wounded Warrior Program	www.woundedwarrior.af.mil	Provides professional services such as transition assistance and employment assistance
Army Career Alumni Program (ACAP XXI)	www.acap.army.mil	Provides pre-separation guidance, job assistance training, and interview skills
Boots to Business—From Service to Startup	boots2business.org	Introduces and trains transitioning veterans, Service members, and their spouses on business ownership

Career One Stop	www.careeronestop.org/ReEmployment/Veterans	Offers information on unemployment benefits, re-employment, and career assistance; sponsored by DOL
Code of Support	codeofsupport.org	Provides a single point of contact to navigate through the multitude of support programs and services available; Intended for non-life threatening situations only
Defense Advanced Research Projects Agency (DARPA)—Service Chiefs' Fellows Program (SCFP)	www.darpa.mil/Opportunities/Military_Services/Service_Chiefs_Fellows_Program/Service_Chiefs_Fellows_Program_%28SCFP%29.aspx	Immerses outstanding military officers into science and technology research through a three-month fellowship; provides participants with insight into cutting-edge technology and opportunity to potentially aid in developing a future DARPA technology
Department of Agriculture—New Farmers and Ranchers Program	www.usda.gov/wps/portal/usda/newfarmers?navid=newfarmers	Offers opportunities and resources available to help veterans start a career in farming and ranching, including information on loans, grants, and where to find help and technical assistance
Department of Labor Employment & Training Administration—Registered Apprenticeship	www.doleta.gov/OA/veterans.cfm	Offers Service members and veterans ways to find and apply for apprenticeship occupations and careers, as well as additional resources, tools, and information
DoD Hiring Heroes Program	godefense.cpms.osd.mil/veterans	Offers avenues to ask questions and discuss employment with a career advisor; 888-DOD-4USA

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

Navy Transition GPS/TAP	www.cnic.navy.mil	Provides separating/retiring Service members and their families with skills needed to re-enter the civilian work force
Partnership for Youth Success	www.armypays.com	Helps Soldiers find employment after leaving the Army
REALifelines	www.dol.gov/vets/programs/Real-life	Links Service members and their families with local community resources for recovery and reemployment
Reinventing Michael Banks	www.reinventing michaelbanks.com	Helps transitioning Service members and veterans understand the civilian hiring process and how to market their military skills to potential employers
Safe Harbor Foundation Anchors Program	safeharbor.navylive.dodlive.mil/transition/anchor-program	Connects Sailors with mentors who assist with the challenges associated with returning to civilian life
Still Serving Veterans	www.stillserving veterans.org	Helps Service members and families transition to post-military lives
Stand Beside Them	www.standbeside them.org	Provides free life and career coaching focusing on resume writing, interview help, researching job opportunities and networking guidance; offered face to face, by phone or Skype to Service members, veterans, their caregivers and families; *info@standbesidethem.org*
Transition Assistance Advisors	www.taapmo.com	Lists points of contact to assist members in accessing VA benefits and health care services

Turbo Transition Assistance Program	www.dmdc.osd.mil/appj/dwp/index.jsp	Provides full transition resources
United Services Military Apprenticeship Program (USMAP)	https://usmap.cnet.navy.mil/usmapss/static/genInfo.jsp	Gives active duty Coast Guard, Marine Corps, or Navy Service members in an authorized trade occupation a system to become a DOL registered apprentice
USSOCOM Care Coalition	www.socom.mil/CareCoalition	Provides career transition for Special Operations Forces warriors and their caregivers
VA Center for Innovation (VACI)—TechShop	www.innovation.va.gov/program-techshop.html	Offers 2,000 one-year memberships at six TechShop locations
VA Pre-Discharge Programs	benefits.va.gov/predischarge	Enables Service members to submit disability compensation claims up to 180 days prior to separation, retirement, or release from active duty or demobilization
Veterans Employment Center	www.ebenefits.va.gov/ebenefits/jobs	Provides a virtual employment resource center for veterans
VetNet	vetnethq.com	Includes information on companies looking to hire veterans and spouses
Vet-Trans	www.vet-trans.com	Provides a one-stop site for transition assistance, and more
Yellow Ribbon Reintegration Program	www.yellowribbon.mil	Offers events where Reservists, Guardsmen, and their families can get information on health care, education/training opportunities, and legal benefits

www.militaryonesource.mil/wounded-warrior

Support Line: 800-342-9647

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

General Information

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

Keeping It All Together Handbook

Free download; find information on:

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

Independent Living

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

Living with a Disability

- Advocacy
- Emotional Well-Being
- Information and Resources

Severely Injured Service members

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

Caring for an Injured Service Member

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

Tools & Resources

Free downloads; must log in to order

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

Caregiver Support

Caregiving Knowledge and Skills

AARP ES	www.aarp.org	Offers free online seminars and educational resources
American Red Cross Family Caregiver Courses and Certifications ES	www.redcross.org/take-a-class	Teaches practical skills and coping strategies; classroom and self-study options available at the local chapter
American Red Cross First Aid, CPR and AED Training ES	www.redcross.org/take-a-class	Offers both certified and non-certified training options
Armed Forces YMCA	www.asymca.org	Implements local programs and services (family life, medical, recreation and fitness, education, CPR and First Aid Training)
Building Better Caregivers Workshops	www.caregiver.va.gov	Offers a six-week, highly interactive online small group workshop; total of two hours per week for six weeks; contact local VA Caregiver Support Coordinator to participate
Caregiver Action Network	caregiveraction.org/	Provides forums, peer networks, story project, tool box, tips, resources and advocacy

Caring for the Caregiver
DoD Program
VA Program
Reserve/Guard Specific Resource
Non-Profit Organization
Veterans Service Organizations
Military Children
ES Español Available
Smartphone App

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

Family Caregiver Alliance National Center on Caregiving	www.caregiver.org/caregiver/jsp/home.jsp	Provides fact sheets, discussion groups, telephone conferences, and other educational resources, including state-by-state resources
Help Guide	www.helpguide.org/mental/ptsd-family-help-support.htm	Provides PTSD fact sheet, tips for; rebuilding trust and safety, encouraging and supporting treatment, anticipating and managing triggers, and much more
Military Family Caregiving Online Training	www.extension.org/militaryfamilies	Provides an interactive learning environment with caregiving skills training, tips, and resources; offered by the Military Family Extension-University of District of Columbia
Military Family Caregiving Videos	www.extension.org/pages/64645/military-family-caregiving-video-series	Shares a series of topical videos designed to alleviate caregiver burden and provide a basic understanding of injuries sustained in military combat
My HealtheVet Caregiver Assistance Center	www.myhealth.va.gov/mhv-portal-web	Helps caregivers take better care of themselves; offers information on VA benefits and services and community resources
National Alliance for Caregiving ES	www.caregiving.org	Provides free brochures on caregiving
National Military Family Association	www.militaryfamily.org/get-info/caregiver	Provides caregivers assistance with navigating DoD and VA support programs and health care; lists caregiver benefits
Network of Care	www.networkofcare.org	Offers community-based resources and tools for caregivers

Next Step in Care (Family Caregivers and Medical Professionals Working Together) ES	www.nextstepincare.org/Caregiver_Home	Offers nine practical first steps new caregivers should take and advice for pacing oneself for the long term; Intended for both new and experienced caregivers
Operation Family Caregiver	www.rosalynncarter.org/returning_soldiers/	Helps families of returning OEF/OIF/OND Service members with health issues; offers a personalized 4-6 month program either in-home, by telephone, or via Skype; free and confidential
Prepare to Care (AARP Foundation) ES	aarp.org/home-family/caregiving	Includes information on how to get started, questions to ask, and where to find basic resources in the *Family Caregiving Planning Guide*
Real Warriors Campaign	www.realwarriors.net/family/support/psychhealth.php	Provides information on how to support Service members with psychological health concerns
Silent Siren	www.silentsiren.org	Educates emergency support personnel, military families and caregivers about PTSD and fundamental approaches to responding to PTSD crisis situations
Strength for Caring	www.strengthforcaring.com	Includes articles and resource center
Support and Family Education (SAFE)	www.ouhsc.edu/safeprogram	Presents 18-session family education modules for people who care about someone living with mental illness or PTSD
TBI: Family Caregiver Curriculum	www.traumaticbraininjuryatoz.org	Trains individuals to provide care and assistance to members and former members of the Armed Forces with TBI

Traumatic Brain Injury: A Guide for Caregivers of Service members and Veterans	dvbic.dcoe.mil/material/traumatic-brain-injury-guide-caregivers-service-members-and-veterans	Covers topics on understanding TBI, navigating services and benefits, and what caregivers can do to help
VA Caregiver Support	www.caregiver.va.gov	Includes tips and tools for family caregivers, stories, and videos of family caregivers of veterans, and a zip code look-up feature to find the closest VA caregiver Support Coordinator
VA Health Benefits and Services	www.va.gov/healthBenefits/resources/eligibility_check.asp	Provides support including Caregiver Eligibility Check for VA program; assistance applying for VA's Comprehensive Assistance for Family Caregivers Program at 877-222-VETS (877-222-8387)
Veteran Caregiver	www.veteran caregiver.com	Provides peer-to-peer support and special assistance for caregivers of veterans, as well as for veterans

Caregiver's Mental Health and Wellbeing

Afterdeployment	www.afterdeployment.org	Offers wellness resources for the military community
Agape Foundations Inc.	www.agapefoundations inc.com	Offers lifestyle coaching, consumer credit counseling, housing assistance, support groups, job assistance, and much more
American Red Cross ES	www.redcross.org	Helps with food, clothing, and shelter, referrals to counseling services (e.g., financial, legal, mental health), respite care for caregivers, and other resources
Blue Star Families (Caregivers Empowering Caregivers)	bluestarfam.org/ Programs/Caregivers_ Empowering_Caregivers	Provides an opportunity for Caregivers to share their stories, support each other and gain resources
Brides Across America	www.bridesacross america.com/	Supports wounded warriors, veterans, and active duty military Service members and their families through offering free wedding dresses to military brides.
Care for the Family Caregiver—A Place to Start	www.caregiving.org/data/ Emblem_CfC10_ Final2.pdf	Provides a helpful and informative booklet for family caregivers
Caregiver Action Network	caregiver action.org/	Provides forums, peer networks, story project, tool box, tips, resources and advocacy
Caregiver Stress	www.womenshealth. gov/publications/our-publications/fact-sheet/ caregiver-stress.cfm	Provides caregiver stress fact sheets; sponsored by the Department of Health and Human Services

Cell Phones for Soldiers	www.cellphones forsoldiers.com	Provides cost-free communication services, including cell phones and calling cards, to active-duty military members and veterans
Child and Family Program of the Center for the Study of Traumatic Stress	www.couragetotalk.org	Provides resources for family and friends to communicate more effectively about war injuries
Coaching into Care	www.mirecc. va.gov/Coaching/ PostDeploymentStress_ Families.pdf	Offers a booklet on Post Deployment Stress—What Families Should Know, What Families Can Do
Coming Home Project	www.cominghome project.net	Offers free counseling in Northern California; provides information and referral services to others
Family Caregivers Briefcase (American Psychological Association)	www.apa.org/pi/about/ publications/caregivers/ final-report-2010.aspx	Includes 160 pages of information and resources for and about caregivers
Family of a Vet	www.familyofavet.com	Provides free download of "Taking Care of Me" packet and much more information
Gifting Warriors	www.giftingwarriors.org/ index.php	Assists with medical bills, household goods, furniture, food, clothing, utilities, mental health services, vocational training, child care assistance, travel assistance and any other aid that will help bridge the gap between injury and a successful recovery.

Give an Hour	www.giveanhour.org	Offers therapists who have signed up to “give an hour” a week for up to a year; use the “Provider Search” function to find a therapist nearby
Hearts of Valor	www.operationhomefront.net/servicedetail.aspx?id=1034	Provides female caregivers opportunities to build relationships, access resources, and enjoy brief moments of rest and respite
Joint Family Support Assistance Program	www.jointservicessupport.org	Provides support for families who are far from a military installation; services are delivered through collaborative partnership with Federal, State, and local resources
Military Crisis Line	www.veteranscrisisline.net	Provides a free hotline; call 800-273-8255, text also at 838255, or chat online at *veteranscrisisline.net/activeduty*
Military and Family Life Counselor Program	www.militaryonesource.mil/12038/MOS/Booklets/MFLC_Program_Brochure.pdf	Provides support for relationships, stress management, grief, and other challenges; no cost to Active Duty, Guard, Reserve, and family members
Military OneSource ES	www.militaryonesource.mil	Provides in-person and telephonic counseling; special category on “Caring for Injured Service Member”
Military Pathways	www.militarymentalhealth.org	Provides 24/7 access to free, anonymous online mental health self assessments
Moving Forward—Overcoming Life’s Challenges	startmovingforward.t2.health.mil	Offers free online life coaching program to Service members, veterans, and their families

National Guard Bureau Psychological Health Services	www.jointservicessupport.org/resourcefinder/topic.aspx	Provides telephone and face-to-face consultations; free and confidential; search website for local contacts and resources
Navy Reserve and Marine Corps Reserve Psychological Health Outreach Program (PHOP)	www.marforres.marines.mil/GeneralSpecialStaffs/HealthServicesSupport/PsychologicalHealthOutreachProgram	Ensures USMC and Navy reservists and their families have access to psychological health care services; not an emergency or first responder service
Operation Live Well	www.health.mil/Military-Health-Topics/Operation-Live-Well	Provides tools, resources, and mental and physical health tips to adopt or maintain a healthy lifestyle
Operation: Love Reunited	www.oplove.org	Provides free professional photography sessions and photo gifts to military families pre and post deployment
Operation: Showers of Appreciation	osoamil.org/	Hosts baby showers for families of Active Duty Military, Veterans, Reserves, and Wounded Warriors. Provides baby care packages, diaper programs, and provides support to expecting mothers and their families
Project Evergreen	project evergreen.org	Provides free lawn, landscape and snow removal services for military families nationwide via volunteers
PTSD Treatment Help	PTSDtreatmentHelp.com	Helps with domestic violence and PTSD; offers free, brief, and confidential assessment

Rand Corporation	www.rand.org/pubs/corporate_pubs/2008/RAND_CP535-2008-03.pdf	Offers the Booklet: Post Deployment Stress, What Families Should Know, What Families Can Do
Restore Warriors (Wounded Warrior Project)	www.restorewarriors.org	Offers questionnaire and online help for stress, loss, self esteem, relationships, etc.
Soldier's Angels	www.soldiersangels.org	Offers programs for wounded, deployed, families and others. Hosts a variety of programs towards different needs of recovering Service members and their families
Special Operations Warrior Foundation	www.specialops.org	Provides caregivers of Special Operations Forces personnel with spa services
Stand Beside Them	www.standbesidethem.org	Provides free life and career coaching focusing on resume writing, interview help, researching job opportunities and networking guidance; offered face to face, by phone or Skype to Service members, veterans, their caregivers and families; *info@standbesidethem.org*
Substance Abuse and Mental Health Administration	www.samhsa.gov	Offers treatment locations, downloads, videos, and publications
The Soldier's Project	www.thesoldiersproject.org/getting-help	Offers free psychotherapy

TRICARE Telemental Health Services	www.tricare.mil/CoveredServices/SeeWhatsCovered/TelementalHealth.aspx?sc_database=web	Offers a network of offsite providers who can evaluate, treat and refer you as necessary via video; contact TRICARE regional coordinator to request services
USO Caregiver's Conference	www.uso.org	Provides one-day conference that focus on skills for building stronger, more resilient military families; Topics include couple's intimacy, addressing challenging behaviors preventing burnout and more
VA Caregiver Support	www.caregiver.va.gov/support/support_services.asp	Provides a caregiver toolbox, diagnosis care sheets, everyday tips, and help staying organized
Vet Centers	www.vetcenter.va.gov	Offers free individual and family counseling to eligible veterans and families
Veteran's Campground on Big Marine Lake	www.vetscampmn.org	Provides facilities and opportunities for recreation, rest and well-being for all Veterans and their families
Veterans Restorative Project	http://veteransrestorativeprogram.org	Provides complimentary deep relaxation and meditation programs to active duty, Veterans and families of Service members as well as on-going classes, retreats and workshops
Weddings for Heroes	www.weddingsforheroes.org	Provides support and assistance to active duty, combat wounded or combat veteran Service members who are in the process of planning a wedding on a budget.

Maintenance and Home Care Assistance

Gifting Warriors	www.giftingwarriors.org/index.php	Assists with medical bills, household goods, furniture, food, clothing, utilities, mental health services, vocational training, child care assistance, travel assistance and any other aid that will help bridge the gap between injury and a successful recovery
Homes on the Home front	www.homesonthehomefront.org	Provides assistance for Service members who don't currently own a home, are willing to live in a donated home as a primary residence, and are financial capable of sustaining
Hope for the Warriors—Critical Care Coordinaton	www.hopeforthewarriors.org	Offers grants to cover household utilities, gas cards for vehicles to get to appointments, money for groceries, rent, mortgage, and rental deposits
Operation Comfort Warriors	www.legion.org/operationcomfort	Provides a program dedicated to meeting the needs of wounded, injured or ill military personnel, and their families by providing them with comfort items not usually supplied by the government
Project Evergreen	projectevergreen.org	Provide free, volunteer-based lawn, landscape and snow removal services for military families nationwide

Respite Care for Caregivers

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

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

DEFENSE CENTERS OF EXCELLENCE
For Psychological Health & Traumatic Brain Injury

dcoe.health.mil

Support Line: 866-966-1020

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

Find information on:

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

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

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

Service members and Families
- 24/7 Help
- Suicide Prevention
- Before and After Deployment Resources
- inTransition
- Guard and Reserve
- Adjusting to Changes
- Taking Care of Yourself
- Locating Health Care

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

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

Military Caregiver Lifestyle

Milestones

Brides Across America	www.bridesacrossamerica.com/	Supports Wounded Warriors, Veterans, and active duty military Service members and their families through offering free wedding dresses to military brides
Mission Sleep	www.missionsleep.org	Provides free, overnight newborn care when parent's partner is deployed or wounded
New Parent Support Program	www.militaryonesource.mil/parenting?content_id=266691	Helps parents and expectant parents develop skills needed to provide a nurturing environment; free service on most installations
Operation Shower	operationshower.org	Prepares a Shower in a Box for each mom-to-be who has a spouse or partner who was injured during deployment
Operation: Showers of Appreciation	osoamil.org	Hosts baby showers for families of Active Duty Military, Veterans, Reserves, and Wounded Warriors; Provides baby care packages, support to expecting mothers and their families

Caring for the Caregiver
DoD Program
VA Program
Reserve/Guard Specific Resource
Non-Profit Organization
Veterans Service Organizations
Military Children
ES Español Available
Smartphone App

Weddings for Heroes	www.weddingsforheroes.org	Provides support and assistance to active duty, combat wounded or veteran Service members to plan a wedding on a budget

Stress Relief Aides

Cause	www.cause-usa.org	Organizes programs that provide recreation and resiliency, such as massage and spa programs
Cell Phones for Soldiers	www.cellphonesforsoldiers.com	Provides cost-free communication services, including cell phones and calling cards, to active-duty military members and veterans
Hearts Apart	www.heartsapart.org/	Provides servicemembers with professional photography of their spouses, children, and newborn babies
Hope for the Warriors Caregiver Dinners	www.hopeforthewarriors.org/story/18720877/family-support	Provides dinners near major military medical centers to bring caregivers and families together for a relaxing evening
Operation Live Well	www.health.mil/Military-Health-Topics/Operation-Live-Well	Provides tools, resources, and mental and physical health tips to adopt or maintain a healthy lifestyle

Operation: Love Reunited	www.oplove.org	Provides free professional photography sessions and photo gifts to military families pre and post deployment
Operation Makeover	http://www.operationmakeover.com/Home.php	Provides free makeovers for military caregivers and spouses, along with a free photo session
Operation Second Chance Day Trips and Nights Out	www.operationsecondchance.org/daytrips	Offers warriors, caregivers, and guests trips away from the hospital
Veterans Restorative Project	veteransrestorativeprogram.org	Provides complimentary deep relaxation and meditation programs to active duty, Veterans and families of Service members as well as on-going classes, retreats and workshops

Hobbies & Interests

Catch a Lift	www.catchaliftfund.com/about-us	Provides gym memberships or in-home gym equipment to wounded post 9-11 Veterans anywhere in the United States. If the wounded veteran's requires assistance from their Caregiver, their membership will be granted as well
Connected Warriors	http://connectedwarriors.org/	Provides free, trauma-conscious yoga therapy for service members, veterans and their families in the United States

Higher Ground	www.highergroundsv.org	Combines sports, family and coping therapies to restore and rehabilitate Service Members, specializes in serving Veterans with traumatic brain injury (TBI), post-traumatic stress (PTS), military sexual trauma (MST) and polytrauma
Horses 4 Heroes	horses4heroes.org	Provides affordable recreational, instructional, and health and wellness equestrian programs for all ages, all riding levels, and supports all breeds and disciplines; check out the Operation Free Ride program
United Through Reading	http://www.unitedthroughreading.org	Offers deployed parents the opportunity to be video recorded reading storybooks to their children which creates positive emotional connections and cultivates a love of reading
Yoga for Vets	www.yogaforvets.org	Lists yoga studios, teachers, and venues throughout the country that offer four or more free classes to Veterans. The goal of Yoga For Vets is to reduce the symptoms of PTSD, stress and injuries of Veterans, and help them deal, during and after deployment, with various mental and physical challeges

Children's Needs

Child Care Assistance

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

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Little Warrior Respite Program (Easter Seals)	gwbr.easterseals.com/site/PageServer?pagename=DCMD_LittleWarriors	Provides educational services, respite events, and relaxations days for wounded warrior families and their children ages birth to 13 years old (serving DC, MD, VA)
Military Child Care in Your Neighborhood	www.naccrra.org/military-families	Provides fee assistance for Active Duty and civilian technicians who are unable to access on-post child care
Military Heroes Fund	www.pentagonfoundation.org	Pays for on-site, quality child care at Walter Reed Medical Center
Military OneSource ES	www.militaryonesource.mil/parenting	Provides assistance with any child care related services and counseling
Operation Military Child Care	www.childcareaware.org	Supports Reserve component and geographically dispersed military families; provides assistance while looking for employment
Operation Second Chance	www.operationsecondchance.org/supportandassistance	Provides child care during illness or surgery
Respite Child Care	www.naccrra.org/military-families	Offers 16 hours of respite child care per month at no cost; not intended to be a substitute for regularly scheduled child care (i.e., to go to work or attend school); limited to eligibility guidelines and funding availability
Sitter City	www.sittercity.com/dod	Offers free membership to help find fee-based child care, housekeeping, and animal care services

Yellow Ribbon Fund	www.yellowribbonfund.org	Offers babysitting, kid matinees, and pool days

Children's Health and Wellbeing

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

Child and Family Program of the Center for the Study of Traumatic Stress	www.couragetotalk.org	Provides resources for family and friends to communicate more effectively about war injuries
Children and Youth Behavioral Military and Family Life Counselors	www.militaryonesource.mil/monthly-focus?content_id=268679	Offers information on Military and Family Life Counselors and how to seek their services
Children of Military Service members Resource Guide	www.dcoe.mil/content/Navigation/Documents/DCoE%20Children%20of%20Military%20Service%20Members%20Resource%20Guide.pdf	provides a quick-reference tool for parents, other family members and health care providers who work with the children of military Service members; resources are organized by topic and cognitive age level
Defending the Blue Line	www.defendingtheblueline.org	Offers multiple programs for children of military members to participate in the game of hockey
Exceptional Family Member Program	www.militaryonesource.mil/efmp	Supports Service members who have dependents with chronic medical, dental, mental health, developmental, or educational conditions and require special care and services
Family of a Vet	www.familyofavet.com/parent_teacher_packet	Offers parent/teacher packet about PTSD
FOCUS Program	www.focusproject.org	Offers resilience training for children and teens

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

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

Our Military Kids	www.ourmilitarykids.org	Pays for children's participation nationwide in extra-curricular activities, such as sports, fine arts and tutoring
Parenting for Service members and Veterans	militaryparenting.t2.health.mil/index.php	Provides information, strategies, reconnection tips for after deployment, and helpful exercises via free online course
Rand Corporation	www.rand.org/pubs/corporate_pubs/2008/RAND_CP535-2008-03.pdf	Provides a booklet: Post Deployment Stress, What Families Should Know, What Families Can Do
Read.gov	`	Offers books, books on tape, and eBooks via Library of Congress
Semper Fi Fund	www.semperfifund.org	Provides a Kids Camps week where campers are matched up with high school student mentors
Sesame Street Connections	www.sesamestreet.org/tlc	Provides support and resources for military children between the ages of two and five; DVDs offered by USO at many centers
STOMP	wapave.org/programs/specialized-training-military-parents-stomp	Provides information on parent rights and responsibilities regarding special education services for military children; federally funded Parent Training and Information Center established to assist military families who have children with special education or health needs
The General's Kids	www.thegeneralskids.org	Helps cover costs so children can participate in local activities such as sports, music, and dance

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

Veterans Service Organizations (VSOs)

What They Are and How They Can Help

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

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

VA Grants for Home Modifications

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

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

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

For more information: www.benefits.va.gov/homeloans/adaptedhousing.asp

Education and Training

Scholarships, Loans, and Grants

Air Force Aid Society	www.afas.org/ed-loans	Distributes $2,000 need-based grants to full-time college undergraduates who are dependent children and spouses of Active Duty Air Force, retirees, or deceased members
Air Force Association Spouse Scholarships	www.afa.org/informationfor/military/scholarships	Encourages Air Force spouses to pursue undergraduate or graduate degrees
American Legion	www.legion.org/scholarships	Offers scholarships and other resources to assist young people in their pursuit of higher education, including kin of wartime veterans and participants in Legion programs
AMVETS Scholarships	www.amvets.org/programs/scholarships	Awards scholarships to veterans/Active military, their sons, daughters, and grandchildren
Army Emergency Relief	www.aerhq.org/dnn563	Provides financial assistance for Army spouses and dependent children who are pursuing their first undergraduate degree
Blue Star Families	bluestarfam.org/resources/blue-star-careers	Provides scholarships to military-affiliated students enrolled in select distance-learning degree programs at partner schools to help defray the costs associated with pursuing higher education

Caring for the Caregiver
DoD Program
VA Program
Reserve/Guard Specific Resource
Non-Profit Organization
Veterans Service Organizations
Military Children
Español Available
Smartphone App

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

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

National Military Family Association Military Spouse Scholarships	www.militaryfamily.org	Provides tuition, fees, and school room and board for GED/ESL, vocational training, professional certification, post-secondary, graduate school, in-class/online, and full/part time
Navy Marine Corps Relief Society	www.nmcrs.org	Assists eligible Sailors, Marines, and families to pursue academic goals by providing a source of education financing
No Greater Sacrifice	www.nogreater sacrifice.org	Provides scholarships and other educational resources for children of America's heroes
Post GI Bill	www.gibill.va.gov	Covers up to 36 months of education benefits, including monthly housing allowance; transferability of benefits to eligible dependents allowed
Post GI Bill Calculator (Iraq and Afghanistan Veterans of America)	newgibill.org/calculator	Calculates GI Bill benefits plus Frequently Asked Questions
Semper Fi Fund	www.semperfifund.org	Assists with costs of books, fees, and training; travel to job interviews; and equipment
ThanksUSA	www.thanksusa.org	Awards college, technical, and vocational school need-based scholarships to children and spouses
The Retired Enlisted Association Memorial Foundation Scholarship	www.trea.org	Awarded to dependent children, grandchildren, or great grandchildren of a TREA member; essay required

Tillman Military Scholarship Program	pattillmanfoundation.org/apply-to-be-a-scholar/	Offers direct study-related expenses such as tuition, fees, books, room and board, and other needs, such as child care
Veterans of Foreign Wars	www.vfw.org/Community/Programs	Provides scholarships to high school students through the VFW's Voice of Democracy audio-essay competition

Training, Rehabilitation, and Internships

Education and Employment Initiative (E2I)	warriorcare.dodlive.mil/wounded-warrior-resources/e2i	Finds employment opportunities and provides career planning support for recovering Service members before they transition
Entrepreneurship Bootcamp for Veterans with Disabilities (EBV)	whitman.syr.edu/ebv	Provides experiential training in entrepreneurship and small business management to post 9/11 veterans with disabilities, at no cost
Entrepreneurship Bootcamp for Veterans' Families (EBV-F)	whitman.syr.edu/ebv/programs/families	Integrates training in small business management with caregiver and family issues, at no cost
Military.tutor.com	military.tutor.com	Offers free online tutoring to active duty military and their dependents
Mission Continues	missioncontinues.org	Provides community service fellowships for veterans followed by full time employment, pursuit of higher education, or permanent role in service

Operation Warfighter	warriorcare.dodlive.mil/wounded-warrior-resources/operation-warfighter	Offers a Federal internship program for active duty recovering Service members
PAVE (Paving Access for Veterans Employment)	www.PVA.org	Provides one-on-one support for coordinating rehabilitation needs with medical care and VA benefits
Red Cross — Nursing Assistant Training	www.redcross.org/take-a-class/program-highlights/nurse-assistant-training	Places a high emphasis on learning excellent communications skills and the Art of Caregiving to provide compassionate care for people in the health care system
STOMP	wapave.org/programs/specialized-training-military-parents-stomp	Provides information on parent rights and responsibilities regarding special education services for military children; federally funded Parent Training and Information Center established to assist military families who have children with special education or health needs
Troops to Teachers Program	www.proudtoserveagain.com	Helps eligible military personnel begin a new career as teachers in public schools
VA Work-Study Program	gibill.va.gov/resources/education_resources/programs/work_study_program.html	Offers part-time employment to students receiving VA education benefits related to VA; work at school or nearby VA facility
VetNet	vetnethq.com	Includes inside information on companies looking to hire veterans and spouses

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

Keep Your DEERS Information Up-to-Date!

Information at: *www.tricare.mil/deers*

1-800-538-9552

1-831-655-8317 (fax)

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

You have several convenient options for updating DEERS:

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

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

Financial Support

General Assistance

Aid and Attendance Program	www.veteranaid.org/index.php	Provides free assistance to qualified veterans and surviving spouses in applying for Aid and Attendance pension benefits
Air Force Aid Society	www.afas.org	Provides interest free loans and grants for basic living expenses, emergency travel, vehicle expenses, medical/dental, child care/respite, moving expenses, etc.
Air Force Aid Society Falcon Fund	www.afas.org	Provides funds in emergency situations to cover short-term, unexpected situations; loan amount cap of $750
American Legion	www.legion.org	Awards cash grants to minor children of veterans eligible for American Legion membership for the cost of shelter, food, utilities, and health expenses
American Red Cross	www.redcross.org	Provides reliable financial assistance to eligible applicants 24/7/365
America's Fund	americasfund.org	Provides direct financial assistance to all Service members and families for long hospitalization or rehabilitation

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

The Coalition to Salute America's Heroes	saluteheroes.org	Provides financial aid assistance and other services to disabled Veterans that are facing foreclosure, reposession, missed utilities, or other financial needs
Gifting Warriors	www.giftingwarriors.org/index.php	Assists with medical bills, household goods, furniture, food, clothing, utilities, mental health services, vocational training, child care assistance, travel assistance and any other aid that will help bridge the gap between injury and a successful recovery
Hope for the Warriors—Critical Care Coordination	www.hopeforthewarriors.org	Offers grants to cover household utilities, gas cards for vehicles to get to appointments, money for groceries, rent, mortgage, and rental deposits
Homeowners Assistance Program (Expanded)	hap.usace.army.mil	Assists eligible homeowners who face financial loss when selling their primary residence homes in areas where real estate values have declined
Homes on the Homefront	www.homesonthehomefront.org	Provides assistance for Service members who don't currently own a home, are willing to live in a donated home as a primary residence, and are financial capable of sustaining the home
Joint Services Support	www.jointservicessupport.org	Provides a virtual military community for National Guard members and families; offers Career, Family, Finance, Behavioral Health, Sexual Assault, and Transition Support programs

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

Operation Comfort Warriors	www.legion.org/operationcomfort	Meets the needs of wounded, injured or ill military personnel, and their families by providing them with comfort items not usually supplied by the government
Operation Family Fund	operationfamilyfund.org	Provides financial grants for those injured and families of those who have been injured or killed as a part of the Global War on Terrorism, whether domestic or abroad, military or civilian
Operation First Response	www.operationfirstresponse.org	Provides financial aid based on individual needs ranging from: rent, utilities, vehicle payments, food, clothing, and travel expenses
Operation Homefront	www.operationhomefront.net	Provides rent and mortgage assistance, family transitional housing, baby items, emergency home repair, local moving assistance, essential home items, vehicle repair and food assistance
Operation: Love Reunited	www.oplove.org	Provides free professional photography sessions and photo gifts to military families pre and post deployment
Operation One Voice	operationonevoice.org	Helps the financial needs of children and families of wounded and fallen Special Operation Forces
Operation Second Chance	www.operationsecondchance.org/supportandassistance	Gives assistance to those currently receiving care at a military health care facility; helps with rent/mortgage and utility bills (electric, gas, water, sewer)

Pentagon Federal Credit Union Foundation	www.pentagon foundation.org	Offers financial education, emergency loans, and home ownership grants
Rebuild Hope	www.rebuildhope.org	Connects donors to beneficiaries via a National network
Reserve Aid	reserveaid.org	Provides grants for rent/ mortgage, utility, car payments, car insurance, and Wal-Mart gift card for food/fuel
Special Operations Warrior Foundation	www.specialops.org	Provides immediate financial assistance to special operations personnel severely wounded in combat; provides $3,000 to families so they can be bedside at the hospital with loved ones
Thrift Savings Plan	www.tsp.gov	Provides guidance on accessing TSP funds in moments of distress (loans, distributions, and tax breaks)
Turbo Transition Assistance Program	www.dmdc.osd.mil/appj/ dwp/index.jsp	Offers financial planning for transition
USA Cares	www.usacares.org	Pays basic expenses— mortgage/rent, food and home utilities
VA Home Loan Guarantee Program	www.benefits.va.gov/ homeloans	Offers guaranteed home loans, refinancing assistance, and special grants
VA Work-Study Program	gibill.va.gov/resources/ education_resources/ programs/work_study_ program.html	Offers part-time employment to students receiving VA education benefits related to VA; work at school or nearby VA facility

Veterans of Foreign Wars Unmet Needs Program	www.vfw.org	Provides emergency grants to military families who need temporary help making ends meet
Wounded Heroes Foundation	www.woundedheroes fund.net	Offers physical, emotional, and financial support to injured Armed Forces

Temporary Lodging Expenses

America's Fund	americasfund.org	Provides family support grants to enable all military families to spend time at loved ones' hospital bedsides, free from the financial pressures of travel, temporary lodging, and lost wages
AMVETS National Service Foundation	www.amvetsnsf.org	Offers the Healing Heroes Program
Fisher House	www.fisherhouse.org	Offers the Hotels for Heroes Program
Navy Safe Harbor Foundation	www.safeharbor foundation.org/ pdf/2011NSHF_ Brochure.pdf	Provides financial and legal support for travel expenses, court costs, and housing/rental support
Operation Homefront Villages	www.operationhome front.net	Provides recovering Service member transitional family housing; currently operates three villages in CA, MD, and TX

Yellow Ribbon Fund	www.yellowribbonfund.org	Provides free, furnished apartments and hotel rooms for families

Travel and Transportation Expenses

Air Compassion for Veterans	www.aircompassionforveterans.org	Provides transportation through commercial airline tickets
Air Force Aid Society Falcon Fund	www.afas.org	Provides Falcon Loans for emergency travel regardless of the relationship to the Air Force member
America's Fund	americasfund.org	Provides family support grants to enable all military families to spend time at loved ones' hospital bedsides
AMVETS National Service Foundation	www.amvetsnsf.org	Offers the Healing Heroes Program
Armed Forces Foundation	www.armedforcesfoundation.org	Pays car insurance, registration payments, and car payments
Armed Forces YMCA Jack Daniel's Operation Ride Home	www.asymca.org	Provides junior enlisted (E-4 and below) single Service members and families the opportunity to travel home
Disabled American Veterans	www.dav.org/veterans/i-need-a-ride	Provides a transportation network for veterans at 172 medical centers to help veterans get needed treatment

Fisher House	www.fisherhouse.org	Offers the Hero Miles program
Hope for the Warriors	www.hopeforthewarriors.org	Provides gas cards for vehicles to get to appointments
Mercy Medical Angels	http://mercymedical.org/	Administers transportation through multiple programs that enables financially-stressed patients to travel to distant medical specialists for essential care and treatment
Luke's Wings	www.lukeswings.org	Offers free transportation assistance for caregivers, Service members, and others
Navy Safe Harbor Foundation	www.safeharborfoundation.org/pdf/2011NSHF_Brochure.pdf	Provides financial and legal support for travel expenses, court costs, and housing/rental support
Operation Second Chance	www.operationsecondchance.org/supportandassistance	Assists with travel to include special circumstances, one-way flights, and urgent or short notice flights
Soldiers' Angels Tank Support	soldiersangels.org/index.php?mact=News,cntnt01,detail,0&cntnt01articleid=133&cntnt01returnid=120	Provides gasoline gift cards to help ensure returning OEF/OIF veterans get the regular checkups and medical care they need
Veterans Airlift Command	www.veteransairlift.org	Provides free air transportation for medical and other compassionate purposes through a national network of volunteer aircraft

Weddings for Heroes	www.weddingsforheroes.org	Provides support and assistance to active duty, combat wounded or combat veteran Service members who are in the process of planning a wedding on a budget
Yellow Ribbon Fund	www.yellowribbonfund.org	Provides free rental cars and taxi rides

Health Care Needs

Health Benefits and Coverage

Citizen Soldier Support Center Primary Health Care and Behavioral Health Provider Directory	www.warwithin.org	Connects Service members and their families to health care and behavioral health providers nearby who are trained in issues that affect military members and their families; sponsored by UnitedHealth Group (UNH)
Civilian Health and Medical Program (CHAMPVA)	www.va.gov/hac/forbeneficiaries/champva/champva.asp	Offers health care coverage for eligible individuals who are not eligible for TRICARE
Continued Health Care Benefit Program (CHCBP)	www.humana-military.com	Offers transitional premium-based health care coverage after TRICARE eligibility ends; need to purchase within 60 days of losing TRICARE or TAMP eligibility
Family and Medical Leave Act	www.dol.gov/whd/fmla/index.htm	Provides an overview of the Family and Medical Leave Act
Foreign Medical Program	www.va.gov/HAC/forbeneficiaries/fmp/fmp.asp	Provides health care benefits to veterans with VA-rated service-connected conditions who are residing or traveling abroad (Philippines excluded)
InTransition Mental Health Coach and Support Program	www.health.mil/intransition	Provides recovering Service members with encouragement from a personal coach and other resources to get started with a new mental health provider

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Meds by Mail ES	www.va.gov/hac/forbeneficiaries/forbeneficiaries.asp	Provides a safe, easy and cost-free way to receive non-urgent maintenance medications delivered at home
Military Medical Support Office	www.tricare.mil/tma/MMSO	Supports medical care to remotely located Active Duty and Reserve Component Service members
My HealtheVet	www.myhealth.va.gov	Provides access to online records to manage health care, obtain information, and get facts about VA benefits and services
Navy Reserve and Marine Corps Reserve Psychological Health Outreach Program (PHOP)	www.marforres.marines.mil/GeneralSpecialStaffs/HealthServicesSupport/PsychologicalHealthOutreachProgram	Ensures USMC and Navy reservists and their families have access to psychological health care services; PHOP is not an emergency or first responder service; for more information, contact the regional PHOP team listed on the website
Quit Tobacco	ucanquit2.org	Provides access to Quit Coaches who are available 7 days a week, 24 hours a day to answer your questions about quitting smoking and chewing tobacco and ways to stay quit; please indicate that you are a veteran enrolled in the VA health care system
Rebuilding America's Warriors	www.rebuildingamericaswarriors.com	Provides free reconstructive surgery to recently wounded and disfigured active service and veteran status warriors
Transitional Assistance Management Program	www.tricare.mil/Welcome/SpecialPrograms/TAMP	Provides 180 days of transitional health care benefits after regular TRICARE benefits end

Transitional Care for Service-Related Conditions	www.tricare.mil/Welcome/SpecialPrograms/TAMP/TCSRC	Extends TRICARE coverage for certain service-related conditions beyond their regular 180-day Transitional Assistance Management Program (TAMP) coverage period; available worldwide
TRICARE Dental Program	www.trdp.org	Provides dental coverage for eligible National Guard and Reserve members and their families; voluntary enrollment; 100% coverage for most preventive and diagnostic services; lower specialty care cost shares for E-1 thru E-4 pay grades; monthly premiums vary by location and type of plan
TRICARE—Injured on Active Duty	www.tricare.mil/wii	Explains health care programs and benefits for Service members who were injured on Active Duty
TRICARE Overseas Program	www.tricare-overseas.com	Provides healthcare services from the best available providers around the world; offers established host nation provider networks around military treatment facilities and in many remote locations
TRICARE Pharmacy Program	www.tricare.mil/pharmacy	Provides prescription medications for all eligible beneficiaries; can convert prescriptions from a TRICARE retail network pharmacy to home delivery by calling the Member Choice Center (877-363-1433)
TRICARE Program	www.tricare.mil	Grants access to the DoD's worldwide health care program available to eligible beneficiaries as determined by information in DEERS

TRICARE Resources	www.tricare.mil/smart	Provides resources for TRICARE materials online; view, print, or download TRICARE briefings, fact sheets, handbooks, and other materials
TRICARE Telemental Health Services	www.tricare.mil/CoveredServices/SeeWhatsCovered/TelementalHealth.aspx	Offers a network of offsite providers who evaluate, treat and refer you as necessary via video; contact TRICARE regional coordinator to request services
TRICARE Tobacco Cessation Program	www.tricare.mil/tobaccocessation	Offers four ways to help break the tobacco cycle: Web-based Educational Materials, Smoking Quitlines, Counseling Services, and Smoking Cessation Medication

General Medical Information

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

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

Vision Center of Excellence	vce.health.mil	Works with TRICARE, Military Health System, VA, and other Centers of Excellence to provide patient-centered support close to home, unit, and family
War Related Illness and Injury Study Center	www.warrelated illness.va.gov	Provides a second opinion for veterans referred with difficult-to-diagnose war-related illnesses and injuries
Wounded Warrior Project Restore Warriors	www.woundedwarrior project.org/programs/ combat-stress-recovery-program/restore-warriors	Offers tools and self-help strategies, including videos of other warriors sharing their experiences, along with coping strategies

Home-Based Health Care Assistance

Home Telehealth	www.telehealth.va.gov	Provides access to a care coordinator by using technology in the home; includes education and training or online and telephone support groups
Home-Based Primary Care Program	www.caregiver.va.gov/ support/support_ services.asp	Delivers routine health care services to the home when the veteran has medical issues that make it challenging for him or her to travel
Homemaker and Home Health Aide Program	www.caregiver.va.gov/ support/support_ services.asp	Provides a home health aide to come to the home on a regular schedule to allow the caregiver time to take care of their own needs

Navy Marine Corps Relief Society Visiting Nurse Program	www.nmcrs.org/pages/health-education-and-post-combat-support	Offers nursing service to all Navy and Marine Corps members and their family members within a 25-mile radius of the program site; nurse may offer resource information by telephone or mail to individuals outside the driving area
TRICARE Respite Care Program	www.tricare.mil/LifeEvents/InjuredonAD/HealthBenefits	Provides rest and change for caregivers; benefits are limited to 40 hours/week, 5 days/week; 8 hours/day

TBI and PTSD Information and Programs

ABCT Find a Therapist	www.abctcentral.org/xFAT/index.cfm?fa=search_advanced	Searches local Cognitive Behavior Therapists; provides resources to help understand psychological treatment options and make informed decisions
America's Heroes At Work	www.AmericasHeroesAtWork.gov	Educates employers about signs/symptoms of combat PTSD and TBI and how to support warriors who need assistance; sponsored by DOL
Armed Forces Foundation	www.armedforcesfoundation.org	Distributes "Hidden Battles on Unseen Fronts," authored by Foundation President Patricia Driscoll and Foundation Supporter/author Celia Straus
Brain Injury Association of America	www.biausa.org/living-with-brain-injury.htm	Provides direct support, information, resources, education, and advocacy for individuals living with brain injury

BrainlineMilitary	brainlinemilitary.org	Provides military-specific information and resources on TBI
Brave Heart Veterans	braveheartveterans.org	Provides veterans and families in the Southeastern U.S. with web-based coping resources, such as anonymous online self-screening tools and a local resource finder
Caregiver's Journey	www.traumaticbrain injuryatoz.org	Distributes TBI Guide for Caregivers of Service members and veterans
Center for American Military Music Opportunities (C*A*M*M*O)	www.cammomusic.org	Provides opportunities to heal through music; trains and educates on music industry and career opportunities
Center for Deployment Psychology	deploymentpsych.org/training/training-catalog/course-119-online-the-fundamentals-of-traumatic-brain-injury-tbi	Offers free training about TBI; click on "Take for Free" and receive an up-to-date review of TBI and how it may be diagnosed and/or treated
Center for the Study of Traumatic Stress	www.couragetotalk.org	Provides family resources, fact sheets, etc.
Centre for Neuro Skills ES	www.neuroskills.com	Provides resources and help for families related to Traumatic Brain Injury rehabilitation
Citizen Soldier Support Center Primary Health Care and Behavioral Health Provider Directory	www.warwithin.org	Connects Service members and their families to health care and behavioral health providers nearby; sponsored by UnitedHealth Group

Cognitive Systems	www.Cog-Systems.com	Provides innovative treatment for mild TBI and other neurological injuries that can be done from home
DCoE for PH and TBI Psychological Health Information	www.dcoe.health.mil/PsychologicalHealth/Psychological_Health_Information	Includes resources on treatments for Major Depressive Disorder, TBI, and PTSD
Defense Veterans Brain Injury Center	www.dvbic.org	Distributes booklet: Talking to children about moderate/severe TBI
Depression Screening Tools	afterdeployment.t2.health.mil/topics-depression	Provides video stories, assessments, resources, library, personal stories and more
Disabled American Vets	www.dav.org/veterans/documents/PTSDBrochure.pdf	Distributes brochure: Living with Traumatic Stress
EEG (Neurofeedback) Information	www.eeginfo.com	Provides neurobiofeedback resources
EMDR Institute, Inc.	www.emdr.com	Offers information about Eye Movement Desensitization Reprocessing and its healing potential for TBI conditions
Family of a Vet	www.familyofavet.com	Provides general information on TBI, PTSD, and other post-combat issues; written by warriors and loved ones with first-hand experiences
Health Journeys	www.healthjourneys.com	Distributes “Invisible Heroes: Survivors of Trauma and How They Heal,” by Belleruth Naperstek

Help Guide	www.helpguide.org/mental/ptsd-family-help-support.htm	Provides PTSD fact sheet and tips for rebuilding trust and safety, anticipating and managing triggers, and more
Intrepid Fallen Heroes Fund NICoE Satellite Centers	www.fallenheroesfund.org	Offers state of the art facility for treating wounded heroes suffering from TBI
Make the Connection	maketheconnection.net	Helpful resources and information about invisible wounds of war, and how to identify, get help, and understand them better
Medal of Honor Speak Out	www.medalofhonorspeakout.org	Features Medal of Honor recipients who speak out about adjusting to life after combat, particularly for post traumatic stress
Moving Forward—Overcoming Life's Challenges	startmovingforward.t2.health.mil	Offers free online life coaching program to Service members, veterans, and their families
National Center for PTSD	www.ptsd.va.gov	Features information on PTSD and treatments, tools for screening and tracking symptoms, skills to handle stress symptoms, and links of support
National Intrepid Centers of Excellence Family Program	www.nicoe.capmed.mil/patientcare/SitePages/Home.aspx	Provides short-term, solution-focused therapies done in individual, marital, group, and family sessions
The Pathway Home	www.thepathwayhome.org	Offers private treatment for OEF/OIF veterans with PTSD
PTSD Program Locator	www.va.gov/directory/guide/ptsd_flsh.asp	Helpos locate nearby specialized PTSD programs; search by state or by program type

PTSD Treatment Help	PTSDtreatmentHelp.com	Helps with domestic violence and PTSD; offers free, brief, and confidential assessment
Semper Fi Fund	semperfifund.org/resources	Distributes movie: Cover Me (about combat operational stress)
Sidran Institute Traumatic Stress Education and Advocacy	www.sidran.org	Lists resources and provides a help desk that helps Service members/veterans find therapists or treatment centers for trauma recovery
Soldiers Heart	www.soldiersheart.net	Alleviates symptoms of PTSD through storytelling, purification, community forgiveness, and healing and restitution
Survivors of Traumatic Events—Managing Your Stress	store.samhsa.gov/product/NMH05-0209PUNJABI	Provides tips to relieve stress; describes how and when to seek professional help; provides accompanying resources
The Traumatic Brain Injury: The Journey Home	www.traumaticbraininjuryatoz.org	Provides an informative and sensitive exploration of TBI; includes information for patients, family members, and caregivers
Uniformed Services Medical University Clinical Research	www.usuhs.mil	Offers information about research studies on brain injury
Vet Centers ES	www.vetcenter.va.gov	Helps combat veterans and their families; 200 community locations
Warrior Canine Connection	www.warriorcanineconnection.org	Provides Service members and veterans with PTSD and TBI the opportunity to be part of a critical mission helping fellow RSMs

Travel Benefits for Caregivers

If the recovering Service member is being treated away from his or her family, family members and caregivers may be able to travel at government expense to be with the recovering Service member. Travel is handled much like other military travel and requires submitting a travel voucher for payment.

Up to three members of the immediate family may be eligible to travel to the recovering Service member's location while he or she is an in-patient. When the recovering Service member becomes an outpatient, the local finance office can provide one family member orders to remain during recovery. Recent changes to the Joint Federal Travel Regulation (JFTR) now allow more than one non-medical attendant present under extenuating circumstances.* Family members who are eligible for this travel include parents, spouses, children, and siblings. Like the military travel orders, incremental payments and extensions to the orders may be needed if the stay as an outpatient is an extended one. Family members' travel orders will cover the cost of travel, hotel bills, meals, and some incidental expenses up to a maximum daily amount determined by the location. Some expenses, like a rental car costs are not reimbursable. Each Service handles the process of issuing orders for family members and reimbursing them for expenses in a slightly different manner.

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* JFTR change 291 to JFTR U5250-C, dated 1 March 2011.

For more information, download the DoD Compensation and Benefits Handbook, 2011 at: warriorcare.dodlive.mil/benefits/compensation-and-benefits

Home and Automobile Modifications and Special Equipment

Automobiles and Adaptive Equipment	benefits.va.gov/benefits	Provides a one-time payment of no more than $18,900 toward the purchase of an automobile or other transportation; additionally, VA will pay for adaptive equipment, or for repair, replacement, and reinstallation of automobile equipment required because of disability
Blind Rehabilitation Service	www.va.gov/blindrehab	Provides technology to regain independence and return to full activity; approved technology required by veterans is provided by VA Prosthetics Service at no cost
Cell Phones for Soldiers	www.cellphones forsoldiers.com	Provides cost-free communication services, including cell phones and calling cards, to active-duty military members and veterans
Clothing Allowance	www.va.gov/health	Reimburses the veteran if, because of a service-connected condition, clothing gets permanently damaged by a prosthetic or orthopedic appliance worn or a prescribed medication used on skin

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Computer/ Electronics Accommodations Program	www.cap.mil/wsm	Equips Service members with assistive technology devices, accommodations, and training to help individuals with dexterity impairments, cognitive difficulties, vision loss, and hearing loss recover and transition to employment
Helping a Hero	www.helping ahero.org/	Builds homes for wounded warriors and offers mentoring, employment, emotional, financial, recreational and educational support programs
Help Our Military Heroes	www.helpourmilitary heroes.org	Provides recovering Service members with fully-equipped handicapped vehicles
Home Improvements and Structural Alterations (HISA) Grant	www.benefits.va.gov/ HOMELOANS	Provides assistance for any home improvement necessary for the continuation of treatment or for disability access to the home and essential lavatory and sanitary facilities; currently limited to $4,100 (see pg. 54)
Homes for Our Troops	www.hfotusa.org/home	Provides specially adapted homes for severely injured Service members. Access eligibility requirements, discuss program goals and receive application assistance
The LiveAbility House	www.extension.org/ pages/22208/the-liveability-house	Teaches individuals about real life assistive technology devices that may increase their ability to remain living at home
Navy Safe Harbor Foundation	www.safeharbor foundation.org/pdf/ 2011NSHF_Brochure.pdf	Offers help for housing modifications, vehicle modifications, and other equipment

Project Evergreen	project evergreen.org	Volunteers provide free lawn, landscape and snow removal services for military families nationwide
Prosthetic Appliances	www.prosthetics.va.gov/About_PSAS.asp	Provides medically prescribed prosthetic and sensory aids to eligible veterans; these aids include artificial limbs, hearing aids, communication aids, eyeglasses, orthopedic braces and shoes, wheelchairs, crutches, and canes
Semper Fi Fund	semperfifund.org/assistance	Provides grants for visual enhancement devices for the visually impaired, software programs for those who cannot type, specialized wheelchairs, and therapeutic mattresses
Soldiers' Angels Project Valour-IT	soldiersangels.org/project-valour-it.html	Provides voice-controlled/adaptive laptop computers, iPads, personal GPS, Wii Video Game Systems, and other technology to support Soldiers, Sailors, Airmen, and Marines recovering from hand wounds and other severe injuries
Special Adapted Housing (SAH) Grant	www.benefits.va.gov/HOMELOANS	Provides assistance for constructing or modifying a home to meet recovering Service members' adaptive needs; grant limited to $64,960 (see pg. 54)
Special Home Adaptation (SHA) Grant	www.benefits.va.gov/HOMELOANS	Aids in modifying an existing home to meet adaptive needs; grant is currently limited to $12,992 (see pg. 54)

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

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

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

For more information: militarypay.defense.gov

Legal Assistance

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

Employer Support of Guard and Reserve	www.esgr.mil	Helps resolve disputes or answer questions about employment related problems for Reservists and Guardsmen
Justice for Vets (Veteran Mentors)	www.justiceforvets.org/veteran-mentors	Provides Veteran Mentors who assist their fellow veterans with peer support, housing, employment linkages, job training, education, transportation, disability compensation claims, discharge status, and other linkages available at the local, state, and federal level
Justice for Vets (Veterans Treatment Courts)	www.justiceforvets.org/veterans-treatment-court-locations	Serves a large segment of the justice-involved veteran population; a Veterans Treatment Court judge better understands the issues that a veteran may be struggling with, such as substance addiction, PTSD, TBI, and military sexual trauma
Military OneSource ES	www.militaryonesource.mil	Offers legal assistance information
National Disability Rights Network	www.ndrn.org/index.php	Provides large network of legally based advocacy services to people with disabilities; membership organization

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

Online Social Networking

Facebook Pages

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

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

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

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

Blogs (Web Logs)

Afterdeployment	www.afterdeployment.org/blog
Battling Bare	battlingbare.blogspot.com
Caregiver Action Network	caregiveraction.org/
Caring Bridge	www.caringbridge.org
Courageous Caregivers: Those Who Serve by Caring for the Wounded	veterancaregivervoices.blogspot.com
Family of a Vet	blog.familyofavet.com
Learning by Accident ES	www.brainline.org/rosemary
Military OneSource Blog Brigade	www.militaryonesource.mil
Military Pathways	www.mentalhealthscreening.org
Operation Homefront Hearts of Valor	www.wifeofawoundedsoldier.com
USO	blog.uso.org
Tutor.com	blog.tutor.com
Warrior Care Blog	warriorcare.dodlive.mil

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

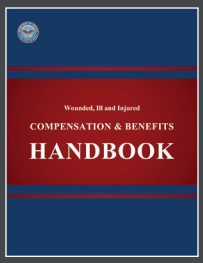
Online Chat Rooms/Forums/Groups

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

Operation Homefront Hearts of Valor	www.heartsofvalor.org
Pinterest Resources for Caregivers of Wounded Warriors	www.pinterest.com/heartsofvalor/resources-for-caregivers-wounded-warriors/
Restore Warriors	www.restorewarriors.org
Veteran CareGiver	www.veterancaregiver.com
Vets 4 Warriors	www.vets4warriors.com/Services
Wounded Warrior Project Connect	connect.woundedwarriorproject.org

Personal Stories

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



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

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

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

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

Peer Support and Mentoring

Alcoholics Anonymous ES	www.aa.org	Offers the AA 12-step program, healing tools, and meetings
Army Wife Network	www.armywifenetwork.com	Features a website and Internet talk radio show for Army wives, by Army wives
Blue Star Families (Careers)	bluestarfam.org/resources/blue-star-careers	Connects peer-to-peer networks where healthcare, education, and entrepreneurial spouses can connect and advocate
Blue Star Families (Caregivers Empowering Caregivers)	bluestarfam.org/Programs/Caregivers_Empowering_Caregivers	Provides an opportunity for Caregivers to share their stories, support each other and gain resources
Caregiver Action Network	caregiveraction.org/	Provides forums, peer networks, resources and advocacy
Caregiver Peer-to-Peer Initiative	www.militaryonesource.mil/wounded-warrior?content_id=276551	Provides military caregiver peer to peer forums to share stories, resources, and best practices
CinCHouse	www.cinchouse.com	Where military wives and women in uniform are "Commanders in Chief"
Coaching into Care	www.mirecc.va.gov/coaching	Provides support and problem solving assistance to family members and others; contact 888-823-7458, M–F, 8:00 a.m–8:00 p.m. (EST)

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

Marine Parents	www.marineparents.com	Offers Regional Support Groups, Start a Support Group, Purple Heart Hero Support™, Gold Star Family Support™
MilSpouse eMentor Program	www.ementorprogram.org/p/milspouse	Offers personalized career advice and support from experienced military spouses, career mentors, and employers
Narcotics Anonymous ES	www.na.org	Offers a 12-step program and meetings for people who are addicted to non-prescribed narcotics
Operation Homefront Hearts of Valor	www.heartsofvalor.org/SupportGroups	Hosts support groups in several locations; led by the members of Hearts of Valor who are willing to serve as facilitators
Operation Shower	operationshower.org	Prepares a Shower in a Box for each mom-to-be who has a spouse or partner who was injured during deployment
Paralyzed Veterans of America Caregivers Circle	www.pva.org	Shares caregiver stories, resources, and links
Restore Warriors	www.restorewarriors.org/online-help	Offers resources and self-help strategies for warriors living with PTSD, combat and operational stress, or depression
Pinterest Resources for Caregivers of Wounded Warriors	www.pinterest.com/heartsofvalor/resources-for-caregivers-wounded-warriors	Provides an online board has nonprofits that help caregivers of recovering Service members; hosted by Operation Homefront Hearts of Valor

Safe Harbor Foundation Anchors Program	safeharbor.navylive.dodlive.mil/transition/anchor-program	Offers mentors to support Sailors grapple with the challenges associated with returning to civilian life
Stand Beside Them	www.standbesidethem.org	Provides free life and career coaching focusing on resume writing, interview help, researching job opportunities and networking guidance; offered face-to-face, by phone or Skype to Service members, veterans, their caregivers, and families; *info@standbesidethem.org*
United We Stand at E.A.S.E. (Equine Assisted Self-Exploration)	www.unitedwestandat-ease.com	Hosts retreats via Quantum Leap Farm's At E.A.S.E. program for W.O.W. (Women of Warriors) retreats
Veterans' Family United Foundation	veteransfamiliesunited.org	Review requests for help by a veteran's family member or VFU trained volunteer who will provide links to appropriate resources
Vets 4 Warriors	www.vets4warriors.com/Services	Provides a toll free peer support line—855-838-8255 (855-VET-TALK)—is available 24/7 for National Guard and Reserve Service members
Wounded Warrior Project Peer Mentoring	www.woundedwarriorproject.org/programs/peer-support	Helps Soldiers develop one-on-one friendships with fellow warriors who are further along in the recovery process; peer mentors also available
Yellow Ribbon Fund Mentoring Program	www.yellowribbonfund.org	Helps injured Service members build new lives through education and career guidance, networking, and job shadowing

Pet and Service Animal Assistance

Assistance Dogs International	www.assistancedogsinternational.org	Helps find assistance dog programs in your area; ADI is a coalition of these programs and does not train assistance dogs
Guardian Angels Soldiers Pet	guardianangelsforsoldierspet.org	Reunites pets with their owners after a deployment or for any emergency or hardship impacting their ability to retain their pet ownership rights
Guide and Service Dogs	www.va.gov/health/ServiceAndGuideDogs.asp	Refers Veterans approved for service dogs to Assistance Dogs International-accredited agencies; there is no charge for the dog or the associated training
K9s for Warriors	http://www.k9sforwarriors.org/	Provides service canines to warriors suffering from Post-traumatic Stress Disability, traumatic brain injury and/or military sexual trauma as a result of military service post 9/11
Mutts with a Mission	www.muttswithamission.org	Helps Warriors train their dogs to become highly skilled service dogs
Operation Freedom Paws	operationfreedompaws.org	Offers a lifeline to disabled veterans through a service dog (no charge); instructs veterans on training their own service dog; typically uses shelter dogs to save a dog's life too

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

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

Physical Evaluation Board (PEB) Disposition Findings

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

1 Return to Duty: If the conditions are not considered severe enough to make the Service member unfit for duty, the Service member will be returned to his/her job and Service. No disability benefits would be paid while continuing to serve, but the Service member may be eligible for VA benefits after leaving the military.

2 Separate without Benefits: Some injuries are determined to be "not in the line of duty" if they are a result of intentional misconduct or willful negligence or took place when not on orders if a member of the National Guard or Reserve. If the injury is found "not in the line of duty," but is "unfitting," the member could be separated without benefits for those injuries. If the injury or illness resulted from a medical problem before entering the service, and the injury or illness was not permanently aggravated by service, the member may be separated without benefits.

3 Separate with Severance Pay: If one or more of the member's conditions are considered "unfitting" for continued service, but the combined disability rating for all the unfitting conditions is less than 30 percent, the member may be separated from Active Duty and be awarded severance pay based on their time in service and current pay grade.

4 Transfer to the Temporary Disability Retirement List (TDRL): The TDRL allows the Service to ensure a medical condition stabilizes before making a final disability determination. If the Service member is eligible for permanent disability retirement, but the condition is not considered stable, the member will be temporarily retired and placed on the TDRL for a maximum of five years. Every 12–18 months the Service member will be medically reevaluated to determine if the condition remains unstable, or has either changed (improved or worsened) or has stabilized. Benefits while on the TDRL are the same as those for the Permanent Disability Retirement List (PDRL). While on the TDRL, disability retirement compensation will be at least 50% of retired base pay. If during those five years, the Service determines the condition is stable and the member is fit for duty, the Service will offer the member the chance to return to duty. If the condition stabilizes, but the member is not able to return to duty, the member will be either separated with severance pay or transferred to the PDRL, depending on the final disability determination.

5 Transfer to the Permanent Disability Retirement List (PDRL): If all the unfitting conditions resulted in a combined disability rating of 30 percent or higher, and the condition is considered stable (meaning the disability rating is unlikely to change within five years), the member will be permanently retired for disability and placed on the PDRL. This provides the member with disability retirement pay, access to TRICARE for the member and dependents, commissary and exchange privileges, and all other benefits or regular military retirement. If the Service member has more than 20 years of service and the combined disability rating is less than 30 percent, the member will be allowed to retire with all the regular military retirement benefits.

For more information, download the DoD Compensation and Benefits Handbook, 2011: warriorcare.dodlive.mil/benefits/compensation-and-benefits

Rest and Relaxation

Retreats and Vacations

Armed Forces Recreation Centers Resorts	www.armymwr.com/travel/recreationcenters	Offers information about resorts operated by the Army Family and Morale, Welfare and Recreation Command for Service members, and their families
Boulder Crest Retreat	bouldercrestretreat.org	Provides a free, first-class rural retreat (2-14 days) for seriously wounded and recovering warriors and their families to reconnect and recover
Coming Home Project—Stress Management Retreats	www.cominghomeproject.net	Offers community-building experiences; workshops are free and confidential; offers travel and lodging scholarships
Hope for the Warriors Counseling Retreats	www.hopeforthewarriors.org/story/18720877/family-support	Offers weekend counseling retreat at Holliswood Hospital in Queens, NY; all program costs, including travel, are free of charge
Lone Survivor Foundation	lonesurvivorfoundation.org	Offers education, counseling, support, and inspiration using short-term retreats and medium-term, in-house care and advocacy programs

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No Barriers—Soldiers to Summit	www.nobarriers soldiers.org	Helps active duty Service members, veterans, and their families overcome barriers through outdoor explorations and team building activities
Operation Black Hills Cabin Vacation	operationblackhills cabin.org	Offers a week's vacation to qualifying wounded veterans and their families, at little or no expense to them, with the exception of transportation
Operation Homefront Hearts of Valor—Retreats for Caregivers	www.operationhome front.net	Offers two-day retreats for caregivers; all retreat costs, including travel and accommodations are provided
Operation Purple Healing Adventures	www.militaryfamily.org	Provides free, 4-day retreats for recovering warriors and their families; hiking, canoeing, and more
Operation Second Chance—Retreats	www.operationsecond chance.org/retreats	Offers two types of retreats depending on the individual's injuries and their ability to get away; short local overnight trips week-long retreats
Project Sanctuary	projectsanctuary.us	Offers free-of-charge retreats for six days and five nights of therapeutic recreation in the heart of the Rocky Mountains for Veterans, active military personnel, their spouses and children. These retreats include professional counseling and classes focused on a healthy marriage and finances
Semper Fi Fund—Odyssey Camp	semperfifund.org/ assistance	Offers a six-day, holistic transition assistance program for injured and critically ill Service members

Serve Our Willing Warriors—Bull Run Retreat	www.willingwarriors.org	Offers recovering wounded, ill and injured warriors and their families a break from the hospital environment to relax in a weeklong retreat
Strong Bonds	www.StrongBonds.org	Locates Chaplain Sponsored couple and family retreats to help Service members re-connect with family
USO and Stronger Families—Couples Seminar	www.uso.org	Offers two hour weekly or full-day workshop/retreats focus on education, support, and self-exploration for Service members and families
USO Warrior and Family Care Program—Couples Seminars	www.uso.org	Helps wounded, ill, and injured couples strengthen their relationship and work on tough issues in a fun and non-threatening environment
Veteran's Campground on Big Marine Lake	www.vetscampmn.org	Provides facilities and opportunities for recreation, rest and well-being for all Veterans and their families
Veterans Restorative Project	veteransrestorative program.org	Provides complimentary deep relaxation and meditation programs to active duty, veterans and families of Service members as well as on-going classes, retreats and workshops
Women of Warriors (W.O.W) at E.A.S.E. (Equine Assisted Self-Exploration)	www.unitedwestandat-ease.com	Focuses on education, support, and self exploration for individuals, couples, and groups in a two hour weekly, or full-day workshop/retreats format, for the family and/or Service members

Wounded Warrior Family Support—Vacations	www.wwfs.org	Provides five fully furnished condominium units available for vacation reservation; four are in the Bahama Bay Resort in Orlando, FL; passes are provided to families free of charge
Wounded Warrior Project—Family Support Retreats	www.woundedwarriorproject.org/programs/family-support/family-support-retreat	Provides weekend all-expense-paid retreats hosted at numerous locations around the country; all travel expenses to and from the retreat are free of charge

Short Breaks for the Caregiver

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

ARCH National Respite Network	archrespite.org/state-respite-coalitions	Helps parents, caregivers, and professionals find respite services in their area
Camp C.O.P.E.	www.campcope.org	Provides recreational activities for children of injured or deployed Service members or Veterans; provides interactive group counseling for children
Cause	www.cause-usa.org	Organizes programs that provide recreation and resiliency, such as massage and spa programs
Childcare Aware	www.childcareaware.org	Allows users to search for child care, general advice and other resources

Defending the Blue Line	www.defendingtheblueline.org	Offers hockey programs for children of military members to participate in
Hope for the Warriors Caregiver Dinners	www.hopeforthewarriors.org/story/18720877/family-support	Provides dinners near major military medical centers to bring caregivers and families together for a relaxing evening
Operation Second Chance Day Trips and Nights Out	www.operationsecondchance.org/daytrips	Offers warriors, caregivers, and guests trips away from the hospital
Project Evergreen	projectevergreen.org	Volunteers provide free lawn, landscape and snow removal services for military families nationwide
Respite Care Program	www.caregiver.va.gov/support/support_services.asp	Provides eligible caregivers up to 30 days of respite care per year; support also provided for unexpected hospitalization or a family emergency
Respite Child Care	www.naccrra.org/military-families	Offers 16 hours of respite child care per month at no cost; not intended to be a substitute for regularly scheduled child care; limited to eligibility guidelines and funding availability
USO Day Rooms	www.uso.org	Others rooms with TVs, furniture, gaming systems, refrigerators, or other comfort necessities to support Warrior Transition Units etc.

VA Caregiver Support Adult Day Health Care Centers	www.caregiver.va.gov/support/support_services.asp	Provides safe and active environment for veterans to get out of the home and participate in activities while the family caregiver gets time for themselves
Veteran's Campground on Big Marine Lake	www.vetscampmn.org	Provides facilities and opportunities for recreation, rest and well-being for all Veterans and their families
Wounded Warrior Family Support—Caregiver Respite Program	www.wwfs.org	Provides short-term and temporary relief (child care, secondary caregiver assistance, respite aid for remote areas, and supplemental caregivers as needed)
Yellow Ribbon Fund Family Caregiver Program	www.yellowribbonfund.org	Offers child care and family-oriented activities, massages and spa visits, mutually supportive dinners out, and more—at no charge

Smartphone Apps

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

American Red Cross First Aid

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

BioZen

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

Breathe2Relax

Provides portable stress management tool

Hero 2 Hired

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

ICE Standard—The Emergency Standard Card

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

Life Armor

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

mTBI pocket Guide

Provides quick-reference guide on improving care for mTBI patients

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My Military Life

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

Operation Reach Out

Aimed at preventing suicide among military personnel and veterans

PE Coach

Supports the tasks associated with prolonged exposure treatment for PTSD

Positive Activity Jackpot

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

Project FOCUS on the Go

Fun and interactive military/veteran family resilience gaming and resources for iPhone and iPad

Psych Help

An easy-to-use, quick, and convenient way to find a therapist near you

PTSD Coach

Provides education about PTSD, information about professional care, a self assessment, and stress management tools

PTSD Support for Veterans

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

Real Warriors Campaign

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

Sesame Street for Military Families ES

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

T2 Mood Tracker

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

Tactical Breather

Help gain control over physiological and psychological responses to stress

Virtual Hope Box

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

Wounded Warrior Regiment

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

Military Caregiver PEER Initiative

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

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

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

Sports and Recreation

Adaptive Adventures Military Operations	adaptiveadventures.org/program/adaptive-adventures-military-operations	Addresses the veteran's current abilities and helps to build physical and mental strength
The Armed Forces Foundation—Classic Outdoor Sports Program	www.armedforcesfoundation.org	Plans hunting, fishing, and other outdoor recreational events around the country
Blue Star Families	bluestarfam.org	Offers complimentary admission to all military personnel, their families, and veterans; see website for participating theaters
Camp C.O.P.E.	www.campcope.org	Provides recreational activities for children of injured or deployed Service members or Veterans; provides interactive group counseling for children
Catch a Lift	www.catchaliftfund.com/about-us/	Provides gym memberships or in-home gym equipment to wounded post 9-11 Veterans anywhere in the United States;.provides Caregivers with memberships as well
Center for American Military Music Opportunities (C*A*M*M*O)	www.cammomusic.org	Connects Service members with talent development specialists, trains and educates veterans in music industry career opportunities, and presents performances and workshops

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Challenged Athletes Foundation-Operation Rebound	challengedathletes.org/site/c.4nJHJQPqEiKUE/b.6449449/k.B480/Operation_Rebound.htm	Provides military personnel and veterans the opportunity to pursue active, athletic lifestyles by offering access to funding for equipment and training and competition expenses
Defending the Blue Line	www.defendingtheblueline.org	Offers multiple programs for children of military members to participate in the game of hockey
Disabled Sports USA	www.dsusa.org	Improve the lives of Wounded Warriors, youth and adults with disabilities through sports and recreation opportunities
Easter Seals—Camping and Recreation	www.easterseals.com	Provides children and adults extracurricular, educational, and personal development activities
Heroes on the Water	www.heroesonthewater.org	Provides healing and rehabilitating kayak fishing outings that are physically and mentally therapeutic through a nationwide community of volunteers and donors
Higher Ground	www.highergroundsv.org	Combines sports, family and coping therapies to restore and rehabilitate Service Members, specializes in serving Veterans with traumatic brain injury, post-traumatic stress, military sexual trauma and polytrauma
Horses 4 Heroes	horses4heroes.org	Provides affordable recreational, instructional, and health and wellness equestrian programs for all ages; check out Operation Free Ride

Hope for the Warriors—Outdoor Adventures Program	www.hopeforthewarriors.org/story/18727106/outdoor-adventures	Provides adaptive opportunities for wounded heroes to participate in sporting activities in the great outdoors
K2 Adventures Foundation	www.k2adventures.org/about-us	Provides services, support, and funds, used for educational and medical enrichment
Lone Survivor Foundation—Ranch Retreats and Therapeutic Activities	lonesurvivorfoundation.org	Provides short-term retreats and medium-term, in-house care through health, wellness, and therapeutic support
Military Warriors Support Foundation—Skills 4 Life	www.militarywarriors.org/skills4life	Provides recreational outings and family mentoring with hunting, fishing, sporting events, and vacations
No Barriers - Soldiers to Summit	www.nobarriersoldiers.org	Helps active duty Service members, veterans and their families overcome barriers through active participation in outdoor and team building activities
Operation: Love Reunited	www.oplove.org	Provides free professional photography sessions and photo gifts to military families pre and post deployment
Operation One Voice—Wounded Warrior Bike Program	www.operationonevoice.org	Provides a variety of bikes to wounded Special Operations warriors to aid in the warrior's rehab and quality of life
Our Military Kids	www.ourmilitarykids.org	Pays for children's participation nationwide in extra-curricular activities

Semper Fi Fund—Horsemanship Program	www.semperfifund.org	Provides confidence-building horsemanship clinics to wounded Service members and their families across the nation
Semper Fi Fund—Recovery Through Sport	www.semperfifund.org	Networks Service men and women who have embraced a fighting, athletic spirit on their road to recovery
Semper Fi Fund—Therapeutic Arts	www.semperfifund.org	Provides grants for therapeutic arts such as instruments, arts supplies, and art education
U.S. Olympic Committee Paralympic Military & Veteran Programs	www.teamusa.org/US-Paralympics/Military	Introduces Service members and veterans with physical injuries to adaptive sport techniques and opportunities through clinics and camps
USO and Family Care—Recreation Programs	www.uso.org/warriorandfamilycare/	Improves the health and wellness of wounded troops through Spinning® and outdoor cycling activities
USO Warrior and Family Care Programs—Rivers of Recovery	www.uso.org/warriorandfamilycare	Offers small fishing retreats
Wounded Warrior Project—Project Odyssey	www.woundedwarrior project.org/programs/combat-stress-recovery-program/project-odyssey	Offers horseback riding, canoeing, whitewater rafting, kayaking, rock climbing, and other activities at retreats

Wounded Warriors in Action—Outdoor Sporting	www.wwiaf.org	Provides world-class outdoor sporting activities consisting of hunting and fishing
Yoga for Vets	www.yogaforvets.org/	Lists yoga studios, teachers, and venues throughout the country that offer four or more free classes to Veterans; reduces the symptoms of PTSD, stress and injuries; help them deal with various mental and physical challeges

Military Caregiver PEER Initiative

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

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

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

Suicide Prevention

American Foundation for Suicide Prevention	www.afsp.org/	Promotes understanding and suicide prevention through research, education, reaches out to people with mood disorders and those impacted by suicide
Dstress Line	www.dstressline.com	Provides professional, anonymous counseling for Marines, attached Sailors and families when it's needed most
Military Crisis Line	www.militarycrisisline.net	800-273-8255 (press 1) Assists Service members cope with stress, anxiety, PTSD and other challenges
Military OneSource Wounded Warrior ES	www.militaryonesource.mil/wounded-warrior	800-342-9647; provides free service available to all Active Duty, Guard, and Reserve members and their families; consultants provide information and referrals
Operation Reach Out	militaryfamily.com/downloads/apps/military-suicide-prevention-operation-reach-out	Aims to prevent suicide among military personnel and veterans
Real Warriors Campaign	www.realwarriors.net/active/treatment/suicidesigns.php	Provides suicide prevention tools and resources for warriors and their families
Suicide Prevention Action Network	capwiz.com/spanusa/home	Provides a bibliography on various topics concerning suicide

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

Women Veterans

American Women Veterans	www.americanwomenveterans.org	Offers retreats, conferences, and outreach campaigns
Fatigues to Fabulous	www.fatiguestofabulous.com/	Supports women serving in our nation's military; provides valuable job training skills including: resume building, interviewing skills and workplace attire advice, and is dedicated to raising funds for continued research on health conditions women veterans face
Grace After Fire	www.graceafterfire.org	Provides treatment links and options
Joining Forces Mentoring Plus	www.joiningforcesmentoringplus.org	Offers unlimited free personal and employment coaching and professional guidance for caregivers of wounded warriors, women veterans of all ranks and eras, and military/veterans spouses; enroll as a mentee, mentor, share your expertise
Joint Services Support	www.jointservicessupport.org	Virtual military community for National Guard members and families; offers Career, Family, Finance, Behavioral Health, Sexual Assault, and Transition Support programs

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

Women Veterans Call Center	www.womenshealth.va.gov/ProgramOverview/wvcc.asp	Offers a call center that receives and responds to questions from women veterans, their families, and caregivers across the nation about available VA services and resources
Women Veterans Health Care	www.womenshealth.va.gov	Provides comprehensive health care services for women veterans at VA health facilities nationwide
Women Veterans ROCK!	www.WomenVetsRock.org	Provides a coalition of Women Veterans Organizations and Women Advocacy Organizations supporting America's women veterans and military families in the areas of housing, jobs, education, financial stability, health, and wellness

Army Strong Community Center
Connecting Soldiers, Families, & Communities

www.arfp.org/index.php/programs/army-strong-community-center-ascc

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

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

Find information on:

Assistance

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

Referrals

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

On-Site Resources

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

Briefings

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

We Welcome Your Comments.

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

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

Caregiver Resource Directory Comment Card

Describe yourself (check all that apply):

❑ Caregiver ❑ Military Spouse ❑ Non Beneficiary Family Member/Friend
❑ Guard/Reserve ❑ SCAADL Recipient ❑ Active Duty Service Member
❑ Veteran ❑ Non-Profit Org. ❑ Veterans Service Organization
❑ Government Organization ❑ Other_____

Did you find the Caregiver Resource Directory useful? ❑ Yes ❑ No

Which section(s) of the directory did you use? (check all that apply)

❑ Helplines ❑ Advocacy & Benefit Info ❑ Career & Employment
❑ Caregiver Support ❑ Children's Needs ❑ Education & Training
❑ Financial Support ❑ Health Care Needs ❑ Home/Auto Mods
❑ Legal Assistance ❑ Online Social Networking ❑ Peer Support/Mentoring
❑ Pet/Service Animal Assist. ❑ Rest & Relaxation ❑ Smartphone Apps
❑ Sports & Recreation ❑ Suicide Prevention ❑ Women Veterans

How did you receive a copy of this directory? _____

_____

How often do you use the Caregiver Resource Directory?

❑ Daily ❑ Weekly ❑ Monthly ❑ Rarely ❑ Never

Please rate the following factors on 1–5 scale where 1 = Very Dissatisfied and 5 = Very Satisfied (please circle appropriate number):

- Information/Content Relevance 1 2 3 4 5
- Ease of Use/Directory Layout 1 2 3 4 5

Is there anything else you would like to see added to this directory?

_____

_____

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

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