

NAVY EXPEDITIONARY COMBAT COMMAND

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FAMILY READINESS TOOLBOX

**A virtual toolbox providing information
to successfully meet the challenges
of a military lifestyle.**

3rd Edition – January 2012

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DISCLAIMER

Inclusion of any unofficial website in this is provided as a resource for military families and does not constitute endorsement by the Navy Expeditionary Combat Command, Department of the Navy, or any other federal, state, or local government agency or entity.

Official websites: .mil, .gov

Unofficial websites: .com, .net, .org
(unless otherwise specified)

FREQUENTLY USED RESOURCES

• **American Red Cross (ARC)**

www.redcross.org

ARC announced that it will move to a single telephone number for its emergency communication services. All military members and their families can use one number- 877-272-7337 (U.S. Toll Free) to send an urgent message to a service member. The change means that all military members and their families can use this single number to initiate an emergency communication, regardless of where they live.

• **Department of Veterans Affairs (VA)**

www.va.gov

The VA Vet Center program is designed to provide readjustment counseling to veterans exposed to the uniquely stressful conditions of military service in a combat theatre of operations. Vet Centers provide services in a non-clinical environment that does not carry the stigma sometimes associated with some other mental health or readjustment care.

• **Fleet and Family Support Center (FFSC)**

www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetAndFamilyReadiness/FamilyReadiness/FleetAndFamilySupportProgram/index.htm

Fleet and Family Support Centers provide the following mobilization/deployment services:

- Ombudsmen Basic and Advance Training
- Family Readiness Group Leadership Training
- Family Readiness Group FFSC Briefs
- Return and Reunion (R&R) Programs for Commands
- Homecoming Programs for Family Members
- Individual Deployment Counseling
- Deployment Readiness for Couples and Parents

Short-term counseling is available in many areas that include:

- Relationship Problems
- Work-related Problems
- Parenting Difficulties
- Losses and Emotional Pain
- Poor Self-Esteem
- Marital Issues
- Adjusting to Situational Changes
- Depression and Anxiety
- Anger Management
- Pre and Post Deployment Adjustment

Fleet and Family Support Center's counselors encourage personnel growth to help active duty and their family members develop skills that can enhance their personal life. FFSC counselors are available to provide group and individual support to assist in coping with a sudden crisis. Commands can request an onsite crisis intervention. Contact your local FFSC to make an appointment or visit the CNIC FFSC website for more details on clinical counseling.

- **Joint Family Support Assistance Program (JFSAP)** www.militaryhomefront.dod.mil

JFSAP augments existing family programs to provide a continuum of support and services based on member and family strengths and needs and available resources. The primary focus of support is families who are geographically dispersed from military installations. Services are delivered in local communities through collaborative partnerships with Federal, State, and local resources.

- **Joint Family Resource Center (JFRC)** <http://jfsap.mhf.dod.mil>

On-demand counseling, educational materials, and programs provided to support command sponsored deployment.

- **MilitaryHOMEFRONT** www.militaryhomefront.dod.mil

MilitaryHomefront is the official website for quality of life programmatic and policy information for the DoD. The website contains information and resources on a wide range of quality of life programs and services, with topic areas targeted directly to three different audiences: troops and families, leaders, and service providers.

- **Military OneSource** www.militaryonesource.com

Consultants are available twenty-four hours a day, seven days a week by phone, online, or via email offering personalized support to any service or family member. Military OneSource can connect individuals with a trained, state-licensed mental health professional in the community, telephonically, or online for free confidential/private counseling. The counseling is not designed to address long-term counseling needs, such as child and spouse abuse, suicidal ideation, and mental illness. People in need of long-term treatment are referred to a military medical treatment facility and/or TRICARE for services. Military OneSource offers twelve free counseling sessions per person, per issue that are short-term, problem focused, and address a variety of topics such as improving relationships at home and at work, marital issues, grief and loss issues (normal reactions that would benefit from short-term support), adjusting to a change in situation (such as a return from deployment or permanent change of duty station), and other issues that are non-medical in nature. Military OneSource counselors are licensed, credentialed, and experienced. They also understand the military culture and its unique challenges.

- **National Resource Directory**
<http://m.nationalresourcedirectory.gov>

Connecting wounded warriors, service members, veterans, their families and caregivers with those who support them by subject, state or territory

CASUALTY ASSISTANCE

GOVERNMENT AND MILITARY PROGRAMS

- **Department of Veterans Affairs (VA)** www.vetcenter.va.gov/Bereavement_Counseling

The VA offers bereavement counseling to parents, spouses, and children of military personnel who died in the service of their country. Family members of National Guard and Reserve service members who die while on duty are also eligible. VA's bereavement counseling is free of charge and provided at community-based Vet Centers.

- **Department of Veterans Affairs (VA) Vet Center** www.vetcenter.va.gov

The VA Vet Center program is designed to provide readjustment counseling to veterans exposed to the uniquely stressful conditions of military service in a combat theatre of operations. Community-based Vet Centers also provide bereavement counseling services to surviving parents, spouses, children, and siblings of service members who die while on active duty, to include federally activated National Guard and Reserve personnel. Bereavement counseling includes a broad range of transition services including outreach, counseling, and referral services for family members. There is no cost for VA bereavement counseling. More information is available by contacting the Readjustment Counseling Service at 202-461-6530 or online at the Vet Center website.

- **Navy Casualty Assistance Division** www.public.navy.mil/bupers-npc/support/casualty

The Navy Casualty Assistance Division provides family members of fallen Sailors with information and assistance during their time of need. The website lists several links to relevant forms and publications, including a link to the downloadable Department of Defense (DoD) Survivor's Guide to Benefits.

- **Navy-Marine Corps Relief Society (NMCRS)** www.nmcrs.org

The NMCRS is a private, nonprofit organization providing financial, educational, and other assistance to Sailors, Marines, eligible family members, and survivors when in need. Services provided include emergency financial assistance, budget counseling, visiting nurses, and emergency financial assistance to qualifying Sailors in the form of a low interest loan. NMCRS can assist surviving family members of fallen Marines and Sailors by arranging transportation, providing low-cost loans, and offering other forms of support to families in need.

COMMUNITY SUPPORT PROGRAMS

- **American Red Cross** www.redcross.org

The American Red Cross is the nation's premier emergency response organization. In addition to domestic disaster relief, the American Red Cross offers compassionate services in five other areas: community services that help the needy; support and comfort for military members and their families; the collection, processing, and distribution of lifesaving blood and blood products; educational programs that promote health and safety; and international relief and development programs. The Casualty Travel Assistance Program (CTAP) provides travel assistance for two immediate family members to attend a memorial or funeral service for a service member killed on active duty in a combat zone, and to travel to the bedside of a service member wounded in a combat

zone. Assistance includes funding for roundtrip airfare, lodging costs, and food and incidentals. The American Red Cross also provides assistance and information in preparing, developing, and obtaining sufficient evidence to support applicants' claims for veterans' benefits.

• **Armed Forces Foundation Bereavement Program** www.armedforcesfoundation.org

Armed Forces Foundation provides emergency financial assistance, vehicle modifications, laptops, housing assistance, tickets to recreation events, phone cards, and transportation assistance. The Armed Forces Foundation's Bereavement Program offers family retreats, provides for professional grief counseling in an attempt to help families cope with their loss, and helps to offset funeral costs and travel arrangements for military families in times of mourning.

• **Children's Grief Education Association (CGEA) Military Families** www.childgrief.org/militaryfamilies

The CGEA is a 501(c)(3) nonprofit organization dedicated to serving the needs of grieving children and families and to providing education and support to those who serve them. Included on the CGEA website are specific coping mechanisms targeted to children of military families.

• **Comfort Zone Camp** www.comfortzonecamp.org

Comfort Zone Camp is a bereavement camp for children started by West Point alumni. The camp's program is designed to mirror the way a child grieves. Developed by grief therapists, it combines activities such as arts, crafts, and games with quieter periods of reflection, allowing children to heal through play, smiles, tears, and memories. Each child is matched with a "Big Buddy," a trained adult volunteer who spends the entire weekend with that child to provide support and encouragement. Additionally, the children participate in Healing Circles led by experienced grief professionals. More information about Comfort Zone Camp, a camp calendar, and application forms is available by calling (866) 488-5679 (toll free) or (804) 377-3430.

• **Military Families United** www.militaryfamiliesunited.org

Military Families United is a not-for-profit 501(c)(3) charitable organization whose mission is to *Honor the Fallen, Support Those Who Fight, and Serve Their Families*. They are a national coalition of Gold Star and Blue Star families, veterans, and patriotic Americans who share a deep appreciation for our men and women in uniform and support them in their mission to keep America safe. Founded to provide an avenue for military families to remind the nation of the importance of supporting the military and the mission they had been given to accomplish, they expanded to provide charitable programs that offer families direct support. Through a portfolio of unique services, events, and advocacy programs, they seek to ensure that future generations of Americans will never forget the sacrifices of our courageous military and that these men and women and their families receive the support they need.

• **Gold Star Wives (GSW) of America** www.goldstarwives.org

GSW of America is an organization of widows and widowers whose spouses died while on active duty in the military or as the result of a military service-connected cause. The primary mission of

GSW of America is to provide service, support, and friendship to others who have suffered a similar loss.

- **Tragedy Assistance Program for Survivors, Inc. (TAPS)**

www.taps.org

TAPS is a national, nonprofit organization made up of, and providing services to, all those who have lost a service member. TAPS provides surviving family members with assistance through peer support, crisis intervention, case work, grief and trauma resources, and the TAPS support network.

CHILD AND YOUTH

GOVERNMENT AND MILITARY PROGRAMS

- **Child and Youth Programs**

www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/ChildAndYouthPrograms/index.htm

The Child and Youth Programs offer child care services through Child Development Centers, Child Development Homes (called Family Child Care Homes in other branches of Service), Youth and School-Age Care, and Teen Programs.

- **Drug Education For Youth (DEFY)**

<http://www.public.navy.mil/bupers-npc/support/nadap/DEFY/Pages/default2.aspx>

DEFY focuses on building youngsters' self-image and setting goals. Along the way it raises awareness of the harmful effects of alcohol and other drugs, as well as the dangerous effects of peer pressure to join gangs. The structured curriculum offers education, skill development and physical fitness. DEFY is all about creating positive experience so that kids will choose healthy alternatives instead of substance abuse and gang involvement.

- **Federal Emergency Management Agency (FEMA) for Kids**

www.ready.gov/kids

Official FEMA website with disaster preparedness, information and activities geared toward kids.

- **New Parent Support Home Visitation Program**

www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/FleetAndFamilySupportProgram/NewParentSupport

The Navy New Parent Support Home Visitation Program (NPSHVP) is designed to assist and support command readiness for service members. NPSHVP provides education and support to expectant and new parents to empower them to meet the challenges of parenthood and their military lifestyle. Provided through the Navy Fleet and Family Support Program (FFSP) and based on a Department of Defense (DoD) model, the NPSHVP uses an intensive voluntary, home visitation model developed specifically to reduce the risk of child abuse. Services include identification and voluntary screening for new parents, home visitation for high-risk families, prevention/education programs and information and referrals to appropriate community support services. Call your Installation FFSC for more information.

- **United States Consumer Product Safety Committee for Kids**

www.cpsc.gov/kids/kidsafety

A youth-oriented website that provides general safety information and education.

- **United States Department of Labor – Youth & Labor**

www.dol.gov

This website provides numerous resources for youth and parents on various labor-related issues. The website includes activities, general information and statistics. Although geared toward the parents of youth, older youth will find valuable information on the website.

- **United States Navy Reserve (USNR) Ombudsman Online**

<https://www.navyreserve.navy.mil/reservefamilies/Pages/ombudsman.aspx>

The United States Navy Reserve (USNR) Ombudsman Online provides information for activated and mobilized Reserve Sailors to include topics pertaining to child care for deployed Sailors. The Navy Ombudsman program can help Navy Reserve service members find information related to child care and child care resources in their local communities.

- **USAJOBS Student and Recent Graduates** www.usajobs.gov/student

USAJOBS offers valuable job experience, training opportunities, excellent benefits, and opportunity for advancement. Whether you are student in high school, college, or graduate school seeking work experience or you are about to graduate and begin your career, consider Federal service!

- **VA Kids** www.va.gov/kids

This website provides information and activities for children. Information is categorized: K-5th Grade, 6-12th grade, and a section for teachers and those wanting to learn about veterans.

COMMUNITY SUPPORT PROGRAMS

- **Armed Services Young Men's Christian Association (ASYMCA)** www.asymca.org

The ASYMCA is a nonprofit 501(c)(3) national member association of the YMCA that works with the Department of Defense (DoD). Included in the many programs offered through the ASYMCA are parenting workshops, "Daddy & Me Playmornings," "Mommy & Me Playmornings," and the "Mom and Tots Time" program.

- **Child Care Assistance for Severely Injured Military Members** www.naccrra.org/MilitaryPrograms/severely_injured/

NACCRRRA and the Services have partnered to provide families of severely injured military members with assistance to find and pay for safe, licensed child care services for a period of six months during the period of recuperation. Extensions beyond the six month period will be considered based upon physician reassessment. The program is available nationwide wherever the injured member is receiving either in-patient or out-patient medical care.

- **Deploymentkids.com** www.deploymentkids.com

A site sponsored by Elva Resa Publishers, publishers of *My Deployment Journal*. Offers free downloadable activities, including a time-zone chart, distance calculator, and spotlights on different areas of the world where a parent might be deployed.

- **Enhanced Child Care Referral Service** www.naccrra.org/MilitaryPrograms/enhanced-child-care-referral-service.php

The Enhanced Child Care Referral Service helps military families when the service member is deployed, the active duty service member lives away from a military installation, or the active duty service member lives near a military installation where on installation care is unavailable. It helps families find child care options that meet their needs by providing them with a higher level of service

and linking them to their local participating Child Care Resource and Referral (available to Army, Navy, and Marine Corps families).

- **Military Child Care in Your Neighborhood (MCCYN)** www.naccrra.org/MilitaryPrograms/mcciyn.php

MCCYN is a DoD program operated in partnership with NACCRRRA. The program is designed to help service members stationed in communities without military installations (such as Recruiters, Reserve Officer Training Corps (ROTC) instructors, Military Entrance Processing (MEP) personnel, and service members on Independent Duty) find affordable, high-quality child care in communities by providing reduced fees for the care of their children.

- **Military Child Education Coalition (MCEC)** www.militarychild.org

MCEC is a nonprofit organization that promotes partnerships and networking between military installations and local school districts. MCEC provides timely and accurate information designed to assist families and school districts in resolving transition issues for military students.

- **National Association of Child Care Resource and Referral Agencies (NACCRRRA)** www.naccrra.org

NACCRRRA works with more than 700 state and local Child Care Resource and Referral agencies nationwide to help ensure that families in the United States have access to high-quality, affordable child care. Through several civilian/military efforts between the Services, NACCRRRA and Child Care Resource and Referral agencies work to build the quality and capacity of child care throughout the country for service members and their families. More information on all of these efforts is available on page 8. Joint efforts between NACCRRRA and the branches of Service include:

- **Operation: Military Child Care**
www.naccrra.org/MilitaryPrograms/operation-military-child-care.php

Operated through NACCRRRA, OMCC provides child care fee assistance for National Guard and Reserve service members who are activated or deployed and whose children are enrolled in non-DoD-licensed child care programs. OMCC also provides child care fee assistance for deployed active duty members (Army, Marine Corps, Navy, and Air Force) whose children are enrolled in non-DoD licensed child care programs.

- **Our Military Kids** www.ourmilitarykids.org

Our Military Kids provides tangible support to the children of deployed National Guard and Military Reserve personnel and the children of all severely injured service members by awarding grants for enrichment activities and tutoring programs. Extracurricular youth sports, fine arts and academic programs nurture and sustain the children during the time a parent is away in service to our country.

- **Sesame Workshop** www.sesameworkshop.org

Sesame Workshop is a nonprofit educational organization making a meaningful difference in the lives of children worldwide by addressing their critical developmental needs. The Workshop

develops innovative and engaging educational content delivered in a variety of ways — including television, radio, books, magazines, interactive media, and community outreach. Taking advantage of all forms of media and using those that are best suited to delivering a particular curriculum, the Workshop effectively and efficiently reaches millions of children, parents, caregivers, and educators — locally, nationally and globally. The Workshop is committed to the principle that all children deserve a chance to learn and grow; to be prepared for school; to better understand the world and each other; to think, dream and discover; to reach their highest potential.

• **United Through Reading**

www.unitedthroughreading.org

The mission of United Through Reading is to unite families facing physical separation by facilitating the bonding experience of reading aloud together. Through their nationally acclaimed United Through Reading Military Program, parents communicate with their children through the bonding experience of reading aloud together. Even though they're separated by thousands of miles, parents are reading to their children from ships, desert camps, and USO sites around the world, then they send the video recordings to their eager families.

• **Zero to Three**

www.zerotothree.org

Zero to Three is a national non-profit that informs, trains and supports professionals, policymakers, and parents in their efforts to improve the lives of infants and toddlers. Their mission is to promote the health and development of infants and toddlers. Zero to Three achieves this by translating research and knowledge – specifically information about the kinds of early experiences that help children thrive – into a range of practical tools and resources for use by the adults who influence the lives of young children.

COMMUNICATION

- **American Red Cross (ARC)**

www.redcross.org

The American Red Cross announced that it will move to a single telephone number for its emergency communication services. All military members and their families can use one number- 877-272-7337 (U.S. Toll Free) to send an urgent message to a service member. The change means that all military members and their families can use this single number to initiate an emergency communication, regardless of where they live.

A call to 877-272-7337 allows Red Cross emergency communications services to put military personnel in touch with their families following the death or serious illness of an immediate family member, the birth of a service member's child or grandchild or when a family faces other emergencies. Additional Red Cross services such as case management and emergency financial assistance also are available. For those stationed overseas, the three options for calling will remain the same: calling 877-272-7337 direct, accessing the number through a military operator, or calling the local Red Cross station.

- **DSN Morale Calls**

DSN Morale calls are available for our deployed. The Sailor dials DSN 809-463-3376 and uses a calling card to pay for the state side charges. If their family lives near any military base/post ensure that they have a DSN number. This way there are no charges involved because the base/post will transfer any local calls. Ensure that you check for the correct DSN for the base/post.

- **United States Postal Service (USPS)
Military Care Package Mailing Kit**

www.usps.com
1-800-610-8734

Since Priority Mail service supplies are the packaging of choice for families preparing care packages for service members overseas, the USPS has created a "Mili-kit" based on the items most frequently requested by the military. The kit contains the following; Three (3) each of flat rate boxes/two (2) each of cube boxes/address labels/customs forms

The kit may be requested by calling **1-800-610-8734** (Packing Supply) and:

1. Choose your language ("1" is English, "2" is Spanish).
2. Choose option 1 (Express Mail service, Priority Mail or Global Express Guaranteed).
3. Request "CAREKIT04."
4. Please allow 7-10 days for delivery.
5. **Note:** These are free supplies, postage must be affixed.

Additionally, dates for APO/FPO Holiday shipping can be found and for guidelines for packing, addressing, and shipping items to U.S. troops at <https://www.usps.com/ship/apo-fpo-guidelines.htm>.

COUNSELING

GOVERNMENT AND MILITARY PROGRAMS

Department of Defense (DoD)

- **Department of Veterans Affairs (VA)**

www.va.gov

The VA Vet Center program is designed to provide readjustment counseling to veterans exposed to the uniquely stressful conditions of military service in a combat theatre of operations. Vet Centers provide services in a non-clinical environment that does not carry the stigma sometimes associated with some other mental health or readjustment care. The Vet Center program promotes early intervention and makes every effort to remove the stigma of seeking assistance. Most Vet Center counseling staff members are veterans themselves. Many veterans prefer to speak with a fellow veteran, in a confidential setting, regarding readjustment from military to civilian life following service in a combat zone. Having a large cadre of veterans on staff enables the Vet Centers to maintain a veteran-focused treatment environment that communicates a welcome home attitude and respect for veterans' military service.

- **Family Advocacy Program**

www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/FleetAndFamilySupportProgram/FamilyAdvocacy

Domestic and child abuse has a negative effect upon military readiness, effectiveness, good order and discipline. The goal of the Department of the Navy (DoN) is to eliminate domestic and child abuse incidents which impact Navy personnel and family members through awareness and prevention education, provision of the safest possible environments, coordinated community response and holding offenders accountable. The Family Advocacy Program (FAP), a Department of Defense (DoD) mandated program, responds to domestic abuse allegations regarding military families. FAP is governed by DoD, Navy and legislative requirements and assesses all reports of alleged incidents of abuse and neglect. DoN has implemented a confidentiality policy that enables victims of sexual assault to elect restricted or unrestricted reporting. Services available include, comprehensive case management, clinical assessments, victim advocacy/safety planning, individual/family counseling, child assessments and counseling, and domestic violence groups. To report a domestic violence incident call your Installation Fleet and Family Support Center.

- **Fleet and Family Support Center (FFSC)**

www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/FleetAndFamilySupportProgram/CNICD_A065893

FFSC offers free clinical counseling to military members and their dependents. This program encompasses a wide scope of developmental, preventive, and therapeutic services designed to address the stressors facing today's Sailors and their families. Policy and instructions guide eligibility, type and length of service delivery. FFSC clinical counseling components may include professional assessment and intervention with individuals, couples, groups, and families. At FFSC, clinical counselors are state licensed and hold a Masters Degree or PhD in counseling, social work, marriage and family therapy, or psychology. Short-term counseling is available in many areas that include:

- Relationship Problems

- Work-related Problems
- Parenting Difficulties
- Losses and Emotional Pain
- Poor Self-Esteem
- Marital Issues
- Adjusting to Situational Changes
- Depression and Anxiety
- Anger Management
- Pre and Post Deployment Adjustment

Fleet and Family Support Center’s counselors encourage personnel growth to help active duty and their family members develop skills that can enhance their personal life. FFSC counselors are available to provide group and individual support to assist in coping with a sudden crisis. Commands can request an onsite crisis intervention. Contact your local FFSC to make an appointment or visit the CNIC FFSC website for more details on clinical counseling.

• **Military OneSource**

www.militaryonesource.com

Consultants are available twenty-four hours a day, seven days a week by phone, online, or via email offering personalized support to any service or family member. Military OneSource can connect individuals with a trained, state-licensed mental health professional in the community, telephonically, or online for free confidential/private counseling. The counseling is not designed to address long-term counseling needs, such as child and spouse abuse, suicidal ideation, and mental illness. People in need of long-term treatment are referred to a military medical treatment facility and/or TRICARE for services. Military OneSource offers twelve free counseling sessions per person, per issue that are short-term, problem focused, and address a variety of topics such as improving relationships at home and at work, marital issues, grief and loss issues (normal reactions that would benefit from short-term support), adjusting to a change in situation (such as a return from deployment or permanent change of duty station), and other issues that are non-medical in nature. Military OneSource counselors are licensed, credentialed, and experienced. They also understand the military culture and its unique challenges.

• **Military and Family Life Consultants (MFLCs)**

MFLCs are Masters or PhD-level, licensed, and credentialed clinical providers that offer intervention and support to military members and their families. Similar to Military OneSource, MFLCs provide up to twelve free sessions of non-medical, short-term counseling per person, per issue for every day issues such as anger management, stress, parenting, communication, family relationships, deployment, and other military-related topics. The goal of the program is to support operational readiness and family readiness. Situations requiring mental health treatment are referred to behavioral health agencies that treat these conditions. MFLCs can be accessed through installation locations such as the Army Community Services (ACS), Marine Corps Community Services (MCCS), Navy Fleet and Family Support Centers (FFSC), and the Airman and Family Readiness Centers (A&FRC). MFLCs will also provide support at National Guard and Reserve drill weekends, mobilizations, and family events.

• **Military Pathways**

www.MilitaryMentalHealth.org

Formerly Health Self-Self Assessment (MHSA) Program, Military Pathways® offers service personnel and their families the opportunity to take anonymous, mental health and alcohol use self-assessments online, via the phone, and through special events held at installations. The self-assessments are a brief series of questions that, when linked together, help create a picture of how an individual is feeling. The program is designed to help individuals identify their own symptoms and access assistance before a problem becomes serious. The self-assessments address posttraumatic stress disorder (PTSD), depression, generalized anxiety disorder, alcohol use, and bipolar disorder. After completing a self-assessment, individuals receive referral information including services provided by TRICARE, Military OneSource and Vet Centers. The program, part of the Department of Defense continuum of care, is fully funded by Force Health Protection and Readiness, Office of the Assistant Secretary of Defense, Health Affairs. To take a free, anonymous self-assessment, visit www.MilitaryMentalHealth.org or call 1-877-877-3647.

- **Military Treatment Facilities (MTFs)**

www.tricare.mil

MTRs are available throughout the military and offer counseling services on site by military mental health professionals and doctors. Service members exhibiting high levels of distress, emotional or behavioral symptoms interfering with everyday functioning, or threatening harm to themselves or others should be immediately referred to the MTF for a psychological evaluation. The nearest MTF can be found through the TRICARE MTF locator.

- **Navy Chaplain Corps**

<http://chaplaincare.navy.mil/index.htm>

Navy Chaplains provide spiritual support for members of the Navy and Marine Corps and their families. The Navy Chaplains Corps Distance Support website provides the opportunity to ask a Chaplain a question, request information from a Chaplain, and talk to a Chaplain.

COMMUNITY SUPPORT PROGRAMS

- **Armed Services Young Men's Christian Association (ASYMCA)**

www.asymca.org

The ASYMCA is a nonprofit 501(c)(3) national member association of the YMCA that works with the DoD. Included in the many programs offered through the ASYMCA are home visit counseling and crisis counseling.

- **American Red Cross Information and Referral Services**

www.redcross.org

The American Red Cross is the nation's premier emergency response organization. In addition to domestic disaster relief, the American Red Cross offers compassionate services in five other areas: community services that help the needy; support and comfort for military members and their families; the collection, processing, and distribution of lifesaving blood and blood products; educational programs that promote health and safety; and international relief and development programs. The American Red Cross offers confidential services to all military personnel (active duty, National Guard and Reserves) and their families. Counseling, guidance, information, referrals, and other social services are available through its worldwide network of chapters and offices on military installations.

- **Veterans Assistance Foundation (VAF)**

www.veteransassistance.org

The VAF is a nonprofit organization that provides military veterans with referrals for psychological counseling, transitional assistance for the homeless, housing assistance, and employment assistance.

- **Vets4Warriors**

www.vets4warriors.com

1-855-838-8255

Veterans provide support to military members, engaging them in a personal, non-threatening way. They are not part of the military, nor are they the VA, and your information will remain completely confidential. Sometimes, the issues will require specific expertise, such as financial counseling, legal advice or medical services. Veteran Peer Counselors will work to find the best options for the caller and help make the connection in their local communities. The Vets4Warriors Peer Support Line is staffed entirely by Veterans with funding from the Office of the Secretary of Defense, the Army National Guard, the Air National Guard, and the Air Force Reserve.

- **Veteran's Crisis Line**

www.veteranscrisisline.net

Veterans and their loved one can call 1-800-273-8255 (Option 1) or chat online to receive free, confidential support 24/7, 376 days a year. It's a toll-free, confidential resource that connects Veterans in crisis, their families and friends with qualified, caring Department of Veterans Affairs (VA) responders.

DEPLOYMENT SUPPORT

GOVERNMENT AND MILITARY PROGRAMS

Department of Defense (DoD)

- **After Deployment (AD)**

www.afterdeployment.org

Developed by the DoD and the Department of Veterans Affairs (VA), After Deployment (AD) is a behavioral health web portal focused on post-deployment health problems. AD's intended outreach includes active duty service members, veterans, and their families. It also presents particular advantages for National Guard and Reserve units not located near a military treatment facility (MTF) or otherwise located in areas lacking providers who are knowledgeable about military-related adjustment concerns. AD's twelve programs focus on: Adjusting to War Memories; Dealing with Depression; Handling Stress; Improving Relationships; Succeeding at Work; Overcoming Anger; Sleeping Better; Controlling Alcohol and Drugs; Helping Kids Deal with Deployment; Seeking Spiritual Fitness; Living with Physical Injuries; and Balancing Your Life.

- **Department of Defense Military Deployment Guide**

<http://www.militaryhomefront.dod.mil/12038/Project%20Documents/MilitaryHOMEFRONT/Troops%20and%20Families/Deployment%20Connections/Pre-Deployment%20Guide.pdf>

This guide is intended to help prepare for deployment and to serve as a resource service members and their families during deployment. The information presented in this guide applies to deploying active duty service members from all branches of Service, National Guard service members, Reserve service members, and all family members (spouses, children, and parents) of active duty, National Guard, and Reserve service members who are preparing for or undergoing a deployment. The information in this guide is presented in three major sections: Understanding Deployment, Preparing for Deployment, and Knowing Your Benefits.

- **Deployment Health and Family Readiness Library** <http://deploymenthealthlibrary.fhp.osd.mil>

This library provides Service members, families, leaders, Health Care providers, and veterans an easy way to find deployment health and family readiness information. Within this library you'll find access to fact sheets, guides, and other products on a wide variety of topics published by the services and organizations that serve you. You'll also find additional web links to other organizations and resources devoted to the health and well-being of the Service member and their family.

- **Employer Support of the Guard and Reserve (ESGR)**

www.esgr.org

ESGR is a DoD organization operated through a network of over 2,500 volunteers in 55 local ESGR committees in each state, the District of Columbia, Guam, Puerto Rico, and the Virgin Islands. ESGR works to educate civilian employers and communities about the National Guard and Reserve through a comprehensive outreach program known as the Civilian Employment Information (CEI) initiative. ESGR works with employers and communities to promote the development of personnel policies designed to accommodate members of the uniformed Services and assists military units in promoting and maintaining positive relationships between employers and National Guard and Reserve employees. ESGR educates service members regarding their obligations to their employers and their rights under the Uniformed Services Employment and Reemployment Rights Act (USERRA).

ESGR also assists them in preventing, resolving, or reducing employer/employee problems and misunderstandings related to USERRA through mediation and ombudsman services.

• **Expeditionary Combat Readiness Center (ECRC)** www.ecrc.navy.mil

ECRC directly assists IA and Global War on Terrorism Support Assignment IA Sailors by ensuring they are properly uniformed and equipped while coordinating with the Army to ensure they get the proper stateside training. Training includes instruction in individual combat skills and specialized mission areas to help IAs succeed in their mission and keep them as safe as possible while deployed. The website provides information about the IA deployment cycle and about family support services for IA families.

• **Fleet and Family Support Center (FFSC) Deployment Support Programs**
www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/FleetAndFamilySupportProgram/DeploymentReadiness/index.htm

The Fleet and Family Support Center (FFSC) Deployment Support Programs provide the following mobilization/deployment services:

- Ombudsmen Basic and Advance Training
- Family Readiness Group Leadership Training
- Family Readiness Group FFSC Briefs
- Return and Reunion (R&R) Programs for Commands
- Homecoming Programs for Family Members
- Individual Deployment Counseling
- Deployment Readiness for Couples and Parents

FFSC provides deployment support programs to commands, service members and their families. Information about personal, practical, and financial preparation; community resources; and communication and coping skills are provided. Pre-Deployment programs can be offered any time to maximize readiness, or at a minimum 3 months prior to a scheduled deployment date. Please contact your local FFSC for more information on this program or visit the CNIC FFSC website for more information.

• **Individual Augmentee (IA) Deployment Support** www.ia.navy.mil

An Individual Augmentee is a Sailor who leaves their assigned unit or command to deploy individually or with a small group. Half of the deployed IAs are active duty and half are reservists. Most IAs are concentrated in the 26-nation Central Command region, which includes Iraq, Afghanistan, Kuwait, Bahrain, and the Horn of Africa. The rest are serving elsewhere in the world.

• **Joint Family Support Assistance Program (JFSAP)** www.militaryhomefront.dod.mil/sp/jfsap

The National Defense Authorization Act of 2007 authorized the Joint Family Support Assistance Team (JFSAP) to deliver mobile family support and services to families facing the same deployment-related challenges as installation-based families. Housed in the National guard Headquarters in every state, most JFSAP teams are comprised of a Military and Family Life Counselor (MFLC), a Child and Youth Behavioral (CYB) MFLC, a Military OneSource (MOS) Consultant, and an additional position (state choice of MFLC, CYB-MFLC, or Personal Financial Counselor (PFC)). JFSAP teams

serve members and families from all Components and collaborate with existing family support resources to augment their activities and fill gaps where they exist. Services can be requested by going to <http://jfsap.mhf.dod.mil>.

• **Military HOMEFRONT Deployment Connections** www.militaryhomefront.dod.mil

Military HOMEFRONT Deployment Connections is an online handbook for coping with deployment. It is intended to make it easier to find deployment-related information and support services for active and reserve military members and their families during all phases of deployment and mobilization.

• **Military OneSource** www.militaryonesource.com

Military life comes with unique challenges. At Military OneSource our goal is to provide expert information and tools on how to deal with the challenges and issues our military face everyday.

• **National Military Family Association (NMFA)** www.militaryfamily.org

Preparation for a successful deployment starts with your own family. In this section you will find information on what to expect regarding communicating with the service member during the deployment, who to go to for information or assistance when the service member is gone, and what support services are available. Additionally, you'll find helpful hints on how to prepare for a deployment and the ensuing reunion as well as how to find additional daycare. Deployments can put stress on the military family, but utilizing the resources available to you will help you manage the challenges and make the best of the experience.

• **Navy Family Ombudsman Program**
www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/FleetAndFamilySupportProgram/OmbudsmanProgram/index.htm

Navy Family Ombudsmen are volunteers, appointed by the commanding officer, that serve as an information link between command leadership and Navy families. Ombudsmen are trained to disseminate information both up and down the chain of command, including official Department of the Navy and command information, command climate issues, and local quality of life improvement opportunities.

• **Navy Reserve Family Readiness** www.navyreserve.navy.mil

Navy Reserve Family Readiness provides information for families of deployed or deploying Sailors, including benefits and entitlements information, family readiness checklists, and Navy Reserve Family Newsletters.

• **Reserve Affairs Family Readiness Toolkit**
<http://ra.defense.gov/documents/publications/Family%20Readiness%20Toolkit%20061307.pdf>

The Office of the Assistant Secretary of Defense for Reserve Affairs has developed the family readiness toolkit as an organizational guide to benefit service members and their families. The military is a challenging and enriching profession. Guard and Reserve members make up half of the

Total Force and are called to serve with active duty troops in a variety of contingencies and military operations in support of U.S. security interests. Personal preparation to deploy in support of contingency operations is vital.

COMMUNITY SUPPORT PROGRAMS

- **4-H Military Partnership**

www.4-hmilitarypartnerships.org

4-H Military is supported by the National 4-H Headquarters, Air Force Services Family Member Programs, Army Child and Youth Services, and Navy Child and Youth Programs. 4-H Military is dedicated to providing positive education and life skills training programs to military children. The site includes curriculum materials such as downloadable publications on starting a 4-H club, maintaining good health, and helping military children through deployments.

- **American Red Cross Emergency Communications**

www.redcross.org

The American Red Cross is the nation's premier emergency response organization. In addition to domestic disaster relief, the American Red Cross offers compassionate services in five other areas: community services that help the needy; support and comfort for military members and their families; the collection, processing, and distribution of lifesaving blood and blood products; educational programs that promote health and safety; and international relief and development programs. The Red Cross relays urgent messages 24 hours a day, 365 days a year, containing accurate, factual, complete and verified descriptions of the emergency to service members stationed anywhere in the world, including on ships at sea and at embassies and remote locations. Red Cross emergency communications services keep military personnel in touch with their families following the death or serious illness of an immediate family member, the birth of a service member's child or grandchild, or when a family faces other emergencies.

- **Armed Services Young Men's Christian Association (ASYMCA)
Operation Hero**

www.asymca.org

Operation Hero aids children aged six to twelve years of age who are experiencing temporary difficulties in school, both socially and academically. Often, these difficulties are caused by frequent moves and family disruption due to deployments. The semester-long program provides after school tutoring and mentoring assistance in a small group with certified teachers.

- **Deploymentkids.com**

www.deploymentkids.com

A site sponsored by Elva Resa Publishers, publishers of *My Deployment Journal*. Offers free downloadable activities, including a time-zone chart, distance calculator, and spotlights on different areas of the world where a parent might be deployed.

- **Jacob's Light Foundation**

www.jacobsprogram.org

Jacob's Light Foundation's mission is to send active American military overseas necessities and comforts from home. They focus on military without family or adequate support and provide a lifeline from the USA.

- **Military Handbooks**

www.militaryhandbooks.com

Military Handbooks was launched with one simple goal – to give the Military community the very best information available about pay, benefits, retirement planning, education benefits, career decisions, much more! And to provide it to you in a series of straightforward, easy-to-understand handbooks – all available for free!

- **Military Families United**

<http://www.militaryfamiliesunited.org>

Military Families United is a not-for-profit 501(c)(3) charitable organization whose mission is to *Honor the Fallen, Support Those Who Fight, and Serve Their Families*. They are a national coalition of Gold Star and Blue Star families, veterans, and patriotic Americans who share a deep appreciation for our men and women in uniform and support them in their mission to keep America safe. Founded to provide an avenue for military families to remind the nation of the importance of supporting the military and the mission they had been given to accomplish, they expanded to provide charitable programs that offer families direct support. Through a portfolio of unique services, events, and advocacy programs, they seek to ensure that future generations of Americans will never forget the sacrifices of our courageous military and that these men and women and their families receive the support they need.

- **ONE Freedom**

www.onefreedom.org

ONE Freedom provides education on the brain and body's natural response to stress, training on how to self-regulate intense life experiences, and resources for developing a powerful road map of self-mastery. Backed by science, research and extensive experience, ONE Freedom offers audiences effective methods and simple life skills that promote strength through balanced living.

- **Operation Love Reunited**

www.oplove.org

Operation Love Reunited is an organization of professional photographers who offer free photo sessions to families of deployed service members. Each family gets two free sessions, including pre-deployment or reunion sessions, or photos of the family at home to send to the deployed service member.

- **Our Military Kids**

www.ourmilitarykids.org

Our Military Kids provides tangible support to the children of deployed and severely injured National Guard and Reserve personnel through grants for sports, fine arts, and tutoring.

- **Sesame Workshop**

www.sesameworkshop.org

Sesame Workshop is a nonprofit educational organization making a meaningful difference in the lives of children worldwide by addressing their critical developmental needs. The Workshop develops innovative and engaging educational content delivered in a variety of ways — including television, radio, books, magazines, interactive media, and community outreach. Taking advantage of all forms of media and using those that are best suited to delivering a particular curriculum, the Workshop effectively and efficiently reaches millions of children, parents, caregivers, and educators

— locally, nationally and globally. The Workshop is committed to the principle that all children deserve a chance to learn and grow; to be prepared for school; to better understand the world and each other; to think, dream and discover; to reach their highest potential.

• **United Through Reading**

www.unitedthroughreading.org

The mission of United Through Reading is to unite families facing physical separation by facilitating the bonding experience of reading aloud together. Through their nationally acclaimed United Through Reading Military Program, parents communicate with their children through the bonding experience of reading aloud together. Even though they're separated by thousands of miles, parents are reading to their children from ships, desert camps, and USO sites around the world, then they send the video recordings to their eager families.

• **Yellow Ribbon America**

<http://wp.yellowribbonamerica.org>

Yellow Ribbon America unites Americans, motivating and assisting America's communities to give direct support to their local military members and their families. Yellow Ribbon America provides the national framework to organize America's cities and towns, delivering immediate and direct support to America's deployed and returning military personnel and their families. The Deployed Military Members & Family Support Program organizes community outreach events to help communities welcome home military members and thank their families for their sacrifices.

EDUCATION

GOVERNMENT AND MILITARY PROGRAMS

Department of Defense (DoD)

- **Defense Activity for Non-Traditional Education Support (DANTES)** www.dantes.doded.mil

DANTES was established in 1974 to provide educational support services across DoD. DANTES facilitates the delivery of various examinations, including high school equivalency, college admissions, and college credit, as well as an extensive number of certification and licensure exams.

- **DoD Education Activity (DoDEA)** www.dodea.edu

DoDEA is a field activity of the Office of the Secretary of Defense. DoDEA schools include DoD Dependents Schools – Europe (DoDDS-E), DoD Dependents Schools – Pacific (DoDDS-P) / Domestic Dependent Elementary and Secondary Schools – Guam (DDESS-G), and the Domestic Dependent Elementary and Secondary Schools (DDESS).

- **DoDEA Partnership** www.militaryk12partners.dod.ea.edu

DoDEA's Partnership program provides information and support to increase understanding of the unique needs of military children as well as academic support to improve educational opportunities and outcomes for children.

- **Department of Education** www.ed.gov/veterans-and-military-families

The mission of the Department of Education is to promote student achievement and preparation for global competitiveness by fostering educational excellence and ensuring equal access.

- **Military Spouse Career Advancement Accounts (MyCAA) Program**
www.military.com/education/content/money-for-school/military-spouse-career-advancement-accounts-financial-aid.html

The DoD Military Spouse Career Advancement Accounts (MyCAA) program for military spouses of active duty and activated National Guard and Reserve service members worldwide. Eligible military spouses can receive up to \$4,000 of financial assistance to help pay for expenses directly related to post secondary education and training including tuition, fees, books, equipment, and credentialing and licensing fees.

- **Servicemembers Opportunity College (SOC)** www.soc.aascu.org

SOC is a network of universities and colleges that provides education opportunities for service members and their families. Included in the SOC degree network system are SOCAD (Army), SOCMAR (Marine Corps) SOCNAV (Navy), SOCCOAST (Coast Guard), and SOCGuard (National Guard). More information is available on the SOC website.

- **Sure Start** www.dodea.edu/curriculum/eChildhood.cfm

Sure Start is a DoDEA program for command-sponsored children stationed at overseas installations. Sure Start is based on the Department of Health and Human Services' Head Start model. The Sure Start program assists qualified preschool-age military children by providing education, health, and social services based on income and need guidelines. The services provided by the Sure Start program are designed to involve the children, their families, schools, and communities to ensure a comprehensive, coordinated approach to early childhood education. More information is available on the Sure Start website.

- **Navy College Program (NCP)**

<https://www.navycollege.navy.mil>

The Navy College Program provides opportunities for Sailors to earn college degrees by providing academic credit for Navy training, work experience, and off-duty education. The NCP website lists links to education counselors, financial grants, and loans. It also provides information on the SOCNAV.

- **Navy Knowledge Online (NKO)**

<https://wwwa.nko.navy.mil>

NKO is an official Navy website for Sailor career management, personal development, leadership development, e-learning, and other reference materials. Website is also available to authorized family members.

- **Voluntary Education Programs**

<http://apps.mhf.dod.mil>

Voluntary Education Programs provide lifelong learning opportunities for the off-duty military community, contributing to enhanced readiness for the nation's military. These programs include Military Tuition Assistance (TA), college courses (traditional classroom and distance learning delivery), college credit by exam, licensure and certification, language and cultural programs, Troops-to-Teachers, and basic academic skills. Additional information on these programs and links to Service-level education programs, policy, and other military education-related services is available on the DoD Voluntary Education Programs website.

COMMUNITY SUPPORT PROGRAMS

- **Career OneStop**

www.careeronestop.org/EducationTraining/EduTraining.aspx

Career OneStop is a Department of Labor (DOL)-sponsored website offering career resources and workforce information to job seekers, students, businesses, and workforce professionals to foster talent development in a global economy. The Key to Career Success Campaign provides military spouses with job search, career planning, training, and family resources.

- **GI Jobs “Military Friendly Schools”**

www.militaryfriendlyschoools.com

Use this College Search tool to filter schools based on your individual preference, and let the Military Friendly logo guide you to a school that values your military experience. Once you've found several schools for consideration, one click let's you add them to your personal list and request information. Whether seeking formal education to further your military career or prepare you for a civilian career, this site is for you.

- **Home Schooling** <http://homeschooling.about.com/cs/supportgroups/a/hsingusa.htm>

This website provides home schooling legal information, organizations, support groups, community events and online resources for your state. The information on this website are, by no means, complete; but are a starting place for an ever-growing list of resources for your state.!

- **Military Child Education Coalition (MCEC)** www.militarychild.org

MCEC is a nonprofit organization that promotes partnerships and networking between military installations and local school districts. MCEC provides timely and accurate information designed to assist families and school districts in resolving transition issues for military students.

- **Military Spouse Scholarships** www.militaryspousescholarships.com

[Military Spouse Scholarships](http://www.militaryspousescholarships.com) website is a resource website for military spouses' career training, scholarships, benefits and education information.

- **National Parent Teacher Association** www.pta.org

As the largest volunteer child advocacy association in the nation, Parent Teacher Association (PTA) reminds our country of its obligations to children and provides parents and families with a powerful voice to speak on behalf of every child while providing the best tools for parents to help their children be successful students.

- **SchoolQuest** www.schoolquest.com

Designed for military students, their families and the caring professionals who support them, SchoolQuest is an educational resource tool from the Military Child Education Coalition. Although our primary audience includes military students and their parents, SchoolQuest is well-suited to anyone who is "questing" information about schools, college and workplace readiness, transition, etc. It is meant to facilitate the search for new schools and centralize resources. SchoolQuest is also a secure storage site for students' educational, extra-curricular, award, volunteer and work information. This is NOT a replacement for a school transcript. It can be viewed as a safe, centralized virtual "file drawer" where a student (or parent) can keep track of all the details that are so difficult to organize...but so necessary when students move or apply for college, jobs or military service.

- **Student Online Achievement Resources (SOAR)** www.soarathome.org

SOAR is a program for military families and the school districts that serve them. It aims to address the unique challenges facing military children in our nation's public schools, while benefiting the overall student population.

- **Tutor.com** www.tutor.com/military

The Tutor.com for U.S. Military Families program gives eligible military families access to free online tutoring and free homework help from live, professional tutors in more than 16 subjects.

Military families who are moving frequently or dealing with a deployed parent can rely on our tutors for expert help staying on top of tonight's homework or catching up on missed concepts and lessons—at no cost.

EDUCATION/SCHOLARSHIPS AND TUITION ASSISTANCE

GOVERNMENT AND MILITARY PROGRAMS

Department of Defense (DoD)

- **DoD Voluntary Education Programs**

<http://apps.mhf.dod.mil>

The DoD Voluntary Education Programs provide lifelong learning opportunities for the off-duty military community, contributing to enhanced readiness for the nation's military. These programs include, but are not limited to: Military Tuition Assistance (TA), college courses (traditional classroom and distance learning delivery), college credit by exam, licensure and certification, language and cultural programs, Troops-to-Teachers, and basic academic skills. Additional information on these programs and links to Service-level education programs, policy, and other military education-related services is available on the DoD Voluntary Education Programs website.

- **Department of Veterans Affairs (VA)**

www.va.gov

The VA provides multiple education assistance programs to service members and their families to include the Post 9/11 GI Bill, the Montgomery GI Bill for Active Duty (MGIB), the Montgomery GI Bill for Selected Reserve (MGIB-SR), the Reserve Educational Assistance Program (REAP), the Spouses' and Dependents' Educational Assistance (DEA), and the Veterans Educational Assistance Program (VEAP).

- **Department of Education**

www.ed.gov

ED's mission is to promote student achievement and preparation for global competitiveness by fostering educational excellence and ensuring equal access.

- **Navy Marine Corps Relief Society (NMCRS)**

www.nmcrs.org/education

The NMCRS is a private, nonprofit organization providing financial, educational, and other assistance to Sailors, Marines, eligible family members, and survivors when in need. NMCRS offers financial aid for education through the Vice Admiral E. P. Travers Loan, USS TENNESSEE Scholarship, Dependents of Deceased Scholarship, the Admiral Mike Boorda Loan and Spouse Tuition Assistance Program.

COMMUNITY SUPPORT PROGRAMS

- **American Sentinel University Severely Injured Scholarship Program**

www.americansentinel.edu/military/military-benefit

American Sentinel University offers a scholarship program for severely injured service members (and their spouses) covering half the cost of tuition, books, and materials.

- **American Veterans (AMVETS)**

www.amvets.org/programs/scholarships

AMVETS provides general assistance and advocacy, scholarships, career assistance, and phone cards through the National Program Department. AMVETS provides scholarships for veterans and for Reserve and National Guard service members.

• **Armed Forces Communications and Electronic Association (AFCEA) Education Foundation** www.afcea.org/education/scholarships/military

The AFCEA Educational Foundation scholarships require students to have some connection to the armed forces, either as an active duty member, veteran, spouse, or dependent. Located around the world, many of AFCEA's 145 chapters also provide scholarships, grants, and tuition assistance for aspiring engineers, technicians, programmers, military personnel, and government officials. Financial assistance is made available for students living or attending school within each chapter's local community.

• **Armed Services Young Men's Christian Association (ASYMCA) Tuition Assistance** www.asymca.org

The ASYMCA is a nonprofit 501(c)(3), national member association organization that works with the DoD. Included in the many programs offered through the ASYMCA is tuition assistance.

• **Boston University Metropolitan College Bryan D. Willard Scholarships**
www.bu.edu/met/admissions/financial-aid-scholarships/scholarships/the-bryan-d-willard-scholarship

Boston University Metropolitan College offers two \$5,000 scholarships annually to service members who have been awarded the Purple Heart for wounds received in combat or to spouses and children of service members killed in the line of duty.

• **Central Michigan University US Armed Forces Award** www.cel.cmich.edu/financial-aid/scholarships

Central Michigan University offers scholarships to severely injured service members who were injured while serving in combat, spouses of such service members, and any veteran of the military who has been honorably discharged within the last four years.

• **Coastline Community College for Injured/Disabled Service Members and their Spouses**
<http://mil.ccc.cccd.edu/scholarship>

Coastline Community College offers five \$1,000 scholarships for severely injured service members or their spouses. More information is available on the Coastline Community College for Injured/Disabled Service Members and their Spouses website.

• **Council of College and Military Educators (CCME)** www.ccmeonline.org/scholarships.aspx

CCME offers scholarships each year to service members or their spouses who are working towards the completion of higher education degrees. Each award is in the amount of \$1000 and may be used for tuition, fees, books, and other expenses incurred while pursuing educational goals.

• **ECPI College of Technology Department** www.ecpi.edu/military/dod-scholarship-program

of Defense Support Scholarship Program

ECPI College of Technology offers annual scholarships of up to \$6,000 for severely injured service members, up to \$8,000 for spouses of severely injured or killed in action service personnel, and up to \$6,000 for dependent children of deceased service members.

• Fleet Reserve Association (FRA) Scholarship Program

www.fra.org

FRA is a Congressionally chartered, nonprofit organization that represents the interests of the Sea Service community before Congress. The Association's membership is comprised of current and former enlisted members of the Navy, Marine Corps, and Coast Guard. The FRA Scholarship Program awards more than \$100,000 annually in scholarships to deserving students who are FRA members, their spouses, children, and grandchildren.

• Folds of Honor Foundation

www.foldsofhonor.org/scholarships

The Folds of Honor Foundation provides scholarships to military spouses and children of any age. Scholarships may be applied to schooling now or held by Folds of Honor on behalf of children until needed at the time of enrollment in an institute of higher education.

• Freedom Alliance Scholarship Fund

www.freedomalliance.org

Freedom Alliance, a 501(c)(3) educational and charitable foundation, honors the bravery and dedication exhibited by Americans who have sacrificed life or limb defending the United States by providing educational scholarships to their children.

• Grantham University Military Severely Injured Scholarship Program

www.grantham.edu/tuition/veterans-services/military-severely-injured-scholarship

Grantham University offers four-year scholarships to service members with a "Rating Decision" memo of twenty percent disability or higher from the VA as a result of wounds received in Operation Enduring Freedom (OEF) or Operation Iraqi Freedom (OIF). Grantham University also offers scholarships to spouses and adult children of severely injured service members.

• Marine Corps Scholarship Foundation (MCSF)

www.mcsf.org

The MCSF is a public nonprofit 501(c)(3) corporation operated by volunteers and professional staff. The MCSF provides financial assistance in the form of scholarships for higher education to deserving sons and daughters of Marines and children of former Marines, with particular attention being given to children of those killed or wounded in action. More information is available on the MCSF website.

• Military Officers Association of America (MOAA) Scholarship Fund

www.moaa.org

The MOAA Scholarship Fund was established in 1948 to provide educational assistance for children of military families. It is based on one of the Association's founding principles that "education is the cornerstone of a strong Democracy" and is supported by donations and bequests from MOAA chapters, members, corporations, and others. More information is available on the MOAA Scholarship Fund website.

• Military Spouse Career Center

<http://www.military.com/spouse/military-education>

The Military Spouse Career Center provides information on spouse-friendly employers, education and scholarships, licensing and certification, and job search skills. The Center enables employers to post jobs for military spouses at no cost and allows spouses to create resumes, post resumes, and explore thousands of job openings around the world.

- **National Association of Institutions for Military Education Services (NAIMES) Student Spotlight Award** www.naimes.org

The NAIMES Student Spotlight Award program offers active duty military students an opportunity to showcase competency and skills learned while participating in a voluntary education program. The purpose of the Student Spotlight Award is to recognize undergraduate or graduate students who demonstrate academic achievement in the pursuit of higher education.

- **National Military Family Association (NMFA) Military Spouse Scholarship Program** www.militaryfamily.org

The NMFA's Joanne Holbrook Patton Military Spouse Scholarships are awarded to spouses of services members (active duty, National Guard and Reserve, retirees, and survivors) to obtain professional certification or to attend post secondary or graduate school. Scholarships range in amount and the number awarded each year varies depending on funding. Scholarship funds may be used for tuition, fees, and school room and board.

- **Navy League of the United States Scholarship Program** www.navyleague.org

The Scholarship Program of the Navy League of the United States provides financial assistance to the dependents and direct descendants of Sea Service personnel for college and university expenses.

- **Navy Wives Clubs of America, Inc (NWCA)** www.navywivesclubsofamerica.org/scholarships

NWCA is comprised of thirteen Navy-oriented volunteer organizations and is dedicated to improving life in the Naval Service. NWCA offers multiple scholarships for members of the NWCA and children of Navy, Marine Corps, and Coast Guard service members.

- **Old Dominion University Scholarship Opportunity for Severely Injured or Disabled Service Members** http://dl.odu.edu/uploads/Form_InjuredDODMilitaryscholarship.pdf

Old Dominion University offers scholarships for service members who have been severely injured or disabled in the line of duty, or for their spouse or dependent children.

- **Scholarships for Military Children** www.militaryscholar.org

Commissaries are an integral part of the quality of life offered to service members and their families. The Scholarships for Military Children Program was created in recognition of the contributions of military families to the readiness of the fighting force and to celebrate the role of the commissary in the military family community. It is the intent of the program that a scholarship funded through contributions be awarded annually for each commissary operated by the Defense Commissary Agency worldwide. More than one scholarship per commissary may be available based on response

and funding. The scholarship provides for payment of tuition, books, lab fees, and other related expenses.

- **ThanksUSA Scholarships**

www.thanksusa.org/main/scholarships

ThanksUSA is a non-partisan, charitable effort to mobilize Americans of all ages to "thank" the men and women of the United States armed forces by providing college, technical, and vocational school scholarships for their children and spouses.

- **University of Idaho Operation Education**

www.uidaho.edu/operationeducation

University of Idaho provides financial assistance to returning wounded veterans and/or their spouses.

- **University of Maryland Scholarships Opportunities for Military Students**

<http://www.umuc.edu/students/aid/scholarships/military.cfm>

The University of Maryland University College provides five annual scholarships to service members who have been severely injured in the line of duty, or spouses or dependents of severely injured service members.

- **University of Nebraska at Omaha
Wounded Veterans Scholarship Fund**

http://offutt.unomaha.edu/documents/WVS_brochure.pdf

The University of Nebraska at Omaha offers the Wounded Veterans Fund to severely wounded service members or their spouses to assist in covering the cost of a post secondary education.

EMERGENCY FINANCIAL ASSISTANCE

GOVERNMENT AND MILITARY PROGRAMS

• Navy-Marine Corps Relief Society (NMCRS)

www.nmcrs.org

Navy-Marine Corps Relief Society is a relief organization that provides service members and their families with financial assistance in times of need. Typically, NMCRS provides emergency financial assistance to address the following needs:

- food, rent, and utilities
- emergency transportation and vehicle repair
- funeral expenses
- medical/dental expenses
- personal needs when pay is delayed or stolen
- undergraduate-level education for children of service members through scholarships based primarily on financial need

NMCRS does not provide financial assistance to:

- pay bills for nonessentials
- finance ordinary leave, liberty, or vacation
- pay fines or legal expenses
- pay taxes
- liquidate or consolidate debt
- purchase a home or make home improvements
- purchase, rent, or lease a vehicle
- cover bad checks or pay credit card bills
- help service members and their families live beyond their means

The financial assistance is usually provided to service members and their families through interest-free loans. When repayment is determined to cause a hardship on the family, the assistance can be provided through a grant that does not need to be repaid, or through a combination of grants and interest-free loans.

COMMUNITY SUPPORT PROGRAMS

• American Red Cross (ARC) Financial Assistance

www.redcross.org

The American Red Cross is the nation's premier emergency response organization. In addition to domestic disaster relief, the American Red Cross offers compassionate services in five other areas: community services that help the needy; support and comfort for military members and their families; the collection, processing, and distribution of lifesaving blood and blood products; educational programs that promote health and safety; and international relief and development programs. The American Red Cross works under partnership agreements with AER, NMCRS, AFAS, and CGMA to provide quality, reliable financial assistance to eligible applicants for emergency travel, burial of a loved one, assistance to avoid privation, etc.

• Armed Forces Foundation Family Assistance

www.armedforcesfoundation.org

The Armed Forces Foundation provides emergency financial assistance, vehicle modifications, laptops, housing assistance, tickets to recreation events, phone cards, and transportation assistance. For emergency financial assistance, the Armed Forces Foundation can provide financial assistance with rent/mortgage costs, utility bills, housing and/or airfare to transport a family member to assist a service member from surgery, car payments, and car insurance.

- **Armed Services Young Men's Christian Association (ASYMCA)** www.asymca.org

The ASYMCA is a nonprofit 501(c)(3) national member association of the YMCA that works with the Department of Defense (DoD). The Family Emergency Supplies Program provides assistance for families experiencing financial distress, as does the Food for Families Program.

- **Coalition to Salute America's Heroes Emergency Financial Aid**
www.saluteheroes.org/emergency-financial-aid.html

In partnership with nonprofit Veteran Service Organizations and governmental agencies, the Coalition to Salute America's Heroes has an ongoing commitment to provide emergency financial support to wounded veterans and their families during transition.

- **Operation Homefront** www.operationhomefront.net

Operation Homefront is a charity operating under a Memorandum of Understanding with the DoD providing emergency assistance and morale to service members, the families they leave behind, and to wounded warriors when they return from deployment. The Financial Assistance Program provides monetary assistance for rent, utility bills, airfare to transport a family member to assist a military wife during illness or after childbirth, child care during illness or surgery, etc.

- **United Services Organization (USO)** www.uso.org

The USO is a private, nonprofit organization supporting service members and their families by providing morale, welfare, and recreation-type services. USO centers offer housing and financial information and support to military families during emergencies.

- **USA Cares Basic Needs Program** <http://usacares.org>

USA Cares provides financial and advocacy assistance to post 9/11 active duty military service personnel, veterans, and their families. USA Cares assists all branches of Service, all ranks, and components free of charge.

- **Veterans of Foreign Wars (VFW) Foundation Unmet Needs Program** www.vfw.org

Through the Unmet Needs Program, eligible service members can apply for financial assistance for household expenses, vehicle expenses, utilities, food and clothing, and medical bills.

EMPLOYMENT

GOVERNMENT AND MILITARY PROGRAMS

Department of Defense (DoD)

- **Military Spouse Career Advancement Accounts (MyCAA) Program**

www.military.com/education/content/money-for-school/military-spouse-career-advancement-accounts-financial-aid.html

The DoD Military Spouse Career Advancement Accounts (MyCAA) program for military spouses of active duty and activated National Guard and Reserve service members worldwide. Eligible military spouses can receive up to \$4,000 of financial assistance to help pay for expenses directly related to post secondary education and training including tuition, fees, books, equipment, and credentialing and licensing fees.

- **Military Spouse Employment Partnership**

www.msepjobs.com

- **Priority Placement Program (PPP)**

www.cpms.osd.mil/care/care_ppp

The Priority Placement Program offers employment preference to DoD employees as well as to military spouses. Priority Programs apply to both civil service and non-appropriated fund (NAF) positions. The PPP is an internal DoD program that assists displaced employees in finding employment. The program was designed to provide the maximum opportunity for employment for those who are eligible. The PPP includes a number of different programs, including one specifically geared towards helping military spouses find jobs after a move. It is called the DoD Military Spouse Preference Program, or Program "S." Program "S" ensures that military spouses receive preference for certain competitive service positions in the United States and its territories. It was intended to lessen the impact on the career of the military spouse when a permanent change of duty station (PCS) move is required.

- **Fleet and Family Support Center (FFSC) Family Employment Assistance Program**

http://www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/FleetAndFamilySupportProgram/FamilyEmployment/index.htm

The FFSC Family Employment Readiness Program provides services in the following areas:

- Listings of Local and National Employment Resources
- Individual Assistance
- Job Search Strategies
- Computers with Internet and Microsoft Word
- Effective Resume Writing
- Resume Critiques
- Mock Interviews
- Volunteer Opportunities
- Job Fair Information
- Federal Employment Opportunities
- Education Information

FFSCs provide a Career Development Resource Center (CDRC) that offers employment workshops and computer access for resume development and Internet research. Employment specialists at the

CDRC can assist with career planning and the job search process. Contact your local FFSC to make an appointment or visit the CNIC FFSC website for more details on the Family Employment Readiness Program.

- **Military Spouse Career Center**

www.military.com/spouse

This website provides valuable information for military spouses seeking employment. Resources include resume writing and job search functions.

- **United States Chamber of Commerce**

www.uschamber.com/veterans

In March of 2011, the U.S. Chamber of Commerce launched its *Hiring our Heroes* program, a year-long nationwide effort to help veterans and their spouses find meaningful employment. The Chamber started the program in partnership with the Department of Labor Veterans Employment and Training Service (DOL VETS), to improve public-private sector coordination in local communities, where veterans and their families are returning every day. Working with our extensive network of state and local chambers, DOL VETS, the Employer Support of the Guard and Reserve (ESGR) and other strategic partners, we will do a better job of matching veteran talent with career opportunities in the private sector.

- **United States Department of Labor - Career OneStop**

www.careeronestop.org/militarytransition/militaryspouses

Career OneStop is a Department of Labor (DOL)-sponsored website offering career resources and workforce information to job seekers, students, businesses, and workforce professionals to foster talent development in a global economy. The Key to Career Success Campaign provides military spouses with job search, career planning, training, and family resources.

- **United States Department of Labor - My Next Move for Veterans**

www.mynextmove.org/vets/

The Department of Labor launched My Next Move for Veterans, a new online resource that allows veterans to enter their military occupation code and discover civilian occupations for which they are well qualified. The site will also include information about salaries, apprenticeships, and other related education and training programs. It is an easy-to-use online tool created by the Department of Labor that allows veterans to enter information about their experience and skills in the field, and match it with civilian careers that put that experience to use. The site also includes information about salaries, apprenticeships, and other related education and training programs.

- **United States Department of Labor - Veteran Gold Card**

www.dol.gov/vets/goldcard.html

Post-9/11 veterans will be able to download the Veteran Gold Card, which entitles them to enhanced services including six months of personalized case management, assessments and counseling, at the roughly 3,000 One-Stop Career Centers located across the country. The Veteran Gold Card provides post-9/11 veterans with extra support as they transition out of the military, such as job readiness assessment, including interviews and testing; development of an Individual Development Plan (IDP); career guidance through group or individual counseling that helps veterans in making training and career decisions; provision of labor market, occupational, and skills transferability information that inform educational, training, and occupational decisions; referral to job banks, job portals, and job openings; referral to employers and registered apprenticeship sponsors; referral to training by WIA-funded or third party service providers; and monthly follow-up by an assigned case manager for up to

six months. Locate your nearest One Stop Career Center by going to America's Service Locator www.servicelocator.org or by calling Toll-Free 1-877-US2-JOBS (1-877-872-5627) TTY: 1-877-889-5627. Once a One-Stop Career Center has been located, go there and present this Card.

- **United States Department of Labor – Youth & Labor** www.dol.gov

This website provides numerous resources for youth and parents on various labor-related issues. The website includes activities, general information and statistics. Although geared toward the parents of youth, older youth will find valuable information on the website.

- **United States Office of Personnel Management (OPM)** www.fedhiresvet.gov

OPM has developed a website targeted to veterans and military spouses, its Fed Hire Vets, a one-stop resource for Federal veteran employment information. In addition to information about veteran employment, they have a family member section with information on preference. OPM also has a spouse employment program that gives employers an option to hire spouses from a non-competitive list. For question concerning their spouse program, visit their website at <http://www.fedshirevets.gov/hire/hrp/qaspouse/index.aspx>.

- **USAJOBS** www.usajobs.gov

USAJOBS is a United States Office of Personnel Management website and is the Federal Government's official one-stop source for Federal jobs and employment information.

- **USAJOBS Student and Recent Graduates** www.usajobs.gov/student

USAJOBS offers valuable job experience, training opportunities, excellent benefits, and opportunity for advancement. Whether you are student in high school, college, or graduate school seeking work experience or you are about to graduate and begin your career, consider Federal service!

COMMUNITY SUPPORT PROGRAMS

- **Coalition to Salute America's Heroes Wounded Hero Career Network** www.saluteheroes.org

The Coalition to Salute America's Heroes has six employment and development programs for wounded service members and their spouses: Career Counseling and Job Search Assistance, Job Shadowing and Mentoring, Online Training, Partner Appreciation Program, Entrepreneurial Boot Camp for Veterans, and Job Fairs.

- **iRelaunch, the Return-to-Work Experts** www.irelaunch.org

iRelaunch, produces career reentry programming, events, and content for employers, universities, organizations, and individuals.

- **Military Spouse Corporate Career Network (MSCCN)** <http://msccn.org>

MSCCN is a nonprofit agency that assists military spouses in locating career opportunities. It is a no-cost service that works in conjunction with military family service centers to provide employment and career opportunities for military spouses.

- **National Military Family Association (NMFA)** www.militaryfamily.org

The NMFA website provides links and information designed to help familiarize military spouses with the tools available to assist them in their search for employment.

- **National Military Spouse Network (NMSN)** <http://nationalmilitaryspousenetwork.org>

NMSN is a pre-eminent networking, mentoring and professional development organization committed to the education, empowerment and advancement of military spouses.

- **The Occupational Outlook Handbook** www.bls.gov/oco

A nationally recognized source of career information, designed to provide valuable assistance to individuals making decisions about their future work lives.

- **Service Corps of Retired Executives (SCORE)** www.score.org

SCORE is a nonprofit association dedicated to educating entrepreneurs and helping small businesses start, grow, and succeed nationwide. SCORE is a resource partner with the US Small Business Administration (SBA), and has been mentoring small business owners for more than 40 years. They have developed a military specific program which is free to vets and families. Their military specific website is www.vetsfastlaunch.org.

EXCEPTIONAL FAMILY MEMBER SUPPORT

GOVERNMENT AND MILITARY PROGRAMS

- **Department of Defense (DoD)**

www.militaryhomefront.dod.mil

The DoD Office of Community Support for Military Families With Special Needs (OSN) enhances and improves support around the world for military families with special needs, whether medical or educational. Support is provided to service members and their families through the development of appropriate policies, enhancement and dissemination of appropriate information throughout the DoD, support for families in obtaining referrals for services and in obtaining service, and oversight of the activities of the military departments in support of such families. Products developed by the OSN include, but are not limited to, the Special Needs Parent Toolkit, the Special Care Organization Record (SCOR) for Children with Special Health Care Needs, and the Exceptional Family Member Program (EFMP) eNewsletter. The Special Needs Parent Toolkit offers information and resources to aid parents of special-needs children (from birth to twenty-one years of age), through a list of support organizations, sample forms and letters, and other resources. The SCOR for Children with Special Health Care Needs is a binder where parents can store all health care-related information pertaining to their child, from medications and allergies to doctors' business cards and receipts. The SCOR can also be used for special-needs adults. The EFMP eNewsletter provides information and updates on the program across the entire DoD.

- **DoD Education Activity (DoDEA) Special Education**

www.dodea.edu/curriculum/specialEduc.cfm

The DoD Education Activity (DoDEA) Special Education website provides service members and their families with a list of things to remember when relocating to an overseas location with a need for special education services. The site provides information on parent rights and responsibilities and points of contact for each district.

- **Navy Exceptional Family Program**

www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/FleetAndFamilySupportProgram/CNICD_A065893

The Navy's Exceptional Family Member Program (EFMP) is designed to assist sailors by addressing the special needs of their exceptional family members (EFM) during the assignment process. Special needs include any special medical, dental, mental health, developmental or educational requirement, wheelchair accessibility, adaptive equipment assistive technology devices and services. The EFMP serves as a detailing tool and a quality of life program. Enrollment in the Exceptional Family Member Program (EFMP) ensures that families are assigned to areas where they can access necessary resources. Successful implementation requires up-to-date enrollment, information and extensive coordination among personnel, medical, educational and employment resources.

- **Military OneSource**

www.militaryonesource.com

Consultants are available twenty-four hours a day, seven days a week by phone, online, or via email offering personalized support to any active duty, National Guard, or Reserve service or family member. Military OneSource consultants provide information and make referrals on a wide range of issues, including specialty consultations for adult and special needs children. More information is available by telephone at 1-800-342-9647.

- **MilitaryHOMEFRONT**

www.militaryhomefront.dod.mil

MilitaryHomefront is the official website for quality of life programmatic and policy information for the DoD. The website contains information and resources on a wide range of quality of life programs and services, with topic areas targeted directly to three different audiences: troops and families, leaders, and service providers. The Special Needs/EFMP Troops and Families section on MilitaryHOMEFRONT provides information addressing a number of topics such as educational needs, medical care, family support, financial and legal issues, state resources, and answers to frequently asked questions. The Special Needs/EFMP Leadership section on MilitaryHOMEFRONT provides an overview of the program, links to related policy and legislations, additional resources, and answers to frequently asked questions for leaders. The Special Needs/EFMP Service Provider section on MilitaryHOMEFRONT is designed to serve as a comprehensive source of information for all professionals serving military families with special needs.

- **MilitaryINSTALLATIONS**

www.militaryinstallations.dod.mil

MilitaryINSTALLATIONS is a searchable database of installation and state resources available to military personnel worldwide. Service members and family members can quickly find relevant information about their new installation or state. Fast Fact articles provide a snapshot of an installation and access to the full overviews, major unit listings, contacts, and photo gallery for all installations. Contact information for programs related to Special Needs/EFMP can be found under the programs or services “Educational and Developmental Intervention Services (EDIS),” “Enrollment/EFMP,” “Exceptional Family Member Program/Special Needs,” “Family Support/EFMP,” and “Hospital/Medical Treatment Facility(s).” More information is available on the MilitaryINSTALLATIONS website.

- **Plan My Move (PMM)**

<http://apps.mhf.dod.mil>

Plan My Move (PMM) is an online moving tool that helps service members and families organize a move resulting from a permanent change of station (PCS) or temporary duty/temporary change of station (TDY/TCS) orders. PMM outlines the moving process, breaking it down into clear manageable steps. By providing current duty station, future duty station, and the moving date, PMM generates a three-month calendar with general and installation-specific information. PMM also provides departure, travel, and arrival checklists for families with special needs children

- **HOMEFRONTConnections**

<https://apps.mhf.dod.mil/homefrontconnections/login.jspa>

HOMEFRONTConnections is a DoD site established to provide a social networking environment for those who are in the military, in a military family, or who support the military and their families. The site provides a password-protected way to meet and share information online. Within the site, groups can share best practices, post pictures and videos, or just talk about the work they are doing with others who are also supporting our service members and their families. Family members can also use the site to meet each other and share experiences, or establish online family readiness groups. Registration is required.

- **TRICARE Extended Care Health Option (ECHO) Program**

www.tricare.mil

The TRICARE ECHO provides eligible active duty family members with an additional financial resource for an integrated set of services, equipment, and supplies designed to assist in the reduction

of the disabling effects of the beneficiary's qualifying condition. To be eligible for the ECHO program, family members must have an ECHO-qualifying condition, enroll in the EFMP as provided by the sponsor's branch of Service, and register in ECHO through ECHO case managers in each TRICARE region.

• **Fleet and Family Support Center (FFSC) EFMP Liaisons**

www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/FleetAndFamilySupportProgram/CNICD_A065893

FFSC EFMP Liaisons provide the following EFMP services to military families:

- Assist Families with the Completion of EFMP Paperwork
- Maintain Liaison with the Military Treatment Facility EFMP Coordinators to Assist with Facilitating the Enrollment/Update/Disenrollment Process
- Identify and Coordinate Resources for EFMP Families
- Maintains Up-to-Date Special Needs National and Local Referral Databases for Families
- Refer Families to EFMP Specific Education, Recreational, and Cultural Activities
- Refer EFMP Families when Requested to School Liaison Officers
- Refer EFMP Families when Requested to a TRICARE ECHO Case Manager
- Refer EFMP Families when Requested to NACCRRRA for Respite Care Services

For additional Navy EFMP information contact your local Fleet and Family Support Center EFMP Liaison, Command EFMP POC or Military Treatment Facility/Branch Medical Clinic EFMP Coordinator.

COMMUNITY SUPPORT PROGRAMS

• **Family Support 360 for Military Families**

www.acf.hhs.gov/programs/add

Family Support 360 for Military Families is an initiative of the Administration on Developmental Disabilities (ADD), Administration on Children and Families, US Department of Health and Human Services. ADD has provided ten grant opportunities to create one-stop centers that assist military families with special needs. For example, the program located in North Carolina provides family support to Camp Lejeune's military families with children who have developmental disabilities. This project integrates military and civilian support systems to better serve military families with children with special needs whether they are residing on or off an installation. More information on the Family Support 360 for Military Families programs and their locations can be found on the ADD website.

• **Specialized Training of Military Parents (STOMP)**

www.stompproject.org

STOMP is a federally funded Parent Training and Information Center established to assist military families who have children with special education or health needs. STOMP serves families by providing information and training about laws, regulations, and resources for military families of children with disabilities; connecting families to other families; assisting parents and professionals in developing their own community parent education/support group; and by providing a voice to raise awareness of issues faced by military families of children with disabilities.

• **State Resources for Special Needs/EFMP**

www.militaryhomefront.dod.navy.mil

MilitaryHOMEFRONT includes a directory of state resources. For each state, MilitaryHOMEFRONT lists resources dedicated to advocacy, disaster preparedness, early intervention and education, employment and housing assistance, health care, legal and financial issues, and additional resources.

FAMILY SUPPORT

• 211 Information and Referral Search

www.211.org

2-1-1 provides free and confidential information and referral. Call 2-1-1 for help with food, housing, employment, health care, counseling and more. 2-1-1 is an easy to remember telephone number that, where available, connects people with important community services and volunteer opportunities. The implementation of 2-1-1 is spearheaded by United Ways and information and referral agencies in states and local communities. United Way Worldwide (UWW) and the Alliance for Information and Referral Systems (AIRS) strongly support federal funding so that every American has access to this essential service.

• American Red Cross (ARC)

www.redcross.org

ARC announced that it will move to a single telephone number for its emergency communication services. All military members and their families can use one number- 877-272-7337 (U.S. Toll Free) to send an urgent message to a service member. The change means that all military members and their families can use this single number to initiate an emergency communication, regardless of where they live.

• COMPASS

www.gocompass.org

COMPASS is a spouse-to-spouse mentoring program that introduces participants to all aspects of the military lifestyle. COMPASS offers military spouses the opportunity to establish a peer network, acquire knowledge and develop skills necessary to successfully meet future challenges of military life.

• Department of Veterans Affairs (VA)

www.va.gov

The VA Vet Center program is designed to provide readjustment counseling to veterans exposed to the uniquely stressful conditions of military service in a combat theatre of operations. Vet Centers provide services in a non-clinical environment that does not carry the stigma sometimes associated with some other mental health or readjustment care.

• Fleet and Family Support Center (FFSC)

www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetAndFamilyReadiness/FamilyReadiness/FleetAndFamilySupportProgram/index.htm

Fleet and Family Support Centers provide the following mobilization/deployment services:

- Ombudsmen Basic and Advance Training
- Family Readiness Group Leadership Training
- Family Readiness Group FFSC Briefs
- Return and Reunion (R&R) Programs for Commands
- Homecoming Programs for Family Members
- Individual Deployment Counseling
- Deployment Readiness for Couples and Parents

Short-term counseling is available in many areas that include:

- Relationship Problems

- Work-related Problems
- Parenting Difficulties
- Losses and Emotional Pain
- Poor Self-Esteem
- Marital Issues
- Adjusting to Situational Changes
- Depression and Anxiety
- Anger Management
- Pre and Post Deployment Adjustment

Fleet and Family Support Center’s counselors encourage personnel growth to help active duty and their family members develop skills that can enhance their personal life. FFSC counselors are available to provide group and individual support to assist in coping with a sudden crisis. Commands can request an onsite crisis intervention. Contact your local FFSC to make an appointment or visit the CNIC FFSC website for more details on clinical counseling.

- **Joint Family Support Assistance Program (JFSAP)** www.militaryhomefront.dod.mil

JFSAP augments existing family programs to provide a continuum of support and services based on member and family strengths and needs and available resources. The primary focus of support is families who are geographically dispersed from military installations. Services are delivered in local communities through collaborative partnerships with Federal, State, and local resources.

- **Joint Family Resource Center (JFRC)** <http://jfsap.mhf.dod.mil>

On-demand counseling, educational materials, and programs provided to support command sponsored deployment.

- **Joint Services Support (JSS)** www.jointservicesupport.org

JSS is the gateway to your virtual military community. Find events, get service contacts, and find resources close to home. The Joint Services Support system is a gateway and safety net – here to offer support throughout your military career and beyond.

- **Military Handbooks** www.militaryhandbooks.com

Military Handbooks was launched with one simple goal – to give the Military community the very best information available about pay, benefits, retirement planning, education benefits, career decisions, much more! And to provide it to you in a series of straightforward, easy-to-understand handbooks – all available for free!

- **MilitaryHOMEFRONT** www.militaryhomefront.dod.mil

MilitaryHomefront is the official website for quality of life programmatic and policy information for the DoD. The website contains information and resources on a wide range of quality of life programs and services, with topic areas targeted directly to three different audiences: troops and families, leaders, and service providers.

- **Military OneSource**

www.militaryonesource.com

Consultants are available twenty-four hours a day, seven days a week by phone, online, or via email offering personalized support to any service or family member. Military OneSource can connect individuals with a trained, state-licensed mental health professional in the community, telephonically, or online for free confidential/private counseling. The counseling is not designed to address long-term counseling needs, such as child and spouse abuse, suicidal ideation, and mental illness. People in need of long-term treatment are referred to a military medical treatment facility and/or TRICARE for services. Military OneSource offers twelve free counseling sessions per person, per issue that are short-term, problem focused, and address a variety of topics such as improving relationships at home and at work, marital issues, grief and loss issues (normal reactions that would benefit from short-term support), adjusting to a change in situation (such as a return from deployment or permanent change of duty station), and other issues that are non-medical in nature. Military OneSource counselors are licensed, credentialed, and experienced. They also understand the military culture and its unique challenges.

- **Naval Services Familyline (NSFL)**

www.nsfamilyline.org

NSFL is your information resource. FamilyLine is an organization of Navy Family volunteers. They believe in sharing their experience, strength and hope as military spouses. They are available to answer your questions, provide education, and assist in facing the challenges of the military lifestyle.

- **National Military Family Association**

www.militaryfamily.org

Military families serve our country with pride, honor, and quiet dedication. The National Military Family Association is the leading nonprofit organization committed to strengthening and protecting the families of the men and women currently serving, retired, wounded or fallen. We provide families of the Army, Navy, Marine Corps, Air Force, Coast Guard, and Commissioned Corps of the USPHS and NOAA with information, work to get them the benefits they deserve, and offer programs that improve their lives. Our 40 years of service and accomplishments have made us a trusted resource for military families and the nation's leaders.

- **Operation Homefront**

www.operationhomefront.net

Operation Homefront provides emergency assistance and morale to the troops, to the families they leave behind, and to wounded warriors when they return home.

- **OurMilitary.mil**

<http://www.ourmilitary.mil/resources/community-support-for-our-military>

Our Service members and military families are facing unprecedented challenges as a result of frequent deployments: social, educational, physical, medical and emotional. As our men and women in uniform experience deployment, reintegration, and in some cases permanent injury or the ultimate sacrifice, it is vital that American communities better understand what our Service members and our military families are facing. The goal of this website is to educate communities about the military and military families who contribute so much to our communities and about the tremendous spirit of support for our military that exists throughout the country. This web site features stories of support and provides information about organizations that provide such critical support.

- **Salvation Army Liberty Program**

www.salvationarmy-social.org

The Salvation Army has been assisting those in need for over 150 years. They have been especially active in the veteran community. The Liberty Program serves veterans and their families who have served or are currently serving in either Iraq or Afghanistan. The program provides counseling, clothing, rental and utility bill assistance, among other things.

- **Warrior Gateway**

www.warriorgateway.org

Warrior Gateway is an easy-to-use portal that connects members of the military community – active duty, National Guard, Reserve, veteran, family member, caretaker – with the resources they need as they transition to civilian life. Warrior Gateway aims to serve as a resource by enabling the military community to quickly find and navigate service organizations and programs, identify academic programs, and employers

FINANCIAL READINESS

GOVERNMENT AND MILITARY PROGRAMS

Department of Defense (DoD)

• Defense Finance and Accounting Service (DFAS)

www.dfas.mil

The people of the Defense Finance and Accounting Service (DFAS) take pride in serving the men and women who defend America. DFAS works hard to fulfill the important fiscal responsibilities entrusted to us by the American taxpayers. We ensure the resources they provide are accounted for properly.

• Department of Veterans Affairs (VA)

www.insurance.va.gov/SGLISITE/BFCS/BFCS

Beneficiary Financial Counseling Service (BFCS) is an additional benefit offered to beneficiaries of Servicemembers' Group Life Insurance (SGLI) and Veterans' Group Life Insurance (VGLI) policies, as well as Servicemembers' Group Life Insurance Traumatic Injury Protection Program (TSGLI) claimants. Beneficiaries or claimants can take advantage of free professional financial advice provided by FinancialPoint®. More information is available on the VA BFCS website.

• Federal Trade Commission – Identity Theft Website

www.ftc.gov/idtheft

This website is a one-stop national resource to learn about the crime of identity theft. It provides detailed information to help you deter, detect, and defend against identity theft. On this site, consumers can learn how to avoid identity theft – and learn what to do if their identity is stolen. Businesses can learn how to help their customers deal with identity theft, as well as how to prevent problems in the first place. Law enforcement can get resources and learn how to help victims of identity theft.

• Fleet and Family Support Center (FFSC) Personal Financial Management

www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/FleetAndFamilySupportProgram/PersonalFinances/index.htm

The FFSC Personal Financial Management Program (PFM) provides the following training opportunities:

- Command Financial Specialist Training
- Military Pay Issues
- Art of Money Management
- Consumer Awareness
- Home Ownership
- Car Buying Strategies
- Credit Management
- Million Dollar Sailor
- Saving and Investing
- Thrift Savings Plan
- Planning for Retirement

Managing money in today's marketplace can be challenging. Frequent deployments, separation from extended families, and numerous moves drain the resources of military families. Fleet and Family Support Centers can show you how to make your money work as hard as you do through various financial programs and with one-on-one financial counseling. Contact your nearest FFSC for help in developing a spending plan or visit the CNIC FFSC website for more information on personal finances.

• **Military Saves**

www.militarysaves.org

The Military Saves program, sponsored by the DoD with the Consumer Federation of America, provides service members with the necessary tools to develop and maintain a savings plan. The Military Saves program is a free service designed to assist service members in reaching their financial goals, reducing and eliminating debt, and learning more about wealth-building and savings.

• **Thrift Savings Plan (TSP)**

www.tsp.gov

The Thrift Savings Plan (TSP) is a retirement savings and investment plan for Federal employees and members of the uniformed services, including the Ready Reserve. It was established by Congress in the Federal Employees' Retirement System Act of 1986 and offers the same types of savings and tax benefits that many private corporations offer their employees under 401(k) plans. The TSP is a defined contribution plan, meaning that the retirement income you receive from your TSP account will depend on how much you (and your agency, if you are eligible to receive agency contributions) put into your account during your working years and the earnings accumulated over that time.

COMMUNITY SUPPORT PROGRAMS

• **Council of Better Business Bureau (CBBB) Military Line**

www.bbb.org/us/Military/

The CBBB Military Line is designed to support service members, retirees, DoD civilians, and their families by providing information to protect them from unscrupulous business practices.

• **Credit Reporting Agencies**

Equifax:

Telephone: 1-800-5225-6285

Address: P.O. Box 740241, Atlanta, GA 30374-0241

www.equifax.com

Experian:

Telephone: 1-888-397-3742

Address: P.O. Box 9532, Allen, TX 75013

www.experian.com

Trans Union:

Telephone: 1-800-680-7289

Address: P.O. Box 6790, Fullerton, CA 92834-6790

www.transunion.com

• **Military Consumer Sentinel**

www.ftc.gov/sentinel/military

Military Consumer Sentinel is a joint initiative of the Federal Trade Commission (FTC) and the DoD designed to help improve consumer protection for service members, their families, and DOD civilians. The Consumer Sentinel website allows service members, DoD civilians, and their families to file consumer complaints, which are used by over 500 law enforcement organizations to target cases for prosecution and other enforcement measures.

HEALTH CARE

- **Department of Defense Military Health System**

www.health.mil/MHSFor/ServiceMembersandFamilies.aspx

Active duty service members, retirees, and their families benefit every day from the Military Health System's commitment to care. From online mental health resources to research initiatives that determine health risks to the communication efforts that inform on the most up-to-date medical news, the MHS is an organization dedicated to keeping every current and retired service member healthy and strong.

- **Deployment Health and Family Readiness Library**

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

This library provides Service members, families, leaders, Health Care providers, and veterans an easy way to find deployment health and family readiness information. Within this library you'll find access to fact sheets, guides, and other products on a wide variety of topics published by the services and organizations that serve you. You'll also find additional web links to other organizations and resources devoted to the health and well-being of the Service member and their family.

- **Deployment Health Clinic Center**

www.pdhealth.mil

Deployment Health Clinic Center website represents a comprehensive source of deployment-related health information for both healthcare providers and service members, veterans, and family members. In addition, it is the primary source of communication and support for the implementation of the [DoD/VA Post-Deployment Health Clinical Practice Guideline \(PDH-CPG\)](#).

- **Publication Available - "Programs Addressing Psychological Health and Traumatic Brain Injury Among U.S. Military Servicemembers and Their Families"**

http://www.rand.org/pubs/technical_reports/TR950.html

You can download this free, searchable PDF. Over the past several years, the DoD has implemented numerous programs to support Servicemembers and their families in the areas of psychological health and traumatic brain injury. These programs address various components of biological, psychological, social, spiritual, and holistic influences on psychological health along the resilience, prevention, and treatment continuum and focus on a variety of clinical and nonclinical concerns. In response to this proliferation of programs, the Assistant Secretary of Defense for Health Affairs asked the RAND National Defense Research Institute to develop a comprehensive catalog of existing programs currently sponsored or funded by DoD to address psychological health and TBI. This report addresses this objective, providing a definition of what constitutes a program, an overview of these programs, and a description of how programs relate to other available resources and care settings. The research was sponsored by the Assistant Secretary of Defense for Health Affairs and the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury.

- **Sexual Assault Prevention and Response**

www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/FleetAndFamilySupportProgram/SexualAssaultPreventionandResponse

Sexual assault is a criminal act incompatible with the Department of Navy (DON) core values, high standards of professionalism, and personal discipline. The goal of the Navy is to reduce sexual assault by providing a culture of prevention, education/training, response capability, victim support, reporting procedures and accountability that enhances the safety and well-being of all. Sexual assault services are delivered via the installation's Sexual Assault Response Coordinator (SARC) who is responsible for implementation and administration of all aspects of the program. The Sexual Assault Prevention and Response Program (SAPR), provided through the Navy Fleet and Family Support Program (FFSP) incorporates a coordinated systems approach inclusive of medical, legal, security, Chaplains, Victim Advocates, Command SAPR personnel, and civilian resources. SARC's train and oversee volunteer Victim Advocates, who provide 24/7 response capability for sexual assaults on or off the installation and during deployment. DoN has implemented a confidentiality policy that enables victims of sexual assault to elect restricted or unrestricted reporting. To report a sexual assault call the Command Victim Advocate (every installation phone number is listed on the CNIC website), the Installation SARC via the installation FFSC or the DoD Safe Helpline at 877-995-5247 (24/7).

- **Suicide Awareness**

www.save.org

The mission of SAVE is to prevent suicide through public awareness and education, reduce stigma and serve as a resource to those touched by suicide.

- **TRICARE**

www.tricare.mil

TRICARE is the health care program serving active duty service members, National Guard and Reserve members, retirees, their families, survivors and certain former spouses worldwide. As a major component of the [Military Health System](#), TRICARE brings together the health care resources of the uniformed services and supplements them with networks of civilian health care professionals, institutions, pharmacies and suppliers to provide access to high-quality health care services while maintaining the capability to support military operations.

- **United Concordia**

www.ucci.com

United Concordia is dedicated to serving individuals, employers, members, dentists, producers and the community. Today, more than 1,300 United Concordia employees located across the country seek to provide the best value in dental benefit programs.

- **Veteran Affairs Health Care**

www.va.gov/health

The Veterans Health Administration is home to the United States' largest integrated health care system consisting of 152 medical centers, nearly 1,400 community-based outpatient clinics, community living centers, Vet Centers and Domiciliaries. Together these health care facilities and the more than 53,000 independent licensed health care practitioners who work within them provide comprehensive care to more than 8.3 million Veterans each year.

HOUSING

GOVERNMENT AND MILITARY PROGRAMS

Department of Defense (DoD)

- **Automated Housing Referral Network (AHRN)**

www.ahrn.com

AHRN offers service members and DoD civilians the opportunity to view rental housing listings for the civilian community and available privatized installation housing. Members may also post properties they would like to rent to other military personnel, find a roommate, or list their home for-sale-by-owner (FSBO) if it is not listed with a real estate agent.

- **Homeowners Assistance Program (HAP)**

<http://hap.usace.army.mil>

The DoD provides the Homeowners Assistance Program (HAP) to eligible service members and federal civilian employees (including non-appropriated fund employees). The program is authorized by law and administered by the United States Army Corps of Engineers (USACE) to assist eligible homeowners who face financial loss when selling their primary residence homes in areas where real estate values have declined because of a base closure or realignment announcement.

- **Navy Housing Program**

www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/Housing/index.htm

The worldwide Navy Housing Program is managed by the Commander, Navy Installations Command (CNIC). The CNIC housing program is focused on ensuring that military service members, both unaccompanied and those with families, receive suitable, affordable and safe housing wherever they live around the world. The Navy housing program provides a structure of support to help our customers find housing that meets their needs. The first priority of the Navy Housing Program is to help customers find housing in the local community near their place of work. When the private sector option is not available they provide privatized housing, or government owned or leased housing.

COMMUNITY SUPPORT PROGRAMS

- **Operation Homefront Village**

www.operationhomefront.net

Operation Homefront Village allows wounded service members to live rent free while they go through the transition process. Upon placement in Operation Homefront Village, Operation Homefront counselors set up a mandatory schedule for veterans and their families to attend support groups, workshops, benefits briefings, and resume writing classes, as determined by their counselor. Counselors also meet with veterans and their spouse every thirty days to review their financial situation, determine where they are in the transition process, review their attendance in the required workshops and classes, and determine if they still present adequate need to continue living in Operation Homefront Village. Once they have become self sufficient, counselors help veterans find suitable permanent housing.

- **United Services Organization (USO)**

www.uso.org

The USO is a private, nonprofit organization that supports service members and their families by providing morale, welfare, and recreation-type services. The USO can help military families locate both short and long-term housing. Emergency housing can also be arranged for military members and their families.

- **USA Cares Housing Assistance Program**

<http://usacares.org>

USA Cares provides financial and advocacy assistance to post 9/11 active duty military service personnel, veterans, and their families. USA Cares assists all branches of Service, all ranks, and components free of charge. The USA Cares Housing Assistance Program offers budgetary counseling and help renegotiating a negotiation of the mortgage to bring the mortgage current.

LEGAL

GOVERNMENT AND MILITARY PROGRAMS

Department of Defense (DoD)

- **Armed Forces Legal Assistance (AFLA)** <http://legalassistance.law.af.mil/content/locator.php>

The Armed Forces Legal Assistance (AFLA) is a joint effort of the legal assistance divisions of the Judge Advocate Generals' Corps of the Army, Marine Corps, Navy, Air Force, and Coast Guard. The AFLA website provides service members and their families with an overview of legal assistance topics and an application that allows visitors to locate the nearest Legal Assistance Office for consultation with a Legal Assistance Attorney.

- **Navy Judge Advocate General (JAG) Corps** www.jag.navy.mil/legal_services

The Navy Judge Advocate General (JAG) Corps provides solutions, from a military perspective, to legal issues involving military operations, organization, and personnel, wherever and whenever such solutions are required, with primary focus on operations, accountability, Sailor legal readiness, and Navy legal readiness. The Navy JAG provides Sailors legal services to include defense attorney representation, legal assistance, and assistance with command/trial legal issues.

COMMUNITY SUPPORT PROGRAMS

- **American Bar Association (ABA) Standing Committee on Legal Assistance for Military Personnel (LAMP)** www.americanbar.org/groups/legal_assistance_military_personnel

ABA Standing Committee on Legal Assistance for Military Personnel manages Operation Enduring LAMP, a consortium of state and local bar associations that recruits volunteer attorneys to assist military Legal Assistance Attorneys with civil law cases affecting service members.

- **American Red Cross Board of Veterans' Appeals (BVA)** www.redcross.org

The American Red Cross is the nation's premier emergency response organization. In addition to domestic disaster relief, the American Red Cross offers compassionate services in five other areas: community services that help the needy; support and comfort for military members and their families; the collection, processing, and distribution of lifesaving blood and blood products; educational programs that promote health and safety; and international relief and development programs.

- **Council of Better Business Bureau (CBBB) Military Line** www.bbb.org/us/Military

The CBBB Military Line is designed to support service members, retirees, Department of Defense civilians, and their families by providing information to protect them from unscrupulous business practices. Visitors to the site can view reports on businesses and charities, file complaints, view information related to specific Service branches, and search for local BBB branches by zip code or military installation.

- **Military Consumer Sentinel** www.ftc.gov/sentinel/military

Military Consumer Sentinel is a joint initiative of the Federal Trade Commission (FTC) and the DoD designed to help improve consumer protection for service members, their families, and DoD civilians. The Consumer Sentinel website allows service members, DoD civilians, and their families to file consumer complaints, which are used by over 500 law enforcement organizations to target cases for prosecution and other enforcement measures.

- **National Veterans Legal Services Program (NVLSP)**

www.nvlsp.org

The NVLSP is an independent, nonprofit, charitable organization acting to ensure that the United States government honors the pact made with its veterans. Along with advocacy, education, and training, the NVLSP oversees a consortium of four organizations, which provide pro bono legal representation for veterans appealing the Department of Veterans Affairs (VA) decision to deny benefits.

- **VetsFirst**

www.vetsfirst.org

A program of the United Spinal Association, the VetsFirst program directly serves the needs of the veteran community through a network of National Service Officers providing assistance and representation in claims for benefits and services before the VA and other federal and state agencies, and legal representation before the United States Court of Appeals for Veterans Claims.

RECREATION

GOVERNMENT AND MILITARY PROGRAMS

Department of Defense (DoD)

- **OffDuty Travel.com**

www.offdutytravel.com

OffDutyTravel.com serves authorized Morale, Welfare, and Recreation (MWR) patrons with links to fare finders, travel providers and tips on how to maximize their travel budget.

- **Navy Morale, Welfare and Recreation (MWR)**

www.navymwr.org

The Navy MWR Division administers a varied program of recreational, social, and community support activities on Navy facilities worldwide, providing active duty, Reserve, and retired Navy personnel and their families with sports and physical fitness activities, child development and youth programs, and a variety of food and beverage services.

COMMUNITY SUPPORT PROGRAMS

- **American Legion Family Travel**

www.legionfamilytravel.com

This program provides American Legion, Sons of the American Legion members and their extended families with specific rate packages negotiated for flights, rental cars, hotels, vacation packages, and cruises.

- **Armed Services Young Men's Christian Association (ASYMCA) Recreation and Fitness**

www.asymca.org

ASYMCA offers a variety of programs designed to meet the specific needs of each branch of Service to keep children and adults entertained and active.

- **United Services Organizations (USO)**

www.uso.org

The USO is a private, nonprofit organization supporting service members and their families by providing morale, welfare, and recreation-type services. The USO currently operates more than 135 centers worldwide, including ten mobile canteens located in the continental United States and overseas. Overseas centers are located in Germany, Italy, the United Arab Emirates, Japan, Qatar, Korea, Iraq, Afghanistan, Guam, and Kuwait.

RELOCATION

GOVERNMENT AND MILITARY PROGRAMS

Department of Defense (DoD)

- **Plan My Move (PMM)**

<http://apps.mhf.dod.mil/pmm>

Plan My Move is an online moving tool that helps service members and families organize a move resulting from a permanent change of station (PCS) or temporary duty/temporary change of station (TDY/TCS) orders. PMM outlines the moving process, breaking it down into clear manageable steps. By providing current duty station, future duty station, and the moving date, PMM generates a three-month calendar with general and installation-specific information necessary.

- **MilitaryINSTALLATIONS**

<http://militaryinstallations.dod.mil>

MilitaryINSTALLATIONS is a searchable database of installation and state resources available to military personnel worldwide. Service members and family members can quickly find relevant information about their new installation or state. Fast Fact articles provide a snapshot of an installation and access to the full overviews, major unit listings, contacts, and photo gallery for all installations.

- **Defense Travel Management Office (DTMO)**

www.defensetravel.dod.mil

DTMO provides oversight for commercial travel management, travel policy and implementation, travel card program management, training, functional oversight of the Defense Travel System (DTS), and customer support.

- **DoD Lodging**

<http://dodlodging.net>

DoD Lodging is the official worldwide temporary lodging website for reservations to Air Force Inns and Navy Gateway Inns and Suites facilities worldwide. Visitors can find and book reservations through this website. More information is available on the DoD Lodging website. Information related to the Marine Corps and Army lodging programs can be found on the Inns of the Corps website and the Army Lodging website, respectively.

- **Automated Housing Referral Network (AHRN)**

www.ahrn.com

AHRN is sponsored by the DoD and is designed to improve the process of securing available housing for relocating military members and their families. Service members can also post ads for a roommate or list their own property for rent along with local property managers.

- **Surface Deployment and Distribution Command (SDDC)**

www.move.mil

SDDC provides transportation management for the military. Through the Defense Personal Property Program portal Move.mil, service members and their families can get information regarding shipment of personal property and household goods.

• **Defense Logistics Agency (DLA)**

<https://www.dla.mil>

DLA provides supply, support, and technical and logistics services to the Army, Marine Corps, Navy, and Air Force. DLA is the one source for nearly every consumable item for combat readiness, emergency preparedness, or day-to-day operations inside DoD. More information on DLA organizations, links to videos and podcasts, and publications is available on the DLA website.

• **Fleet and Family Support Center (FFSC) Relocation Assistance Program**

www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/FleetAndFamilySupportProgram/RelocationAssistance/index.htm

The FFSC Relocation Assistance Program provides the following relocation services:

- Relocation Counseling
- Welcome Aboard Packets
- Installation Videos and Language Tapes
- Lending Lockers
- Sponsorship Training
- Transfer Workshops

Perhaps the most important responsibility of the Relocation Assistance Program (RAP) is to provide expert one-on-one client counseling. Relocation needs are assessed and clients are assisted with information and services. Contact your local FFSC to make an appointment or visit the Navy CNIC FFSC website for more details on the Relocation Assistance Program.

• **Homeowners Assistance Program (HAP)**

<http://hap.usace.army.mil>

The American Recovery and Reinvestment Act of 2009 (ARRA) temporarily expands the Homeowners Assistance Program (HAP) to assist service members and DoD employees who are wounded, injured, or become ill when deployed, surviving spouses of service members or DoD employees who were killed or died of wounds while deployed, service member and civilian employees assigned to Base Realignment and Closure (BRAC) 05 organizations, and service members required to permanently relocate during the home mortgage crisis.

• **Navy Housing Program**

www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/Housing/index.htm

The worldwide Navy Housing Program is managed by the Commander, Navy Installations Command (CNIC). The CNIC housing program is focused on ensuring that military service members, both unaccompanied and those with families, receive suitable, affordable and safe housing wherever they live around the world. The Navy housing program provides a structure of support to help our customers find housing that meets their needs. The first priority of the Navy Housing Program is to help customers find housing in the local community near their place of work. When the private sector option is not available they provide privatized housing, or government owned or leased housing.

• **Navy SMARTWeb Move**

<https://www.smartwebmove.navsup.navy.mil/swm>

Navy SMARTWeb Move is intended to help active duty personnel and their families plan and arrange household goods moves online. The website provides clear, easy to follow instructions and

quick access to statutes and to Department of Defense and Service regulations related to household goods moves.

- **Navy Marine Corps Relief Society (NMCRS)** www.nmcrcs.org

The NMCRS is a private, nonprofit organization providing financial, educational, and other assistance to Sailors, Marines, eligible family members, and survivors when in need. Services provided include emergency financial assistance, budget counseling, visiting nurses, and related services. The NMCRS may be able to provide emergency financial assistance to Sailors in the form of a low interest loan.

- **Navy Reserves** <https://www.navyreserve.navy.mil/reservefamilies>

Navy Reserves is the official Navy Reserves website to learn about benefits information and programs available to the Navy Reserve family.

- **Military Youth on the Move** <http://apps.mhf.dod.mil/pls/psgprod/f?p=MYOM:HOME:0>

Military Youth on the Move is a replacement for Military Teens on the Move (MTOM). This site is an easy to use resource that reaches out to youth with creative ways to cope with issues that arise in the face of a move, such as transitioning to a new school, saying goodbye to friends, and getting involved in a new community. The website is divided into three primary target audiences: elementary school, middle school, and high school. It also includes information specifically designed to help parents help their children navigate challenges such as a move, a new school, or making decisions about life after high school.

COMMUNITY SUPPORT PROGRAMS

- **American Legion Home Benefits** www.legion.org/benefits/moving

American Legion members can receive member preferred discounts of fifty percent or more on interstate moving, in-transit storage, and personal property protection coverage from two leading national van lines - North American and Allied Van Lines.

- **Armed Services Young Men's Christian Association (ASYMCA) Operation Hero** www.asymca.org

The Operation Hero program aids children aged six to twelve years of age who are experiencing temporary difficulties in school, both socially and academically. These difficulties are often caused by frequent moves and family disruption due to deployments. More information is available on the Operation Hero website.

TRANSITION ASSISTANCE

GOVERNMENT AND MILITARY PROGRAMS

Department of Defense (DoD)

• Pre-Discharge Program

www.vba.va.gov/predischarge

The Pre-Discharge Program is a joint VA and DoD program giving service members the opportunity to file claims for disability compensation 180 to 60 days prior to separation or retirement from active duty or full-time National Guard or Reserve duty (Titles 10 and 32).

• TurboTAP

www.turbotap.org/register.tpp

TurboTAP is the DoD's official website providing information for service members on transitioning from military service. This site is also supported by the Department of Labor (DOL) and Department of Veterans Affairs (VA). TurboTAP.org is intended to supplement the services offered by the Transition Assistance Offices and other groups.

• Disabled Transition Assistance Program (DTAP)

www.va.gov

The Disabled Transition Assistance Program (DTAP) is an integral component of the Transition Assistance Program, involving intervention on behalf of service members who may be released because of a disability or who believe they have a disability qualifying them for the VA Vocational Rehabilitation and Employment Program (VR&E). DTAP offers information and counseling, primarily on vocational rehabilitation and employment options. It also addresses insurance, specially adapted housing, and the Americans with Disabilities Act. More information is available on the VA website under Veterans Services (VR&E Service).

• Troops to Teachers

<http://www2.ed.gov/programs/troops>

Troops to Teachers is a Department of Education and DoD program helping eligible military personnel begin a new career as teachers in public schools.

• E-Vets Resource Advisor

www.dol.gov/elaws/evets.htm

The e-Vets Resource Advisor assists veterans preparing to enter the civilian job market. The website provides information on a broad range of topics, including job search tools and tips, employment openings, career assessment, education and training, benefits, and special services all available to veterans.

• Fleet and Family Support Center (FFSC) Transition Assistance Program

www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/FleetAndFamilySupportProgram/TransitionAssistance

The FFSC Transition Assistance Programs provide the following transition assistance services:

- Workshops and Counseling on Various Aspects of Transition
- Individual Transition Counseling
- Transition Information and Employment Resources

FFSCs provide a Career Development Resource Center (CDRC) that offers employment workshops and computer access for resume development and Internet research. Employment specialists at the CDRC can assist with career planning and the job search process in the following areas:

- Listings of Local and National Employment Resources
- Job Search Strategies
- Effective Resume Writing
- Resume Critiques
- Mock Interviews
- Interview Techniques
- Volunteer Opportunities
- Federal Employment Opportunities
- Job Fair Information
- Education Information

FFSCs can assist in the registration of TAP, which is a four-day workshop for separating military and pre-retirees. It covers resume writing, interviewing skills, salary negotiations, military benefits, Survivor Benefit Program (SBP), and other topics that facilitate a smooth transition from the military to the civilian community. Spouses are encouraged to accompany the transitioning member. Contact your local FFSC to make an appointment or visit the CNIC FFSC website for more details on the Transition Assistance Program.

• **Navy Credentialing Opportunities On-Line** <https://www.cool.navy.mil/overview.htm>

Navy COOL explains how Sailors can meet civilian certification and license requirements related to their MOS's, and serves as a resource to identify what civilian credentials relate to their MOS and how to obtain them.

• **United States Chamber of Commerce** www.uschamber.com/veterans

In March of 2011, the U.S. Chamber of Commerce launched its *Hiring our Heroes* program, a year-long nationwide effort to help veterans and their spouses find meaningful employment. The Chamber started the program in partnership with the Department of Labor Veterans Employment and Training Service (DOL VETS), to improve public-private sector coordination in local communities, where veterans and their families are returning every day. Working with our extensive network of state and local chambers, DOL VETS, the Employer Support of the Guard and Reserve (ESGR) and other strategic partners, we will do a better job of matching veteran talent with career opportunities in the private sector.

• **United Department of Labor - Career OneStop**
www.careeronestop.org/militarytransition/militaryspouses

Career OneStop is a DOL-sponsored website offering career resources and workforce information to job seekers, students, businesses, and workforce professionals to foster talent development in a global economy. The Key to Career Success Campaign connects veterans and transitioning service members with high quality career planning, training, and job search resources.

• **United States Department of Labor - My Next Move for Veterans** www.mynextmove.org/vets/

The Department of Labor launched My Next Move for Veterans, a new online resource that allows veterans to enter their military occupation code and discover civilian occupations for which they are well qualified. The site will also include information about salaries, apprenticeships, and other related education and training programs. It is an easy-to-use online tool created by the Department of Labor that allows veterans to enter information about their experience and skills in the field, and match it with civilian careers that put that experience to use. The site also includes information about salaries, apprenticeships, and other related education and training programs.

• **United States Department of Labor - Veterans' Employment and Training Service (VETS)**
www.dol.gov/vets

Veterans' Employment and Training Service (VETS) provides veterans and transitioning service members with resources and services to succeed in the 21st century workforce by maximizing their employment opportunities, protecting their employment rights and meeting labor-market demands with qualified veterans.

• **United States Department of Labor - Veteran Gold Card** www.dol.gov/vets/goldcard.html

Post-9/11 veterans will be able to download the Veteran Gold Card, which entitles them to enhanced services including six months of personalized case management, assessments and counseling, at the roughly 3,000 One-Stop Career Centers located across the country. The Veteran Gold Card provides post-9/11 veterans with extra support as they transition out of the military, such as job readiness assessment, including interviews and testing; development of an Individual Development Plan (IDP); career guidance through group or individual counseling that helps veterans in making training and career decisions; provision of labor market, occupational, and skills transferability information that inform educational, training, and occupational decisions; referral to job banks, job portals, and job openings; referral to employers and registered apprenticeship sponsors; referral to training by WIA-funded or third party service providers; and monthly follow-up by an assigned case manager for up to six months. Locate your nearest One Stop Career Center by going to America's Service Locator www.servicelocator.org or by calling Toll-Free 1-877-US2-JOBS (1-877-872-5627) TTY: 1-877-889-5627. Once a One-Stop Career Center has been located, go there and present this Card.

• **United States Office of Personnel Management (OPM)** www.fedhiresvet.gov

OPM has developed a website targeted to veterans and military spouses, its Fed Hire Vets, a one-stop resource for Federal veteran employment information. In addition to information about veteran employment, they have a family member section with information on preference. OPM also has a spouse employment program that gives employers an option to hire spouses from a non-competitive list. For question concerning their spouse program, visit their website at <http://www.fedshirevets.gov/hire/hrp/qaspouse/index.aspx>.

• **USAJOBS** www.usajobs.gov

USAJOBS is a United States Office of Personnel Management website and is the Federal Government's official one-stop source for Federal jobs and employment information.

Veterans Job Bank:

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

The Administration launched the Veterans Jobs Bank, at National Resource Directory, an easy to use tool to help veterans find job postings from companies looking to hire them. In a few easy steps, companies can make sure the job postings on their own websites are part of this Veterans Jobs Bank. A highlight of the tool's job search function is a military occupational code (MOC) translator that converts the user's military experience into related civilian job skills – which can then be used to match specific skills or jobs. In addition, users can search by keyword and location at <https://www.nationalresourcedirectory.gov/jobSearch/index>.

COMMUNITY SUPPORT PROGRAMS

• Coalition to Salute America's Heroes

www.saluteheroes.org

The Coalition to Salute America's Heroes has six employment and development programs for wounded service members and their spouses: Career Counseling and Job Search Assistance, Job Shadowing and Mentoring, Online Training, Partner Appreciation Program, Entrepreneurial Boot Camp for Veterans, and Job Fairs.

• Helmets to Hardhats

www.helmetstohardhats.org

Helmets to Hardhats is a national, nonprofit program that connects National Guard, Reserve, and transitioning active duty military members with quality career training and employment opportunities within the construction industry.

• O*NET OnLine

www.onetonline.org

O*NET, the Occupational Information Network, is a comprehensive database of occupational skills, knowledge, and abilities that can help align military experience, education, and training curricula with current civilian workplace needs. The Crosswalk Search feature enables transitioning service members to enter or search for a MOS and then locate matching civilian job descriptions for use when developing resumes and preparing for job interviews.

• Project Return2Work

www.return2work.org

Project Return2Work, is a non-profit organization established in 1998, providing free vocational rehabilitation and employment placement services to disabled Americans, including recently injured soldiers returning from Iraq, Afghanistan and other locations around the world. R2W provides personal evaluations, career counseling services, and establishes communication with potential employers.

• The Occupational Outlook Handbook

www.bls.gov/oco

A nationally recognized source of career information, designed to provide valuable assistance to individuals making decisions about their future work lives.

• Service Corps of Retired Executives (SCORE)

www.score.org

SCORE is a nonprofit association dedicated to educating entrepreneurs and helping small businesses start, grow, and succeed nationwide. SCORE is a resource partner with the US Small Business Administration (SBA), and has been mentoring small business owners for more than 40 years. They have developed a military specific program which is free to vets and families. Their military specific website is www.vetsfastlaunch.org.

• **TAOnline**

www.taoline.com

TAOnline.com, one of the very first e-recruiting sites for the hundreds of thousands of job seekers from the military community (active service members, veterans, DoD civilians, spouses, family members and others), has successfully placed military talent in civilian jobs for close to decade. Founded by former military personnel, TAOnline.com has been recognized by industry experts as a leader in providing veteran jobs.

VETERANS ADMINISTRATION/BENEFITS

- ALABAMA <http://www.va.state.al.us/>
- ALASKA <http://www.ak-prepared.com/vetaffairs>
- ARIZONA <http://www.azdvs.gov/>
- ARKANSAS <http://www.nasdva.com/arkansas>
- CALIFORNIA <http://www.cdva.ca.gov/default.asp>
- COLORADO <http://www.dmva.state.co.us/page/home>
- CONNECTICUT <http://www.ct.gov/ctva/site/default.asp>
- DELAWARE <http://veteransaffairs.delaware.gov/default.shtml>
- FLORIDA <http://www.floridavets.org/>
- GEORGIA <http://sdvs.georgia.gov>
- HAWAII <http://www.dod.state.hi.us/ovs/>
- IDAHO <http://www.idvs.state.id.us>
- ILLINOIS <http://www.state.il.us/agency/dva/>
- INDIANA <http://www.in.gov/veteran/>
- IOWA <http://www.iowava.org/asp/ContactUs.asp>
- KANSAS <http://www.kcva.org/contact.shtml>
- KENTUCKY <http://www.kdva.net/contactinfo.htm>
- LOUISIANA <http://www.vetaffairs.com/mgmtfinance.html>
- MAINE <http://www.maine.gov/dvem/bvs/Augusta.htm>
- MARYLAND <http://www.mdva.state.md.us/html/contact.html>
- MASSACHUSETTS <http://www.mass.gov/?pageID=veteranshomepage&L=1&L0=Home&sid=Eveterans>
- MICHIGAN <http://www.michigan.gov/dmva>
- MINNESOTA <http://www.mdva.state.mn.us/>
- MISSISSIPPI <http://www.vab.state.ms.us>
- MISSOURI <http://www.mvc.dps.mo.gov/>
- MONTANA <http://dma.mt.gov/mvad>
- NEBRASKA <http://www.vets.state.ne.us/>
- NEVADA <http://www.veterans.nv.gov/>
- NEW HAMPSHIRE <http://www.nh.gov/nhveterans/>
- NEW JERSEY <http://www.state.nj.us/military>
- NEW MEXICO <http://www.dvs.state.nm.us>
- NEW YORK <http://www.veterans.state.ny.us/index.html>
- NORTH CAROLINA <http://www.doa.state.nc.us/vets/va.htm>
- NORTH DAKOTA <http://www.nd.gov/veterans/>
- OHIO <http://veteransaffairs.ohio.gov>
- OKLAHOMA http://www.ok.gov/ODVA/Contact_Central_Office/index.html
- OREGON <http://www.oregon.gov/ODVA>
- PENNSYLVANIA http://sites.state.pa.us/PA_Exec/MilitaryAffairs/DMVA/163.htm

- **RHODE ISLAND** <http://www.dhs.state.ri.us/dhs/dvaoffic.htm>
- **SOUTH CAROLINA** <http://www.govoep.state.sc.us/va/contact.html>
- **SOUTH DAKOTA** <http://www.state.sd.us/military/military.html>
- **TENNESSEE** <http://www.state.tn.us/veteran>
- **TEXAS** <http://www.tvc.state.tx.us/>
- **UTAH** <http://veterans.utah.gov>
- **VERMONT** <http://www.va.state.vt.us/>
- **VIRGINIA** <http://www.dvs.virginia.gov/>
- **WASHINGTON** <http://www.dva.wa.gov/>
- **WEST VIRGINIA** <http://www.wvs.state.wv.us/va/>
- **WISCONSIN** <http://dva.state.wi.us>
- **WYOMING** <http://www.wy.ngb.army.mil/veterans.asp>

VETERAN SUPPORT

- **Coalition for Iraq & Afghanistan Veterans**

www.coalitionforveterans.org

The Coalition for Iraq and Afghanistan Veterans (CIAV) is a national non-partisan partnership of organizations committed to working with and on behalf of all military, veterans, families, survivors and providers to strengthen the existing system of care and support for all those affected by the wars in Iraq and Afghanistan. The CIAV website offers a comprehensive “Resource Directory – A Directory of Services for Military, Veterans, Families, Survivors, and Caregivers”.

- **Iraq Afghanistan Veterans of America (IAVA)**

www.iava.org

IAVA’s mission is to improve the lives of Iraq and Afghanistan veterans and their families. Additional websites include www.communityofveterans.org and www.supportyourveteran.org.

- **National Veterans Foundation (NVF)**

www.nvf.org

NVF provides a toll free crisis management, information, and referral service for veterans and their families.

- **National Veterans Legal Services Program**

<http://www.nvlsp.org>

NVLSP is a national veteran’s advocacy program that provides representation, training, and policy advocacy on behalf of our nation’s veterans. The Lawyers Serving Warriors Project provides free legal representation in disability, discharge, and veterans benefit cases to service members and veterans who served in OIF or OEF. Through a network of law firms and corporate law departments, they provide troops and veterans navigating government agencies in an effort to help with VA and military disability benefits, proper military discharges, and other benefits due.

- **Service Corps of Retired Executives (SCORE)**

www.score.org

SCORE is a nonprofit association dedicated to educating entrepreneurs and helping small businesses start, grow, and succeed nationwide. SCORE is a resource partner with the US Small Business Administration (SBA), and has been mentoring small business owners for more than 40 years. They have developed a military specific program which is free to vets and families. Their military specific website is www.vetsfastlaunch.org.

- **Veteran’s Crisis Line**

www.veteranscrisisline.net

Veterans and their loved one can call 1-800-273-8255 (Option 1) or chat online to receive free, confidential support 24/7, 376 days a year. It’s a toll-free, confidential resource that connects Veterans in crisis, their families and friends with qualified, caring Department of Veterans Affairs (VA) responders.

- **Veterans of Foreign Wars Foundation**

www.vfwfoundation.org

The VFW Foundation is committed to improving the lives of veterans, service personnel, their families, and the communities in which they live and work through a variety of programs. The programs include free long-distance communications for troops, free financial grants for military members and families in need, and free assistance with VA claims.

- **Vets4Vets**

www.vets4vets.us

Vets4Vets provides peer support for OIF/OEF era veterans by way of organized local workshops and support groups in all areas in the United States, free of charge to the participant. Their goal is to organize nationally a community of veterans to utilize this process of peer support. Vets4Vets also seeks to make veterans of this era aware of all the resources available to them.

- **Vets4Warriors**

www.vets4warriors.com

1-855-838-8255

Veterans provide support to military members, engaging them in a personal, non-threatening way. They are not part of the military, nor are they the VA, and your information will remain completely confidential. Sometimes, the issues will require specific expertise, such as financial counseling, legal advice or medical services. Veteran Peer Counselors will work to find the best options for the caller and help make the connection in their local communities. The Vets4Warriors Peer Support Line is staffed entirely by Veterans with funding from the Office of the Secretary of Defense, the Army National Guard, the Air National Guard, and the Air Force Reserve.

WOUNDED WARRIOR SUPPORT

GOVERNMENT AND MILITARY PROGRAMS

Department of Defense (DoD)

- **TRICARE Computer/Electronic Accommodations Program (CAP)** www.cap.mil

TRICARE CAP provides assistive technology and services to people with disabilities, federal managers, supervisors, IT professionals, and wounded services members free of charge.

- **Warrior Care** <http://warriorcare.dodlive.mil>

Warrior Care is the DoD's official website for wounded warrior care. The website serves as a portal to various resources.

- **Social Security Administration (SSA)** www.ssa.gov/woundedwarriors

Military service members can receive expedited processing of disability claims from Social Security. Benefits available through Social Security are different than those from the Department of Veterans Affairs (VA) and require a separate application. The expedited process is used for military service members who become disabled while on active military service on or after October 1, 2001, regardless of where the disability occurs.

- **Navy Safe Harbor Program** www.public.navy.mil/bupers-npc/support/safe_harbor

The Navy Safe Harbor Program provides support and assistance to severely injured Sailors and their families throughout the process of reintegrating into the active or Reserve force or transitioning into civilian life.

COMMUNITY SUPPORT PROGRAMS

- **Air Compassion for Veterans** www.aircompassionforveterans.org

Air Compassion for Veterans provides free air transportation via commercial, private aircraft or bed-to-bed air ambulance for OIF/OEF wounded warriors and their adversely affected family members. The air transportation is provided for medical, counseling, rehabilitation, adaptive sports and service dog services. ACV helps to alleviate the financial hardship of the injured, care givers and family members.

- **American Legion Heroes to Hometowns** www.legion.org/heroes

The American Legion is a large, nonprofit veteran service organization that supports the needs of military personnel who have sustained severe injuries and who are preparing to return to local communities. The American Legion operates worldwide through over 15,000 American Legion Posts. Heroes to Hometowns is a transition program for severely injured service members returning home from Operation Enduring Freedom/Operation Iraqi Freedom (OEF/OIF). The program establishes a support network and coordinates resources for severely injured service members.

- **Armed Forces Foundation** www.armedforcesfoundation.org

Armed Forces Foundation provides emergency financial assistance, vehicle modifications, laptops, housing assistance, tickets to recreation events, phone cards, and transportation assistance. The Armed Forces Foundation's Career Counseling Program establishes working relationships between large and small corporations and service members to provide education and employment opportunities free of charge. Its Housing Assistance Program allows veterans and their families to make necessary housing adaptations/upgrades from shower bars and ramps to the purchase of entire houses for those most affected. The Armed Forces Foundation also provides hotel assistance and free lodging to visiting family members of severely injured service members in hospitals.

- **Coalition to Salute America's Heroes** www.saluteheroes.org

The Coalition to Salute America's Heroes is a nonprofit organization providing emergency financial assistance, housing assistance, counseling, and employment assistance to service members who were severely wounded during the War on Terror.

- **Comfort for America's Uniformed Services (CAUSE)** www.cause-usa.org

Cause organizes recreational and entertainment programs for wounded warriors recuperating from injuries received in Iraq and Afghanistan. Cause programs are available to military personnel assigned to Warrior Transition Units and to family members residing on a military medical facility campus.

- **Disabled American Veterans (DAV)** www.dav.org

Founded in 1920 and chartered by Congress, the DAV is dedicated to a single purpose: building better lives for disabled veterans and their families and survivors. The DAV also provides volunteers at VA medical centers to transport veterans to medical appointments.

- **Fisher House Foundation** www.fisherhouse.org

The Fisher House program is a unique private-public partnership that supports America's military in their time of need. The program recognizes the special sacrifices of men and women in uniform and the hardships of military service by meeting a humanitarian need beyond that normally provided by the DoD and VA. Because members of the military and their families are stationed worldwide and must often travel great distances for specialized medical care, Fisher House Foundation donates "comfort homes," built on the grounds of major military and VA medical centers. These homes enable family members to be close to a loved one during hospitalization for an unexpected illness, disease, or injury.

- **Fisher House Foundation Hero Miles Program** <http://fisherhouse.org/programs/hero-miles>

The Fisher House Foundation administers the Hero Miles program for the DoD in accordance with the FY05 National Defense Authorization Act. The program is comprised of individual airlines whose passengers donate their frequent flyer miles to assist service members and their families. Specifically, Fisher House Foundation provides free airline tickets to military men and women who are undergoing treatment at a military or VA medical center incident to their service in Iraq or Afghanistan, and their families.

- **Helmets to Hardhats Wounded Warrior Program**

<http://info.helmetstohardhats.org/content/wounded-warriors>

Offered as a supplement to the National Helmets to Hardhats program, the Wounded Warrior program provides disabled veterans access to a construction career database including career opportunities such as project supervisors, job estimators, etc. The Wounded Warrior page offers veterans the ability to create an online resume and participate in an online community to learn more about available opportunities. The program is self-selecting, allowing veterans to apply to multiple apprenticeships and Wounded Warrior positions.

• **Homes for Our Troops**

www.homesforourtroops.org

Homes for Our Troops builds new home or remodels existing homes for veterans who meet the VA guidelines for the Special Adapted Housing Grant.

• **Injured Marine Semper Fi Fund**

<http://semperfund.org>

The Injured Marine Semper Fi Fund provides injured Marines, Sailors, and their families with financial grants during the immediate crisis period following an injury and also provides financial assistance to help address more long-term needs and concerns.

• **National Association of Child Care Resource and Referral Agencies (NACCRRA) Child Care Assistance for Severely Injured Military Members**

http://www.naccrra.org/MilitaryPrograms/severely_injured

NACCCRA and the military Services have partnered to provide families of severely injured military members with assistance finding and paying for safe, licensed child care services for a period of six months during their period of recuperation. Extensions beyond the six month period will be considered based upon physician reassessment. The program is available nationwide wherever the injured member is receiving either in-patient or out-patient medical care. More information is available on the [NACCCRA Child Care Assistance for Severely Injured Military Members website](http://www.naccrra.org/MilitaryPrograms/severely_injured).

• **Operation Homefront Village**

www.operationhomefront.net

Operation Homefront Village allows wounded service members to live rent free while they go through the transition process. Upon placement in Operation Homefront Village, Operation Homefront counselors set up a mandatory schedule for veterans and their families to attend support groups, workshops, benefits briefings, and resume writing classes, as determined by their counselor. Counselors also meet with veterans and their spouse every thirty days to review their financial situation, determine where they are in the transition process, review their attendance in the required workshops and classes, and determine if they still present adequate need to continue living in Operation Homefront Village. Once they have become self sufficient, counselors help veterans find suitable permanent housing.

• **Operation Warfighter**

www.militaryhomefront.dod.mil/tf/operationwarfighter

The DoD sponsors Operation Warfighter, an internship program for wounded, ill, and injured service members who are convalescing at military treatment facilities across the United States. Operation Warfighter is designed to provide recuperating service members with meaningful activity outside of the hospital environment that assists in their wellness and offers a formal means of transition back to

the civilian workforce. Open to active duty, National Guard, and Reserve components, Operation Warfighter represents an opportunity for service members in a medical hold status to build their resumes, explore employment interests, develop job skills, and gain valuable federal government work experience that will prepare them for the future. The program simultaneously enables participating federal agencies to avail themselves of the considerable talent and dedication of these recuperating service members.

• **Our Military Kids**

www.ourmilitarykids.org

Our Military Kids provides tangible support to the children of deployed and severely injured National Guard and Reserve personnel through grants for sports, fine arts, and tutoring that nurture and sustain the children during the time a service member parent is away.

• **Project Victory**

www.tirrfoundation.org

Project Victory works with military personnel and veterans of recent military service, who served in OIF or OEF and who have screened positively for Post Concussive Symptoms or been diagnosed with Traumatic Brain Injury while in combat or stateside. Services within Project Victory are provided at no cost to the client and without regard to age, ethnicity or gender.

• **Swords to Plowshares**

www.swords-to-plowshares.org

Swords to Plowshares Iraq Veteran Project ensures that recent veterans receive the support, services, and protection they need to successfully transition home. GWOT veterans are eligible for free legal representation for VA claims and military discharge reviews, employment & training, transitional housing, social services and benefits counseling. Services are available to all GWOT veterans with any type of discharge. VA claims assistance and discharge review available to OIF/OEF veterans nationwide. Benefits guidance via telephone. Housing and employment assistance is regional.

• **United Services Organization (USO)**

www.uso.org

The USO is a private, nonprofit organization that supports service members and their families by providing morale, welfare, and recreation-type services. For family members of injured service members, the USO can assist in arranging transportation and finding low-cost lodging.

• **USA Cares**

www.usacares.org

USA Cares has three basic missions: 1) assisting wounded warriors and families, 2) foreclosure and eviction prevention, and 3) providing quality of life for military families. Their primary audience is those service members and their families who have served in OIF/OEF and have a service-related event that created a hardship.

• **Veterans of Foreign Wars (VFW) Operation Uplink**

www.operationuplink.org

Operation Uplink was launched in 1996 to connect active duty troops and hospitalized veterans with their loved ones. The program uses contributions from supporters to purchase phone time for the men and women who are serving or have served, as well as hospitalized veterans.

• **Yellow Ribbon America**

www.yellowribbonamerica.org

Yellow Ribbon America provides the national framework to organize America's cities and towns, delivering immediate and direct support to America's deployed and returning military personnel, and their families. The Welcome Home Project/Military Injured Support provides a welcome home ceremony for injured service members and provides returning wounded service members with gift baskets to thank them for their service.

OTHER HELPFUL SITES

- **Order Birth, Marriage, Death Certificates**
(private organization)

www.usbirthcertificatebureau.com

- **Absentee Voting**

www.fvap.gov

- **Social Security Cards**

www.socialsecurity.gov

- **Better Business Bureau**

www.bbb.org

NOTES: