Getting Started

• Identify how VA benefits can help your transition to civilian life.
• Connect you to the resources that are available.
• Provide individual assistance appointments at the conclusion of this briefing.

Reference: Participant Guide pg. 4
VA Resources and Agenda Review

• Resources
  – Federal Benefits for Veterans, Dependents and Survivors (Federal Benefits Handbook)
  – Participant Guide
  – Veterans Service Organizations (VSOs) and VA Representatives

• Agenda
  – Module 1: Education, Training, and Upskilling
  – Module 2: Economic Opportunity
  – Module 3: Estate Planning
  – Module 4: Housing
  – Module 5: Health Care

Reference: Participant Guide pgs. 2 - 4
Ground Rules

• Actively participate in classroom activities.
• Respect others’ opinions and values.
• Return from breaks on time.
• Hold personal questions for individual assistance sessions.
• Use computers as directed.
• Place questions in the “parking lot.”
• Turn off cellphones or set to silent.
DD Form 214 – Certificate of Release or Discharge From Active Duty

• DD Form 214 is your key to VA benefits.
  – Nature of discharge
  – Record of service
  – Current classification code

• Check for accuracy.
  – Name
  – Social Security number
  – Date of birth
  – Block 13
  – Block 17

• Safeguard your form.
  – Safe location known by family members

Reference: Participant Guide pgs. 5 - 6
Module 1: Education, Training, and Upskilling

• Explain how VA education benefits can assist your transition to civilian life.
• Locate VA education benefits information using VA resources.
• Identify the required forms needed to apply for VA education benefits.
• Learn about innovative VA programs and partnerships that provide upskilling opportunities.

Reference: Participant Guide pg. 7
Education and Career Counseling (Chapter 36)

- Wide range of free, personalized education and career counseling services, including:
  - Benefits coaching
  - Information on other resources
  - Assistance with understanding your best career options
  - Assistance with understanding your academic strengths and weaknesses
  - One-on-one counseling
  - Personalized support

Reference: Participant Guide pg. 7
Education and Career Counseling (Chapter 36)

• Eligibility:
  – Service members within six months of discharge from active duty
  – Veterans within one year after discharge from active duty
  – Service members or Veterans eligible for a VA education benefit
  – Current VA education beneficiary

Reference: Participant Guide pgs. 7 - 8
Education and Training Benefits

- Vocational and technical training
- On-the-job training
- Correspondence training
- Flight training
- Licensing and national testing reimbursement
- Tutorial assistance

Reference: Participant Guide pg. 8
<table>
<thead>
<tr>
<th>Benefits</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Eligibility Requirements Active Duty</td>
<td>• Honorable discharge&lt;br&gt;• 90 days aggregate service after 9/10/2001&lt;br&gt;• Discharged with service-connected disability; 30 days active duty</td>
</tr>
<tr>
<td>Eligibility Requirements National Guard</td>
<td>• Qualifying members receive payments effective 10/1/2011&lt;br&gt;• Retroactive payments for attendance after 8/1/2009&lt;br&gt;• Full-time service in National Guard OR&lt;br&gt;• Activation in support of national emergency</td>
</tr>
<tr>
<td>Tuition and Fees</td>
<td>• Benefit paid directly to school&lt;br&gt;• Private and foreign schools cap</td>
</tr>
<tr>
<td>Yellow Ribbon Program</td>
<td>• Fee match program&lt;br&gt;• Only Veterans at 100 percent benefit rate&lt;br&gt;• Participating schools</td>
</tr>
<tr>
<td>Books and Supplies Stipend</td>
<td>• Based on enrollment&lt;br&gt;• Paid to student</td>
</tr>
<tr>
<td>Monthly Housing Allowance</td>
<td>• Based on school ZIP code&lt;br&gt;• Based on enrollment&lt;br&gt;• Paid to student&lt;br&gt;• Distance learners get half the national average</td>
</tr>
</tbody>
</table>

Reference: Participant Guide pgs. 9 - 11
Transfer of Entitlement (TOE)

- Transfer unused GI Bill® benefits to dependents.
- Additional years of service may be required.
  - Different rules for each service component
- You must transfer benefits while still in the Armed Forces.
  - Includes Selected Reserve
- Transferring at least one month to each dependent may allow dependents to receive additional months.

Reference: Participant Guide pgs. 11
### Benefits

<table>
<thead>
<tr>
<th>Benefits</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Montgomery GI Bill® – Active Duty (Chapter 30)</td>
<td>• Honorable discharge required&lt;br&gt;• Payable for 10 years after discharge&lt;br&gt;• Paid to student</td>
</tr>
<tr>
<td>Montgomery GI Bill® – Selected Reserve (Chapter 1606)</td>
<td>• Six-year commitment required&lt;br&gt;• Eligibility determined by Reserve component</td>
</tr>
<tr>
<td>Irrevocable Election</td>
<td>• Must give up eligibility under MGIB-AD, MGIB-SR&lt;br&gt;• Multiple periods of service may add 12 months&lt;br&gt;• No more than 48 months under two or more programs</td>
</tr>
</tbody>
</table>

Reference: Participant Guide pgs. 11 - 13
Resources for Choosing a School

• Accessing Higher Education (AHE) track
  – Assists with school decisions
  – Helps maximize return on GI Bill® benefits
  – Enables preparation to complete an application
  – Prepares for meetings with education counselors

• GI Bill® Comparison Tool
  – Provides aptitude and interest assessment
  – Enables VA-approved institution comparison
  – Offers information about college affordability

Reference: Participant Guide pgs. 13 - 14
School Decision Resources

• 8 Keys to Veterans’ Success
  – Postsecondary institutions supporting Veterans’ education
  – Defined by the Department of Education and endorsed by the White House

• VetSuccess on Campus (VSOC)
  – Professionally trained counselors who assist with Chapter 36 services

Reference: Participant Guide pgs. 14 - 16
Upskilling Opportunities – We Can’t Wait

• We Can’t Wait Initiative
  – Jobs for Service members in manufacturing, health care, and trucking
  – Fast track of certifications for Veterans
    ▪ Partnerships between military and manufacturing groups

• Credentialing Opportunities On-Line (COOL) programs
  – Information related to military occupation, training, career progression goals
  – Equivalent civilian jobs, professional certifications, organizations, funding opportunities

Reference: Participant Guide pg. 16
Interested in pursuing a technical career after the military?

Attend the Career Technical Training Track

The Career Technical Training Track is designed to assist you and your spouse in:

- Defining technical career goals
- Identifying required credentials
- Finding career technical training opportunities
- Identifying local Veteran resources
- Utilizing your VA education benefits

For an optimal experience in this track, VA recommends completion of the Core GPS program prior to attending. Where available, please bring your Individual Transition Plan (ITP), Military Service Transcripts, O*Net Self-Assessment / MOC Crosswalk results and your personal budget.

Reference: Participant Guide pgs. 16 - 17
Registered Apprenticeship and On-the-Job Training

• VA and Department of Labor programs for Service members and Veterans
  – Improve skills in rapidly growing career fields.
  – American Job Centers provide assistance.

Reference: Participant Guide pg. 17
DoD SkillBridge

- DoD program for Service members to participate in civilian job and employment training
  - Includes apprenticeships and internships
- Can participate in training up to six months before separation
- Offers high probability of employment
- Training at little to no cost

Reference: Participant Guide pg. 17
Activity: Plan, Action, Timeline
*Education, Training, and Upskilling*

<table>
<thead>
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<th><strong>Priority:</strong></th>
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<th><strong>TIMELINE:</strong></th>
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<tbody>
<tr>
<td><em>Know the deadlines.</em></td>
</tr>
</tbody>
</table>

Reference: Participant Guide pg. 18
Education, Training, and Upskilling Review Questions

- What tools are available to assist in selecting which GI Bill® benefit to use?
  - Education and Career Counseling, GI Bill® Comparison Tool

- Where can you locate VA education benefits information?

- Which form is used to apply for GI Bill® benefits?
  - VA Form 22-1990, Application for VA Education Benefits

- Which form is used to apply for Education and Career Counseling?
  - VA Form 28-8832, Application for Counseling
Module 1 Review

- Explain how VA education benefits assist the transition to civilian life.
- Locate VA education benefits information using VA resources.
- Identify the required forms needed to apply for VA education benefits.
- Find innovative VA programs and partnerships that provide upskilling opportunities.
Module 2: Economic Opportunity

- Navigate vets.gov careers and employment resources.
- Describe the Vocational Rehabilitation and Employment program.
- Identify additional resources for upskilling and economic opportunities.

Reference: Participant Guide pg. 19
VA | Vets.gov: Careers and Employment

• Veteran job seekers can:
  – Search for jobs.
    ▪ Get One-on-One Assistance
    ▪ Search for Jobs Now
    ▪ Explore Careers
    ▪ Find Training
  – Explore other ways to start a career.
    ▪ Start or Grow Your Business
    ▪ Explore Resources for Military Families or Spouses
  – Learn new skills using online resources.
    ▪ LinkedIn

www.vets.gov/employment

Reference: Participant Guide pgs. 19 - 20
How Veteran job seekers can find jobs:
www.vets.gov/employment

Select this link.
VA | Vets.gov: Careers and Employment

“Find a Job” Resources

The job seeker is taken to the “Get Started Today!” page at:

www.dol.gov/veterans/findajob

Get One-on-One Assistance

www.careeronestop.org/LocalHelp/local-help.aspx

Search for Jobs Now

www.careeronestop.org/JobSearch/job-search.aspx

Explore Careers

www.mynextmove.org/vets

Find Training

www.careeronestop.org/FindTraining/find-training.aspx
VA | Vets.gov: Careers and Employment

“Get One-on-One Assistance”

www.careeronestop.org/LocalHelp/local-help.aspx

Sample Search Results

Enter location to search by:
• City
• State
• ZIP code
Search for jobs by:
- Job title
- Keyword
- Location
VA | Vets.gov: Careers and Employment

“Explore Careers”

www.mynextmove.org/vets

Sample Search Results

Search for careers by:
- Keyword
- Industry
- Military job
VA | Vets.gov: Careers and Employment

“Find Training”

www.careeronestop.org/FindTraining/find-training.aspx

Find training programs, colleges, and universities by:
- Occupation
- School
- Program

And by:
- Location (city/state/ZIP code)

Sample Search Results

<table>
<thead>
<tr>
<th>School Name/Location</th>
<th>Program Name</th>
<th>Length / Graduates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Howard University</td>
<td>Washington, DC</td>
<td>Computer and Information Systems Security/Information Assurance</td>
</tr>
<tr>
<td>George Washington University</td>
<td>Washington, DC</td>
<td>Computer and Information Systems Security/Information Assurance</td>
</tr>
<tr>
<td>The Community College of Baltimore County</td>
<td>Baltimore, MD</td>
<td>Computer and Information Systems Security/Information Assurance</td>
</tr>
<tr>
<td>Idaho College</td>
<td>Pocatello, ID</td>
<td>Computer and Information Systems Security/Information Assurance</td>
</tr>
<tr>
<td>University of the District of Columbia</td>
<td>Washington, DC</td>
<td>Computer and Information Systems Security/Information Assurance</td>
</tr>
<tr>
<td>Westfield College</td>
<td>Framingham, VA</td>
<td>Computer and Information Systems Security/Information Assurance</td>
</tr>
<tr>
<td>University of Phoenix-Medical City</td>
<td>Glendale, AZ</td>
<td>Computer and Information Systems Security/Information Assurance</td>
</tr>
<tr>
<td>Sophia University</td>
<td>Dallas, TX</td>
<td>Computer and Information Systems Security/Information Assurance</td>
</tr>
<tr>
<td>Texas A&amp;M University</td>
<td>College Station, TX</td>
<td>Computer and Information Systems Security/Information Assurance</td>
</tr>
</tbody>
</table>
VA | Vets.gov: Careers and Employment

“Quick Resources”

- Skills Translator
  www.careerinfonet.org/moc/
- Resume Builder
  www.vets.gov/employment/job-seekers/create-resume
- Interest Profiler
  www.mynextmove.org/explore/ip
- Working Women
  www.dol.gov/wb
- Transition Resources
  www.careeronestop.org/Veterans/BenefitsAndAssistance/benefits-and-assistance.aspx

Reference: Participant Guide pgs. 20 - 21
Explore other ways to start a career

Start or Grow Your Business

Explore Resources for Military Families or Spouses

Learn new skills using online resources

Get a Free 1-Year Subscription for Online Classes with Lynda from LinkedIn Premium
VA | Vets.gov: Careers and Employment

“Learn new skills using online resources”

Find a Job
Search for jobs and check out our career-development resources.

Hire a Veteran
Post jobs and learn about hiring qualified Veterans.

Explore other ways to start a career
Start or Grow Your Business
Explore Resources for Military and Veteran Family Members

Learn new skills using online resources
Get a Free 1-Year Subscription for Online Classes with Lynda from LinkedIn Premium

Get a Free 1-Year Subscription for Online Classes with Lynda from LinkedIn Premium
VA for Vets

- Assists Veterans with finding federal careers
- Reintegration, retention, and hiring of Veterans at federal agencies

Reference: Participant Guide pgs. 21 - 22
American Job Centers (AJCs)

- Single access point to federal programs and local resources
  - Find jobs and training programs.
  - Gain skills for careers in growing industries.
- Offer priority services to Veterans
- Access to Department of Labor-funded programs

Reference: Participant Guide pg. 22
Department of Labor TAP Employment Workshops

- DOLEW core focus areas:
  - Developing and executing a job search plan
  - Planning for success in a civilian work environment
  - Creating resumes, cover letters, and other self-marketing materials
  - Engaging in successful interviews and networking conversations

Reference: Participant Guide pgs. 22 – 23
Resources for Upskilling and Economic Opportunities

• Veterans’ Preference
  – Federal, state, and county positions
  – Honorable or general discharge
  – Retirees are ineligible
    ▪ Exception: disabled or below O-4

• SBA Introduction to Entrepreneurship Workshop
  – Introduces Veterans to agencies that can assist them in business ownership

Reference: Participant Guide pgs. 23 - 24
Vocational Rehabilitation and Employment (VR&E, Chapter 31)

• Veterans’ eligibility
  – At least 10 percent service-connected disability rating
  – Other-than-dishonorable discharge

• Service members’ eligibility
  – 20 percent or greater disability rating from VA, OR
  – IDES rating of 20 percent or greater, OR
  – Referral to a PEB through IDES

Reference: Participant Guide pgs. 24 - 25
## Activity: Plan, Action, Timeline

### Economic Opportunity

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<tr>
<td>Know the deadlines.</td>
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</table>

Reference:
Participant Guide pg. 27
Economic Opportunity Review Questions

• What VA form is used to apply for Chapter 31 benefits?
  – VA Form 28-1900, Disabled Veterans Application for Vocational Rehabilitation

• What employment resources are available?
  – Vets.gov: Careers and Employment
  – VA for Vets
  – Veterans’ Preference
  – VR&E
Module 2 Review

✔ Navigate vets.gov careers and employment resources.

✔ Describe the VR&E program.

✔ Identify resources for upskilling and economic opportunities.
Module 3: Estate Planning

- Describe VA life insurance benefits.
- Explain VA memorial and survivor benefits.

Reference: Participant Guide pg. 28
## Life Insurance

### Types of Insurance

<table>
<thead>
<tr>
<th>Insurance Type</th>
<th>Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Servicemembers’ Group Life Insurance (SGLI)</strong></td>
<td>- May currently have on active duty&lt;br&gt;- Free coverage for 120 days after separation</td>
</tr>
<tr>
<td><strong>Veterans’ Group Life Insurance (VGLI)</strong></td>
<td>- Lifetime-renewable term insurance&lt;br&gt;- One year and 120 days after separation to convert from SGLI&lt;br&gt;- Convert within 240 days + submit first payment = no proof of good health</td>
</tr>
<tr>
<td><strong>Servicemembers’ Group Life Ins. Traumatic Injury (TSGLI)</strong>*</td>
<td>- Sustain traumatic event in service resulting in qualifying loss&lt;br&gt;- Injury does not need to be combat-related</td>
</tr>
<tr>
<td><strong>Veterans’ Mortgage Life Insurance (VMLI)</strong>*</td>
<td>- Must receive SAH or SHA grant&lt;br&gt;- Mortgage protection insurance</td>
</tr>
<tr>
<td><strong>Service-Disabled Veterans Life Insurance (S-DVI)</strong>*</td>
<td>- Must apply within two years of notification of new service-connected disability</td>
</tr>
<tr>
<td><strong>Family Servicemembers Group Life Insurance (FSGLI)</strong></td>
<td>- No VA equivalent&lt;br&gt;- May convert to private insurance within 120 days of separation&lt;br&gt;- Time requirements for converting in the event of divorce, death, or termination of coverage</td>
</tr>
</tbody>
</table>

*Requires service-connected disability rating

Reference: Participant Guide pgs. 28 - 33
Memorial Benefits

• Burial benefits
  – Gravesite at VA national/state cemetery
    ▪ Perpetual care
    ▪ Headstone with medallion or marker
    ▪ Burial flag
    ▪ Presidential Memorial Certificate
  – No cost to family
  – Plot allowance

Reference: Participant Guide pgs. 33 - 35
Survivors’ and Dependents’ Education Benefits

• Marine Gunnery Sergeant John David Fry Scholarship
  – Up to 36 months of education benefits for eligible beneficiaries
  – Ineligible for Yellow Ribbon Program
  – Children must use before age 33; spouses must use within 15 years from the Service member’s date of death or before remarriage

• Survivors’ and Dependents’ Educational Assistance (Chapter 35)
  – Education/training opportunities
  – Up to 45 months of education benefits

Reference: Participant Guide pgs. 36 - 37
Survivor Benefits

• Dependency and Indemnity Compensation (DIC)*
  – Survivor benefit paid monthly for:
    ▪ Death of a Service member while in service
    ▪ Post-service death because of a service-related injury or disease
    ▪ Death after extended period of 100 percent service-connected disability

• Survivors Pension
  – Benefit for surviving spouses and unmarried dependent children
  – Dependency, income, and net worth requirements

*Requires service-connected disability

Reference: Participant Guide pgs. 38 - 40
### Activity: Plan, Action, Timeline

#### Estate Planning

<table>
<thead>
<tr>
<th>Priority:</th>
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<tr>
<td>Associated Benefit:</td>
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</table>

**PLAN:**

*Develop a plan of action.*

**ACTION:**

*Take action.*

**TIMELINE:**

*Know the deadlines.*

Reference: Participant Guide pg. 41
Estate Planning Review Questions

• What is the time limit to convert SGLI to VGLI?
  – One year + 120 days

• What is covered under the burial benefit at no cost to the family?
  – Gravesite, opening/closing of grave, long-term care, government headstone or marker or medallion, burial flag, Presidential Memorial Certificate
Module 3 Review

✓ Describe VA life insurance benefits.

✓ Explain VA memorial and survivor benefits.
Module 4: Housing

- Describe VA housing benefits.
  - Home loan guaranty
  - Housing grants for disabled Veterans

Reference: Participant Guide pgs. 42
Home Loan Guaranty

• Helps Service members, Veterans, and spouses become homeowners
  – Little to no down payment and limited closing costs
  – Funding fee unless eligible for disability compensation
  – The right to prepay without penalty

Reference: Participant Guide pgs. 42
Housing Grants for Disabled Veterans

• Specially Adapted Housing (SAH) Grant*
  – Construct a specially modified home on land to be acquired.
  – Build or remodel a home.
  – Apply against the unpaid principal mortgage of an adapted home already acquired.

• Special Housing Adaptation (SHA) Grant*
  – Modify an existing home.
  – Modify a new home.
  – Purchase a previously modified home.

*Requires service-connected disability

Reference: Participant Guide pgs. 43 - 44
Housing Grants for Disabled Veterans

- Temporary Residence Adaptation (TRA) Grant*
  - Assists Service members eligible for SAH or SHA who will be living in a modified home owned by a family member

- Home Improvements and Structural Alterations (HISA) Program*
  - Provides improvements and alterations to a Veteran’s or a Service member’s primary residence

*Requires service-connected disability

Reference: Participant Guide pgs. 45 - 46
**Activity: Plan, Action, Timeline**

**Housing**

<table>
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</tr>
</tbody>
</table>

**Reference:** Participant Guide pg. 47
Housing Review Questions

• What VA program allows the purchase of a home?
  – Home loan guaranty

• Which housing grant is for adapting a home owned by a family member?
  – Temporary Residence Adaptation
Module 4 Review

✔ Describe VA housing benefits.
Module 5: Health Care

• Describe the types of VA health care services and programs available to Veterans.

• Identify services offered to women Veterans.

• Identify services available at Vet Centers.

• Describe the counseling and services offered for coping with traumatic experiences.

Reference: Participant Guide pg. 48
## VA Health Care Facilities

<table>
<thead>
<tr>
<th>Types of Facilities</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical Centers</td>
<td>• All 50 states, Philippines, and U.S. territories&lt;br&gt;• Wide range of medical services&lt;br&gt;• Traditional hospital-based services</td>
</tr>
<tr>
<td>Community-Based Outpatient Clinics (CBOCs)</td>
<td>• Most common outpatient services&lt;br&gt;• Health and wellness visits&lt;br&gt;• Closer to home</td>
</tr>
<tr>
<td>Residential Care Facilities (Domiciliary Care)</td>
<td>• Safe, secure, home-like environment&lt;br&gt;• Medical, psychiatric, and illness services&lt;br&gt;• Help with vocational, educational, or social problems</td>
</tr>
<tr>
<td>Community Living Centers (VA Nursing Homes)</td>
<td>• Short- and long-term nursing home care&lt;br&gt;• Medically and mentally stable Veterans&lt;br&gt;• Indefinite or limited services dependent on service-connected conditions</td>
</tr>
</tbody>
</table>

Reference: Participant Guide pg. 48
VA Health Care Overview

- Inpatient care
- Preventive care services
  - Immunizations
  - Physical examinations
  - Vision testing and eye care services
  - Screening tests
- Specialty care services (e.g., cardiology, neurology, oncology)
- Health promotion and disease prevention (e.g., counseling, early disease detection)
- Mental health care
  - Inpatient, outpatient, and residential care
- Patient Aligned Care Teams (PACTs)
  - Accessible, coordinated, comprehensive care managed by primary care provider
  - Allows patients active roles in their health care

Reference: Participant Guide pg. 49
VA Health Care Eligibility

• Veterans
  – Served on active duty for 24 continuous months
  – Separated under other-than-dishonorable conditions

• Reserve and National Guard
  – Called to active duty by federal order after Nov. 11, 1998
  – Completed full period of active duty

• Eligibility determined through patient enrollment system
  – Based on unique factors (e.g., combat Veteran, service-connected disability)

Reference: Participant Guide pg. 50
Returning Service Members

• Veterans who served in a combat theater (including members of the National Guard and Reserve) receive five years of VA health care and medications.

• There is no cost for an illness or injury related to combat service.

• All returning combat Veterans are screened by clinical case managers.
  – Early intervention and assistance for those at risk

• Case managers are experts at identifying and accessing resources.

Reference: Participant Guide pgs. 50-51
Veterans Access, Choice, and Accountability Act of 2014

- Covers non-VA care for eligible Veterans enrolled in VA health care

- Veterans may be eligible if:
  - VA appointment availability is $> 30$ days from preferred appointment date.
  - Veteran’s residence is $> 40$ miles from closest VA facility.
  - Travel by plane or boat is required to get to nearest VA facility.
  - There is an unusual or excessive burden to travel based on the presence of a body of water.

- Eligible Veterans will receive their Choice Cards by mail.

Reference: Participant Guide pgs. 52-53
## Specialty Care Services – Women Veterans Health Care

<table>
<thead>
<tr>
<th>Eligible to Receive</th>
<th>Additional Services and Programs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete medical benefits package</td>
<td>Comprehensive women’s health care</td>
</tr>
<tr>
<td>Complete reproductive health services</td>
<td>Women Veterans Program Managers</td>
</tr>
<tr>
<td>Preventive health care</td>
<td>Mental health services</td>
</tr>
<tr>
<td>Women-only clinics in some locations</td>
<td>Women’s call center</td>
</tr>
</tbody>
</table>

Reference: Participant Guide pgs. 53-54
VA Health Care Specialty Services

- Complex Care Coordination
  - Care Management Teams
    - Interagency Comprehensive Plan
  - Some criteria for care:
    - Polytrauma, spinal cord disorders, blindness, amputations
    - Cognitive, psychological, emotional disorders

- Family Caregiver Support Program
  - Support and assistance to caregivers of post-9/11 Veterans
  - Comprehensive training
  - Other services

Reference: Participant Guide pg. 54
VA Health Care Specialty Services

• Foreign Medical Program
  – Veterans traveling or living abroad
  – Reimbursement for medical services
    ▪ Service-connected disabilities

• Homeless Veteran Services
  – Health care
  – Housing assistance
  – Mental health services
  – Employment and job training

Reference: Participant Guide pgs. 54 - 55
Vet Centers

Reference: Participant Guide pgs. 55 - 56
Vet Centers

- Safe and protected places to talk in complete confidentiality
- Vet Center services include:

  - Individual and group counseling
  - Military sexual trauma counseling
  - Substance use assessment
  - Military sexual trauma counseling
  - Bereavement counseling

Vet Center Call Center

1-877-927-8387 (WAR-VETS)

Reference: Participant Guide pgs. 55 - 56
Counseling and Treatment for Coping With Traumatic Events

www.veteranscrisisline.net

• Types of trauma
  – Violence and abuse (e.g., military sexual trauma)
  – Terrorism, disaster, war (e.g., PTSD)

• Treatment and counseling
  – Offered at no cost to the Veteran at a VA medical facility or Vet Center
  – Does not have to be formally reported or documented
  – May claim compensation for related condition

• Veterans Crisis Line: 1-800-273-8255
  – Toll free, 24/7
  – Available for Service members, Veterans, and families
  – Qualified, caring counselors

Reference: Participant Guide pgs. 56 - 58
Dental Care Services

• Dental care
  – DD Form 214 block 17 allows for one-time treatment (only if marked “no”).
  – Apply within 180 days of separation.

• VA Dental Insurance Program (VADIP)
  – Enrollees in VA health care and CHAMPVA beneficiaries
  – Voluntary
  – MetLife and Delta Dental

Reference: Participant Guide pgs. 58 - 61
### Activity: Plan, Action, Timeline

#### Health Care

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<th>Priority:</th>
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<td>Associated Benefit:</td>
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<th>PLAN:</th>
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<tr>
<td>Develop a plan of action.</td>
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<th>ACTION:</th>
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<tr>
<td>Take action.</td>
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<th>TIMELINE:</th>
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<td>Know the deadlines.</td>
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Reference: Participant Guide pg. 62
Health Care Review Questions

• What are two services that Vet Centers offer?
  – Family and bereavement counseling, alcohol and drug assessments, suicide prevention referrals

• What is the Foreign Medical Program?
  – Health care benefits program for Veterans with a VA-rated service-connected condition living or traveling abroad

• What form is used to apply for VA health care?
  – VA Form 10-10EZ, Application for Health Benefits
Module 5 Review

✓ Describe the types of VA health care services and programs available to Veterans.

✓ Identify services offered to women Veterans.

✓ Identify services available at Vet Centers.

✓ Describe counseling and services offered for coping with traumatic experiences.
Moving Forward

• Attend the VA Benefits II Briefing.

• Take ownership.
  – Review and research benefits.
  – Remember timelines.

• Schedule your individual assistance appointment.

• Complete the Transition GPS Participant Assessment.

www.dmdc.osd.mil/tgpsp
Thank you for your service, and welcome to the VA family!