



U.S. Department
of Veterans Affairs

**Battlemind to Home Symposium IV:
Information from the
Center for Women Veterans**

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Associate Director, VA Center for Women Veterans

November 6, 2013



Overview

- **Congressional Mandate/Organizational Chart**
- **VA Priorities**
- **Our Mission – What we Do**
- **Women Veterans Demographics/History/Usage**
- **Women Veterans Challenges**
- **VA Initiatives to Address Challenges**
- **Gender-Specific Programs**
- **Health Care/Mental Health**
- **Women Veterans Call Center**
- **VA Changing Culture**
- **Maximize Available Resources/How Women Veterans Can Obtain Local Assistance**
 - **eBenefits**
 - **DoL VETS**
 - **Journal of General Internal Medicine**
- **Summary-Where We Are Going**
- **How to Contact the Center**



Who Knew?





Congressional Mandate

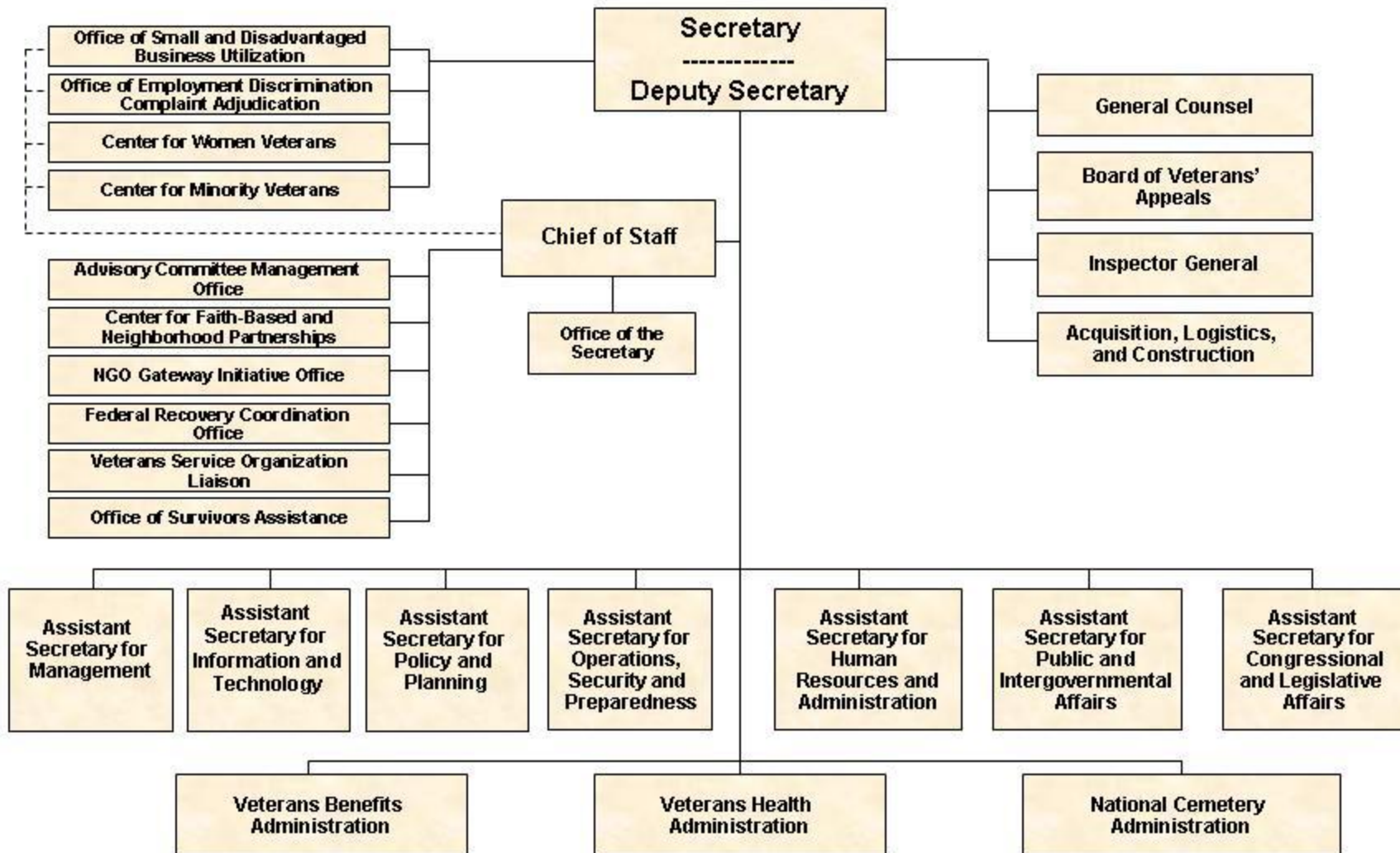
**November 1994, Public Law
103-446 required VA to
create
The Center for Women
Veterans,
to monitor and coordinate VA
programs for women**





VA ORGANIZATION CHART

DEPARTMENT OF VETERANS AFFAIRS





VA Priorities

- VA's priorities: **access, backlog, homelessness.**
 - Improving access to benefits and services for eligible Veterans:
 - Promoting eBenefits registration to facilitate access to documentation and information.
 - Diversifying outreach materials to include more images of women in receipt of VA health care and services.
 - Establishing the Women Veterans Call/Hotline Line.
 - Aggressively attacking the claims backlog:
 - Using disability benefits questionnaires (DBQs) to shorten time needed to gather succinctly gather information needed to assess disabilities. (News release published March 22, 2012.)
 - Implementing a National deployment of a paperless claims processing system.



VA Priorities

- Ending Veteran homelessness:
 - VA continues success on historic 3 year plan (2015).
 - VA's continuum of care includes services for special populations who may be at greater risk for homelessness, such as women and Veterans with families.
 - Programs incorporate outreach to increase awareness of VA's initiatives and prevention, temporary and transitional housing, and permanent housing with supportive services.
 - Supportive Services Veteran Families (SSVF) is VA's primary prevention program, designed to help Veterans and their families rapidly exit homelessness, or avoid entering homelessness.
 - Women Veterans make up eight percent of homeless Veterans population.



Our Mission – What We Do

- Monitor and coordinate VA's administration of health care and benefits services, and programs for women Veterans.
- Serve as an advocate for a cultural transformation (both within VA and in the general public) in recognizing the service and contributions of women Veterans and women in the military.
- Raise awareness of the responsibility to treat women Veterans with dignity and respect.



Women Veterans Demographics

- Women are one of the fastest growing subpopulations of Veterans. Based on active duty and recruiting numbers, the percentage of female Veterans is projected to increase.
- Of the 21.9 million living Veterans (over all number going down), 2.27 million women Veterans (VetPop as of 9/30/13)—10.4 percent of the total Veterans population (this percent is rising).
 - By 2020, they are estimated to be 12.4 percent the total Veterans populations.
- Median female Veteran's age is 49; the median male Veteran's age is 64 (as of 9/30/12).



History of Women in the U.S. Military



Source: America's Women Veterans: Military Service History and VA Benefits Utilization Statistics, Department of Veterans Affairs, National Center for Veterans Analysis and Statistics, Nov. 23, 2011;
http://www.va.gov/VETDATA/docs/SpecialReports/Final_Womens_Report_3_2_12_v_7.pdf



Women VHA Users Doubled Since 2000

FY00: 159,000

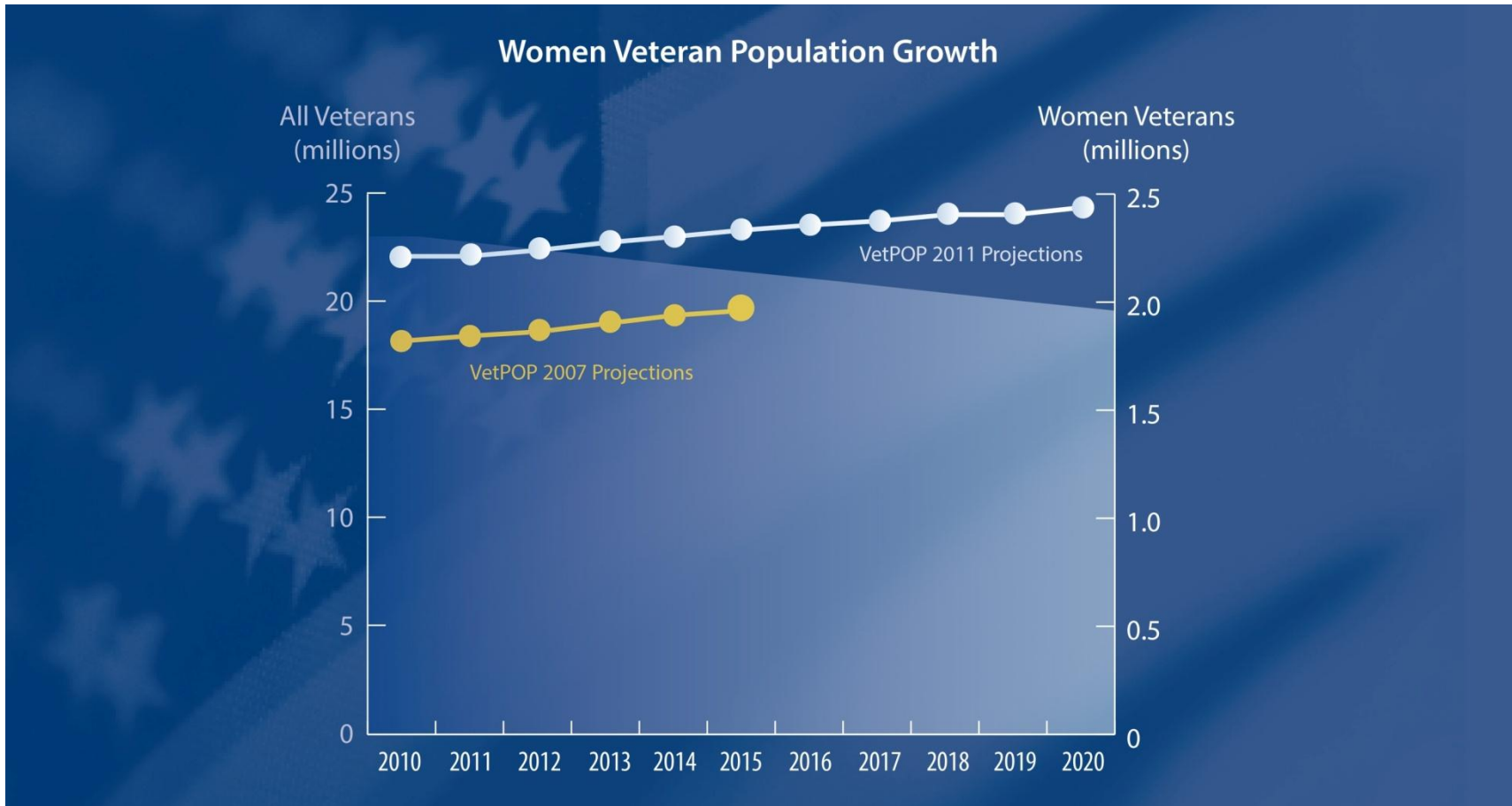


FY12: 360,000





As Women Veteran Population Increases, Total Veteran Population Declines



Sources: [VetPOP 2007](#) and [VetPOP 2011](#) ADUSH for Policy and Planning



Women Veterans Challenges

- Women Veterans:
 - Are unaware of their Veterans status; they often do not self identify as Veterans.
 - Do not apply for VA's benefits and services, since they are not aware that they are Veterans.
 - Are sometimes limited in access to VA's gender-specific care and have to use fee based care and contracts.
 - Experience a lack of child care options, limiting their ability to make appointments at VA, to acquire gainful employment and to pursue educational goals.
 - Exhibit lower utilization of VA; outreaching to women Veterans who live in rural areas and on American Indian Reservations, and who are low income, or elderly can be a challenge.
 - Lack of transportation to and from appointments.



VA Initiatives to Address Challenges

- Joint outreach to educate and raise awareness about eligibility. Encouraging Veterans to sign up for eBenefits at: www.ebenefits.va.gov .
- Enhancement of Center for Women Veterans' Web site to educate about VA's programs, and utilization of social media, such as Facebook, YouTube, Flickr, VA Blog, Twitter, etc.
- Collaboration with VA Administrations, and other Federal agencies to address disparities in care and availability of services. VHA established the Office of Health Equity to address issues.
- Creation of pilot programs (drop-in programs in Northport, NY; Buffalo, NY; and Tacoma, WA) to determine the feasibility of VA providing child care options for women Veterans.
- Usage of fee based care and contracts, when appropriate.
- Implementation of newborn care coverage and caregivers.
- Utilization of transportation options, such as Disabled American Veterans vans, taxi and other voucher programs.
- Sponsoring joint hiring fairs with universities, various federal, state, private, and other organizations.



Gender-Specific Programs





Health Care Available for Women Veterans

General Care

- ✓ Health evaluation and counseling
- ✓ Disease prevention
- ✓ Nutrition counseling
- ✓ Weight control
- ✓ Smoking cessation
- ✓ Substance abuse counseling and treatment

Gender-Specific Primary Care

- ✓ Cervical cancer screens (Pap smears)
- ✓ Breast cancer screens (mammograms)
- ✓ Birth control
- ✓ Preconception counseling and care
- ✓ Maternity & newborn care
- ✓ Human Papillomavirus (HPV) vaccine
- ✓ Menopausal support (hormone replacement therapy)
- ✓ Emergency services for women Veterans



Health Care Available for Women Veterans

Mental Health Care

- ✓ Evaluation and assistance for depression, mood, and anxiety disorders
- ✓ Intimate partner and domestic violence
- ✓ Military sexual trauma
- ✓ Elder abuse or neglect
- ✓ Parenting and anger management
- ✓ Marital, caregiver, or family-related stress
- ✓ Post-deployment adjustment or post-traumatic stress disorder (PTSD)



Where to Get Help: Women Veterans Call Center

Women Veterans Call Center

A call center aimed at increasing women Veterans' knowledge, enrollment, and utilization of VA services available to women Veterans



- Outgoing call center provides women Veterans with information on VA health care services, benefits and eligibility
- Incoming call center, 1-855-VA-WOMEN (**1-855-829-6636**), receives and responds to questions from Veterans, their families and caregivers about the many VA services and resources available to women Veterans



Where to Get Help: Women Veterans Program Manager

- At each VA Medical Center nationwide, a Women Veterans Program Manager is designated to advise and advocate for women Veterans, and coordinate all the services they need

Visit the [Women Veterans Program Manager](#) (WVPM) at the closest facility. To identify your closest WVPM, call **1-855-VA-WOMEN** (1-855-829-6636)





Changing VA Culture





VA Cares for the Whole Woman

WOMEN VETERANS HEALTH CARE

**Mother, daughter,
sister, wife, partner ...
veteran.**

**VA cares for the
whole woman.**



• Primary care



• Reproductive care

• Mental health care



• Sensitive to women veterans'
needs and experiences



VA's national network
ensures that your medical
history goes where
you go.

 Department of
Veterans Affairs





Culture Change Through Communications

- Women's Health Services is leading a VA-wide communication initiative to enhance the **language, practice** and **culture** of VA to be **more inclusive of women Veterans**





We Hear You

Please don't call **me** mister.

Think twice about how you address **her**.

It's **our job** to give **her** the best care anywhere.

Mr. Conner, we're ready
for you now...Mr. Conner...?





Maximize Available Resources

FAQs and Fact Sheets

WOMEN VETERANS HEALTH CARE

Frequently Asked Questions

1. What health care services are available to Veterans?

A full continuum of health care, including primary care (care for acute and chronic illness), gender-specific care (specialty care, mental disease prevention and screening, emergency women's health specialty care (e.g., adolescent gynecological care, maternity care, and some treatments)). In addition, VA offers services in medical/surgical/mental health care, physical, substance abuse treatment, long-term care, benefits.

2. How can I learn about eligibility and my VA health care?

Veterans can apply for VA health care enrollment benefits by completing VA Form 10-1030 (see www.1010ez.med.va.gov) or visit any VA health care facility or Veterans' health care also call the VA Health Benefits Call Center (877-222-1161) or get more information on VA benefits (www.va.gov) and eligibility (va.gov/healtheligibility/).

3. How do I get started with getting my health ID?

After you have enrolled for benefits (see #2), your local VA health care facility (found on va.gov/directory/) to arrange a primary care.

4. How do I get a clinic appointment? What waiting list for an initial appointment?

If it is the Veterans Health Administration (VHA) that events new patient be scheduled for an appointment within 14 days. If you have an emergency medical condition, contact your VA health care facility (found on www.va.gov/) visit walk-in (urgent care) clinic or emergency.

5. Does VA provide gynecologic care for me and breast cancer treatment?

VA provides women veterans with a full range reproductive health services necessary for care.

A PROFILE OF WOMEN VETERANS TODAY

Rethink Veterans: Who is the woman Veteran?

She is returning from war or long deployments overseas. She is bringing home the physical and emotional scars of combat. She is a Veteran once she has been honorably discharged from the U.S. Armed Forces. She is also a Veteran if she has been deployed to a combat zone as a National Guard or Reserve. She may be a Veteran while still actively serving in the Guard or Reserve.

The definition of Veteran hasn't changed but the population has. The newest women Veterans from the wars in Afghanistan and Iraq are younger and with different health care needs. The U.S. Department of Veterans Affairs (VA) is working tirelessly to enhance women's care, improve services, and change its culture to embrace this growing population. If you know a woman who served, ask her if she's checked out VA lately.

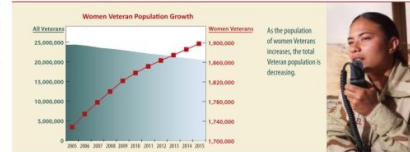
Did you know?

- Women represent nearly 15% of today's active duty military and 18% of guard and reserve forces.
- Women serve in every branch of the military.
- Women serve as gunners, police pilots, truck drivers, and fuel suppliers.
- Women soldiers see intense combat and receive combat-related injuries.
- There are 1.8 million living women Veterans.
- The number of women Veterans is expected to increase dramatically.

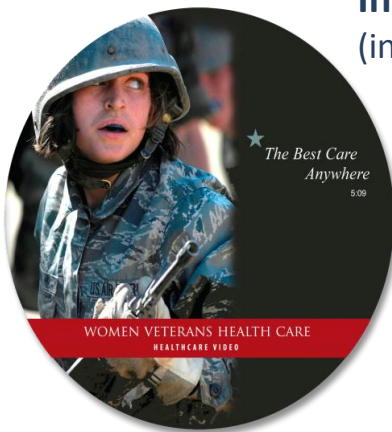
- The average age of women Veterans is 48 years, compared to 63 years for male Veterans.
- By proportion, women Veterans using VA care are more likely than their male counterparts to have a service-connected disability, meaning an injury or illness that was incurred or aggravated during service.
- 1 in 5 women Veterans of the wars in Iraq and Afghanistan are diagnosed with post-traumatic stress disorder (PTSD).
- 1 in 5 women served by VA health care respond "yes" when screened for military sexual trauma.
- Women are the fastest growing segment of the homeless Veteran population and are more likely to be homeless with children.

Women Veterans of OEF/OIF/OND

- Women comprise nearly 12% of soldiers who served in Iraq and Afghanistan.
- More than 70% of them are younger than 40.
- 89% are enlisted, 12% are officers.
- The largest group of women Veterans today served in Operation Enduring Freedom (OEF), Operation Iraqi Freedom (OIF) and Operation New Dawn (OND).
- Most common medical conditions for which they visited VA clinics of the musculoskeletal and connective tissue, mental disorders (including readjustment difficulty) and undiagnosed symptoms.



Social Media Messaging



WOMEN VETERANS HEALTH CARE EDUCATION & TRAINING

Women Targeted Health Campaigns

WOMEN VETERANS HEALTH CARE

Heart disease is the #1 killer of women veterans

take heart
Let VA help.

★ You served, you deserve the best care anywhere. ★

Department of Veterans Affairs

Information Videos (internal/external)



Maximize Available Resources

WOMEN VETERANS HEALTH CARE

DEPRESSION
 TROUBLE SLEEPING
 WEIGHT CHANGE
 ANXIETY
 PHYSICAL PAIN
 MEMORY LOSS

Sexual trauma can
 make you sick.

Let VA help.

★ You served, you deserve the best care anywhere. ★



www.publichealth.va.gov/womenhealth
 Women Veterans Health Strategic Health Care Group, VACO 04/2018

WOMEN VETERANS HEALTH CARE

- MILK
 - Ret. videos
 - Call VA -
 get tested

Make HIV
 testing routine.
 Let VA help.

★ You served, you deserve the best care anywhere. ★

Department of Veterans Affairs | www.publichealth.va.gov/womenhealth
 Women Veterans Health Strategic Health Care Group, VACO 04/2018

WOMEN VETERANS HEALTH CARE



Don't let pain
 control your life.

LET VA HELP.

★ You served, you deserve the best care anywhere. ★

Department of Veterans Affairs | www.publichealth.va.gov/womenhealth
 Women Veterans Health Strategic Health Care Group, VACO 04/2018

WOMEN VETERANS HEALTH CARE



Early
 Detection
 Saves Lives
 Let VA help.

★ You served, you deserve the best care anywhere. ★

Department of Veterans Affairs | www.publichealth.va.gov/womenhealth
 Women Veterans Health Strategic Health Care Group, VACO 04/2018

WOMEN VETERANS HEALTH CARE

REMEMBER
 YOUR
 PROTECTIVE
 GEAR

Prevent skin cancer.
 Let VA help.



★ You served, you deserve the best care anywhere. ★

Department of Veterans Affairs | www.publichealth.va.gov/womenhealth
 Women Veterans Health Strategic Health Care Group, VACO 04/2018

WOMEN VETERANS HEALTH CARE



It's not easy
 to come back from
 addiction.

Let VA help.

★ You served, you deserve the best care anywhere. ★

Department of Veterans Affairs | www.publichealth.va.gov/womenhealth
 Women Veterans Health Strategic Health Care Group, VACO 04/2018

WOMEN VETERANS HEALTH CARE

LIVE SMOKE-FREE

Let VA Help.



★ You served, you deserve the best care anywhere. ★

Department of Veterans Affairs | www.publichealth.va.gov/womenhealth
 Women Veterans Health Strategic Health Care Group, VACO 04/2018



eBenefits – Access 24/7

eBenefits - Homepage - Windows Internet Explorer provided by Veterans Affairs

https://www.ebenefits.va.gov/ebenefits-portal/ebenefits.portal

File Edit View Favorites Tools Help

Events | VeHU.VA.Gov eBenefits - Homepage

Home | About | Help | Contact | Feature List | I am a ...

eBenefits
My Gateway to Benefit Information

A Service of the Department of Veterans Affairs and the Department of Defense

Login Register

apply for BENEFITS view my STATUS access my DOCUMENTS browse benefits LINKS career CENTER search

Register now to use all of the available features of eBenefits!

Spouses & Dependents: Got Premium Access?

Upgrade or register for a Premium (Level 2) DS Logon account to see the latest updates to your VA Status, Payment History, and more. [Login](#) or [register](#) for a Premium eBenefits account for access.

Most Popular Features

- Download VA Letters
- Transfer Post-9/11 Education Benefits
- Update Direct Deposit and Contact Information
- VA Home Loan Certificate of Eligibility

[View All Features](#)

https://www.ebenefits.va.gov/ebenefits-portal/ebenefits.portal#featured_

Local intranet 100%

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Department of Labor - VETS

Women Veterans - U.S. Department of Labor Service (VETS) - Windows Internet Explorer provided by Veterans Affairs

http://www.dol.gov/vets/womenveterans/

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Women Veterans - U.S. Department of Labor Service ...

UNITED STATES DEPARTMENT OF LABOR

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Women

Veterans' Employment

Across the nation, 2.2 million women veterans comprise 10 percent of the overall veteran population. The U.S. Department of Labor (DOL) developed the women veteran initiative to ensure our programs are positioned to meet the needs of the nation's fastest growing veteran population. The following data reflects the 2012 annual employment data for women veterans, according to the Bureau of Labor Statistics Employment Situation of Veterans - 2012 report.

Unemployment - 2012 Annual

8.3%	Women Veterans
6.9%	Male Veterans
7.7%	Women Non-Veterans

Gulf War-Era II Veterans

YEAR	MEN	WOMEN
2011	12.0%	12.4%
2012	9.5%	12.5%

Latest News

- TIP: Be sure to identify yourself as a "veteran" because you may gain access to resources you were unaware existed!
- View our [Video](#) on Women Veteran Employment Listening Session
- Review the [flyer](#) for the Women Veteran Employment Listening Session
- Learn how a Washington, D.C.-based developer team took on our Women Veteran Data Challenge during the National Day of Civic Hacking! in an updated [video](#). The White House blog discussed the nationwide event.
- Listen to the recent [interview](#) on DOL's initiative for women veterans on Federal News Radio on June 28, 2013.

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Industries and Age Comparison

Women Veterans - U.S. Department of Labor Service (VETS) - Windows Internet Explorer provided by Veterans Affairs

http://www.dol.gov/vets/womenveterans/

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Women Veterans - U.S. Department of Labor Service ...

Industries

Most women veterans are employed in the following industries:

28.4% Government

23.5% Education and Health Services

Women Veterans Vs Non-Veterans by Age Range

Unemployment status numbers for women veterans compared with non-veterans by age range.

AGE RANGE	Women Veterans	Women Non-veterans
25 - 34	11.6%	8.3%
35 - 44	6.9%	5.8%
45 - 54	9.2%	6.2%
55 - 64	5.6%	6.0%

event.

- Listen to the recent [interview](#) on DOL's initiative for women veterans on Federal News Radio on June 28, 2013.

Employment Tips

Paul Plasencia Acting Director
Office of Diversity and Inclusion Veteran Employment Program Manager
U.S. Department of Labor

Finding and applying to federal positions relevant to your military experience or education:

To determine what federal positions you would qualify for based on your military experience please use the [Military Skills Translator Tool](#) which will allow you to cross reference Federal Positions related to your military occupational specialty. In addition to identifying those positions that are related to your military occupation it will provide you with links to current open vacancies in that field that you can apply to.

- [Inside DOL](#)
- [American Job Center \(AJCs\) & Career OneStops](#)
- [Professional Development Resources](#)
- [Find a Mentor. Be a Mentor](#)

Designed for U.S. veterans who are current job seekers: The interactive tool helps vets learn

The Gold Card provides unemployed post-9/11 era veterans with the intensive services they

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Department of Labor & VA Resources

Women Veterans - U.S. Department of Labor Service (VETS) - Windows Internet Explorer provided by Veterans Affairs

http://www.dol.gov/vets/womenveterans/

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Women Veterans - U.S. Department of Labor Service ...

Designed for U.S. veterans who are current job seekers: The interactive tool helps vets learn about their career options. The site has tasks, skills, salary information, job listings, and more for over 900 different careers. Veterans can find careers through keyword search; by browsing industries that employ different types of workers; or by discovering civilian careers that are similar to their job in the military.

The Veterans Job Bank Search Widget is the latest tool developed by NRD.gov to help streamline the job search process for the military and Veteran communities. The Widget gives users the ability to search for jobs from military-friendly employers worldwide based on keyword, military occupation code and/or location.

The Gold Card provides unemployed post-9/11 era veterans with the intensive services they need to succeed in today's job market. An eligible veteran can present the Gold Card at her/his local American Job Center to receive enhanced intensive services including up to six months of follow-up.

A must for anyone who has served in the military! The Department of Veterans Affairs designed this excellent personalized workspace to provide quick access to tools so you can apply for benefits, download your DD 214, view your benefits status, and more!

specialty. In addition to identifying those positions that are related to your military occupation it will provide you with links to current open vacancies in that field that you can apply to.

- [Inside DOL](#)
- [American Job Center \(AJCs\) & Career OneStops](#)
- [Professional Development Resources](#)
- [Find a Mentor, Be a Mentor](#)
- [Other Resources](#)
- [Connecting and Communicating](#)
- [Facts and Figures](#)

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U.S. Department of Labor | Frances Perkins Building, 200 Constitution Ave., NW, Washington, DC 20210
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- Access to care and rural health
- Primary care and prevention
- Mental Health
- Health concerns associated with military deployment
- Complex chronic conditions/aging long-term care
- Reproductive health



Summary - Where We Are Going

- Continuously promoting recognition of women Veterans' service, and the contributions of women in the military, e.g. "Her Story" campaign, "the Right Place" PSA, and "Please Don't Call Me Mister" campaigns.





How to Contact the Center

Staff Members:

- Ms. Elisa Basnight, JD, MPA
- Dr. Betty Moseley Brown
- Desiree Long
- Shannon Middleton
- Michelle Terry

Address:

Department of Veterans Affairs
Center for Women Veterans (00W)
810 Vermont Ave., NW
Washington, DC 20420

Phone: 202-461-6193

Fax: 202-273-7092

Website: www.va.gov/womenvet

Email: 00W@mail.va.gov



Information for Transitioning Service Members





Redesigned Transition Assistance Program

Introduction of Transition Goals Plans Success (GPS):

- The Transition Assistance Program (TAP) was a discontinuous set of activities.
- The Departments of Defense (DoD), VA, Labor (DOL), Education (ED), and Homeland Security (DHS); the Office of Personnel Management (OPM), and the Small Business Administration (SBA) collaborated to redesign the TAP program into a comprehensive, mandatory program.
- TAP was renamed to the Transition GPS program.
 - Transition GPS standardizes the transition services that Servicemembers receive before separation, to make them ready for employment, higher education, career technical training, or entrepreneurship.



Redesigned Transition Assistance Program

- Transition GPS offers a cohesive, modular, outcome-based program that provides opportunities and aids in successful transition into a “career ready” civilian.
- Highlights of Transition GPS include:
 - DoD pre-separation counseling.
 - Department of Labor (DOL) employment workshops.
 - VA benefits briefing.
 - Disabled Transition Assistance Program (DTAP).
 - DOL Uniformed Services Employment and Reemployment Rights Act (USERRA) briefing for Guard and Reserve components.
- Includes a transition checklist for active duty, National Guard and Reserve components, focusing on: **education and training, employment and career goals, financial security, health and well being, and housing and relocation.**



Redesigned Transition Assistance

Education and Training:

- Complete VA Form 22-1990, “Application for VA Education Benefits” to determine benefit eligibility. Complete Download Form from http://www.vba.va.gov/pubs/forms/VBA-22_1990.pdf. or On line Application (VONAPP) program at <http://www.gibill.va.gov/apply-for-benefits/application/> .
Completing the form now you will save time later when you are ready to start using GI Bill.
- Learn About Your Department of Veterans Affairs (VA) Education Benefits – Visit the GI Bill website at <http://www.gibill.va.gov/> to learn about the latest developments and vital information concerning your education benefits. To talk with a VA Education Benefits Counselor, call (888) 442-4551.



Redesigned Transition Assistance

Education and Training:

- More information can be found at the following websites:
 - New Post 9/11 GI Bill
http://www.gibill.va.gov/pamphlets/CH33/CH33_Pamphlet.pdf
 - Montgomery GI Bill (MGIB)
http://gibill.va.gov/benefits/montgomery_gibill/active_duty.html
 - Navy, Army, or Marine Corps College Funds:
Navy: <https://www.navycollege.navy.mil/nta.cfm>
Army: <https://www.hrc.army.mil/site/education/ACF.html>
Marine Corps:
■ <http://www.military.com/education/content/money-for-school/marine-corps-education-programs.html>



Redesigned Transition Assistance

Employment and Career Goals:

- *VA for Vets* job search: Translates your military skills, experience and training to learn about the civilian career options that best use your capabilities, www.VAforVets.VA.gov.
- Visit the following sites to learn more on employment:
 - <http://www.fedshirevets.gov>
 - <http://www.goDefense.com>
 - <http://www.opm.gov>
 - DoL: <http://www.careeronestop.org>
 - <http://www.usajobs.com>
 - <http://www.HelmetsToHardhats.org>
 - www.bpwfoundation.org



Redesigned Transition Assistance

Financial Security:

- Why this is important?
 - Financial well-being and the security of loved ones are concerns that are top of anyone's priority list
 - Should be considered in detail, before leaving the military.
 - Financial security, life insurance, and legal matters are often linked.
 - Make sure your financial and legal affairs are in order prior to embarking on a new chapter in life.
- Transition budgeting steps for personal finances:
 - List Your Income.
 - List Your Expense.
 - Prioritize Your Expenses.
 - Assign Budget Responsibilities.



Redesigned Transition Assistance

- Transition budgeting steps for personal finances (continued):
 - Establish a Monthly Budget.
 - Identify Additional Sources of Income.
 - Seek Help if Necessary.
 - Obtain an Up-to-Date Credit Report.

Health and Well Being:

- Check Out Non-Retirees Transitional Health Care Options:
 - Continued Health Care Benefit Program (CHCBP)
http://www.nmfa.org/site/DocServer/Continued_Health_Care_Benefit_7-06.pdf?docID=6702 .
 - Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA) visit
<http://www4.va.gov/hac/forbeneficiaries/champva/champva.asp> .



Redesigned Transition Assistance

- Check Out Non-Retirees Transitional Health Care Options (continued):
 - Review and Choose Your Retiree TRICARE Medical and Dental Coverage Options - and submit your enrollment forms for one of the following programs:
 - TRICARE Prime.
 - TRICARE Extra.
 - TRICARE Standard.
 - TRICARE Retiree Dental Program.
 - To learn more visit:
<http://tricare.mil/mybenefit/ProfileFilter.do?puri=%2Fhome%2FMedical>.



Redesigned Transition Assistance

Housing and Relocation:

- Visit the Relocation Assistance Program Office: learn about relocation options, entitlements, and how to get assistance.
- Arrange for a housing pre-inspection: If living in government housing, contact the housing office to schedule a pre-inspection and obtain termination information.
- Plan a “house hunting” trip: schedule a trip to the community where you intend to move to determine your future housing options.
- Contact your “new” state’s Veterans’ Services Office: see what benefits the state offers; pre-determining you eligibility for state veteran benefits can reduce the time for processing benefits later.
- Arrange for transportation counseling: once you know where you plan to live, contact your transportation office for further assistance.



Redesigned Transition Assistance

Housing and Relocation:

- Arrange to stop and/or start utilities : contact current and future utilities providers, to ensure that cable, electric, water, gas, garbage, sewer, and phone services are stopped or started as needed.
- Submit change of address form: be sure to process change of address as soon as you know your new address, to ensure you do not fall behind on payments.
- Review and complete the “Financial Checklist for a Military Move:” provides detailed information on per diem, allowances, reimbursable expenses, and cash advances associated with relocating.
- Finalize travel arrangements: contact travel providers and confirm reservations, as appropriate.
- Review other relocation resources: resources, like “Plan My Move” and MilSpouse.org, can offer additional relocation assistance.
<http://www.militaryhomefront.dod.mil/pls/htmldb/f?p=107:1> .



Transition Offices for the Military

- Army -- located in the Army Career and Alumni Program (ACAP) office.
- Air Force -- located in the Airman and Family Readiness Center .
- Navy -- located in the Fleet and Family Support Center.
- Marine Corps -- located in the Marine Corps Community Services office .
- National Guard -- State Transition Assistance Advisors.



How Women Veterans Can Obtain Local Assistance

- Women's Health Services (formerly Women Veterans Health Strategic Health Care Group): <http://www.womenshealth.va.gov/>
- WVCs at every VA regional office:
www.va.gov/directory/guide/home.asp?isFlash-1
- Homeless Veterans coordinators: www.va.gov/homeless/index.cfm
- eBenefits website: www.ebenefits.va.gov
- Minority Veterans program coordinator at every VA healthcare facility, regional office, and national cemetery:
www.va.gov/centerforminorityVeterans/
- Other coordinators such as OIF/OEF, mental health, MST, Vet Center, etc.