



GUIDE TO BENEFITS AND SERVICES

Dedicated to Service
Members and their
Families



SOUTHERN OREGON

Veterans Health
Veterans Benefits
Education
Vocational Support
Family Assistance
Community Resources

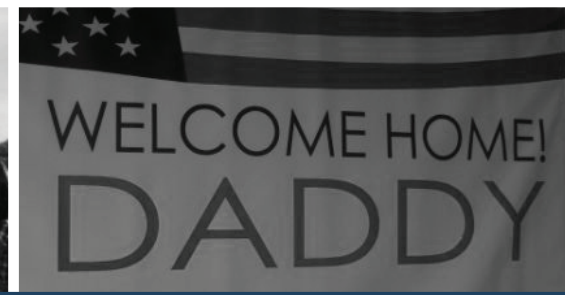
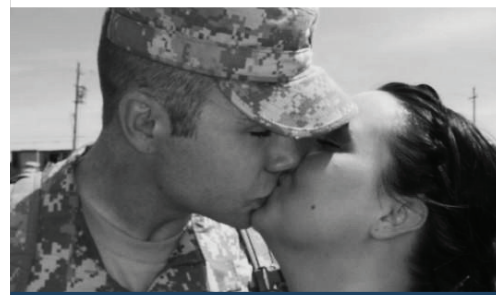
Published and Distributed by:

**VA Southern Oregon
Rehabilitation
Center and Clinics**

REINTEGRATION HANDBOOK



WELCOME HOME!



Dear Service Members and Family Members,

You and your families have made a tremendous sacrifice. While you courageously served our Country, your families proudly stayed at home to handle the day to day affairs, while wondering and worrying about your success and safety in the war zone. Our community wants to sincerely thank you for your service and sacrifice to our Nation.

Reunions can be both happy and stressful. Enclosed in this handbook is a complete listing of organizations and pertinent information that is intended to make this homecoming go as smoothly as possible. Specifically, community organizations who can support you during this time of transition, education about what to anticipate during the reintegration process, and a 12 month action plan to assist you and your family in achieving your desired goals over the next year and beyond.

The Southern Oregon community cares very much about it's Servicemembers and their families. In the coming months should there be a need beyond what this handbook can provide, please contact any of the organizations listed and you will be connected with the appropriate service. You and your family have served our Country well, now it is our turn to serve you!

Sincerely,

VA Southern Oregon Rehabilitation Center and Clinics

Table of Contents

- 2** Homecoming After Deployment – Expectations, Worries, and Strategies
- 4** VA Southern Oregon Rehabilitation Center and Clinics (SORCC)
VA SORCC OEF/OIF/OND Program
VA SORCC Klamath Falls and Grants Pass Clinics and Contact Information
- 8** Listings – Southern Oregon Community Agencies and Services
 - VA Service & Benefit Offices
 - Education
 - Vocational Support
 - Community Services/Agencies
 - Health and Human Services
 - Legal Assistance
 - Emergency Funding
 - Domestic Violence
 - National Assistance and Resources
- 25** Department of Veterans Affairs – A Summary of Benefits for National Guard and Reserve Personnel
- 29** Educational Assistance Benefits
- 31** My HealthVet
- 32** 12 Month Action Plan

(Cover) Oregon Army National Guard member says goodbye before deploying to Iraq in 2009 © Oregon Army National Guard. (Above) 4 year old twins, Nora and Ella Hensley wait patiently for their Dad. © 2009 (Opposite) SPC Christopher Willhaus greets his wife Kelli Willhaus after a 12 month deployment © 2009

Special Thanks: VA SORCC OEF/OIF/OND Team, Public Affairs Office, Southern Oregon Reintegration Team, and Community Partners.

HOME COMING AFTER DEPLOYMENT

Expectations, Worries and Strategies

With deployment, comes change. Knowing what to expect and how to deal with changes can make homecoming more enjoyable and less stressful. Below are some hints you might find helpful.



Expectations for Service Members:

- You may miss the excitement of the deployment for a while.
- Some things may have changed while you were gone.
- Face to face communication may be hard at first.
- Sexual closeness may also be awkward at first.
- Children have grown and may be different in many ways.
- Roles may have changed to manage basic household chores
- Spouses may have become more independent and learned new coping skills
- Spouses may have new friends and support systems.
- You may have changed in your outlook and priorities in life
- You may want to talk about what you saw and did; others may not want to listen, or you may not want to talk about it when others keep asking.

Expectations for Spouses:

- Soldiers may have changed.
- Soldiers, used to the open spaces of the field, may feel closed in.
- Soldiers also may be overwhelmed by noise and confusion of home life.
- Soldiers may be on a different schedule of sleeping and eating (jet lag).
- Soldiers may wonder if they still fit into the family.
- Soldiers may want to take back all the responsibilities they had before they left.
- Soldiers may feel hurt when young children are slow to hug them.

What Children May Feel:

- Babies less than 1 year old may not know you and may cry when held.
- Toddlers (1-3 years) may hide from you and be slow to come to you.
- Preschoolers (3-5 years) may feel guilty over the separation and be scared.
- School age (6-12 years) may want a lot of your time and attention.
- Teenagers (13-18 years) may be moody and may appear not to care.
- Any age may feel guilty about not living up to your standards.
- Some may fear your return ("Wait until mommy/daddy gets home!").
- Some may feel torn by loyalties to the spouse who remained.

Tips for Reunion

Reunion is part of the deployment cycle and is filled with joy and stress. The following tips can help you have the best possible reunion.

Tips for Service Members:

- Support good things your family has done.
- Take time to talk with your spouse and children.
- Make individual time for each child and your spouse.
- Go slowly when re-establishing your place in the family.
- Be prepared to make some adjustments.
- Romantic conversation can lead to more enjoyable sex.
- Make your savings last longer.
- Take time to listen and to talk with loved ones.
- Go easy on partying.

Tips for Spouses for Reunion:

- Avoid scheduling too many things.
- Go slowly in making adjustments.
- You and your soldier may need time for yourself.
- Remind soldier he or she is still needed in the family.
- Discuss splitting up family chores.
- Stick to your budget until you've had time to talk it through.
- Along with time for the family, make individual time to talk.
- Be patient with yourself and your partner.

Tips for Reunion with Children:

- Go slowly. Adapt to the rules and routines already in place.
- Let the child set the pace for getting to know you again.
- Learn from how your spouse managed the children.
- Be available to your child, both with time and with your emotions.
- Delay making changes in rules and routines for a few weeks.
- Expect that the family will not be the same as before you left; everyone has changed.
- Focus on successes with your children; limit your criticisms.
- Encourage children to tell you about what happened during the separation.

Final Word

Experiment with different ways of reconnecting with your loved ones and find which ones are the most helpful to you. Practice these suggestions, because like other skills, they work better with practice. If needed, talk to a counselor or to a doctor about your concerns. Reach out to people in the VA, the Vet Center, your friends, family, and your community. **Remember, you are not alone!**

VA Southern Oregon Rehabilitation Center and Clinics (SORCC) White City, Oregon

The VA Southern Oregon Rehabilitation Center & Clinics (VA SORCC) is a national resource for Veterans, demonstrating excellence in leadership, rehabilitation, and healthcare with compassion, competency and commitment. As VA's only free standing Rehabilitation Center, the SORCC serves as a regional and national resource for underserved special populations, e.g., homeless, chronically mentally ill, and substance abusers, providing quality residential treatment in psychiatry, addictions, medicine, bio-psychosocial, physical and vocational rehabilitation. Exemplary primary outpatient medical and mental health care is offered to Veterans living in the southern Oregon and northern California regions.

Primary Care

Primary Health Care involves a health care professional who will partner with you to take care of all of your general health care needs. Primary Care Mental Health Integration and Telehealth programs are also provided. Outpatient Social Work (PACT) staff are also available.

Social Work Service

Home Based Primary Care
Grant/Per Diem Program
Housing & Urban Development/VA Supported Housing Program (HUD/VASH)
Home Health Aide/Contract Adult Day Care
Community Residential Care Placement Services
Community Nursing Home Program
Outpatient Primary Care Triage

Vocational Rehabilitation

Services include an evaluation, a rehabilitation plan, short-term skills training, and placement with employers in the local community resulting in permanent full-time employment

Residential Care

The VA SORCC emphasizes rehabilitation as it provides a 6-9 month residential care program in a safe environment to Veterans, who need treatment for mental illness and substance abuse.

www.southernoregon.va.gov

Contact VA Southern Oregon Rehabilitation Center and Clinics (SORCC)

Toll Free: 800-809-8725
Main Switchboard: 541-826-2111
Dental: 541-830-7455

Veterans Advocacy Office
541-826-2111, ext 3657 or 7504
wolfgang.agotta@va.gov or rick.chirrick@va.gov

Substance Abuse

SORCC Residential Substance Abuse Treatment Program (SATP) offers intensive residential and outpatient treatment programs.

Mental Health/Psychology

Medication management
Individual /Group Therapy
Suicide Prevention
Cognitive Rehabilitation
Telehealth

Women's Program

The Women Veteran Program assists Women Veterans with the planning and coordination of VA Health Care Services at VA Medical Centers and Outpatient Clinics.

MST (Military Sexual Trauma)

MST treatment addresses gender and/or sexual orientation pressure or threats, sexual assault and/or rape.

VA-SORCC Chaplain's Office

Offers support for returning Servicemembers and their families. Both individual and couple's counseling is available by appointment.

Women Veterans: 541-826-2111, ext 3366
MST Coordinator: 541-826-2111, ext 3275
Pharmacy: 541-826-2111, ext 3606
Enrollment & Eligibility: 541-826-2111, ext 3245, 3210 or 3742
Chaplain's Office: 541-826-2111, ext 3318 or 3320

CIP (Community Integration Program)

Provides services to Veterans focusing on strengths, abilities, needs and desires. Criteria to be a part of CIP includes having no recent history of significant behavior problems, able and willing to participate, able to request help when needed and be free from Benzodiazepines and Opiates.

Recreation Therapy

Any outpatient can ask for a Recreation Therapy Consult from their primary care provider. This gives Veteran's access to all of our programs and facilities. (Golf course and driving range would still cost money) Veteran's could however come and use the game room, craft shops, bowling lanes, water exercise class, gym exercise class (6 weeks max). Veteran's could join often station activities, trips, bike rides, raft trips, skiing/ snowshoeing, fishing etc.

Veterans Justice Outreach

The purpose of the Veteran Justice Outreach Initiative (VJO) is to avoid the unnecessary criminalization of mental illness and extended incarceration among Veterans by ensuring that eligible justice-involved Veterans have timely access to VHA mental health and substance abuse services when clinically indicated, and other VA services and benefits as appropriate.
541-826-211 1, ext. 3305

VA Family Caregiver Support Program Overview

Family Caregivers are the devoted individuals who care for our Veterans; who live with war injuries, are chronically ill, or aging. Often, without a Caregiver, Veterans may not have the ability to remain in their own home. Caregivers help with a wide range of needs including, but not limited to, physical and emotional support and assistance with access to health care. The VA is making a strong effort to recognize the daily, selfless challenges of the Caregivers who support our Veterans. Family Caregivers of eligible Veterans of all eras may qualify for: skilled nursing, vehicle modification, home health aide, aid and attendance, home based primary care, support groups, medical equipment, up to 30 days of respite care per year, home modification, and education and training on care giving.

Family Caregivers of eligible Veterans seriously injured on or after September 11, 2011 may qualify for: all of the services available listed above, monthly caregiver stipend, CHAMPVA healthcare coverage, mental health services, at least 30 days of respite care per year including during required training, travel lodging and per diem as required during training, travel lodging and per diem during Veteran medical appointments.

**National VA Caregiver Support Line:
1-855-260-3274 toll-free**

**National VA Caregiver website:
www.caregiver.va.gov**

**VA SORCC Caregiver Support Coordinator
541-826-2111, ext. 3925**

www.southernoregon.va.gov

Veterans Crisis Line

Hotline 24/7: 1-800-273-8255, press 1 or text 838255

- Identify and track the mental health treatment for high risk for suicide patients
- Train, education and consult VA services and community partners to enhance suicide prevention and intervention efforts
- Any associated coordination of care to prevent emotional crises or preemptively prevent suicide
- VeteransCrisisLine.net

Operation Enduring Freedom/Operation Iraqi Freedom/ Operation New Dawn Program (OEF/OIF/OND)

“Our Turn to Serve You”

- Serves as a point of contact for all **OEF/OIF/OND Veterans** entering the VA system. Veterans who have served in Iraq, Afghanistan, or other ‘hostile fire’ areas included in the Global War on Terror since 9/11/01. Our program also provides services to those who participated in ‘designated combat zones’ dating back to 11/11/1998.
- All OEF/OIF/OND Veterans are assigned to the **Post Deployment Health Clinic**. This multi-disciplinary team approach provides comprehensive Primary Care, Mental Health Care, Case Management, Addiction Therapy, Suicide Prevention, Cognitive Rehabilitation, and Vocational and Recreational Therapy.
- OEF/OIF/OND Staff Provides **Case Management** to all seriously and non-seriously ill or injured Veterans who require additional, ongoing support.
- OEF/OIF/OND Staff assist with **Referrals and Advocacy** to support OEF/OIF/OND Veterans accessing services within VA SORCC and the local community.

5 Years of Enhanced Health Care: Veterans who served in a theater or combat operations after November 11, 1998 and who were released under other conditions other than dishonorable discharge, are eligible to receive cost-free or low-cost VA health-care for combat-related conditions and enhanced enrollment priority for five years after separation from active duty. After five years, services are still available for a co-pay, based on income and/or as these services directly relate to the Veteran’s service connected rating and condition(s).

“Combat Veteran” benefits include:

- Enrollment in Priority Group 6, unless eligible for enrollment in a higher priority group. These individuals will not be charged co-pays for medications and treatment potentially related to their combat service.
- Cost-free or low-cost care and medications for conditions potentially related to combat service.
- Access to VA’s medical benefits package
- One-time Dental Care **within 180 days** of separation from active duty status

Enroll in-person, by mail or at the VHA facility in the area where you desire to access care (White City VA address listed above) or complete VA Form 10-10 EZ, “Application for Health Benefits” at: www.va.gov/healthbenefits/apply. **Include copy of your DD-214 (military separation document) at time of registration, in-person or email.**

Chris Petrone, LCSW
OEF/OIF/OND Program Manager
541-826-2111 ext 3230 • 541-531-3274

Cindy Houston
OEF/OIF/OND Transition Patient Advocate
541-440-1282 • 541-285-3819

Danica Geiszler, MSW
OEF/OIF/OND Case Manager
541-826-2111 ext 3798 • 541-5261-7843

Roxanda Radomsky, RN
OEF/OIF/OND Case Manager
541 826-2111 ext 3663

Rachael Bannon, MS LPC
OEF/OIF/OND Case Manager
541-826-2111 ext 3436 • 541-690-6025

Location: Building 201, RMS 110D, 183, 270 and 272; Bldg 202, RM 220
Hours of Operation: 8:00am to 5:00pm
OEF/OIF/OND Veterans: www.southernoregon.va.gov/freedom.asp

VA Southern Oregon Rehabilitation Center and Clinics (SORCC) White City, Oregon *continued*

Klamath Falls CBOC Clinic

2225 N Eldorado Blvd
Klamath Falls, OR 97601
Phone: 541-273-6206
Hours of Operation: 8 am - 4:30 pm, Monday through Friday.

Grants Pass West Community Based Outpatient Clinic*

1877 Williams Highway
Grants Pass, OR 97527
Phone: 541- 955-5551
Hours of Operation: 8 am – 4:30pm, Monday through Friday.

*Veteran must enroll prior at White City parent facility.

Lakeview Outreach Clinic

Lakeview VFW Hall, 1130 N 4th Street
Lakeview, OR 97630
Clinic is held each Tuesday, 10 am-2pm (weather permitting)
Contact Klamath Falls VA CBOC for questions/appointments: (541) 273-6206
All Enrollment and eligibility is reviewed and established thru White City’s eligibility office.

Other Oregon VA’s and Clinics:

Roseburg VA Medical Center (800-549-8387):

OEF/OIF Team

Program Manager: Scott Scampini	Cell: 541-378-8342
Case Manager: Darci Moody (Roseburg)	541-440-1000 Ext. 45412
	Cell: 541-784-7895
Transition Patient Advocate: Cindy Houston	541-440-1282
	Cell: 541-285-3819

www.roseburg.va.gov

OEF/OIF Veterans: www.roseburg.va.gov/freedom.asp

Portland VA Medical Center (800-949-1004):

OEF/OIF/OND Team

Main Line: 503-220-8262 ext. 53062	
Program Manager: Jenylyn Merrill	503-220-8262 Ext. 57044
Transition Patient Advocate: Darla Darville	503-220-8262 Ext. 57049

www.portland.va.gov

OEF/OIF Veterans: www.portland.va.gov/freedom.asp

VA Services & Benefits Offices

Grants Pass Vet Center

211 S.E. 10th Street, Grants Pass, OR 97526
Hours of operation: 8am-4:30pm, M-F.
After hour appointments are available upon request.

The primary mission of the Vet Center is to seek out veterans suffering life readjustment problems related to their combat experiences, or as a result of sexual assault or harassment occurring while on active duty. Vet Centers provide free individual and marriage counseling and referral services to facilitate a successful readjustment to civilian life. Vet Centers are also 100% confidential. We do not share any information with the VA or DoD.

Staff: Chris Cooper, Outreach Worker, OIF veteran
☎ 541-479-6912 / fax 541-474-4589
🌐 www.vetcenter.va.gov

Josephine County Veterans Service Office

500 NW 6th St., Dept. 15, Grants Pass, OR 97526
Contact: Lisa Pickart

The Josephine County Veteran Service office assists veterans and their dependents in obtaining benefits provided for them by county, state and federal Law. Josephine County has established a comprehensive outreach program providing veterans with assistance in outlying areas and local care facilities.

☎ 541-474-5454

Jackson County Veterans Service Office

1000 East Main, Ste. #3, Medford, OR 97504
Contact: Bob Carson, Manager
Renee Burgdorf, Service Officer
Tonya Flockoi, Service Officer

Hours: 8am-12pm, M-F & 1-5pm by appointment
Figuring out your benefits can be confusing and complicated. Jackson County Veteran Services Office is here to help. We will provide free help with the process of filing claims for disability, pension, health care and educational benefits for veterans and dependents; obtaining earned medals and military awards. Our goal is to reach out to the veterans in our community and help them obtain the benefits they are entitled to.

☎ 541-774-8214 / fax 541-774-8177
✉ jcvso@jacksoncounty.org

Klamath County Veterans Service Office

123 N. 4th Street, Klamath Falls, OR 97601
Contact: Kathy Pierce & Kim Burk

Provides assistance to veterans and their dependents in filing for Federal and State benefits. Our staff interprets regulations, helps gather required documentation and assists in filing claims for service-connected disability, pension and for survivor and dependents benefits. We offer referrals for VA Healthcare, prosthetic services, replacement of military records, application for medals and certificates, education assistance, State and Federal home loans, and alcohol and drug dependency treatment.

To schedule an appointment, please contact
☎ 541-883-4274

Siskiyou County Veterans Service Office

Northern California
Contact: Tim Grenvik
105 E. Oberlin Rd., Yreka, CA 96097
☎ Phone: 530-842-8010 / Fax: 530-841-4314

Disabled American Veterans Office (DAV)

White City VA (VA SORCC)
8495 Crater Lake Highway, White City, OR 97503
Office hours: M & W, 9am-3pm.
Joseph Fidura, ext. 3461

Disabled American Veterans (DAV) office offers assistance to Veterans in preparing and filing claims for service connected compensation and non service connected pensions with the Department of Veterans Affairs. Assistance is also offered to file forms on the veterans behalf to receive services from the VA; most VA forms are on file in the office. Transportation services are also offered in-between VA facilities throughout the State of Oregon to support Veterans getting to and from scheduled VA medical appointments.

Transportation Service

☎ 541-826-2111 / 800-809-8725 ext 3619

Oregon Department of Veteran Affairs

The Oregon Department of Veterans' Affairs (ODVA) continues to build better lives for military veterans, spouses, and their families living in Oregon. From helping veterans obtain earned medals and military awards to filing claims for education benefits, ODVA is here with you every step of the way. The wide array of programs and services are provided by a grateful nation and state. All information regarding contacting ODVA and services are listed on our website.

☎ 1-800-828-8801

🌐 www.vetcenter.va.gov

Education

For more information on the Montgomery GI Bill and Post 9/11 GI Bill, see the Educational Assistance Benefits section on page 29 of this guide.

Veterans Representatives

Lane Community College

Ellen Jones ☎ 541-463-5663
✉ vaedbenefits@lanecc.edu

Umpqua Community College

Ann Abel ☎ 541-440-4621
✉ Ann.Abel@umpqua.edu

Southwestern Oregon Community College

Shana Brazil ☎ 541-888-7236
✉ sbrazil@socc.edu

University of Oregon

Office of the Registrar ☎ 541-346-3119
✉ veterans@uoregon.edu

Mary Earp, Oregon Hall, 2nd Floor
5257 University of Oregon, Eugene, OR 97403

Southern Oregon University

1250 Siskiyou Blvd, Ashland, OR 97520

The Southern Oregon University community greatly appreciates the service of our returning Veterans and we are honored to be a part of this handbook. SOU is a four-year public university specializing in liberal arts, sciences, and select graduate and professional programs. Our rich liberal arts and sciences curriculum is balanced with career-focused preparation. We are a Veteran-friendly campus with the educational curriculum, learning opportunities, faculty relationships and support services that will lead to your academic and career success.

Admissions ☎ 541-552-6411
🌐 www.sou.edu
🌐 www.sou.edu/admissions/veterans

Educational Benefits, Eligibility & Support Veterans Certification Official

✉ veteranservices@sou.edu

Veterans Representative – Billy Burnett

☎ 541-552-6107

Academic Advisors

Heather Saunders-Harbaugh, Medford
☎ 541-552-8103 • saundersh@sou.edu
Stacy Derrig, Medford ☎ 541-552-6213
Jodie Ruggiero, Ashland ☎ 541-552-6027
✉ ruggieroj@sou.edu
🌐 www.sou.edu/access/vets

Support & Advocacy

Veterans Resources Office at the Computer Resource Center (CRC) ☎ 541-552-6107
✉ VRO@sou.edu
🌐 www.sou.edu/su/crc/veterans

Mental Health Services

Victor Chang, Director of Counseling
Student Health & Wellness Center
☎ 541-552-6813 • ✉ changv@sou.edu
🌐 www.sou.edu/health

Student Veterans Association

☎ 541-552-6107
🌐 www.sou.edu/su/crc/veterans/sva

Rogue Community College

Our online information at www.roguecc.edu/veterans should answer most of your questions about getting started at RCC, as well as how to apply for Educational Benefits through the U.S. Department of Veterans Affairs. On each RCC campus, a Veterans Certifying Official works closely with our Veteran students to certify their enrollment each term and verify that selected classes fall within the student's approved degree or certificate program. If your questions are not answered at the online site, please contact Teri Smith or Nikki Johnson for additional assistance.
🌐 www.roguecc.edu

Riverside Campus

Veterans Advisor – Will Reynolds
☎ 541-245-7738
✉ tsmith@roguecc.edu

Redwood Campus

Veterans Advisor – Nikki Johnosn
☎ 541-956-7109
✉ njohnson@roguecc.edu

Table Rock Campus

☎ 541-245-7747
✉ hadair@roguecc.edu

TRIO

Veterans are also eligible for assistance with admission and financial aid and processes. In addition to Veteran's Educational Benefits, Veterans may be eligible for Federal Pell Grant funding. Please contact TRIO Educational Opportunity Center for such assistance.

TRIO Transition Specialist – Josephine County
Leela De Costa ☎541-956-7097

✉ldacosta@rogucecc.edu

Amanda Peterson ☎541-245-7699

✉apetereson@rogucecc.edu

Oregon Institute of Technology

3201 Campus Drive, Klamath Falls, OR 97603

☎541-885-1000

🌐www.oit.edu

Veteran Student Coordinator

Susan Richards ☎541-885-1302

✉ Susan.Richards@oit.edu

Klamath Community College

7390 South 6th Street, Klamath Falls, OR 97603

Tracy Heap ☎541-882-3521

☎541-880-2214

🌐www.klamathcc.edu

Vocational Support

WorkSource Oregon Employment Dept.

119 N. Oakdale Ave, Medford

☎541-776-6060

☎Grants Pass: 541-244-3248

Chuck Hanger

Business & Employment Specialist, DVOP

☎Medford: 541-776-6060, ext 225

✉Charles.e.hanger@oregon.gov

Orlando Williams

Veterans Representative, DVOP

801 Oak Avenue, Klamath Falls, OR 97601

☎541-850-4554

✉Orlando.williams@oregon.gov

🌐www.worksourceoregon.org

Employer Support of the Guard & Reserve (ESGR)

National ESGR Committee Website: esgr.mil

The ESGR seeks to gain and maintain employer support for Guard and Reserve service by educating service members and employers about their rights and responsibilities under the Uniformed Services Employment and Reemployment Rights Act (USERRA).

1 - Recognizing outstanding employer support through our awards program.

2 - Resolving conflicts between a service member and the civilian employer through mediation.

Local Contact: Richard McReynolds

Area 4 Chair, ESGR ☎541-864-9876

✉rmcrey@jeffnet.org

State Level Contact: Laine Encabo

Program Support Technician

☎503-584-3442 / fax: 503-584-3962

✉alaine.c.encabo.ctr@mail.mil

Ombudsman Contact: Dianne Nordhaus

Ombudsman Director ☎503-584-3445

✉ORESGRHELP@gmail.com

The Job Council

Jackson County: 35 S. Bartlett Street, Medford, OR 97504 ☎541-776-5100

Josephine County: 1569 NE "F" St, Grants Pass, OR 97526 ☎541-476-1187

The Job Council is dedicated to "providing people of all ages and backgrounds with comprehensive workforce development services that are tailored to meet the individual needs of each person" including career assessment and counseling, foundational skills workshops, career training/certification, tools for a successful job search, and how to get promoted in your current job.

🌐www.jobcouncil.org

State of Oregon Vocational Rehabilitation Medford

☎541-776-6035

28 S. 6th Street, Ste A, Medford, OR 97501

We provide vocational rehabilitation services to disabled Oregonians who need assistance in obtaining and/or maintaining employment. There is an eligibility process and any services provided are dedicated to return to community, competitive and integrated work.

Klamath Falls

☎541-883-5614

801 Oak Ave, Klamath Falls, OR 97601

Grants Pass

☎541-474-3130

725 NE 7th Street, Ste C, Grants Pass, OR 97526

Department of Veterans Affairs Vocational Rehabilitation & Employment Chapter 31

1237 N. Riverside Ave, Ste. 30, Medford, OR 97501

Vocational Rehabilitation Counselors &

Case Managers:

Jennifer Swatez, MS, CRC ☎541-772-0291

Roger May, MS, CVE, CRC ☎541-772-0155

✉Jennifer.swatez@va.gov

✉Roger.may@va.gov

Bureau of Labor and Industries

119 N. Oakdale Avenue, Medford, OR 97501

BOLI's mission is to protect employment rights, advance employment opportunities, and protect access to housing and public accommodations free from discrimination. BOLI's four principal duties are to: 1) protect the rights of workers and citizens to equal, non-discriminatory treatment through the enforcement of anti-discrimination laws that apply to workplaces, housing and public accommodations; 2) encourage and enforce compliance with state laws relating to wages, hours, and terms and conditions of employment; 3) educate and train employers to understand and comply with both wage and hour and civil rights laws; and 4) promote the development of a highly skilled, competitive workforce in Oregon through apprenticeship programs and through partnerships with government, labor, business, and educational institutions. We also have a memo of understanding with the military in relationship with apprenticeship and direct entry for Veterans and the capability of writing individual training programs so that military members can access their educational benefits for apprenticeship purposes.

Roseanna Ayers — Apprenticeship

Representative ☎541-776-6201

US Department of Labor

Veterans Employment and Training Service

Oregon Office

☎503-947-1490

🌐www.DOL.GOV/Vets/

Small Business Development Center Higher Education Center

101 S. Bartlett St., Rm 130, Medford, OR 97501

SBDC services are available to anyone who owns or operates — or is considering starting — a small business in Oregon.

☎541-552-8300

🌐www.BizCenter.org

Grants Pass

214 SW Fourth St., Grants Pass, OR 97526

☎541-956-7494

Klamath Falls

7390 S. 6th St., Klamath Falls, OR 97603

☎541-880-2278

Community Services/Agencies

DEERS

Military ID processing on Wednesdays from 8am-12pm and 12:30pm-4pm

Medford Armory: 1701 S. Pacific Hwy Medford, OR 97501

☎541-618-5876

Hours of Operation: M-F, 7am-3:30pm

173rd FW Oregon ANG, Klamath Falls IAP

211 Arnold Ave., Bldg. 211, Rm. 306

Kingsley Field ANGB, Klamath Falls, OR 97603

☎541-885-6133

Congressman Greg Walden

14 N. Central Ave., Ste. 112, Medford, OR 97501

Contact: Troy Ferguson

As your US Representative, Congressman Walden will do everything he can to help you address any questions, issues or problems you may be having with the federal government. While he cannot ask an agency to go against any laws or policies, he will do whatever he can to help resolve your issue and get your questions answered.

☎541-776-4646

✉Walden.house.gov

**Oregon Warrior Reintegration/
Career Transition Assistance Team
Joint Transition Assistance Program (JTAP)**

JTAP empowers returning service members, Veterans and commands with reintegration back into their communities, careers, education, health care and families. We will achieve this with innovative outreach through partnerships in Oregon, and other areas as needed.

State Level Contact (for referral to local assistance):
Craig Snitker [📞Office: 503-584-2393](tel:503-584-2393)
[📞Cell: 541-428-8032](tel:541-428-8032)
[🌐www.orng-smfs.org](http://www.orng-smfs.org)

Oregon Military Assistance Helpline
[📞800-511-6944](tel:800-511-6944)

Family Assistance Specialist (FAS)

Tracey Haeckler

“One call does it all.” Family Assistance Specialists (FAS) are located around the nation to serve the needs of service members and their families by providing Six Essential Services. Whether pre, during or post deployment, each FAS can offer information and referral services to all service members and their families regardless of their branch of service or duty status.

Tracey Haeckler
Oregon National Guard Family Assistance Spec.
HRCI (Contractor)
[📞541-618-5863](tel:541-618-5863) [📞541-321-3051](tel:541-321-3051)
[✉tracey.l.haeckler.ctr@mail.mil](mailto:tracey.l.haeckler.ctr@mail.mil)
[🌐www.orng-smfs.org](http://www.orng-smfs.org)
www.twitter.com/OR_YellowRibbon
www.jointservicesupport.org
www.facebook.com/medfordor.fas

Addictions Recovery Center

The Addictions Recovery Center is a private 501(c)(3) nonprofit (residential and outpatient) addiction treatment provider approved by Oregon Health Authority. The ARC has been providing addiction treatment and recovery services in Southern Oregon for 4 decades. Our team of 50 staff and contractors includes 20 clinical service providers all of whom have the requisite training and background in Chemical Dependency Services. Our services include a complete continuum of care from drop in sobering to transition housing for women, men and families. We provide residential and outpa-

tient chemical dependency treatment services including utilizing evidence based practices that are gender specific and are appropriate for dually diagnosed and criminal justice referred populations. Treatment, transition housing, and mental health respite services available to Veterans.

[📞541-779-1282](tel:541-779-1282) / Fax: 541-779-2081
Pat Murphey – Veterans Services Coordinator
[📞541-774-8232](tel:541-774-8232)
[🌐www.addictionsrecovery.org](http://www.addictionsrecovery.org)

Returning Veterans Project

Our Mission: Returning Veterans Project is a non-profit organization comprised of politically unaffiliated and independent health care practitioners who offer free and confidential services to returning Veterans and service members of the current Iraq and Afghanistan campaigns and their families. Services are available in Oregon and Southwest Washington.

[📞503-954-2259](tel:503-954-2259)
[🌐www.returningveterans.org](http://www.returningveterans.org)

Oregon Partnership Lines For Life

Oregon Partnership exists to end substance abuse and suicide.

Alcohol and Substance Helpline:
[📞1-800-923-4357](tel:1-800-923-4357)
Suicide Lifeline and Mental Health CrisisLine:
[📞1-800-273-8255](tel:1-800-273-8255)
www.linesforlife.org

Military Helpline:
[📞888-HLP-4-VET \(888-457-4838\)](tel:888-HLP-4-VET)

American Red Cross

“To alleviate hardship and resolve problems cause by separation, dislocation by war, illness, death and non-receipt of various government benefits” is the mandated purpose of the Armed Forces Emergency Services program.

60 Hawthorne St. Medford, OR 97504
[📞541-779-3773](tel:541-779-3773)
Armed Forces Emergency Services:
[📞800-733-2767](tel:800-733-2767)
www.redcross.org/or/medford

Wounded Warrior Project

2223 Alaskan Way #220, Seattle, WA 98121
Wounded Warrior Project (WWP) takes a holistic approach when serving warriors and their families to nurture the mind and body, and encourage economic empowerment and engagement. Through a high-touch and interactive approach, WWP hopes to foster the most successful, well-adjusted generation of wounded service members in our nation's history.

[📞206-441-7096](tel:206-441-7096)
[🌐www.woundedwarriorproject.org](http://www.woundedwarriorproject.org)

Military OneSource

Military OneSource is a free service provided by the Department of Defense to service members and their families to help with a broad range of concerns including money management, spouse employment and education, parenting and child care, relocation, deployment, reunion, and the particular concerns of families with special-needs members. They can also include more complex issues like relationships, stress, and grief. Services are available 24 hours a day by telephone and online. Many Military OneSource staff members have military experience (Veterans, spouses, Guardsmen, Reservists), and all receive ongoing training on military matters and military lifestyle. The program can be especially helpful to service members and their families who live at a distance from installations.

Oregon Contact: Meloni Beauchamp
[📞503-583-0324](tel:503-583-0324)
[✉Meloni.Beauchamp@militaryonesource.com](mailto:Meloni.Beauchamp@militaryonesource.com)
National Number: [📞1-800-342-9647](tel:1-800-342-9647)
[🌐www.militaryonesource.mil](http://www.militaryonesource.mil)

American Legion

Contact: Bob Huff

Activities:

- Temporary Financial Assistance (TFA)
- Troop Support (TS2) Program
- Scholarship Programs/ High School and Legacy Programs
- Hometown to Heroes Program (H2H)
- Family support, children and youth, youth and HS programs

[📞541-601-9283](tel:541-601-9283)
[✉huffe4@aol.com](mailto:huffe4@aol.com)

Community Works, Inc

201 W. Main St. Suite 3D, Medford, OR 97501
Our Youth & Family Counseling Services program provides mental health services designed to assist people in managing their lives more effectively and achieving greater satisfaction within themselves, their relationships and their community. Treatment reinforces the skills and strengths of individuals and families and emphasizes personal growth, development and situational change. Insurance, OHP and private pay is accepted. For children we have a generous sliding fee scale. Provides one-on-one support, classroom trainings, life skill support and follow up services.

[📞541-779-2393](tel:541-779-2393)
[🌐www.community-works.org](http://www.community-works.org)

Rogue Retreat

529 N. Riverside Ave., Medford, OR 97501
Office hours: 10am-5pm BY APPOINTMENT ONLY

Rogue Retreat is a 501(c)3 non-profit organization that was established in 1998. The primary mission of Rogue Retreat has been to help people in their life journey recover from all types of addictions and dysfunctions. Rogue Retreat “envisions a community where people who have been homeless are empowered to strengthen the quality of their lives to reach their full potential. We give hope to the homeless through affordable housing, accountability and life coaching. This is accomplished through providing a combination of affordable housing, case management, housing inspections, life-skills training classes and a clean and sober living environment.” Rogue Retreat is an independent organization, managed and controlled by a volunteer board of directors.

[📞541-499-0880](tel:541-499-0880)
[🌐www.rogueretreat.org](http://www.rogueretreat.org)

ACCESS

Supports veterans and their families who are struggling with homelessness with our Support Services for Veterans & VA Families Program (SSVF) funded by the Department of Veteran Affairs. The objective of this program is to assist families transitioning from homelessness to permanent housing and to prevent families from becoming homeless.

We provide security deposits or rent and utilities for eligible families, and may assist with other expenses that support stable housing such as:

- Rent or security deposits
- Utilities
- Job search costs
- Child Care
- Clothing or tools needed for work
- Education opportunities

ACCESS works with other local agencies to provide outreach to veterans, personalized case management, assistance in obtaining VA and other benefits, and community referrals.

☎ Contact ACCESS: 541-774-4322

Every Veteran deserves a good home.

Women and Children Shelter

Check-in daily at 2pm

534 N. Bartlett St., Medford, OR 97501

☎ 541-772-2931

Medford Gospel Mission

125 W. Jackson St., Medford, OR 97501

The Medford Gospel Mission was established in 1959 as a result of many concerned people in our community for the homeless and poor. Concerned individuals gathered daily to prepare and serve meals as well as give away clothing to people in need. Nightly local pastors came and preached the Good News of the Gospel of Christ to all who would listen. Over fifty years have passed and we are still at it. Still cooking three meals a day, providing showers and toiletries to those in need, giving away clothing to anyone that needs a hand up, relying on volunteers in the community to help us in the work of caring for people in need, and still providing everything free of charge to all who are in need. We also provide various long-term and short-term Spiritual Growth Programs. We have developed programs for men and women that are designed to produce mature

believers that are active in local churches in our community. We also have a program that works with young mothers that teach parenting skills.

☎ 541-779-1597

www.medfordgospelmission.org/

Gospel Rescue Mission, Grants Pass

Fikso Family Center – Women’s Shelter

530 SW Foundry St., Grants Pass, OR 97526

☎ (541) 476-0082

Wagner Hall – Men’s Shelter

540 SW Foundry St., Grants Pass, OR 97526

☎ (541) 476-0082

Klamath Falls Gospel Mission

823 Walnut Ave., PO Box 87

Klamath Falls, OR 97601

The Gospel Mission provides shelter to the homeless and we are able to provide 55 beds for men, 15 beds for women and children, three meals a day, hot showers and clean clothing.

☎ (541) 882-4895

Salvation Army

Medford (Citadel), OR, Corps Community Center

304 Beatty Street, Medford, OR 97501

Services Offered:

- Rehabilitation
- Aid to Families
- Disaster Services
- Emergency Financial Assistance
- Food & Nutrition Programs
- Seasonal Services
- Transitional Housing
- Camping Activities
- Visitation Services
- Worship Services - Children’s / Teen
- Worship Services - Church
- Christian Education
- Men’s Ministries
- Music & Arts Programs
- Worship Services - Sunday School
- Women’s Ministries
- Worship Services - Young Adult
- Worship Services - Youth Ministries
- Character Building Programs
- Day Camp Activities
- Latchkey Programs
- Residential Camping Activities

☎ 541-773-6965

Grants Pass, OR, Corps Community Center

2543 Redwood Avenue, Grants Pass

Services Offered:

- Food & Nutrition Programs
- Seasonal Services
- Camping Activities
- Visitation Services
- Worship Services - Children’s / Teen
- Worship Services - Church
- Christian Education
- Worship Services - Sunday School
- Women’s Ministries
- Worship Services - Young Adult
- Worship Services - Youth Ministries
- Character Building Programs
- Residential Camping Activities

☎ 541-955-1017

Service Extension Social Service Centers:

Klamath Falls Service Unit

2960 Maywood Dr., Units 12 & 13, Klamath Falls

Services Offered:

- Emergency Shelter
- Food & Nutrition Programs
- Seasonal Services

☎ 541-892-2723

St. Vincent de Paul

Medford

2424 N. Pacific Hwy (Hwy 99), Medford, OR 97501

Office and Social Services: M-F, 10am-2pm

Dining Room: M-Sa, 11am-1pm

Pantry: 3rd & 4th Fridays of each month, 10am-1pm

Dental Van days vary, call office for time & dates

☎ 541-772-3828

🌐 www.stvincentdepaulmedford.info

Grants Pass

132 SE “H” Street, Grants Pass, OR 97526

The Saint Vincent de Paul Social Services Office of Grants Pass serves residents of Josephine County, as well as transient people who are in need of assistance. Our door is open to all. We operate entirely with volunteers, and are open on Mondays, Wednesdays, and Fridays from 10 AM until 3 PM (open during lunch hour also).

☎ 541-479-0926

Jackson County Veterans Allied Council (JCVAC)

Contact: Bob Huff, Chair

Council of ten veterans organizations in Jackson County all with programs supporting veterans and their families.

☎ 541-601-9283

✉ huffe4@aol.com

Military Order of the Purple Heart

Rogue Valley Chapter 147

Lawrence Rupp

✉ llrupp46@gmail.com

☎ 541-779-8328

🌐 <http://mophor.org/ch147.htm>

River Valley Community Church

405 NE 6th Street, Grants Pass, OR 97526

We desire to provide some options for relationship healing and growth to the soldier, their spouse, and their families. Examples of these options include, but are not limited to:

- Marriage enrichment (retreats, date nights w/childcare, etc.);
- Family fun time (family camp at a ranch, guided fishing trips, golf, etc.);
- Practical helps (car care, parenting classes, financial counseling, etc.)

These opportunities would be provided for free or at a greatly reduced cost to the soldier and their family.

Kathi Brown

☎ 541-476-7761, x115

✉ kbrown@rivervalleycc.org

Soldier’s Heart

Michael Phillips “Magoo”

Veteran Representative Volunteer

Southern Oregon Contact & Spokesperson

☎ 541-690-1173

☎ 541-324-1820

✉ mikemagoo1@hotmail.com

🌐 www.soldiersheart.net

The Welcome Home Project

Bill McMillan

Healing happens when the burdens of war can be shared by the greater community. The mission of the Welcome Home Project is to bridge the historic gap between civilian and military worlds through the production and distribution of the documentary film, Voices of Vets. The film will be used to inspire programs which are based in the understanding that true healing for veterans requires awareness, acceptance and active participation by the people in local communities nationwide. We welcome you to join our online network.

☎ 541-821-4798

✉ mcmillan@ccountry.net

🌐 www.thewelcomehomeproject.org

The Brain Injury Alliance of Oregon (BIAOR)

PO Box 549, Molalla, OR 97038

Helping Oregonians and their families cope with brain injuries

☎1-800-544-5243

🌐www.biaoregon.org

National Alliance on Mental Illness – Southern Oregon (NAMI-SO)

Josephine & Jackson Counties

140 S. Holly St. Medford, OR 97501

NAMI-SO provides mental health oriented support and education to persons who have had problems such as depression, psychosis, and PTSD. Families are also given support and assistance to understand and better cope with the difficulties their loved ones experience. One example of NAMI service is the 12-week (one meeting per week) FAMILY TO FAMILY EDUCATION CLASS that explores various mental difficulties of a family member and the challenge that presents to the rest of the family.

Patricia Garoutte – Medford Contact

☎541-774-7872

Rebecca McNair – Klamath Falls Contact

☎541-591-3514

🌐www.nami.org

ColumbiaCare

3587 Heathrow Way, Medford, OR 97504

ColumbiaCare is a mental health treatment agency that specializes in designing, developing, and operating residential programs across Oregon, Washington and Idaho. In addition to residential services, we also provide comprehensive mental health treatment, short-term crisis stabilization, and suicide prevention services for adults and youth. Most referrals are by way of State, Region, or County Mental Health agency — however, we will process private requests for services.

☎541-858-8170

✉info@columbiacare.org

🌐www.columbiacare.org

Kolpia Counseling Services

10 S. Bartlett St., Ste 204, Medford, OR 97504
611 Siskiyou Blvd., Ashland, OR 97520

Kolpia Counseling Services offers a patient-centered integrative approach to helping our community heal, learn and grow through the

difficulties of substance abuse, addiction and mental health afflictions. Kolpia's staff of counselors are all certified and/or licensed in the State of Oregon. We are licensed by the State of Oregon to provide chemical dependency treatment for adults and adolescents.

☎Medford Office: 541-227-6729

☎Ashland Office: 541-482-1718

🌐www.kolpiacounseling.com

Help Now Advocacy Center

33 N. Central, Medford, OR 97501

Help Now Advocacy Center is a non-profit organization located in Southern Oregon providing advocacy services to those in need to assist our clients in addressing and solving crisis issues. The focus of Help Now is to assist in negotiating and mediating issues and referrals. Help Now does not provide any legal advice.

☎541-732-1911

🌐www.helpnowadvocacy.org

Oregon Commission for the Blind

724 S. Central Ave, Ste. 110, Medford, OR 97501

☎(541) 776-6047 • (888) 202-5463

Oregon Commission for the Blind is a state agency that has been providing low vision and blind services to Oregonians, including veterans, since 1947. We provide Vocational Rehabilitation services to adults whose vision impairment meets the criteria for legal blindness. Additionally, this agency has an Older Blind Program which provides blindness home visits, needs assessments and independence skill training for low vision adults over the age of 55. The Medford office currently serves Jackson, Josephine, Klamath, Lake, Curry and Douglas Counties.

Vocational Rehabilitation: Jane Hagel

✉jane.hagle@cfb.state.or.us

PTSD-RRTP VA Roseburg Healthcare System

913 NW Garden Valley Blvd., Roseburg, OR 97470

The Roseburg VA PTSD-RRTP is a residential rehabilitation treatment program that focuses on providing Veterans with treatment for combat related Post Traumatic Stress Disorder in a safe clinical environment. The PTSD-RRTP provides a 24 hour a day, 7 day per week treatment environment that focuses on helping Veterans to achieve the following: Understand PTSD

symptoms, identify thoughts, beliefs and behaviors that contribute to lifestyle difficulties, practice communication and socialization in a safe environment of peers and healthcare providers, explore one's definition of a life worth living, develop a commitment to change, and identify ongoing goals for outpatient treatment following completion of the PTSD-RRTP program.

☎541-440-1000 extensions:

44050, 44163, 44683

Vets4Warriors Program

The Vets4Warriors Program is a DoD funded, national, peer support program staffed entirely by Veterans 24 hours and day, 7 days a week. We are available by phone at 1-855-838-8255 or through live chat and/or email online at www.Vets4Warriors.com. Vets4Warriors had a formal relationship with the National Veterans Crisis Line. For any caller we receive at Vets4Warriors who is in active crisis, we will warm transfer that caller to the National Veterans Crisis Line. Likewise, when the National Veterans Crisis line receives a non-crisis call from a Veteran who wants peer support, that are able to transfer or refer those callers to Vets4Warriors.

☎1-855-838-8255

🌐www.Vets4Warriors.com

Center for Suicide Prevention

3587 Heathrow Way, Medford, OR 97504

ColumbiaCare's Center for Suicide Prevention offers Applied Suicide Intervention Skills (ASIST) workshops throughout Oregon and coordinates the state network of ASIST trainers. Applied Suicide Intervention Skills Training (ASIST) is the most widely used suicide intervention skills training in the world. ASIST is a two-day intensive, interactive and practice-dominated course designed to help caregivers recognize suicide risk and learn what to say and do to prevent the immediate risk of suicide. The workshop, designed by Living Works Education, Inc., is for all gatekeepers (any person in a position to help others at risk of suicide). This includes professionals, paraprofessionals and laypeople. ASIST has been reviewed and approved for inclusion on the State of Oregon's Addictions and Mental Health Services' Approved List of Evidence Based Practices and is a recognized Best Practice listed with the SPRC/AFSP Best Practices Registry for Suicide Prevention. We also provide Response, a

comprehensive high-school-based suicide prevention program. In addition to offering Response and ASIST, we provide consultation regarding training development and curricula design services for a variety of clients, suicide screening in primary care settings, and Crisis Resolution Centers, a less costly alternative to acute hospitalization, are also developed and operated through the Center.

Gary McConahay, Ph.D., Clinical Director

✉gmconahay@columbiacare.org

☎541.858.8170

🌐www.columbiacare.org

Lutheran Community Services Northwest

Klamath Counseling Center

2545 N. Eldorado Ave., Klamath Falls, OR 97601

Since 1977 Lutheran Community Services NW has been providing community outpatient mental health and addiction treatments and we now provide physical therapy. At Lutheran Community Services we have tools, resources, and counselors to help you make positive changes in your life. We believe you or someone you love can recover from illness and lead a productive, healthy life. We offer a respectful environment, positive attitudes and an atmosphere of partnership. We know we are not the experts about what is going on in your life, you are. We offer individual, group and marriage counseling and physical therapy, specializing in crisis intervention, trauma and addiction to our community members including Military Veterans, Active Duty personnel, National Guard and Reserve soldiers. Military personnel and Veterans are an important part of our community and we are dedicated to helping you make the changes in your life that you would like to.

☎541-883-3471

🌐www.lcsnw.org/klamath

Phoenix Counseling Center

149 South Main St., Phoenix, OR 97535-6631
Please call prior to arrival as options may have changed at this location.

☎541-535-4133
🌐www.phoenixcounselin.org

Community Counseling Center of Ashland

600 Siskiyou Blvd., Ashland, OR 97520
A community of counselors providing counseling for the community offering affordable counseling for adults, couples, families and children. Licensed counselors and registered, supervised counseling interns. Our services are covered by most insurance!

☎541-708-5436
🌐www.cccofashland.com

Childrens Advocacy Center

816 W. 10th St., Medford, OR 97501
Our Mission: To meet the needs of children and families in our community by providing a community-based, child-focused center that facilitates a compassionate, multidisciplinary approach to the prevention, treatment, identification, investigation, and prosecution of child abuse.

☎541-734-KIDS(5437)
🌐www.cacjc.org

Rogue Community Health

"At Rogue Community Health we've been caring for families since 1972. What began as a volunteer women's clinic above a sweet shop in Ashland, Oregon, has grown to four clinic sites plus a school-based health center serving the communities of Jackson County, Oregon. We provide the most affordable, timely and quality primary and preventive medical care for low-income families. Our success is in our partnerships with our patients and **community**. We are proud of our rich history and look forward to continuing to build our capacity in order to serve our growing community."

Medford: ☎541-773-3863
Ashland: ☎541-482-9741
Butte Falls: ☎541-842-7799
White City: ☎541-826-5853
🌐www.roguecommunityhealth.org

Ashland Integrative Medicine

190 Oak St., Ste. 2, Ashland, OR 97520
Ashland Integrative Medicine specializes in multi-modality pain management, sports medicine and preventative medicine. We primarily use acupuncture, nutrition therapy, herbal medicine and yoga therapy to help our patients from an integrative and holistic perspective. We also work with our patients' other healthcare providers to create a comprehensive medical team. Ashland Integrative Medicine was founded by SGT Joshua Graner a former 82nd Airborne Div field medic and has a personal interest in helping soldiers and Veterans.

☎541-708-1595
🌐www.acupunctureashland.org
✉Joshua@acupunctureashland.org

Family Nurturing Center

212 N. Oakdale Ave, Medford, OR 97501
The Family Nurturing Center (FNC), Jackson County Children's Relief Nursery, is a community-based non-profit child abuse and neglect prevention and intervention program. Created in May 2006 to serve high-risk Jackson County families with children six weeks to five years of age, the FNC has grown from a single group of two toddlers and their families, to an organization that has served over 400 children in its short history. One of 11 Relief Nurseries in Oregon, the FNC is making a difference in the lives of children and families by providing a blend of intensive support and interventions to break the patterns of abuse and neglect. The FNC focuses on the needs of children, their parents, and the family as a unit by offering services to keep children safe and families together.

☎541-779-5242
🌐www.familynurturingcenter.org

Family Solutions

Medford: 358 S. Oakdale Ave., Medford, OR 97501
☎541-776-0497
Ashland: 1836 Fremont St, Ashland, OR 97520
☎541-482-5792
Grants Pass: 322 NW "F" St., Grants Pass, OR 97526
☎541-476-4248

Family Solutions provides a continuum of children's mental health services from early intervention to intensive residential treatment. Our overall philosophy is based on the value of preserving individual and family integrity by helping children and families build on their innate strengths. We empower participants by

guiding them through the process of identifying and implementing solutions to their problems. Family Solutions strives to meet the special needs of children and youths in our care in the least-restrictive setting possible.

🌐familiesolutionsoregon.org

On Track

OnTrack provides treatment and related services regardless of an individual's ethnicity, religion, nationality, age, sexual preference or ability to pay. OnTrack programs are comparable in quality to any available in Oregon. By actively soliciting public funding and foundation grants, the organization ensures that these programs remain accessible to low income and indigent clients. Although the path to recovery is long and arduous, the rewards of successful journeys are priceless: restored lives, re-created families, renewed hope for abandoned children. The ultimate mission of On Track is to offer a helping hand to those who choose this path.

Medford Office: ☎541-772-1777
Grants Pass Office: ☎541-955-9227
White City Office: ☎541-864-8701
Ashland Office ☎541-482-2041 ext. 253
🌐www.ontrackrecovery.org

Consumer Credit Counseling

820 Crater Lake Ave #202, Medford, OR
M-F 8am-5pm
Medford: ☎541-779-2273 or ☎800-888-7182
Klamath Falls: ☎541-883-8118
Grants Pass: ☎541- 479-6002 (By appt. only)
🌐www.cccsso.org

Jackson County HUD

Housing Authority: 2251 Table Rock Road
MTW 8am-12pm & 1-5pm
TH 10am-12pm & 1-5pm
☎541-779-5785

La Clinica

At La Clinica we believe everyone deserves the highest quality healthcare regardless of insurance status or income level.
General Information: ☎541-535-6239
Medical and Lab appt's: ☎541-618-1300
Kids Health Connection: ☎541-840-3771
Happy Smiles: ☎541-512-3921
Health Start/Healthy Families: ☎541-690-3546
Dental: ☎541-512-3900
🌐www.laclinicahealth.org

Health and Human Services

Oregon Department of Human Services, Child Welfare

M-F: 8am-5pm
The mission of health and Human Services is to plan, coordinate and provide public services that protect and promote the health and well being of residents.

Grants Pass: ☎541-474-3120
Medford: ☎541-776-6120
Ashland: ☎541-482-2041
Cave Junction: ☎541-592-4149
Grants Pass: ☎541-474-3101
Medford: ☎541-776-6172
West Medford: ☎541-776-6024
White City: ☎541-864-8700
Christmas Valley: ☎541-576-2115 ext. 25
Klamath Falls: ☎541-883-5511
Lakeview: ☎541-947-3376
Self Sufficiency: Food stamps, cash for families, OHP, Housing and refugee services
🌐www.oregon.gov/DHS

Josephine County Public Health

715 NW Dimmick St., Grants Pass, OR 97526
Josephine County Divisions of Health, Environmental Health, and Animal Protection & Regulation will provide leadership for quality public health services consistent with laws, available resources, and community support through:

- Prevention of disease
 - Health education
 - Promotion and protection of the community and the environment
- Clinic hours: 8am-4:30pm
☎541-474-5329
🌐www.co.josephine.or.us

Jackson County Public Health

140 S. Holly Street; Medford, OR 97501
Clinic hours: 8am-6pm
☎541-774-8209

Klamath County Public Health

3314 Vandenburg Rd., Klamath Falls, OR 97603
Clinic hours: M,T,Th,F 8am-5pm; W 10am-5pm
☎541-882-8846

Jackson County Health & Human Services

1005 East Main Street, Medford, OR 97504
The mission of Jackson County Health and Human Services is to plan, coordinate and provide public services that protect and promote the health and well being of county residents.

📞 541-774-8200
🌐 www.co.jackson.or.us

Klamath County Department of Health

403 Pine Street, Klamath Falls, OR 97601
The Klamath County Department of Public Health provides a wide range of services to the residents of Klamath County. Public Health works to prevent and/or solve health problems and provide information and support.

📞 541-882-8846
🌐 www.klamathcounty.org

Legal Assistance

Jackson County Center for Non-Profit Legal Services

225 W. Main Street, Medford, OR 97501
M-F 8:30am-12pm & 1-5pm
541-779-7292 or 541-779-7000 (for seniors)
🌐 www.CNPLS.org

Oregon Law Center

424 NW 6th Street, Suite 102, Grants Pass, OR
📞 541-476-1058
🌐 cnpls.org

Lawyers Referral Service

📞 503-684-3763
🌐 www.oregonlawcenter.org

🌐 www.OSBAR.org

Klamath & Lake County Legal Aid Service of Oregon

832 Klamath Avenue, Klamath Falls, OR 97601
📞 541-273-0533

Legal Aid Services of Oregon

Roseburg Office 📞 541-673-1182

Legal Aid Services of Oregon Portland Regional Office

921 SW Washington, Ste. 500, Portland, OR 97205
📞 503-224-4086

Emergency Funding

Coalition to Salute America's Heroes

Contact: Cpl. Donny Daughenbaugh – National Spokesman/Director of Events. Fill out form online for assistance.

Coalition to Salute America's Heroes assists those that are severely wounded or injured while serving in OEF, OIF, OND. Emergency financial aid is our main method of assistance but we also have a family support network where we try to link families with other service agencies that specialize in certain fields. We offer several other programs including: Road to Recovery, Continuing Education Program, and Partner Appreciation Program. Our Partner Appreciation Program enables wounded soldiers or their spouses to work from home while helping or going through a recovery program.

📞 515-868-4470
🌐 saluteheroes.org

David R Kingsley Foundation

211 Arnold Ave Ste 4, Klamath Falls, OR 97603
Contact: Lucas Ritter

📧 Lucas.ritter@ang.af.mil
FILL OUT FORM ONLINE FOR ASSISTANCE

Operation Homefront

1355 Central Parkway St., Ste.100
San Antonio, TX 78232
Operation Homefront (OH) provides emergency financial and other assistance to the families of our service members and wounded warriors.

📞 210-659-7756/ 800-722-6098
🌐 www.OperationHomeFront.net

*(For emergency funding, referral **MUST** be made by OEF/OIF/OND Team)*

The Salvation Army

Kim Pettina, Divisional Director of Emergency Disaster Services and Home Front War Relief

📞 Office: 03-794-3275
📞 Cell: 503-853-5493
Fax 503-794-3375

Domestic Violence

Women's Crisis Support Team

560 NE F St., #430, Grants Pass, OR 97526
Dedicated to ending domestic violence and sexual assault through intervention, prevention, and safe shelter.

📞 541-476-3877
📞 Crisis: 541-479-9349
📞 1-800-750-9278
🌐 www.wcstjoco.org

Dunn House/Outreach

201 W. Main St., Suite 3D, Medford, OR 97501
Community Works provides services to women, men and children who are or have been victims of domestic violence. Services and support are free and are confidential.

📞 Office: 541-779-2393
📞 Crisis: 541-779-HELP(4357)
🌐 www.community-works.org/dunn-house-outreach

Helpline Hotline

HelpLine is a free Jackson County crisis, information and referral hotline that helps people in need find local sources and generate ideas for solving problems, 24 hours a day, seven days a week.

📞 Jackson County: 779-HELP (4357)
📞 Josephine County: 541-474-5360
Klamath County (Lake, Siskiyou):
📞 541-884-0390
🌐 www.community-works.org

Sexual Assault Victim Services (SAVS)

201 W. Main St., Suite 3D, Medford, OR 97501
A program dedicated to providing support and advocacy to survivors of sexual harassment, sexual assault and rape. Advocates are specially trained to respond to calls, either in person or over the telephone. The primary goal of our advocates is to offer non-judgmental support, offer options and link the survivor to options that may work best.

📞 Office: 541-779-2393
📞 Crisis: 541-779-HELP (4357)
🌐 www.community-work.org

Court Advocate at Community Works

Located in the Medford Justice Building
100 South Oakdale, Medford, OR 97501
Our advocates are available for support and advocacy with restraining orders, stalking orders and other legal matters affecting victims of domestic violence.

📞 541-774-4986
www.community-works.org

Women's Resource Center (WRC) at SOU

1250 Siskiyou Blvd, Ashland, OR 97520
Room: SU 101-103
The student staff and volunteers of the WRC are committed to assisting people of all genders to eradicate abuse, sexism, hate, and inequality in all areas of our lives.

📞 541-522-6216
🌐 www.sou.edu/wrc

Temporary Assistance for Domestic Violence Survivors- DHS

"The program provides temporary financial help to support families whose safety is at risk due to domestic violence. Most often this is when the domestic violence survivor and the children are fleeing domestic violence or are at risk of returning to an abusive situation."

📞 541-776-6172
🌐 www.oregon.gov/DHS/abuse/domestic/pages/tadv.shtml

Marta's House/ Klamath Crisis Center

Our Mission: To strive to ensure that every person can have the basic human right to live in safety.

📞 541-850-8939
📞 Crisis: 541-884-0390
Rape Crisis: 📞 541-883-RAPE (7273)
🌐 Klamathcrisiscenter.org

Lake County Crisis Center

726 N 1st St. PO Box 774, Lakeview, OR 97630
 Our Mission Statement: Lake County Crisis Center is here to provide assistance to victims and survivors of domestic violence and sexual assault, including teenagers. The center will also strive to increase awareness and understanding for equality of all persons; and engage in activities which are charitable in nature and within the meaning of section 501 (C) (3) of the Internal Revenue Code.

📞Office: 541-947-2498

📞Crisis: 541-947-2449

📞1-800-338-7590

🌐 www.lakecountycrisiscenter.org

New Beginnings Intervention Center

87127 Christmas Valley Hwy/PO Box 346
 Christmas Valley, OR 97641

📞Office: 541-576-3009

📞Crisis: 541-576-3051

📞1-800-850-4838

National Assistance & Resources

National Website for the Department of Veterans Affairs

www.va.gov

State Veterans Affairs Offices

www.va.gov/statedva

www.OEFOIF.VA.gov

The Office for Seamless Transition offers a wide variety of resources

Women Veterans

www.va.gov/womenvet

Vet Centers

www.vetcenter.va.gov

National Center for PTSD

www.ptsd.va.gov

VA Polytrauma System of Care

www.polytrauma.va.gov

Home Loans

www.BENEFITS.VA.GOV/HOMELOANS

National Call Center for Homeless Veterans

1-877-424-3838
www.va.gov/homeless

www.myhealth.va.gov

Gateway to Veteran health benefits and services. Provides trusted information, links to Federal and VA benefits and resources, the Personal Health Journal and online VA prescription refills.

VA Health Care benefits

877-222-8387
www.va.gov/healthbenefits

VA Health Benefits Resource Library

www.VA.GOV/healthbenefits/Resources/publications.asp

www.Caregiver.VA.gov

VA Benefits

800-827-1000
www.BENEFITS.VA.GOV/BENEFITS

eBenefits

www.ebenefits.va.gov

Social Security Administration

Mission Statement: Deliver Social Security services that meet the changing needs of the public.

1-800-772-1213

www.socialsecurity.gov

Community Resource Guide

www.Thearcjackson.org

www.benefits.va.gov/VOW/tap.asp

Veterans transitioning from military to civilian life can access resources through the TAP portal

www.survivingdeployment.com

Resources for and about military families

www.PatriotOutreach.org

Supporting all Military Men, Women, Retirees, Veterans, Government Civilians, Battlefield Contractors and their Families

www.afterdeployment.org

All aspects of after deployment

Outward Bound-Outdoor Leadership Programs

www.outwardbound.org

Coaching Into Care

Helping those who care about Veterans encourage them to seek help.
 1-888-823-7458
www.mirecc.va.gov/coaching

Family of a Vet

www.familyofavet.com

www.helpnowadvocacy.org

www.ouhsc.edu/vetparenting

Give an Hour

A nonprofit organization providing free mental health services to U.S. military personnel and families.
www.giveanhour.org

Tricare Military Healthcare System

www.tricare.mil

www.freedom servicedogs.org

Service dogs are specially trained to help perform a multitude of tasks that increase the independence of their human partners.

www.patriotpaws.org

The mission of Patriot PAWS is to train and provide service dogs of the highest quality at no cost to disabled American Veterans and others with mobile disabilities in order to help restore their physical and emotional independence.

www.graceafterfire.org

Provides support for and helps women Veterans of the United States military who are returning from active duty so that they can re-engage as mothers, wives and daughters in civilian life.

VA's National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org
 1-800-273-TALK (8255)

National Veterans Legal Services Program

www.NVLSP.org

Operation First Response, Inc (OFR)

www.operationfirstresponse.org

Oregon Employment Department

www.employment.oregon.gov

Hero 2 Hire

www.H2H.jobs/

Combat to Corporate

www.combattoacorporate.com

Joint Service Support

www.jointservicesupport.org

Air Force Aid Societywww.afas.org**Employer Support of the Guard and Reserve** www.esgr.mil**Oregon Air National Guard Yellow Ribbon Program on Facebook**www.facebook.com/ORANGYRP**Military K-12 Partners**www.militaryk12partners.dodea.edu**Army OneSource**www.myarmyonesource.com**Child Care Aware of America**www.naccrra.org**Tragedy Assistance Program for Survivors**www.taps.org**Tricare Dental Program**www.tricare.mil**Vets Prevail**www.vetsprevail.org**USA 4 Military Families**www.usa4militaryfamilies.dod.mil**USO**www.uso.org**Yellow Ribbon Reintegration Program**www.yellowribbon.mil**VA Life Insurance**

800-669-8477

VA Debt Management

800-827-0648

Oregon Military Department

503-584-3980

Family Program-Oregon National Guard

541-618-5863

Career Transition Assistance Program

503-584-2393

A SUMMARY OF VA BENEFITS FOR NATIONAL GUARD AND RESERVE PERSONNEL

THE FOLLOWING INFORMATION IS VALID AS OF APRIL 2008

Department of Veterans Affairs

Mission: To Care for Him Who Shall Have Borne the Battle and For His Widow and His Orphan - Abraham Lincoln

VA Benefits and Selected Reserve and National Guard Members

- Health Care
- Compensation and Pension
- Education & Training Benefits
- Vocational Rehabilitation & Employment
- Home Loans
- Life Insurance
- Burial Benefits
- Dependents' and Survivors' Benefits

Eligibility for Reservists/National Guard Members

The primary factor in determining basic eligibility for VA benefits is "veteran status," which is established by active military, naval, or air service and a discharge or release from active service under conditions other than dishonorable.

Reservists who have served honorably on active duty establish veteran status and may therefore be eligible for VA benefits, depending on the length of active military service and other eligibility factors. In addition, reservists who are never called to active duty may qualify for some VA benefits.

Health Care

Generally veterans must be enrolled in the VA healthcare system to receive health care services. Reservists and National Guard members activated for federal duty may qualify for a number of health care services provided by VA.

- Hospital, outpatient medical, dental, pharmacy and prosthetic services
- Domiciliary, nursing home, and community-based residential care
- Sexual trauma counseling (enrollment not required)
- Specialized health care for women veterans
- Health and rehabilitation programs for homeless veterans
- Readjustment counseling (for combat veterans and enrollment not required)
- Alcohol and drug dependency treatment
- Medical evaluation for military service exposure, including Gulf War, Agent Orange, Ionizing Radiation, and certain other environmental hazards (enrollment not required.)

Combat Veterans Eligibility for VA Health Care Benefits has been extended

Under previous eligibility rules, combat veterans who served in a theater of combat operations after November 11, 1998 were eligible to be enrolled in Priority Group 6 and receive cost-free or low-cost health care for two years after discharge for conditions potentially related to combat service.

The law has changed to extend eligibility for VA health care for eligible combat veterans! On January 28, 2008, the National Defense Authorization Act (NDAA) became law. This new law extends health care eligibility for combat veterans as follows:

Currently enrolled veterans and new enrollees who were discharged from active duty on or after January 28, 2003 are eligible for the enhanced benefits, for 5 years post discharge.

Veterans discharged from active duty before January 28, 2003, who apply for enrollment on or after January 28, 2008, are eligible for the enhanced benefit until January 27, 2011.

Compensation and Pension Benefits

VA administers two tax-free monetary benefits based on disability and/or age. Compensation: VA can pay you monthly compensation if you are at least 10% disabled as a result of your military service.

Pension

You can receive a monthly pension if you are a wartime veteran with limited income, and you are permanently and totally disabled or at least 65 years old.

Time Limits: There is no time limit to apply for Compensation and Pension benefits.

Education

Selected Reserve and National Guard members may be entitled to education benefits under the Montgomery GI Bill – Selected Reserve (Chapter 1606) and/or the Reserve Education Assistance Program (REAP/Chapter 1607).

Complete information is available at: www.gibill.va.gov

Dependents' and Survivors' Benefits

The Department of Veterans Affairs (VA) offers a wide range of benefits and services for the surviving spouse, dependent children and dependent parents of deceased veterans and military service members.

Complete information is available at: www.VA.gov/OPA/personaldependent_survivor.asp

Vocational Rehabilitation and Employment

Service-disabled veterans may qualify for rehabilitation and employment assistance including: job search, vocational evaluation, career exploration, and vocational training, education, and rehabilitation services. If enrolled in an education or training program, VA will pay for the participant's tuition, fees, books, tools, and other program expenses as well as provide a monthly living allowance.

VA Life Insurance

National Guard and Reserve Personnel are eligible to receive Servicemembers' Group Life Insurance (SGLI), Veterans Group Life Insurance (VGLI), and Family Group Life Insurance (FGLI). They may also be eligible for Service-Disabled Veterans Insurance (RH) if called to active duty, injured, and have a service-connected disability.

Home Loan Guaranty

VA guarantees loans to purchase a home, manufactured home and certain types of condominiums; or to build, repair, and improve homes. This benefit may also be used to refinance an existing home loan. Certain disabled veterans can receive grants to have their home specially adapted for their needs. Native Americans living on Federally recognized Trust Land may qualify for a direct home loan. Basic eligibility requirements for the home loan benefit are:

Selected Reserve or National Guard When eligibility is based solely on reserve or guard service, the individual must have completed at least six years of honorable service. Eligibility may also be established if an individual was released prior to six years service due to a service-connected disability.

Active Duty – Reservists and National Guard members who are activated and serve under title 10 are eligible if they were activated after August 1, 1990, served at least 90 days, and receive an honorable discharge. Eligibility based on current activation begins after 90 days of active service.

VA Eligibility Center - Certificate of Eligibility Toll-free - 1-888-244-6711

Burial Benefits

Burial benefits for veterans may include a gravesite in any of our national cemeteries with available space, opening and closing of the grave, perpetual care, a government headstone or marker, a grave liner for casketed remains, a burial flag, and a Presidential Memorial Certificate, at no cost to the family.

VA can pay a burial allowance of \$2000 for veterans who died of service-related causes. For other veterans receiving VA benefits, VA can pay \$300 for burial and funeral expenses and a \$300 plot allowance.

A U.S. flag for burial purposes is issued for individuals who complete at least one enlistment in the Selected Reserve or National Guard, or who were discharged due to service-connected disability or whose death was the result of service. A flag can also be issued for individuals who at the time of death were eligible for retirement pay based on Selected Reserve or National Guard Service, or would have been entitled had the member attained age 60.

Contact VA

Each VA benefit has its own eligibility requirements. For specific information about eligibility call VA at: 1-800-827-1000

Health Benefits: 877-222-8387

Education Benefits: 888-442-4551

VA Life Insurance: 800-669-8477

Office of SGLI: 800-419-1473

CHAMPVA: 800-733-8387

Environmental Health: 800-749-8387

Headstones (status of claims only): 800-697-6947

Telecommunication Device for Deaf (TDD): 800-829-4833

Direct Deposit: 877-838-2778

VA Web Site: www.va.gov

Apply for Health Benefits: www.1010ez.med.va.gov/sec/vha/1010ez/

Apply for Compensation, Pension or Vocational Rehabilitation benefits on line:
www.ebenefits.va.gov

Facilities Locator: www.va.gov

The Center for Women Veterans: www1.va.gov/womenvet/

Education: www.gibill.va.gov

Loan Guaranty: www.homeloans.va.gov

Veterans Service Organizations: www1.va.gov/vso/

State Veterans Affairs Offices: www.va.gov/statedva.htm

For information on reemployment rights and unemployment insurance:
www.dol.gov

EDUCATIONAL ASSISTANCE BENEFITS**Montgomery GI Bill Chapter 30 (Active Duty):**

You must possess an "Honorable" discharge to qualify under the Montgomery GI Bill program. You must have served at least 24 continuous months on Active Duty, and have contributed either \$1200 to the GI Bill Program for basic benefits, or \$1800.00 for the increased benefits. If the above applies, you will need to apply for your benefits and if accepted, you are entitled to 36 months of benefits. For the most part, benefits end 10 years from the date of the Veteran's last discharge or release from Active Duty.

Montgomery GI Bill Chapter 1607 (Selected Reserve) Reserve Educational Assistance Program (REAP):

REAP is a new benefit providing education assistance to members of the reserve components who are called or ordered to active service in response to a war or national emergency, as declared by the President or Congress. Eligibility will be determined by the Department of Defense or Department of Homeland Security as appropriate. Generally, a member of a reserve component who serves on Active Duty on or after September 11, 2001 under Title 10, U.S.C., for at least 90 consecutive days under a contingency operation is eligible for REAP. Under REAP, you are entitled to 36 months of benefits, and do not have to pay into the program as with Chapter 30. This benefit provides a higher amount of assistance than with Chapter 1606, but not as much as Chapter 30. However, a Veteran is only entitled to REAP benefits as long as they continue to serve as an Active Drilling Reserve Component Service Member, and they must be in good standing with their respective reserve component unit.

Montgomery GI Bill Chapter 1606 (Selected Reserve):

Chapter 1606 is for Active Drilling Reserve Component Service Members who have not been ordered to active duty under Title 10, U.S.C., for at least 90 days under a contingency operation, and therefore do not qualify for Chapter 1607 (REAP). Under Chapter 1606 you are entitled to 36 months of benefits, and Chapter 1606 provides the least amount of assistance.

Post 9/11 GI Bill Chapter 33:

Specifically for Service Members who served on active duty on or after 09/11/2001. To be eligible the Service Member or Veteran must have served at least 90 combined days on active duty after 09/10/01 and remain on active duty, be honorable discharged from active duty, released from active duty and placed on the retired list or temporary disability retired list, or released from active duty for further service in a reserve component of the Armed Forces.

Veterans Retraining Assistance Program (VRAP)

VRAP provides training towards an Associate's Degree, Non-College Degree or Certificate that leads to a high demand occupation as determined by the Department of Labor. VRAP offers up to 12 months of training assistance to unemployed Veterans. Started on July 1st, 2012, the VRAP offers up to 12 months of retraining assistance to Veterans who meet all the following criteria:

- Unemployed
- At least 35 but not more 60 years old
- Have an other than dishonorable discharge
- Not eligible for any other VA education benefit programs (e.g., the Post 9/11 GI Bill, Montgomery GI Bill, Vocational Rehabilitation and Employment)
- Not in receipt of VA compensation due to Individual Unemployability (IU)
- Not enrolled in a federal or state job training program

Survivors' and Dependents' Educational Assistance Program Chapter 35

If you are the surviving spouse or dependent of a veteran/serviceperson who:

- Died or is permanently and totally disabled as the result of a service-connected disability. The disability must arise out of active service in the Armed Forces, or
- Died from any cause while such a service-connected disability was in existence, or
- Is missing in action or captured in line of duty by hostile forces, or
- Is forcibly detained or interned in line of duty by a foreign government of power.

Note: Students who are eligible under Chapter 35 must also **mail** a copy of pertinent information that ties them to the Veteran, (i.e., marriage license, birth certificate, etc.) to the regional office in Muskogee, OK in order to complete the application process.

If a Veteran believes they are eligible to transfer their Chapter 33 benefits to a dependent:

Learn more about transferability on this website: <http://www.military.com/education/gi-bill/post-911-gi-bill-transferability-fact-sheet.html>

Vocational Rehabilitation Program Chapter 31

If you are making a claim for educational benefits under the VA Vocational Rehabilitation Program based on the belief that you have a service-connected disability, follow the steps below to apply for VA Voc Rehab educational benefits. Please visit this website: <http://www.vba.va.gov/bln/vre/>.

Based on the length of active duty service, eligible participants are entitled to receive a percentage of the following:

1. Cost of tuition and fees, not to exceed the most expensive in state undergraduate tuition at a public institution of higher education (paid directly to the school).
2. Monthly housing allowance equal to the basic allowance for housing payable to a military E-5 with dependents, based on the same zip code as the primary school.
3. Yearly books and supplies stipend of up to \$1000 per year
4. A one-time payment of \$500 paid to certain individuals relocating from highly rural areas

For more information regarding Educational Assistance Benefits

Call 1-888-442-4551

or visit the GI Bill website at www.gibill.va.gov



www.myhealth.va.gov/index.html

MyHealthVet National Help Desk: (877) 327-0022

My HealthVet is VA's online personal health record. It was designed for Veterans, active duty Servicemembers, their dependents and caregivers. My HealthVet helps you partner with your health care team. It provides you opportunities and tools to make informed decisions and manage your health care.

Among the newest features available to Veterans with a Premium Account include VA Notes. These are clinical notes that your health care team records during your appointments or hospital stays. Also available are your VA Immunization records, more detailed lab reports and a list of your current medical issues. These features are in addition to prescription refills, VA Appointments and Secure Messaging – all very popular with Veterans!

**On behalf of the Department of Veterans Affairs
and the Southern Oregon community**

WELCOME HOME!

12 MONTH PERSONAL/FAMILY ACTION PLAN

Reintegrating and transitioning back to civilian life can be challenging. This 12-month plan is intended to further support you and your families in making the transition go as smoothly as possible. We suggest taking a moment and asking yourselves the question, **“What is it that I need?”** (e.g., accessing VA healthcare benefits, scheduling a medical

January

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Goal: _____
Objective: _____

February

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Goal: _____
Objective: _____

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Goal: _____
Objective: _____

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Goal: _____
Objective: _____

May

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Goal: _____
Objective: _____

June

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Goal: _____
Objective: _____

12 MONTH PERSONAL/FAMILY ACTION PLAN

appointment) and write it down. With the information and resources in this handbook you can then plan how you will take action over the next 12 months to achieve your desired goals. We wish you all the best and remember those listed in this handbook are here to help.

July

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Goal: _____
Objective: _____

August

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Goal: _____
Objective: _____

September

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Goal: _____
Objective: _____

October

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31						

Goal: _____
Objective: _____

November

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Goal: _____
Objective: _____

December

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Goal: _____
Objective: _____

The "Reintegration Handbook" is made possible by efforts of the
VA Southern Oregon Rehabilitation Center and Clinics (VA SORCC)
and the Southern Oregon community.

For information on services and benefits outside of Southern Oregon
contact your local Department of Veterans Affairs.