



Uploaded to VFC Website

▶▶▶ February 2013 ◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



OPERATION ENDURING FREEDOM (OEF)
and
OPERATION IRAQI FREEDOM (OIF)

Table of Contents

Welcome Home	2
Your OEF/OIF Team	4
Transition Patient Advocate	5
Clinic Locations and Phone Numbers	7
Services information	8
Coming Home	10
Vet Centers	11
Helpful Websites	12
DoD Websites	15
Jobs, Career, Counseling	16
Financial Counseling	17
Stress	18
Marriage, Family Post-Deployment	19
Health Promotion and Prevention	19
Mental Health Issues	20
Deployment Related Health Information	21
Toll Free Telephone Numbers	22

VA HUDSON VALLEY HEALTH CARE SYSTEM

MONTROSE CAMPUS
MONTROSE, NY 10548
914 737-4400

CASTLE POINT CAMPUS
CASTLE POINT, NY 12511
845 831-2000

Dear Operations Enduring Freedom/Iraqi Freedom Veteran,

Welcome home! On behalf of the employees at the Department of Veterans Affairs Hudson Valley Health Care System, please accept our heart felt thanks for your service to our country. The Department of Veterans Affairs and the Department of Defense are working as partners to meet the needs of our newest veterans—the men and women who served in Operation Enduring Freedom and Operation Iraqi Freedom (OEF/OIF)—by creating a seamless transition from active duty to civilian life. We would like to take this opportunity to encourage you to access the many services available at the Department of Veterans Affairs, including a variety of benefits, health care services, and counseling. This booklet is provided to serve as your resource guide and includes many telephone numbers, web sites, and descriptions of various federal, state, and local programs available to address veterans' issues.



If at any time you have questions or need clarification about any of the information provided, please do not hesitate to contact:

Juliana Laurenzi,
LCSW-R, our OEF/OIF Program Manager at
914 737-4400, ext 3383.

Your OEF/OIF Team

CA Carmel	CP Castle Point
GN Goshen	MO Montrose
NC New City	PJ Port Jervis
PK Poughkeepsie	PP Pine Plains
SU Monticello	

<u>Name/Title:</u>	<u>Telephone:</u>
<u>Program Director:</u>	CP: 845-831-2000, x4628
JULIE LAURENZI	MO: 914-737-4400, x3383
<u>Transition Pt Advocate:</u>	CP: 845-831-2000, x4629
DEBRA LUCAS	MO: 914-737-4400, x2658
	Cell: 914-943-8489

Case Managers:

FRANK AMORUSO, LCSW-R (CP, CA, PP)	CP: 845-831-2000, x4617 Cell: 914-804-2426
BETSY VALENTINE, RN (SU, CP, PK)	CP: 845-831-2000, x4616 Cell: 914-447-0295
SONYA SHABINSKY, LCSW (MO, NC)	MO: 914-737-4400, x3798 Cell: 914-760-2472

Benefits Information:
HEALTH ADMINISTRATION SERVICE (HAS):

At Castle Point call:
WANDA ROBINSON 845-831-2000, x5413

At Montrose call:
DENISE JOHNSON 914-737-4400, x2516

TRANSITION PATIENT ADVOCATE:

The transition patient advocate (TPA) serves on a four-member team within the OEF/OIF Case Management Program. The TPA provides the severely injured OEF/OIF combat service member and veteran with:

Transitional assistance from DOD to VA system

Coordination of care

Advice on eligibility in the VA system

Debra Lucas

Montrose Campus 914 737-4400 ext 2658

Castle Point Campus 845 831-2000 ext 4629

Cell 914 943-8489

Your Case Manager will meet with you to discuss your individual concerns and help to find local resources. The OEF/OIF Case Managers are listed on page 2 and can answer your questions on:

Benefits/Claims

Employment

Family Support

Housing Assistance

V.A. Food Pantry

V.A. Clothing Room

YOUR CASE MANAGER IS:

Phone number is:

LOCATIONS AND PHONE NUMBERS FOR THE
MONTROSE AND CASTLE POINT
CAMPUSES AND THE CBOC'S
COMMUNITY BASED OUTPATIENT CLINIC'S

Montrose Campus
Route 9A
Montrose, Route 9A
Montrose, NY 10548
914 737-4400
Ext 3795 or 3798

Castle Point Campus
Route 9D
Route 9D
Castle Point, NY 12511
845 831-2000
ext 4616 or 4617

Carmel Clinic
1875 Route 6
Provident Bank
(2nd Floor)
Carmel, NY 10512
845 228-5291

New City Clinic
Citi Bank Building
Suite 400
20 Squadron Blvd.
New City, NY 10956
845 634-8942

Goshen Clinic
30 Hatfield Lane
Suite 204
Goshen, NY 10924
845 294-6927

Pine Plains Clinic
Eastern Dutchess
2881 Church Street
Route 199
Pine Plains, NY 12567
518 398-9240

Monticello Clinic
60 Jefferson Street
Unit 3 (Lower Parking Lot)
Monticello, NY 12701
845 791-4936

Port Jervis Clinic
150 Pike Street
Port Jervis, NY 12771
845 856-5396

Poughkeepsie Clinic
Freedom Executive Park
488 Plains Road
Poughkeepsie, NY 12603
845 452-5151

Medical Services: The V.A. provides cost free health care services for conditions possibly related to military service to veterans with combat service after November 11, 1998 for a period of 5 years beginning on the date of separation from active military service.

Outpatient Services are, but not limited to:

- Primary care and preventive services
- Mental Health
- Ambulatory Surgery
- Optometry
- Women's health
- Gulf War Exams
- Traumatic Brain Injury (TBI) Evaluation
- Vocational Rehabilitation
- Sexual trauma counseling
- Specialized health care for women veterans

Wednesday evening clinics are available for the following clinical areas:

- Primary Care
- Audiology
- Mental Health
- Speech Therapy
- Lab
- X-Ray

Inpatient services:

- Medical
- Mental Health
- Residential Services:
 - Substance Abuse Treatment,
 - Domiciliary
 - Residential PTSD Programs

Women Veterans Health Care Program:

The Women Veterans Health Care Program provides accessible and comprehensive health care to meet the need of women veterans. The focus is on health promotion, disease prevention and management, and the emotional well-being of women veterans.

<http://www1.va.gov/womenvet/>

<http://www1.va.gov/wvhp/>

NYNJ Women Veterans Program Regional Offices:

<http://www1.va.gov/visns/visn03/womenvets/regctrs.asp>

Castle Point:

845 831-2000 ext. 5823 (Monday, Wednesday, Thursday & Friday)

Montrose:

914 737-4400 ext. 2154 (Tuesday)

Dental Program:

Veterans can apply for an appt up to 180 days from discharge if exam not done prior to discharge from service.

COMING HOME

Returning home from a combat zone always involves readjustment.

Returning veterans often report that they:

Have short tempers

Forget things and have trouble concentrating

Constantly recall memories of the combat zone

Miss the excitement of deployment

Have trouble sleeping and experience nightmares

Have problems “fitting in” with family and friends and at work

Want to keep to themselves

Feel jumpy and hyper-alert

Drink more alcohol

Vet Centers offer broad readjustment services. They focus on counseling for military traumas, employment and family problems. They also provide referral services for VA benefits and medical assistance and liaisons with community agencies. Individual and group counseling is available for veterans and their significant others. The centers also provide substance abuse information, referrals and job counseling. To find your local Vet Center call (800) 905-4675 or look online at:

<http://www.vetcenter.va.gov/>

Northeast Region of Readjustment Counseling Service

NY, ME, NJ, NH, CT, MA, RI, VT

(800) 905-4675

White Plains:

300 Hamilton Ave. 1st floor

White Plains, NY 10601

Phone: (914)-682-6250

Fax: (914)-682-6263

Orange County:

111 Craigville Road

Goshen, NY 10924

Phone: (845) 291-2470

Fax: (845)291-2558

HELPFUL WEBSITES :

Department of Veterans Affairs Home Page:

www.va.gov

Veterans Benefits Information

www.vba.va.gov

1-800-827-1000

Accessing VA Healthcare:

<http://www1.va.gov/health/index.asp>

To enroll in the VA system:

<https://www.1010ez.med.va.gov/sec/vha/1010ez/>

VA Sites in New York and New Jersey:

www.va.gov/visns/visn03

<http://www1.va.gov/visns/visn03/docs/postdeployment.pdf>

Department of Veteran Affairs War-Related Illness and Injury Study Center (WRIISC):

1-800-722-8340

The WRIISC provides health care such as medical assessment of post-deployment health including environmental exposures and physical fitness evaluations and screenings for Operation Enduring Freedom and Operation Iraqi Freedom veterans.

www.va.gov/WRIISC-DC

Seamless Transition—Operations Enduring Freedom/Iraqi Freedom (OEF/OIF) :

www.seamlesstransition.va.gov

VA Gulf War Information Helpline:

1-800-PGW-VETS (1-800-749-8387)

www.va.gov/gulfwar

VA Services for Veterans of Operation Iraqi Freedom and Operation Enduring Freedom:

www.vethealth.cio.med.va.gov

The below links will take you to a non-VA website and are provided for convenience only. You are leaving the VA Internet and VA is not responsible for the content of the sites to which you will be taken. If you agree, click on the link to continue.

Employer Support for the Guard and Reserve (ESGR):

Employer Support for the Guard and Reserve (ESGR) is a Department of Defense organization within the Office of the Assistant Secretary of Defense for Reserve Affairs.

www.esgr.com/

1-800-336-4590

1555 Wilson Blvd., Suite 200

Arlington, VA 22209-2405

America Supports You Our Military Men and Women:

www.americasupportsyou.mil

Environmental Agents Service:

Information related to environmental issues.

www.va.gov/vironagents

Wounded Warrior Project

1-877-TEAMWWP

The Wounded Warrior Project (WWP) is dedicated to assisting the new generation of severely wounded servicemen and women by delivering personal and responsive attention for these heroes, WWP provided free programs and services for the severely wounded, enables veterans to help veterans, and educates the public and enlists their aid in this effort.

<http://www.woundedwarriorproject.org>

Feds Heal:

1-800-666-2833

Feds Heal is a partnership combining the medical resources of Federal Occupational Health (FOH), the Veterans Health Administration (VHA), and a network of private providers to provide members of the ready reserves with improved access to readiness-related medical services.

(800) 666-2833

<http://www.foh.dhhs.gov/Public/Fedsheal3/AR/ARDefault.html>



TRICARE Reserve Select (TRS):

Active duty and retired members of the uniformed services, their families, and survivors should contact TRICARE Military Health Care Program's Northeast Region office.

(877) 874-2273

<http://www.tricare.mil/>

Deployment Health Clinical Center (Army):

Links to BattleMind Video for Veterans and Families, Fact Sheets, FAQs

www.pdhealth.mil

U.S. Army Center for Health Promotion and Preventive Medicine (CHPPM):

<http://chppm-www.apgea.army.mil/>

Military One Source:

1-800-342-9647

Military One Source is a 24/7/365 information and referral service available via toll free telephone and internet access. They provide referral for nonmedical, short-term, solution-survivor programs. focused, and face-to-face counseling. (This is for Active Duty, Reserves and National Guard)

www.militaryonesource.com

Jobs, Career, School Counseling and Workforce Integration:

These websites are provided in addition to the Vocational Programs at the V.A.

Jobs for Military Veterans

<http://www.operationheroforhire.com>

Vet Jobs

<http://www.vetjobs.com/>

Vocational Rehabilitation Services

<http://www.vetsuccess.gov/>

Pathway to Career Success

<http://www.careeronestop.org/>

Scholarships

<http://www.sentinelsoffreedom.org/index.php>

Job Links

<http://www.dmdc.osd.mil/ot/linkpage.htm>

Transition Assistance Online-Jobs

<http://www.taonline.com/generalpages/SiteMap.asp#>

Financial Counseling

Beneficiary Financial Counseling
Service for Veterans and Families

<http://www.insurance.va.gov/sgliSite/BFCS/BFCS.htm>

TurboTAP: The Official Transition Assistance Program

[http://www.transitionassistanceprogram.com/portal/transition/lifestyles/Personal Finances/](http://www.transitionassistanceprogram.com/portal/transition/lifestyles/Personal_Finances/)

Help with Financial Planning, Wills and Trusts for
Servicemembers

<http://www.ameriforce.net/finance/>

FAQs on Out-of-Service Debt

<http://www.dfas.mil/militarypay/debt.html>

Lists of scholarships, grants and financial aid available to veterans and their dependents.
The site provides forms.

<http://www.finaid.org/military/>

Dealing with Stress or PTSD Issues:

Returning from the War Zone: Guide for Families; Fact Sheets
www.ncptsd.va.gov

Deployment Health and Family Readiness
Library

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

Job Stress

<http://www.cdc.gov/niosh/stresswk.html>

Dealing with Anger and Irritability:

Courage to Care Fact Sheets for Reintegration Issues, Helping Children Cope with Deployment, National Guard and Reserve Reentry to the Workplace, etc.

<http://www.usuhs.mil/psy/courage.html>

National Domestic Violence Hotline Phone Numbers and Education

<http://www.ndvh.org/>

Anger and Trauma Fact Sheet

http://www.ncptsd.va.gov/ncmain/ncdocs/fact_shts/fs_anger.html?opm=1&rr=rr84&srt=d&echorr=true

Marriage, Family and Child Post-Deployment Issues:

Combat Stress Resources for Military Families

<http://www.militaryonesource.com/skins/MOS/home.aspx>

Talk Listen Connect Videos: When Parents are Deployed

<http://www.sesameworkshop.org/tlc/>

Health Promotion and Disease Prevention:

Health Information for Veterans and the Public, with Links to MyHealthvet, HealthierUS Veterans, and *MOVE!* –the VA's Weight Management Program
<http://www.prevention.va.gov/>

Health Information on Readjustment, Smoking Cessation, Substance Abuse, Depression, etc.
<http://www.myhealthvet.va.gov/>

Smoking Cessation
<http://www.publichealth.va.gov/smoking/>

Help with Depression, Drinking, Drug Use and Suicide Prevention:

These websites are in addition Mental Health and Substance abuse at our facilities.

VA National Suicide Prevention Hotline

<http://www.suicidepreventionlifeline.org/>

1-800-273-TALK (8255)

Mental Health Info and How to Access
Services

<http://www.mentalhealth.va.gov/>

FAQ's and Handouts about Alcohol for the General Public

<http://www.niaaa.nih.gov/Publications/EducationTrainingMaterials/guide.htm>

Alcohol Patient Education Downloadable
Brochures

<http://www.niaaa.nih.gov/Publications/EducationTrainingMaterials/guide.htm#patient>

Drug Abuse and Addiction Basic Facts

<http://www.nida.nih.gov/Infofacts/index.html>



Deployment-Related Health Information on Exposures and Special Public Health Initiatives:

Women Veterans Health Program; War Related Illness and Injury Study Centers; OEF/OIF Review Newsletters, Depleted Uranium, Ionizing Radiation; Military Sexual Trauma

<http://www.vethealth.cio.med.va.gov/default.htm>

Iraqi and Afghanistan Veterans Information

Iraq and Afghanistan Veterans of America is the nation's first and largest group dedicated to the Troops and Veterans of the wars in Iraq and Afghanistan, and the civilian supporters of those Troops and Veterans.

<http://iava.org>

Toll Free Telephone Numbers:

VA G
1-800

Post-
1-800

Educ
1-888

Health
1-877-222-8387

VA Depleted Uranium Follow-up Program: 1-800-815-7533

National Domestic Violence Hotline:
1-800-799-SAFE (7233)

VA Suicide Prevention Hotline:
1-800-273-TALK (8255)

Alcohol and Drug Treatment Center Referral: 1-800-821-4357

National Institute of Mental Health Information Center:
1-866-615-6464

Vet Jobs:
1-877.Vet.Jobs (838-5627)

VA Life Insurance:
1-800-669-8477

Office of Service Members Group Life Insurance:
1-800-419-1473

CHAMPVA:
1-800-733-8387

TRICARE:
1-888-333-4522 (Health Net)

Social Security Administration:
1-800-772-1213

Hope for New Veterans:
1-877-HOPE-VET (467-3838)