

Family

Government Links and Resources:

VA Caregiver Support

The Department of Veterans Affairs offers assistance to caregivers. Caregivers provide a valuable service for Veterans and are "partners" with VA in providing excellent health care. Caregivers allow Veterans to remain in their own home and also play an important role in supporting Veterans who are hospitalized or living outside their home.

www.caregiver.va.gov

Make the Connection

Connecting Veterans and their friends and family members with information, resources, and solutions to issues affecting their health, well-being, and everyday lives. Hear inspiring stories of strength. Learn what has worked for other Veterans. Discover positive steps you can take—all in the words of Veterans just like you.

<http://maketheconnection.net/>

Coaching Into Care

Coaching Into Care works with family members or friends who become aware of their Veteran's post-deployment difficulties—and supports their efforts to find help for the Veteran. Services for family and friends of Veterans include: Encouragement and information about getting an evaluation and services; "Coaching" with family members or friends to help motivate their Veteran for evaluation/consultation; and Referrals to services for veterans and their family members.

www.mirecc.va.gov/coaching

Minnesota County Veteran Service Officers

Minnesota County Veteran Service Officers are the best place to start when you are in need of services or want to know what benefits you have earned as a Veteran.

www.macvso.org

Minnesota Department of Veteran Affairs

www.mdva.state.mn.us

State Soldiers Assistance Program

The State Soldier's Assistance Program provides cash assistance in the form of shelter payments (rent and mortgage), utilities, and personal needs grants to Veterans who are unable to work as a result of temporary disability. The State Soldier's Assistance Program also provides assistance with dental and optical needs for Veterans and their dependents who meet strict income and asset guidelines. Veterans can apply through the County Veteran Service Officer.

<http://www.mdva.state.mn.us/SSAP/index.htm>

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.

www.militaryonesource.com or 1-800-342-9647

Community Resources:

Minnesota Service C.O.R.E. (*Case Management, Outreach, Referral & Education*)

Free, confidential and caring professional support is available for Veterans, military members and their families. The Lutheran Social Services C.O.R.E. Program is offered statewide. We help you craft an individualized plan of action to access a broad range of wellness services: Individual, Couples, Children, and Families. Dial 1-888-881-8261

www.lssmn.org/veterans

United Way 2-1-1

United Way 2-1-1 is a free and confidential community helpline available 24 hours a day, 7 days a week. 2-1-1 helps people access information they need to navigate the ever increasing and complex array of human services. Dial 1-800-543-7709

www.unitedwayhelps.org/pages/UnitedWay2-1-1

Our Forgotten Warriors (OFW)

The overall mission of OFW is to aid our warriors so that they may participate within their communities equally through community reintegration. The organization provides family support, direct funding, and community reintegration.

<http://ourforgottenwarriors.org>

Tri-County Action Program, Inc. (Tri-CAP)

Tri-County Action Program, Inc. (Tri-CAP) is the federally designated Community Action Program for Benton, Sherburne and Stearns counties in central Minnesota. The agency's staff is able to offer a wide array of services that assist individuals and families to achieve and maintain economic self-sufficiency.

<http://tricap.org>

Family Assistance Centers

Minnesota Family Assistance Centers (FACs) are geographically dispersed throughout Minnesota to offer resources, referrals and support to all Service members and military family members. The FAC staff is connected to your communities and the military units in the surrounding area. They understand that asking for support is difficult for military families; they also know that challenges occur that require outside support. No matter what the challenge or question, the FAC supports military families.

www.beyondtheyellowribbon.org/index.php?option=com_content&view=article&id=58&Itemid=102

VFW Unmet Needs Grant

Assists with basic life needs such as: mortgage and rent, home and auto repairs, insurance, utilities, food and clothing. **Unmet Needs** helps meet unanticipated financial demands on our service members' families that can't be remedied through existing means and provides our service members with the security of knowing that their families have additional support here at home. The financial assistance is in the form of up to \$2,500 in grants that do not need to be repaid. All grants are paid directly to the "creditor" (such as the electric company), and not to the individual. Each case is reviewed individually and acceptance determined by a committee.

<http://www.vfw.org/Assistance/National-Military-Services/>

Beyond The Yellow Ribbon

Beyond the Yellow Ribbon is a comprehensive program that creates awareness for the purpose of connecting Service members and their families with community support, training, services and resources.

www.btyr.org

After Deployment

The After Deployment website is a behavioral health resource supporting service members, their families, and Veterans with common post-deployment challenges.

www.afterdeployment.org