

Center for Excellence in Disabilities
West Virginia University

West Virginia Traumatic Brain Injury Services



Veteran's Resource Manual

Acknowledgements

This manual is a product of the Center for Excellence in Disabilities at West Virginia University centrally located in Morgantown, WV. This manual has been compiled and guided by staff of the WV Traumatic Brain Injury Services.

The Center for Excellence in Disabilities (CED) is proud to serve as the state's designated lead agency for coordination of services for West Virginians with traumatic brain injury (TBI).

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Disclaimer

The contents of this manual are for informational purposes only and do not necessarily represent the official views of the U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA).

The Veteran's Resource Manual is not intended to replace any medical or legal advice provided to anyone reading this informational resource. This is not a medical or legal document. This manual is for informational purposes only. Please contact your medical physician for all medical care/advice or other health care partners. Please contact your attorney for all legal advice.

At any time during the course of reading this material you have any questions or concerns, please feel free to contact us at **877-724-8244 or **e-mail tbi@hsc.wvu.edu**. There is no fee involved by contacting us.*

WV Traumatic Brain Injury Services

TBI Toll Free: **(877) 724-8244**

Or

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Morgantown, WV 26505

Phone: **(304) 293-4692**

Fax: **(304) 293-7294**

E-mail: **TBI@hsc.wvu.edu**

Website: **www.tbi.cedwvu.org**

JOIN our listserv! TBI Connect

West Virginia listserv for Traumatic Brain Injury news, events and information sharing.

To subscribe to TBIConnect, send an e-mail to **TBI@hsc.wvu.edu** with the subject title "SUBSCRIBE TBI."

Please include your first and last name and your e-mail address in the body of the e-mail. If you need assistance signing up for this listserv, please call **(304) 293-4692 x.1118**

Notes

“True heroism is remarkably sober, very undramatic. It is not the urge to surpass all others but the urge to serve others at whatever cost.” Arthur Ashe

This quote speaks to common character traits often seen in our military personnel and military culture. By understanding some of the issues that are affecting soldiers, we may be more able to assist our [fellow] heroes as they continue in their military career and/or return to civilian life.

According to the Department of Veterans Affairs¹ and the Brain Injury Association of America²; brain injuries are noted as the “signature wound” of returning veterans of our Global War on Terrorism. Due to varying signs/symptom presentation, many soldiers have suffered an injury to their brain also known as a Traumatic Brain Injury (TBI) but may not be aware that they have some level of injury. Of equal importance is the presence of Post Traumatic Stress Disorder (PTSD) in the veteran population. Each impairment can occur separately or may coexist. Social, emotional, physical and community problems may follow these impairments making it more difficult to adapt or re-adapt to civilian life.

This Veteran’s Resource Manual is dedicated to assisting individuals, caregivers, professionals and friends/family members in understanding both a TBI or “signature wound” along with PTSD. There will be valuable resources available within this manual to address areas of concern in order to enhance ones quality of life.

Thank you to all of our military personnel and their families for their service to our country. We would be proud and honored to assist you.

-WV Traumatic Brain Injury Services
Center for Excellence in Disabilities.

1 U.S. Department of Veterans Affairs www.va.gov

2 Brain Injury Association of America (2008, January). Soldiers with Traumatic Brain Injury (TBI).

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A silhouette of a soldier in full combat gear, including a helmet and a rifle, is shown against a bright, hazy background. The sun is positioned behind the soldier, creating a strong lens flare effect. The soldier is in a crouched or kneeling position, looking down. The overall tone is somber and evocative.

Traumatic Brain Injury Screenings and Soldiers

Traumatic Brain Injury and Soldiers

TBI and Soldiers Information

A traumatic brain injury (TBI) is an injury caused by an external force that impacts one or more parts of the brain which impacts normal brain functions. The human brain controls our physical, cognitive, and behavioral functions.

TBIs are caused by falls, accidents, motor vehicle accidents, assaults, or shock wave blasts from improvised explosive devices (IEDs).

Soldiers are at risk for blast injuries from, rocket propelled grenades, IEDs and land mines. It has been estimated that more than 50% of all combat injuries are blast injuries occurring in Iraq and Afghanistan.¹

If the head is hit or violently shaken (from a blast or explosion), a concussion or closed head injury can result.²

Shock wave blasts from IEDs, rocket propelled grenades, and land mines are the leading cause of TBI for active duty military personnel in combat zones.

As of November 15, 2010, there were 195,547 military personnel since 2000 who have suffered a TBI. It is important to note that this number is all personnel not just injuries sustained in the combat zone.³

1 Brain Injury Association of America. (2008, January). Soldiers with Traumatic Brain Injury (TBI).

2 Deployment Health Clinical Center. (2007, April 23). Traumatic Brain Injury (TBI).

3 TBI Numbers. (November 15, 2010). Defense and Veterans Brain Injury Center. www.dvbic.org/TBI-Numbers.asp

Traumatic Brain Injury and Soldiers

TBI Screenings for Soldiers

In theater, screening should occur immediately following the injury event or as soon as possible. A Military Acute Concussion Evaluation tool is used to measure four cognitive domains: orientation, immediate memory, concentration, and memory recall. This tool is used with clinical information to determine if a higher level of care is needed.

Post deployment screenings of active duty service members are conducted during post deployment health assessments (PDHA). Four questions from the Brief Traumatic Brain Injury Survey appear on the PDHA. Positive responses on all four questions prompt a clinical interview for further evaluation.

Screening for TBI also occurs upon entry into the Veterans Health Administration (VHA) system, using a TBI clinical reminder tracking system. Veterans, who confirm Operation Enduring Freedom (OEF)/Operation Iraqi Freedom (OIF) theater deployments and do not have a prior TBI diagnosis, are asked a series of four sequential sets of questions based on the Brief Traumatic Brain Injury Survey. Those who screen positive for TBI are arranged to have further evaluation.⁴

⁴ Concussion/MTBI Screening. (Retrieved December 16, 2010). Defense and Veterans Brain Injury Center. www.dvbic.org

Traumatic Brain Injury and Soldiers

Signs and Symptoms of TBI

- Difficulty organizing daily tasks
- Blurred vision or eyes tire easily
- Headaches or ringing in the ears
- Feeling sad, anxious or listless
- Mood changes
- Easily irritated or angered
- Feeling tired all the time
- Feeling light headed or dizzy
- Lack of motivation
- Relationship troubles
- Trouble with memory, attention or concentration
- Balance problems
- Sensitive to sounds, lights or distractions
- Impaired decision making or problem solving
- Difficulty inhibiting behavior- Impulsive
- Slowed thinking, moving, speaking or reading
- Easily confused, feeling easily overwhelmed
- Change in sexual interest or behavior
- Getting Lost
- Loss of sense of smell and taste

1 Deployment Health Clinical Center. (2007, April 23). Traumatic Brain Injury (TBI).

Traumatic Brain Injury and Soldiers

Recovery Following TBI

Speed of recovery varies. Most people with mild TBI recover fully, but it can take time. People with a previous injury may find it takes longer to recover from their current injury. Some symptoms can last for days, weeks or longer. Talk to your health care provider about any troubling symptoms or signs. Improvement of symptoms typically occurs over the first 1-3 months after the injury; however, possibilities for improvement are limitless. (Please note the disclaimer at the beginning of the manual).

Things that Help Recovery

- Get plenty of rest and sleep
- Increase activity slowly
- Carry a notebook- Write things down
- Establish a regular daily routine
- Do only one thing at a time if you are easily distracted
- Check with someone you trust when making decisions

Things that “May” Slow Recovery

- Assess activities that could lead to another brain injury and make a healthy plan for protection
- Inquire about how alcohol might slow healing of the injury or pose a risk to other behavioral functioning
- Ask your healthcare provider about caffeine or “energy-enhancing” products as they may increase symptoms.⁵
- Discuss all over the counter medications with your health care provider as they may impact your recovery process in a negative manner.

⁵ Adapted from Deployment Health Clinical Center. (2007, April 23). Traumatic Brain Injury (TBI).

Traumatic Brain Injury and Soldiers

Strategies

General Tips

- Increase activity slowly
- Establish a regular daily routine to structure activities
- Make "To Do" lists
- Keep a written sheet of medications and appointments
- Keep a headache log to share with the doctor
- Buy ear plugs and sun glasses
- Exercise regularly
- Eat a healthy diet
- Use time outs to deal with emotions
- Use time outs for overwhelming situations
- Use visualizations
- Write down health questions in one place to share with doctors

Memory

- Write in a journal
- Carry a notebook
- Write it down
- Establish a regular daily routine to structure activities
- Get organized
- Place things in the same locations
- Get plenty of rest and sleep
- Set alarms and reminder notices

Fatigue, Sleeping and Not Sleeping

- Establish a regular daily routine to structure activities
- Get plenty of rest and sleep
- Keep your house warm/cool enough to sleep comfortably
- Go to bed at the same time every night
- Consider avoiding caffeine if it negatively effects you
- Consider how exercising late at night might impact your energy level and sleep pattern
- Practic progressive relaxation (including napping and other times without napping)

School/Work

- Find a study buddy in each class
- Carry a notebook
- Increase activity slowly
- Do only one thing at a time if you are easily distracted
- Check with someone you trust when making decisions
- Increase responsibilities slowly
- Get organized
- Break tasks into easy steps
- Make "To Do Lists". Break them down into manageable parts

Traumatic Brain Injury and Soldiers

Disability Benefits for Wounded Warriors

Military service members can receive expedited processing of disability claims from Social Security. Benefits available through Social Security are different from those from the Department of Veteran Affairs. It requires a separate application.

The expedited process is eligible for military service members who became disabled while on active duty on or after October 1, 2001 regardless of where the disability occurs.

Types of Benefits That Can Be Received

- Social Security Disability Insurance Programs- This program pays benefits to you and certain members of your family if you have worked long enough and paid Social Security taxes.
- Supplemental Security Income Program- This program pays benefits based on financial need.

What is Social Security's definition of disability?

By law, Social Security has a very strict definition of disability.

- You must be unable to do substantial work because of your medical condition (s) and
- Your medical condition(s) must have lasted or be expected to last longer than one year or be expected to result in death.

How does military pay affect eligibility for disability benefits?

You cannot engage in substantial work activity for pay or profit. Active duty status and receipt of military pay does not prevent payment of disability benefits. If you are receiving treatment at a medical facility and working in a designated therapy program or on limited duty, your eligibility for benefits can be evaluated by Social Security.

How do I apply?

You may apply for benefits at any time while having military status or after discharge, whether you are still hospitalized, in a rehabilitation program, or undergoing out-patient treatment in a military or civilian medical facility. You can apply online at www.socialsecurity.gov/woundedwarriors, in person at the nearest Social Security office, by mail or telephone at **800-772-1213**.

What do I need to apply?

- Original certified copy of your birth certificate or proof of US citizenship
- Form DD 214 if discharged from the military
- W2 Form or Income Tax Return from last year
- Military or Workers Compensation to provide proof of income
- Social security numbers for your spouse and minor children
- Checking or savings account number
- Name, address and phone number of a contact person
- Medical records that you have or can easily get

Traumatic Brain Injury and Soldiers

Can my family get benefits?

This is based on your work history. Some family members may be eligible:

- A spouse over the age of 62
- A spouse at any age who is caring for your child who is under age 16 or is disabled
- Your unmarried child under the age of 18
- Your child age 18 or older with a disability that began before age 22

How does Social Security make a decision?

Your claim is sent to a state Disability Determination Service Office that makes disability decisions. The state has medical and vocational experts who contact your doctors and other places where you have received treatment to get your medical records. You may be asked to have an exam or a medical test. You will not have to pay for the exams, but MUST attend them.

How long does it take to get a decision?

The length of time it takes to receive a decision on your disability claim can vary, depending on several factors:

- The nature of your disability
- How quickly we obtain medical evidence is received from your doctor or medical sources
- Whether you need a medical exam to obtain evidence to support your claim

To speed a decision, be prepared for an interview and having all your information from your jobs and medical doctors. Also if there are any changes after you have made a claim, notify the office immediately.

Contact Social Security at:

www.socialsecurity.gov

1-800-772-1213

Or if hard of hearing or deaf at

1-800-325-0778

From 7am to 7pm Monday thru Friday

Automated phone service available 24 hours a day.

All information is confidential.



Post Traumatic Stress
Disorder

Post Traumatic Stress Disorder (PTSD)

Information on PTSD

PTSD is a condition that develops after someone has experienced a life threatening situation, such as combat. A situation must have caused an emotional reaction involving intense fear, hopelessness or horror. Individuals with PTSD experience symptoms for weeks or months after the event is over and the individual is in a safe environment.

Symptoms

Re-experiencing the event over and over again

- You cannot put it out of your mind no matter how hard you try
- You have repeated nightmares about the event
- You have vivid memories, almost like it was happening all over again
- You have a strong reaction when you encounter reminders, such as a car backfiring

Avoiding people, places or feelings that remind you of the event

- You work hard at putting it out of your mind
- You feel numb and detached so you do not have to feel anything
- You avoid people or places that remind you of the event

Feeling “keyed up” on edge all the time

- You may startle easily
- You may be irritable or angry all the time for no apparent reason
- You are always looking around, hyper-vigilant of your surroundings
- You may have trouble relaxing or getting to sleep

People who have PTSD have experiences from all three categories that stay with them most of the time and interfere with their ability to live life or do their job.

Most service members do not experience PTSD. You can experience some symptoms of PTSD without having a diagnosis of PTSD. If you have symptoms, you can benefit from counseling or therapy. PTSD is treatable. Therapy has proven to be very effective in reducing or eliminating the symptoms. Medication can also help. Early treatment leads to the best outcomes.⁶

A PTSD self-assessment is available at www.militarymentalhealth.org

⁶ Deployment Health Clinical Center. (2007, April 23). Post Traumatic Brain Injury (PSTD).

Post Traumatic Stress Disorder (PTSD)

Treatment of PTSD

There are many treatments available for PTSD to assist in regaining quality of life as well as ones' functional abilities. Some of these treatments include cognitive behavior therapy, eye movement desensitization and reprocessing, medications, and therapies by trained professionals.

Medications

There are several medications that have been used successfully in combination with therapeutic interventions, personal support and exercise (not an all inclusive list) in symptom management of PTSD. One example of a commonly used medication to assist in symptom management is a selective serotonin reuptake inhibitor (SSRI). Selective serotonin reuptake inhibitors are a type of anti-depressant medicine. These can help you feel less sad and worried. Chemicals in your brain affect the way you feel. When you have PTSD or depression, you may not have enough of a chemical called serotonin. SSRIs raise the level of serotonin in your brain. Talk to your doctor before starting or stopping a medication or additional interventions.

What is Cognitive Behavior Therapy?

The therapist helps you understand and assists you in changing how you think about your trauma and its aftermath. Your goal is to understand how certain thoughts about your trauma cause stress and make your symptoms worse. You will identify thoughts about the world and yourself that are making you feel afraid or upset. With the help of your therapist, you will learn to replace these thoughts with more accurate and less distressing thoughts. You will learn to cope with feelings such as anger, guilt and fear.

What is Eye Movement Desensitization and reprocessing (EMDR)?

EMDR is a newer therapy for PTSD. It can help change how you react to memories of your trauma. While talking about your memories, you will focus on distractions like eye movements, hand taps and sounds. Studies have shown it may help you have fewer PTSD symptoms.

What is exposure or desensitization therapy?

In exposure or desensitization therapy, your goal is to have less fear about your memories. By talking to your therapist about your trauma, you will learn to gain control of your thoughts and feelings about the trauma. You can change how you react to stressful memories with the help of your therapist. You can begin by discussing less upsetting memories and deal with bad memories a bit at a time. You may also practice different ways to relax when you are having a stressful memory, such as breathing exercises. Your goal is to find interventions that fit you and help you through this process of healing.

Brief Psychodynamic Psychotherapy

In this therapy, you learn ways of dealing with emotional conflicts caused by your trauma. It helps you understand how you feel now. Your therapist can help you: identify what triggers your stressful memories or other symptoms, find ways to cope with intense feelings about the past, become aware of your thoughts and feelings, and raise your self-esteem.

Post Traumatic Stress Disorder (PTSD)

Group Therapy

In group therapy, you talk with a group of people who have been through a trauma and who have PTSD. Sharing your story with others may help you feel more comfortable talking about your trauma. It can help you cope with your symptoms, memories, and other parts of your life. It helps you build relationships with others who understand what you have been through. You can build self-confidence and trust, as well as learn how to focus on your present life.

Family Therapy

PTSD can impact your whole family. Your family might not understand why you get angry or why you are under so much stress. They may feel scared, guilty or angry. Family therapy is a type of counseling that involves your whole family. A therapist helps you and your family communicate more effectively, maintain good relationships, and cope with tough emotions. Your family can express their fear and concerns. You can listen and talk about your PTSD symptoms and what triggers them. You can discuss the important parts of treatment and recovery.⁷

⁷ National Center for PTSD. (2010). Fact Sheet: Treatment of PTSD.



**Veteran Medical
Information**

Veteran Medical Information

Department of Veterans Brain Injury Center

Who are they?

The Defense and Veterans Brain Injury Center (DVBIC) is:

- a multi-site medical care, clinical research and education center
- a unique collaboration of the Department of Defense (DoD), Department of Veterans Affairs (VA) health care system and a civilian partner

What do they do?

- Develop and provide advanced TBI-specific evaluation, treatment, and follow-up care for military personnel, their dependents, and veterans with brain injury
- Conduct clinical research that defines optimal evaluation and treatment for TBI
- Develop and deliver education for prevention, treatment, and management of TBI

Call for more information, call **800-870-9244** or visit **www.DVBIC.org**.

Services Offered

Each local facility provides brain injury evaluations. Individuals evaluated at a DVBIC site receive a comprehensive assessment that can include any of the following examinations.

- Neurological
- Neuropsychological
- Laboratory
- Psychosocial
- Audiologic
- EEGs

Additionally, people admitted to inpatient TBI rehab programs at a VA site receive:

- Psychiatric assessment
- Occupational therapy
- Rehabilitation therapy
- Physical therapy
- Speech therapy
- Cognitive therapy
- Psychology
- Recreational therapy

Veteran Medical Information

West Virginia VA Medical Centers

Beckley	200 Veterans Ave	(304) 255-2121 877-902-5142
Clarksburg	1 Medical Center Dr	(304) 623-3461 800-733-0512
Huntington	1540 Spring Valley Dr	(304) 429-6741 800-827-8244
Martinsburg	Route 9	(304) 263-0811 800-817-3807

**A new center may be opening up soon in the Lewisburg area.*

West Virginia VA Outpatient Clinic

Charleston	104 Alex Drive	(304) 926-6001
Franklin	314 Pine Street	(304) 358-2355
Logan	513 Dingess Street	(304) 752-8355
Parkersburg	2311 Ohio Avenue	(304) 422-5114
Parsons	206 Spruce Street	(304) 478-2219
Petersburg	Grant Hospital Rt 55	(304) 257- 1026
Sutton	93 Skidmore Lane	(304) 765-3480
Morgantown	40 Commerce Drive	(304) 292-7535

West Virginia Vet Centers

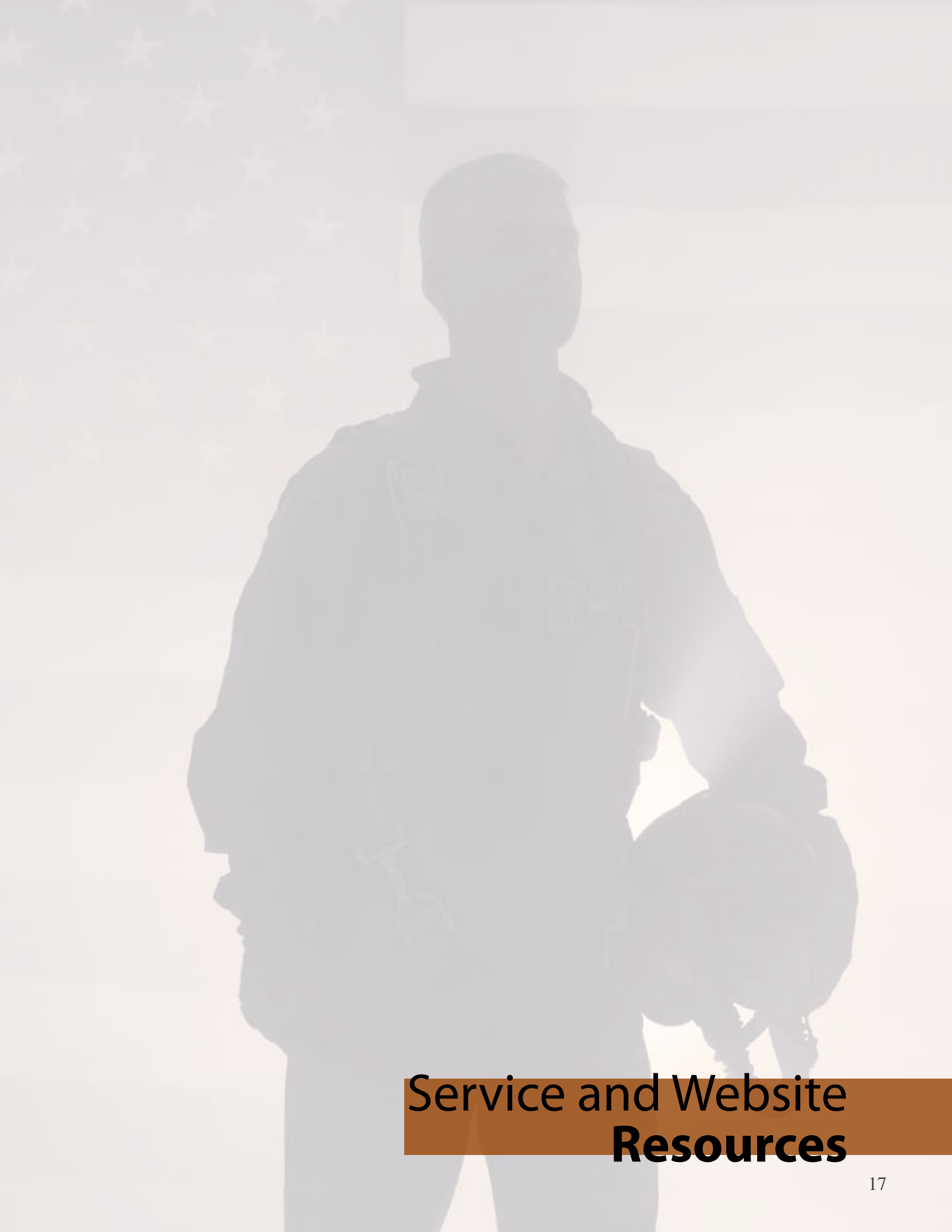
Beckley	101 Ellison Avenue	(304) 252-8220
Charleston	521 Central Avenue	(304) 343-3825
Huntington	3135 16th Street	(304) 523-8387
Logan	21 Veterans Avenue	(304) 752-4453
Martinsburg	900 Winchester Ave	(304) 263-6776
Morgantown	34 Commerce Drive	(304) 291-4303
Parkersburg	2311 Ohio Avenue	(304) 485-1599
Princeton	905 Mercer Street	(304) 425-5653
Wheeling	1206 Chaplin Street	(304) 232-0587

West Virginia Veterans Nursing Facilities

Barboursville	512 Water Street	(304) 736-1027
Clarksburg	1 Freedoms Way	(304) 626-1602

National Cemeteries

Grafton	431 Walnut Street	(304) 265-2044
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Service and Website **Resources**

Resources

Service Resources

AbleData

Phone: **800-227-0216**

Website: **www.abledata.com**

AbleData provides objective information on assistive technology and rehabilitation equipment available from domestic and international sources to consumers, organizations, professionals, and caregivers within the United States.

After Deployment

Phone: **866-966-1020**

Website: **www.afterdeployment.org**

AfterDeployment.org is a wellness resources for the military community. It includes a variety of topics including the National Suicide Hotline and outreach chat.

America's Heroes at Work

Phone: **866-487-2365**

Website: **www.americasheroesatwork.gov**

America's Heroes at Work is a U.S. Department of Labor (DOL) project that addresses the employment challenges of returning service members living with Traumatic Brain Injury (TBI) and/or Post-Traumatic Stress Disorder (PTSD).

American Speech-Language-Hearing Association

Phone: **800-638-8255**

Website: **www.asha.org**

The American Speech-Language-Hearing Association is the professional, scientific, and credentialing association for 140,000 members and affiliates who are speech-language pathologists, audiologists, and speech, language, and hearing scientists in the United States and internationally.

American Veterans with Brain Injuries

Phone: **Not listed**

Website: **www.avbi.org**

American Veterans with Brain Injuries (AVBI) is an online resource for American veterans who have suffered a brain injury and their families.

The Arms Forces

Phone: **419-491-1555**

Website: **www.thearmsforces.org**

The Arms Forces provides education and programs that allow a veteran with traumatic brain injury or post-traumatic stress disorder to be more easily understood and live a higher quality of life.

Blinded Veterans Association

Phone: **202-371-8880**

Website: **www.bva.org**

The Blinded Veterans Association (BVA) was established specifically to help veterans and their families meet and overcome the challenges of blindness.

Brain Injury Association of America

Phone: **703-761-0750**

Website: **www.biausa.org**

Founded in 1980, the Brain Injury Association of America (BIAA) is the leading national organization serving and representing individuals, families and professionals who are touched by a life-altering, often devastating, traumatic brain injury (TBI).

Brain Injury Association of West Virginia

Phone: **304-766-4892**

Website: **www.biausa.org/WVirginia**

The Brain Injury Association of West Virginia provides support, resources, and information to West Virginia Brain Injury survivors and their families.

Brain Injury Network

Phone: **707-544-4323**

Website: **www.braininjurynetwork.org**

Founded in 1998, the Brain Injury Network is a non-profit advocacy organization operated for and by survivors of acquired brain injury (ABI).

Brain Injury Partners

Phone: **Not listed**

Website: **<http://free.braininjurypartners.com>**

The Brain Injury Partners program was created by a team of researchers, software developers and web designers at the Oregon Center for Applied Science, Inc. (ORCAS), in Eugene, Oregon.

Brain Trauma Foundation

Phone: **212-772-0608**

Website: **www.braintrauma.org**

The Brain Trauma Foundation was founded to improve the outcome of traumatic brain injury (TBI) patients by developing best practice guidelines, conducting clinical research, and educating medical personnel.

Career Center at the Military Severely Injured Center

Phone: **888-774-1361**

Website: **www.military.com/support**

The Career Center provides links to Veteran-friendly employers, resume building and skill translation tools, and Veteran specific benefits, health care, and more.

Center for Excellence in Disabilities at West Virginia University WV Traumatic Brain Injury Program

Phone: **877-724-8244**

Website: **www.tbi.cedwvu.org**

The Center for Excellence in Disabilities Traumatic Brain Injury Services provides resource coordination, education and training, technical assistance, linkage, Funds for You, and information to TBI survivors.

Service Resources

Center for Women Veterans

Phone: **800-827-1000**

Website: **www1.va.gov/womenvet**

Center for Women Veterans is the primary advisor to the secretary of Veterans Affairs on all matters related to policies, legislation, programs, issues, and initiatives affecting women veterans.

Computer/Electronic Accommodations Program's Wounded Service Member Initiative

Phone: **703-681-8813**

Website: **<http://cap.tricare.mil>**

The Computer/Electronic Accommodations Program (CAP) increases access to information and works to remove barriers to employment opportunities by eliminating the costs of assistive technology and accommodation solutions.

Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury

Phone: **877-291-3263**

Website: **www.dcoe.health.mil**

The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) was created in November 2007 to be the open front door of the Department of Defense for warriors and their families needing help with psychological health and traumatic brain injury issues.

Defense and Veterans Brain Injury Center

Phone: **202-782-6345**

Website: **<http://www.dvbic.org>**

The mission of the Defense and Veterans Brain Injury Center (DVBIC) is to serve active duty military, their beneficiaries, and veterans with traumatic brain injuries (TBIs).

Disabled American Veterans

Phone: **877-426-2838**

Website: **www.dav.org**

Disabled American Veterans provides free assistance in obtaining disabilities benefits and services earned through their military service. They also provide Veterans Information Seminars, Disaster Relief grants, and the Homeless Veterans Initiative.

Disabled Sports USA

Phone: **301-217-0960**

Website: **www.dsusa.org**

Disabled Sport USA, a national nonprofit organization, was established in 1967 by disabled Vietnam veterans. DS/USA now offers nationwide sports rehabilitation programs to anyone with a permanent disability.

Epilepsy Foundation

Phone: **800-332-1000**

Website: **www.epilepsyfoundation.org**

The Epilepsy Foundation of America is the national voluntary agency dedicated solely to the welfare of the almost 3 million people with epilepsy in the U.S. and their families.

Family Caregiver Alliance

Phone: **415-434-3388**

Website: **<http://caregiver.org/caregiver/jsp>**

Founded in 1977, Family Caregiver Alliance was the first community-based nonprofit organization in the country to address the needs of families and friends providing long-term care at home.

Give an Hour

Phone: **Not listed**

Website: **www.giveanhour.org**

Give an Hour is dedicated to meeting the mental health needs of the troops and families affected by the ongoing conflicts in Iraq and Afghanistan. The program is asking mental health professionals nationwide to literally give an hour of their time each week to provide free mental health services to military personnel and their families. The website includes a list of participating professionals.

Homeless Veterans Treatment Programs

Phone: **877-424-3838**

Website: **www.va.gov/homeless/**

Offers a continuum of services to Veterans that include: outreach to homeless veterans, clinical assessment and referral for medical treatment, long term sheltered transitional assistance, case management, and rehabilitation, employment assistance, and supported permanent housing.

Iraq and Afghanistan Veterans of America

Phone: **212-982-9699**

Website: **www.iava.org/index.php**

The mission of this organization is to ensure the enactment of policies that properly provide for our Troops and Veterans, keep our military strong, and guarantee our national security.

Marine for Life Injured Support

Phone: **866-645-8762**

Website: **www.m4l.usmc.mil**

The Marine for Life Injured Support program offers information and advocacy to injured Marines and sailors. The Traumatic Brain Injury link has information and resources for TBI patients and their families.

Military OneSource

Phone: **800-342-9647**

Website: **www.militaryonesource.com**

The Military OneSource program provides information, resources, education, and various programs and opportunities to military members and their families. The organization also offers 12 free counseling sessions.

National Alliance on Mental Illness

Phone: **800-950-6264**

Website: **www.nami.org/veterans**

NAMI provides a Veteran's resource center to help support active duty military, veterans, and their families facing mental illness such as depression and PTSD.

Service Resources

The National Center for Post-Traumatic Stress Disorder

Phone: **802-296-6300**

Website: **<http://www.ncptsd.va.gov>**

A special center within Veterans Affairs that has its mission to advance the clinical care and social welfare of America's veterans through research, education, and training in the science, diagnosis, and treatment of PTSD and stress disorders.

National Coalition for Homeless Veterans (NCHV)

Phone: **800-VET-HELP (838-4357)**

Website: **www.nchv.org**

The resource and technical center for a National network of community-based service providers and local, state, and federal agencies that provide emergency and supportive housing, food, health services, job training and placement, legal aid, and case management support.

National Resource Center for Traumatic Brain Injury

Phone: **804-828-9055**

Website: **<http://www.nrc.pmr.vcu.edu/>**

The mission of the National Resource Center for Traumatic Brain Injury (NRCTBI) is to provide relevant, practical information for professionals, persons with brain injury, and family members.

National Resource Directory

Phone: **800-342-9647**

Website: **www.nationalresourcedirectory.gov**

The National Resource Directory provides information and resources for Wounded Warriors and their families. Resources on benefits and compensation, education and training, employment, family and caregiver support, health, homelessness assistance, housing, transportation and travel, and other services and support.

Navy Safe Harbor

Phone: **877-746-8563**

Website: **www.npc.navy.mil/CommandSupport/SafeHarbor**

The Navy Safe Harbor program provides information and resources on programs offered through the VA and DoD for severely injured service members.

Project Victory

Phone: **713-877-0489**

Website: **www.tirrfoundation.org/victory.asp**

Project Victory is a brain injury rehabilitation program developed specifically to treat US military service members who have sustained a TBI. They provide soldiers with access to a brain injury rehabilitation program at no cost to the service member.

Real Warriors Campaign

Phone: **866-966-1020**

Website: **www.realwarriors.net**

The Real Warriors Campaign is an initiative launched by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) to promote the processes of building resilience, facilitating recovery and supporting reintegration of returning service members, veterans and their families.

Rehabilitation Research and Training Center (RRTC) on Community Integration of Persons with Traumatic Brain Injury

Phone: **713-630-0526**

Website: **www.tbicommunity.org**

The Rehabilitation Research and Training Center (RRTC) on Community Integration of Persons with TBI seeks to make available information, resources, and services that maximize participation of people with TBI in their communities. The center focuses on all aspects of community integration, including traditionally under-emphasized areas such as friendship, intimacy, and creative expression.

Sesame Street Workshop--Talk, Listen, Connect: Deployments, Homecomings, Changes

Phone: **212-595-3456**

Website: **www.sesameworkshop.org**

In recognition of the contributions made by the United States Armed Forces, Sesame Workshop presents its bilingual educational outreach initiative, Talk, Listen, Connect, designed for military families and their young children to share.

The Substance Abuse and Mental Health Services Administration

Phone: **877-SAMHSA-7 (726-4727)**

Website: **www.samhsa.gov/vets**

SAMHSA provides resources for returning veterans and their families. The site includes a mental health services provider locator map with directory and a substance abuse treatment facility locator map with directory.

Traumatic Brain Injury: The Journey Home

Phone: **719-333-7565**

Website: **www.traumaticbraininjuryatoz.org**

Traumatic Brain Injury: The Journey Home is a CEMM web resource on Traumatic Brain Injury (TBI), including information for patients, family members, and caregivers.

U.S. Army Wounded Warrior Program

Phone: **877-393-9058**

Website: **www.aw2.army.mil**

The US Army Wounded Warrior Program provides support, information, and advocacy for severely injured soldiers and their families. The site has resource information, and links to other websites. It provides information to help soldiers transition from military to the civilian community.

VA Polytrauma Center

Phone: **800-827-1000**

Website: **www.polytrauma.va.gov**

Polytrauma care is for veterans and returning service members with injuries to more than one physical region of their body which results in physical, cognitive, psychological, or psychosocial impairments and functional disability. The system of care includes 4 Polytrauma Rehabilitation Centers, 21 Polytrauma Network sites, and Polytrauma Support Clinic teams.

Service Resources

Veterans and Families

Phone: **916-422-5005**

Website: **www.veteransandfamilies.org**

Veterans and Families provides help to families, employers, and communities with Homecoming Veterans who are transitioning to civilian life. They provide guides that help families and Veterans address the emotional and psychological readjustment needs of coming home.

Veterans of Foreign Wars of the United States (VFW)

Phone: **816-756-3390**

Website: **www.vfw.org**

The VFW has many programs that support Veterans, those currently serving in the military, and families through a variety of programs: National Veteran Service, National Legislative Services, National Military Services.

Accommodations for Disabilities

Active Duty Dental Program	www.addp-ucci.com
After Deployment	www.afterdeployment.org
Air Compassion for Veterans	www.aircompassionforveterans.org/events
Air Force Crossroads	www.afcrossroads.com
Air Force Wounded Warrior Program	www.woundedwarrior.af.mil
Air Warrior Courage Foundation	www.airwarriorcourage.org
America Supports You	www.ourmilitary.mil/index.aspx
American Disability Association	www.adanet.org
American Veterans With Brain Injuries	www.avbi.org
American's Vet Dogs	www.vetdogs.org
America's Huey 091 Foundation	www.huey091foundation.org
Arizona Workforce Connection*	www.arizonaworkforceconnection.com
Armed Forces Foundation	www.armedforcesfoundation.org
Army OneSource	www.myarmyonesource.com
Association for Thought Field Therapy	www.atftfoundation.org
Azalea Charities Aid for Wounded Soldiers	www.azaleacharities.com
Battlemind Training	www.battlemind.org
Blinded Veterans Association	www.bva.org
Brain Injury Association of USA	www.biausa.org
Building Homes for Heroes	www.buildinghomesforheroes.com
Burial Locations of Veterans	http://gravelocator.cem.va.gov
Cadence Therapeutic Riding Center	www.cadenceriding.org
Challenge America	www.challengeamerica.com
Challenge Aspen	www.challengeaspen.com
Challenged Athlete Foundation	www.challengedathletes.org
CHAMPVA for dependents	www.va.gov/hac/forbeneficiaries/champva/champva.asp
Coalition to Salute America's Heroes	www.saluteheroes.org
Colorado Legion	www.coloradolegion.org
Colorado Traumatic Brain Injury Trust Fund	www.cdhs.state.co.us/tbi/definition_of_tbi.htm
Comfort for America's Uniformed Services	www.cause-usa.org
Defense and Veterans Brian Injury Center	www.dvbic.org
Disabled American Veterans	www.dav.org
Disabled Sports USA	www.dsusa.org
Dive Pirates Foundation	www.divepirates.org
Enable America	www.enableamerica.org
Fallen Patriot Fund	www.fallenpatriotfund.org

Website Resources

Accommodations for Disabilities

Active Duty Dental Program	www.addp-ucci.com
After Deployment	www.afterdeployment.org
Air Compassion for Veterans	www.aircompassionforveterans.org/events
Air Force Crossroads	www.afcrossroads.com
Air Force Wounded Warrior Program	www.woundedwarrior.af.mil
Air Warrior Courage Foundation	www.airwarriorcourage.org
America Supports You	www.ourmilitary.mil/index.aspx
American Disability Association	www.adanet.org
American Veterans With Brain Injuries	www.avbi.org
American's Vet Dogs	www.vetdogs.org
America's Huey 091 Foundation	www.huey091foundation.org
Arizona Workforce Connection*	www.arizonaworkforceconnection.com
Armed Forces Foundation	www.armedforcesfoundation.org
Army OneSource	www.myarmyonesource.com
Association for Thought Field Therapy	www.atftfoundation.org
Azalea Charities Aid for Wounded Soldiers	www.azaleacharities.com
Battlemind Training	www.battlemind.org
Blinded Veterans Association	www.bva.org
Brain Injury Association of USA	www.biausa.org
Building Homes for Heroes	www.buildinghomesforheroes.com
Burial Locations of Veterans	http://gravelocator.cem.va.gov
Cadence Therapeutic Riding Center	www.cadenceriding.org
Challenge America	www.challengeamerica.com
Challenge Aspen	www.challengeaspen.com
Challenged Athlete Foundation	www.challengedathletes.org
CHAMPVA for dependents	www.va.gov/hac/forbeneficiaries/champva/champva.asp
Coalition to Salute America's Heroes	www.saluteheroes.org
Colorado Legion	www.coloradolegion.org
Colorado Traumatic Brain Injury Trust Fund	www.cdhs.state.co.us/tbi/definition_of_tbi.htm
Comfort for America's Uniformed Services	www.cause-usa.org
Defense and Veterans Brian Injury Center	www.dvbic.org
Disabled American Veterans	www.dav.org
Disabled Sports USA	www.dsusa.org
Dive Pirates Foundation	www.divepirates.org
Enable America	www.enableamerica.org
Fallen Patriot Fund	www.fallenpatriotfund.org
Family & Friends for Freedom Fund, Inc.	www.injuredmarinesfund.org

Website Resources

Accommodations for Disabilities

Farmer– Veteran Coalition	www.Farmvetco.org
Fisher House Foundation	www.fisherhouse.org
Forgotten Heroes	www.usaforgottenheroes.com
Free Life Coaching for Wounded Warriors	www.thepurpleheartproject.org
Freedom Hunters	www.freedomhunters.org
Freedom is Not Free	www.freedomisnotfree.com
Global Tattoo Orthotic Prosthetic Innovations	www.gtopi.com
Gold Stars Wives of America, Inc.	www.goldstarwives.org
Gulf War Veterans	www.gulfweb.org
Hearts and Horses	www.heartsandhorses.org
Helping Hands	www.monkeyhelpers.org
Homes for our Troops	www.homesforourtroops.org
Hope for the Warriors	www.hopeforthewarriors.org
Horses for Heroes	www.narha.org
Independence Fund	www.independencfund.org
Jewish War Veterans	www.jwv.org
Job Accommodation Network	www.jan.wvu.edu
Judis House	www.judishouse.org
Ladies Auxiliary to the VFW	www.ladiesauxvfw.org
Lakeshore Foundation	www.lakeshore.org
Landstuhl Hospital Care Project	www.landstuhlhospitalcareproject.org
Laptops for the Wounded	www.LaptopsForTheWounded.com
Life Quest Transitions	www.lqtransitions.org
Marines for Life	www.m4l.usmc.mil
Military Coalition	www.themilitarycoalition.org
Military Medical Support Office	www.tricare.mil/tma/MMSO/index.aspx
Military Severely Injured Center Support	www.militaryhomefront.dod
My Army Benefits	http://myarmybenefits.us.army.mil/
National Amputation Foundation	www.nationalamputation.org
National Resource Directory	www.nationalresourcedirectory.gov
National Veterans Foundation	www.nvf.org
Navy Safe Harbor	www.npc.navy.mil/CommandSupport/Safe-Harbor
Operation Family Fund	www.operationfamilyfund.org
Operation First Response	www.operationfirstresponse.org
Operation IMPACT	http://operationimpact.ms.northropgrumman.com
Operation Military Embrace	www.operationmilitaryembrace.com
Operation Quiet Comfort	www.operationquietcomfort.com

Website Resources

Accommodations for Disabilities

Operation Second Chance	www.operationsecondchance.org
Operation TBI Freedom in Denver	OperationTBIFreedom.org
Outdoor Buddies	www.outdoorbuddies.org
Paralyzed Veterans of America	www.pva.org
Pentagon Foundation	www.pentagonfoundation.org
Pets 2 Vets	www.PETS2VETS.org
Pike Peak Therapeutic Riding Center	www.pptrc.org
Project Sanctuary	www.projectsanctuary.us
Project Victory	www.tirrfoundation.org
Rebuild Hope	www.rebuildhope.org
Ride 2 Recovery	www.ride2recovery.com/about-us.html
Road 2 Recovery	www.road2recovery.us.com
Salute Military Golf Association	www.golfsalute.org
Semper Fi Fund	www.semperfund.org
Sentinels of Freedom Scholarship Foundation	www.sentinelsoffreedom.org
Severely Injured Service Members & Dependents	www.dantes.doded.mil/sfd/index.asp?Flag=True
Sew Much Comfort	www.sewmuchcomfort.org
Silver Star Families of America	www.silverstarfamilies.org
Strikeouts for Troops	www.strikeoutsfortroops.com
Sun Valley Adaptive Sports	www.svasp.org
Support Our Soldiers America	www.sosamericainc.org
TexVet	www.texvet.com
The 9-11 Help America Foundation	www.911helpamerica.com
The Home Front Cares	www.thehomefrontcares.org
The Veteran's Corporation	www.VeteransCorp.org
Transition Assistance Program	www.transitionassistanceprogram.com
Transition Assistant Advisor	www.taapmo.com/
Tricare Dental	www.tricare dentalprogram.com
Tricare North Region	www.healthnetfederalservices.com
Tricare Pharmacy	www.express-scripts.com
Tricare Reserve Select	www.dmdc.osd.mil/appj/esgr/privacyAction.do
Tricare Retiree Dental	www.trdp.org
Tricare South Region	www.humana-military.com
U.S. Air Force Casualty Matters Division	www.afpc.randolph.af.mil
US Army Casualty and Memorial Affairs	www.armycasualty.army.mil
US Department of Veterans Affairs	www.va.gov
US Dept. of Labor-VETS	www.dol.gov/vets
VA Homeless Program	www1.va.gov/homeless/

Website Resources

Accommodations for Disabilities- Advocacy

Vacation for Veterans	www.vacationsforveterans.org
Veteran Business	www.vetbiz.gov
Veteran Care Giver	www.VeteranCareGiver.com
Veterans Affairs Supportive Housing	www.hud.gov/webcasts/archives/vash.cfm
Veterans Airlift Command	www.veteransairlift.org
Veterans Benefits Administration	www.vba.va.gov/
Vietnam Veterans of America	www.vva.org
Warrior Foundation	www.warriorfoundation.com
Warrior Weekend	www.WarriorWeekend.com
Watering Seeds Organization	www.wateringseeds.org
Welcome Back Veterans	www.WelcomeBackVeterans.org
Women's Trauma Recovery Program	www.womenvetsptsd.va.gov
Wounded EOD Warrior	www.woundedeodwarrior.org
Wounded Heroes Fund	www.woundedheroesfund.net
Wounded Marine Careers Foundation	www.woundedmarinecareers.org
Wounded Warrior Project	www.woundedwarriorproject.org
Wounded Warrior Resource Center	www.woundedwarriorresourcecenter.com
Yellow Ribbon America	www.yellowribbonfund.com

Advocacy

4 Military Families.com	www.4militaryfamilies.com
AM Vets	www.amvets.org
American Disability Association	www.adanet.org
American Legion	www.legion.org
American Legion Auxiliary	www.legion-aux.org
Association of the United States Army	www.ausa.org
Blinded Veterans Association	www.bva.org
Coalition of Troop Support	www.cotsupport.org
Coma Recovery	www.waiting.com
Disabled American Veterans	www.dav.org
Fisher House Foundation	www.fisherhouse.org
HadIt.com Veteran to Veteran	www.hadit.com
Helping Our Heroes Foundation	www.hohf.org/links.htm
Heroes to Hometowns	www.militaryhomefront.dod.mil/heroes
Hire Vets First	www.hirevetsfirst.dol.gov
Marines for Life	www.m4l.usmc.mil
Military Family Program	www.carlisle.army.mil/usawc/dclm/joint.htm
Military Home front	www.militaryhomefront.dod.mil
Military Order of the Purple Heart	www.purpleheart.org

Website Resources

Advocacy- Counseling

Military Severely Injured Center Support	www.militaryhomefront.dod
National Amputation Foundation	www.nationalamputation.org
National Association for Uniformed Services	www.naus.org
National Military Family Association	www.nmfa.org
National Veterans Foundation	www.nvf.org
Navy Safe Harbor	www.npc.navy.mil/CommandSupport/Safe-Harbor
Paralyzed Veterans of America	www.pva.org
Tragedy Assistance Program for Survivors	www.taps.org
US Court of Appeals for Veterans Claims	www.uscourts.cavc.gov
US Department of Veterans Affairs	www.va.gov
US Dept. of Labor-VETS	www.dol.gov/vets
Veterans of Foreign Wars	www.vfw.org
Wounded Warrior Project	www.woundedwarriorproject.org

Child Care Expenses

Army OneSource	www.myarmyonesource.com/familyprogramsandservices/default.aspx
Child Care Resource & Referral	www.azchildcare.org
Folds of Honor Foundation	www.foldsofhonor.org
Little Patriots Embraced	www.littlepatriotembraced.org
Marines for Life	www.m4l.usmc.mil
National Military Family Association	www.nmfa.org
Operation Home front	www.operationhomefront.net
Our Military Kids	www.ourmilitarykids.org
Pentagon Federal Credit Union Foundation	www.pentagonfoundation.org

Counseling

A New Leaf	www.turnanewleaf.org
Air Force Crossroads	www.afcrossroads.com
American Soldier Foundation	www.soldierfoundation.org
Army Long Term Family Case Management	www.altfcm.army.mil
Army Wounded Warrior Program	www.aw2.army.mil
Art of Redirection Counseling	www.artofredirection.com
Bereavement Counseling	vet.center@HQ.med.va.gov
Blinded Veterans Association	www.bva.org
Camp Solari	www.solarihospice.com/go2/solari-kids-camp.cfm
Care for the Troops	CareForTheTroops.org

Website Resources

Counseling

Catholic Charities	www.catholiccharitiesaz.com
Child Crisis Center	www.childcrisis.org
Citizen Soldier Support Program	www.citizensoldiersupport.org/
Coming Home Project	www.cominghomeproject.net
Defense Activities for Non-trad. Ed. Support	www.dantes.doded.mil
Disabled American Veterans	www.dav.org
Families for Depression Awareness	www.familyaware.org
Give an Hour	www.giveanhour.org
GriefNet	www.griefnet.org/
Helping Our Heroes Foundation	www.hohf.org/links.htm
Hope Coming Ministries	www.hopecoming.com/military.html
Jewish Family & Children's Services	www.jfcsaz.org
Judis House	www.judishouse.org
Ladies Auxiliary to the VFW	www.ladiesauxvfw.org
Little Patriots Embraced	www.littlepatriotembraced.org
Lost and Found Inc.	www.lostandfoundinc.org
Military Family Research Institute at Purdue	www.cfs.purdue.edu/MFRI/pages/military
Military Severely Injured Center Support	www.militaryhomefront.dod
National Center for PTSD	www.ncptsd.va.gov
National Military Family Association	www.nmfa.org
National Rehabilitation & Rediscovery Foundation	www.nrrf.us
National Restoration to Military Families Team	www.nrt-caring.org
National Suicide Prevention Lifeline	www.suicidepreventionlifeline.org
National Veterans Foundation	www.nvf.org
Navy Safe Harbor	www.npc.navy.mil/CommandSupport/SafeHarbor
New Song	www.thenewsongcenter.org
ONE Freedom	www.onefreedom.org
Online Support for Military Families	www.JamesJMessina.com
Operation First Response	www.operationfirstresponse.org
People House	www.peoplehouse.org
Pike Peak Behavioral Health Group	www.ppbhg.org
Project Focus	www.focusproject.org
Real Warriors Campaign	www.realwarriors.net
Rebuild Hope	www.rebuildhope.org
Reserve Officer's Association	www.roa.org
Sgt. Brandi	www.sgtbrandi.com
Sleep Recover and Reintegration	www.annewein.com
Soldiers Project	www.thesoldiersproject.org

Website Resources

Counseling- Domestic Violence

Still Serving Veterans	www.stillservingveterans.org
Strategic Outreach to Families of all Reservists	www.sofarusa.org
Suicide Awareness Voices of Education	www.save.org
Suicide Prevention Resource Center	www.sprc.org
Sunrise Seminars	www.sunriseseminars.com
TERROS, Inc.	www.terros.org
The Mental Health Self-Assessment Program	www.militarymentalhealth.org
The Soldiers Project	www.thesoldiersproject.org
The Veteran's Corporation	www.VeteransCorp.org
Tragedy Assistance Program for Survivors	www.taps.org
Tricare	www.tricare.osd.mil
United Service Organization	www.uso.org
United States Welcome Home Foundation	www.uswelcomehome.org
University Behavioral Health of El Paso	www.ubhelpaso.com
US Department of Veterans Affairs	www.va.gov
US Department of Veterans Affairs	www.vetcenter.va.gov/RCS/Bereavement_Counseling.asp
Valle del Sol, Inc.	www.valledelsol.com
Vet Center	www.vetcenter.va.gov
Vet Centers (Readjustment Counseling)	www.vetcenter.va.gov
Veterans and Families Coming Home	www.veteransandfamilies.org
Veterans Families United Foundation	www.veteransfamiliesunited.org
Veterans Helping Veterans Now	www.vhvnow.org
Veterans Outreach Center, Inc	www.veteransoutreachcenter.org
Veterans Resource Network	www.vrnonline.org
Vets 4 Vets	www.vets4vets.us
Widows Information and Consultation Service	www.nw-seniorsonline.org/widow.html
A New Leaf	www.turnanewleaf.org

Domestic Violence

Catholic Charities	www.catholiccharitiesaz.com
Chrysalis	www.chrysalis-shelter.org
National Domestic Violence Hotline	www.ndvh.org
Sojourner Center	www.sojournercenter.org

Education and Scholarships

4 Military Families.com	www.4militaryfamilies.com
A Million Thanks	www.amillionthanks.org
Air Force Aid Society	www.afas.org
Air Force Association Spouse Scholarship	www.afa.org/aef/aid/spouse.asp
Air Force Crossroads	www.afcrossroads.com
Air Warrior Courage Foundation	www.airwarriorcourage.org
AM Vets	www.amvets.org
America Supports You	www.ourmilitary.mil/index.aspx
American Disability Association	www.adanet.org
American Legion	www.legion.org
American Legion Auxiliary	www.legion-aux.org
American Legion Temp Financial Assistance	www.legion.org/financialassistance
American Soldier Foundation	www.soldierfoundation.org
Anchor Scholarship Foundation	www.anchor scholarship.com
Armed Forces Communications & Electronic	www.afcea.org
Army Aviation Association of America	www.quad-a.org
Army Emergency Relief	www.aerhq.org/news_assistancetowidows%20.asp
Army Emergency Relief Spouse Ed. Assistance	www.aerhq.org/education_spouseeducation_assistance.asp
Army Family Programs	www.arfp.org
Army OneSource	www.myarmyonesource.com/familyprogramsandservices
Army Scholarship Foundation	www.ArmyScholarshipFoundation.org
Army Wounded Warrior Program	www.aw2.army.mil
Association of the United States Army	www.ausa.org
Beaumont Foundation of America	www.bmtfoundation.com
Blinded Veterans Association	www.bva.org
Camp Solari	www.solarihospice.com/go2/solari-kids-camp.cfm
Captain Scott Corwin Foundation	www.captainscottcorwinfoundation.org
Child Grief Education Association	www.childgrief.org/
Children of Fallen Heroes	www.cfsrf.org
Children of Fallen Patriots Foundation	www.fallenpatriots.org
Children of Fallen Soldiers Relief Fund	www.cfsrf.org
Citizen Soldier Support Program	www.citizensoldiersupport.org/
College Board Scholarship Search	http://apps.collegeboard.com/cbsearch_ss/welcome.jsp
Coming Home Project	www.cominghomeproject.net

Website Resources

Education and Scholarships

Defense Activities for Non-trad. Ed. Support	www.dantes.doded.mil
Education 4 Military	www.education4military.com
Elks Lodge	www.elks.org
E-Student Loan.com	www.estudentloan.com/
First Command Educational Foundation	www.firstcommand.org
Fish House Foundation	www.fishhouse.org
Fisher House Foundation	www.fisherhouse.org
Folds of Honor Foundation	www.foldsofhonor.org
Free CLEP & DANTES Exams for ARNG Spouses	www.voled.doded.mil
Freedom Alliance Scholarship	www.fascholarship.com
GI Bill	www.gibill.va.gov
GI Bill information	www.mygibill.org
GiBill.com	www.gibill.com
Gunnery Sergeant John David Fry Scholarship	www.gibill.va.gov
Helmets to Hardhats	www.helmetstohardhats.org
Joanne Holbrook Patton Spouse Scholarship	www.nmfa.org/site/PageServer
Ladies Auxiliary of the FRA Scholarship	www.la-fra.org/
Ladies Auxiliary to the VFW	www.ladiesauxvfw.org
Little Patriots Embraced	www.littlepatriotembraced.org
Marine Corps Scholarship Foundation	www.mcsf.org
Marines for Life	www.m4l.usmc.mil
Military Family Program	www.carlisle.army.mil/usawc/dclm/joint.htm
Military Family Support Resource Lists	https://minuteman.ngb.army.mil/Benefits
Military Home front	www.militaryhomefront.dod.mil
Military OneSource	www.militaryonesource.com
Military Order of the Purple Heart	www.purpleheart.org
Military Severely Injured Center Support	www.militaryhomefront.dod
Military Spot	www.militaryspot.com
Military Spouse Career Center	www.military.com/spouse1
Military Spouse Resource Center	www.milspouse.org
Military Youth on the Move	http://apps.mhf.dod.mil
Military.com	www.military.com
Military.Com Scholarship Finder	http://benefits.military.com/education/scholarship
My Soldier	www.mysoldier.com
National Guard of Connecticut Scholarships	www.ngact.com/scholarships.html
National Military Family Association	www.nmfa.org
National Resource Directory	www.nationalresourcedirectory.gov

Website Resources

Education and Scholarships

National Veterans Foundation	www.nvf.org
National Veterans Training Institute	www.nvti.cudenver.edu
Navy Safe Harbor	www.npc.navy.mil/CommandSupport/Safe-Harbor
Navy-Marine Corps Relief Society	www.nmcrs.org
ONE Freedom	www.onefreedom.org
Operation Family Fund	www.operationfamilyfund.org
Operation Military Kids	www.operationmilitarykids.org
Paralyzed Veterans of America	www.pva.org
Project We Remember	www.projectweremember.org
Scholarship for Culinary Education	www.lesdamesatlanta.org
Scholarship Gateway	www.blackexcel.org/link4.htm
Scholarship Resource Network Express	www.srnexpress.com/
Scholarships for Military Children	www.militaryscholar.org
Scholarships.com	www.scholarships.com/
Seabee Memorial Scholarship Foundation	www.seabee.org
Sentinels of Freedom Scholarship Foundation	www.sentinelsoffreedom.org
Severely Injured Service Members & Dependents	www.dantes.doded.mil/sfd/index.asp?Flag=True
Special Operations Warrior Foundation	www.specialops.org
Spouses to Teachers	www.spousestoteachers.com
Summit Supports Our Troops	www.ssot.org
Terry Farrell Firefighters School	www.terryfarrellfund.org
ThanksUSA	www.thanksusa.org
The Fund For Veteran's Education	www.VeteransFund.org
The General Henry H. Arnold Education Grants	www.afas.org/Education/body_grant.cfm
The Hope Scholarship and Lifetime Learning	www.ed.gov/offices/OPE/PPI/HOPE/index.html
Today's GI Bill	www.todaysgibill.org/
Troops to teachers	www.dantes.doded.mil
U of Maryland University College Scholarships	www.umuc.edu/financialaid/scholarships/02_programs.shtml
University of Phoenix	www.uopxmilitary.com
US Department of Veterans Affairs	www.va.gov
US Financial Literacy and Education Commission	www.mymoney.gov
VA Education Assistance	www.gibill.va.gov
VA WMD EMSHG	www.va.gov/emshg/
Veterans Benefits Administration	www.vba.va.gov/
Veterans First Ltd Registry*	www.veteransfirstltd.org

Website Resources

Education and Scholarships- Emergency Financial Assistance

Veterans of Foreign Wars	www.vfw.org
VONAPP online	www.vabenefits.vba.va.gov/vonapp/main.asp
Wounded Warrior Project	www.woundedwarriorproject.org

Emergency Financial Assistance

4 Military Families.com	www.4militaryfamilies.com
Air Force Aid Society	www.afas.org
Air Warrior Courage Foundation	www.airwarriorcourage.org
America Supports You	www.ourmilitary.mil/index.aspx
American Legion Temp Financial Assistance	www.legion.org/financialassistance
American Military Family	www.AMF100.org
American Red Cross	www.arizonaredcross.org
American Soldier Foundation	www.soldierfoundation.org
Armed Forces Foundation	www.armedforcesfoundation.org
Army Emergency Relief	www.aerhq.org
Army Family Programs	www.arfp.org
Coalition to Salute America's Heroes	www.saluteheroes.org
Coast Guard Mutual Assistance	www.cgmahq.org
Debtors Anonymous	www.debtorsanonymous.org
Elks Lodge	www.elks.org
Enduring Freedom KIA Fund	www.KilledInActionFund.org
Fallen Patriot Fund	www.fallenpatriotfund.org
Family & Friends for Freedom Fund, Inc.	www.injuredmarinesfund.org
Federal Student Financial Aid	www.studentaid.ed.gov
Fort Bragg Area Community Foundation	www.bragg.army.mil/fbacf
Freedom is Not Free	www.freedomisnotfree.com
Helping Our Heroes Foundation	www.hohf.org/links.htm
Home front America, Inc	www.homefrontamerica.org
Home Front Cares	www.thehomefrontcares.org
Impact a Hero	www.impactahero.org/index.php
Injured Marine Semper Fi Fund	www.semperfi.org
Intrepid Fallen Heroes Fund	www.fallenheroesfund.org
Loved Ones Lost*	www.lovedoneslost.org
Marine Graduation Foundation	www.usmcgrad.org
Marine Parents United	www.marineparentsunited.com
Marines for Life	www.m4l.usmc.mil
National Resource Directory	www.nationalresourcedirectory.gov
National Veterans Foundation	www.nvf.org

Website Resources

Emergency Financial Assistance- Employment

Navy-Marine Corps Relief Society	www.nmcrs.org
Operation Family Fund	www.operationfamilyfund.org
Operation First Response	www.operationfirstresponse.org
Operation Helping Healing	www.helpingheal.org/guidelines.html
Operation Home front	www.operationhomefront.net
Pentagon Foundation	www.pentagonfoundation.org
Power Pay	https://powerpay.org
Rebuild Hope	www.rebuildhope.org
Reserve Aid	www.reserveaid.org
Resources for Military and Their Families	www.kspope.com/torvic/war.php
Salute Our Services	www.saluteourservices.org
Social Security Administration	www.socialsecurity.gov
Strikeouts for Troops	www.strikeoutsfortroops.com
The 9-11 Help America Foundation	www.911helpamerica.com
The Home Front Cares	www.thehomefrontcares.org
Tragedy Assistance Program for Survivors	www.taps.org
United Service Organization	www.uso.org
Unmet Needs Program	www.unmetneeds.com
US Financial Literacy and Education Commission	www.mymoney.gov
USA Cares	www.usacares.us
USA Together	www.usatogether.com
Veterans of Foreign Wars	www.vfw.org
Wounded Heroes Fund	www.woundedheroesfund.net
Yellow Ribbon America	www.yellowribbonfund.com

Employment

4 Military Families.com	www.4militaryfamilies.com
5 Star Recruitment Career	www.5starrecruitment.com
Aafes	http://odin.aafes.com/employment/default.asp
After Deployment	www.afterdeployment.org
Air Force Crossroads	www.afcrossroads.com
AllRetailJobs.com	www.allretailjobs.com
Alutiiq employment opportunities	www.alutiiq.com
Always A Soldier	www.military.com/hero/0,,WVC_AlwaysASoldier,00.html
American Corporate Program	http://acp-usa.org
American Disability Association	www.adanet.org
American Soldier Foundation	www.soldierfoundation.org
Americas Heroes at Work	www.americasheroesatwork.gov

Website Resources

Employment

Armed Forces Employer Partnership	www.armyreserve.army.mil
Army Civilian Personnel	http://acpol.army.mil/employment/index.htm
Army Family Programs	www.arfp.org
Army OneSource	www.myarmyonesource.com/familyprogramsandservices
Army Wounded Warrior Program	www.aw2.army.mil
Blinded Veterans Association	www.bva.org
Buckley AFB NAF Human Resource Office	www.460fss.com/careers/job-openings-2/
Career Command Post	www.careercommandpost.com
Choose Life	www.chooselifeinc.org
Coalition to Salute America's Heroes	www.saluteheroes.org
Defense Activities for Non-trad.Ed. Support	www.dantes.doded.mil
Dept. of Navy Civilians Human Resources	https://chart.donhr.navy.mil
DOL, National Veterans Training Institute	www.nvti.cudenver.edu/home/homepage.htm
DOL, Veterans Employment and Training	www.dol.gov/vets
Enable America	www.enableamerica.org
Feds Hire Vets	www.fedshirevets.gov/AgencyDirectory/index.aspx
For Disabled American Veterans	www.JOFDAV.com
GiBill.com	www.gibill.com
Helmets to Hardhats	www.helmetstohardhats.org
Helping Our Heroes Foundation	www.hohf.org/links.htm
Hire a Hero	www.hireahero.org
Hire America Heroes	www.hireamericasheroes.org
Hire Heroes USA	www.hireheroesusa.org
Hire Veterans.com	www.hireveterans.com
Hire Vets First	www.hirevetsfirst.dol.gov
Job Accommodation Network	www.jan.wvu.edu
Job Bank	www.jobsearch.org
Jobs4HR.com	www.jobs4hr.com
JobsInLogistics.com	www.jobsinlogistics.com
Ladies Auxiliary to the VFW	www.ladiesauxvfw.org
LocalCareers.com	www.localcareers.com
Luke Events	www.lukeevents.com
Maricopa Workforce Connection	www.hsd.maricopa.gov/mwc
Marines for Life	www.m4l.usmc.mil
Mil2civ.com (Recruit Military)	www.mil2civ.com
Military Connection	www.militaryconnection.com
Military Exits	www.militaryexits.com

Website Resources

Employment

Military Family Program	www.carlisle.army.mil/usawc/dclm/joint.htm
Military Home front	www.militaryhomefront.dod.mil
Military Job Zone	www.militaryjobzone.com
Military Officers Association of America	www.MOAA.org
Military OneSource	www.militaryonesource.com
Military Severely Injured Center Support	www.militaryhomefront.dod
Military Spot	www.militaryspot.com
Military Spouse Career Center	www.military.com/spouse1
Military Spouse Resource Center	www.milspouse.org
Military Stars	www.militarystars.com
Military.com	www.military.com
MilSpouse.org	www.milspouse.org
National Resource Directory	www.nationalresourcedirectory.gov
National Veterans Training Institute	www.nvti.cudenver.edu
Navy Safe Harbor	www.npc.navy.mil/CommandSupport/SafeHarbor
OnetCenter.org	www.OnetCenter.org
Operation IMPACT	http://operationimpact.ms.northropgrumman.com
Operation Life Transformed	www.operationlifetransformed.org
Paralyzed Veterans of America	www.pva.org
Phoenix Workforce Connection	www.phoenix.gov/phxwc
Quintessential Careers	www.quintcareers.com
REALifelines	www.dol.gov/vets/REALifelines/index.htm
Recruit Military	www2.recruitmilitary.com/
Return 2 Work	www.return2work.org
SBA Veterans Business Development	www.sba.gov/vets
Spouses to Teachers	www.spousestoteachers.com
Swords to Plowshares	www.swords-to-plowshares.org
TAOnline.com	www.taonline.com
The Military Spouse Pinnacle Foundation	www.mscn.org
The Veteran's Corporation	www.VeteransCorp.org
Transition Assistance Program	www.transitionassistanceprogram.com
US Department of Veterans Affairs	www.va.gov
US Dept. of Labor-VETS	www.dol.gov/vets
USA JOBS	http://usajobs.opm.gov
Vet Center	www.vetcenter.va.gov
Vet Jobs	www.vetjobs.com
Vet Success	www.vetsuccess.gov

Website Resources

Employment- Family Assistance

Veteran Job Fairs	www.VetsJobs.net
Veterans and Families Coming Home	www.veteransandfamilies.org
Veterans Green Jobs	www.veteransgreenjobs.org
VetJobs.com	www.vetjobs.com
Vocational Rehabilitation	www.vba.va.gov/bln/vre/
Wounded Warrior Project	www.woundedwarriorproject.org

Family Assistance

4 Military Families.com	www.4militaryfamilies.com
Air Force Crossroads	www.afcrossroads.com
Air Warrior Courage Foundation	www.airwarriorcourage.org
AM Vets	www.amvets.org
America Supports You	www.ourmilitary.mil/index.aspx
American Legion	www.legion.org
American Legion Auxiliary	www.legion-aux.org
American Soldier Foundation	www.soldierfoundation.org
American Veterans With Brain Injuries	www.avbi.org
Angels of Mercy	www.supportourwounded.org
Armed Forces Foundation	www.armedforcesfoundation.org
Armed Forces Services Corporation	www.afsc-usa.com
Army Casualty Assistance Directory	www.hrc.army.mil
Army Emergency Relief	www.aerhq.org/news_assistancetowidows%20.asp
Army Long Term Family Case	www.hrc.army.mil/site/active/tagd/cmaoc/altfcm/index.htm
Army Long Term Family Case Management	www.altfcm.army.mil
Army OneSource	www.myarmyonesource.com/familyprogramsandservices
Believe in Tomorrow Foundation	www.believeintomorrow.org
Bereaved Parents of the U.S.A.	www.bereavedparentsusa.org
Blue Star Mothers of America, Inc	www.bluestarmothers.org
Care for the Troops	www.CareForTheTroops.org
Casualty and Mortuary Affairs Operations	www.hrc.army.mil/site/Active/TAGD/CMAOC/cmaoc.htm
Cell phones/calling cards for soldiers	www.cellphonesforsoldiers.com
Challenge America	www.challengeamerica.com
Child Care Resource and Referral Agencies	www.naccrra.org
Choose Life	www.chooselifeinc.org
Citizen Soldier Support Program	www.citizensoldiersupport.org/
Coalition of Troop Support	www.cotsupport.org

Website Resources

Family Assistance

Coalition to Salute America's Heroes	www.saluteheroes.org
Comfort Zone Camp	www.comfortzonecamp.org
Dept. of Health and Human Services	www.hhs.gov
Dept. of Housing and Urban Development	www.hud.gov/offices/cpd/about/hudvet
Disabled American Veterans	www.dav.org
DOD Dictionary of Military Terms	www.dtic.mil/doctrine/dod_dictionary/index.html
Enduring Freedom KIA Fund	www.KilledInActionFund.org
Fallen Patriot Fund	www.fallenpatriotfund.org
Families for Depression Awareness	www.familyaware.org
Families United	www.FamiliesUnitedMission.com
Family and Friends for Freedom Fund	www.injuredmarinesfund.org
Fisher House Foundation	www.fisherhouse.org
Freedom Alliance	www.freedomalliance.org
Freedom Calls	www.freedomcalls.org
Freedom Care Program	www.ubhdenton.com
Freedom Hunters	www.freedomhunters.org
Freedom is Not Free	www.freedomisnotfree.com
Grand Camps for kids and grandparents	www.grandcamps.org
GriefNet	www.griefnet.org/
Hand 2 Hand Contact	www.hand2handcontact.org
Healing Combat Trauma	www.healingcombattrama.com/
Helping Our Heroes Foundation	www.hohf.org/links.htm
Hero Salute	www.herosalute.com
Home front America, Inc	www.homefrontamerica.org
Hope for the Warriors	www.hopeforthewarriors.org
Hugs4Smiles USA	www.Hugs4SmilesUSA.org
Independence Fund	www.independencefund.org
Intrepid Fallen Heroes Fund	www.fallenheroesfund.org
Kids for our Troops	www.kidsforourtroops.org/index.htm
Ladies Auxiliary to the VFW	www.ladiesauxvfw.org
Little Patriots Embraced	www.littlepatriotembraced.org
Loved Ones Lost	www.lovedoneslost.org
Marine Graduation Foundation	www.usmcgrad.org
Marine Parents United	www.marineparentsunited.com
Marines for Life	www.m4l.usmc.mil
Mikes Guardian Eagle Foundation	www.mikesguardianeaglefoundation.org
Military Exits	www.militaryexits.com
Military Family Link	www.militaryfamilylink.com

Website Resources

Family Assistance

Military Family Network	www.emilitary.org
Military Family Program	www.carlisle.army.mil/usawc/dclm/joint.htm
Military Funeral Honors	www.militaryfuneralhonors.osd.mil
Military Home front	www.militaryhomefront.dod.mil
Military Impacted Schools Association	www.militaryimpactedschoolsassociation.org
Military news with benefit information	www.military.com
Military OneSource	www.militaryonesource.com
Military Severely Injured Center Support	www.militaryhomefront.dod
Military Spouse Career Center	www.military.com/spouse1
Military Spouse Employment Program	www.msccn.org
Military Spouse Resource Center	www.milspouse.org
Military.com	www.military.com
MilSpouse.org	www.milspouse.org
My Army Benefits	http://myarmybenefits.us.army.mil/
National Guard Family Program	www.jointservicessupport.org/FP/Community.aspx
National Homeland Defense Foundation	www.nhdf.org
National Military Family Association	www.nmfa.org
National Resource Directory	www.nationalresourcedirectory.gov
National Restoration to Military Families Team	www.nrt-caring.org
National Society of Military Widows (NSMW)	http://militarywidows.org
National Veterans Foundation	www.nvf.org
Navy Safe Harbor	www.npc.navy.mil/CommandSupport/SafeHarbor
Neighbors International Foundation	www.nifoundation.org
Notes of Appreciation	www.charitymusic.org
ONE Freedom	www.onefreedom.org
Online Tutoring for Children & Career Assistance	www.tutor.com/military-programs
Operation Ensuring Christmas	www.opchristmas.org
Operation Family Fund	www.operationfamilyfund.org
Operation First Response	www.operationfirstresponse.org
Operation Home front	www.operationhomefront.net
Operation Interdependence	www.oidelivers.org
Operation One Family	www.operationonefamily.org
Operation Second Chance	www.operationsecondchance.org
Operation Stephen's Touch	www.stephentouch.org
Our Fallen Soldier	www.ourfallensoldier.com
Our Military	www.ourmilitary.mil/index.aspx
Our Military Kids	www.ourmilitarykids.org

Website Resources

Family Assistance

Paralyzed Veterans of America	www.pva.org
Pentagon Federal Credit Union Foundation	www.pentagonfoundation.org
Project Sanctuary	www.projectsanctuary.us
Reach Out and Read	www.reachoutandread.org
Red Cross	www.redcross.org
Resources for Military and Their Families	www.kspope.com/torvic/war.php
Salute Our Services	www.saluteourservices.org
Sew Much Comfort	www.sewmuchcomfort.org
Soldiers Angels	www.soldiersangels.com
Southwest Human Development	www.swhd.org/about_us/current_programs.php
Spouse BATTLEMIND Project	www.memphis.va.gov/spousebattlemind/
Still Serving Veterans	www.stillservingveterans.org
Strategic Outreach to Families of all Reservists	www.sofarusa.org
Strikeouts for Troops	www.strikeoutsfortroops.com
Suicide Awareness Voices of Education	www.save.org
Suicide Prevention Resource Center	www.sprc.org
Summit Supports Our Troops	www.ssot.org
Survivor's Benefits	www.vba.va.gov/survivors/index.htm
Swords to Plowshares	www.swords-to-plowshares.org
Tee It Up for the Troops	www.teeitupforthetroops.com
Terry Farrell Firefighters School	www.terryfarrellfund.org
ThanksUSA	www.thanksusa.org
The 9-11 Help America Foundation	www.911helpamerica.com
The Dougy Center (Grieving Children & Families)	www.dougy.org
The Gene Vance Jr. Foundation	www.genevancejr.org
The Home Front Cares	www.thehomefrontcares.org
The Mental Health Self-Assessment Program	www.militarymentalhealth.org
The Soldiers Project	www.thesoldiersproject.org
The Thank You Foundation	www.thethankyoufoundation.org
Tragedy Assistance Program for Survivors	www.taps.org
Transition Assistance Program	www.transitionassistanceprogram.com
Traumatic Brain Injury information	www.COkidswithbraininjury.com
Tynsy's Miracle Bear	www.tynsysmiraclebears.com
United Service Organization	www.uso.org
United States Entertainment Force	www.unitedstatesentertainmentforce.org
United States Welcome Home Foundation	www.uswelcomehome.org
United States Wounded Soldiers Foundation	www.uswoundedsoldiers.com
United Warrior Survivor Foundation	www.frogfriends.com

Website Resources

Family Assistance- For Military Children

United We Serve	www.unitedweservemil.org
Unmet Needs Program	www.unmetneeds.com
USA Cares	www.usacares.us
VA Administration for kids	www.va.gov/kids/
Vet Center Eligibility - Readjustment Counseling	www.va.gov/rcs/Eligibility.htm
Veteran Children	www.veteranschildren.com
Veterans and Families Coming Home	www.veteransandfamilies.org
Veterans Holidays	www.veteransholidays.com
Veterans of Foreign Wars	www.vfw.org
Veterans Resource Network	www.vrnonline.org
Villa La Paws	www.VillaLaPAWS.com
Welcome Back Veterans	www.WelcomeBackVeterans.org
Women, Infants, and Children (WIC)	www.fns.usda.gov/wic
Wounded Heroes Fund	www.woundedheroesfund.net
Wounded Soldiers	www.woundedsoldiers.net
Wounded Warrior Project	www.woundedwarriorproject.org
Yellow Ribbon America	www.yellowribbonfund.com

For Military Children

Aftermath of War	www.aftermathofwar.com.au
Air Force Crossroads	www.afcrossroads.com
Army Emergency Relief	www.aerhq.org/news_assistancetowidows%20.asp
Army Family Programs	www.arfp.org
Army OneSource	www.myarmyonesource.com/familyprogramsandservices/default.aspx
ArtReach Foundation	www.artreachfoundation.org
ArtReach Project America	www.artreachprojectamerica.com
Beaumont Foundation of America	www.bmtfoundation.com
Believe in Tomorrow Foundation	www.believeintomorrow.org
Books for Military Children	www.military.com/opinion/0,15202,121091,00.html
Camp Solari	www.solarihospice.com/go2/solari-kids-camp.cfm
Child Care Resource & Referral	www.azchildcare.org
Child Crisis Center	www.childcrisis.org
Children of Fallen Patriots Foundation	www.fallenpatriots.org
Children of Fallen Soldiers Relief Fund	www.cfsrf.org

Website Resources

For Military Children- Homelessness

Comfort Zone Camp	www.comfortzonecamp.org
Coming Together Around Military	www.zerotothree.org
Dog Tags for Kids	www.dogtagsforkids.com
Elder Quest Ministries	www.grandcamps.org
Fisher House Foundation	www.fisherhouse.org
Folds of Honor Foundation	www.foldsofhonor.org
GriefNet	www.griefnet.org/
I Cried Too	www.icriedtoo.org
Little Patriots Embraced	www.littlepatriotembraced.org
Luke Events	www.lukeevents.com
Military Child Education Coalition	www.militarychild.org
Military Family Support Centers, Inc	www.milfamily.org
Military Kids	www.MilitaryKidz.com
Military Youth on the Move	http://apps.mhf.dod.mil
New Song	www.thenewsongcenter.org
Operation Military Kids	www.operationmilitarykids.org
Our Military Kids	www.ourmilitarykids.org
Outward Bound	www.outwardbound.com
Salute Our Services	www.saluteourservices.org
Scholarships for Military Children	www.militaryscholar.org
Sesame Street	www.sesamestreet.org/tlc
Snowball Express	www.snowballexpress.org
Sojourner Center	www.sojournercenter.org
Southwest Human Development	www.swhd.org/about_us/current_programs.php
The Greer Foundation	www.greerfoundation.org
The Hope Scholarship and Lifetime Learning	www.ed.gov/offices/OPE/PPI/HOPE/index.html
Toys for the Troop's Kids	www.toysforthetroopskids.org
Trevor Romaine Foundation	http://trevorromainefoundation.org
Tynsy's Miracle Bear	www.tynsysmiraclebears.com

Homelessness

DVA, Secretary's Homeless Veterans Initiatives	www.va.gov/homeless
Homeless Veterans	www1.va.gov/homeless
Military Severely Injured Center Support	www.militaryhomefront.dod
National Coalition for Homeless Veterans	www.nchv.org/about.cfm
National Resource Directory	www.nationalresourcedirectory.gov
National Veterans Foundation	www.nvf.org

Website Resources

Homelessness- Housing Expenses

Operation Family Fund	www.operationfamilyfund.org
US Department of Veterans Affairs	www.va.gov
US Vets	www.usvetsinc.org

Home Repairs/Modifications

America Supports You	www.ourmilitary.mil/index.aspx
Coalition to Salute America's Heroes	www.saluteheroes.org
Homes for our Troops	www.homesfourtroops.org
Military Severely Injured	www.militaryhomefront.dod
Operation First Response	www.operationfirstresponse.org
Operation Forever Free	www.operationforeverfree.org
Operation Homefront	www.operationhomefront.net
Operation Second Chance	www.operationsecondchance.org
Paralyzed Veterans of America	www.pva.org
Rebuilding Together: Heroes at Home	www.rebuildingtogether.org
Wounded Warrior Project	www.woundedwarriorproject.org

Housing Expenses

Armed Forces Foundation	www.armedforcesfoundation.org
Coalition to Salute America's Heroes	www.saluteheroes.org
Fisher House Foundation	www.fisherhouse.org
Freedom Alliance	www.freedomalliance.org
Freedom is not Free	www.freedomisnotfree.com
Helping our Heroes Foundation	www.hohf.org/links.htm
Homefront America, Inc	www.homefrontamerica.org
Housing our Communities	www.housingourcommunities.org
Military Severely Injured	www.militaryhomefront.dod
National Resource Directory	www.nationalresourcedirectory.gov
National Veterans Foundation	www.nvf.org
Operation First Response	www.operationfirstresponse.org
Operation Forever Free	www.operationforeverfree.org
Operation Homefront	www.operationhomefront.net
Pentagon Federal Credit Union	www.pentagonfoundation.org
Project We Remember	www.projectweremember.org
The 9-11 Help America Foundation	www.911helpamerica.com
United Services Organization	www.uso.org
USA Cares	www.usacares.us
Yellow Ribbon America	www.yellowribbonfund.com

Website Resources

Housing Resources- Legal Services

Housing Resources

4 Military Families	www.4militaryfamilies.com
ACORN Housing	www.acornhousing.org
Air Force Crossroads	www.afcrossroads.com
Army One Source	www.myarmyonesource.com
Building Homes for Heroes	www.buildinghomesforheroes.com
Coalition to Salute America's Heroes	www.saluteheroes.org
Dept of Housing and Urban Development	www.hud.gov/offices/cpd/abouthudvet
DVA, Secretary's Homeless Veteran Initiatives	www.va.gov/homeless
Fisher House Foundation	www.fisherhouse.org
Military One Source	www.militaryonesource.com
National Resource Directory	www.nationalresourcedirectory.gov
National Veterans Foundation	www.nvf.org
Project We Remember	www.projectweremember.org
Homes for our Troops	www.homesforourtroops.org
Military Severely Injured	www.militaryhomefront.dod
Operation Family Fund	www.operationfamilyfund.org
Operation First Response	www.operationfirstresponse.org
Operation Forever Free	www.operationforeverfree.org
Save the Family	www.savethefamily.org
The 9-11 Help America Foundation	www.911helpamerica.com
United Services Organization	www.uso.org
United States Wounded Soldiers Foundation	www.uswoundedsoldiers.com
Rebuilding Together: Heroes at Home	www.rebuildingtogether.org
With Love from Home	www.withlovefromhome.org

Legal Services

4 Military Families.com	www.4militaryfamilies.com
American Bar Association	www.abanet.org
AZ Law Help	www.azlawhelp.org
Coma Recovery	www.waiting.com
Equal Justice Foundation	www.ejfi.org
Lawyer Referral Service	www.lawyerfinders.org
Legal	www.jagcnet.army.mil/legal
Military One Source	www.militaryonesource.com
Military Severely Injured Center Support	www.militaryhomefront.dod
Military Spot	www.militaryspot.com
National Veteran Legal Services	www.nvlsp.org

Website Resources

Legal Services- Medical

The 9-11 Help America Foundation	www.911helpamerica.com
Tragedy Assistance Program for Survivors	www.taps.org
US Court of Appeals for Veterans Claims	www.uscourts.cavac.gov

Medical

4 Military Families.com	www.4militaryfamilies.com
After Deployment	www.afterdeployment.org
Army Family Programs	www.arfp.org
Army One Source	www.myarmyonesource.com
Beaumont Foundation of America	www.bmtfoundation.com
Believe in Tomorrow Foundation	www.believeintomorrow.org
Bridging Military and Community Service	www.aheconnect.com/citizensoldier
Caring Bridge	www.caringbridge.org
Child & Adolescent Psychiatry	www.aacap.org
Citizen Soldier Support Program	www.citizensoldiersupport.org
Freedom Care Program	www.ubhdenton.com
Hooah 4 Health	www.hooah4health.com
Ladies Auxiliary to the VFW	www.ladiesauxvfw.org
Medicare	www.medicare.gov/Supplier.Home.asp
Military Retiree Grass Roots Group	www.mrgrg-ms.org
Military Severely Injured Center Support	www.militaryhomefront.dod
My Health e Vet	www.myhealth.va.gov
National Guard Family Program	www.jointservicessupport.org/FP/Community.aspx
National Veterans Foundation	www.nvf.org
Navy Safe Harbor	www.npc.navy.mil/commandsupport/safeharvor
Operation Family Fund	www.operationfamilyfund.org
Paralyzed Veterans of America	www.pva.org
Swords to Plowshares	www.swords-to-plowshares.org
The 9-11 Help America Foundation	www.911helpamerica.com
The Gene Vance Jr. Foundation	www.genevancejr.org
Tricare	www.tricare.osd.mil
United States Welcome Home Foundation	www.uswelcomehome.org
US Dept of Veterans Affairs	www.va.gov
VA National Hepatitis C Program	www.hepatitis.va.gov
VA Trainee Pocket Card on Gulf War	www.va.gov/OAA/pocketcard/gulfwar.asp
Veterans Health Administration	www1.va.gov/health/

Website Resources

Substance Abuse- Transportation

Substance Abuse

After Deployment	www.afterdeployment.org
Alcoholics Anonymous	www.aa.org
Community Bridges	www.communitybridgesaz.org
Ladies Auxiliary to the VFW	www.ladiesauxvfw.org
Swords to Plowshares	www.swords-to-plowshares.org
TERROS, Inc	www.terros.org
Transitional Living Communities	www.transitionalliving.org
Valley Hope Association	www.valleyhope.org
Vet Centers	www.vetcenter.va.gov

Transportation

Air Ambulance Service	www.aircompassionamerica.org
Air Charity Network	www.aircharitynetwork.org
America Supports You	www.ourmilitary.mil/index.aspx
Angel Flight West	www.angelflightwest.org
Blinded Veterans Association	www.bva.org
Coalition to Salute America's Heroes	www.saluteheroes.org
Family and Friends for Freedom Fund	www.injuredmarinesfund.org
FisherHouse Foundation	www.fisherhouse.org
Freedom Alliance	www.freedomalliance.org
Helping Our Heroes Foundation	www.hohf.org
Hero Miles	www.fisherhouse.org/programs/heroMiles
Homefront America, Inc	www.homefrontamerica.org
Mercy Medical	www.mercymedical.org/helpful-links/
Military Severely Injured Center Support	www.militaryhomefront.dod
National Resource Directory	www.nationalresourcedirectory.gov
National Veterans Foundation	www.nvf.org
Operation Family Fund	www.operationfamilyfund.org
Operation First Response	www.operationfirstresponse.org
Operation Hero Smiles	www.heromiles.org
Operation Homefront	www.operationhomefront.net
Our Fallen Soldier	www.ourfallensoldier.com
Pentagon Federal Credit Union Foundation	www.pentagonfoundation.org
Pilots for Christ, International	www.pilotsforchrist.com
Strikeouts for Troops	www.strikeoutsfortroops.com
USA Cares	www.usacares.us
Veteran Love and Appreciation	www.veteranlove.com

Website Resources

Transportation

Veterans Airlift Command	www.veteransairlift.org
Wounded Warrior Project	www.woundedwarriorproject.org
Yellow Ribbon America	www.yellowribbonfund.com

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